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A cause-of-death decomposition of the young adult mortality hump

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Abstract

We propose a method to decompose the young adult mortality hump by cause of death. This method is based on a flexible shape-decomposition of mortality rates that separates cause-of-death contributions to the hump from senescent mortality. We apply the method to US males and females from 1959 to 2010. Results show divergences between time trends of hump and observed deaths, both for all-cause and cause-specific mortality. The study of the hump shape reveals age, period and cohort effects, suggesting that it is formed by a complex combination of different forces of biological and socioeconomic nature. Male and female humps share some traits in all-cause shape and trend, but also differ by their overall magnitude and cause-specific contributions. Notably, among males the contributions of traffic and other accidents were progressively replaced by those of suicides, homicides and poisonings, whereas among females traffic accidents remained the major contributor to the hump.

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Keywords

smoothing, competing-risk model, causes of death, decomposition, young adult mortality hump, excess mortality

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1 **Introduction**

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Human mortality patterns usually include a brief period of excess mortality in young adult ages, often called the young adult mortality hump. Although the hump was first described long ago (Thiele, 1871), 3 and most demographers could spontaneously draw its pattern on a napkin, recognizability has not led 4 to extensive theoretical or analytic attention. Consequently, empirical research on the hump has been 5 scarce. One exception is a study on its peak location (Goldstein, 2011). Aside from this, research 6 on young adult mortality has not considered the hump pattern as a separate phenomenon from the broader mortality context. Parametric models that do separate the hump have done so for the sake of a better fit to all-cause mortality, but these have not been used to study the hump specifically. We address these shortcomings by first proposing a definition of the mortality hump, operationalized as 10 young adult excess mortality. We then describe a flexible method of measuring the hump by age and 11 causes of death based on a non-parametric shape-decomposition of mortality. 12

[Figure 1 about here.]

To decompose the shape of mortality entails treating a given mortality age-profile as a composite of 14 a set of stylized patterns that capture specific aggregate features of the shape of mortality, and requires 15 no assumptions about individual risk trajectories. The full age pattern of the force of mortality can be 16 parsimoniously captured by partitioning into three primary phases that may overlap (Figure 1). The 17 first phase, ontogenescence, consists in rapidly declining mortality from birth (Levitis, 2011). In most 18 of adulthood, the force of mortality increases at a roughly stable relative pace (Gompertz, 1825) in a 19 pattern known as senescence, until about age 90 when it appears to decelerate to a plateau (Horiuchi 20 & Wilmoth, 1998; Vaupel, 1997). 21

Between childhood and adulthood, the force of mortality often includes what can be described as 22 a hump. This feature is mostly visible between about 10 and 30 years of age, although it may extend 23 further. We define the hump as a positive deviation from the steady pace of senescence. As a deviation 24 from a Gompertz age-pattern, the hump is as much a feature of the rate of change over age as it is of 25 an absolute age trajectory. Mortality humps of similar articulation may appear in both high and low 26 mortality contexts. A humpless mortality curve may also have higher mortality in the same age-range 27 as an observed hump from a lower mortality lifetable. Some deaths in young adulthood ought to be 28 attributable to a senescent process governed by the same forces shaping senescent mortality in higher 29 ages (see area A1 in Figure 1). If we accept this possibility, then the young-adult senescent pattern may 30 presumed to abide by the same Gompertzian laws as older ages, leaving the hump as an identifiable 31 excess. 32

We make no assumptions about particular phases within the age-patterns of individual causes of 33 death, but we would like to know to what extent specific causes of death contribute to the all-cause 34 hump. Causes of death contribute to different extents to the patterns observed in all-cause mortality. 35 Crucially, some causes of death contribute to the hump and some do not. Causes of death that 36 contribute to the hump often also contribute to senescent mortality. Cause-specific contributions to 37 the hump may also cover slightly different age ranges, and they may shift over time. Further, strictly 38 senescent causes of death often begin in young adult ages. This is all to say, not all causes of death 39 in the age range of a given all-cause mortality hump contribute to the hump, and even those causes 40 that do contribute to the hump may also only do so partially. Common age-cause decompositions 41 of mortality differences such as those of Arriaga (1984), Pollard (1982), Andreev (1982) and Pressat 42 (1985), as well as studies of the leading causes of death in early adulthood that use arbitrary age 43 ranges such as 10-34 (Heuveline, 2002) or 10-24 (Blum, 2009; Patton et al., 2009), do not account for 44 these key aspects of the hump. 45

We therefore propose a decomposition method that takes into account the shape of mortality, that intuitively separates the hump from the rest of mortality, and which yields a consistent decomposition by age, cause of death, and shape components. We give a formal description of the method, which follows directly from our definition of the hump as excess mortality. We follow with an application to cause of death data in the USA, comparing our decomposition method with the standard age-cause decomposition of life expectancy. Our method gives a well-suited and informative breakdown of the hump into contributions from particular ages and causes of death. Results isolate excess mortality associated with the transition to adulthood, which would otherwise remain invisible, and which may
 be useful to inform theory and policy relating to vulnerability in this phase of the lifecourse.

55 2 Methods

In general, excess mortality can be defined as all deaths that exceed what one would expect from a 56 reference pattern of mortality. A reference may be a mortality profile from a different time point, 57 another population, or a sub-population. The reference we use to measure the hump is that set by 58 the prevailing level of mortality as defined by the sum of all phases except the hump. In this sense, 59 our approach can be seen as a shape-based method of mortality rate decomposition operationalized 60 by defining an additive model in which the force of mortality is the sum of different components 61 corresponding to the phases described. Each of these components describes a particular simplified 62 mortality pattern that is more or less expressed during a specific period of the life course, namely 63 ontogenescence, the hump, and senescence, which can integrate a plateau at very old ages. 64

Figure 1 illustrates this additive construction and hints at the arbitrariness of setting strict age bounds for the hump. In this example the total force of mortality starts increasing again around age 30. Setting age 30 as the end of early adulthood would however result in attributing senescent deaths before age 30 (area A1) to the hump and ignoring deaths after age 30 that belong to the hump component (area A2). Ignoring the heterogeneity of mortality phases or components overlooks the possibility that, especially in young adult ages, a given death could be due to any of these forces.

The method we propose combines two common tools of demographic analysis: competing hazard 71 models and cause-deletion. We combine these approaches by deleting each cause of death and observing 72 the change in the shape components, which can be interpreted as the contribution of each cause 73 to each component. A similar idea was used in the past to split cause-of-death contributions into 74 ontogenescence and senescence (Gage, 1991), but this approach used the parametric model of Siler 75 (1979), which not only omits the hump, but also suffers from a lack of flexibility, like all parametric 76 models. This is why we use a non-parametric approach in all steps of our method. To preserve 77 coherence between all-cause mortality and cause-specific partitions, the estimation of cause-specific 78 contributions is simultaneous and constrained. 79

To simplify fitting, we work with mortality rates truncated at the age of observed minimum mortality (near age 10) and 90, which are overwhelmingly attributable to the hump and senescence. Since components are estimated non-parametrically, the senescence component is capable of accommodating a plateau in very old ages if appropriate. Therefore, only hump and senescent components are fit between ages 10 and 90. Formally, the method consists in three steps:

Reduce the set of causes of death to just those that are candidates to contribute to the young
 adult hump.

2. Estimate the senescent and hump components of all-cause mortality.

3. Re-estimate both components on cause-deleted datasets, interpreting reductions in the hump component as cause-specific contributions to the hump.

The first two steps are essentially applications of existing techniques, while the innovation rests in 90 the last step. In the next pages, each step is illustrated with the same toy example (Figure 2), which, 91 for ease of presentation, only contains three causes of death : A, B and C. Cause A displays a strong 92 hump between about age 15 and 40, and then decreases to a very low intensity. Cause B does not 93 display any hump, and it follows a Gompertz trend from age 10 onward. Cause B is at a high level 94 that makes it the leading cause of death after age 35, and even places it above cause A at the peak of 95 the hump. Cause C combines the characteristics of the previous two, making it the leading cause of 96 death between 16 and 35 years of age, dropping afterwards below cause B. 97

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[Figure 2 about here.]

In terms of absolute mortality levels (e.g. death counts or life expectancy lost), if we define early adulthood as 10 to 34, the causes of death rank as follows: C > B > A. It seems however that the

contributions of these causes to the deviation in the force of mortality (the hump) are in fact quite far from this. In particular, it is obvious from the shape of the age- and cause-specific death rates that cause B does not contribute at all to the deviation in the force of mortality, since it itself does not display any form of deviation around these ages. The method that we propose takes into account the contribution to the *deviation* of the force of mortality, rather than its absolute level.

¹⁰⁶ 2.1 Identify contributing causes of death

The first step in the decomposition of cause- and age-specific contributions to the young adult mortality hump is to identify the causes that are candidates to contribute to the hump. This step facilitates both the estimation and the interpretation of results. This selection can be based on theoretical arguments or, alternatively, follow a more inductive approach. The latter is especially useful in the case of many cause-of-death categories, where potential candidates could easily be overseen if cause-selection were entirely subjective.

In our example application we use Principle Components Analysis to identify the set of causes that are candidates to contribute to the hump, but other techniques can be used to identify the best candidates (See Section 3.2). In general, such data-driven techniques allow an exhaustive exploration of datasets containing large numbers of causes of death. In practice though, manual rearranging of the cause-of-death typology is often advisable. Including too many causes often results in some contributions being too small to be estimated, and this causes convergence issues in fitting the decomposition model. Selecting too few causes limits the depth of the analysis.

¹²⁰ 2.2 Estimate all-cause components

The second step of the method consists in estimating additive shape components on the all-cause force 121 of mortality. This can be done by fitting multiple-component models, sometimes known as competing 122 hazard models (Gage, 1993), which decompose the force of mortality into additive components that 123 reflect specific patterns in different age ranges. Historically, these models have often been defined by 124 parametric functions, like those proposed by Thiele (1871), Heligman and Pollard (1980), Mode and 125 Busby (1982) or Kostaki (1992), to cite only some that include a young adult mortality hump. Para-126 metric models are however limited because they fail to adapt to the diversity of mortality schedules, 127 and they have been criticized for the high correlation between their parameters (Sharrow, 2011). The 128 lack of flexibility is particularly crucial when dealing with cause-specific and cause-deleted mortality 129 patterns, which cannot be easily described by fixed mathematical laws. These limitations motivated 130 the development of a non-parametric alternative based on *P*-splines, called the Sum of Smooth Expo-131 nentials (SSE) model (Camarda, Eilers, & Gampe, 2016). 132

The SSE model, in its original mortality application, describes the force of mortality over age as the sum of three components similar in their interpretations to the ones defined by Heligman and Pollard (1980). In our case, we limit the ages to 10 to 90 and only fit two of these components, for the hump and senescence. This means that the force of mortality, μ , is modeled as the sum of two vectors $\gamma = [\gamma_H : \gamma_S]$ over *m* ages. The subscripts denote which mortality component each γ_j refers to: Hump and Senescence, respectively. The model assumes that observed deaths *d* are realizations from a Poisson distribution with a composed mean:

$$\boldsymbol{d} \sim \mathcal{P}(\boldsymbol{e}\,\boldsymbol{\mu} = \boldsymbol{C}\,\boldsymbol{\gamma})\,,\tag{1}$$

where e is the population under exposure, and C is given by

$$C = \mathbf{1}_{1,2} \otimes \operatorname{diag}(e), \qquad (2)$$

where $\mathbf{1}_{1,2}$ is a 1×2 matrix of ones, diag(e) is the diagonal matrix of the exposure population and denotes the Kronecker product.

In this way, the composite matrix C is an $m \times 2m$ matrix containing the population exposures in duplicate. The role of C is to multiply each component by the exposures and simultaneously sum them up to obtain the expected values in (1). The model thus takes the form of a Composite Link Model ¹⁴⁶ (Thompson & Baker, 1981) and is estimated with a penalized re-weighted least squares algorithm ¹⁴⁷ (Eilers, 2007).

¹⁴⁸ Unlike parametric models, in the *SSE* model there is no need to make strong assumptions about ¹⁴⁹ the functional form of each component. For each component we assume a discrete sequence and we ¹⁵⁰ apply the exponential function to ensure non-negative elements:

$$\gamma_j = \exp(\mathbf{X}_j \boldsymbol{\beta}_j), \quad j \in \{H, S\}.$$
 (3)

In other words, each component is described by a linear combination of a model matrix X_j and associated coefficients β_j . The design matrices X_j can represent parametric or, in our case, nonparametric structures such as equally-spaced *B*-splines. In this way, the composite force of mortality μ can be viewed as a sum of 2 exponential components, which potentially can be smooth. Further, the *SSE* model allows us to incorporate shape constraints to enforce senescence and young-adult components to be monotonically increasing and log-concave, respectively. These constraints ensure the identifiability of the model by ensuring that the two components are not interchangeable.

¹⁵⁸ By fitting an *SSE* model to the overall force of mortality (Figure 3, black lines), we distinguish ¹⁵⁹ the expected deaths due to hump mortality ($\hat{d}_H = e \, \hat{\gamma}_H$) from those due to senescence ($\hat{d}_S = e \, \hat{\gamma}_S$). ¹⁶⁰ This additive construction acknowledges the fact that deaths that occur during early adulthood are ¹⁶¹ not only specific to this phase of the life course, but also partly to the prevailing pattern of senescence.

¹⁶² 2.3 Cause-of-death decomposition

¹⁶³ Building on the *SSE* model, we propose a constrained approach to decompose the estimated hump ¹⁶⁴ into cause- and age-specific contributions (δ_1^{κ}). The cause-specific contributions can be defined as the ¹⁶⁵ difference between a given component estimated on the all-cause mortality and the same component ¹⁶⁶ estimated on cause-deleted data, where these specific causes were identified in the first step: $\delta_j^{\kappa} =$ ¹⁶⁷ $\gamma_j - \gamma_j^{-\kappa}$, where κ indicates the cause of death.

¹⁶⁸ Both δ_{H}^{κ} and δ_{S}^{κ} for each of the two components (γ_{H} and γ_{S}) are estimated by refitting simulta-¹⁶⁹ neously the *SSE* model on cause-deleted data. In our simulated example, this step only involves two ¹⁷⁰ causes: A and C. This constrained model can then be written as a system of constrained *SSE* models ¹⁷¹ such as

$$\begin{cases} d^{-A} \sim \mathcal{P}(C \gamma^{-A}) \\ d^{-C} \sim \mathcal{P}(C \gamma^{-C}) \end{cases} \quad \text{subject to} \quad \hat{d}_{H} = e \cdot (\delta_{H}^{A} + \delta_{H}^{C}) \\ \hat{d}_{S} - d^{B} = e \cdot (\delta_{S}^{A} + \delta_{S}^{C}) \end{cases} .$$
(4)

The first two expressions define the two components $(\gamma^{-\kappa})$ of the *SSE* model on the cause-deleted death counts $(d^{-\kappa})$. The constraints in the last two equations ensure that cause-specific contributions sum up to the all-cause hump and senescence mortality components, respectively. Note that actual deaths by cause B, which does not present young adult excess mortality, are subtracted from the overall estimated senescent deaths to ensure that senescence components from causes A and C are coherently estimated.

Instead of achieving this optimization subject to equality constraints by Lagrange multipliers, we
 employ a simpler but accurate strategy. We incorporate our constraints in the system of equations
 and simultaneously estimate and constrain our outcomes.

To do so, we re-write the constraints in (4) as functions of the unknowns in the associated system of equations, i.e. $\gamma^{-A} = [\gamma_H^{-A} : \gamma_S^{-A}]$ and $\gamma^{-C} = [\gamma_H^{-C} : \gamma_S^{-C}]$:

In this way we can unify both system of equations and constraints in (4) in a single framework. Let \check{d} and $\check{\gamma}$ denote the following vectors:

$$\vec{\boldsymbol{d}} = \begin{bmatrix} \boldsymbol{d}^{-A} : \boldsymbol{d}^{-C} : \hat{\boldsymbol{d}}_1 : \hat{\boldsymbol{d}}_2 + \boldsymbol{d}^B \end{bmatrix}$$

$$\vec{\boldsymbol{\gamma}} = \begin{bmatrix} \boldsymbol{\gamma}_1^{-A} : \boldsymbol{\gamma}_1^{-C} : \boldsymbol{\gamma}_2^{-A} : \boldsymbol{\gamma}_2^{-C} \end{bmatrix}$$
(5)

The proposed approach becomes a single model with a composed mean as in (1):

$$\vec{\boldsymbol{i}} \sim \mathcal{P}(\vec{\boldsymbol{C}} \; \vec{\boldsymbol{\gamma}}) \,, \tag{6}$$

where the composite matrix takes the following form:

196

$$\check{C} = \begin{bmatrix} I_2 & \otimes & C \\ \mathbf{1}_{1,2} & \otimes & \operatorname{diag}(e:e) \end{bmatrix}$$
(7)

where I_2 is an identity matrix of dimension 2, i.e. the number of components, and $\mathbf{1}_{1,2}$ is a matrix of ones of dimension (1×2) , i.e. the number of hump-related causes.

In this way, by augmenting both C to \check{C} and γ to $\check{\gamma}$, we can still write the model as a Composite Link Model. This allows us to estimate our complex decomposition by reliable algorithms and conveniently include regression weights to strictly obey equality constraints in (4). Specifically, we assign in the estimation procedure much larger weights to equations involving \hat{d}_1 and $\hat{d}_2 + d^B$. A series of weights equal to 10^5 works well in our case.

This whole procedure allows us to simultaneously estimate cause-specific contributions to each component, constrained to sum to the overall components. As we demonstrate in Section 3, more humprelated causes can be incorporated by a small augmentation of the model elements. An implementation of these methods is available in an R package on the CRAN repository.

[Figure 3 about here.]

Figure 3 illustrates the application of this technique to our toy example. The black dots represent 197 all-cause age-specific death rates, and the black dashed lines represent the estimated hump and senes-198 cence components. Each graph shows how these components are affected by the deletion of cause A 199 and C respectively, and the shaded area illustrates the contribution to the total hump from each cause 200 (δ_{H}^{κ}) . This figure also helps to characterize the respective contributions of each cause to the shape and 201 size of the hump: (1) The deletion of cause A only affects the hump component and not the senescence 202 component, while the deletion of cause C affects both; (2) the drop in the hump is larger after deletion 203 of cause C, which indicates a larger contribution of this cause to the hump; (3) the decrease in the 204 hump is larger before the peak in cause A, and after the peak in cause C, which means that their 205 contributions are not centered on the same age. 206

These characteristics can be better estimated by designing summary measures of the cause-specific contributions to the hump. By working in a smooth setting, we are able to evaluate the components with fine age-granularity. This allows us to consider components as continuous functions $(\delta_H^{\kappa}(x) \approx \delta_H^{\kappa})$. These densities can be used to quantify the hump and its cause-specific contributions.

Although many dimensions of the hump can be studied, such as its height, location or spread, we focus here on its general magnitude as measured by the potential gain in life expectancy that would result from the deletion of the cause-specific contribution to the hump. The total years of life expectancy lost to the hump can be decomposed by age and cause using standard decomposition techniques (Arriaga, 1984). This measure differs from what would be obtained with the direct application of these standard methods because the contribution from the hump only represents a partial reduction of the observed rates rather than a complete elimination of the observed rates in an age range.

In our example, the deletion of the overall hump would generate an increase of 0.73 years of life expectancy, of which 0.18 years (24.7%) is due to cause A, and 0.54 years (75.3%) to cause C. These proportions are very different from the gains in life expectancy induced by the total deletion of deaths between ages 10 and 34 (1.86 years), of which causes A, B and C would contribute 0.23 years (12.2%), 0.65 years (34.7%), and 0.99 years (53.1%) respectively. By taking into account the presence of senescence at these ages and only considering the deaths in the young adult mortality hump, the contribution of causes A and C to the hump is thus strongly reevaluated.

225 3 Application

226 **3.1 Data**

We use an early release of data produced by the Human Mortality Database (HMD, n.d.) on cause-227 and age-specific death rates for the USA between 1959 and 2010, covering ICD versions 7 through 10. 228 These data are aggregated from National Center for Health Statistics deaths microdata into 92 cause 229 categories. We first graduate the cause-specific death rates from abridged age groups to single ages 230 using a cubic spline and then constrain to sum to single-age all-cause mortality rates from the Human 231 Mortality Database. We make no adjustments to smooth potential coding ruptures, but none of the 232 three ICD revisions (in 1968, 1979, and 1999) generates a visible rupture in the patterns we report 233 (see Figure 6). 234

235 3.2 Cause-of-death selection

From the original 92 cause-of-death codes, we identify those that display a particular shape during 236 early adulthood and are therefore good candidates to contribute to the hump. Since the causes that 237 are the most susceptible to contribute to the hump are those that have the highest levels of change 238 (both positive and negative) during young adulthood, we proceed by computing the first difference 239 over age of the all-cause and each cause-specific force of mortality between ages 10 and 34. We then 240 compute the Euclidean distance between each cause and all-cause mortality in order to get a general 241 measure of how similar each cause's shape is to the overall mortality during the period of life affected 242 by the hump. Repeating this analysis for each year yields 52 observations for each cause, which can 243 be reduced to a few dimensions using Principal Component Analysis (PCA). 244

As indicated in Figure 4, the first two axes summarize over 95% of the information for both sexes. 245 This means that the causes that stand out are generally the same over the whole period. The positions 246 of causes on the first two dimensions highlight six causes that deviate from the rest: motor vehicle 247 accidents, suicides, homicides, other accidents, "other" poisoning (i.e. non-alcoholic, mainly drug 248 overdoses), HIV-AIDS, as well as maternal mortality for females. The pattern is clearer for males than 249 for females, notably for non-traffic accidents, but we chose to use the same list for both sexes in order 250 to ensure a direct comparison between sexes. We include maternal deaths in our typology because 251 despite its similarity to the other causes between 10 and 34 it does stand apart at younger ages before 252 converging with the other causes¹. This selection of causes is by no means canonical, but it is roughly 253 coherent, and it accounts for the vast majority of the hump. 254

255

[Figure 4 about here.]

256 3.3 Results

²⁵⁷ 3.3.1 Magnitude of the hump and comparison with standard decomposition methods

Most studies on young adult mortality use absolute age-specific death rates as the basis for measure-258 ment and comparison. To demonstrate the difference between our method and approaches based on 259 absolute death rates, we first apply our decomposition method to separate the hump from the all-cause 260 mortality rate schedule. The hump is itself a rate schedule, which can therefore be translated to years 261 of life expectancy lost (LEL) (Arriaga, 1984). For comparison, we translate three total rate schedules 262 to years of LEL: 1) the hump only, 2) all-cause absolute death rates between ages 10 and 34, and 3) 263 just the undecomposed sum of the seven causes included in the hump between ages 10 and 34. The 264 results of this exercise are shown in the top panel of Figure 5. 265

The LEL due to the seven selected causes is by definition smaller than that generated by allcause mortality (Figures 5a and 5b). Most of the time, hump LEL is also lower than these seven causes because the senescent component has been removed. In some cases, such as in the early 1990s, a crossover is observed because the hump extends beyond the fixed age range used for the two

 $^{^{1}}$ This is shown by the sensitivity analysis in Figure 4. A few other causes only stand apart after age 30 and are thus less likely to contribute to the hump.

comparisons (ages 10-34 in our case). The gap between all-cause and seven-cause LEL decreases over time due to the decreasing share of other causes in deaths occurring between 10 and 34.

Although these three series share some similarities, such as an initial increase in the 1960s and 272 a sharp decrease in the late 1990s, trends differ in key ways. Specifically, trends in the hump and 273 all-cause (10-34) LEL are even of opposite sign. Between its maximum in 1969 and a local minimum 274 in 1983, the all-cause absolute LEL decreased by 20% for males and 27% for females, while the hump 275 impact increased by 6% for males and 68% for females. This means that during this period the decrease 276 in all-cause absolute LEL was due to changes in the senescence component, while the hump continued 277 to grow. We show later that this increase in the hump component comes from its widening rather than 278 an increase in intensity around its peak. 279

[Figure 5 about here.]

Figures 5c and 5d show the proportional cause-of-death contributions to LEL from all mortality in ages 10 to 34. The proportional contribution of "other causes" decreases from 40% to 30% among males and 60% to 50% for females over the whole period. This is consistent with the observation from Figures 5a and 5b that the gap between the all-cause LEL and the 7-cause LEL declines over time. The sudden compositional shift around 1987 is due to the introduction of HIV as a new cause-of-death category

Figures 5e and 5f show the cause-of-death composition of the hump-only LEL for males and females. 287 Traffic and other accidents made up about 80% of the male hump-LEL in the 1960s. This situation 288 slowly evolved however over time, and nowadays these two causes only account for a third of the 289 hump-LEL. Meanwhile, suicides and homicides have grown from less than 10% to about half of the 290 male hump-LEL. Poisonings generally did not contribute more than 5%, except between 2000 and 2010 291 when the share grew to 17%. The story for males is thus very much about suicides and homicides 292 slowly replacing traffic accidents in the composition of the hump. The pattern is completely different 203 for females, as most of the hump-LEL can be explained by traffic accidents, with momentary increases 294 from homicides, other accidents and poisonings. 295

There are important compositional differences between causes in the hump-only (Figures 5e and 296 5f) versus the cause-specific LEL based on absolute rates (Figures 5c and 5d). The relative importance 297 of HIV to hump-LEL was for instance much higher than absolute death rates would suggest. The 298 portion of years of hump-LEL produced by traffic accidents is also in all years higher than that of 299 absolute traffic accident death rates. Moreover, the impact of homicides is stronger on the hump than 300 on absolute rates. The ranking of causes contributing to LEL is also different when we separate the 301 hump versus absolute death rates in ages 10-34, even ignoring "other causes". On average, the mean 302 number of differences in ranking among causes between the two methods is 2.15 for males and 3.4 for 303 females. There are even years for which none (1992 and 1995 for males) or only one (2001 and 2004 304 to 2007 for females) of the seven causes occupies the same rank in both methods. 305

306 3.3.2 Shape of the hump by cause, over age, time, and cohorts

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Results on the magnitude of the hump omit the shape of cause-of-death contributions to the hump. 307 We visualize patterns in rate-scale by plotting values over age and time in Lexis surfaces. Figure 6 308 shows surfaces of raw (undecomposed) cause-of-death rates. Visually, the all-cause surface does not 309 reveal any hump because all rates for young ages are dwarfed by the levels reached in old age due to the 310 senescence component. This is also the case for non-traffic accidents, which have a strong senescence 311 component. All other causes of death that were identified as potential contributors to the hump 312 display relatively high mortality during early adulthood. Some however combine this with other age 313 patterns, such as traffic accidents, which presents a bimodal shape with high mortality levels during 314 early adulthood as well as old age, or suicides, which also strongly affect older males and middle-315 aged females. Homicides present even a tri-modal distribution, with highest rates observed among 316 infants, young adults, and in old ages. This picture of raw rates confirms that the causes of death 317 that contribute to the hump often also contribute to senescence or ontogenescence. Without a sharp 318 decomposition, considering all deaths from these seven causes as relating to the young adult mortality 319 hump would be an over-generalization. 320

[Figure 6 about here.]

[Figure 7 about here.]

We apply our model to the mortality of US males and females from 1959 to 2010 using the same 323 set of causes of death. The cause and age-specific contributions are presented in the form of Lexis 324 surfaces (Figure 7). In these surfaces the hump is now clearly visible, having been separated from 325 the senescence component. The all-cause hump is neither stable in intensity nor age range over time 326 (Figures 7a and 7h). From the beginning of our study period until the 1980s for males and 1970s 327 for females, the hump is relatively compact and centered on age 20. The male hump in general is 328 higher and wider than the female hump. Maximum age-specific hump contributions for males come 329 from around age 20 in the 1970s, and for females around age 20 in 1980. The hump then widens 330 progressively into the 30s and 40s, until approximately 1997 when it suddenly shrinks. Since the year 331 2000 the hump has resumed this process of widening into the 30s for both males and females. 332

These peculiarities in all-cause hump patterns are the sum of contributions from different causes 333 of death, and so the primary contours in the all-cause hump are best explained in terms of its cause 334 components. It is convenient to describe patterns in the contributions of each cause of death in terms 335 of age, period and cohort patterns. Age patterns here refer to sudden increases or decreases in a 336 contribution to the hump in a narrow age range over a wide range of years, and these are visible in 337 the form of horizontal contours in the surfaces. Period patterns refer to a simultaneous changes in 338 contributions to the hump over a broad range of ages, producing vertical contours in the surfaces. 339 Cohort patterns here refer to differences in contributions to the hump between adjacent birth cohorts, 340 producing contours running in 45° diagonal lines. Each of these patterns is clearly visible in at least 341 some the causes contributing to the hump. 342

Age patterns are to some extent visible in each cause of death contributing to the hump. In the all-cause hump, this age effect manifests itself with a rapid increase hump mortality between ages 15 and 20, and a narrow peak between ages 20 and 25. The age patterns in increase and the peak are found in each of the hump causes of death except poisoning for males (Figure 7e). For HIV-AIDS onset follows a similar age pattern, but onset happens later around age 25 (Figures 7g and 7n). Patterns in the decline of the hump in higher ages are far less regular over time and causes of death, and show few clear horizontal contours, except perhaps traffic accidents among males (Figure 7b).

Period patterns in cause contributions to the hump are associated with the emergence of new threats 350 that hit young adults particularly hard, or with new technologies or policies that simultaneously reduce 351 risk over a range of young adult ages. The all-cause hump shows a strong period pattern in the form 352 of a sudden decrease for both males and females around 1997. This pattern is mostly accounted for 353 by HIV-AIDS for males (Figure 7g), but coincides with simultaneous drops in homicides for females 354 (Figure 7k). A smaller period decrease is visible for males in the early 2000s, caused by simultaneous 355 decreases in the hump contributions of suicides, homicides, and poisonings. Period increases are visible 356 for HIV-AIDS for both males and females starting in the late 1980s (Figures 7g and 7n)², but also 357 for female homicides in the early 1990s (Figure 7k). 358

Cohort patterns are primarily visible in the upper edge of the hump, i.e., in the way the hump fades into senescence. We see this pattern in male poisonings and suicides (Figures 7e and 7c), and female homicides (Figure 7k), each starting in cohorts born around 1950. Most cases of cohort hump effects in these results are paired with a constant age at onset, leading not only to an extension of the hump into higher ages, but to a general widening of the hump. Male poisonings (Figure 7e) are an exception to this, since this cause also displays a shift in age at onset.³

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 $^{^{2}}$ The ICD code for HIV-AIDS was introduced in 1987, although this cause of death existed earlier. However, its spread was fast enough that it can be considered a period shock.

 $^{^{3}}$ When running the same decomposition in the cohort perspective, we see no such cohort pattern on the hump for poisoning among males born in the 1950s (only an excess around age 20), which suggests that this excess mortality is broadly specific to this cohort and not merely an attribute of its young adulthood. Figure 6e supports this speculation. In the period perspective, this produces an apparent cohort effect in the hump, which eventually dissolves into senescence.

³⁶⁵ 3.4 Discussion of application to US data

Age patterns concern the age at onset, peak and fading of the hump into senescence. The former is 366 relatively stable between 10 and 15 years of age, and applies to all causes of death except poisoning for 367 males. This stability suggests that this dimension of the hump could be expressing a form of turmoil 368 inherent to the nature of adolescence, as often conceived in the psychological literature (Freud, 1968; 369 Hall, 1904). Recent studies show peculiar neurological developments in the adolescent brain⁴, which, 370 according to some authors, generate a mismatch between the ability to anticipate and the regulation 371 of emotions that could explain why adolescents more often engage in dangerous activities, particularly 372 under peer-pressure (Casey, Jones, & Somerville, 2011; Steinberg, 2005). 373

The strong and regular patterns we observe in young adult excess mortality risk are consistent with 374 these theories. That the peak in excess mortality occurs five or more years after these neurological 375 changes may indicate a mortality lag between the acquisition of behaviors and mortality, due to either 376 a phase of latency or the cushioning effect of age-related policies such as legal ages at driving or alcohol 377 consumption. However, if an underlying biological process were a sufficient explanation for the hump, 378 then we would only observe age patterns. Such regularity is apparent only in onset and peak for most 379 (but not all) hump causes. We see irregularity in the location of the tail end of the hump, as well as 380 strong period and cohort patterns for some causes, which point to other non-biological mechanisms. 381

The shape of the hump is indeed marked by shocks, both positive and negative, that are specific to certain years or periods of time. A good example of this pattern is the drop in maternal mortality seen in the early 1960s in Figure 70, reflecting a longer decreasing trend over all maternal ages due to the diffusion of antibiotics and improvements in obstetric surgery (Loudon, 2000).

Homicide contributions to the hump also display period patterns (Figures 7d and 7k). A first rapid 386 increase took place in the late 1960s to early 1970s, which particularly concerned young adults (LaFree, 387 1999). A second peak came in the early 1990s, particularly affecting young, black and hispanic males, 388 and quickly decreased after 1993 (Cook & Laub, 2002). Our results show that females experienced 389 an effect in the mid 1990s over a wider age range, possibly due to the presence of an accompanying 390 cohort effect, or possibly due to underlying patterns in the age and sex differences between victims and 391 perpetrators. There is no consensus about the causes of this wave of violent criminality. Explanations 392 often involve changes in social support and economic inequalities (Pratt & Godsey, 2003), changes in 393 size and strategy of police forces, and changes in crack-cocaine markets (Cook & Laub, 2002; LaFree, 394 1999; Levitt, 2004). 395

The strongest example of such period effects is undoubtedly the rapid spread of HIV-AIDS, for 396 which ICD codes only began to capture in 1987 (Figures 7g and 7n). This cause of death not only 397 increased the intensity of the hump, but also contributed to its spread into higher ages— well into ages 398 30-40. It suddenly diminished in 1996 with the introduction of antiretroviral therapies, which both 399 lowered the risk of death and postponed the age at death beyond the hump (Palmisano & Vella, 2011). 400 This drop of HIV-AIDS deaths explains a portion of the strong period effect observed in the all-cause 401 hump between 1995 and 1998, but not entirely as our results show additional drops for suicides among 402 males (Figure 7c), as well as homicides for females (Figure 7k). 403

Both the male and female all-cause hump display a clear progressive widening, starting around 1960 and 1980 respectively, before abruptly narrowing in the late 1990s (Figures 7a and 7h). This could potentially be interpreted from a period point of view as a progressive extension of the period of young adult excess mortality, but the fact that this widening happens roughly at a regular pace of one year of age per calendar year suggests that this may be a cohort effect concerning people born around or after 1950. This means that this cohort experienced a higher mortality than earlier cohorts, and contributed to a widening of the hump by progressively increasing the tail age of the hump.

For suicides and homicides, an age effect is superposed on the cohort effect, generating a triangle pattern on the lexis surfaces (Figures 7c and 7d), but not for poisonings (Figure 7e). When the cohorts born between roughly 1945 and 1970 leave the age-range of the hump, their higher mortality for these specific causes is retained but blends into the general level of senescence. This pattern is accompanied by a genuine period decrease in these causes around 1997 (visible in Figures 6c and 6d), but could also

⁴These changes concern the dopaminergetic activity due to the unsynchronized development of myelination and gray matter in prefrontal areas of the brain that control social cognition and anticipation, and of the limbic system, that controls emotions and feelings of reward (Giedd, 2004; Lenroot & Giedd, 2006; Steinberg, 2010).

explain some of the period patterns. For males, this cohort effect is obvious for suicide and poisonings,
and more subtle for homicides, from the 1960s to the 1990s. This predates the equivalent widening
observed on the all-cause hump by about a decade. The male hump appeared to spread later than the
female hump because it was initially broader, due to a wider contribution of traffic accidents, which
temporarily concealed cohort patterns in homicide, suicide, and poisonings that had begun in the 1960s
(Figures 7c, 7d and 7e).

These cohort observations confirm previous findings that mortality increased for the cohorts born 422 after 1945 for suicide (Chauvel, Leist, & Ponomarenko, 2016; Stockard & O'Brien, 2006), homicide 423 (O'Brien & Stockard, 2002, 2006), and poisoning (Miech, Koester, & Dorsey-Holliman, 2011), reaching 424 a peak with cohorts born in the 1960s. This cohort phenomenon has been given similar explanations 425 for each of these three causes of death, including a large relative cohort size (a so-called Easterlin-426 effect), a higher percentage of non-marital births, higher exposure to drug use, and a lower degree of 427 social integration and regulation (O'Brien & Stockard, 2002, 2006; Stockard & O'Brien, 2006), as well 428 as the rise of socioeconomic stressors, particularly among non-Hispanic, low-educated, and unmarried 429 members (Chauvel et al., 2016). 430

The resemblance in the patterns of homicide, suicide, and poisoning is thus partly explained by the fact that they share common underlying social dynamics. There is also a risk of misclassification between all three causes, but particularly between suicide and poisoning. Qualitative studies suggest that suicides may be classified as poisonings to a significant yet unmeasurable extent (Miech, Bohnert, Heard, & Boardman, 2013, 138). Some of the similarities between the hump contributions from suicide and poisoning may be due to this kind of coding imprecision, but we have no reason to suspect that aggregate patterns are accounted for by coding peculiarities.

438 4 Conclusion

⁴³⁹ We conceive of the young adult mortality hump as excess mortality beyond the prevailing senescent ⁴⁴⁰ level of mortality. Research on young adult mortality should consider this difference when focusing ⁴⁴¹ on this specific phase of the life course. We propose a method to flexibly measure the hump and ⁴⁴² decompose it into its cause-of-death contributions. This method characterizes the hump not merely in ⁴⁴³ terms of peak location (Goldstein, 2011) or a restrictive set of parameters (Heligman & Pollard, 1980, ⁴⁴⁴ e.g.), but it estimates a full schedule of hump mortality rates by cause of death.

We apply this method to mortality rates by cause of death in the United States from 1959 to 445 2010 and offer a first look at trends in the hump in isolation from background mortality. When 446 isolated, trends in the U.S. hump differ qualitatively from trends in observed mortality rates in the 447 same age-range. Specifically, we document countervailing trends in the hump magnitude based on 448 decomposed versus observed rates. When broken down by cause of death, we also observe differences 449 in the magnitude, ranking, and trends in particular cause-of-death contributions to life expectancy lost 450 to the hump. The age of the peak of the hump has been relatively stable in the United States, but its 451 spread has undergone large and regular changes articulated along age, period, and cohort lines. 452

More specifically, the results show a progressive widening of the hump starting in the 1960s and 453 coming to an abrupt halt in the late 1990s. This pattern is due partly to the excess mortality of the 454 cohorts born after 1950 in suicides, homicides, and poisonings, as well as period shocks like the rise and 455 fall of the HIV-AIDS epidemic in the late 1980s and early 1990s. Males in the United States have a 456 larger hump than females, and underwent a continuous decrease in the contribution of traffic and other 457 accidents, which was offset by increases in contributions from suicides, homicides, and poisonings. The 458 female mortality hump was mainly driven by traffic accidents and homicides. For both males and 459 females, HIV-AIDS played a much more important role in the hump than it did in overall observed 460 mortality rates. 461

The application of our method to U.S. data reveals mortality patterns that otherwise remain partially hidden from view and analysis. It it our hope that better measurement will lead to increased understanding of the force of mortality in young adult ages, and the relationship between other changes during young adulthood and aggregate mortality outcomes. Such applications could fruitfully target specific subpopulations and contexts. Simultaneous estimation of the model over age and time would help stabilize results for such specific analyses of smaller populations.

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Figure 1: The total force of mortality over the life course is usually composed of three phases: a decreasing trend during the first decade of life, a hump in the second and third decade, and an increasing trend thereafter, marked by a progressive deceleration in very old age. This aggregated evolution does not necessarily reflect the experience of risk in individuals. Area A1 represents senescent mortality between age 10 and 30, while area A2 represents hump mortality after age 30.



Figure 2: Cause- and age-specific death rates for simulated example. Causes A and C contribute to the hump. Causes B and C contribute to senescence.



Figure 3: Cause-deleted mortality for simulated example. All-cause and cause-deleted mortality are plotted in black and colored dots respectively. The hump and senescence components are plotted in dashed lines. The difference between all-cause and cause-deleted hump components (shaded areas) represents the cause-specific contribution to the hump component.



Figure 4: Difference in shape between each cause of death and all-cause mortality from 10 to 34 years of age. For each year from 1959 to 2010 we computed the first differences of the cause-specific forces of mortality and compared it with the all-cause equivalent using the Euclidean distance as a unique summary measure. The information from these 52 years is reduced by Principal Components Analysis (PCA) and represented on standardized scales. Seven causes of death are flagged for their unusual shape: traffic accidents, homicides, suicides, poisoning, HIV-AIDS, other accidents, and maternal mortality. Sensitivity analysis was performed by varying the end of the age range from 24 to 34, and plotting the results as supplementary observations on the PCA with lighter colors.



Figure 5: Application of our method to US mortality between 1959 to 2010. We compare a classical decomposition applied to ages 10 to 34, and our proposed method focusing on the hump only. Units are expressed in terms of the difference in years of life expectancy between the observed force of mortality and after deleting either all deaths, only those coming from the previously-identified seven causes linked with the hump, and only the contribution of these causes to the hump respectively.



Figure 6: Lexis surfaces of cause-specific death rates, US males and females 1959-2010. Each cause is plotted on a dedicated color scale, and smoothed contours are superimposed to give an indication of the magnitude.



Figure 7: Lexis surfaces of cause-specific contributions to the hump, US males and females 1959-2010. These correspond to the δ_1^{κ} computed for each year. Each cause is plotted on a dedicated color scale, and smoothed contours are superimposed to give an indication of the magnitude.