

## Essay Question 2.

I believe it is true that as Africa's wealth is increasing, the non-communicable diseases take a rise because people are busy with work, to increase the economic development of the country but at the expense of their health. They are over stressed with work, have no time to exercise, eat poorly the so called good food with a lot of oil and fats, they get busy and lazy to go for medical checkup. All these contribute to the rise of non-communicable diseases like Diabetes and heart failure. This evolution is as a result of people loving wealth at the expense of their health and they end up using their wealth to look for the health they had neglected in pursuit of wealth.

The Non- Communicable diseases in most cases are caused by lack of body exercises, poor feeding, where people eat oily and fatty foods as their daily meals like French fries, Pizzas, Burgers and other oil food stuffs that we consider to be fancy foods yet they are not good for our health. The problem is the misconception that people have about attaining wealth, that you have to eat to the hotels, fast food restaurants in order to keep late and keep time at work as a way of working hard to attain that wealth, but also as a way of showing off their wealth.

In Rwanda, the ministry of health and the government have tried to respond to this pandemic, where by every Friday afternoon, its sports time where all public institutions close and encourage all their workers to go and exercise their bodies for the good health. More so, there is what we call "Car free Day" in Kigali that happens twice a month on Sundays where they encourage all citizens to go for roadwork, and they are given free medical checkups after the exercise.

Also every citizen of Rwanda is encouraged to have Common health Insurance "Mutuelle de Sante", it's an insurance where you get very cheap medical treatment and medical checkups. But the Challenge is that people don't use that advantage to do either the exercises or medical checkups. May be what should be encouraged, is more sensitization to the public about these Non- communicable diseases, encouraging people to go for medical checkups and also health feeding.