



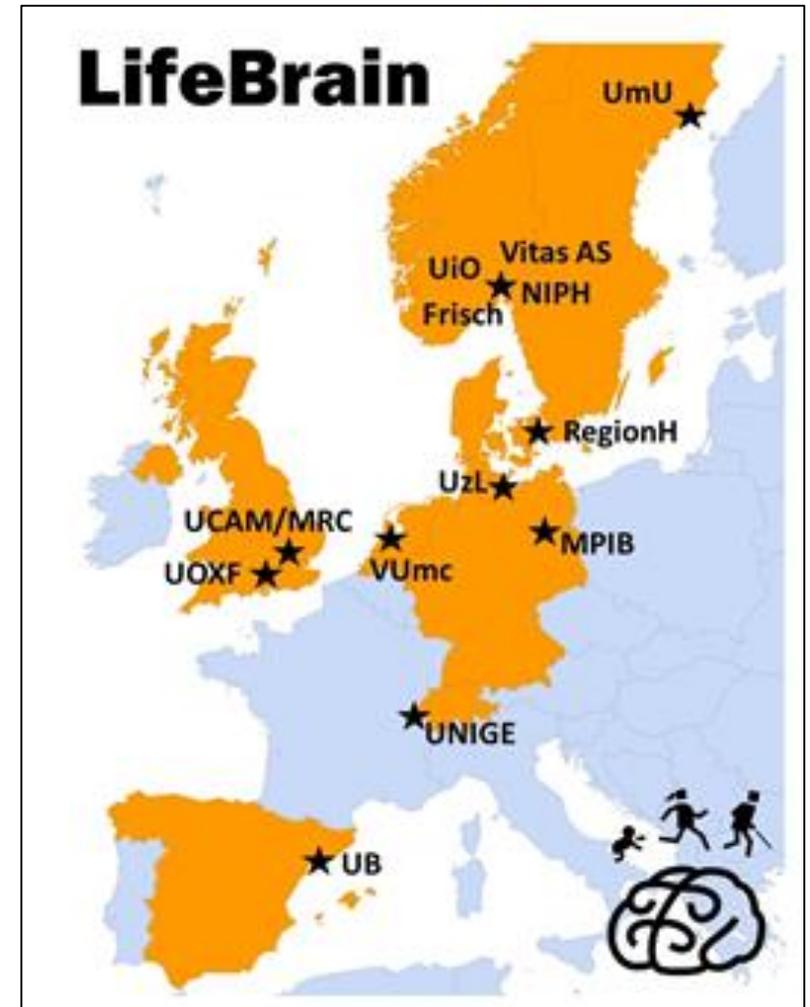
## Workshop:

# Brain health promotion across the lifespan

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

# Workshop organizers

- EU project funded with 10 M EUR from the Horizon 2020 health program (start Jan 2017)
- Aims to identify environmental, social, occupational, and lifestyle factors influencing brain health (i.e. cognitive and mental health)
- 14 partners from 8 countries
- Uses lifestyle data, genetic data, and medical registry information from 11 European brain-imaging studies (6000 participants)
- Focus on:
  - Whole lifespan (including early life characteristics)
  - Multifactorial rather than simple cause-effect relationships
  - Innovation (DBS home-kit)
  - Stakeholder engagement



## Workshop organizers

# Norwegian Brain Council (NBC)

- NBC was founded in 2007
- Today 53 member organisations:  
User organisations, health professionals, research groups and networks
- Provides an arena for interaction and collaboration
- 7 board members: User organisations, clinicians and researchers.  
CEO is a former politician
- 2 reference groups: Scientific issues and Follow-up of national plans

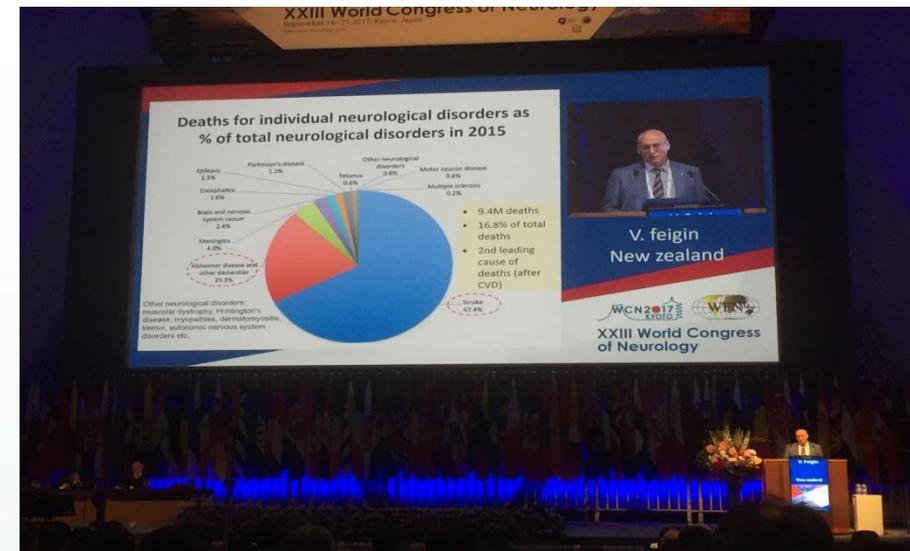
# Workshop objectives

- Explore ways to improve brain health in populations across the lifespan, and identify potential challenges and strategies
- Investigate how to take into consideration the main factors influencing brain health in brain health prevention
- Discuss how the work conducted in research projects such as Lifebrain may inform the Norwegian national brain health policy



# A Norwegian brain strategy: why?

- Burden of brain disease
- Life expectancy
- Brain health issues are underestimated, undervalued and underfinanced
- Lack of focused disease prevention strategies and (curative) therapies
- Fragmentation of the brain field
- Psychiatric vs somatic brain gap
- Increasing public interest in brain disease and brain medicine



- ### Summary
- The leading cause of disability
  - The second (after injuries) leading cause of mortality
  - Affects 1 in 3 people (used to be 1 in 5), and the burden is increasing
  - Five top-ranked causes of disability (by DALY rates): stroke, migraine, ADD, meningitis, epilepsy
  - About 10-fold geographical differences in the burden (most of the burden in LMIC)
  - Significant gender differences (burden from ADD, MS and headaches is greater in W)

# The Brain Health Strategy 2018-2024: Dec 12, 2017



The four objectives:

1. Good life-long brain health, prevention and quality of life
2. Health care service tailored for the needs of the user and caretakers
3. Good health care from onset, diagnosis and treatment to habilitation and rehabilitation
4. Adequate knowledge and quality through research and innovation

- 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**  
Speakers and 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 / Lunch**