

Men's Health Report Card™ – Oklahoma

Men's Health Network

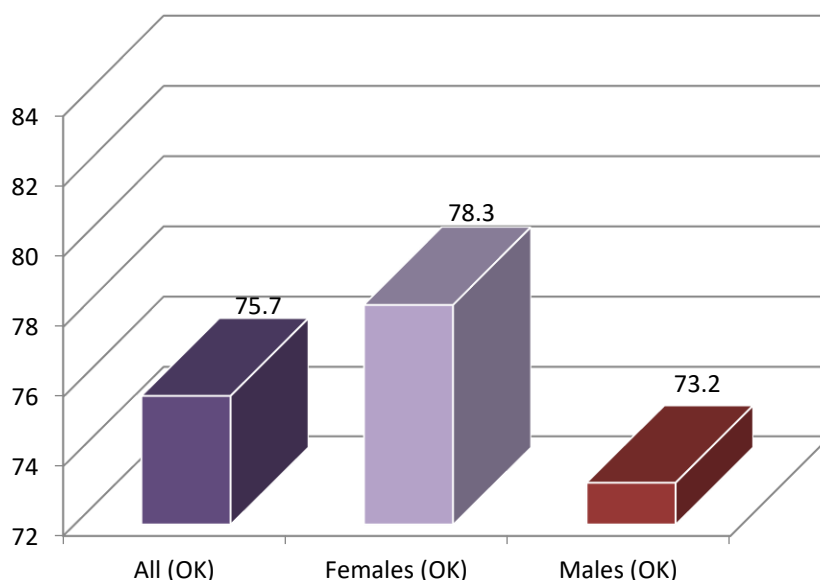
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Compiled by Chris Komst and Jacob Roy

- “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.

Oklahoma Life Expectancy at Birth: Most Recent Data



Oregon vs U.S. Life Expectancy at Birth¹

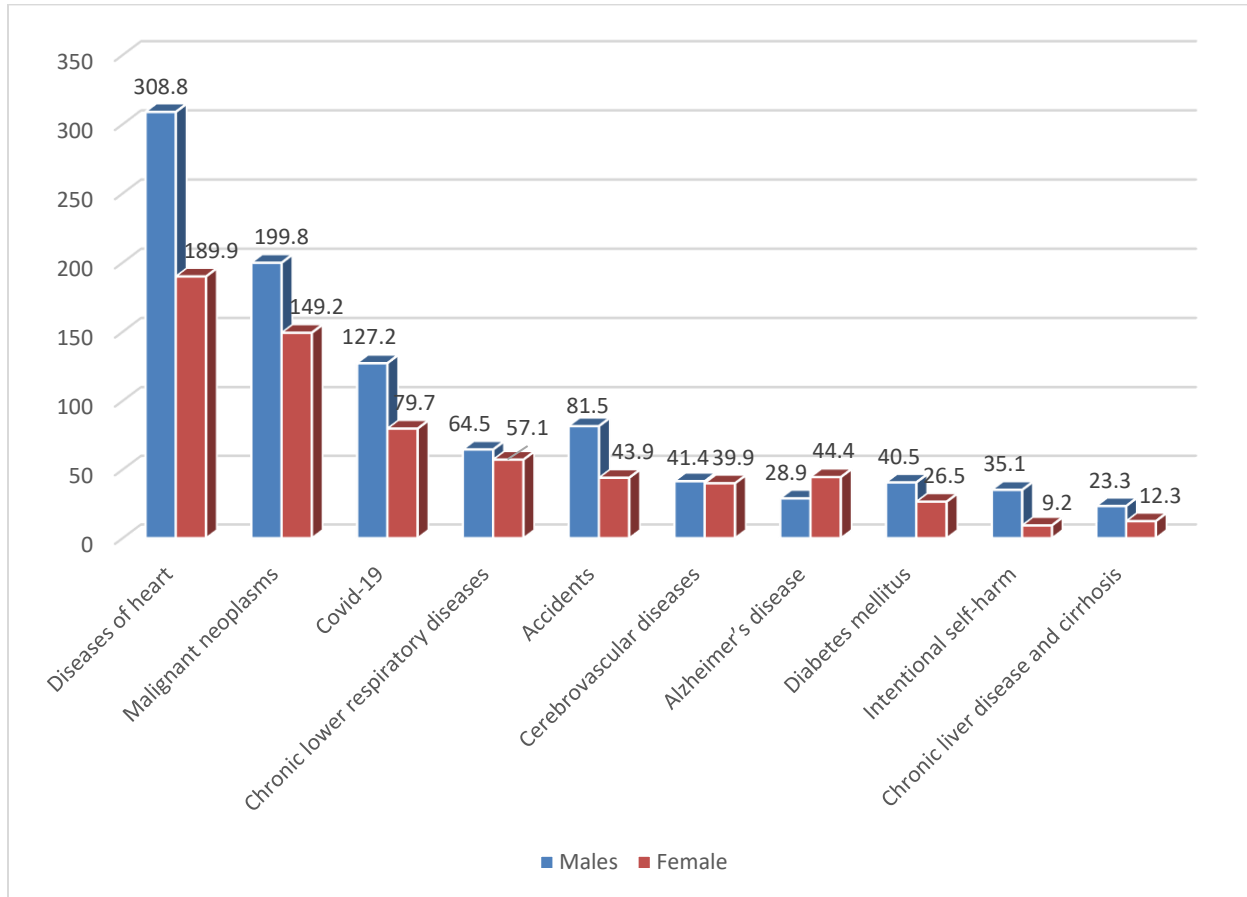
(The most current data available to compare state with national.)

Female/Race (Population)	Life Expectancy (Years)	Male/Race (Population)	Life Expectancy (Years)
White (US)	81.4	White (US)	76.7
White (OR)	81.5	White (OR)	74.8
Black (US)	78.5	Black (US)	72.5
Black (OR)	*	Black (OR)	*
Hispanic (US)	84.5	Hispanic (US)	79.4
Hispanic (OR)	87.5	Hispanic (OR)	83.3
Asian/Pac. Islander (US)	88.9	Asian/Pac. Islander (US)	84.1
Asian/Pac. Islander (OR)	89.2	Asian/Pac. Islander (OR)	83.0
Amer. Indian/Alaskan Native (US)	83.5	Amer. Indian/Alaskan Native (US)	78.7
Amer. Indian/Alaskan Native (OR)	*	Amer. Indian/Alaskan Native (OR)	*

* 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 >

Oklahoma: 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 Population

Cause of Death	National Rate (Male)	OK Rate (Male)	OK Rate (Female)
Diseases of heart	214.2	308.8	189.9
Malignant neoplasms	170.3	199.8	149.2
Covid-19	107.7	127.2	79.7
Chronic lower respiratory diseases	40.2	64.5	57.1
Accidents	80.5	81.5	43.9
Cerebrovascular diseases	39.8	41.4	39.9
Alzheimer's disease	25.3	28.9	44.4
Diabetes mellitus	31.2	40.5	26.5
Intentional self-harm	22.0	35.1	9.2
Chronic liver disease and cirrhosis	17.5	23.3	12.3

* = unavailable or negligible number

² 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>

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

Oklahoma's 10 Leading Causes of Death by Gender³

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

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

Oklahoma's 10 Leading Causes of Death by Race⁴

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

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

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

³ Wonder - Centers for Disease Control and Prevention. Health Data Interactive. Underlying Cause of Death, 1999-2020.

⁴ Ibid.

Leading Causes of Death for Boys

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

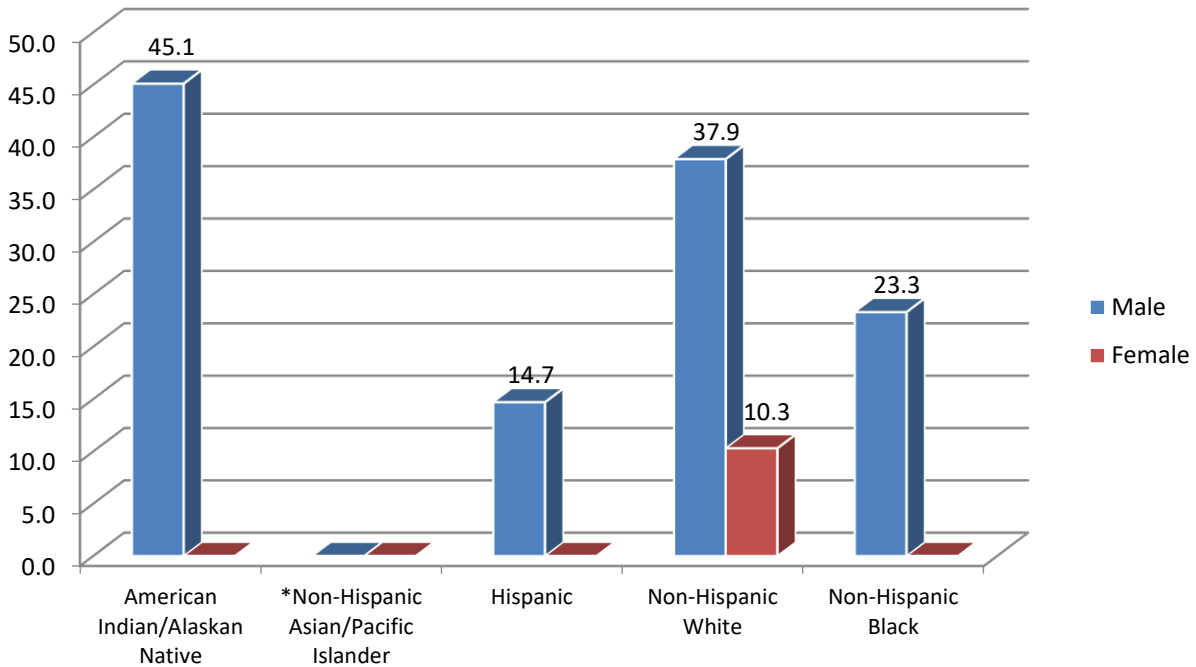
Oklahoma: Leading Causes of Death for Ages 0-19⁵

(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
Accidents	17.7	25.6	5.8	7.3	32.6	11.1	20.0	*	*	17.1
Birth defects	13.8	56.8	*	*	*	11.9	48.8	*	*	*
Intentional self-harm	8.4	*	*	7.7	25.2	3.4	*	*	*	9.9
Assault (homicide)	5.0	*	*	*	14.0	2.2	*	*	*	*
Malignant Neoplasms	2.8	*	*	*	*	2.4	*	*	*	*

* = unavailable or negligible number

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



⁵ 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>

Prostate Cancer Incidence and Mortality⁶

In 2022, the American Cancer Society estimates:

- 2,900 new cases of prostate cancer will be diagnosed among men in Oklahoma
- 450 men die of prostate cancer in Oklahoma

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

Race/Ethnicity	Oklahoma	National
Overall	95.7	106.2
White (Includes Hispanic)	86.8	97.6
Black (Includes Hispanic)	164.1	168.6
Hispanic (Any Race)	64.4	83.9
Asian/Pacific Islander	57.6	54.7
American Indian/Alaskan Native	108.3	53.7

* = unavailable or negligible number

Aging in Oregon

- 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 Oregon, the male-female ratio converges in the mid 40s, and then drops rapidly, as shown in this chart developed from year 2010 Census data.

Oregon Resident Population: 2010 Census by Age and Sex⁷

Age	Number			Males per 100 females
	Both sexes	Male	Female	
Total population	3,831,074	1,896,002	1,935,072	98.0
Under 5 years	237,556	121,828	115,728	105.3
5 to 9 years	237,214	121,159	116,055	104.4
10 to 14 years	242,553	124,118	118,435	104.8
15 to 19 years	254,860	130,677	124,183	105.2
20 to 24 years	253,048	128,461	124,587	103.1
25 to 29 years	265,033	133,636	131,397	101.7
30 to 34 years	259,111	131,139	127,972	102.5
35 to 39 years	251,163	127,827	123,336	103.6
40 to 44 years	248,362	125,760	122,602	102.6
45 to 49 years	262,879	130,601	132,278	98.7
50 to 54 years	276,196	134,896	141,300	95.5
55 to 59 years	273,423	132,857	140,566	94.5
60 to 64 years	236,143	115,209	120,934	95.3
65 to 69 years	169,847	81,930	87,917	93.2
70 to 74 years	120,194	57,120	63,074	90.6
75 to 79 years	91,601	41,253	50,348	81.9
80 to 84 years	74,019	30,860	43,159	71.5
85 years and over	77,872	26,671	51,201	52.1

⁶ National Cancer Institute. State Cancer Profiles 2008-2012. <<http://statecancerprofiles.cancer.gov>>

⁷ American FactFinder, U.S. Census Bureau. Age Groups and Sex: 2010.

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