

NEWSLETTER N°2 May 2016

Editorial

Dear Friends,

I am very pleased to introduce this second edition of the SUSTAINABLE BRAIN HEALTH INSTITUTE's newsletter. Following COP21, SBHI is gearing up for another important international event just in time for spring: EUROPEAN GREEN WEEK <http://ec.europa.eu/environment/greenweek>.



In keeping with the objective of EUROPEAN GREEN WEEK and it what represents from SBHI's perspective, the promotion of brain health, **we are organizing scientific public awareness morning café sessions on Friday June 3rd 'GALERIE 34 BONAPARTE', 34 rue Bonaparte, Paris, 75006 France. The focus of this event will be to highlight the effects of pollution on brain health and ways to improve it.** The audience will include journalists to further raise public awareness on this vital topic.

During this event, SBHI will launch a survey to assess the public's awareness on this increasing problem. The survey will be *designed to measure the level of knowledge that the general population has on this key question and the degree of behavioural change they would be prepared to adopt on a daily basis to optimize their brain health.*

As we participate in more international events and develop our network on cognition and brain health sustainability, we will promote our vision to seek a Sustainable Brain Health for all people across the globe. We aim to provide ongoing support for those in need of Predictive, Preventive and Personalized Brain Health Resolutions!

Join us & 'Keep your Brain in Mind'!

Professor François Boller, President of the Sustainable Brain Health Institute Board of Directors <http://sustainable-brainhealth-institute.com/>

News from SBHI

Beyond environmental factors involved in the sustainability of cognition and brain health, nutrition plays a vital role.

PRIVATE SECTOR MECHANISM (PSM) Partnerships Forum on Nutrition 2016

Nutrition is one of the main workstreams of the UN Committee on World Food Security. In this context, the Private Sector Mechanism hosted an event focusing on Nutrition and on the role of partnerships and of the private sector in finding solutions to nutrition challenges. The Partnership Forum on Nutrition was organized by the Private Sector Mechanism (PSM) to the UN Committee on World Food Security (CFS) and hosted by H.E Ambassador Dr Hinrich Thölken of Germany.

Private Sector Mechanism (PSM) Brochure



General Secretary SBHI, Ms. Pauline Harper was invited to join in the conversation at this important event, which took place on April 26 at the Headquarters of the International Fund for Agricultural Development (IFAD) in Rome, Italy. This forum on nutrition provided a unique setting for sharing examples and concrete experiences of successful initiatives across sectors in many countries, particularly focusing on “partnerships”.

Ms. Harper discussed her work and experience in public-private partnerships in the session titled “Sharing information with consumers”. This session included speakers from Unicef, International Food & Beverage Alliance, Global Dairy Platform and Global Manufacturers Association. **When asked by the session moderator, H.E. Gerda Verburg, Ambassador of The Netherlands to the UN Rome-Based Agencies, what her desires are for partnerships in the future, Ms. Harper replied: “it is to bring PPP in at the macro level without the controversy that surrounds it today and to work towards an organized and coordinated systemic approach, connecting all the dots of all the terrific work that organizations are doing separately and disparately today, into a concerted effort to reach the UN's objectives on malnutrition; the prevention of starvation & stunting as well as of overweight and obesity.”**

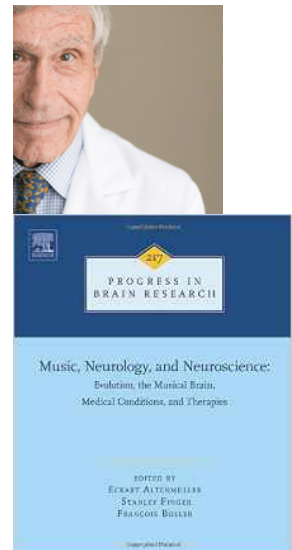
Music & the Brain

With a view on the upcoming World Music Day June 21st, 2016, we are focusing in this edition of SBHI's newsletter on Professor François Boller and his work “Progress in brain research: Music, Neurology and Neuroscience”

This work explores exciting new developments and insights related to music and neuroscience, starting with a discussion about the origins of music.

Music is a powerful driver of brain plasticity, and this work explores some of the adaptations of brain function and structure that have been beautifully documented in accomplished musicians.

This work includes several chapters on music's potential to help people with neurological, psychiatric and associated disorders; the subject of music therapy, which has ancient roots but has found new applications. This work shows how research into the neurosciences, neurology, and music can reveal more about brain function and human behavior in general and can be translated into modern clinical practice as “neurologic music therapy”. So, on June 21st, keep your brain in mind by playing or listening to your favorite artists!



Brain Health Matters

SBHI is addressing two categories of the main determinants on Brain Health

ENVIRONMENTAL	BEHAVIORAL
Pollution	Physical Activity
Stress	Nutrition

SBHI and the voice of its Board of Directors

The Sustainable Brain Health Institute (SBHI) was created March 3rd, 2015 to be a point of convergence on brain health for global multi-stakeholders working towards the promotion of sustainable brain health and the prevention of brain disorders and cognitive impairment.

SBHI is led by a Board of Directors comprised of international multi-disciplinary group of experts from the scientific, civil society and private communities.

Our mission is to decrease the cost and negative impact of brain disorders on society and ensure that adequate information is readily available together with access to suitable interventions. SBHI aims to provide individuals and families everywhere with access to the best and most up to date information on Brain Health and the right tools at the right time to maintain brain health in a language that is easy to understand. Our commitment is to promote a 360° awareness of and conversation on Brain Health by breaking down the silos and working across 2 categories of main determinants on Brain Health: Environment (Pollution and Stress) and Behavioral (Nutrition and Physical Activity).



President, Professor François Boller, M.D., Ph.D., Neurologist and Professor of Neurology at the Department of Neurology of the George Washington University Medical School in Washington, DC USA; Vice President, Methodology and Social Science Professor Anne-Marie Aish, Social Sciences London UK ; Vice President, Scientific Education Professor Viviane Kovess Epidemiology Psychiatry, Paris France; Treasurer, Ms. Helen Bengtsson, Health & Medical Communications, London UK; Secretary General, Ms. Pauline Harper LLB, Paris France; Vice President, Corporate Relationship Dr Charles Marciano PhD, Paris France; Vice President Dr. Veronique Narboni MD, Paris France. Vice President, European Affairs Ms Xenia Schneider, MBA, Strovolos, Cyprus.

Ongoing Advocacy and Visibility

During the **European Psychiatric Association**, Madrid, March 12-14, Dr. Véronique Narboni attended the Presidential diner on the 14th thanks to Professor Danuta Wasserman, EPA Past President. Prof Wasserman launched the second edition of her book **“Suicide an unnecessary death”**, Oxford University Press. Dr Narboni co- authored the chapter on Suicide Prevention in schools.

SAVE THE DATE: Upcoming morning sessions June 3, 2016 for European Green Week

EUROPEAN GREEN WEEK Sustainable Brain Health Institute’s **Public awareness morning café sessions on Friday June 3rd ‘GALERIE 34 BONAPARTE’, 34 rue Bonaparte, Paris, 75006 France.**

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