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Course Code: D002

Course: Diploma in Water, Sanitation and Hygiene, (WASH).

Year: 2019

Month of Submission: 31st \_ Jan\_2019

An Assignment of Module one.

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**

Audience

In the radio station the following topics should be discuss with audience:

Introduction to water, sanitation and hygiene (WASH) concept, which has the following Elaboration:

* Provision of safe water for drinking, washing and domestic activities in the community;
* Safe removal of wastes (toilets and waste disposal) and
* Promotion environmental hygiene activities
* Encourages protective healthy behavioral practices amongst population (whether or not affected).
* Basic WASH practices.

There are 2 main essentials basic WASH practices.

1. Personal hygiene practices

Include: -

i. Hand washing (Particularly with soap is the single most important hygiene measure to prevent diseases)

And the three times when we should wash our hands are:

Before cooking or preparing food

Before eating or before feeding children

After defecating and after changing or cleaning babies

The three steps to wash our hands are: Wash both hands with water and soap/ash/detergent

1. Rub the front and back of your hands and in between your fingers at least three times Dry hands
2. Hair washing
3. Brushing teeth
4. Bathing regularly
5. Washing and airing beddings regularly.

2. Environmental hygiene practices

Such as cleaning surrounding, food storage in covered containers, washing and cooking food, water source protection.

In developing countries: -

WASH programs emphasize household water for:

- Hygiene Promotion - Home Water Treatment and

- Sanitation Promotion

* Basic of public health in the community.

The basis for public health can be said to encompass:

1. Advocacy with governments to prioritize WASH investments.

2. Partnerships with private sector on social marketing of soap, chlorine tablets etc.

3. Research.

4. Investments in water supply systems in communities and schools.

5. Behavior change communication.

6. Training and capacity building.

Why Public Health is practices? Three reasons: -

1. Public Health Saves Money and Improves Quality of Life
2. A healthy public gets sick less frequently and spends less money on health care; this means better economic productivity and an improved quality of life for everyone.

Public Health Helps Children Thrive

• Healthy children become healthy adults

• Healthy kids attend school more often and perform better overall

• Public health professionals strive to ensure that all kids grow up in a healthy environment with adequate resources, including health care

3. Public Health Reduces Human Suffering

• Public health prevention are;

- Educates people about the effects of lifestyle choices on their health

- Reduces the impact of disasters by preparing people for the effects of catastrophes such as hurricanes, tornadoes and terrorist attacks.

* **Do people choose their own Health?**

Acquiring water, sanitation and hygiene related diseases are controllable and preventable

Public health perspective:

i. Ill health is avoidable

ii. People want to keep well and take control of their own health.

iii. It is a matter of personal or collective choice to be unhealthy.

Religious perspective:

i. Nothing happens for nothing

ii. What happens is preordained

What happens cannot be avoided to reduce demand on conventional health and care services and people can choose their own health with:

i. Better information

ii. Expert advice and

iii. Infrastructural support

(Public health perspective)

Illness impacts on society and the economy (cost of days lost at work and expenditure on avoidable care).

Best way of empowering people for their own health and well-being is to assess the major risk factors that may affect their health.

* Global disease burden (and how they are prevented)

The following are the Leading global health risk factors:

1. Malnutrition

2. Poor water supply

3. Sanitation

4. Personal and domestic hygiene

5. Unsafe sex

6. Tobacco use

7. Alcohol

8. Occupation

9. Hypertension

10. Physical inactivity

Those risk factors are adopted by people that are lazy and prevented by people that are active at their life.

* Explain the reasons for vulnerability vary

Vulnerability vary with groups of people that cannot manage or do anything to their selves , these people includes old aged, children, lactating mothers, and pregnant mothers, these groups are not able to afford the work because of their personal weakness at their bodies.

* Disease transmission in emergencies (illness related to water and hygiene) are as follows:

1. Water-borne diseases occur when a disease-causing agent enters the body through drinking water;

1. Water-washed diseases occur because of inadequate hygiene conditions and practices;
2. Water-based diseases include those illnesses that are spread through a disease vector that lives in water;
3. Food-borne illnesses result when disease-causing agents enter the body through food;
4. Vector-borne diseases are spread by means of insect or rodent vectors

WASH message

1. Promotion of good hygiene practice (protective healthy behavioral).

2. Provision of safe drinking water, washing and domestic use).

1. Reduction of environmental health risk.

(Safe removal of water toilets and waste disposal).

The above mentioned key issues are summarized below as focal guiding principles. - Drinking water source - Storage and collection at home, - Defecation practices including children - Hand washing after defecation and before handling food - Cleaning of child anus after passing stool

Question two:

**In your own words, what is your understanding of public health and what is it Key elements?**

Public health mainly means two things:

1. **Prevention:** public health means prevention of diseases and promotion of good health with in the group of people from small community to entire country.

**And 2 .policy development and population health surveillance:** public health professional rely on policy and research strategies to understand issues of infant mortality and chronic diseases

**In general public health:**

The science and art of preventing disease , prolonging life and promoting human health through organized efforts informed choices of society,organization public,and private,Analyzing the health of population and threat.

And simple definition is:

Public health: is the science of protecting and improving the health of people and their communities.

This work is achieved by promoting the health lifestyle, researching diseases, injury prevention and detecting, preventing and responding to infectious diseases.

Public health practice should, therefore, be:

i. Equitable

ii. Empowering

iii. Effective

iv. Evidence-based

v. Fair and below is the

Link between WASH and Public Health: Water and Sanitation =>primary drivers of public health or hygiene. Link between WASH and Public Health connects:

Hygiene practices=>poor sanitation=>polluted water sources => disease. WASH seals critical gaps that might lead to disease outbreaks.

The spread of diseases (which is a concern of public health) depends on environmental conditions and people’s behavior in the household and community level (both of which relate to aspects of WASH at those levels).

Individual community members play an important role in community hygiene, and have a responsibility to their neighbors and to the community to promote good health and a clean environment (for example, everyone in the village must keep their houses and compounds clean, because one dirty house can affect many conscientious neighbors and contribute to the spread of disease).

Community leaders can promote cleanliness in the home by regularly checking on village households and by using by-laws to encourage household maintenance.

Key elements of public health.

1. monitor health status to Identify and solve community health problem.
2. Diagnose and investigate health problem and health hazard in the community.
3. Inform, Educate and empower people about health issues.
4. Mobilize community partnership and health action to Identify and solve health problem.

Question three:

**Public health is about partnership between the different players’ .Explain how the role of international non-profit/NGO in term of:**

* **Recruitment: NGO do** best practices in term (of capacity/level of Education relevant with public health course, skills relevant and experienced related to public health.
* **Training:** NGO do train public health workers/officers on hygience water and sanitation approaches of WASH projects.
* **Funding:** NGO/Donors offer donotion to Government/communities that are in crisis to address health issues, these funds are use for communities that are in emergencies situation and communities that their government is not able to see health issues due to circumstance of government seeing other developmental issues and crisis of the country, therefore the funds are allocated for improving access to water, sanitation, safe disposal and good food to the community
* **Monitoring for public health projects contribute to the success or failure of those projects in the developing countries.**

And these were the points contributed by success of organization:

* Proper payment of health workers
* Capacity building of health personnel
* Maintenance and building of new health infrastructures
* Strengthening of the health system
* Reduction of health cases related to basic health cases

1. Monitor environmental and health status to identify and solve community environmental public health problems.

1. Diagnose and investigate environmental public health problems and health hazards in the community.

1. Inform, educate, and empower people about environmental public health issues.

1. Mobilize community partnerships and actions to identify and solve

Environmental health problems.

1. Develop policies and plans that support individual and community environmental public health efforts.

1. Enforce laws and regulations that protect environmental public health and ensure safety of people.

1. Link people to needed environmental public health services and assure the provision of environmental public health services when otherwise unavailable.

1. Assure a competent environmental public health workforce.

1. Evaluate effectiveness, accessibility, and quality of personal and population-based environmental public health services.

1. Research for new insights and innovative solutions to environmental public health problems.

**References**

Combining W, S & H:

Water Quantity + Water Quality + Safe Sanitation + Effective Hygiene = Reduced diarrhea disease incidence by two-thirds

(Source: Feacham et al, Sanitation & Disease, 1983)

Source: The Johns Hopkins and the International Federation of Red Cross and Red Crescent Societies Diseases targeted by preventive measures

Investment requirements:

- More resources, better targeting;

- Annual spending on water & sanitation needs to increase;

- Only 40% of aid for water goes to 30 most needy countries with 90% of unserved.

(Source: Getting to the boiling point, Water Aid, 2005)