

# New measures of demographic and family policy in Russia: national and regional aspects

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ORIGINAL ARTICLE

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**Abstract.** The article describes the depopulation in Russia and the projected demographic characteristics by 2046. Indeed, we distinct the concepts of «demographic policy» and «family policy». However, the theoretical and methodological basis for family demographic policy should be the concept of the institutional crisis of the family. The paper considers the main provisions of the Strategy of Action for the implementation of family and demographic policy, support for large families in the Russian Federation until 2036, the relationship of the Strategy with state programs and national projects, new measures of demographic and family policy in the Russian Federation in 2010-2020. The research provides the projects on Russian Federation Demographic Platform and the pilot regions. Moreover, the research presents the analysis of the total fertility rate in the Central Federal District. Based on the analysis of the Family Policy Concept of the Yaroslavl region, we reveal the main issues of the modern family and consider the mechanisms and resources of concept implementation. The example of the Regional Programme to Increase Fertility in Ivanovo region for 2023-2025 shows the sources of funding for family and demographic policy in the region, the connection with state programmes and its new measures, the classification of support measures for certain categories of women and families. Negative demographic trends necessitate the implementation of a comprehensive and systematic government policy aimed at formation of additional incentives for having children (especially for young families), and tools for comprehensive family support at all stages (marriage, birth and upbringing of children, and the transition to old age, etc). The measures concern with all areas affecting fertility, mortality, life expectancy, living standards for families with children, housing policy, and the territorial (spatial) development of Russia.

**Keywords:** depopulation; total fertility rate; family demographic policy; issues of modern family functioning; families support measures; Ivanovo region; Yaroslavl region

**JEL codes:** J11, J12, J13, R23

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## Introduction

At the beginning of the 21st century Russia is characterised by a steady process of depopulation (population decline) with one of the highest rates of natural decline in the world. In 2000, our country ranked world 6th in terms of population; in 2009 – 8th, and in 2023 – 9th place; according to forecasts, it will rank 13th in the coming years, followed Ethiopia, the Republic of Congo, Egypt, and Mexico.

The country's population has been declining since 1992. In 1999-2002 the natural decline annually exceeded 900 thousand people. From 1992 to 2002, Russia's population decreased by 3.5 mln people. The natural decline was 694.0 in 2004, 720.7 in 2005, 532.5 in 2006, 212.0 in 2007, 702.1 in 2020, 1043.3 in 2021, and 594.6 in 2022. As of January 1, 2023, the population of Russia was 146,447.4 thousand people. And in 2023, the country's population decreased by 0.17% and amounted to 146.2 mln people on January 1, 2024. The negative dynamics has slowed down. For comparison: the country's population decreased by 532.6 thousand people in 2022. The population density in Russia is low; it is 8.53 people per 1 km<sup>2</sup>. The natural decline in

the country is due to the reproduction regime with low birth and death rates. This situation had developed in Russia by the 1960s. However, for the most developed countries it is the usual one. Migration growth is several times lower than the natural decline. Therefore, there is a decrease in the country's population (Table 1).

**Table 1** – Dynamics of the Russian population, thousand people

Year	Population size, 1 January	Born, total	Died, total	Changes over the year		
				common growth	natural growth	migration growth
2020	147,959.3	1436.5	2138.6	-503.6	-702.1	198.5
2021	147,455.7	1398.3	2441.6	-475.6	-1,043.3	567.7
2022	146,980.1	1304.1	1898.6	-532.7	-594.6	61.9

Source: Rosstat<sup>1</sup>

According to A. Vishnevsky and E. Shcherbakov, our country is now entering a long period of unfavourable for its economy demographic changes. The cessation of population growth in Russia, the reduction of the working-age population, its aging, and the increase in the demographic burden on the working-age population will have a negative impact on the development of the economy and the social issues [16]. According to a number of indicators of population reproduction (low birth rate, aging, natural population decline), our country differs little from world developed countries. Indeed, it lags behind in reducing mortality in middle and older ages, especially among men. It causes an increase in natural decline and to the preponderance of the female population over the male, especially in older ages. Excess mortality was recorded during the COVID-19 pandemic [10]. According to P. Semenova, S. Shkiotov, and M. Markin, «super mortality» from coronavirus in 2020-2021, reduction of migration flows, and a special military operation (SVO) were added to a mass relocation of Russians [9].

Russia is undergoing a demographic transition characterised by a decrease in the birth rate, postponement of marriage and childbearing, the transition to low-income and same-generation family models, and an aging population. These processes negatively affect the indicators of natural population growth.

In October 2023 Rosstat has published a demographic forecast until 2046. According to it, by January 1, 2046, the population will amount to 138.77 mln people. The share of the working-age population in 2045 will amount to 57.5% of all people in the country. There will still be more women than men – as of January 1, 2046, there will be 1,138 women per 1,000 men. Life expectancy will rise to 79.83 years in 2045; women's life expectancy will reach 83.24 years. In accordance with the indicators of the demographic forecast, 1.43 mln babies will be born in 2045; the total fertility rate will be 1.663 (the number of children per woman)<sup>2</sup>.

To increase the birth rate, reduce mortality, and support families of various types, the state pursues demographic and family policies. These concepts are different ones.

Demographic policy is a purposeful activity of government agencies and other social institutions in regulating the reproduction and migration of the population to preserve or change trends in the dynamics of population size, structure, settlement, etc.

The term «family policy» entered the scientific literature in the 1970s and began to be used as an independent and denoting measures aimed at improving the conditions of family functioning. Family policy is the activity of the state, political parties, public organisations, interest groups, etc., aimed at reviving the family, the family life, etc. It was lost over a long historical path of social development. The main public goal is the return the family of its organically inherent social functions, aimed at strengthening the family as a social institution [3, pp. 216, 218].

Therefore, family and demographic policy have commonalities and differences. Recently, due to their interconnectedness, the term «family and demographic policy» has been used [1; 11].

<sup>1</sup> Demographic Yearbook of Russia. 2023: Statistical collection (2023). Source: [http://ssl.rosstat.gov.ru/storage/mediabank/Demogr\\_ejegod\\_2023.pdf](http://ssl.rosstat.gov.ru/storage/mediabank/Demogr_ejegod_2023.pdf) (accessed on 12.01.2025)

<sup>2</sup> Demographic forecast until 2046. Source: <https://rosstat.gov.ru/folder/313/document/220709> (accessed on 12.01.2025)

According to the theory of demographic transition, the transformation of family social institution (the fragility and lack of children of most modern families) initiates depopulation. However, it is an inevitable modernisation; any state attempts to increase the birth rate will be ineffective. A. Sinelnikov considers the theoretical and methodological basis for family and demographic policy as a concept of family institutional crisis recognising the possibility of its overcoming. Indeed, family and demographic policy should reduce the number of divorces and increase the number of legal marriages, the birth rate [11]. There are a lot of studies on demographic changes at the regional level, in terms of healthcare system parameters [13].

Nowadays, both at the federal and regional levels there are measures to support families with children; new approaches are being implemented to support the population (primarily, low-income one).

The research summarises the regional experience of family support. For instance, the experience of the family and demographic policy of the Moscow region, 2016-2022 [1], the Sverdlovsk region [14], the Ivanovo region [2; 4; 8], the effectiveness of family (maternal) capital programme implementation in the Republic of Mordovia [12], student families regional support [7], etc.

## **Methods**

In the study of demographic and family policy measures we used regulatory and legal sources, Rosstat data, data from national projects and government programmes, and information from a meeting of the Federation Council on the implementation of family policy. Additionally, the projects of the Ivanovo and Yaroslavl regions in terms of fertility were the objects of research. We used methods of comparative, statistical, tabular, and graphical analysis.

## **Results**

The analysis of demographic and family policy in the Russian Federation in the 2000s and 2020s showed systematically expanding family support measures; we identified the stages of measures in: 2000-2010, 2010-2021, 2022-2024.

To address the demographic problems and their negative consequences, our state has been implementing active demographic policy measures since the 1980s. In 1981-1987, significant measures were taken to provide financial support to families with children. For instance, the partially paid parental leave for up to 1 year was introduced, a one-time benefit for the birth of the first child (rather than the third, as previously), child benefits were increased, and new benefits were established for working women with the children (additional leave).

In 2006, the Council for Priority National Projects and Demographic Policy was established in Russia. In 2024, 15 national projects were implemented, including «Demography», «Housing and Urban Environment», «Healthcare», «Culture», «Education», «Ecology», etc. On February 29, 2024, the President V. V. Putin in his message to the Federal Assembly announced the launch of new national projects since 2025, including «Family», «Youth of Russia», «Qualified Employees», «Long and Active Life».

In our country, demographic researches are conducted by the Institute of Sociology of the Russian Academy of Sciences, the Research Institute of Statistics of the State Statistics Committee of the Russian Federation, the Department of Labour, Employment, and Social Development of the Ministry of Economy of the Russian Federation, the Centre for Social Demography of the Institute of Socio-Political Research (ISPIRAS), the National Research University Higher School of Economics, etc.

Rosstat publishes the Demographic Yearbook. Scientific journals are published: Demoscope, Demis. Demographic Research (Institute of Sociology of the Russian Academy of Sciences), Demographic Review (National Research University Higher School of Economics), Family in Russia, Population, Family Planning (Russian Association of Family Planning), etc.

In post-reform Russia, 3 All-Russian population censuses were conducted: in 2002, October 9-16 (the slogan of the census is «Write yourself into the history of Russia!»), in 2010 – October 14-25 (the slogan of the census is «Everyone is important to Russia!»), in 2021 – October 15-November 14 (the slogan of the census is «We make the future!«).

Sample demographic surveys have also been conducted. For instance, since the early 90s. Russia Public

Opinion Centre regularly conducts surveys on the reproductive behaviour of the population. Indeed, in May 2023, within the framework of the HSE Basic Research Program, a study on the reproductive intentions of Russians during the socio-economic crises of 2022-2023 was conducted [15].

In 2024, the Council under the President of the Russian Federation for the Implementation of State Demographic and Family Policy was established; it is headed by the Chairman of the Federation Council of the Russian Federation V. Matvienko<sup>3</sup>. In 2024, the Federation Council held parliamentary hearings on the topic 'Actual decisions to support the birth rate: family policy'<sup>4</sup>, where the regional family-oriented projects were discussed. In 2023, 85 regions of the Russian Federation approved their own programmes to increase the birth rate, including a wide range of measures<sup>5</sup>.

There were adopted following Concepts: in 2001, the Concept of Demographic Development of the Russian Federation for the period up to 2015; in 2007 – the Concept of Demographic Policy of the Russian Federation for the period up to 2025<sup>6</sup>; in 2014 – the Concept of State Family Policy in the Russian Federation for the period up to 2025<sup>7</sup>.

Since 2006-2007, a set of demographic and family policy measures in the Russian Federation has been implemented. During this period, the following wages were introduced:

- benefits: one-time benefit for the birth of a child (8,000 RUB); monthly allowance for child care up to 1.5 years (1,500 RUB – for the first child, 3,000 RUB – for subsequent ones; for insured women – 40% of salary, but not more than 6,000 RUB); one-time benefit for the transfer of a child to foster care the family of the adoptive parent, guardian, trustee (8,000 RUB);

- other important payments: birth certificate (10,000 RUB: 3,000 RUB – to a women's consultation, 6,000 RUB – to a maternity hospital, 1,000 RUB – to a children's polyclinic); basic maternity capital for the 2nd child (250,000 RUB) – from the age of 3 to the child for the purposes of: education, housing, funded part of the pension; payment for the work of a foster parent (2,500 RUB per month); child care allowance in a foster family (4,000 RUB per month); compensation for part of the parental fee for the maintenance of children in state and municipal kindergartens;

- other support measures: deductions from income tax (600 RUB per child), provision of housing for orphans and children left parental care; free medical care for pregnant women;

- service to military families: a deferral from military service; a one-time allowance for pregnant wives of those do military service (14,000 RUB); a monthly allowance for those do military service child (6,000 RUB).

In 2024, an Action Strategy was adopted to implement family and demographic policy and support large families in the Russian Federation until 2036. The objectives of this Strategy are as follows<sup>8</sup>:

- preservation of the population by increasing the birth rate, strengthening maternal, child, reproductive health of the population, and promoting the implementation of family-oriented demographic policies in the regions of the Russian Federation in terms of the national and socio-cultural characteristics;

- protection and support of the family as the fundamental basis of Russian society by improving the well-being, quality of life and support in special life situations through establishing the conditions for the harmonious combination of parents work and study with the birth and upbringing of children, the

<sup>3</sup> On the Council under the President of the Russian Federation for the Implementation of State Demographic and Family Policy: Decree of the President of the Russian Federation dated 09.12.2024 No. 1047. Source: <http://www.kremlin.ru/acts/bank/51398> (accessed on 17.01.2025)

<sup>4</sup> Parliamentary hearings. Current solutions to support fertility: family policy. Source: <http://council.gov.ru/activity/activities/parliamentary/149964> (accessed on 17.01.2025)

<sup>5</sup> Svyatenko, I. Senators will promote the implementation of family-oriented projects in the regions. Source: <http://council.gov.ru/events/news/163142/> (accessed on 25.01.2025)

<sup>6</sup> The concept of demographic policy of the Russian Federation for the period up to 2025: Decree of the President of the Russian Federation dated 09.10.2007 No. 1351. Source: <http://www.kremlin.ru/acts/bank/26299> (accessed on 17.01.2025)

<sup>7</sup> The concept of state family policy in the Russian Federation for the period up to 2025: Decree of the Government of the Russian Federation on 25.08.2014 No. 1618-R. Source: <http://government.ru/docs/all/92699/> (accessed on 17.01.2025)

<sup>8</sup> Action strategy for the implementation of family and demographic policy, support for large families until 2036: Decree of the Government of the Russian Federation (draft). Source: <https://mintrud.gov.ru/ministry/programms/11> (accessed on 23.12.2024)



development of family-oriented infrastructure;

- strengthening the institution of family and marriage as a union of men and women based on the preservation and promotion of traditional family values, excluding the ideologies aimed at destroying the values of a strong family, marriage, and children.

The strategy is consistent with the Concept of Demographic Policy of the Russian Federation for the period up to 2025 and the Concept of state family Policy in the Russian Federation for the period up to 2025.

The strategy is the basis for preparation:

- national projects of the Russian Federation: «Family», «Long and Active Life», «Youth and Children», «Personnel», «Infrastructure for Life», «Efficient and Competitive Economy», «Data Economy and Digital Transformation», «Tourism and Hospitality», «Environmental Well-being», «Effective Transport System», «New Technologies for Youth Saving»;

- state programmes of the Russian Federation: «Social Support for Citizens», «Provision of Affordable and Comfortable Housing and Communal Services», «Promotion of Employment», «Development of Culture», «Development of Education»;

- government programmes for the Russian Federation regions, federal, regional projects, projects of local governments, strategic documents of other organisations regarding family and demographic policy, and other documents and projects aimed at supporting the family.

Demographic and family policy measures in the Russian Federation and Russian regions in the 2010s and 2020s are as follows:

- the maternal (family) capital program to families in which the first children were born or adopted since 2020; its annual indexation;

- targeted support for families at the birth of their third or subsequent children since 2013;

- in 2018, a monthly benefit for families with the birth of their first child until they reach the age of 3 years;

- additional support measures for families living in the Far East: a one-time allowance at the birth of the first child and the regional maternal (family) capital with the birth of the second child;

- since 2020, the introduction of targeted payments to families with children of various ages, and subsequently to low-income pregnant women to minimise the risks of poverty;

- regional maternity capital provided by the regional budgets of the Russian Federation, mainly at the birth of the third or subsequent child. In 2023 the regional maternity (family) capital was established in 72 regions of the Russian Federation. The regional maternity capital has been introduced in all regions of the Russian Federation; it can be used to improve housing conditions. In a number of regions, the maternity capital is provided for the repair of housing, the education of children, sanatorium treatment for children, the purchase of a car, agricultural machinery, etc.;

- the formation of an integrated support system for families with children since January 1, 2023: the introduction of a monthly allowance with the birth and upbringing of a child (a single allowance). It combined the existing monthly payments to low-income families and provided during the period from a woman's registration for pregnancy and childbirth up to 12 weeks until her child reaches the age of 17;

- the social contract began to operate in 2013; it became widespread with the introduction of federal co-financing in all regions of the Russian Federation in 2021;

- since 2020 there has been launched a programme for vocational training and additional vocational education for women on parental leave or unemployed and are raising pre-schoolers;

- a programme for providing social benefits for the purchase of housing has been launched for young parents;

- since 2019 a repayment payment of 450,000 RUB has been introduced to help multi-member families applied for a housing mortgage;

- a rural mortgage programme with a reduced interest rate of 3 percent has been introduced;

- lands provided with appropriate infrastructure are being allocated to multi-member families;

- since 2024 the unified approaches to support the multi-member families have been established at the

federal level;

- an important measure to support the families with children has become the formation of conditions for parents to combine family responsibilities with professional ones; first of all for parents with children under the age of 3;

- the waiting list for state and municipal preschool educational organisations has been practically eliminated. On January 1, 2024, the availability of preschool education for children aged 2 months to 3 years was 99.5; for children aged 3 to 7 years – 99.9%.

Support for families raising children with disabilities is expanding:

- the provision of social services to families with children and individual support for families is developing;

- since 2022 a comprehensive system of support for families of participants in a special military operation has been formed;

- a system of family public holidays has been established – Family Day, Mother's Day, Father's Day; 2024 was declared the Year of the Family;

- a system of state awards for families with children is being developed;

- an information and communication campaign are being conducted aimed at popularising and promoting traditional family values, supporting and protecting the family, motherhood, fatherhood, and childhood;

- a system of sports and cultural family events, family forums, and promotions is being implemented at the federal and regional levels;

- since 2024 the subject «My family» for high school students has been introduced;

- since 2013 the All-Russian Day of Legal Assistance to Children has been held annually in all regions of the Russian Federation, etc.

In 2024 the new legal acts were adopted. Moreover, multi-member families have the opportunity of full or partial repay of mortgage lending obligations through government support; since March 1, 2025, the escrow accounts implementation will include the construction of individual residential buildings with the maternity capital funds<sup>9</sup>.

In terms of the demographic situation and depopulation, it becomes necessary to establish a special department responsible for the development and implementation of pro-family, youth, and demographic policies.

Regional assistance measures can play an important role in supporting family and demographic policy. Our country consists of 89 regions; they have very different conditions of socio-economic development, financial security, etc. According to T. Ivakhnenko, A. Polbina and S. Sinelnikova-Muryleva, the economic complexity is a significant factor in income inequality. Moreover, it should be considering in developing of socio-economic policy measures. Hence, in regions with more complex economies, the level of income inequality was higher. It is explained by the growing demand for highly skilled labour due to the development of high-tech industries, increased differentiation in wages for high- and low-skilled workers, and migration of highly skilled workers to economically more complex regions [5].

The Russian Federation demographic platform and the classifier of demographic initiatives and practices was introduced. On 24 January 2025, 62 demographic projects and initiatives are presented on the platform. For instance, a pilot project is being implemented to establish multifunctional family centres in the following regions of the Russian Federation: Volgograd, Irkutsk, Kaluga, Novgorod, Novosibirsk, Tula, Orel, and Chelyabinsk<sup>10</sup>.

The Association of Organisations for the Protection of the Family implements the project «On the protection of family and childhood». Its mission is to provide a family-oriented environment as a combination of family and childhood infrastructure.

<sup>9</sup> Svyatenko, I. Senators will promote the implementation of family-oriented projects in the regions. Source: <http://council.gov.ru/events/news/163142/> (accessed on 25.01.2025)

<sup>10</sup> Demographic platform. RF. Classifier of demographic initiatives and practices. Source: [https://demografplatforma.ru/?page\\_id=2441](https://demografplatforma.ru/?page_id=2441) (accessed on 24.01.2025)

The objectives of the Project are to increase the resource capabilities of the family-oriented non-profit sector in the regions; identify the needs of families with children and assess conditions for the realisation of children's rights and interests, family protection, motherhood, fatherhood, and childhood in the regions of Russia; provide a one-stop-shop family support system involving family-oriented NPOs.

There are 25 pilot regions for family resource centres from 7 federal districts: Moscow, Moscow region, Yaroslavl region, Orel region, Ivanovo region, Vologda region, Lipetsk region, Smolensk region, Volgograd region, Rostov region, Krasnodar Krai, Stavropol Krai, Republic of Tatarstan, Penza region, Republic of Mordovia, Republic of Chuvashia, Saratov region, Samara region, Orenburg region, Chelyabinsk region, Khanty-Mansi Autonomous Okrug-Yugra, Omsk region, Krasnoyarsk Krai, Leningrad region, and Arkhangelsk region. The project's target audiences are families with children, including families in difficult situations, as well as managers and specialists of family-oriented non-profit organisations. The estimated cost of the Project is 17,774,202 RUB<sup>11</sup>.

The Association of Non-profit Organisations «Za Zhizn!» implements the Accelerator of demographic initiatives «Generatsiya» as a platform project. It is the first intensive programme for the development of non-profit organisations and projects focused on addressing the demographic problems in Russia. The regional demographic project in partnership between government, business, and NPOs serves a criterion for Project success. The acceleration programme will allow the formation of regional subjects of demographic initiatives, change the demographic situation in the regions, ensure natural population growth in the horizon of 2021-2030, etc.

The fertility situation in the regions of Russia using the indicator «total fertility rate» – the number of children born to one woman throughout the fertile period at 15-49 years. This indicator reflects the birth rate compared to the «total fertility rate». It is influenced by structural factors (the proportion of individual socio-demographic groups with different reproductive potential).

According to the analysis of total fertility rate in the regions of the Central Federal District, this indicator is at a level below the limit of simple reproduction, equal to 2.1-2.15 children per 1 woman, or 210-215 children per 100 women. Recently, the lowest level of this coefficient has been in the Smolensk region; the highest one – in the Kostroma region. The coefficient is:

- less than 1.2 – in Belgorod, Bryansk, Vladimir, Ryazan, Tula regions;
- 1,2-1,3 – in Voronezh, Kursk, Lipetsk, Orel, Tambov, Tver regions;
- 1,3-1,4 – in Ivanovo, Kaluga, Moscow, Yaroslavl regions;
- above 1.4 – in Moscow and Kostroma region (Table 2).

**Table 2** – Dynamics of the total fertility rate in the regions of the Central Federal District, 2005-2023

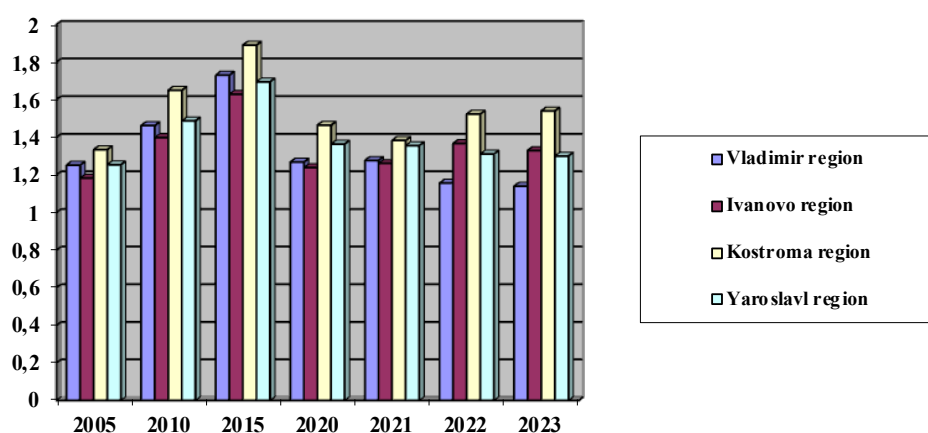
Region	2005	2010	2015	2020	2021	2022	2023
Belgorod region	1.177	1.395	1.561	1.238	1.267	1.169	1.12
Bryansk region	1.218	1.422	1.650	1.309	1.280	1.196	1.19
Vladimir region	1.252	1.462	1.730	1.268	1.277	1.156	1.15
Voronezh Region	1.135	1.358	1.517	1.275	1.287	1.232	1.22
Ivanovo region	1.183	1.398	1.629	1.239	1.261	1.367	1.35
Kaluga Region	1.209	1.476	1.836	1.479	1.440	1.336	1.34
Kostroma region	1.334	1.650	1.890	1.464	1.383	1.523	1.55
Kursk region	1.215	1.545	1.716	1.353	1.341	1.290	1.26
Lipetsk region	1.267	1.473	1.700	1.383	1.340	1.203	1.23
Moscow region	1.167	1.367	1.675	1.534	1.460	1.329	1.35
Oryol region	1.203	1.495	1.603	1.272	1.221	1.212	1.17

<sup>11</sup> Demographic platform. RF. Classifier of demographic initiatives and practices. Source: [https://demografplatforma.ru/?page\\_id=2441](https://demografplatforma.ru/?page_id=2441) (accessed on 24.01.2025)

Region	2005	2010	2015	2020	2021	2022	2023
Ryazan region	1.216	1.437	1.640	1.314	1.236	1.142	1.10
Smolensk region	1.140	1.381	1.522	1.158	1.130	1.080	1.03
Tambov region	1.214	1.344	1.512	1.281	1.284	1.223	1.21
Tver region	1.311	1.520	1.696	1.361	1.311	1.296	1.28
Tula region	1.101	1.309	1.568	1.249	1.224	1.145	1.18
Yaroslavl region	1.254	1.487	1.695	1.364	1.356	1.311	1.32
Moscow	1.065	1.253	1.406	1.473	1.597	1.419	1i.42

Source: Rosstat<sup>12</sup>

The lowest coefficient level in 2023 is in the Vladimir Region (1.15), the highest is in the Kostroma Region (1.55) (Fig. 1).



**Figure 1.** Dynamics of the total fertility rate in the Vladimir, Ivanovo, Kostroma, and Yaroslavl regions  
Source: Rosstat<sup>13</sup>

There are regional measures to support families and fertility in two regions: Yaroslavl and Ivanovo regions.

According to The Yaroslavl Region's Family Policy Concept for the period up to 2025, «the current demographic and socio-economic situation requires a structured, intersectoral, and coordinated approach to family policy formation»<sup>14</sup>.

An analysis of the situation of families living in the Yaroslavl region revealed the following main problems of family functioning: demographic, socio-economic, socio-pedagogical, medico-social, organisational, and managerial (Table 3).

The family policy measures of the Yaroslavl region are grouped by priority areas and are related to addressing the following issues:

- development of family economic independence, formation the conditions for its social function; regional support for families, including during the birth and upbringing of children; the life-saving function of the family, and ensuring the health of family's members;
- improvement of the mechanisms to support low-income families in better housing conditions, the system of prevention of family issues, juvenile delinquency;
- increasing the value of the family lifestyle, preservation of the moral traditions in family relations and family education;

<sup>12</sup> Demographic Yearbook of Russia. 2023: Statistical collection (2023). Source: [http://ssl.rosstat.gov.ru/storage/mediabank/Demogr\\_ejegod\\_2023.pdf](http://ssl.rosstat.gov.ru/storage/mediabank/Demogr_ejegod_2023.pdf) (accessed on 12.01.2025)

<sup>13</sup> Demographic Yearbook of Russia. 2023: Statistical collection (2023). Source: [http://ssl.rosstat.gov.ru/storage/mediabank/Demogr\\_ejegod\\_2023.pdf](http://ssl.rosstat.gov.ru/storage/mediabank/Demogr_ejegod_2023.pdf) (accessed on 12.01.2025)

<sup>14</sup> On approval of the Concept of Family Policy of the Yaroslavl Region for the period up to 2025: Resolution of the Government of the Yaroslavl Region on December 29, 2014 No. 1408-p. Source: <https://yaroslavl-gov.ru/doc/52368> (accessed on 12.01.2025)



- assistance in the realisation of the educational, cultural, and educational potential of the family;
- ensuring the social protection of low-income families and children<sup>15</sup>.

**Table 3** – The main issues of family functioning (using the Yaroslavl region as an example)

The main issues of family functioning are as follows:				
socio-economic	demographic	socio-pedagogical	medical and social	organisational and managerial
the difficulties in adapting families with children to the conditions of a market economy, resulting in social inequality, tensions, governmental support.	low birth rate	the decline in the value of the family lifestyle, the weakening of the need for children, the prevalence of divorce, illegitimate births	the insufficient level of parents' responsibility for the health of their children and their own	the absence of a system of timely mutual information between authorities involved in the prevention of cruel treatment of children on identified cases (facts) of violence, including child suicide.
a significant number of families requiring improvement of housing conditions	low proportion of children and youth in the demographic structure of the population	a significant number of children left without parental care due to the deprivation or restriction of their parental rights	low level of population reproductive health (a high level of oncological diseases of the reproductive system in women, female and male infertility)	insufficient development of services for families in difficult life situations;
low level of comfort for families in rural areas	transformation of marital behaviour, later marriage, postponement or refusal of marriage registration	family conflicts	significant number of families requiring state support due to difficult life situations	insufficient number of non-governmental organisations engaged in the provision of social services to families;
	the transformation of reproductive behaviour, postponement of the first child birth,	low level of legal and psychological culture of the family		the insufficient level of popularisation of services, including through the Internet
	an increase in the proportion of children first births in mature parents			an unformulated system of continuing education for specialists working with different types of families

Source: Authors.

The mechanisms of Concept implementation are as follows: regulatory and legal support; information support; human resources; organisational and managerial support.

The resources for the implementation of the Concept are as follows: material, technical and financial support; scientific and methodological support; developed infrastructure for the subjects of family policy.

The regional support measures in the Ivanovo region are as follows: population of the Ivanovo Region decreased by 12% from 2016 to 2023 (from 1,029,838 to 905,900 people). Nowadays, the Ivanovo Region ranks 55th among the regions of the Russian Federation and 16th among the subjects of the Central Federal District in terms of population. The natural population decline in the Ivanovo region over an 8-year period averaged 15,492 people per year.

The reasons for the current trend of natural population decline are the processes of reducing the birth rate (total fertility rate).

<sup>15</sup> On approval of the Concept of Family Policy of the Yaroslavl Region for the period up to 2025: Resolution of the Government of the Yaroslavl Region on December 29, 2014 No. 1408-p. Source: <https://yaroslavl-gov.ru/doc/52368> (accessed on 12.01.2025)

The analysis of the total fertility rate dynamics in Ivanovo region shows that the number of births per 1,000 people in Ivanovo region has been decreasing every year since 2016.

In 2023, the overall fertility rate continued to decline, and amounted to 7.2%; it is 3.7% lower than in 2016. The decrease in the total fertility rate is due to the influence of a structural factor (population ageing) and a decrease in the total fertility rate; it shows the general trend of reducing the number of children in the family and postponing the birth of the first child<sup>16</sup>.

In 2018-2023, social support in the Ivanovo region had developed as follows:

- strengthening of the demographic component in the general system of social benefits (increased coverage of children with various types of support measures;
- increasing the contribution of government support to poverty reduction.

In 2022, a regional programme was adopted to increase the birth rate in the Ivanovo Region for 2023-2025, and in 2024 it was extended until 2028. The Department of Social Protection of the Population of the Ivanovo region is responsible for the programme implementation<sup>17</sup>.

The purpose of the Programme is to increase the birth rate, stabilise the permanent population, reduce the rate of natural population decline, and support families with children. The objectives of the Programme are to increase the birth rate; increase the total fertility rate; strengthen the reproductive health of the population, create motivation for a healthy lifestyle; strengthen the institution of the family, increase the prestige of motherhood and fatherhood, the importance of registered marriage; improve the quality of life of the rural population.

The Programme indicators are: the number of births in the Ivanovo region; the total fertility rate; the number of families under social support measures provided at the expense of federal subsidies.

The total amount of budget financing in the Ivanovo region from the regional budget for measures to support families with children in 2023 increased by more than 2 times compared to 2017 – from 1.3 bn RUB to 2.7 bn RUB<sup>18</sup>. The sources of funding for this programme show its implementation within the framework of interdepartmental cooperation. The most cost-effective programmes are: «Development of healthcare in the Ivanovo region», «Development of education and science in the Ivanovo region», «Social support for citizens of the Ivanovo region», «Providing affordable and comfortable housing for the population of the Ivanovo region», «Development of physical culture and sports in the Ivanovo region». The main part of funding is federal (Table 4).

**Table 4** – The sources of financing for the regional fertility increase programme in the Ivanovo region and the results of their development in 2023, thousand RUB

The state programme	Actually spent, 2023 cumulatively	where	
		federal budget funds	regional budget funds
«Development of healthcare in the Ivanovo region»	1,808,800.2	1,519,796.0	289,004.2
«Development of education and science of the Ivanovo region»	1,711,264.7	1,638,129.3	71,177.4
«Social support for citizens of the Ivanovo region»	1,684,488.5	1,554,248.9	130,239.6
«Providing affordable and comfortable housing for the population of the Ivanovo region»	1,636,796.9	1,514,995.4	96,070.1

<sup>16</sup> On approval of the Regional program for increasing the birth rate in the Ivanovo region for 2025-2028: Decree of the Government of the Ivanovo Region on 25.12.2024 No. 662-P. Source: <https://www.garant.ru/hotlaw/ivanovo/1790383/> (accessed on 24.01.2025)

<sup>17</sup> On approval of the Regional program for increasing the birth rate in the Ivanovo region for 2025-2028: Decree of the Government of the Ivanovo Region on 25.12.2024 No. 662-P. Source: <https://www.garant.ru/hotlaw/ivanovo/1790383/> (accessed on 24.01.2025)

<sup>18</sup> On approval of the Regional program for increasing the birth rate in the Ivanovo region for 2025-2028: Decree of the Government of the Ivanovo Region on 25.12.2024 No. 662-P. Source: <https://www.garant.ru/hotlaw/ivanovo/1790383/> (accessed on 24.01.2025)

The state programme	Actually spent, 2023 cumulatively	where	
		federal budget funds	regional budget funds
«Development of physical culture and sports in the Ivanovo region»	1,393,972.1	1,311,023.5	82,945.2
«Development of agriculture and regulation of agricultural products, raw materials, and food markets in the Ivanovo region»	444,643.1	420,059.3	24,583.8
«Cultural development in the Ivanovo region»	376,693.7	362,245.3	14,448.4
«Promotion of employment in the Ivanovo region»	58,506.2	57,921.1	585.1

Source: Department of Economic Development and Trade of the Ivanovo region<sup>19</sup>

The object of this Programme in the Ivanovo region are women and families of various types: families with children; young and student families; large families; low-income and single-parent families; families without children; women in a state of reproductive choice<sup>20</sup>.

The regional family support measures are as follows:

1. Measures to support pregnant women.
2. Measures to support the birth of children, including measures to support young families.
3. Measures to support large families.
4. Measures to support low-income families.
5. Non-financial measures to support families.
6. Measures to support families in education to increase the accessibility of preschool educational institutions.
7. Measures to support employment of the population.

The most significant financial measure of support is the maternal (family) capital. It might be used to improve housing conditions, provide education to a child (children), form a funded pension for women, purchase goods and services intended for social adaptation and integration into society of children with disabilities.

In the Ivanovo region, regional student (maternity) capital in the form of a certificate in the amount of 1.0 mln RUB for children born after 01.04.2024 has also become a significant measure of support. Moreover, a significant measure of support is the regional student (maternal) capital in the amount of more than 172.3 thousand RUB (in 2024); the first child was born before 31.03.2024 by a mother under 24 in a student family with an average per capita income of less than 29.1 thousand RUB (in 2024). The regional student (parent) capital can be used immediately in full or in parts in the following areas: getting children education, improving housing conditions, receiving a monthly payment in connection with the birth of a child until he reaches the age of 3 years.

## Conclusion

Hence, negative demographic trends necessitate the implementation of a comprehensive and systematic government policy aimed at formation of additional incentives for having children (especially for young families), and tools for comprehensive family support at all stages (marriage, birth and upbringing of children, and the transition to old age, etc). The measures concern with all areas affecting fertility, mortality,

<sup>19</sup> Financing and disbursement of funds under the state programs of the Russian Federation for 2023. Summary report on the implementation of state programs of the Russian Federation in the territory of the Ivanovo region, non-programmatic areas of activity of federal executive authorities as of January 01, 2024. Source: <https://derit.ivanovoobl.ru/deyatelnost/gosudarstvennyye-programmy/finansirovanie-i-osvoenie-sredstv-po-gp-rf/> (accessed on 25.01.2025)

<sup>20</sup> On approval of the Regional program for increasing the birth rate in the Ivanovo region for 2025-2028: Decree of the Government of the Ivanovo Region on 25.12.2024 No. 662-P. Source: <https://www.garant.ru/hotlaw/ivanovo/1790383/> (accessed on 24.01.2025)

life expectancy, living standards for families with children, housing policy, and the territorial (spatial) development of Russia.

According to the analysis of the Yaroslavl Region's Family Policy Concept, the main issues of family functioning are demographic, socio-economic, socio-pedagogical, medico-social, organisational, and managerial. This Concept is implemented on the basis of the interrelation of regulatory, informational, personnel, organizational, and managerial support mechanisms. The resources for the implementation of the Concept are material, technical, financial, scientific and methodological support, the developed infrastructure of organizations in terms of family policy.

The regional measures to support families with children is implemented in conjunction with federal support measures. In recent years, these measures have been constantly adjusted; the new approaches to assessing need and providing support to low-income families have been introduced. The measures within the framework of the Regional Programme to increase the birth rate in the Ivanovo region for 2023-2025, 2025-2028 are classified into measures to support pregnant women, at the birth of children (including young families), large families, low-income families include non-financial measures, measures to support families in employment and education.

Our analysis of family and demographic policy financing on the example of the Ivanovo region defines the most costly programmes are the following: «Development of healthcare in the Ivanovo region», «Development of education and science in the Ivanovo region», «Social support for citizens of the Ivanovo region», «Providing affordable and comfortable housing for the population of the Ivanovo region», «Development of physical culture and sports in the Ivanovo region». Indeed, the most of them are funding from the federal budget of the Russian Federation.

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### CONFLICT OF INTEREST

The authors declare no conflict of interest.

### AUTHORS' CONTRIBUTION

Alla B. Berendeeva – conceptualization, project administration, writing – original draft.

Olga S. Berendeeva – data curation, investigation.

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