

Men's Health Report Card™ – Texas

Men's Health Network

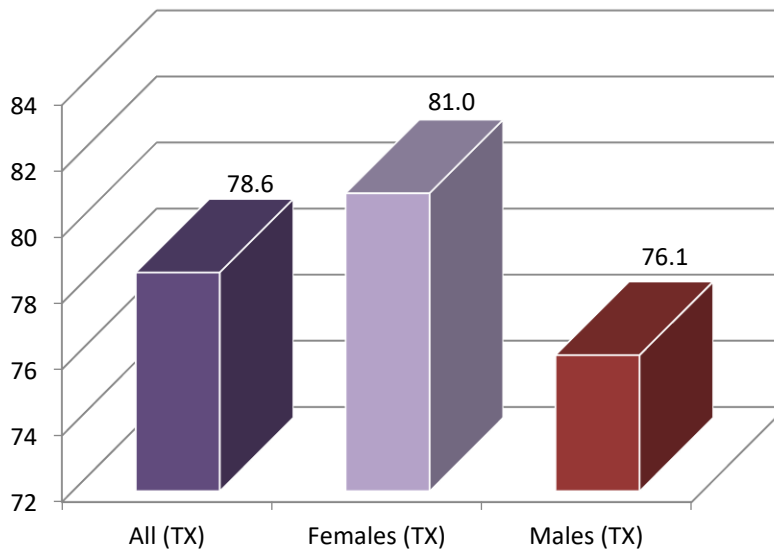
P.O. Box 75972 - Washington, DC 20013 - 202.543. MHN.1 (6461) x 101 - Health@MensHealthNetwork.org

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.

Texas Life Expectancy at Birth: Most Recent Data



Texas vs U.S. Life Expectancy at Birth¹

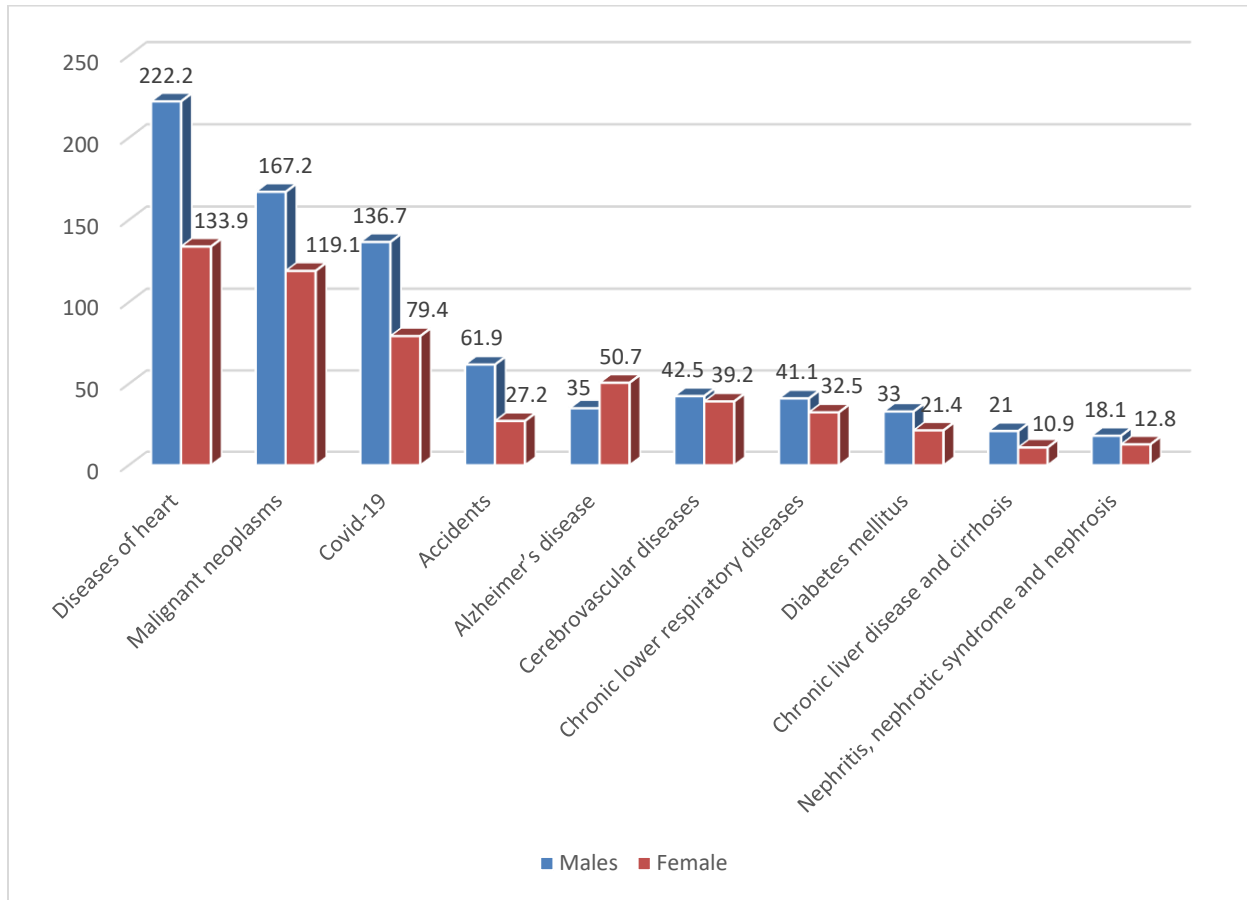
(The most current data available to compare state with national.)

Female/Race (Population)	Life Expectancy (Years)	Male/Race (Population)	Life Expectancy (Years)
White (US)	81.4	White (US)	76.7
White (TX)	80.4	White (TX)	75.6
Black (US)	78.5	Black (US)	72.5
Black (TX)	77.2	Black (TX)	71.3
Hispanic (US)	84.5	Hispanic (US)	79.4
Hispanic (TX)	83.3	Hispanic (TX)	78.0
Asian/Pac. Islander (US)	88.9	Asian/Pac. Islander (US)	84.1
Asian/Pac. Islander (TX)	88.6	Asian/Pac. Islander (TX)	87.8
Amer. Indian/Alaskan Native (US)	83.5	Amer. Indian/Alaskan Native (US)	78.7
Amer. Indian/Alaskan Native (TX)	*	Amer. Indian/Alaskan Native (TX)	*

* 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 >

Texas: 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)	TX Rate (Male)	TX Rate (Female)
Diseases of heart	214.2	222.2	133.9
Malignant neoplasms	170.3	167.2	119.1
Covid-19	107.7	136.7	79.4
Accidents	80.5	61.9	27.2
Alzheimer's disease	25.3	35.0	50.7
Cerebrovascular diseases	39.8	42.5	39.2
Chronic lower respiratory diseases	40.2	41.1	32.5
Diabetes mellitus	31.2	33.0	21.4
Chronic liver disease and cirrhosis	17.5	21.0	10.9
Nephritis, nephrotic syndrome and nephrosis	15.4	18.1	12.8

* = 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

Texas'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	Cerebrovascular diseases	Cerebrovascular diseases
6	Chronic lower respiratory diseases	Chronic lower respiratory diseases
7	Diabetes mellitus	Accidents
8	Alzheimer's disease	Diabetes mellitus
9	Chronic liver disease and cirrhosis	Nephritis, nephrotic syndrome and nephrosis
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

Texas'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	Diseases of heart
3	Covid-19	Covid-19	Malignant neoplasms
4	Alzheimer's disease	Accidents	Accidents
5	Chronic lower respiratory diseases	Cerebrovascular diseases	Diabetes mellitus
6	Accidents	Diabetes mellitus	Cerebrovascular diseases
7	Cerebrovascular diseases	Alzheimer's disease	Alzheimer's disease
8	Diabetes mellitus	Assault (homicide)	Chronic liver disease and cirrhosis
9	Chronic liver disease and cirrhosis	Chronic lower respiratory diseases	Nephritis, nephrotic syndrome and nephrosis
10	Intentional self-harm	Nephritis, nephrotic syndrome and nephrosis	Chronic lower respiratory diseases

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

* = Data unavailable

³ Ibid.

Leading Causes of Death for Boys

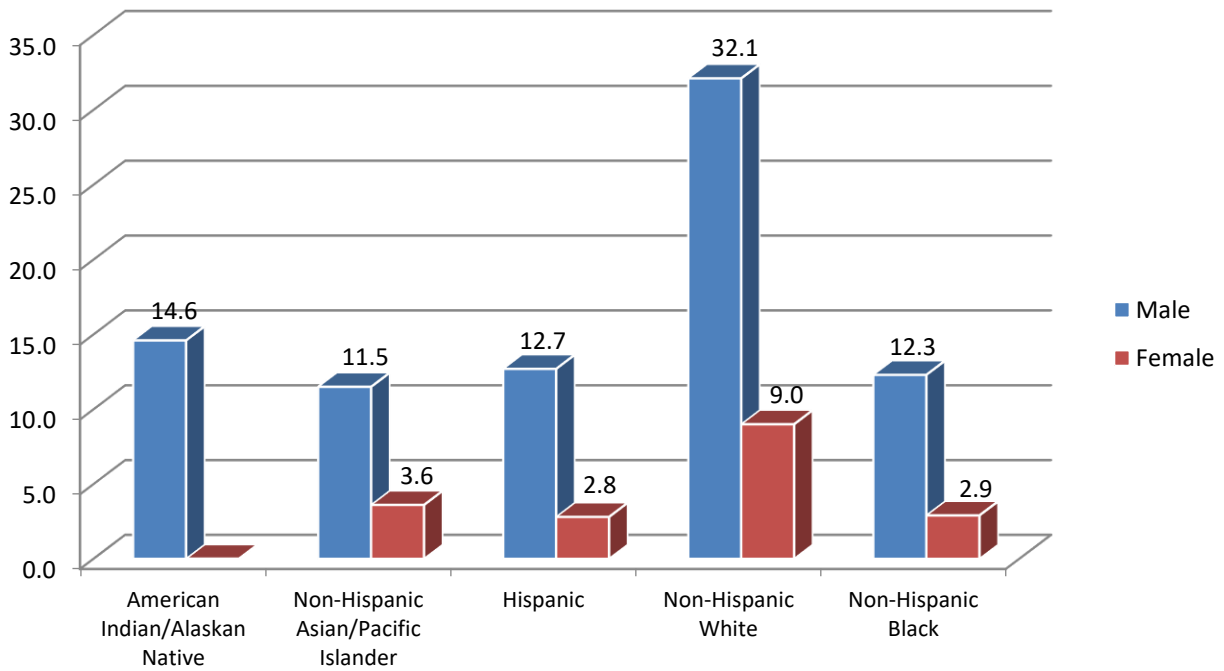
While the rates of malignant neoplasms are similar for both boys and girls, many more boys die from birth defects, accidents, assault, and suicide than girls. *It can be concluded that the higher rate of death in boys may be preventable.*

Texas: 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	13.2	53.9	*	*	*	10.8	44.6	*	*	*
Accidents	11.8	13.0	4.2	4.8	25.4	7.1	10.1	3.5	3.7	11.3
Intentional self-harm	5.7	*	*	3.6	19.0	1.8	*	*	1.8	5.2
Assault (homicide)	5.8	3.7	*	1.3	17.5	1.6	2.6	*	*	2.9
Malignant neoplasms	2.4	2.0	1.7	2.1	3.7	2.0	1.8	1.7	1.9	2.7

* = unavailable or negligible number

Texas: Age-Adjusted Suicide Rates per 100,000 (2020)³:



*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.

Prostate Cancer Incidence and Mortality⁵

In 2022, the American Cancer Society estimates:

- 17,850 new cases of prostate cancer will be diagnosed among men in Texas
- 2,260 men die of prostate cancer in Texas

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	Texas	National
Overall	97.6	106.2
White (Includes Hispanic)	91.5	97.6
Black (Includes Hispanic)	158.3	168.6
Hispanic (Any Race)	77.4	83.9
Asian/Pacific Islander	51.2	54.7
American Indian/Alaskan Native	38.3	53.7

* = unavailable or negligible number

Aging in Texas

- 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 Texas, the male-female ratio converges in the early 30s and then drops rapidly as shown in this chart developed from year 2010 Census data.

Texas Resident Population: 2010 Census by Age and Sex⁷

Age	Number			Males per 100 females
	Both sexes	Male	Female	
Total population	25,145,561	12,472,280	12,673,281	98.4
Under 5 years	1,928,473	984,149	944,324	104.2
5 to 9 years	1,928,234	983,814	944,420	104.2
10 to 14 years	1,881,883	962,866	919,017	104.8
15 to 19 years	1,883,124	968,686	914,438	105.9
20 to 24 years	1,817,079	932,353	884,726	105.4
25 to 29 years	1,853,039	938,966	914,073	102.7
30 to 34 years	1,760,434	882,887	877,547	100.6
35 to 39 years	1,763,587	876,139	887,448	98.7
40 to 44 years	1,694,795	846,865	847,930	99.9
45 to 49 years	1,760,467	874,863	885,604	98.8
50 to 54 years	1,674,869	827,933	846,936	97.8
55 to 59 years	1,422,924	691,275	731,649	94.5
60 to 64 years	1,174,767	565,820	608,947	92.9
65 to 69 years	853,100	403,269	449,831	89.6
70 to 74 years	619,156	283,865	335,291	84.7
75 to 79 years	477,245	208,530	268,715	77.6
80 to 84 years	347,206	139,029	208,177	66.8
85 years and over	305,179	100,971	204,208	49.4

⁵ National Cancer Institute. State Cancer Profiles 2008-2012. <<http://statecancerprofiles.cancer.gov>>

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>