

Department of Health - Abu Dhabi and Å?URA partner to advance preventive health

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Initially focusing on women's health and cardiometabolic risk



Department of Health—Abu Dhabi (DoH) and Å?URA, maker of the world's leading smart ring, Oura Ring, have announced a joint research programme to study how continuous wearable data can advance preventive health.

The collaboration marks the beginning of a long-term partnership to advance Abu Dhabi's prevention-first, data-driven healthcare agenda, and will initially focus on women's health and cardiometabolic risk.

The collaboration builds on Abu Dhabi's advanced public health infrastructure and longitudinal health data assets, integrating them with Å?URA's real-time, continuous insights across key health indicators. Together, this creates a strong foundation for understanding health at a population level, enabling the identification of risk factors and supporting a shift from reactive care to more proactive, personalised intervention. The depth of Abu Dhabi's longitudinal data further strengthens its potential as a platform for population health research, offering deeper insight into how conditions such as obesity, prediabetes, cardiovascular disease, and maternal health risks emerge and evolve.

Initially centred around women's health, the partnership will explore key research pathways focused on preconception health and perinatal care, supporting the development of more targeted early interventions and improving health trajectories for women, families, and the wider population. The collaboration will also explore other key areas of health, including metabolic and cardiovascular conditions, with a clear ambition to scale successful insights and interventions beyond initial focus areas over time.

The partnership will be supported by robust data governance principles, including data minimization, transparent data processing and secure storage in line with applicable regulations and international best practices. All use of identifiable data will be strictly controlled, with access governed by jointly defined ethical and regulatory standards.

Image caption- Mansoor Al Mansoori (L), Chairman of the Department of Health – Abu Dhabi, and Tom Hale (R), CEO of Å?URA