

# Leading Causes of Death, by Gender

*Males were more likely to die from most leading causes than females.*

- Cancer, heart disease and stroke were the top three causes of death for males and females.
- Males and females shared eight top 10 leading causes of death.
- Females were more likely than males to die from Alzheimer's disease.



**Editor's note:** See the Leading Causes Appendix for more complete numbers and rates for leading causes.

Between 2005–2007, there were more deaths among females (10,634) than males (9,881) in Contra Costa. On average, 3,545 females and 3,294 males in the county died each year.

The age-adjusted all-cause death rate was higher for the county's males (769.1 per 100,000) than females (563.9 per 100,000).

Cancer, heart disease and stroke were the top three leading causes of death for both males and females, accounting for more than half of all deaths for each group. Males and females shared eight top 10 leading causes of death.

**Table 1 ■ Leading causes of death among males**

Contra Costa County, 2005–2007

	Deaths	Percent	Rate	
Cancer	2,501	25.3%	188.5*	The unintentional injury, homicide and suicide rates here differ slightly from others in the report. See this section's table footnotes for further explanation.
Heart disease	2,307	23.3%	185.1*	
Stroke	552	5.6%	46.1	
Unintentional injury	551	5.6%	38.1*	
Chronic lower respiratory disease	495	5.0%	40.6*	
Diabetes	304	3.1%	22.9*	
Influenza/pneumonia	266	2.7%	23.1*	
Alzheimer's disease	254	2.6%	23.0**	
Homicide	246	2.5%	16.8*	
Suicide	198	2.0%	13.5*	
<b>Total</b>	<b>9,881</b>	<b>100.0%</b>	<b>769.1*</b>	

Total includes deaths from all causes, including but not limited to those listed above.

These are age-adjusted rates per 100,000 male residents.

\* Significantly higher rate than county females overall.

\*\* Significantly lower rate than county females overall.

## LEADING CAUSES OF DEATH

The three leading causes of death among Contra Costa males—cancer, heart disease and stroke—accounted for more than half (54.2%) of all male deaths. The top 10 leading causes of death accounted for 77.7% of all deaths among males.

Males had higher death rates than females for cancer, heart disease, unintentional injury, chronic lower respiratory disease, diabetes, influenza/pneumonia, homicide and suicide. Homicide and suicide were the ninth and 10<sup>th</sup> (respectively) leading causes of death for males but were just the 19<sup>th</sup> and 14<sup>th</sup> (respectively) leading causes of death for females. Males had a similar death rate from stroke and a lower death rate from Alzheimer’s disease compared to females. (See Appendix table for a full list of available rates).

**Table 2 ■ Leading causes of death among females**

Contra Costa County, 2005–2007

	Deaths	Percent	Rate
Cancer	2,630	24.7%	146.0**
Heart disease	2,357	22.2%	120.0**
Stroke	910	8.6%	46.5
Chronic lower respiratory disease	617	5.8%	33.4**
Alzheimer’s disease	616	5.8%	30.1*
Influenza/pneumonia	309	2.9%	15.5**
Unintentional injury	290	2.7%	17.0**
Diabetes	288	2.7%	16.0**
Essential hypertension/hypertensive renal disease	182	1.7%	9.2
Pneumonitis due to solids and liquids	112	1.1%	5.7**
<b>Total</b>	<b>10,634</b>	<b>100.0%</b>	<b>563.9**</b>

Total includes deaths from all causes, including but not limited to those listed above.

These are age-adjusted rates per 100,000 female residents.

\* Significantly higher rate than county males overall.

\*\* Significantly lower rate than county males overall.

The three leading causes of death among Contra Costa females —cancer, heart disease and stroke — accounted for 55.5% of female deaths. The top 10 leading causes of death accounted for 78.2% of all deaths among females.

Females had a higher death rate for Alzheimer’s disease than men. Females had lower death rates than men from cancer, heart disease, chronic lower respiratory disease, influenza/pneumonia, unintentional injury, diabetes and pneumonitis due to solids and liquids.

Essential hypertension and hypertensive renal disease, and pneumonitis due to solids and liquids were the ninth and 10<sup>th</sup> (respectively) causes of death for females and the 13<sup>th</sup> and 14<sup>th</sup> (respectively) causes of death for males. Females had similar rates of death from stroke and essential hypertension/hypertensive renal disease compared to males.

### Sources: Leading Causes of Death for Contra Costa, by Gender

Tables 1, 2: These tables include total deaths and age-adjusted average annual death rates for 2005 through 2007. Mortality data from the California Department of Public Health (CDPH), <http://www.cdph.ca.gov/>, Center for Health Statistics' Death Statistical Master File, 2005-2007. Any analyses or interpretations of the data were reached by the Community Health Assessment, Planning and Evaluation (CHAPE) Unit of Contra Costa Health Services and not the CDPH.

In this section, the number of deaths for unintentional injury, homicide and suicide includes late effects. In the Injury section of this report, late effects are not included and rates are not age-adjusted so numbers, rates and conclusions may differ.

Population estimates for Contra Costa rates for 2005–2007 were provided by the Urban Strategies Council, Oakland, CA. January, 2010. Data sources used to create these estimates included: U.S. Census 2000, Nielsen Claritas 2009, Association of Bay Area Governments (ABAG) 2009 Projections, and California Department of Finance Population Estimates for Cities, Counties and the State 2001–2009, with 2000 Benchmark.