

Experiences of implementation of the FP5 INCO-Copernicus project “Living Conditions, Lifestyle and Health” (2000-2003)



27-28 January, 2005, Nicosia



LLH **About the project (1)**

- The project “**Living Conditions, Lifestyle and Health (LLH)**” is ...
- a comparative study of 8 CIS countries.
- an interdisciplinary study:
 - Sociology (quantitative survey and qualitative studies);
 - Political Science (studies of health policies);
 - Public Health (medical observations).
- implemented in 2000 – 2003.

LLH About the project (2)

- “Seeds Funding” from the Austrian Ministry of Science (1999) for the development of the application package.
- The project has been supported and funded by FP5 programme “*Confirming the International Role of Community Research*” (INCO-Copernicus).
- EU contracted funding: € 1,765 mio.

bm:vv



LLH Project consortium (1)

- **Project Coordinator:**
// Institute for Advanced Studies
// Institut für Höhere Studien (IHS-Wien)
- **Project Leader:**
Univ.-Doz. Dr. Christian Haerpfer
- **Partners:**
11 partners from 10 countries in Europe and Asia
- More than 160 co-workers in all teams
 - Among them, 34 senior research fellows (Professors and Ph.D.)



LLH Project consortium (3)

1.	Austria	Institut for Advanced Studies (IHS-Vienna)
2.	United Kingdom	London School for Hygiene and Tropical Medicine
3.		Derby University
4.	Byelorussia	Center for Sociological and Political Research at the Byelorussian State University
5.	Russia	Center for Sociological Studies at the Moscow State University
6.	Ukraine	East-Ukrainian Foundation for Social Research
7.	Kazakhstan	Center for Studies of Public Opinion
8.	Moldova	Opinia – Sociological Agency
9.	Kyrgyzstan	Centre for Sociological, Politological and Social-Psychological Research
10.	Georgia	Center for Social Studies
11.	Armenia	State Engineering University of Armenia (SEUA)

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LLH Project consortium (4)



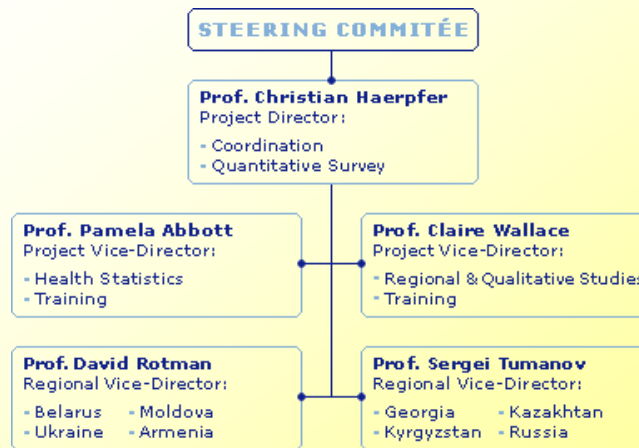
The core team of the project
(3rd Annual Conference, Vienna, October 2002)

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LLH Project management



LLH Aims of the study (1)

- To study the relationship between living standards, lifestyle and health of the populations of 8 former Soviet republics
 - These countries represent a large part of the former Soviet Union but also provide ethnic, cultural and religious variations.
- To investigate how tobacco and alcohol consumption, including their social and cultural context, is related to cardiovascular disease in these 8 countries.

LLH **Aims of the study (2)**

- To investigate how social capital and social networks, including informal versus formal provision of care and the way in which health services are used by individuals, affect health outcomes.
- To investigate how psycho-social factors such as feelings of control over one's life can affect health outcomes.

LLH **Aims of the study (3)**

- To investigate how culture and lifestyle, including ethnic and regional differences, can affect health outcomes.
- To investigate the impact of environmental factors such as employment, region and nuclear and other pollution.



Variety of research

- **Quantitative Survey**
 - with 18.500 face-to-face interviews in 8 CIS countries
- Analysis of **health statistics** and **health policies**
 - for the period 1990-2000
- **7 Regional health studies**
 - Russia (2) + Ukraine (2) + Chernobyl area (3)

Including:

 - Focus-groups on health issues (7x3=21 sessions);
 - Expert interviews (local, regional, national levels);
 - Individual in-depth interviews (7x50=350 interviews)
 - Health check and measurements (350 records)



Project coverage (fieldwork)

LLH Survey 2001

+ Three regional studies:

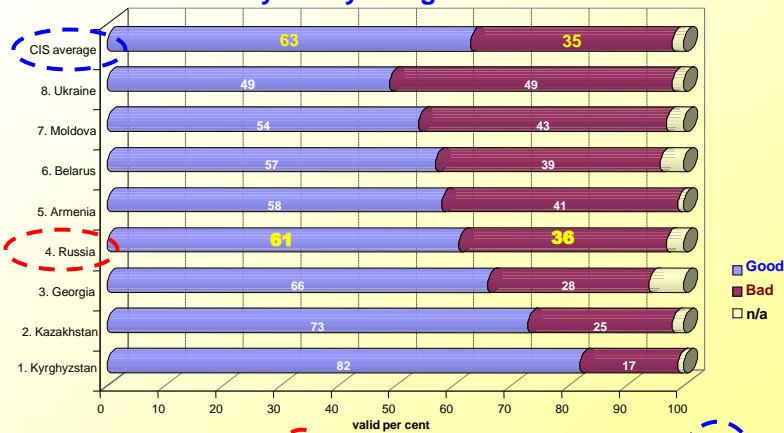
- Russia (2 regions)
- Ukraine (2 regions)
- Chernobyl area (3 regions)





Survey outcomes (1)

How would you describe your state of health these days?
Would you say it is good or bad?



	1. Kyrgyzstan	2. Kazakhstan	3. Georgia	4. Russia	5. Armenia	6. Belarus	7. Moldova	8. Ukraine	CIS average
n/a	1	2	6	3	1	4	3	2	2
Bad	17	25	28	36	41	39	43	49	35
Good	82	73	66	61	58	57	54	49	63

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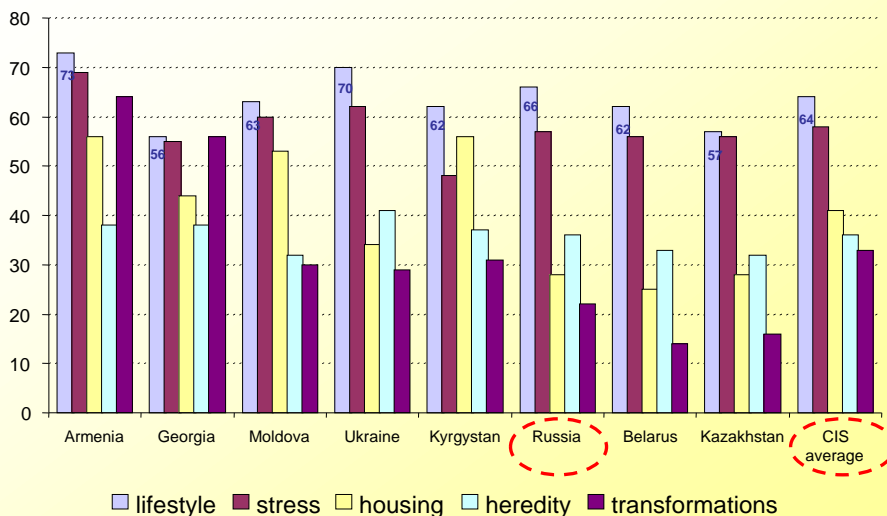
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Survey outcomes (2)

What affects the state of the heart-cardiac system ?



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Survey outcomes (3)

How has the disintegration of the USSR influenced the living standard in our country, according to your opinion?

	AM	BY	GE	KZ	KG	MD	RU	UA	Total
	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)
Don't know	6.5	16.9	13.0	13.1	5.9	12.1	13.6	10.0	11.6
Positively	2.6	6.6	2.6	10.5	10.9	4.0	8.5	7.7	6.9
Has not influenced at all	1.1	11.1	4.9	15.6	5.5	6.6	10.2	7.8	8.1
Negatively	89.8	65.3	79.5	60.8	77.7	77.3	67.7	74.5	73.4
Valid	1,997	1,967	1,962	1,985	1,996	1,961	4,000	2,368	18,236

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Survey outcomes (4)

Satisfaction:
The way economy is developing in our country.

	AM	BY	GE	KZ	KG	MD	RU	UA	Total
	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)
Don't know	5.1	15.5	3.8	6.8	4.1	8.5	8.7	7.6	7.6
Definitely satisfied	4.5	3.5	0.2	3.3	4.5	0.5	3.0	2.2	2.7
Quite satisfied	10.8	17.9	1.5	20.6	15.5	5.5	17.8	7.9	12.7
Rather dissatisfied	40.8	36.2	15.6	41.8	46.9	48.7	39.1	35.6	38.1
Definitely dissatisfied	38.9	26.9	78.8	27.5	29.1	36.8	31.5	46.7	38.8
Valid	2,000	1,998	2,021	1,997	2,000	2,000	4,000	2,392	18,408

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Survey outcomes (5)

What is the most important income source for you and your family?

	AM	BY	GE	KZ	KG	MD	RU	UA	Total
	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)
Growing agricultural products	24.7	7.6	37.3	10.7	43.7	27.1	9.6	16.0	20.6
Regular salary/income from main job	27.3	60.1	33.8	56.3	25.6	32.6	54.8	39.1	42.6
Income from additional job	4.2	1.5	5.1	1.6	4.6	1.6	2.1	2.9	2.8
Incidental earnings (seasonal jobs)	9.5	2.1	4.6	6.3	8.9	11.6	2.5	4.1	5.7
Pension or unemployment benefits	26.3	26.0	12.1	20.1	12.7	23.2	27.6	32.0	23.2
Social benefits at work place, e.g. premiums	0.1	0.2	0.2	0.1	0.4	0.2	0.2	0.8	0.3
Rewards for services	0.7	0.0	0.5	0.3	0.1	0.4	0.2	0.3	0.3
Material support by relatives / friends	6.4	1.5	4.0	4.1	3.2	2.6	1.9	3.4	3.2
Income from stocks and bonds (bank deposits)	0.1	0.1	0.1	0.1	0.0	0.1	0.0	0.1	0.1
Other sources	1.0	1.2	2.2	0.7	1.1	0.8	1.3	1.4	1.2
Valid	2,000	2,000	2,022	2,000	2,000	2,000	4,006	2,400	18,428

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Survey outcomes (6)

About how many cigarettes a day do you smoke?

	AM	BY	GE	KZ	KG	MD	RU	UA	Total
	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)
Don't know	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0
The question is not related to the respondent	73.7	68.5	72.6	65.9	74.8	78.4	65.1	73.0	70.8
One or two	0.9	2.5	0.8	2.3	4.5	2.4	2.2	2.4	2.3
Up to 10	5.1	11.3	4.0	11.7	12.6	9.4	11.4	8.2	9.4
Between 10 or 20	13.3	14.2	16.7	15.1	6.9	7.7	15.4	12.6	13.0
More than 20	7.1	3.6	5.7	5.0	1.3	2.2	5.9	3.7	4.5
Valid	2,000	2,000	2,013	2,000	1,999	2,000	4,006	2,397	18,415

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Survey outcomes (7)

In the past 12 months, did you visit a doctor or a medical attendant?

	AM	BY	GE	KZ	KG	MD	RU	UA	Total
	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)
Don't know	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0
No	62.5	28.9	73.6	46.2	47.2	39.4	30.3	37.2	43.8
Yes, a doctor	32.1	65.7	24.4	49.6	45.9	55.3	65.4	59.2	51.6
Yes, a medical attendant (feldsher)	5.5	5.5	2.0	4.3	6.9	5.3	4.3	3.6	4.6
Valid	2,000	2,000	2,020	2,000	2,000	2,000	4,006	2,398	18,424



PR and dissemination

- The LLH project is internationally known and recognized by the European Commission, CIS Governments and the academic communities.
- Numerous publications (articles and books) originate from the LLH studies.
- The LLH data and unique theoretical frameworks are widely used in university teaching and Ph.D. writings both in the EU and CIS countries.

LLH Major LLH presentations

- Aug. 2002** Congress of the International Sociological Association, Brisbane, Australia
- June 2002** State Duma (Parliament) of the Russian Federation, Moscow
- Jan. 2003** Press-Conference at the IHS-Vienna
- June 2003** Byelorussian Ministry of Health, Minsk
- Sept. 2003** Congress of the European Sociological Association, Murcia, Spain
- Oct. 2003** 2nd Russian Sociological Congress, Moscow
- Nov. 2003** Austrian Sociological Congress, Vienna
- Nov. 2003** Byelorussian Sociological Congress

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Publications about the project 

LLH in mass-media...



REUTERS
HEALTH
Stress, Lifestyle Behind Lifespan Plunge in Ex-USSR
Fri January 10, 2003 09:34 AM ET
By Neil Stafford
HAMBURG (Reuters Health) - A deadly combination of chronic stress and unhealthy lifestyles that include too much alcohol and tobacco but not enough good food, exercise and visits to the doctor are the main culprits behind sharp life expectancy declines in the former USSR, according to a study released Thursday by the Institute for Advanced Studies of Vienna.
The study, which focuses on living conditions, lifestyles and health, paints a dismal picture of eight former USSR nations. Some 73% of those surveyed believe the break-up of the USSR had a negative impact on living standards, and 69% yearn for the past, rating the planned economy of the former USSR as good or very good.
The study's main objective was to determine why life expectancy of men had dropped so sharply after the break-up of the USSR, especially from 1991 to 1994. Life expectancy for women also fell, but not nearly as sharply as for men.
Christian Haerter, coordinator of the study, told Reuters Health that the study points to chronic stress as the most deadly factor. He said the transition from a planned economy with universal healthcare and food for all to a private economy where many cannot afford healthcare and nutritious food had created massive "transformational stress."



DER STANDARD
10. Jänner 2003
Russlands Männer in Zukunftsangst
Lebenserwartung nach Ende der USSR gesunken -
Dankstatische Werte gestiegen
Wien - Instabilität und Unberechenbarkeit des politischen Systems und Mangel an gesellschaftlichen und individuellen Zukunftsoptionen verkürzen das Leben. Auf diese Verunsicherung lassen sich die Ergebnisse einer Großforschung in Russland und weiten Teilen der ehemaligen Sowjetunion (Ukraine, Weißrussland, Moldawien, Georgien, Armenien, Kasachstan und Kirgisien) zurückführen. Historiker der Studie im Auftrag der EU war die Erforschung des drastischen Rückgangs der Lebenserwartung der russischen Männer in den 90er-Jahren. Koordinator wurde das Straßburger Projekt vom Welton Institut für höhere Studien (IHS), der russische Vizepräsident am Österreich bei der Präsentation der Studie, an der 120 Personen drei Jahre gearbeitet haben. Das IHS hat eine große internationale Koalition zum Zweck der Studie für die Präsentation erhalten. In internationalen Ländern wurden vergleichbare Umfragen zur gesundheitlichen, wirtschaftlichen und sozialen Lage gemacht.
Die Lebenserwartung der russischen Männer...



diepresse.com
10.01.2003 - International
Rußlands Männer ertränken ihre Zukunftsängste in Wodka
Die Lebenserwartung der russischen Männer ist nach dem Sturz des Kommunismus rapide gesunken. Das belegt eine Studie des IHS.
Wien. Die Lebenserwartung für Männer in Rußland 99 Jahre. Zehn Jahre zuvor - vor dem Zusammenbruch der Sowjetunion - lebten die durchschnittlich noch 77 Jahre. Unmittelbar nach der Wende nahm die Lebenserwartung rapide ab - den Tiefpunkt erreichte sie 1994 mit 67 Jahren, während jene der Frauen nur leicht von 74 auf 71 Jahre sank. Im Jahr 2000 lag die Lebenserwartung für Männer bei 72 Jahren, für Frauen bei fast 82 Jahren.
Ursachen, Gründe und Details des Rückgangs der Lebenserwartung in Rußland sind Gegenstand der Studie des Welton Instituts für höhere Studien (IHS) in Straßburg.



NO PRESSA
10 ЯНВАРЯ
Мужские мужчины топят в водке свой страх перед будущим
Петер Шварцбергер
Продолжительность жизни российских мужчин после падения коммунизма резко сократилась. Это подтверждает научное исследование.
Продолжительность жизни российских мужчин составляла в России в 2000 году 59 лет. Десятью годами раньше - перед крахом Советского Союза - они жили в среднем на 5 лет дольше. Незадолго до распада страны продолжительность жизни мужчин быстро упала - к началу 90-х, примерно 57 лет, продолжительность жизни женщин составляла 74 года. В то же время продолжительность жизни женщин она достигла в 1994 году. В то же время продолжительность жизни женщин сократилась лишь незначительно - с 74 до 70 лет. В 2000 году продолжительность жизни мужчин в ЕС составляла примерно 75 лет, а женщин - почти 82 года.

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WEB site
of the project:

www.llh.at

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Project
poster
(fragment)

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