Integrating WASH into Nutrition Programs

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USAID WASHplus Project
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
Focus on WASH behaviors for Diarrhea Disease Reduction….

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: ___________________________
Dates of Visits: ___________________________

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 security 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 feaces

1. [Diagram of disposal]
2. [Diagram of disposal]
3. [Diagram of disposal]

Safe water handling

4. [Diagram of water handling]
5. [Diagram of water handling]

Cleaning your house and compound

6. [Diagram of cleaning]
7. [Diagram of cleaning]

Keeping latrine clean

8. [Diagram of latrine cleaning]

Essential times for hand washing

9. [Diagram of hand washing]
10. [Diagram of hand washing]
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
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

3. Rainwater harvesting with a water jar
   Cut out iron sheets to make gutters and delivery pipe. Use wires to mount gutters onto the roof.

4. Rainwater harvesting with a cistern
   Make a DFPIF from a used 5 litre Jerry can, a stick and strong nylon twine or nails.

5. 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!
Co-location of WASH activity
to increase access to water and sanitation
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**

- **INFANT**
  - **Katha (old sari quilt)**
  - **Cleaned the baby**
  - **Diaper/ Pamper/ Cloth/rag (soft)**
  - **Use the cloth**
  - **Use the trowel/hoe, take it to the toilet**
  - **Rubber /Plastic sheet (under katha)**
  - **Water to clean him completely**
  - **Plastic sheeting**
  - **Soap**
  - **Plastic pants**
  - **When they know, they stand them up**
  - **Use the trowel/hoe, take it to the toilet**
  - **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**

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<tr>
<th><strong>CLEANING</strong></th>
<th><strong>SMALL DOABLE ACTION TO IMPROVE</strong></th>
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<tbody>
<tr>
<td><strong>INFANT</strong></td>
<td><strong>Put ash in bottom of potty</strong></td>
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<tr>
<td></td>
<td><strong>Rinsing /cleaning potties – disposal of waste water AWAY from well</strong></td>
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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:

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