



NUTRITION AND WATER, SANITATION AND HYGIENE

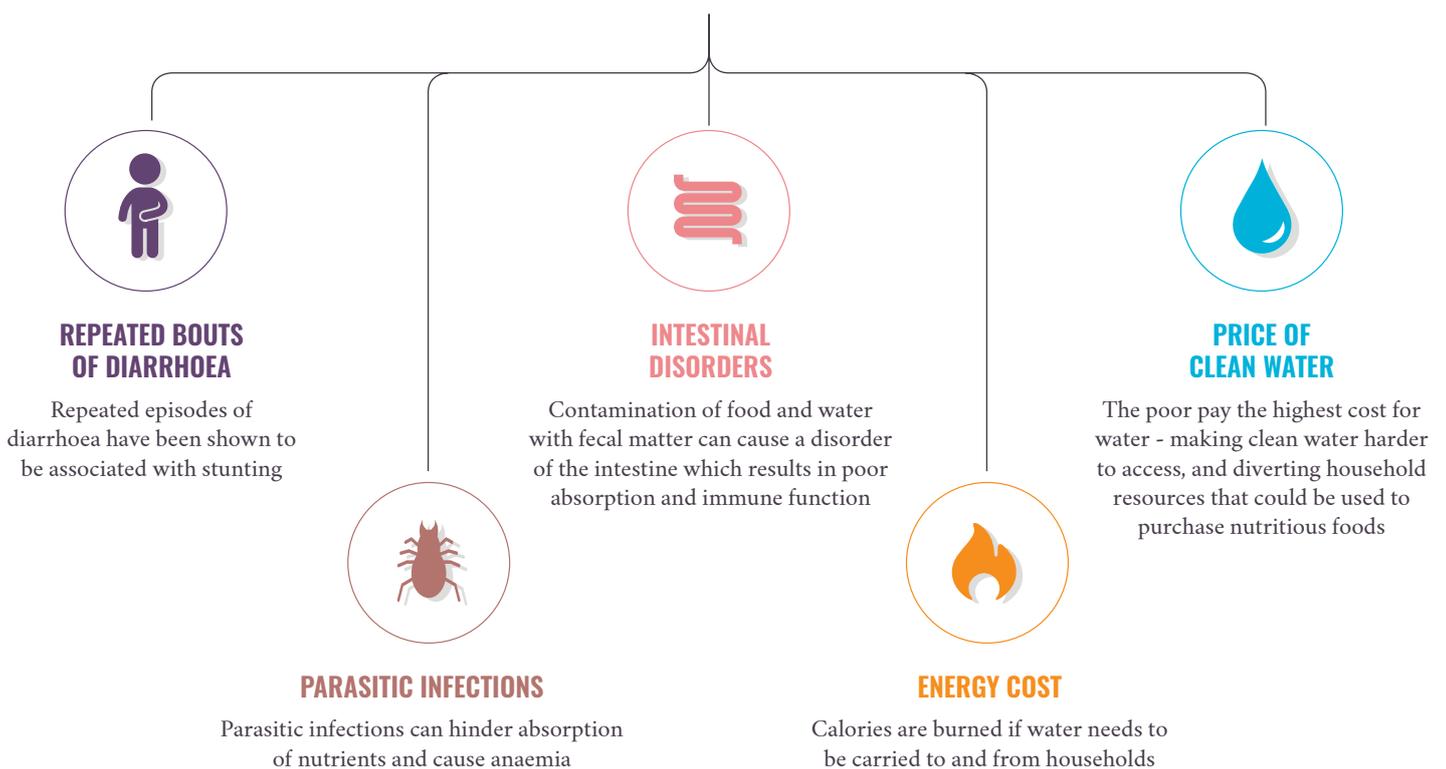
Adequate water, sanitation and hygiene (WASH) conditions and practices are a prerequisite for good nutrition, and can contribute to reductions in stunting.

- Practices such as open defecation and lack of access to safe drinking water, handwashing facilities, and waste management in homes and schools can lead to increased infection – particularly diarrhoea, which has consistently been shown to be the infectious disease most associated with stunting in childhood.¹
- A recent Cochrane review on certain WASH interventions found a small but significant impact on stunting, with the largest effects seen in children under two years of age.²

IMPROVEMENTS IN NUTRITION ARE ALSO IMPORTANT TO HELP PROTECT CHILDREN AGAINST THE INFECTIOUS DISEASES (E.G. DIARRHOEA) THAT WASH PROGRAMMES AIM TO PREVENT.

THERE ARE A NUMBER OF PATHWAYS THAT KEEP POOR WASH CONDITIONS LOCKED IN A CYCLE PERPETUATING POOR NUTRITION OUTCOMES.

This cycle is especially evident in sub-Saharan Africa and South Asia – two of the regions with the greatest deficits in access to proper water and sanitation, and the highest burden of undernutrition.



6 CLEAN WATER AND SANITATION



WASH and nutrition go hand in hand – investments in improving water, sanitation and hygiene are critical to create an enabling environment for improvements in nutrition, and investments in nutrition will help to protect children against infectious disease, a key aim of investments in SDG 6 – “ensure availability and sustainable management of water and sanitation for all.”

The Nutrition in the Global Agenda Series, issued by The Power of Nutrition, aims to clarify why and how investments in nutrition can maximise other development objectives and be a major pathway towards the achievement of the world’s shared Sustainable Development Goals by 2030.

¹ Black, Robert E et al., ‘Maternal and Child Undernutrition and Overweight in Low-Income and Middle-Income Countries’, The Lancet, vol. 382, pp. 427-451, 3 August 2015.

² Cumming and Cairncross, ‘Can Water, Sanitation and Hygiene Help Eliminate Stunting? Current Evidence and Policy Implications’, Maternal & Child Nutrition, vol. 12, issue supplement S1, pages 91-105, May 2016.



The Power of Nutrition is a charitable foundation whose primary focus is improving the nutritional welfare and care of young children and adolescent mothers in Africa and Asia. Visit www.powerofnutrition.org and follow @gofundnutrition to learn more about our work.