

# MEN'S HEALTH FACTS THAT AFFECT US



## Health Facts:

Men die at higher rates than women from the top 10 causes of death and are the victims of over 92% of workplace deaths. (BLS)

In 1920, women lived, on average, one year longer than men. Now, men, on average, die almost five years earlier than women. (CDC)

## Silent Health Crisis

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

## Prevention:

Women are 100% more likely to visit the doctor for annual examinations and preventive services than men. (CDC 2001)



## Cause & Rate<sup>1</sup>

	Men	Women
Heart Disease	228.6	143.0
Cancer	211.6	146.8
Injuries	51.1	24.6
Stroke	39.7	37.8
Suicide	19.2	4.9
HIV/AIDS	4.4	1.7

## 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

## Who is the Weaker Sex?

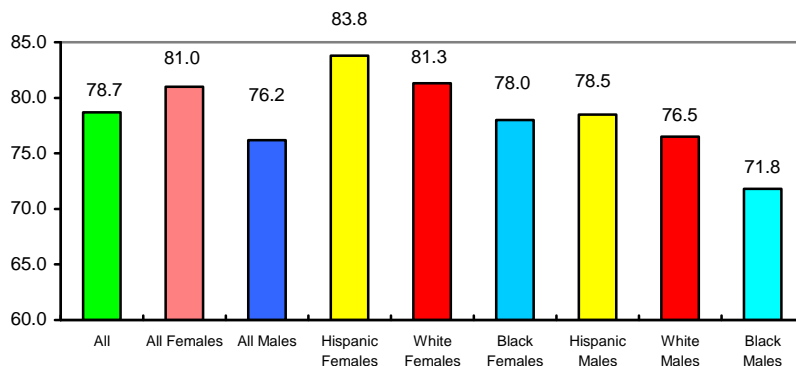
- ◆ 115 males are conceived for every 100 females.
- ◆ The male fetus is at greater risk of miscarriage and stillbirth.
- ◆ 25% more newborn males die than females.
- ◆ 3/5 of SIDS victims are boys.
- ◆ Men suffer hearing loss at 2x the rate of women.
- ◆ Testosterone is linked to elevations of LDL, the bad cholesterol, and declines in HDL, the good cholesterol.
- ◆ Men have fewer infection-fighting T-cells and are thought to have weaker immune systems than women.
- ◆ By the age of 100, women outnumber men eight to one. (NYT Magazine 3-16-03)

## Depression and Suicide<sup>1</sup>

Depression in men is undiagnosed contributing to the fact that men are 4 x as likely to commit suicide.

- ◆ Among 15- to 19-year-olds, boys were 4 x as likely as girls to commit suicide.
- ◆ Among 20- to 24-year-olds, males were 6 x as likely to commit suicide as females
- ◆ The suicide rate for persons age 65 and above: men...28.5 – women...3.9.

## Life Expectancy At Birth, 2010



## To learn more, call:

Men's Health Network  
P.O. Box 75972  
Washington D.C. 20013

202.543.MHN.1 (6461) x 101

info@menshealthnetwork.org  
www.menshealthnetwork.org

<sup>1</sup> Centers for Disease Control and Prevention and the National Center for Health Statistics 2011. Retrieved from <http://205.207.175.93/HDI/TableViewer/tableView.aspx?ReportId=166>  
<sup>2</sup> Life Expectancy data is from CDC/NCHS, Health, United States, 2013