

A recent study released by the Ministry of Health showed that alcohol prevalence in Rwanda has increased by 8% from 43.3% to 48.1% in 2022.

The analysis of behavior that causes non-communicable diseases (NCDs) released on Thursday showed consumption was higher among men compared to women.

It was conducted on 5,676 people between 16 and 69 years of age, consisting of 62.5% women and 37.5% men.

Overall, 61.9% of men drank alcohol within 30 days of the survey, while 34.3% of women did in that same age group.

Northern Province ranks the highest with 56.6%, followed by the Southern Province (51.6%), Western Province (46.5%), and Eastern Province (43.9%). The city of Kigali has the lowest rate of 42.0%.

According to the survey, the number of heavy drinkers decreased by 8 % from 23.5% to 15.2% compared to the 2013 survey.

Western Province districts of Rubavu, Karongi, Rutsiro, Nyamasheke and Rusizi have the highest number of heavy drinkers at 19.1%, followed by Northern Province at 15.8%, Southern Province at 15.1%, Eastern Province at 13.8% and Kigali City with 10.5%.

The increase in consumption is attributed to multiple factors, including alcohol and smoking, lack of exercise and an unhealthy diet.

In addition, smokers have decreased by 5%, from 12.9% in 2013 to 7.1% in 2022. 3.7% are women while 10.4% are men.

Southern Province has the highest number of smokers at 9.6%, followed by Eastern Province (8.8%), Kigali City (6.9%), Northern Province (5.0%), and Western Province has the least percentage at 4.2%.

This study also shows that the number of Rwandans who eat enough vegetables and fruits is still low.

Regarding oral hygiene in the prevention of non-communicable diseases, these figures show that 57.1% have never received dental care services, while only 19% brush their teeth at least twice a day.

