



Healthy minds from 0-100 years: Optimizing the use of European brain imaging cohorts

Official launch of the Lifebrain Horizon2020 project

A healthy brain is essential to enjoy a good and productive human life. How can we optimize our brain function and prevent mental health problems? How do various environmental, societal, occupational and lifestyle factors affect our brain throughout life? What are the risk and protective factors for developing dementia, depression, Alzheimer disease or Parkinson disease?

These are some of the key questions Lifebrain researchers from major European brain research centers are trying to answer.

The EU-financed LIFE BRAIN project officially started in January 2017, and is coordinated by [The Centre for Lifespan Changes in Brain](#) and Cognition at the [University of Oslo](#).

LIFE BRAIN aims to identify determinants of cognitive function and mental health at different stages of life. Increased knowledge about risk and protective factors influencing brain health will enable better prevention of mental diseases and neurodegenerative disorders in Europe and worldwide. Better brain health means improved cognitive function in childhood, adolescence, and adulthood, and delayed onset of dementia. Better brain health also means reduced need for health care and improved working ability.

LIFE BRAIN integrates data from 6000 European research participants collected in 11 European brain-imaging studies in 7 countries. The data provide information about changes in brain structure, cognitive function and mental health. LIFE BRAIN aims to collect additional data and biological samples from some participants in the studies.

In the LIFE BRAIN project we invite the public to influence the research process by actively engaging patient organizations, policy makers, clinical and research centers; the project will provide the evidence base for prevention and intervention, improving clinical practice and public health policy for brain, cognitive function and mental health.

Started 1st January, 2017 and lasts until 31st December, 2021.

Budget of 10 million € financed by the Horizon2020 Program of the European Union.

Collaboration of major European brain research centers and Vitas Ltd (small and medium-sized enterprise). Includes 14 partners in 8 countries: [University of Oslo](#), [Vitas Ltd](#), [Frisch Center](#), [Norwegian Institute of Public Health](#) (NO), [Umeå University](#) (SE), [The Oxford University](#) (UK), [Medical Research Council](#), [University of Cambridge](#) (UK), [Max-Planck Institute](#), [University of Lübeck](#) (GE), [University of Barcelona](#) (ES), [Region Hovedstaden](#) (DK), [University of Geneva](#) (CH), [VU University Medical Center](#) (NL)

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