



LONGEVITY NEWSFLASH

July 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

An NHANES analysis followed 4,104 adults with cardiovascular disease for a median of 7.2 years. Each five-year increase in PhenoAge acceleration was associated with 24% higher odds of Alzheimer's disease, 22% higher odds of Parkinson's disease and 30% higher all-cause mortality; the two neurodegenerative conditions mediated 20%–33% of the relationship with mortality. A healthier lifestyle was associated with lower biological ageing-related mortality risk.

Updates from statistical bodies - Highlights

New ONS small-area estimates for 2019–2023 put median healthy life expectancy at 65.3 years for males and 66.8 for females in England, compared with 62.5 and 63.8 in Wales. Gaps between relatively low- and high-HLE areas exceeded 12 years, while disability-free life expectancy varied slightly less.

Journal Updates

Cardiovascular



Trends in mortality and disability from ischaemic stroke in Europe, 1990-2023

Brigo 2026
Eur Stroke J. 2026 Jul 6;11(7):aakag082

GBD 2023 estimates were used to assess trends in mortality, disability and overall disease burden from ischaemic stroke across Europe between 1990 and 2023.

DOI: 10.1093/esj/aakag082



Cardiovascular

Ischaemic stroke



Accelerated Biological Aging, Neurodegenerative Disease, and Mortality in Cardiovascular Disease Patients: Mediation and Modification Analysis

Li 2026
CNS Neurosci Ther. 2026 Aug;32(8):e71059

An NHANES analysis of 4,104 adults with cardiovascular disease examined relationships between PhenoAge, neurodegenerative disease and mortality over a median 7.2 years.

DOI: 10.1002/cns.71059



Cardiovascular

Cardiovascular disease



Journal Updates

Haematology



Life expectancy of people with hemophilia in France in 2022

Tabele 2026

Eur J Epidemiol. 2026 Jun;41(6):743-753

A longitudinal analysis of 9,928 people in the FranceCoag database compared life expectancy with the French general population, including differences by haemophilia severity.

DOI: 10.1007/s10654-026-01389-z



Blood

Haemophilia

Journal Updates

Lifestyle 

Recording and monitoring deaths during heatwaves: a scoping review of mortality attribution and surveillance systems

Akalu 2026**Int J Hyg Environ Health. 2026 Jul;276:114858**

A global scoping review mapped how heatwave-related deaths are attributed, coded, recorded and monitored, including the use of real-time surveillance systems.

DOI: 10.1016/j.ijheh.2026.114858**Lifestyle****Heatwave**

Joint risk factor within target range and hazard of premature mortality in people with obesity

Chen 2026**Sci Rep. 2026 May 5;16(1):20881**

A UK Biobank analysis examined whether maintaining five modifiable risk factors within target ranges was associated with premature mortality among people with obesity.

DOI: 10.1038/s41598-026-46692-7**Lifestyle****Obesity**

A retrospective observational analysis of the global burden of smoking-attributable prostate, bladder, and kidney cancers among adults aged 40 years and older: Based on the global burden of disease study 2021 with projections to 2045

Chen 2026**Sci Prog. 2026 Jul-Sep;109(3):368504261466968**

A GBD 2021 analysis assessed trends in smoking-attributable prostate, bladder and kidney cancer among adults aged 40 and over, with projections to 2045.

DOI: 10.1177/00368504261466968**Lifestyle****Smoking**

Journal Updates

Lifestyle 



A data-driven trajectory analysis reveals associations between temporal patterns of within-day energy intake and mortality risk in U.S. adults: NHANES 2005-2018

Mao 2026

Eur J Nutr. 2026 Jul 15;65(5):213

NHANES data from 28,425 US adults were used to identify patterns in the timing of daily energy intake and examine their associations with mortality.

DOI: 10.1007/s00394-026-04020-9



Lifestyle

Energy intake



Temporal dynamics of mortality risk from short-term air pollution exposure in Canada: An epidemiological analysis using time-varying non-linear models

Pan 2026

Environ Res. 2026 Sep 1;305(Pt 1):124938

Data from 101 Canadian census divisions were used to examine how short-term associations between air pollution and mortality changed from 2001 to 2015 and varied by population size.

DOI: 10.1016/j.envres.2026.124938



Lifestyle

Pollution



Trends in multimorbidity among US adults and the correlation between physical activity and mortality: Prospective cohort study from 1999 to 2018

Yu 2026

Medicine (Baltimore). 2026 Jul 3;105(27):e49564

An NHANES cohort of 39,940 US adults assessed trends in multimorbidity from 1999 to 2018 and relationships between physical activity, mortality and life expectancy.

DOI: 10.1097/MD.00000000000049564



Lifestyle

Exercise



Journal Updates

Longevity and Mortality



Systemic immune inflammation, physical function, and mortality in US adults: A prospective follow-up analysis of NHANES 2011 to 2014

Chang 2026
Medicine (Baltimore). 2026 Jul 31;105(31):e49987

An NHANES follow-up analysis of 4,548 US adults examined relationships between physical function, sleep, systemic inflammation and mortality.

DOI: 10.1097/MD.00000000000049987



Longevity and mortality

Longevity and mortality



Association between periodontal disease and intrinsic capacity in older adults: insights from NHANES 2009-2014

Dibello 2026
Geroscience. 2026 Jun;48(3):4157-4172

A cross-sectional analysis of NHANES 2009–2014 examined links between periodontal disease and five domains of intrinsic capacity among 551 adults aged 60 and over.

DOI: 10.1007/s11357-025-01884-3

Other

Periodontal disease



Global, regional, and national trends in the morbidity gap and contributing diseases, injuries, and risk factors, 1990-2023: a systematic analysis for the Global Burden of Disease Study 2023

Hay 2026
Lancet Public Health. 2026 Aug;11(8):e487-e505

A GBD 2023 analysis examined trends in years spent in poor health across 204 countries and territories from 1990 to 2023, including contributions from diseases, injuries and risk factors.

DOI: 10.1016/S2468-2667(26)00098-8



Longevity and mortality

Longevity and mortality



Journal Updates

Longevity and Mortality



Older adults life expectancy in China: Bayesian mortality estimation and spatially heterogeneous determinants

Hu 2026
Front Public Health. 2026 Jul 6:14:1851714

Using China's 2015 National 1% Population Sample Survey, researchers estimated life expectancy from age 60 across 31 provinces and examined geographic variation in its socio-environmental determinants.

DOI: 10.3389/fpubh.2026.1851714



Longevity and
mortality

Longevity and mortality



Structural gradients in excess mortality during and after the COVID-19 pandemic: economic development, preparedness, and cross-national differences, 2020-2024

Jang 2026
J Glob Health. 2026 Jul 31:16:04246

A cross-national analysis estimated excess mortality in 59 countries from 2020 to 2024 and examined its relationship with economic development and pandemic preparedness.

DOI: 10.7189/jogh.16.04246



Longevity and
mortality

Pandemic



Estimating the impact of discharge to nursing home on readmission and mortality: a propensity score matched analysis

Kristiansson 2026
BMC Geriatr. 2026 Jul 4;26(1):909

A Swedish registry analysis compared readmission and mortality among multimorbid adults aged over 65 discharged to a nursing home or to their own home with formal care.

DOI: 10.1186/s12877-026-07761-8



Longevity and
mortality

Longevity and mortality



Journal Updates

Longevity and Mortality



Estimating healthy life years without activity limitations using medical claims data in Japan

Nishi 2026

Int J Epidemiol. 2026 Jun 24;55(4):dyag126

Researchers developed a machine-learning method using medical claims data to estimate healthy life years without activity limitations across municipalities in Kyoto, Japan.

DOI: [10.1093/ije/dyag126](https://doi.org/10.1093/ije/dyag126)



Longevity and mortality

Longevity and mortality



At-Home Deaths and Regional Factors in Japan

Shimizu 2026

Tohoku J Exp Med. 2026 Jul 4;269(2):203-209

A municipal-level analysis used Japanese national data and machine learning to examine and rank regional factors associated with deaths at home.

DOI: [10.1620/tjem.2025.J094](https://doi.org/10.1620/tjem.2025.J094)



Lifestyle

Living conditions



The association between triglyceride-glucose index and all-cause mortality in postmenopausal women: A cohort study from NHANES

Yao 2026

Medicine (Baltimore). 2026 Jul 17;105(29):e49762

An NHANES cohort of 3,925 postmenopausal women examined the relationship between the triglyceride-glucose index and all-cause mortality, including a possible risk threshold.

DOI: [10.1097/MD.00000000000049762](https://doi.org/10.1097/MD.00000000000049762)



Longevity and mortality

Longevity and mortality



Journal Updates

Nephrology



Mortality trend for kidney disease over three decades in Italy: a dynamic population study

Bellizzi 2026

J Nephrol. 2026 Jul 31;39(3):519-527

Italy's National Causes of Death Register was used to track kidney disease mortality from 1992 to 2019 and compare trends with other chronic diseases.

DOI: [10.1093/joneph/aajaf081](https://doi.org/10.1093/joneph/aajaf081)



Renal

Kidney disease

Journal Updates

Oncology 



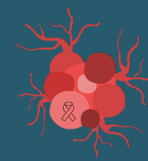
Global, Regional, and National Burden of Liver Cancer from 1990 to 2021 and Projections to 2050: A Global Burden of Disease Study 2021

Yun 2026

Gut Liver. 2026 Jul 15;20(4):681-693

A GBD 2021 analysis examined global and regional trends in liver cancer mortality, disability and contributing risk factors from 1990 to 2021, with projections to 2050.

DOI: 10.5009/gnl250311



Cancer

Liver cancer

Journal Updates

Respiratory



Long-term mortality in patients with first-time pulmonary embolism according to the presence of comorbidities at baseline: a nationwide register study

Tavoly 2026

Eur J Intern Med. 2026 Jul;149:106850

A Swedish nationwide register study compared long-term mortality and life expectancy among cancer-free patients with a first pulmonary embolism and matched controls, accounting for baseline comorbidities.

DOI: 10.1016/j.ejim.2026.106850



Respiratory

Pulmonary embolism



ONS Update

Longevity and Mortality



Health state life expectancy estimates for Middle layer Super Output Areas, England and Wales: 2019 to 2023

Estimates of health expectancy at birth for small area populations based on self-assessed health and self-assessed activity limitation.



**Longevity and
Mortality**

Longevity and Mortality

<https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/healthandlifeexpectancies/bulletins/healthstatelifeexpectancyestimatesformiddlelayerssuperoutputareasenglandandwales/2019to2023>





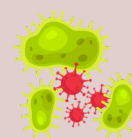
ONS Update

Infectious disease



The impact of hospitalisation for sepsis on employee earnings and employment status, England: April 2014 to December 2024

The change in employee earnings and employment after hospitalisation for sepsis, compared with 12 to 24 months before hospitalisation.



Infection

Sepsis

<https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/healthandwellbeing/bulletins/theimpactofhospitalisationforsepsisonemployeeearningsandemploymentstatusengland/april2014todecember2024>



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.

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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

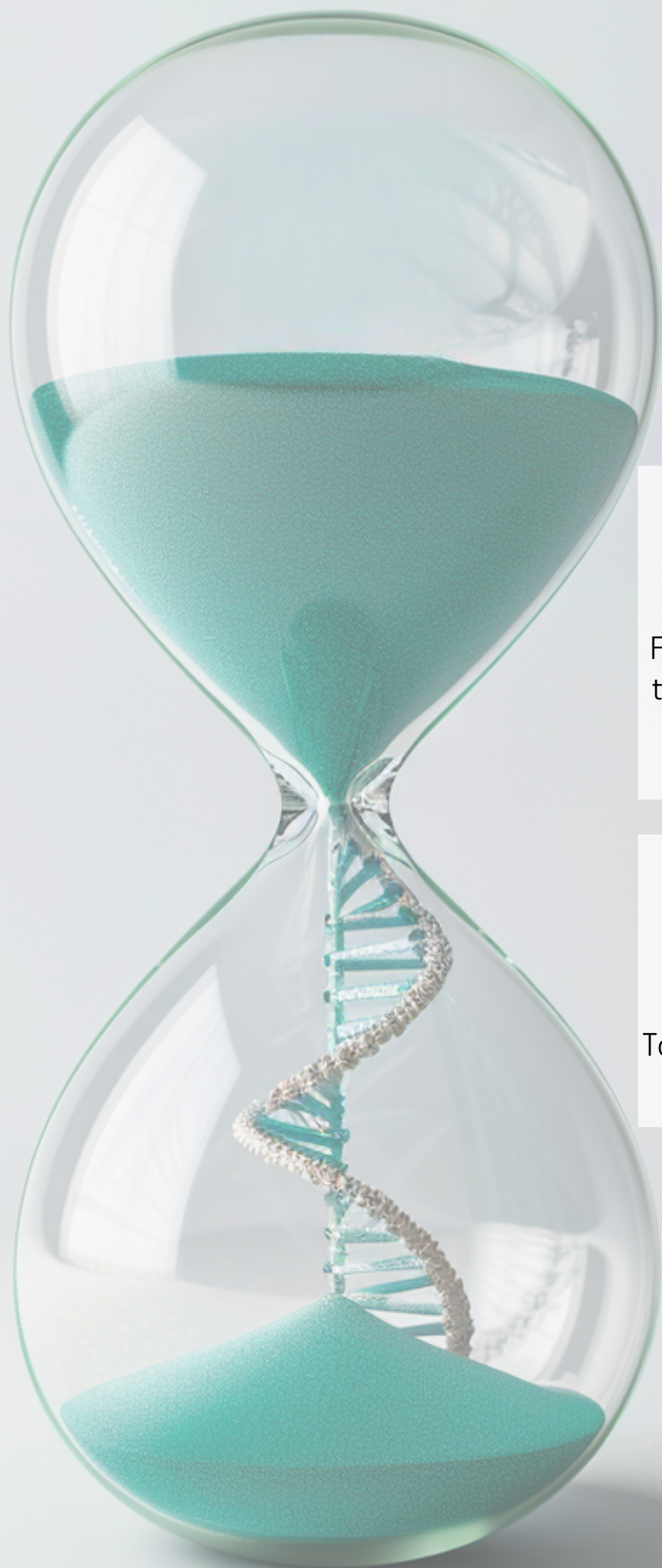
Respect for Privacy and
Confidentiality

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:
1 The Atrium, Phoenix Square
Wyncolls Road
Colchester
Essex CO4 9AS

Company No: 7980921
Data Protection Act Registration Number:
Z3363643