



# LONGEVITY NEWSFLASH

October 2025



# About this Bulletin

Welcome to the Newsflash , your monthly signpost to emerging research.

This complimentary digest highlights newly published peer-reviewed studies and key updates from public health and statistical agencies in the UK, US, and Canada, all selected for their relevance to the insurance and longevity sectors.

Rather than providing in-depth analysis, Newsflash is designed to guide you quickly and efficiently to valuable new material beyond the scope of our main bulletins, helping you stay informed and ahead of the curve.

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Nicky Draper  
Director of Life and  
Health Consulting



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# Newsletter Highlights

## Journal updates - Highlights

An international study published in the Lancet provides comprehensive estimates of cancer incidence, mortality and DALYs across 204 countries from 1990 to 2023, attributes burden to 44 risk factors, and forecasts a rise to ~30.5 million cases and ~18.6 million deaths by 2050.

## Updates from statistical bodies - Highlights

The Office for National Statistics (ONS) reports that while the UK's population aged 90+ continues to grow (611,719 in 2023), the number of centenarians has more than doubled since 2003, rising to around 16,140, though early signs suggest a plateau.



# Journal Updates

## Cardiovascular



**Global, regional, and national burden of lower extremity peripheral arterial disease: a systematic analysis of prevalence, incidence, deaths, and dalys from 1990 to 2021 with projections and dietary risk factors to 2036**

He 2025

J Health Popul Nutr. 2025 Oct 8;44(1):351.

The global, regional, and national burden of LE-PAD from 1990 to 2021 through the GBD 2021 database.

10.1186/s41043-025-01094-9



**Cardiovascular**

Lower extremity peripheral arterial disease



**Mortality trends associated with hypertension and atrial fibrillation: A CDC WONDER data analysis**

Khan, 2025

Glob Epidemiol. 2025 Sep 26;10:100217.

A US national analysis showing that mortality rates associated with co-occurring hypertension and atrial fibrillation have steadily increased across genders, races and regions.

10.1016/j.gloepi.2025.100217



**Cardiovascular**

Hypertension, Atrial fibrillation



**Race/Ethnic Differences in In-Hospital Mortality after Acute Ischaemic Stroke**

Lian 2025

Cerebrovasc Dis. 2025;54(5):681-693.

Race/ethnic and sex trends in in-hospital mortality after acute ischaemic stroke (AIS) and whether system-level factors contribute to possible differences.

10.1159/000542384



**Cardiovascular**

Acute ischaemic stroke

# Journal Updates

## Cardiovascular



### Global, regional, and national burden of pulmonary arterial hypertension from 1990 to 2021

Lu 2025

**Medicine (Baltimore). 2025 Oct 10;104(41):e44933.**

The prevalence, incidence, mortality, disability-adjusted life-years and corresponding age-standardised rates of pulmonary hypertension derived from the global burden of disease 2021 study.

**10.1097/MD.00000000000044933**



**Cardiovascular**

Pulmonary arterial hypertension

# Journal Updates

*Endocrinology* 



## Global burden of diabetes in women from 1990 to 2021, with projections to 2050: population-based study

**Shi 2025**

**BMC Med. 2025 Oct 8;23(1):538.**

Age-standardized incidence, mortality, and disability-adjusted life years (DALY), associated with diabetes in women at global, sociodemographic index (SDI), regional, and national levels derived from the GBD data, 2021. This also includes projections to 2050.

**10.1186/s12916-025-04361-y**



**Genetic/  
Metabolic**

Diabetes

# Journal Updates

## *Infectious Diseases*



### Race/Ethnic Differences in In-Hospital Mortality after Acute Ischemic Stroke

Long 2025

**Mycopathologia. 2025 Oct 8;190(6):98.**

Disability-adjusted life year (DALY) burden, trends, geographic patterns, demographic differences, driving factors, and inequalities of lower respiratory tract fungal infection from the GBD study.

**10.1007/s11046-025-01007-8**



**Infection**

Lower respiratory tract  
fungal infections



# Journal Updates

Lifestyle 



## Healthy eating score and all-cause mortality: prospective findings from the Chilean National Health Survey

Lanuza 2025

Br J Nutr. 2025 Aug 28;134(4):304-311.

The association between adherence to a healthy eating score (unweighted and weighted) and all-cause mortality risk in a Chilean population.

10.1017/S0007114525104212



Lifestyle

Diet

# Journal Updates

## *Longevity and Mortality*



### Benchmarking progress in non-communicable diseases: a global analysis of cause-specific mortality from 2001 to 2019

**NCD Countdown 2030 Collaborators 2025**  
**Lancet. 2025 Sep 20;406(10509):1255-1282.**

A global analysis of 185 countries (2001–2019) showing that while non-communicable disease mortality has declined in most regions, the pace of improvement has slowed, particularly for circulatory and cancer causes.

**10.1016/S0140-6736(25)01388-1**

Other

Non-communicable  
diseases

# Journal Updates

## Mental Health



### A retrospective and comprehensive analysis of excess life-years lost, mortality risk, and cause of death among severe mental illness in China

Fang 2025

BMC Med. 2025 Oct 21;23(1):571.

A comprehensive, population-based study to quantify the excess life-years lost, mortality risks, and cause of death among those with severe mental illnesses in China.

10.1186/s12916-025-04380-9



Mental health

Severe mental health



### Global, regional and national burden of depressive disorders and attributable risk factors, from 1990 to 2021: results from the 2021 Global Burden of Disease study

Rong 2025

Br J Psychiatry. 2025 Oct;227(4):688-697

Reports the global, regional and national burden of depressive disorders and their attributable risk factors from 1990 to 2021.

10.1192/bjp.2024.266.



Mental health

Depression

# Journal Updates

## Neurology



### Longitudinal bidirectional association between hand grip strength and cognitive function in Chinese older adults: Evidence from the China Health and Retirement Longitudinal Study

Chen 2025

Int J Psychiatry Med. 2025 Nov;60(6):648-661.

The longitudinal association between handgrip strength and cognitive function and the temporal sequence of changes in both factors in a national longitudinal cohort of Chinese older adults.

10.1177/00912174251332728



Neurology

Cognitive function



# Journal Updates

## Oncology



### The global, regional, and national burden of cancer, 1990-2023, with forecasts to 2050: a systematic analysis for the Global Burden of Disease Study 2023

**GBD 2023 Cancer Collaborators 2025**  
**Lancet. 2025 Oct 11;406(10512):1565-1586.**

This study provides comprehensive estimates of cancer incidence, mortality and DALYs across 204 countries from 1990 to 2023, attributes burden to 44 risk factors, and forecasts a rise to ~30.5 million cases and ~18.6 million deaths by 2050.

**10.1016/S0140-6736(25)01635-6**



Cancer

Cancer



### Global, regional and national burden of colon and rectum cancer: a systematic analysis of prevalence, incidence, deaths and DALYs from 1990 to 2021 using data from the Global Burden of Disease Study 2021 with projections to 2036

**He 2025**  
**BMJ Open. 2025 Oct 6;15(10):e100042.**

Examines the impacts of colon and rectum cancer, incorporating contemporary data alongside projections for 2036.

**10.1136/bmjopen-2025-100042**



Cancer

Colon cancer, rectum cancer



### National and subnational trends of years of life lost and reduced life expectancy caused by bladder cancer in China from 2005 to 2020

**Liu 2025**  
**BMC Public Health. 2025 Oct 21;25(1):3553.**

This is an assessment of the epidemiological situation of bladder cancer in China.

**10.1186/s12889-025-24834-2**



Cancer

Bladder cancer



# ONS Update

## *Longevity and Mortality*



### Suicides in England and Wales: 1981 to 2024

Deaths from suicide in England and Wales, analysed by sex, age, area of usual residence of the deceased, and suicide method.



Mental health

Suicide

<https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/bulletins/suicidesintheunitedkingdom/2024registrations>



### Estimates of the very old, including centenarians, UK: 2002 to 2024

Annual mid-year population estimates of people aged 90 years and over by sex and single year of age to 105 years and over, and comparisons between UK countries.

Other

Longevity

<https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/ageing/bulletins/estimatesoftheveryoldincludingcentenarians/2002to2024>



# Statistics Canada Update

*Respiratory* 



## Estimating municipal life expectancy and health-adjusted life expectancy in Canada, 2019 and 2020

This study develops, validates, and describes the first set of LE and HALE estimates for municipalities in Canada.

Other

Longevity

<https://www150.statcan.gc.ca/n1/pub/82-003-x/2025008/article/00001-eng.htm>



## Our Ethos

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Respect for Privacy and  
Confidentiality

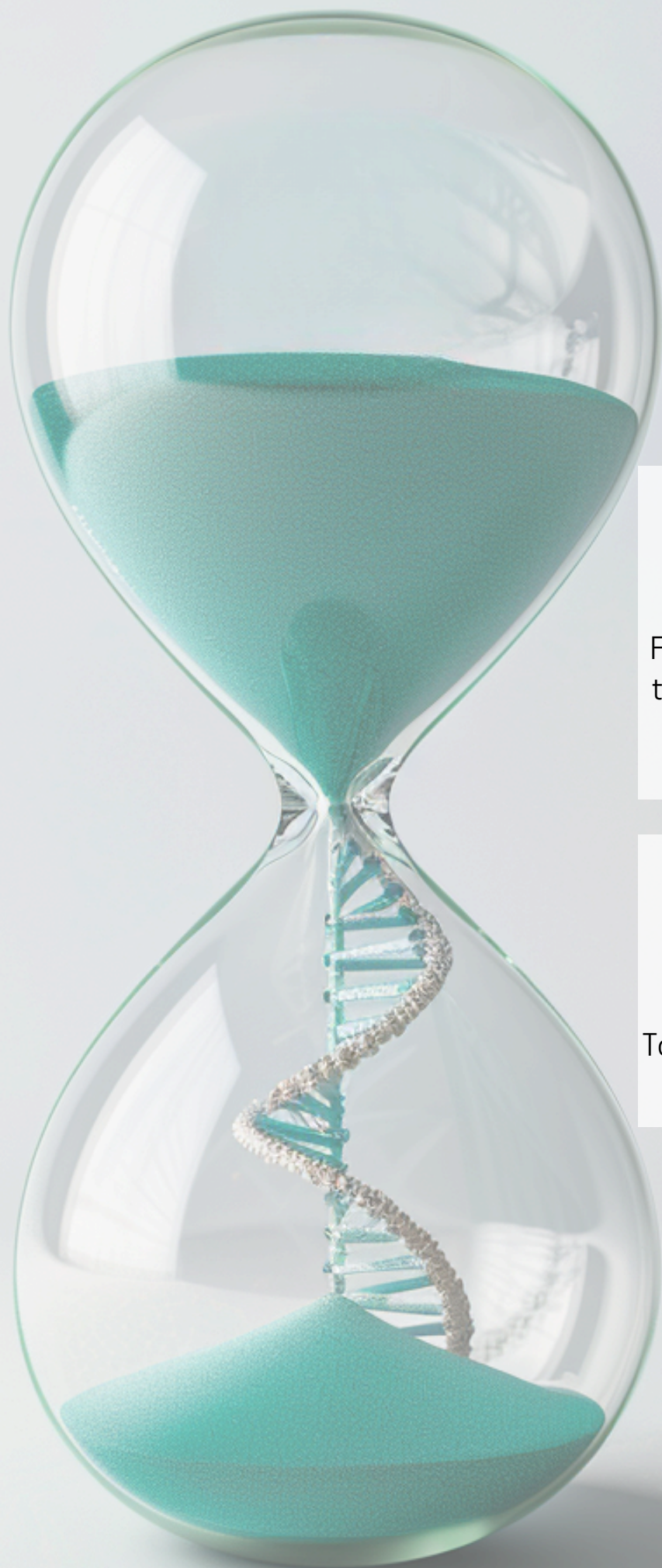
Accountability and Professionalism

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**Disclaimer:**

No data analysis was performed in the studies included in this newsletter.

For further information, please subscribe to Longevity Perspectives by contacting Nicky Draper ([nicky.draper@crystallise.com](mailto:nicky.draper@crystallise.com)).

For further information about Longevity Newsflash contact [newsletter@crystallise.com](mailto:newsletter@crystallise.com)

To speak to us about our services contact [contact@crystallise.com](mailto:contact@crystallise.com)

Registered address:  
17 High Street,  
Stanford-le-Hope, Essex, SS17 0HD

Company No: 7980921  
Data Protection Act Registration Number:  
Z3363643