In 2019, the 1,720,449 middle-aged adult residents aged 45 to 64 experienced 10,834 deaths, or an average of 30 deaths, per day. The total number of deaths among 45–64 years old Arizona residents in 2019 (10,834) is lower than the 2018 count—the highest number recorded since 1980, and likely in Arizona’s history (Table 2C-19).

The 2019 total mortality rate among middle-age females was 4.2 percent higher, and among middle-aged males, 8.6 percent higher than their respective rates in 2009 (Figure 2C-17, Table 2C-19). In 2019, 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 2009-2019 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 (1,213.0/100,000, 819.6/100,000, and 653.0/100,000, respectively) among the racial/ethnic groups.

If the 2019 total mortality rate for Asian middle-aged adults applied to all Arizona residents 45-64 years old, 5,124 middle-aged adults would have died rather than the 10,834 who actually did.
The 2019 mortality rate due to accidental poisoning was 39.1 per 100,000 adults aged 45-64 years, an increase of 15.3 percent from 2018. In 2019, about 672 deaths were attributed to accidental poisoning (Table 2C-22). Of the accidental poisoning deaths in this age group, 612 were drug overdoses (ICD-10 X40-X44) and 47 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 2019, accidental poisoning mortality rate of 39.1 per 100,000 middle-aged adults was 2.6 times higher than the mortality rate of 15.2 per 100,000 for motor vehicle accidents. White non-Hispanics accounted for about 65.6 percent of all accidental poisoning deaths (Table 2C-22).

In 2019, as in the past, rural middle-aged males had the worse survival chances than the remaining of the subgroups (Figure 2C-20, Table 2C-21). The mortality rate for rural middle-aged males in 2019 was 1.5 times greater than for urban males, 1.7-fold greater than rural females, and 2.5-fold greater than urban females.