**Final examination**

**QUESTIONS**

1. **What is Sanitation and Hygiene?**

Sanitation is defined as tools and systems that preserve places clean, especially by eradicating human wastes. Sanitation is the process of providing services and facilities which safely dispose of human waste and maintain public hygiene. It is the process of making sanitary. Sanitation is the promotion of hygiene and prevention of disease by maintenance of sanitary conditions as by removal of sewage and trash.

While hygiene is the practice of keeping yourself and your existing environment and occupied areas clean in order to prevent infection and sickness. It is a science that deals with the taking up of good health.

1. **Why are water, sanitation, and hygiene important?**

Access to improve water and sanitation facilities does not on its own necessarily lead to improve health. To achieve optimal benefits of water, hygiene and sanitation measures, it is important to create public awareness of the link between poor sanitation and hygiene and the diseases. Sanitation is the process of providing services and facilities which safely dispose of human waste and maintain public hygiene.This includes using clean and safe toilets, keeping water sources clean and disposing of garbage safely. Sanitation is a global issue which affects the health and well-being of the population, food production and the environment. In poorer areas of the world like parts of Africa and India, the levels of sanitation are inadequate and there is an ongoing effort among governments and charities worldwide to improve public hygiene in these areas. The good hand washing practices have also been shown to reduce the incident of other diseases, notably trachoma, scabies and eye infections.The promotion of hand-washing with soap is also a key strategy for controlling the spread of Avian.

The four reasons of making sanitation and hygiene importance are;

**1-Under nutrition**

One-half of all under-nutrition is estimated to be caused by lack of access to safe drinking water, sanitation and hygiene.

**2- Women’s health**

Lack of water and toilets at schools, clinics and other public places prevents women from managing their menstruation hygienically, in privacy and with dignity, resulting in negative health impacts and perpetuating inequalities.

**3- Costly sewage**

Approximately 90% of untreated sewage is dumped into rivers, lakes, and oceans. This pollution affects water sources in the long term, disrupting ecosystems. The wildlife that inhabits these areas is not only harmed, but is in turn harmful to the people in surrounding communities. This environmental damage costs billions of dollars, affecting sustainability and the economy on a global scale.

**4-The Runs**

Diarrheal diseases are the leading cause of death in the developing world, particularly for children under five.

1. **What is open defecation?**

Open defecation is the empting of bowls in the open without the use of properly designed structures built for handling of human waste such as latrines. It is the human practice of defecating outside-in the open where a person uses fields, bushes or forests.Open defecation refers to the practice of defecating in fields, forests, bushes, bodies of water or other open spaces. Defecating in the open is an affront to dignity and risk to children’s nutrition and to community health. The elimination of open defecation is recognized as a top priority for improving health, nutrition and productivity of developing country populations and is explicitly mentioned in SDG target.

Effects of human health on open defecation are; Water borne diseases, Vector borne diseases, diseases exposure and malnutrition of children.

1. **What is Sanitation Marketing?**

Sanitation Marketing is an unindustrialized field that applies social and commercial marketing approaches to scale up the supply and demand for approved sanitation facilities. It is used to stimulate market mechanisms through the application of the marketing mix, including product, place, price and promotion. Sanitation Marketing is an emerging field that applies social and commercial marketing approaches to scale up the supply and demand for improved sanitation facilities. While formative sanitation marketing program, essential to understand what products the target population desires and what price they are willing to pay for them.

1. **What are some of the biggest challenges you face in teaching hygiene and sanitation**?

This is because of the humiliation surrounding menstruation, lack of latrines and places to wash up at school, and lack of education about how to make and maintain reusable feminine hygiene products.Aslso, unhygienic condition of the toilets was said to be because a large number of households share one latrine. For example, elderly, disabled and sick people reported unclean facilities to be a big challenge for them, especially when shared with many households. The lack of lighting in the toilets was frequently mentioned by tenants; however, only a few owner occupiers also raised this issue. Older and disabled people frequently mentioned difficulties they have using a toilet without a seat and explained that their knees and legs get tired easily. Some toilets were reported to be constructed with poor materials such as timber and sticks; thus people feared using them as they could be prone to accidents, such as falling into the pit.

1. **What is sustainable sanitation?**

To qualify as sustainable sanitation, a sanitation system has to be economically viable, socially acceptable, technically and institutionally appropriate, and protect the environment and natural resources. Most sanitation systems have been designed with these aspects in mind, but they fail far too often because some of the criteria are not met. In fact, there is probably no system which is absolutely sustainable. The concept of sustainability is more of a direction than a state to reach. Nevertheless, it is crucial that sanitation systems are evaluated carefully with regard to all dimensions of sustainability.

* **Water-less toilets**

A poverty struck continent that is struggling to keep hold of resources for the coming generation, the idea of water-less loo works fabulously.

* **Energy Generating Toilets**

The waste is collected in a biodegradable film by a simple and efficient sealing technology.

* **Dehydrating Toilets**

Dehydrating toilets are those that separate the liquid and solid waste. How it works?

The container is primed with coconut husk which absorbs any liquid that falls in it. This allows the solid matter to remain dry and odorless.

1. **What are the steps for planning and implementing a successful WASH behavior change campaign**?

The wash successful planning would have to follow the series of steps as such;

* Give people some incentive

First and foremost you need to get inside people’ heads and get a real understanding of why people behave the way they do. Simply, telling people to change or giving them the information and expecting them to act on it is unlikely to produce any sustainable behavior change if you don’t consider the benefits people derive from behaving that way in the first place.

* Be remembered

To be effective a campaign must have a clear, concise, memorable and emotionally compelling message. Your message could be a memorable slogan or it might be clever or evocation imagery.

* Use fun, not fear

Although fear can be used to take your audience’s responsiveness it rarely results in a real change in behavior. Fear-based message show thrilling situations are quickly dismissed as being used in the stories.

The steps must be followed when making campaign by

* Using a clear,fun and memorable message
* Offering a real and attractive incentive
* Feature stories that people can relate to their situations by demonstration and achievable steps, people can take to make a difference.

1. **What are the challenges faced by WASH Projects in Africa**

The challenges faced by WASH projects are as follows;

* The lives of most Africans are marred by poverty, hunger, poor education, ill health and violence

Although the poverty rate in Africa has dropped in recent years, rapid population growth means that the number of people suffering poverty keeps growing. Tolerance of domestic violence is twice as high as in the rest of the developing world. Incidents of violence against civilians are on the rise.

* Corruption

Perhaps the most upsetting sentence for me in foresight Africa reads, no reasonably democratic government in Africa has seen a rupture from corrupt mode of resource distribution.

However, the poverty rate in Africa has dropped in recent years; rapid population growth means that the number of people suffering poverty keeps growing.

1. The variability of the problem and therefore the solutions.

Water and sanitation issues are highly variable from location to location, season to season and community to community and people lacking WASH are always living in the most challenging climate.

1. Reaching people most in need

It is poorest community who lacks better water and sanitation, virtually the entire poorest 25% of the world’s population does not have piped water and the inequality in coverage

1. Sustaining Water, Sanitation and Hygiene Services for the Long-Term

Focus over the past decades has been on water and sanitation infrastructure. This approach is costly in up-front capital between rich and poor is even greater for sanitation than for water

1. Integrating Water, Sanitation and Hygiene (WASH) for Health

Many of the water and sanitation approaches employed to date in international development focus on providing either improved water  improved sanitation or improved hygiene.

1. **You have visited one of the schools in your locality. What part of its surroundings can you see that satisfy the criteria for disease prevention? List the parts of the building and its surroundings, and state why they are important.**

**1-School water points**

The water points for the school must be dealt with to prevent the spread of infections to the pupils or students. This includes tracing the transmission route of diseases, identifying symptoms, informing the public and supplying healthcare facilities with medications to treat the public.

**2-School kitchen**

The kitchen must be cleaned when cooks cook food and the surroundings as there is no doubt that medical and prescription costs are rising sharply in the hospital if food is not preparedly cooked.

**3-edges of school compound**

One of the benefits of the modern science is a huge reduction in the infant mortality rates. Some of the improvements come from better nutrition and healthcare but infant death, birth defects and post-natal disorders are still very common.

1. **You have asked the local county government to provide a license for your new hotel in town. The *inspector* asks you to assist him to describe the basic hygiene for your business before licensing. Kindly describe.**

The hygiene is defined as a practice of keeping yourself and the surrounding clean especially in order to prevent illness or the spread of diseases. It is also a set of accomplishes preformed to preserve health. According to WHO, hygiene refers to conditions and practices that assist to maintain health and prevent the spread of diseases. Personal hygiene refers to maintaining the body’ cleanliness .Many people equate hygiene with cleanliness but hygiene is a broad term. It includes such personal habit choices as how frequently to take a shower or bath, wash hands, trim fingernails and change and wash clothes.

Five food hygiene rules;

* Keep clean
* Separate raw and cooked
* Cook thoroughly
* Keep food at safe temperatures
* Use safe water and raw materials

How to enforce rules for safety and hygiene in the kitchen

* Educate the employees
* Develop and enforce standards for personal hygiene
* Contract with a third party to manage supply-chain safety protocols and be complaint with regulations.

**11) You have to make a plan of action for the promotion of WASH in your town. Briefly describe the activities that need to be included in your plan**.

* **Mobilize key stakeholders to take action and monitor progress**

During the preparatory activities for the regional conferences and the IYS, as well as through its regular work on sanitation and hygiene, WSP will work with governments and other key stakeholders to mobilize and take concrete and effective action by a variety of country and local level support activities

* **Provide support for the implementation of demand driven solutions**

WSP will provide direct technical guidance and in some cases channel financial support to governments that are implementing sanitation programs that use demand-based approaches such as total sanitation and sanitation marketing to reach rural and urban poor populations with access to improved sanitation

* **Enhance sustainability, effectiveness, health and other socioeconomic impacts of improved sanitation access**

The focus of WSP activities in the sanitation and hygiene sector is on change of outcomes rather than on provision of infrastructure. The focus of the Total Sanitation programs is on achieving open defecation free status by villages. The core of Sanitation Marketing is to support the development of a vibrant local market that provides sanitation solutions that are desired and maintained by households.