



I-DAYS2025: HackathonSYNLAB

Challenge Themes Overview

Introduction

Population aging is one of the major social and healthcare challenges of our time. People over 60 are often affected by **chronic conditions** (cardiological, oncological, neurodegenerative, nutritional) and by **comorbidities** that impact quality of life and the sustainability of healthcare systems.

By 2050, the public healthcare system, as we know it today, may no longer be sustainable.

To address this challenge and ensure **healthy longevity**, it is essential to rethink the **Patient Journey** from the perspective of **active aging**, through an approach that starts with **prevention** and extends to **wellness**, integrating **healthy lifestyles, physical activity, personalized nutrition, and continuous health monitoring.**

Challenge 2025

«Aging Well: Promoting Healthy Longevity through Prevention, Early Diagnosis, Lifestyles, and Digital Technologies»

OBJECTIVES

Design a solution, a service, or a new model (digital, organizational, clinical, or educational) that:

- Promotes active and personalized aging by **prevention**, early **diagnosis**, effective **treatment**, and **wellbeing**.
- Facilitates the adoption of healthy lifestyles, with particular focus on **nutrition** and **physical activity**,
- Leverages **innovative technologies**, such as: molecular biology and genetics/phenotyping, AI for medical decision support or active patient engagement;

TARGET

The project proposals are intended for:

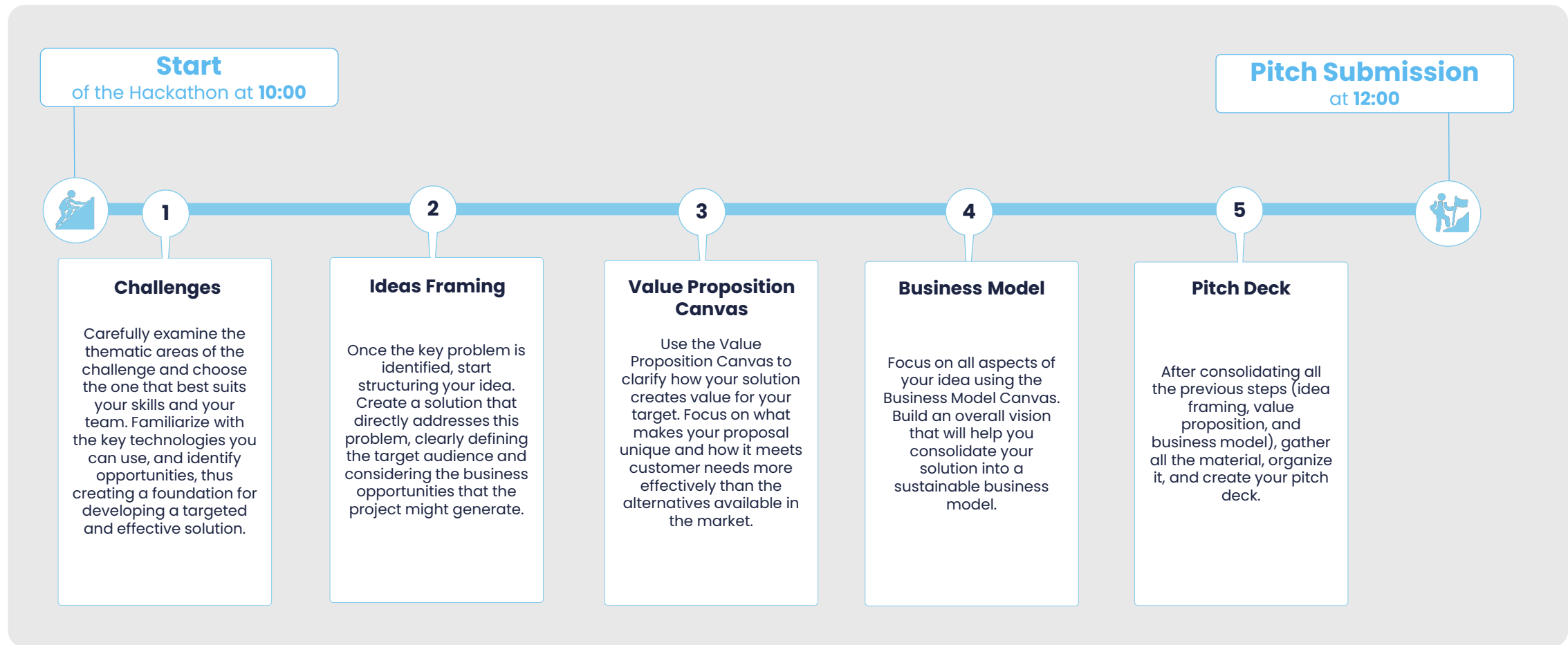
- **Elderly patients** in the prevention phase or already affected by chronic diseases;
- **Family** members and **caregivers**;
- Doctors, nurses, and other **healthcare professionals**;
- Healthcare and **community facilities**;
- Policy makers and **health system stakeholders**.

GUIDING QUESTIONS

- How can we integrate **genetic and molecular screening** into the **prevention** of neurodegenerative diseases and aging?
- How can Artificial Intelligence support healthcare professionals in **decision-making** while also enhancing patients' awareness and active engagement?
- What **services, tools, or solutions** can promote healthy aging, counter neurodegenerative diseases, and improve the quality of life of elderly people?
- How can technology improve **doctor-patient communication**?
- Is it possible to create digital engagement tools to maintain high levels of **treatment adherence**?

Workflow

Throughout the 26 hours of intense innovation, these are the key steps you will follow to drive your ideas forward.



Are you ready to develop innovative solutions to make healthcare services accessible, efficient and effective?



**SCAN THE QR CODE
AND SIGN UP!**