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The latest trends of adult mortality in Russia

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In 2005-2014 Russia has experienced the longest positive trends in life expectancy for last half-century: growth rate by 6.4 years observed among men and by 4.1 years among women which resulted to life expectancy 65.3 and 76, 6 years respectively.

The aim of the study is to evaluate the changes occurred in the age and nosological aspects of mortality in Russia, as well as the likely forecast of dynamics of losses in the short term.

The increase in life expectancy in 2005-2014 was due to major causes and all age groups for which mortality has decreased at least a quarter. The highest rate of death decline was observed among population of 40-59 years old (39.6% and 33.8%).

Positive trends among 40-59-year-old is determined by all leading causes of death, but the most successful situation developed for cardiovascular diseases, respiratory diseases and external causes, for which mortality has decreased by more than 40% in male and female population.

Among population of 20-39 years old the decline in mortality was observed for all leading causes other than communicable diseases, mortality from which increased by 7% in men and 56% women.

Among the elderly population (60 years and older) the formation of the positive mortality trends was determined by a majority of the leading death causes except for diseases of digestive system (the loss of which rose by 7.1% and 12.9%) as well as the symptoms, signs and ill-defined conditions, mortality from which increased by more than a third among men and women (37.3% and 34.8%).

However, in last year (2013-2014) growth rates of life expectancy slowed sharply, reaching 0.1 years in both sexes (against the average annual growth of 0.6 and 0.4 years in 2005-2014). The rate of decline in mortality declined in all age groups of adult population by at least half.

For the first time since 2005, negative changes were marked among working age population: 0.1% increase in mortality of men aged 0-39 years and 0.4% increase in mortality of 40-59 year old women (compared to the average annual decline in 2005-2014 which equal to 3.3% and 3.4% respectively).

These negative changes were determined by 6.7% and 8.1% increase in mortality from digestive diseases, 1.5% and 4.1% increase in losses from infectious diseases. In addition, the mortality rate of 20-39-year-old man from diseases of the circulatory system grew by 1.4%, the mortality rate of 40-59 year old women from external causes grew by 2%.

Even in those age groups where positive trends managed to keep, the increase was observed in mortality from certain classes. In particular, the growth of losses from diseases of digestive system is marked for all adults ages; the growth of mortality from external causes is marked for population aged 40 years or older.

Thus, negative developments were determined firstly, by working age population, and secondly, by exogenous death causes.

In 2005-2014 Russia's GDP per capita increased by 2.4 times with reductions by more than a quarter in 2008-2009 and by 12.1% in 2013-2014. The recession of 2008-2009 was also accompanied by a sharp slowdown in mortality decrease, but already in 2010 the GDP has recovered, and with it the positive trends of mortality has accelerated.

Unfortunately, economic realities of modern Russia do not give grounds for expecting a quick exit from the crisis. On the other hand, today incomes are several times higher than those of the beginning of 2000s. This suggests that the most likely scenario is stagnation in life expectancy; risk group will be working-age population, and losses will be generated primarily by exogenous death causes.