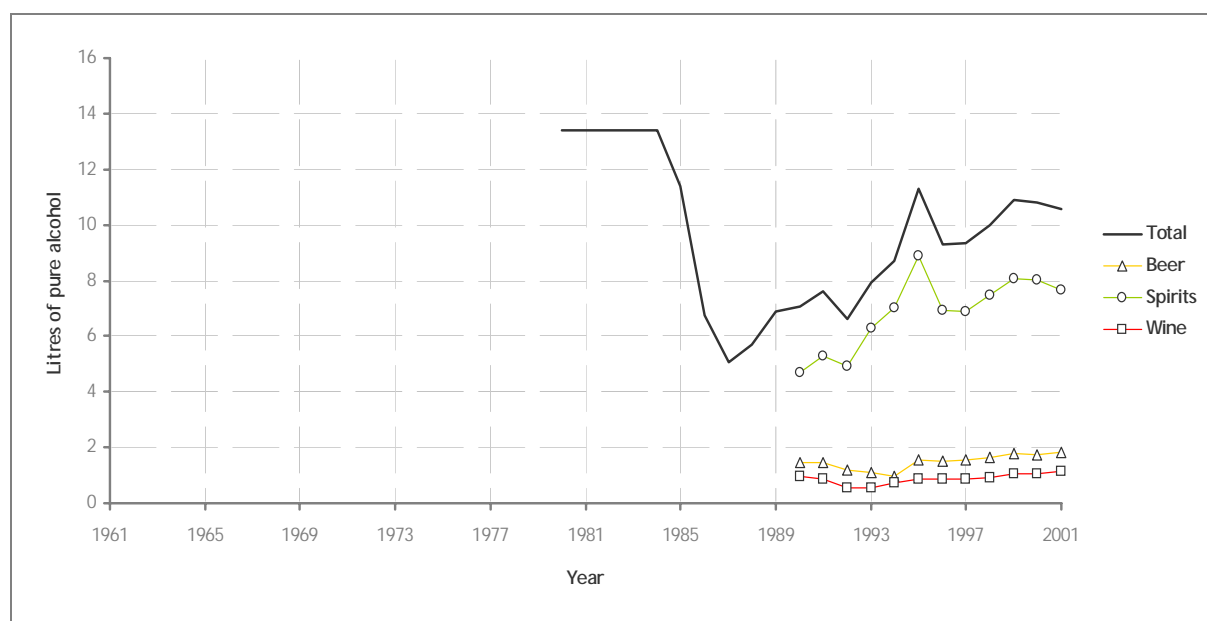


RUSSIAN FEDERATION (THE)

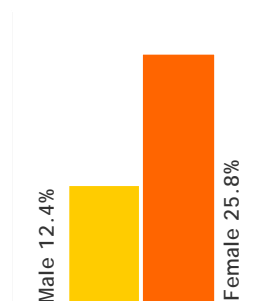
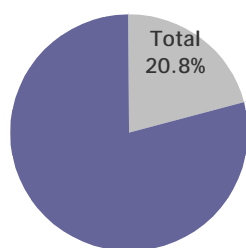
Recorded adult per capita consumption (age 15+)



Note: No beverage specific data available before 1990, only total alcohol consumption.

Sources: FAO (Food and Agriculture Organization of the United Nations), World Drink Trends 2003

Lifetime abstainers

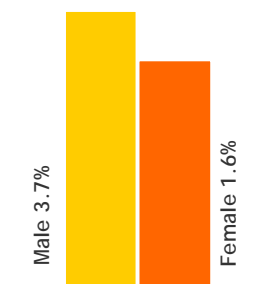
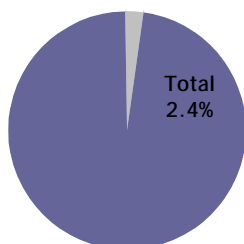


Data from the 2003 World Health Survey. Total sample size $n = 2983$; males $n = 1103$ and females $n = 1880$. Sample population aged 18 years and above.¹

Data from a 1996 national survey of subjects aged 18 years and above (males $n = 868$ and females $n = 731$) show that the rate of last year abstainers was 23.1% (total), 9% (males) and 35% (females).²

Estimates from key alcohol experts show that the proportion of adult males and females who had been abstaining (last year before the survey) was 9% (males) and 8% (females). Data is for after year 1995.³

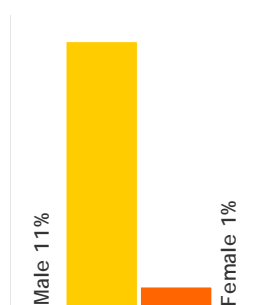
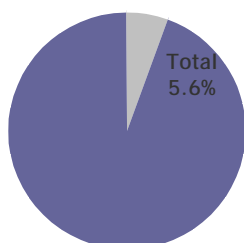
Heavy and hazardous drinkers



Data from the 2003 World Health Survey. Total sample size $n = 2983$; males $n = 1103$ and females $n = 1880$. Sample population aged 18 years and above. Definition used: average consumption of 40 g or more of pure alcohol a day for men and 20 g or more of pure alcohol a day for women.¹

According to the 2003 World Health Survey (total sample size $n = 2247$; males $n = 962$ and females $n = 1285$), the mean value (in grams) of pure alcohol consumed per day among drinkers was 6.1 (total), 9.8 (males) and 3.0 (females).¹

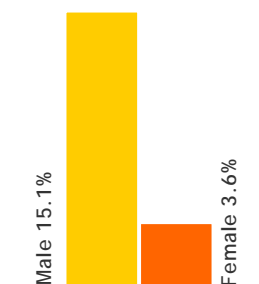
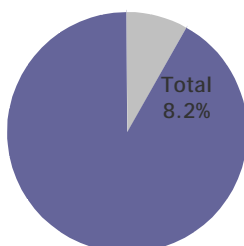
Heavy drinkers



1996 national survey of subjects 18 years and above (total sample size $n = 1599$; males $n = 868$ and females $n = 731$). Definition of heavy drinking: consuming at least 50 cl vodka (157 g of pure alcohol) more than once a month.²

A comparative survey conducted in the district of Pitkäranta in the Republic of Karelia in 1992 (males $n = 380$ and females $n = 455$) and 1997 (males $n = 309$ and females $n = 440$) found that 3% of men in 1992 and 9% of men in 1997 consumed 169 g or more of alcohol a week whilst the corresponding figures for women were 1% and 3% respectively.⁴

Heavy episodic drinkers



Data from the 2003 World Health Survey. Total sample size $n = 2983$; males $n = 1103$ and females $n = 1880$. Sample population aged 18 years and above. Definition used: at least once a week consumption of five or more standard drinks in one sitting.¹

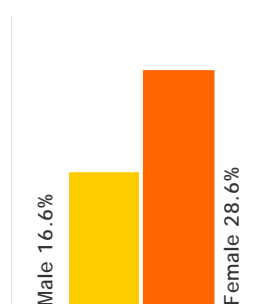
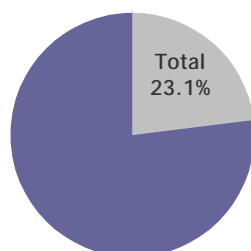
Data from a 1996 national survey of subjects aged 18 years and above (males $n = 868$ and females $n = 731$) found that 44% of men and 6% of women reported to drink an equivalent of 25 cl of vodka or more on one occasion, and 31% of men and 3% of women would do so at least once a month.²

A survey conducted in 1994–1995 in two districts of Novosibirsk city (Western Siberia) among 1539 men and 1511 women aged 25–64 years found the prevalence rate of binge drinking in this population to be 51% among men and 5% among women. Binge drinking was defined as consumption of 80 g or more of ethanol (80 g of ethanol is equivalent to 250 ml of vodka) per occasion at least once a month. The study also found that 32% of

men and 1% of women consumed 120 g (equivalent to 380 ml of vodka) or more of ethanol per occasion at least once a month. Comparisons with earlier similar surveys have shown a rising trend in binge drinking.⁵

A study found that in 1993–1994 heavy alcohol drinking (more than 0.5 litres of 40% alcohol/week) was very common among men in Taganrog (34%), while it was uncommon among women (3%). The lowest educational groups and those in manual occupations reported heavy drinking more frequently than others. Among men, quarrels and conflicts in the family were associated with a sixfold higher frequency of heavy drinking compared to families reporting good relations.⁶

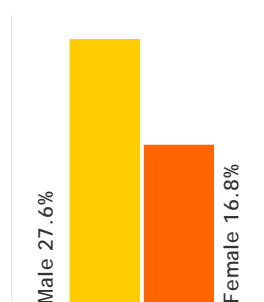
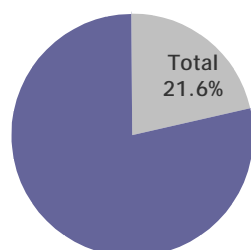
Youth drinking (lifetime abstainers)



Data from the 2003 World Health Survey. Total sample size $n = 225$; males $n = 102$ and females $n = 123$. Sample population aged 18 to 24 years old.¹

Data from the 1999 ESPAD survey conducted in Moscow (total sample size $n = 2937$, males $n = 1412$ and females $n = 1525$; age group 15 to 16 years) found that the rate of alcohol consumers was 30% (total), 34% (males) and 26% (females). Alcohol consumer was defined as lifetime use of 40 times or more. Data was only for Moscow city.⁷

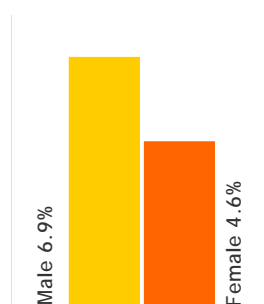
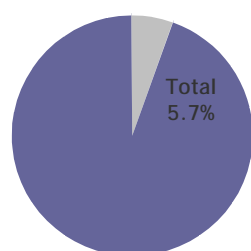
Youth drinking (drink at least weekly)



HBSC survey 2001/2002. Data shows proportion of 15-year-olds who report drinking beer, wine or spirits at least weekly. Total sample size $n = 2575$.⁸

According to the 1997/1998 HBSC survey (total sample size $n = 1322$), 28% of 15-year-old boys and 24% of 15-year-old girls reported drinking beer, wine or spirits at least weekly. Note that this was not a nationally representative sample but a regional sample of the Russian Federation (St. Petersburg and district, Krasnodar *kraj* and Chelyabinsk *oblast*).⁹

Youth drinking (heavy episodic drinkers)



Data from the 2003 World Health Survey. Total sample size $n = 225$; males $n = 102$ and females $n = 123$. Sample population aged 18 to 24 years old. Definition used: at least once a week consumption of five or more standard drinks in one sitting.¹

Note: These are preliminary, early-release, unpublished data from WHO's World Health Survey made available exclusively for this report. Some estimates may change in the final analyses of these data.

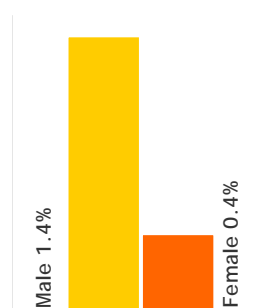
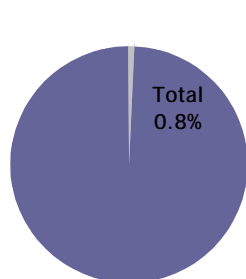
According to the 1999 ESPAD survey conducted in Moscow (total sample size $n = 2937$, males $n = 1412$ and females $n = 1525$; age group 15 to 16 years), the rate of binge drinking was 16% (total), 20% (males) and 12% (females). Binge drinking was defined as consuming five or more drinks in a row three times or more in the last 30 days.⁷

Youth drinking (drunkenness)

According to the 2001/2002 HBSC survey (total sample size $n = 2575$), the proportion of 15-year-olds who reported ever having been drunk two or more times was 39.1% for boys and 29.4% for girls.⁸

In the 1999 ESPAD study of subjects 15 to 16 years old (total sample size $n = 2937$; males $n = 1412$ and females $n = 1525$) the proportion of subjects who reported being drunk three times or more in the last 30 days was 8% (total), 7% (males) and 7% (females).⁷

Alcohol dependence in rural Udmurtia (last year incidence)



A sample of 855 rural adult inhabitants in Udmurtia was interviewed by the CIDI to investigate the incidence and prevalence of alcohol-related disorders (according to ICD-10 and DSM-III-R).¹⁰

The study also found that harmful use of alcohol and alcohol dependence affected 37.1% of the population according to ICD-10 and DSM-III-R in a lifetime period. Alcohol-related disorders were more common in men (72.6%) than in women (10.3%).¹⁰

Traditional alcoholic beverages

Samogon is a homebrew with a very high alcohol content. Figures for illegally produced *samogon* are not reported, even though, according to some researchers, this may account for up to 50% of total alcohol consumption.¹¹

Unrecorded alcohol consumption

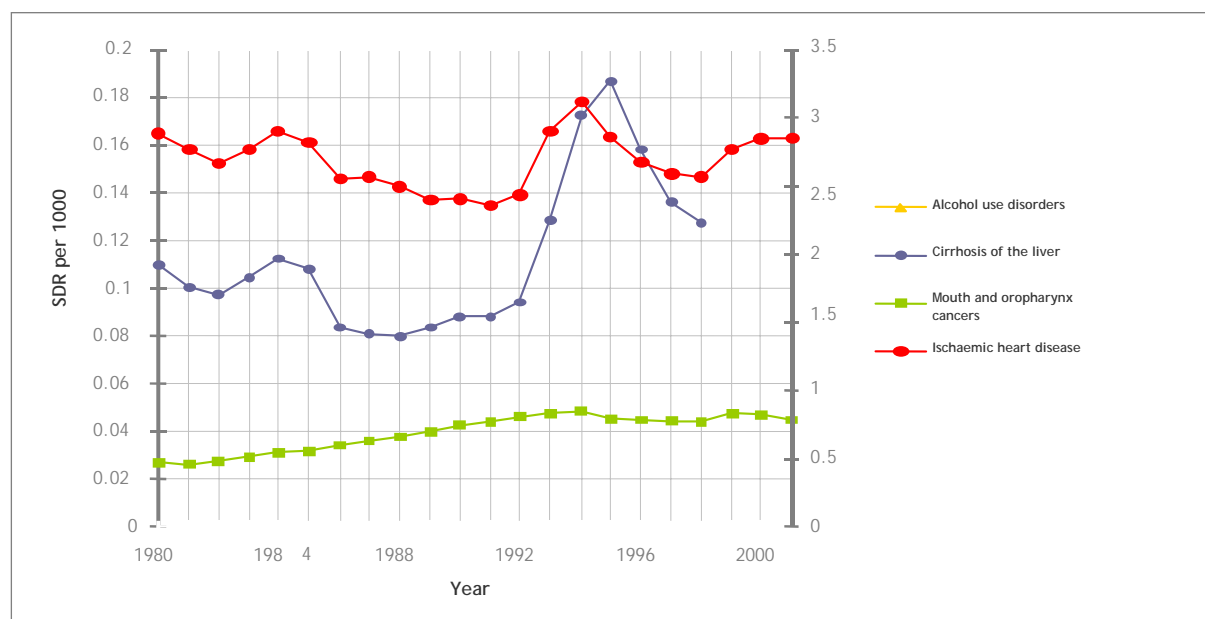
The unrecorded alcohol consumption in the Russian Federation is estimated to be 4.9 litres pure alcohol per capita for population older than 15 for the years after 1995 (estimated by a group of key alcohol experts).³

In the early 1990s the official figure for per capita consumption was around 6 litres of pure alcohol, whereas indirect measures based on the number of alcohol-related deaths and consumption in the past, produced estimates between 13 and 15 litres of pure alcohol per capita.¹²

Mortality rates from selected death causes where alcohol is one of the underlying risk factors

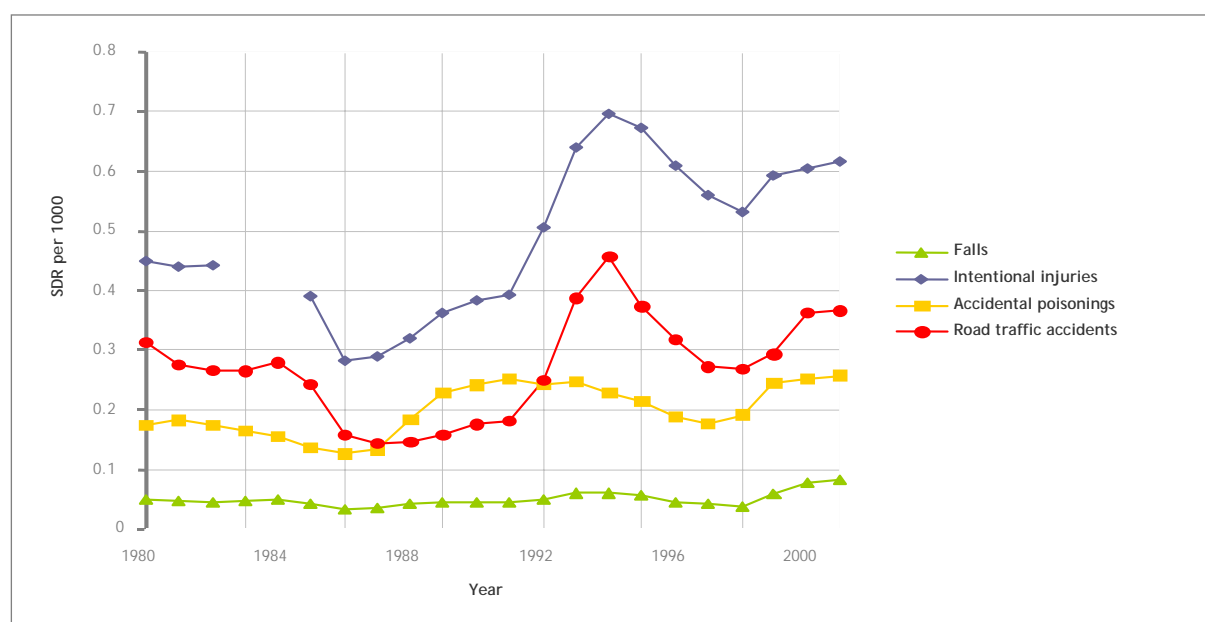
The data represent all the deaths occurring in a country irrespective of whether alcohol was a direct or indirect contributor.

Chronic mortality



Note: Chronic mortality time-series measured on two axes, ischaemic heart disease on right axis and the other causes on the left.

Acute mortality



Source: WHO Mortality Database

Morbidity, health and social problems from alcohol use

During the year 2002 the police registered more than 164 000 road accidents that killed over 30 000 and wounded more than 197 000 people. Most road accidents in Russia are caused by drivers' conscious violation of the traffic rules, in particular, when in a drunken condition.¹³

According to figures from the Health Ministry, a total of 47 000 people died in 2001 from alcohol poisoning after consuming poor quality products.¹⁴

A study found that in the early 1980s, the aggregate number of direct and indirect alcohol-related life losses was more than 500 000 per annum, or over 32% of total deaths. Half of the alcohol-related human losses in the Russian Federation over the period studied were due to accidents, poisoning and violence. The total number of

alcohol-related deaths for 1994 was 751 000 in the population, or 33% of all deaths (direct and indirect losses). A new growth of total mortality, fatal alcohol poisonings and number of alcohol psychoses has been observed in 1999–2000.¹⁵ Another recent study looking at Russian mortality trends for 1991–2001 have suggested that the role of alcohol consumption in explaining a large part of the mortality trends would appear reasonable. The largest relative changes have been observed for those conditions that are directly related to alcohol – namely, unintentional poisoning by alcohol and liver cirrhosis.¹⁶

About 12% of the decline in life expectancy from 1990 to 1994 in Russia was due to alcohol-related mortality (with chronic liver diseases and cirrhosis accounting for 2.4% and other alcohol-related causes accounting for the other 9.6%) and nearly one third was due to external causes, including homicide and suicide.¹⁷

A study found that the risk of total and cardiovascular mortality was raised in a small group of frequent heavy drinkers; for this group, adjusted relative risks were 1.61 for total mortality and 2.05 for deaths from cardiovascular disease.¹⁸

A study found that changes in the level of blood alcohol concentration-positive suicides are closely correlated with changes in the alcohol consumption level. Alcohol consumption level plays a considerable role in the suicide rate, especially for male suicides. The rate of alcohol-related suicides is very high in Russia, owing to the very high alcohol consumption rate in the country.¹⁹ The attributable fraction of alcohol for female suicides in the former Soviet Union (27%) is estimated at approximately half of that for male suicides (50%).²⁰

Crime data reveal patterns similar to those of alcohol consumption, with juvenile arrests for alcohol consumption and public intoxication, for example, increasing during the early 1990s and the percentage of juvenile arrestees who were under the influence of alcohol at the time of the crime rising from around 17% in 1991 to about 27% in 1994. Furthermore, crime data reveal that of the 24 350 persons arrested for homicide in Russia in 1995, nearly 75% were under the influence of alcohol.²¹

In a recent study examining the social connection between binge drinking and homicide in the country, it was found that there was a high bivariate correlation between the daily distribution of deaths due to alcohol and homicide. The number of alcohol deaths was significantly higher on Saturdays and Sundays (presumably as a result of drinking on Friday and Saturday nights) and the number of homicide deaths was significantly higher on Fridays and Saturdays. Binge drinking, preference for distilled spirits and a high social tolerance for heavy drinking may act as social and cultural contextual factors that might increase the risk of violent outcomes.²²

The rate of alcoholic psychosis incidence per 100 000 population was 47.67 in 2001 and 53.55 in 2002.²³

The number of alcohol-related road traffic accidents per 100 000 population was 23.06 in 2000 and 22.15 in 2001.²³

Country background information

Total population 2003	143 246 000	Life expectancy at birth (2002)	Male	58.3
Adult (15+)	120 326 640		Female	71.8
% under 15	16	Probability of dying under age 5 per 1000 (2002)	Male	19
Population distribution 2001 (%)			Female	15
Urban	73	Gross National Income per capita 2002	US\$	2140
Rural	27			

Sources: Population and Statistics Division of the United Nations Secretariat, World Bank World Development Indicators database, The World Health Report 2004

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