

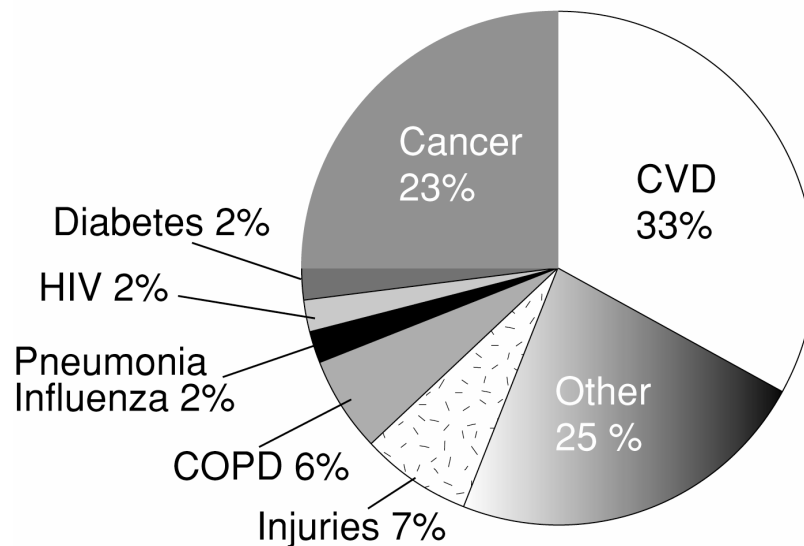
Georgia Department of Human Resources

MEN'S HEALTH IN GEORGIA

American men are living longer today than ever before. A man's life expectancy has increased from 48 years in 1900 to nearly 74 years in 1997. The 2000 Census found that there are 24 percent more men age 65 or older in Georgia now than in 1990. However, although public health advances have helped increase the life span of all Americans, men continue to die on average nearly six years younger than women. In addition, while men's health has improved in some areas, it has stabilized or declined in others.

Some barriers to good health for men may include health behaviors, poor access to and utilization of health care, inadequate health insurance, lack of research on men's health, and pressures resulting from gender expectations.

Leading Causes of Death Among Georgia Males, 1997-2001



CVD=Cardiovascular Disease
COPD=Chronic Obstructive
Pulmonary
HIV=Human

Some major health issues for men in Georgia:

- **Chronic health conditions** are major causes of death and disability for Georgia men, especially in later life. Conditions of particular concern are cardiovascular disease, colon and prostate cancer, diabetes, and arthritis.
- **Injury** is one of the most significant causes of death among Georgia men aged 18 to 34 years. Unintentional injury, such as from motor vehicle crashes, is the most common type of injury among young men, although intentional injuries, such as homicides and suicides, also cause many deaths in this group. Deaths from falling are more common among older men.

- **Poor behavior choices** increase the risk of many chronic diseases. Some of these risky choices include: physical inactivity, tobacco use, and poor nutritional habits. However, some healthy behaviors such as seat belt use and colorectal cancer screening have been increasing among men.
- **Infectious diseases** such as gonorrhea, HIV and tuberculosis have a significant effect on the health of both men and women in Georgia. Pneumonia and influenza are among the 10 leading causes of death for men of all age groups in Georgia, and are most significant among older men.
- **Substance abuse** is most common among young white men. An estimated one-fourth of white men aged 18 to 24 have a substance abuse problem and would benefit from treatment.
- **Health care utilization** is an important factor in men's health. National research suggests that men do not use health care services as often or as early as women. Fewer young men are covered by health insurance than are young women. Also, young women use health care more regularly because of their need for gynecological and obstetric care.
- **Racial and ethnic minorities** continue to have higher rates of death and disability than do whites.

For more information about efforts to improve men's health status in Georgia, or for the *Health Guide for Georgia Men* in English or Spanish, contact Sean Johnson with the Men's Health Initiative, DHR Division of Public Health, Family Health Branch, 404-651-7441 or see <http://health.state.ga.us/programs/women/pdfs/menshealth00.pdf>.