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WHO unveils position paper on optimising brain health

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The paper offers practical policy solutions and future directions



The World Health Organisation (WHO) has launched a position paper that presents a framework for understanding brain health and the importance of brain health optimisation for all. The position paper provides insight into the following clusters of determinants:

- physical health
- healthy environments
- safety and security

- learning and social connection and
- access to quality services

Optimizing brain health by addressing these determinants leads to multiple benefits including lower rates of many chronic health conditions – neurological, mental, substance use and physical – as well as improved quality of life and multiple social and economic benefits, all of which contribute to greater well-being and help advance society.

The paper demonstrates the relevance of optimising brain health within the broader context of public health and society and offers practical policy solutions and future directions for the field including specific actions for addressing brain health determinants, ongoing priorities in brain health research, and operationalising and measuring brain health.