

Men's Health Report Card™ – Vermont

Men's Health Network

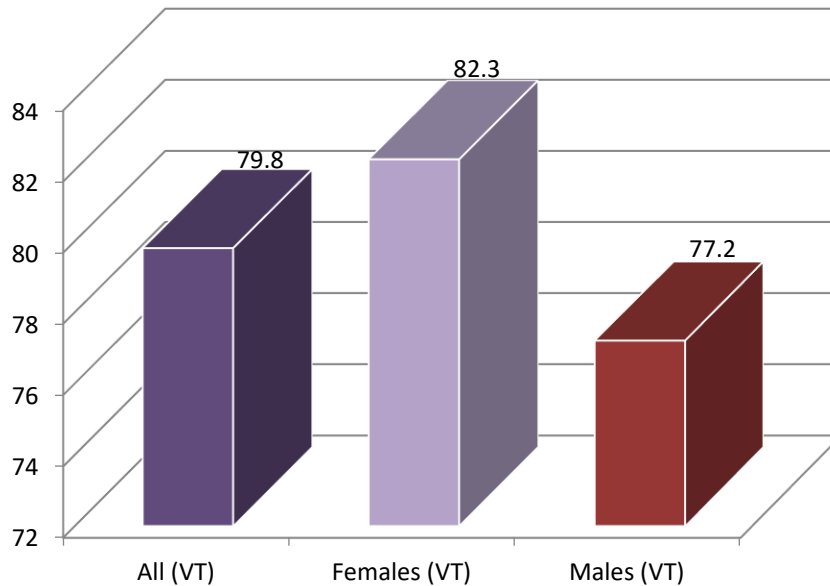
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Compiled by Chris Komst and Jacob Roy

- “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.

Vermont Life Expectancy at Birth: Most Recent Data



Vermont vs U.S. Life Expectancy at Birth¹

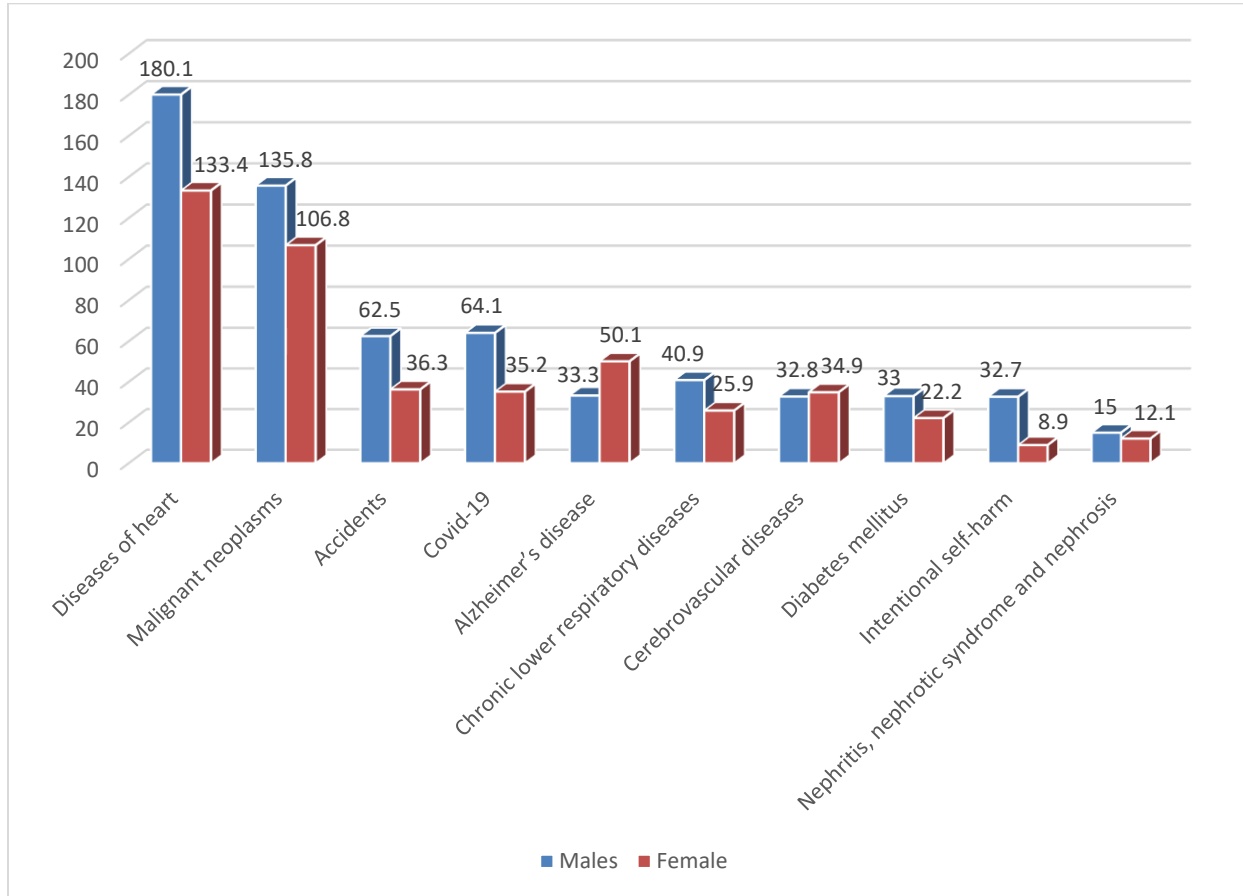
(The most current data available to compare state with national.)

Female/Race (Population)	Life Expectancy (Years)	Male/Race (Population)	Life Expectancy (Years)
White (US)	81.4	White (US)	76.7
White (VT)	82.6	White (VT)	78.0
Black (US)	78.5	Black (US)	72.5
Black (VT)	*	Black (VT)	*
Hispanic (US)	84.5	Hispanic (US)	79.4
Hispanic (VT)	*	Hispanic (VT)	*
Asian/Pac. Islander (US)	88.9	Asian/Pac. Islander (US)	84.1
Asian/Pac. Islander (VT)	*	Asian/Pac. Islander (VT)	*
Amer. Indian/Alaskan Native (US)	83.5	Amer. Indian/Alaskan Native (US)	78.7
Amer. Indian/Alaskan Native (VT)	*	Amer. Indian/Alaskan Native (VT)	*

* 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>

Vermont: 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 Population²

Cause of Death	National Rate (Male)	VT Rate (Male)	VT Rate (Female)
Diseases of heart	214.2	216.0	127.5
Malignant neoplasms	170.3	180.5	130.3
Accidents	80.5	91.4	45.2
Chronic lower respiratory diseases	40.2	40.9	34.9
Alzheimer's disease	25.3	22.1	36.5
Cerebrovascular diseases	39.8	25.7	30.0
Diabetes mellitus	31.2	25.3	11.1
Covid-19	107.7	19.1	13.1
Intentional self-harm	22.0	29.3	7.0
Parkinson disease	14.5	11.5	10.6

* = 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

Vermont'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	Chronic lower respiratory diseases	Accidents
5	Cerebrovascular diseases	Chronic lower respiratory diseases
6	Intentional self-harm	Cerebrovascular diseases
7	Diabetes mellitus	Covid-19
8	Alzheimer's disease	Diabetes mellitus
9	Covid-19	Parkinson disease
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

Vermont's 10 Leading Causes of Death by Race

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

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

*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 Boys⁴

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

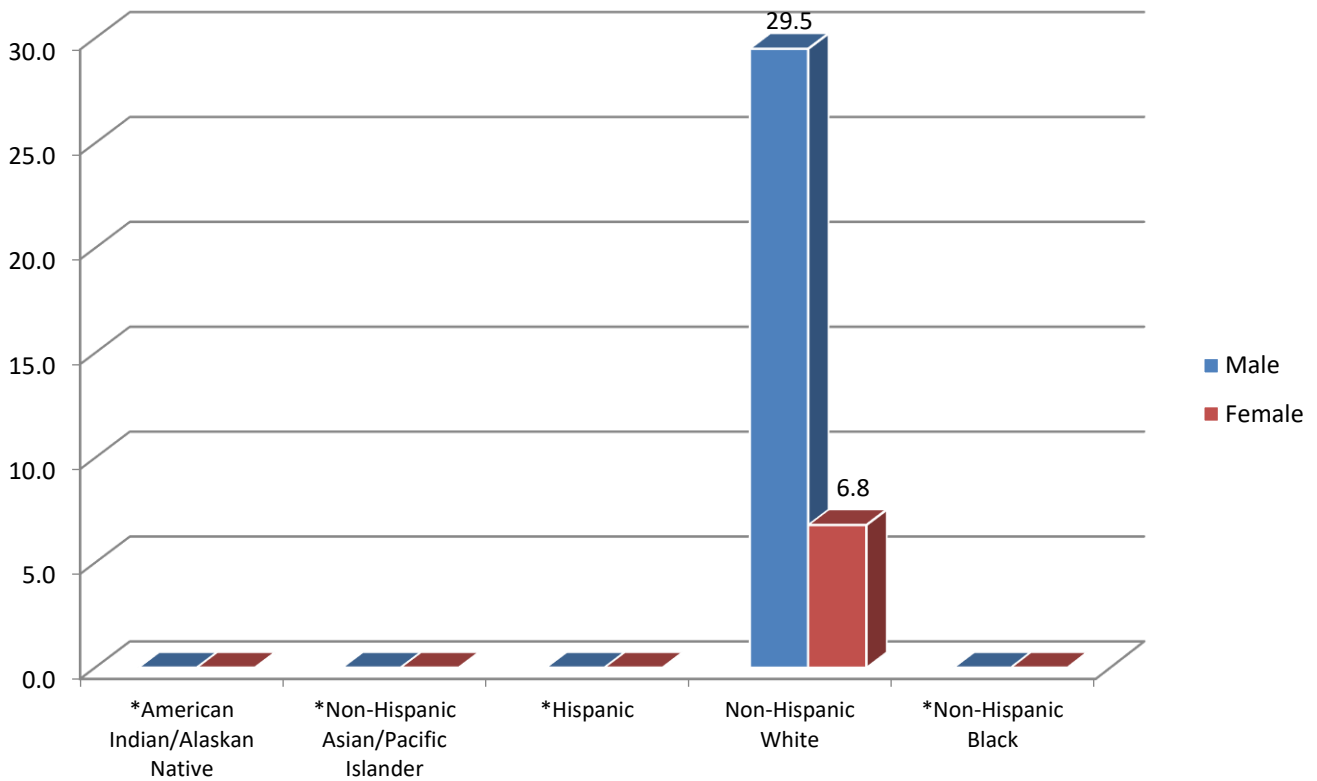
Vermont: Leading Causes of Death for Ages 0-19

(Crude rates per 100,000; using 2016-2020 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
Accidents	12.5	*	*	*	27.1	*	*	*	*	*
Birth defects	8.8	40.8	*	*	*	8.2	37.7	*	*	*
Intentional self-harm	5.7	*	*	*	*	*	*	*	*	*

* = unavailable or negligible number

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



*Sample size is too small to report findings

⁴ Ibid.

Prostate Cancer Incidence and Mortality⁵

In 2022, the American Cancer Society estimates:

- 490 new cases of prostate cancer will be diagnosed among men in Vermont
- 80 men die of prostate cancer in Vermont

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	Vermont	National
Overall	92.1	106.2
White (Includes Hispanic)	90.6	97.6
Black (Includes Hispanic)	171.0	168.6
Hispanic (Any Race)	*	83.9
Asian/Pacific Islander	*	54.7
American Indian/Alaskan Native	*	53.7

* = unavailable or negligible number

Aging in Vermont

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

Vermont Resident Population: 2010 Census by Age and Sex⁷

Age	Number			Males per 100 females
	Both sexes	Male	Female	
Total population	625,741	308,206	317,535	97.1
Under 5 years	31,952	16,339	15,613	104.6
5 to 9 years	34,654	17,854	16,800	106.3
10 to 14 years	37,637	19,351	18,286	105.8
15 to 19 years	46,012	23,659	22,353	105.8
20 to 24 years	43,851	22,682	21,169	107.1
25 to 29 years	35,441	17,713	17,728	99.9
30 to 34 years	34,181	16,908	17,273	97.9
35 to 39 years	36,358	17,982	18,376	97.9
40 to 44 years	42,001	20,603	21,398	96.3
45 to 49 years	50,110	24,514	25,596	95.8
50 to 54 years	52,493	25,773	26,720	96.5
55 to 59 years	48,739	23,905	24,834	96.3
60 to 64 years	41,234	20,609	20,625	99.9
65 to 69 years	29,390	14,386	15,004	95.9
70 to 74 years	20,148	9,534	10,614	89.8
75 to 79 years	15,960	7,108	8,852	80.3
80 to 84 years	12,783	5,183	7,600	68.2
85 years and over	12,797	4,103	8,694	47.2

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.

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.