

## HEALTH & HYGIENE EDUCATION

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## OVER VIEW

- One billion people on this earth are without adequate and safe water supply and three billion without access to an appropriate means of excreta disposal.
- This situation is quite crucial in developing countries where water related diseases are the most widespread and dangerous.
- Perhaps half the population is suffering of diarrhoeal diseases, infections with internal helminthes, malaria, and river blindness.



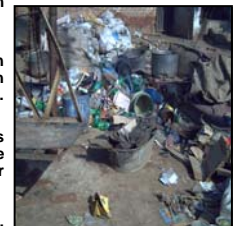
## OVER VIEW

- It is also estimated that more than 3 million people per year die from waterborne or hygiene related diseases due to unsafe drinking water, unclean domestic environments, and improper excreta disposal.
- The contamination of water by viruses, pathogenic bacteria, and other parasites, can occur either at the water sources itself or during conveyance of the water from source to consumer.
- Inadequate water, sanitation and hygiene have been estimated to account for 2.2 million death annually or 4% of the global total, and 5.7% of the global burden of disease in disability adjusted life years.



## AREA PORTRAYAL

- The people of Union Council 60 have a population of approximately 22,000 in Lahore Pakistan.
- Lahore is second largest city of Pakistan and is provincial capital of Punjab with approximate population of 8 million people.
- According to the conservative estimates 40% of the population in the city of Lahore resides in slumps or peri urban with poor municipal and housing service.
- Poor sanitation, unsafe water and unhygienic environments cause children to suffer needlessly from disease.



## AREA PORTRAYAL

- The area under investigation is Badar Colony of UC 60.
- The community living in the area reported serious health related issues as a result of no provision of water supply and sanitation in the area by government agencies that is Water and Sanitation Agency Lahore.
- Scarcity and misuse of the fresh water resources pose a serious and growing threat to sustainable development, protection of environment and human health and welfare and food security.



## EXISTING CONDITIONS

- The initial field survey revealed that people in the area do not have any water supply and sanitation system.
- The disposal of the excreta is unsafe, people are poor, toilets are improper and the literacy is low in the area.
- The excreta are disposed off through excavating a small sanitation well.



## EXISTING CONDITIONS

- The community disposes of or discharges their sewage in these wells.
- Anecdotal evidence from the discussion with communities suggests that elders and children's health is affected as the sewage water is mixed with the drinking water.
- The existing water supply is through instillation of small motor pumps to extract ground water.



## EXISTING CONDITIONS

- The practice of cooking food in the community revealed that the food is mostly cooked in the open & they also do not take any measure to minimize contamination due to limited existing knowledge and low literacy.
- The storage is unhygienic and demonstrated low level of understanding of the safe storage and health issues associated with is unsafe storage & this increases the risk of food contamination.
- Respondents were unaware of the importance and need of boiling of water before drinking.
- The community low literacy rate.



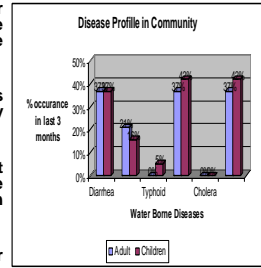
## EXISTING CONDITIONS

- The literary profile of the respondent was evidence of poor human capital and access to the education in this community.
- 73% of the respondents were illiterate and 15 % have passed only their 5 grade with only 11 % have completed their middle (class 8) education.
- The poor education and illiteracy have degraded their health behavior.
- The living condition of the community is also poor & 7 persons lives in a house with only one toilet.



## DISEASE PROFILE OF AREA

- Extremely Low literacy rate, poor hygienic knowledge about the safe storage of water has impacted the community health.
- It is reported that in children Gastro is mostly reported diseases followed by Diarrhea and Jaundice.
- Doctor in the area also agreed that most of the diseases are related to the water and drinking water is the main cause of diseases.
- Doctor added allergy as one major disease due to poor hygienic condition in the houses and poor sanitation.



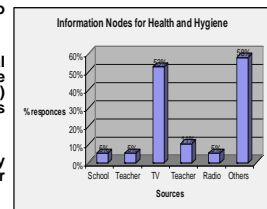
## KNOWLEDGE ABOUT QUALITY AND STORAGE OF WATER

- The respondents were aware about the importance of the quality of water based on the indicators of taste, color and smell.
- 58% were not satisfied with the quality of water based on the indicators.
- However, there un-satisfaction was not translated into concrete positive health behavior.



## HINDRANCE FACTORS

- The enabling and hindrance factors which shape community behavior is their educational level and access to the information.
- In the absence of any formal community health programme in the area the community rely on T.V (53%) for the information they receive is from T.V.
- The other significant medium is family and friends (others 58%) for information dissemination.
- Gender profiling of the respondent suggests that the women have limited access to the information and exchange.



**TIME  
TO  
ACT!!!!!!!!!!!!!!**

**I CAN'T  
STOP  
THINKING!!**



## HYGIENE & HEALTH

- Hygiene- A set of preventive measures for good health, has become an essential part of our lives.
- Health is a resource for everyday life, not the object of living. It is a positive concept emphasizing social and personal resources as well as physical capabilities.
- Today it seems natural to wash our hands, vaccinate our children or drink safe water, but it hasn't always been so.



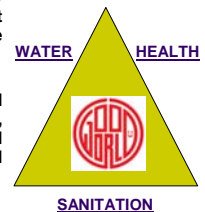
## THE IMPORTANCE OF HYGIENE

- Water and sanitation facilities on their own do not result in improved health.
- Access to improved facilities is crucial, but it is the correct use of water and sanitation facilities that leads to a reduction in disease.
- Hygiene is a key factor.
- People can protect themselves from diarrhoeal disease and other infections if they have the information they need and if they are encouraged to make changes in their hygiene behavior.
- Hygiene education of mothers to ensure that young children get a good start in life is a key component in many countries.



## WATER, SANITATION AND HEALTH

- Encourage household water security by making enough water of adequate quality available year-round to ensure family survival, health and productivity, without compromising the integrity of the environment.
- Strengthen policies and institutional frameworks needed to improve sanitation, safe water supply and hygiene, and build government capacities for leadership and responsibility.
- Raise the profile of sanitation, water and improved environmental health in all political and developmental venues.



## UNIMPROVED TECHNOLOGIES



### Unimproved sources of drinking water

- Unprotected dug well
- Unprotected spring
- Vendor-provided water
- Tanker truck water
- Surface water (river, stream, dam, lake, pond, canal, irrigation channel)



### Unimproved sanitation

- Public or shared latrine
- Pit latrine without slab or open pit
- Hanging toilet or hanging latrine
- Bucket latrine
- No facilities



## IMPROVED TECHNOLOGIES



### Improved sources of drinking water

- Piped water into dwelling, yard or plot
- Public tap/standpipe
- Tube well/borehole
- Protected dug well
- Protected spring
- Rainwater collection
- Bottled water



### Improved sanitation facilities

- Flush/pour-flush to piped sewer system
- septic tank
- pit (latrine)
- Ventilated improved pit latrine
- Pit latrine with slab
- Composting toilet



## HYGIENE AWARENESS



AND

## PROMOTION

## WHAT IS HYGIENE PROMOTION?



- Hygiene promotion encourages all the hygienic conditions and behaviours that can contribute towards good health.
- It aims to stimulate and facilitate the right behaviour changes.
- Usually, it starts with systematic data collection to find out and understand what different groups of people know about hygiene, what they do, what they want and why this is so.
- Most of the health benefits of water supply projects stem from changes in hygiene behaviour.



## HOW?



## EDUCATING COMMON MASSES



## PERSONAL HYGIENE

- [Smelling clean](#)
- [Clean Clothes](#)
- [Clean Shoes](#)
- [Clean Feet](#)
- [Using 'smell nice' products](#)
- [Clean Hair & proper Hair cut](#)
- [Clean Teeth](#)
- [Hand washing with soap](#)



## SMELLING CLEAN -TAKE BATH



Hang your clothes out  
before you wear them  
again.



## CLEAN CLOTHES



HAPPINESS IS A LOAD OF LAUNDRY  
FRESH OUT OF THE DRYER

### Snapshots



"Hey, we have one of those. You hang your laundry on it."

## CLEAN SHOES



## CLEAN SHOES



## CLEAN HAIR & PROPER HAIR CUT



## CLEAN TEETH



## HAND WASHING WITH SOAP



## FOOD HYGIENE

- Wash the vegetables & fruits with water before use
- Wash them properly with clean water
- Clean the surrounding environment while making food
- Don't throw peels on ground
- Cover the food with clean cloth or lid
- Be aware of flies
- Boil the water
- Store water and food in clean place
- Wash your hands before eating



## WASH THE VEGETABLES & FRUITS WITH WATER BEFORE USE

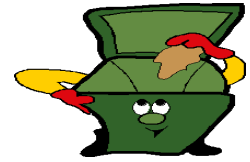




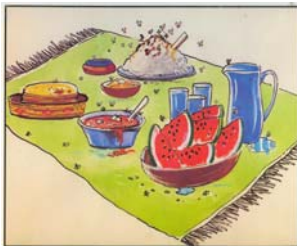
CLEAN THE SURROUNDING ENVIRONMENT  
WHILE MAKING FOOD



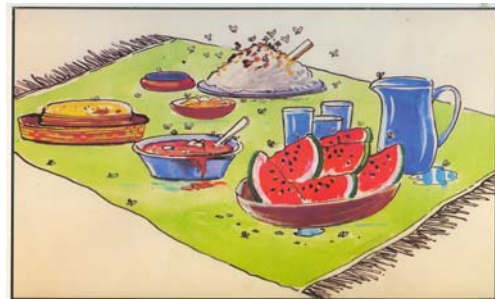
DON'T THROW PEELS ON GROUND



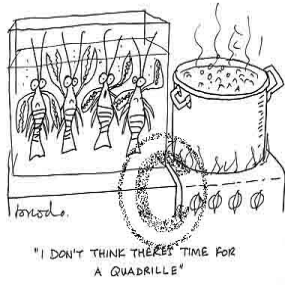
COVER THE FOOD WITH CLEAN CLOTH OR LID



BE AWARE OF FLIES



## BOIL THE WATER BEFORE DRINKING



## STORE WATER AND FOOD IN CLEAN PLACE



## WASH YOUR HANDS BEFORE EATING



1. Wet hands with running water (at least 20 seconds)



2. Apply Soap



3. Rub hands together for at least 20 seconds (sing Happy Birthday)



4. Rinse thoroughly under running water



5. Dry hands and arms with a disposable paper towel



## TIDY & NEAT HOMES

- Clean the rooms
- Clean the kitchen
- Clean the lawn
- Clean the toilet
- Cover the drains
- Put the waste in bins

### CLEAN THE ROOMS



### CLEAN THE KITCHEN & LAWN



### CLEAN THE TOILETS



### COVER THE DRAINS



## PUT THE WASTE IN BINS



## CLEAN WATER

- Use hand pumps for water supply
- Store water in cool and dry place
- Store water in clean place
- Don't put hands in water storage
- Use vessel to put out water
- Clean the place of water storage
- Boil the water before use
- Always use clean water to drink
- Use of hand pump water and well water



## USE HAND PUMPS FOR WATER SUPPLY



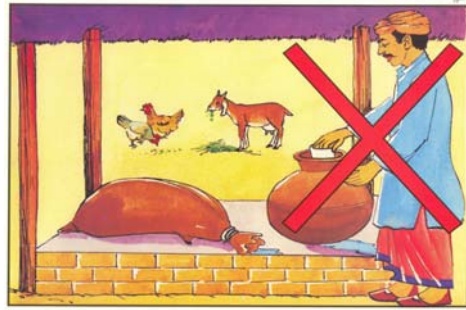
## STORE WATER IN COOL AND DRY PLACE



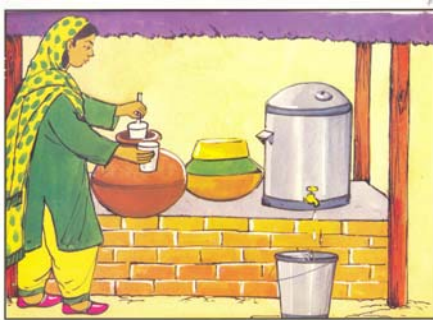
STORE WATER IN CLEAN PLACE



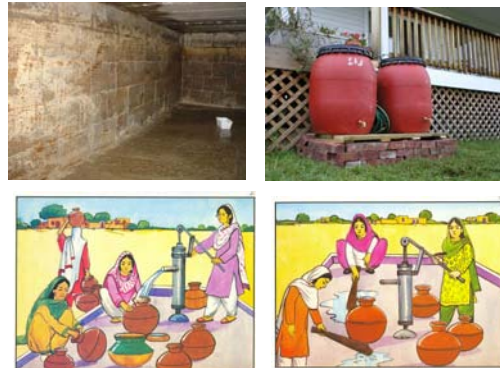
DON'T PUT HANDS IN WATER STORAGE



USE VESSEL TO PUT OUT WATER



CLEAN THE PLACE OF WATER STORAGE



BOIL THE WATER BEFORE USE



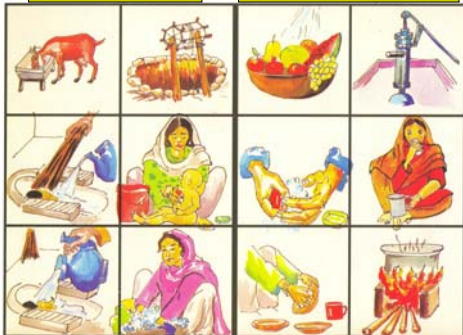
ALWAYS USE CLEAN WATER TO DRINK



USE OF HAND PUMP WATER AND WELL WATER

USE OF WELL WATER

USE OF HAND PUMP WATER



Access to facilities

Hygiene Promotion

**Hygiene Improvement**

Enabling environments

