

MALES DIE YOUNGER THAN FEMALES

HEALTH, UNITED STATES, 2020–2021: ANNUAL PERSPECTIVE—RISK FACTORS AND MORTALITY BY SEX.
Health, United States synthesizes final data from multiple sources to highlight the complex and multifactorial nature of disparities in health outcomes.

High risk behaviors in males are related to risk of early death from injuries and disease

Males are more likely to die from

Leading causes of death

HEART DISEASE



Males were **more likely** than females to die of the top two leading causes of death in 2019

CANCER



Injury deaths related to violence and drugs

SUICIDE AND HOMICIDE

Males died **3x to 4x** as often as females from 2009 to 2019

DRUG OVERDOSE

Males died **2x** as often as females in 2019

Substance use is more common in males

HEAVY ALCOHOL USE



2x as likely in males as females from 2015 to 2019

SMOKING



15.5% of men compared with 13.0% of women in 2019

ILLICIT DRUG USE



1.5x as likely in males as females from 2015 to 2019

Males use less health care



Doctor visit rate was **27% LOWER** in males than females in 2018

Emergency department visit rate for adults aged 18–44 was **lower** in men than women in 2018

