

INDIGENOUS MENTAL HEALTH AND WELLBEING IN TRANSITION.

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Indigenous populations

One of the most studied population groups

Indigenous groups are very different around the world

Many of the groups have high suicidality

Culture, religion, understanding and beliefs are different

Resources, health care, recognition of the phenomena as an official duty is different

Health and social disparity of indigenous people



SUICIDE
RATE
UP TO
6X
HIGHER₁



YOUTH
INCARCERATION
UP TO
53X
HIGHER₂



HOMELESSNESS
APPROX.
14X
HIGHER₃



UNEMPLOYMENT
APPROX.
5X
HIGHER₄



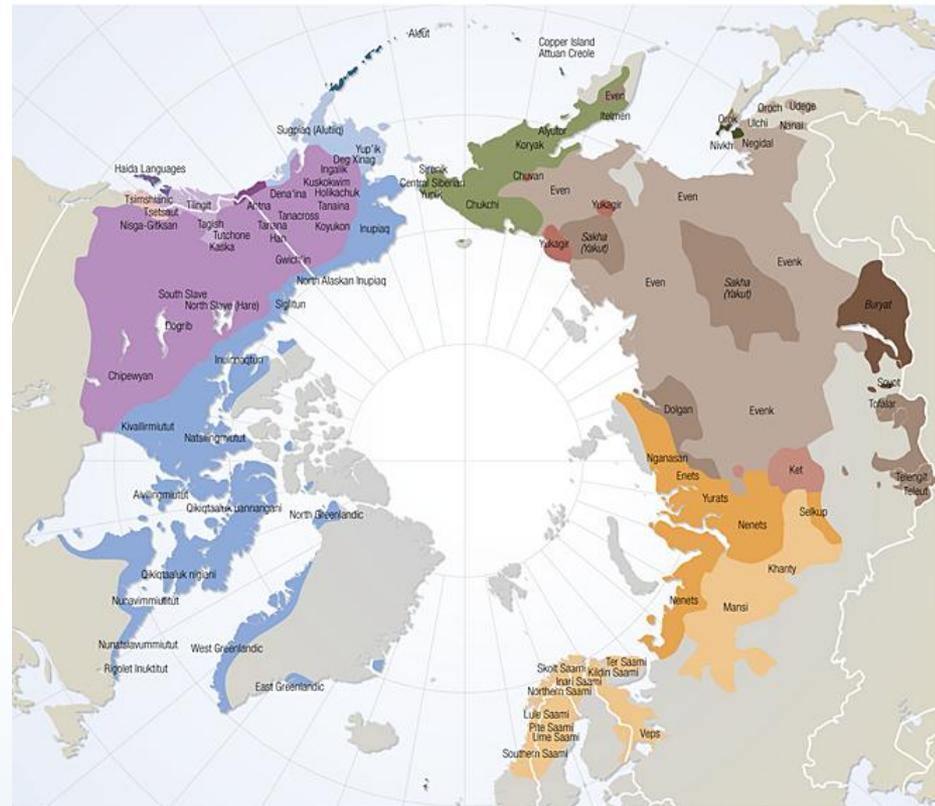
LIFE
EXPECTANCY
APPROX.
10YRS
LESS

High suicide rates in the indigenous populations were reported from:

- Indigenous Canadians from the Hudson Bay and the Northwestern Territories
- Sami from Norway and Sweden
- Australian aborigens
- Native Americans in the United States
- Maoris in New Zealand
- Inuits in Greenland
- Brazilian indigenous people
- Fijians

Arctic indigenous peoples

- Around 10% of total population living in the Arctic
- Over 40 different ethnic groups



Na'Dene family

- Athabaskan branch
- Eyak branch
- Tlingit branch
- Haida branch

Indo-European family

- Germanic branch

Eskimo-Aleut family

- Inuit group of Eskimo branch
- Yupik group of Eskimo branch
- Aleut group

Uralic-Yukagiran family

- Finno-Ugric branch
- Samodic branch
- Yukagiran branch

Altaic family

- Turkic branch
- Mongolic branch
- Tunguso-Manchurian branch
- Chukotko-Kamchatkan family
- Ket (isolated language)
- Nivkh (isolated language)
- Tsimshianic (isolated language)

Colonization of Russian Arctic

- Active population of the Arctic by Russians started in XV century
- First Arctic cities: Pustozersk (1499), Mangazeya (1572)
- Introduction of taxes for the aborigines (“yasak”) – in XV century.
- Colonization of Northern Siberia and Chukotka – since XVII century
- Military conflicts in the Arctic (Pustozersk (1644 – end of XVIII cent., Yugra (1483 - 1500)
- Christianization (completed in XIX century)
- Trade colonization (XIX – beginning of XX century)
- Soviet time (1918 – 1991) – collectivization, forced settlement, boarding schools, destruction of traditional life-style
- Post-soviet transition – expansion of national and trans-national mining companies

Elements of social and cultural transition

- Language assimilation
- Psychological changes
- Sociological changes
- Cultural changes
- Economical changes
- Employment/unemployment

Health effects of colonization

- Effects on mental health:
 - psychological distress,
 - depression,
 - addictive behavior,
 - suicide.
- Effects on physical health:
 - obesity,
 - diabetes,
 - cardio-vascular diseases
- Effects on health services:
 - health inequities,
 - loss of traditional practices.

SUICIDE RATES IN THE ARCTIC STATES (WHO, 2015)

| N | Country | SR per 100 000 |
|----|---------|-------------------|
| 1. | Russia | 17.9 |
| 2. | Finland | 14.2 |
| 3. | Sweden | 12.7 |
| 4. | USA | 12.6 |
| 5. | Iceland | 11.8 |
| 6. | Canada | 10.4 |
| 7. | Norway | 9.3 |
| 8. | Denmark | 9.1 |

Top-5 of the Arctic (suicide rates, both sexes) (WHO, 2015 r)

| N | Region | SR per 100 000 |
|----|------------------|----------------|
| 1. | Greenland | 83.0 (2011) |
| 2. | Nunavut, Canada | 71.0 (2007) |
| 3. | NAO, Russia | 70.5 (2010) |
| 4. | Chukotka, Russia | 51.2 (2010) |
| 5. | Alaska, USA | 21.8 (2007) |

AVERAGE SUICIDE RATES IN 1990-2014 (per 100 000) and proportions of indigenous population by the regions of Russian Arctic

| | | |
|----------------------|------|---------|
| • Nenets AO | 77.0 | (17.8%) |
| • Chukotka | 63.1 | (32.8%) |
| • Taymyr | 50.1 | (24.8%) |
| • Yakutia (Sakha) | 40.1 | (3.8%) |
| • Arkhangelsk Oblast | 35.6 | (0.7%) |
| • Murmansk Oblast | 26.9 | (0.2%) |
| • Yamal – Nenets AO | 26.2 | (9.8%) |

Area of Studies





ORIGINAL RESEARCH ARTICLE

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

Yury A. Sumarokov^{1,2*}, Tormod Brenn¹, Alexander V. Kudryavtsev^{1,2} and Odd Nilssen¹

Suicide rates per 100,000 person years

Among Nenets:

79.8

Among non-indigenous:

49.2

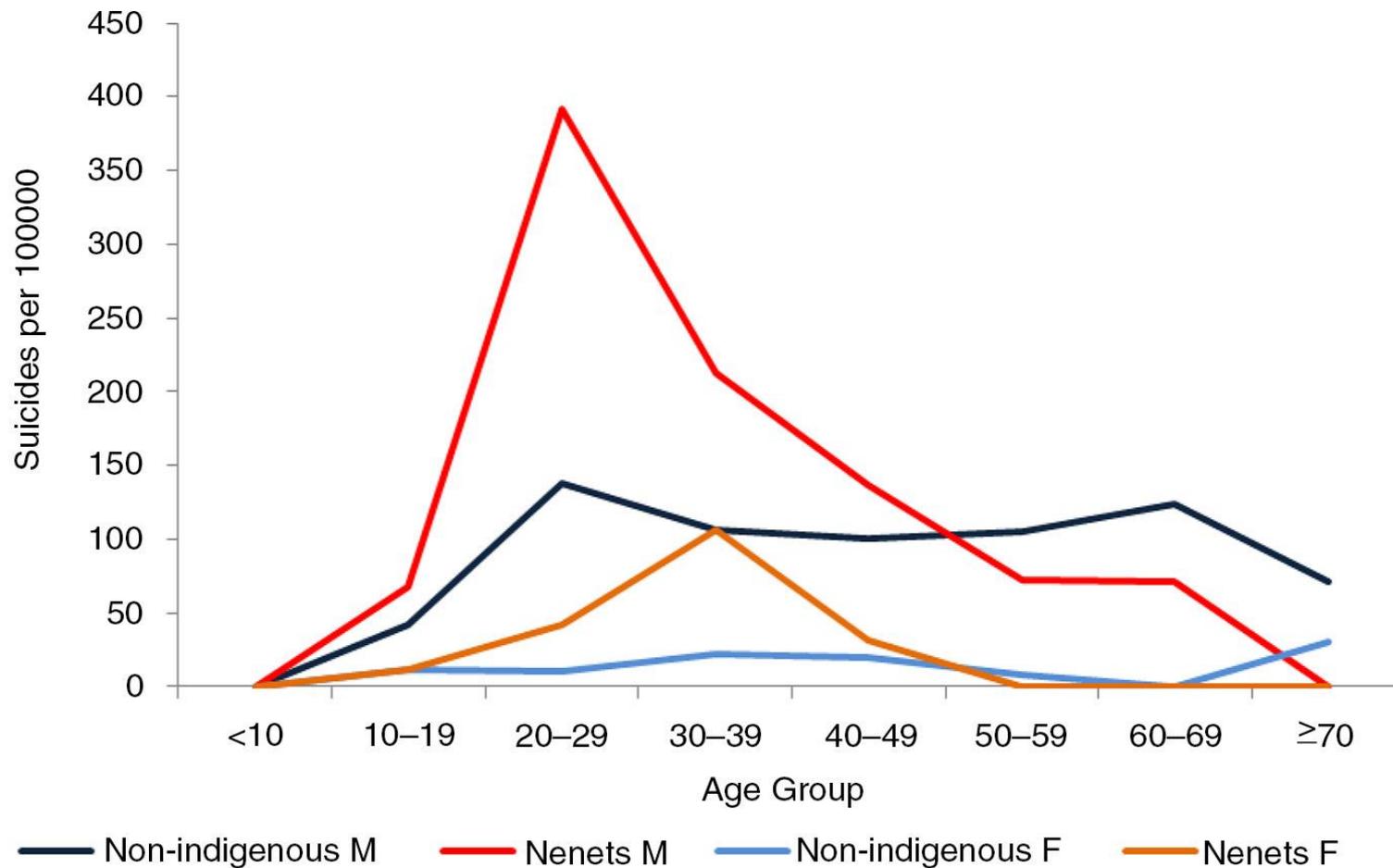


Highest (391)
among 20-29
years of age



Highest (106)
among 30-39
years of age

AGE AND SEX DISTRIBUTION OF SUICIDES (NAO, RUSSIA)





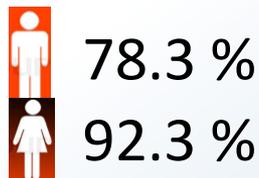
ORIGINAL RESEARCH ARTICLE

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

Yury A. Sumarokov^{1,2*}, Tormod Brenn¹, Alexander V. Kudryavtsev^{1,2},
Oleg Sidorenkov¹ and Odd Nilssen¹



Among Nenets:



“This has been a crisis for 40 years...and yet we still don’t have accurate suicide data”

Natan Obed, Inuit Leader (Lancet, 18 June, 2016)



Risk and protective factors for indigenous suicide

| Level of Influence | Risk factors | Protective factors |
|-----------------------|---|--|
| National and regional | Historical trauma, forced relocation, and settlement. | Cultural continuity based on language, culture, and history. |
| Community | Socioeconomic inequality, lack of access to health services. | Economic, social, educational, and health equity. |
| Family | Family history of suicide, intergenerational trauma, domestic violence | Supportive family with traditional life and native language environment. |
| Personality | Mental disorders, substance abuse, history of self-harm, acute stress, hopelessness, and isolation. | Access to ethnicity-specific mental health, high level of resilience, and religious factors. |
| Conditional | Access to violent means of suicide, alcohol and drug intoxication | Restricted access to alcohol and drugs. |

Short history of alcohol in the Russian Arctic

- XVII century– strong alcohol was introduced in Russia
- XVIII-XIX – slow growth of vodka consumption
- 1895 – state monopoly on production and sales



Short history of alcohol in the Russian Arctic

- End of XIX century - Beer and vodka production in Arkhangelsk
- Introduction of alcohol in the Arctic communities by Russian and other merchants



First anti-alcohol intervention

- 1900 – 1918, Kolguev



Photo: Y. Leitsinger, 1894

Present situation

- 1985 – Anti-alcohol Legislation by M. Gorbachev
- 7/06/1992 – President B. Yeltsin abolished state monopoly on production and sale of strong drinks, the price of vodka dropped dramatically
- 2000 – Anti-bier campaign (G. Onischenko)
- 2005 – Two anti-alcohol laws (# 102 and # 209 - On state regulation of alcohol sales)

Results: Accidental alcohol poisoning rate in Russia dropped down in 38.2 % in 2006-2007

Alcohol psychoses - dropped down in 22% in 2006-2007

- Since 2011 – Time sales regulation

Average accidental alcohol poisoning mortality rates in 2000-2014 (per 100 000)

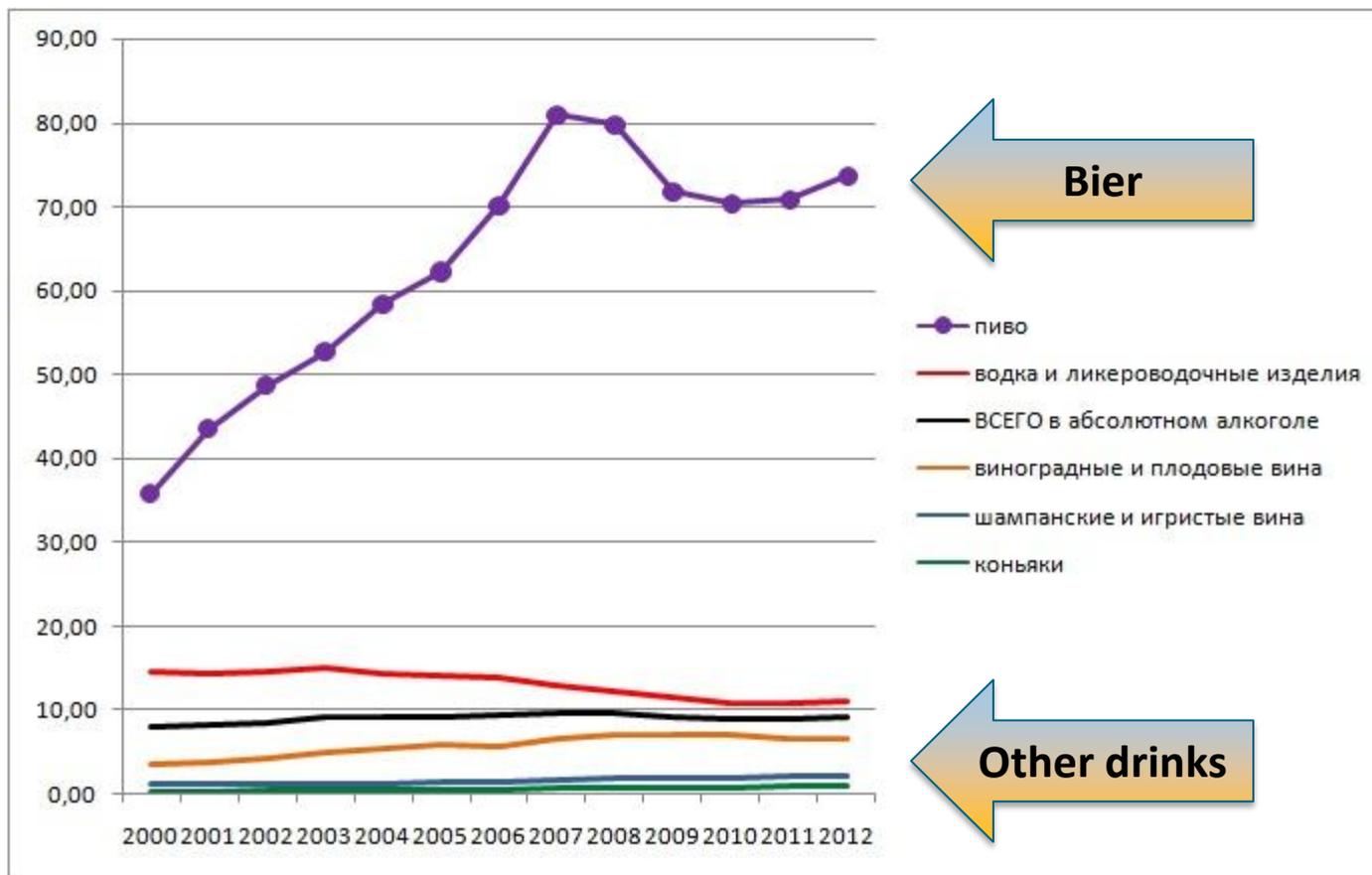
| | |
|-----------------------------|-------------|
| • Nenets AO | 21.3 |
| • Chukotka | 21.2 |
| • Taymyr | 19.6 |
| • Yakutia (Sakha) | 8.8 |
| • Arkhangelsk Oblast | 40.0 |
| • Murmansk Oblast | 10.8 |
| • Yamal – Nenets AO | 6.1 |
| • Russia | 20.2 |



Alcohol poisoning rate in Russia dropped down in **38.2 %** in 2006-2007
Alcohol psychosis - dropped down in **22%** in 2006-2007

Source: Rosstat, Photoexpress

Consumption of alcohol drinks (in liters per capita) in the Nenets AO 2000-2012



Prevention activities

- Local activities: courses, seminars in suicide prevention for school teachers and psychologists
- NGO “Community Health Partnership” activities in Nenets, Yakutia and Chukotka (teachers training in prevention of substance abuse and suicides among the young people, training the health mediators)
- Regional and Federal Alcohol laws
- Local prevention programs for alcohol and drug addiction (Murmansk – 2011, 2013; Arkhangelsk - 2013; Nenets AO – 2012; Yamal – 2012; Taymyr – 2013; Yakutia (Sakha) – 2013; Chukotka – 2010, 2013)
- Red Cross activities (Chukotka)
- Crisis hot lines

Alcohol sales restriction policies

- Murmansk oblast 23.00 – 8.00 (strong drinks 21.00 – 11.00)
- Arkhangelsk oblast 21.00 – 10.00
- Nenets AO 20.00 – 11.00 (strong drinks) 23.00 – 8.00 (beer)
- Yamal 22.00 – 10.00
- Taymyr 23.00 – 8.00
- Yakutia (Sakha) 20.00 – 14.00 (strong drinks), total restrictions - in 3 municipalities,
- Chukotka total restrictions 1 municipality
working days restrictions – in 5 municipalities

Publications

- 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**
- 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**
- 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**



**Thank you
for attention!**

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