In 2012, the 1,584,829 middle-aged adult residents aged 45 to 64 experienced 9,630 deaths, or an average of 26 deaths, per day. The total number of deaths among 45 – 64 year old Arizona residents was higher in 2012 ($n = 9,630$) 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 2012 total mortality rate among middle-age females was 7.5 percent lower, and among middle-aged males 7.2 percent lower than their respective rates in 2002 (Figure 2C-17, Table 2C-19). In 2012, the mortality rate for males age 45 - 64 was 74.7 percent greater than for females of the same age group.

The five causes with the greatest number of deaths in 2002-2012 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 ($880.3/100,000$, $786.8/100,000$, and $637.5/100,000$, respectively) among the racial/ethnic groups.

If the 2012 total mortality rate for Asian middle-aged adults applied to all Arizona residents 45-64 years old, 4,948 middle-aged adults would have died rather than the 9,630 who actually did.
In recent years, middle-aged adults experienced an unprecedented increase in mortality from accidental poisoning, though the rate remained stable across 2011 - 2012. In 2012, 364 deaths were attributed to accidental poisoning (Table 2C-22), compared to 168 deaths in 2002. Of the 364 accidental poisoning deaths in this age group, 356 were drug overdoses (97.8 percent).

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 2012, the rate of 23.0 per 100,000 middle-aged adults was 72.9 percent greater than the mortality rate of 13.3/100,000 for motor vehicle accidents. White non-Hispanic accounted for 267 or 73.4 percent of all accidental poisoning deaths (Table 2C-22).

In 2012, 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 2012 was 33.6 percent greater than for urban males, 99.3 percent greater than rural females, and 122.8 percent (2.2 times) greater than urban females.