

Men's Health Report Card™ – Pennsylvania

Men's Health Network

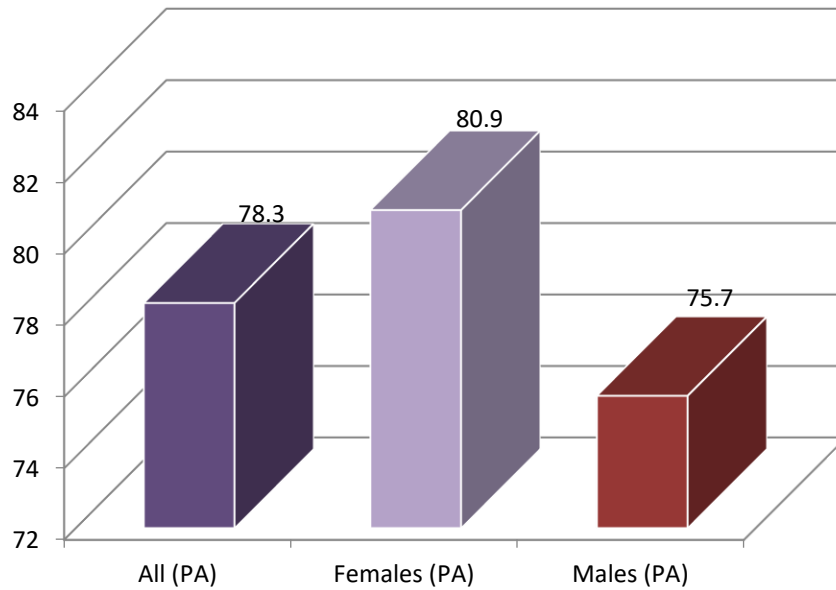
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- “There is a silent health crisis in America...it’s that fact that, on average, American men live sicker and die younger than American women.” - *Dr. David Gremillion, Men's Health Network*

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.

Pennsylvania Life Expectancy at Birth: Most Recent Data



Pennsylvania vs U.S. Life Expectancy at Birth¹

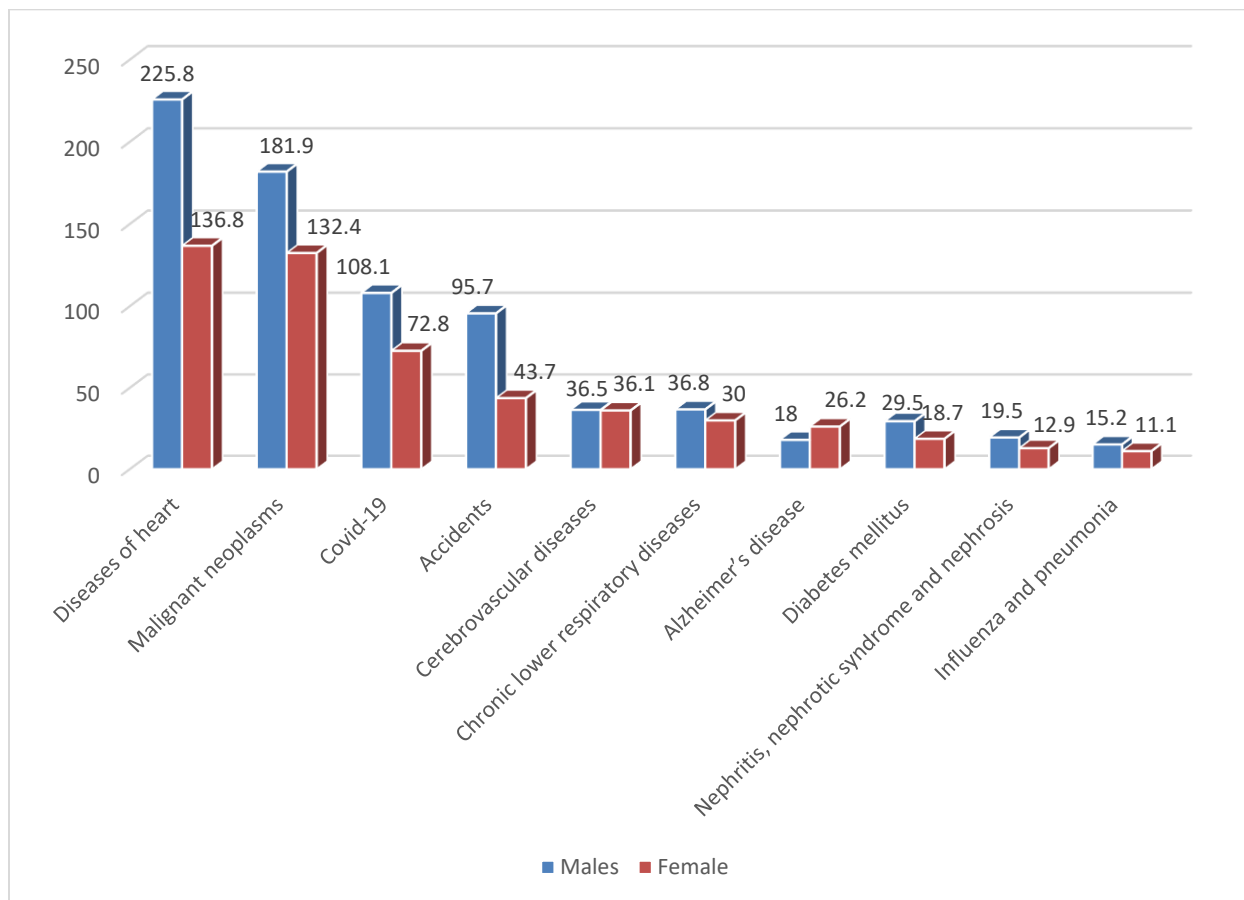
(The most current data available to compare state with national.)

Female/Race (Population)	Life Expectancy (Years)	Male/Race (Population)	Life Expectancy (Years)
White (US)	81.4	White (US)	76.7
White (PA)	81.4	White (PA)	76.3
Black (US)	78.5	Black (US)	72.5
Black (PA)	76.7	Black (PA)	69.8
Hispanic (US)	84.5	Hispanic (US)	79.4
Hispanic (PA)	89.9	Hispanic (PA)	80.8
Asian/Pac. Islander (US)	88.9	Asian/Pac. Islander (US)	84.1
Asian/Pac. Islander (PA)	90.2	Asian/Pac. Islander (PA)	88.0
Amer. Indian/Alaskan Native (US)	83.5	Amer. Indian/Alaskan Native (US)	78.7
Amer. Indian/Alaskan Native (PA)	*	Amer. Indian/Alaskan Native (PA)	*

* 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>

Pennsylvania: 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)	PA Rate (Male)	PA Rate (Female)
Diseases of heart	214.2	225.8	136.8
Malignant neoplasms	170.3	181.9	132.4
Covid-19	107.7	108.1	72.8
Accidents	80.5	95.7	43.7
Cerebrovascular diseases	39.8	36.5	36.1
Chronic lower respiratory diseases	40.2	36.8	30.0
Alzheimer's disease	25.3	18.0	26.2
Diabetes mellitus	31.2	29.5	18.7
Nephritis, nephrotic syndrome and nephrosis	15.4	19.5	12.9
Influenza and pneumonia	15.8	15.2	11.1

* = 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

Pennsylvania'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	Cerebrovascular diseases
5	Chronic lower respiratory diseases	Accidents
6	Cerebrovascular diseases	Chronic lower respiratory diseases
7	Diabetes mellitus	Alzheimer's disease
8	Nephritis, nephrotic syndrome and nephrosis	Diabetes mellitus
9	Intentional self-harm	Nephritis, nephrotic syndrome and nephrosis
10	Alzheimer's disease	Influenza and pneumonia

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

Pennsylvania'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	Malignant neoplasms
3	Covid-19	Covid-19	Accidents
4	Accidents	Accidents	Diseases of heart
5	Cerebrovascular diseases	Cerebrovascular diseases	Cerebrovascular diseases
6	Chronic lower respiratory diseases	Assault (homicide)	Diabetes mellitus
7	Alzheimer's disease	Diabetes mellitus	Alzheimer's disease
8	Diabetes mellitus	Chronic lower respiratory diseases	Assault (homicide)
9	Nephritis, nephrotic syndrome and nephrosis	Nephritis, nephrotic syndrome and nephrosis	Chronic lower respiratory diseases
10	Influenza and pneumonia	Septicemia	Septicemia

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

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

* = Data unavailable

Leading Causes of Death for Boys⁵

³ Ibid.

⁴ Ibid.

⁵ Wonder. Centers for Disease Control and Prevention (CDC). Mortality by underlying cause: US/State, 1999-2014. Retrieved January 15, 2016.

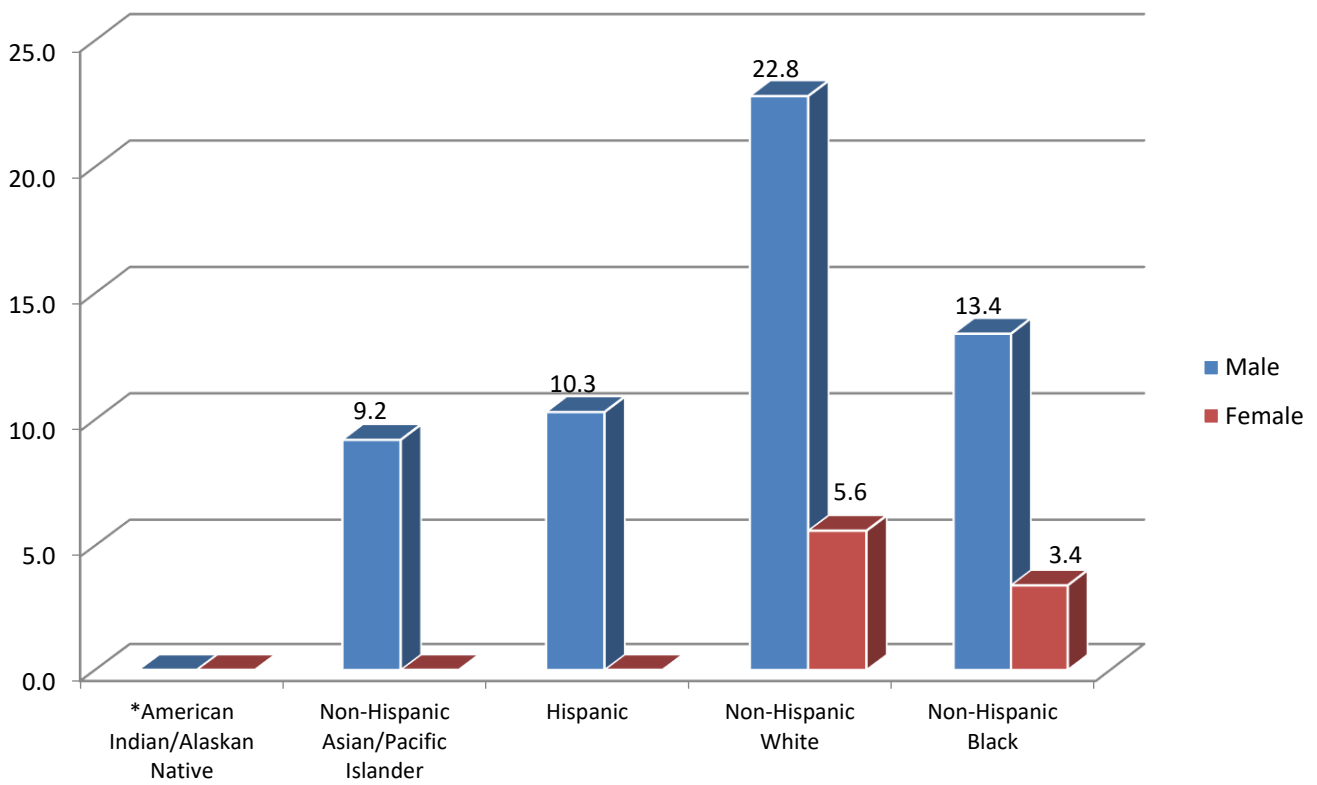
While the rates of malignant neoplasms are similar for both boys and girls, many more boys die from accidents, birth defects, assault, and suicide than girls. *It can be concluded that the higher rate of death in boys may be preventable.*

Pennsylvania: Leading Causes of Death for Ages 0-19
(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
Birth defects	15.4	65.7	*	*	*	12.2	52.0	*	*	*
Accidents	9.7	10.0	4.4	4.3	19.2	5.3	8.3	2.3	*	8.6
Assault (homicide)	6.3	2.8	*	*	18.4	1.6	3.4	*	*	1.9
Intentional self-harm	4.1	*	*	3.9	11.5	1.9	*	*	2.3	4.8
Malignant Neoplasms	2.3	2.0	2.1	2.4	2.6	2.5	2.6	3.0	2.1	2.2

* = unavailable or negligible number

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



*Sample size is too small to report findings

Prostate Cancer Incidence and Mortality⁶

In 2022, the American Cancer Society estimates:

- 11,740 new cases of prostate cancer will be diagnosed among men in Pennsylvania
- 1,470 men die of prostate cancer in Pennsylvania

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

Race/Ethnicity	Pennsylvania	National
Overall	104.3	106.2
White (Includes Hispanic)	95.3	97.6
Black (Includes Hispanic)	155.7	168.6
Hispanic (Any Race)	94.6	83.9
Asian/Pacific Islander	47.8	54.7
American Indian/Alaskan Native	27.4	53.7

* = unavailable or negligible number

Aging in Pennsylvania

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

Pennsylvania Resident Population: 2010 Census by Age and Sex⁷

Age	Number			Males per 100 females
	Both sexes	Male	Female	
Total population	12,702,379	6,190,363	6,512,016	95.1
Under 5 years	729,538	373,216	356,322	104.7
5 to 9 years	753,635	384,359	369,276	104.1
10 to 14 years	791,151	405,227	385,924	105.0
15 to 19 years	905,066	462,465	442,601	104.5
20 to 24 years	874,146	441,886	432,260	102.2
25 to 29 years	781,527	392,569	388,958	100.9
30 to 34 years	729,592	364,681	364,911	99.9
35 to 39 years	764,287	380,172	384,115	99.0
40 to 44 years	851,382	421,689	429,693	98.1
45 to 49 years	955,763	470,543	485,220	97.0
50 to 54 years	984,641	484,289	500,352	96.8
55 to 59 years	879,048	430,202	448,846	95.8
60 to 64 years	743,296	358,008	385,288	92.9
65 to 69 years	553,002	258,653	294,349	87.9
70 to 74 years	426,536	192,187	234,349	82.0
75 to 79 years	362,332	153,890	208,442	73.8
80 to 84 years	311,761	120,931	190,830	63.4
85 years and over	305,676	95,396	210,280	45.4

⁶ National Cancer Institute. State Cancer Profiles 2012-2016. <<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> Retrieved November 8, 2013