



Crystallise
Insights



LONGEVITY NEWSFLASH

January 2026



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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Newsletter Highlights

Journal updates - Highlights

Rising and long-term BMI trajectories in postmenopausal women are associated with substantially higher metabolic syndrome risk compared with stable BMI patterns, with reproductive factors modifying these associations.

Updates from statistical bodies - Highlights

Linked Census 2021 sexual orientation and death registration data show that adults identifying as lesbian, gay, bisexual or other sexual orientations had an elevated all-cause mortality rate compared with heterosexual adults, with higher rates of alcohol-specific and drug-poisoning deaths and suicide emerging as disproportionately significant causes across age groups.

Updates from other health bodies - Highlights

UK JCVI advice expands RSV vaccination eligibility to adults aged 75–79 years, aiming to prevent hospitalisations and deaths by targeting groups at highest risk of severe respiratory disease.

Journal Updates

Cardiovascular



Trends and socio-economic inequalities in overweight- and obesity-related premature cardiovascular disease mortality in Australia

Adair 2026
BMC Med. 2026 Jan 29;24(1):3

This study measures recent trends in premature overweight- and obesity-related CVD mortality in Australia from 2007 to 2022 and their area-level socio-economic inequalities.

[10.1186/s12916-025-04557-2](https://doi.org/10.1186/s12916-025-04557-2)



Cardiovascular

Cardiovascular disease



Global, Regional, and National Burden of Aortic Aneurysm, 1990-2021: A Systematic Analysis of Deaths and DALYs with Projections to 2050

Sun 2025
Ann Vasc Surg. 2026 Feb;123:702-723

Data from the 2021 GBD Study were analyzed, focusing on Aortic aneurysms-related metrics including deaths and disability-adjusted life years (DALYs) across 204 countries and territories, categorized into 21 GBD regions based on the sociodemographic index (SDI).

[10.1016/j.avsg.2025.10.032](https://doi.org/10.1016/j.avsg.2025.10.032)



Cardiovascular

Aortic aneurysms



Global lifetime risk of developing myocarditis, 1990-2021: a systematic analysis from the Global Burden of Disease Study 2021

Ji 2026
BMJ Open. 2026 Jan 13;16(1):e105328.

Global lifetime risk of developing myocarditis from 1990 to 2021 was characterised using aggregated Global Burden of Disease 2021 data across 204 countries and territories to quantify lifetime probability estimates.

[10.1136/bmjopen-2025-105328](https://doi.org/10.1136/bmjopen-2025-105328)



Cardiovascular

Myocarditis



Journal Updates

Endocrinology 



Thyroid Function and All-cause Mortality in the Context of Multimorbidity: Results From 2 Population-based Studies

Xu 2026

J Clin Endocrinol Metab. 2026 Jan 21;111(2):e390-e397

Researchers aimed to examine the association between thyroid function and all-cause mortality in the context of multimorbidity.

[10.1210/clinem/dgaf425](https://doi.org/10.1210/clinem/dgaf425)



Endocrine

Thyroid function



Journal Updates

Infection 



Global Assessment of COVID-19 Mortality Displacement From 2020 to 2024

Chen 2026

JAMA Netw Open. 2026 Jan 2;9(1):e2555442

Retrospective cross-national time-series mortality data from 2015–2024 were analysed to assess global all-cause mortality trends during and after the COVID-19 pandemic and investigate the role of mortality displacement.

[10.1001/jamanetworkopen.2025.55442](https://doi.org/10.1001/jamanetworkopen.2025.55442)



**Infectious
disease**

COVID-19



Journal Updates

Lifestyle 



Association between BMI trajectories and metabolic syndrome in postmenopausal women: a cross-sectional study from NHANES 1999-2018

Liu 2025
BMC Public Health. 2025 Dec 10;26(1):121.

This study aimed to explore the association between BMI trajectories and metabolic syndrome risk in postmenopausal women using data from the NHANES cohort.

10.1186/s12889-025-25480-4.



Genetic & Metabolic

Metabolic syndrome



Association between adherence to healthy dietary patterns and life expectancy in US adults: A prospective cohort study

Tian 2025
BMC Public Health. 2025 Dec 1;26(1):64

NHANES data were used to score adherence to six healthy dietary patterns and apply life-table methods to estimate associated life expectancy among US adults, stratified by demographics.

10.1186/s12889-025-25810-6



Lifestyle

Diet



Journal Updates

Longevity and Mortality



Socioeconomic disparities in adult mortality in Latin America

Buitrago 2026
BMJ Glob Health. 2026 Jan 23;11(1):e018400

National mortality and census data from seven Latin American countries were harmonised to examine adult mortality gradients by educational attainment, age, and sex.

[10.1136/bmjgh-2024-018400](https://doi.org/10.1136/bmjgh-2024-018400)



Sex and All-Cause Mortality in the US, 1999 to 2019

Francis 2026
JAMA Netw Open. 2026 Jan 2;9(1):e2556299.

Researchers sought to examine differences in mortality rates between males and females for overall mortality and the leading nine causes of mortality using the NHANES cycles between 1999 to 2016.

[10.1001/jamanetworkopen.2025.56299](https://doi.org/10.1001/jamanetworkopen.2025.56299)



Investments in health and mortality reduction to address population decline

Gietel-Basten 2026
Bull World Health Organ. 2026 Feb 1;104(2):94-102

Using United Nations data, the researchers modelled population projections to 2050 in 28 countries and territories, comparing a baseline scenario against two benchmarks: an immediate increase to replacement-level fertility and the reduction of national mortality rates to match the rate of Japan.

[10.2471/BLT.25.293627](https://doi.org/10.2471/BLT.25.293627)



Journal Updates

Longevity and Mortality



Changing patterns in suicide mortality 1999-2019 in the USA: age-period-cohort analyses including gender and race

Hou 2026
Br J Psychiatry. 2026 Feb;228(2):133-139

This study aimed to elucidate the changing patterns of suicide mortality in the USA from 1999 to 2019, with a particular focus on gender and racial differences.

[10.1192/bjp.2025.6](https://doi.org/10.1192/bjp.2025.6)



Mental Health

Suicide



The association between phenotypic age acceleration and the risk of all-cause and cancer mortality among cancer survivors: NHANES 1999-2018

Luo 2025
Sci Rep. 2025 Nov 29;16(1):1349.

This study investigates the relationship between PhenoAge acceleration and cancer survivors. Data for this cohort study were sourced from the U.S. National Health and Nutrition Examination Survey (NHANES) spanning 1999-2018.

[10.1038/s41598-025-30747-2](https://doi.org/10.1038/s41598-025-30747-2)



Longevity and mortality

Longevity and mortality



Non-housing assets and all-cause mortality in middle-aged and older Chinese adults: a National cohort study

Qin 2025
Popul Health Metr. 2025 Dec 23;24(1):7

Researchers examined the association between total non-housing assets (financial resources beyond housing) and all-cause mortality among Chinese middle-aged and older adults.

[10.1186/s12963-025-00452-3](https://doi.org/10.1186/s12963-025-00452-3)



Longevity and mortality

Longevity and mortality



Journal Updates

Longevity and Mortality



Characterizing patterns in causes, risk factors, and life expectancy among the oldest old (aged 95+ years)

Tang 2026

Ageing Res Rev. 2026 Jan:114:102985.

Global Burden of Disease data were used to characterise causes of death, risk factor profiles, and life expectancy patterns among adults aged 95 years and older.

10.1016/j.arr.2025.102985



Longevity and mortality

Longevity and mortality



Journal Updates

Mental Health



Time Trends in the Mortality Gap for Individuals With Mental Disorders in Denmark: A Population-Based Cohort Study Over 2010-2023

Plana-Ripoll 2026
Acta Psychiatr Scand. 2026 Mar;153(3):179-190

Mortality rates in people with mental disorders and changes in the mortality gap were comprehensively investigated in a Danish population.

[10.1111/acps.70056](https://doi.org/10.1111/acps.70056)



Mental Health

Mental illness



Journal Updates

Neurology



Global, regional and national burden of intracerebral hemorrhage attributable to dietary and metabolic risks from 1990 to 2021 and projections to 2050: a systematic analysis based on the Global Burden of Disease 2021 comparative risk assessment framework

Tang 2025

Eur J Med Res. 2025 Dec 1;31(1):22.

This study uses Global Burden of Disease data to assess ICH burden and its trends, guiding prevention strategies globally.

10.1186/s40001-025-03523-1



Neurology

Intracerebral haemorrhage



Projected extreme temperature event-attributable dementia deaths in China: a climate-ageing-adaptation framework

Zhang 2026

EBioMedicine. 2026 Jan;123:106072.

This paper sought to project future extreme temperature event-attributable Alzheimer's disease and other dementias deaths in China, accounting for the combined effects of climate change, population ageing, and adaptation methods.

10.1016/j.ebiom.2025.106072



Neurology

Alzheimer's disease



Journal Updates

Oncology



Global, regional, and national burden of lip and oral cavity cancer and its attributable risk factors from 1990 to 2021: an analysis of the Global Burden of Disease study 2021

Hu 2026

Int J Clin Pharm. 2026 Feb;48(1):93-106

Global Burden of Disease 2021 data were analysed to characterise global, regional, and national trends in lip and oral cavity cancer burden and its attributable risk factors from 1990 to 2021.

10.1007/s11096-025-01961-9



Cancer

Lip and oral cavity cancer



Global, Regional, and National Burden of Hematologic Malignancies From 1990 to 2021, With Projections of Mortality and Incidence to 2031

Jou 2026

Psychooncology. 2026 Jan;35(1):e70365.

Using GBD 2021 data (1990-2021), the age-standardized incidence, mortality and disability-adjusted life years for leukemia, lymphoma, and multiple myeloma were estimated.

10.1002/pon.70365



Cancer

Haematologic malignancy



Global, regional, and national burden of ovarian cancer, 1990-2021, and projections to 2050: a cross-sectional analysis of the Global Burden of Disease Study 2021

Xie 2026

Int J Surg. 2026 Jan 1;112(1):226-238

This study aimed to analyze the global epidemiological trends of ovarian cancer from 1990 to 2021 and also project its prevalence to 2050.

10.1097/JS9.0000000000003398



Cancer

Ovarian cancer



Journal Updates

Oncology 



Trends in mortality rates of female breast cancer in China, 2004 to 2021

Xiong 2026

Medicine (Baltimore). 2026 Jan 16;105(3):e46805

This study sought to analyse the trend changes of female breast cancer mortality rates from 2004 to 2021 and to inform targeted control strategies. Age-specific deaths and mortality rates from 2004 to 2021 were extracted from the Chinese Cause-of-Death Surveillance Dataset.

10.1097/MD.00000000000046805



Cancer

Breast cancer



Global, regional, and national burden of gastric cancer attributable to smoking and a high-sodium diet from 1990 to 2021: a global burden of disease study 2021

Zhao 2025

BMC Gastroenterol. 2025 Dec 3;26(1):52

Global Burden of Disease 2021 estimates were used to quantify gastric cancer burden attributable to smoking and high-sodium diet from 1990–2021 across countries, regions, age, and sex.

10.1186/s12876-025-04431-8



Cancer

Gastric cancer



Global burden of smoking-attributable digestive cancers from 1990 to 2021: insights from the Global Burden of Disease study

Zi 2026

Int J Surg. 2026 Jan 1;112(1):213-225

Researchers analyzed data from the Global Burden of Disease (GBD) study, encompassing five subtypes of digestive cancers across 204 countries and territories. They estimated the mortality and disability-adjusted life years (DALYs) of SADC.

10.1097/JS9.00000000000003408



Cancer

Digestive cancer



Journal Updates

Respiratory 



Changes in pneumococcal vaccine coverage in the Canadian Longitudinal Study on Aging (CLSA): An analysis based on the 2018-2021 follow-up 2 survey

Sulis 2026

PLoS One. 2026 Jan 23;21(1):e0338213

Analysis of recently released data from the Canadian Longitudinal Study on Aging (CLSA), aimed at providing estimates of pneumococcal vaccine coverage from 2018-2021 among eligible adults, identifying sociodemographic disparities, and exploring changes over time since 2015.

10.1371/journal.pone.0338213



Respiratory

Pneumococcal vaccination





ONS Update

Longevity and Mortality



All-cause and cause-specific mortality by sexual orientation, England and Wales: March 2021 to November 2024

Leading causes of death and all-cause and cause-specific mortality rates per 100,000 people by sexual orientation, broken down by Census 2021 characteristics.



Longevity and mortality

Longevity and mortality

<https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcar>





Statistics Canada Update

Respiratory 



Provisional death counts, January 2023 to October 2025

Provisional new and updated adjusted counts of death from the Canadian Vital Statistics Death Database, covering the period from January 7, 2023, to November 1, 2025. The Provisional Deaths in Canada Dashboard, which provides the most recent insights on mortality trends, as well as interactive data visualization tools, has been updated.



Longevity and mortality

Mortality trends

<https://www150.statcan.gc.ca/n1/daily-quotidien/260115/dq260115e-eng.htm>



Other Health bodies

Respiratory 



RSV vaccination for older adults: expansion of eligibility

Information on the expansion of the eligibility criteria of the older adults (≥ 80 years old or residents in a care home) respiratory syncytial virus (RSV) vaccination programme from 1 April 2026.



Respiratory

Respiratory syncytial virus

<https://www.gov.uk/government/publications/rsv-vaccination-for-older-adults-expansion-of-eligibility>



Our Ethos

At Crystallise we seek to clarify decision-making from biomedical evidence. Whether you are a pharmaceutical executive, healthcare manager or an actuary, we deliver high quality, competitively priced biomedical evidence syntheses, analyses and models – quickly, reliably and efficiently.

Our Vision

Crystallising medical evidence to improve decision making.

Our Mission

To make the synthesis and analysis of biomedical evidence more efficient, objective and reliable.

Our Values

Inclusiveness

Social responsibility

Innovation

Integrity

Reliability

Our Ethical Principles

Integrity

Social and Public Good
Consideration

Avoiding Conflicts of Interest

Probity

Honesty

Scientific and Methodological
Rigour

Transparency and Disclosure

Respect for Privacy and
Confidentiality

Accountability and Professionalism

Justice

Environmental Responsibility

Commitment to Continuous Ethical
Reflection



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).

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