

SANITATION

WHAT DISTRICT LEADERS NEED TO KNOW

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Sanitation Promotion

What District Leaders need to know



THE REPUBLIC OF UGANDA
ENVIRONMENTAL HEALTH DIVISION
MINISTRY OF HEALTH

GOVERNMENT OF UGANDA
GOU-UNICEF
WATER AND ENVIRONMENT
SANITATION PROGRAMME



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FORWARD

The Environmental Sanitation Status in this country falls below the expected standards. Sanitation related diseases are the greatest cause of illnesses and death among the population. Recent studies show that sanitation related diseases like malaria, cholera, diarrhoea, and intestinal worms but to mention a few are among the top killer diseases in this country.

Poor sanitation has adverse effects on society, for instance pollution of the environment, poor academic performance of school children, high school drop out rate of adolescent girls and contamination of water.

Previous attempts to promote sanitation in this country were focussed on the provision of water sources and latrines rather than the use operation and maintenance of facilities through hygiene education.

Promotion of Environmental Sanitation is both a challenge and collective responsibility of all citizens in this country, with political and civic leaders at the forefront. This booklet provides information to district leaders, for promotion of sanitation.

We wish to acknowledge the contributions of all those who worked tirelessly to provide ideas and suggestions contained in this booklet.

It is hoped that you shall do every thing in your power to promote sanitation, which is the foundation of Health and Development.

Better Sanitation is a Responsibility for all

Hon. J. B Ssali
Minister of Local Government

Hon. C.W.C.B Kiyonga
Minister of Health

Introduction

Poor sanitation is a national problem and every body's responsibility. In Uganda it has effects on health status, education, trade and development. In the process, it drains on the national economy and slows down the national poverty reduction interventions.

This booklet is designed to support you: the Local Government Leaders, Members of Parliament, Administrators and other persons involved in making important decisions on behalf of communities. It is hoped you will become aware of what you can do to protect yourselves, your families and the people who elected or appointed you into office, from sanitation-related effects and illness.

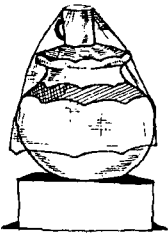
You are a target because of the very important role you play in mobilisation, of not only financial but human resources. Sanitation needs a concerted effort from every body starting from the top, with you. The people chose you. You have the power to form and change public opinions. In addition, you can influence their attitudes and behaviour because they listen to you. If you campaign for improved sanitation you will help improve the socio-economic and health status of your communities.

This booklet contains the current definition of sanitation by the Ministry of Health, basic facts about sanitation, your roles and responsibilities. It also includes information on the Kampala Declaration of October 1997, which was endorsed by all the Districts in Uganda.

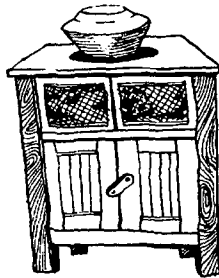
1.0 What is Sanitation?

Sanitation is personal and environmental cleanliness. It includes the promotion of facilities, skills and practices that enable individuals, families and communities to improve their quality of life through:

- safe disposal of human excreta (faeces and urine).
- practicing of good personal, domestic and food hygiene
- safe disposal of solid and liquid waste, (rubbish, garbage, animal waste, dirty water)
- safe collection and storage of water especially for drinking
- control of insects and rodents that can spread disease (flies rats, mosquitoes).



Safe drinking water



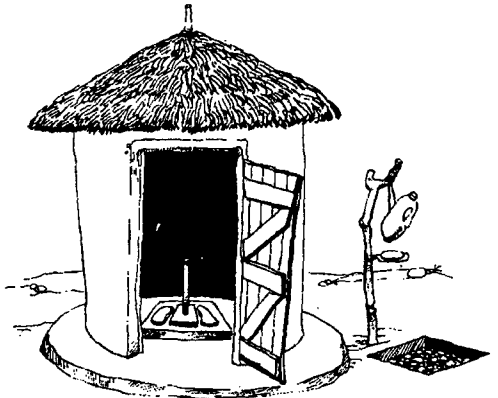
Safe storage of food.



Washing hands



Disposal of refuse



Pit latrine with hand washing facility

Sanitation is more than the promotion of latrines. Traditionally, in Uganda, the term "sanitation" has a broad meaning. It includes not only health aspects but social aspects like esteem, enlightenment and admiration.

2.0 Sanitation Situation in Uganda

The current latrine coverage in Uganda is below acceptable levels with an average of 46.7% (1993) and as low as 4.0% in rural areas, while in urban areas latrine coverage is about 65%.

Do you know your district coverage?

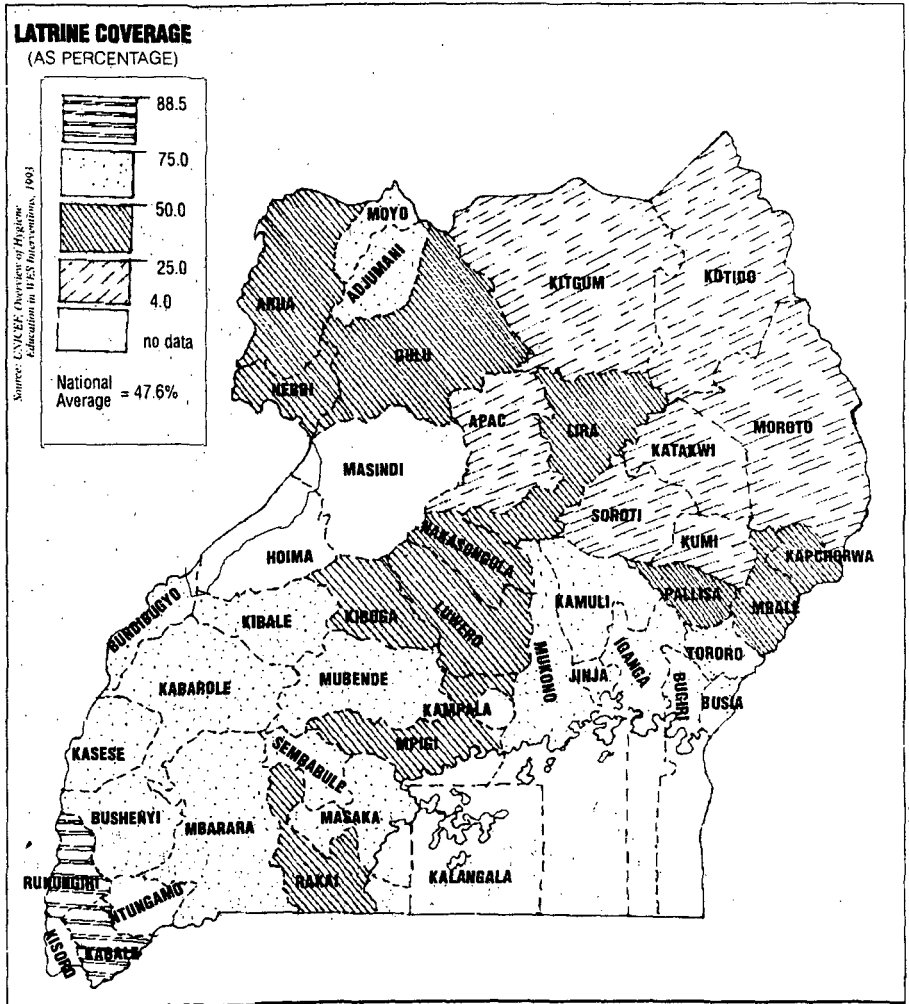
Over the years, there has been a decline in sanitation status, which can be attributed to:

- Not being given the priority it deserves
- Poor co-ordination among stakeholders
- Lack of policy and inadequate legislative support
- Negative cultural beliefs and practices
- Inadequate staffing and funding
- Inadequate information system (limited information on sanitation).

Currently the sanitation situation is characterised by:

- Indiscriminate disposal of human excreta, including the use of polythene bags in urban and peri-urban areas
- Unsuitable personal, public and food hygiene practices
- Improper disposal of refuse and stagnant wastewater resulting into filthy environments
- Inadequate safe water supply
- Excessive disease vectors in and around the home and places of work
- Negative cultural beliefs and taboos.

Latrine coverage by District (1993)



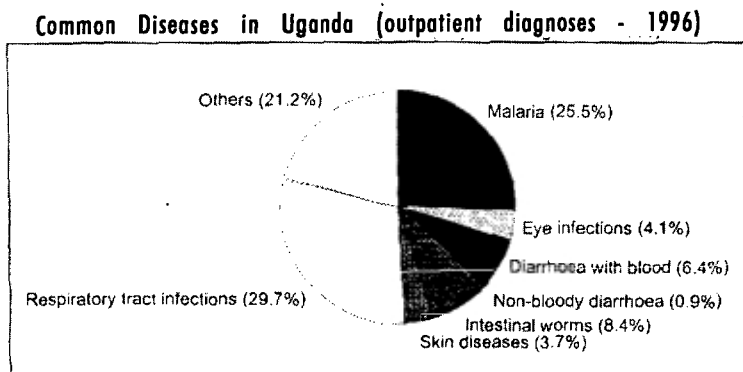
3.0 Effects of Poor Sanitation

Poor sanitation has far reaching implications on health, socio-economic factors, education and the environment.

Health

Sanitation related diseases are the major causes of illness and death. Common illnesses from outpatient's clinics show that diarrhoea, worm infestations, eye infections and skin diseases accounted for 23.5% in all health units in 1996. Malaria accounted for 25.5% (i.e a total of 49% of all outpatient diagnoses resulting from sanitation related illnesses).

Common diseases in Uganda - 1996



The Burden of Disease study (1996) showed that 11.5% of children below 5 years died of diarrhoea diseases.

The cholera epidemic of 1997/98 by October 1998, had recorded 46,000 cases and 1900 deaths of cholera in 37 districts.

Socio-Economic

There is high expenditure on sanitation related diseases both at household and community levels. The 1997 expenditure on treatment of sanitation related diseases (MoH) including malaria amounted to 27 billion shillings while 4 billion shillings was spent on control of diarrhoeal diseases alone. The cholera outbreak of (December 1997 to October 1998) cost the Government of Uganda approximately 4.3 billion shillings in treatment and drugs.

Similarly, districts do spend a lot of money on drugs and treatment of sanitation related diseases. A lot of savings could be made if investment was put in sanitation promotion. The 1992/1993 integrated household survey revealed that 3.5% of all work time is lost due to sanitation related diseases approximately 40 million working days in a year.

Education

Poor sanitation affects academic performance. The above survey also disclosed that 2.7% of student time is lost due to sanitation related diseases and many adolescent girls drop out of school due to lack of sanitation facilities. Today, schools need more sanitation facilities as a result of increased enrolment from UPE.

Environment

The environment is affected by poor sanitation through the indiscriminate disposal of human faeces, urine, garbage and dirty water. It is estimated that an average human being excretes 0.25 kg of faeces daily. Therefore, a group of 1000 people without latrines would pollute the environment with:
 $1000 \times 0.25 \text{ kg faeces} = 250 \text{ kgs of faecal matter daily.}$ In Uganda, there over 50% of the total population without safe excreta disposal means.

4.0 Benefits of Improved Sanitation

Improved sanitation can reduce:

- diarrhoea diseases, malaria and cholera
- intestinal worm infestations
- guinea worm infestations
- trachoma and poliomyelitis, to mention but a few.

Improved sanitation also has the following benefits:

- Reduction in nutritional stunting rates of children under five
- Increased number of girls attending school
- Increased working hours
- Reduced financial expenditure by households and government. Such savings could be available for development purposes
- Improved environmental protection
- Increased social status of individuals/communities
- Promotion of tourism and trade.

5.0 Government Commitment to Sanitation Promotion

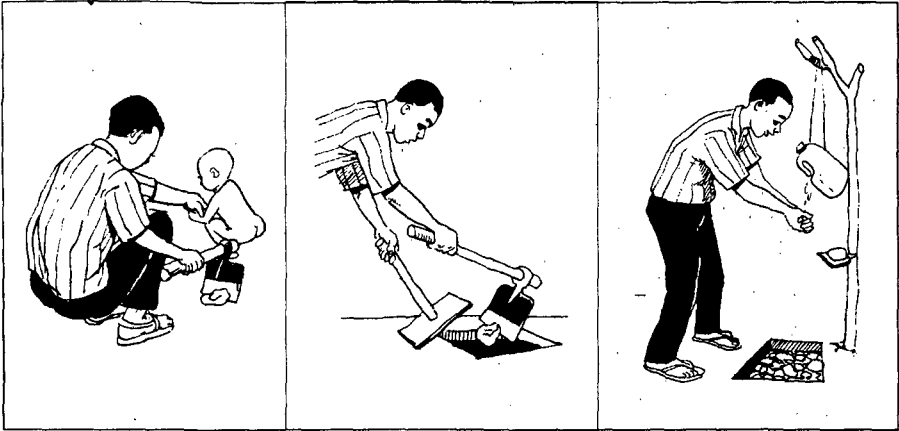
Government is committed and supportive to the promotion of sanitation and has put in place the following:

- The 1995 Constitution (chapter 3, Article 17(i)) mandates '**every citizen to create and protect a clean and healthy environment**', in addition it is every citizen's right to have a clean and healthy environment (chapter 4, article 39)
- The 1997 Local Government Act also emphasizes the importance of sanitation promotion.
- The Kampala Declaration on Sanitation (October 1997) which was endorsed by all the districts, puts sanitation high on the development agenda
- The National Health Policy, the National Health Services Bill and the National Environmental Health Policy drafts also emphasise sanitation promotion.
- The 1996 Presidential Election Manifesto highlights the importance of sanitation and hygiene.

6.0 Basic Principles for Sanitation Promotion

As leaders always remember that in order for sanitation to be adequately addressed the following basic principles need to be recognised and followed:

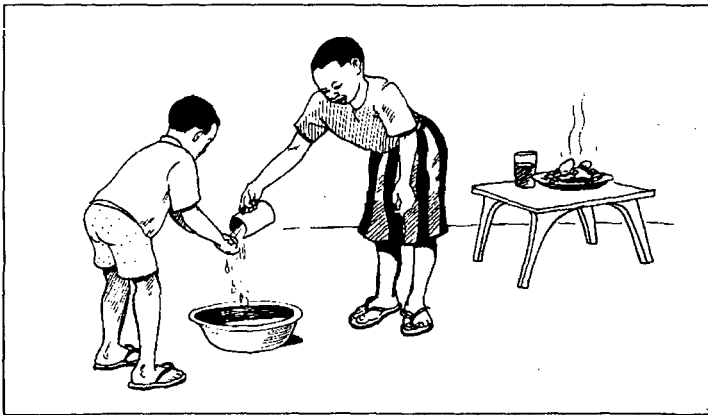
- Adequate sanitation is a basic right, and a responsibility of every citizen
- Local Governments in partnership with communities should work together to ensure better sanitation so as to enhance ownership and sustainability.
- Participatory learning approaches should be used to promote hygiene and sanitation practices
- Increased political commitment and exemplary leadership
- Integrating sanitation activities into other development programmes
- Increased involvement of the private sector, NGOs and CBOs
- More responsibility and involvement of men in hygiene and sanitation related issues
- More responsibility and involvement of women and youth in decision making, planning, monitoring and evaluation of sanitation issues.



Men have a role to play in Hygiene promotion

7.0 Key Practices for Sanitation Promotion

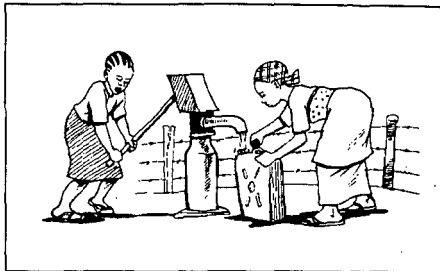
- Provision and use of hygienic, convenient and safe means of excreta disposal facilities for all, especially children's faeces
- Washing of hands with soap or ash after defecation or after handling children's faeces in order to remove germs



- Washing of hands with soap before handling and eating food to avoid contamination of food



Washing containers

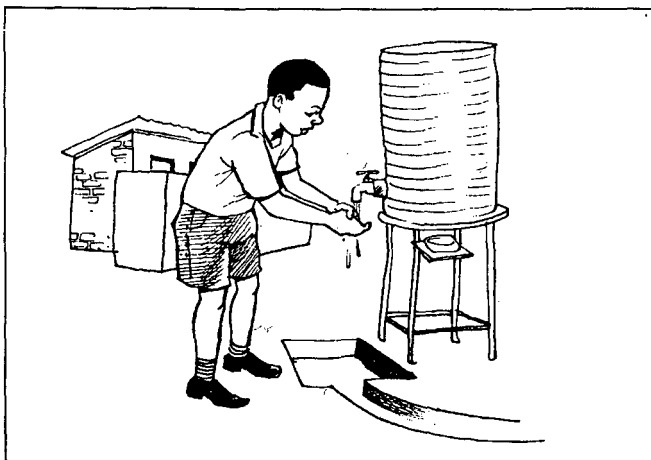


Fetching Safe Water



Safe storage

- Safe collection, handling and storage of water for domestic purposes



- Provision of appropriate and adequate means of excreta disposal and hand washing facilities at schools



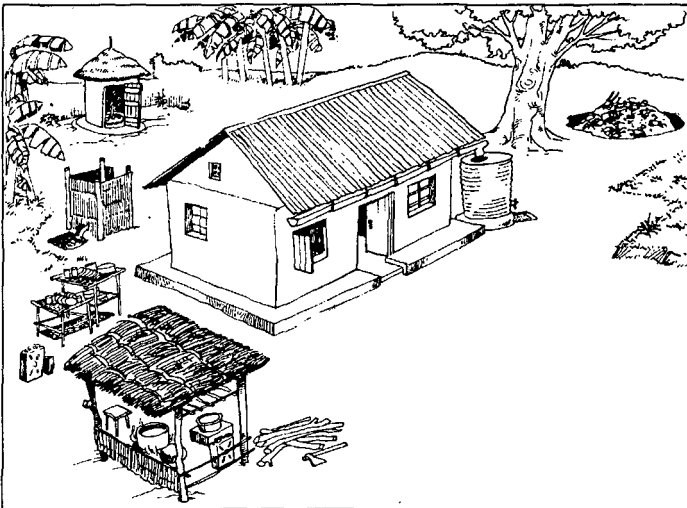
- Keeping the home and working environment clean

8.0 Roles and Responsibilities of District Leaders

Following the Kampala Declaration on Sanitation, all districts have a responsibility to promote sanitation as the corner stone for improved health and development.

8.1 Exemplary leadership

Charity begins at home. As leaders you should have and use sanitary latrines, keep your homesteads clean and practice good hygiene.



8.2 Community Mobilisation

Help expand responsibility for sanitation to include everybody and not only the health workers, through meetings, seminars and other means.

8.3 District plans and budgets

Ensure that provisions for sanitation facilities and activities in the district plans and budgets are catered for. All planned structures like schools, health units, sub-county and parish headquarters should have adequate sanitation facilities (latrines and hand washing facilities).

Make deliberate decisions and investments in sanitation like commitment to involvement of the beneficiaries in planning and implementation of activities and participatory hygiene education.

8.4 Resource mobilisation

Mobilise locally available resources and solicit for external support. In addition, increase the allocation of resources to sanitation activities especially hygiene education, community mobilisation and participatory planning.

8.5 Recruitment and deployment of staff

Provide adequate staff and motivate them to carryout sanitation initiatives

8.6 Develop ordinances (regulations)

Contribute to the development of National policies and legislation and where necessary enact ordinances and byelaws and ensure their compliance.

Regulations deter unlawful practices, however they should be enforced as a last resort.

8.7 Promote private sector involvement

Mobilise the private sector, NGOs and CBOs to promote sanitation and encourage them to invest in sanitation activities e.g sanplat production, hygiene education, waste recycling, water protection etc.

8.8 Raise the profile of sanitation

Put sanitation on the agenda of all important meetings and disseminate information on sanitation to all stakeholders. Support households and communities to promote gradual improvements, through campaigns, conferences and setting aside sanitation days.

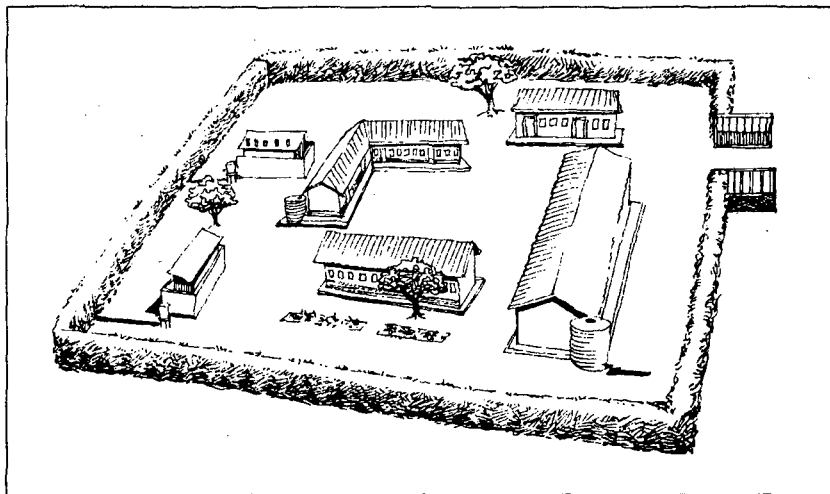
8.9 Monitor, Co-ordinate and Evaluate Sanitation Activities

Take active interest in the sanitation activities of the district, including implementation, co-ordination, follow up and accountability.

8.10 Promotion of School Sanitation

All institutions of learning present a special opportunity for sanitation promotion.

Ensure that primary, secondary and tertiary institutions have adequate sanitation facilities. Special attention should be given to primary schools.



8.11 Information Management

Recognise and support the importance of data collection and analysis which helps in planning and budgeting for sanitation activities. Keep and use statistics about sanitation and sanitation related diseases. e.g latrine coverage.

9.0 Additional Support for Sanitation

Sanitation promotion is a continuous process, therefore, mobilisation of resources from within and outside the district is important.

While seeking additional support, it is important and it will make you be more eligible for assistance if you are to have the following:

- Latest information/data on the sanitation situation in the district.
- District plan of action for sanitation based on district and communities priorities
- The district budget reflecting contribution from the subcounty, urban councils, community, NGOs and other sources
- Commitment from the district technical team and district council to follow-up and motivate extension staff and work with community resource persons.

For additional information on sanitation, please contact the following organisations:

- Non-Government Organisation (NGOs) and Community Based organisations (CBOs) in your Districts
- Environmental Health Division - Ministry of Health Entebbe
- UNICEF, WES Programme, Kla.
- RUWASA Project, Mbale
- WHO - (World Health Organisation) Kampala

**WIN RESPECT
WIN VOTES
PROMOTE SANITATION**