



Brain health promotion across the lifespan: A Lifebrain & Norwegian Brain Council workshop

Hotel Soria Moria, Oslo, 7 June 2018, 09:00 – 13.00

A healthy brain is indispensable to live a meaningful, autonomous life. Brain diseases constitute a major cause for debilitating illness and health costs. What can be done to improve brain health in populations, from birth to later life? What are the main factors influencing brain health, and how can we take them into consideration in brain health prevention? And how can research projects contribute to the development of efficient brain health policy?

This workshop aims to investigate opportunities and challenges with respect to promoting brain health across the lifespan. The workshop specifically targets patient organizations with an interest in cognitive and mental health, clinicians and researchers working in the field of brain health, representatives from medical associations, and policymakers.

The workshop is jointly organized by Lifebrain and the Norwegian Brain Council (Hjernerådet):

Lifebrain (www.lifebrain.uio.no) is a 5-year EU project exploring how lifestyle, environment, and genes influence the human brain at different stages of life. Lifebrain integrates data from 6000 European research participants collected in 11 European brain-imaging studies. The project has 14 partners in 8 countries. The project is led by the University of Oslo.

The Norwegian Brain Council (www.hjerneradet.no) gathers user organizations and professionals working with brain health promotion. The council advocates more brain research, better prevention, and treatment. The Brain Council has 53 members representing more than 100,000 members and approximately 5000 professionals.

The workshop is free of charge but registration is required. The workshop will be held in English. Lunch is offered at 13.00.

Registration before May 15th by email to coordinator Barbara B. Friedman:
b.b.friedman@psykologi.uio.no

Venue: Hotel Soria Moria, Voksenkollv. 60, 0790 Oslo, <https://www.soriamoria.no/>

PROGRAM

09.00 – 09.10	Welcome and workshop objectives Isabelle Budin-Ljøsne (Lifebrain) and Aud Kvalbein (Norwegian Brain Council)
09.10 – 09.40	Brain health – A lifespan approach Professor Kristine B. Walhovd, Lifebrain coordinator, University of Oslo
09.40 – 10.00	How to promote long-lasting brain health starting early in life? Professor Jon Skranes, NTNU and Sørlandets sykehus
10.00 – 10.20	How to adopt a life span perspective in the prevention of cognitive decline and dementia? Dr. Hege Ihle-Hansen, Oslo University Hospital
10.20 – 10.40	Coffee break
10.40 – 11.00	What can we do to keep our brain healthy? Professor Christian A. Drevon, Vitas AS
11.00 – 11.30	Brain health promotion – opportunities and priorities Dr. Anne Hege Aamodt, Oslo University Hospital and the Norwegian Brain Council
11.30 – 12.20	Panel discussion: Brain health promotion across the lifespan Professor Kristine B. Walhovd, University of Oslo Dr. Hege Ihle-Hansen, Oslo University Hospital Professor Jon Skranes, NTNU Professor Christian A. Drevon, Vitas AS Dr. Anne Hege Aamodt, the Norwegian Brain Council General Secretary Ingeborg Dahl-Hilstad, Personskadeforbundet LTN
12.20 – 12.35	The Lifebrain study: Are people ready to endorse personalized brain health? Isabelle Budin-Ljøsne & Barbara B Friedman, Lifebrain
12.35 – 12.50	Dried Blood Spots (DBS) tests for health assessment – A demonstration Thomas Gundersen, Vitas AS
12.50 – 13.00	Summary and workshop evaluation
13.00	Lunch
