



# HEALTH OF INDIGENOUS AND REMOTE NORTHERN COMMUNITIES

## Mental Health and Addiction

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# SAAMI

Карта Сапми (Galdu 2006)



The Saami is an indigenous small-numbered people in Fennoscandia.

This is one people divided by the state borders of 4 countries. The Saami have their areas, language, and traditions.

SÁPMI is a traditional name of the Saami people's homeland.

**Norway - 40000**

**Finland - 7500**

**Sweden - 20000**

**Russia - 1805**

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# The Saami in Russia



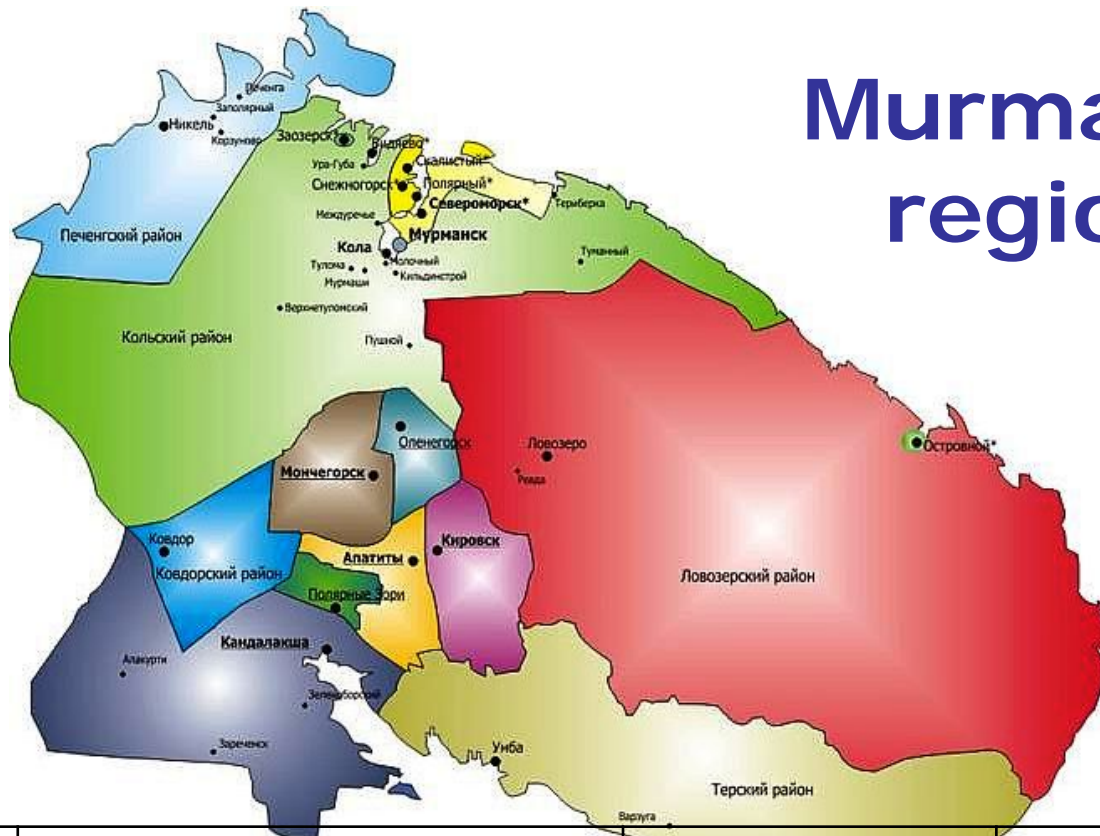
- The Saami on the Kola peninsula are quite an independent ethnographic group called the Kola Saami (Lapps). They can be considered as the fourth type, which is a combination of reindeer husbandry, fishery, hunting, and a seminomadic, and during the last decades, a settled lifestyle.

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# Murmansk region



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#	Murmansk region	Indigenous small numbered peoples	Saami	Nenets	Evenk
1	Total per 01.01.2002	1946	1805	138	3
2	Lovozero	1088	956	132	
3	Kola	199	193	6	
4	Kovdor	157	157		
5	Other towns and settlements	502	498		



# Who cares about those aboriginals of the North?

- The problems of the indigenous peoples of the North reach out much beyond our region and even Russia. The international community has to state that the legal, economical and social problems of the indigenous peoples of the Earth are still not solved. The mankind's development is constantly in need of additional nature resources, which means that less territories are left to the aboriginals' use. The traditional way of life is destroyed. The peoples' past is tragic. The hope that they would be able to adapt within the 20<sup>th</sup> century to the major social and economical transformations by the objective reasons, has turned out to be unworkable.

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From the article of E.Patsiya of 11.01.1995 in the paper "Poliarnaya Pravda"





# Who cares about those aboriginals of the North?

- It should be said in all fairness that no indigenous people, even in the most humane society, has such a life, which it would like to have.
- First of all, the state must realize the problems of its peoples and strictly observe the laws, which reflect the interests of those peoples.

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# Who cares about those aboriginals of the North?

*The main right, which the indigenous peoples want so much, - is the right to live in the areas that are suitable for their traditional labor activity. The right to use the environment in the way as it has been since the beginning of time.*

From the article of E.Patsiya of 11.01.1995 in the paper "Poliarnaya Pravda"

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# What causes addiction?

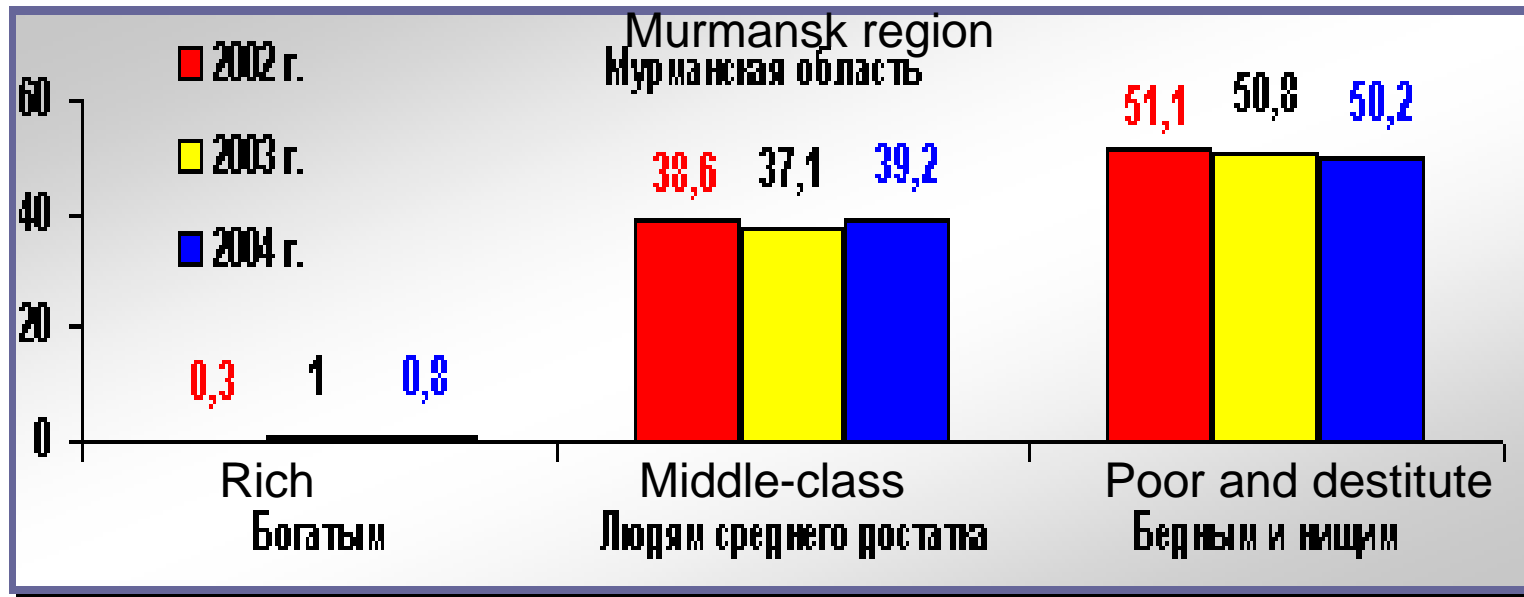
- Change of customary way of life
- Stress situations
- Unemployment
- Poverty
- Diseases

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# What category do you put yourself into? (% of the number of respondents)



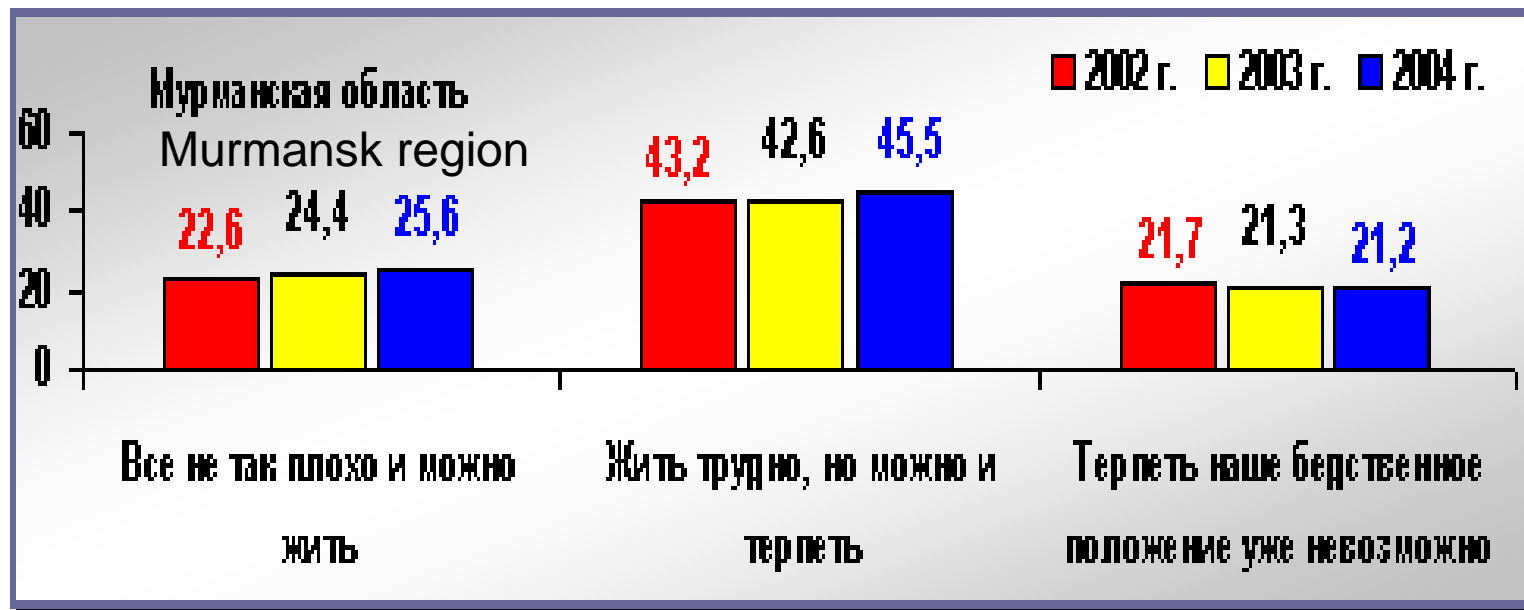
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*K.A. Gulin, I.N. Dementieva*

PRINCIPAL TRENDS OF SOCIAL AND ECONOMICAL STATUS AND POLITICAL MOOD OF THE INHABITANTS IN VOLOGDA AND MURMANSK REGIONS

[http://www.kremlin.ru/appears/2005/04/25/1223\\_type\\_82634\\_87049.shtml](http://www.kremlin.ru/appears/2005/04/25/1223_type_82634_87049.shtml)

## What do you think, what expression below corresponds to the current situation? (in % of the number of respondents)



All is not so bad,  
and one can live

Life is difficult, but  
one can tolerate

It is already impossible  
to tolerate our misery

*K.A. Gulin, I.N. Dementieva*

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# Living rough

- In 2004, the mean income of the families with children in the Lovozero district was extremely low. The main reason for that is that the parents among the indigenous small-numbered peoples of the North work mainly in the reindeer husbandry cooperatives with a low salary.
- The main problems and difficulties in the indigenous population's life in the Kovdor district are caused by the low social status of the families. One of the parents in 25% of the families is unemployed.
- The situation hasn't changed by 2008. There is the lowest salary and the highest renting prices in the subsidized Lovozero and Tersky districts.

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- Constant growth and high rates of so-called **socially conditioned** diseases (tuberculosis, venereal diseases, drug abuse disorders) are still causing the most anxiety.
- The chief factor in spreading of these diseases is connected to asocial way of life and alcoholism that is influencing these processes.

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# Pleasure or infernal temptation

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- In Russia, the people that have alcohol addiction are app. 11% of the total population. It is obvious that the real rate is much higher, because the official statistics shows only the number of people, who had consulted the medical specialists.
- Per 2008, over 15 000 people suffering from alcoholism are registered in the drug abuse clinic in Murmansk region. The trouble is that young people become our patients more often now.
- Unemployment leads to degradation to lumpens, alcoholism. The number of chronic alcoholism among the indigenous peoples in the North has increased by 13.4 times, and by 5.6 times in our region, for only 7 years. This causes the high mortality by accidents, suicides and murders, which is 3-4 time higher than the average in Russia.

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## Dynamics of registered chronic alcoholism rate in Lovozero district and in Murmansk region (indicator per 100.000 of population)

2003		2004		2005	
Lovozero district	Murmansk region	Lovozero district	Murmansk region	Lovozero district	Murmansk region
147,9	153,9	107,9	141,9	147,1	162,4

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### **Mortality statistics tells its own story:**

187 people died, 91 of them – in able-bodied age, in Lovozero district in 2005 .

103 people died of circulatory system diseases.

Alcoholic cardiomyopathy was the cause of death of 18 people.

“Lovozerskaya pravda“-newspaper # 52 of 01.12.2006



## Dynamics of registered alcoholic psychoses in Lovozero district and in Murmansk region (indicator per 100.000 of population)

2003		2004		2005	
Lovozero district	Murmansk region	Lovozero district	Murmansk region	Lovozero district	Murmansk region
84,5	79,8	50,4	75,4	110,3	75,9

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Look at the figures: Lovozero district in 2005 is among the leaders in regard to the number of psychoses.

The psychoses have become younger and are to be found in people that are not like alcoholics at all.

Somebody will say: "These are just figures". But there are the lives of our fellow-villagers, neighbors, our near and dear, behind these figures.

"Lovozerskaya pravda" # 42 of 22.09.2006





# PROJECT “LET’S LEARN TO LIVE WITHOUT ALCOHOL”

THE COMPLEX PROGRAM  
DISPOSAL OF ALCOHOL  
DEPENDENCE

FOR INDIGENOUS PEOPLES OF  
THE NORTH OF RUSSIA  
IN THE BARENTS REGION

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*Thanks for your attention!*

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