



Crystallise  
Insights



# LONGEVITY NEWSFLASH

April 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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Nicky Draper  
Director of Life and  
Health Consulting



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# Newsletter Highlights

## Journal updates - Highlights

Social isolation was linked to poorer cognitive function across several countries, with the impact varying by life stage, type of social connection, and national context.

## Updates from other health bodies - Highlights

UKHSA estimated 1,504 heat-associated deaths in England during summer 2025, with deaths lower than expected for the record-breaking temperatures, potentially reflecting the role of heat-health alerts, preparedness, and adaptation.

## Updates from statistical bodies - Highlights

The ONS estimated increasing life expectancy with decreasing level of deprivation in England and Wales between 2022 and 2024, compared to 2019 to 2021. A decrease in years expected to live in "good" health was seen compared with 2019 to 2021, with most deprived areas showing lower age for healthy life expectancy.



# Journal Updates

*Autoimmune* 

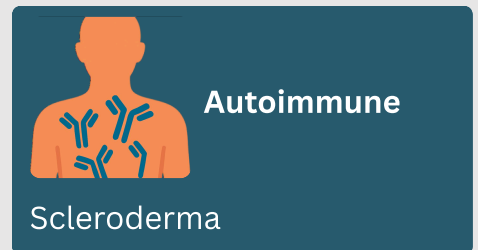


## Global trends in systemic sclerosis-related mortality, 2001-2023: an epidemiological analysis using World Health Organization mortality data

**Belangoy 2026**  
**Clin Rheumatol. 2026 May;45(5):2741-2748**

Global mortality trends for systemic sclerosis were examined across age, sex, and region to characterise shifting disease burden and persistent geographic disparities.

[10.1007/s10067-026-07995-2](https://doi.org/10.1007/s10067-026-07995-2)



# Journal Updates

## Cardiovascular



### Global burden and causal analysis of LDL-C-related cardiovascular diseases: A GBD 2021 and Mendelian randomization study

Zhang 2026

Nutr Metab Cardiovasc Dis. 2026 Jun;36(6):104622

The global burden of cardiovascular disease attributable to high LDL cholesterol was assessed using GBD trends, projections, and genetic evidence for causality.

[10.1016/j.numecd.2026.104622](https://doi.org/10.1016/j.numecd.2026.104622)



Cardiovascular  
disease

LDL-C-related cardiovascular  
disease



# Journal Updates

Lifestyle 



## Modifying Influence of Neighborhood Socioeconomic Deprivation in the Association of Diet Quality and Mortality: The National Institutes of Health (NIH)-AARP Diet and Health Study

**Julian-Serrano 2026**  
**J Nutr. 2026 Apr;156(4):101399**

Dietary quality and neighbourhood socioeconomic deprivation were examined together to assess how healthy eating patterns relate to all-cause and cause-specific mortality in older US adults.

[10.1016/j.tjnut.2026.101399](https://doi.org/10.1016/j.tjnut.2026.101399)



Lifestyle

Diet



## Adherence to the Mediterranean diet and all-cause mortality: A systematic review and meta-analysis within the Italian National Guidelines "La Dieta Mediterranea"

**Nucci 2026**  
**Nutrition. 2026 Jul;147:113189**

Higher adherence to the Mediterranean diet was assessed across adult cohort populations as a marker of long-term mortality risk and healthy longevity.

[10.1016/j.nut.2026.113189](https://doi.org/10.1016/j.nut.2026.113189)



Lifestyle

Diet



## 24-Hour Physical Activity Intensity and Energy Intake Trajectories and Their Associations with All-Cause Mortality: A Population-Based Cohort Study

**Wu 2026**  
**Behav Med. 2026 Apr-Jun;52(2):104-114**

Daily trajectories of energy intake and physical activity were mapped together to explore how real-world 24-hour behavioural patterns relate to all-cause mortality.

[10.1080/08964289.2025.2535320](https://doi.org/10.1080/08964289.2025.2535320)



Lifestyle

Exercise



# Journal Updates

## Longevity and Mortality



### Life expectancy gains across US states between 1941 and 2000: a cohort study

**Arolas 2025**  
**BMJ Open. 2026 Apr 8;16(4):e109623**

US cohort life expectancy trends were re-estimated by state, region, and sex to reassess geographical convergence and long-term gains across birth cohorts.

[10.1136/bmjopen-2025-109623](https://doi.org/10.1136/bmjopen-2025-109623)



Longevity and mortality

Life expectancy



### Trends in temperature-related deaths by educational attainment in the United States, 2010-2023

**Szeto 2026**  
**Prev Med. 2026 Jun;207:108565**

US heat- and cold-related mortality was examined by educational attainment to assess widening socioeconomic disparities in temperature-related deaths.

[10.1016/j.ypmed.2026.108565](https://doi.org/10.1016/j.ypmed.2026.108565)



Longevity and mortality

Weather-related mortality



# Journal Updates

## Neurology



### Social isolation and cognitive functioning trajectories from midlife to later life in four high- and middle-income countries

Lin 2026

Longit Life Course Stud. 2026 Mar 9;17(2):271-292

Social isolation and its different dimensions were compared across four countries to assess how social ties shape cognitive trajectories from mid- to later life.

10.1332/17579597Y2025D000000066



Neurology

cognitive functioning



# Journal Updates

Oncology 



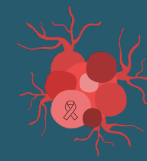
## Demographic and regional trends in all-cause mortality among adults with coexisting multiple myeloma and cardiovascular disease in the United States, 1999-2023: A CDC WONDER analysis

Noor 2026

Semergen. 2026 Apr;52(3):102716

US mortality trends among adults with coexisting multiple myeloma and cardiovascular disease were examined to identify demographic, regional, and cardiovascular subtype disparities over time.

[10.1016/j.semerg.2026.102716](https://doi.org/10.1016/j.semerg.2026.102716)



Cancer

Multiple myeloma





# ONS Update

## Longevity and Mortality



### Healthy life expectancy by national area deprivation, England and Wales: between 2013 to 2015 and 2022 to 2024

Life expectancy and years expected to live in "good" health by deprivation level in England and Wales. Includes estimates of life expectancy between 2011 to 2013 and 2022 to 2024.



Longevity and mortality

Longevity and mortality

<https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/healthinequalities/bulletins/healthylifeexpectancybynationalareadeprivationenglandandwales/between2013to2015and2022to2024>



### Self-harm and suicide by sexual orientation, England and Wales: March 2021 to December 2023

A population-level analysis of rates of intentional self-harm and suicide by sexual orientation for people aged 16 years and over in England and Wales.



Longevity and mortality

Suicide

<https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/mentalhealth/bulletins/selfharmandsuicidebysexualorientationenglandandwales/march2021todecember2023>



# Other Health bodies

## Longevity and Mortality



### New UKHSA data shows 1,504 heat-related deaths during summer of 2025

Latest data shows Summer 2025 saw 1,504 heat-associated deaths in England.



Longevity and  
mortality

Heat-related deaths

<https://www.gov.uk/government/news/new-ukhsa-data-shows-1504-heat-related-deaths-during-summer-of-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

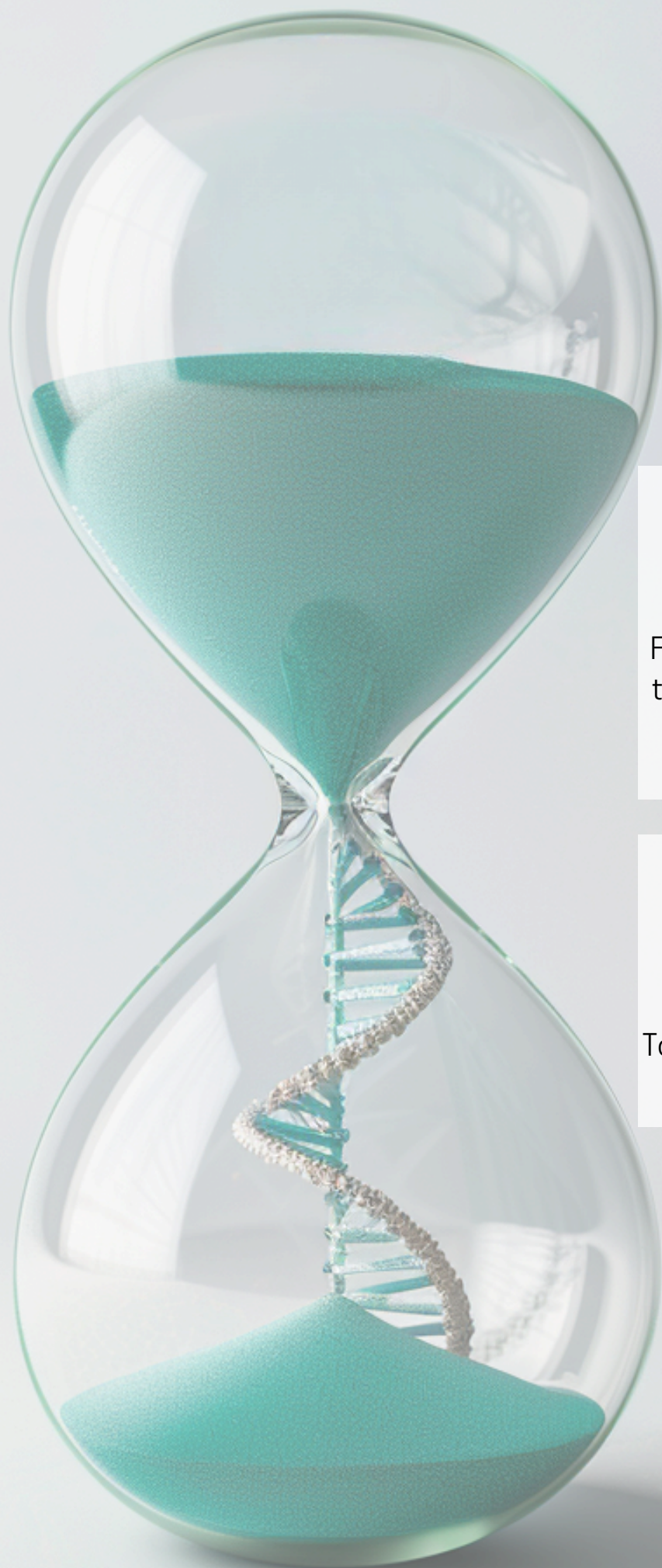
Respect for Privacy and  
Confidentiality

Accountability and Professionalism

Justice

Environmental Responsibility

Commitment to Continuous Ethical  
Reflection



**Disclaimer:**

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

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