

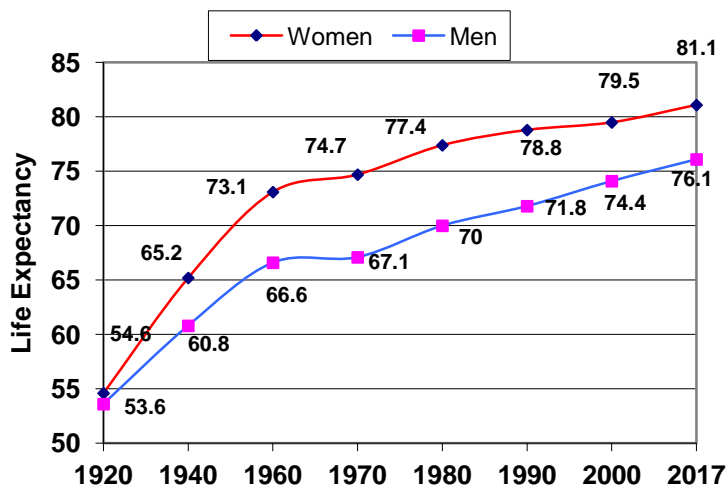
The Silent Health Crisis

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1. Life Expectancy Gender Gap

In 1920, the life expectancy gender gap was only 1 year. By 2017, men were dying approximately 5 years sooner than women.

Life Expectancy, By Sex: 1920-2017



Source: CDC/NCHS/ Health, US, 2017: Life Expectancy at Birth. Obtained 2-17-20.

2. Leading Causes of Death, 2016*

Men have a higher death rate for most of the leading causes of death:

Cause of Death	Men	Women
Heart disease	209.1	130.4
Cancer	185.4	134.0
Injuries (unintentional)	65.0	30.8
Chronic lower respiratory disease	45.1	37.4
Cerebrovascular disease	37.5	36.5
Diabetes	26.0	16.9
Alzheimer's	24.3	33.9
Pneumonia/flu	17.8	13.2
Suicide	21.4	6.0
Homicide	9.9	2.5
HIV infection	2.7	0.9

3. Heart Disease, 2016*

Almost twice as many men as women die of ischemic heart disease:

Ischemic heart disease	128.3	67.5
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4. Cancer, 2016*

Significantly more men than women die of most cancers. Examples of this disparity include:

Lung, Trachea, Bronchus	46.7	31.9
Colorectal	16.4	11.8

Source for Sections 2-3-4: Centers for Disease Control and Prevention, National Center for Health Statistics; Health, United States, 2017. Retrieved February 17, 2020

* Age-adjusted rates per 100,000 US population

5. Men as Victims of Homicide

The chance of being a homicide victim places African-American men at unusually high risk:

Chance of being a Homicide Victim*

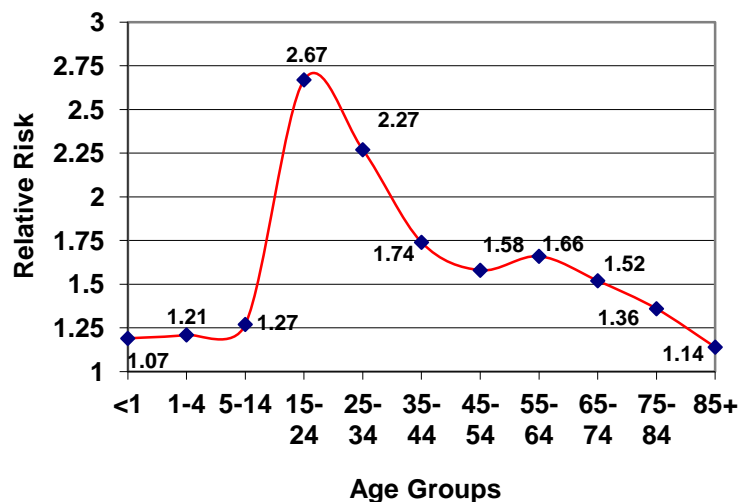
1 in 30 for black males 1 in 179 for white males
 1 in 132 for black females 1 in 495 for white females

* BJS Data Report, 1989, page 20

6. Excess Mortality by Age Group

Men are at greater risk of death in every age group. Risk-taking and suicide account for much of the disparity in the 15-24 year age group:

Excess Mortality in Males by Age Group: 2016



Source: NCHS Health U.S. 2017. Age-adjusted rates per 100,000 U.S. population

7. Why Men are at High Risk

- A higher percentage of men have no healthcare coverage.
- Men make ½ as many physician visits for prevention.
- Men are employed in the most dangerous occupations, such as mining, fire fighting, construction, and fishing.
- Society discourages healthy behaviors in men and boys.
- Research on male-specific diseases is underfunded.
- Men may have less healthy lifestyles including risk-taking at younger ages.

8. Effect on the Aging Population**

- More males than females are born (105 vs.100), but from age 35, women outnumber men.
- Of the 9 million+ older persons living alone, 80% are women.
- More than 1/2 the elderly widows living in poverty were not poor before the death of their husbands.
- At age 100, women outnumber men 8 – 1.

** U.S. Administration on Aging and the New York Times Magazine

Data updates February 2020 by Zhonglin Gong



Men's Health Network – An informational and educational organization recognizing men's health as a specific social concern.
www.menshealthnetwork.org