In 2018, 32.7 percent of Arizona residents were between 20 and 44 years of age. Among the six developmental periods examined in the life span, young adulthood, with an estimated 2.3 million individuals, easily represented the largest segment of the population. However, only 6.3 percent of all deaths occurred during young adulthood.

The number of deaths among young adults rose 31.7 percent from 2008 to 2018. Compared to 2017, the young adult mortality rate increased 4.6 percent for males and decreased 0.2 percent for females (Figure 2C-13, Table 2C-15).

The 2018 mortality among young adults shows racial/ethnic disparities. American Indians aged 20-44 years had the highest mortality rates while Asians of the same age group recorded the lowest mortality rate across all groups.

American Indian young adults had a mortality rate 2.5 times greater than Black or African American adults, the racial/ethnic group with the second highest young adult mortality rate. The American Indian young adult mortality rate was 3.3 times higher than the state average for young adults and 10.6 times greater than Asian young adults.
In 2018, 823 deaths of young adults were attributed to accidental poisoning (Table 2C-18), an increase of 21.2 percent from 2017. The mortality rate for accidental poisoning among young adults (35.5 /100,000) exceeded the mortality rate for motor vehicle-related injuries. In the past decade, excess of mortality due to accidental poisoning has been consistently recorded in each year since 2009 (Figure 2C-15). Among the young adults 20-44 years, 778 accidental poisoning deaths were due to drug overdose (ICD-10 X40-44) and 38 deaths were due to alcohol poisoning (ICD-10 X45).

In 2018, of the 79 deaths from HIV disease about 17.7 percent occurred among Arizonans 20-44 years old (Table 2C-27), a decrease from 22.7 percent in 2017. Males accounted for all of the young adult deaths from HIV disease in 2018 (Table 2C-18).

The mortality rate for HIV disease among young male adults decreased 65.7 percent from 3.5/100,000 adults 20-44 years in 2008 to 1.2/100,000 in 2018.