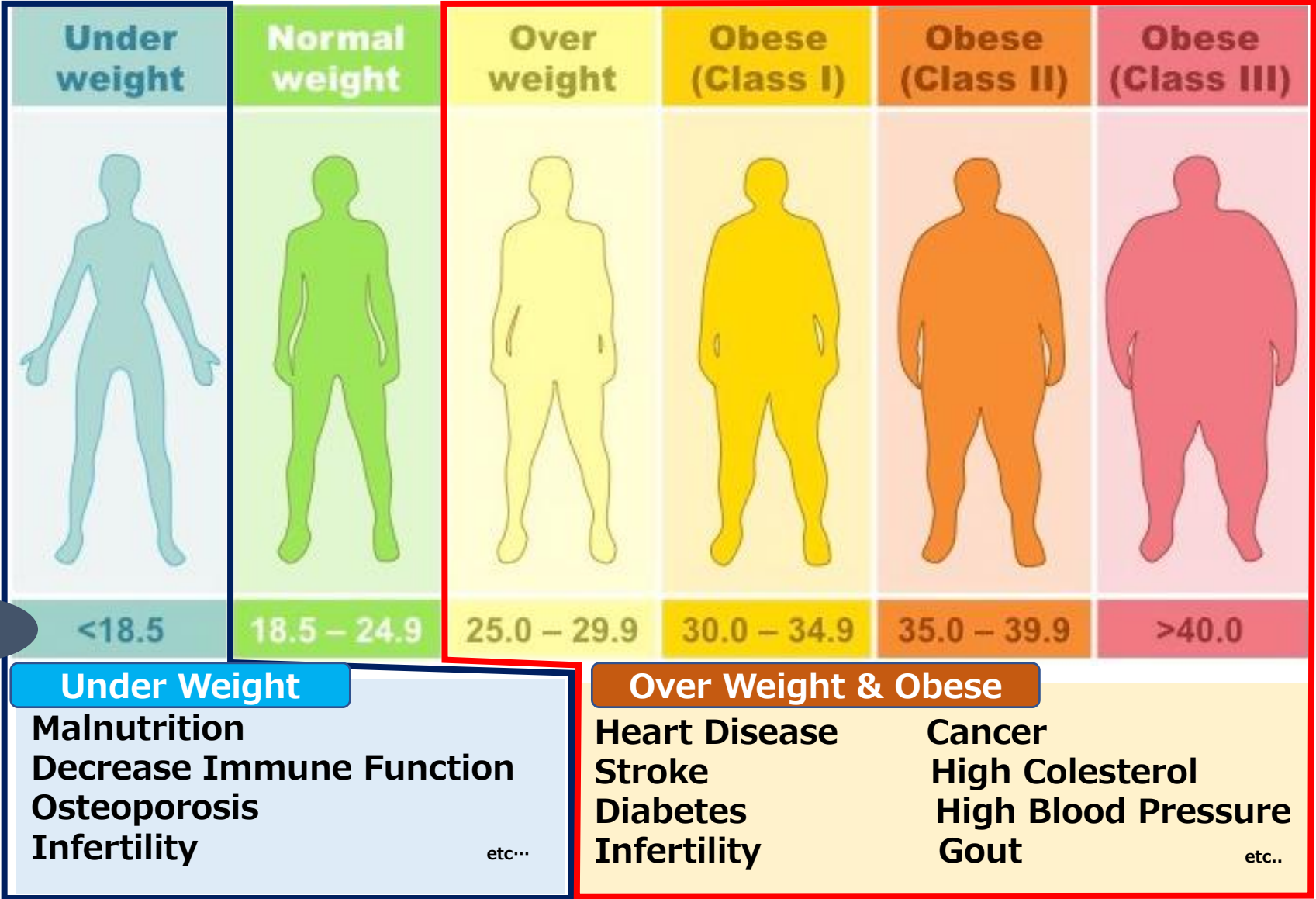


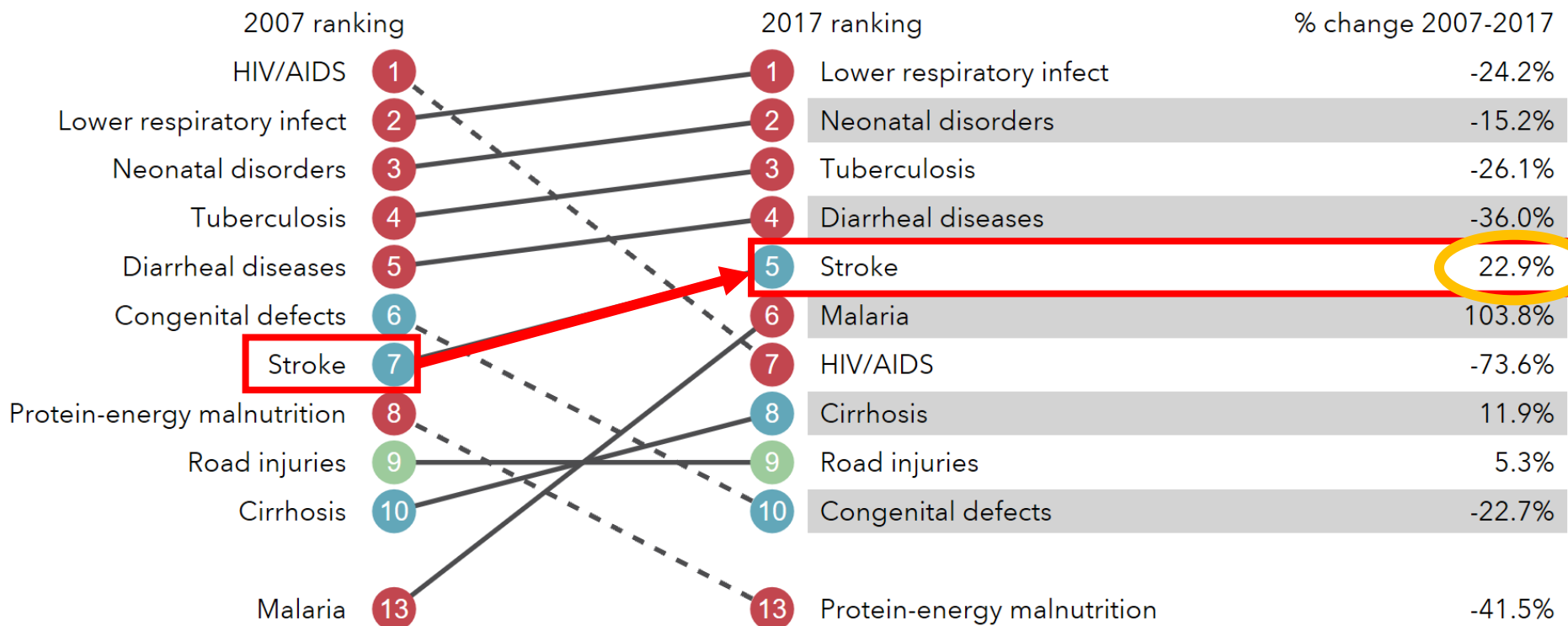
Relationship between BMI and Risk of Disease



(Figure: https://ib.bioninja.com.au/_Media/bmi-categories_med.jpeg)

What causes the most death in Rwanda ?

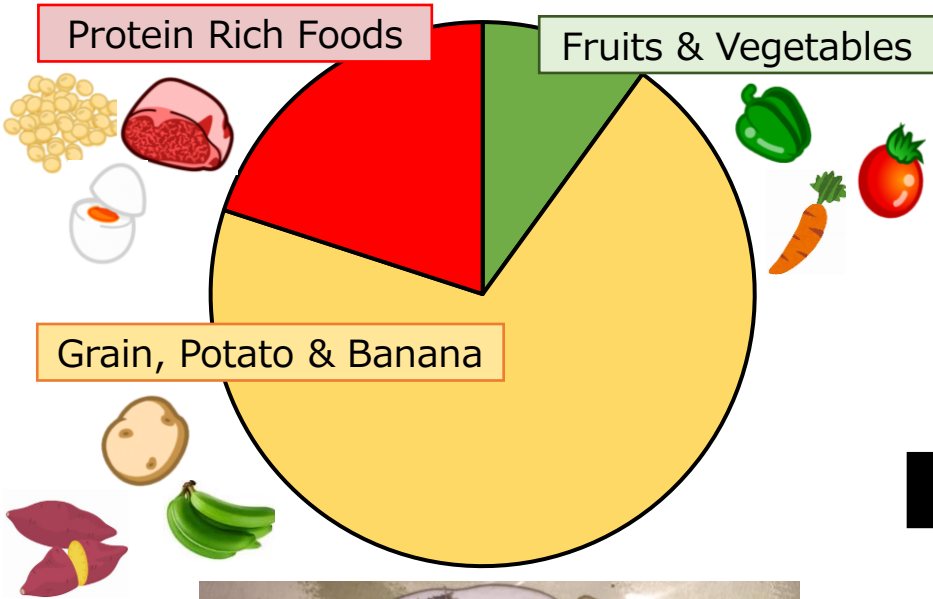
Top 10 causes of death in 2017 and percent change, 2007-2017 in all ages



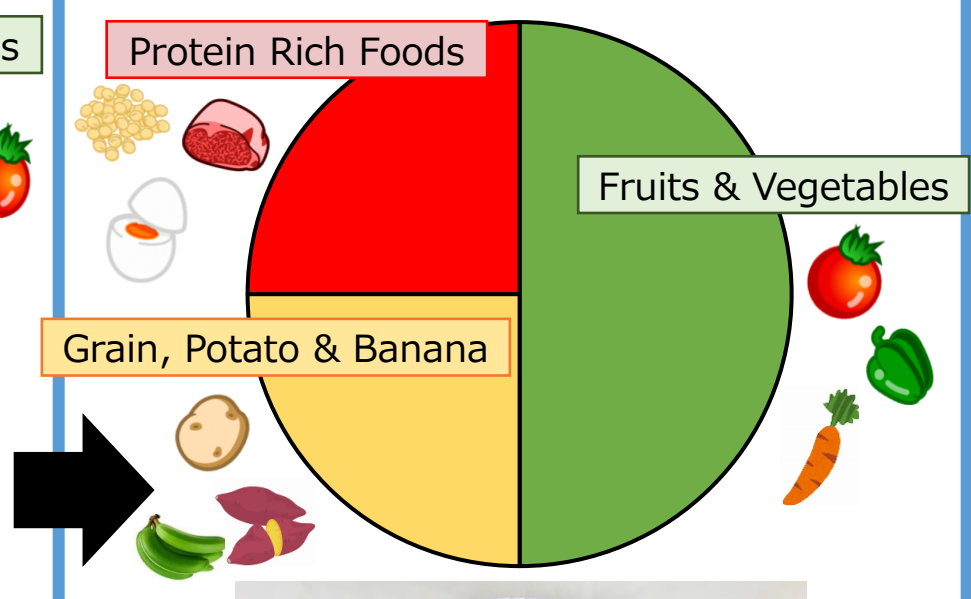
⇒ **Stroke** had increased 22.9% in 10 years

Idea of Healthy Meal

Not Balanced Meal



Balanced Meal



BMI : Body Mass Index

$$= \text{Weight(kg)} \div \text{Height(m)} \div \text{Height(m)}$$

BMI	Category※
$x < 18.5$	Underweight
$18.5 \leq x < 25$	Normal weight
$25 \leq x < 30$	Overweight
$30 \leq x < 35$	Obese class I
$35 \leq x < 40$	Obese class II
$40 \leq x$	Obese class III

※WHO standards



BMI Male

Underweight ($x < 18.5$)	Normal weight ($18.5 \leq x < 25$)	Overweight ($25 \leq x < 30$)	Obese class I ($30 \leq x < 35$)	Obese class II ($35 \leq x < 40$)	Obese class III ($40 \leq x$)

BMI Female

Underweight ($x < 18.5$)	Normal weight ($18.5 \leq x < 25$)	Overweight ($25 \leq x < 30$)	Obese class I ($30 \leq x < 35$)	Obese class II ($35 \leq x < 40$)	Obese class III ($40 \leq x$)