

# **ALCOHOL AND SUICIDES IN THE NENETS AUTONOMOUS OKRUG, RUSSIA**

**Case from Krasnoe village**

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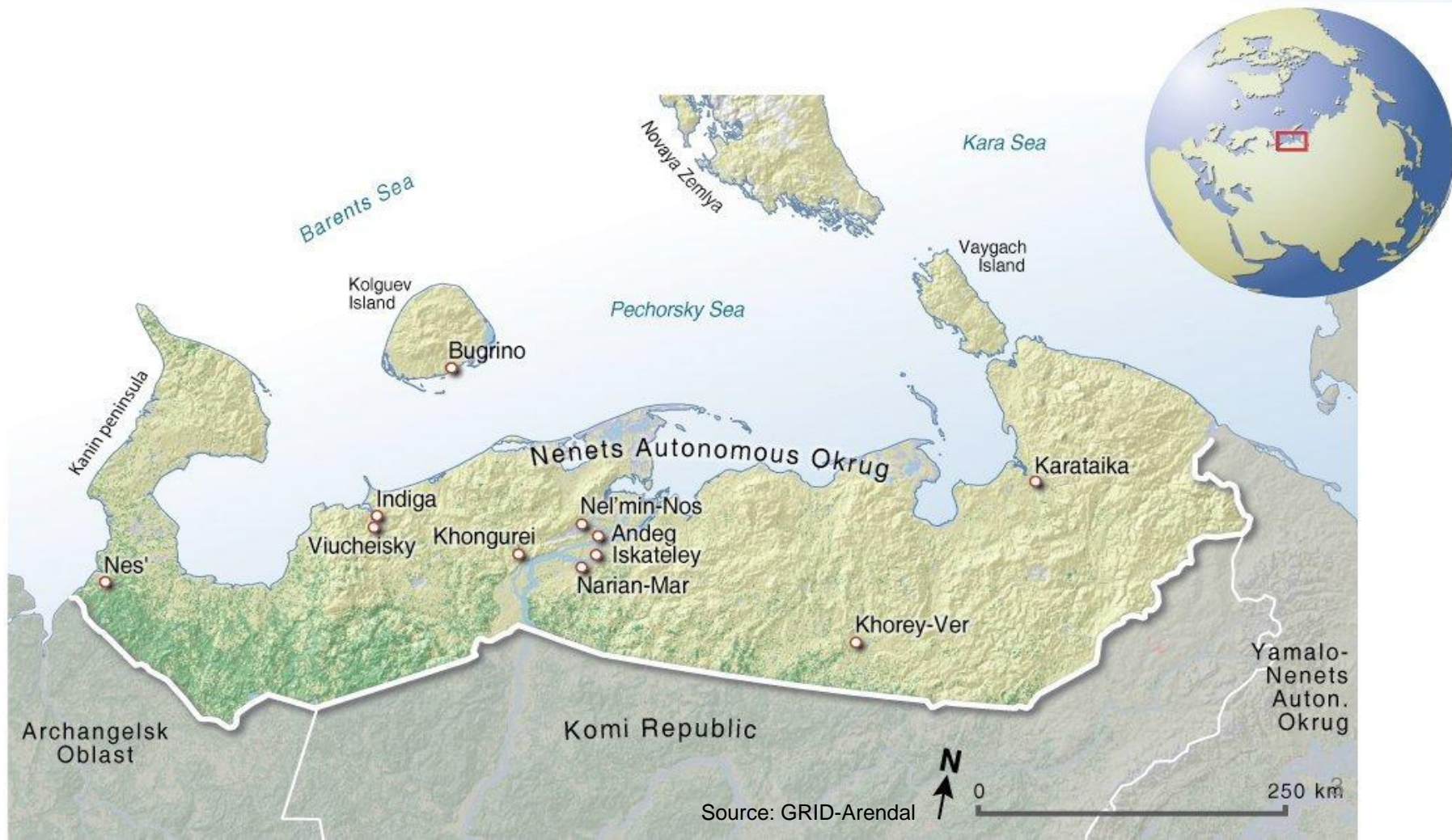
**Yury Sumarokov**



# Indigenous people in the Russian Arctic



# Area studied



# Social-economical situation in the area

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- Main industries: Oil and gas complex, including oil transport complex, reindeer husbandry, power generating, food industry, construction industry
- The highest average salary (1-st place in Russia).
- The highest per capita in Russia: about 110 000 USD
- Growing economy and investments, developing infrastructure

# Area studied – cluster of suicide



# Krasnoe village

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- Established in 1956
- Population 1618 (adults – 1190, teenagers - 63, children - 365) in 2012
- Ethnic structure – **Nenets 56%** (900), Russians and Komi – 44%
- Main occupation – reindeer herding
- Number of suicide deaths in 2002-2012 – **22** (all – Nenets)
- Blood alcohol content positive (BAC+ suicides) – 100%

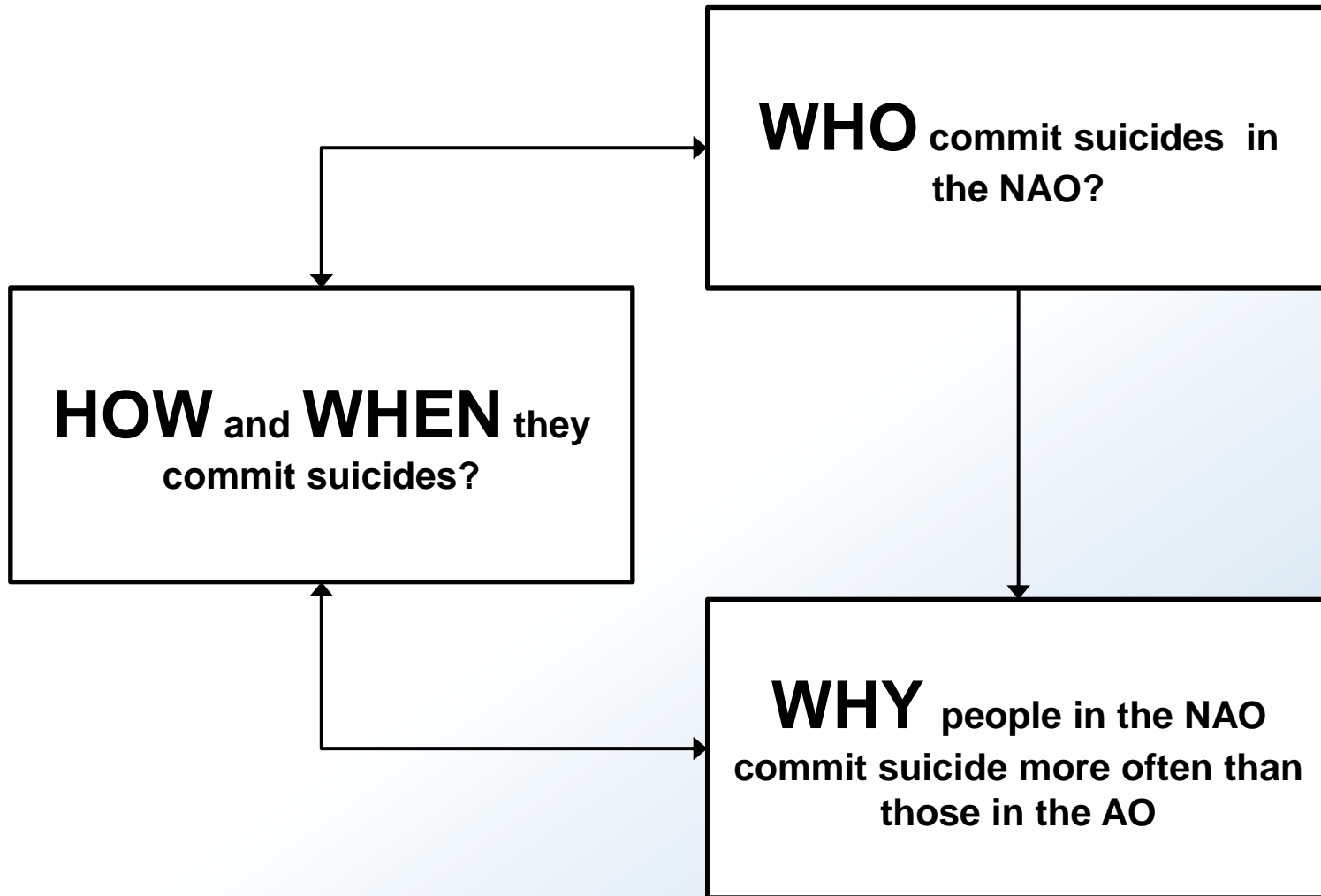
# What do we know about suicide in the Nenets?

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- **Paper I.** Sumarokov YA, Brenn T, Kudryavtsev AV, Nilssen O. Suicides in the indigenous and non-indigenous populations in the Nenets Autonomous Okrug, Northwestern Russia, and associated socio-demographic characteristics. *Int J Circumpolar Health* 2014;73:24308
- **Paper II.** Sumarokov YA, Brenn T, Kudryavtsev AV, Nilssen O. Variations in suicide method and in suicide occurrence by season and day of the week in Russia and the Nenets Autonomous Okrug, Northwestern Russia: a retrospective population-based mortality study. *BMC Psychiatry* 2015;15:224
- **Paper III.** Sumarokov YA, Brenn T, Kudryavtsev AV, Sidorenkov O, Nilssen O. Alcohol and suicides in the Nenets Autonomous Okrug and Arkhangelsk Oblast, Russia. *Int J Circumpolar Health* 2016;75:30965

# Structure

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ORIGINAL RESEARCH ARTICLE

# Paper I

## Suicides in the indigenous and non-indigenous populations in the Nenets Autonomous Okrug, Northwestern Russia, and associated socio-demographic characteristics

Yury A. Sumarokov<sup>1,2\*</sup>, Tormod Brenn<sup>1</sup>, Alexander V. Kudryavtsev<sup>1,2</sup> and Odd Nilssen<sup>1</sup>

### Suicide rates per 100,000 person years

Among Nenets:

79.8

Among non-indigenous:

49.2



Highest (391)  
among 20-29  
years of age



Highest (106)  
among 30-39  
years of age

## Paper I results, cont.

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$$RR = \frac{\text{suicide rate in Nenets}}{\text{suicide rate in non-indigenous}}$$

Characteristic		RR
Residence	Urban	3.1
	Rural	1.1
Employment	Employers and employees	2.4
	Other	1.2
Education	University/college	2.8
	Secondary school	2.7
	Incomplete school	3.4
Marital status	Married	2.6
	Single	2.1
	Divorced	2.3

RESEARCH ARTICLE

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Paper II

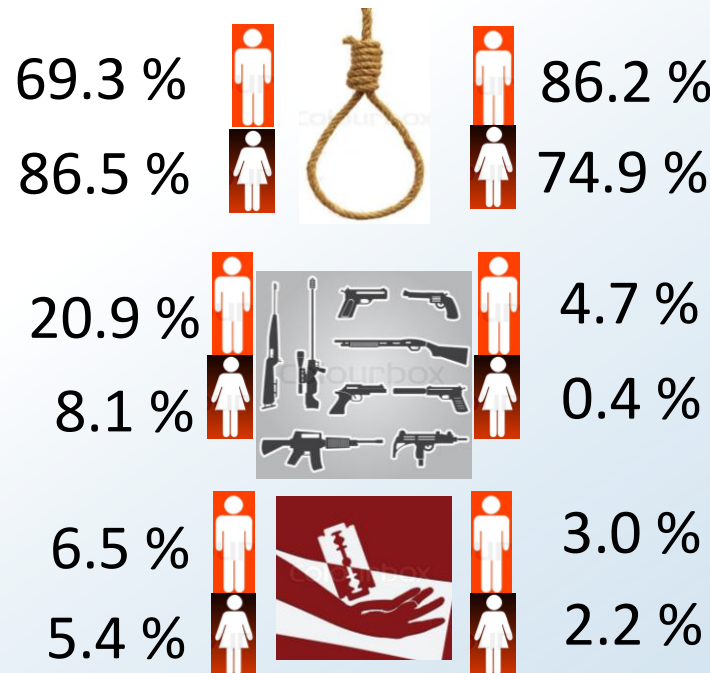


Most  
in  
Spring

Variations in suicide method and in suicide occurrence by season and day of the week in Russia and the Nenets Autonomous Okrug, Northwestern Russia: a retrospective population-based mortality study

NAO:  
Most on  
Fridays

Yury A. Sumarokov<sup>1,2\*</sup>, Tormod Brenn<sup>1</sup>, Alexander V. Kudryavtsev<sup>1,2</sup> and Odd Nilssen<sup>1</sup>



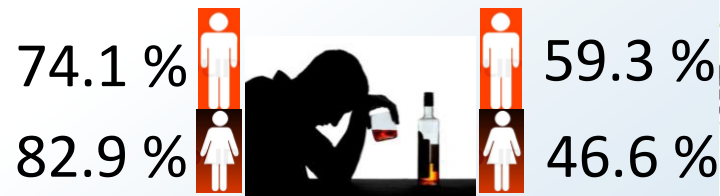


ORIGINAL RESEARCH ARTICLE

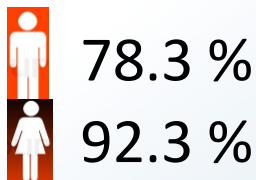
# Paper III

## Alcohol and suicide in the Nenets Autonomous Okrug and Arkhangelsk Oblast, Russia

Yury A. Sumarokov<sup>1,2\*</sup>, Tormod Brenn<sup>1</sup>, Alexander V. Kudryavtsev<sup>1,2</sup>,  
Oleg Sidorenkov<sup>1</sup> and Odd Nilssen<sup>1</sup>





Among Nenets:




# Conclusions from the previous study

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1. Suicide rates in the NAO were substantially higher among the indigenous than the non-indigenous Nenets people, and were associated with different socio-demography
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2. Suicide methods and times differed from Russia at large
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3. Alcohol may be an essential risk factor for suicide and even more important than in Arkhangelsk oblast

# WHAT WE CAN SUGGEST FOR SUICIDE PREVENTION IN KRASNOE VILLAGE?

Level of Influence	Existing risk factors	Protective factors
National and regional	Historical trauma, forced relocation, and settlement.	?
Community	Socioeconomic inequality, lack of access to health services.	?
Family	Family history of suicide, intergenerational trauma, domestic violence	?
Personality	Mental disorders, substance abuse, history of self-harm, acute stress, hopelessness, and isolation.	?
Conditional	Access to violent means of suicide, alcohol and drug intoxication	?

# Future research

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- Is higher suicide rate in indigenous people due to the socio-economy?
- The role of biological and genetic factors
- What is the role of depression and history of attempted suicide?
- What about the subgroup of Nenets reindeer herders?
- Links to medical and psychological studies of indigenous peoples?
- WHAT ELSE?



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