

Men's Health Report Card™ - Rhode Island

Men's Health Network

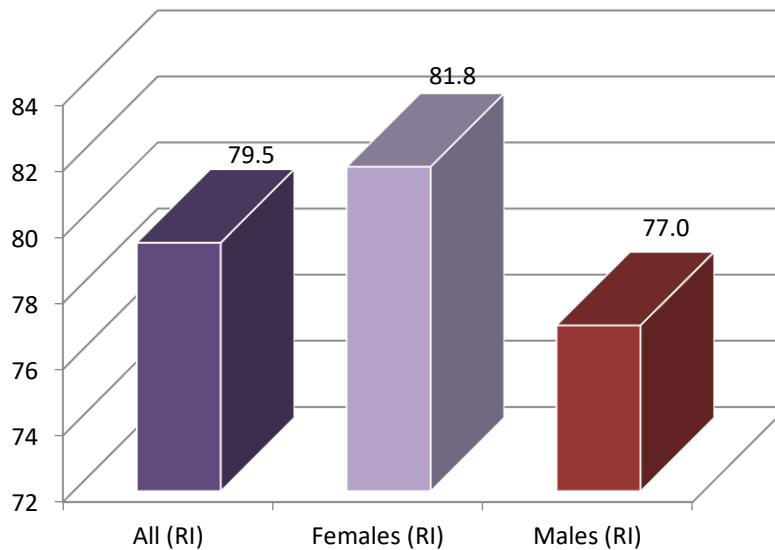
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Compiled by Chris Komst and Jacob Roy

- “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.

Rhode Island Life Expectancy at Birth: Most Recent Data



Rhode Island vs U.S. Life Expectancy at Birth¹

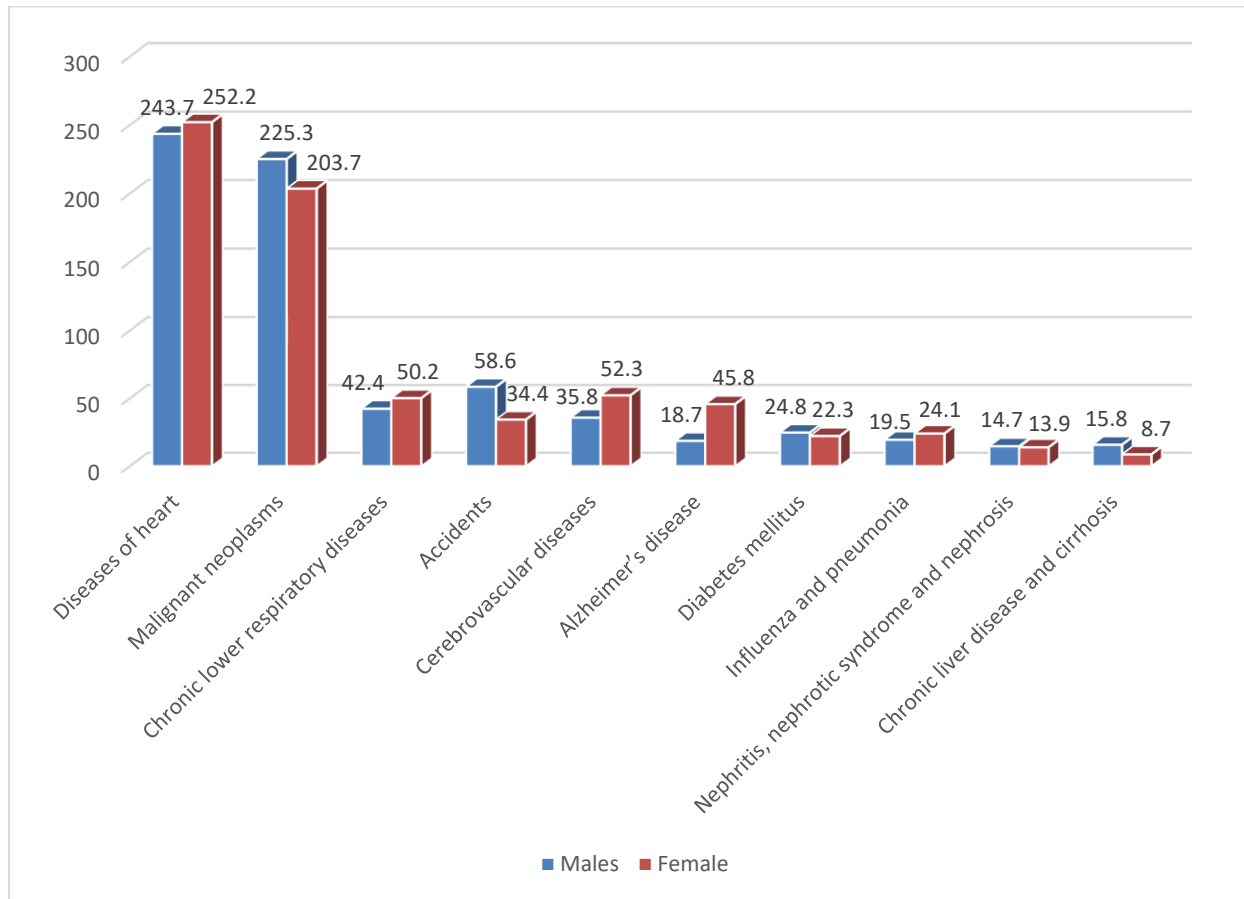
(The most current data available to compare state with national.)

Female/Race (Population)	Life Expectancy (Years)	Male/Race (Population)	Life Expectancy (Years)
White (US)	81.4	White (US)	76.7
White (RI)	81.4	White (RI)	77.2
Black (US)	78.5	Black (US)	72.5
Black (RI)	*	Black (RI)	*
Hispanic (US)	84.5	Hispanic (US)	79.4
Hispanic (RI)	*	Hispanic (RI)	*
Asian/Pac. Islander (US)	88.9	Asian/Pac. Islander (US)	84.1
Asian/Pac. Islander (RI)	*	Asian/Pac. Islander (RI)	*
Amer. Indian/Alaskan Native (US)	83.5	Amer. Indian/Alaskan Native (US)	78.7
Amer. Indian/Alaskan Native (RI)	*	Amer. Indian/Alaskan Native (RI)	*

* 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 >

Rhode Island: 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)	RI Rate (Male)	RI Rate (Female)
Diseases of heart	214.2	195.3	118.2
Malignant neoplasms	170.3	174.1	119.5
Covid-19	107.7	128.5	86.7
Accidents	80.5	92.2	40.9
Alzheimer's disease	25.3	30.7	32.4
Chronic lower respiratory diseases	40.2	32.4	27.9
Cerebrovascular diseases	39.8	27.4	25.6
Diabetes mellitus	31.2	31.3	16.7
Chronic liver disease and cirrhosis	17.5	19.6	8.7
Parkinson disease	14.5	15.2	6.8

* = unavailable or negligible number

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

³ Ibid.

State-Specific Leading Causes of Mortality, by Gender and Race⁴

Rhode Island'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	Accidents
6	Diabetes mellitus	Chronic lower respiratory diseases
7	Alzheimer's disease	Cerebrovascular diseases
8	Cerebrovascular diseases	Diabetes mellitus
9	Chronic liver disease and cirrhosis	Influenza and pneumonia
10	Parkinson disease	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

Rhode Island's 10 Leading Causes of Death by Race

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

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

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

* = Data unavailable

⁴ Ibid.

Leading Causes of Death for Boys

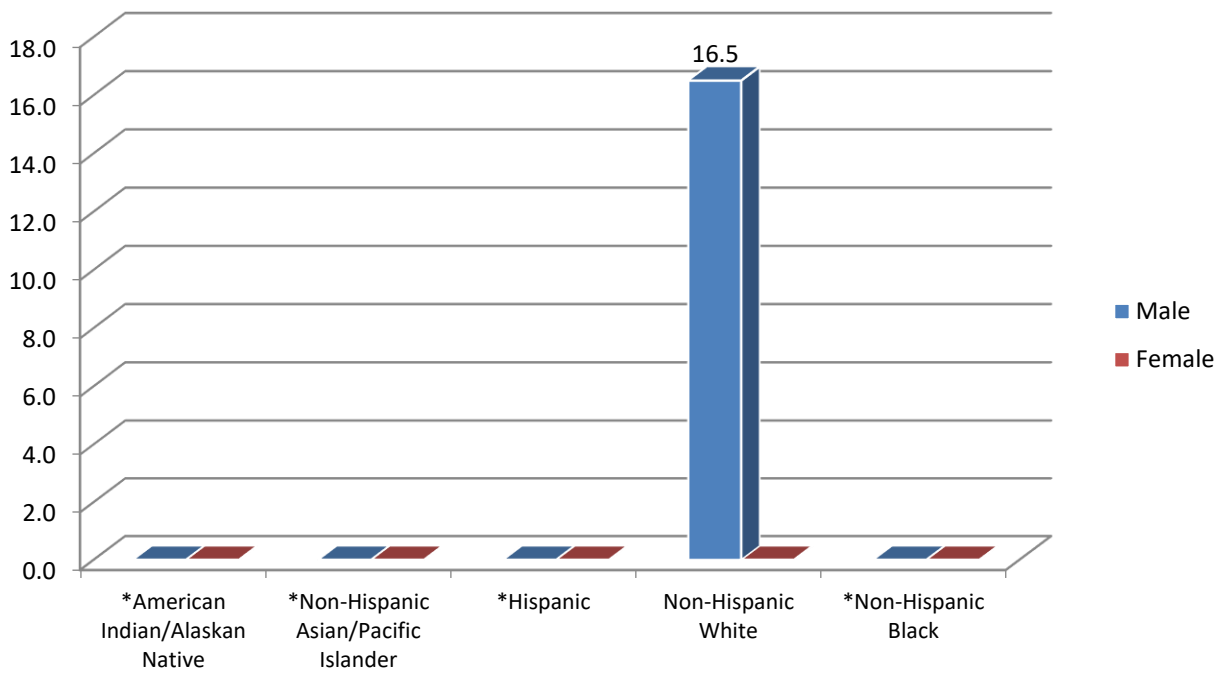
While the rate of accidents are extremely low for both boys and girls, many more boys die from birth defects than girls do. *It can be concluded that the higher rate of death in boys may be preventable.*

Rhode Island: Leading Causes of Death for Ages 0-19
(Crude rates per 100,000; using 2016-2020 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	16.6	72.5	*	*	*	12.0	53.4	*	*	*
Accidents	5.9	*	*	*	*	4.9	*	*	*	11.7

* = unavailable or negligible number

Rhode Island: Age-Adjusted Suicide Rates per 100,000 (2020)⁵:



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:

- 1,030 new cases of prostate cancer will be diagnosed among men in Rhode Island

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

Race/Ethnicity	Rhode Island	National
Overall	105.1	106.2
White (Includes Hispanic)	102.2	97.6
Black (Includes Hispanic)	116.9	168.6
Hispanic (Any Race)	121.0	83.9
Asian/Pacific Islander	26.8	54.7
American Indian/Alaskan Native	*	53.7

* = unavailable or negligible number

Aging in Rhode Island

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

Rhode Island Resident Population: 2010 Census by Age and Sex⁷

Age	Number			Males per 100 females
	Both sexes	Male	Female	
Total population	1,052,567	508,400	544,167	93.4
Under 5 years	57,448	29,396	28,052	104.8
5 to 9 years	60,440	31,051	29,389	105.7
10 to 14 years	63,824	32,673	31,151	104.9
15 to 19 years	80,046	40,157	39,889	100.7
20 to 24 years	82,167	41,229	40,938	100.7
25 to 29 years	65,799	33,126	32,673	101.4
30 to 34 years	61,163	30,056	31,107	96.6
35 to 39 years	63,730	31,185	32,545	95.8
40 to 44 years	73,130	35,635	37,495	95.0
45 to 49 years	81,300	39,435	41,865	94.2
50 to 54 years	81,050	39,138	41,912	93.4
55 to 59 years	70,634	33,908	36,726	92.3
60 to 64 years	59,955	28,969	30,986	93.5
65 to 69 years	42,802	19,999	22,803	87.7
70 to 74 years	31,077	13,805	17,272	79.9
75 to 79 years	26,645	11,219	15,426	72.7
80 to 84 years	24,607	9,262	15,345	60.4
85 years and over	26,750	8,157	18,593	43.9

⁶ American Cancer Society: Cancer Facts & Statistics. American Cancer Society | Cancer Facts & Statistics. <https://cancerstatisticscenter.cancer.org/#!/cancer-site/Prostate>.

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