

## Russia's January Spike in Deaths Linked to Holiday Drinking

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Kirill Zykov / Moskva News Agency

An average 18,000 more Russians die every January due to alcohol consumption over the New Year holidays, according to research carried by the Life.ru online tabloid⊠ on Tuesday.

Research indicates that alcohol is the primary cause of the high number of premature deaths in Russia, which <u>has</u> the world's fourth-highest rate of alcohol consumption. In some regions, up to 70 percent of deaths among men under 35 are due to alcohol-related causes, the country's chief health official <u>warned</u> last year.

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Every January sees a spike of 18,090 deaths, according to alcohol-related issues expert Alexander Nemtsov, who conducted an analysis of Rosstat state statistics service data between 2004 and 2016.

"A significant increase in alcoholic psychosis in a number of major cities is also observed in January," Nemtsov is <u>cited</u> as saying by Life.ru.

The 18,090 figure makes up almost 11 percent of all deaths in January, he added.

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