

# My Final Year Project

*Evaluation of Dietary Practices in an Increasingly Urbanised Rwanda – Results From Repeated Cross-sectional Surveys*



## Background/Aim

- Dietary transition.
- Urbanisation, rapid economic growth and rural-urban migration.
- Aim: To describe the dietary habits of a sample of Rwandan adults and assess urban and rural differences.

## Methods



300 adults aged 18-49 years.

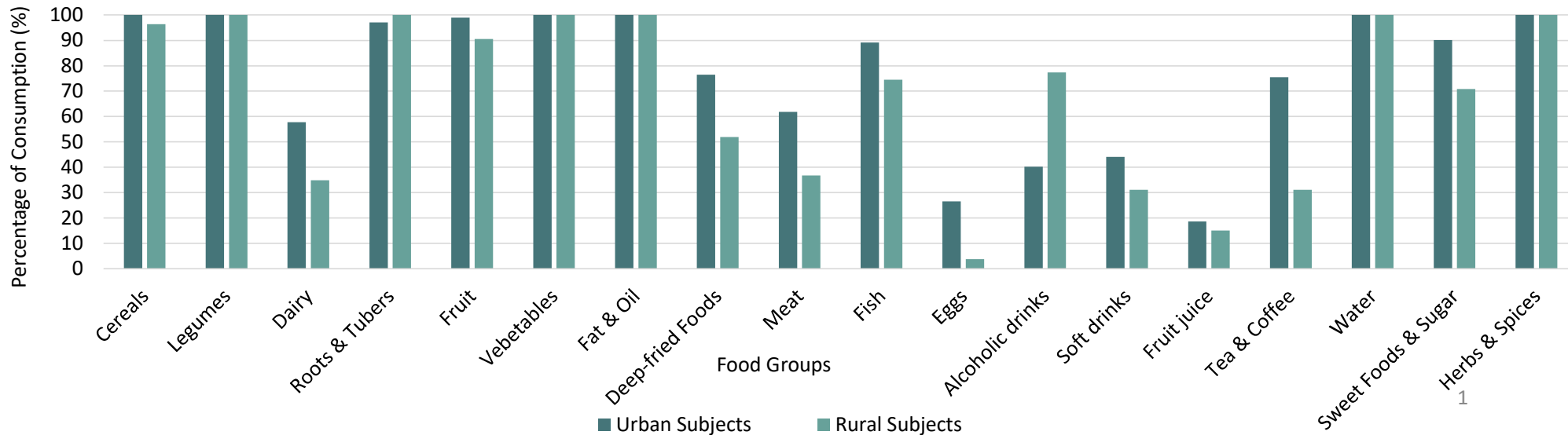


Socio-economic screening questionnaire. Multiple pass 24-hour dietary recalls.



Exploratory factor analysis was used to derive dietary patterns from foods consumed.

**Prevalence of Food Group Consumption in Urban and Rural Subjects (%)**



# How to Complete an Awesome Final Year Project



A thesis can be an overwhelming task.

- Small sections at a time.
- Little victories/wins along the way.



Keep up consistent communication with your supervisor(s).

- Arrange regular meetings.
- Send work to be corrected regularly.