



Crystallise  
Insights



# LONGEVITY NEWSFLASH

March 2026



Crystallise

## 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



# Contents Table

---

- Journal Updates
  - Infection
  - Lifestyle
  - Longevity and Mortality
  - Mental Health
  - Oncology
- Statistical bodies
  - No updates this month
- Other Health bodies
  - No updates this month

# Newsletter Highlights

## Journal updates - Highlights

Global, regional, and national burdens of female breast cancer from 1990 to 2023. The findings highlight a substantial and evolving global burden of female breast cancer, with marked disparities across regions and income groups, and indicate that without strengthened prevention, early detection, and treatment efforts, incidence and mortality are projected to rise further by 2050.



# Journal Updates

*Infection* 



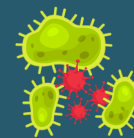
## National trends in influenza mortality in Poland from 2009-2023 with regard to the periods before, during and after the COVID-19 pandemic

**Kaczoruk 2026**

**Ann Agric Environ Med. 2026 Mar 25;33(1):39-45**

Influenza-related mortality in Poland from 2009 to 2023 was analysed using national death registry data to characterise temporal trends across pre-pandemic, pandemic, and post-pandemic periods.

**10.26444/aaem/215366**



Infectious  
disease

Influenza



# Journal Updates

Lifestyle 



## Steps to longevity: Association of daily total steps and bouted steps with all-cause mortality

**Wang 2026**

**J Sports Sci. 2026 Mar;44(5):638-650**

Associations between total daily steps, bouted walking ( $\geq 10$ -minute bouts), and all-cause mortality were examined using accelerometer-measured activity data from NHANES 2005–2006 to assess their independent contributions to mortality risk.

**10.1080/02640414.2025.2600814**



Lifestyle

Exercise



# Journal Updates

## Longevity and Mortality



### Affordable Care Act Expansion and the Trauma Care Paradox: Increased Mortality Amid Improved Insurance Coverage

**Nnorom 2026**

**J Am Coll Surg. 2026 Apr 1;242(4):811-820**

Changes in insurance status, discharge disposition, and in-hospital mortality among US trauma patients before and after Affordable Care Act implementation (2007–2019) were evaluated using National Trauma Data Bank data to assess the policy’s impact on outcomes.

**10.1097/XCS.0000000000001823**



Longevity and mortality

Longevity and mortality



### Physical frailty, self-rated health, and all-cause mortality: implications for understanding resilience in aging

**Sekhon 2026**

**J Gerontol A Biol Sci Med Sci. 2026 Mar 10;81(4):glag067**

Associations between physical frailty, self-rated health, and all-cause mortality in older US adults were examined using longitudinal data from the National Health and Aging Trends Study (2011–2019) to assess their independent and joint predictive value.

**10.1093/gerona/glag067**



Longevity and mortality

Longevity and mortality



### The role of frailty in the association between testosterone levels and mortality risk in older men

**Zhang 2026**

**Maturitas. 2026 Mar;206:108834**

This study investigates the mediating role of frailty in the association between testosterone levels and both all-cause and cardiovascular disease mortality in older men.

**10.1016/j.maturitas.2026.108834**



Longevity and mortality

Longevity and mortality



# Journal Updates

## Mental Health



### Global, regional, and national burdens of anxiety disorders among older adults, 1990-2021: A systematic analysis for the Global Burden of Diseases Study 2021

Deng 2026

**Soc Psychiatry Psychiatr Epidemiol. 2026 Mar;61(3):545-559**

Global, regional, and national burdens of anxiety disorders among older adults from 1990 to 2021 were quantified using Global Burden of Disease 2021 data to estimate prevalence, incidence, and years lived with disability across populations.

[10.1007/s00127-025-03042-8](https://doi.org/10.1007/s00127-025-03042-8)



Mental health

Anxiety



# Journal Updates

Oncology 



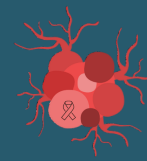
## Global, regional, and national burden of breast cancer among females, 1990-2023, with forecasts to 2050: a systematic analysis for the Global Burden of Disease Study 2023

**GBD 2006**

**Lancet Oncol. 2026 Mar;27(3):302-326**

Global, regional, and national burdens of female breast cancer from 1990 to 2023 were quantified using Global Burden of Disease 2023 data to estimate incidence, mortality, disability-adjusted life years, and attributable risk factors, with projections to 2050.

**10.1016/S1470-2045(25)00730-2**



Cancer

Breast cancer



## Cardiovascular Disease Mortality Patterns Among People With Cancer in New South Wales, Australia: A Population-Wide Data Linkage Study

**Rahman 2026**

**Cancer Med. 2026 Mar;15(3):e71568**

Cardiovascular disease mortality among people with cancer in New South Wales from 1985 to 2020 was evaluated using linked population registry data to compare rates with the general population and assess temporal trends following cancer diagnosis.

**10.1002/cam4.71568**



Cancer

Cancer



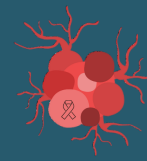
## Global, Regional, and National Burden of Leukemia (1990-2021): A Systematic Analysis for the Global Burden of Disease Study 2021

**Yao 2026**

**Acta Haematol. 2026;149(2):137-154**

Global, regional, and national burdens of leukemia from 1990 to 2021 were quantified using Global Burden of Disease 2021 data and Joinpoint regression to estimate trends in prevalence, incidence, mortality, and disability-adjusted life years across populations.

**10.1159/000545724**



Cancer

Leukaemia



## 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

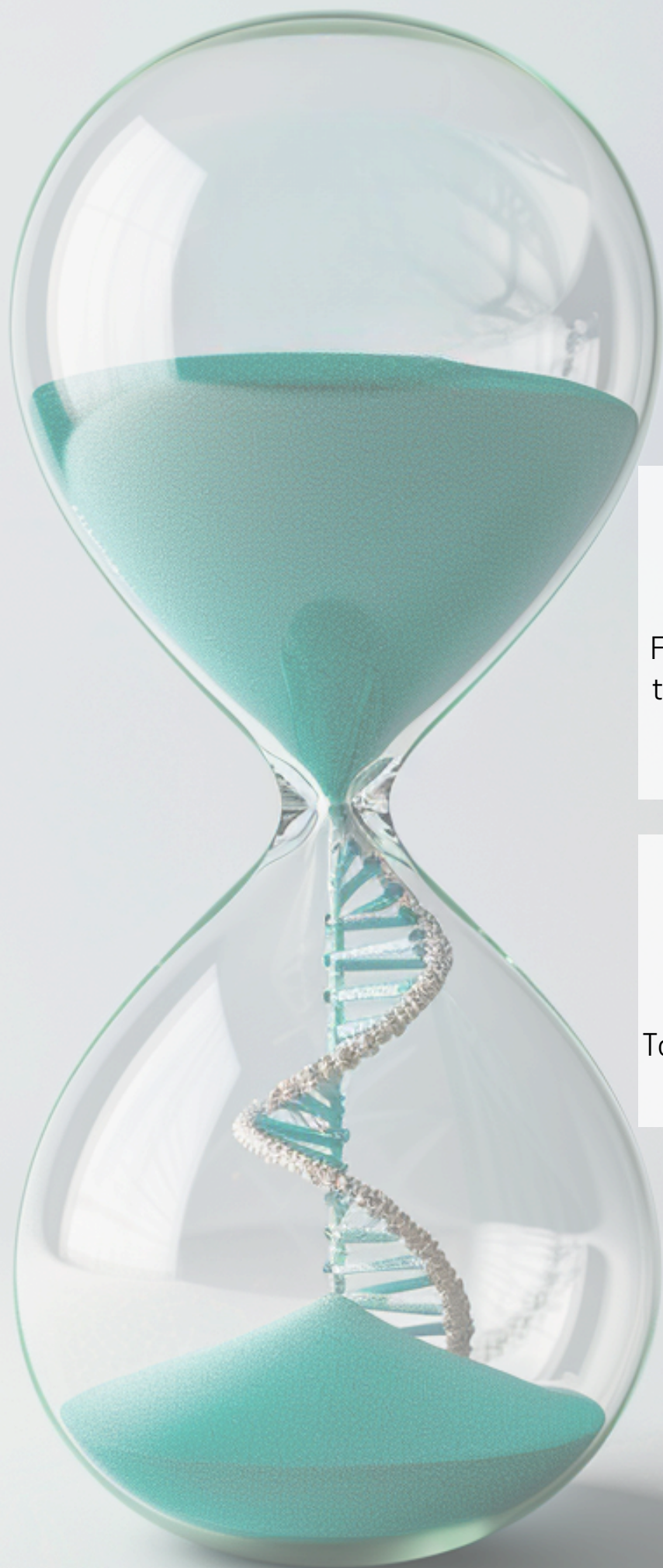
Respect for Privacy and  
Confidentiality

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](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