

Men's Health Report Card™ - South Dakota

Men's Health Network

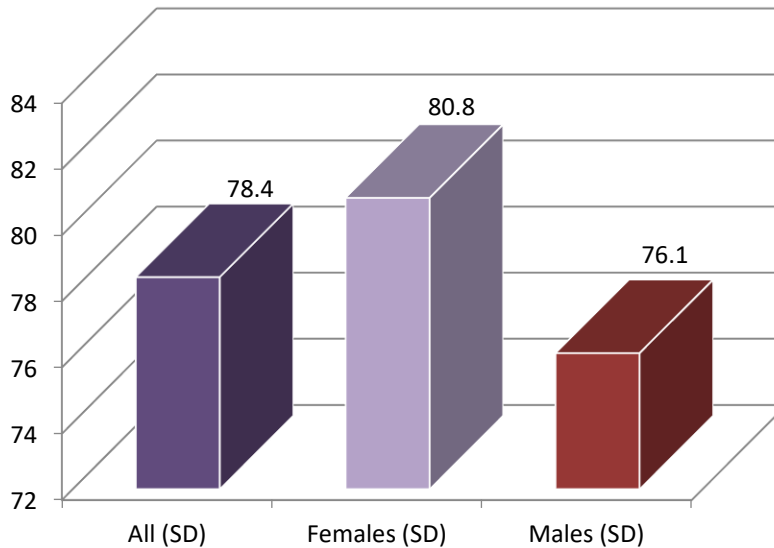
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Compiled by Chris Komst and Jacob Roy

- “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.

South Dakota Life Expectancy at Birth: Most Recent Data



South Dakota vs U.S. Life Expectancy at Birth¹

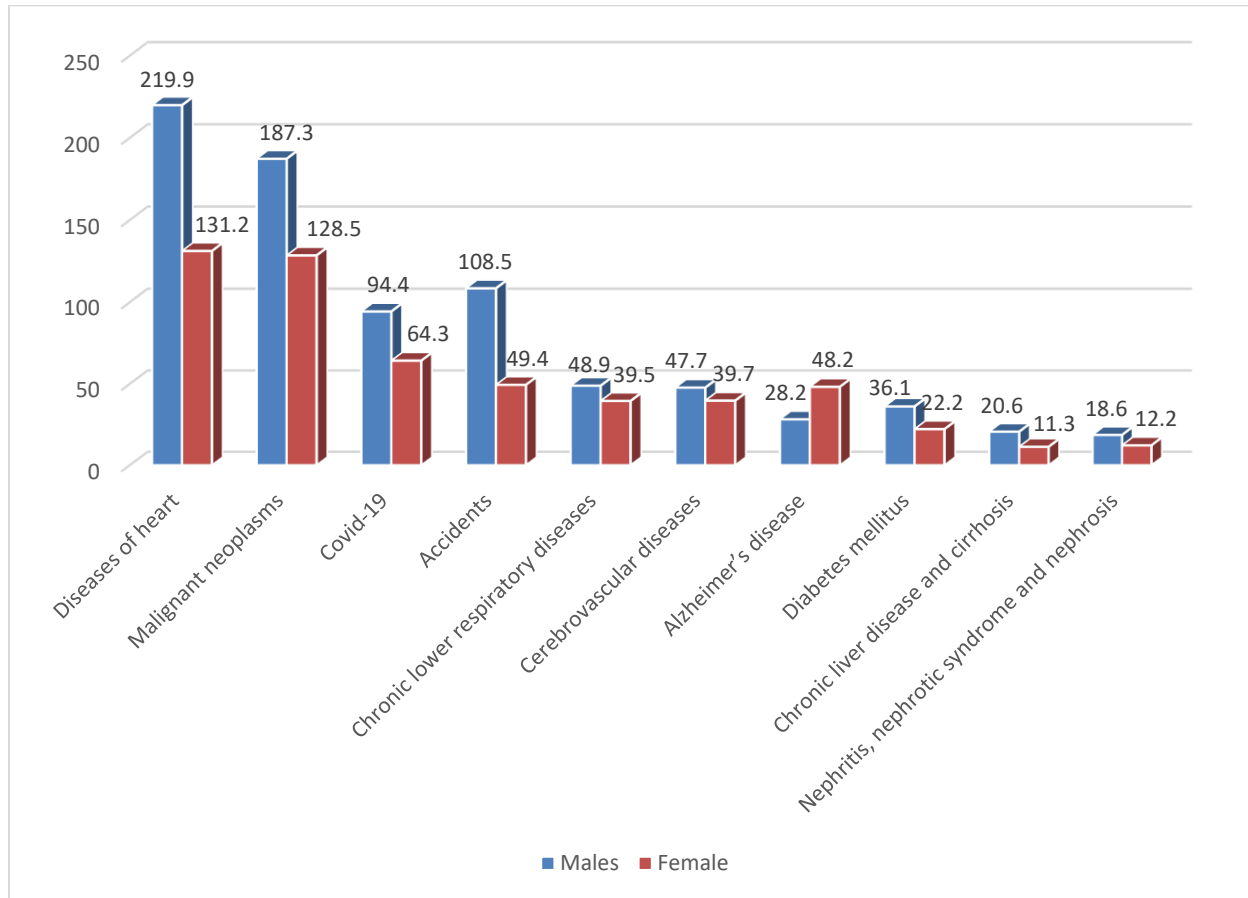
(The most current data available to compare state with national.)

Female/Race (Population)	Life Expectancy (Years)	Male/Race (Population)	Life Expectancy (Years)
White (US)	81.4	White (US)	76.7
White (SD)	83.3	White (SD)	77.6
Black (US)	78.5	Black (US)	72.5
Black (SD)	*	Black (SD)	*
Hispanic (US)	84.5	Hispanic (US)	79.4
Hispanic (SD)	*	Hispanic (SD)	*
Asian/Pac. Islander (US)	88.9	Asian/Pac. Islander (US)	84.1
Asian/Pac. Islander (SD)	*	Asian/Pac. Islander (SD)	*
Amer. Indian/Alaskan Native (US)	83.5	Amer. Indian/Alaskan Native (US)	78.7
Amer. Indian/Alaskan Native (SC)	*	Amer. Indian/Alaskan Native (SD)	*

* 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>

South Dakota: 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)	SD Rate (Male)	SD Rate (Female)
Diseases of heart	214.2	206.7	109.6
Malignant neoplasms	170.3	173.4	130.7
Covid-19	107.7	160.6	102.3
Accidents	80.5	78.0	38.8
Alzheimer's disease	25.3	35.8	42.1
Chronic lower respiratory diseases	40.2	45.5	31.1
Cerebrovascular diseases	39.8	37.7	32.8
Diabetes mellitus	31.2	34.7	24.2
Chronic liver disease and cirrhosis	17.5	30.7	19.9
Intentional self-harm	22.0	32.7	9.3

* = 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

South Dakota's 10 Leading Causes of Death by Gender

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

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

South Dakota's 10 Leading Causes of Death by Race

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

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

*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

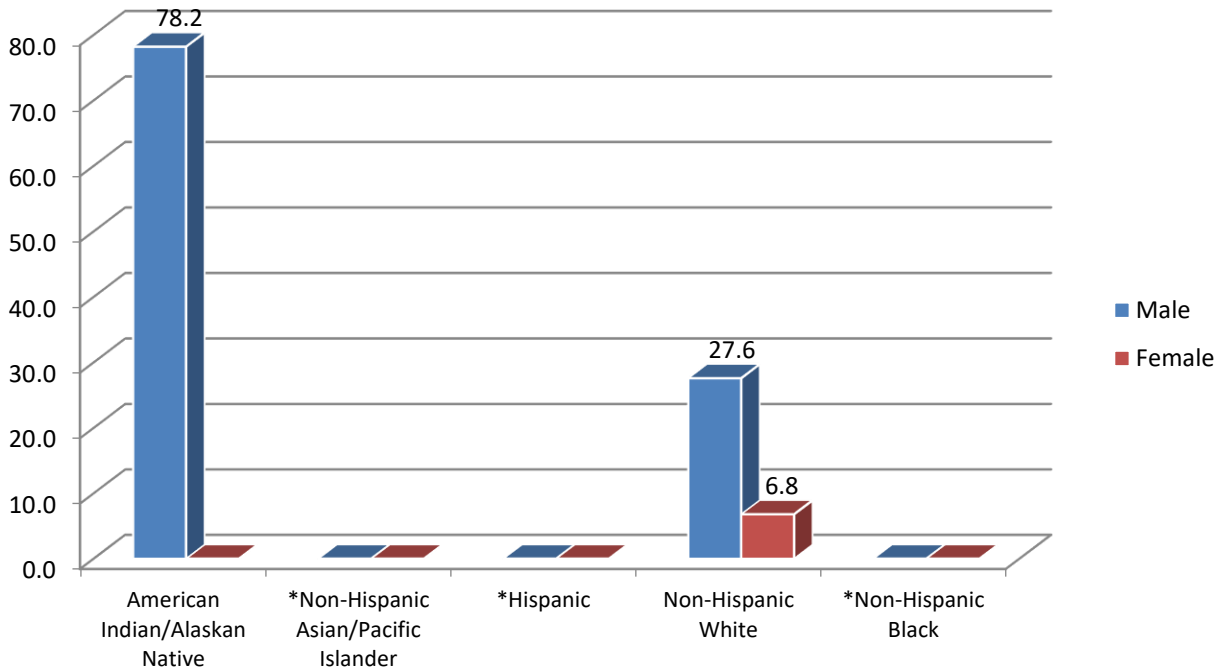
While the rates of birth defects are similar for both boys and girls, many more boys die from accidents and suicide than girls do. *It can be concluded that the higher rate of death in boys may be preventable.*

South Dakota: 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
Birth defects	11.6	45.7	*	*	*	11.4	44.6	*	*	*
Accidents	21.0	30.8	*	*	41.1	11.9	*	*	*	*
Intentional self-harm	12.4	*	*	*	43.3	7.9	*	*	*	25.0

* = unavailable or negligible number

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



*Sample size is too small to report findings

⁵ Ibid.

Prostate Cancer Incidence and Mortality

In 2022, the American Cancer Society estimates:

- 810 new cases of prostate cancer will be diagnosed among men in South Dakota
- 80 men die of prostate cancer in South Dakota

The National Cancer Institute provides the following age-adjusted incidence rates for prostate cancer for the years 2014-2018 (per 100,000)⁶:

Race/Ethnicity	South Dakota	National
Overall	118.3	106.2
White (Includes Hispanic)	117.3	97.6
Black (Includes Hispanic)	114.4	168.6
Hispanic (Any Race)	72.5	83.9
Asian/Pacific Islander	*	54.7
American Indian/Alaskan Native	142.3	53.7

* = unavailable or negligible number

Aging in South Dakota

- 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 South Dakota, the male-female ratio converges in the mid 60s and then drops rapidly as shown in this chart developed from year 2010 Census data.

South Dakota Resident Population: 2010 Census by Age and Sex⁷

Age	Number			Males per 100 females
	Both sexes	Male	Female	
Total population	814,180	407,381	406,799	100.1
Under 5 years	59,621	30,535	29,086	105.0
5 to 9 years	55,531	28,544	26,987	105.8
10 to 14 years	53,960	27,678	26,282	105.3
15 to 19 years	57,628	29,682	27,946	106.2
20 to 24 years	57,596	29,663	27,933	106.2
25 to 29 years	55,570	28,958	26,612	108.8
30 to 34 years	49,859	25,625	24,234	105.7
35 to 39 years	45,766	23,276	22,490	103.5
40 to 44 years	47,346	24,208	23,138	104.6
45 to 49 years	57,519	28,953	28,566	101.4
50 to 54 years	59,399	29,861	29,538	101.1
55 to 59 years	54,231	27,445	26,786	102.5
60 to 64 years	43,573	22,100	21,473	102.9
65 to 69 years	31,944	15,564	16,380	95.0
70 to 74 years	25,683	12,064	13,619	88.6
75 to 79 years	21,724	9,475	12,249	77.4
80 to 84 years	18,004	7,453	10,551	70.6
85 years and over	19,226	6,297	12,929	48.7

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