

Methods: The aim of this study was to reassess perceptions of indoor air quality (IAQ), the presence of respiratory symptoms and the impact the stove intervention might have had. A voluntary, anonymous survey was conducted in June 2016 in two rural villages and results were compared to prior survey data. A total of 185 surveys were collected.

Findings: Respiratory symptoms were commonly reported; poverty status and stove replacement were significantly associated with the frequency of respiratory symptoms. When compared to 2012, household members being treated for respiratory problems decreased from 27% [21/79] to 14% [26/185]; there was also a 29% decrease in respondents noting that IAQ was a problem that affected their daily lives.

Interpretation: These findings will help inform further public health efforts in the region.

Source of Funding: None.

Abstract #: 2.012_NCD

Diabetes Awareness and Education Program

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Program/Project Purpose: DAEP, Diabetes Awareness and Education Program is a countrywide program initiated by Rwanda Pharmaceutical Students in 2015 with the aim of raising an awareness on diabetes; its causes, symptoms, treatments and prevention, highlighting the importance of starting the day with a healthy breakfast to help prevent the onset of type 2 diabetes and effectively manage all types of diabetes to avoid complications as suggested by the International Diabetes Federation (IDF) and also assess nutrition status and blood pressure measurement for participants to appraise risks factors and complications.

Structure/Method/Design: It consists of

- mass education and awareness programs for participants through higher learning institutions
- trainings for health care providers
- nutrition status assessment and blood pressure measurement to appraise diabetes risk factors and complications
- free diabetes screening
- teaching participants about prevention of diabetes and other NCDs and measures of controlling.

Outcome & Evaluation:

- Have assessed its impact by creating a research paper that has been published and presented.
- New cases of diabetes that have been discovered, have been referred to care facilities and registered in Rwanda Diabetes Association for free treatment.
- 1000 of people have been found with risks of getting the disease due to the overweight and hypertension factors and have been counseled and those new cases referred to healthcare facilities.
- All trained health care providers have brilliantly passed the post program evaluation.

- Due to the research paper new strategies have been adopted by the country. Such as monthly car free day.

Going Forward: Regarding the keenness and the willingness of people to gain more knowledge about NCDs especially Diabetes, and considering the impact of the first phases of the program, we are looking forward to expand the project; during next steps, we will be targeting villages in rural areas where people are more vulnerable. Actually the ministry of health embraced this issue and we have been granted new materials such as glucometers and blood pressure monitors to be used in future steps. Have been able to sign memorandum of understanding (MoU) with new partners such as Rwanda Health Foundation hence allowing us to sustain and expand the program and have joined the Rwanda NCDs Alliance.

Source of Funding: University of Rwanda Rwanda Diabetes Association.

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Disparities in Smoking Prevalence: A Missed Opportunity for Tobacco Control in Pakistan

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Background: Pakistan is one of the highest tobacco consuming countries in South Asia and consumption is increasing. For Pakistan to implement equity orientated tobacco control policies, the most vulnerable groups must be identified. We aimed to identify these groups using data from the Pakistan Demographic and Health Survey (PDHS) 2012-13.

Methods: The PDHS collected data from households in all four provinces of Pakistan and Gilgit Baltistan areas. The household questionnaire asked about smoking behaviour inside the home, the individual questionnaires inquired about participant tobacco use. Descriptive statistics, univariate and multivariate analyses were used to explore household characteristics associated with smoking inside the home, and participant characteristics associated with tobacco smoking. Survey weights were used to give nationally representative findings.

Findings: Data for 12,931 households, 3,132 men and 13,538 women were examined. 58.3% of surveyed households were smoke-free, 39.1% were exposed to indoor tobacco smoke every day, while 2.6% were exposed less frequently. More rural households were exposed to indoor tobacco smoke than urban households (45.2% vs 34.9%). This association was significant in univariate and multivariate analyses. 28.3% of men reported smoking compared with 1.3% of women. In both men and women, there was a higher prevalence of smoking in older age groups (18.9% and 0.4% aged 15-29 respectively, 34.2% and 2.3% aged 40-49 respectively). Increasing wealth was associated with lower prevalence of smoking and indoor smoking. For men, increasing education was associated with reduced tobacco smoking but this was not true for women.

Interpretation: People with lower income, rural households and less educated males are particularly vulnerable to the tobacco