The 1,174,175 middle-aged adult residents aged 45 to 64 experienced 7,675 deaths or an average of 21 deaths per day. The total mortality rate of middle-aged adults slightly decreased from 654.8 deaths per 100,000 in 2003 to 653.7/100,000 in 2003 (Table 2C-20), and it was 14.7 percent lower than the 1993 rate of 766.1 per 100,000.

The 2003 total mortality rate among middle-age females was 12.4 percent lower and among middle-aged males 16.0 percent lower than their respective rates in 1993 (Figure 2C-17, Table 2C-20).

American Indian middle-aged adults, followed by Blacks had the two highest mortality rates (914.9 deaths per 100,000 and 909.7/100,000 respectively) among the racial/ethnic groups. If the 2003 total mortality rate for American Indian middle-aged adults applied to all Arizona residents 45-64 years old, 10,743 middle-aged adults would have died rather than 7,675 who actually did.
Like the young adults, also middle-aged adults experienced an unprecedented increase in mortality from accidental drug overdoses. In 2003, 168 of middle-aged adults were attributed to accidental poisoning by drugs, compared to 30 deaths in 1993. The 2003 rate for accidental drug overdoses among middle-aged Arizonans (14.3/100,000) was 3.4 times greater than the rate of 4.2/100,000 reported for 1993 (Figure 2C-19).

In 2003, as in the past, rural middle-aged males had the poorest survival chances among the gender by area groups (Figure 2C-20). Rural middle-aged male chances of death in 2003 were 19 percent greater than urban males, 78 percent greater than rural females, and 2.1 times (109.1 percent) greater than urban females.