



International
Epilepsy Day

Report

2023



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About

International Epilepsy Day is an annual event organized by the International Bureau for Epilepsy (IBE) and the International League Against Epilepsy (ILAE) to raise awareness about epilepsy and its impact on individuals, families and communities around the world.

2023 Theme

Epilepsy affects almost every aspect of a person's life. Often, people living with epilepsy find dealing with the stigma attached to the illness more challenging than dealing with the disease itself. Misconceptions and myths often contribute to the stigma surrounding epilepsy.

This year's International Epilepsy Day campaign sought to dispel these myths. By sharing facts about epilepsy, we wanted to challenge public misconceptions about epilepsy.



Dr Francesca Sofia, IBE President

More than 50 million people around the world live with epilepsy. For many of these people, the stigma attached to epilepsy is often more difficult to deal with than the condition itself.

ILAE-IBE Joint Statement

Call to: Step Up Against Stigma to improve the lives of people with epilepsy worldwide.

On International Epilepsy Day, the International League Against Epilepsy (ILAE), and the International Bureau for Epilepsy (IBE) are calling for greater understanding and intersectoral action to tackle the stigma and discrimination faced by people with epilepsy worldwide.

Addressing stigma and discrimination is a key component of the WHO Intersectoral Global Action Plan on Epilepsy and other Neurological Disorders (IGAP). The plan was unanimously adopted by the 194 Member States of WHO in May 2022.

“Epilepsy has significant personal, health, economic and social inclusion consequences for people living with the disorder and for their families and communities, the response should not be anything less than integrated, comprehensive and engaging all of society,” stated Dr. Dévora Kestel, WHO Director for Mental Health and Substance Use.

Full statement available at:
<https://internationalepilepsyday.org>

“

International Epilepsy Day allows us to come together, to stand up against stigma and discrimination, and to build a world where no person’s life is limited by epilepsy and the harmful myths that surround it.

Prof. Helen Cross, ILAE President








”

#EpilepsyDay Video Messages

Video messages in support of the campaign were recorded by IBE and ILAE Presidents and Vice Presidents and shared on the International Epilepsy Day website, YouTube and across social media.

The screenshot shows a video player interface for the International Epilepsy Day 2023 campaign. At the top left is the International Epilepsy Day logo. In the center is a circular video thumbnail of Dr. Francesca Sofia, IBE President. Below the thumbnail, her name and title are displayed. At the bottom left, the text 'International Epilepsy Day' is followed by '15 videos 89 views Last updated on Mar 16, 2023'. Below this are icons for a menu, share, and more options. At the bottom are two buttons: 'Play all' and 'Shuffle'.

-  **Message from Dr Francesca Sofia IBE President**
International Epilepsy Day • 82 views • 1 month ago
-  **An #EpilepsyDay 2023 message from ILAE President J. Helen Cross**
ILAE - International League Against Epilepsy • 133 views • 1 month ago
-  **Message from Dr Natela Okujava on International Epilepsy Day**
International Epilepsy Day • 26 views • 1 month ago
-  **ILAE - Europe: #Epilepsyls characterized by spontaneous seizures**
ILAE - International League Against Epilepsy • 126 views • 1 month ago
-  **Message from Dr Tomás Mesa on International Epilepsy Day**
International Epilepsy Day • 13 views • 1 month ago

Campaign Resources

A comprehensive toolkit with campaign resources for social media was available to download from the International Epilepsy Day website. Campaign resources included customizable selfie cards to share personal #EpilepsyIs messages on International Epilepsy Day. Toolkits were translated into German, Spanish, Croatian, Russian and Portuguese. Thanks so much to those who helped with the translations.



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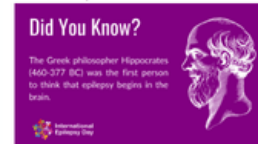


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Twitter Graphics

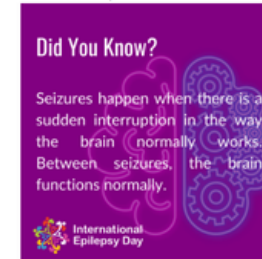


Download the graphic pack of images sized for Twitter

Download .zip

Twitter blank card (edit in Canva)

Facebook Graphics



Download the graphic pack of images sized for Facebook

- DOWNLOAD CAMPAIGN TOOLKIT
- DESCARGAR EN ESPAÑOL
- DOWNLOAD EM PORTUGUÊ
- DOWNLOAD AUF DEUTSCH
- PRIRUČNIK ZA ZAGOVORNIKE
- СКАЧАТЬ НА РУССКОМ ЯЗЫКЕ

Virtual Art Exhibition

Pictured on this page is a selection of entries to our virtual art exhibition on the theme of stigma. All entries can be viewed at internationalepilepsyday.org/art-exhibition.



Podcasts

The following *Sharp Waves* podcast episodes were released by ILAE to mark International Epilepsy Day.

EPIGRAPH VOL. 25 ISSUE 1, WINTER 2023

“Living with epilepsy should not be a secret”: Jessie Nyirenda

Reported by *Bruna Nucera* | Edited and produced by *Nancy Volkers*



[Listen](#)



Jessie Nyirenda (Zambia)



Mary Secco (Canada)

EPIGRAPH VOL. 25 ISSUE 1, WINTER 2023

Addressing epilepsy stigma from the ground up: Mary Secco

Reported by *Bruna Nucera* | Edited and produced by *Nancy Volkers*



[Listen](#)

Stigma Stories

We are grateful to all who submitted stories about the stigma they have experienced as a person living with epilepsy. View the complete story collection at internationalepilepsyday.org/stigma-stories.



“

Epilepsy, known as *ensimbu* in my local language, sends shockwaves through communities at the mere mention of the word.

”

Nina Mago

Uganda



“

The most powerful tool we have is storytelling. Putting a face along with the disease makes it more human and more real.

”

Jessica

USA



“

In my country, the condition is mistaken to be caused by a demon. People would advise one to go to a spiritual man to be prayed for and not the hospital.

”

Melissa Ndona Chinyanta

Zambia



“

A person with epilepsy can achieve anything in their life but stigma can only be removed from society when we start speaking openly about it.

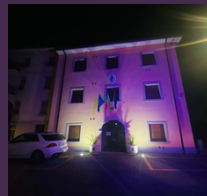
”

Vinay Jani

Delhi, India

Shining a Light

Buildings around the world lit up to shine a light on epilepsy. We thank everyone who participated in illuminating their local landmarks.



Italy

Greece

Events

International Epilepsy Day 2023 was marked around the world with events that raised awareness about epilepsy stigma. Below are a selection of images to illustrate the variety of events that took place. You can find out more by visiting internationalepilepsyday.org/events.

Purple Bench Initiative

Last leg of the 50million steps run/walk.

Venue : HILLTOP NAGURU
Date : 13th February 2023
Time : 5:00pm

QUIZ!

#Purplebenchug #EPILEPSYDAY #50millionSteps

International Epilepsy Day
Epilepsy Awareness Webinar on Stamp Out Stigma

13th February 2023 | Monday | 6.30 PM India Time

Speakers include: Dr. Gajendra Singh (India), Dr. V. Menakrishnamurthy (India), Dr. P. Satishkumar (Bangalore), Dr. Bhuma Vengamma (USA), Dr. M. M. Mahodhara (India), Dr. Chandrasekhara M. (India), Dr. Sangeeta Ravat (India), Dr. Chaturbhuj Kothara (India), Dr. Shafiqul Gani (India), Dr. Manjari Tripathi (India), Dr. Sita Jayalakshmi (India), Dr. P. Vinayak (India), Dr. Mini Sreedharan (India), Dr. Saji Jajaji (India), Dr. Muskan Mannan (India), Dr. J. Wanglinghe (India), and Dr. Jahn Vijay Sagar Kinnu (India).

Link: <https://zoom.us/j/91567888597>

Epilepsia SIN FRONTERAS

Encuentro Virtual

13/02/2023
16:00 horas

ASISTE Y PARTICIPA

SCIENTIFIC SEMINAR ON "EPILEPSY CARE: A PRAGMATIC APPROACH"

Prof. Dr. Quaid Osman
Prof. Dr. Anwar Hossain
Prof. Dr. M. A. Hossain
Prof. Dr. M. A. Hossain
Prof. Dr. M. A. Hossain
Prof. Dr. M. A. Hossain
Prof. Dr. M. A. Hossain
Prof. Dr. M. A. Hossain
Prof. Dr. M. A. Hossain
Prof. Dr. M. A. Hossain

JOURNÉE INTERNATIONALE DE L'EPILEPSIE

RENNES 13 FÉVRIER 2023

SEMAINE DE L'EPILEPSIE

LA PERSONA CON EPILEPSIA

Watch Your Favourite Doctor's Advice on the MANAGEMENT OF EPILEPSY

Dr. Prof. Man Mohan Mahalingam

50 million Steps Against Epilepsy Stigma

#stampoutstigma

Event Photos

The following pages contain a selection of the many photos we received from our chapters around the world taken at events they hosted to celebrate International Epilepsy Day 2023.



Mozambique



Gambia

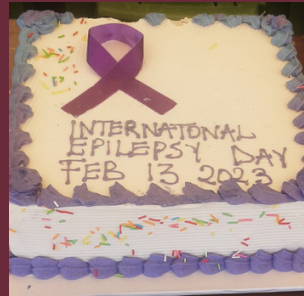


Ireland



Tanzania





Kenya

India



Croatia

Ukraine

South Africa



Hong Kong SAR China

Georgia

France



Uganda

India



Cameroon

Mauritius

Eswatini



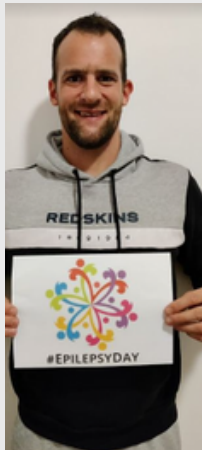
India



Malawi

Social Media

A selection of social media images shared by participants on International Epilepsy Day.



#50MillionSteps

We're excited to share with you the incredible success of IBE's #50MillionSteps campaign, which took place in the lead up to International Epilepsy Day this year. Thanks to your efforts we were able to take a giant leap forward in raising awareness about epilepsy and the impact of stigma in society. Together we took more than **185 million steps** to raise awareness of stigma and show support for those affected by epilepsy across the globe. A new record for the campaign!



Descarga en Español



Download auf Deutsch



Télécharger en Français



Preuzimanje na Hrvatskom Jeziku



Download em Português



#50MillionSteps Toolkit was translated into 5 languages.

Twitter Header Images



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Facebook Cover Images

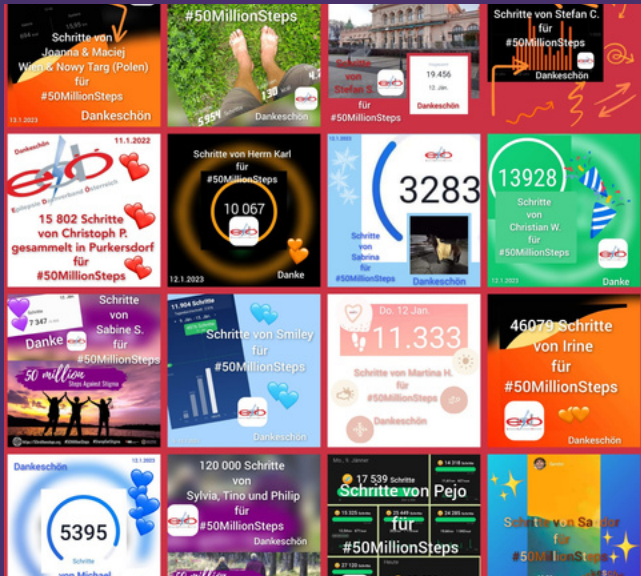


Download zip file of images

Twitter Post Images



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國際腦癇日—香港
International Epilepsy Day
Hong Kong
13. 02. 2023

齊走5000萬步

邁向共融之路步行活動
50 MILLION STEPS FOR EPILEPSY

合辦機構: 支持機構: 相關國際組織:

International Epilepsy Day

3,001,274

steps walked for epilepsy awareness.

Thank you!

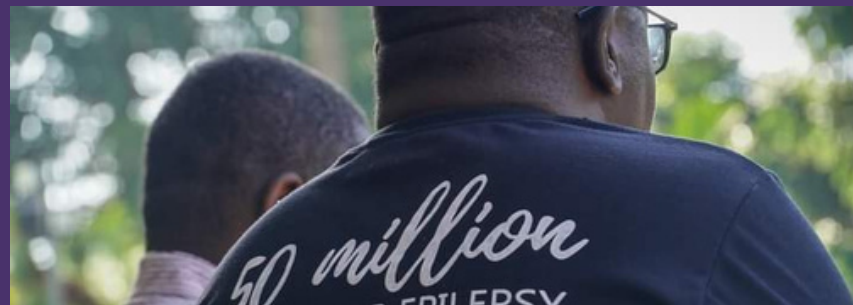
50 million
Steps Against Stigma

Angelini
Pharma

50 million
Steps Against Stigma

EPILEPSY AWARENESS STEPS CHALLENGE

No.	Team Name	Steps
1	Bill	411,722
2	Banati	310,782
3	Khalifa	261,329
4	Marvin	236,577
5	Ahnastacia	200,648
6	Carol	175,673
7	Dan	128,479
8	Alex	106,000
9	Steve	103,863
10	Hannah	43,747
11	Mary	25,587
12	Sketch	23,105
13	Michael	22,922
14	Diana Mw.	22,516
15	Judy	21,008
16	Joyce	19,722
17	Jeaniter	17,843
18	Diana Mu.	17,666
19	Tim	13,252
20	Esther	11,037
21	Peter	9,152





Join us 12th February 2024