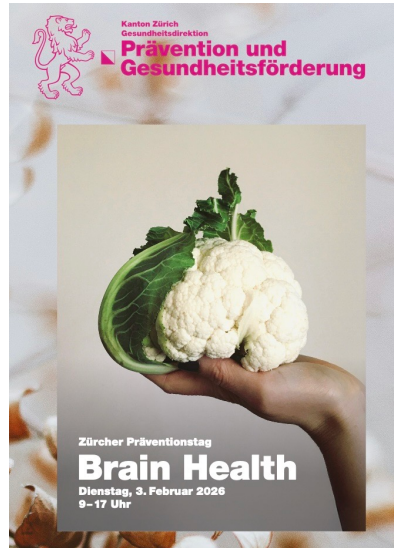




The Swiss Brain Health Plan und seine Umsetzung

„Brain health and mental well-being: Our shared human capital“



Prof. Claudio L. A. Bassetti, FEAN
Chair, Swiss Brain Health Plan/Foundation
Co-Chair Lancet Commission
Dekan, Medizinische Fakultät Bern
Neurologische Klinik, Inselspital, Bern

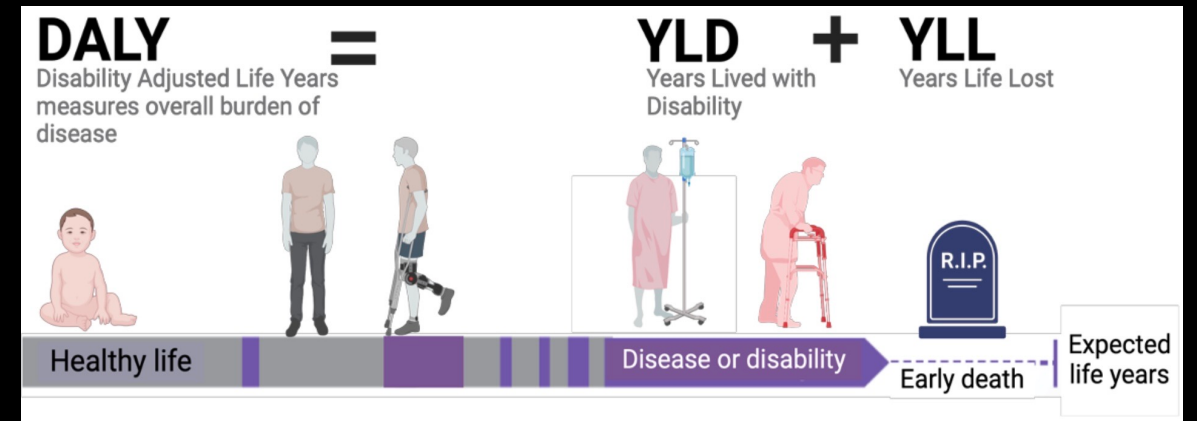


1. Warum : Last und Prävention der Hirnerkrankungen
2. Definition und Determinanten der Hirngesundheit (WHO)
3. Internationale und nationale Hirngesundheitspläne
4. Swiss Brain Health Plan (SBH) und seine Implementierung
5. Ausblick

1. Warum : Last und Prävention der Hirnerkrankungen
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Global Burden of Disease Studies

Mortality, Disability (DALYs), Costs



Burden of brain (mental, neurological) disorders

frequency, disability, mortality, costs, stigma, sufferance

Nr 1 cause of disability, Nr 2 cause of death

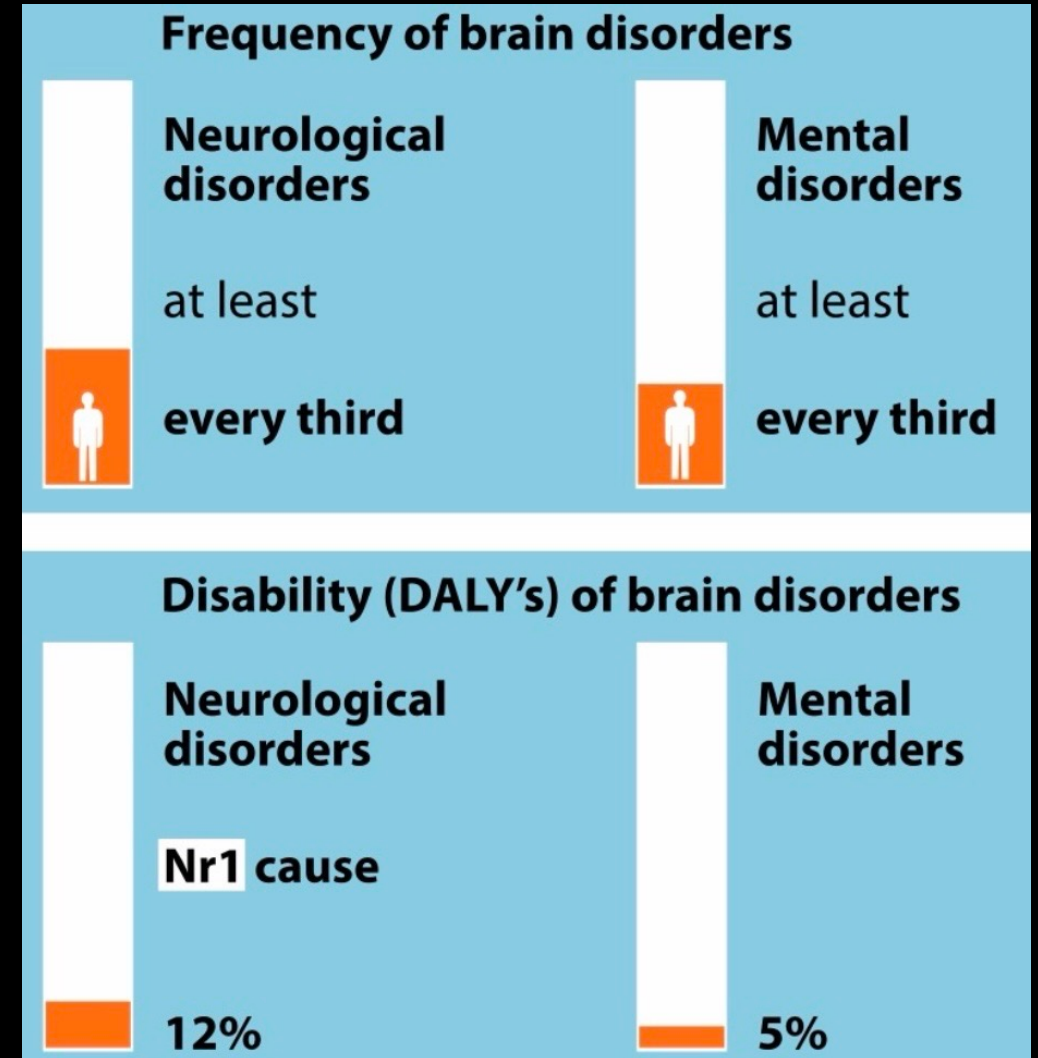
Global, regional, and national burden of 12 mental disorders in 204 countries and territories, 1990–2019: a systematic analysis for the Global Burden of Disease Study 2019

GBD 2019 Mental Disorders Collaborators*

Global, regional, and national burden of disorders affecting the nervous system, 1990–2021: a systematic analysis for the Global Burden of Disease Study 2021

GBD 2021 Nervous System Disorders Collaborators*

GBD 2019, Lancet Psychiatry 2022; GBD 2021, Lancet Neurol 2024



Bassetti, Eur J Neurol 2022; Bassetti, Clin Transl Neurosci 2023
IHME Brain Atlas

Global costs of brain disorders 2019

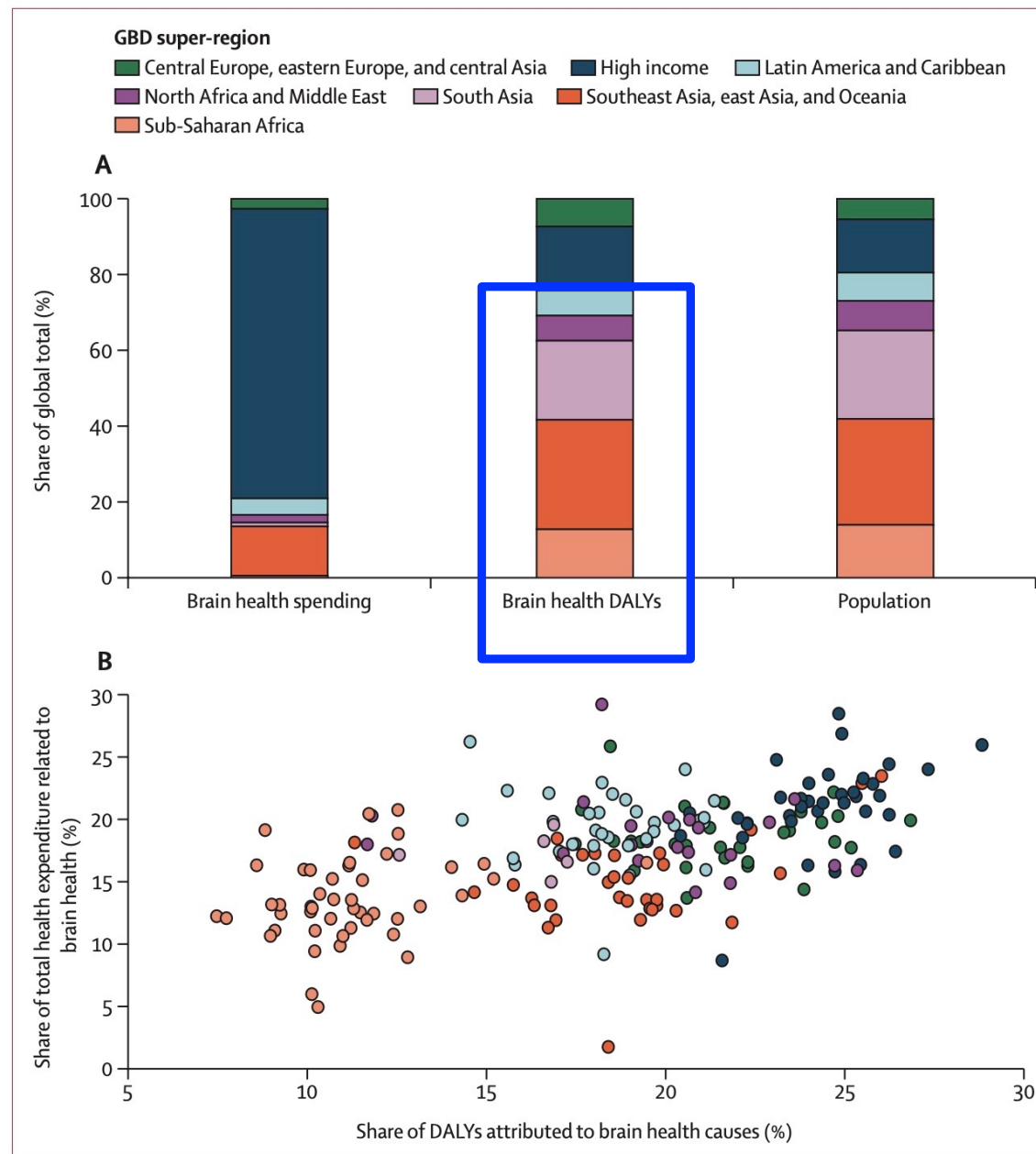
24 brain disorders, 204 countries

Estimating global direct health-care spending on neurological and mental health between 2000 and 2019: a modelling study

A J Mitchell, Ian E Cogswell, Jeremy Dalos, Golsum Tsakalos, Jiali Lei, Andrei Oros, Quinn Rafferty, Serena Santoni, Xaviera Steele, Joseph L Dieleman, Angela E Apeagyei

Lancet Public Health 2025

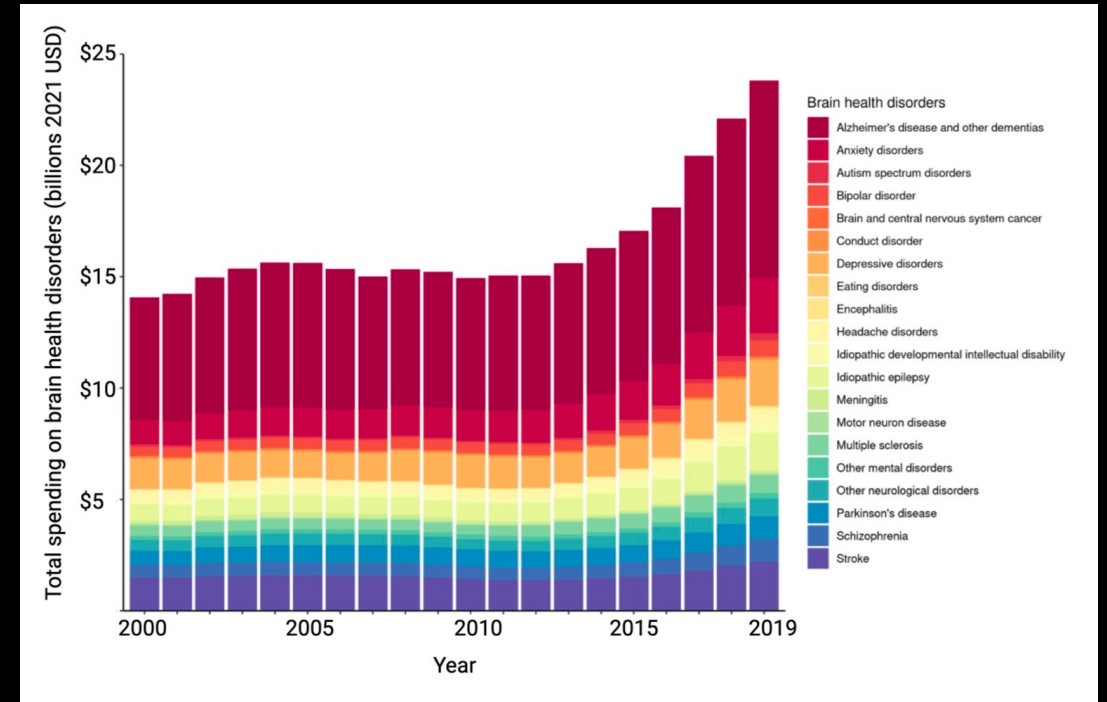
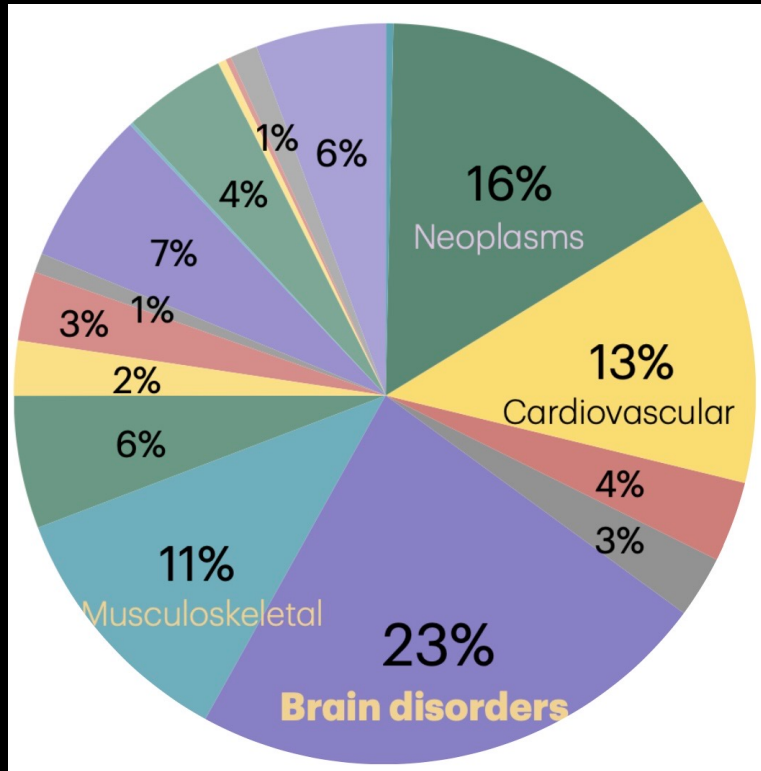
1.7 Trillion USD direct spending
51% neurological, 49% mental disorders
increase of 3.5% per year since 2000



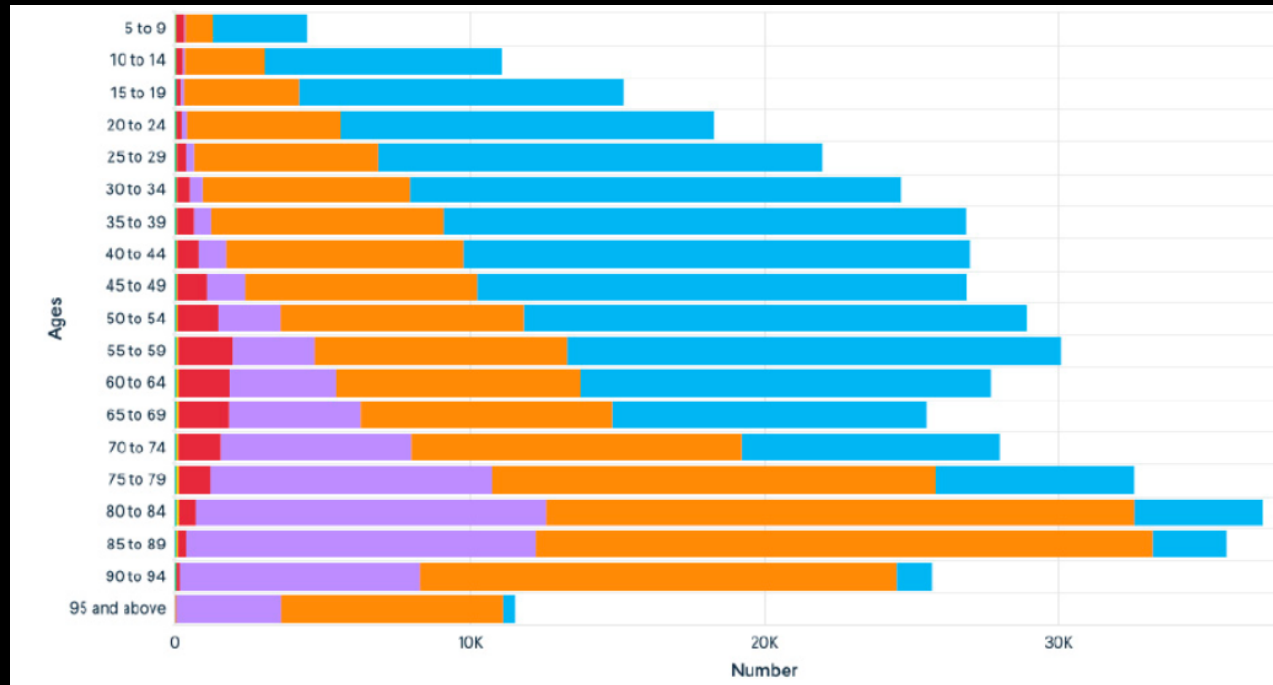
Burden of brain disorders in Switzerland

Nr 1 cause of **disability** (DALYs) 2021: 23%

Nr 1 cause of direct health **costs** 2019: 24 billions USD



Disability (DALY's) due to brain disorders in Switzerland 2021



mental/psychiatric disorders

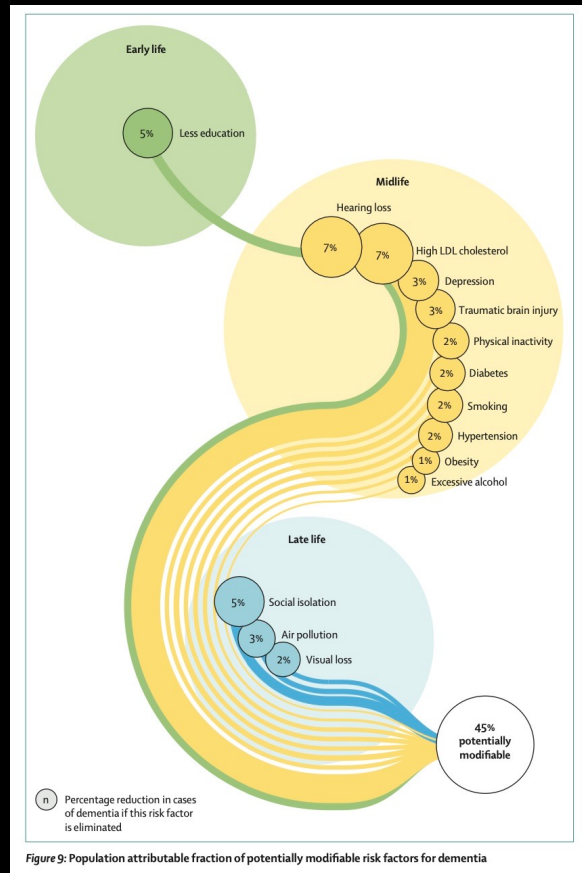
neurological disorders

stroke

brain tumors

Prevention of brain disorders

50% of **dementias** can be prevented



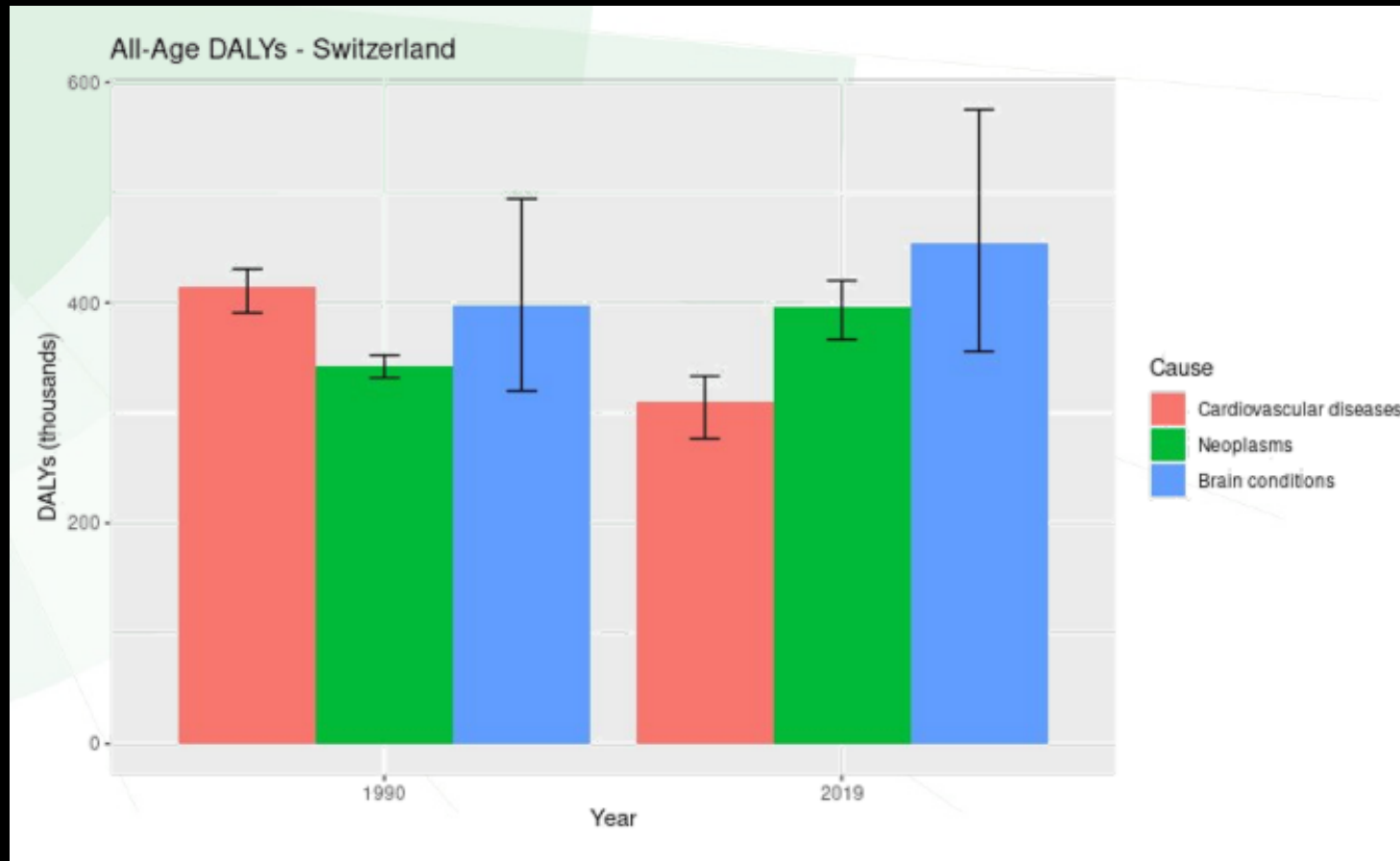
Livingston, Lancet 2024

50-80% of **strokes** can be prevented



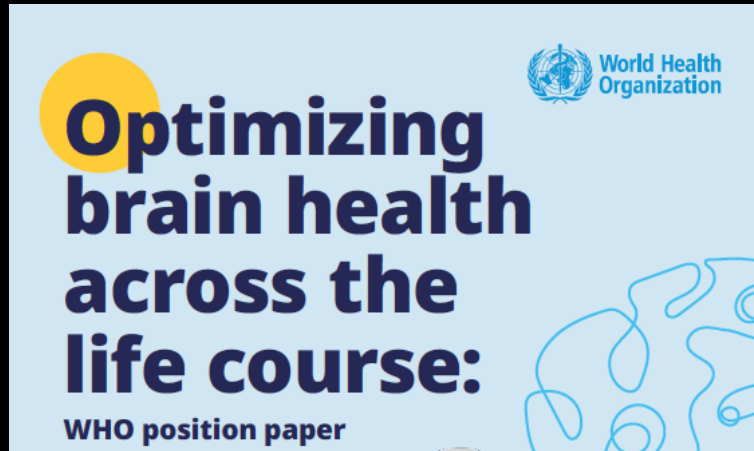
American Heart Association, 2023

Evolution of disability (DALYs) in Switzerland 1990-2019



SBHP-IHME

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Brain Health: WHO definition 2022



Brain health can be defined as the state of brain functioning across cognitive, sensory, social-emotional, behavioural and motor domains, allowing a person to realize their full potential over the life course, irrespective of the presence or absence of disorders.



WHO Brain Health Position Paper, 2022

Brain, Mental and Global health

**Brain health is
not only a crucial
outcome in and
of itself, but also
an important
mediator for
other health and
societal outcomes**

mental health

body health
well-being
creativity
productivity

Mental Health

Literature: 1843 (mental hygiene)

WHO: 1948



Brain Health

Literature: 1989

WHO: 2022

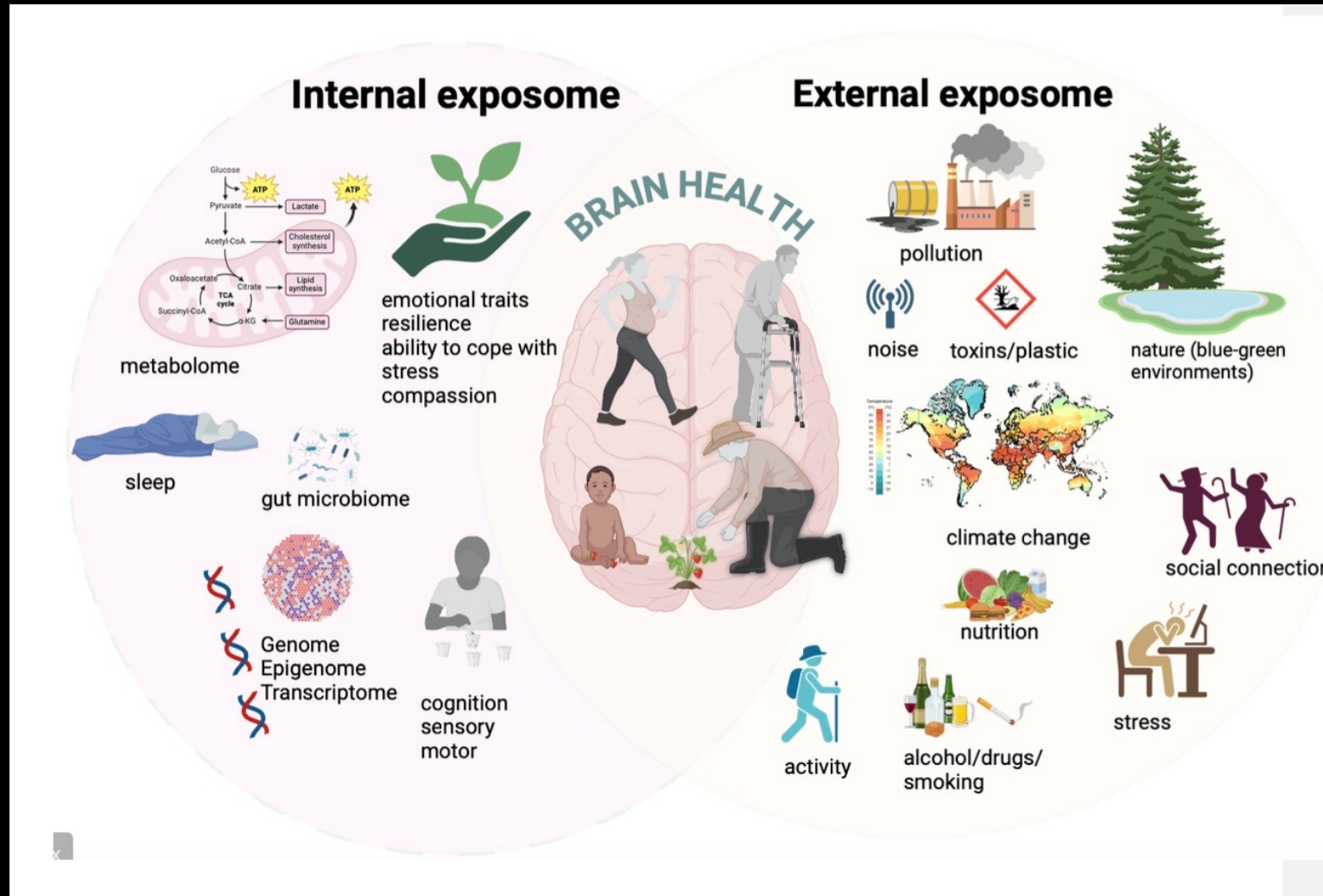
Mental health is a state of wellbeing in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her own community.

Well-being

Brain Health is a state in which every individual can realize their own abilities and optimize their cognitive, emotional, psychological and behavioral functioning to cope with life situations

Brain functioning

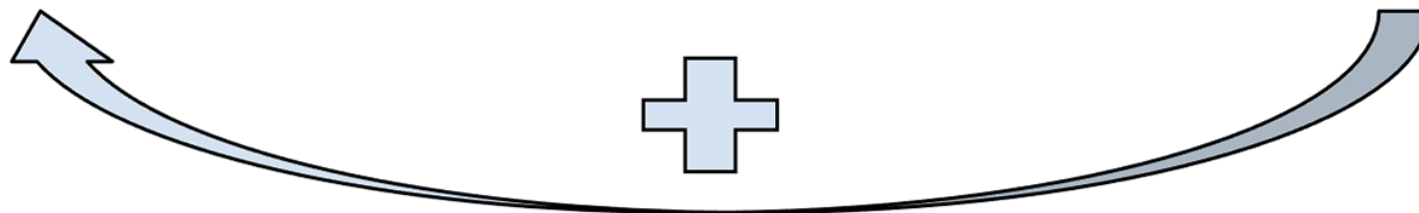
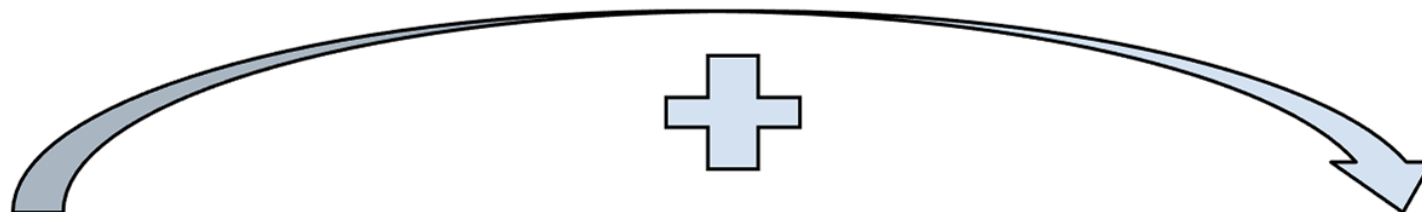
Brain health and one health



Brain health and mental well-being are a key-capital to transform our world

Brain Capital

Brain health and brain skills (i.e., cognitive, emotional and social brain resources)

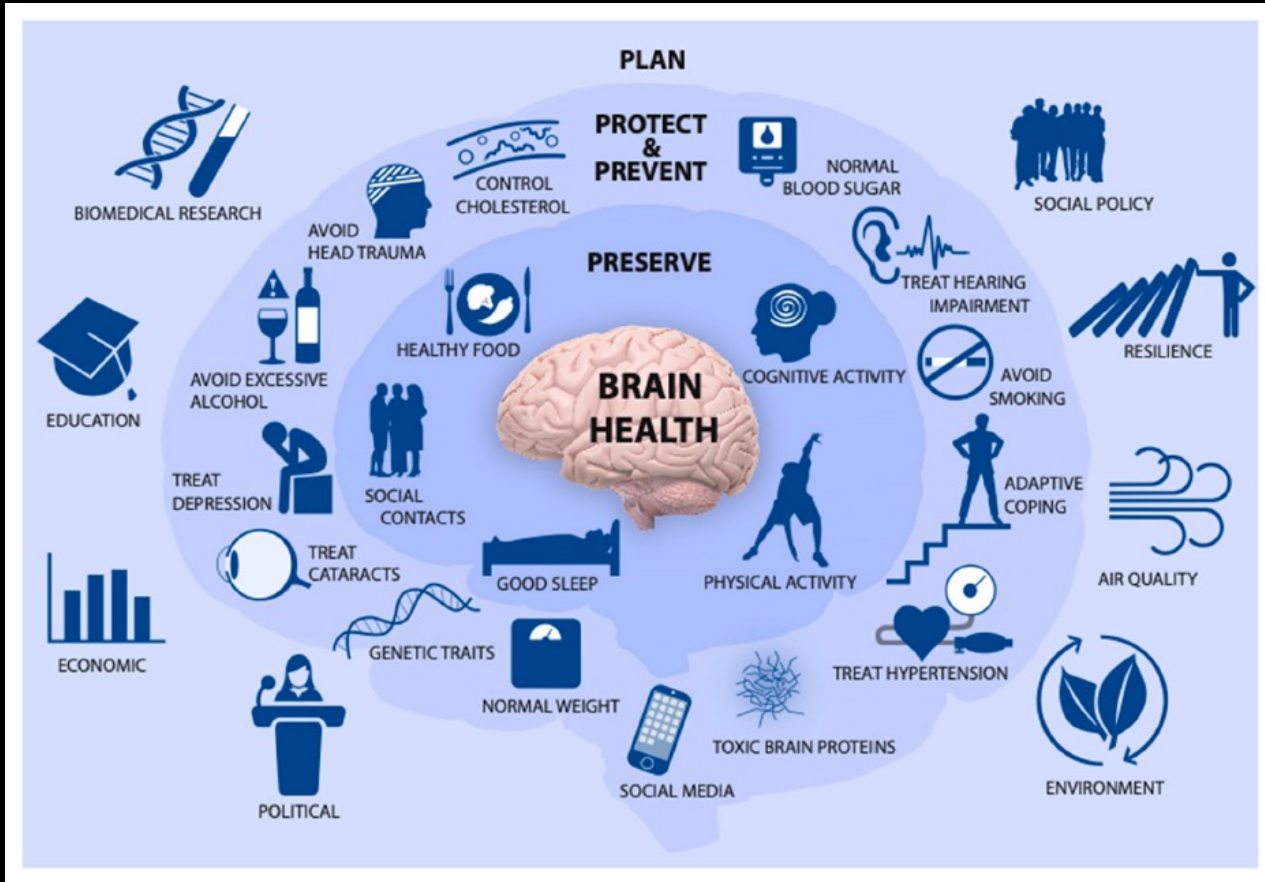


Brain Health determinants across the life course

WHO Brain Health
Position Paper, 2022



Brain Health determinants

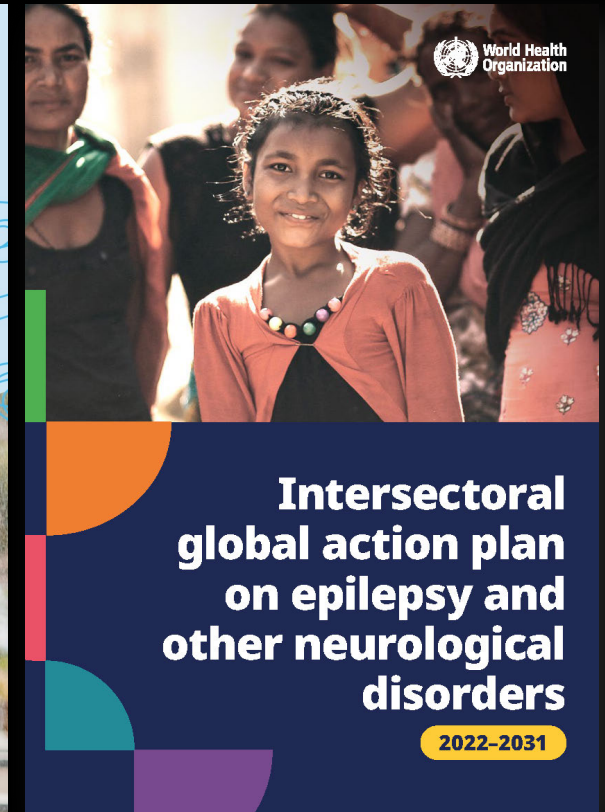
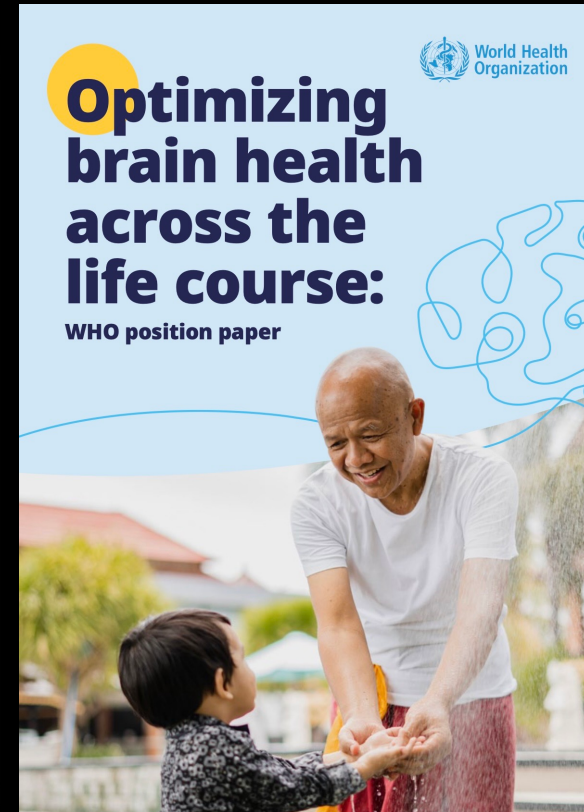
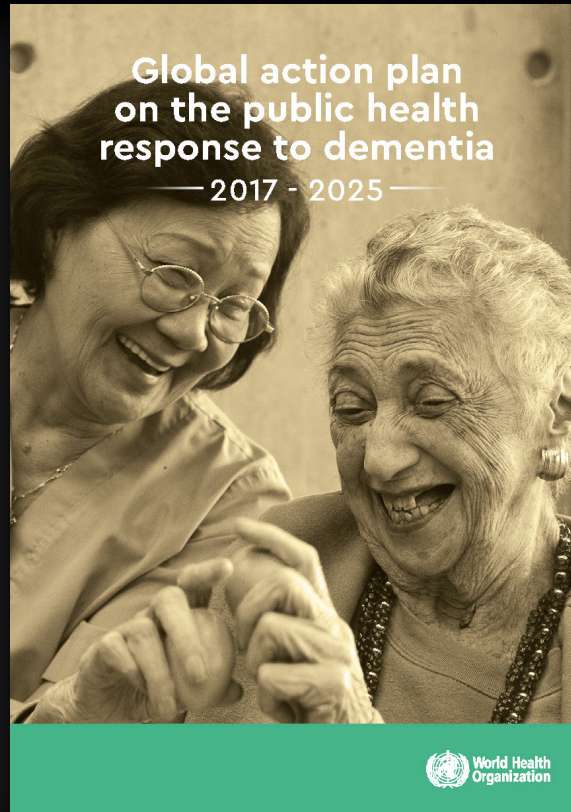
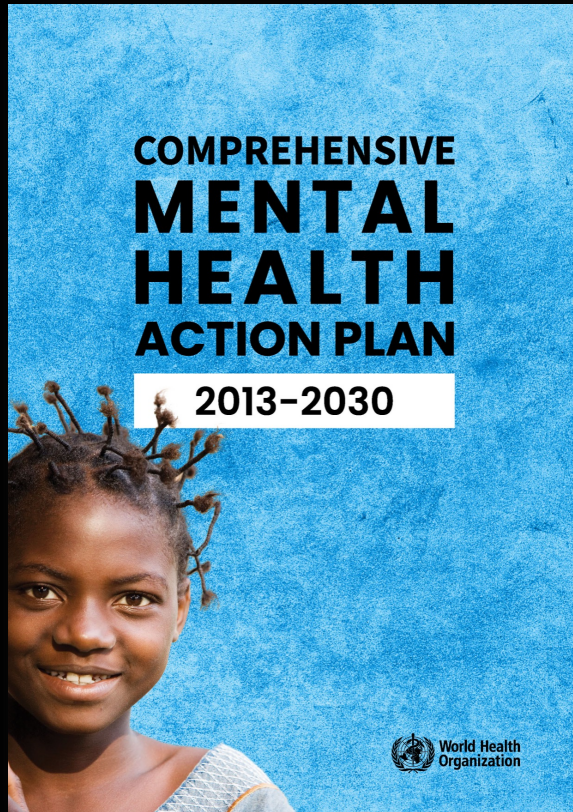


General factors

Specific factors

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2022: »The revolution«



European Academy of Neurology

Informing and engaging the neurological community

The European Academy of Neurology Brain Health Strategy: One brain, one life, one approach

Claudio L. A. Bassetti¹ | Mathias Endres² | Anja Sander³ | Michael Crean³ |
Sumathi Subramaniam³ | Vanessa Carvalho⁴ | Giovanni Di Liberto⁵ |
Oscar H. Franco⁶ | Yolande Pijnenburg⁷ | Matilde Leonardi⁸ | Paul Boon⁹

A roadmap toward promoting and improving brain health in Europe and closing the awareness and funding gap

Paul A. J. M. Boon^{1,2,3} | Thomas Berger⁴ | Matilde Leonardi⁵ | Tony Marson⁶ |
Ulf Kallweit⁷ | Elena Moro⁸ | Antonio Toscano⁹ | Irena Rektorova^{10,11} |
Alice Accorroni¹² | Charlotte Scheerens¹³ | Antonia Boesch³ | Michael Crean³ |
Anja Sander³ | Simon Lee³ | Claudio L. A. Bassetti¹⁴

Eur J Neurol 2022

Calls for Action Towards Better Brain Health

Health Care Providers

Embrace the Brain Health Mission
by incorporating a holistic
approach into your practice!

Educators

Serve as role models and raise
awareness among students!

Industry/Companies

Invest in creating brain-healthy work
environments! Treat brain capital with
utmost importance!

Patients

Your experiences place you at the heart of research,
advocacy, and policy. Your voice is essential in
shaping impactful changes that matter most to you.

Policy Makers

Uphold your commitments to
international agreements. Become
pioneers in public health: support
and implement policies that prioritize
and promote brain health.

Public

People of all ages, take proactive
steps towards improving your brain
health!

Eur J Neurol 2024

European Brain Council Advocating for Brain Health

 **United Nations**

BRAIN HEALTH & RESEARCH DAY @ UNGA78

SCIENCE SUMMIT AT THE 78TH UNITED NATIONS GENERAL ASSEMBLY
18 SEPTEMBER 2023 - HARVARD CLUB OF NEW YORK CITY
35 W 44TH ST. NEW YORK, USA

 **EBC Invited to Address the European Parliament Public Health Committee**

No Health Without Brain Health



Brain Health Plans Summit
Brain Awareness Week - 18 March 2025





Strategic Research and Innovation Agenda

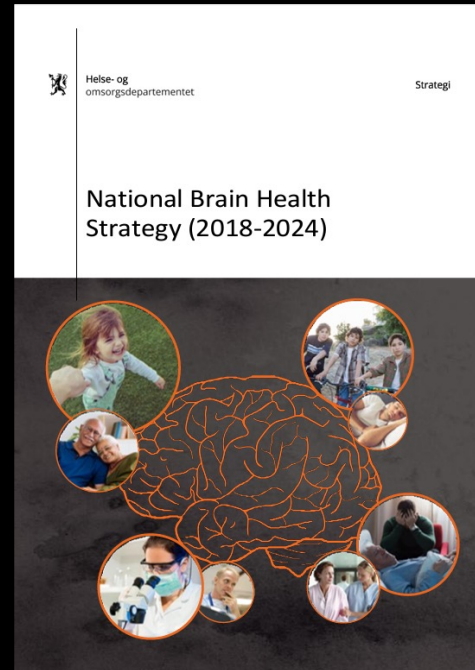


**Coordination & Support Action
BrainHealth**
www.brainhealth-partnership.eu

Call for Proposals for Multinational and Translational Research Projects in the European Partnership for Brain Health

Biological, social and environmental factors that impact the trajectory of brain health across the lifespan – in the field of neurological, mental and sensory disorders

National Brain/Mental Health Plans



Norway (2018), Poland (2019)
Finland,, Germany, **Switzerland (2022)**
Sweden, Italy, India, Uruguay, Denmark, Spain, South Africa, China, Brazil

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5. Ausblick



Swiss Brain Health Plan

„Brain health and mental well-being: Our shared human capital“

Holistischer Ansatz

- **Multidisziplinarität**
Neurologe-Psychiatrie,
Pädiatrie, Allgemeine Medizin,
Präventiv-Medizin,....
- **Interprofessionalität**
Pflege, Psychologie, Daten-/KI-
Wissenschaft, Oekonomie, Ethik...
- **PatientInnen/Angehörigen**
-

Lokale Bedürfnisse/Rahmen

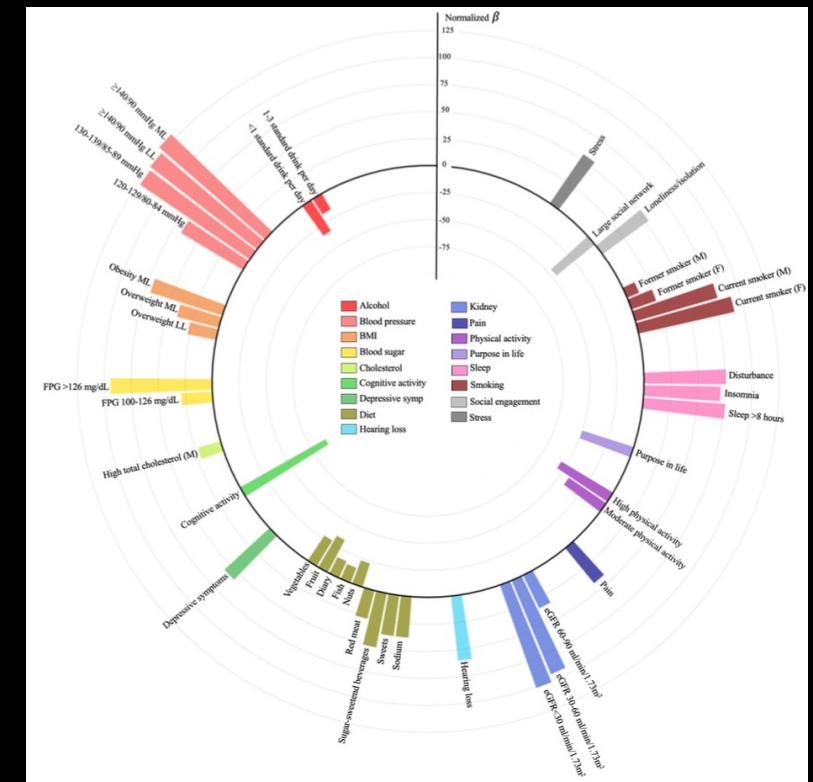
- **Mapping** laufender Aktivitäten
- Schweizer **Daten**
- **Stakeholders**
BAG, GDK, Promotion Santé
- **Akademie**
- **Krankenkassen/Versicherungen**
- **PPP**
-

Brain and mental Health: „Time to close the great divide“

1. Neurologie-Psychiatrie: Ein Organ
2. Bio-Psycho-Sozialer Ansatz für beide gültig
3. Grosse Ueberlappungen/Synergiepotentiale
Wissenschaft (Methoden, Themen)
Lehre („common trunk“)
Versorgung (z.B. Schlafstörungen, Schmerzen,...)
Komorbiditäten (Depression, Angst, Noxen,...)
Prävention (gemeinsame Risikofaktoren)

Gemeinsame Risikofaktoren

stroke, depression, dementia



Swiss Brain Health Plan: Strategic Pillars

Prendre soin du cerveau

Santé cérébrale Pour le groupe de travail Brain Health, la santé cérébrale est une priorité en matière de politique de santé. Car de plus en plus de personnes souffrent des conséquences de maladies neurologiques. Il s'agit d'un problème non seulement pour les personnes concernées et leurs proches, mais aussi pour la société. Le groupe de travail souhaite contrer cette évolution avec le «Swiss Brain Plan».

Dem Gehirn Sorge tragen

Hirngesundheit Für die Arbeitsgruppe Brain Health ist die Hirngesundheit eine gesundheitspolitische Priorität. Denn immer mehr Menschen leiden an den Folgen neurologischer Erkrankungen. Nicht nur für die Betroffenen und ihre Angehörigen, sondern auch für die Gesellschaft ist das ein Problem. Die Arbeitsgruppe möchte dieser Entwicklung mit dem «Swiss Brain Plan» entgegensteuern.

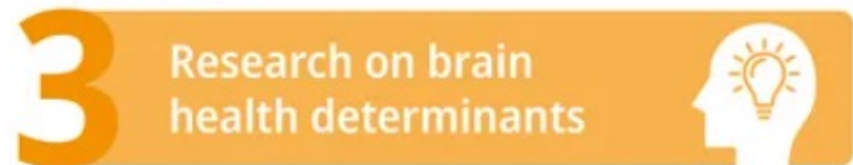
Bassetti, Schweiz Aerztezeitung 2022

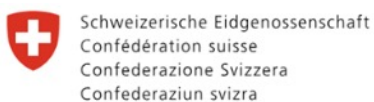
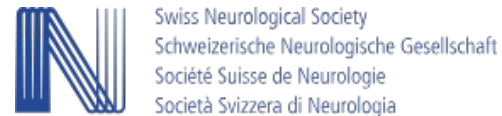
Project Report

The Swiss Brain Health Plan 2023–2033

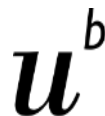
Claudio L. A. Bassetti ^{1,*}, Mirjam R. Heldner ¹, Kristina Adorjan ², Emiliano Albanese ³, Gilles Allali ⁴, Marcel Arnold ¹, Indrit Bëgue ⁵, Murielle Bochud ⁶, Andrew Chan ¹, Kim Q. do Cuénod ⁷, Renaud Du Pasquier ⁸, Bogdan Draganski ⁸, Mohamed Eshmaewy ⁹, Ansgar Felbecker ¹⁰, Urs Fischer ¹¹, Annika Frahsa ¹², Giovanni B. Frisoni ¹³, Harald Grossmann ¹⁴, Raphael Guzman ¹⁵, Annette Hackenberg ¹⁶, Martin Hatzinger ¹⁷, Marcus Herdener ¹⁸, Albert Hofman ¹⁹, Andrea M. Humm ²⁰, Simon Jung ¹, Michael Kaess ²¹, Christian Kätterer ²², Jürg Kesselring ²³, Andrea Klein ²⁴, Andreas Kleinschmidt ²⁵, Stefan Klöppel ²⁶, Nora Kronig ²⁷, Karl-Olof Lövblad ²⁸, Anita Lüthi ²⁹, Philippe Lyrer ¹¹, Iris-Katharina Penner ¹, Caroline Pot ⁸, Quinn Rafferty ³⁰, Peter S. Sandor ³¹, Hakan Sarikaya ¹, Erich Seifritz ¹⁸, Shayla Smith ³⁰, Lukas Sveikata ³², Thomas P. Südhof ³³, Barbara Tettenborn ³⁴, Paul G. Unschuld ⁹, Anna M. Vicedo Cabrera ¹², Susanne Walitza ³⁵, Sebastian Walther ², Isabel Wancke ³⁶, Michael Weller ³⁷, Susanne Wegener ³⁸, Petra Zalud ¹⁴, Thomas Zeltner ³⁹, Daniel Zutter ⁴⁰ and Luca Remonda ⁴¹

Bassetti et al., Clin Transl Neurosci 2023





Federal Office of Public Health FOPH



UNIVERSITÄT
BERN



Swiss Brain Health Plan: Implementierung I



Nationale/internationale Meetings
Viele Interaktionen mit multiplen Stakeholders



CAS Brain Health Universität (Bern)
Aktivitäten in Schulen (Basel)



SFCNS Swiss
Brain Health Plan



Swiss Brain
Health Foundation

National, Regional and International Plans
for Brain and Mental Health: Bridging the Gaps

June 12–13 2025

22 brain plans from across the world

International alliance
Lancet Commission



Brain Health
THE LANCET COMMISSION



The Bern Declaration on Brain Health: a decalogue to launch an international alliance

WHO has recognised mental health and, more recently, brain health as public health priorities.¹ This

identified the top three priorities among 20 brain health topics: definition of brain health, identification of measures of brain health, and development of population-wide strategies to promote brain health.

This historic symposium achieved three landmark outcomes. First, it provided valuable insights into principles guiding brain health plans globally. Second, it created a platform

Panel: The decalogue of brain health initiatives from the National, Regional and International Plans for Brain and Mental Health: Bridging the Gaps symposium

- 1 Brain health demands a biopsychosocial model that integrates neurological and psychiatric dimensions² while also linking to global and planetary health³
- 2 Current definitions of brain health and mental health^{1,2} require revision to better capture their intrinsic relationship and incorporate essential dimensions, such as identity, creativity, and social skills
- 3 Brain health promotion requires a life course approach that supports early brain formation and ongoing development through maturation and experience
- 4 Brain health necessitates commitments from individuals, health-care providers, and communities to prevent brain disorders at both individual and population levels
- 5 Brain health is a human right and public good that is grounded in dignity, compassion, inclusion, and equity
- 6 Sustainable economic and societal progress requires global, cross-sectoral strategies that engage patients and caregivers
- 7 Although new technologies, data science, and artificial intelligence offer clear benefits, ethical risks and digital overexposure must be carefully addressed
- 8 There is an urgent need to train new brain health professionals—as exemplified by the University of Bern's Certificate of Advanced Studies programme⁴—given workforce shortages in all countries, but particularly in low-income and middle-income countries
- 9 Research on brain health determinants, resilience, and measurements remain underfunded and must become a priority
- 10 Policy makers must invest in future generations' brain health—our most valuable brain capital—to build healthier, happier, and more productive societies⁵

CAS Brain Health University of Bern



berufsbegleitend, virtuell, auf English
offen für verschiedene Berufsguppen

1. Zyklus, 2024-5
37 students, 16 Länder



2. Zyklus, 2025-6
42 students, 17 Länder

Swiss Brain Health Plan: Implementation II

3 Research on brain health determinants 

4 Brain health promotion for prevention 

5 Empowering patients and caregivers 

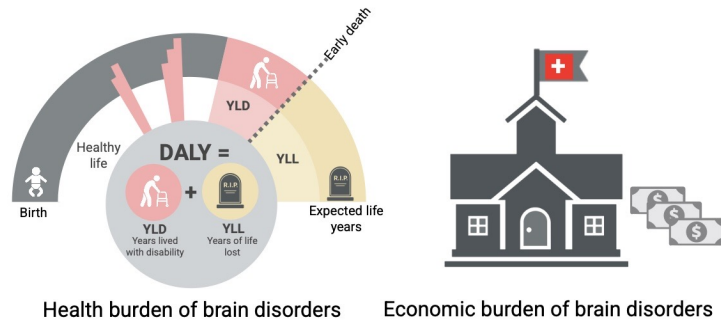
Burden of Brain dDsorders in Switzerland (IHME)
Burden of Sleep Disorders, Sleep Health (Lancet)
Swiss Brain Health Score (Validierung)

Migraine Friendly Workspace
Empfehlungen für Promotion Santé/BAG
Kooperationen mit GDK Bern, Tessin, Genf, Basel

Patients' engagement
Allianz der Patientenorganisationen

Burden of Brain Disorders in Switzerland

A



Research questions

- Q1. *What is the health burden of brain disorders in Switzerland?*
- Q2. *What is the economic burden of brain disorders in Switzerland?*
- Q3. *Does health-care spending reflect disease burden or historical budgets?*
- Q4. *How does Switzerland compare with other high-income countries?*

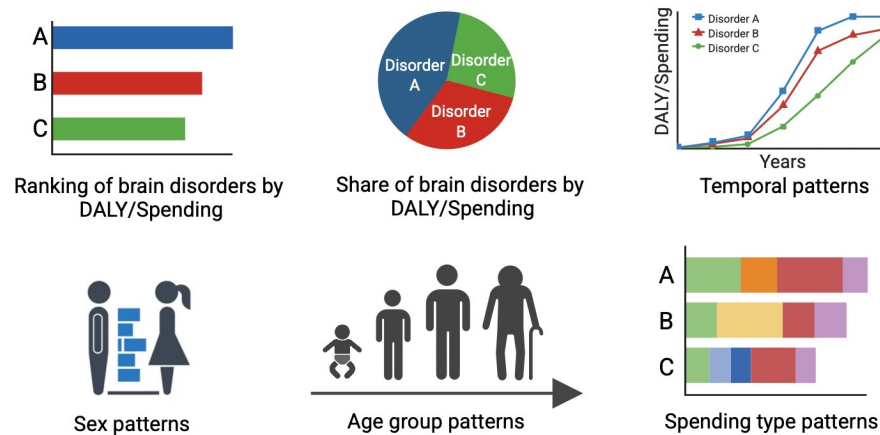
Datasets

Results

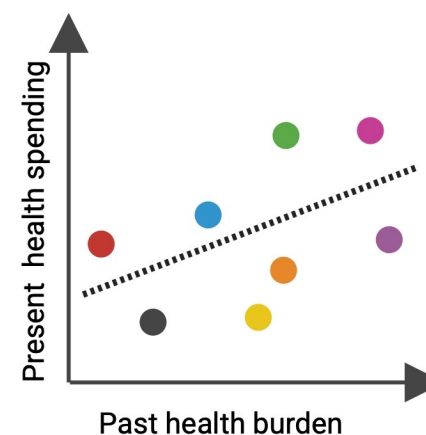
DALY _{1990–2050}	Fig. 2
Spending _{2000–2019}	Fig. 3, 4
DALY _{2000–2019} Spending _{2000–2019}	Fig. 5
DALY _{2019, 2021} Spending ₂₀₁₉	Fig. 6

B

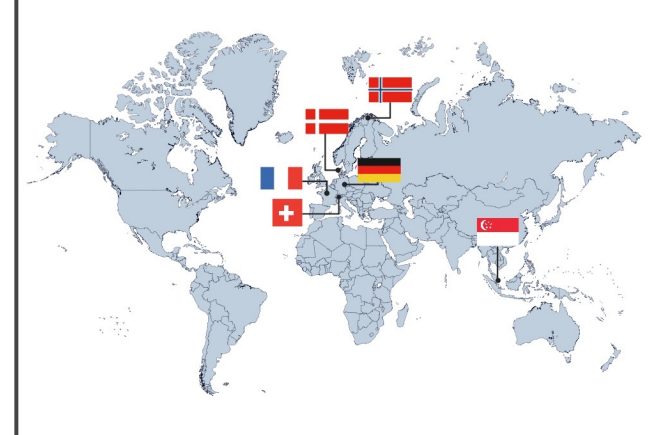
● ● Q1. and Q2.



● Q3.



● Q4.



Patientenstimmen

Luana Deva

Patient's view

"As someone who battled an AVM as a child and who was also faced with the emotional burden of such a diagnosis, I am deeply aware of the impact of brain disorders. We must raise awareness and prioritize holistic public health to support individuals like me. Let's unite to empower patients, caregivers, and organizations for a healthier society."



Belle Lee

Caregiver's view

"As a caregiver first take care of yourself then your loved one. If you are sick you can't take care of anyone. Caregiving is a job learn to let go, get help and set limits."



Daniel Albrecht

Patient's view

Weltmeister und Weltcupsieger Ski alpin

«Wie einschneidend eine Hirnverletzung sein kann, ist vielen Menschen nicht bewusst. Als ehemaliger Profi-Skirennfahrer, der nach einem schweren Schädel-Hirn-Trauma wochenlang im Koma lag, weiß ich aus eigener Erfahrung, wie essenziell ein gesundes Gehirn für ein erfolgreiches, glückliches Leben ist. Die Neurorehabilitation hat mir geholfen, Hirngesundheit und körperliche Fitness wieder zu gewinnen.»



Marcus Schumacher

Patient's view

«Leider ist bei vielen Menschen der Besuch beim Psychiater immer noch mit viel Scham und negativen Gefühlen verbunden! Dabei gibt es keinen Grund psychisch bedingte Schmerzen zu verlängern. Professionelle Unterstützung hilft und man kann sich selbst und seinen Angehörigen damit viel Leid ersparen!»



1. Warum : Last und Prävention der Hirnerkrankungen
2. Definition und Determinanten von Hirngesundheit (WHO)
3. Hirnpläne und der Swiss Brain Health Plan (SBHP)
4. Implementierung des SBHP
5. **Ausblick**

Brain Health/Swiss Brain Health Plan: Ausblick

Kernfragen

- Rahmen, Definition
- Forschung (Determinanten, Metrik)
- menschliche/künstl. Intelligenz
- Gehirn-Kapital
- wiss.-informierte Prävention
- Equity/Skalierbarkeit

Nationales Kompetenzzentrum

- Brain Check Service*
- nationale NCD Strategie 2029
- transdiagn. Lehre/Forschung
- intersektorielle Policy-Plattform
- Gehirnkapital
- PPP

*multidimensional, KI-assistiert