

# Contents

<i>List of Figures</i>	vii
<i>List of Tables</i>	ix
<i>Notes on Contributors</i>	xiii
<i>Preface</i>	xv
1      Social Policy and the Health Crisis in the New Russia <i>Nadia Davidova, Nick Manning, Hannele Palosuo</i> <i>and Meri Koivusalo</i>	1
<b>PART I    HEALTH BELIEFS IN THE NEW RUSSIA</b>	
2      Measuring the Population's Health <i>Nataliya Tikhonova</i>	27
3      Understanding Health <i>Svetlana Goryunova and Nataliya Tikhonova</i>	53
<b>PART II   HEALTH AND SOCIAL STRUCTURE</b>	
4      Inequalities and Health <i>Nataliya Tikhonova</i>	79
5      Poverty in Post-Reform Russia <i>Nadia Davidova</i>	97
6      Poverty and Health: The Longitudinal Experience <i>Nadia Davidova</i>	119
7      Health and Employment <i>Inna Nazarova</i>	147

**PART III HEALTH AND SOCIAL ACTION**

8	Access to Health Care and Self-Care <i>Inna Nazarova</i>	173
9	Health Behaviour <i>Irina Popova</i>	201
10	Gender, Health and Poverty <i>Irina Popova</i>	227
11	Life Stories of Ten Russian Households: The Sequence of Events over Ten Years of Reform <i>Nadia Davidova</i> (with linking material by <i>Karen George</i> )	251
	Appendix: Project Methodology <i>Nadia Davidova</i>	273
	<i>Bibliography</i>	295
	<i>Index</i>	307

# List of Figures

1.1	Life expectancy by gender from birth, Russia, Finland, UK	12
2.1	Deaths according to main classifications of cause of death, 2005 (in percentages of total number of deaths)	28
2.2	Prevalence of certain chronic diseases in various age groups, RLMS, 2005 (%)	29
2.3	Distribution of health indicators according to EQ-5D method, respondents aged 14 and over, RLMS, 2005 (%)	32
3.1	Proportions of people with different understandings of health and sickness, groups with different standards of education, RLMS, 2005 (%)	71
4.1	Model of the social structure of Russia and the UK	94
5.1	Dynamics in living standards of respondents in our panel study (1997–2005)	115
6.1	Self-rated health $x$ changes in household's material welfare, 1997–2004 (%)	128
6.2	Health on the EQ-5D $x$ changes in household's material welfare, 1997–2004 (%)	128
6.3	Health on the GHQ $x$ changes in household's material welfare, 1997–2004 (%)	128
6.4	Households' social capital $x$ level of material welfare, 2004 (%)	139

# List of Tables

1.1	Official poverty levels in Russia, 1992–2006, % of population	8
1.2	Out-of-pocket spending on health as % of total health expenditure x household	16
2.1	Distribution of health indicators according to EQ-5D method, UK and Russia, results of national research surveys (%)	31
2.2	Distribution of health indicators according to EQ-5D method, various age groups, RLMS, 2005 (%)	33
2.3	Consistency in identifying oneself with people who have serious health problems, panel respondents grouped according to their own assessments of their health, 2005 (%)	36
2.4	Health indicators of panel respondents grouped according to various assessments of their own health, 2005 (%)	36
2.5	Distribution of panel respondents' health indicators according to EQ-5D method, 2005 (%)	40
2.6	Health standards of panel respondents grouped according to various assessments of their own health, 2005 (%)	41
2.7	Correlation of panel respondents' health indicators on the two scales used, 2005 (%)	41
2.8	General picture of Russians' health according to EQ-5D indicators reduced to a three-level scale, RLMS, 2005 (%)	41
2.9	Correlation of indicators of material welfare, panel respondents grouped by standard of health on the EQ-5D scale, 2005 (%)	44
2.10	Age structure, panel respondents grouped by standard of health according to the EQ-5D scale, 2005 (%)	45
2.11	Some particular features of respondents grouped by standard of health according to the EQ-5D scale, 2005 (%)	48
2.12	Health indicators for various occupational status groups defined according to ISCO-88 classification, RLMS, 2005 (%)	49
3.1	Russians' understanding of health and sickness, RLMS, 2005 (%)	63
3.2	Russians' understanding of health, various groups of respondents, RLMS, 2005 (%)	68
3.3	Russians' understanding of sickness, various groups of respondents, RLMS, 2005 (%)	69
3.4	Understanding of health and sickness, groups with different standards of education, RLMS, 2005 (%)	70
3.5	Understanding of health and sickness, according to self-rated position on a scale from 'indigence' to 'wealth', RLMS, 2005 (%)	72

4.1	Distribution wages by decile groups, in April 2006	80
4.2	Distribution of total income across quintile groups, selected areas, 2005	81
4.3	Per cent below the subsistence minimum, selected areas, 2000–2005	82
4.4	Distribution of per capita incomes, 2000–2005 (%)	83
4.5	Respondents' own assessments of aspects of their lives, 2006 (%)	84
4.6	Ownership of consumer durables, 2006 (%) (percentage that has none of a given consumer durable)	85
4.7	Use of fee-paying social services in the last 12 months, 2006 (%)	87
4.8	Achievements over the previous 12 months, 2006 (%)	88
4.9	Attitudes to social justice and inequalities, 2006 (%)	91
4.10	Assessments of own health, 2006 (%)	95
4.11	Assessments of own health, 2005 (%)	96
5.1	Rosstat estimated poverty rates, 1992 to 2000 (%)	98
5.2	Level and depth of poverty among households, 1992 to 2004, RLMS (%)	108
5.3	Material circumstances of respondent households, 1997 to 2005 (%)*	112
5.4	Deprivations experienced by the families of our respondents, 1997–2005 (%)	114
6.1	Employment of household respondents (%)	123
6.2	Ways of spending leave from work <i>x</i> levels of material welfare, 2004 (%)	126
6.3	Types of unobtainable medical care <i>x</i> level of material welfare, 2004 (%)	129
7.1	Average assessments of own health, in points, RLMS	150
7.2	Main sources of income, 2006 (%)	157
7.3	Additional work activities, 2006 (%)	158
8.1	Patterns of use for different health care establishments (%)	174
8.2	Frequency of visiting the doctor, 2005 (%)	175
8.3	Views on social justice, 2006 (%)	183
8.4	Paying for medical services (%)	190
8.5	Payment for medicines, syringes and dressings (%)	191
8.6	Features of fee-paying and free services, 2005	192
8.7	Responsibility for tackling social problems, 2006 (%)	194
8.8	Changes in social support during Putin's presidency, 2006 (%)	195
8.9	Opinions on changes in the health care <i>x</i> level of material welfare, 2006 (%)	196
8.10	Opinions on health care funding <i>x</i> level of material welfare, 2006 (%)	196
9.1	Attitudes to health and changes in health status (% of group)	210
10.1	Socioeconomic changes which have influenced the health of men and of women	228
10.2	Men's and women's opinions about reform difficulties	233

10.3	Men's and women's opinions about contribution to the family budget, by level of welfare, 2006 (%)	243
10.4	Health indicators of women and men, EQ-5D scale, 2005 (%)	245
10.5	Differences in attitudes to maintaining health, by gender (%)	246
A1	Number of family members in households studied (N)	277
A2	Demographic type of households studied (N)	278
A3	Socioeconomic structure of families (N)	279
A4	Socioeconomic status of heads of households (N)	280