In 2019, 32.9 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 2.4 million individuals, easily represented the largest segment of the population. However, only 6.6 percent of all deaths occurred during young adulthood.

In each year from 2009 to 2019 period, males aged 20-44 years died at a higher rate than females. During the same period, the mortality rate for this age group increased by 36.7 percent, and the number of deaths rose 36.2 percent. Compared to 2018, the young adult mortality rate increased both for males (6.0 percent) and females (1.2 percent; Figure 2C-13, Table 2C-15).

The 2019 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 2.3 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 3.1 times higher than the state average for young adults and 7.9 times greater than Asian young adults.
In 2019, 966 deaths of young adults were attributed to accidental poisoning (Table 2C-18), an increase of 17.4 percent from 2018. The mortality rate for accidental poisoning among young adults (40.9/100,000) 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, 920 accidental poisoning deaths were due to drug overdose (ICD-10 X40-44) and 36 deaths were due to alcohol poisoning (ICD-10 X45).

In 2019, of the 68 deaths from HIV disease about 29.4 percent occurred among Arizonans 20-44 years old (Table 2C-27), an increase from 17.7 percent in 2018. Males accounted for all of the young adult deaths from HIV disease in 2018 (Table 2C-18).

An analysis of HIV mortality rates by gender for the 2009-2019 period revealed a decrease of 57.1 percent in mortality among young males but no changes in mortality rate among their female counterparts.