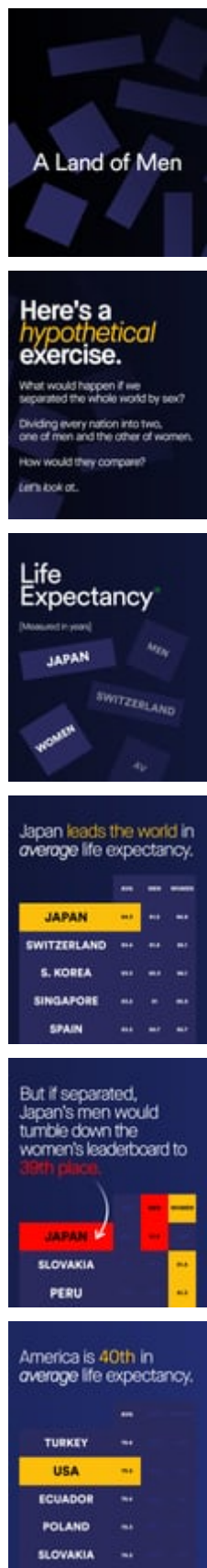


Men's life expectancy

March 9, 2021 | 268 upvotes | by [TheTinMenBlog](#)





In fact...

In every country in the world, women live longer than men do.

A gender gap that exists in both industrialised and developing countries.

So if American men are living only slightly longer than women in Saudi Arabia and North Korea.

Isn't it time America made an 'Office on Men's Health' too?

What do you think?
@thetimen

Comments

TheTinMenBlog[S] • 31 points • 9 March, 2021 03:15 PM

What would happen if we divided every nation by gender, within each country creating a 'land of men'..

What would it look like?

How sick would they be?

Would they need our help?

The life expectancy and health of American men, for example, has dropped so dramatically that it now compares to women of Saudi Arabia and North Korea.

And yet America *still* only has an Office on Women's health, to research and understand women's wellbeing - yet nothing for men, does that make sense to you?

It's about time we stopped this myth of ubiquitous 'male privilege' and started actually helping them.

And no, telling men to cry won't solve this problem, neither will calling masculinity 'toxic'. Change must come from real, political, economic, legislative and Governmental action, and most of all - from unity.

But will we see it in our lifetime?

Sources:

[1] https://en.wikipedia.org/wiki/List_of_countries_by_life_expectancy

[2] https://www.health.harvard.edu/newsletter_article/mars-vs-venus-the-gender-gap-in-health

OGSHAGGY • 9 points • 10 March, 2021 12:06 AM

That's honestly ridiculous to think about. Life expectancy of Men in the US compares to that of women in the countries with the most sexist and abusive cultures in the world. If that's not saying something that should be raising alarms for everyone than I don't even know what we can do at this point

Rockbottom503 • 1 point • 10 March, 2021 09:13 AM

That's equality for you..... Worst part of all this is that it's men paying the taxes that have made all this possible.

matrixislife • 21 points • 9 March, 2021 06:08 PM

I think a major consideration in age at death between the sexes is pension age.

If women are living 5 or so years longer than men, why on earth are men expected to retire later than women?

Surely it should be the other way round?

Rockbottom503 • 7 points • 10 March, 2021 09:17 AM

In the UK and Europe, at least, this has already been addressed. Women are absolutely seething over it and launched various campaigns to try and make out like doing so is sexist somehow but pension ages are finally being aligned and women now have to work up to the same age as men before they can receive state pension.

matrixislife • 3 points • 10 March, 2021 09:32 AM

Yeah, that's what's happening in the UK where there is still an age gap in life span. Equality would be men retiring earlier than women.

I'm guessing that's not going to happen.. ever.

YesAmAThrowaway • 14 points • 9 March, 2021 04:04 PM

Here is a link to a screenshot in the comment section of this post on instagram, mentioning several factors that play into how this statistic ends up being what it is:

<https://twitter.com/Errik51584789/status/1369317893784145930?s=19>

TheTinMenBlog[S] • 5 points • 9 March, 2021 04:17 PM

I love that guy. □

kujakutenshi • 20 points • 9 March, 2021 04:50 PM

IMO it should be a unisex ministry and not one devoted to specific gender. Competing ministries will not solve the problem if one is more likely to get funding than the other.

dontpet • 17 points • 9 March, 2021 07:27 PM

I think men would be unwise to trust they would be represented in that case.

Blutarg • 1 point • 10 March, 2021 04:03 PM

The US already has several departments for general health.

DanteLivra • 9 points • 9 March, 2021 04:31 PM

I strongly advocate for a ministry for men to be institutionalized in all countries.

CaptSnap • 9 points • 9 March, 2021 06:48 PM

Ive never found much data that men ever outlived women. Was it ever different?

Theres mountains of data that the wealthy outlive the poor. Which is what youd expect. Those with power take resources from those without and those with resources live longer than those without. Kind of simple stuff.

But why do women outlive men yet men supposedly have the power?

Oncefa2 • 9 points • 9 March, 2021 08:38 PM

Part of it is that more is expected out of men. And this is true pretty much universally as a species.

While woman are safe, fed, and relaxing in shelters built by men, men are out exploring, looking for water, finding their next meal, etc.

The extra stress that we expect men to put on themselves to help women be happy and comfortable is why men die younger.

Rockbottom503 • 3 points • 10 March, 2021 10:03 AM

Having power and what you use that power for are 2 entirely different things. We hear it all the time from feminists - 'men make up all the positions of power, we need more women!' but stop and take a look at what they are using that power for; where funding awards go in terms of gender based services and medical research or the laws they pass, and they're certainly not using their power in the pursuit of helping other men.

MelissaMiranti • 4 points • 9 March, 2021 07:48 PM

In the past, childbirth was far, far more dangerous than it is today. There was little to no sanitation, poor surgical techniques, and human beings were generally less healthy. On top of those things, women had more children in the past, due to a lack of birth control and the high infant mortality rate necessitating more childbirths to even keep a stable population. Add these things together and it's perfectly believable that the life expectancy of women was far lower in the past than it is now. With these advances specifically into

women's health, it also stands to reason that as life expectancy rose for all humans, it would rise more for women.

So: let's have some research into specific issues for men's health and help out those who are dying earlier now.

CaptSnap • 9 points • 9 March, 2021 08:33 PM

I think men died younger in the past too for other reasons tied to their gender as well, mostly being the disposable class in working conditions and wars.

So Im not sure that men ever outlived women.

I havent found much data...but to me at least its always thrown a giant shadow of doubt on men as a group oppressing anyone. I feel like thats the first tenet of any oppressor/oppressed dynamic, the oppressor class must outlive the oppressed.

MelissaMiranti • 0 points • 9 March, 2021 09:26 PM

So Im not sure that men ever outlived women.

Well, we do have census data even just in the United States going back to before the switch in life expectancy, since the switch happened over the course of the 20th century. That data shows a definite historical advantage, save for dips around wartime. Since most people at most times were not at war, war can be thought of as an anomalous event when it comes to lifespans overall.

CaptSnap • 5 points • 9 March, 2021 10:43 PM*

This just goes back to 1900 but it shows women having a greater life expectancy than men from then on.

pdf here

What did you find that shows men lived longer than women? Id really like to see it.

this one too just goes to 1900 but it breaks it down by more from 1900 to now, women always had a greater life expectancy.

So Im looking for something before 1900

MelissaMiranti • 1 point • 9 March, 2021 10:53 PM

<https://www.soa.org/globalassets/assets/library/research/transactions-of-society-of-actuaries/1989/january/tsa89v414.pdf> I found this, which is pretty old, but here it is. I got my initial information from demographic books back in college, so I can't exactly link those to you, sorry.

CaptSnap • 3 points • 10 March, 2021 12:09 AM

Thanks! It seems to really rely heavily on the work of Shigekazu Hishinuma from the 70's.

But theres some recent work that shows at least with the advent of agriculture *pdf* in one area women did die sooner than men...but before then it was women that outlived men. I think it had more to do with age of first child than absolute fertility but thats just my opinion.

Found some more data from the 18050's its also a pdf that showed that at least in two places in the world in 1850 women outlived men. (see page 11 in the appendix for the easiest breakdown)

MelissaMiranti • 1 point • 10 March, 2021 03:15 AM

Interesting stuff. There seems to have been a closer gap in lifespans in pre-industrial societies than we see nowadays.

Octaroon • 1 point • 26 August, 2021 04:36 PM

Men occupy a much larger percentage of leadership roles at all levels, and they own a vastly disproportionate amount of wealth. That's why we say men have the power.

You can and probably will attempt to justify this by saying that women somehow choose less money and power all the time, but if this were true we wouldn't have seen wealth and power gains over time amongst women over say, the last forty years, and yet we have.

CaptSnap • 2 points • 26 August, 2021 05:36 PM

Im told women make or heavily influence at least 85% of purchasing decisions.

Im not saying youre wrong...lets assume youre right.

How do you parse the two statistics?

How is one more oppressed than the other if they overwhelmingly are in a position to spend someone else's money?

Which I think is the crux of the dynamic... are men using wealth and power to benefit men to the extent men and women use wealth to benefit women?

If they are...or arent...how do the socioeconomic data of health, happiness, education, incarceration rates, life expectancy, health care costs, commuting times, work place fatalities, etc...bare that out?

Is it overwhelmingly men or women who are on top of this mountain of examples of society using its wealth and power to benefit one gender but ignoring the other?

Because if some minority of men having power doesnt translate to all men having power, then its a poor model to use to illustrate the gender paradigm...(and I think the evidence for this is overwhelming)...ESPECIALLY if they are just using to help women....(which I think is also overwhelmingly obvious). Which is why I dont use it (because it conflicts with nearly every observable data point we have)

Octaroon • 1 point • 26 August, 2021 05:41 PM

Having a credit card with a \$50000 limit is not the same as actually owning \$50000. We are talking about who OWNS the wealth.

Additionally, what I said about power is true at ALL LEVELS and throughout almost ALL sectors. Men do not dominate management and leadership roles just at the very top, the dominate all the way down too. Even in female dominated fields such as education, women do not make up fully half of the principal roles.

CaptSnap • 1 point • 26 August, 2021 05:51 PM

I dont agree that having a credit card is the same as being the one that actually controls the spending decisions. I feel here youve oversimplified past the issue.

I dont think you have illustrated that somehow the one actually controlling how the wealth is spent is really oppressed. (In fact I think the very core of your argument relies on showing that women have no control over wealth and are therefore oppressed because they dont have it, but that isnt exactly the case is it? It could actually be the case that the one that controls the wealth

has more "power" than anyone else couldnt it?)

But it doesnt really matter.....because I asked if you could illustrate if there was a correlation that a few men having wealth benefited men as a group. Because the sociological data doesnt bear that out does it?

so you have to find it from somewhere I assume, right? I mean how silly would it be to believe a model that not only wasnt supported by data but actually contradicted by it?

(and not to nitpick but women DO make up half of principals)

AskingToFeminists • 13 points • 9 March, 2021 04:59 PM

Honestly, I have strong doubts about how wise it is to have a ministry dedicated to men. I mean, we all wish it would turn out like LWMA, but I think we all know that it would turn out more like MensLib : controlled opposition by feminists, serving as a pretext to ignore men, and otherwise pushing harmful feminist propaganda on men. But with the power of the state backing it up.

I shudder.

dontpet • 5 points • 9 March, 2021 07:28 PM

I expect you are right. The Uncle Tom for men. But there should still be hope for change.

ThrowawayIIIIIIII • 7 points • 9 March, 2021 05:41 PM

So I am curious to know what you guys' take on this is. Because the massive discrepancy in life expectancy between men and women is caused by women biologically having more longevity. Actually, I feel like the ubiquitousness of women getting older than men only proves that this is not a result of discrimination, harder labour, or cultural norms. But rather an effect of womens immune systems being stronger.

I do think an office on health issues specific for men, like prostate cancer for example, would be warranted. Prostate cancer kills more than breast cancer but research into treatments for this cancer is massively underfunded in comparison. This is in no small part because people find it harder to empathize with the 60 year old men that die from these kinds of cancers.

I also have some encouraging news. I once did a course on a subject touching on all this and the vast majority of the medical specialists, most of them women, were in agreement that this was an error that should be rectified ASAP. Sadly, these young professionals don't (yet) get to decide on budgets. But there is definitely more solidarity out there amongst young people than you might expect when looking on the internet. I think meaningful change is possible in our lifetime as long as we don't estrange potential allies by venting our frustrations on them.

TheTinMenBlog[S] • 7 points • 9 March, 2021 06:26 PM

I understand about the biological vulnerabilities that men have, but for me, this is more of a reason to give them targeted attention.

For years I worked with the NHS to target Black and South Asian populations in the UK, as they are (in part) biologically more vulnerable to diabetes – the Government spends millions of pounds to give these communities additional help due to this.

I'd like to see the Government do this for men – targeted research to understand their biological vulnerability, to see if anything can be done about it.

ThrowawayIIIIIIII • 2 points • 9 March, 2021 06:51 PM

While I am not necessarily against the idea of using government agencies to 'smoothe out' biological discrepancies in things like life expectancy. I think this is very hard in practice. Most men die of disease that is not unique to men, and development of better treatment for, for example, heart disease will improve the life expectancy of both men and women. Thus, not lower the difference.

You could of course do things like targeted add campagins for healthier living that target men specifically. But that feels kind of off for me. Should we not encourage everyone to live healthily?

Understanding why men are more frail at higher ages is of course also an interesting solution. But as far as I know the medical community already has some pretty clear ideas on this. Men have a higher metabolism, and thus age faster (see research on caloric restriction and aging). Furthermore a side effect of testosterone is that it supresses the immune system. Also bad for fitness against all kinds of disease. I can imagine that these effects could be changed with future complex gene therapy. But that is no longer in the realm of the near future.

I think combating the underfunding of male specific diseases is a much more realistic goal where real progress can be made in the near future.

MealReadytoEat_ • 8 points • 9 March, 2021 06:59 PM

Studies like

https://www.researchgate.net/publication/4916967_Causes_of_Male_Excess_Mortality_Insights_from_Cloistered_Populations on nun and monk populations with similar lifestyles and duties find a much smaller life expectancy gap than the population as a whole.

ThrowawayIIIIIIII • 3 points • 9 March, 2021 07:06 PM

While I think this is very interesting research. I do have some scepticism, because there is no guarantee that the subset of men who become monks is at all comparable to the subset of women who become nuns. I can very easily imagine for example, that monks who have to abstain from sex for life, have much lower testosterone on average, which kranks up their immune system to a level more on par with women.

On the other hand these results do suggest that things like occupation can matter a lot. it does not seem like a stretch to me that men often have more physically demanding jobs and that that takes its toll on their bodies. Monks would also be exempt from this.

All in all a study like this seems to be very prone to selection bias, in my opinion. I have not had the time to read it in its entirety so do take that with a grain of salt.

Oncefa2 • 5 points • 9 March, 2021 08:34 PM

I saw an article where they said only about 2 years of the 5 year gap could be explained by biology.

And even if biology plays a role, why can't we research ways to mitigate it?

Nobody ever says "lol biology" when issues like this affect women. We tend to turn society completely upside down to accommodate issues that women have that are caused by biology. And yet we can't get anything for men when the tables are switched? How is that fair?

ThrowawayIIIIIIII • 2 points • 10 March, 2021 12:00 AM

I think people are not thinking about this rationally. There are tons of issues men face that we can do something about today. Overturning nature in the drastic way needed for longevity is just simply not something that will be around for decades to come.

Instead we should look for ways we can improve quality of life for men now. Things like an earlier retirement for men in strenuous jobs, bringing down homelessness, facilitation of a healthy

lifestyle, and extra attention for mens mental and social wellbeing are all things that would improve a mans quality of life far more than an extra 5 years of playing bridge in a retirement home would and we can achieve all these things tomorrow, no sci-fi miracle cure needed.

Oncefa2 • 2 points • 10 March, 2021 01:03 AM

I think it needs to be part of the conversation. For example it plays into gender norms since gender norms are a big part of why men die younger than women.

I don't expect that it will be solved any time soon though.

ThrowawayIIIIIIII • 1 point • 10 March, 2021 10:07 AM

I think capital (political or otherwise) of male advocates would be best spend in other places. After all the political capital for a movement improving mens quality of life specifically is very low. We should pick winnable battles like the ones I mentioned before.

That way we can pin victories under our belts and get the ball rolling like the suffragettes did. The subject of discrepancies in aging will be a fruitless struggle for the foreseeable future and will be a waste of capital.

Also in my honest opinion, I get the feeling peoples aversion to this biological difference does not stem from a desire for equality but from resentment and even jealousy. 80 years is a huge amount of time and more than enough to live a good fulfilling life. Women getting 8% more years does not detract from that.

fgyoysgaxt • 2 points • 10 March, 2021 07:48 AM

If it was purely biological, then it's still something that needs to be addressed. Men dying years earlier than women is clearly a bad thing, it's something we can work on.

ThrowawayIIIIIIII • 1 point • 10 March, 2021 10:01 AM

While I agree that it is a bad thing that should eventually be fixed. I think people underestimate how hard it is to achieve something like this. If extending 80 year olds lifespan by 5 years was easy it would have happened decades ago. Rather the life expectancy is raised by gradual improved care for old-age diseases like cancer and heart disease. Which are not unique to men.

If we have to chose between 5 extra years for everyone or 5 extra years for men only it seems obvious were the money should go to improve human life the most, no?

I did see someone post that the life expectancy of men actually became lower in the last decades in the US. If that is true that definitely warrants investigation.

fgyoysgaxt • 1 point • 10 March, 2021 11:02 AM

Lifespan for women and men have been increasing, so it's a matter of re-evaluating how we spend money in health care and research.

If we have to chose between 5 extra years for everyone or 5 extra years for men only it seems obvious were the money should go to improve human life the most, no?

Absolutely, no one is saying otherwise. However men and women don't die of the same things at the same rates.

I did see someone post that the life expectancy of men actually became lower in the last decades in the US. If that is true that definitely warrants investigation.

In some demographics, yes, and yeah that needs investigating.

ThrowawayIIIIIIII • 1 point • 10 March, 2021 12:42 PM

Absolutely, no one is saying otherwise. However men and women don't die of the same things at the same rates.

My bad I did not mean to imply that of course. I just meant that cost effective solution that benefit everyone should be preferred over expensive solutions that benefit half of the people.

Do you have a source on that men and women die of significantly different things? I was under the impression that while men die of different things at ages under 60 die of different things. I thought that the vast majority of old people usually die of the same things, that is: heart disease, cancer and lower respiratory infections. Thus I assumed that when extending male lifespan significantly you would probably extend female lifespan as well.

I haven't heard people mention that men have much more risk of dying under 60 yet. I think that can also contribute a lot to one's life expectancy.

fgyoysgaxt • 1 point • 11 March, 2021 05:30 AM

This may be a good start:

<https://www.cdc.gov/healthequity/lcod/men/2017/all-races-origins/index.htm>

<https://www.cdc.gov/women/lcod/2017/all-races-origins/index.htm>

a-man-from-earth • 1 point • 10 March, 2021 08:04 PM

Lifespan for women and men have been increasing

Except that in the US the lifespan for men has recently been decreasing.

Quix_Nix • 2 points • 10 March, 2021 09:24 AM

Office on Men's health, could be part of a new ERA sorta thang