KENYA
Kenyan Heart Foundation celebrated WHD together with Kenya Cardiac Society
CAMEROON
Activities in Cameroon
RWANDA
World Heart Day Celebration in Rwanda
29th September 2016

Theme: “POWER YOUR LIFE”

Organized by The Rwanda Heart Foundation &
The Rwanda Pharmaceutical Students Association

Venue: IMBERABYOMBI House – HUYE District – SOUTHERN Province
Date: 29th September 2016
13:00 - “Health Walk” from UR and from NGOMA to IMBERABYOMBI House
15:00 - Free check up blood pressure, BMI, diabetes
17:30 - Education on WHD and CVD risk factors
Rwanda WHD 2016 - HUYE District

- **Event:** World Heart Day 2016 Celebration
- **Date:** September 29-30th 2016
- **Partner:** Rwanda Heart Foundation, Rwanda Pharmaceutical Students Association, HUYE District

**Main activities:**

- "**Health Walk**" for the promotion of physical activities for all
- **Media campaign** for awareness raising about cardiovascular diseases (CVDs): Local and national radios (BBC, Salus, Huguka, RBA Huye Radio), social medias, articles in journals (Newtimes, Umuseke)
- **Free screening for CVDs risk factors:** BMI, BP, BS, waist circumference and individual & group education

- **Target audience:** 500 people living in and around HUYE City
- **Materials used:** Banners, Posters, Leaflets, BP machines, Glucometers, Measuring tapes, weighing scales, video show
Rwanda WHD 2016 - HUYE District

• Number of people who walked: 154
• People screened: 216
  ➢ High BS : 10.18%
  ➢ Obesity: 25.92%
  ➢ Hypertension: 32.87%
• Challenges
  ➢ Huye district authorities not represented
  ➢ Unplaned competing activity: Ministerial visit
  ➢ people were not aware about CVDs
  ➢ Screening time too short
• Number of student volunteers: 25
Rwanda WHD 2016 - HUYE District
SCREENING SITE
Rwanda WHD 2016 - HUYE District
Screening for BMI, BP, BS, Waist Circumference
Rwanda WHD 2016 - HUYE District
EDUCATION AFTER SCREENING
Rwanda WHD 2016 - HUYE District
EDUCATION AFTER SCREENING