

Men's Health Report Card™ – Virginia

Men's Health Network

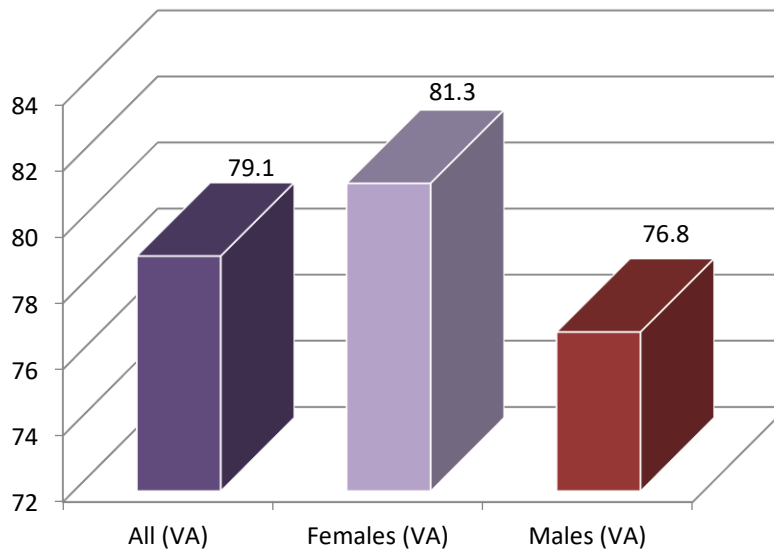
P.O. Box 75972 - Washington, DC 20013 - 202.543. MHN.1 (6461) x 101 - Health@MensHealthNetwork.org

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.

Virginia Life Expectancy at Birth: Most Recent Data



Virginia vs U.S. Life Expectancy at Birth¹

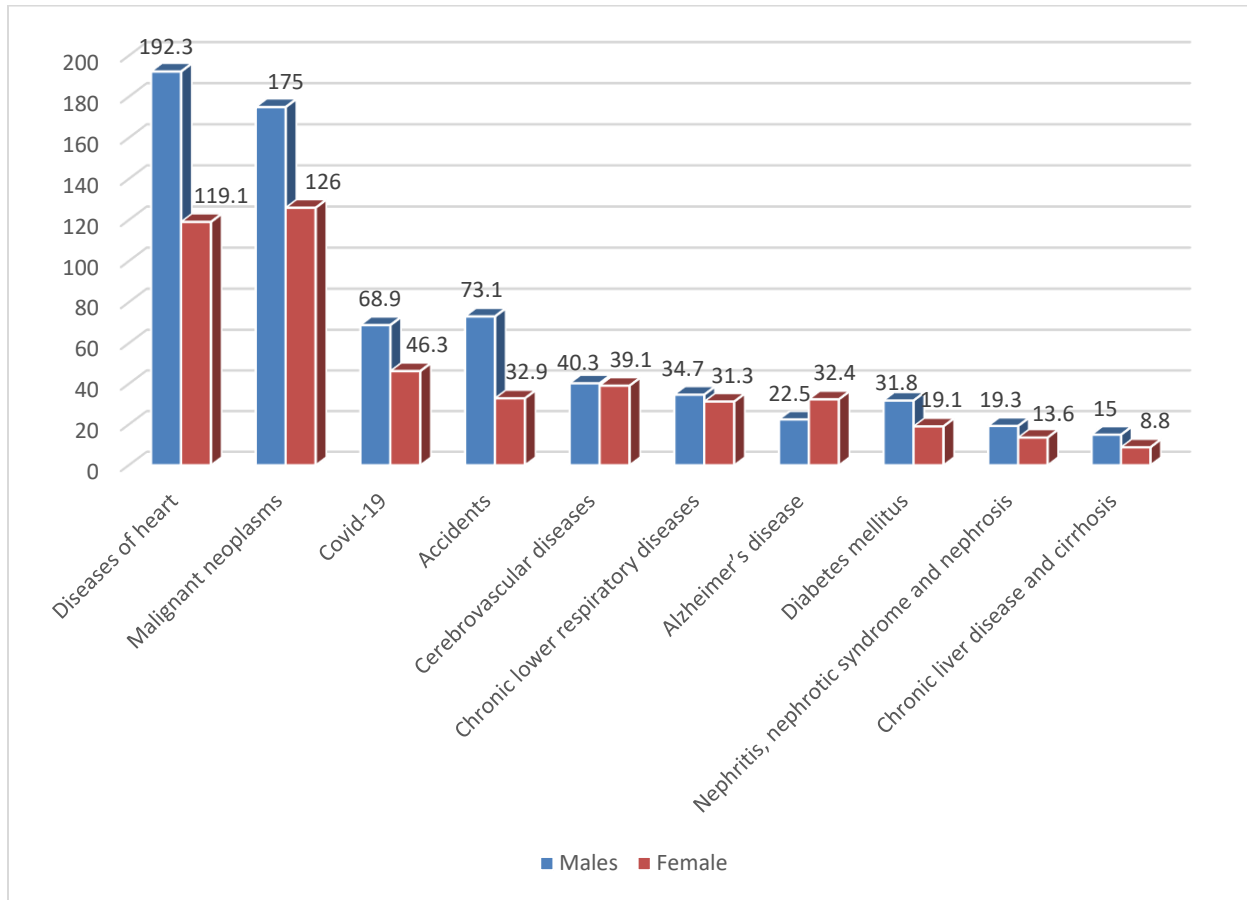
(The most current data available to compare state with national.)

Female/Race (Population)	Life Expectancy (Years)	Male/Race (Population)	Life Expectancy (Years)
White (US)	81.4	White (US)	76.7
White (VA)	81.6	White (VA)	77.1
Black (US)	78.5	Black (US)	72.5
Black (VA)	78.2	Black (VA)	72.0
Hispanic (US)	84.5	Hispanic (US)	79.4
Hispanic (VA)	*	Hispanic (VA)	*
Asian/Pac. Islander (US)	88.9	Asian/Pac. Islander (US)	84.1
Asian/Pac. Islander (VA)	89.7	Asian/Pac. Islander (VA)	84.3
Amer. Indian/Alaskan Native (US)	83.5	Amer. Indian/Alaskan Native (US)	78.7
Amer. Indian/Alaskan Native (VA)	*	Amer. Indian/Alaskan Native (VA)	*

* 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 >

Virginia: 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)	VA Rate (Male)	VA Rate (Female)
Diseases of heart	214.2	192.3	119.1
Malignant neoplasms	170.3	175.0	126.0
Covid-19	107.7	68.9	46.3
Accidents	80.5	73.1	32.9
Cerebrovascular diseases	39.8	40.3	39.1
Chronic lower respiratory diseases	40.2	34.7	31.3
Alzheimer's disease	25.3	22.5	32.4
Diabetes mellitus	31.2	31.8	19.1
Nephritis, nephrotic syndrome and nephrosis	15.4	19.3	13.6
Chronic liver disease and cirrhosis	17.5	15.0	8.8

* = 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

Virginia's 10 Leading Causes of Death by Gender

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

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

Virginia's 10 Leading Causes of Death by Race

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

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	Accidents	Covid-19
4	Cerebrovascular diseases	*	Accidents
5	Accidents	*	Cerebrovascular diseases
6	Diabetes mellitus	*	Chronic lower respiratory diseases
7	Nephritis, nephrotic syndrome and nephrosis	*	Alzheimer's disease
8	Intentional self-harm	*	Diabetes mellitus
9	Alzheimer's disease	*	Nephritis, nephrotic syndrome and nephrosis
10	Chronic lower respiratory diseases	*	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

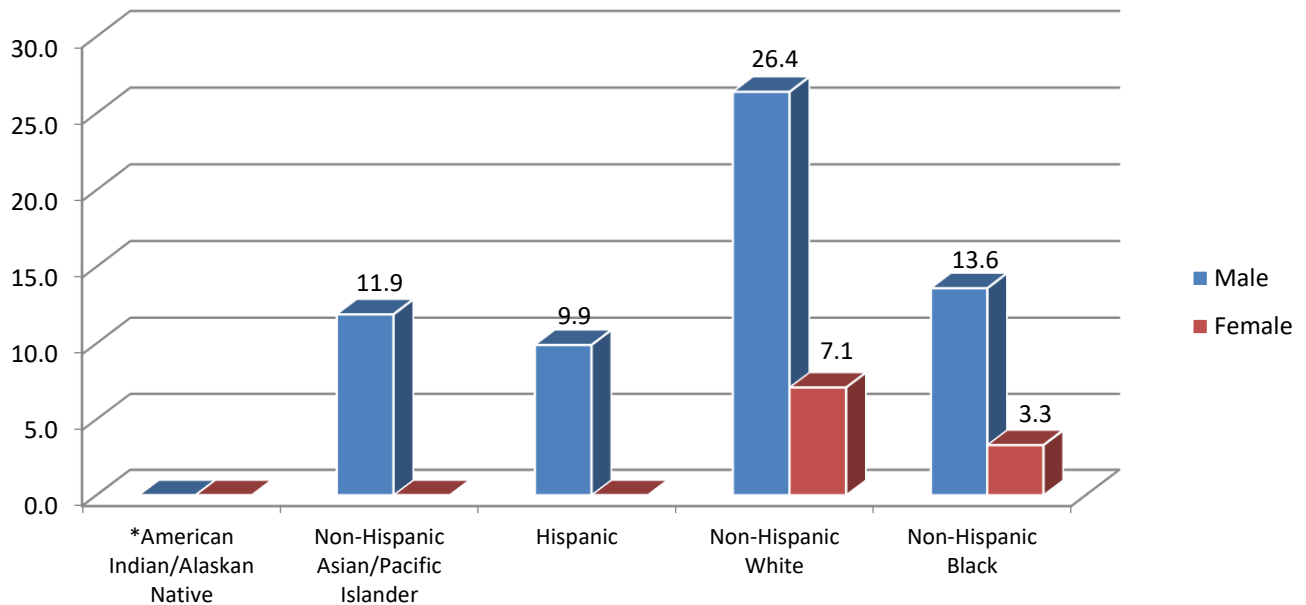
While the rates of malignant neoplasms are similar for both boys and girls, many more boys die from birth defects, accidents, assault, and suicide than girls. *It can be concluded that the higher rate of death in boys may be preventable.*

Virginia: Leading Causes of Death for Ages 0-19 (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	14.9	61.2	*	*	*	12.0	49.8	*	*	*
Accidents	8.7	8.7	2.5	2.6	20.5	5.1	6.2	*	*	10.5
Intentional self-harm	5.6	*	*	3.3	18.2	2.1	*	*	*	6.4
Assault (homicide)	5.8	3.7	*	*	16.6	1.6	*	*	*	3.0
Malignant neoplasms	2.5	*	*	3.2	*	2.0	*	*	2.8	*

* = unavailable or negligible number

Virginia: Age-Adjusted Suicide Rates per 100,000 (2020)⁴:



*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:

- 7,150 new cases of prostate cancer will be diagnosed among men in Virginia

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	Virginia	National
Overall	98.0	106.2
White (Includes Hispanic)	81.5	97.6
Black (Includes Hispanic)	161.1	168.6
Hispanic (Any Race)	65.7	83.9
Asian/Pacific Islander	49.3	54.7
American Indian/Alaskan Native	32.7	53.7

* = unavailable or negligible number

Aging in Virginia

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

Virginia Resident Population: 2010 Census by Age and Sex⁷

Age	Number			Males per 100 females
	Both sexes	Male	Female	
Total population	8,001,024	3,925,983	4,075,041	96.3
Under 5 years	509,625	260,107	249,518	104.2
5 to 9 years	511,849	260,549	251,300	103.7
10 to 14 years	511,246	261,624	249,622	104.8
15 to 19 years	550,965	281,502	269,463	104.5
20 to 24 years	572,091	294,041	278,050	105.8
25 to 29 years	564,342	283,970	280,372	101.3
30 to 34 years	526,077	261,654	264,423	99.0
35 to 39 years	540,063	268,137	271,926	98.6
40 to 44 years	568,865	280,401	288,464	97.2
45 to 49 years	621,155	304,989	316,166	96.5
50 to 54 years	592,845	288,783	304,062	95.0
55 to 59 years	512,595	246,591	266,004	92.7
60 to 64 years	442,369	212,313	230,056	92.3
65 to 69 years	320,302	151,278	169,024	89.5
70 to 74 years	229,502	105,177	124,325	84.6
75 to 79 years	173,929	75,311	98,618	76.4
80 to 84 years	130,801	51,110	79,691	64.1
85 years and over	122,403	38,446	83,957	45.8

⁵ American Cancer Society: Cancer Facts & Statistics. American Cancer Society | Cancer Facts & Statistics. <https://cancerstatisticscenter.cancer.org/#/cancer-site/Prostate>.

⁶ State Cancer Profiles. State Cancer Profiles > Incidence Rates Table.

<https://statecancerprofiles.cancer.gov/incidencerates/index.php?stateFIPS=00&areatype=state&cancer=066&race=02&sex=1&age=001&stage=999&year=0&type=incd&sortVariableName=rate&sortOrder=default&output=0#results>.

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.