

# DARE - Digital Lifelong Prevention

CUP:B53C22006380008, PROJECT CODE PNC0000002

Project funded under the National Complementary Plan to the National Recovery and Resilience Plan (NRRP),- Law decree 59 of 6 May 2021 converted with amendments to Law 101 of 1 July 2021 - Research initiatives for innovative technologies and programs in the clinical and health care sector.

## Partnership

- Fondazione DARE – HUB
- Università degli studi di Palermo – Leader Spoke 2
- University of Pittsburgh Medical Center Italy s.r.l. - Affiliate Spoke 2

**Total cost of Intervention € 1,879,008.00**

**NRRP contribution € 1,080,429.60**

The DARE (DigitAl lifelong pRevEntion) project is a comprehensive initiative that aims to establish and cultivate a connected and distributed knowledge community focused on digital preventive health care through research, innovation, and the participation of multiple stakeholders. The project will generate knowledge and multidisciplinary solutions necessary for the growth of digital prevention. Digital prevention refers to preventive vaccinations enabled by digital technologies to enhance the speed and accuracy of public health in prediction, surveillance, early diagnosis, and response to acute and chronic conditions, addressing health-related issues across the lifespan.

The DARE project is designed to integrate data collection and reinforce data governance capabilities; develop and validate advanced analysis tools for complex phenomena and scenario prediction; supporting the NHS in the evaluation and implementation of recommendations, guidelines, and best practices across all levels of prevention.

UPMC Italy is involved in the activities of SPOKE 2, *Community-Based Digital Primary Prevention*, which has two objectives: develop an advanced interoperable surveillance system powered by an innovative digital infrastructure integrating administrative, clinical, health, and environmental data sources; and provide tools for risk assessment based on lifestyles, environmental and genomic profiles, implementing innovative digital primary prevention interventions.

UPMC Italy has decided to employ some of its top researchers to achieve the strategic goals set by the project.

The current study is:

- **SHAPE (Staying Healthy After a Solid Organ Transplant): a digital Primary prEvention wellness program for non-communicable diseases (NCDs) and brain health.** This program focuses on developing a primary prevention strategy for transplant recipients to reduce the risk of non-communicable diseases such as diabetes, cancer, respiratory conditions, and cognitive decline. Its digital approach addresses various lifestyle factors, monitors quality of life, and tracks NCD-related risk factors in transplant patients. Additionally, it is designed to assess the effectiveness of a comprehensive primary prevention plan in reducing these risk factors over time.