

## Men's Health

### Key Findings

*In 2009, over two-fifths of Allen County males (43%) had a Prostate-Specific Antigen (PSA) test during their lifetime. Over half (52%) had a digital rectal exam at some time. Major cardiovascular diseases (heart disease and stroke) accounted for 34% and cancers accounted for 23% of all male deaths in Allen County from 2005-2007. The assessment determined that 10% of men had a heart attack, and 3% had a stroke at some time in their life. Over two-fifths (45%) of men had been diagnosed with high blood pressure, 34% had high blood cholesterol, and 21% were identified as smokers, which, along with obesity, are known risk factors for cardiovascular diseases.*

### Men's Health Screenings

- ◆ Over two-fifths (43%) of Allen County males had a Prostate-Specific Antigen (PSA) test and 52% had a digital rectal exam in their lifetime.
- ◆ 77% of males age 50 and over had a PSA test at some time in their life, and 49% had one in the past year.
- ◆ 81% of males age 50 and over had a digital rectal exam at some time in their life, and 42% have had one in the past year.
- ◆ 4% of men had been told they had prostate cancer, increasing to 11% of those with incomes less than \$25,000.

### Men's Health Concerns

- ◆ From 2005-2007, major cardiovascular diseases (heart disease and stroke) accounted for over one-third (34%) of all male deaths in Allen County (*Source: ODH Information Warehouse*).
- ◆ In 2009, the assessment determined that 10% of men had a heart attack and 3% had a stroke at some time in their life.
- ◆ The ODH Information Warehouse reports Allen County and Ohio heart disease and cancer age-adjusted mortality rates much higher in men than in women.
- ◆ Major risk factors for cardiovascular disease include smoking, obesity, high blood cholesterol, high blood pressure, physical inactivity, and diabetes. In Allen County the 2009 assessment has identified that:
  - 21% of all men were current smokers (20% U.S., 21% Ohio, 2008 BRFSS)
  - 84% were overweight or obese (70% U.S., 69% Ohio, 2008 BRFSS)
  - 34% were diagnosed with high blood cholesterol (39% U.S., 42% Ohio, 2007 BRFSS)
  - 45% were diagnosed with high blood pressure (28% U.S. and 29% Ohio, 2007 BRFSS)
  - 12% have been diagnosed with diabetes (8% U.S., 10% Ohio, 2008 BRFSS)
- ◆ From 2005-2007, the Ohio Department of Health Information Warehouse statistics showed that 23% of all male deaths in Allen County were from cancers.
- ◆ In Allen County and in Ohio lung cancer mortality rates are higher in men than in women.

#### Allen County - Male Leading Causes of Death, 2005 - 2007

1. Heart Diseases (29% of all deaths)
2. Cancers (23%)
3. Chronic Lower Respiratory Diseases (7%)
4. Stroke (5%)
5. Accidents – Unintentional Injuries (4%)

*(Source: ODH Information Warehouse)*

#### Ohio - Male Leading Causes of Death, 2005 - 2007

1. Heart Diseases (26% of all deaths)
2. Cancers (25%)
3. Chronic Lower Respiratory Diseases (6%)
4. Accidents- Unintentional Injuries (6%)
5. Stroke (4%)

*(Source: ODH Information Warehouse)*

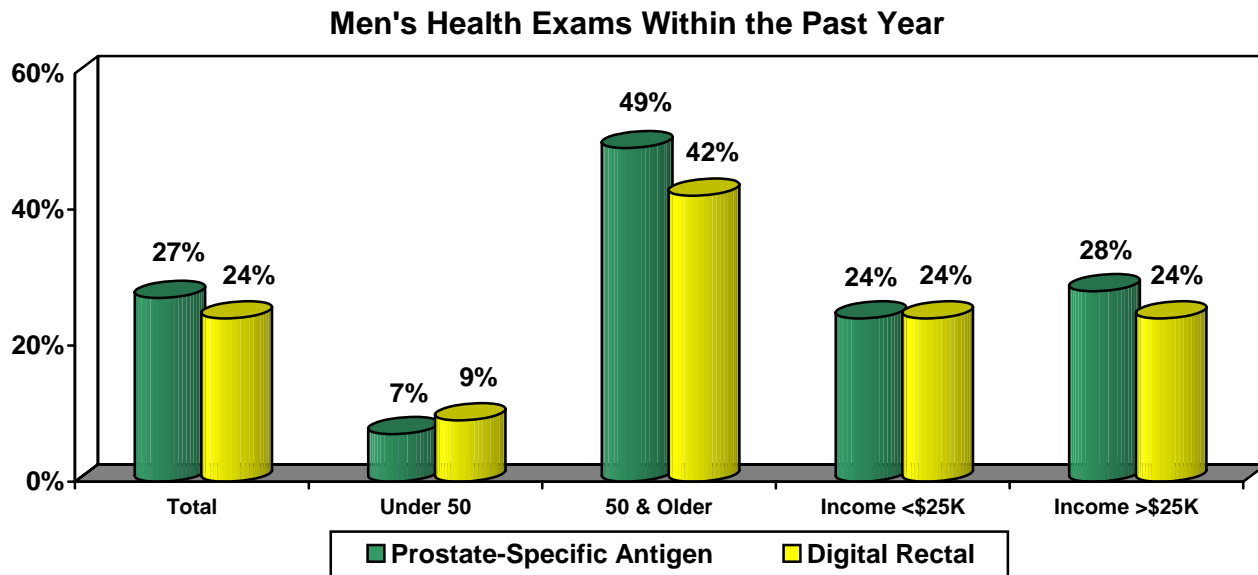
#### 2002 Allen County Comparison Data

- ◆ 48.2% of Allen County men ages 40 and older were screened for prostate cancer in the past year.
- ◆ 74.7% of men were overweight or obese.

*(Source: Allen County Assessment 2002)*

## Men's Health

The following graph shows the percentage of Allen County males surveyed that have had the listed health exams in the past year. Examples of how to interpret the information shown on the graph include: 27% of Allen County males have had a PSA test within the past year and 24% have had a digital rectal exam.



*Source: 2009 Allen County Health Risk and Community Needs Assessment*

### Men's Health Issues

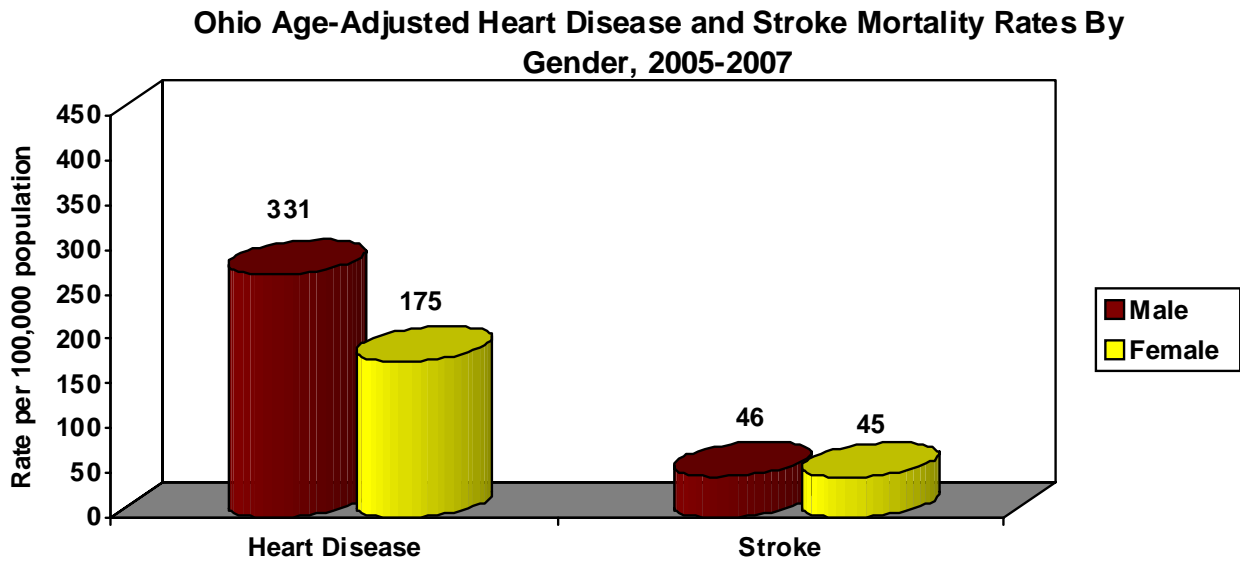
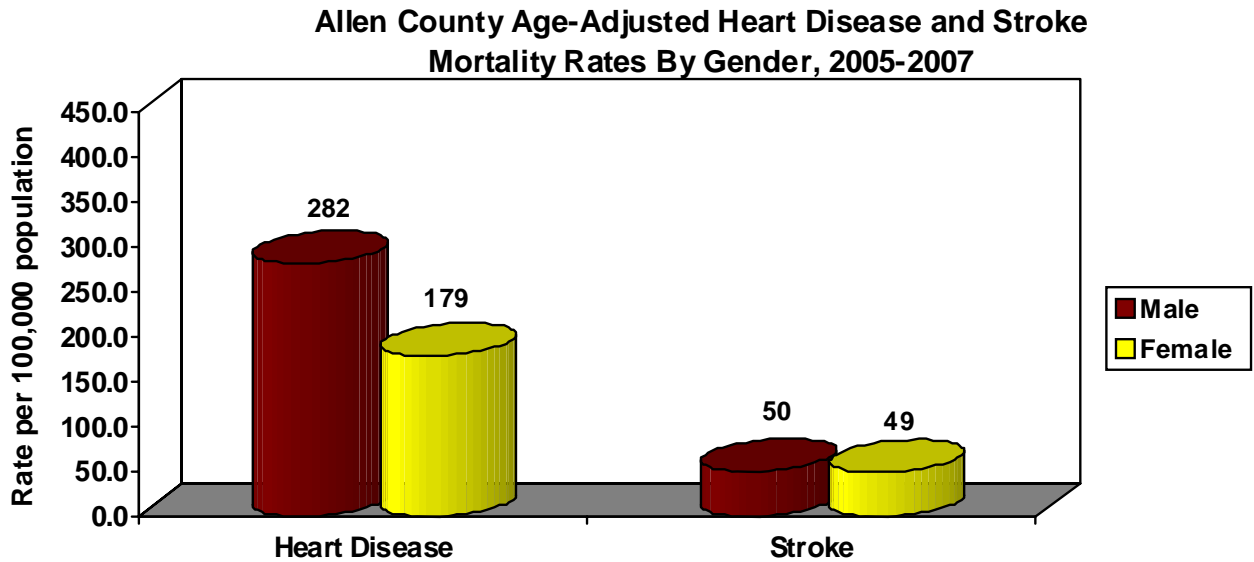
- ❖ Heart disease and cancer are the top two leading causes of death for males of all races.
- ❖ The most commonly diagnosed cancers among men are prostate, lung and colorectal.
- ❖ Cigarette smoking is more common among men than women.
- ❖ During 2000-2006, men were more likely than women to be deaf or have trouble hearing.
- ❖ In 2006, almost three quarters of HIV/AIDS diagnoses among adolescents and adults were for males.
- ❖ Male drivers involved in fatal motor vehicle crashes are almost twice as likely as female drivers to be intoxicated with a blood alcohol concentration of 0.08% or greater.
- ❖ In 2004, males accounted for 78% of fatal unintentional drownings in the U.S.
- ❖ In almost every age group, traumatic brain injury rates are higher for males than for females.
- ❖ In 2005, males were injured by fireworks more than twice as often as females.
- ❖ Males take their own lives at nearly four times the rate of females and represent 78.8% of all U.S. suicides.

(Source: CDC, Men's Health at CDC, 6/9/2008 from <http://www.cdc.gov/Features/MensHealthatCDC/>)

## Men's Health

The following graphs show the Allen County and Ohio age-adjusted mortality rates per 100,000 population for men's cardiovascular diseases. The graphs show that:

- ◆ From 2005-2007, the Allen County and Ohio male heart disease age-adjusted mortality rates exceed the female rates.
- ◆ In Allen County, the age-adjusted stroke rate is slightly greater in males than in females. Ohio's age-adjusted stroke rate was slightly higher for males than females.

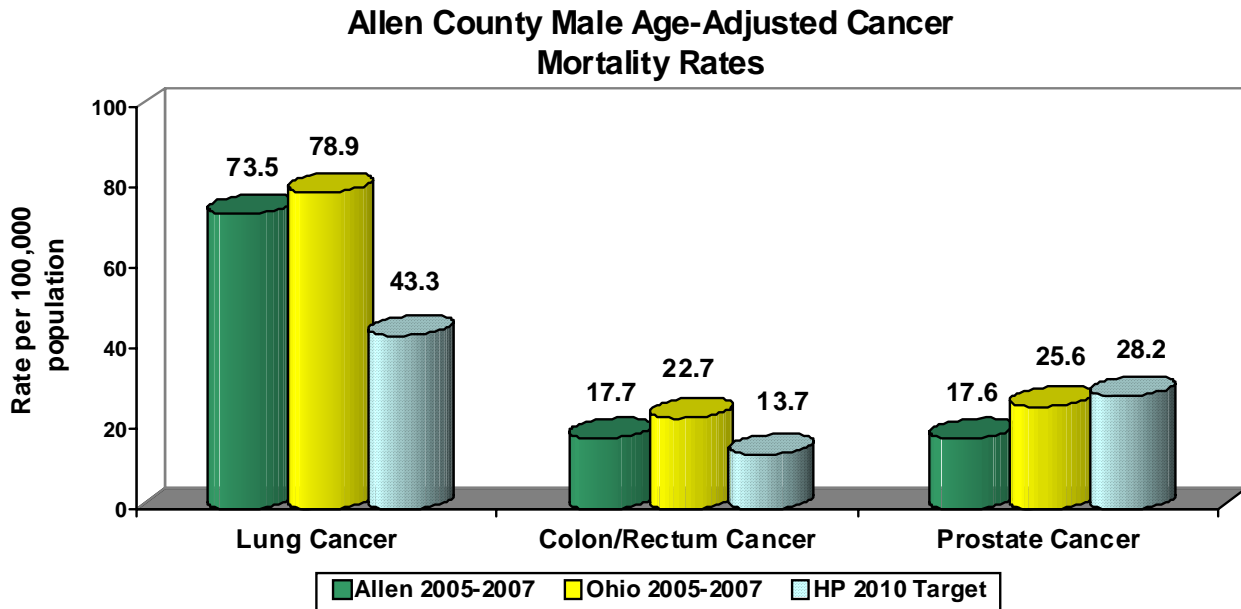


*(Source for graphs: ODH Information Warehouse)*

## Men's Health

The following graph shows the Allen County age-adjusted mortality rates per 100,000 population for men's health with comparison to Healthy People 2010 objectives when available. The graph shows:

- ◆ From 2005-2007, the Allen County age-adjusted mortality rate of 73.5 for male lung cancer was about twice the female rate of 45.7 deaths per 100,000 population.
- ◆ Additional information from the ODH Information Warehouse indicates that lung cancer took the lives of 92 women and 114 men in Allen County from 2005-2007.
- ◆ The age-adjusted prostate cancer mortality rate in Allen County for 2005-2007 was below the Ohio rate and the Healthy People 2010 objective.



*(Source: ODH Information Warehouse and Healthy People 2010)  
Please note the Healthy People 2010 target rates are not gender specific.*