

# Health of Men in Arizona

## General Health

In 2009, 22% of men in Arizona reported that they had excellent health, 34% very good, 30% good, 10% fair, and 3% poor.<sup>1</sup> In 2008, 96% of men in Arizona reported being satisfied or very satisfied with their life.<sup>1</sup>



## AZ Fast Fact

73% of men in Arizona are overweight or obese.<sup>1</sup>

## Heart Disease

In 2009, 4% of men in Arizona reported having heart disease, slightly lower than the national average of 5% of adult men who have heart disease.<sup>1</sup>

Heart disease is the leading cause of death among men. In 2008, 4,685 men died of heart disease in Arizona. Death rates (per 100,000) are highest among White men in Arizona (161), followed by African-Americans, (137), Hispanics (134), American Indians (98) and Asian-Americans (85).<sup>2</sup>

## Depression

There were 12,847 emergency room visits and 11,405 hospitalizations of men in Arizona in 2008 related to depression. 3,502 of those visiting the emergency room and 435 of those hospitalized had depression as the main reason for the hospital visit. This is more than 66 depression-related emergency room visits or hospitalizations of men each day in Arizona.<sup>3</sup>

## Cancer

Men are at higher risk of developing cancer in their lifetime than women.<sup>4</sup> In Arizona, 1 in 500 men will receive a cancer diagnosis.

Cancer is the second leading cause of death among men in Arizona. In 2008, 5,367 men in Arizona died of cancer. Death rates (per 100,000) are highest among White men in Arizona (179), followed by Hispanics (152), African-Americans (150), Asian-Americans (149) and American Indians (126).<sup>2</sup>

Prostate cancer is the most frequently diagnosed cancer among men (137/100,000), followed by lung cancer (62/100,000) and colorectal cancer (39/100,000).<sup>5</sup>

Prostate cancer is the second leading cause of cancer death among men in Arizona. In 2008, 568 men died of prostate cancer in Arizona. Death rates (per 100,000) are highest among Asian-American men in Arizona (26), followed by African-Americans (21), Hispanics (20), Whites (19) and American Indians (15).<sup>2</sup>

In 2008, 40% of men 40 years old or older in Arizona reported not having a Prostate-Specific Antigen (PSA) test within the past two years, compared to 55% of men aged 40 or older in the US.<sup>1</sup>

In 2008, 78% of men aged 50 years old or older in Arizona reported not having had a blood stool test within the past two years and 34% of men in Arizona aged 50 years old or older have never had a sigmoidoscopy or colonoscopy.<sup>1</sup>

## Risk Behaviors/Infectious Disease

### Alcohol

In 2009, 7% of men in Arizona reported themselves as being heavy drinkers or as having more than two drinks per day. This is higher than the national average of US adult men who are heavy drinkers.<sup>1</sup>

In 2009, 21% of men in Arizona reported themselves as being binge drinkers or as having five or more drinks on one occasion, similar to the national average.<sup>1</sup>

There were 43,817 alcohol abuse-related hospital visits by men in Arizona in 2008 including 17,719 inpatient discharges and 26,098 emergency room visits. That represents, on average, more than 120 emergency room visits and hospitalizations of men each day in Arizona due to alcohol abuse.<sup>3</sup>

### Drugs

There were 27,548 drug abuse- and drug dependence-related hospital visits by men in Arizona in 2008 including 12,808 inpatient discharges and 14,740 emergency room visits. That represents, on average, more than 75 emergency room visits and hospitalizations of men each day in Arizona due to drug abuse and drug dependence.<sup>3</sup>

### Sexually Transmitted Disease

In 2008, there were 659 men in Arizona diagnosed with HIV/AIDS compared to 89 newly diagnosed cases of HIV/AIDS among women.<sup>6</sup>

In 2008, there were 1,869 cases of gonorrhea reported among men in Arizona, 6,400 of chlamydia, 429 of early syphilis, and 606 of genital herpes.<sup>6</sup>

In 2008, the rates per 100,000 population of reported cases of gonorrhea, chlamydia, early syphilis, and genital herpes among men in Arizona were 57, 196, 13, and 19 respectively.<sup>6</sup>

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## Diabetes

In 2009, 8% of men in Arizona have diabetes, which is the same as the national average.<sup>1</sup>

In 2008, 638 men in Arizona died of diabetes. Death rates (per 100,000) are highest among American Indian men in Arizona (48), followed by African-Americans (35), Hispanics (30), Asian-Americans (23) and Whites (18).<sup>2</sup>

## Primary Prevention

### Overweight and Obesity

In 2009, 47% of men in Arizona are considered overweight (Body Mass Index 25.0 – 29.9) and 25% obese (BMI 30+).<sup>1</sup>

### Physical Activity

In 2009, 47% of men in Arizona did not get the recommended amount of exercise (30+ minutes of moderate physical activity five or more days per week or vigorous physical activity for 20+ minutes three or more days per week.)<sup>1</sup>

In 2009, 17% of men in Arizona had not participated in any physical activity in the past month.<sup>1</sup>

### Nutrition

In 2009, 3 out of 4 men in Arizona report they consume less than five fruits and vegetables per day.<sup>1</sup>

### Blood Pressure

High blood pressure increases the risk of having a stroke. Almost 29% of men in Arizona have high blood pressure, similar to 30% of men nationally that have high blood pressure.<sup>1</sup>

## Cholesterol

High cholesterol increases the risk of having a heart attack. Almost 23% of men in Arizona have never had their cholesterol checked.

As of 2009, of those who had 45% had high cholesterol, 12% higher than the national average of 39% of men who are aware they have high cholesterol.<sup>1</sup>

## Tobacco

In 2009, 18% of men in Arizona report being smokers. This is lower than the number of men smoking nationally. Less men in Arizona (11%) smoke everyday as opposed to almost 14% in the US.<sup>1</sup>

## Immunizations

In 2009, 72% of men in Arizona aged 65 years old or older have had a flu shot within the past year and 66% of men 65 years or older have ever had a pneumonia vaccination.<sup>1</sup>

## Sources:

1. CDC Behavioral Risk Factor Surveillance System, 2008 and 2009
2. Arizona Vital Statistics, 2008
3. Arizona Hospital Discharge Database, 2008
4. ACS Cancer Facts & Figures 2009
5. Arizona Cancer Registry, 2006
6. ADHS Bureau of Epidemiology and Disease Control, 2008

## Further information and resources

Arizona Department of Health Services  
Bureau of Tobacco and Chronic Disease  
**tobaccofreearizona.org**  
ADHS BTCD works to prevent youth initiation of smoking and provides services to help people quit tobacco.

ASHLine

**(800) 55 66 222** or **ASHLine.org**

ASHLine provides free telephone and online quit coaching and free nicotine replacement therapies (NRT) to all Arizonans.

Centers for Disease Control and Prevention  
**cdc.gov**

An online source for credible health information, including basic information about diseases, control, prevention, and research.

Arizona Cancer Coalition

**azcancercontrol.gov**

Information on how to get involved locally in cancer prevention and control efforts.

Arizona Cardiovascular Disease Coalition  
**azcvd.gov/ACDC.htm**

A collaboration of health care professionals, managed care organizations, community stakeholders, civic leaders, and media representatives working to improve the care of persons with cardiovascular disease.

Arizona Diabetes Program

**azdiabetes.gov**

This program, part of the Arizona Department of Health Services Bureau of Tobacco and Chronic Disease, works to prevent diabetes, developing Arizona's capacity to reduce the incidence and severity of diabetes and related complications.

Arizona Health Matters

**arizonahealthmatters.org**

An interactive website that provides information about community health, including health indicators by county and zip code.



Arizona Department of Health Services  
Bureau of Tobacco and Chronic Disease  
[www.tobaccofreearizona.com](http://www.tobaccofreearizona.com)