



Institute of Policy Analysis and Research - Rwanda

# Promoting Health in Remote Rural Areas

*The greatest wealth is health. Virgil*



## Promoting Health in Remote Rural Areas

**Geographical and empirical scope**

- Field work in three remote rural areas.
- Expert interviews at local and national levels.

**Why are we doing the research?**

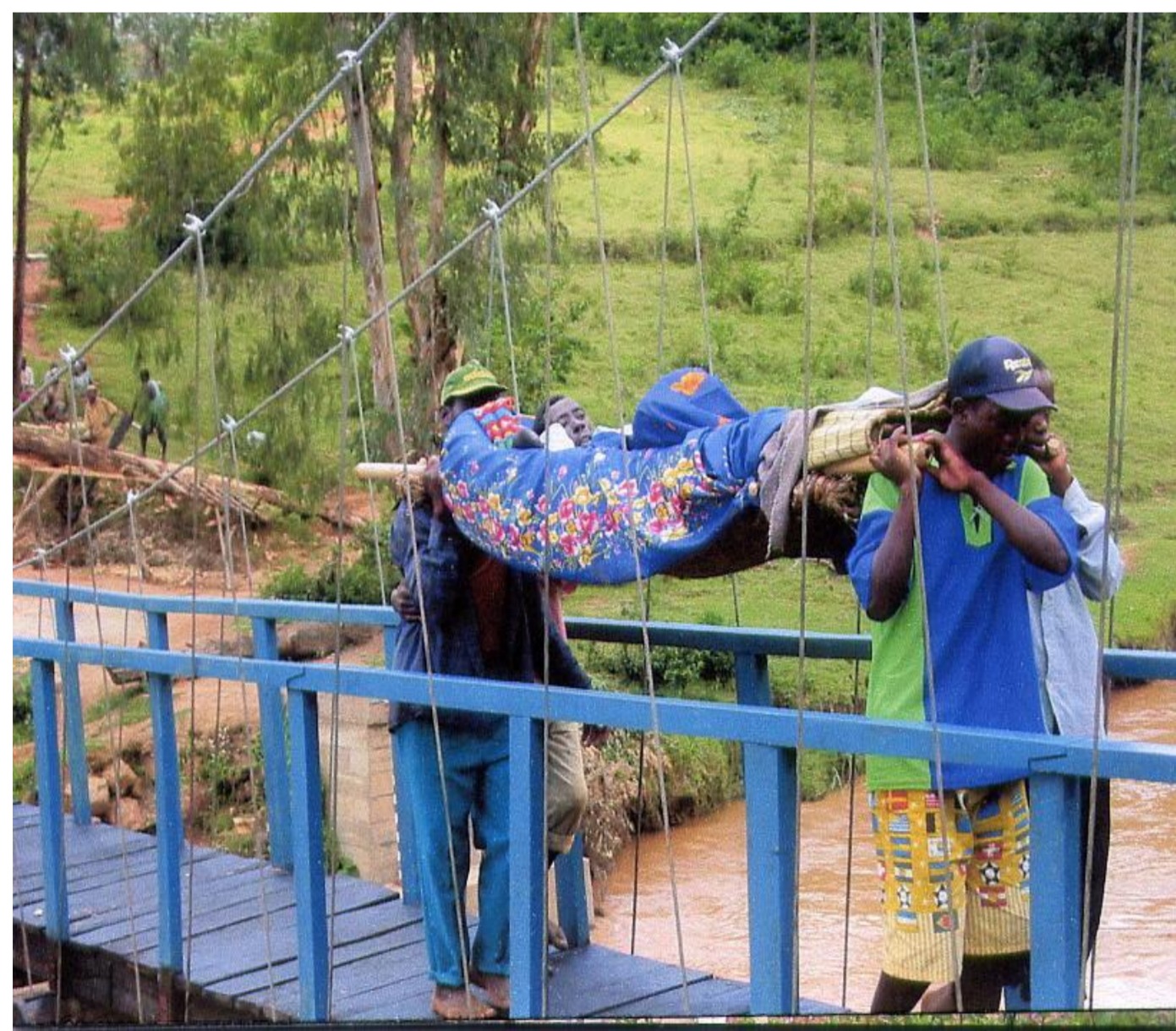
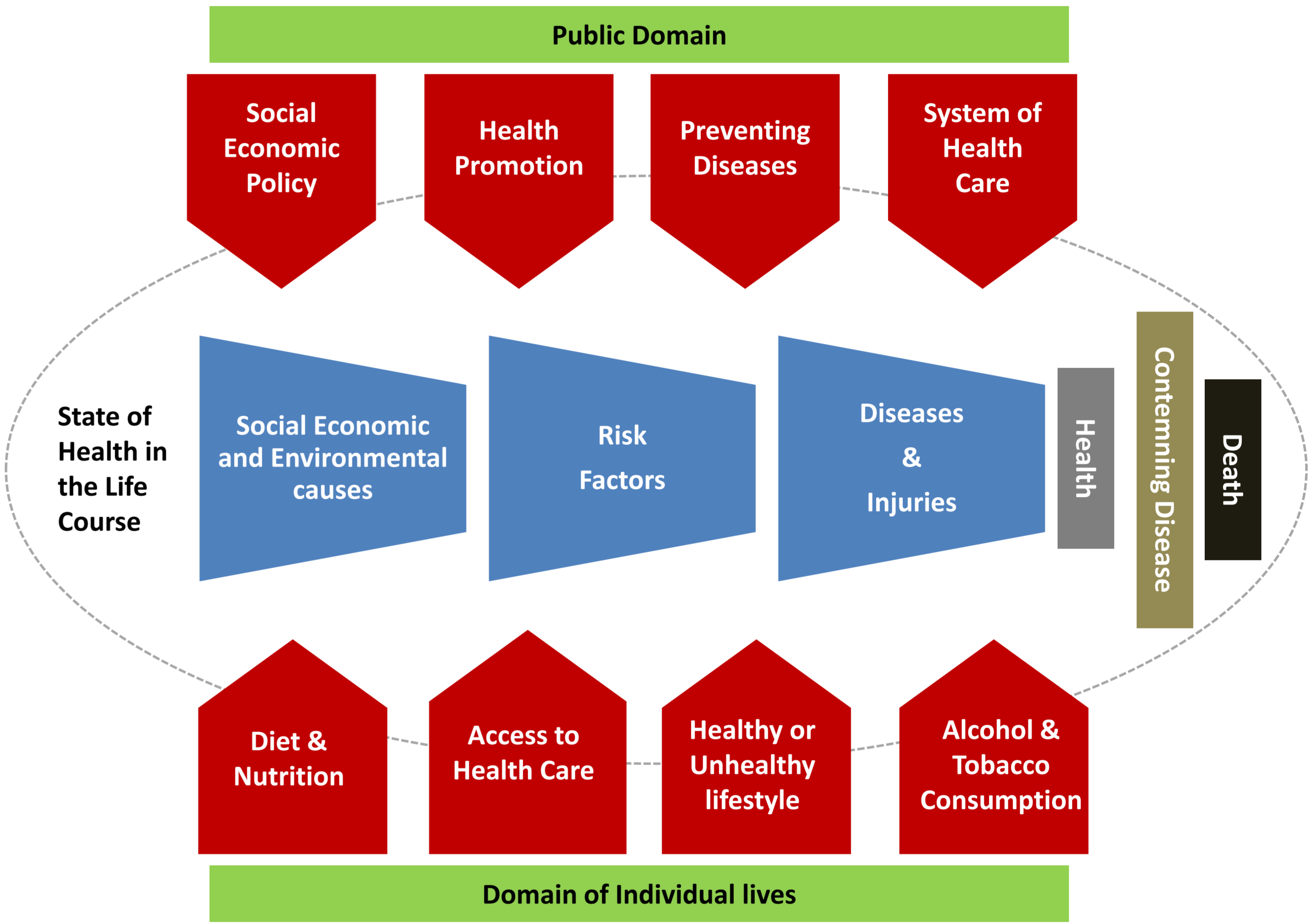
- To uncover the barriers that people living in remote rural areas face in looking after their health.
- To enable them to suggest what would help them to look after their own health.
- To make research informed recommendations to the Government to enable people living in remote rural areas to live healthier lifestyles.

**What are the main research themes?**  
**Conceptual model of the determinants of health and disease of the project?**

- Access to health care.
- Access to clean water and sanitation.
- Diet and Nutrition.
- Social and economic burden of disease.
- Living conditions, lifestyle and health.
- Health knowledge and practices.
- Identification of strategies to improve population health.

**What is the background to the research?**

- Health indicators in Rwanda are improving but there is still a high disease burden with an urban –rural health gap.
- Most mortality and morbidity are from preventable causes.
- People living in remote rural areas have poorer access to health centres, to clean drinking water and improved sanitation than those in urban areas.
- Poverty is concentrated in rural areas and poor people have poorer health than those who are better off.



**What is the methodology of the study?**

The study involves participatory rapid appraisals in three purposively selected remote rural areas and expert interviews at the local and national levels.

**Research objectives**

- Uncover the barriers to health lifestyles in remote rural areas.
- Report on the health beliefs and practices of people living in remote rural areas.
- Access health systems performance focusing on accessibility and quality in remote rural areas.
- Develop an understanding of what would help people in remote rural areas to lead healthier lifestyles.

**What will the outcomes of the study be?**

- A research report.
- A policy brief.
- A presentation of the findings to the Government and other stakeholders.

**Project coordination and contact details**  
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