The Moscow Times
30 YEARS
INDEPENDENT NEWS FROM RUSSIA

Government: Russians Smoking, Drinking Less Thanks to Putin

March 29, 2015



Alcohol consumption has decreased on average, plunging from 16.2 liters per capita annually in 2008, to 11.6 liters in 2013.

More and more Russians are trading in vodka and cigarettes for gym memberships, according to a report released by the government on Sunday.

The report was published in a bid to outline the government's achievements in fulfilling President Vladimir Putin's so-called "May Orders," a series of campaign promises — including ones related to improved health in Russian society — which the president signed the day of his most recent inauguration in May 2012.

Only 28.3 percent of adult Russians smoked in 2013, down from 33.7 percent in 2008, according to the report, citing data provided by the State Statistics Service.

Alcohol consumption has decreased on average, plunging from 16.2 liters per capita annually in 2008, to 11.6 liters in 2013. The death rate from alcohol poisoning has dived to 8.9 people per 100,000 in 2014, down from 9.7 people one year earlier.

In addition, 41.6 percent of Russians, aged 15 years or older say they have never consumed alcohol, up from 38.2 percent in 2011, the report said.

In 2014, 29.3 percent of Russians said they were exercising on a regular basis, a significant boost from 20.6 percent in 2012.

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