2026 FARE Clinical Development Day

Beyond One-Size-Fits-All:
Translating Food Allergy Heterogeneity into Better Trials and Care

Agenda for Thursday, October 29, 2026

Food allergy is increasingly recognized not as a single disease, but as a spectrum of complex and heterogeneous conditions shaped by diverse biological mechanisms, environmental influences, demographics, and lived experiences. As the field advances toward precision medicine, there is growing urgency to better understand why patients experience food allergy differently—and how those differences should inform diagnosis, treatment, clinical trial design, and long-term management.

“Beyond One-Size-Fits-All – The Many Faces of Food Allergy” will convene leading researchers, clinicians, industry innovators, patient advocates, regulators, and individuals living with food allergy to explore the evolving science and real-world implications of disease heterogeneity. Through multidisciplinary discussion and collaboration, the conference will examine how variability across populations, immune endotypes, symptom severity, treatment response, and social determinants of health can shape more personalized and equitable approaches to care.

Sessions will explore variability across phenotypes, the integration of patient-centered outcomes and lived experience into research and care models, and strategies to improve equity and representation in clinical trials. Additional discussions will focus on translating emerging precision medicine insights into clinical practice and addressing disparities in access to diagnostics, treatments, and specialty care.

By bringing together diverse perspectives across the food allergy community, this conference aims to challenge traditional one-size-fits-all approaches and catalyze a future in which food allergy prevention, diagnosis, treatment, and management are more precise, inclusive, and responsive to the needs of every patient.

Morning Sessions

7:15 AM – 8:00 AM 45 minutes	**Registration, Breakfast & Networking**
8:00 AM – 8:10 AM 10 minutes	**Welcome & Opening Remarks** • Sung Poblete, PhD, RN, CEO of FARE • Sarita Patil, MD; Stephen Tilles, MD; Yamini Virkud, MD
8:10 AM – 9:10 AM 60 minutes	**Variability Across Demographics and Thresholds** Food allergy does not affect all individuals equally. Reaction severity, allergen thresholds, natural history, and treatment response vary significantly, yet much of the current evidence base and many clinical approaches continue to rely on generalized assumptions that may overlook important differences among patient populations. This track will explore the biological, clinical, and social factors that contribute to variability in food allergy presentation and outcomes across diverse populations. Sessions will examine differences in reaction thresholds, disease persistence, comorbidities, and risk profiles, as well as emerging research on how genetics, environment, diet, microbiome composition, and social determinants of health may shape disease expression. Discussions will also address challenges in defining clinically meaningful thresholds and the implications of demographic variability for diagnosis, risk assessment, food labeling, and treatment strategies. By deepening understanding of heterogeneity across populations, this track aims to advance more personalized, evidence-based, and equitable approaches to food allergy research and care. **Presenter:** Scott Sicherer, MD, Icahn School of Medicine at Mount Sinai **Panelists:** • Mary Grace Baker, MD, MS, Icahn School of Medicine at Mount Sinai • TBD • TBD • TBD **Moderator:** TBD
9:10 AM – 10:10 AM 60 minutes	**Patient-Centered Outcomes and Lived Experience** Food allergy involves far more than allergic reactions, it shapes daily decision-making, emotional wellbeing, social participation, family dynamics, and overall quality of life. Unfortunately, many of the most important unmet needs experienced by patients and caregivers—including anxiety, uncertainty, social limitations, and treatment burden—are not well captured by the primary endpoints commonly used in clinical trials, such as oral food challenge outcomes. As new diagnostics, therapies, and management approaches emerge, there is increasing recognition that traditional clinical endpoints alone may not fully capture

	what meaningful improvement looks like for individuals living with food allergy. At the same time, existing patient-reported outcome instruments and quality-of-life measures, while valuable, remain incompletely validated for measuring treatment response and are not yet sufficiently established to serve as regulatory endpoints for therapeutic approval. This session will explore the critical role of patient-centered outcomes and lived experience in advancing food allergy research, clinical care, and therapeutic development. Discussions will examine how factors such as anxiety, treatment burden, dietary restrictions, social isolation, and confidence in managing risk shape the patient experience across different ages, cultures, and disease phenotypes. Bringing together diverse stakeholders, this session aims to elevate the patient voice and help ensure that future innovations improve not only clinical outcomes, but also everyday life. **Presenter:** Brian Vickery, MD, Emory School of Medicine **Panelists:** • TBD • TBD • TBD • TBD • TBD **Moderator:** TBD
10:10 AM – 10:25 AM 15 minutes	**Break**
10:25 AM – 11:55 AM 90 minutes	**Equity in Research and Clinical Trials** Food allergy involves far more than allergic reactions, it shapes daily decision-making, emotional wellbeing, social participation, family dynamics, and overall quality of life. Unfortunately, many of the most important unmet needs experienced by patients and caregivers—including anxiety, uncertainty, social limitations, and treatment burden—are not well captured by the primary endpoints commonly used in clinical trials, such as oral food challenge outcomes. As new diagnostics, therapies, and management approaches emerge, there is increasing recognition that traditional clinical endpoints alone may not fully capture what meaningful improvement looks like for individuals living with food allergy. At the same time, existing patient-reported outcome instruments and quality-of-life measures, while valuable, remain incompletely validated for measuring treatment response and are not yet sufficiently established to serve as regulatory endpoints for therapeutic approval. This session will explore the critical role of patient-centered outcomes and lived experience in advancing food allergy research, clinical care, and therapeutic development. Discussions will examine how factors such as anxiety, treatment burden, dietary restrictions, social isolation, and confidence in managing risk shape the patient experience across different ages, cultures, and disease phenotypes.

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11:55 AM – 1:05 PM 70 minutes	**Group Photo, Lunch and Networking**

Afternoon Sessions

1:05 PM – 2:05 PM 60 minutes	**From Shared Priorities to Collective Action** **Audience Poll & Reactions** This section will begin with all attendees participating in prioritization of known priorities in the food allergy ecosystem. **Expert Perspectives on Shared Priorities** • Daniel Adelman, MD, University of California, San Francisco • David Fitzhugh, MD, Allergy Partners of Chapel Hill • Ronald Rabin, MD, Center for Biologics Evaluation and Research, U.S. Food and Drug Administration • TBD • TBD **Moderator:** TBD
2:05 PM – 2:50 PM 45 minutes	**Roundtable Conversations and Share Outs** **Moderator:** TBD
2:50 PM – 3:05 PM 15 minutes	**Break**

3:05 PM – 3:50 PM 45 minutes	**Open Space** Participants self-select into discussion groups around the topics that interest them most. Groups identify opportunities, challenges, recommendations, collaborations, and possible next steps. **Moderator(s):** Lee Gimpel and Jeanne Hisle
3:50 PM – 4:20 PM 30 minutes	**Closing Session** The final portion of the program provides an opportunity for participants to reflect on what they learned, identify important takeaways, hear brief remarks from FARE leadership and the planning committee, and clarify what happens next. The goal is for participants to leave understanding both what was accomplished during the day and how today's conversations will influence future work. **Moderator(s):** TBD
4:20 PM onward	**Afterglow** Local attendees or those with late or next day departures are welcomed to gather in the hotel bar to continue conversations, deepen relationships, and process the day's discussions after the formal program concludes.