

Broad Institute of MIT and Harvard, Cambridge, MA 02142, USA; Department of Mechanical Engineering, Massachusetts Institute of Technology, Cambridge, MA, USA; The Montreal Neurological Institute-Hospital, Department of Neurology and Neurosurgery, McGill University, Montreal, QC, Canada

- 1 The Lancet Neurology. AI and neurology: an ethical path to innovation. *Lancet Neurol* 2025; **24**: 371.
- 2 Zhang J, Budhdeo S, William W, et al. Moving towards vertically integrated artificial intelligence development. *NPJ Digit Med* 2022; **5**: 143.
- 3 He J, Baxter SL, Xu J, Xu J, Zhou X, Zhang K. The practical implementation of artificial intelligence technologies in medicine. *Nat Med* 2019; **25**: 30–36.
- 4 Kelly CJ, Karthikesalingam A, Suleyman M, Corrado G, King D. Key challenges for delivering clinical impact with artificial intelligence. *BMC Med* 2019; **17**: 195.
- 5 Beam AL, Kohane IS. Big data and machine learning in health care. *JAMA* 2018; **319**: 1317–18.

See Online for appendix



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

momentum was further advanced at the National, Regional and International Plans for Brain and Mental Health: Bridging the Gaps (June 12–13, 2025) symposium organised by the Swiss Brain Health Plan² and the Swiss Brain Health Foundation. The event united global experts around a transformative vision: brain health must be embraced as a positive, fundamental component of overall health and human potential beyond the absence of disease.

The gathering featured 22 brain health initiatives from organisations worldwide. Despite local differences, a clear consensus emerged and is summarised in the decalogue (panel). A virtual survey of participants 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

for knowledge sharing and catalysed the formation of an International Alliance on Brain Health. Third, it reinforced the value of reverse innovation, showing how approaches from low-income and middle-income countries can enrich global strategies. Furthermore, commitments from Italy, Argentina, and Cameroon to host future gatherings show growing momentum behind this initiative.

ML reports grants from the Italian Ministry of Health and the European Commission, awarded to her institution. All other authors declare no competing interests. During the preparation of this work the authors used ChatGPT to assist language editing. After using this tool, the authors reviewed and edited the content as needed and take full responsibility for the content of the publication. Members of the International Alliance on Brain Health are listed in the appendix.

**Claudio L A Bassetti, Indrit Bègue, Christopher Chen, Facundo Manes, Matilde Leonardi, Alfred K Njamnshi, on behalf of the International Alliance on Brain Health*
claudio.bassetti@unibe.ch

Medical Faculty, University of Bern and Department of Neurology, Inselspital, Bern CH-3010, Switzerland (CLAB); University of Geneva, Geneva, Switzerland (IB); Yong Loo Lin School of Medicine, National University of Singapore, Singapore (CC); INECO Foundation, Buenos Aires, Argentina (FM); Fondazione IRCCS Istituto Neurologico C Besta, Milan, Italy (ML) University of Yaoundé, Soa, Cameroon (AKN)

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 dimensions³ 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

- 1 WHO. Optimizing brain health across the life course: WHO position paper. World Health Organization. 2022.
- 2 Bassetti CLA, Heldner MR, Adorjan K, et al. The Swiss brain health plan 2023–2033. *Clin Transl Neurosci* 2023; **7**: 38.
- 3 Bègue I, Flahault A, Bolon I, Ruiz de Castañeda R, Vicedo-Cabrera AM, Bassetti CLA. One brain, one mind, one health, one planet—a call from Switzerland for a systemic approach in brain health research, policy and practice. *Lancet Reg Health Eur* 2025; **50**: 101229.
- 4 Jung S, Tanner D, Reis J, Bassetti CLA. The Certificate of Advanced Studies in Brain Health of the University of Bern. *Preprints* 2025; published online June 12. <https://doi.org/10.20944/preprints202506.1017.v1>.
- 5 Nail-Beatty O, Ibanez A, Ayadi R, et al. Brain health is essential for smooth economic transitions: towards socio-economic sustainability, productivity and well-being. *Brain Commun*. 2024; **6**: fcae360.