



Crystallise
Insights



LONGEVITY NEWSFLASH

February 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.

Nicky Draper
Director of Life and
Health Consulting



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Newsletter Highlights

Journal updates - Highlights

Hearing loss and social isolation capture distinct but interacting pathways to dementia risk, with social context potentially shaping the impact of sensory decline on cognitive outcomes and offering a target for intervention.

Updates from statistical bodies - Highlights

Avoidable mortality in England and Wales remains substantial, with persistent inequalities and recent stagnation or worsening trends indicating that progress in prevention and timely healthcare has slowed, particularly among more deprived populations.

Updates from other health bodies - Highlights

Excess mortality during winter 2024–2025 in England remained elevated, with cold-related deaths continuing to place a significant burden on public health, particularly among older adults and vulnerable populations, underscoring the need for improved seasonal preparedness and protection measures.

Journal Updates

Cardiovascular



Influence of extreme heat waves as an aggravating factor in the cause of death from cardiovascular diseases in Southeast Brazil

Almeida 2026

Cad Saude Publica. 2026 Feb 6:42:e00088725.

Excess cardiovascular mortality associated with extreme heat waves in Southeast Brazil from 2014 to 2023 was estimated using time-series analysis of national mortality and meteorological data to assess the impact of heat intensity on population health.

10.1590/0102-311XEN088725



Cardiovascular

Cardiovascular death



Journal Updates

Endocrinology 



Mortality disparity by socioeconomic position in people with and without diabetes: open cohort studies in four high-income countries

Braake 2026

Eur J Public Health. 2026 Feb 1;36(1):25-31

Socioeconomic inequalities in all-cause mortality among adults with and without diabetes from 2004 to 2021 were assessed using population-level cohort data from four high-income countries to evaluate trends by socioeconomic position.

10.1093/eurpub/ckaf201



Endocrine

Diabetes



Long-term mortality trends in patients with concurrent hernia and diabetes in the United States

Shi 2026

Front Endocrinol (Lausanne). 2026 Feb 19;17:1723074

Trends in mortality involving both hernia and diabetes mellitus in the United States from 1999 to 2023 were analysed using national mortality data to assess temporal patterns and disparities by demographic and geographic factors.

10.3389/fendo.2026.1723074



Endocrine

Diabetes



Journal Updates

Genetic and Metabolic



Association between the body roundness index and all-cause mortality in patients with metabolic dysfunction-associated steatotic liver disease

He 2026

Front Public Health. 2026 Feb 20:14:1765588

Associations between body roundness index and all-cause mortality in patients with metabolic dysfunction-associated steatotic liver disease were assessed using prospective cohort data from the Kailuan Study in China to evaluate its relationship with mortality risk.

10.3389/fpubh.2026.1765588



**Genetic &
Metabolic**

Metabolic dysfunction



Journal Updates

Infection 



Long-term Mortality Trends Among Individuals With Tuberculosis: A Retrospective Cohort Study of Individuals Diagnosed With Tuberculosis in Brazil

Kim 2026

Clin Infect Dis. 2026 Feb 9;82(1):e1-e8

Long-term mortality risk following tuberculosis diagnosis was evaluated using linked national notification and mortality data in Brazil (2007–2016) to assess excess mortality over time and by demographic and clinical characteristics.

10.1093/cid/ciaf206



Infectious
disease

Tuberculosis



Journal Updates

Longevity and Mortality



Heat waves and annual mortality among older adults (aged ≥ 65 years) in the USA

Healy 2026

Lancet Planet Health. 2026 Feb;10(2):101432

Associations between heat wave frequency and annual all-cause and cause-specific mortality among older US adults from 2000 to 2018 were evaluated using Medicare cohort data to assess impacts and disparities by race, socioeconomic status, and neighbourhood characteristics.

10.1016/j.lanplh.2026.101432



Longevity and
Mortality

Heat related mortality



The impact of primary health care services, continuity of care and patterns of care on mortality and hospitalisation-related outcomes in residents of long-term care facilities: a comprehensive national evaluation

Inacio 2026

Age Ageing. 2026 Feb 1;55(2):afag026.

Associations between primary care service use, continuity of care, and care patterns with mortality and hospitalisation outcomes in long-term care residents were evaluated using a retrospective cohort of Australian facilities (2013–2019) to assess their impact on health outcomes.

10.1093/ageing/afag026



Frailty

Long-term care



Thirty-two-year trends in anticholinergic burden and associated mortality among US older adults: a population-based study

Wei 2026

Age Ageing. 2026 Feb 1;55(2):afag049

Trends in anticholinergic burden and its association with mortality among older US adults were examined using NHANES data (1988–2020) to assess prevalence over time and risks of all-cause, cardiovascular, and cancer mortality.

10.1093/ageing/afag049



Longevity and
Mortality

anticholinergic burden



Journal Updates

Longevity and Mortality



Estimation of healthy worker survivor bias among middle-aged populations in Korea

Yun 2026

Int J Epidemiol. 2026 Feb 18;55(2):dyag015

Healthy worker survivor bias due to employment status changes was quantified using National Health Insurance Service data in Korea to assess its impact on all-cause mortality estimates across demographic groups and follow-up periods.

[10.1093/ije/dyag015](https://doi.org/10.1093/ije/dyag015)



Longevity and
Mortality

Longevity and Mortality



Journal Updates

Neurology 



Elucidating the relationship between hearing loss, social isolation, and dementia: data from the National Health and Aging Trends Study

Venkatesh 2026

J Gerontol B Psychol Sci Soc Sci. 2026 Feb 5;81(3):gbaf276.

Associations between hearing loss, social isolation, and incident dementia in older adults were examined using National Health and Aging Trends Study data to assess the moderating role of social isolation in dementia risk.

[10.1093/geronb/gbaf276](https://doi.org/10.1093/geronb/gbaf276)



Dementia

Dementia





ONS Update

Longevity and Mortality



Avoidable mortality in England and Wales: 2024

Deaths from causes considered treatable or preventable given timely and effective healthcare or public health interventions, in those aged under 75 years.



Longevity and mortality

Longevity and mortality

<https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/causesofdeath/bulletins/avoidablemortalityinenglandandwales/2024>



Healthy life expectancy, UK: between 2011 to 2013 and 2022 to 2024

The number of years people are expected to spend in “good” general health in the UK, including subnational areas.



Longevity and mortality

Longevity and mortality

<https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/healthandlifeexpectancies/bulletins/healthstatelifeexpectanciesuk/between2011to2013and2022to2024>



Other Health bodies

Longevity and Mortality



Cold mortality monitoring report: winter 2024 to 2025

The data on cold-associated deaths is broken down by region, age group, sex, place of death and cause of death.



Environmental

Weather

<https://www.gov.uk/government/statistics/cold-mortality-monitoring-report-england-winter-2024-to-2025/cold-mortality-monitoring-report-winter-2024-to-2025>



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

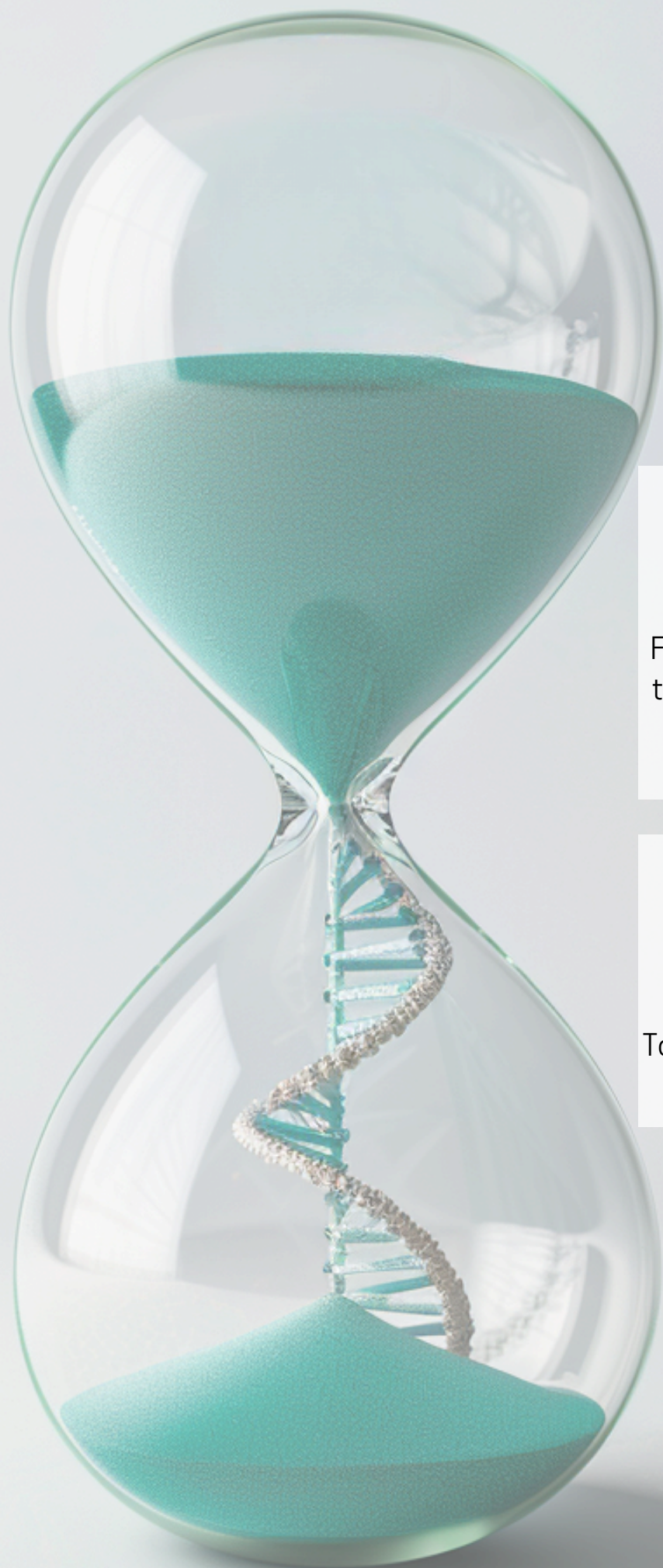
Respect for Privacy and
Confidentiality

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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