



Summary

Safe drinking water, proper sanitation, and hygiene can prevent under-nutrition and stunting in children. Reductions in diarrhoeal disease alone through safe WASH can prevent long-term morbidity and deaths caused by under-nutrition. Hand washing with soap, an element of hygiene programming, can reduce the incidence of diarrhoeal deaths. Access to safe drinking water also reduces the risk of diarrhoeal diseases. Hand washing, water quality treatment, sanitation, and hygiene are the core interventions for maternal and child under-nutrition and survival. The most effective interventions for child growth and development are those that combine improved nutrition with prevention and control of intestinal infections. Water, sanitation and hygiene (WASH) play a fundamental role in improving nutritional outcomes. A successful global effort to tackle under-nutrition must include WASH. Environmental sanitation is a set of actions geared towards improving the quality of the environment and reducing the amount of disease. By doing so, the hope is that living conditions will improve and health problems will decrease. The concept of environmental sanitation involves the installation of

toilets, especially in developing countries where open defecation takes place. The World Health Organization states that 'Sanitation generally refers to the provision of facilities and services for the safe disposal of human urine and faeces. Inadequate sanitation is a major cause of disease world-wide and improving sanitation is known to have a significant beneficial impact on health both in households and across communities. The word sanitation also refers to the maintenance of hygienic conditions, through services such as garbage collection and wastewater disposal.