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WASH Final Exam Questions

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

Basic sanitation is having access to facilities for the safe disposal of human excreta, as well as having the ability to maintain hygienic conditions, through waste containment, storage and management, and wastewater treatment and disposal. Sanitation is described as the effective use of tools and actions to maintain a hygienic environment, including the use of: latrines or toilets to manage waste, food preparation, washing stations and effective drainage.

Hygiene is a set of personal practices that contribute to good health. It includes things like hand-washing, bathing and utilizing hygienic practices when preparing food. Hand-washing is the single most important activity to reduce the spread of disease.

Lack of sanitation and poor hygiene severely limit the impact of other development interventions in education, health, rural and urban development.

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

Safe drinking water, sanitation, and hygiene (WASH) are at the core of sustainable development and are fundamental to improved living standards. Water, sanitation and hygiene interventions are critical in providing access to safe sources of drinking, sanitation facilities, waste management and treatment and the promotion of good hygiene practices (notably handwashing) within communities in order to reduce the spread of disease. Adequate water, sanitation and hygiene are essential components of providing a basic quality of life. The provision of WASH is fundamental in preventing infections and spread of disease, protect communities, and uphold the dignity of affected.

WASH is particularly important in the achievement of the Sustainable Development Goal 6 which aims to “ensure availability and sustainable management of water and sanitation for all” (UNDP. 2018)

Target 6.1: By 2030, achieve universal and equitable access to safe and affordable drinking water for all

Target 6.2: By 2030, achieve access to adequate and equitable sanitation and hygiene for all and end open defecation, paying special attention to the needs of women and girls and those in vulnerable situations

Target 6.3: By 2030, improve water quality by reducing pollution, eliminating dumping and minimizing release of hazardous chemicals and materials, halving the proportion of untreated wastewater and substantially increasing recycling and safe reuse globally

1. **What is open defecation?**

Open defecation refers to the practice whereby people go out in fields, bushes, forests, open bodies of water, or other open spaces rather than using the toilet to defecate. (UNICEF. 2017) 1 billion people (15% of the world population) still practice open defecation (WHO. 2013).

Open defecation poses a serious threat to population health, exposes women to the risk of abuse and affects wider national development: workers produce less, live shorter lives, save and invest less, and are less able to send their children to school.

1. **What is Sanitation Marketing?**

Sanitation marketing is defined as promoting the use of sanitation infrastructure by using commercial marketing techniques to motivate households to embrace available technologies. It combines social and commercial marketing approaches to stimulate supply and demand for hygienic sanitation facilities for the benefit of the poor consumers. It focus on the development of the marketplace and helps entrepreneurs to produce and supply demand based multiple sanitation products and services.

Sanitation marketing starts with formative research to understand the consumers and supply sides and goes on to include the development of a marketing strategy and a communication campaign. It is a systematic and dynamic process to make strategic decisions about the six components of marketing: Product, Place, Promotion, Price, Policy and Partnership (Nabembezi, D et al. 2017).

Product: The product is the object, service, or behavior change to sell/promote. Eg. Latrine technologies and associated services and needs (such as pit digging and emptying).

Price: The price of a household latrine can represent a major barrier to the acquisition of a toilet by the poor. But this does not mean that hardware subsidies are the only solution, rather there might be a need to innovate and develop cheaper, better options.

Place: Place is essentially about ensuring that all supply chain elements are available and accessible.

Promotion: Promotion is about communicating the product within a community and building awareness through mass media, print materials, and word of mouth.

Policy: A full appreciation and understanding of the policy environment is needed to ascertain whether it is conducive and supportive of sanitation marketing or whether it presents serious constraints to its effectiveness.

Partnership: An essential element of sanitation marketing programs is the creation of new partnerships with formal and informal private sector suppliers, with NGOs, community-based organizations and national and local government supporters able and willing to collaborate in supporting and improving sanitation.

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

* Ensuring sanitation technologies and infrastructure are suitable for the specific community. WASH is not a one size fits all intervention, we need to understand the community needs, hierarchy and beliefs before identifying a solution. Communities should be engaged from the outset to ensure their needs are catered for in a culturally sensitive manner.
* Ensuring solutions are sustainable and long-term rather than a quick fix. When an intervention is delivered, we must provide adequate training within the local community to ensure the system is managed and maintained correctly. Services must be tailored, affordable to implement and maintain and benefit the wider community.
* Identifying those most in need and delivering the necessary infrastructure. Information and local knowledge will need to be collated prior to initiation to identify the most marginalized households and what the most effective solution is to meet their needs.
* Deconflicting with other organizations delivering similar outputs. Communication is key between organizations in an are not only to prevent duplication of outputs but to share local knowledge and best practice to ensure the most effective delivery.
* Spreading the correct message at the right level. Hygiene messages need to be clear and targeted to ensure maximum uptake within a specific community. Engaging the local community is key to understanding the most effective dissemination outlets are utilized and education material is aimed at the correct level and relevant.
* Overcoming cultural factors. Identify specific cultural behaviors or norms that would affect the effectiveness of WASH interventions such as perception of women in the community, household circumstances or different ethnic outlooks within a community.

1. **What is sustainable sanitation?**

Sustainable Sanitation is defined as a sanitation system that is economically viable, socially acceptable, technically and institutionally appropriate, and protect the environment and natural resources (SusAnA. 2017). The concept of sustainability is more of a direction than a state to reach – no system is truly sustainable. Nevertheless, it is crucial that sanitation systems are evaluated carefully in relation all dimensions of sustainability. Factors which should be considered when designing a sustainable sanitation system include:

Health and hygiene – understanding the risk and effect of pathogens on health throughout the entire course of the system – from toilet to treatment.

Environment and natural resources – understanding the extend of resources require for construction, maintenance and running of the system. Identifying areas where materials can be reused or recycled.

Technology and operation – the use of new technologies to overcome challenges such as population growth, reduced resources or increased demand. Ensuring operational capacity both in terms of meeting demand and the correct skillsets in situ to maintain and operate the system.

Finance – ensuring the necessary funding is available to construct and maintain the system effectively.

Culturally appropriate system – ensuring the system identified is culturally sensitive and suitable for the community it is serving.

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

The following points outline the basic steps which need to be followed to plan and implement a successful WASH behavior change campaign:

Project Identification - Assess what is known (and not known) about the behavior in question and define the parameters of the intervention, including specifying the exact behaviors to be changed, review existing information and analyze data gaps.

Project Preparation - Plan and conduct formative research to provide community insights. Analyse institutional capabilities.

Appraisal - create a comprehensive plan for the intervention with the help of professionals from local or international creative agencies;

Project Implementation – Conduct stakeholder engagement to finalize behavior change strategy. Assign responsibilities. Deliver the intervention, through appropriate channels (including mass media, village and school events, local extension agents, activation agencies). The emphasis being on motivating activities focused on changing behavior, rather than health knowledge. Monitor and adjust project activities as required. Undertake monitoring and evaluation activities as the project progresses.

Project completion - Evaluate the intervention to identify what worked and what didn’t in order to improve future interventions.

**8) What are the challenges faced by WASH Projects in Africa**

The importance of WASH in facilitating wider development is clear however there are many challenges that are faced by WASH projects in Africa, these challenges include:

The scale of the need for WASH projects – as resources become more stressed due to increased contamination, migration, conflict and climate change the need for WASH interventions will grow in Africa.

Variability of needs - No single solution is applicable across all communities, so a range of adaptable and scalable solutions are required to overcome different barriers to implementation.

Achieving sustainability – WASH projects need to be sustainable and long-term rather than a quick fix. Adequate training must be provided to the local community to ensure the system is managed and maintained correctly.

Reaching the poorest – identifying and providing targeted projects to the poorest and most vulnerable communities will be key in alleviating poverty and achieving the SDGs. Communication across all levels within a country will ne necessary to ensure marginalized communities are identified and prioritized to receive WASH projects.

Effective communication – Communicating effectively with communities will promote community ownership of the WASH projects being implemented and ensure messages and education is encouraged and shared among the community.

Delivering an integrated approach – Huge amounts of humanitarian investment is ongoing in Africa, it is important that where possible WASH projects are incorporated with other sectors such as early childhood development, maternal health and nutrition to ensure the projects are not isolated.

**9) 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.**

Availability of toilets or latrines – which are used correctly, maintained and cleaned regularly. This will reduce the activity of open defecation and associated health risks to the school population.

Hand-washing facilities – with clean water and soap available. Presence of hand washing guidance or educational material would be beneficial to ensure children are washing their hands correctly. This will reduce the risk of contracting communicable diseases.

Educational material on notice boards – The school should be encouraging behavioral changes and best practices among its students on washing their hands after defecation and before eating to reduce the risk of spreading illness.

Kitchen area – Sanitized food preparation area, hand-washing facilities for kitchen workers, this will reduce the risk of contamination of food for students and staff.

Clean outside area – if the children are utilizing the outside area for breaks, there should be no faecal matter from open defecation as this will increase the risk of illness among the children.

**10) 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.**

A good starting point would be to implement the HACCP principles which is a system that identifies specific hazards and measures for their control to ensure the safety of food, ensuring there is no cross-contamination while preparing food, kitchen workers have clean hands and food waste is disposed of correctly. This will prevent the spread of illness and disease in the hotel. Ensure regular, thorough cleaning takes place in communal areas like the kitchen and washroom facilities. Implement a strict policy that if a member of staff is sick, they do not come to work as there is a risk of spreading the virus.

Within hotel toilet, ensure adequate facilities are in place for the washing and drying of hands and sanitary waste disposal. Mark water sources as potable and non-potable to prevent guests from consuming untreated water. Determine that the waste management system is capable of coping with the demand of hotel guests.

Train staff on correct handwashing procedures and glove usage policies to minimize the spread of germs from hands to food and surfaces. Ensure adequate handwashing facilities are provided; well-stocked soap, paper or linen towels and waste bins. Disinfect work surfaces regularly to ensure cross-contamination is reduced. Handwash monitoring solutions can increase handwashing compliance and ensure the staff are washing their hands according to the relevant protocols.

If leisure facilities are present, ensure adequate hand washing and drying facilities are provided in the changing areas, with well stocked soap, paper or linen towels and waste bins.

**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.**

The activities incorporated into my community action plan to promote WASH would include:

Identify practices/infrastructure to be promoted – identify what practices have been adopted in the town and where improvements can be made. Is open defecation ongoing, are latrines present but not used or managed to their full capability, does the community need to improve hand washing or is there a need for infrastructure that is currently not present? The purpose, outputs and activities need to be clearly identified at this stage.

Target a specific audience – identify a demographic, if necessary, within the community that would be the focus of the action plan.

Identify appropriate channels of communication – is social media the best approach or would radio, tv or newspaper be more effective in engaging the target audience.

Engage with the community – determine what the most effective methods of engagement with the community would be; community mapping, focus groups, workshops or open/closed discussions to promote WASH among the community.

Depending on the outcome of community engagement, formulating the choice of actions to be taken in implementing the chosen strategy and approach to promote WASH. A key action I would take would be to identify community representatives who will receive training on WASH and can now raise awareness of WASH issues with other community members and the local authorities.

Monitoring and evaluation – will help to identify the effect of an intervention, in terms of achievement of activities, outcomes and resulting changes. Monitoring will help to keep track of activities, ensure that the action plan is heading in the right direction. It will also allow me to assess the effectiveness of the promotional methods used, to see if and where improvements can be made.

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