



LONGEVITY NEWSFLASH

May 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



Contents Table

- Journal Updates
 - Cardiovascular
 - Lifestyle
 - Longevity and Mortality
 - Musculoskeletal
 - Nephrology
 - Respiratory
- Statistical bodies
 - ONS
 - Lifestyle
 - Longevity and Mortality
- Other Health bodies

Newsletter Highlights

Journal updates - Highlights

The US mortality disadvantage widened substantially between 1999 and 2022, with excess deaths increasingly driven by circulatory and metabolic disease, drug poisonings, alcohol and suicide.

Updates from statistical bodies - Highlights

Deaths registered in England and Wales rose slightly in 2025, while the provisional age-standardised mortality rate fell to its lowest level since 1994; dementia and Alzheimer's disease remained the leading cause of death, accounting for 12.7% of all deaths.

Updates from other health bodies - Highlights

England's first One Health vector-borne disease surveillance report highlights Lyme disease as the most common locally acquired infection in 2025, alongside emerging tick- and mosquito-borne disease risks linked to environmental and climate change.

Journal Updates

Cardiovascular



Stroke mortality in Greece (2001-2021): Trends, sex differences, and the impact of population aging

Lioutas 2026

Int J Stroke. 2026 Jun;21(5):688-698.

A national analysis used mortality and population data to examine long-term trends in stroke mortality in Greece between 2001 and 2021, including differences by age and sex and the relative contribution of population ageing versus changes in age-specific mortality.

10.1177/17474930251389510



Cardiovascular

Stroke



Global, regional, and national burden of subarachnoid hemorrhage among older adults, 1990-2021: a systematic analysis of prevalence, incidence, mortality, and DALYs with projections to 2050

Zhou 2026

J Clin Neurosci. 2026 Aug;150:112061

Global, regional and national patterns in subarachnoid haemorrhage burden among adults aged 60 and over were assessed from 1990 to 2021, with projections to 2050 and analysis of demographic drivers, inequalities and risk factors.

10.1016/j.jocn.2026.112061



Cardiovascular

Subarachnoid haemorrhage

Journal Updates

Lifestyle 

Healthy Eating Index, Epigenetic Age Acceleration and Mortality Risk in US Adults

Beydoun 2026
Aging Cell. 2026 May;25(5):e70504

This study examined associations between diet quality, epigenetic age acceleration, and mortality in two U.S. cohorts: NHANES and HRS, while accounting for demographic and socioeconomic determinants.

10.1111/accel.70504



Diet

Lifestyle



Causal Analysis of Multidimensional Dietary Data to Assess Effects on All-Cause Mortality

Melaku 2026
Nutrients. 2026 May 21;18(10):1629

Using NHANES data, this study applied multivariate causal inference methods to examine dietary patterns and individual dietary components in relation to all-cause mortality among US adults.

10.3390/nu18101629



Diet

Lifestyle



Personality Traits and Social Isolation in Older Adults

Ren 2026
JAMA Netw Open. 2026 May 1;9(5):e269569

Using data from the National Health and Aging Trends Study, this cohort analysis examined whether Big Five personality traits were associated with existing social isolation and future isolation risk among older adults over up to nine years of follow-up.

10.1001/jamanetworkopen.2026.9569



Social isolation

Lifestyle



Journal Updates

Lifestyle 



The Association Between Physical Activity and Domain-Specific Cognitive Function in the Elderly: A Cross-Sectional Study and Genetic Analysis

Yin 2026

Brain Behav. 2026 May;16(5):e71423

Different patterns, intensities and amounts of physical activity were examined in relation to specific domains of cognitive function in older adults, combining cross-sectional analysis with Mendelian randomisation.

10.1002/brb3.71423



Lifestyle

Physical activity

Journal Updates

Longevity and Mortality



Causes of Excess Deaths in the US Compared With Other High-Income Countries

Bor 2026

JAMA Netw Open. 2026 May 1;9(5):e266147

Using WHO Mortality Database data, this repeated cross-sectional analysis compared cause-specific mortality in the US with 17 other high-income countries from 1999 to 2022, estimating excess deaths, years of life lost and age-standardised mortality rate ratios.

10.1001/jamanetworkopen.2026.6147



Longevity and mortality

Longevity and mortality



Survival and life expectancy inequality by gender in Thai provinces: Trends from 2015 to 2023

Scherbov 2026

PLoS One. 2026 May 13;21(5):e0348587

Using newly constructed provincial life tables, this study examined sex-specific trends and geographic variation in life expectancy and survival across Thailand's 77 provinces from 2015 to 2023, with attention to the COVID-19 pandemic and environmental exposures.

10.1371/journal.pone.0348587



Longevity and mortality

Longevity and mortality



The McCance Brain Care Score and Mortality: Evidence From a Large-Scale Population-Based Cohort

Xu 2026

Ann Clin Transl Neurol. 2026 May;13(5):932-941

This study aimed to examine the relationship between the McCance Brain Care Score (BCS) and mortality in the general population from the UK biobank.

10.1002/acn3.70256



Longevity and mortality

Longevity and mortality



Journal Updates

Longevity and Mortality



The evolution of suicide mortality in Europe: decline with persistent disparities in an age-period-cohort analysis

Zhang 2026

Epidemiol Psychiatr Sci. 2026 May 6:35:e30

This study aims to determine how suicide mortality rates in Europe have changed across age, period and cohort dimensions at national and subregional levels.

10.1017/S2045796026100663



Mental Health

Suicide



CDC-WONDER database analysis of external causes of mortality and morbidity in the United States

Zhu 2026

Medicine (Baltimore). 2026 Apr 24;105(17):e48448

Using CDC WONDER data, this analysis examined long-term trends in external cause mortality in the US from 1999 to 2023, with stratification by sex, region, race and ethnicity, urbanisation level and age group.

10.1097/MD.00000000000048448



Longevity and mortality

Longevity and mortality

Journal Updates

Musculoskeletal



Trends and inequities in fall- and musculoskeletal disorder-related mortality among U.S. adults aged 65 years and older, 1999-2023

Zhang 2026

Front Public Health. 2026 Apr 22;14:1804068

To assess national and subgroup trends in aggregate mortality attributable to MSDs or falls among U.S. adults aged ≥ 65 years (1999-2023).

10.3389/fpubh.2026.1804068



Musculoskeletal

Musculoskeletal disorders

Journal Updates

Nephrology 



National All-Cause Mortality Trends Among Adults With and Without CKD in the United States, 1999-2019

Choi 2026

Am J Kidney Dis. 2026 Jun;87(6):820-827.e1.

Using NHANES data linked to mortality follow-up, researchers assessed contemporary trends in all-cause mortality among US adults with chronic kidney disease between 1999 and 2019, including differences by sex and demographic subgroup.

10.1053/j.ajkd.2026.01.010



Gastrointestinal

Chronic kidney disease

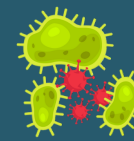
Journal Updates

Respiratory 

Age-specific mortality patterns across influenza pandemics: evidence from all-cause mortality data across multiple populations

Steele 2026**Int J Epidemiol. 2026 Apr 17;55(3):dyag061**

Using harmonised Human Mortality Database data, this cross-national analysis compared age-specific excess mortality patterns across 48 populations during the 1918, 1957, 1968 and 2009 influenza pandemics.

10.1093/ije/dyag061**Infection**

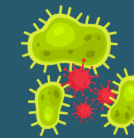
Influenza



National and subnational burden of XDR-TB in China, 1990-2023: Long-term trends, regional disparities, and projections, 2024-2050

Zhang 026**J Infect. 2026 May;92(5):106728**

Drawing on GBD 2023 and Chinese CDC data, this analysis assessed national and provincial trends in extensively drug-resistant tuberculosis burden in China from 1990 to 2023, covering incidence, prevalence, mortality and disability-adjusted life years.

10.1016/j.jinf.2026.106728**Infection**

Treatment-resistant tuberculosis



ONS Update

Lifestyle 



Alcohol-specific deaths in the UK: registered in 2024

Deaths caused by diseases known to be a direct consequence of alcohol, by age, sex, and region.



Lifestyle

Alcohol-related mortality

<https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/causesofdeath/bulletins/alcoholrelateddeathsintheunitedkingdom/registeredin2024>





ONS Update

Longevity and Mortality



Death registration summary statistics, England and Wales: 2025

Registered deaths by age, sex, selected underlying causes of death and the leading causes of death. Contains death rates and death registrations by area of usual residence and single year of age.

<https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/bulletins/deathregistrationsummarystatisticsenglandandwales/2025>



Mortality

Mortality



Past and projected period and cohort life tables: 2024-based, UK, 1981 to 2074

Period and cohort life tables, including expectations of life, using past and projected mortality data from the 2024-based national population projections.

<https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/lifeexpectancies/bulletins/pastandprojecteddatabyperiodandcohortlifetables/2024baseduk1981to2074>



Longevity

Longevity



Other Health bodies

Longevity and Mortality



Salmonella cases in England at a decade high

New data published today by the UK Health Security Agency (UKHSA) shows consistently high levels of Salmonella and Campylobacter cases in England.



Infection

Gastrointestinal infection

<https://www.gov.uk/government/news/salmonella-cases-in-england-at-a-decade-high>



UKHSA and partners publish first One Health annual Vector-Borne Disease surveillance report

The first UKHSA One Health report tracks vector-borne diseases in England, with Lyme disease remaining the most common infection in 2025.



Infection

Vector-Borne disease

<https://www.gov.uk/government/news/ukhsa-and-partners-publish-first-one-health-annual-vector-borne-disease-surveillance-report>

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

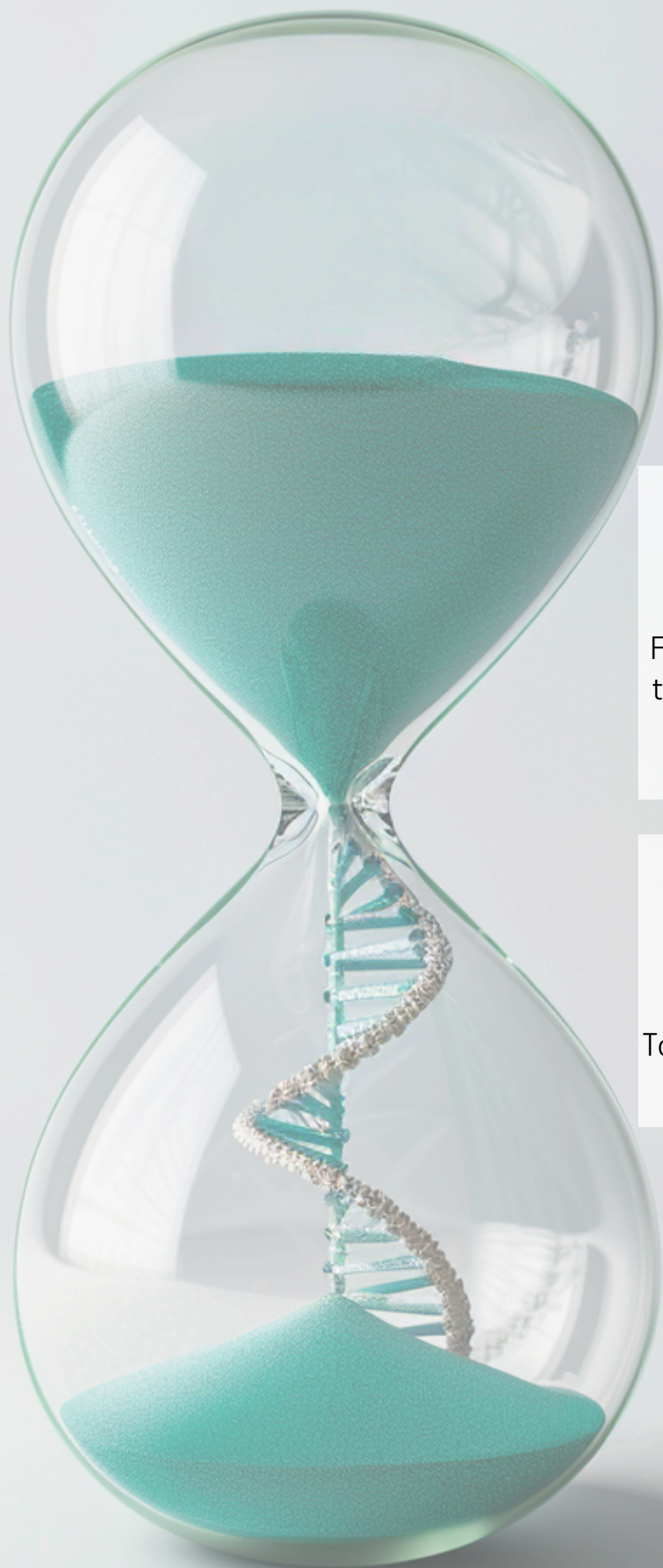
Respect for Privacy and
Confidentiality

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).

For further information about Longevity Newsflash contact newsletter@crystallise.com

To speak to us about our services contact contact@crystallise.com

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

Company No: 7980921
Data Protection Act Registration Number:
Z3363643