In 2017, the 1,685,830 middle-aged adult residents aged 45 to 64 experienced 10,567 deaths, or an average of 29 deaths, per day. The total number of deaths among 45–64 year old Arizona residents in 2016 (10,911) was the highest number recorded since 1980, and is likely the greatest number of deaths among this age group in Arizona’s history (Table 2C-19).

The 2017 total mortality rate among middle-age females was 8.0 percent higher, and among middle-aged males 7.6 percent higher than their respective rates in 2007 (Figure 2C-17, Table 2C-19). In 2017, the mortality rate for males age 45 - 64 was almost twofold the female mortality of the same age group.

The five causes with the greatest number of deaths in 2007-2017 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 (1076.6/100,000, 860.6/100,000, and 648.2/100,000, respectively) among the racial/ethnic groups.

If the 2017 total mortality rate for Asian middle-aged adults applied to all Arizona residents 45-64 years old, 4,797 middle-aged adults would have died rather than the 10,567 who actually did.
In recent years, middle-aged adults experienced an unprecedented increase in mortality from accidental poisoning. The 2017 mortality rates due to accidental poisoning was 34.7 per 100,000 adults aged 45-64 years, an increase of 7.0 percent from 2016. In 2017, about 585 deaths were attributed to accidental poisoning (Table 2C-22). Of the accidental poisoning deaths in this age group, 532 were drug overdoses (ICD-10 X40-X44) and 49 were alcohol poisoning (ICD-10 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 2017, accidental poisoning mortality rate of 34.7 per 100,000 middle-aged adults was 2.0 times higher than the mortality rate of 17.2 per 100,000 for motor vehicle accidents. White non-Hispanics accounted for about 66.5 percent of all accidental poisoning deaths (Table 2C-22).

In 2017, 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 2017 was 1.4 times greater than for urban males, 1.8 fold greater than rural females, and 2.3 fold greater than urban females.