



National Brain Health Programme

TARGET GROUPS



Children and young people



Working-age population



The elderly

HUMANLY SUSTAINABLE, BRAIN-HEALTH-SUPPORTIVE SOCIETY

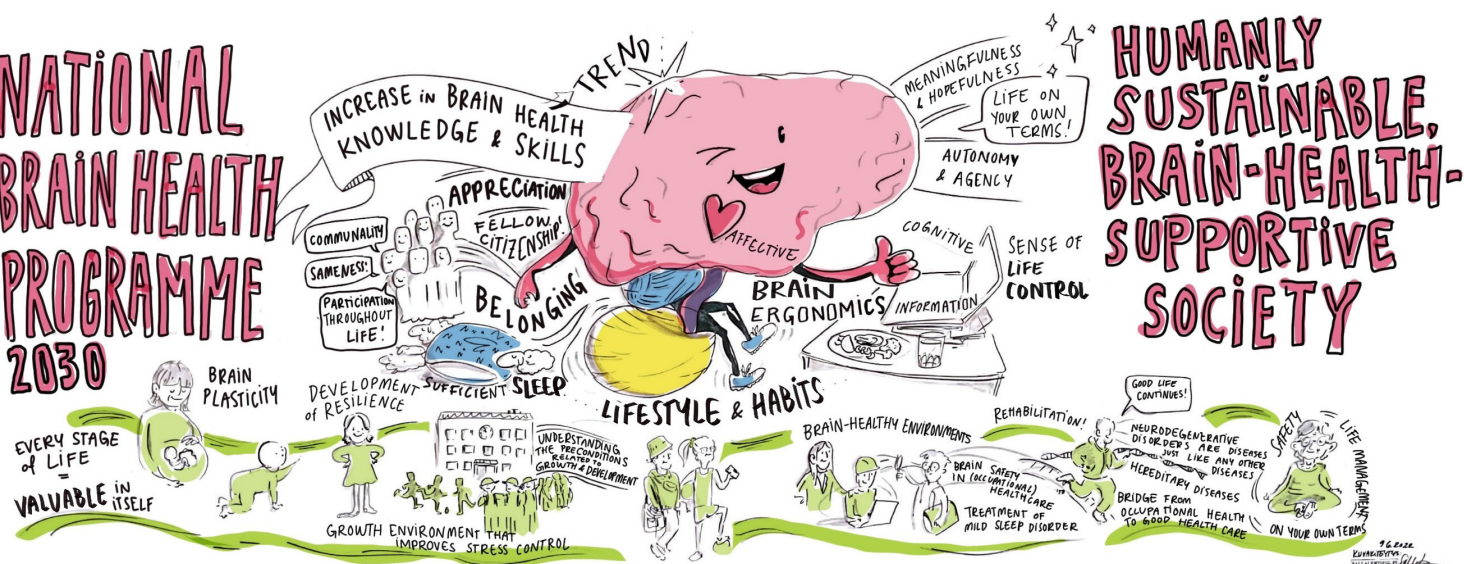
Summary

The Finnish Brain Association started preparing the National Brain Health Programme in October 2021. Three factors were emphasised in drawing up the programme: an impact-based approach, meaning the definition of measurable objectives, the perspective of protective factors and making use of co-creation in defining the objectives. Current programmes and strategies related to brain health were surveyed in order to avoid overlap. In addition, various information retrievals were carried out and a research-based report "Mikä edistää aivoterveyttä?" (What promotes brain health?) was commissioned from E2 Research.

Highlighting protective factors, together with a preventive and impact-based approach, makes the programme globally unique in the area of brain health.

Lead by the Finnish Brain Association and its coordination partners, a total of 50 experts representing a variety of scientific disciplines gathered to work on the programme during spring and early autumn 2022. Brain health was examined from the perspective of protective factors within three age-group-specific expert groups (children and young people, working-age population and the elderly). Each group convened a total of three times. First, each expert group defined what brain health is and then what the long-term social impact goal for the programme is. Finally, the groups defined and prioritised brain-related outcome objectives that enable reaching the social impact goal. After the age-group-specific work, some of the experts formed a fourth, summarising working group.

NATIONAL BRAIN HEALTH PROGRAMME 2030



HUMANLY SUSTAINABLE, BRAIN-HEALTH- SUPPORTIVE SOCIETY

National Brain Health Programme

IMPACT-BASED



Preventative

emphasises protective factors



Prepared by a **multi-disciplinary working group**

The summarising working group and two seminars open to all the experts were used to provide a basis for the long-term social impact goal of **Humanly sustainable, brain-health-supportive society** and the following outcome objectives to enable its realisation:

- **Understanding of brain health and disease as well as the appreciation of brain well-being has increased**
- **Brain ergonomics is taken into consideration in operating environments**
- **Everyone has the opportunity for refreshing and restorative sleep**
- **The sense of belonging has increased – all citizens are fellow citizens**

In addition to these four outcome objectives, special attention is paid to sufficient physical activity, healthy nutrition and abstinence from substance use, all of which are also cornerstones of brain health.

All of these objectives are approached from the perspective and operating environment of each specific age group. In autumn 2022, three age-group-specific expert groups further specified prerequisites for the defined goals to facilitate practical measures. In this way, the prerequisites and emphasis of the objectives can be at least partially tailored to each of the age groups.

In late 2022, a working group comprised of representatives of the Finnish Brain Association and some new coordinating partners, have begun drawing up and carrying out an implementation plan. The implementation period of the programme is 2023–2029.

Coordination partners in goal setting:

The Itla Children's Foundation
Sustainable Brain Health project, Tampere Universities
GEREC – Gerontology Research Center

Coordination partners in drawing up the implementation plan:

The Central Union for Child Welfare
Finnish Institute of Occupational Health
Sustainable Brain Health project, Tampere Universities
Age Institute
Folkhälsan