The 1,568,774 middle-aged adult residents aged 45 to 64 experienced 9,212 deaths or an average of 25 deaths per day. The total mortality rate of middle-aged adults changed very little in 2008-2010 (Table 2C-19).

The 2010 total mortality rate among middle-age females was 6.5 percent lower and among middle-aged males 8.0 percent lower than their respective rates in 2000 (Figure 2C-17, Table 2C-19).

The five causes with the greatest number of deaths in 2000-2010 were malignant neoplasms, diseases of heart, accidents, chronic liver disease and cirrhosis, and chronic lower respiratory diseases (Table 2C-19).

American Indian middle-aged adults, followed by Blacks or African Americans and White non-Hispanics had the three highest mortality rates (978.8 deaths per 100,000, 772.0 per 100,000, and 594.6/100,000 respectively) among the race/ethnic groups.

If the 2010 total mortality rate for Asian middle-aged adults applied to all Arizona residents 45-64 years old, 4,425 middle-aged adults would have died rather than 9,212 who actually did.
In recent years, middle-aged adults experienced an unprecedented increase in mortality from accidental drug overdoses. In 2010, 389 deaths were attributed to accidental poisoning by drugs (Table 2C-22), compared to 134 deaths in 2001.

Beginning in 2007, the mortality rate for accidental drug poisoning exceeded the mortality rate for motor vehicle-related injuries among the middle-aged (Figure 2C-19). In 2010, the rate of 24.8 fatal drug overdoses per 100,000 middle-aged adults was 82.4 percent greater than the mortality rate of 13.6/100,000 for motor vehicle accidents. White non-Hispanic accounted for 293 or 75.3 percent of all accidental poisoning deaths, including drug overdoses, gases, and vapors (Table 2C-22).

In 2010, as in the past, rural middle-aged males had the poorest survival chances (Figure 2C-20, Table 2C-21). Rural middle-aged male chances of death in 2010 were 34.0 percent greater than urban males, 83.5 percent greater than rural females, and 118.7 percent (2.2 times) greater than urban females.