Water, Sanitation and Hygiene (WASH) Interventions for Improved Nutrition: Maximizing Impact

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Low water quantity

Inadequate water storage in home

WASH cost

High cost of water and/or sanitation services

Unprotected water source

Poor nutritional status

Source: O. Cumming, London School of Tropical Medicine and Hygiene, 2013
Experience of stunting among children under age five in households with different toilet types, Ghana 2014 DHS

Only 12.7% of children in households with flush toilets experience stunting.
Fecal-oral Intervention Points

Primary Prevention

Feces in the environment

Improved Resistance
- Nutritional status
  - healthy birthweight
  - exclusive breastfeeding
  - complementary feeding
  - micronutrients (Zn, Vit A)

Case Management
- Oral rehydration therapy
- Zinc
- Deworming
- Continued feeding
- Timely care seeking

Child Exposed to Feces

Illness In Child

Measles vaccinations
Bednets
What is Primary Prevention?

Sanitation

- Feces
- Fluids
- Fingers
- Flies
- Fields/Floors

Safe Drinking Water

Handwashing and Food Hygiene

- Food

Revised source: WSP, 2012
Strategic Framework for Primary Prevention

Access to Hardware and/or Products

“Software” elements (behavior change!)

Sustainable water and sanitation service delivery and sustained adoption of improved hygiene behaviors

Enabling Environment
**Putting the Framework into Action**

**Ex:** Mothers of small children wash hands with soap before preparing food, and air dry

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- **Infrastructure:** Water sources, Installation of handwashing taps and sinks near latrines and kitchens, Availability of soap
- **Products:** Soap, Basins, Sinks, Soap making kits, Plumbing supplies
- **Communication:** Demos, Flipcharts, Contest for “healthy families”, Complete education kit with games, Theater, songs, Sports star, Global Handwashing Day Oct 15
- **Training:** Health Agents: -Proper hand washing, -Basic water issues, -How to conduct household and community meetings, Community members: -Pump repair, -Soap making, -Proper hand washing
- **Mobilization:** Creation of water committees, Community participation in decision making, Engage women AND men, Professional/service organizations
- **Policy:** Advocacy on hand washing, Inclusion of govt. health agents in program, Include in curricula at all levels, for health staff and teacher training as well as schools
- **Financing:** Social marketing, Voucher system, Water committee collection for handwashing stations, Small grants, Public private partnerships with soap makers
Integrate Program Content and Messages

**Handwashing AND**
- Establish & maintain handwashing station(s) near latrine and food prep area
- Demonstrate and encourage handwashing with soap before food preparation
- Encourage handwashing of child hands with soap before feeding and self-feeding
- Demonstrate and encourage washing child’s face

**Complementary Feeding**
- Promote age specific quantity and frequency of food
- Promote food diversity
- Encourage the use of family food
- Urge continued breastfeeding
### Address Demand AND Supply for WASH

**Availability**
- Multiple uses water systems (MUS), WASH products and services available – possibly in agricultural input stores, local government...

**Access**
- Microfinance and business skills for households and suppliers to make WASH products and services available to targeted populations

**Utilization**
- Safe drinking water, hygiene and sanitation services are available, accessible, and are used correctly and consistently
WASH and WASH/nutrition Resources

Online resources

- http://www.washplus.org/wash-nutrition
- http://www.who.int/pmnch/knowledge/publications/summaries/ks30/en

- USAID Water Update (internal)
- Global Waters (external)
- USAID Webinars & training
- WASH Advisors at USAID/W
Lunch Task

Write a question for the WASH/nut panel (next session) on the white board/flip chart on your way to lunch, or during the break!!

Thank you for your time and attention!