



LONGEVITY NEWSFLASH

August 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

Stroke deaths attributable to high systolic blood pressure among adults aged 45 and over rose by 51.5% worldwide between 1990 and 2021, despite declining age-standardised mortality rates, with the highest rates in countries with lower sociodemographic development.

Updates from statistical bodies - Highlights

Between 1988 and 2025, the ONS estimated that the coldest days were associated with more deaths than the hottest days in England and Wales, although the share associated with extreme heat has risen in recent years.

Journal Updates

Cardiovascular



Trends of Mortality and Years of Life Lost Due to Stroke Among Older Adults in China and Its Provinces, 2005-2020

Wang 2026

Neurology. 2026 Sep 8;107(5):e218376

An analysis of stroke mortality and years of life lost among adults aged 65 and over across China and its provinces from 2005 to 2020, including trends by stroke subtype.

DOI: 10.1212/WNL.00000000000218376



Cardiovascular

Stroke



Global, Regional, and National Burden of Stroke Attributable to High Systolic Blood Pressure in Adults Aged 45 Years and Above From 1990 to 2021, with Projections to 2045: A Systematic and Comprehensive Analysis of the Global Burden of Disease Study 2021

Yu 2026

Arch Iran Med. 2026 Feb 1;29(2):98-111.

An analysis of stroke deaths and disability attributable to high systolic blood pressure among adults aged 45 and over worldwide from 1990 to 2021, using Global Burden of Disease data with projections to 2045.

DOI: 10.34172/aim.34957



Cardiovascular

Hypertension

Journal Updates

Lifestyle 

Prioritisation of older adults in global climate change adaptation plans: a comparative policy document analysis of 204 countries

Katz 2026**Lancet Healthy Longev. 2026 Jul;7(7):100877**

A comparison of national climate adaptation plans from 204 countries, examining how they address the health and wellbeing needs of adults aged 65 and over.

DOI: 10.1016/j.lanhl.2026.100877**Lifestyle**

Climate related death



Body weight variability and mortality in older adults: a nationwide population-based cohort study

Seo 2026**Sci Rep. 2026 May 28;16(1):24388**

A nationwide South Korean cohort study examining the association between fluctuations in body weight and mortality among adults aged 75 and over.

DOI: 10.1038/s41598-026-55150-3**Lifestyle**

Body weight



Journal Updates

Longevity and Mortality



Trends and geographic differences in life expectancy in Australia during the COVID-19 pandemic: a multiple cause of death analysis

Adair 2026

Popul Health Metr. 2026 Jun 17;24(1):52.

An analysis of Australian death registrations from 2017 to 2023 examining how COVID-19, other respiratory infections and underlying causes of death contributed to changes in life expectancy across the country.

DOI: 10.1186/s12963-026-00490-5



Longevity &
Mortality

Mortality



Assessing Associations of Three Types of Higher-Risk Medication Use and Mortality in Older Adults

Chaitoff 2026

J Am Geriatr Soc. 2026 Aug;74(8):2308-2316

A prospective US cohort study examining how polypharmacy, major drug interactions and potentially inappropriate medicines relate to all-cause mortality in adults aged 65 and over.

DOI: 10.1111/jgs.70569



Longevity &
Mortality

Mortality



Improving mortality rate estimation in 825 European cities: a linear mixed-effects modelling approach using Urban Audit data

Dyer 2026

Eur J Public Health. 2026 Aug 4;36(5):ckag155

This study developed a standardized method for age- and sex-specific mortality rate estimation for 825 European cities, using open-source data.

DOI: 10.1093/eurpub/ckag155



Longevity &
Mortality

Mortality



Journal Updates

Longevity and Mortality



Mapping drivers of life expectancy change in Asia from 1990 to 2023

GBC collaborators 2023

Nature. 2026 Aug;656(8129):971-979.

An analysis of life expectancy, cause-specific mortality and risk factors across 34 Asian countries and territories from 1990 to 2023, using data from the Global Burden of Disease Study 2023.

DOI: 10.1038/s41586-026-10739-6



Longevity & Mortality

Life expectancy



Evolving sex differences in suicide mortality by age in Spain, 2000-2023: a nationwide trend analysis

Irigoyen-Otinano 2026

J Epidemiol Community Health. 2026 Aug 10;80(9):734-739

A nationwide analysis of suicide mortality in Spain from 2000 to 2023, examining trends by age and sex and changes in the male-to-female rate ratio.

DOI: 10.1136/jech-2025-225558



Mental Health

Suicide



Survival gains and healthy life expectancy across 185 countries: A global ageing surveillance study, 2000-2021

Wu 2026

Arch Gerontol Geriatr. 2026 Nov;150:106362

A global analysis of life expectancy and healthy life expectancy across 185 countries from 2000 to 2021, examining whether gains in survival were accompanied by gains in healthy years of life.

DOI: 10.1016/j.archger.2026.106362



Longevity & Mortality

Life expectancy



Journal Updates

Nephrology



Burden of chronic kidney disease and its attributable risk factors in 204 countries and territories, 1990-2021: Results from the Global Burden of Disease study 2021

Tao 2026

Medicine (Baltimore). 2026 Aug 7;105(32):e50111

An analysis of chronic kidney disease prevalence, deaths and disability across 204 countries and territories from 1990 to 2021, using Global Burden of Disease data to examine trends and attributable risk factors.

DOI: 10.1097/MD.00000000000050111



Genitourinary

Chronic kidney disease



Incidence, DALYs, and death rates of chronic kidney disease in China, 1990-2023: Results from the Global Burden of Disease Study 2023

Wang 2026

Chin Med J (Engl). 2026 Aug 5;139(15):2309-2317

An analysis of chronic kidney disease incidence, deaths and years of healthy life lost in China from 1990 to 2023, using Global Burden of Disease data to examine trends and contributing risk factors.

DOI: 10.1097/CM9.00000000000004162



Genitourinary

Chronic kidney disease

Journal Updates

Neurology



Aging with dual burdens: cross-national evidence on mortality among older Hispanic adults with diabetes and dementia

Chung 2026

J Gerontol B Psychol Sci Soc Sci. 2026 Aug 4;81(9):gbag130.

A comparison of five-year survival among Mexican-origin adults aged 74 and over in the United States and Mexico, according to whether they had diabetes, dementia, both conditions or neither.

DOI: 10.1093/geronb/gbag130



Longevity & Mortality

Dementia, diabetes



National trends and disparities in mortality among U.S. older adults, with coexisting Alzheimer's disease and hypertension, 1999-2023

Rashid 2026

J Alzheimers Dis. 2026 Aug;112(4):1791-1801

An analysis of US death certificates from 1999 to 2023 examining mortality trends and demographic and geographic differences among adults aged 65 and over whose deaths listed both Alzheimer's disease and hypertension.

DOI: 10.1177/13872877261461304



Longevity & Mortality

Dementia, hypertension

Journal Updates

Oncology 

Population ageing and gastric cancer mortality burden in China, 2008-2021: a nationwide analysis with projections to 2036

Fang 2026**Front Public Health. 2026 Aug 5:14:1875254**

A nationwide analysis of gastric cancer mortality and years of life lost in China from 2008 to 2021, examining demographic and regional differences and projecting mortality rates to 2036.

DOI: 10.3389/fpubh.2026.1875254**Cancer**

Gastric cancer



Current burden, incidence trends, and future projections of pancreatic cancer in adults worldwide

Guo 2026**J Glob Health. 2026 Aug 28:16:04278**

A global analysis of pancreatic cancer incidence and mortality in adults, examining geographic and socioeconomic differences, historical trends and projections to 2045.

DOI: 10.7189/jogh.16.04278**Cancer**

Pancreatic cancer



ONS Update

Longevity and Mortality



Climate-related mortality, England and Wales: 1988 to 2025

Relative risk of all-cause mortality and estimated deaths associated with the hottest and coldest days for regions of England, and Wales from 1988 to 2025.



**Longevity &
Mortality**

Heat-related death

<https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/bulletins/climaterelatedmortalityenglandandwales/1988to2025>

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.

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To make the synthesis and analysis of biomedical evidence more efficient, objective and reliable.

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Social responsibility

Innovation

Integrity

Reliability

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Integrity

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Consideration

Avoiding Conflicts of Interest

Probity

Honesty

Scientific and Methodological
Rigour

Transparency and Disclosure

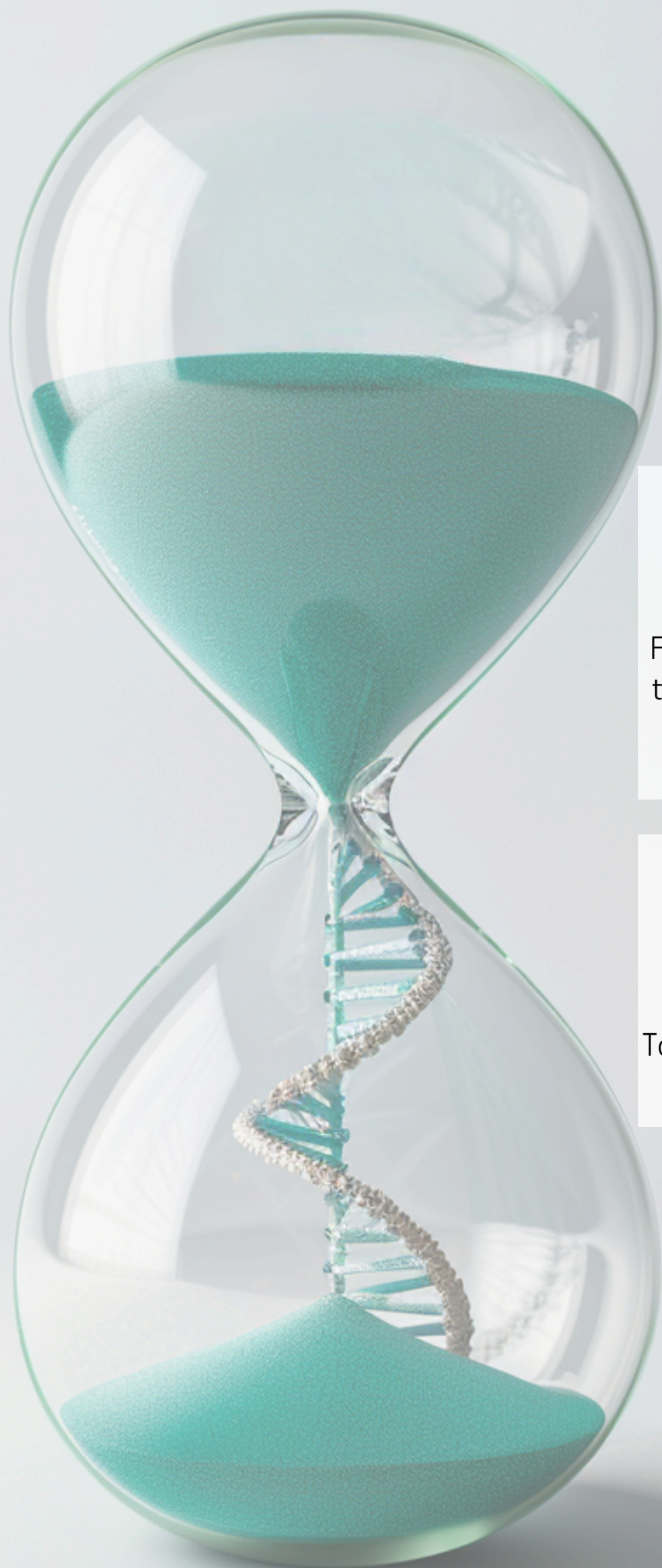
Respect for Privacy and
Confidentiality

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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