

Integrating WASH into Nutrition Programs



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Overall Integration Approach

- Work with USAID implementing partners, government counterparts and any coalition of the willing
- Look for champions!
- Review and improve guidance on WASH within nutrition policies and guidelines – *e.g. use clean water, apply hygienic practices*
- Review and improve capacity building materials and job aids
- Identify country-specific **Small Doable Actions** to help people improve WASH practices
- Form a Community of Practice with existing IPs for collaboration
- Co-locate WASH programs (especially infrastructure) in nutrition-sensitive areas
- Integrate 1-3 WASH indicators

WASH and Nutrition Integration: (P)olicy and Programming Opportunities



Clinic

Home



Counseling



School

Safe Feces Disposal



Focus on WASH behaviors for Diarrhea Disease Reduction....

Handwashing



Safe Storage & Treatment of Water



*Add some?? Namely food hygiene,
safe disposal of INFANT feces,
ANIMAL/poultry feces*

? 'diaper' handling?'

? animal corralling?

? protective play spaces?

Small Doable Actions for WASH Behavior Change

- People rarely move from current to ideal practices
- Make it possible!!
- Identify, promote and facilitate improved behaviors that...

- Have significant **positive impact** on health

- Are **feasible** from 'actor'

point of view in resource constrained settings

- Construct a continuum
- Integrate!!



ASSESSMENT AND NEGOTIATION

Father's/Mother's Name: _____ Name of the Village Health Team: _____
 Village: _____ Date of Visit: _____

1. Assess with the householder what they are doing now for each of the key behaviors and mark a check in the corner of the current practice.
2. Based on the current behavior, discuss the improved behaviors to the right of the current practice. During your discussion, ask...
 - What problem the family will face to change the current practice to the improved behavior?
 - Discuss if there is any one in the family who opposes to change the current behavior due to culture or other reason.
3. Circle one, two or three behavior/s that you agreed upon to practice.
4. Seal the agreement as a commitment and make an appointment to see the improvement behavior.
5. Finally, hand this card to them to put it securely on a wall or store in the family health card.

"It is all our responsibility to end open defecation, unhygienic practices and the diseases they bring!"

Disposal of feces

1



2



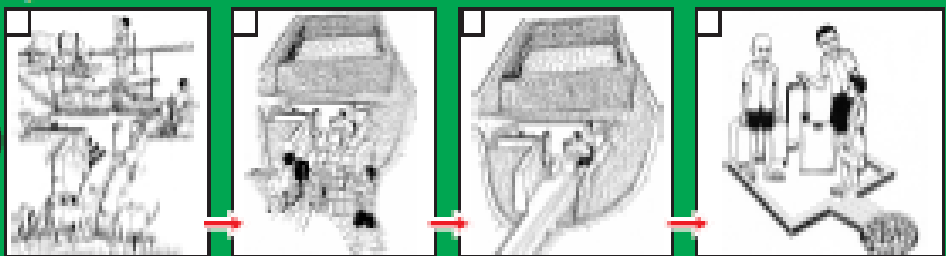
Washing hands with soap/ash after defecation

3



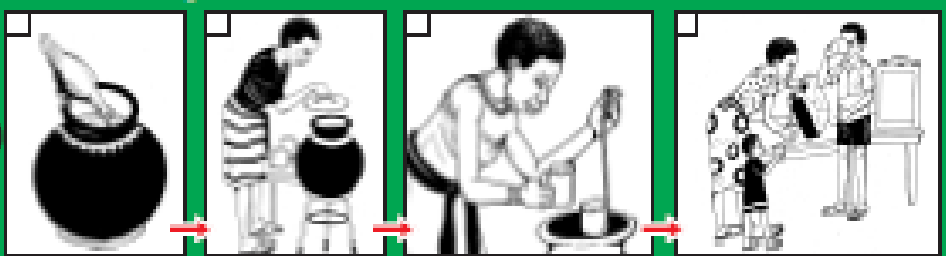
Keep Water source clean

4



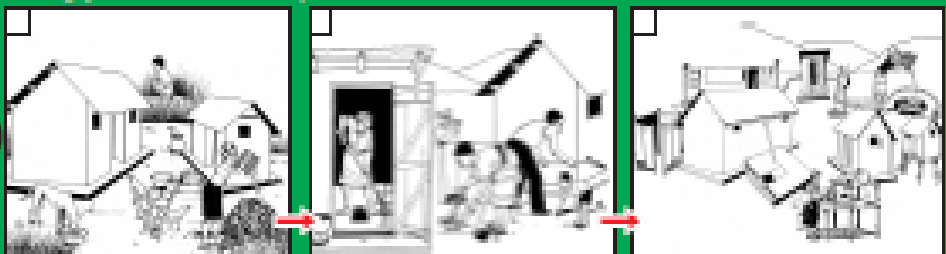
Safe water handling

5




Cleaning your house and compound

6



Keeping latrine clean

7



Essential times for hand washing

8



Integrated **WASH** & **Nutrition** Activity in Mali

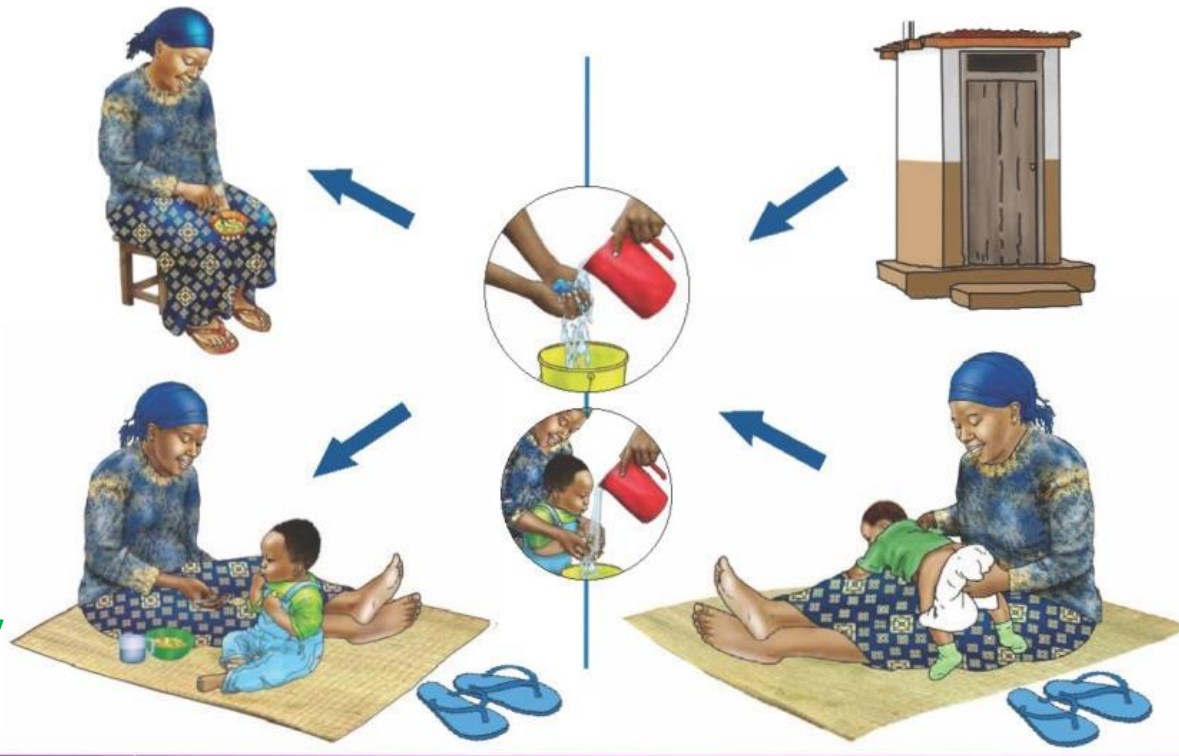
- WASH and nutrition components implemented by same implementing organization, from the start.
- Working towards establishing a regional body to coordinate WASH and nutrition interventions.
- Community selection done deliberately to target communes and communities with high rates of malnutrition and low prevalence of latrine use.
- WASH/Nutrition linkages made at regional and national levels, e.g. national and regional CLTS forums



Integrated WASH & Nutrition Activity in Mali

5 themes

- Hand washing with soap
- Safe disposal of infant feces
- Safe water treatment and storage
- Exclusive breastfeeding
- Complementary feeding



Activities

- Community-led total sanitation with sanitation marketing
- Screening and referring malnourished children
- Rehabilitating of water supplies and promoting of point of use water treatment
- Cooking demos w/ HW and POU promotion

Working through community health workers to promote an integrated set of Small Doable Actions to mothers with infant children

Uganda



Integrating WASH HIV/Nutrition



Integrating WASH “Straight” Nutrition



Small Doable Actions For Keeping Food Safe: Food Handling & Preparation

It is especially important to wash hands and food containers with soap and flowing water before handling food to minimise the risk of germs. Adhere to all personal hygiene practices like keeping fingernails short while handling food.



- ◆ Construct a tippy tap close to the kitchen to ensure hand washing with soap.
- ◆ Wash hands with soap before preparing food.
- ◆ Keep fingernails short and clean.
- ◆ Prepare raw meat or fish away from other raw foods. Don't allow juices to touch other foods.
- ◆ Wash area where food is prepared at least daily, with water and Jik, if available, otherwise soap.
- ◆ Wash raw vegetables and fruits under running water to remove germs, insects, and chemicals.
- ◆ Keep animals (such as chickens) away from food preparation area.
- ◆ Wash all the knives, cutting boards, and plates used after cutting fresh meat with soap and water.
- ◆ For utensils used to handle cooked and ready-to-eat food, wash with soap and water and store on shelf or wall.

RAINWATER HARVESTING OPTIONS

RAINWATER HARVESTING IS A SUPPLEMENTARY WATER SOURCE. It is a free and cheaper option and enables households to increase access to water. It reduces distance to the collection point. It is friendly to conservation of our environment.



1
Rainwater harvesting without gutters
This is not an effective option.



2
Rainwater harvesting in a drum using one gutter



Cut out iron sheets to make gutters and delivery pipes. Use wires to mount gutters onto the roof.



3
Rainwater harvesting with a water jar



4
Rainwater harvesting with a cistern

HOW TO
REPAIR
CORROSION



Place
before
Measure
me



Make a cover for the pit by using iron sheets.

Cut out iron sheets to make gutters and delivery pipe. Use wires to mount gutters onto the roof.

Finally fit the delivery pipe from the gutter to the cistern to have a complete rainwater harvesting cistern.

Make a bucket from a used 5 litre jerry can, a stick and strong nylon twine or nails.

OUR OWN
metres | Lock



Line pit with a tarpaulin. Note how to
/fix the tarpaulin



Always use clean containers to draw water from your cistern.

Make certain that children cannot get access to play in the water, to dirty it OR TO FALL IN!!
Make certain no chickens or other animals' faeces can contaminate the tank!





WaterAid

washplus
Supportive Environments for Healthy Communities

Co-location of WASH activity *to increase access to water and sanitation*



“Stand Alone” WASH and ... Connecting WASH & Nutrition in Farmer Field Schools



Promoting Small Doable Actions in Courtyard Sessions

Full modular curriculum, w/ focus on HW
after defecation AND before food prep and
feeding

Installation of TIPPY TAPS as
“enabling technology” and
reminder

Working to support USAID
nutrition projects active in our
areas to integrate WASH...

Reviewed guides

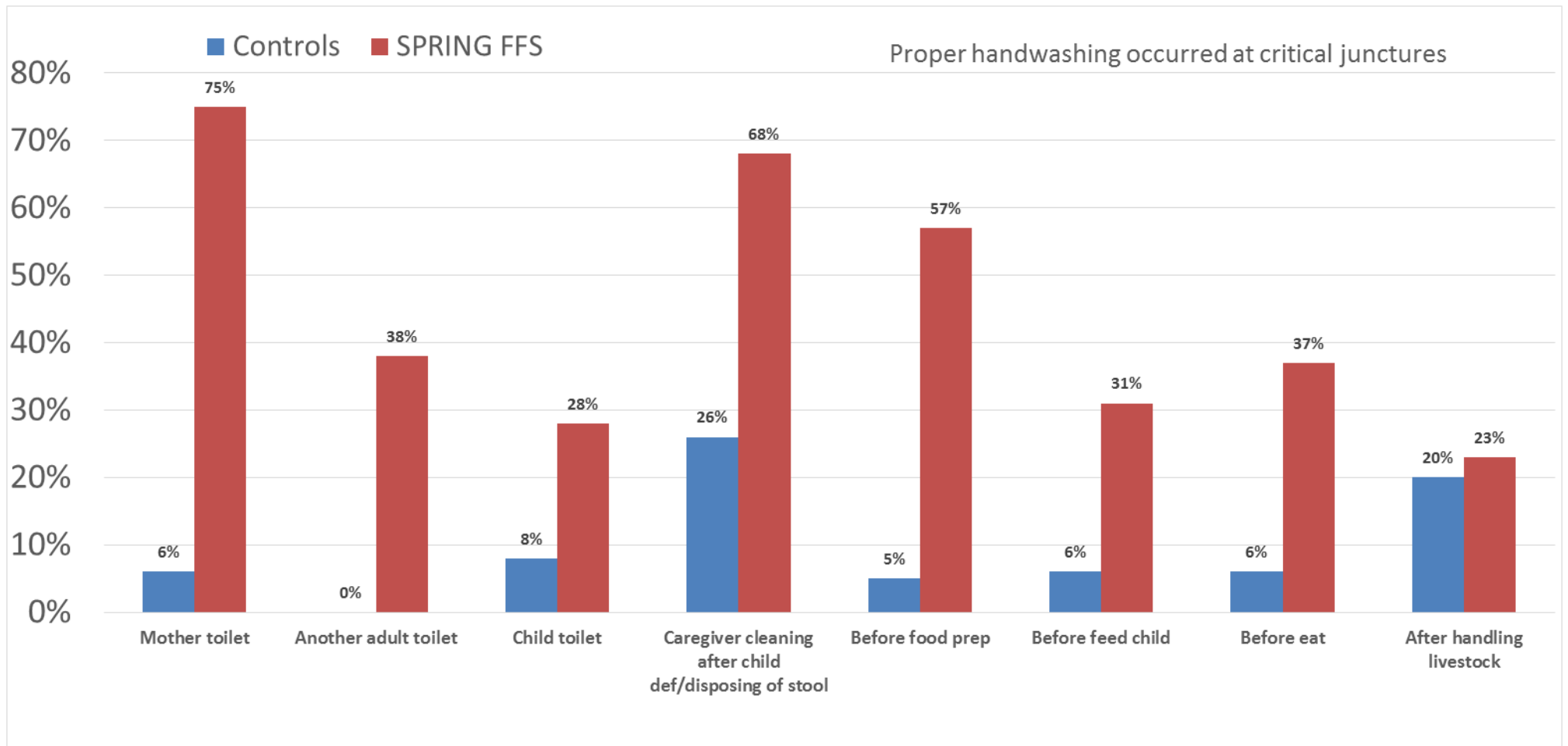
Trained trainers

Project provided cascade training



Preliminary Results: Handwashing Among Farmer Field School Participants *compared to control group*

Most of observed FFS graduates had **TWO Tippy Taps**: near latrine & ANOTHER near kitchen







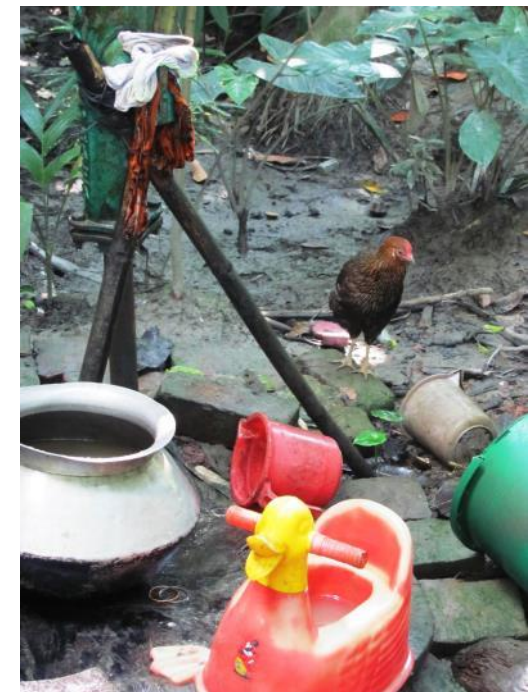
Small Doable Actions for Safe Feces Disposal

e.g. Using Potties/Emptying/ Cleaning Potties

- * Put ash in bottom of potty
- * Rinsing /cleaning potties – disposal of waste water AWAY from well



	CLEANING	SMALL DOABLE ACTION TO IMPROVE
INFANT		
Katha (old)	Put the baby	
Diaper/ Par	Use cloth	Use the trowel/ho, take it to the toilet
Rubber /Pla	Use to clean him completely	Plastic sheeting
	Soap	Plastic pants
When they know, they stand them up	Anticeptic (savlon) just one	
Use the trowel/ho, take it to the toilet	Put the baby	
	Clean themselves/sari /camis	
	Then took feces toilet	
	Few admitted toss in ditch, bush, garbage pit	
	Really insistent NOT in pond, not in garden	
	Throw into water body that they don't drink (e.g. canal)	
TODDLER (but we need a name)		
Some said as of 6 months ... start using potty	Take it to the latrine	
Like the potty, use it like a toy	Put water	
They just know.... When kid has to go	Dump it	
They talk to them	Brush	
They make noises... they tell stories	Detergent powder, clean it, dry it	
Some were duck, some weren't	Others... Tube well, clean it with soap	



Integrating **WASH** & **Nutrition** Activities Across WASHplus Countries



- Documented project outputs
- 1000s more latrines, more waterpoints, tippy taps, handwashing in 3 countries
- Don't yet have endline results
- Numerous Implementing Partners trained in 3 countries and operating with integration focus and new skills
- Resources, capacity building materials, job aids available

Challenges to Integration...

- If not planned from the start, indicators/ frameworks aren't in place to support integration
- Lack of evidence (yet!) that integrated programming is 'better' than the sum of its parts
- Really not 2-way integration
- Attribution difficult
 - Integration
 - Short time frames



Thank you !!

More information or questions: www.washplus.org

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