

WASH 1,000 Approach Photo-Aid SPRING/Ghana



ABOUT SPRING

The Strengthening Partnerships, Results, and Innovations in Nutrition Globally (SPRING) project is a seven-year USAID-funded Cooperative Agreement to strengthen global and country efforts to scale up high-impact nutrition practices and policies and improve maternal and child nutrition outcomes. The project is managed by JSI Research & Training Institute, Inc., with partners Helen Keller International, The Manoff Group, Save the Children, and the International Food Policy Research Institute.

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COVER PHOTO: SPRING/Ghana in Talensi District, Upper East Region.

Introduction

Stunting in children continues to be a public health challenge in Ghana, especially in Northern Ghana. In addition to inadequate dietary intake, poor water, sanitation, and hygiene (WASH) practices are a significant determinant of poor nutritional status. The consequences of poor WASH include diarrhea, environmental enteric dysfunction (EED), and worm infestation. These conditions affect a child's ability to absorb nutrients from the food they eat, which leads to poor nutritional outcomes. WASH 1,000 approach, a set of water, sanitation, and hygiene behaviours designed for the 1,000-day child— pregnancy to two years including the pregnant and breastfeeding mother and household— was developed to reduce exposure to contaminants.

Health education and promotion activities can stimulate behaviour change. If health promotion activities are participatory, they can generate interest among community members, leading to better understanding, retention, and increased uptake of recommended behaviours.

The *WASH 1,000 Photo-Aid* depicts a series of behaviours centered on WASH. These behaviours are targeted at 1,000-day households, but the general population can also use them. The photo-aid portrays "APPROPRIATE" behaviours and are expected to be used in stimulating discussions between Environmental Health Officers (EHOs) and community members

The photo-aid can be used for individual counseling, household education, or community-wide education.

How to Use the Photo-Aid

The photo-aid is intended to be used for interpersonal communication that will encourage discussions among participants (community members) and help them understand the key behaviours. For this photo-aid to be used effectively, the facilitator should—

- Ask participants about their current practices regarding specific WASH 1,000 behaviour.
- Show each picture to an individual or group of community members and ask them what they see in the picture.
- Probe to find what the participants understand about the picture.
- Use the text (key messages) on each picture to describe the picture in detail.
- Ask questions about—
 - Good and bad WASH 1,000 behaviours.
 - What they can do to improve their WASH 1,000 behaviour.
 - Benefits to the household by adopting specific WASH 1,000 behaviours.

1.



1. WASH 1,000 Behaviours

Start-up question: What is a 1,000-day household?

- A 1,000-day household is a household with pregnant and lactating women and/or children under 2.

Why focus on 1,000-day households?

- Children, especially those younger than 2 years, suffer the most bouts of acute diarrhea, worm infestation, and environmental enteric dysfunction (EED).
- The effects from these conditions are particularly dangerous for children, especially those less than 2 years old.

What behaviours are promoted for 1,000-day households?

There are 4 promoted behaviours.

- Wash hands at critical times.
- Safely dispose of adult, child, infant, and animal feces.
- Create clean spaces for children that separate them from soil, animals and their feces, or other unclean objects.
- Boil household drinking water just before drinking.

What are the benefits of adopting the WASH 1,000 behaviours?

- Promotes the healthy growth of children.
- Reduces incidents of infections and diseases.
- Saves household income because of fewer hospitalizations.

Key message:

If you, or a member of your household, is pregnant, lactating, or a child under 2, you live in a 1,000-day household. Protect them with WASH 1,000 behaviours.



2. Handwashing with soap at critical times

Start-up question: What is the purpose of handwashing?

- To clean hands and remove contaminants that could make you or your family sick.

What are the critical times for handwashing?

There are 4 critical times for handwashing.

1. After cleaning a child's bottom.
2. After using the latrine or disposing of feces.
3. Before preparing food.
4. Before feeding a child or before eating.

Why use soap when handwashing?

- Using only water does not guarantee clean hands.
- To clear germs from hands and remove dirt completely, you must wash hands with soap or ash.
- All types of soap (locally manufactured included) can be used to wash hands.

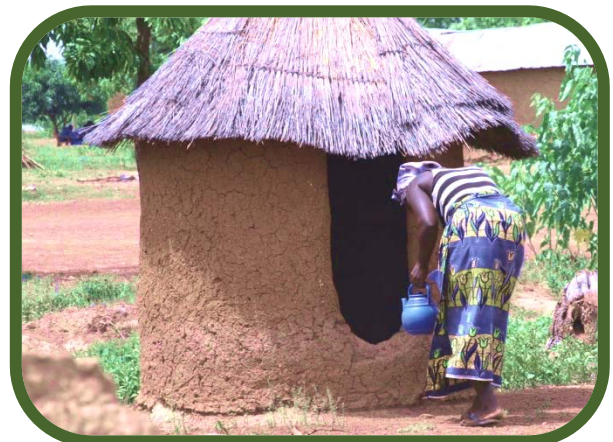
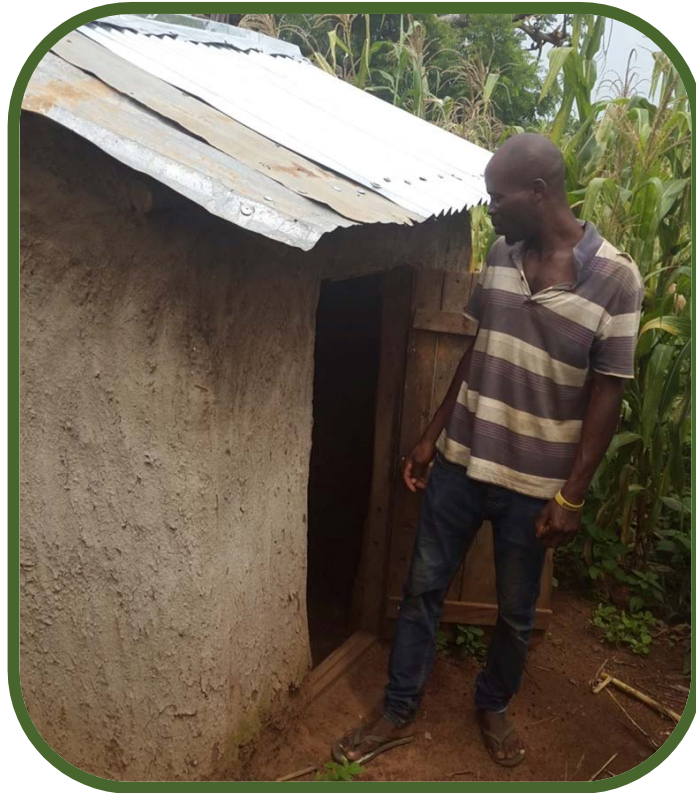
How should handwashing be done?

- Wash hands with soap or ash under running water (use a tippy tap where available).
- Wet hands, rub soap on hands to form lather, rub palms together and wash between fingers. Always rub finger tips inside palms to remove dirt under nails, wash up to the wrists, and then rinse with running water.
- When feeding a child, always wash the child's hands, too.

Key message:

Protect your family; ensure handwashing with water and soap at critical times. Be a proud parent.

3.



3. Safe disposal of human and animal feces

Start-up question: What is the best way to dispose of human feces?

Why should human feces be disposed of safely?

- Human feces can be a source of contamination which leads to diseases, such as diarrhea, EED, or cholera.
- Feces is always present in the environment. Your hands can become unclean by touching soil or unwashed objects. Your hands can then contaminate water or food, leading to illness and poor growth for children.
- Improperly disposed fecal matter can be washed into running water and contaminate our sources of drinking water or contaminate our homes.

How can human feces be disposed of safely?

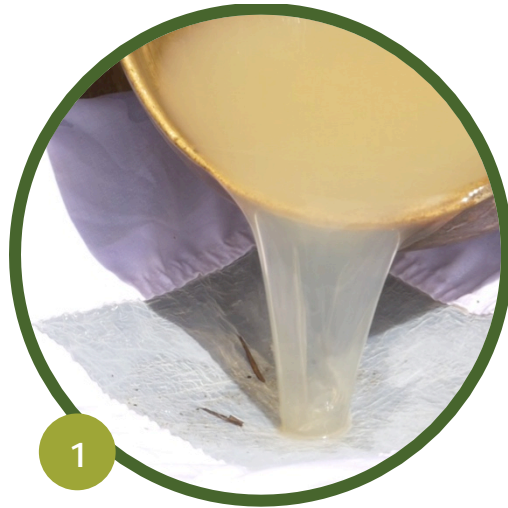
- Constructing and using household latrines is a positive way to properly dispose of fecal matter.
- After children use the chamber pot, safely dispose of the feces in a latrine (remember to wash the chamber pot with soap after each use).

What can be done about animal droppings?

- Droppings from household animals—such as poultry, goats, and sheep—are also a source of contamination and infections, especially for children less than 2 years old.
- Keep animals away from the compound by constructing pens or coops outside.
- Ensure your compound has a gate that can be closed.

Key message:

For a truly happy and healthy family, construct and use a household latrine.



4. Safe drinking water

Start-up question: How is household drinking water collected, transported, and stored in this community?

Why should drinking water be treated before use?

- Water obtained from streams, dugouts, and wells is easily contaminated with particles and disease causing germs.
- These germs, if consumed, cause various diseases that affect the growth of children.

What can be done to make drinking water safe?

1. Using a clean white cloth, sieve drinking water to remove all particles.
2. Boil the water until you see bubbles that will kill the germs, which are not visible; then allow the water to cool.
3. Get a container with a lid, wash it with soap and water, and air-dry the container.
4. Pour the cooled water into the container, cover with the lid, and store in a cool area.
5. Pour or fetch this water for household members to drink, especially the children.

Key message:

Be a responsible parent. Provide your children with safe clean water.

5.



5. Clean play space for children

Start-up question: What can be done to provide clean play spaces for children?

Why do children need clean play spaces?

- While playing, children, particularly those under 2, will put their hands or other things in their mouths.
- A dirty play space means that these children will probably pick up dirt—which contains feces—and put it in their mouth.
- Putting dirty hands, feces, or dirt in their mouth will lead to infections that may cause serious diseases and affect the child's growth.

How do you ensure children have clean play spaces?

- Regularly sweeping compounds and gathering the dirt, helps in keeping play spaces clean.
- Keeping animals outside the compound will prevent them from littering the compound.
- Provide a gate or construct the pens and coops to keep animals outside.
- If possible, place children on a cloth or mat in the compound.

Key message:

Keep your compound clean, protect your children, and be a proud parent.

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