



# Fish for Livelihoods

## WorldFish Myanmar

### Nutrition Update

October 2020

## Fish for Livelihoods distribute WASH facilities to project farmers

As of October 2020, over 250 project participants from Fish for Livelihoods project funded by USAID received water filters, plastic toilet bowls, and handwashing containers with soap to increase adoption of effective water, sanitation and hygiene (WASH) behaviors. The main aim of delivering these materials is to improve health and nutrition among project households in particular young children.

Prior to distribution, Community Facilitators of implementing partners conducted WASH needs assessment to understand the situation in the communities and gather information on the types of WASH materials that are lacking in the participating households as well as the messages that can trigger adoption of behaviors; drinking filtered water, handwashing with soap and clean water at critical times and using improved toilets when defecating.

A set of criteria was developed to prioritize households who would receive particular WASH hardware. Once identified, community facilitators and field coordinators distributed the materials, subsequently, Community Facilitators monitored the households to identify other barriers that hinder the adoption of new behaviors that the project team can support.

In addition, stickers, pamphlets and posters were given and hung in conspicuous places as a reminder for household members to continue practicing the behaviors. The messages were focused on handwashing with soap and clean water, drinking treated water, and using improved toilets.

Poor sanitation and hygiene practices is associated with diarrhea and repeated illnesses among under 5-year-old children that can result in malnutrition and even death in severe cases when left untreated.<sup>1</sup> And with the COVID-19 pandemic, the practice of handwashing with soap and clean water has become even more crucial as one of the preventive measures to halt spreading the virus.

In the coming months, additional project participants who fit the criteria as recipient will have access to WASH materials, addressing one of the barriers of adopting effective WASH behaviors at the project areas in Magway, Mandalay, Sagaing, Kachin, Eastern and Southern Shan.

Keep on WASH--ing to make you healthy and happy!

<sup>1</sup> Pruss-Ustun A, Bartram J, Clasen T, Colford J, Cumming O, Curtis V, Bonjour S, Dangour A, De France J, Fewtrell L et al. 2014. Burden of disease from inadequate water, sanitation and hygiene in low- and middle-income settings: A retrospective analysis of data from 145 countries. *Tropical Medicine and International Health* 19.8:894–905.