



Prevention and Control of Non-Communicable Diseases through Mass Campaign in the City of Kigali: preliminary results and lessons

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Introduction

- Non-communicable Diseases (NCDs) are leading cause of death worldwide = MAJOR HEALTH CHALLENGE
- In Rwanda:
 - Increase of NCD while many cases are under-diagnosed
 - To raise awareness, to promote prevention and to detect risk factors and NCD: one-week mass campaign and screening are organized in Kigali since 2016



One week mass campaign activities

- Awareness messages Media & Mobile phone
- Free screening and counselling:
 - Weight and height for BMI
 - Blood for sugar
 - Blood pressure
 - Use of alcohol and tobacco
- Distribution of education materials
- Physical activity promotion with a popular walk and physical exercise last day of the week

NCDs screening attracted big number of people seeking to know their status





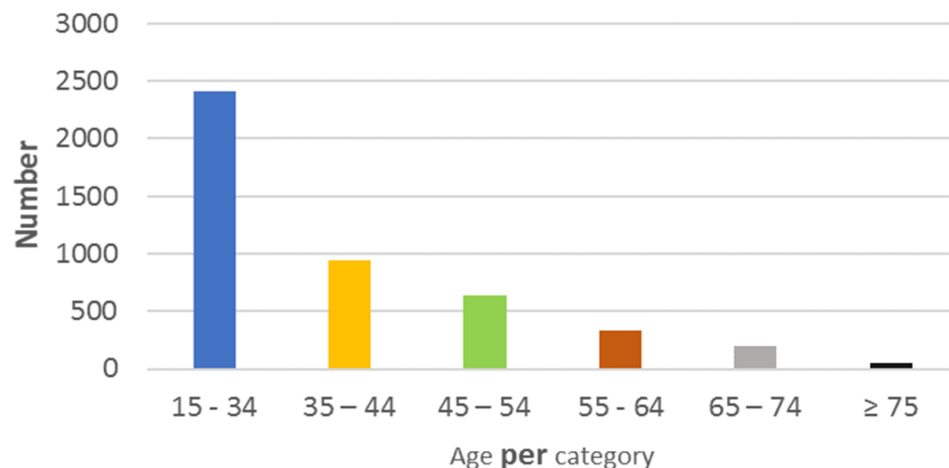
Main results for screened people (1)

- Thousands of people screened for free (+/- 16,000 in 4 campaigns)
- Majority male (57%)
- 73% less than 45
- Overweight was present in 35% & Obesity in 12%
 - Among the overweight: 63% = Female
 - Among obese: 81% = Female
 - 52% of Female had overweight
- 15% were smokers (92% = Male)
- 20% consumed alcohol daily – 7% with harmful use (88% = M)

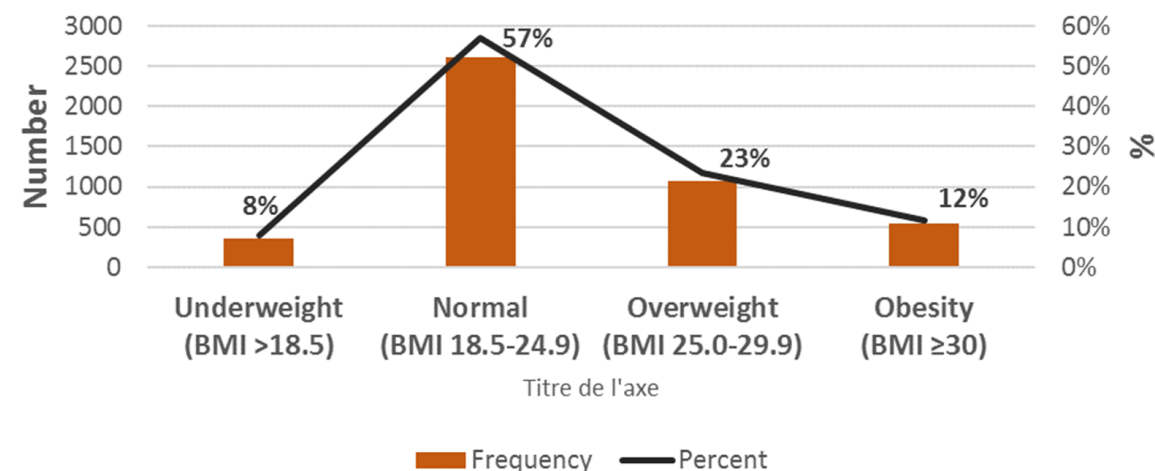
Main results for screened people (2)

- 26% had elevated blood pressure
 - Among HT cases: 73% were unaware
 - 31% were referred to health facility (HF)
- 9% had glycaemia ≥ 126 mg/dl, 5% had > 140 and 1% had ≥ 200
 - 71% were unaware
 - 45% were referred to health facility (HF)
- Overweight was significantly associated with sex F and age > 44
- Elevated blood pressure was associated with age > 44 , overweight and alcohol use
- Elevated blood sugar was associated with age > 44 and overweight

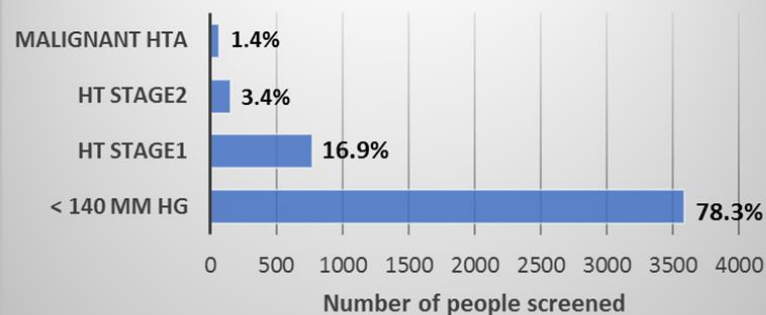
Age of participants (n= 4578)



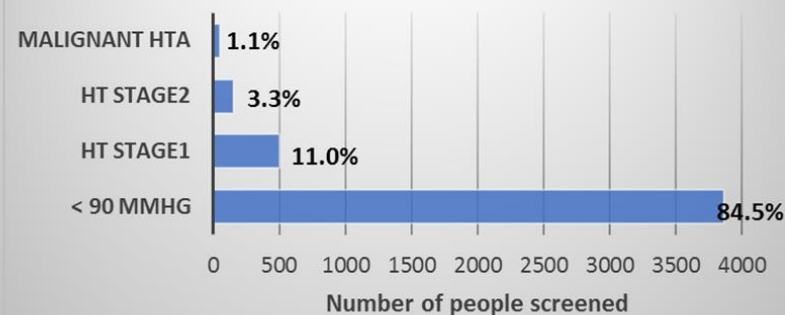
Distribution people screened per BMI status (n= 4571)



Distribution of people screened for Systolic BP (n=4575)



Distribution of people screened for Diastolic BP (n=4575)



Proportion of screened people per any kind of HT



**Many
information
collected
and
analyzed**



Follow-up of screened participants to better understand the usefulness and the impact of the mass campaigns

- 90% received information and counselling but it was general and not targeting the problem detected
- > 70% didn't know their status before the campaign
- Among who were told to go to HF: 68% went and the diagnosis was confirmed - other did not understand well the advices provided
- 86% reported to have changed behavior (mainly for healthy diet, then physical activity)
- 45% among daily consumer of alcohol reported to have stopped/reduced alcohol intake

Lessons learned and way forward

- **Successful campaign:**
 - Important mobilization and high attendance
 - Contributed to detect NCDs as more than 70% did not know their status
 - Increased frequency of campaigns and screening spots and 'car-free days' for mass sports
- Findings are coherent with other studies: high prevalence of RF and HT ➔ **Urgent measures!!**
- People received information and counselling (90%), however, it did not cover all risk factors and not targeting the problem detected
- What happened to people detected with abnormal values ? As low percentage reported to be referred to HF & no follow-up
- **Room for improvement:**
 - Better targeted counselling
 - Better management of cases detected with abnormal value
 - Campaign to be generalized: outside Kigali, more often, routinely in HF

MERCI – THANK YOU -MURAKOZE-

