

# **WASH for health: reframing water and sanitation to address malnutrition in the Pacific**

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WaterAid Australia



# Why integrate?

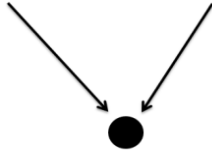
- Poverty and health challenges interact within people's lives, but health programs tend to focus on curative and biomedical interventions; ignore preventive interventions
- Better programmatic links between prevention and cure have potential for **better impact** (e.g. elimination, sustainability) and **value-for-money**

# Not just taps and toilets

- Changing the way we think about WASH - **moving beyond infrastructure**
- Water, sanitation and hygiene plays a **fundamental role** in improving health outcomes
- Health impact of WASH infrastructure limited without good hygiene and sanitation practices – **WASH needs to be integrated too!**
- WASH **behaviour change** for better health promotion

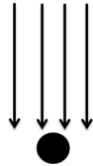


# How do we integrate?



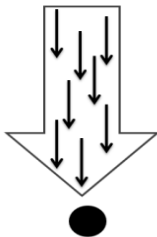
## **Convergence:**

To converge – to come together and unite in a common interest or focus



## **Coordination:**

To coordinate – to bring into common action, movement or condition



## **Integration:**

To integrate – To make into a whole by bringing all parts together; unify

*NB: several definitions across disciplines (e.g. IMCI, NTDs)*

# What does this look like in practice?

## Papua New Guinea: Anglicare and WaterAid addressing health issues for people living with HIV

**90%** of people living with HIV

are vulnerable to infections and 90% will experience diarrhoea



Water, sanitation and hygiene prevents the spread of diarrhoea by

**44%** 

hand washing with soap

**17%** 

clean safe water

**36%** 

sanitation



**65%**   
preventions

65% the percentage of diarrhoeal deaths prevented when water, sanitation and hygiene behaviours are practiced together

# 8 'Doable Actions'



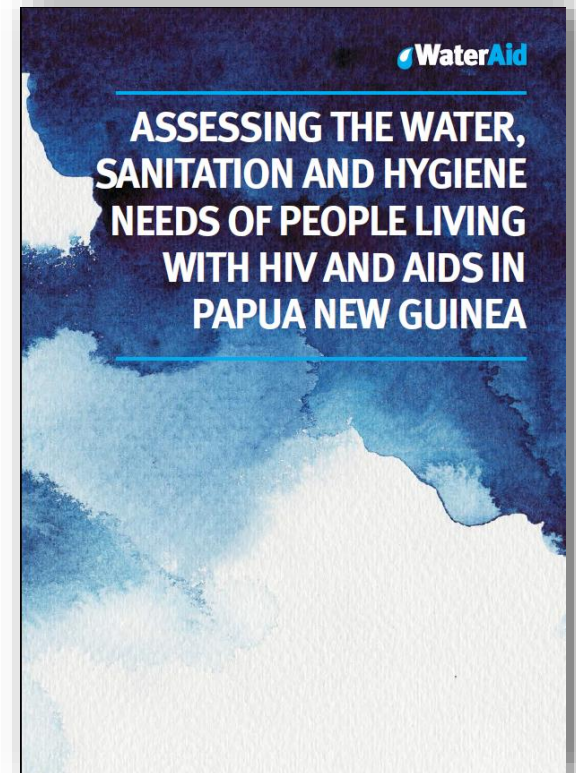
- Treat drinking water
- Safely store treated water
- Safe handling and disposal of faeces



- Diarrhoea management
- Menstrual hygiene management



- Promote handwashing
- Personal and environmental cleanliness
- Safe food storage



# WASH for health challenges in the Pacific



Image: Pasifika Media Association

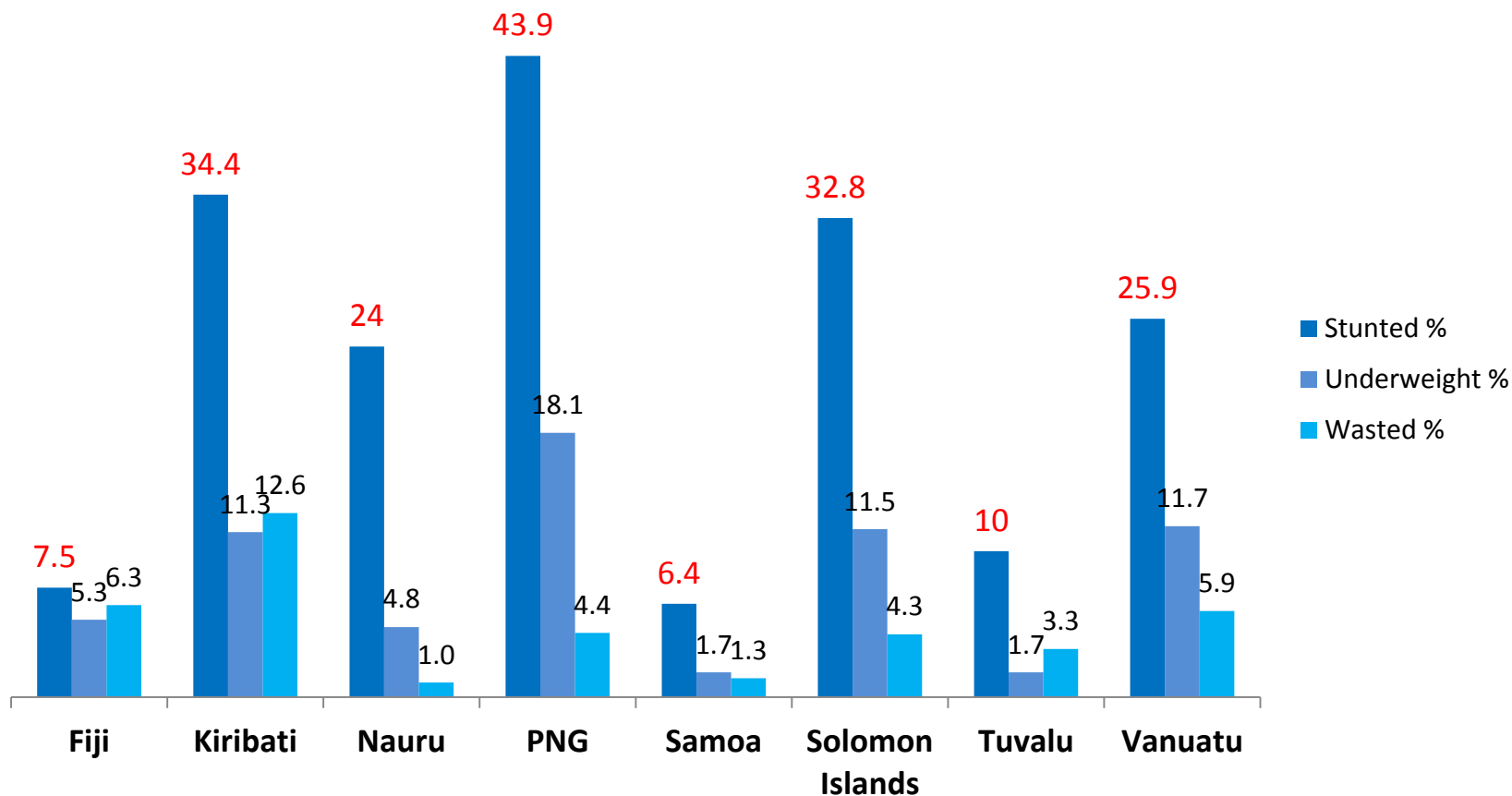


# Malnutrition in the Pacific

- The **double burden** – can't just talk about under or overnutrition
- Focus on rates of overweight and obesity, leading to NCDs but can't forget that **undernutrition and stunting** is still a significant problem



# Stunting in children under 5




Global Health Observatory Data Repository (WHO, 2014)

# The Barker Hypothesis

- Critical/sensitive periods in development during which lasting effects can occur
- Undernutrition at different stages of pregnancy, and in infancy, leads to:
  - Cardiovascular disease
  - Hypertension
  - Diabetes mellitus
  - Abnormal cholesterol levels

# A holistic approach to nutrition programming



Safe water  
Safe sanitation  
Good hygiene  
practices

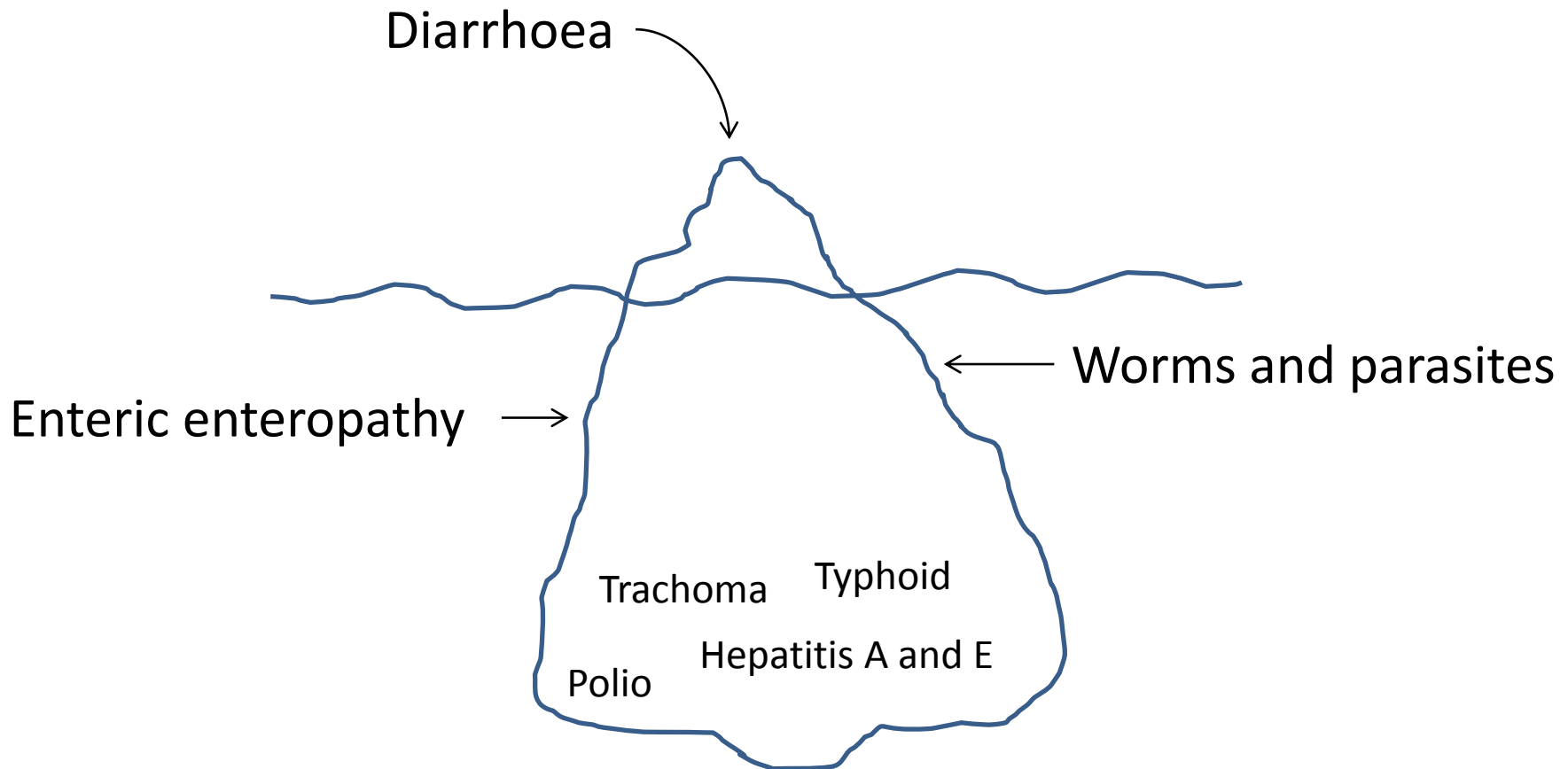
Curative

# Prevention is the neglected approach

**Absorption**

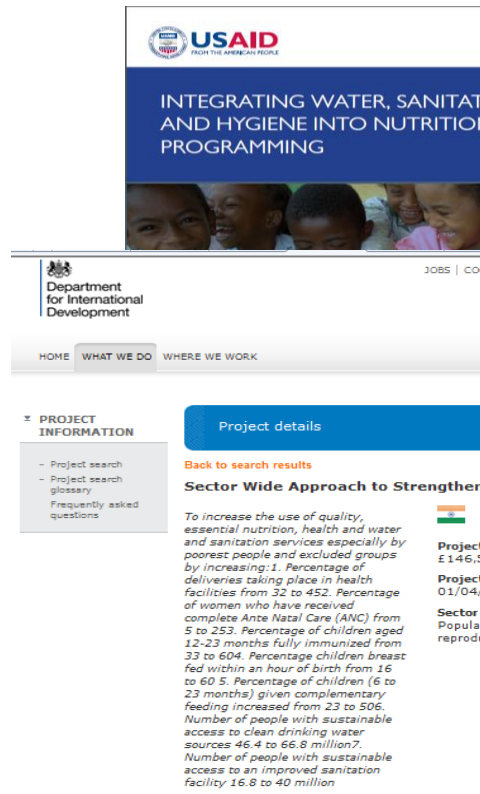
**Antibodies**

**Allopathogens**






# Current guidelines and programs



USAID FROM THE AMERICAN PEOPLE

wash+plus Supportive Environments for Healthy Communities

## INTEGRATING WATER, SANITATION, AND HYGIENE INTO NUTRITION PROGRAMMING



Department for International Development

HOME WHAT WE DO WHERE WE WORK

PROJECT INFORMATION

- Project search
- Project search glossary
- Frequently asked questions

Project details

[Back to search results](#)

### Sector Wide Approach to Strengthen

To increase the use of quality, essential nutrition, health and water and sanitation services especially by poorest people and excluded groups by increasing: 1. Percentage of deliveries taking place in health facilities from 32 to 452. Percentage of women who have received complete Ante Natal Care (ANC) from 5 to 253. Percentage of children aged 12-23 months fully immunized from 33 to 604. Percentage children breast fed within an hour of birth from 16 to 60.5. Percentage of children (6 to 23 months) given complementary feeding increased from 23 to 506. Number of people with sustainable access to clean drinking water sources 46.4 to 66.8 million7. Number of people with sustainable access to an improved sanitation facility 16.8 to 40 million

Project £146,3

Project 01/04/

Sector Popula

repro



Public Disclosure Authorized

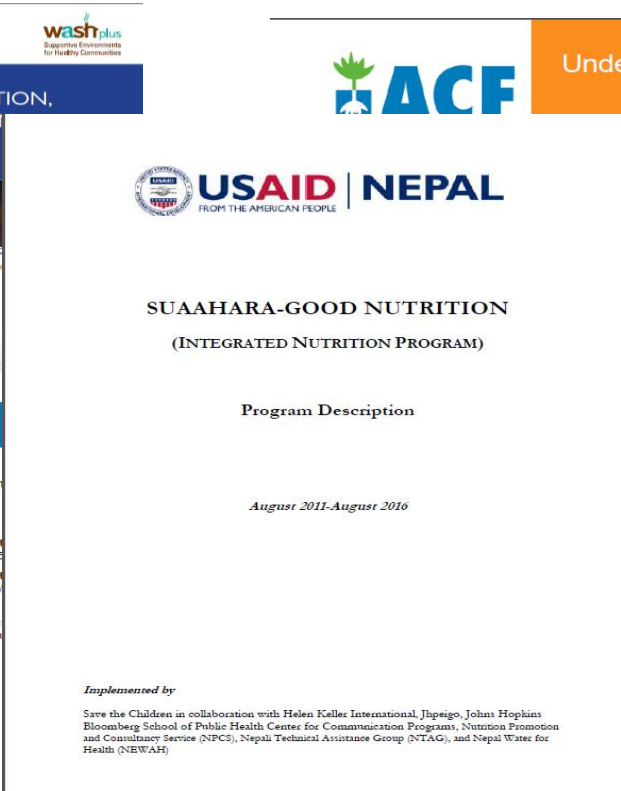


DFID Department for International Development



GOVERNMENT OF JAPAN

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## SUSAHARA-GOOD NUTRITION

(INTEGRATED NUTRITION PROGRAM)

### Program Description

August 2011-August 2016

Implemented by

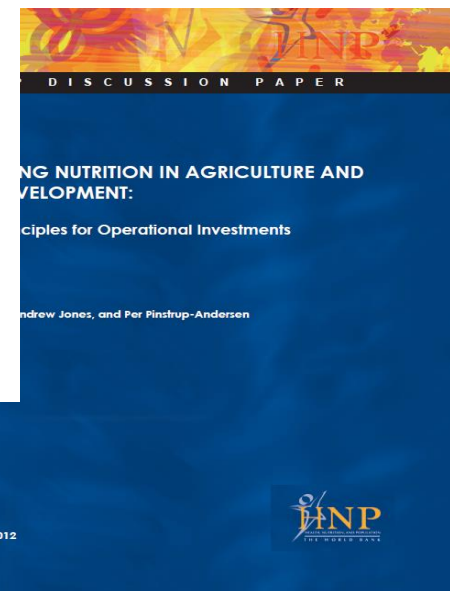
Save the Children in collaboration with Helen Keller International, Jhpiego, Johns Hopkins Bloomberg School of Public Health Center for Communication Programs, Nutrition Promotion and Consultancy Service (NPCS), Nepal Technical Assistance Group (NTAG), and Nepal Water for Health (NEWAH)



Undernutrition: What works?

A policy briefing

Executive summary January 2011



INP

DISCUSSION PAPER

## NG NUTRITION IN AGRICULTURE AND DEVELOPMENT:

Principles for Operational Investments

Andrew Jones, and Per Pinstrup-Andersen

November 2012

INP THE WORLD BANK

# Scale Up Nutrition (SUN)

## Nutrition Specific

e.g.

- Micronutrient supplementation
- Deworming
- Treatment of severe acute malnutrition
- Exclusive breastfeeding

## Nutrition Sensitive

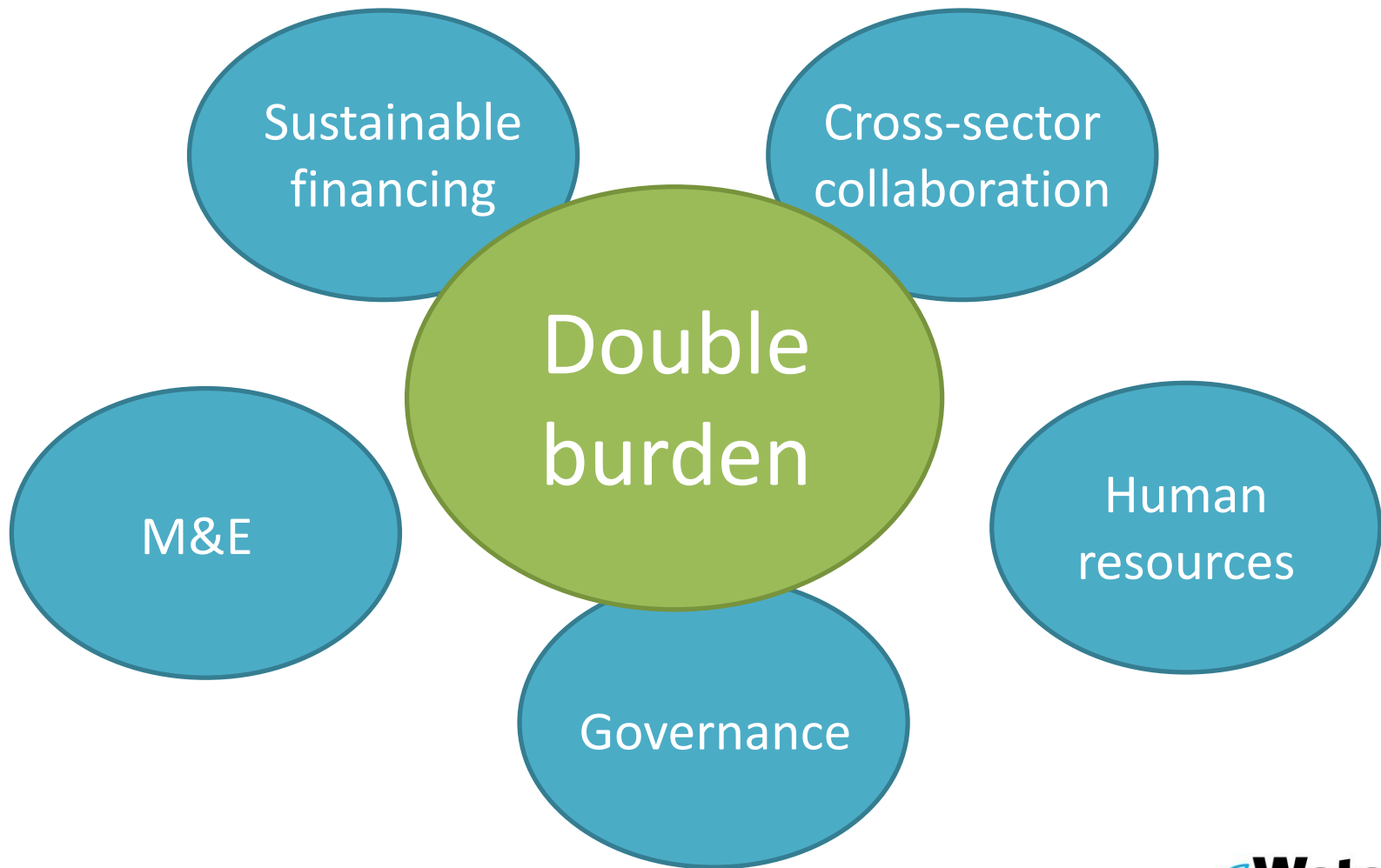
e.g.

- Reproductive health services
- Cash transfers
- Promote school attendance for females
- Access to safe water and sanitation

Only **20%** of stunting will be averted if there is **90%** coverage of nutrition-specific interventions

Nutrition-sensitive interventions are needed to address the remaining **80%**

# Challenges



# The change we need to see

**Behaviour change** for communities but  
also for donor agencies, NGOs,  
governments

Need to think how we **collaborate and  
integrate**



# The change we need to see

WASH  
WASH HEALTH WASH  
WASH  
WASH  
WASH HEALTH  
WASH HEALTH  
HEALTH T A W  
H L A  
T WASH S  
HEALTH  
WASH

# Thank you

