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Knowledge and preventative practices regarding risk factors for CVDs among a rural population in Rwanda

KNOWLEDGE AND PREVENTIVE PRACTICES REGARDING RISK FACTORS OF CVDS AMONG A RURAL POPULATION IN RWANDA

By

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INTRODUCTION

- Cardiovascular diseases (CVDs) are the major contributor of morbidity and mortality worldwide.

Background

- In 2020, CVDs are predicted to be the major cause of death.
- Poor knowledge toward risk factors of CVDs has been noted to be challenging in the prevention of CVDs.
- The risk of morbidity and mortality related to CVDs
- is higher when the person is unaware of being at risk

Objectives

- The main objective of this study was
- to assess knowledge regarding risk factors of CVDs and
- the preventive practices among community members in Rwamagana District of Rwanda.
- There were three main objectives:
- knowledge of CVDs, preventive practices and the relationship between both among the study sample.

Methodology

- A descriptive, cross sectional, non-experimental design was used and

- quantitative methodology adopted.

Results

- The study population included adult community members from 18 to 65 years old
- and 388 respondents were selected from the eligible population
- using a multistage sampling method.

Results Cont'd

- The findings revealed that a majority (85.8%) of respondents had
- poor knowledge about risk factors of CVDs.
- Regarding preventive practices
- 79.6% had alcohol consumption habit, 23.7% were engaged in smoking habit,
- and only 5.9% ate fruit every day.

Results Cont'd

- Most participants did not engage in physical exercise.
- The majority (99.0%) had never undergone test for blood cholesterol,
- 66.5% had never undergone blood pressure control,
- and 60.1% had never visited a clinic for a check-up.
- The relationship between knowledge and
- preventive practice was statically significant at 0.01 levels.

Conclusion and recommendations

- The findings concluded that the knowledge of the rural study population about risk factors for CVDs is insufficient.

- Preventive practices also were at low level.

- The findings could be useful for developing strategies

- to promote positive health and wellbeing.

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