In 2014, the 1,622,954 middle-aged adult residents aged 45 to 64 experienced 10,025 deaths, or an average of 27 deaths, per day. The total number of deaths among 45 – 64 year old Arizona residents was higher in 2014 than any year since 1980, and is likely the greatest number of deaths among this age group in Arizona’s history (Table 2C-19).

The 2014 total mortality rate among middle-age females was 2.9 percent lower, and among middle-aged males 5.9 percent lower than their respective rates in 2004 (Figure 2C-17, Table 2C-19). In 2014, the mortality rate for males age 45 - 64 was 65.3 percent greater than for females of the same age group.

The five causes with the greatest number of deaths in 2004-2014 were malignant neoplasms, diseases of heart, accidents, chronic liver disease and cirrhosis, and chronic lower respiratory diseases (Table 2C-19).

American Indian, Black or African American, and White non-Hispanic middle-aged adults had the three highest mortality rates (860.3/100,000, 721.1/100,000, and 656.4/100,000, respectively) among the racial/ethnic groups.

If the 2014 total mortality rate for Asian middle-aged adults applied to all Arizona residents 45-64 years old, 3,390 middle-aged adults would have died rather than the 10,025 who actually did.
In recent years, middle-aged adults experienced an unprecedented increase in mortality from accidental poisoning. The 2014 mortality rates due to accidental poisoning was 27.0 per 100,000 adults aged 45-65 years, an increase of 1.1 percent from 2013. In 2014, about 440 deaths were attributed to accidental poisoning (Table 2C-22), compared to 267 deaths in 2004. Of the accidental poisoning deaths in this age group, 406 were drug overdoses (ICD10 X40-X44) and 28 were alcohol poisoning (ICD10 X45).

Beginning in 2007, the mortality rate for accidental poisoning exceeded the mortality rate for motor vehicle-related injuries among the middle-aged (Figure 2C-19). In 2014, accidental poisoning mortality rate of 27.0 per 100,000 middle-aged adults was 2.14 times fold higher than the mortality rate of 12.6 per 100,000 for motor vehicle accidents. White non-Hispanics accounted for about 79 percent of all accidental poisoning deaths (Table 2C-22).

In 2014, as in the past, rural middle-aged males had the poorest survival chances (Figure 2C-20, Table 2C-21). The mortality rate for rural middle-aged males in 2014 was 31.0 percent greater than for urban males, 69.9 percent greater than rural females, and 112.9 percent (1.6 times) greater than urban females.