

WASH and Nutrition Integration and Small Doable Actions



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SuSanA WASH and
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Stockholm
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- WASH and HIV
 - WASH and Neglected Tropical Diseases
 - WASH and Nutrition
 - WASH in Schools
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- Information on WASHplus' work on integration
www.washplus.org

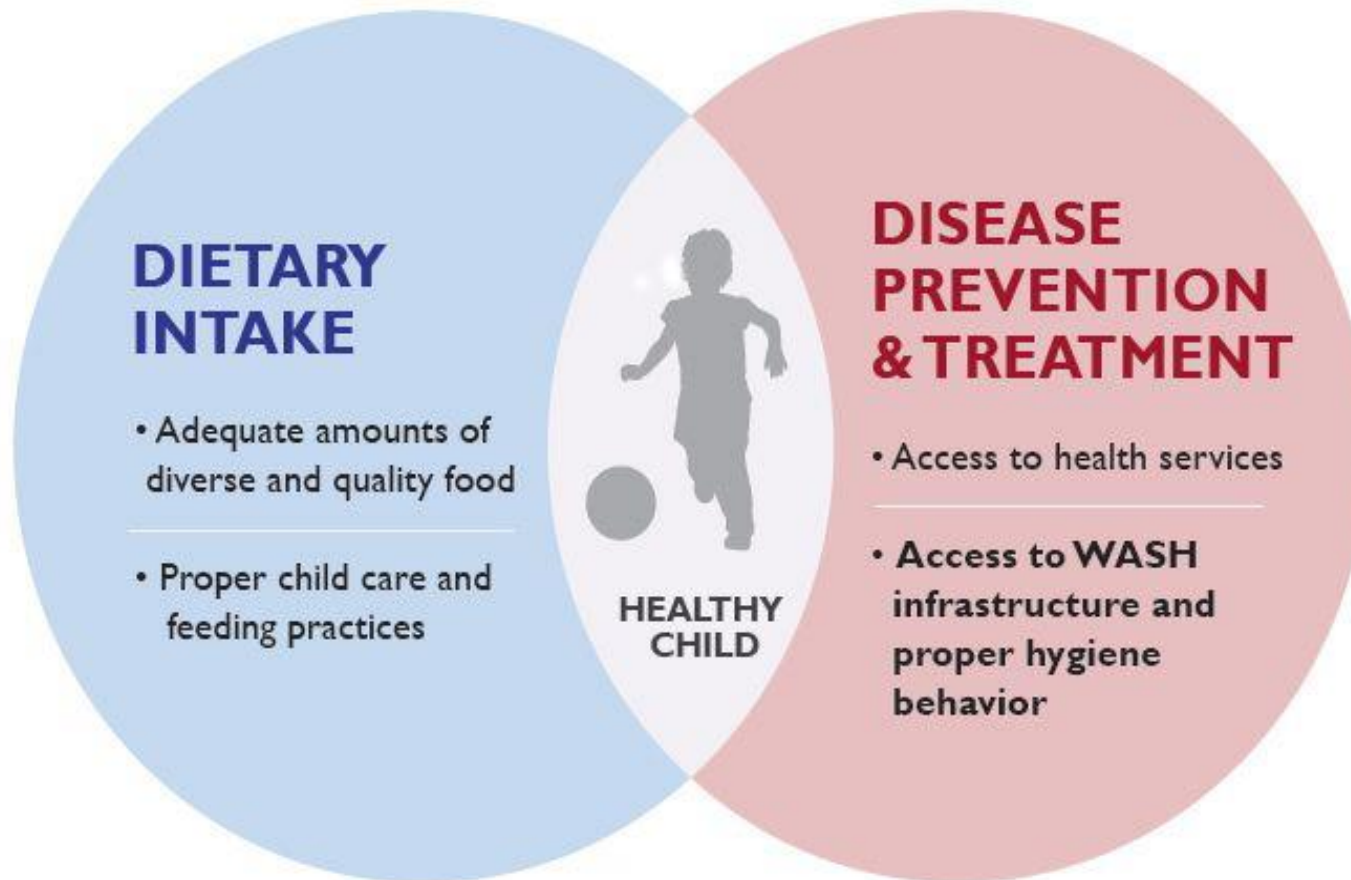


Integrating Safe Water, Sanitation,
and Hygiene into Infant and Child
Nutrition Programmes

A Training and Resource Pack for Uganda

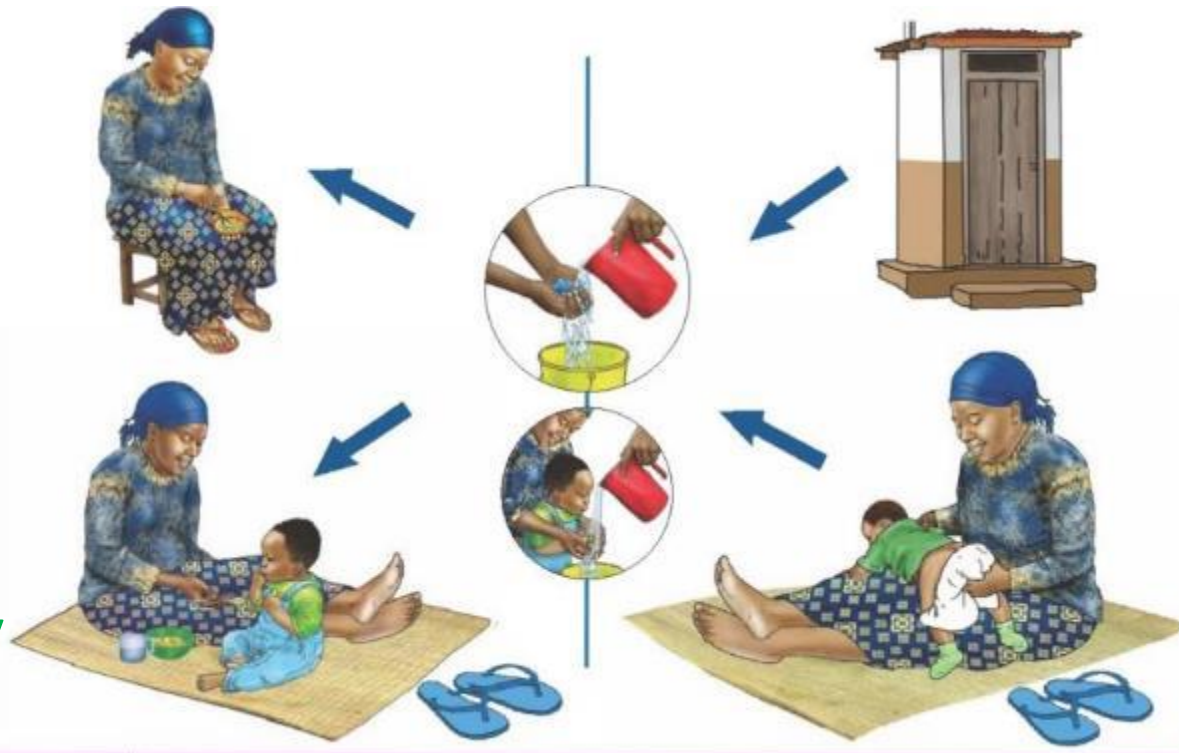
NOVEMBER 2014

Conceptual Framework for Child Nutrition



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

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 faeces

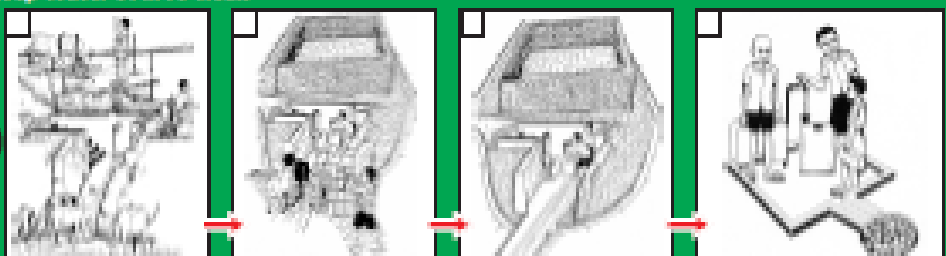
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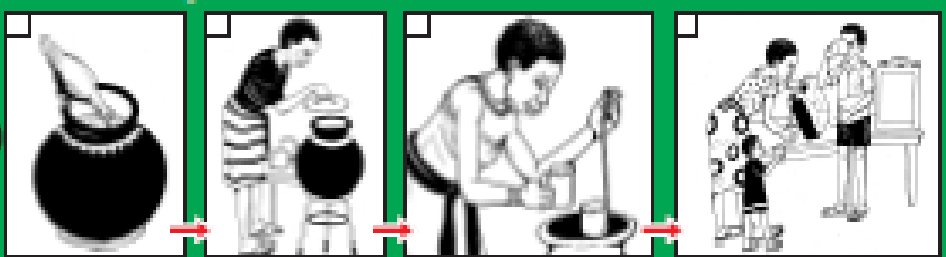
Washing hands with soap/ash after defecation

3 

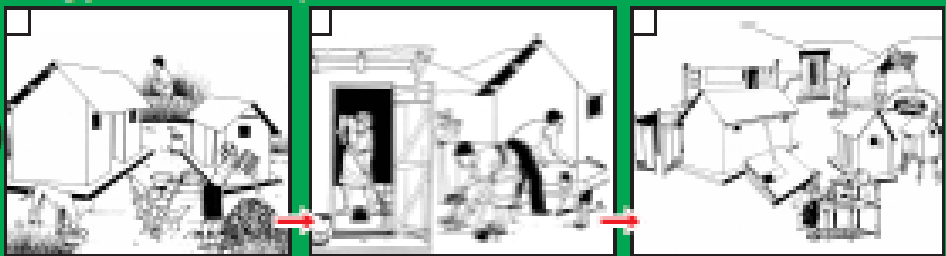
Keep Water source clean

4 


Safe water handling

5 


Cleaning your house and compound

6 

Keeping latrine clean

7 

Essential times for hand washing

8 

Thank You!!

For more information or questions

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