

## Gender differences in selected life-style and behaviours in Russia, 2015-2017

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### Background:

The gap in life-expectancy between Russian men and women remains the largest in the world (in 2014 it was over 11 years), with heart disease being one of the leading causes of death. We compared the sex differences in life style factors which could increase risk of cardiovascular disease (CVD) and CVD mortality in a cross-sectional study in two Russian cities (Arkhangelsk and Novosibirsk).

### Methods:

We used data from a new population-based random sample of men and women aged 35-69 in 2015-17 conducted as part of the International Project on Cardiovascular Disease in Russia (IPCDR). The study was conducted in the cities of Novosibirsk and Arkhangelsk.

### Results:

Having adjusted for age, men were three times more likely to be current smokers (OR = 3.05, 2.65-3.51); were more likely to have low vegetables and fruit intake (1.85, 1.86-2.10), and were more than twice as likely to report consuming meat daily (2.53, 2.11-3.03). Only four percent of women but 20% of men were problem drinkers in the sample (5.69, 4.58-7.06) measured by the CAGE questionnaire (a screening test for problem drinking). Men were less likely to visit any medical

professional in the past 12 months than women (0.55, 0.48-0.63). At the same time, men were more likely to report intensive physical activity (three hours or more hours per week). Fish consumption was not significantly varied between men and women.

**Conclusions:**

Our study has shown a significant difference in CVD risk factors between Russian men and women especially in problem drinking, smoking and meat intake. Further research should investigate the reasons behind such large differences and its impact on CVDs. Promoting healthy life-styles through gender-oriented public health campaigns could eventually decrease this gap.

**Key messages:**

- Our study has shown a significant difference in CVD risk factors between Russian men and women.
- Promoting healthy life-styles through gender-oriented public health campaigns could eventually decrease the gap in CVD risk factors between genders in Russia.