Strategia Netherlands

Name of the student: Mayen Chol Yak Makuoc

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**ASSIGNMENT 1**

1. **Suppose you work with a community radio station, describe what your radio station would do to address water, sanitation and hygiene issues with regard to your i) audience, and ii) WASH messages?**
2. Radio campaigns are efficient tools that are intended to influencing public opinion because it reaches a wider audience than any other medium, and is accessible to people who are otherwise isolated by geography, conflict, illiteracy or poverty (WATERAID & WSSCC 2003). It is a communication medium that can reach a large audience, including those with few or no literacy skills, at a low cost per person. The repetition and simplicity of radio spots makes them easy for people to remember and assimilate long-term. It can help improve sustainability of the hygiene awareness-raising and sanitation promotion approach **(Denis DÉSILLE, Jihane RANGAMA (2014) Hygiene-awareness raising and sanitation promotion strategy.**

As working in a community Radio Station, I would identify and target both primary and secondary audiences as far as their influence on decisions pertaining issues to do with water, sanitation and hygiene is concerned for they are part of daily life. The Primary target audiences are those who carry out risk practices (for example, mothers, and school children) while Secondary target audiences are the immediate society of the primary audience who influence them (e.g. fathers, school children, mothers-in-law). There is a third target audience which is very important in influencing the decisions; they are people such as opinion leaders such as religious, political, traditional Leaders and elders. They can have a major influence on the success of the programme, as can partner and collaborating agencies. (UNICEF, 1999) **Water, Environment and Sanitation Technical Guidelines Series No. 6.**

By targeting both primary and secondary audiences in my radio programs to discuss WASH related issues, I would engage them to discuss such issues pertaining management of the following:

1. ***Provision of safe water for drinking***, washing and domestic activities, this entails that providing safe drinking water, washing and domestic activities is very important for human daily activities as it is key to their lives and development.
2. ***Safe removal of wastes (toilets and waste disposal),*** Proper waste disposal is critical due to the fact that certain types of wastes can be hazardous and can contaminate the environment if not handled properly. These types of waste also have the potential to cause disease or get into water supplies. There are rules and regulations in place for how specific types of waste should be disposed of. Following them allows for toxic waste to be safely discarded without the risk of environmental contamination. This can be comprehended in the management and proper waste disposal for environmental and public health.

**Proper Waste Disposal and Environmental Health**

Hazardous wastes that are not properly disposed of can leak and contaminate soil and water, which can lead to issues with both the environment and human health. Burning the wrong types of waste can release gases into the atmosphere. When waste is properly discarded, special liners are used to prevent toxic chemicals from leaking out and precautions are taken so that any methane related to burning trash is safely contained.

**Proper Waste Disposal and Public Health**

When waste is disposed of properly, it helps to prevent additional pollution which can improve public health. Polluted air increases the risk of respiratory illness. Waste that is properly disposed of has a lesser chance of getting into the water supply and causing illness. In the 1980s, there was an incident in New Jersey in which unregulated dumping led to a chromium poisoning epidemic in a local school.

1. ***Promotion environmental hygiene activities***, by promoting environmental hygiene, you do the following activities, Use safe drinking water, hand washing with soap/ash, vector control and management, proper refuse and liquid waste management, provision of food safety and healthful housing.
2. ***Encourage protective healthy behavioural practices amongst population (whether or not affected***). To encourage protective healthy behavioural practices is by promoting best hygiene behaviours, providing safe drinking water, promoting construction of sanitation facilities and using them and reducing environmental risks practices.
3. **WASH Messages:**

The WASH messages that I would run on the program and share and discuss with my audiences in the Radio Station include the following:

1. **Personal hygiene** refers to maintaining cleanliness of one's body and clothing to preserve overall health and well-being. This practice includes bathing, washing your hands at five critical moments, brushing your teeth, hair washing and washing and airing bedding regularly. Every day, a person probably comes into contact with millions of outside germs and viruses. They can linger on your body, and in some cases, they may make you sick. Personal hygiene practices can help you and the people around you prevent diseases. They can also help you feel good about your appearance.
2. ***Hand washing with soap/ash at five critical moments*** of, Before eating, before preparing food, before feeding a child, after cleaning baby’s bottom and after defecation and while washing your hands, take three steps to ensure effective cleanliness of the hands by Washing both hands with water and soap/ash/detergent, then rub the front and back of your hands and in between your fingers at least three times and finally dry your hands. Emphasize on the use of soap or alternatively ash because some people are ignorant or culturally held back. Lack of soap and hand-washing facilities, cultural factors, such as people using ash or soil for hand-washing and a reluctance to talk openly about sanitation issues, can prevent people from protecting their health. **BBC Media Action (2017) WASH issues in Kenya**
3. ***Hair washing or brushing*** is very important for hair hygiene and the message should be washing your hair frequently to reduce the swelling of hair tube and stimulate circulation, and to keep hair clean from bacterial diseases.
4. ***Brushing teeth regularly*** has to be emphasized because it removes plaque, a sticky, harmful film of bacteria that grows on your **teeth** that causes cavities, gum disease and eventual **tooth** loss if not controlled.
5. ***Bathing regularly*** to maintain good health and protecting you from infections, illnesses and ailments.
6. ***Washing and airing beddings regularly*** to kill dust mites and keep your bedding clean.
7. **Environmental hygiene** such as storing food in clean and covered containers, washing food before cooking, drinking from safe water sources, boiling and filtering unsafe water for drinking for it is likely contaminated. I will also emphasise that Good-quality housing is a key element for ensuring a healthy community. Poor housing can lead to many health problems, and is associated with infectious diseases such as tuberculosis, stress and depression. Everyone should therefore keep good-quality housing and a pleasant home environment so that it makes healthy and happy.
8. **In your own words, what is your understanding of public health and what are its key elements?**

Public health is the practice of preventing diseases and promoting good health within groups of people, communities and entire countries. It can be further defined as the science of protecting the safety and improving the health of communities through education, policy making and research for disease and injury prevention, mmonitoring the health status of a community to identify potential problems. Policy development and population health surveillance is another part of public health because policy development is crucial in addressing public health issues becausePublic health professionals rely on policy and research strategies to understand issues such as infant mortality and chronic disease in particular populations while Public health professionals are concerned with the public health of the community or population, they can ensure that the following ten public health element are followed.

* Monitor the health status of a community to identify potential health problems
* Diagnose and investigate health problems and hazards in the community
* Inform, educate, and empower people about health issues, particularly the underserved and those at risk
* Mobilize community partnerships to identify and solve health problems
* Develop policies and plans that support individual and community health efforts
* Enforce laws and regulations that protect health and ensure safety
* Link people to needed personal health services and ensure the provision of health care when otherwise unavailable
* Ensure a competent public health and personal health care workforce
* Evaluate effectiveness, accessibility, and quality of personal and population-based health services
* Research new insights and innovative solutions to health problems

1. **Public health is about partnership between the different players. Explain how the role of international non-profit/NGO in terms of recruitment, training, funding and monitoring public health projects contribute to the success or failure of those projects in the developing countries.**
2. Recruitment

NGOs play significant role in helping the government in developing Countries in a way that hey reduce number of unemployed health workers in labour market by recruiting them for public health projects from the community/Country where the project is undertaken. This is very important to the success of the project because the people that will be recruited are familiar with the local context. Also the recruiting NGO will recruit highly qualified health personnel because they have attractive salary packages, they develop staffs capacity and provide conducive working environment, thus, motivating the employees to work towards the success of the project. And as a result, it attracts young graduates to seek jobs with NGOs. While challenges in hiring outside the public sector sometimes are difficult as NGOS struggle to meet donor deadlines, find qualified personnel and balance ethical responsibilities. According to research carried out by (**Health Alliance International, 2010)**, it showed that increased donor presence and funding has resulted in a higher demand for trained personnel in the health sector and as a challenge, it is very difficult to find the skilled workers as the number of medical colleges and nursing schools is not enough to meet the demand. NGOs are also often tempted to hire managers from the MOHs because they are under pressure from donors to get a project running quickly and do not have time to conduct a lengthy search or train new graduates. . NGO representatives also face ethical dilemmas about not hiring MOH staff who apply for openly advertised positions.

1. training

Capacity building trainings for public health workers is essential to the successes of the projects in development countries. Many NGOs capacitate the abilities of their health personnel towards achieving the goals of their projects. According to **(2008) NGO Code of Conduct for Health Systems Strengthening,** NGOs embrace the goal of strengthening educational institutions that train health workers. However, providing on-the-job continuous education, regular workshops and other short training programs for health workers already in service often divert health workers from their workday responsibilities, thus providing minimal benefit to the system as a whole. In order to avoid that, NGOs will preferably invest in long term commitments to pre-service education and training, particularly at the in-country university level where there can be lasting benefit. While in areas where health workers are scarce, international NGOs will adopt measures that increase the number and capacity of professionals in a country of operation over time. NGOs will support training in a broad sense to support both the service and management capacity of Ministry of Health; the goal is to transfer skills to national workers and eventually build sufficient capacity to obviate the need for international NGOs.

1. Funding,

Funding from NGOs contributes immensely to public health projects in developing Countries because most donations in aid are earmarked to health projects. Moreover the policies attached to funds for developments are so strict in a way that spending deviations outside the project targets are not allowed because of strong accountability attached. Most of the governments in developing Countries operate deficit budgets, thus leaving health sector with tight budgets which cannot meet the public health needs. NGOs’ supports have made Government supported programs more responsive to the needs of the people. As NGOs play complementary role to government efforts, the funding that comes from NGOs cover the budgetary gaps in public health projects and as a result, this can contribute to the success of health sector of a given Country. While public health funding is all about setting financing mechanism which calls for sharing responsibilities and cost between the government and the NGOs. The federal government sets specific standards and requirements, but the states have additional discretionary authority that can be used to shape benefits in their jurisdictions. Likewise Federal agencies could also encourage state and local matching by creating funding mechanisms and processes by which recipients can get substantial funding by demonstrating capacity, including resource matching or co-financing. Special consideration will be needed to facilitate equity among health departments, in as much as smaller jurisdictions may have less access to funds that could be offered as a match, **(2012 National Academies Press US.**

1. Monitoring

Monitoring of public health projects is critical as it identifies the gaps and successes of the project. In order to ensure that the services reach target beneficiaries, shared monitoring has to be done by the NGO, government and the community in which the project is implemented. This helps in identifying the areas that need more focus and it establishes whether the projects implemented have achieved the targeted goals and meet the timelines.

According to research carried out in India in 2010, the prerogative of the Government is to assess whether the national health programs under the health institution are able to achieve the targeted goals and meet the timelines. Looking at the quantum of these programs, the existing monitoring systems are inadequate to bring out optimal trend analysis of key performance indicators, **(2010) Indian Journal of community Medicines.**

Sometimes if monitoring mechanism of public health projects is designed poorly, it may not achieve sustainability. So as many projects succeeded in developing countries, the NGOs, government and the community of a given Country set strong monitoring mechanism that ensures sustainability to continue benefiting the target population.

(4) **In your capacity as the environmental health officer you have been tasked to lead the assessment of a disaster situation. Come up with two key questions under each of the following five headings in your assessment list , namely i) General overview of the situation ii)Water supply iii) Solid-waste disposal iv) Excreta disposal and v) Vector-borne diseases for purposes of assessing local conditions, health needs and identifying local resources in the disaster situation that you are addressing.**

1. **General overview of the situation**
2. **When did the disaster (outbreak of cholera) begin?**

It is about one week from now.

1. **How do you cope up with this situation?**

We boil water, clean and cover drinking water containers, digging emergency sanitation facilities more especially for children.

1. **Water Supply**
2. **What are your water sources?**

We have surface water such pools, rivers and springs while some underground water include hand-dug well and a few BHs.

1. **Do all the people in this area have access to safe water supply?**

Most of the people drink from surface water because the few Boreholes that are too far and congested, thus taking a lot of time to fetch water.

1. **Solid Waste disposal**
2. **How do you practice waste disposal at home?**

We just dump our waste nearby pit. We do not have the materials and equipment for collecting and disposing waste to the designated sites, so we do what we can at our level to ensure that we separate waste from where we live and keep our utensils dry and clean.

1. **What methods do you use to dispose solid waste?**

We do open burning or dump the waste into the water, excavate the land and bury it or ploughing in fields, sometimes.

1. **Excreta disposal**
2. **Where do you dispose your waste?**

We use open defecation because majority of people do not have access to pit latrine while a few people have pit latrines, they are used by public.

1. **Do all the people have sanitation facilities?**

No, only a few people have pit latrines because it is too expensive to construct, moreover, majority have a mindset that latrine is to smelly and that open defecation is just for oneself**.**

1. **Vector-borne diseases**
2. **What are the common vector-borne diseases in your area?**

The ones that we have here include relapsing fever (borreliosis), malaria, Schistosomiasis (bilharziasis), plague and typhus.

1. **What do you use to control them?**

We make sure that we keep the compound clean, keep away stagnant water and ensure that water is boiled and keep drinking containers clean and covered.

**The Reference**

1. (Denis DÉSILLE, Jihane RANGAMA (2014) Hygiene-awareness raising and sanitation promotion strategy
2. (UNICEF, 1999) Water, Environment and Sanitation Technical Guidelines Series No. 6.
3. BBC Media Action (2017) WASH issues in Kenya
4. (Health Alliance International, 2010
5. (2008) NGO Code of Conduct for Health Systems Strengthening
6. (2012 National Academies Press US.
7. (2010) Indian Journal of community Medicines.

NB: All questions carry 10 marks each