

Men's Health Report Card™ – Utah

Men's Health Network

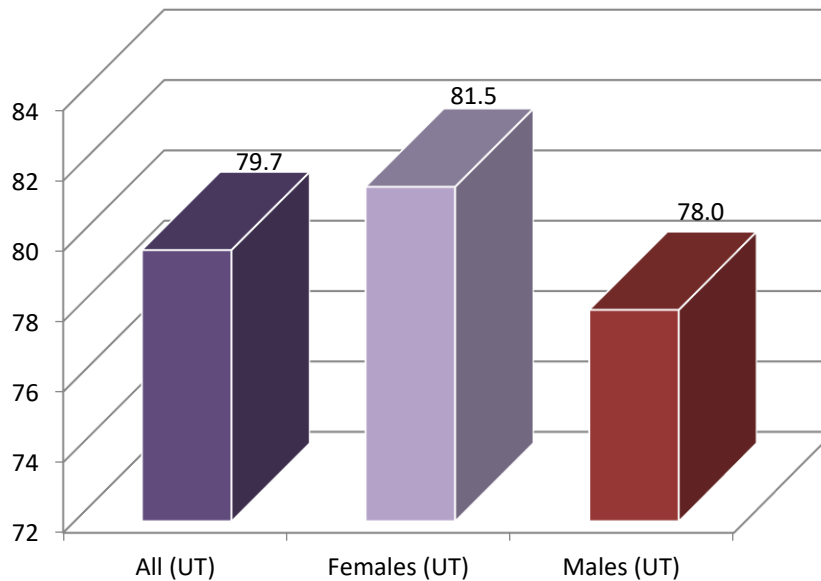
P.O. Box 75972 - Washington, DC 20013 - 202.543. MHN.1 (6461) x 101 - Health@MensHealthNetwork.org

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.

Utah Life Expectancy at Birth: Most Recent Data



Utah vs U.S. Life Expectancy at Birth, 2013-2014¹

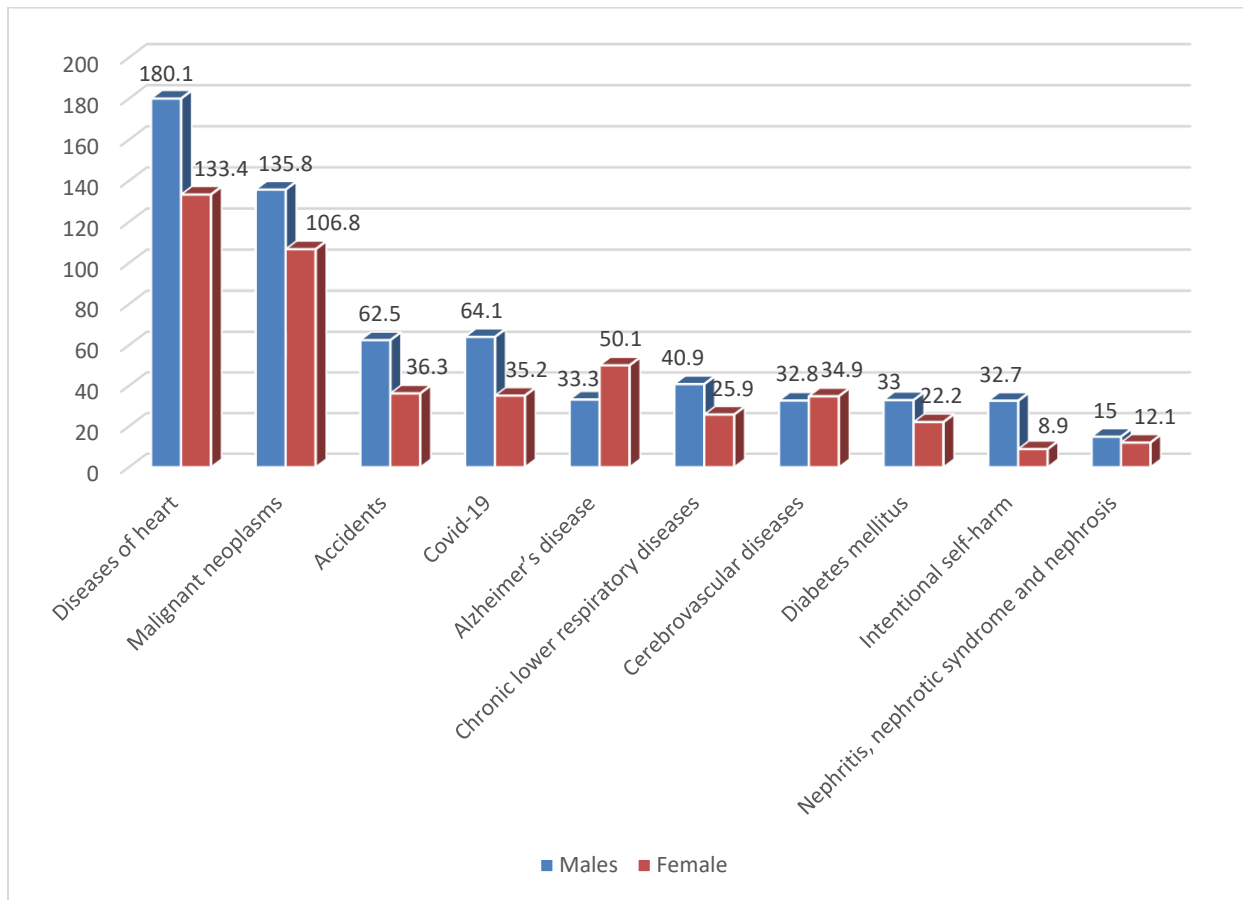
(The most current data available to compare state with national.)

Female/Race (Population)	Life Expectancy (Years)	Male/Race (Population)	Life Expectancy (Years)
White (US)	81.4	White (US)	76.7
White (UT)	82.0	White (UT)	78.2
Black (US)	78.5	Black (US)	72.5
Black (UT)	*	Black (UT)	*
Hispanic (US)	84.5	Hispanic (US)	79.4
Hispanic (UT)	83.3	Hispanic (UT)	79.7
Asian/Pac. Islander (US)	88.9	Asian/Pac. Islander (US)	84.1
Asian/Pac. Islander (UT)	*	Asian/Pac. Islander (UT)	*
Amer. Indian/Alaskan Native (US)	83.5	Amer. Indian/Alaskan Native (US)	78.7
Amer. Indian/Alaskan Native (UT)	*	Amer. Indian/Alaskan Native (UT)	*

* 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>

Utah: 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)	UT Rate (Male)	UT Rate (Female)
Diseases of heart	214.2	180.1	133.4
Malignant neoplasms	170.3	135.8	106.8
Accidents	80.5	62.5	36.3
Covid-19	107.7	64.1	35.2
Alzheimer's disease	25.3	33.3	50.1
Chronic lower respiratory diseases	40.2	40.9	25.9
Cerebrovascular diseases	39.8	32.8	34.9
Diabetes mellitus	31.2	33.0	22.2
Intentional self-harm	22.0	32.7	8.9
Nephritis, nephrotic syndrome and nephrosis	15.4	15.0	12.1

* = 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 Race³

Utah'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	Alzheimer's disease
4	Covid-19	Accidents
5	Chronic lower respiratory diseases	Covid-19
6	Intentional self-harm	Cerebrovascular diseases
7	Diabetes mellitus	Chronic lower respiratory diseases
8	Cerebrovascular diseases	Diabetes mellitus
9	Alzheimer's disease	Nutritional deficiencies
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

Utah's 10 Leading Causes of Death by Race

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

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

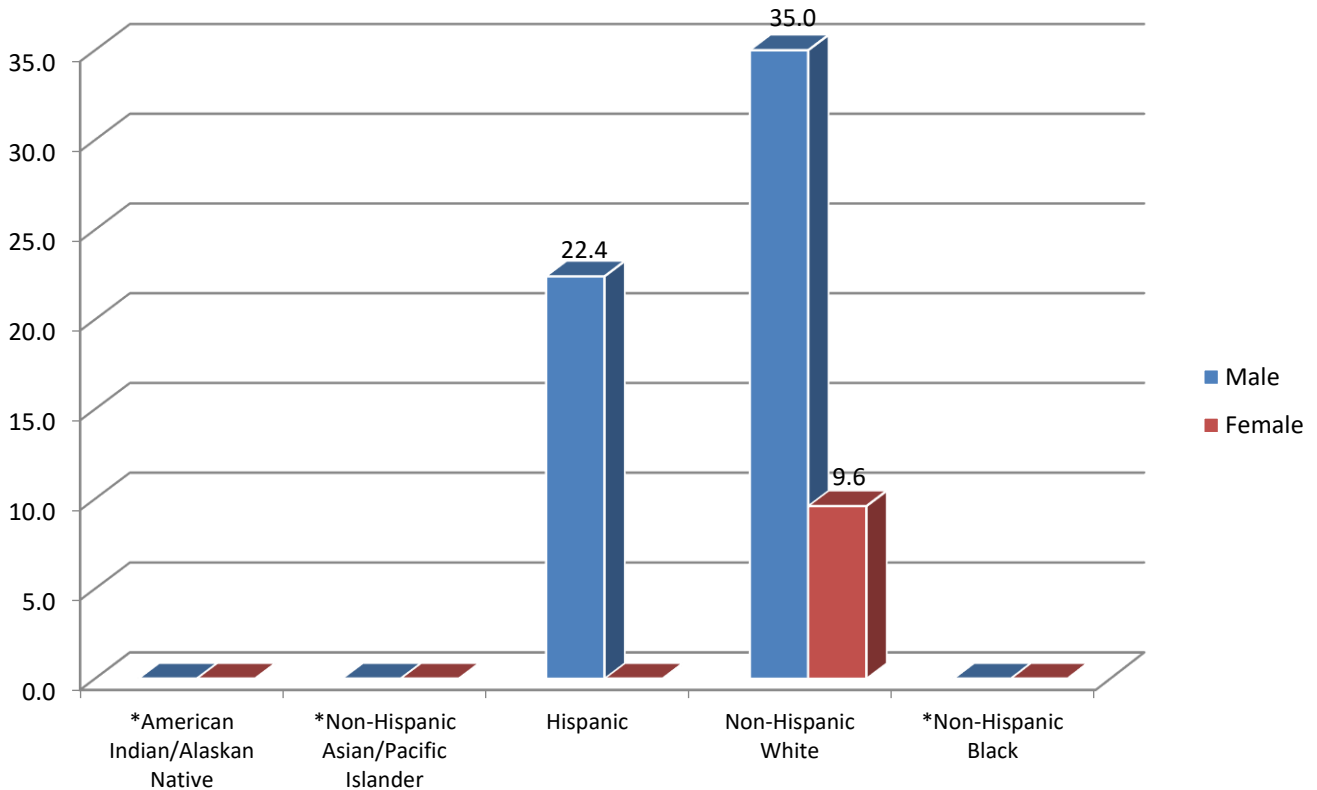
While the rates of malignant neoplasms are similar for both boys and girls, many more boys die from birth defects, accidents, assault, and suicide than girls. *It can be concluded that the higher rate of death in boys may be preventable.*

Utah: 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	13.5	56.0	*	*	*	10.8	45.0	*	*	*
Intentional self-harm	10.1	*	*	6.0	34.9	2.8	*	*	*	8.6
Accidents	8.2	8.9	*	*	18.9	4.7	*	*	*	8.3
Malignant neoplasms	2.0	*	*	*	*	1.9	*	*	*	*
Assault (homicide)	2.4	*	*	*	5.7	*	*	*	*	*

* = unavailable or negligible number

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



*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:

- 2,130 new cases of prostate cancer will be diagnosed among men in Utah
- 360 men die of prostate cancer in Utah

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

Race/Ethnicity	Utah	National
Overall	115.1	106.2
White (Includes Hispanic)	114.5	97.6
Black (Includes Hispanic)	150.8	168.6
Hispanic (Any Race)	97.0	83.9
Asian/Pacific Islander	58.8	54.7
American Indian/Alaskan Native	44.3	53.7

* = unavailable or negligible number

Aging in Utah

- 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 Utah, the male-female ratio converges in the late 40s and then drops rapidly as shown in this chart developed from year 2010 Census data.

Utah Resident Population: 2010 Census by Age and Sex⁶

Age	Number			Males per 100 females
	Both sexes	Male	Female	
Total population	2,763,885	1,388,317	1,375,568	100.9
Under 5 years	263,924	135,533	128,391	105.6
5 to 9 years	249,572	127,676	121,896	104.7
10 to 14 years	227,951	117,163	110,788	105.8
15 to 19 years	221,090	111,727	109,363	102.2
20 to 24 years	226,519	113,607	112,912	100.6
25 to 29 years	229,554	118,426	111,128	106.6
30 to 34 years	216,133	110,492	105,641	104.6
35 to 39 years	178,401	90,812	87,589	103.7
40 to 44 years	154,074	78,587	75,487	104.1
45 to 49 years	154,831	77,451	77,380	100.1
50 to 54 years	152,133	75,545	76,588	98.6
55 to 59 years	133,122	65,841	67,281	97.9
60 to 64 years	107,119	52,412	54,707	95.8
65 to 69 years	79,480	37,959	41,521	91.4
70 to 74 years	58,744	27,677	31,067	89.1
75 to 79 years	45,835	21,045	24,790	84.9
80 to 84 years	34,412	15,054	19,358	77.8
85 years and over	30,991	11,310	19,681	57.5

⁵ American Cancer Society. Estimated Number of New Cancer Cases and Death by State <
<https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/annual-cancer-facts-and-figures/2020/cancer-facts-and-figures-2020.pdf> >. Retrieved March 13, 2020.

⁶ 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.