



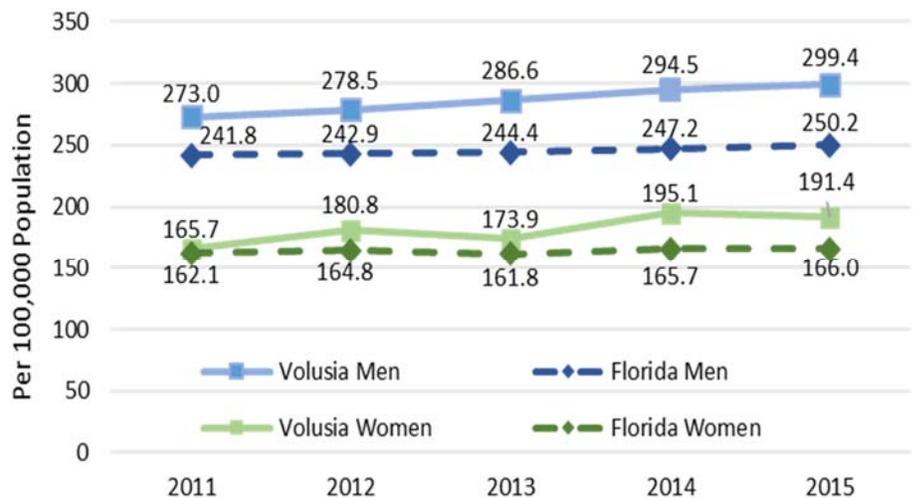
# Special Report

## MEN'S HEALTH IN VOLUSIA COUNTY

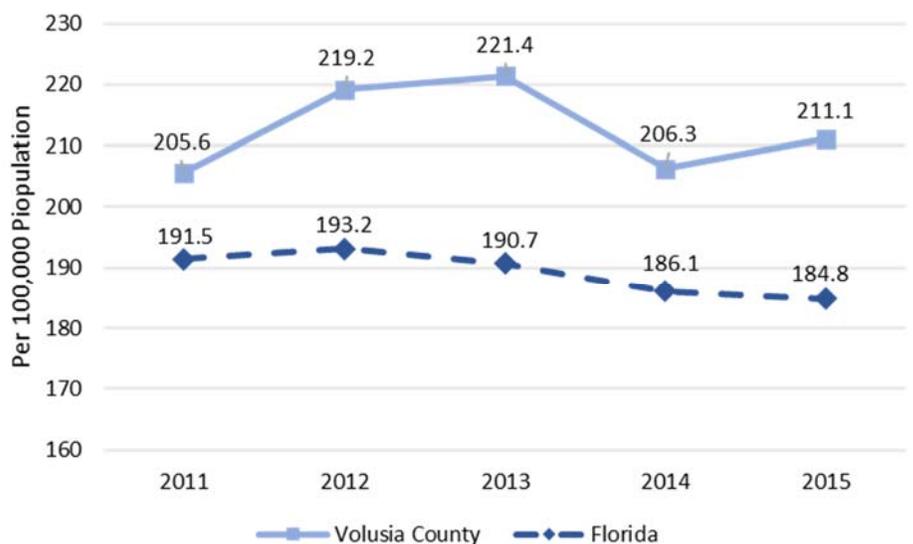
The Centers for Disease Control and Prevention (CDC) lists the top three leading causes in death in men in 2014 as cardiovascular disease (CVD), cancer, specifically prostate and lung cancer, and unintentional deaths. Overall, in the United States in 2014, cardiovascular disease accounted for 24.5% of deaths for men, cancer was 23.4%, and 6.4% of deaths for men were unintentional injuries. The top three types of unintentional injury deaths, according to CDC, were falls, motor vehicle/traffic accidents and poisonings.

- The rate of major cardiovascular deaths among men was consistently higher than women from 2011 to 2015 at both the state and county levels
- In 2015, Volusia County's male rate (299.4) was 108 points higher than Volusia County's female rate (191.4)
- Despite having lower rates than males, Volusia County women experienced a 16% increase in major cardiovascular death rates from 2011 (165.7) to 2015 (191.4), this was 6% higher than the increase for Volusia County men during the same time period

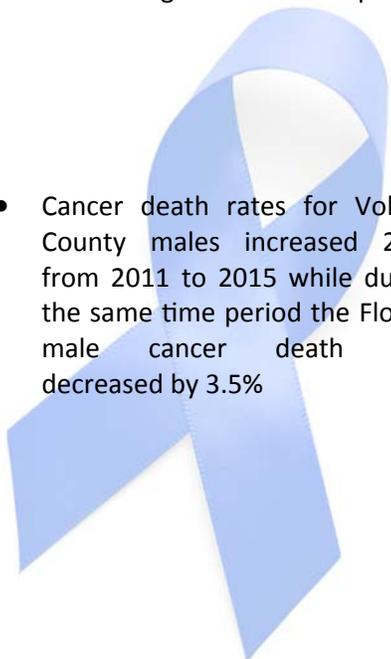
**Age-Adjusted\* Major Cardiovascular Death Rate , 2011-2015**



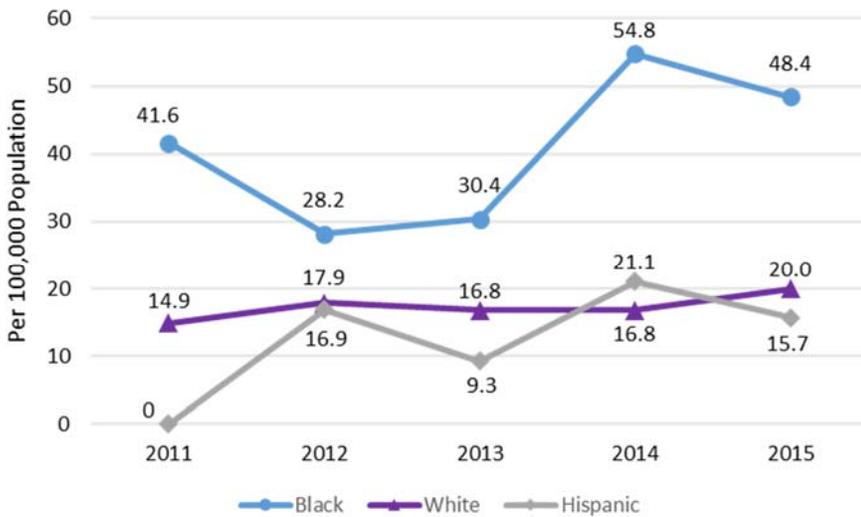
**Age-Adjusted\* Male Cancer Death Rate, 2011-2015**



- Cancer death rates for Volusia County males increased 2.7% from 2011 to 2015 while during the same time period the Florida male cancer death rate decreased by 3.5%



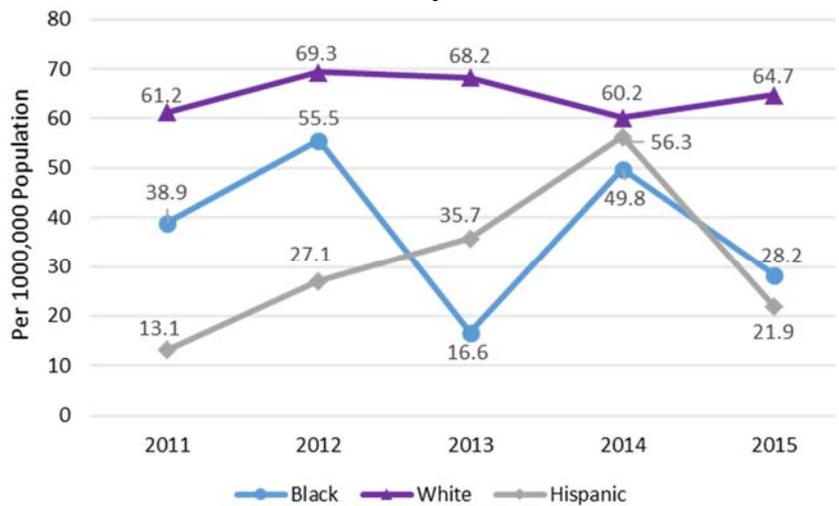
### Age-Adjusted Prostate Cancer Death Rates by Race, Volusia County, 2011-2015



- In 2015, black males had a prostate cancer death rate (48.4) that was over twice as high as the rate among white males (20.0), and three times higher than the rate among Hispanic males (15.7) in Volusia County
- There was an upward trend in prostate cancer death rates seen in all three races between 2011 and 2015

- In 2015 white males had a lung cancer death rate (64.7) that was over twice that of both black (28.2) and Hispanic (21.9) males in Volusia County
- Black and Hispanic males experienced a 61% and 43% decrease in lung cancer death rates from 2014 to 2015, during this same period white males experienced a 7% increase.

### Age-Adjusted Male Lung Cancer Death Rates by Race, Volusia County, 2011-2015



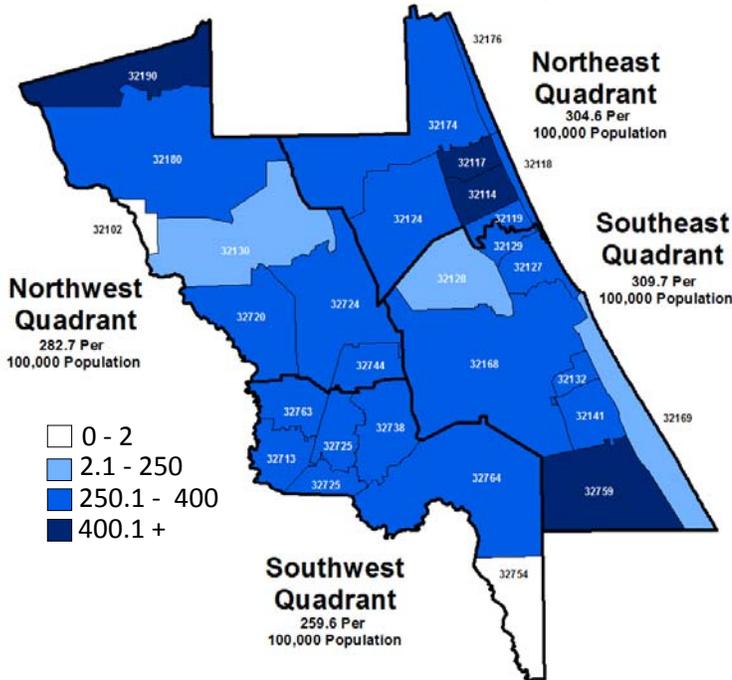
### Top 5 Male Unintentional Injury Deaths Volusia County, 2015

	Count
1. Motor vehicle and traffic accidents (excludes water transport)	50
2. Slipping , tripping & falling	33
3. Accidental poisoning by narcotics or Hallucinogens	31
4. Accidental poisoning by other drugs	25
5. Accidental drownings	11

**In 2015, of 281 unintentional injury deaths in Volusia County, 63% (177) were males**



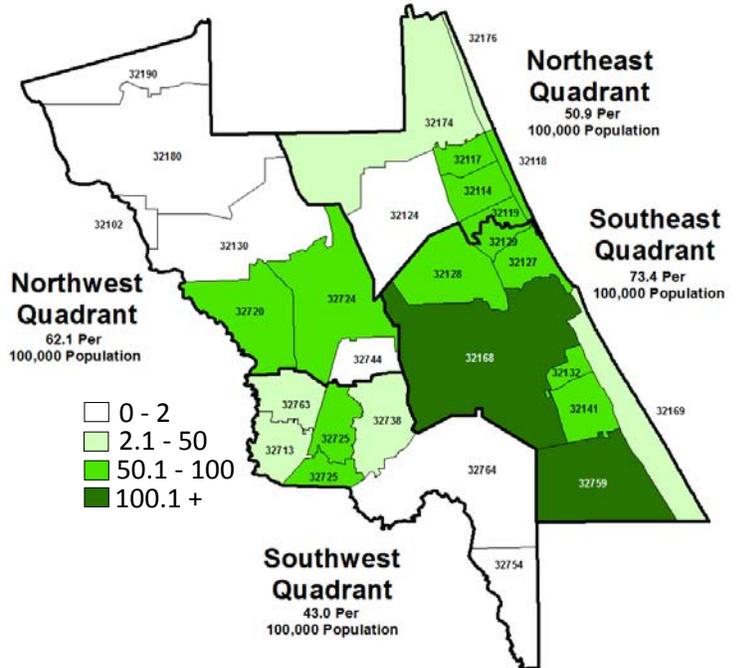
**Age-Adjusted Male Major Cardiovascular Disease Death Rates by ZIP Code, Volusia County, 2015**



The highest rates of male major cardiovascular disease deaths occurred in ZIP codes 32190 (549.64), 32117 (479.9), 32759 (476.5), and 32114 (407.7)

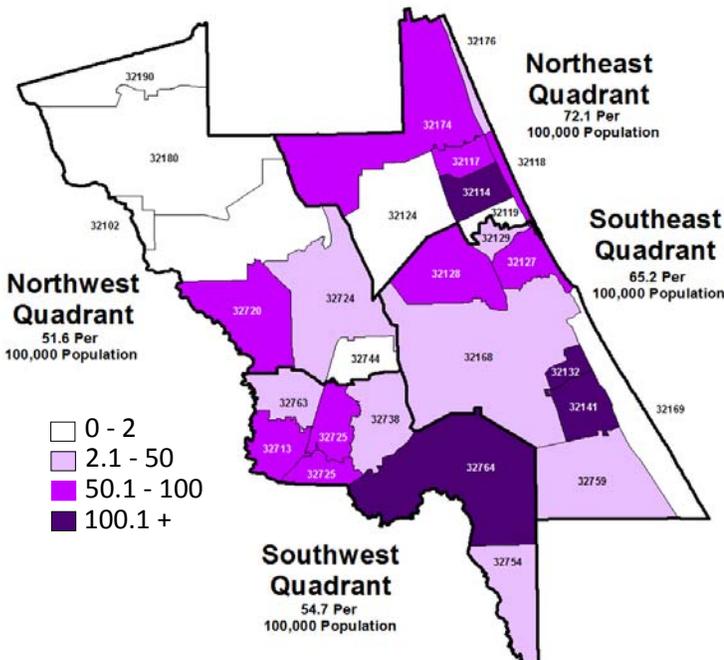
The highest rate of male lung cancer deaths occurred in ZIP codes 32759 (113.8) and 32168 (106.8)

**Age-Adjusted Male Lung Cancer Death Rates by ZIP Code, Volusia County, 2015**



The highest rates of male unintentional injury deaths occurred in ZIP codes 32132 (211.0) and 32764 (130.6)

**Age-Adjusted Male Unintentional Injury Death Rates by ZIP Code, Volusia County, 2015**



## Chronic Disease Prevention for Men

### Cardiovascular Disease

**Risk Factors:** Cardiovascular disease is most common amongst men that are 45 years and older. With each passing decade, ones risk for CVD doubles. Those individuals that have little to no exercise and have a high cholesterol level are more susceptible to developing heart disease. As noted by the CDC, those that smoke are 2-4 times more likely to develop some type of heart disease.

#### Preventative Measures:

- ◆ Help curb high blood pressure by limiting daily sodium intake to 2300 mg/day
- ◆ Opt for popcorn or rice cakes as healthy alternatives for high sugar snacks such as cookies, chips or cake
- ◆ Use low-fat or reduced fat dairy products to help lower cholesterol
- ◆ Try to use less oil and margarine

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### Cancers

#### Prostate:

**Risk Factors:** The older a man gets, his risk increases for getting prostate cancer. Those with a family history of prostate disease/cancer are noted by CDC to be 2-3 times more likely to develop some form of prostate disease. If prostate cancer goes undetected/untreated it has the capability of spreading to the lungs, liver and bones. Those with a body mass index (BMI) 30 or higher have an increased risk of prostate cancer.

#### Preventative Measures:

- ◆ If there is a family history of prostate cancer take preventative measures and go through screening
- ◆ Choosing a low-fat diet has been documented to be a way in reducing ones risk for prostate cancer
- ◆ Maintain a healthy weight and exercises for 30 minutes a day

#### Lung:

**Risk Factors:** Cigarette smoking is the number one risk factor for lung cancer as it is linked to 80-90% of lung cancers. Those that smoke are 15-30 times more likely to contract some form of lung cancer. Being around an individual that smokes regularly and inhaling secondhand smoke can increase risk just as much as smoking as being the one who is smoking. Radon is another cause linked to lung cancer; radon is a gas found in rocks and dirt that occasionally become trapped in buildings or houses.

#### Preventative Measures:

- ◆ Cease smoking
- ◆ Be sure to test a home for radon
- ◆ Avoid being around secondhand smoke; remove oneself from an environment where another individual is smoking

#### Sources:

Centers for Disease Control and Prevention. Advancing Men's Health and Safety. <https://www.cdc.gov/men/index.htm>

Mayo Clinic. Prostate Cancer. <http://www.mayoclinic.org/diseases-conditions/prostate-cancer/in-depth/prostate-cancer-prevention/art-20045641>

Florida Department of Health Bureau of Vital Statistics. Death Files, 2011-2015

**For more information, contact the Florida Department of Health in Volusia County Office of Planning and Performance Management at 386-274-0500 Ext. 0582, or visit our website [www.VolusiaHealth.com](http://www.VolusiaHealth.com)**