

2007 North Carolina Men's Health Report Card



The purpose of the first edition of the North Carolina Men's Health Report Card is to increase awareness among policy makers, public health officials, practitioners, media and the general public regarding the health disparities that exist for all North Carolina men. FirstHealth of the Carolinas' Community Voices project sponsored this report card production. FirstHealth Community Voices is one of eight learning laboratories in the United States for the Community Voices initiative funded by the W.K. Kellogg Foundation. The Community Voices initiative concentrates on policy changes to increase access to health care at the local, state and federal level. Policy work focus areas include men's health, health disparities, mental health and oral health.

The facts are that women outlive men by an average of six years. In the 1920s, males and females lived to be about the same age. Today, the ratio of male mortality has exceeded female mortality at every age and the gap continues to get larger. For each of the top 10 causes of death, men have higher death rates than women nationwide.

In North Carolina, data shows that N.C. men are improving in regards to asthma when compared to the data for N.C. men of the past. However, data is trending in the wrong direction with major health issues of diabetes and infectious disease. To complicate matters, incarceration rates and uninsured numbers are dramatically on the increase. When compared to U.S. men, N.C. men have higher rates of mortality related to stroke, prostate cancer, lung cancer and chronic respiratory disease. N.C. men also have higher rates of smoking, motor vehicle deaths, poverty rates and the lack of health insurance when compared to U.S. men. The health disparities are even greater than this report card reflects if N.C. men are compared to N.C. women. In general, white women comprise the healthiest population and are the benchmark for health indicators.

There is a deficit of health care safety nets for men despite the fact that men comprise 48 percent of the adult population in North Carolina. Men are brothers, fathers, husbands, heads of households and sons. It is time to make a difference in men's health in North Carolina. The first step is to be aware of the outstanding health care disparities. The next step is for key thought leaders, public health officials, policy makers and grassroots individuals to begin the conversation, analyze and collect the data and explore intervention programs and safety nets that will address the health care issues.

Grading Methodology

Grades were assigned to increase awareness with regards to men's health in North Carolina. Two letter grades were assigned to each indicator. The first letter grade for trend is based on North Carolina men's progression in each health indicator over a period of time. The second letter grade represents the comparison of North Carolina men to United States (U.S.) men based on the most current data available.

The grading mechanism implemented was adopted from the North Carolina Women's Health Report card. This will allow for direct comparisons between the two report cards. The following guidelines were used for grading:

Trend Comparison:

- A = >20% improvement for the trend
- B = >10-20 % improvement for the trend
- C = between a 10% improvement and a 10% worsening for the trend
- D = >10-20 % worse for the trend
- F = >20% worse for the trend

Comparison with U.S. Men:

- A = >20% better than the U.S. for the U.S. men comparison
- B = 10-20% better than the U.S. for the U.S. men comparison
- C = between 10% better and 10% worse than the U.S. for the U.S. men comparison
- D = >10-20% worse than the U.S. for the U.S. men comparison
- F = >20% worse than the U.S. for the U.S. men comparison

Data Sources:

1. North Carolina mortality data from the NC State Center for Health Statistics 2000-2004 Race-Sex-Specific Age Adjusted Death Rates by County and the 1999-2000 Race-Sex-Specific Age Adjusted Death Rates by County available on-line at: <http://www.schs.state.nc.us/SCHS/data/databook/> and <http://www.schs.state.nc.us/SCHS/data/databook/2002/>; All national mortality stats from Deaths: Final Data for 2003. NVSR Volume 54, Number 13. 120 pp. (PHS) 2006-1120, available on-line at: <http://www.cdc.gov/nchs/products/pubs/pubd/nvsr/54/54-20.htm>
2. North Carolina data from the state BRFSS data, with the year depending on the indicator as noted in the table. Available on-line at: <http://www.schs.state.nc.us/SCHS/brfss/>; National data from the national BRFSS data with the year depending on the indicator as noted in the table, more information and data available for download here: <http://www.cdc.gov/brfss/>
3. North Carolina infectious disease data from the North Carolina HIV/STD Surveillance Report, 2005, available on-line at: <http://www.epi.state.nc.us/epi/hiv/surveillance.html>; National infectious disease data from the CDC's 2004 surveillance report, available on-line at: <http://www.cdc.gov/std/stats/toc2004.htm>
4. North Carolina incarceration rates calculated from population data from the US Census along with the number of incarcerated people in NC from the Statistical Report generator from the Department of Corrections, available on line at: <http://www.doc.state.nc.us/rap/index.htm>; National incarceration rates from the Bureau of Justice Statistics, available on-line at: <http://www.ojp.usdoj.gov/bjs/pub/pdf/pjim05.pdf>
5. North Carolina and US data from the Current Population Survey from the Bureau of Labor Statistics and the US Census Bureau, abstracted using Data Ferrett, available on-line at: <http://dataferrett.census.gov>; <http://www.ojp.usdoj.gov/bjs/pub/pdf/pjim05.pdf> doesn't include federal prisons



Technician



Father of Three

North Carolina Men's Health

Chronic Disease

	NC Men 1999-2000	NC Men 2000-2004	Trend	US Men 2003	Grade
Heart disease deaths per 100,000¹					
All	314.4	294.5	C	286.6	C
White	307.3	285.2	C	282.9	C
Minority	343.4	334.5	C	301.4	D
Cerebrovascular disease deaths per 100,000¹					
All	74.6	68.6	C	54.1	F
White	69.2	63.0	C	51.7	F
Minority	99.2	94.9	C	69.1	F
Lung cancer deaths per 100,000¹					
All	88.9	86.6	C	71.7	F
White	86.8	84.3	C	71.1	D
Minority	97.9	96.6	C	75.1	F
Chronic lower respiratory disease deaths per 100,000¹					
All	63.1	60.9	C	52.3	D
White	64.7	62.6	C	53.8	D
Minority	54.7	51.6	C	39.1	F
Diabetes deaths per 100,000¹					
All	27.8	30.0	C	28.9	C
White	22.9	24.9	C	27.0	C
Minority	50.2	54.6	C	42.0	F
Colorectal cancer deaths per 100,000¹					
All	23.2	22.8	C	22.9	C
White	21.9	21.4	C	22.4	C
Minority	29.2	29.0	C	26.2	D
Prostate cancer deaths per 100,000¹					
All	33.5	31.6	C	26.5	D
White	26.5	24.8	C	24.4	C
Minority	68.4	67.2	C	43.2	F
	2002	2005		2005	
Percentage aged 18+ with diabetes²					
All	6.4%	8.5%	F	8.0%	C
White	6.0%	8.2%	F	7.7%	C
African American	9.9%	12.8%	F	11.0%	D
Percentage aged 18+ who are obese (BMI 30.0+)²					
All	23.5%	25.3%	C	24.8%	C
White	21.7%	24.7%	D	24.5%	C
African American	28.4%	31.0%	C	29.9%	C
Percentage told by a doctor that they have asthma²					
All	9.3%	8.3%	B	10.5%	A
White	9.8%	8.5%	B	10.7%	A
African American	10.3%	10.3%	C	10.9%	C
	2003	2005		2005	
Percentage aged 18+ with high blood pressure²					
All	27.2%	28.0%	C	26.2%	C
White	28.1%	28.1%	C	26.8%	C
African American	35.4%	36.7%	C	31.2%	D
Percentage aged 18+ with high cholesterol²					
All	33.2%	36.0%	C	37.2%	C
White	34.6%	36.8%	C	38.2%	C
African American	32.6%	36.7%	D	31.5%	D



Sports Lover



Store Owner

North Carolina Men's Health

Infectious Disease

	NC Men 2002	NC Men 2005	Trend	US Men	Grade
HIV cases per 100,000³					
All	28.5	31.2	C	37.6	B
White	11.7	14.4	F	18.7	A
African American	87.8	88.6	C*	131.6	A*
Hispanic	23.4	32.2	F	60.2	A
Primary and secondary syphilis cases per 100,000³					
All	3.9	5.1	F	4.7	C
White	1.1	3.1	F	3.1	C
African American	13.8	12.9	C*	14.1	C*
Hispanic	3.0	4.3	F	5.5	A
Chlamydia cases per 100,000³					
All	106.6	130.5	F	147.1	B
White	36.4	41.0	D	57.3	A
African American	337.3	416.2	F	645.2	A*
Hispanic	132.1	137.1	C*	183.4	A*
Gonorrhea cases per 100,000³					
All	192.0	179.3	C	110.0	F
White	29.9	31.6	C	26.2	F
African American	785.6	694.7	B*	670.3	C*
Hispanic	72.1	81.0	D	64.9	F

Substance Abuse/Mental Health

	NC Men 2002	NC Men 2005	Trend	US Men 2005	Grade
Percentage aged 18+ who are current smokers²					
All	30.5%	25.6%	B	22.6%	D
White	29.9%	25.3%	B	22.1%	D
African American	36.8%	29.2%	A	25.8%	D
Percentage aged 18+ drinking 5+ drinks on one occasion in the past month²					
All	17.7%	16.4%	C	21.9%	A
White	17.6%	17.6%	C	22.6%	A
African American	13.6%	11.4%	B	16.6%	A
Suicide deaths per 100,000¹					
	1999-2000	2000-2004		2003	
All	18.9	19.5	C	18.0	C
White	21.9	21.9	C	19.6	D
Minority	9.5	10.0	C	9.5	C

North Carolina Men's Health

Violence/Injuries

	NC Men 1999-2000	NC Men 2000-2004	Trend	US Men 2003	Grade
Homicide deaths per 100,000¹					
All	12.5	11.2	B	9.4	D
White	7.0	6.4	C	5.3	F
Minority	28.9	26.0	B*	26.7	C*

Motor vehicle deaths per 100,000¹

All	28.9	28.1	C	21.6	F
White	28.2	27.3	C	21.9	F
Minority	32.2	31.5	C	20.2	F

	1999	2005		2005	
Incarceration rates per 10,000⁴					
All	102.6	113.0	D	137	B
White	42.8	50.3	D	71	A
African American	340.2	372.5	C*	468	A*

Barriers to Health

	NC Men 2003	NC Men 2005	Trend	US Men 2005	Grade
Percentage aged 18 to 65 with no health insurance coverage²					
All	22.1%	25.0%	D	20.6%	F
White	15.6%	18.0%	D	17.2%	C
African American	25.0%	30.6%	F	27.0%	D

Percentage below the poverty level⁵

All	9.8%	10.7%	C	9.5%	D
White	7.7%	8.7%	D	8.1%	C
African American	15.8%	16.1%	C	17.9%	B

Percentage of labor force unemployed and looking for work⁵

All	6.1%	4.7%	A	4.9%	C
White	4.2%	4.1%	C	4.2%	C
African American	13.1%	8.2%	A*	10.2%	B*

Data Notes:

- U.S. men were used as a comparison with North Carolina (N.C.) men with the understanding that U.S. men do not have the ideal health status. In general, white women comprise the healthiest population.
- The race breakdown of mortality in this report card is categorized as all, white or minority which is representative of publicly available mortality data from the North Carolina State Data Center for Health Statistics.
- Typically, mortality rates among minorities are higher in African-Americans than in most other minority groups. In North Carolina, the minority group has a higher percentage of African-Americans than in the U.S. minority population. This may contribute to the greater mortality rate of minorities in N.C. men compared to U.S. men.
- The U.S. incarceration data includes both state and federal correctional facility inmates while the N.C. rate includes only state correctional facility inmates.
- There can be wide variances in disease rates among the different non-white races, and the minority rates presented may not apply to all non-white racial groups. The N.C. non-white population is composed primarily of African-Americans but there is a growing number of Hispanics in North Carolina. As the population shift continues, it will be important to collect health information in a manner that allows for comparisons among all the non-white racial groups.

Preventive Health Practices

	NC Men 2002	NC Men 2004	Trend	US Men 2004	Grade
Percentage aged 50+ who have never had a sigmoidoscopy or colonoscopic exam²					
All	53.2%	43.8%	B	45.7%	C
White	51.2%	40.4%	A	43.5%	C
African American	59.9%	55.6%	C	54.6%	C

Percentage of men aged 40+ who have not had a PSA test in the past 2 years²

All	45.9%	44.6 %	C	48.2%	C
White	45.2%	42.3%	C	47.0%	C
African American	44.9%	45.9%	C	47.2%	C

Percentage of men aged 40+ who have not had a digital rectal exam in the past 2 years²

All	42.0%	41.2 %	C	45.8 %	B
White	40.8%	38.2 %	C	44.0 %	B
African American	44.6%	46.4 %	C	49.7 %	C

	2002	2005			
Percentage aged 65+ who did not have a flu shot in the past 12 months²					
All	30.7%	34.2%	D	35.2%	C
White	NA	31.2%	NA	33.5%	C
African American	NA	50.9%	NA	48.9%	C

Percentage aged 65+ who have never had a pneumonia shot²

All	37.5%	35.6%	C	38.4%	C
White	NA	31.5%	NA	36.4%	B
African American	NA	56.0%	NA	53.4%	C

Percentage aged 18+ who engage in no leisure time physical activity²

All	25.3%	22.8%	C	23.0%	C
White	21.8%	18.9%	B	21.3%	B
African American	29.6%	28.9%	C	28.6%	C

Dental Health

	NC Men 2002	NC Men 2004	Trend	US Men 2004	Grade
Percentage of who have been to the dentist in the past year²					
All	65.5%	67.4%	C	68.3%	C
White	71.1%	72.9%	C	70.4%	C
African American	56.3%	59.0%	C	60.4%	C
Other minority	39.0%	45.4 %	B	61.3%	F

**While these conditions show improvement over time, or are comparable to those at the national level, the absolute level of the condition is still higher than it should be in a healthy population and is still a burden on the population.*

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2005 Population Estimates for Men in North Carolina

	Total 18 & over	18-19	20-24	25-44	45-64	65+
All	3,017,004	100,436	261,970	1,240,474	998,870	415,254
White	2,253,073	64,004	179,099	884,995	776,330	348,645
African American	545,004	25,584	54,005	233,016	174,944	57,455
Other Minority	218,927	10,848	28,866	122,463	47,596	9,154

