

# Epilepsy in Minnesota

## A Need for Action



**EPILEPSY**  
FOUNDATION

MINNESOTA

**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.**