

The rise in cardiovascular diseases in developing countries like Africa is linked to changes in diet, physical activity and obesity.

The Rwandan population, especially women, is part of this latest trend. A latest survey shows that the number of obese people in Rwanda has increased from 14 percent in 2013 to 18.6 percent in 2022.

As a result of the second Rwandan Non-Communicable Diseases (NCDs) Risk Factors survey, released by Rwanda Biomedical Centre (RBC), the number of obese women increased from 19 percent to 26 percent.

In addition, the findings show that half of the obese suffer from high blood pressure.

Francois Uwinkindi, division manager of the NCDs Division at the RBC, said that more interventions targeting women, especially in Kigali, will be strengthened in terms of early detection. This will make sure people are put on treatment on time.

“We call for regular screening and physical exercises coupled with healthy eating to prevent NCD risks.” He noted promising that community awareness will be strengthened using different communication channels on NCDs to strengthen the healthcare system for early NCD detection.

“The findings will be instrumental in improving the overall well-being of our population and combating the challenges associated with non-communicable diseases,” he added.