



# 2025 GLOBAL CONFERENCE

TOWARD A FLOURISHING FUTURE

## KEY TRENDS IN HEALTH

JULY 2025

The 28th annual Milken Institute Global Conference brought together the world's brightest minds to address the most urgent challenges and unlock the most promising opportunities of our time. The four-day event featured [over 1,000 speakers across nearly 300 sessions](#) addressing health and medical research, technology and innovation, policy and regulation, and more.

This brief summarizes the **key trends, ideas, and solutions** in health discussed at the Milken Institute Global Conference.

### THE PROMISING OPPORTUNITIES OF DATA-DRIVEN HEALTH CARE

We have an abundance of health data, but they are often not translated into meaningful, actionable insights that benefit individual patients. To address this need, tools like mobile apps, remote monitoring, and artificial intelligence (AI)-powered assistants can improve access and engagement. By converting raw data points into clear, digestible information, individuals can better understand and manage their health in real time. Furthermore, aggregated datasets, coupled with AI tools, are opening doors for highly personalized care and have the potential to advance research and consumer and medical products. Opportunities exist to improve the collection of data on social determinants of health and environmental factors from a broader representation of people and from outside the clinic.

For health systems, data enable better resource allocation, reduce waste, accelerate research, and support targeted population health strategies. While there are many benefits to adopting new technology, data sharing and privacy concerns remain. Transparency, ethical data use, and a commitment to delivering value are essential. When done well, these values can improve care and increase patient centricity.

View a relevant Global Conference panel:

- [Unlocking Health Data for a Future Focused on Patients](#)

## PRECISION CARE IS ADVANCING

Precision health care is redefining the future of medicine by shifting from a one-size-fits-all approach to highly personalized treatments tailored to one's genetic, environmental, and lifestyle profile. This transformation is especially evident in cancer care, where technologies like genomic sequencing, liquid biopsies, and AI-powered diagnostics can enable earlier detection, more targeted treatment, and improved outcomes. AI plays a central role by enabling analysis of complex genomic and clinical data to match patients with the most effective therapies based on their genetic makeup.

Panelists discussed how AI is also accelerating every step of drug discovery, development, and commercialization and, in some cases, cutting two years from the development timeline. From precision oncology to population-wide screening initiatives, the goal is to deliver predictive, preventive, and precisely tailored care to each patient. Achieving this vision will require continued investment in cross-sector collaboration that ensures everyone benefits from the promise of precision health.

View relevant Global Conference panels:

- [Breaking New Ground in the Fight Against Cancer](#)
- [The Global Landscape and Opportunities for Medical Breakthroughs](#)

## THE SHIFT TOWARD PREVENTIVE HEALTH AND CHRONIC DISEASE MANAGEMENT

Health care must transition from a reactive to a preventive system to improve population health and bend the cost curve, taking a holistic view of the factors that affect our health that traditionally fall outside health care. This shift requires cross-sector collaboration and new financing models to align incentives for prevention. There is increased private-sector engagement in prevention through community partnerships and leadership from employers. Health innovation is rapidly advancing with the incorporation of technology and AI to advance diagnostics, meet workforce demand challenges, and modernize treatments such as cell and gene therapy. Furthermore, the regulatory environment has leaned toward supporting faster approval for preventive treatments and early intervention therapeutics.

Stakeholders across the ecosystem are looking to innovations in chronic disease prevention and management to improve quality while lowering costs. Comprehensive obesity care accessibility is essential to ensure that populations most in need can benefit from anti-obesity medications, including glucagon-like peptide 1 class (GLP-1) drugs. Recent analysis signals that the combination of GLP-1 medications and adherence support through a comprehensive obesity management program could bend the cost curve and improve employee health.

In a fireside chat, Centers for Medicare & Medicaid Services Administrator Mehmet Oz, MD, discussed his broader vision of modernizing the agency to improve health outcomes and ensure program integrity, where he echoed the importance of safeguarding vulnerable populations through preventive care and policy reforms.

View relevant Global Conference panels:

- [A Conversation with Centers for Medicare & Medicaid Services Administrator Mehmet Oz](#)
- [Bending the Cost Curve: Understanding the GLP-1 Era](#)
- [Innovation Beyond Borders: New Approaches Transforming Health](#)
- [In Service of a Healthier Tomorrow](#)

## INTEGRATING FOOD IN HEALTH CARE

In a landscape of increasing chronic disease amid rising food insecurity rates, growing attention is being paid to the integration of food into disease prevention, treatment, and management. Businesses and health-care organizations are investing in Food as Health solutions and incentives, which present an opportunity to reduce health-care costs, close quality care gaps, improve affordability, and engage individuals in preventive health-care services. Some services include medically tailored meals, food boxes, grocery stipends, and delivery subsidies. Intersectoral research collaborations and partnerships with technology platforms are key opportunities for continuing to build the evidence base and scaling food interventions. Coordinating public-private partnerships at local, state, and national levels to harmonize activities and standards can potentially increase both care coverage and program efficiency, ultimately achieving greater public health outcomes and returns on investment.

View a relevant Global Conference panel:

- [Transforming Food for a Healthier Future](#)

## ADVANCES IN LIFESPAN AND THE IMPLICATIONS FOR HEALTH AND WEALTH

Longevity is an exploding concept in the health sector, and innovations in this field range from the practical but mundane (improved diets) to the downright futuristic (cryogenic freezing chambers). Regardless of the exact method, there is a consensus that longer lifespans are achievable through holistic, proactive, and personalized approaches to health care. Stakeholders emphasized the need for enhanced public education, improved environmental design, and increased gender-specific research in the longevity space to promote best practices and achieve longer healthspans.

At the same time, increased lifespans bring challenges, both on a societal and personal level. An individual's wealthspan is the number of years someone lives in financial well-being, while the expenses of health care and/or caregiving are necessities that can reduce one's wealthspan. Female stakeholders believe that women can play an important role in redesigning systems to better serve their needs across the financial and health sectors and increase lifespans, healthspans, and wealthspans.

View relevant Global Conference panels:

- [Roadmap to Longevity](#)
- [From Experience to Excellence: Women Redefining Business and Financial Wellness](#)

## EMPLOYERS INVESTING IN WHOLE-PERSON HEALTH MEASURES TO BUILD A MORE RESILIENT WORKFORCE

Recognizing that the workforce is a community in and of itself, leaders from various industries shared specific yet transferable experiences and insights on ways that investing in whole-person health, building trust, sharing a common mission or purpose, and leveraging data and AI help support a high-performing workforce that is more resilient and equipped to navigate and adapt to change or uncertainty. Speakers also noted an organizational culture shift from "managing" to "coaching" employees across generations as part of a cohesive team that, in turn, leads to higher business performance and results.

View a relevant Global Conference panel:

- [Competitive Edge: Investing in Workforce Resilience and Risk Mitigation](#)

## WOMEN'S HEALTH RESEARCH AND INNOVATION

Women's health faces persistent underinvestment in research and innovation across many disease conditions that affect women uniquely, differently, or disproportionately—including conditions like heart disease, Alzheimer's disease and related dementias, endometriosis, and more. The vast market of unmet need presents an opportunity for new partnerships and funding to transform the future of women's health, which the Milken Institute is leading through the newly launched [Women's Health Network](#). In addition to advancing sustainable solutions to overcome barriers to access health services, there is an excellent opportunity in research and data that inform screening modalities and the accuracy of diagnosis and treatment.

View relevant Global Conference panels:

- [Investing and Collaborating for the Future of Women's Health](#)
- [A Conversation with Former First Lady of the United States Jill Biden](#)

Now is the moment to imagine solutions and outline action plans for a healthier future.

To connect with Milken Institute Health and learn more about our work and ways to engage, please contact [MIHealth@milkeninstitute.org](mailto:MIHealth@milkeninstitute.org).

## ABOUT US

The **Milken Institute** is a nonprofit, nonpartisan think tank focused on accelerating measurable progress on the path to a meaningful life. With a focus on financial, physical, mental, and environmental health, we bring together the best ideas and innovative resourcing to develop blueprints for tackling some of our most critical global issues through the lens of what's pressing now and what's coming next.

**Milken Institute Health** bridges innovation gaps across the health-care continuum to advance whole-person health throughout the lifespan by improving healthy aging, public health, biomedical science, and food systems.

©2025 Milken Institute

This work is made available under the terms of the Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International, available at [creativecommons.org/licenses/by-nc-nd/4.0/](https://creativecommons.org/licenses/by-nc-nd/4.0/).