

Men's Health Report Card™ – Tennessee

Men's Health Network

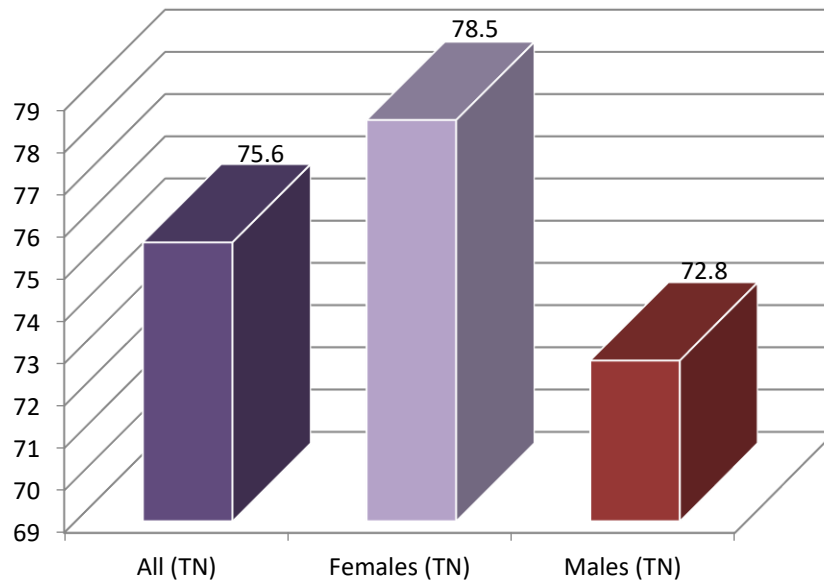
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Compiled by Chris Komst and Jacob Roy

- “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.

Tennessee Life Expectancy at Birth: Most Recent Data



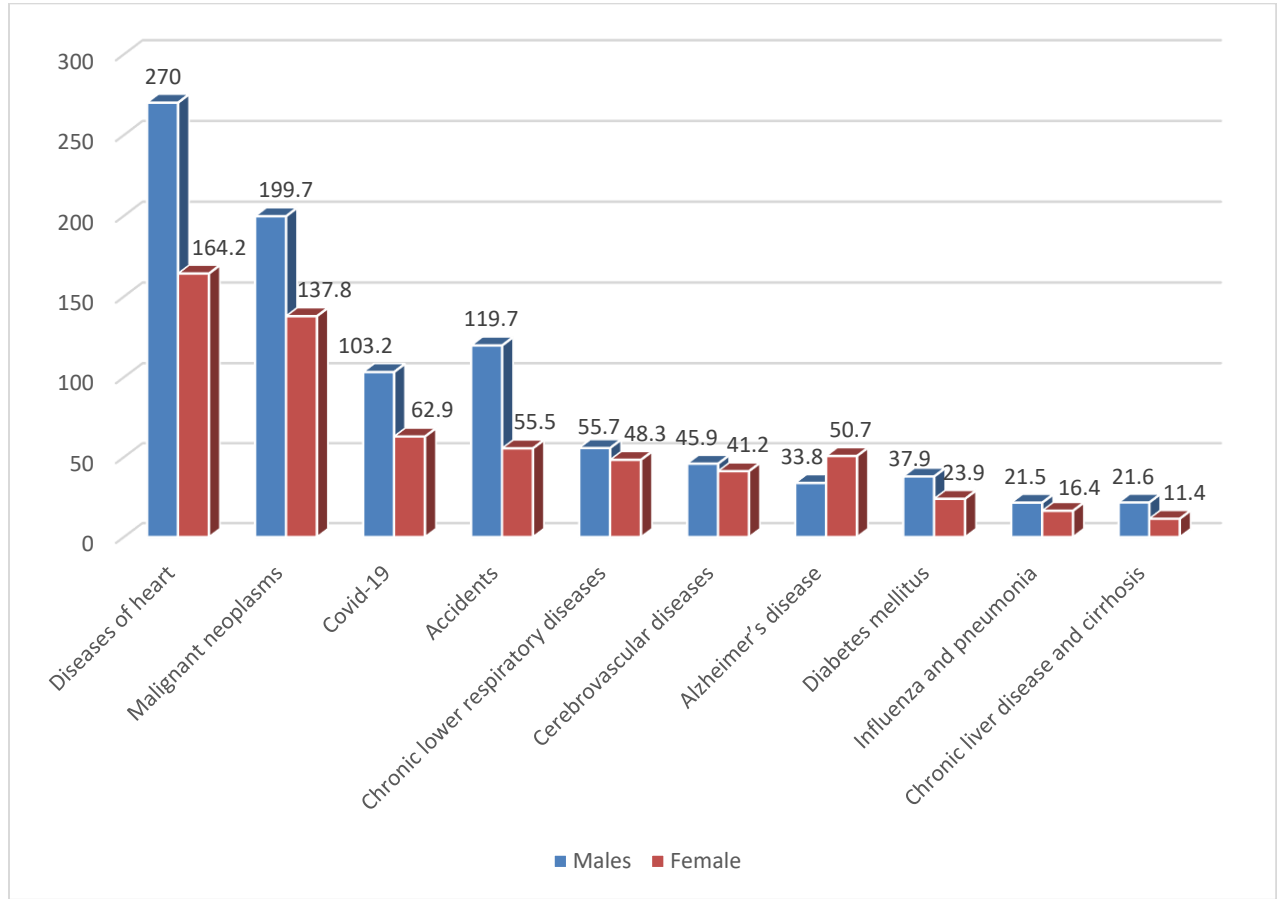
Tennessee vs U.S. Life Expectancy at Birth¹

(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 (TN) | 79.4 | White (TN) | 73.9 |
| Black (US) | 78.5 | Black (US) | 72.5 |
| Black (TN) | 76.3 | Black (TN) | 69.2 |
| Hispanic (US) | 84.5 | Hispanic (US) | 79.4 |
| Hispanic (TN) | * | Hispanic (TN) | * |
| Asian/Pac. Islander (US) | 88.9 | Asian/Pac. Islander (US) | 84.1 |
| Asian/Pac. Islander (TN) | * | Asian/Pac. Islander (TN) | * |
| Amer. Indian/Alaskan Native (US) | 83.5 | Amer. Indian/Alaskan Native (US) | 78.7 |
| Amer. Indian/Alaskan Native (TN) | * | Amer. Indian/Alaskan Native (TN) | * |

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>

Tennessee: 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) | TN Rate (Male) | TN Rate (Female) |
|-------------------------------------|----------------------|----------------|------------------|
| Diseases of heart | 214.2 | 270.0 | 164.2 |
| Malignant neoplasms | 170.3 | 199.7 | 137.8 |
| Covid-19 | 107.7 | 103.2 | 62.9 |
| Accidents | 80.5 | 119.7 | 55.5 |
| Chronic lower respiratory diseases | 40.2 | 55.7 | 48.3 |
| Cerebrovascular diseases | 39.8 | 45.9 | 41.2 |
| Alzheimer's disease | 25.3 | 33.8 | 50.7 |
| Diabetes mellitus | 31.2 | 37.9 | 23.9 |
| Influenza and pneumonia | 15.8 | 21.5 | 16.4 |
| Chronic liver disease and cirrhosis | 17.5 | 21.6 | 11.4 |

* = 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 Race³

Tennessee's 10 Leading Causes of Death by Gender

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

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

Tennessee'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 | Malignant neoplasms | Accidents |
| 3 | Covid-19 | Covid-19 | Malignant neoplasms |
| 4 | Accidents | Accidents | Diseases of heart |
| 5 | Chronic lower respiratory diseases | Cerebrovascular diseases | Assault (homicide) |
| 6 | Alzheimer's disease | Diabetes mellitus | Intentional self-harm |
| 7 | Cerebrovascular diseases | Assault (homicide) | Diabetes mellitus |
| 8 | Diabetes mellitus | Chronic lower respiratory diseases | Chronic liver disease and cirrhosis |
| 9 | Influenza and pneumonia | Alzheimer's disease | Alzheimer's disease |
| 10 | Chronic liver disease and cirrhosis | Essential hypertension and hypertensive renal disease | Cerebrovascular diseases |

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

Leading Causes of Death for Boys

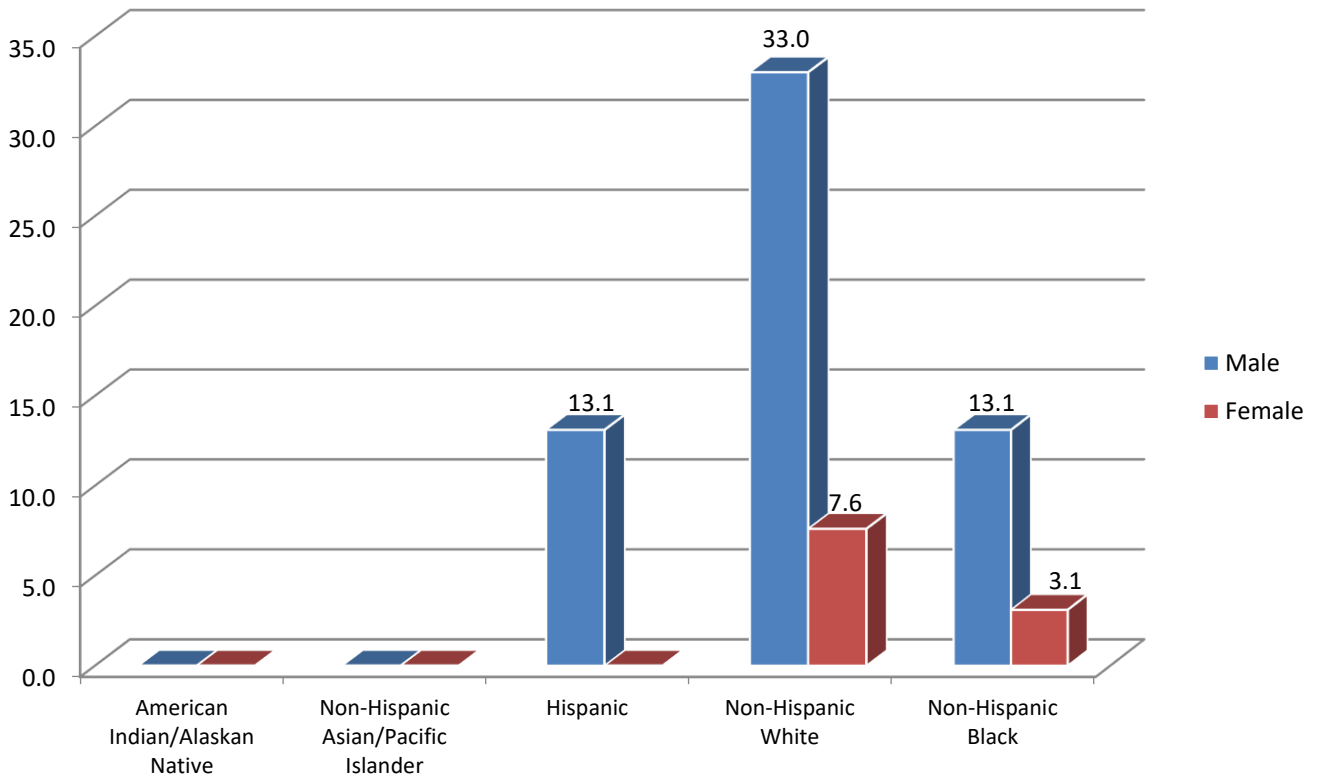
While the rates of malignant neoplasms are similar for both boys and girls, many more boys die from birth defects, accidents, assault, and suicide than girls. *It can be concluded that the higher rate of death in boys may be preventable.*

Tennessee: Leading Causes of Death for Ages 0-19⁴
(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 | 16.9 | 69.3 | * | * | * | 13.5 | 54.8 | * | * | * |
| Accidents | 18.8 | 23.5 | 7.1 | 5.5 | 39.1 | 9.3 | 14.5 | 3.5 | * | 17.2 |
| Assault (homicide) | 9.1 | 4.3 | * | * | 28.2 | 2.5 | * | * | * | 4.3 |
| Intentional self-harm | 4.9 | * | * | * | 16.8 | 1.7 | * | * | * | 4.0 |
| Malignant neoplasms | 2.6 | * | * | 3.3 | 3.2 | 1.7 | * | * | * | * |

* = unavailable or negligible number

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



*Sample size is too small to report findings

⁴ Wonder. Centers for Disease Control and Prevention (CDC). Mortality by underlying cause: US/State, 1999-2014. Retrieved January 15, 2016.

⁵ Ibid.

Prostate Cancer Incidence and Mortality

In 2022, the American Cancer Society estimates:

- 5,800 new cases of prostate cancer will be diagnosed among men in Tennessee
- 750 men die of prostate cancer in Tennessee

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 | Tennessee | National |
|--------------------------------|-----------|----------|
| Overall | 113.9 | 106.2 |
| White (Includes Hispanic) | 103.9 | 97.6 |
| Black (Includes Hispanic) | 181.8 | 168.6 |
| Hispanic (Any Race) | 81.1 | 83.9 |
| Asian/Pacific Islander | 54.0 | 54.7 |
| American Indian/Alaskan Native | 35.7 | 53.7 |

* = unavailable or negligible number

Aging in Tennessee

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

Tennessee Resident Population: 2010 Census by Age and Sex⁷

| Age | Number | | | Males per 100 females |
|-------------------------|------------|-----------|-----------|-----------------------|
| | Both sexes | Male | Female | |
| Total population | 6,346,105 | 3,093,504 | 3,252,601 | 95.1 |
| Under 5 years | 407,813 | 208,119 | 199,694 | 104.2 |
| 5 to 9 years | 412,181 | 210,090 | 202,091 | 104.0 |
| 10 to 14 years | 418,941 | 215,039 | 203,902 | 105.5 |
| 15 to 19 years | 437,186 | 223,002 | 214,184 | 104.1 |
| 20 to 24 years | 426,244 | 212,905 | 213,339 | 99.8 |
| 25 to 29 years | 417,683 | 206,997 | 210,686 | 98.2 |
| 30 to 34 years | 406,314 | 201,529 | 204,785 | 98.4 |
| 35 to 39 years | 423,622 | 209,760 | 213,862 | 98.1 |
| 40 to 44 years | 430,508 | 213,014 | 217,494 | 97.9 |
| 45 to 49 years | 467,087 | 228,086 | 239,001 | 95.4 |
| 50 to 54 years | 459,349 | 222,283 | 237,066 | 93.8 |
| 55 to 59 years | 414,991 | 198,721 | 216,270 | 91.9 |
| 60 to 64 years | 370,724 | 177,924 | 192,800 | 92.3 |
| 65 to 69 years | 280,538 | 133,139 | 147,399 | 90.3 |
| 70 to 74 years | 206,536 | 94,112 | 112,424 | 83.7 |
| 75 to 79 years | 154,517 | 65,637 | 88,880 | 73.8 |
| 80 to 84 years | 111,954 | 43,111 | 68,843 | 62.6 |
| 85 years and over | 99,917 | 30,036 | 69,881 | 43.0 |

⁶ National Cancer Institute. State Cancer Profiles 2012-2016. <<http://statecancerprofiles.cancer.gov>> Retrieved: March 13, 2020

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.