

PROVEN INTERVENTIONS In WASH and Nutrition



Renuka Bery

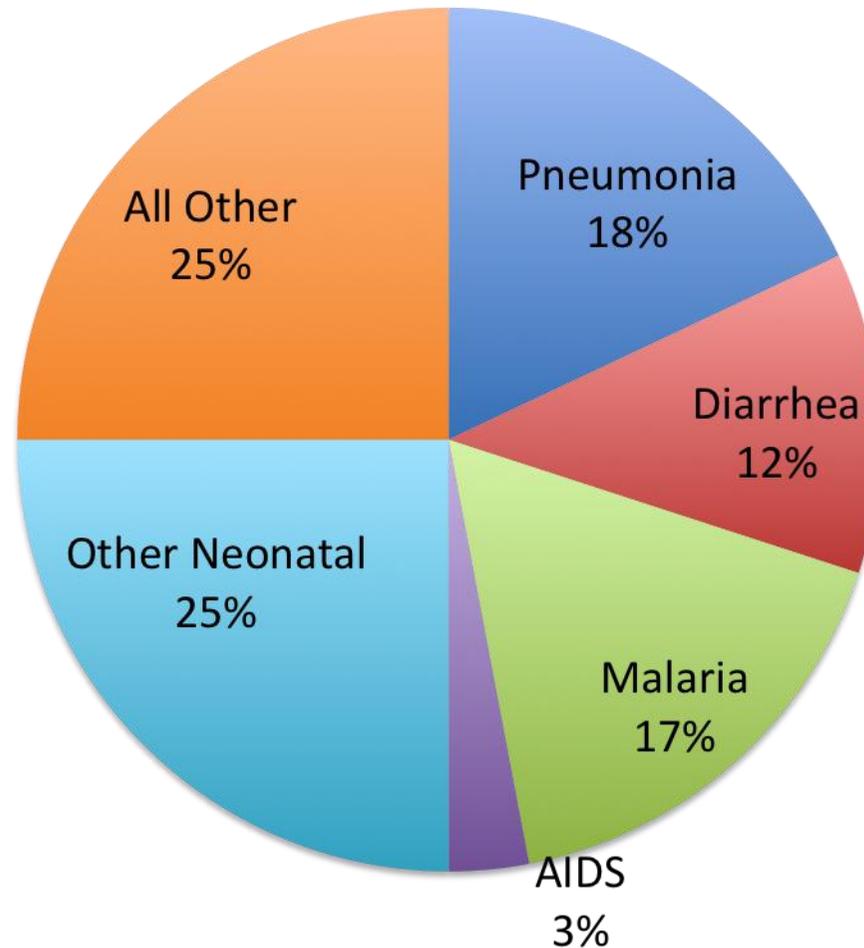
Building Blocks for Healthy Communities Side Session

UNC Water and Health Conference

November 2, 2012

Causes of under-5 Child Deaths

Globally, more than one-third of under-five deaths are attributable to undernutrition



SOURCE: CHERG 2012

What supports child nutrition?



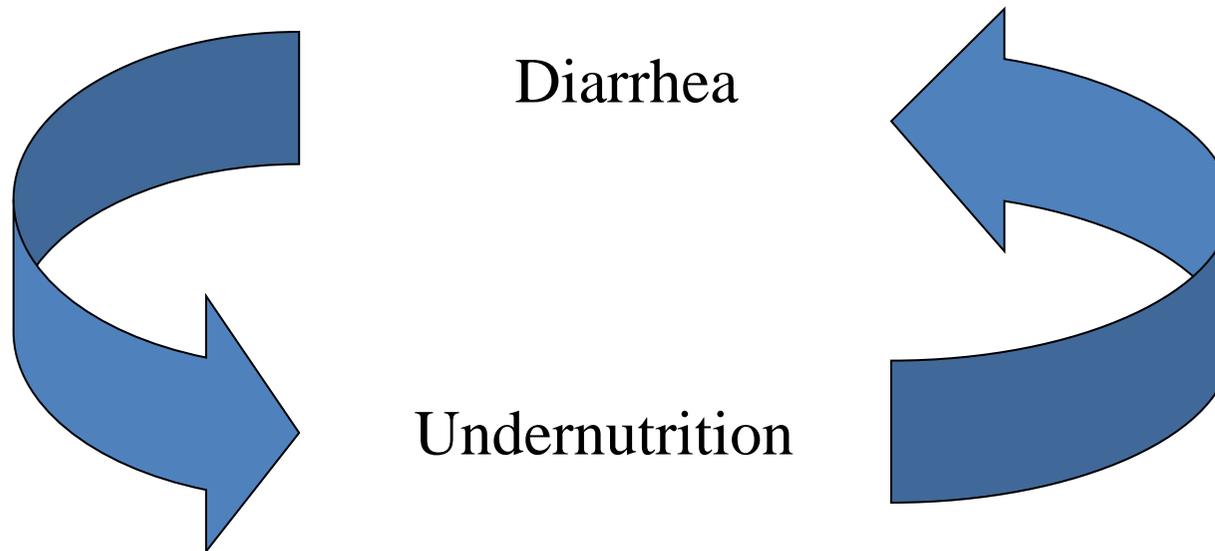
Child Nutrition

Access
to food

Improved
maternal
and child-
care
practices

Access to
water/
sanitation/
hygiene
and basic
health
services

A Vicious Cycle



- Children with diarrhea tend to eat less
- With diarrhea, nutrients from food are not well-absorbed
- Undernourished children are more susceptible to diarrhea

Nutrition Interventions

- ***Behavior change interventions***
- ***Micronutrient and deworming interventions***
- ***Complementary and therapeutic feeding interventions***



Behavioral Nutrition Actions

- Proper maternal nutrition
- Early breastfeeding initiation and exclusive breastfeeding of infants less than 6 months
- Appropriate introduction of complementary foods including sufficient quantity of food and dietary diversity and feeding frequency



Essential Nutrition Actions

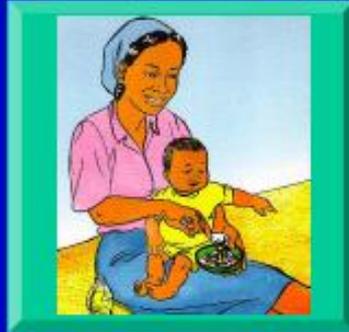
ENA

Based on proven behaviors

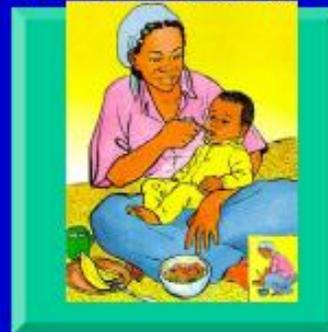
Breastfeeding



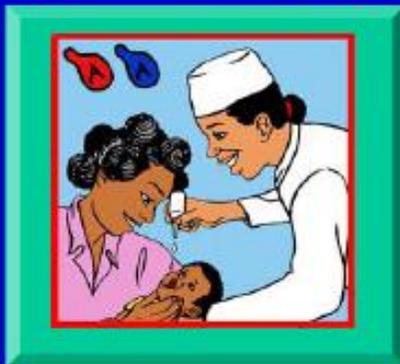
Complementary Feeding



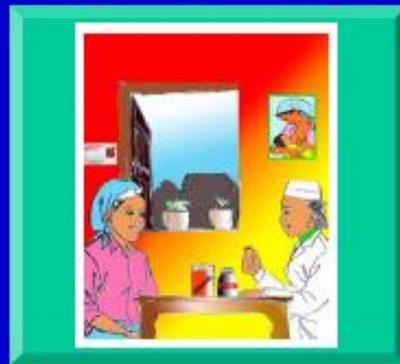
Feeding of sick children



Women's Nutrition



Vitamin A

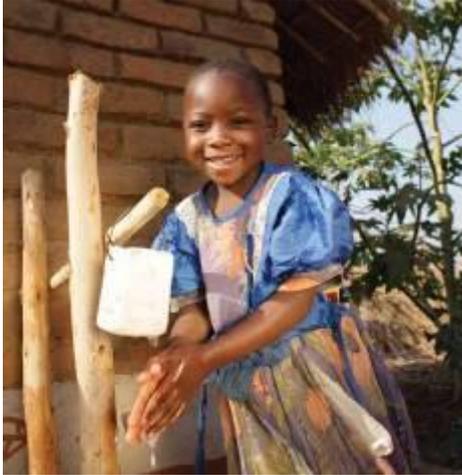


Anemia

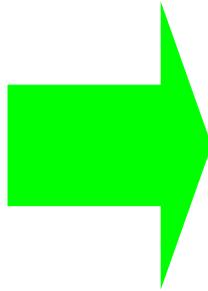


Iodine

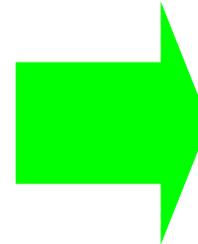
Key WASH Interventions and Diarrheal Disease Reduction



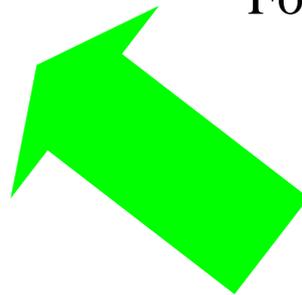
Handwashing with
soap



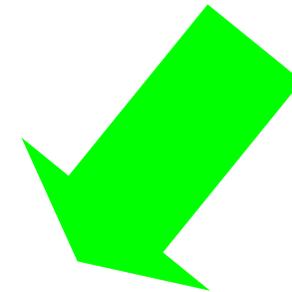
Food hygiene



Treatment and safe
storage of drinking water



Safe disposal of
feces



Hygiene Improvement Framework (HIF)



Thank You

