

# Men's Health Report Card™ – Wyoming

## Men's Health Network

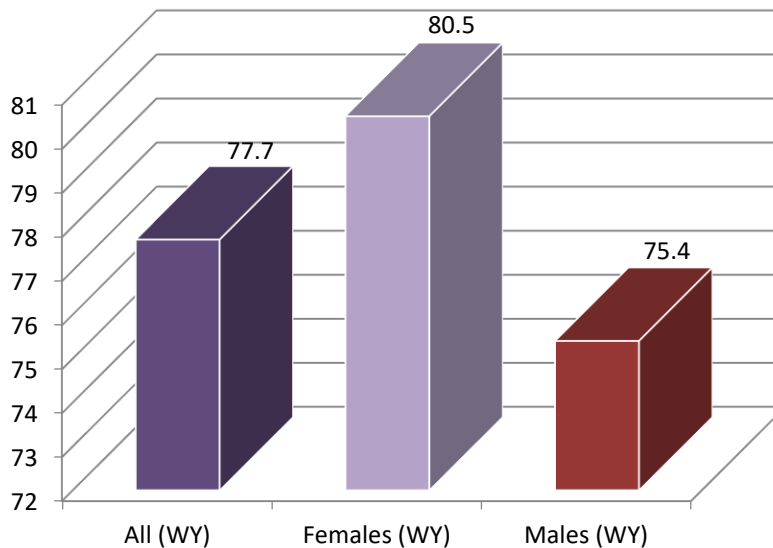
P.O. Box 75972 - Washington, DC 20013 - 202.543. MHN.1 (6461) x 101 - Health@MensHealthNetwork.org

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.

### Wyoming Life Expectancy at Birth: Most Recent Data



### Wyoming vs U.S. Life Expectancy at Birth<sup>1</sup>

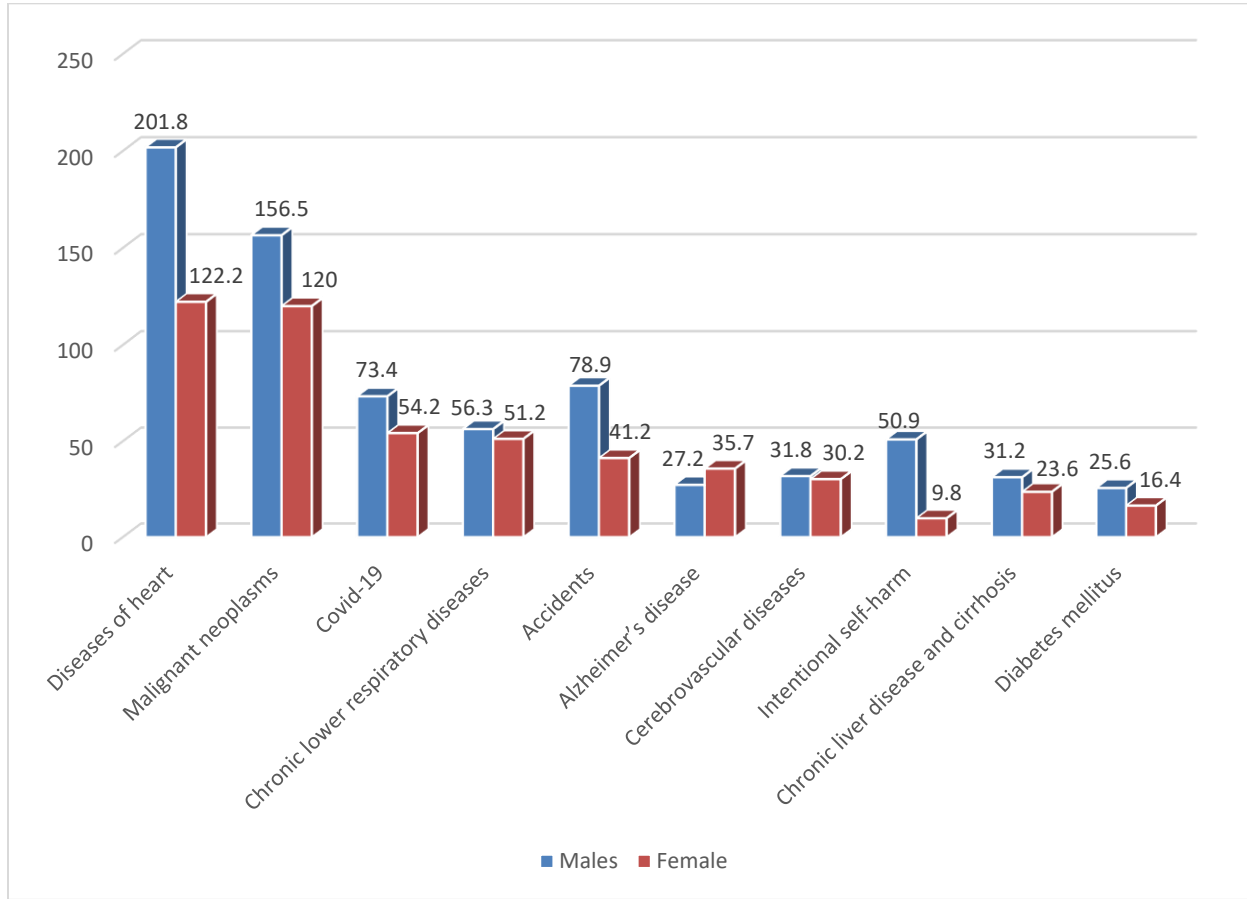
(The most current data available to compare state with national.)

Female/Race (Population)	Life Expectancy (Years)	Male/Race (Population)	Life Expectancy (Years)
White (US)	81.4	White (US)	76.7
<b>White (WY)</b>	<b>80.9</b>	<b>White (WY)</b>	<b>76.1</b>
Black (US)	78.5	Black (US)	72.5
<b>Black (WY)</b>	*	<b>Black (WY)</b>	*
Hispanic (US)	84.5	Hispanic (US)	79.4
<b>Hispanic (WY)</b>	*	<b>Hispanic (WY)</b>	*
Asian/Pac. Islander (US)	88.9	Asian/Pac. Islander (US)	84.1
<b>Asian/Pac. Islander (WY)</b>	*	<b>Asian/Pac. Islander (WY)</b>	*
Amer. Indian/Alaskan Native (US)	83.5	Amer. Indian/Alaskan Native (US)	78.7
<b>Amer. Indian/Alaskan Native (WY)</b>	*	<b>Amer. Indian/Alaskan Native (WY)</b>	*

\* No data available

<sup>1</sup> 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](https://www.cdc.gov/nchs/data/nvsr/nvsr66/nvsr66_04.pdf) >

## Wyoming: Age-Adjusted Death Rates (All Ages) for the Leading Causes of Death, by Sex (2020)



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

Cause of Death	National Rate (Male)	WY Rate (Male)	WY Rate (Female)
Diseases of heart	214.2	201.8	122.2
Malignant neoplasms	170.3	156.5	120.0
Covid-19	107.7	73.4	54.2
Chronic lower respiratory diseases	40.2	56.3	51.2
Accidents	80.5	78.9	41.2
Alzheimer's disease	25.3	27.2	35.7
Cerebrovascular diseases	39.8	31.8	30.2
Intentional self-harm	22.0	50.9	9.8
Chronic liver disease and cirrhosis	17.5	31.2	23.6
Diabetes mellitus	31.2	25.6	16.4

\* = unavailable or negligible number

<sup>2</sup> 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 Race<sup>3</sup>

### Wyoming's 10 Leading Causes of Death by Gender

Rank	Men	Women
1	Diseases of heart	Diseases of heart
2	Malignant neoplasms	Malignant neoplasms
3	Covid-19	Covid-19
4	Accidents	Chronic lower respiratory diseases
5	Chronic lower respiratory diseases	Alzheimer's disease
6	Intentional self-harm	Accidents
7	Chronic liver disease and cirrhosis	Cerebrovascular diseases
8	Cerebrovascular diseases	Chronic liver disease and cirrhosis
9	Diabetes mellitus	Diabetes mellitus
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

### Wyoming's 10 Leading Causes of Death by Race

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

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

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

\* = Data unavailable

<sup>3</sup> ibid

## Leading Causes of Death for Boys

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

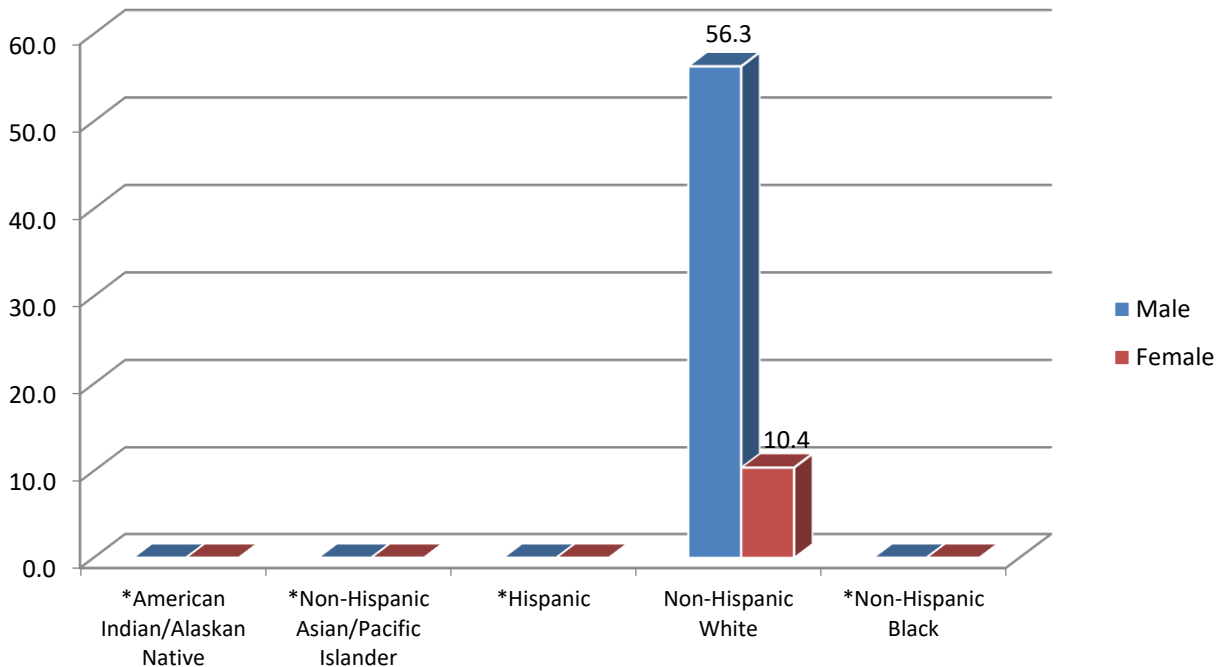
### Wyoming: Leading Causes of Death for Ages 0-19

*(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	14.8	45.2	*	*	*	9.1	38.0	*	*	*
Accidents	15.8	*	*	5.3	33.6	13.8	*	*	*	22.8
Intentional self-harm	11.4	*	*	*	37.8	*	*	*	*	*

\* = unavailable or negligible number

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



\*Sample size is too small to report findings

## Prostate Cancer Incidence and Mortality<sup>4,5</sup>

In 2022, the American Cancer Society estimates:

- 3,140 new cases of prostate cancer will be diagnosed among men in Wyoming

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

Race/Ethnicity	Wyoming	National
Overall	112.5	106.2
White (Includes Hispanic)	108.7	97.6
Black (Includes Hispanic)	192.8	168.6
Hispanic (Any Race)	82.5	83.9
Asian/Pacific Islander	47.2	54.7
American Indian/Alaskan Native	112.6	53.7

\* = unavailable or negligible number

### Aging in Wyoming

- 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 Wyoming, the male-female ratio converges in the late 60s, and then drops rapidly, as shown in this chart developed from year 2010 Census data.

### Wyoming Resident Population: 2010 Census by Age and Sex<sup>6</sup>

Age	Number			Males per 100 females
	Both sexes	Male	Female	
<b>Total population</b>	563,626	287,437	276,189	104.1
Under 5 years	40,203	20,596	19,607	105.0
5 to 9 years	37,213	19,203	18,010	106.6
10 to 14 years	35,955	18,592	17,363	107.1
15 to 19 years	38,142	19,626	18,516	106.0
20 to 24 years	40,318	21,315	19,003	112.2
25 to 29 years	41,276	21,752	19,524	111.4
30 to 34 years	36,373	18,919	17,454	108.4
35 to 39 years	33,861	17,702	16,159	109.5
40 to 44 years	33,105	17,149	15,956	107.5
45 to 49 years	39,472	19,713	19,759	99.8
50 to 54 years	44,105	22,450	21,655	103.7
55 to 59 years	40,946	20,928	20,018	104.5
60 to 64 years	32,567	16,878	15,689	107.6
<b>65 to 69 years</b>	<b>22,974</b>	<b>11,555</b>	<b>11,419</b>	<b>101.2</b>
70 to 74 years	16,594	8,126	8,468	96.0
75 to 79 years	12,492	5,704	6,788	84.0
80 to 84 years	9,428	4,176	5,252	79.5
85 years and over	8,602	3,053	5,549	55.0

<sup>4</sup> American Cancer Society: Cancer Facts & Statistics. American Cancer Society | Cancer Facts & Statistics. <https://cancerstatisticscenter.cancer.org/#!/cancer-site/Prostate>.

<sup>5</sup> 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>.

<sup>6</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)>