

Men's Health Report Card™ – Ohio

Men's Health Network

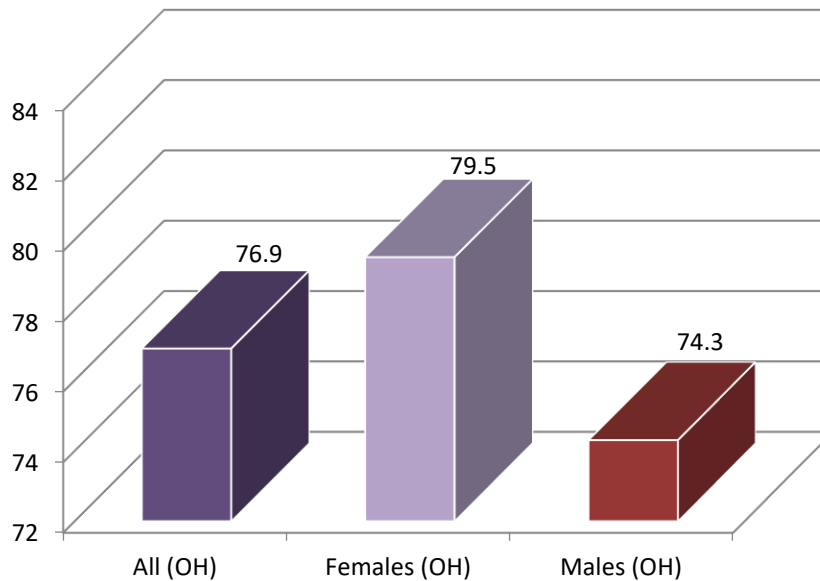
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Compiled by Chris Komst and Jacob Roy

- “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.

Ohio Life Expectancy at Birth: Most Recent Data



Ohio vs U.S. Life Expectancy at Birth¹

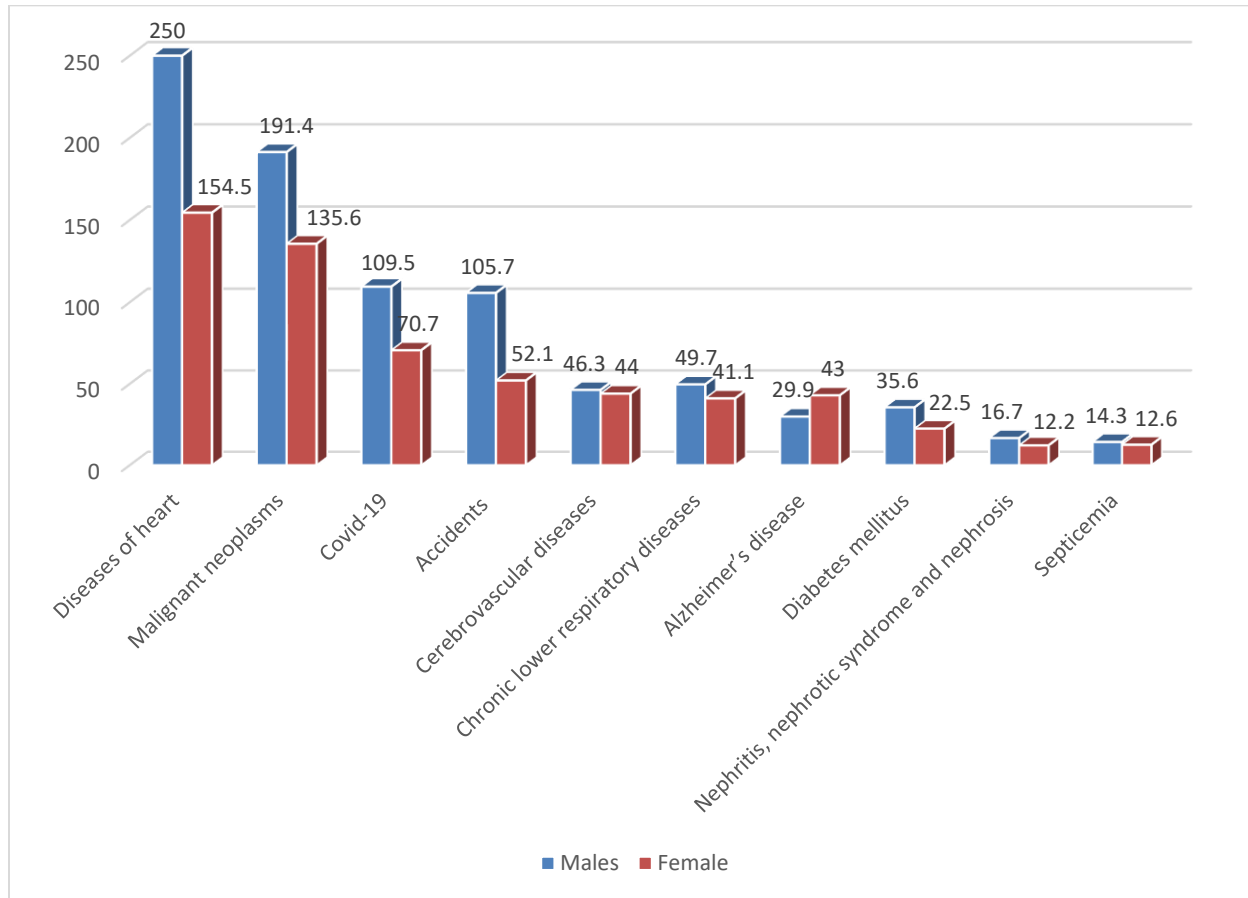
(The most current data available to compare state with national.)

Female/Race (Population)	Life Expectancy (Years)	Male/Race (Population)	Life Expectancy (Years)
White (US)	81.4	White (US)	76.7
White (OH)	80.5	White (OH)	75.6
Black (US)	78.5	Black (US)	72.5
Black (OH)	77.0	Black (OH)	70.6
Hispanic (US)	84.5	Hispanic (US)	79.4
Hispanic (OH)	87.8	Hispanic (OH)	82.7
Asian/Pac. Islander (US)	88.9	Asian/Pac. Islander (US)	84.1
Asian/Pac. Islander (OH)	87.4	Asian/Pac. Islander (OH)	86.8
Amer. Indian/Alaskan Native (US)	83.5	Amer. Indian/Alaskan Native (US)	78.7
Amer. Indian/Alaskan Native (OH)	*	Amer. Indian/Alaskan Native (OH)	*

* 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>

Ohio: Age-Adjusted Death Rates (All Ages) for the Leading Causes of Death, by Sex (1999 - 2020)²



Mortality rates are for population; Age-Adjusted using 2020 Standard Population (Crude rate per 100,000)

Cause of Death	National Rate (Male)	OH Rate (Male)	OH Rate (Female)
Diseases of heart	214.2	250.0	154.5
Malignant neoplasms	170.3	191.4	135.6
Covid-19	107.7	109.5	70.7
Accidents	80.5	105.7	52.1
Cerebrovascular diseases	39.8	46.3	44.0
Chronic lower respiratory diseases	40.2	49.7	41.1
Alzheimer's disease	25.3	29.9	43.0
Diabetes mellitus	31.2	35.6	22.5
Nephritis, nephrotic syndrome and nephrosis	15.4	16.7	12.2
Septicemia	10.8	14.3	12.6

* = unavailable or negligible number

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>

State-Specific Leading Causes of Mortality, by Gender and Race³

Ohio's 10 Leading Causes of Death by Gender

Rank	Men	Women
1	Diseases of heart	Diseases of heart
2	Malignant neoplasms	Malignant neoplasms
3	Covid-19	Covid-19
4	Accidents	Alzheimer's disease
5	Chronic lower respiratory diseases	Cerebrovascular diseases
6	Cerebrovascular diseases	Chronic lower respiratory diseases
7	Diabetes mellitus	Accidents
8	Alzheimer's disease	Diabetes mellitus
9	Intentional self-harm	Nephritis, nephrotic syndrome and nephrosis
10	Chronic liver disease and cirrhosis	Septicemia

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

Ohio's 10 Leading Causes of Death by Race⁴

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

Rank	Asian/Pacific Islander	American Indian/ Alaskan Native	All
1	Diseases of heart	Diseases of heart	Diseases of heart
2	Malignant neoplasms	Malignant neoplasms	Malignant neoplasms
3	Covid-19	Covid-19	Covid-19
4	Cerebrovascular diseases	Accidents	Accidents
5	Accidents	*	Cerebrovascular diseases
6	Chronic lower respiratory diseases	*	Chronic lower respiratory diseases
7	Diabetes mellitus	*	Alzheimer's disease
8	Alzheimer's disease	*	Diabetes mellitus
9	Influenza and pneumonia	*	Nephritis, nephrotic syndrome and nephrosis
10	Intentional self-harm	*	Septicemia

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

* = Data unavailable

³ Wonder - Centers for Disease Control and Prevention. Health Data Interactive. Underlying Cause of Death, 1999-2014.

⁴ Ibid.

Leading Causes of Death for Boys

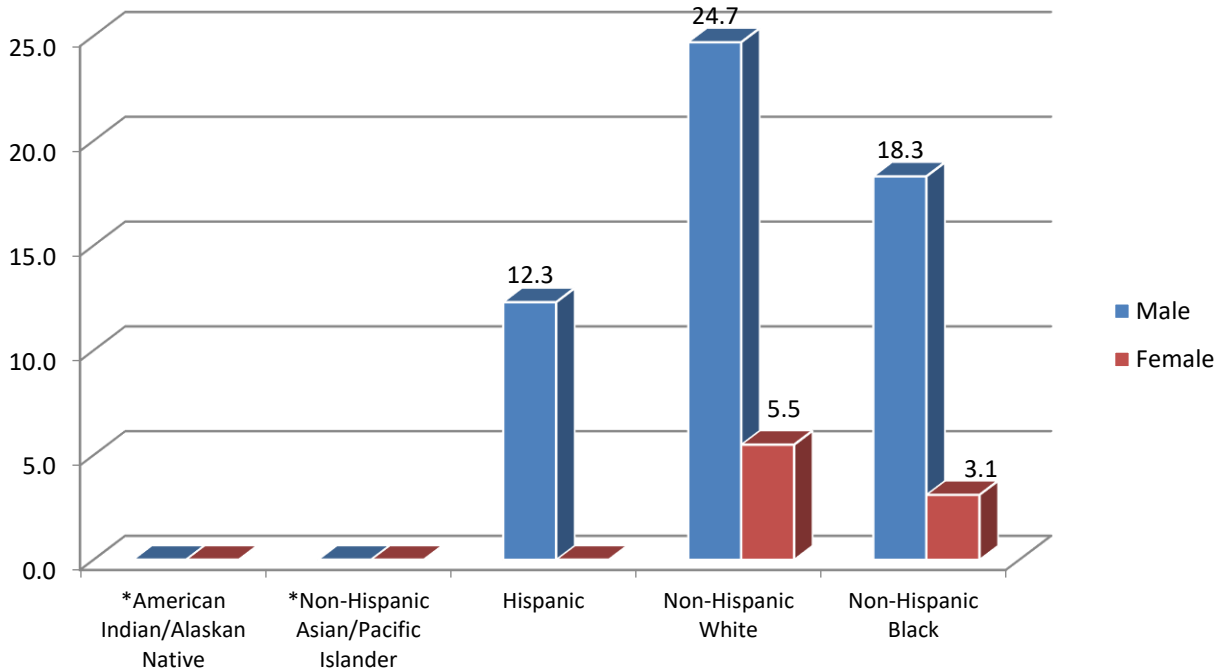
While the rates of malignant neoplasms are similar for both boys and girls, many more boys die from accidents, birth defects, assault, and suicide than girls do. *It can be concluded that the higher rate of death in boys may be preventable.*

Ohio: Leading Causes of Death for Ages 0-19⁵
(Crude rates per 100,000; 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
Perinatal condition	16.7	70.1	*	*	*	12.8	53.4	*	*	*
Accidents	13.5	18.6	6.0	*	24.9	9.1	17.0	*	*	14.0
Assault (homicide)	9.2	*	*	*	26.2	2.1	*	*	*	*
Intentional self-harm	4.6	*	*	5.9	12.1	1.6	*	*	*	*
Malignant Neoplasms	1.9	*	*	*	*	2.3	*	*	*	*

* = unavailable or negligible number

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



*Sample size is too small to report findings

⁵ Ibid.

Prostate Cancer Incidence and Mortality⁶

In 2022, the American Cancer Society estimates:

- 9,530 new cases of prostate cancer will be diagnosed among men in Ohio
- 1,370 men die of prostate cancer in Ohio

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

Race/Ethnicity	Ohio	National
Overall	107.2	106.2
White (Includes Hispanic)	99.2	97.6
Black (Includes Hispanic)	159.5	168.6
Hispanic (Any Race)	74.2	83.9
Asian/Pacific Islander	44.7	54.7
American Indian/Alaskan Native	25.1	53.7

* = unavailable or negligible number

Aging in Ohio

- 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 Ohio, the male-female ratio converges in the mid 20s, and then drops rapidly, as shown in this chart developed from year 2010 Census data.

Ohio Resident Population: 2010 Census by Age and Sex⁷

Age	Number			Males per 100 females
	Both sexes	Male	Female	
Total population	11,536,504	5,632,156	5,904,348	95.4
Under 5 years	720,856	367,479	353,377	104.0
5 to 9 years	747,889	382,641	365,248	104.8
10 to 14 years	774,699	396,152	378,547	104.7
15 to 19 years	823,682	420,975	402,707	104.5
20 to 24 years	763,116	384,202	378,914	101.4
25 to 29 years	718,630	357,837	360,793	99.2
30 to 34 years	691,329	344,087	347,242	99.1
35 to 39 years	718,462	356,420	362,042	98.4
40 to 44 years	761,369	377,896	383,473	98.5
45 to 49 years	855,134	420,425	434,709	96.7
50 to 54 years	887,057	434,740	452,317	96.1
55 to 59 years	786,857	383,440	403,417	95.0
60 to 64 years	665,409	320,421	344,988	92.9
65 to 69 years	478,864	223,797	255,067	87.7
70 to 74 years	371,370	167,142	204,228	81.8
75 to 79 years	297,519	126,706	170,813	74.2
80 to 84 years	243,833	95,450	148,383	64.3
85 years and over	230,429	72,346	158,083	45.8

⁶ American Cancer Society. Estimated Number of New Cancer Cases and Death by State <
<https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/annual-cancer-facts-and-figures/2018/estimated-number-of-new-cancer-cases-and-deaths-by-state-2018.pdf>>.

⁷ American FactFinder, U.S. Census Bureau. Age Groups and Sex: 2010.
<http://factfinder2.census.gov/faces/nav/jsf/pages/community_facts.xhtml>