

Men's Health Report Card™ - New York

Men's Health Network

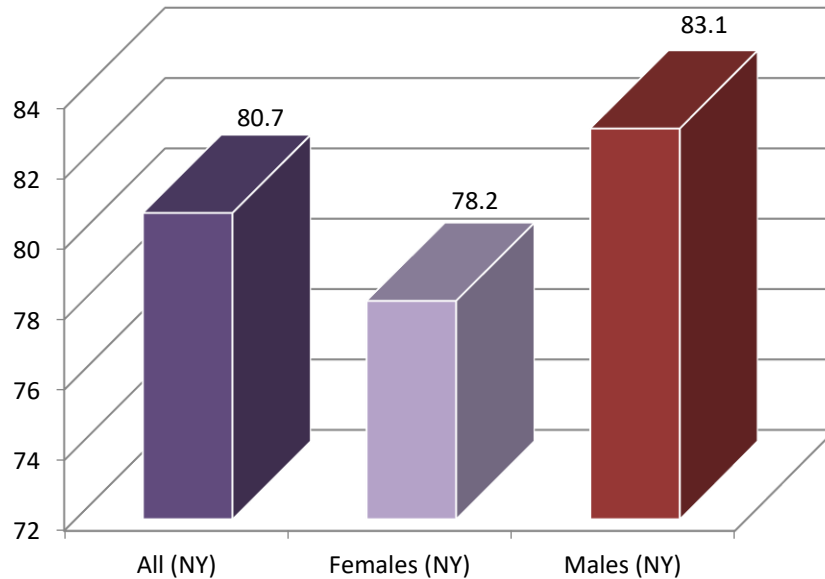
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Compiled by Chris Komst and Jacob Roy

- “There is a silent health crisis in America...it’s that fact that, on average, American men live sicker and die younger than American women.” - *Dr. David Gremillion, Men's Health Network*

It has been called the “silent crisis” for good reason. It’s Men’s Health. Overall, men live “sicker” and shorter lives than women. It’s common knowledge that a woman the same age as her husband will most likely live longer than he will. But the true crisis lies in the popular acceptance of these statistics. Every year, in every state, the death rate for men is higher than the rate for women.

New York Life Expectancy at Birth: Most Recent Data



New York vs U.S. Life Expectancy at Birth¹

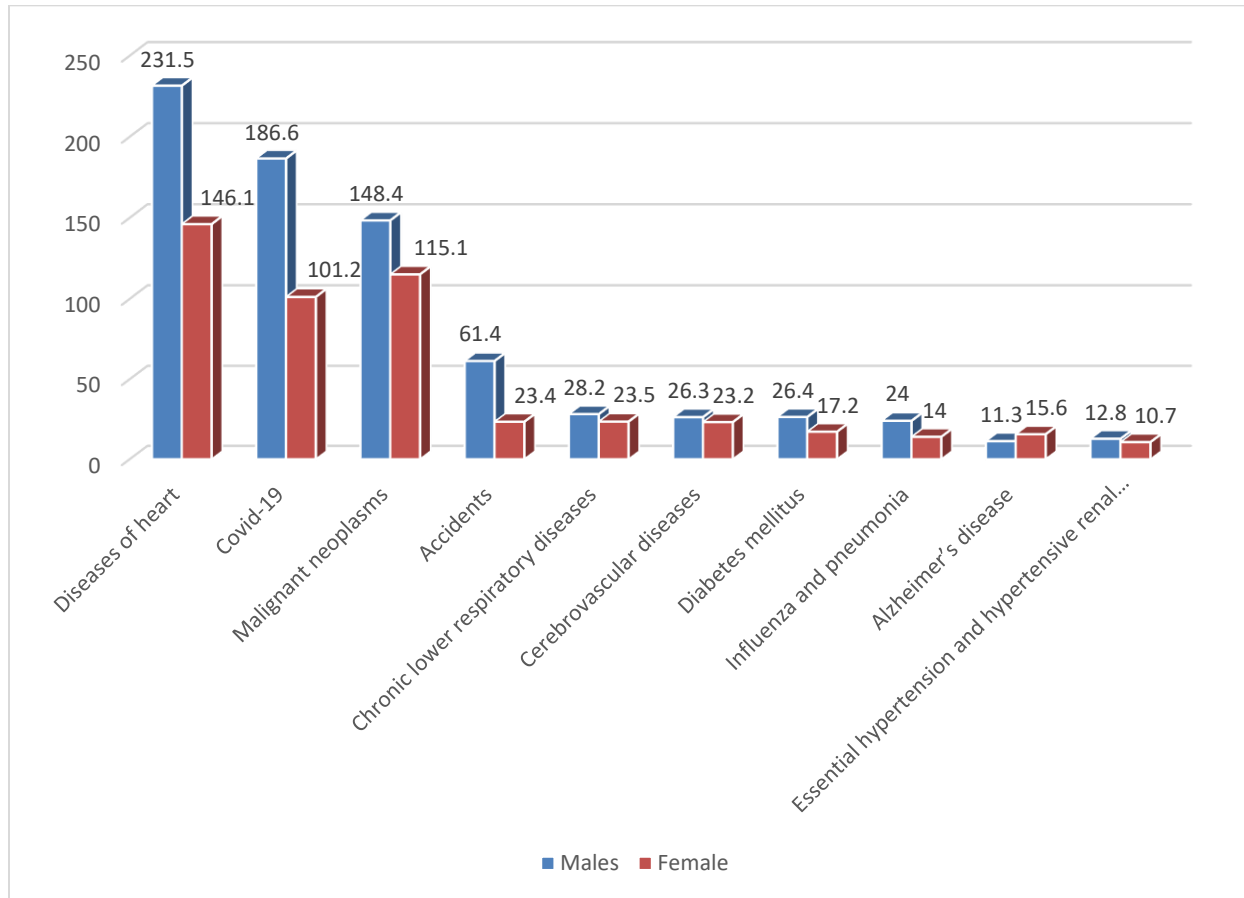
(The most current data available to compare state with national.)

Female/Race (Population)	Life Expectancy (Years)	Male/Race (Population)	Life Expectancy (Years)
White (US)	81.4	White (US)	76.7
White (NY)	82.7	White (NY)	78.1
Black (US)	78.5	Black (US)	72.5
Black (NY)	80.3	Black (NY)	73.9
Hispanic (US)	84.5	Hispanic (US)	79.4
Hispanic (NY)	86.3	Hispanic (NY)	80.1
Asian/Pac. Islander (US)	88.9	Asian/Pac. Islander (US)	84.1
Asian/Pac. Islander (NY)	90.7	Asian/Pac. Islander (NY)	86.3
Amer. Indian/Alaskan Native (US)	83.5	Amer. Indian/Alaskan Native (US)	78.7
Amer. Indian/Alaskan Native (NY)	*	Amer. Indian/Alaskan Native (NY)	*

* No data available

¹ US Department of Health and Human Services, Centers for Disease Control and Prevention. National Vital Statistics Reports. United States Life Tables, 2014. < https://www.cdc.gov/nchs/data/nvsr/nvsr66/nvsr66_04.pdf >

New York: Age-Adjusted Death Rates (All Ages) for the Leading Causes of Death, by Sex (2020)²



Mortality rates per 100,000; Age-Adjusted using 2020 Standard Population³

Cause of Death	National Rate (Male)	NY Rate (Male)	NY Rate (Female)
Diseases of heart	214.2	231.5	146.1
Covid-19	107.7	186.6	101.2
Malignant neoplasms	170.3	148.4	115.1
Accidents	80.5	61.4	23.4
Chronic lower respiratory diseases	40.2	28.2	23.5
Cerebrovascular diseases	39.8	26.3	23.2
Diabetes mellitus	31.2	26.4	17.2
Influenza and pneumonia	15.8	24.0	14.0
Alzheimer's disease	25.3	11.3	15.6
Essential hypertension and hypertensive renal disease	10.7	12.8	10.7

² Social Science Research Council. Measure of America. HD index and supplemental indicators by state: 2013-14 dataset. Life expectancy at birth. Measure of America A Project of the Social Science Research Council. Retrieved January 11, 2016. <www.measureofamerica.org>

³ Ibid.

State-Specific Leading Causes of Mortality, by Gender and Race

New York's 10 Leading Causes of Death by Gender⁴

Rank	Men	Women
1	Diseases of heart	Diseases of heart
2	Covid-19	Malignant neoplasms
3	Malignant neoplasms	Covid-19
4	Accidents	Cerebrovascular diseases
5	Chronic lower respiratory diseases	Chronic lower respiratory diseases
6	Diabetes mellitus	Accidents
7	Cerebrovascular diseases	Alzheimer's disease
8	Influenza and pneumonia	Diabetes mellitus
9	Essential hypertension and hypertensive renal disease	Influenza and pneumonia
10	Nephritis, nephrotic syndrome and nephrosis	Essential hypertension and hypertensive renal disease

*Rankings only account for deaths due to singular cause of death and does not account for multiple causes of death

New York's 10 Leading Causes of Death by Race⁵

Rank	Non-Hispanic White	Non-Hispanic Black	Hispanic/Latino
1	Diseases of heart	Diseases of heart	Covid-19
2	Malignant neoplasms	Covid-19	Diseases of heart
3	Covid-19	Malignant neoplasms	Malignant neoplasms
4	Accidents	Accidents	Accidents
5	Chronic lower respiratory diseases	Diabetes mellitus	Diabetes mellitus
6	Cerebrovascular diseases	Cerebrovascular diseases	Cerebrovascular diseases
7	Alzheimer's disease	Essential hypertension and hypertensive renal disease	Influenza and pneumonia
8	Influenza and pneumonia	Influenza and pneumonia	Chronic lower respiratory diseases
9	Diabetes mellitus	Chronic lower respiratory diseases	Essential hypertension and hypertensive renal disease
10	Nephritis, nephrotic syndrome and nephrosis	Assault (homicide)	Chronic liver disease and cirrhosis

Rank	Asian/Pacific Islander	American Indian/ Alaskan Native	All
1	Covid-19	Diseases of heart	Diseases of heart
2	Diseases of heart	Malignant neoplasms	Covid-19
3	Malignant neoplasms	Covid-19	Malignant neoplasms
4	Cerebrovascular diseases	Accidents	Accidents
5	Diabetes mellitus	Diabetes mellitus	Chronic lower respiratory diseases
6	Influenza and pneumonia	Chronic lower respiratory diseases	Cerebrovascular diseases
7	Accidents	Chronic liver disease and cirrhosis	Diabetes mellitus
8	Essential hypertension and hypertensive renal disease	Cerebrovascular diseases	Influenza and pneumonia
9	Chronic lower respiratory diseases	*	Alzheimer's disease
10	Alzheimer's disease	*	Essential hypertension and hypertensive renal disease

*Rankings only account for deaths due to singular cause of death and does not account for multiple causes of death

* = Data unavailable

⁴ Wonder - Centers for Disease Control and Prevention. Health Data Interactive. Underlying Cause of Death, 1999-2014.

⁵ Ibid.

Leading Causes of Death for Boys⁶

While the rates of malignant neoplasms, birth defects, and suicide are similar for both boys and girls, many more boys die from accidents, birth defects, and assault than girls. *It can be concluded that the higher rate of death in boys may be preventable.*

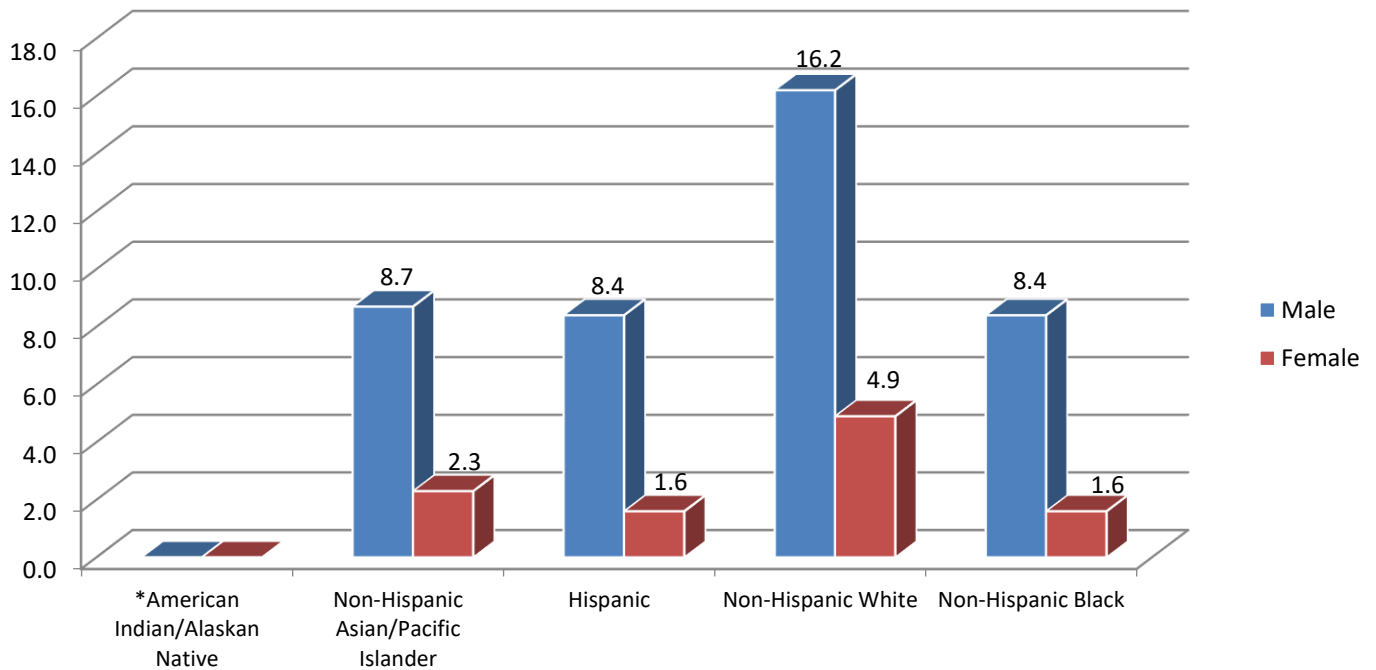
New York: Leading Causes of Death for Ages 0-19

(Crude rates per 100,000; age-adjusted using 2018-2020 Standard Population)

Cause of Death	Boys					Girls				
	0-19	0-4	5-9	10-14	15-19	0-19	0-4	5-9	10-14	15-19
Birth defects	12.0	47.8	*	*	*	9.4	378	*	*	*
Accidents	6.4	6.8	2.8	3.2	12.7	3.4	5.1	2.0	1.9	4.6
Assault (homicide)	3.2	2.8	*	*	8.7	1.0	1.8	*	*	1.4
Malignant neoplasms	2.8	1.7	2.0	2.8	4.4	2.1	1.4	2.3	2.3	2.2
Intentional self-harm	2.5	*	*	1.6	8.0	1.1	*	*	1.2	3.1

* = unavailable or negligible number

New York: Age-Adjusted Suicide Rates per 100,000 (2020):



*Sample size is too small to report findings

⁶ Ibid.

Prostate Cancer Incidence and Mortality⁷

In 2022, the American Cancer Society estimates:

- 17,960 new cases of prostate cancer will be diagnosed among men in New York
- 1,720 men die of prostate cancer in New York

The National Cancer Institute provides the following age-adjusted incidence rates for prostate cancer for the years 2014-2018 (per 100,000):

Race/Ethnicity	New York	National
Overall	126.5	106.2
White (Includes Hispanic)	117.5	97.6
Black (Includes Hispanic)	191.7	168.6
Hispanic (Any Race)	117.7	83.9
Asian/Pacific Islander	62.8	54.7
American Indian/Alaskan Native	*	53.7

* = unavailable or negligible number

Aging in New York

- More than one-half the elderly widows now living in poverty were not poor before the death of their husbands.
Meeting the Needs of Older Women: A Diverse and Growing Population, The Many Faces of Aging, -U.S. Administration on Aging

In New York, the male-female ratio converges in the early 30s, and then drops rapidly, as shown in this chart developed from year 2010 Census data.

New York Resident Population: 2010 Census by Age and Sex⁸

Age	Number			Males per 100 females
	Both sexes	Male	Female	
Total population	19,378,102	9,377,147	10,000,955	93.8
Under 5 years	1,155,822	590,879	564,943	104.6
5 to 9 years	1,163,955	594,362	569,593	104.3
10 to 14 years	1,211,456	619,243	592,213	104.6
15 to 19 years	1,366,278	699,548	666,730	104.9
20 to 24 years	1,410,935	712,002	698,933	101.9
25 to 29 years	1,380,177	680,203	699,974	97.2
30 to 34 years	1,279,160	629,759	649,401	97.0
35 to 39 years	1,254,124	613,775	640,349	95.9
40 to 44 years	1,355,893	663,333	692,560	95.8
45 to 49 years	1,458,763	709,523	749,240	94.7
50 to 54 years	1,419,928	687,779	732,149	93.9
55 to 59 years	1,237,408	591,847	645,561	91.7
60 to 64 years	1,066,260	500,359	565,901	88.4
65 to 69 years	773,211	352,255	420,956	83.7
70 to 74 years	587,391	258,616	328,775	78.7
75 to 79 years	474,807	200,049	274,758	72.8
80 to 84 years	391,660	150,993	240,667	62.7
85 years and over	390,874	122,622	268,252	45.7

⁷ National Cancer Institute. State Cancer Profiles 2008-2012. <<http://statecancerprofiles.cancer.gov>> Retrieved: July 23, 2018

⁸ American FactFinder, U.S. Census Bureau. Age Groups and Sex: 2010.

<http://factfinder2.census.gov/faces/nav/jsf/pages/community_facts.xhtml>