



**HITT/CIS**  
Health in Times of Transition  
An international research project  
2009-2013  
[www.hitt-cis.net](http://www.hitt-cis.net)

**LLH**  
2000-2003  
[www.llh.at](http://www.llh.at)

## Living conditions, Lifestyle and trends in population health in NIS countries (LLH-HITT)

First outcomes of a large-scale cross-national research program (2000-2013)

*"The greatest wealth is health." - Virgil*

Primarily funded by:




Principal investigators

- **Prof. Christian W. Haerpfer** (University of Aberdeen, UK)
- **Prof. Martin McKee** (European Centre on Health of Societies in Transition, LSHTM)

Project coordinator

- **Dr. Alexander Chvorostov** (CEASS-Center at the IHS-Vienna)

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## About this presentation

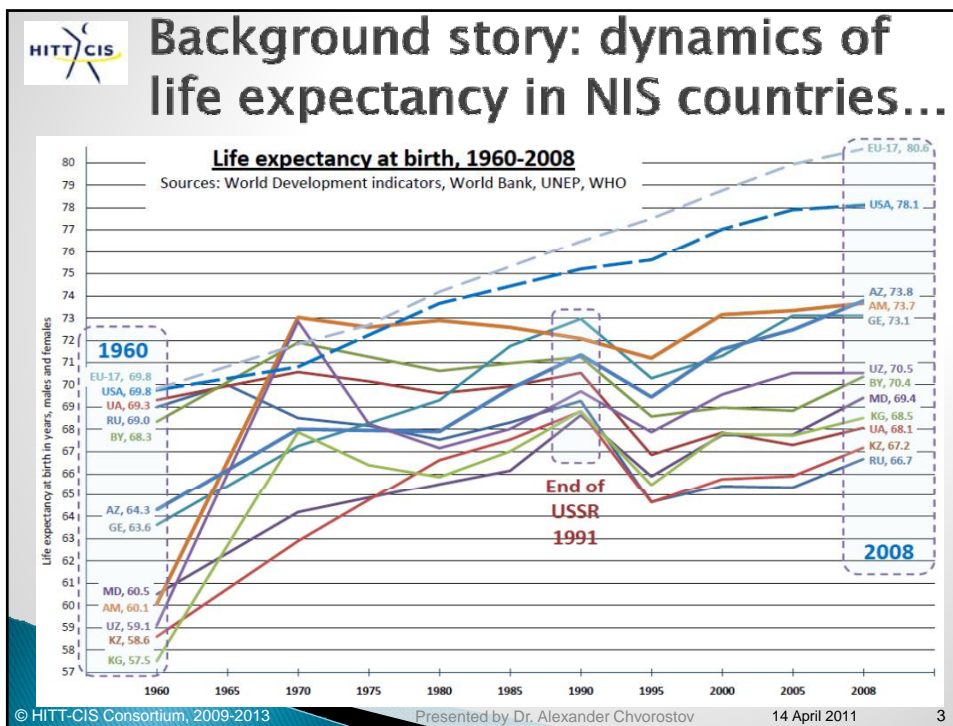
- ▶ Overview of the HITT-LLH research program (2000-2013)
- ▶ Research design and structure
- ▶ Main findings and preliminary outcomes (surveys)
- ▶ Research consortium, networks, leaders and contacts

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14 April 2011

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**Background of HITT and LLH**


**Funder:** European Commission (FP7)

**Goal:** To understand long-term trends of population health as a consequence of socioeconomic transitions, with a focus on lifestyle-related issues.

www.hitt-on.net  
HITT/CIS  
HEALTHY VIEWS OF TRANSITION


Belarus, Ukraine, Moldova, Georgia, Armenia, Azerbaijan, Uzbekistan, Kazakhstan, Romania, Hungary

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## About the LLH/HITT research program

### Health in Times of Transition: Trends in Population Health and Health Policies in CIS Countries



[www.hitt-cis.net](http://www.hitt-cis.net)

- an international research project
- funded by the 7th Framework program of the European Commission (FP7)
- implemented in 2009 – 2013 by a consortium of 13 teams from 9 countries
- 9 NIS countries




[www.llh.at](http://www.llh.at)

### Living Conditions, Lifestyles and Health

- FP5 INCO–Copernicus
- Implemented in 2000 – 2003
- 8 NIS countries

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## Project consortium

1. Institute for Advanced Studies, Austria
2. University of Aberdeen, UK
3. London School of Hygiene and Tropical Medicine, UK
4. Hamilton Health Sciences Corporation, Canada
5. Open Health Institute, Moscow, Russia
6. Curatio International Foundation, Georgia
7. Center for Survey Methodology “Concluzia Prim”
8. Center for Sociological Studies MGU, Russia
9. State Institute of Management and Social Technologies of Belarusian State University, Belarus
10. East-Ukrainian Foundation for Social Research, Ukraine
11. Opinia – Independent Sociological and Information Service, Moldova
12. Center for Study of Public Opinion, Kazakhstan
13. GORBI Gallup International, Georgia

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## HITT objectives in a nutshell

- a) measure and explain prevalence and distribution of risk factors, health outcomes, and their social, cultural, and economic determinants.
- b) develop and implement validated community profiles to capture the opportunities and obstacles to leading a healthy lifestyle (diet, alcohol, smoking).
- c) assess health system performance, focussing on accessibility and quality of health services.
- d) quantify the cost of ill health through reduced labour supply and productivity.
- e) identify opportunities for and obstacles to policy change in Russia (alcohol and tobacco) .
- f) market analysis (alcohol & tobacco).
- g) regional analysis of alcohol-related mortality in Ukraine.



## Main empirical sub-studies


- a) Cross-sectional household surveys using standardised questionnaire (9 countries, appr. 19,000 respondents)
- b) Community profiles using structured observations (>320 routes/locations. 9 countries)
- c) Rapid appraisals using qualitative methods (access to health care for diabetes)
- d) Focus group discussions on healthy lifestyles
- e) Policy and media analysis
- f) Review of existing data

 **LLH and HITT household surveys**

Country	LLH 2001	HITT 2010
Armenia	2000	1800
Azerbaijan	2000	1800
Belarus	2000	1800
Georgia	2022	2200
Kazakhstan	2000	2000
Kyrgyzstan	2000	2000*
Moldova	2000	2000
Russia	4006	3000
Ukraine	2400	2000
<b>Total</b>	<b>18428</b>	<b>18200</b>

\*in progress (Spring 2011)

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 **Main themes of the questionnaire**

- ▶ Background and socio-demographical questions (employment, age, gender, education...)
- ▶ Health state, access to health care...
- ▶ Alcohol and tobacco – patterns of consumption
- ▶ Social and economic situation of a household (income, durable goods, type of dwelling...)
- ▶ Political attitudes and social capital

**Questionnaire:**  
about 100 questions, appr. 200 individual variables, average interview duration 1h20'

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# HITT survey: representativity (KZ)

## KZ: Urban population: census 2008 versus HITT 2010

age	males		females		total	
	census 2008	HITT 2010	census 2008	HITT 2010	census 2008	HITT 2010
18-24	8.5%	<b>9.8%</b>	9.7%	<b>9.3%</b>	18.2%	<b>19.1%</b>
25-34	10.7%	<b>11.5%</b>	12.1%	<b>11.4%</b>	22.8%	<b>22.9%</b>
35-44	9.2%	<b>9.6%</b>	10.5%	<b>9.8%</b>	19.7%	<b>19.4%</b>
45-54	8.5%	<b>8.3%</b>	9.7%	<b>9.6%</b>	18.2%	<b>17.9%</b>
55-64	4.6%	<b>4.1%</b>	5.2%	<b>5.6%</b>	9.8%	<b>9.7%</b>
65+	5.3%	<b>3.9%</b>	6.0%	<b>7.1%</b>	11.3%	<b>11.0%</b>
<b>Total</b>	<b>46.8%</b>	<b>47.2%</b>	<b>53.2%</b>	<b>52.8%</b>	<b>100.0%</b>	<b>100.0%</b>

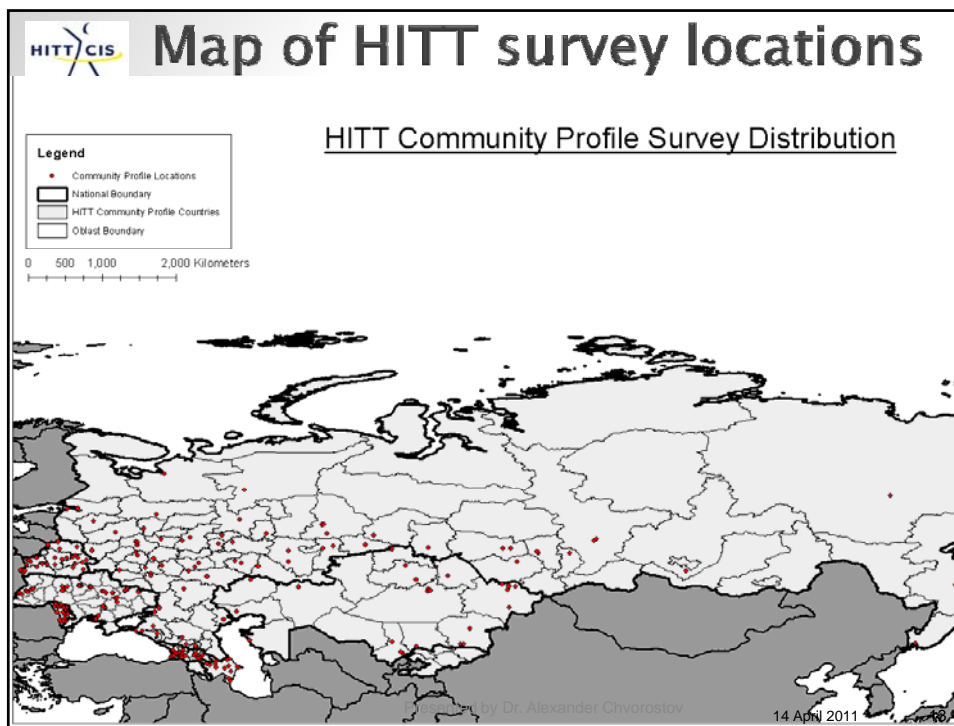
## KZ: Rural population: census 2008 versus HITT 2010

age	males		females		total	
	census 2008	HITT 2010	census 2008	HITT 2010	census 2008	HITT 2010
18-24	10.2%	<b>10.5%</b>	11.6%	<b>9.6%</b>	21.8%	<b>20.1%</b>
25-34	10.2%	<b>10.9%</b>	11.6%	<b>10.4%</b>	21.8%	<b>21.3%</b>
35-44	9.0%	<b>9.5%</b>	10.3%	<b>10.4%</b>	19.3%	<b>19.9%</b>
45-54	8.2%	<b>9.4%</b>	9.2%	<b>9.9%</b>	17.4%	<b>19.3%</b>
55-64	4.2%	<b>4.3%</b>	4.8%	<b>5.4%</b>	9.0%	<b>9.6%</b>
65+	5.0%	<b>3.3%</b>	5.7%	<b>6.6%</b>	10.7%	<b>9.9%</b>
<b>Total</b>	<b>46.8%</b>	<b>47.8%</b>	<b>53.2%</b>	<b>52.3%</b>	<b>100.0%</b>	<b>100.0%</b>



# Survey locations in Kazakhstan







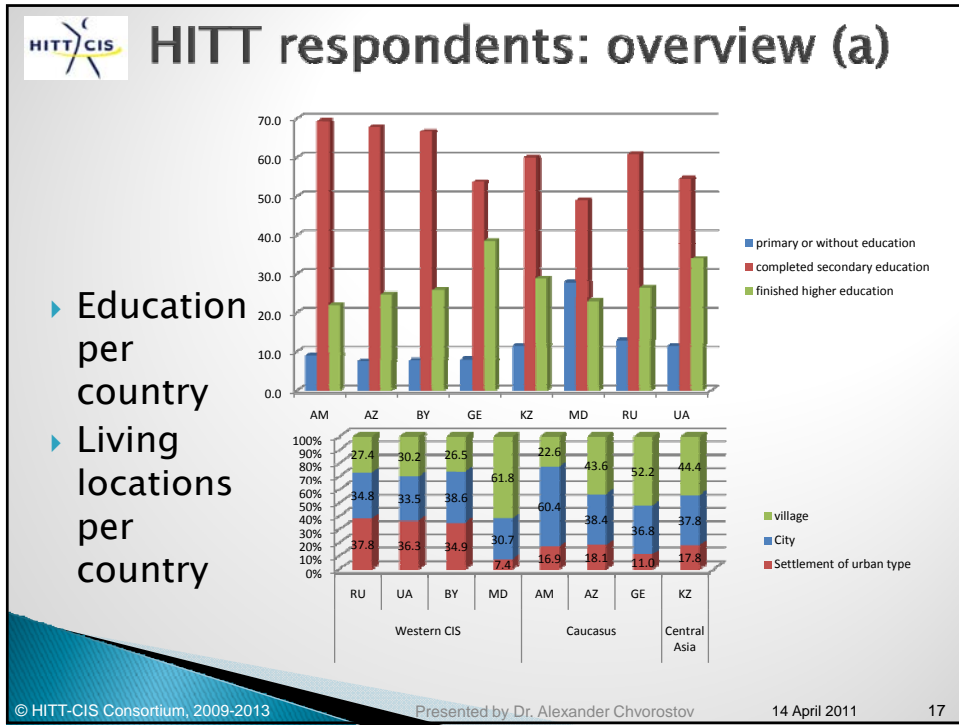
## HITT survey: representativity (BY)

Controlled features		General population, census 2009 data	Sampled population (HITT-2010)	Deviation (%)
Gender	Male	45,5	43,6	1,9
	Female	54,5	56,4	1,9
Age	18-29 years	23,6	28,2	4,6
	30-44 years	26,2	26,4	0,2
	46-59 years	27,9	24,5	3,4
	60 years +	22,3	20,9	1,4
Education	Higher	20,6	22,0	1,4
	Second. vocat.	30,6	30,8	0,2
	Second. gen.	36,0	39,5	3,5
	Incompl. sec.	12,8	7,7	5,1
Type of settlement	Urban	73,5	73,5	0
	Rural	26,5	26,5	0
				1,9



## Survey locations in Belarus






**HITT CIS** **HITT respondents: overview (b)**

- ▶ Occupation... (%)

	AM	AZ	BY	GE	KZ	MD	RU	UA	total
paid work	38,0	28,6	59,4	34,3	48,7	42,2	54,1	43,2	44,1
self-employment	2,3	6,0	1,8	3,9	4,4	2,8	2,0	4,5	3,4
housewife	13,4	19,3	3,9	8,5	12,0	10,3	6,0	7,0	9,7
farmer	7,9	8,4	0,0	3,0	0,7	3,2	0,3	0,8	2,8
student	8,7	6,9	9,7	3,0	7,1	7,8	5,1	7,2	6,7
retirement	12,2	10,9	21,8	19,9	15,8	21,1	26,1	30,7	20,4
unemployed	17,7	20,0	3,4	27,5	11,2	12,5	6,3	6,6	12,9

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 **Findings & preliminary outcomes**

The next slides will show some results related to the following themes:

- ▶ **Health and health care**
  - Levels of illness and utilization of health care
  - Sources of and payment for health care
  - Subjective health state
- ▶ **Lifestyle details**
  - Diet / nutrition facts (typical food baskets, etc)
  - Consumption patterns of alcohol and tobacco
- ▶ **Social capital and political attitudes**
  - National pride, satisfaction...
- ▶ **“Community profiling”**
  - details of the method
  - examples of observation reports


**THESE  
ADDITIONAL  
THEMATIC SLIDES  
WILL BE  
INCLUDED INTO  
THE FULL  
VERSION AT THE  
DAY OF  
PRESENTATION**

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 **Next steps in the project:**

- ▶ Analysis of survey and community profile data, including use of multi-level modelling.
- ▶ Conduct rapid qualitative assessments of health system performance, focussing on accessibility and quality of health services.
- ▶ Explore lifestyle behaviour through FGDs
- ▶ Quantify the cost of ill health through reduced labour supply and productivity.
- ▶ Identify opportunities for and obstacles to policy change in Russia (alcohol and tobacco).
- ▶ Conduct market analysis (alcohol & tobacco).
- ▶ Analysis of alcohol-related mortality in Ukraine.

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## Selected Publications

- **Christian Haerpfer, David Rotman, Sergey Tumanov (ed.):** „Lifestyles and Health of the Population in the New Independent States“, Minsk 2003 (in Russian)
- **Marc Suhrcke, Sarah Walters, Stefano Mazzuco, Joceline Pomerleau, Martin McKee and Christian W. Haerpfer:** „Socioeconomic differences in health, health behaviour and access to health care“, WHO Regional Office for Europe, Copenhagen 2008
- **..... INCOMPLETE LIST... more to follow...**

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## Dissemination Activities

- Project websites
- Information Bulletins
- Project Posters and Leaflets



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# Thank you for your attention!

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