

# Men's Health Report Card™ - West Virginia

## Men's Health Network

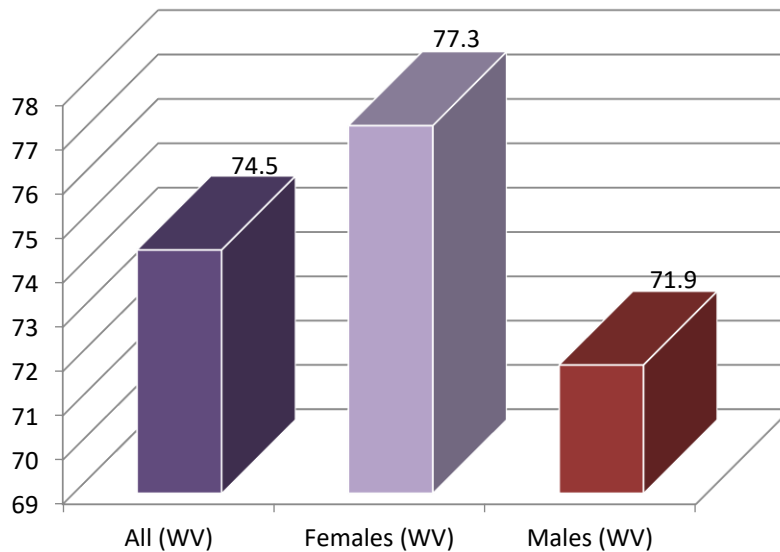
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Compiled by Chris Komst and Jacob Roy

- “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.

### West Virginia Life Expectancy at Birth: Most Recent Data<sup>1</sup>



### West Virginia Life Expectancy at Birth<sup>2</sup>

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

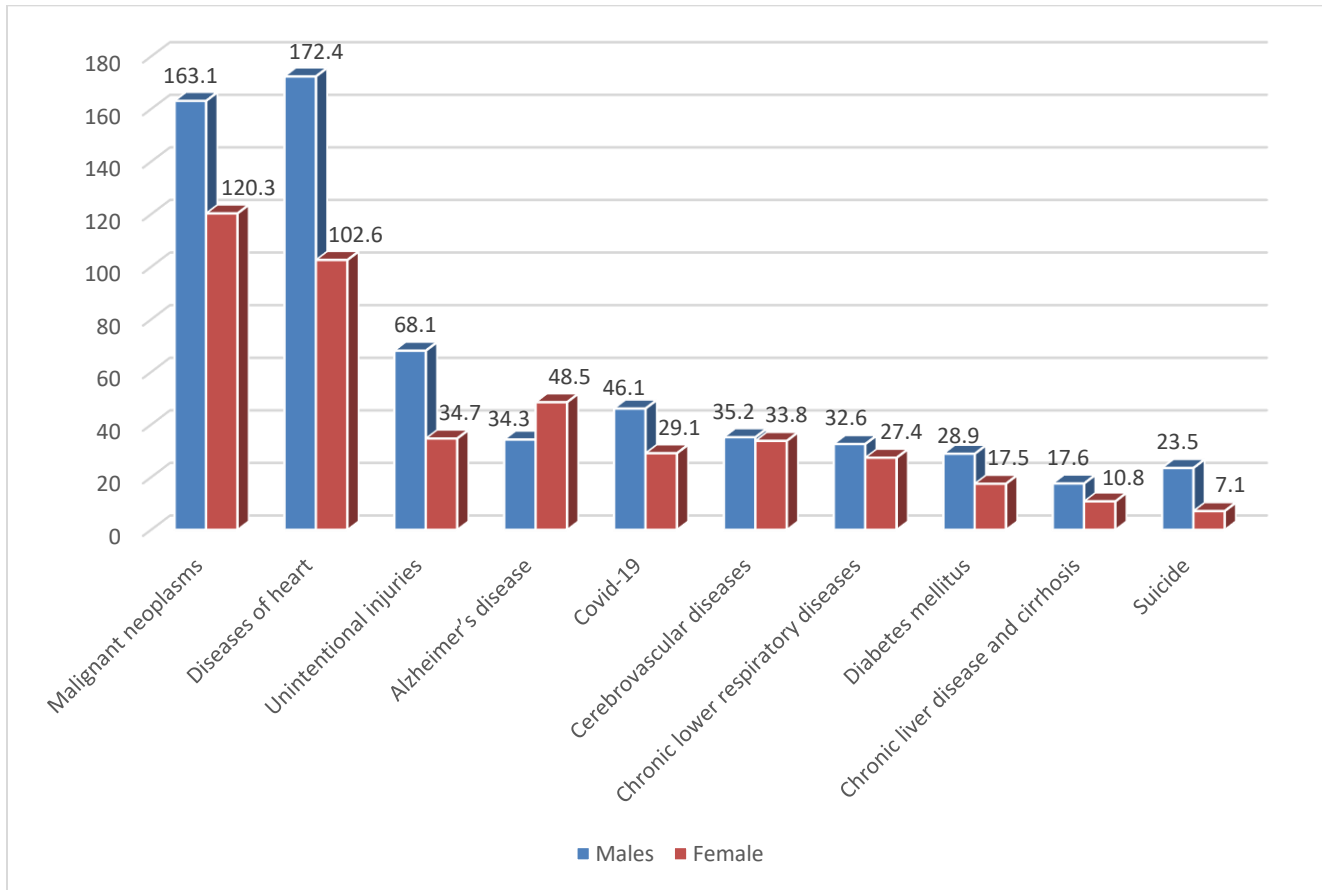
Female/Race (Population)	Life Expectancy (Years)	Male/Race (Population)	Life Expectancy (Years)
White (US)	81.4	White (US)	76.6
<b>White (WV)</b>	<b>78.0</b>	<b>White (WV)</b>	<b>72.8</b>
Black (US)	79.4	Black (US)	72.7
<b>Black (WV)</b>	<b>76.2</b>	<b>Black (WV)</b>	<b>70.1</b>
Hispanic (US)	86.9	Hispanic (US)	81.2
<b>Hispanic (WV)</b>	<b>91.3</b>	<b>Hispanic (WV)</b>	<b>87.7</b>
Asian/Pac. Islander (US)	90.5	Asian/Pac. Islander (US)	86.2
<b>Asian/Pac. Islander (WV)</b>	<b>88.8</b>	<b>Asian/Pac. Islander (WV)</b>	<b>87.5</b>
Amer. Indian/Alaskan Native (US)	80.0	Amer. Indian/Alaskan Native (US)	73.4
<b>Amer. Indian/Alaskan Native (WV)</b>	<b>87.9</b>	<b>Amer. Indian/Alaskan Native (WV)</b>	<b>84.3</b>

\*No data available

<sup>1</sup> U.S. State Life Tables, 2019. National Vital Statistics Reports. <https://www.cdc.gov/nchs/data/nvsr/nvsr70/nvsr70-18.pdf>.

<sup>2</sup> Measure of America: 10 Years and Counting; Measure of America of the Social Science Research Council (2018) <[https://ssrc-static.s3.amazonaws.com/moa/10Year\\_HDITrends\\_FINAL.pdf](https://ssrc-static.s3.amazonaws.com/moa/10Year_HDITrends_FINAL.pdf)>Retrieved: March 13, 2020.

## West Virginia: Age-Adjusted Death Rates (All Ages) for the Leading Causes of Death, by Sex (2020)<sup>3</sup>



## Mortality rates per 100,000; Age-Adjusted using 2020 Standard Population<sup>2</sup>

Cause of Death	National Rate (Male)	WV Rate (Male)	WV Rate (Female)
Diseases of heart	214.2	251.8	152.4
Malignant neoplasms	170.3	213.6	147.9
Unintentional injuries	80.5	169.5	74.9
Chronic lower respiratory diseases	40.2	63.1	57.3
Covid-19	107.7	64.7	49.0
Diabetes mellitus	31.2	49.0	34.6
Cerebrovascular diseases	39.8	38.9	34.2
Alzheimer's disease	25.3	27.0	41.9
Nephritis, nephrotic syndrome and nephrosis	15.4	24.6	18.2
Influenza and pneumonia	15.8	19.1	16.8

\* = unavailable or negligible number

<sup>3</sup> 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 Race<sup>4</sup>

### West Virginia's 10 Leading Causes of Death by Gender<sup>2</sup>

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

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

### West Virginia's 10 Leading Causes of Death by Race<sup>2</sup>

Rank	Non-Hispanic White	Non-Hispanic Black	Hispanic/Latino
1	Diseases of heart	Diseases of heart	Unintentional injuries
2	Malignant neoplasms	Malignant neoplasms	Malignant neoplasms
3	Unintentional injuries	Unintentional injuries	*
4	Chronic lower respiratory diseases	Diabetes mellitus	*
5	Covid-19	Covid-19	*
6	Diabetes mellitus	Cerebrovascular diseases	*
7	Alzheimer's disease	Chronic lower respiratory diseases	*
8	Cerebrovascular diseases	Nephritis, nephrotic syndrome and nephrosis	*
9	Nephritis, nephrotic syndrome and nephrosis	Septicemia	*
10	Influenza and pneumonia	Essential hypertension and hypertensive renal disease	*

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

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

\* = Data unavailable

<sup>4</sup> 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 Boys<sup>5</sup>

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

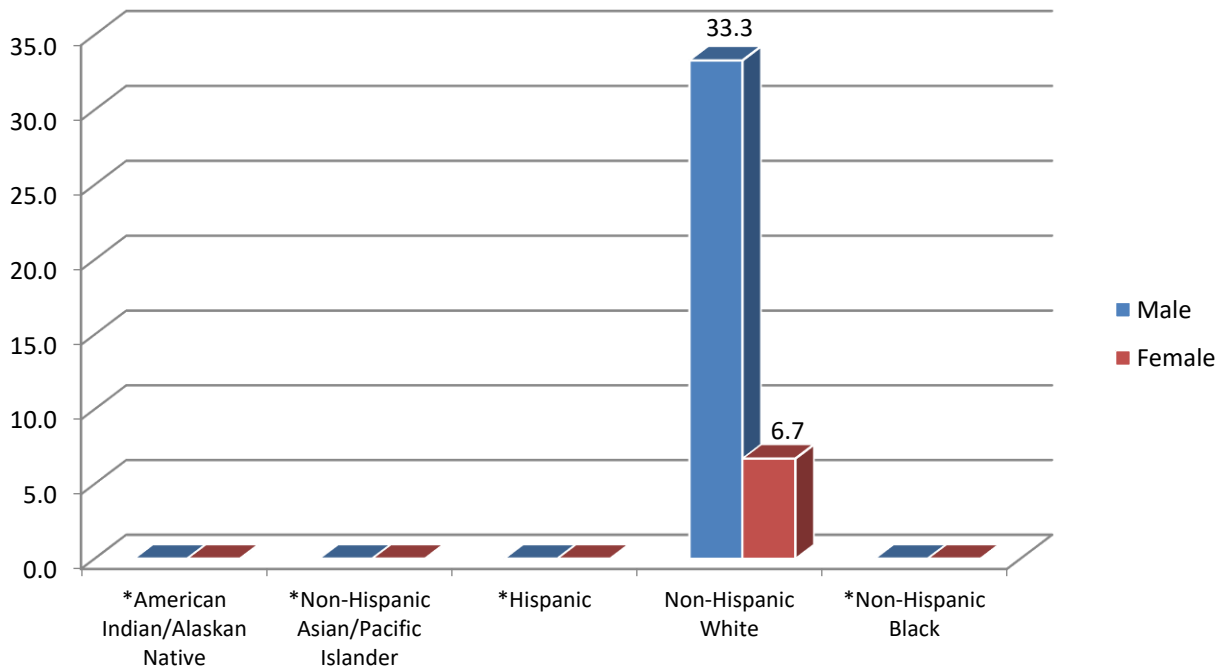
### West Virginia: Leading Causes of Death for Ages 0-19

*(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
Perinatal condition	14.9	62.8	*	*	*	10.1	42.8	*	*	*
Unintentional injuries	16.7	17.9	*	*	36.1	9.0	10.3	*	*	18.9
Suicide	5.8	*	*	*	18.1	*	*	*	*	*
Assault (homicide)	3.1	*	*	*	*	*	*	*	*	*

\* = unavailable or negligible number

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



\*Sample size is too small to report findings

<sup>5</sup> 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>.

## Prostate Cancer Incidence and Mortality<sup>6</sup>

In 2022, the American Cancer Society estimates:

- 1,550 new cases of prostate cancer will be diagnosed among men in West Virginia
- 190 men die of prostate cancer in West Virginia

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

Race/Ethnicity	West Virginia	National
Overall	94.3	106.2
White (Includes Hispanic)	91.4	97.6
Black (Includes Hispanic)	172.2	168.6
Hispanic (Any Race)	89.2	83.9
Asian/Pacific Islander	*	54.7
American Indian/Alaskan Native	*	53.7

\* = unavailable or negligible number

### Aging in West 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 West Virginia, the male-female ratio converges in the mid 40s and then drops rapidly as shown in this chart developed from year 2010 Census data.

### West Virginia Resident Population: 2010 Census by Age and Sex<sup>7</sup>

Age	Number			Males per 100 females
	Both sexes	Male	Female	
<b>Total population</b>	1,852,994	913,586	939,408	97.3
Under 5 years	104,060	53,300	50,760	105.0
5 to 9 years	106,016	54,429	51,587	105.5
10 to 14 years	109,045	55,544	53,501	103.8
15 to 19 years	120,092	61,859	58,233	106.2
20 to 24 years	117,204	59,925	57,279	104.6
25 to 29 years	108,444	55,073	53,371	103.2
30 to 34 years	112,254	56,821	55,433	102.5
35 to 39 years	117,136	59,112	58,024	101.9
40 to 44 years	120,358	60,717	59,641	101.8
45 to 49 years	132,924	65,769	67,155	97.9
50 to 54 years	143,232	70,744	72,488	97.6
55 to 59 years	139,368	68,576	70,792	96.9
60 to 64 years	125,457	62,051	63,406	97.9
<b>65 to 69 years</b>	<b>91,728</b>	<b>44,538</b>	<b>47,190</b>	<b>94.4</b>
70 to 74 years	71,792	33,358	38,434	86.8
75 to 79 years	54,725	23,255	31,470	73.9
80 to 84 years	43,238	17,099	26,139	65.4
85 years and over	35,921	11,416	24,505	46.6

<sup>6</sup> American Cancer Society: Cancer Facts & Statistics. American Cancer Society | Cancer Facts & Statistics. <https://cancerstatisticscenter.cancer.org/#/cancer-site/Prostate>.

<sup>7</sup> American FactFinder, U.S. Census Bureau. Age Groups and Sex: 2010. [http://factfinder2.census.gov/faces/nav/jsf/pages/community\\_facts.xhtml](http://factfinder2.census.gov/faces/nav/jsf/pages/community_facts.xhtml)