

Epilepsy in Minnesota

A Need for Action



1 in 10 people will have a seizure in their lifetime, and 1 in 26 will be diagnosed with epilepsy.

Epilepsy is the **most common** neurological disease among children and a leading neurological condition among adults.

Despite its prevalence, **Minnesota lacks dedicated state resources** to support people living with epilepsy and understand epilepsy's true impact.

The Impact of Epilepsy

Epilepsy is more than just seizures—it can impact education, employment, mental health, and more. Without support, individuals and families face major challenges, including:

- Poor health and quality of life: Limited access to specialized care and resources.
- Stigma and isolation: Misunderstanding about epilepsy contributes to discrimination in schools, workplaces, and communities.
- Economic burden: Direct and indirect costs associated with epilepsy significantly impact families and the healthcare system.

A Solution: Establishing a State Epilepsy Program

A state epilepsy program at the Minnesota Department of Health would:

- Collect data on epilepsy in Minnesota to guide resource allocation and policy decisions.
- Improve health outcomes through better access to care, education, and community support.
- Reduce stigma by promoting public awareness and education about epilepsy and seizures.
- Enhance quality of life for Minnesotans with epilepsy by connecting them to essential resources and services.

Call to Action

Minnesota has an opportunity to lead the way in supporting individuals with epilepsy. By supporting legislation (**S.F. 1538/H.F. 1765**) that invests in a dedicated epilepsy program, the state can:

- Ensure that all Minnesotans with epilepsy have the tools and resources they need to thrive.
- Address gaps in care and data to better serve our communities.
- Promote understanding and inclusivity, reducing the stigma surrounding epilepsy.

Join us in making epilepsy a public health priority. Together, we can create a healthier and more inclusive Minnesota.