

Men's Health Report Card™ – Oregon

Men's Health Network

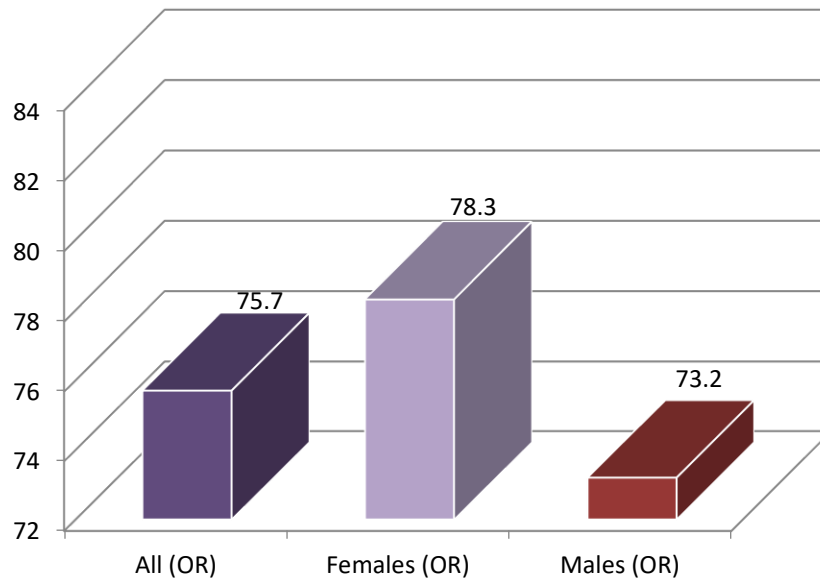
P.O. Box 75972 - Washington, DC 20013 - 202.543. MHN.1 (6461) x 101 - Health@MensHealthNetwork.org

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.

Oregon Life Expectancy at Birth: Most Recent Data



Oregon vs U.S. Life Expectancy at Birth¹

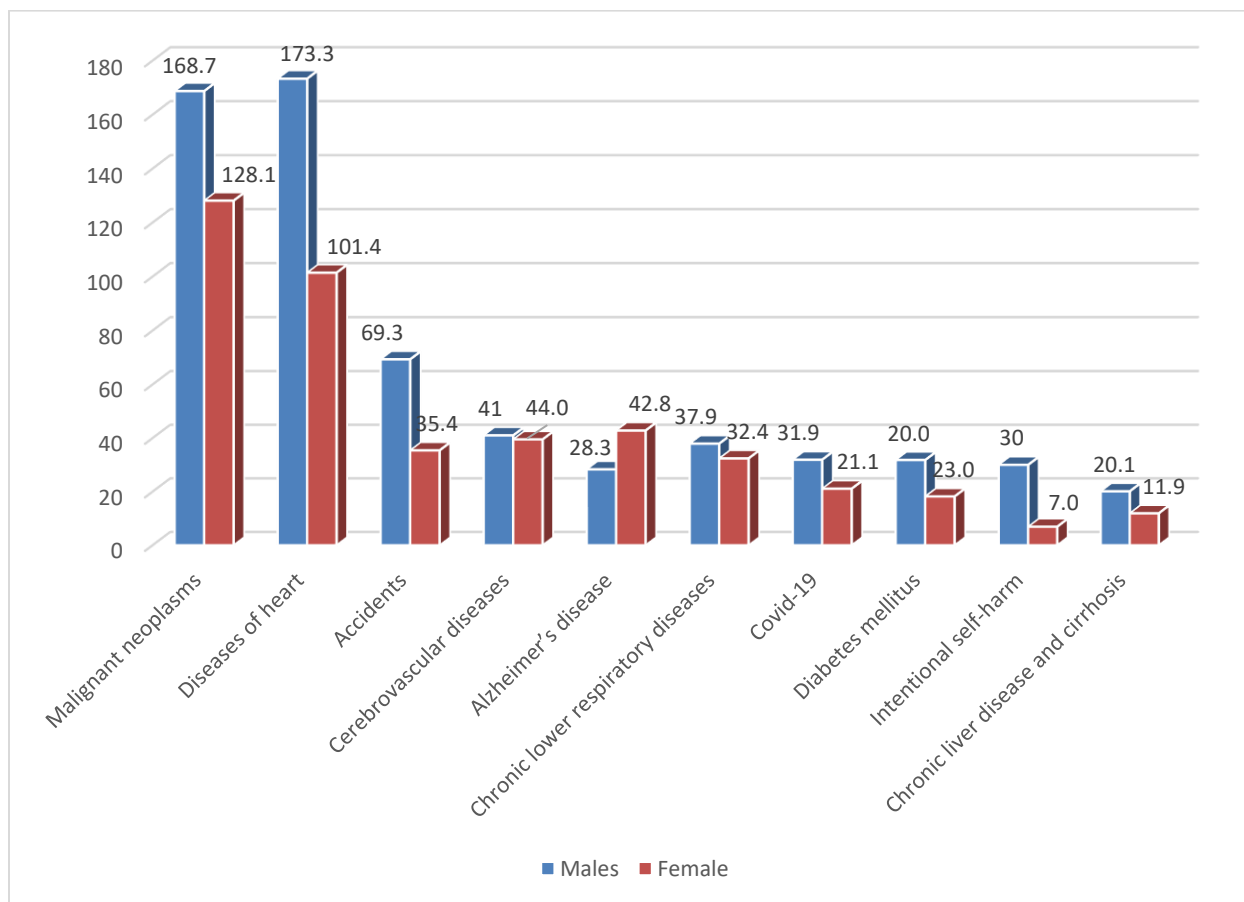
(The most current data available to compare state with national.)

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 >

Oregon: 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)	OR Rate (Male)	OR Rate (Female)
Malignant neoplasms	170.3	168.7	128.1
Diseases of heart	214.2	173.3	101.4
Accidents	107.7	69.3	35.4
Cerebrovascular diseases	39.8	41.0	39.5
Alzheimer's disease	25.3	28.3	42.8
Chronic lower respiratory diseases	40.2	37.9	32.4
Covid-19	107.7	31.9	21.1
Diabetes mellitus	31.2	31.8	18.2
Intentional self-harm	22.0	30.0	6.9
Chronic liver disease and cirrhosis	17.5	20.1	11.9

* = unavailable or negligible number

² Wonder - Centers for Disease Control and Prevention. Health Data Interactive. Underlying Cause of Death, 1999-2018.

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

Oregon's 10 Leading Causes of Death by Gender³

Rank	Men	Women
1	Malignant neoplasms	Malignant neoplasms
2	Diseases of heart	Diseases of heart
3	Accidents	Alzheimer's disease
4	Cerebrovascular diseases	Cerebrovascular diseases
5	Chronic lower respiratory diseases	Chronic lower respiratory diseases
6	Diabetes mellitus	Accidents
7	Covid-19	Covid-19
8	Intentional self-harm	Diabetes mellitus
9	Alzheimer's disease	Essential hypertension and hypertensive renal disease
10	Chronic liver disease and cirrhosis	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

Oregon's 10 Leading Causes of Death by Race⁴

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

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

* = Data unavailable

³ Ibid.

⁴ Underlying Cause of Death. Centers for Disease Control and Prevention.
<https://wonder.cdc.gov/controller/datarequest?stage=search&action=current>.

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.*⁵

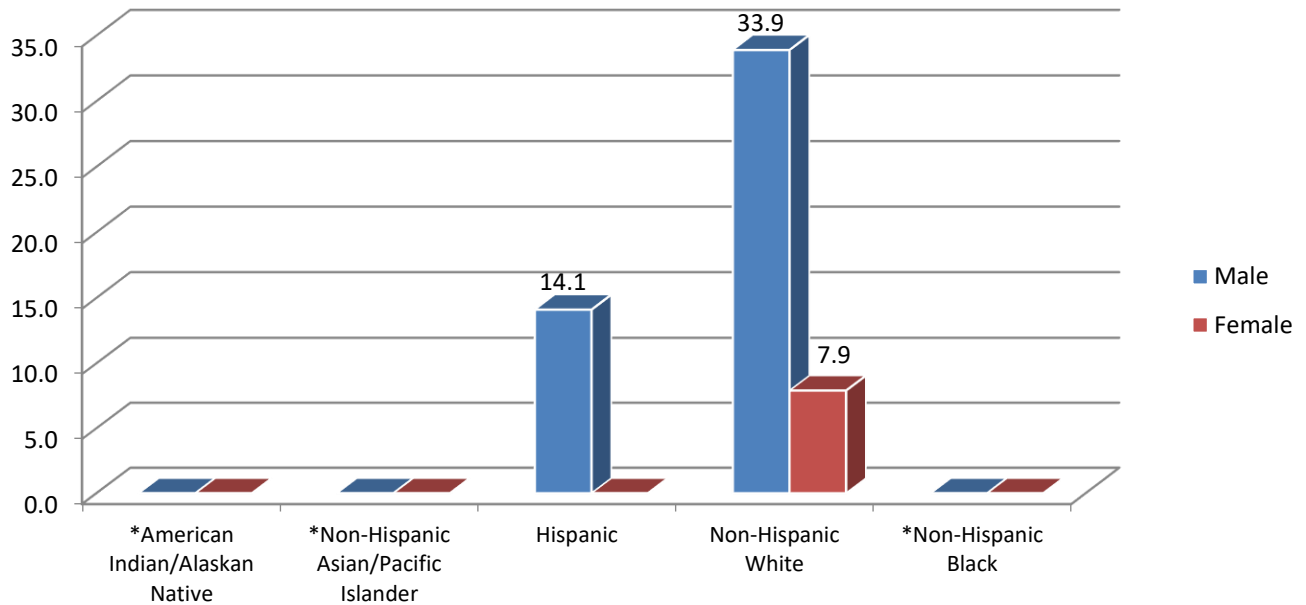
Oregon: Leading Causes of Death for Ages 0-19

(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
Accidents	11.5	12.6	*	*	24.6	6.8	8.7	*	*	13.9
Birth defects	9.2	38.9	*	*	*	8.1	34.5	*	*	*
Intentional self-harm	7.3	*	*	*	23.8	2.8	*	*	*	7.8
Malignant Neoplasms	2.3	*	*	*	*	1.4	*	*	*	*
Assault (homicide)	2.2	*	*	*	6.3	*	*	*	*	*

* = unavailable or negligible number

Oregon: Age-Adjusted Suicide Rates per 100,000 (2020)⁶:



*Sample is too small to report findings

⁵ Ibid.

⁶ Ibid.

Prostate Cancer Incidence and Mortality

In 2022, the American Cancer Society estimates:⁷

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

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

Race/Ethnicity	Oregon	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 Sex⁸

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

⁷ American Cancer Society: Cancer Facts & Statistics. American Cancer Society | Cancer Facts & Statistics. <https://cancerstatisticscenter.cancer.org/#/cancer-site/Prostate>.

⁸ American FactFinder, U.S. Census Bureau. Age Groups and Sex: 2010. http://factfinder2.census.gov/faces/nav/jsf/pages/community_facts.xhtml