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 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 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 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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