

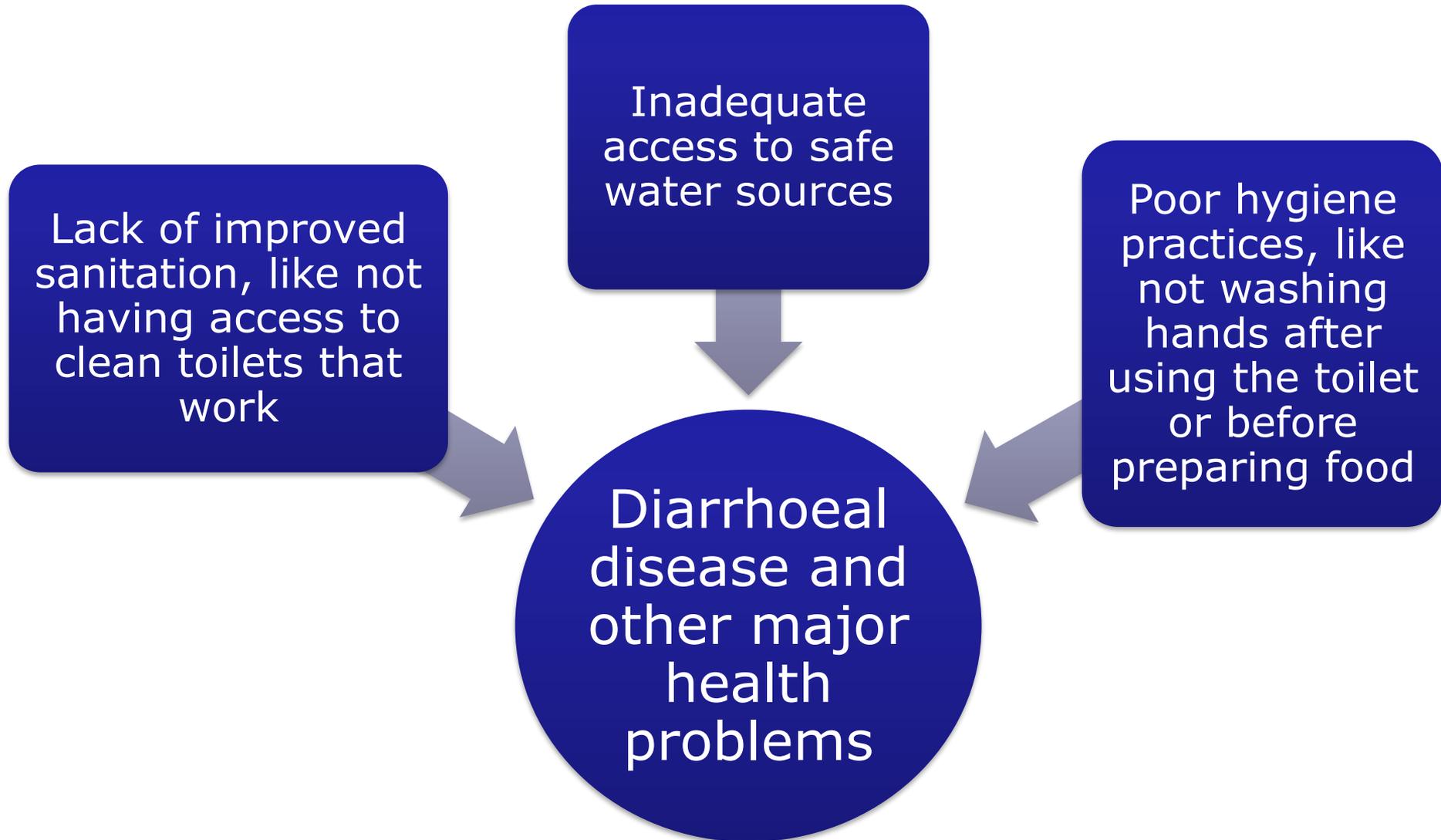
AOHS

Global Health

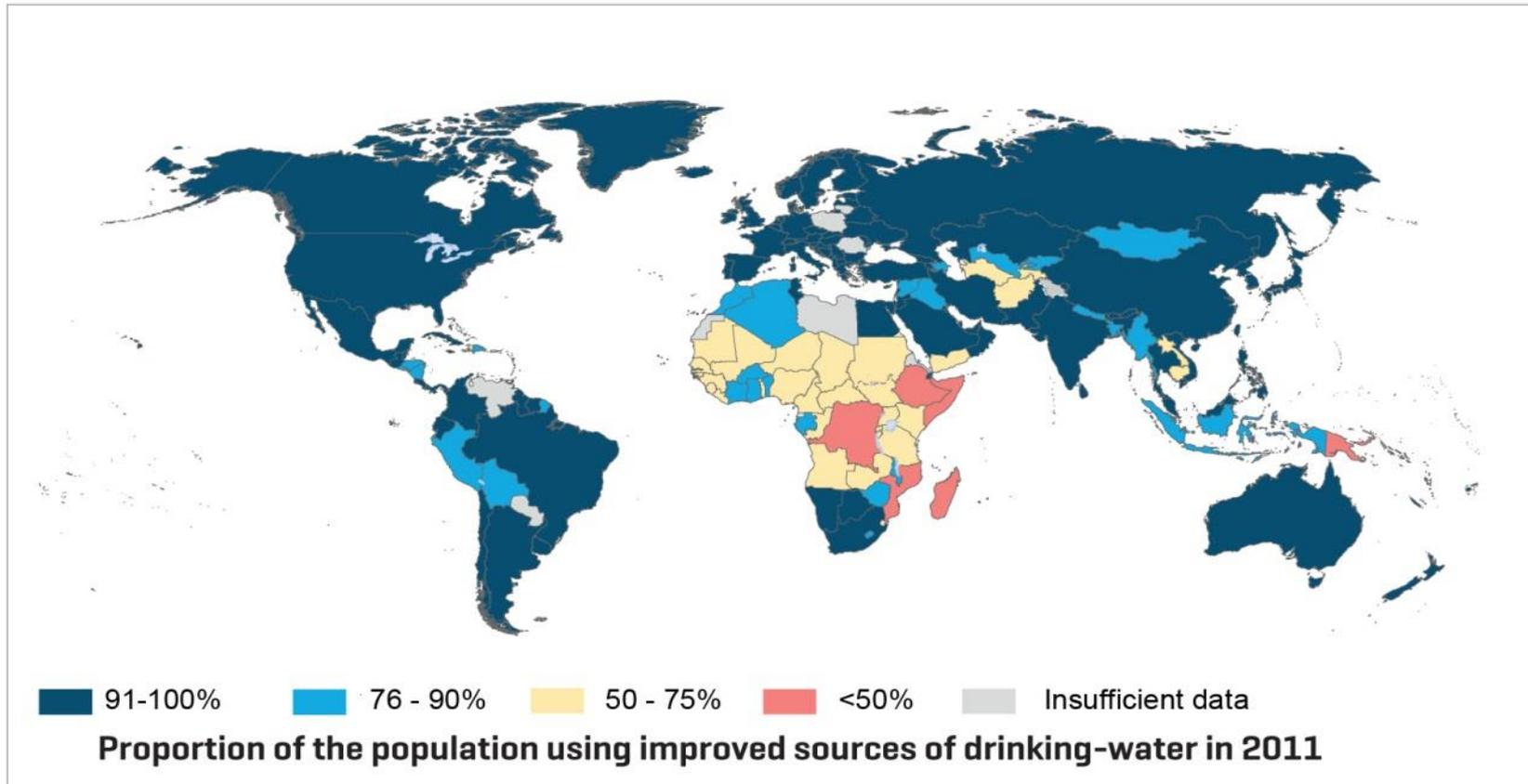
Unit 3, Lesson 8

Environmental Risk Factors Related to Sanitation, Water, and Hygiene

Sanitation, water, and hygiene are linked to disease



People in sub-Saharan Africa and Oceania have less access to improved sources of drinking water



People in urban areas have better access to improved drinking water sources than people in rural areas. Why do you think that is?

Water is an essential resource

Global health issues can occur when there is:



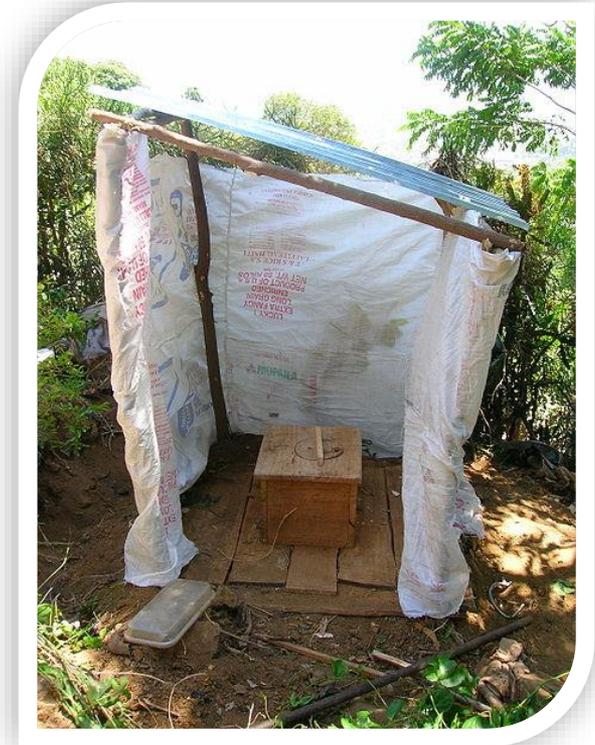
Women in many parts of the world must travel to retrieve water.

- A physical scarcity of water
- Improper management of the conservation, use, and distribution of water
- Unsafe drinking water
- Not enough water for cleaning
- Improper methods for storing water

Inadequate sanitation is a health concern and an attack on human dignity

- 2.6 billion people don't have access to basic sanitation.
- Many communities in the world lack even a basic toilet.
- People are forced to defecate in the open, increasing the risk for disease.

Why do you think human dignity is an important topic in global health?



Many people lack access to a basic toilet, like this one built in Haiti.

The Ganges River is one of the most polluted rivers in the world

The Ganges River is used by millions of people every day, but it contains toxins that are well over the limits set by India's government.



Hand washing is the most important hygiene practice

Good hygiene involves knowing when it is critical to wash hands:

- ✓ After defecating and urinating
- ✓ Before eating
- ✓ Before and after preparing food

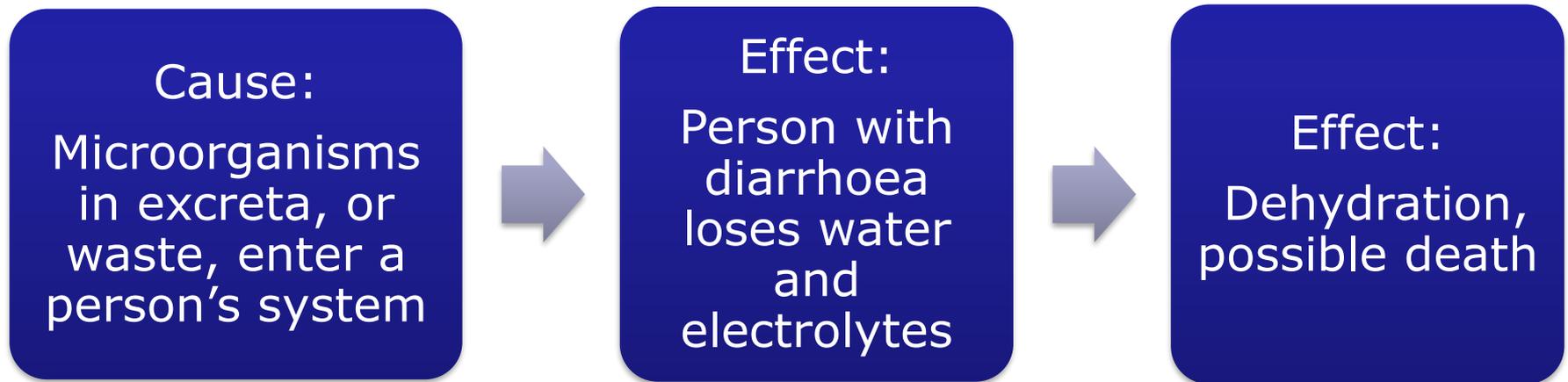


For effective hand washing, people need access to both water and soap. Disinfectant gel can also be used to remove germs from hands.

Use what you know about the chain of infection to explain why there are critical hand-washing times.

If people have limited access to water, they can't practice good hygiene. In what other ways is hygiene linked to water or sanitation?

Diarrhoea is the most important global health issue related to water, sanitation, and hygiene



Have you ever been dehydrated? How did it feel? What were your symptoms? What did you do?

Specific diseases are related to sanitation, water, and hygiene

	Cause	Effect
Arsenicosis	Arsenic in drinking water	Skin lesions, cancer
Cholera	Contaminated food or water	Severe diarrhoea, dehydration, death
Worms	Soil contaminated with human waste	Malnutrition, anemia, retarded growth
Trachoma	Contact with eye or nose discharge of contaminated person	Eye pain, blurred vision, eyelid scarring, blindness
Typhoid	Contaminated food or water	Severe diarrhoea, dehydration, fever

Poor sanitation, water, and hygiene have other repercussions

- Women are forced to spend a lot of time getting water. Women's safety and health may be compromised by going long distances to get water.
- If wage earners are ill, they are less productive and the economy suffers over time.
- Health systems are overwhelmed.
- Children don't get a complete education.

What other repercussions can you think of that may result from poor sanitation, water, and hygiene?

Success comes from tackling all three issues: sanitation, water, hygiene

Where:

- Rural region in Vietnam

Problem:

- Inadequate access to clean water
- Inadequate sanitation systems

Solution:

- New latrines and sanitation systems in schools
- Educational programs about hand washing
- Purifying water facility that pumps water into people's homes

Better clean water sources improve sanitation and hygiene

Improved
access to safe
water sources

- Improved sanitation facilities
- Improved hygienic practices