

Men's Health Report Card™ – Washington

Men's Health Network

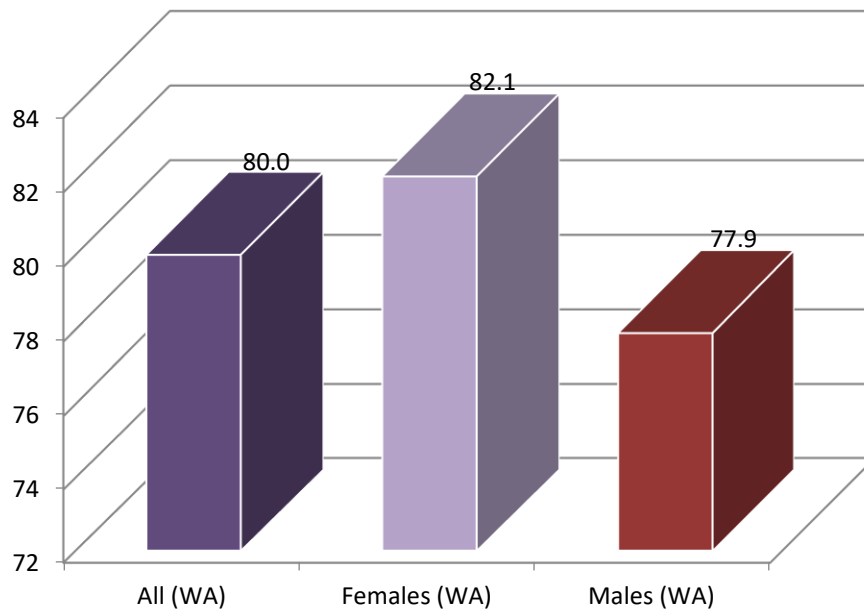
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- “There is a silent health crisis in America...it’s that fact that, on average, American men live sicker and die younger than American women.” - *Dr. David Gremillion, Men's Health Network*

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.

Washington Life Expectancy at Birth: Most Recent Data



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

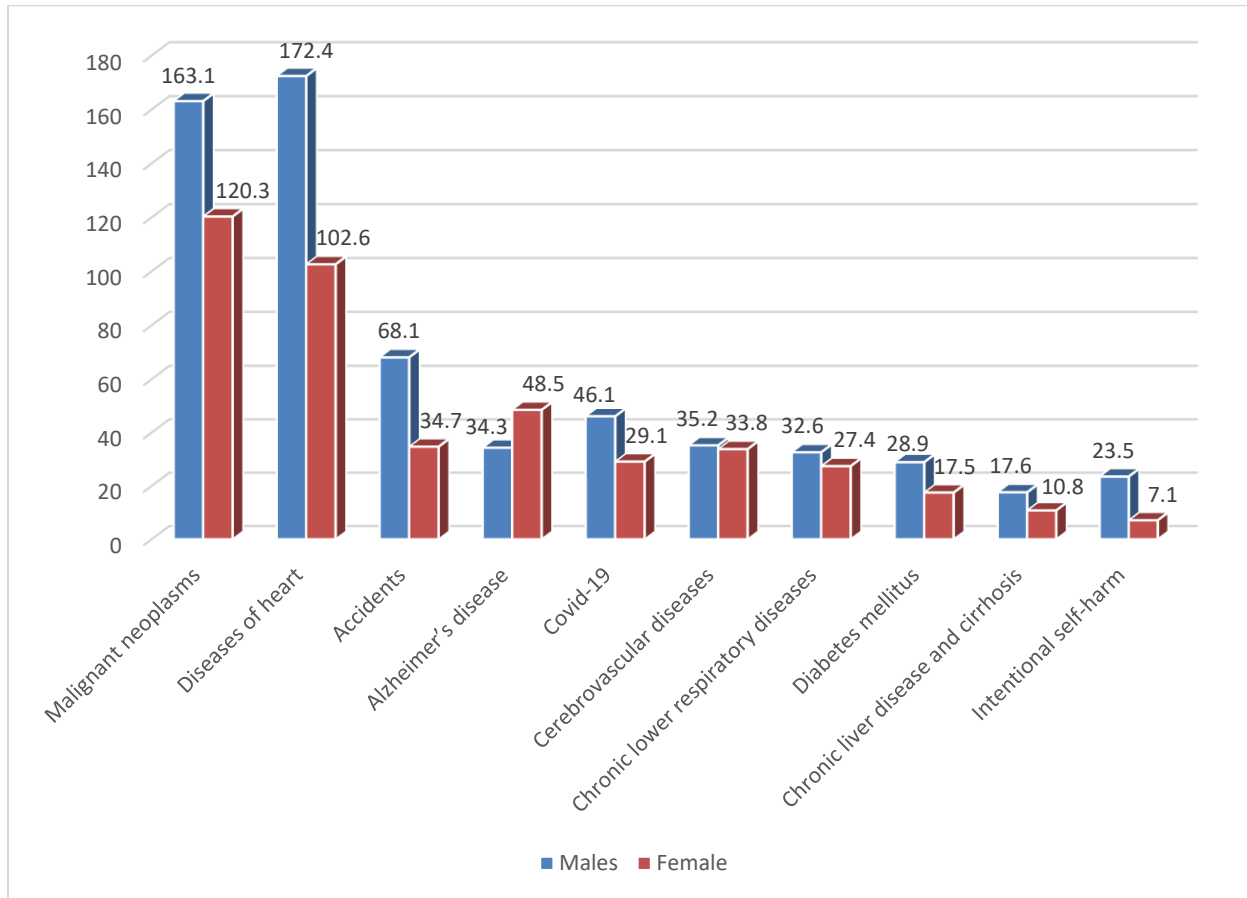
(The most current data available to compare state with national.)

Female/Race (Population)	Life Expectancy (Years)	Male/Race (Population)	Life Expectancy (Years)
White (US)	81.4	White (US)	76.7
White (WA)	81.7	White (WA)	77.5
Black (US)	78.5	Black (US)	72.5
Black (WA)	80.0	Black (WA)	75.2
Hispanic (US)	84.5	Hispanic (US)	79.4
Hispanic (WA)	87.3	Hispanic (WA)	83.5
Asian/Pac. Islander (US)	88.9	Asian/Pac. Islander (US)	84.1
Asian/Pac. Islander (WA)	87.3	Asian/Pac. Islander (WA)	82.8
Amer. Indian/Alaskan Native (US)	83.5	Amer. Indian/Alaskan Native (US)	78.7
Amer. Indian/Alaskan Native (WA)	*	Amer. Indian/Alaskan Native (WA)	*

* 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 >

Washington: 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)	WA Rate (Male)	WA Rate (Female)
Malignant neoplasms	170.3	163.1	120.3
Diseases of heart	214.2	172.4	102.6
Accidents	82.1	68.1	34.7
Alzheimer's disease	25.3	34.3	48.5
Covid-19	107.7	46.1	29.1
Cerebrovascular diseases	39.8	35.2	33.8
Chronic lower respiratory diseases	40.2	32.6	27.4
Diabetes mellitus	31.2	28.9	17.5
Chronic liver disease and cirrhosis	17.5	17.6	10.8
Intentional self-harm	22.0	23.5	7.1

* = unavailable or negligible number

² Underlying Cause of Death. Centers for Disease Control and Prevention.
<https://wonder.cdc.gov/controller/datarequest?stage=search&action=current>.

State-Specific Leading Causes of Mortality, by Gender and Race³

Washington'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	Alzheimer's disease
4	Covid-19	Cerebrovascular diseases
5	Cerebrovascular diseases	Accidents
6	Chronic lower respiratory diseases	Covid-19
7	Diabetes mellitus	Chronic lower respiratory diseases
8	Alzheimer's disease	Diabetes mellitus
9	Intentional self-harm	Chronic liver disease and cirrhosis
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

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

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

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

³ Centers for Disease Control and Prevention, National Center for Health Statistics. National Vital Statistics System, Mortality 1999-2020 on CDC WONDER Online Database. <http://wonder.cdc.gov/ucd-icd10.html>.

Leading Causes of Death for Boys⁴

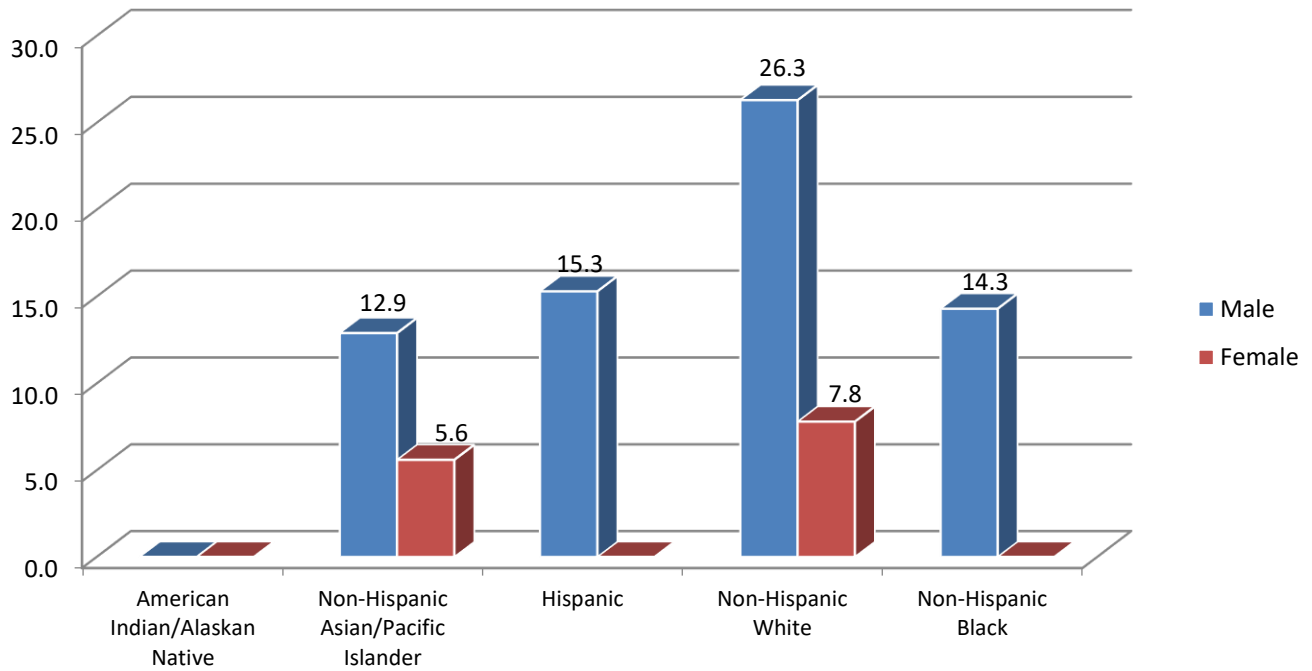
While the rates of malignant neoplasms are similar for both boys and girls, many more boys die from birth defects, accidents, assault, and suicide than girls. *It can be concluded that the higher rate of death in boys may be preventable.*

Washington: 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	10.5	42.3	*	*	*	8.4	33.9	*	*	*
Accidents	10.7	9.8	*	4.5	27.6	5.5	5.5	3.2	3.4	10.0
Intentional self-harm	6.0	*	*	3.8	20.6	2.3	*	*	*	7.0
Assault (homicide)	3.3	*	*	*	10.1	1.3	*	*	*	*
Malignant neoplasms	2.2	*	*	*	*	1.8	*	*	*	*

* = unavailable or negligible number

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



*Sample size is too small to report findings

⁴ Underlying Cause of Death. Centers for Disease Control and Prevention.
<https://wonder.cdc.gov/controller/datarequest?stage=search&action=current>.

Prostate Cancer Incidence and Mortality⁵,

In 2022, the American Cancer Society estimates:

- 5,670 new cases of prostate cancer will be diagnosed among men in Washington
- 850 men die of prostate cancer in Washington

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

Race/Ethnicity	Washington	National
Overall	98.1	106.2
White (Includes Hispanic)	95.5	97.6
Black (Includes Hispanic)	137.2	168.6
Hispanic (Any Race)	73.4	83.9
Asian/Pacific Islander	57.5	54.7
American Indian/Alaskan Native	70.9	53.7

* = unavailable or negligible number

Aging in Washington

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

Washington Resident Population: 2010 Census by Age and Sex⁶

Age	Number			Males per 100 females
	Both sexes	Male	Female	
Total population	6,724,540	3,349,707	3,374,833	99.3
Under 5 years	439,657	225,088	214,569	104.9
5 to 9 years	429,877	219,702	210,175	104.5
10 to 14 years	438,233	224,717	213,516	105.2
15 to 19 years	462,128	237,577	224,551	105.8
20 to 24 years	461,512	238,131	223,381	106.6
25 to 29 years	480,398	245,014	235,384	104.1
30 to 34 years	453,383	229,863	223,520	102.8
35 to 39 years	448,607	226,850	221,757	102.3
40 to 44 years	459,698	232,587	227,111	102.4
45 to 49 years	492,909	246,507	246,402	100.0
50 to 54 years	495,296	245,997	249,299	98.7
55 to 59 years	453,078	221,321	231,757	95.5
60 to 64 years	382,087	186,378	195,709	95.2
65 to 69 years	270,474	131,064	139,410	94.0
70 to 74 years	186,746	88,760	97,986	90.6
75 to 79 years	142,068	64,325	77,743	82.7
80 to 84 years	111,118	45,743	65,375	70.0
85 years and over	117,271	40,083	77,188	51.9

⁵ American Cancer Society: Cancer Facts & Statistics. American Cancer Society | Cancer Facts & Statistics.

<https://cancerstatisticscenter.cancer.org/#/cancer-site/Prostate>.

⁶ American FactFinder, U.S. Census Bureau. Age Groups and Sex: 2010.

<http://factfinder2.census.gov/faces/nav/jsf/pages/community_facts.xhtml>