

# NEBRASKA OFFICE of MEN'S HEALTH

## BIG XII Conference STATS

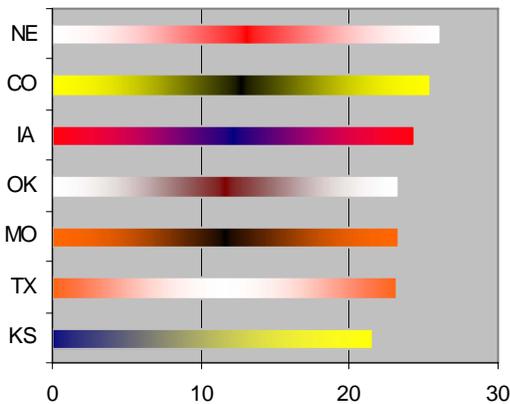
*your good health is our goal*

The following statistics provide a snapshot of current men's health concerns in Nebraska compared to those of the six other states in the BIG XII college athletic conference. The scorecard is produced by the Nebraska Department of Health and Human Services, Lifespan Health Services Unit and the Nebraska Office of Men's Health, under the guidance of the Men's Health Task Force.

**RANK the RATES:** The following charts compare the cancer death rates of Nebraska men to the rest of the Big XII conference states. Nebraska men rank favorably in overall cancer deaths, but score poorly when it comes to Colorectal and Prostate cancer deaths.

**PROSTATE CANCER:** At a mortality rate of 26.1 men per 100,000, Nebraska men die from Prostate cancer more than any other men in the Big XII, (KS ranks lowest at 21.5 men per 100,000).

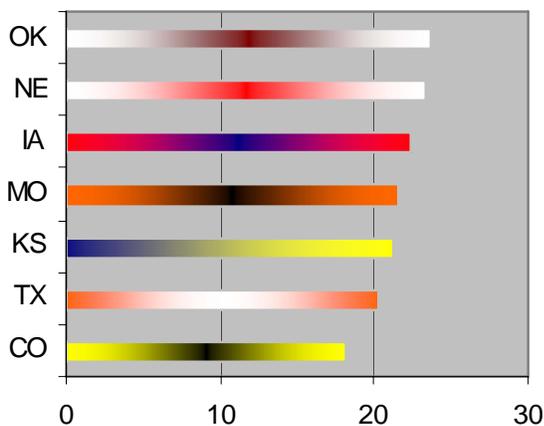
2005 Deaths from Prostate Cancer\*



	KS	TX	MO	OK	IA	CO	NE
Rate	21.5	23.2	23.3	23.3	24.4	25.5	26.1

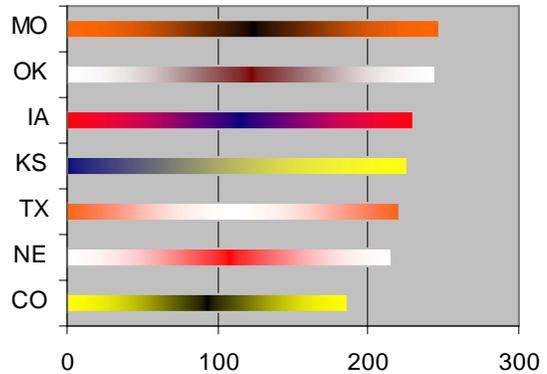
**COLON CANCER:** Nebraska men die from Colon cancer at a rate of 23.3 men per 100,000. This puts NE men near the top for death rates. Colorado has the lowest rate of death in the Big XII.

2005 Deaths from Colorectal Cancer\*



	CO	TX	KS	MO	IA	NE	OK
Rate	18.2	20.3	21.2	21.6	22.3	23.3	23.6

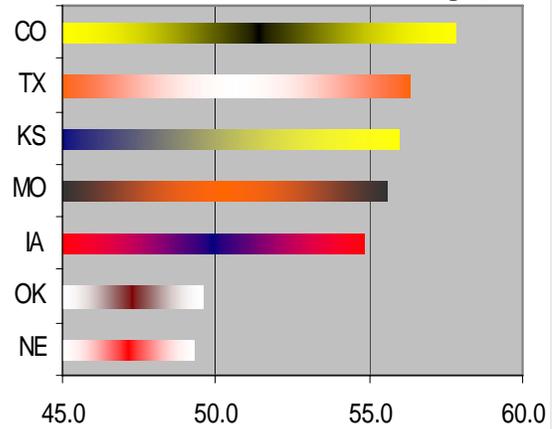
2005 All Cancer Deaths\*



	CO	NE	TX	KS	IA	OK	MO
Rate	186.3	214.8	220.9	225.5	230.6	244.5	246.8

**SCREENING** is one of the best ways for men and women to protect themselves against Colon cancer. Unfortunately, when it comes to this life saving test, Nebraska men rank the lowest in the Big XII, while Colorado has the best record.

2006 Colorectal Cancer Screenings§



	NE	OK	IA	MO	KS	TX	CO
Percent	49.3	49.6	54.8	55.6	56.0	56.3	57.8

### LEGEND

\*rates are calculated per 100,000 male population, and are age-adjusted to the 2000 US standard population.

§never had a colonoscopy or sigmoidoscopy; data collected.

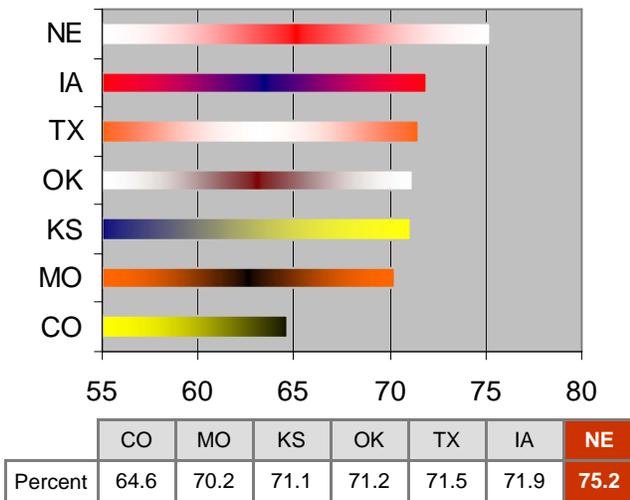
¶ Body Mass Index (BMI) of 25 or greater

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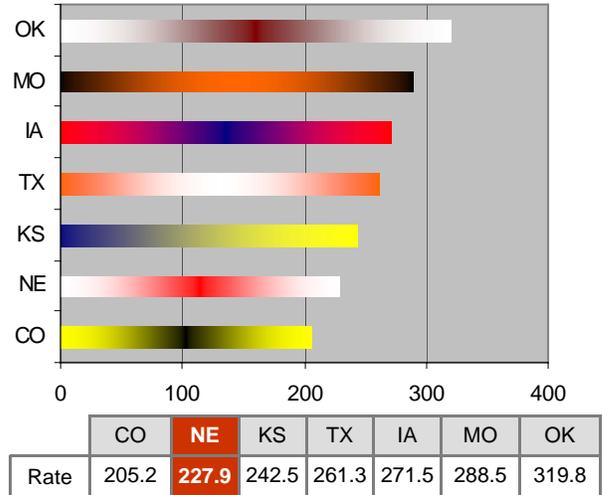
**HEART DISEASE** is the top killer of Nebraska men, but compared to the rest of the Big XII, Nebraska men rank near the bottom with 227.9 deaths per 100,000 men vs. Oklahoma's whopping 319.8 deaths per 100,000 men.

**OBESITY** or overweight can increase your risk for heart disease, hypertension and diabetes. There are hundreds of small steps that Nebraskans can incorporate into their busy lifestyles to begin moving themselves and their families toward good health.

**2007 Obesity & Overweight † Percentages**

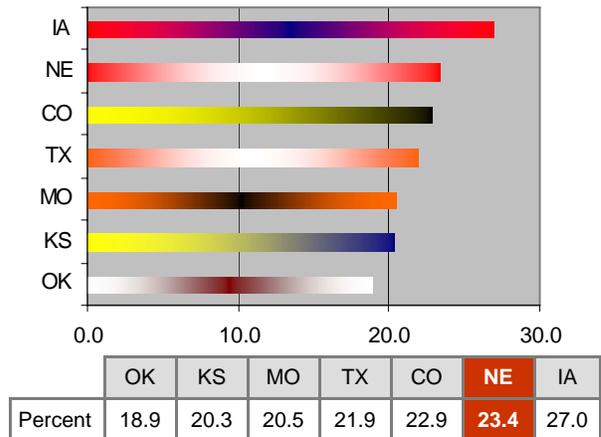


**2005 Heart Disease Deaths \***



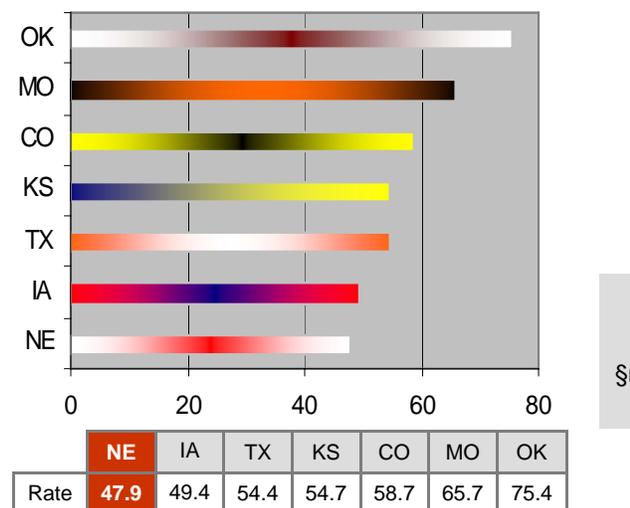
**BINGE DRINKING** for men is defined as the consumption of 5 or more drinks during a single occasion. Binge drinking is associated with many health problems, including but not limited to: unintentional injuries, alcohol poisoning, liver disease, and sexual dysfunction.

**2007 Binge Drinking Percentages**



**INJURY** is a serious public health problem because of its impact on the health of Nebraskans including premature death, disability, and the burden on our health care system. Motor Vehicle traffic accidents are the leading cause of unintentional death.

**2005 Unintentional Injury Deaths\***



**LEGEND**

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 †never had a colonoscopy or sigmoidoscopy; data collected .  
 ‡Body Mass Index (BMI) of 25 or greater