Newsletter DARE
DIGITAL LIFELONG PREVENTION

English version



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Prevention is, in some ways, a **"terrible product"**: it requires immediate and certain investment, while its benefits often emerge in the medium to long term, are spread across different parties, and are not always easy to measure or translate into economic value. This is one reason why many promising innovations struggle to become adopted solutions, and why many effective prevention interventions find it hard to become sustainable services.

The new Development Plan of Fondazione DARE starts from this challenge and sets out a clear mission: **to shorten the last mile that separates knowledge, innovation, and health needs from their real capacity to generate impact**.

DARE intends to do so through two complementary pathways.

The first concerns **bringing research-generated innovations into practice**. The aim is to support researchers and research groups in moving beyond the idea that the final outcome is primarily a scientific publication, by introducing a genuine value proposition for knowledge. Tools such as the Business Model Canvas, the Business Plan, and impact assessment make it possible to ask who will use the innovation, what problem it solves, what value it generates, and

what economic, organisational, and financial conditions make its adoption and diffusion possible.

The second pathway starts instead from the **need for prevention**. DARE intends to support the design and implementation of advanced services that can deliver greater value for users and, at the same time, greater sustainability for those who provide them, whether the Italian National Health Service or a private entity.

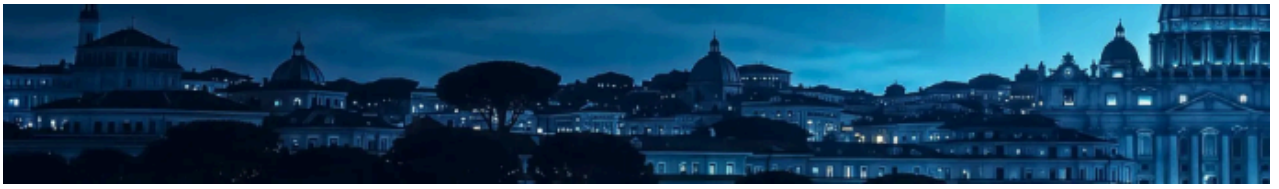
In reality, both pathways use **the same metric**. In each case, it is necessary to determine the value generated by prevention, build a business model, estimate its health, social, and economic impact, and identify the conditions that allow the transition from pilot to scale.

The final step, therefore, concerns **finance**. DARE intends to develop financial engineering models that link investments and impacts over time, creating shared metrics through which the public and private sectors can jointly contribute to the sustainability of prevention.

This is the trajectory proposed by the Foundation: **to transform the value of knowledge into the value of prevention, and the value of prevention into measurable and sustainable impact.**

Davide Fava, General Director of Fondazione DARE





DARE 2026 – 1st National Forum on Digital Prevention

On 19–20 November 2026, in Rome, DARE will mark the conclusion of its four-year journey with the 1st National Forum on Digital Prevention.

Funded by the **Italian Ministry of University and Research (MUR)**, DARE has brought together universities, research institutions, IRCCS hospitals, companies and other innovation stakeholders over the past four years to develop and test new approaches, technologies and models for prevention and health promotion.

The Forum marks the conclusion of this programme while opening a broader dialogue with the entire prevention ecosystem: **institutions, research, healthcare, industry, the third sector and all those working to improve health and wellbeing**.

Over two days, participants will explore the **results, experiences and solutions** developed throughout the project, exchange perspectives and good practices, foster new collaborations, and discuss the challenges and opportunities shaping the future of digital prevention in Italy.

Register for the event **by October 26th**.

📍 **Rome | Auditorium Antonianum | 19-20 November 2026**

🚀 **Visit the website and check the program**

👉 **Registration form**

Call for posters for DARE 2026

*The **call for posters** for DARE 2026 is now open: a way to share projects, experiences and research on digital prevention, and to bring voices and perspectives that go beyond the DARE programme as well.*

Selected posters will be displayed in digital format over the two days of the National Forum. The call is also open to contributions from outside the project.

Submit your contribution by sending an abstract in English by **November 2nd.**
Notification of acceptance will be sent by November 6th.

Submission form

Practical Guidelines on Legal and Regulatory Requirements for AI in Healthcare

The new DARE deliverable **“Guidelines on the Implementation of Requirements”** is now available on Zenodo, providing practical guidance on the legal, ethical and regulatory requirements to be considered when developing and using artificial intelligence systems in medical and healthcare contexts.

The document translates a complex and multi-layered regulatory landscape into **practical guidance** for researchers, healthcare professionals, developers and project partners, helping them understand which requirements need to be considered, how they interact with one another, and which safeguards should be taken into account throughout the development, testing, validation and use of AI systems.

The deliverable aims to support a more informed and structured approach to the development and adoption of **AI in healthcare**.

👉 **Read the full deliverable on Zenodo**

DARE Summer School 2026

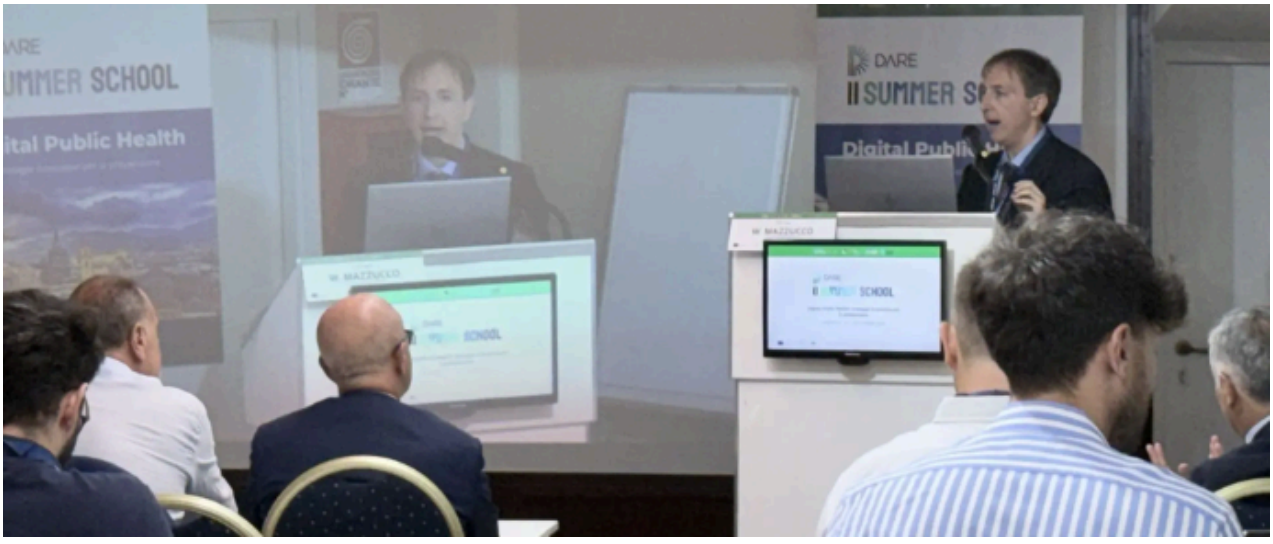
DARE

SUMMER SCHOOL

The second edition of the DARE – Digital Lifelong Prevention project's Summer School took place in Palermo from 10 to 12 September 2026. The initiative was organized by the University of Palermo, led by Prof. Walter Mazzucco, and held under the patronage of the Italian Society of Hygiene, Preventive Medicine and Public Health (SItI).

Fifty PhD students, research fellows, grant holders, and physicians in specialist training, coming from across Italy, took part in three days dedicated to the role of Digital Health and Artificial Intelligence in prevention and Public Health. The program covered four areas: infrastructure and data for digital prevention, governance and the ethical-legal aspects of health data processing, AI applications in prevention programs, and the One Health approach. Plenary talks alternated with "Head to Head" debate sessions — for example on the risk that AI might amplify health inequalities — and a round table on digital tools supporting vaccination pathways.





The core learning experience of the School was the **Challenge Session**. Participants, divided into five working groups each supported by a tutor, tackled five project challenges:

1. lifestyles and digital behaviour change;
2. AI in organized prevention programs;
3. environmental health and One Health;
4. mental health and wellbeing of young people;
5. digital equity and proximity prevention.

From problem definition to solution development, the groups' work concluded with a pitch session and the awarding of the best project, from the group that worked on "Environmental Health and One Health".



Considerable space was devoted to the **DARE pilot projects**, presented across three thematic

sessions:

- integration of environmental, climate, and health data;
- digital tools for Lifelong Prevention pathways;
- multimodal predictive models.

These sessions gave young researchers direct exposure to ongoing experiences and developments.

The Summer School also hosted the national session of the *Giornate degli Specializzandi in Igiene e Medicina Preventiva* (Days of Specialist Trainees in Hygiene and Preventive Medicine) and the Scientific Meeting of the SItI National Council of Specialist Trainees. This strengthened the dialogue between the DARE project and the community of future Public Health professionals.

We really wish to thank to the University of Palermo, Prof. Walter Mazzucco, the lecturers, tutors, and all participants who contributed to the success of this second edition.



“In circolo”: from research to health innovation

How can an idea born in research become a solution capable of creating value for health?

This is the question at the heart of **“In circolo”**, a podcast produced by Radio Activa Plus about the acceleration program funded by the DARE project, "*G-Force*".

Across **two episodes**, the podcast gives a voice to the people involved in this journey and

explores one of the key challenges of digital prevention: **connecting research, entrepreneurship and innovation**, helping ideas move from research towards concrete solutions with the potential to reach the market.





Developed by DARE together with **BI-REX Competence Center** and **G-Factor**, the initiative gave research teams the opportunity to engage with new tools, expertise and perspectives on innovation and entrepreneurship in the field of prevention.

Listen to both episodes of "In circolo" (available in Italian) and discover the experiences and stories behind the journey.

Training Course on Artificial Intelligence and Deep Learning

The University of Rome Tor Vergata is promoting a new online training course dedicated to Artificial Intelligence and Deep Learning, as part of the activities of the DARE – Digital Lifelong Prevention project.

A free course in Italian, aimed at those who want to understand the principles, potential, and limitations of Artificial Intelligence, with particular attention to biomedical applications and clinical practice.

8 LESSONS | 16 HOURS

The course guides participants through the entire development cycle of an Artificial Intelligence model: from task definition and data management, through learning, evaluation, neural networks, and foundational and advanced models. The course concludes with a hands-on session on a case study.

No IT or mathematical skills are required: the goal is to provide the foundations needed to understand where these technologies can be useful and to critically evaluate their results.

ASYNCHRONOUS DISTANCE LEARNING UNTIL NOVEMBER 17, 2026

For more information, click here: **DARE Training Course – Program** (available in Italian)

New courses from University of Tor Vergata soon available on the DARE website.

Tor Vergata Innovation Day

On 7 October, the University of Rome Tor Vergata hosted the Innovation Day, organised by the University to showcase the results of the 91 projects funded in recent years under the PNRR-PNC, for a total of €90 million.

In the presence of the academic community, the DARE project was presented by **Prof. Massimo Federici**, PI of Spoke 3 and Vice President of the Foundation, together with the University's other major projects: RESTART, ROME Technopole, GRINS and HEAL ITALIA.

Seated at the institutional table, alongside Tor Vergata's governance, were **Hon. Roberta Angelilli** (Vice President of the Lazio Region), **Dr Claudio Arcudi** (Unindustria) and **Dr Fabrizio Cobis** (Director at the Ministry of University and Research, MUR), who pledged the essential support of the Institutions for the future of these projects.

As Prof. Massimo Federici stressed after the event, "PNRR and PNC funding has been a great opportunity, but the challenge that now lies ahead, and one we are ready to take on, is to ensure the continuity of the great wealth we have built up, in terms of both human and technological capital: the laboratories, the platforms, the maintenance of equipment and all the research outputs we have worked on."

In the photo, from left: Prof. Renato Baciocchi (UTOV), Prof. Massimo Federici (UTOV), Hon. Roberta Angelilli (Vice President of the Lazio Region), Dr Fabrizio Cobis (Director at MUR), Dr Claudio Arcudi (Unindustria).



Upcoming events with DARE

Meet in Italy for Life Sciences 2026

📍 Rome | 13-14 October 2026

🏛️ Auditorium della Tecnica, Viale Alberto Tupini 65

Meet in Italy for Life Sciences 2026 will bring together institutions, research, industry and innovation to discuss the themes that are transforming the future of the Life Sciences.

Among the leading voices at the event will be Prof. **Lorenzo Chiari**, President of the DARE Foundation, who will present the Foundation's contribution in the DATA GOVERNANCE SUMMIT session: From Digital Transformation to Data Governance. Next-Generation Data Ecosystems for Health Governance - Digitalisation and Telemedicine: Winning Models for Health in Italy.

Expomedicina - Euro-Mediterranean Exhibition of Technological Innovation in Healthcare

📍 Catania | 25-28 October 2026

🏛️ Le Ciminiere Exhibition Centre, Piazzale Rocco Chinnici

DARE-FALLSPREDICT meets the public: two events in Bologna and Ravenna

📍 Bologna | 27 October 2026 🏛️ Aula Prodi, Piazza San Giovanni in Monte, 2

📍 Ravenna | 3 November 2026 🏛️ Santa Maria delle Croci Hospital, Viale Vincenzo Randi, 5

How can new technologies help us better understand and prevent the **risk of falls in older people**? DARE-FALLSPREDICT meets citizens and study participants in two public events, presenting in accessible language the work carried out and the results of the research activities conducted within the DARE pilot projects.

The events will also be an important opportunity to give feedback to the people who took part in the studies and contributed directly to the research, and to exchange ideas with researchers and professionals on the possible developments of technologies for assessing and preventing fall risk.

The first event will take place on Tuesday 27 October, from 4:00 to 6:00 pm, at Aula Prodi in Bologna; the second on Tuesday 3 November, from 4:00 to 6:00 pm, at Santa Maria delle Croci Hospital in Ravenna. Both events, titled "***New technologies to estimate fall risk in older people: from research to fall prevention***", are open to the public.

DARE 2026 – 1st National Forum on Digital Prevention

📍 Rome | 19-20 November 2026

🏛️ Auditorium Antonianum, Viale Manzoni 1

The Forum builds on four years of experience from the DARE project and brings together institutions, experts, stakeholders and innovation leaders. It is an opportunity to learn about the results, share experiences and build new collaborations on digital prevention.

Pilot projects' seminars

The dissemination campaign on the DARE pilot projects continues: the seminars take place online on Fridays.

- **October 16th** (registration link)
  - 11:00 - 11:30: *Preventing psychological issues related to work and lifestyles in the digital transition era* - Luca Menghini, Luciano Gamberini (Università degli Studi di Padova)
  - 11:30 - 12:00: *Monitoring lifestyles and health determinants in different settings and population targets through novel technological approaches for digital primary prevention* - Marianna Bellafiore, Garden Tabacchi (Univesità degli Studi di Palermo)
  - 12:00 - 12:30: *CALIBRE: seCondary and tertiAry digitaL preventIon of non-alcoholic and dysmetaBolic liveR disEase* - Antonio Liguori (Università Cattolica del Sacro Cuore)

- **October 23rd** (registration link)
  - 11:30 - 12:00: *Data mining, artificial intelligence, and machine learning approaches to identify subnetworks of cancer associated with early prediction, survival, metastasis or phenotypes in cancer subtypes focusing on lung* - Nicola Sverzellati (Università degli Studi di Parma)
  - 12:00 - 12:30: *Data mining and AI approaches to predict/prevent risk of healthcare assiocated infections (HAIs)* - Leonardo Emberti Gialloreti, Mariachiara Carestia (Università di Roma Tor Vergata)
  - 12:30 - 13:00: *Digital Tools in Cardiometabolic Diseases: Digital Predictors of NAFLD Complications* - Massimo Federici, Lorenzo Antonetti (Università di Roma Tor Vergata)

To register for and attend these and many other events, stay up to date through our 👉 **events calendar**

Our most recent publications

> ***DARE to wear: digital health promotion and disease prevention using wearable devices***. *D'Ascanio, I., Moscato, S., Albites-Sanabria, J., Bacalini, M.G., Bellafiore, M., et al. npj Digit. Med. 2026.*

> ***The role of sleep disorders in the motoric and cognitive trajectories of older physically frail sarcopenic and healthy active subjects: SOMNUS-DARE, a prospective cohort study***. *Salvi, M., Zucchini, I., Lauretani, F., Tanzi, B., Testa, C., Ughetti, G., et al. BMC Geriatr 26, 588. 2026.*

Integrating clinical and economic outcomes in the elderly myeloma management: a comparative cost-effectiveness analysis. *Solimando, A.G., Desantis, V., Di Marzo, L., De Martino, G., D'Amore, S., Girardi, L., Dicuonzo, G., Andriano, A., Dammacco, F., Vacca, A., Bilancia, M., Ria, R., Front. Oncol. 16, 1774263. 2026.*

Model architecture dominates nutritional estimation accuracy in vision-language systems. *Vedovelli, L., Pugnaloni, S., Lanera, C., Sabbatini, D., Bhuyan, M.J., Lorenzoni, G., Gregori, D. Sci Rep 16, 29227. 2026.*

Benchmarking short- and long-read sequencing technologies for metagenomic profiling of microbiomes. *Visci, G., Notario, E., Defazio, G., Caratozzolo, M.F., Cox, S.N., Fosso, B., Marzano, M., Pesole, G. Sci Rep 16, 22610. 2026.*

AI-powered surveillance of bronchiolitis in the Nirsevimab era: comparative performance of machine learning, deep learning, and large language models on free-text ED records. *Costa, M., Khan, M.R., Vedovelli, L., Gregori, D., Azzolina, D., Bressan, S.. BMC Emerg Med 26, 109. 2026.*

In the spotlight: "DARE to Wear", a work spanning our entire project

Among our most recent publications, "DARE to Wear" is the result of work carried out across a large part of the project. The article on DARE's studies on wearable devices has been published in *npj Digital Medicine* (Nature Portfolio). It was developed under the guidance of the biomedical engineers at the University of Bologna, with contributions from many researchers across the project.

The paper offers an overview of the **16 research protocols** through which the project is evaluating the use of wearables for continuous monitoring of physical activity, joint mobility, sleep, heart rate variability, nutrition and glucose homeostasis. The studies involve over **8,000 participants**, from healthy aging to chronic disease prevention, and use 18 devices from 12 different manufacturers.

Why it matters: it is one of the first mappings of this scale of how wearables can be deployed nationwide for prevention. Besides documenting devices and populations, the article shares the first lessons learned by the research teams, starting from the fact that wearable devices work as part of a broader ecosystem (data, context, access rules, ethical and regulatory constraints) rather than as standalone tools.

Read the full article here.





Our partners

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