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## Consumption of alcohol by students of Arkhangelsk in the beginning of XXI century



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*Preserving harmony rather than correcting disorder  
Is the guiding principle of wisdom.  
Treat the disease after it has arisen,  
Is like digging a well when you are thirsty  
Or forge weapons when the war began.  
A Treatise on the Yellow Emperor about the internal*

### Abstract

In clause (article) problems deviance as criterion of modern social safety in habitats the European North of Russia are discussed. Communication(connection) of Serious social harm which can be connected to the use of alcohol, including family and other interpersonal problems, problems on work, violent both other crimes and social safety is deduced. The researches which are directed on individual risk factors and settling down rather close to illness in a cause and effect chain, the important sociological processes ignore. In this connection preventive maintenance of drunkenness in the learning environment remains ineffective. Monitoring of process alcoholization should be continued.

**Keywords:** *alcoholic psychosis, drunkenness, abusing alcohol, areas of death rate of able-bodied population, consumption of alcohol the Russian society, the harm connected to alcohol, sharp poisonings chemical etiology, drunkenness, the reasons of death rate, social harm.*

At the beginning of XXI century, the problem of alcoholism in Russia acquired especially painful for the character of society. [1] Alcoholism Russian society by the current scale of its devastating impact on people's lives, physical and moral health of the people is unparalleled in history. Its main index – alcohol consumption per capita only for 1989-2008 years increased 1.4 times and reached 15 liters of pure alcohol (pure alcohol), which is almost 3 times higher than the level (5

liters), which the World Health Organization (WHO) has recognized safe for the health of human populations. Russia on alcohol consumption began to occupy the leading place in the world at extremely unfavorable structure of drinks consumed: the proportion of spirits consumed by the population is 72.3% as against 25-30% in most other countries. The incidence of alcoholism has long been an indicator of social disadvantage (Health), and experts are rightly called alcoholism "locomotive mortality" in Russia. [2] However, the statistics of alcoholism is very imperfect, and it can be assumed that the actual incidence is clearly higher than 130 registered cases per 100 thousand populations.

O. I. Antonov believes that Russia can identify several stable working population mortality ranges depending on the leading causes [3]. Arkhangelsk region, along with other areas of the North-West Federal District, the northern territories of the Central, Volga and Urals federal districts, it was included in the "euro zone trouble", which is characterized by a very high alcohol component. With age, the alcohol component in these areas becomes an absolute leader. O.I. Antonov confirmed considers the hypothesis that alcohol component as the main factor that hinders the positive developments on the Russian space. The relevance of alcohol abuse has been confirmed in the structure of the chemical etiology of acute poisoning (OOHE) in the Arkhangelsk region in 2010, included in the regional report Epidemiology (Table 1.). Toxicological monitoring recorded 1605 cases of poisoning, 132.4% to 100 thousand people.

Alcohol-is the containing products led to the structure of the chemical etiology of acute poisoning (OOHE), more than half of deaths. A mortality was 33.7%. It is important to note that the structure of drugs OOHE was only 0.7%, with 0.1% levels of mortality. OOHE highest number of cases reported among persons aged 50-59 years (19.6%), 40-49 years (14.5%). The largest share of poisoning in men – 60,4%. The social status: among the unemployed people of working age - 31.7%. Among the circumstances leading place OOHE poisoning the purpose of intoxication (55.1%), followed – poisoning with suicidal intent (15.6%), third place - accidental poisoning.

Table 1

**The structure of the chemical etiology of acute poisoning by type (in abs.%) And mortality rates (per 100 poisoned) in the Arkhangelsk region in 2010 <sup>1</sup>**

№№ p/p	The cause of poisoning	The number of poisonings		Structure of OOHO (in %)	The share of the UAE have been fatal (in %)	Level OF fatalities (in %)
		Totally	fatalities			
1	Alcohol-containing products	858	365	53,5	42,5	22,7
2	medications	440	4	27,4	0,9	0,2
3	Other types of Monitored	154	35	9,6	22,7	2,2
4	carbon monoxide	106	25	6,6	23,6	1,6
5	acetic acid	36	14	2,2	38,9	0,9
6	drugs	11	2	0,7	18,2	0,1
	Totally	1605	445	100,0	X	27,7

<sup>1</sup> On the sanitary-epidemiological situation and the protection of consumer rights in the Arkhangelsk region in 2010. Regional report.

<sup>1</sup> – acute poisoning unspecified substances (poisons), household goods, poisoning other poisons.

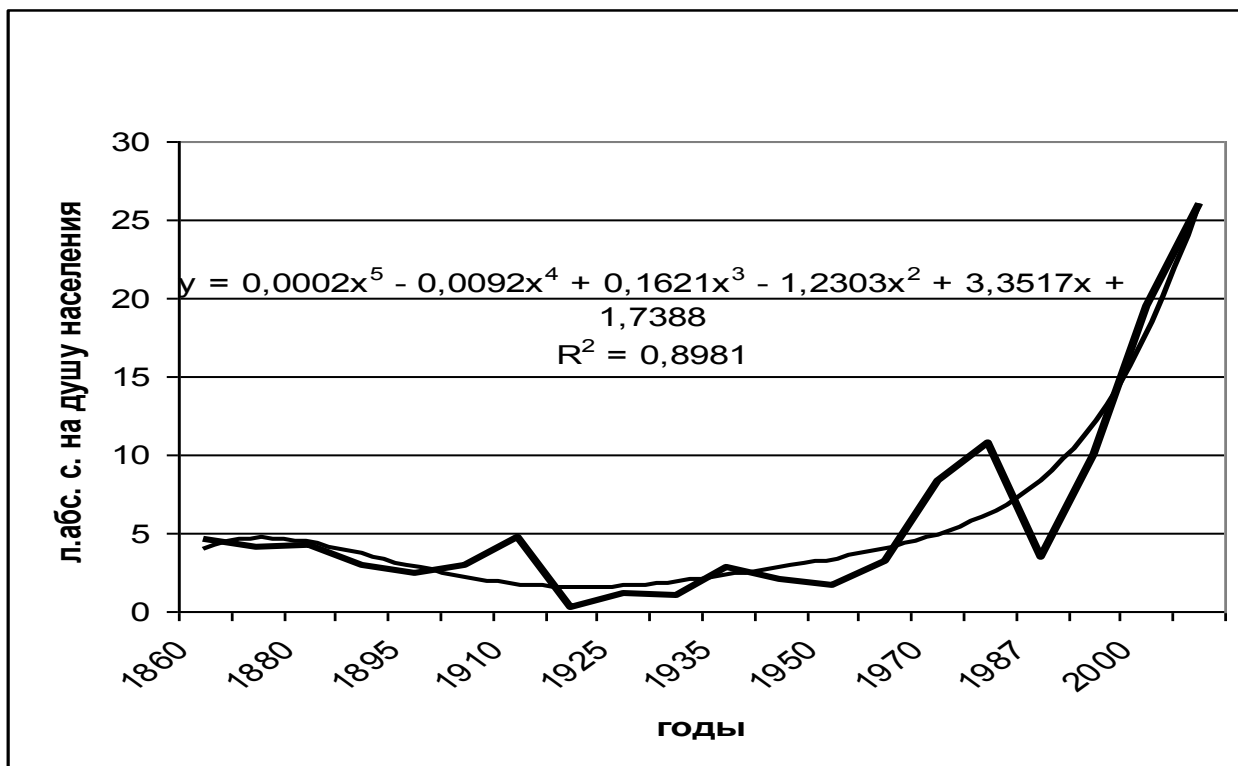
Under these conditions, the degree of alcohol abuse and especially the youth is becoming one of the indicators of the holistic view of the state of social health of society. [4] Taken to distinguish between the following consumption of alcoholic beverages: within accepted in society norms (the so-called cultural consumption), alcohol abuse - binge drinking; – alcoholism a disease referred to as "alcohol dependence syndrome". Depending on the culture of the society to consume alcoholic beverages may be a sign of inclusion in a social group or exceptions to it, a symbol of celebration or ritual action. On the other hand, the consumption of alcoholic beverages or alcohol intoxication can be condemned by society and considered shameful. In addition, the WHO Expert Committee [5] considers equivalent terms "the harms associated with alcohol" and "problems with alcohol." These terms cover a wide range of the health problems and social problems.

At the end of XIX century the part of the Russian population has been severely hit by drunkenness, and in 1894 the government of Alexander III was the first, restored the state monopoly on vodka. [6] Second, the reform has stimulated the development of the worst traditions of alcohol consumption, including formed a new, more rough look of alcohol consumption – street drinking alcohol. Third, in many cases, the alcohol came into the family made it – corruption, teaching them to his wives, and even children.

By the beginning of the XX century in Russia formed a dangerous style of the consumption of alcoholic drinks when alcohol is consumed almost exclusively in the form of spirits one-time shock doses ("gulp"). In 1911, the structure vinopotrebleniya vodka occupied 89.3%. The prevailing style of the consumption of vodka in one gulps and did even infrequent consumption of highly dangerous. That is why Russia, taking the number of alcohol consumption is one of the last places in the world, had a much less favorable picture for many indicators characterizing the alcohol situation. For example, in 1911 in Russia for 1 million populations accounted for more than 55 deaths from alcohol opoya, while in France, where the per capita consumption of alcohol was 7 times higher than in Russia, the rate was 11.5. In St. Petersburg killed each year from opoya to 20 people per 100,000 population, while in Berlin these deaths, there were only three, and in Paris - 6. In Vienna, 1 patient with alcoholism accounted for 1,020 residents in Berlin - to 369, and in St. Petersburg - 22 people.

In August 1914, when the First World War began, Emperor Nicholas II banned the sale of vodka and other alcoholic beverages. Initially, the ban was introduced as a temporary measure, but on completion of the mobilization, he remained in power. Gradually extended the ban on wine and beer. No country in the world until 1914 such radical measures to reduce alcohol consumption were taken. During the first years of the war, the consumption of alcohol in the country has fallen several times. Reduced the number of violations of the public order, absenteeism, and increased productivity in the industry. On the eve of the revolutions of 1917 alcohol situation in Russia is determined by complex interactions, all of which was then allowed Russia to be one of the last countries in terms of the alcohol consumption per capita (3.4 liters per year).

On the other - had finally formed extremely poor, stunning style of alcohol consumption, the growth of brewing, hidden forms of drunkenness, as well as the present-tions urgently need to replenish the coffers "drunken" money. But for all the violent conflicts of the twentieth century, it should be noted that the 70-ies of the last century, the consumption of alcohol in the USSR does not exceed the relatively safe level of 5 liters of absolute alcohol per capita (Figure 1).



Pic. 1. Schedule of alcohol consumption in Russia per capita.  
Source: V.P. Nynii, S.A. Savchuk. 2005.

In this regard, it was important to know the ratio of the students to the modern habits. In the cross-sectional study, which involved 210 people aged 17 to 25 years, of which 192 respondents enrolled in universities in Arkhangelsk, most of them live with their parents, were as follows:

1. The absolute number of non-drinkers is about three times less than the amount of drug – 21,4 per 100 – never drink alcohol.
2. Among non-drinkers more women mostly young parents who have stopped drinking alcohol after the child.
3. Most respondents consume alcohol biweekly (31.4 to 100), or once per month (34.8 to 100).
4. Students rarely drink alcohol every day (2.4 per 100).
5. A smaller number of respondents said alcohol useful – 5,4 per 100 persons interviewed.
6. Alcohol - one of Lucid drugs used among the students aware of the dangers of its absolute majority (77.6 per 100 people do not consider alcohol a normal and useful).
7. More than half of the students (54.2 per 100) rated their health as good.

Next, we conducted a special study on the problems of alcohol abuse among students of the city of Arkhangelsk. Hypothesis was the assumption that most students consume alcoholic beverages (including beer) and smoke cigarettes, but at the same time, drug abuse and substance abuse are not so massively distributed to students. The study involved 180 people, including 112 women

and 68 young men. The chosen method was to survey. The average age of the respondents 20.3. 90.5% of them are university students. In total 147 respondents of the family. Advances in studies of the respondents are mostly good: 18.9% - excellent performance, 50% - good, 28.3% - satisfactory and only 2.8% are bad. At the same time, the success of the girls better than young people. Thus, 19.6% of girls studying to excellent, young people - 17.6%, well study 55.3% of girls and 41.2% of young people. Found that 56.4% of respondents do exercises in the morning, and only 7.5% do it regularly. At the same time, respondents note and increased irritability (21%), frequent mood swings (19.5%) and fatigue (18%). Boys more likely to report increased irritability (32%), and the girls frequent mood swings (21.1%). Often, respondents noted the presence of domestic violence. Most often it is the psychological pressure - reported 66.7% of young men and 41.4% of girls. Also highlight the indifference and insult, insult.

Among the students, smoking is common 35 to 100 people smoke, and among young people - 31 per 100 people, including young women - 37.5 per 100 people. The average age of onset of tobacco use among girls is 15.6 years, young people - 14.9 years. On average 12 cigarettes smoked per day. In this case, 38% of respondents reported the presence of smoking in the family, the fathers smoked more frequently (51.9%) than mothers (24.9%).

Frequency of alcohol use among students is high: in general, the 100 students consume alcohol 85; Women – 85,7 per 100 people, including young people - 84 people on 100. The average age of first use of alcohol - 14.7 in young adults and 15.6 for girls. Overall, these data correspond to the data of the report adopted by the Council of the Public Chamber of the Russian Federation<sup>2</sup>. The report about the alcoholism among the children ranked high - more than 80% of adolescents consume alcoholic beverages. Age of initiation to alcohol, compared with the Soviet period, has decreased from 17 to 14 years. Meanwhile demonstrated that early initiation to alcohol increases by 5-6 times the risk of developing alcoholism and violent death in the future.

The most popular beverages are such as beer, wine and vodka. According to the frequency of alcohol intake (per 100 people): 30 people 1 time a month and rarely use, 38 people - 2-4 times a month, 23 people - 1-3 times a week, 9 people - more than 4 times a week. By beer drinking was found that at a time on average used 0.8 liters. The most popular reasons for drinking: the company, to set the mood, as desired. At the same time, 41.3% of all respondents condemn the behavior of drunks, only 9% consider it normal.

The problem of drug addiction. Most respondents receive information on the drug from the following sources: newspapers (46.4%), friends (28.6%). At the same time, 51.7% admit that they know little about the problem, only 6.8% said that they know everything. Among the students, 100 people have used drugs 26.3. Among the popular drug ranks first cannabis (72.3%). According to the frequency of drug use: 44% had tried 1-3 times per week, 32% - less than 1 time per month, 16% - 2-4 times a month, and only 8% - more than four times a week. The average age of onset of drug

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<sup>2</sup> Alcohol abuse in the Russian Federation: the Socio-economic impacts and responses. Report has been approved by the Council of the Public Chamber of the Russian Federation of 13 May 2009. Moscow, 2009. URL: [www.oprf.ru/files/dokladalko.pdf](http://www.oprf.ru/files/dokladalko.pdf) (Date of access: 17.05.2011).

use - 17.6 years. Minimum age - 14 years. At the time of the study 55.8% did not doubt the possibility to stop using drugs, do not want to give up 32.5%, and 11.7% did not think about it. Among the causes of drug use are: out of curiosity and to set the mood. At the same time, 75.9% against the legalization of drugs. However, 64.4% believe that an addict after a certain rate can return to a normal way of life. About drug use in schools do not know 59.4% of the students, but at the same time, 23.7% answered that they consume. A problem such as substance abuse, is not common among students. Of the 180 people admitted to the use of volatile substances only 3 people.

An important issue is credibility with young people: 25.1% of respondents allocate opinion narcologists, 29.4% - just my opinion; 18.4% - ex-addicts, in small fractions are teachers, elders, peers, and famous people. The majority of the respondents (53.2%) believe that under no circumstances will not try to use drugs, 37.9% are not sure of your choice, and only 8.9% believe that it is necessary to try everything. In this situation it is feared that if problems arise 43.1 people per 100 people do not know where to turn.

We obtained in 2010, data on the distribution of the narcotics abuse among youth were correlated with those obtained in 2006. [7] The comparison revealed:

1) Among those interviewed also noted the spread of academic excellence: the number of "honors" increased from 13.3% to 18.9% as "good" decreased from 63.3% to 50%, "satisfactory" increased from 21.6 % to 28.3%, "bad" increased from 1.3% to 2.8%.

2) Number of doing exercises regularly fell from 15 per 100 to 7.5 people.

3) From the family: the level of indifference increased from 5.8 to 29 per 100 people; aggression increased from 0.5 to 7.9 per 100 inhabitants, especially the psychological pressure increased from 8.8 to 47.4 per 100 people, the frequency of abuse increased from 3.8 to 15.7 per 100 people.

4) Change in self-being of the students surveyed. So, dropped the complaint: on the mood swings - from 33.2 to 19.5 per 100 people; of fatigue - from 35.6 to 18 per 100 people, the increased irritability - from 25.9 to 21 per 100 people; on sleep disorders - from 23.1 to 16 per 100 people; the presence of intrusive thoughts - 15 8.5 100 people, on intolerance - from 13.7 to 9.3 per 100 people, to tearfulness - from 8.2 to 7 , 7 100 people.

5) The number of smokers in general has increased from 26.4 to 35 per 100 people, including young people has decreased from 35 to 31 per 100 people. On the other hand, the number of smokers among women increased from 19.9 to 37.5 per 100 people.

The average age of onset of smoking has remained at 15.6 years. Age among young people has decreased from 15.4 to 14.9 years, while the age of the girls - from 15.9 to 15.6 years. The number of respondents who consume alcohol among young people increased from 79.8 to 84 per 100 people, and among women - from 79.1 to 85.7 per 100 people. The level of choice of beer fell from 91.9 to 59.4 per 100 inhabitants, gin and tonic have to choose only 7.7, compared with the previ-

ous data (31.9 per 100), the choice of wine fell from 58.8 to 34.6 per 100 people, vodka - from 42.4 to 21.1 per 100 people, alcohol - from 6.6 to 1.5 per 100 people, surrogate alcohol - from 8.1 to 2.8 per 100 people. According to the frequency of the consumption of alcoholic beverages increased drug 2-4 times per month from 36.7 to 38 per 100 people who use 1-3 times a week - from 8.3 to 30 per 100 people who use 4 or more times a week also increased from 1.3 to 9 per 100 people.

The number of the students who have tried drugs (at least once in their life) increased: among girls increased from 11.2 to 25 per 100 people, among young people - from 23.3 to 27. The average age at the time of the first trial among young people has remained about the same: in 2006 - 17 years and 6 months among men and 17 years and 4 months among women in 2010 - 17.7 boys and 17.5 for girls. Interviewees began to estimate their awareness about drugs is lower than before: the number of students who believe that they know nothing about the drugs increased from 4.6 to 10.8 per 100 people, the number of students who think they know a little increased from 49.7 to 51.7 per 100 inhabitants, the number of the students who think they know a lot, decreased from 35.8 to 30.7 per 100 inhabitants, the number of students who think they know everything, down from 9.9 to 6.8 per 100 people. On the other hand, the number of the students was positively related to the legalization of drug users among the young people - from 15.6 to 24.1 per 100 people, and among women - from 13.1 to 27.9 per 100 people.

In general we can say that the spread of harmful habits among students is growing. By many indicators values increase, which means that the situation of the social health in the Arkhangelsk region deteriorates? Can be objectively noted that educational activities in the schools, aimed at the prevention of deviant behavior is ineffective. Such forward-looking assessment of further substantiates our official statistics on causes of death combined population of the Russian Federation. The highest death rate occurred in the Nenets Autonomous Okrug (287.90%), as well as in Novgorod, Pskov and Leningrad regions, Siberia and the Far Eastern Federal District (from 220 to 250 per 100 thousand populations). Overall mortality in the Arkhangelsk Region and mortality from diseases of the cardiovascular system was at Russian average, and the rate of death from infectious diseases and tuberculosis - almost 2 times lower.

Arkhangelsk region, along with 15 other territories of the Russian Federation, was naturally attributed O. Antonova [8] to areas with high levels of mortality from the external causes. For most areas of this group is characterized by such laws: the well-being of children 1 year of age, is not a very alarming situation in children and adolescents 1-14 years; peak distress in the working population, the mortality of which is high or very high, increased mortality of older people. In Russia, the regional patterns of mortality are relevant only to traffic accidents, suicides but they do not appear. The second specific feature of Russian mortality from external causes are the extremely high rates of mortality from alcohol poisoning or other accidental poisonings, making them a significant factor in Russian mortality. The main component of determining the pattern of mortality in a given region, identifies three OI Antonova: road transport, aggregate violent deaths, implying as murder and suicide, alcohol cumulative mortality, implying a direct alcohol poisoning, and its

substitutes, and drugs. SY Nikitin and GM Kozeeva in 2006 released the data of mortality from causes related to alcohol consumption in Russia – 73,1 per 100 thousand. [9] The role of alcohol abuse problems was determined not chronic alcoholism (3.8%) or alcohol psychosis (0.7%) and even alcoholic liver disease (10.8%). The problem is determined by the health effects that may be associated with massive regular consumption of ethanol. Among them come to the fore issues preventing accidental alcohol poisoning (28.6%) and alcoholic cardio-myopathy (26.6%). According to numerous studies, especially the structure of Russian mortality (high mortality among men of working age) are associated mainly with dangerous levels of alcohol consumption.

Y. M. Dmitrieva<sup>3</sup> was proposed the classification of the pathogenic effects of the parental alcoholism on the child development, which includes: the impact of alcohol abuse on the health of the parents (the intellectual and social degradation of the mother or father, suffering from chronic alcoholism), physical or mental trauma of the mother during pregnancy, the impact of alcohol abuse parents on the social status of the family and the microclimate, and the constant psychotraumatic situation in the families of the patients with chronic alcoholism, the impact of the microenvironment, which inevitably includes families of patients with chronic alcoholism, alcoholism in parents' direct influence on the fetus and child (intoxication of one of the parents during the birth, neonatal trauma, inadequate child care, poor education and related educational and social neglect of the child).

There is a clear relationship between parental alcoholism and physical and mental health of their children. Statistical analysis of the clinical data showed that children with the neuro-psychiatric disorders were significantly more common in families burdened with parental alcoholism, compared with healthy families (9-98% and 14-20%, respectively) [10].

In Russia, as elsewhere in the world, the majority of victims of alcohol deaths in the country - it's not heavy drinkers, and ordinary citizens who drink on weekends and holidays, but considers it desirable norm achieve a high degree of intoxication and did not realize the danger of such a model of consumption. This is mainly people from less educated strata of Russian society<sup>4</sup>.

It is common knowledge by now that alcohol increases the risk of death from cardiovascular disease (ischemic heart disease, high blood pressure, hemorrhagic stroke, arrhythmias, cardiomyopathy), accidents, injuries and sudden cardiac arrest. Regional analysis of alcohol mortality has shown that it increases from south to north and from west to east. This law is valid for the entire European space - the more northern areas of the country and has more severe alcohol problems in the absence of a coherent restrictive policy of the state. [11] Characteristically, the differences in the socio-economic indicators, in particular, on the GRP (gross regional product) do not explain the increase in alcohol deaths from the south to north.

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<sup>3</sup> Dmitriev O.V. The influence of the parental alcoholism on the formation of disability in children / / Sokolovskaja TA, Azarko VE, Dmitrieva OV / The social aspects of the public health, 2006. Collected articles. URL: <http://vestnik.mednet.ru/content/view/110/73/> (Date of access: 5.04.2011).

<sup>4</sup> Alcohol abuse in the Russian Federation: the Socio-economic impacts and responses. Report has been approved by the Council of the Public Chamber of the Russian Federation of 13 May 2009. Moscow, 2009. URL: [www.oprf.ru/files/dokladalko.pdf](http://www.oprf.ru/files/dokladalko.pdf) (date of access: May 17, 2011).



In the environmental geography is widely used term "impact rock areas of the Arctic zone of Russia"<sup>5</sup>. It outlines four main source of tension: the Murmansk region (10% of the total emission of pollutants), Norilsk agglomeration (more than 30% of the total emission of pollutants), the areas of oil and gas fields in Western Siberia (over 30%) and the Arkhangelsk region (high the degree of contamination of specific substances). DO Dushkova and AV Evseev [12] believe that for 10 years (1993-2003). Then in all areas of compact European North of Russia, as in the whole of Russia, there was an increased incidence of socially significant diseases. In 2003, the highest rate of alcoholism is marked by them in the Vorkuta area of impact of Komi, which is 1.8 times higher than the Russian average level. The authors compared the structure of causes of death in the impact areas of Northern European Russia with a share of reasons in the Lovozero district of the Murmansk region and noted that almost one third of the death of the indigenous population (27.8%) were "accidents, injuries and poisoning." They point to the need to take into account deaths from alcohol poisoning, which is seen as a characteristic phenomenon of the Sami.

Klimov S.I. The points out that in a society reasonably common understanding of the social causes of alcoholism (50%) [13]. It states that 21% of Russians said that alcoholism leads to unemployment (bad employment, people "drink too much out of a job"). Another 14% of respondents according to him the cause of alcoholism is considered poor living conditions, hopelessness, disorder population, the lack of stability and confidence in the future. In this regard, Bruce Link and Jo C. Phelan made an important conclusion that "the dominant focus in epidemiology ... is aimed at individual risk factors, which are located relatively close to the disease in the causal chain." The authors believe that such an individual approach ignores the important sociological processes. And, as a consequence, this may limit the ability of society to improve the health of the nation. They pay attention to the factors that remain unexplored, a focus on individual risk factors.

The damage covered by the assessment of the global burden of disease is limited to the physical and mental conditions, included in the International Classification of Diseases. This classification covers both acute and chronic mental and physical illnesses, but is not covered by a variety of other negative consequences of alcohol consumption. In particular, the estimates of the global burden of disease are not considered the most negative consequences for other people, not just the drinkers. From the point of view of the public health and sociological definition, the concept of "health" (WHO, 1948), and "the harms associated with alcohol" have a broader meaning and significance. In addition, from the point of view of the public health, the scope of harm is not limited to cases of harm, but include the risk of harm, as it is associated, for example, with specific amounts, or use of alcohol. We use the concept of social harm that may be associated with alcohol use, and it includes family and other interpersonal problems, problems at work, violence and other crimes, and social security.

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<sup>5</sup> Ecological status of impacted land areas of the Arctic zone of the Russian Federation. North - ours! URL: [severnash.ru / index.php? Newsid = 89](http://severnash.ru/index.php?Newsid=89) (date of access: 20.04.2011).

NM Rimashevskaya, referring to the Sorokin, has once again declared its human potential as the main wealth of Russia <sup>6</sup>. She pointed out that over 70% of Russia's population lives in a state of protracted emotional and social stress, which causes the growth of depression, reactive psychosis, severe neurosis, alcoholism, drug abuse, anti-social outbursts. VM Terebihin [14], considering the factors of a higher, compared with the average, risk of suicide in the Komi Republic, as a predictor of suicidal behavior in the first place indicates a higher level of alcohol abuse. Mortality from causes related to the abuse of alcohol in the country 2 times higher than in Russia as a whole. Then he points to such predictors of suicidal behavior, as higher unemployment, divorce, a negative correlation of marriage and divorce rates, higher levels of social stratification of the population. Acknowledges the important differentiation "the great level of suicides" men in different age groups. The author draws attention to a very high rate of suicide among middle-aged men. Thus, it can be argued that the extent of alcoholism in studying young people is an objective prognostic indicator of social health of the region. The indicator reflects, above all, the complex relationship in the education system, and, in all cases, the mechanisms of mass reproduction of deviance. For the Russian Arctic and the North harm from alcohol abuse should be considered as regional socio-cultural characteristics of their way of life, distinct from other parts of Russia. This socio-cultural feature still remains little conscious not only authorities, but also the scientific community of the region.

In conclusion, we would like to draw attention to the published report of the WHO, which states that the overall survival can be prolonged by almost 5 years by minimizing 5-risk factors, including alcohol consumption. In 2009, the Government of the Russian Federation approved the "concept of state policy to reduce the abuse of alcohol and alcohol abuse prevention among the population of the Russian Federation for the period up to 2020." Tselyami overriding public policy in this area announced: a significant reduction in alcohol consumption, increasing the effectiveness of the prevention of the abuse of alcoholic beverages. The inclusion of regular and mass consumption of alcohol in modern youth culture of Russia continues to play a traditional type of alcohol abuse and social impact in the community.

If in terms of fertility we are not very different from other countries, in terms of mortality differences are, and are very large. Until the mid-60s we moved, for example, in the same direction as the U.S., France, Sweden and Japan, but then went our separate ways. With the midpoints 60s., le more than 40 years, they have life (LE) is continuously growing, and we have it either stagnating or declining. Russia did not manage to complete the long running it epidemiological, sanitary or transition, socio-historical process that leads to a decrease in mortality. Not yet been able to move to the second stage of the epidemiological transition, that is change the type of behavior of the majority of our citizens. High mortality - is a big social problem that must be addressed systematically, including taking into account the role of alcohol in the culture of the modern educated youth.

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<sup>6</sup> Rimashevskaya NM qualitative potential of the Russian population: a look into the XXI century / / Problems of Forecasting. - № 3 (may - June). - 2001. URL: [www.drcl.cer.uz/index.php?lng=2&articleinfo=20511](http://www.drcl.cer.uz/index.php?lng=2&articleinfo=20511) (date accessed: 05.06.2011).

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