



# Health in Times of Transition

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## Introduction

- **Funded by EU – FP7, 2009 - 2013**
- **Research in 9 CIS Countries**
- **Partnership Public Health and Sociology**
- **13 Partners Including Aberdeen, LSHTM and HIS-Vienna as coordinators, and partners in 10 CIS Countries**
- **Quantitative and Qualitative Research**
- **Capacity Building**



## Background to HITT

- **Health gap between CIS and Europe growing from 1960s**
- **Dramatic increase in mortality following collapse of Soviet Union especially amongst men in mid-life**
- **Increase in poor health especially amongst women**
- **Key role of non-communicable diseases**
- **Collapse health system in 1990s**
- **Living Conditions, Lifestyles and Health Research Project in 8 CIS Countries - 2000 - 2003**

## Key findings from LLH



- **Health status varies between and within CIS countries.**
- **Socio-economic factors important in countries but not an explanation for variation between countries**
- **Key role of alcohol, tobacco and diet as proximate causes of mortality crisis– health lifestyles**
- **Role of transition shock in explaining post 1990 increase in mortality and poor health**

## HITT – Areas of Research



- **9 countries including Eastern Europe, the Southern Caucasus and Central Asia**
- **Investigation into the burden of disease and identification of strategies for effective solutions to improve population health with a focus on avoidable mortality**
- **Socio-economic circumstances and living conditions**
- **Lifestyle- smoking, drinking and diet – with a focus on cardiovascular disease and liver disease**
- **Health Service Provision – access to and quality of service provision with diabetes as the case study**

## Project Objectives



- **Measure burden of disease and proximal and distal risk factors.**
- **Measure the cost of poor health.**
- **Socio-economic and cultural determinants of: exposure to risk factors and disease, and; health seeking behaviour and access to health care.**

## Progress Beyond State of the Art



- **Takes account of the interrelated and dynamic relationship between proximal and distal risk factors**
- **Asses how social and economic policies, health systems and health promotion activities impact on the lives of individuals**
- **Provides a detailed quantification of the economic costs to societies of high levels of poor health**
- **Builds on the findings from LLH and investigate in unprecedented detail key determinants of health in the region and provide a means of assessing trends**
- **Includes many CIS countries providing geographical diversity and scope for testing hypothesis**

# Multiple Methods - Triangulation



- **Household survey in 9 countries – probability sample of 18,500 respondents, to examine the causes of ill health and the economic consequences of ill-health**
- **Rapid Appraisal – interviews, focus groups and documentary analysis to understand access to and quality of health care**
- **Community Profiles – systematic description of environment in which people live and work and focus groups to provide understanding of how people make decisions about alcohol, tobacco and diet**
- **Stakeholder Analysis- interviews with key stakeholders to identify opportunities for and obstacles to change**
- **Econometric and demographic methods – to collect validated background data on health and on trade in alcohol and tobacco**
- **Policy analysis – identification and critical analysis of existing policies**

# Informing Policy

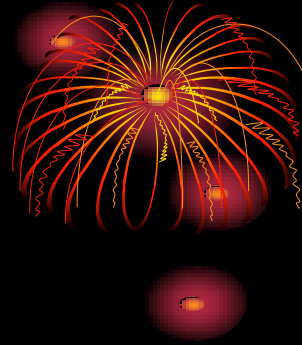


## Policy Briefs on

- **Health Care Reform in CIS Countries**
- **Alcohol and Tobacco Issues**
- **Impacts of Diet and Nutrition on Public Health**
- **Social and Economic Impacts of Healthy and Unhealthy Lifestyles**

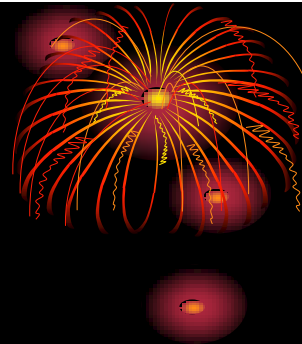
## Capacity Building

- **Training of partners in:**
  - **Community Profiles**
  - **Rapid Appraisal**
  - **Stakeholder analysis**



## Dissemination

- **Publications**
  - **Policy Briefs**
  - **Media Coverage**
  - **Face-to-Face dissemination to policy makers, academics and civil society**
  - **Electronic dissemination – regularly up-dated information posted on the project web site**
- Linked with the European Observatory on Health Systems**



## Aberdeen's Role

- **Project Director – Professor Christian Haerpfer**
- **Team Members – Professors Claire Wallace and Pamela Abbott**
- **Society and Health**
- **Lifestyles and Health**
- **Dissemination with LSHTM**

