

First International Conference on Prevention of FASD

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**FASD prevention in Russia:  
a case for the  
Global Health Diplomacy**

Elena Varavikova, Federal Research Institute for  
Health Information and Organization (CNIIOIZ),

Russian Federation

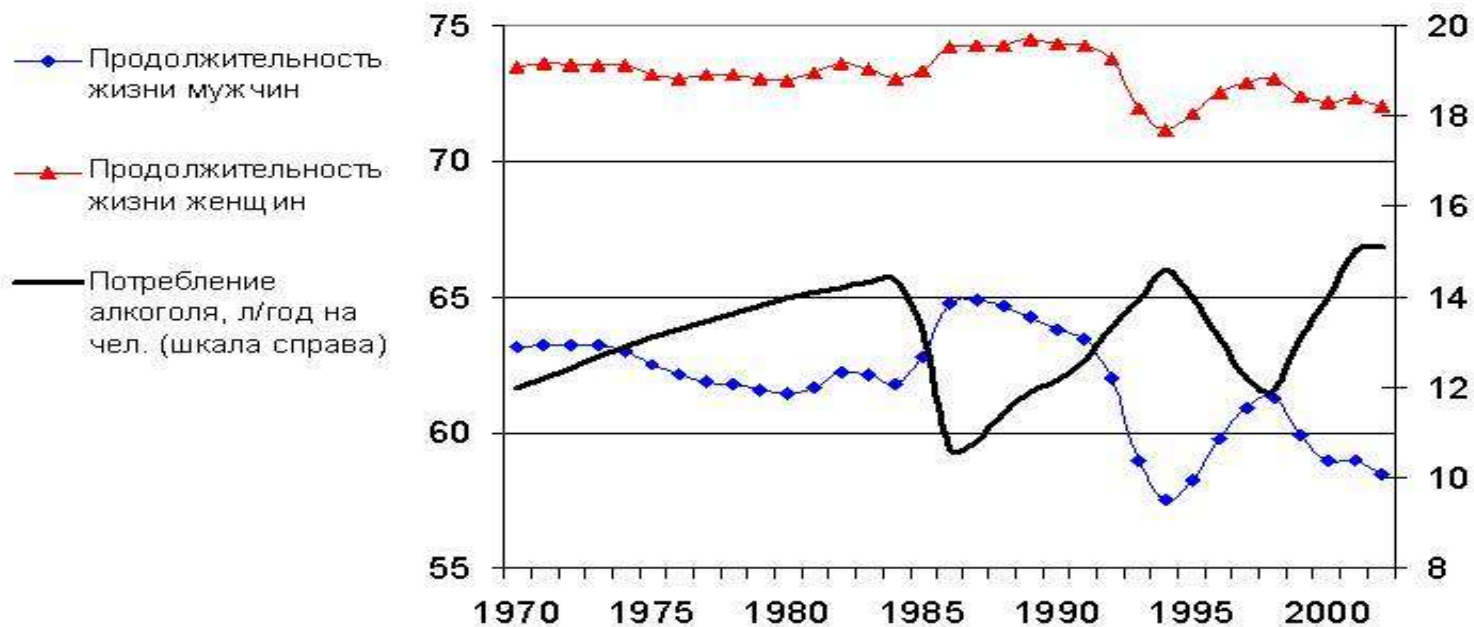
[dr.e.varavikova@mail.ru](mailto:dr.e.varavikova@mail.ru)

# Outline

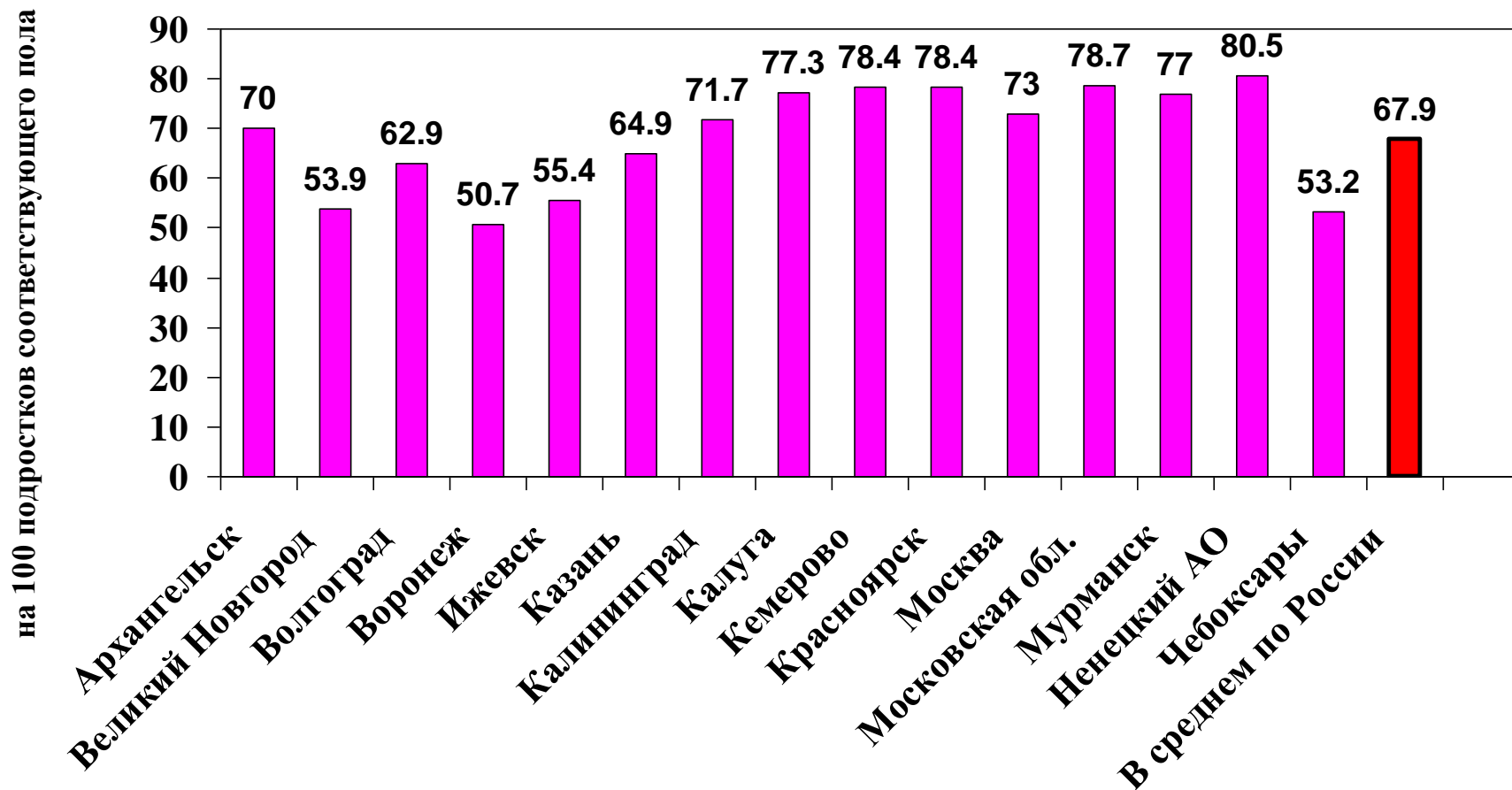
- Alcohol – the new state controlled initiatives and life expectancy rise in Russia
- FAS/FASD collaboration
- Coordination Committee at CNIOIZ
- International Collaboration
- Future developments & Global Health Diplomacy

# Life expectancy and alcohol consumption (A.V. Nemtsov)

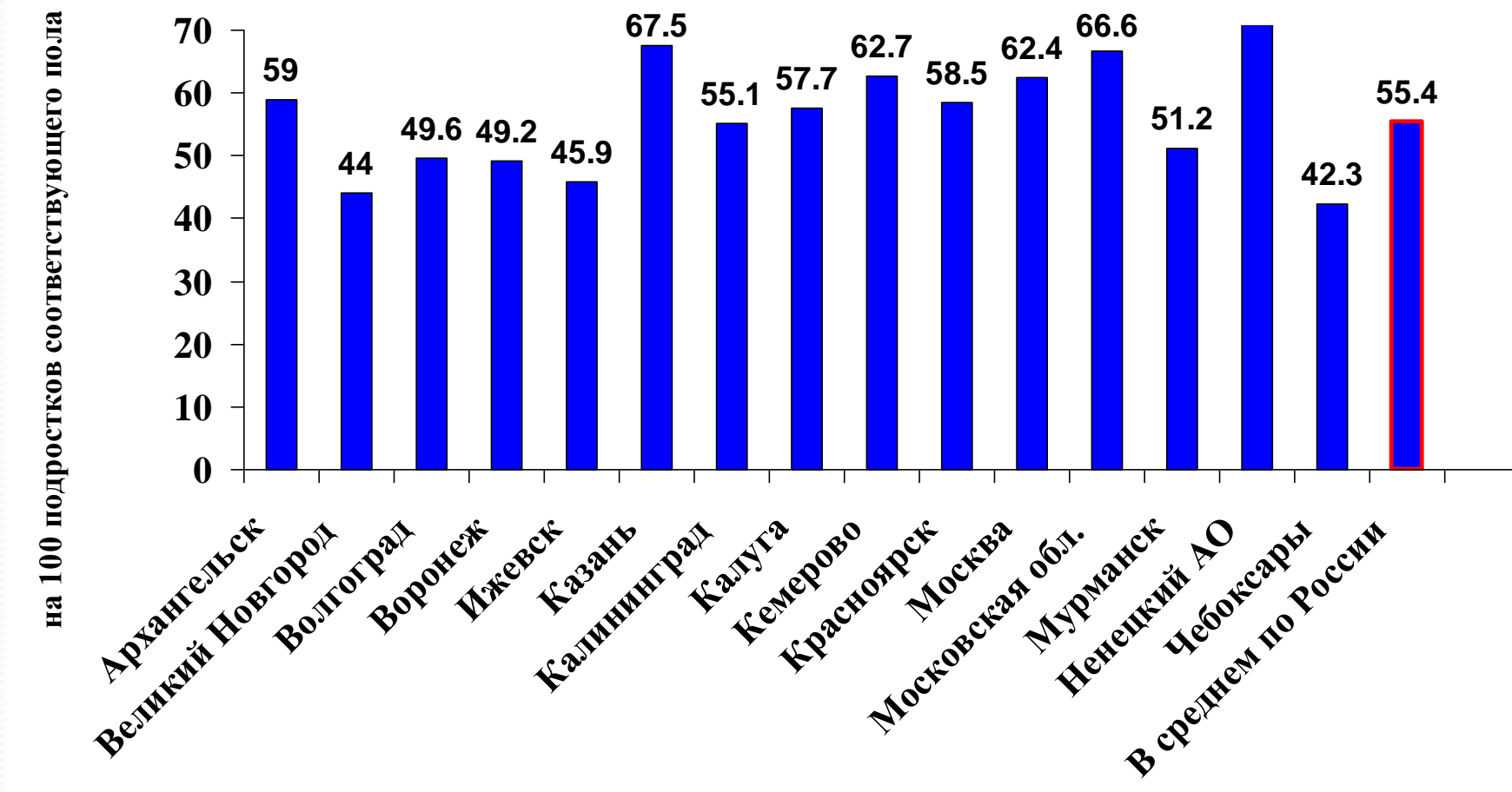
Продолжительность жизни женщин и мужчин и потребление алкоголя в России (Госкомстат 2006; Немцов 2003)



## Уровень распространенности алкоголизации среди девочек - школьниц 9-11 классов в обследованных городах в 2011 г. (Профессор Е.С. Скворцова)



## Уровень распространенности алкоголизации среди мальчиков - школьников 9-11 классов в обследованных городах в 2011 г. (Е.С. Скворцова)



# Fallacies of the modern Russian woman:

- High quality alcohol is good for your health (no harm)
- Small amounts of alcohol are not harmful
- Little wine or beer are good for your nerves and asleep for your unborn baby, specially in the last trimester
- My Mother/ Grandmother/girlfriend/next door neighbor was drinking and has normal children
- All are drinking and delivering well babies
- The fetus damaged by alcohol will end in spontaneous abortion, alive fetus is normal
- FAS/FASD = the child born drunk.

# Origin of the current developments in FASD prevention in Russia

- In the Russian Federation, researchers from St Petersburg State University and Nizhny Novgorod State Pedagogical University have been working from 2003 to **2013** on a project to prevent women from drinking during pregnancy.
- This research was in collaboration with the University of Oklahoma Health Sciences Center and **funded by the US National Institutes of Health and Centers for Disease Control and Prevention.**
- The project is over, there is no implementation grant.



# Project Team leaded by Tatiana Balachova



## St. Petersburg State University, Russia

Larissa Tsvetkova, PhD

Galina Isurina, PhD

Alexander Palchick, MD, PhD, Academy of Pediatrics

Vladimir Shapkaitz, MD, PhD, Academy of Pediatrics

Elena Volkova, PhD, Nizhny Novgorod Pedagogical Academy

Lubov Smykalo, Max Gusev, Maria Pechenezskaya, SPSU

Data Collectors in St. Petersburg and Nizhniy Novgorod



## University of Oklahoma Health Sciences Center

Barbara Bonner, PhD

Tatiana Balachova, PhD

Mark Chaffin, PhD

## Consultants

Karen Beckman, MD, OUHSC

Edward Riley, PhD, San Diego State University

Linda Sobell, PhD, Nova Southeastern University

Jacquelyn Bertrand, PhD, CDC

Oleg Erishev, MD, PhD, Bekterev Institute, St. Petersburg

Corinne Reinicke, MD, WHO, Moscow

(2007) Michael Fleming, MD, MPH, University of Wisconsin

Mark Mengel, MD, MPH, University of Arkansas

Danny Wedding, PhD, MPH, University of Missouri-Columbia

## Advisory Board

Sheldon Levy, MPH, PhD, University of Miami School of Medicine

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Mark Wolraich, MD, OUHSC

Elena Varavikova, MD, PhD, MPH, Federal Agency for Medical Technologies, Russia



# International Collaboration

- ▶ **US – Professor Kenneth Warren & team,  
Tatiana Balachova, professor Philip May**

## **France:**

- Dr. Thanh Le Luong - Director General of INPES,
- Marie Kerle of French Embassy,
- Dr. Denis Lamblin - President SAF France
- «MSM»,

**Canada:** Dr. Lana Popova (CAMH),

Professor Egon Johnsson

**Europe:** Diane Black,

**WHO - Pozniak**



# The Coordination Committee on Alcohol harm and FASD prevention (CC), Moscow

- **Established in 2011**
- **Leaded by Professor V.I, Starodubov, Director of the Federal State Research Institute for Information and Management in Public Health CNIIOIZ, (under the MOH RF).**
- **United researchers and practitioners in developing National program for the alcohol harm and FASD prevention and related actions.**
- **International, transparent , voluntary**
- **<http://www.mednet.ru/en/koordinaczionnyj-sovet-po-profilaktike-vreda-zdorovyu-ot-alkogolya-i-fetalnogo-alkogolnogo-sindroma.html>**



# Challenges & Opportunities

The project is over

- **Institutionalize the results of the project through**
  - **Making Health System to “adopt” FASD**
  - **Raising professional and public awareness**
  - **Education for OBGYNs, pediatricians, psychiatrists, psychologists**
  - **Involvement of social workers, teachers, care givers**
  - **Work with the parents and children with FASD**

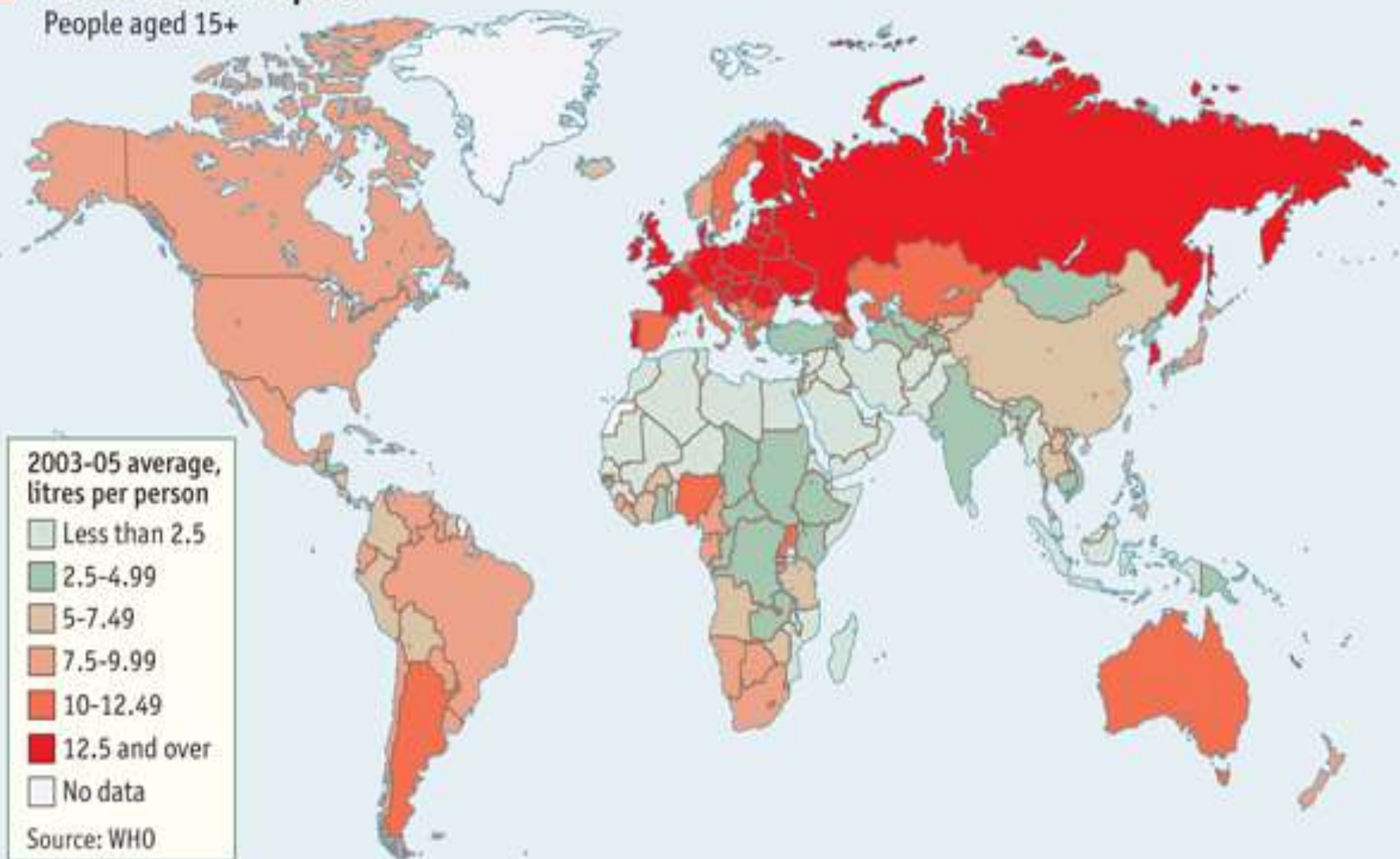
There is a strong competition for the modest budget money

“FASD is not a priority for Russia” – an official opinion?



## Alcohol consumption

People aged 15+



# Project

**Designed to develop prevention through promoting reproductive health and alcohol consumption behavior change in Russia**

- Alcohol consumption, FASD knowledge , attitudes, and receptivity to prevention approaches were assessed
- Evidence-based training for physicians has been developed and evaluated
- Clinical trial to test the prevention model is being conducted currently in St. Petersburg and the Nizhniy Novgorod Region, Russia



# Results: alcohol consumption by women



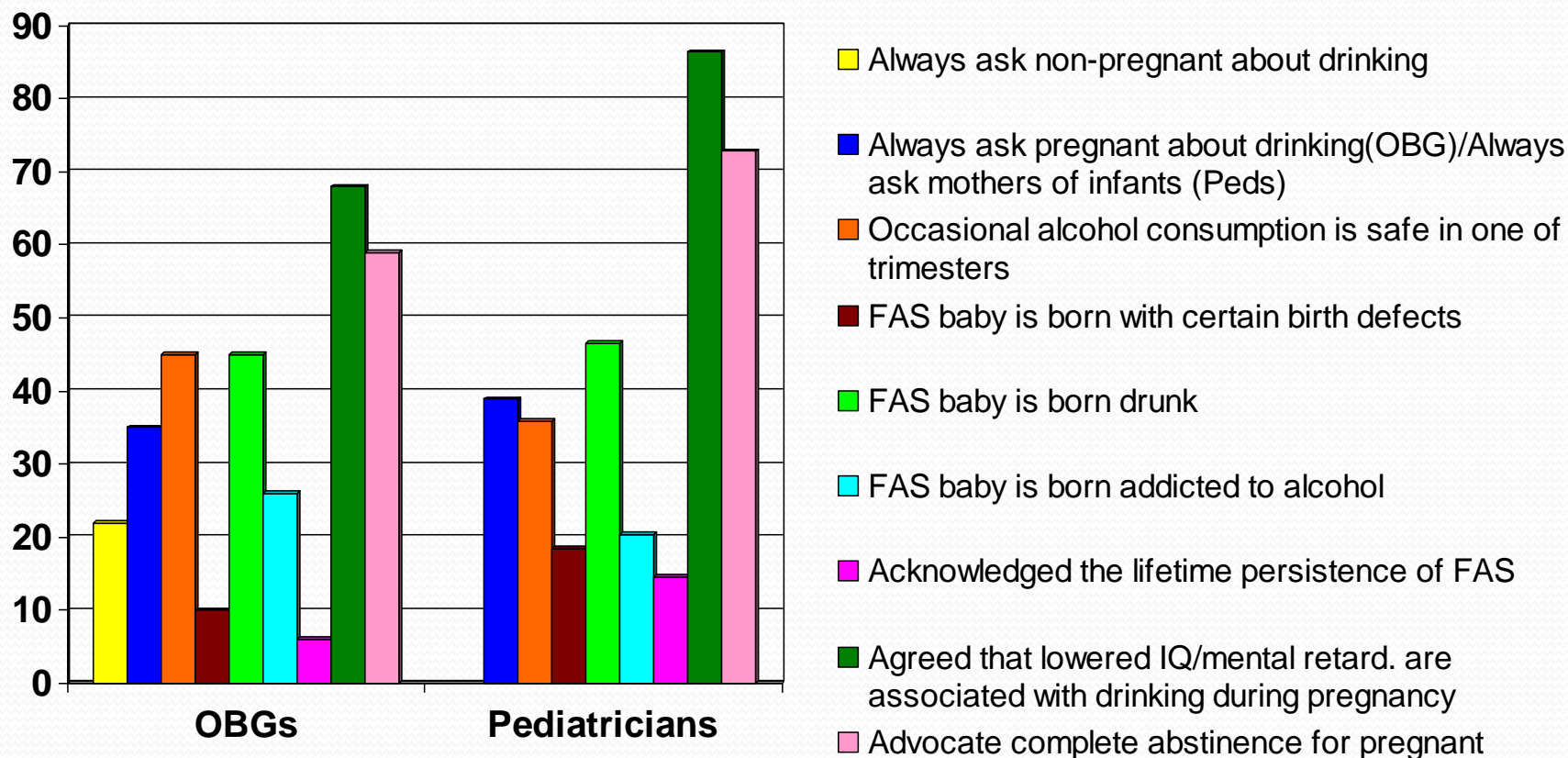
- 95.6% nonpregnant women reported any alcohol use
- 62.2% reported consuming  $\geq 4$  drinks on at least one occasion (“How often do you have 4 or more drinks on one occasion?”)
  - including 31.5% binge once a month or more
- pregnant women reduced alcohol consumption significantly
  - however 20% reported continuing alcohol use
  - including 3% binge drinking (6% in SPB and 0% in the NNR)



# Risk for alcohol-exposed pregnancies (AEP)

- 73% of non-pregnant women reported one or more unprotected sex in the last 6 months (might get pregnant)
  - 92.3% of might get pregnant reported any alcohol use
  - 64.2% of might get pregnant reported consuming  $\geq 4$  drinks on at least one occasion (“How often do you have 4 or more drinks on one occasion?”)
    - Including 32.9% binge once a month or more
- 34.7% of non-pregnant women reported trying to get pregnant
  - 88.3% of trying to get pregnant reported alcohol use
  - 55.7% of trying to get pregnant reported consuming  $\geq 4$  drinks on at least one occasion (“How often do you have 4 or more drinks on one occasion?”)
    - Including 20.9% binge once a month or more

# Phase I: survey of physicians



**Medical professionals** respond to another survey on an effectiveness of the primary prevention, selected regions of Russia, 2011

- 23% consider the primary prevention to be effective in improving population health
- 71% are not sure that it is effective
- 6% – do not consider it as an effective measure for the population health

**We need to change** knowledge, behavior and attitude towards primary prevention effectiveness, tools etc.

# Project results for the doctors

- Evidence-based FASD training curricula for Russian health professionals has been developed
- Physicians who received training on FAS had
  - significantly improved knowledge about the effects of alcohol use
  - significantly less acceptance of any alcohol use during pregnancy than physicians who did not participate in training
- Pediatricians who received training had
  - significantly higher competency in FAS screening and diagnosis than pediatricians who did not receive training
- OBGs who received training had significantly higher
  - competency in FASD
  - brief intervention skills

# Why this project leaded us?

- Showed visible success in the taboo area of alcohol prevention in Russia
- \* Rigorous designs (randomization, representation, validation at each stage)
- Translation: modification and cultural adaptation
- Education modules for doctors
- \* Preconception women, pregnant, and professionals targeted

# Our development (1)

- Years of study of preventable and avoidable Years of Potential Life Lost from alcohol in the regions of the RF
- Success of the Russian-French collaboration in developing of the demographic policies ( A. Vishnevsky and *Jacques Valin*)
- *Tatiana Balachova's project results*
- NIAAA NIH US – seminar (8 april, 2011)
- «MSD», French Embassy in Moscow, INPES, SAF France
- WHO – Minsk (WHO - NIAAA project)
- Canada
- Elena + EVA – our first mother adopted child with FAS
- 9<sup>th</sup> special orphanage
- Women after prison

# Our development (2)

- Research & Publications
  - On consumption (A. Nemtsov )
  - On genetics (Professor S. Borinskaya)
  - On behavioral aspects (A. Yaltonskaya)
  - OBGYN education (G. Dikke)
  - Health Policy (E. Varavikova)
  - Children with FAS (O. Semenova).

Practice : 4 regions of Russia – implementation project

- Plan for publication of the “Golden “brick” of knowledge” on FAS/FASD research and prevention.
- International FAS Awareness Day (9<sup>th</sup> of September)



# What are the challenges?

The size of the problem of FASD burden is unknown

- There is no responsible party for FASD prevention, treatment and support
- The role of MOHSD and leading research institutions is still unidentified
- Professional Associations of OBGYNs, Psychologists, Public Health specialists do not have FASD on the agenda, there are no standards
- However, CC have developed, approved and published recommendations for OBGYNs
- Two Schools for FAS prevention organized with MSD, FA and INPES, France
- There is a FASD group of patients and parents being developed (Eva)
- Cite on mednet.ru is developed
- There are no financial resources for all of the above

# WHA 66.8 Draft

## COMPREHENSIVE GLOBAL MONITORING FRAMEWORK FOR NCD, INCLUDING A SET OF INDICATORS

- Harmful use of alcohol: **1 Total (recorded and unrecorded) alcohol per capita (15+ years old)**
- consumption within a calendar year in litres of pure alcohol, as appropriate, within the national context.
- • Harmful use of alcohol: **Age-standardized prevalence of heavy episodic drinking among adolescents**
- and adults, as appropriate, within the national context.
- • Harmful use of alcohol: **Alcohol-related morbidity and mortality among adolescents and adults, as**
- appropriate, within the national context.

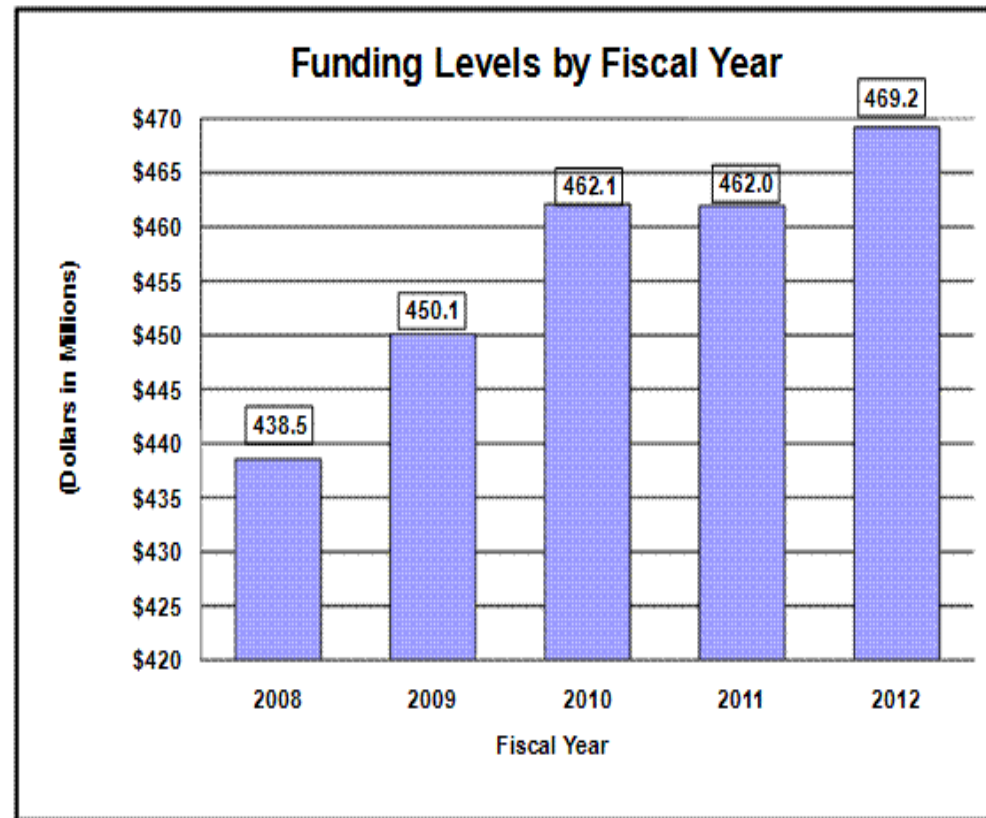
# NIAAA NIH Financing R&D

## Embryo and Fetus:

The FY 2012 budget estimate for this program is **\$20.507 million**,

an increase of \$241.0 thousand 1.2 % over 2010 level.

As a result, there is increasing recognition globally of the occurrence and devastating impact of fetal alcohol spectrum disorders



# Conclusions

**P.May: “If we don’t actively seek FASD cases, we won’t find the majority of them, especially:**

- The old **“iceberg”** conception holds true.”
- ***“Prenatal alcohol exposure may well be the leading cause of mental deficiency in many societies.”***

## **Russia is in Need for:**

- the International Diagnostic Guidelines
- Prevalence studies, active evaluation of the school children
- International Policies
- WHO platform
- Study effectiveness of prevention
- Models for prevention and FASD patient/family treatment involving Medical/Social/Educational systems
- **Collaborative studies**





- THANK YOU
- SEE YOU IN MOSCOW
- [Http://netfas.net](http://netfas.net)

- Coordination  
Commeettee on FASD

