

## Tool 4A.

### Activity matrix of WASH in Nutrition and Nutrition in WASH

#### How to use this tool

- This matrix is a list of WASH actions that can be implemented within a standard Nutrition program and vice versa
- There is provision for inpatient and outpatient facilities as well as institutions (health centers, schools, etc.)
- When deciding on where to start, teams should focus first on quick wins — where are the easiest entry points to introduce synergized actions in current programming?
- However, the diagram showing the pathways linking WASH and Nutrition (see Module 4) should also be reviewed and interventions which target the key pathways through which WASH affects Nutrition should also be prioritized
- Then consult the matrix below to look at suggested activities and indicators
- This is NOT a list of minimum actions; therefore some will not be possible within your context
- Targeting quick wins first can give focus and momentum to synergized actions
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## Activity matrix of WASH in Nutrition and Nutrition in WASH at the point of service delivery

### Integration of WASH into Nutrition programs

Target	Component	Function	Examples of Indicators	Examples of Activities
Inpatient Services	<b>Access to drinking water</b>	Safe drinking water available from the source to the point of consumption.	<ul style="list-style-type: none"> <li>At least 40 liters of water/patient/day available including for the caretaker.</li> <li>Quality of drinking water should be clear (nephelometric turbidity unit [NTU] &lt;20) with residual chlorine of between 0.2 and 1mg/liter.</li> <li>No latrine or defecation area within 30 m of water points.</li> </ul>	<ul style="list-style-type: none"> <li>Select water source based on access, acceptance, quality and reliability</li> <li>Treat turbid water then chlorinate or boil it</li> <li>Provide water supply systems with pumps and distribution networks</li> <li>Store protected water unless connected to a permanent source of drinking water</li> </ul>
	<b>Hygiene</b>	<ul style="list-style-type: none"> <li>Provision of soap and running water at strategic points for handwashing at critical moments (including before breastfeeding)</li> <li>Bodily hygiene</li> <li>Washing of food and cooking utensils</li> </ul>	<ul style="list-style-type: none"> <li>Soap provided in all handwashing facilities</li> <li>Clean handwashing water is available</li> <li>A maximum of 50 people/shower/day</li> <li>Gender-separated showers with provision for washing laundry and dishes, especially for women</li> <li>Showers lit at night</li> <li>Washing areas with separate drainage for laundry and dishes and protective tray for kitchen utensils</li> <li>Posters displaying key hygiene behaviors and daily hygiene promotion sessions</li> </ul>	<ul style="list-style-type: none"> <li>Maintain handwashing facilities and replenish with water and soap (or other available cleansing agents like ash)</li> <li>Construct separate showers for each gender with a drain to the soakpit</li> <li>Provide washing areas for laundry and dishes</li> <li>Designate a hygiene focal point</li> <li>Train community health workers</li> <li>Conduct education in key hygiene practices for mothers and caretakers</li> <li>Provide hygiene kits to caretakers</li> </ul>
	<b>Sanitation</b>	Safe and hygienic facilities for defecation and a	<ul style="list-style-type: none"> <li>A maximum of 25 people/pit latrine door/day</li> </ul>	<ul style="list-style-type: none"> <li>Construct separate, improved, hygienic, pit latrines for men and women, handwashing facilities and drainage</li> </ul>

Target	Component	Function	Examples of Indicators	Examples of Activities
		healthy environment	<ul style="list-style-type: none"> <li>• Pit latrine waiting time at peak hours less than five minutes</li> <li>• Pit latrines with no flies, smell nuisance and traces of excreta</li> <li>• Private pit latrines, separated by gender</li> <li>• Pit latrines lit at night and near to buildings</li> <li>• Area with potties for children</li> </ul>	<ul style="list-style-type: none"> <li>• Provide an alternative hygienic system for managing human excreta as a temporary solution</li> <li>• Provide lighting for pit latrines at night and clean latrines daily with 0.2% chlorine solution.</li> <li>• Provide potties for children</li> <li>• Distribute potties for children and/or trowels or spades for collecting and disposing of excreta</li> <li>• Provide refuse pits, labelled bins, incinerators, drainage channels, daily cleaning and maintenance</li> </ul>

Target	Component	Function	Examples of Indicators	Examples of Activities
Outpatient Services	<b>Access to drinking water</b>	Safe drinking water available from the source to the point of consumption	<ul style="list-style-type: none"> <li>• Potable drinking water available in adequate quantity</li> <li>• Drinking water available and clear (NTU &lt;20) with residual chlorine of between 0.2 and 1mg/liter</li> <li>• Number of protected water sources</li> <li>• Existence and use of water storage facility</li> </ul>	<ul style="list-style-type: none"> <li>• Choose water source based on access, acceptance, quality and reliability</li> <li>• Treat turbid water then chlorinate or boil it</li> <li>• Provide water supply systems with pumps, connection to a distribution network or water trucking in transitional situations</li> <li>• Store protected water unless connected to a permanent drinking water source</li> </ul>
	<b>Hygiene</b>	<ul style="list-style-type: none"> <li>• Provision of soap and running water at strategic</li> </ul>	<ul style="list-style-type: none"> <li>• Soap or alternative cleansing materials available in all handwashing facilities</li> </ul>	<ul style="list-style-type: none"> <li>• Maintain handwashing facilities and replenish with water and soap</li> </ul>

Target	Component	Function	Examples of Indicators	Examples of Activities
		<p>points for handwashing at critical moments (including before breastfeeding)</p> <ul style="list-style-type: none"> <li>• Personal hygiene</li> <li>• Washing of food and cooking utensils</li> </ul>	<ul style="list-style-type: none"> <li>• Handwashing water with 0.05% chlorine when possible</li> <li>• Posters displaying key hygiene behaviors visible at all times</li> <li>• Number of daily hygiene promotion sessions</li> <li>• Number of hygiene kits distributed to beneficiaries and their families.</li> </ul>	<ul style="list-style-type: none"> <li>• Provide washing areas for laundry and dishes</li> <li>• Designate a hygiene focal point</li> <li>• Train community health workers</li> <li>• Conduct education in key hygiene practices for mothers and caretakers</li> <li>• Provide hygiene kits to beneficiaries and their families</li> <li>• Have staff model of key hygiene behaviors</li> </ul>
	<b>Sanitation</b>	Safe and hygienic facilities for defecation and a healthy environment	<ul style="list-style-type: none"> <li>• A maximum of 25 people/pit latrine door/day</li> <li>• Pit latrine waiting time at peak hours less than five minutes.</li> <li>• Pit latrines with no flies, smell nuisance and traces of excreta</li> <li>• Private pit latrines, separated by gender</li> <li>• Provision for disposal of child excreta</li> </ul>	<ul style="list-style-type: none"> <li>• Support construction of separate, improved, hygienic, pit latrines for men and women, handwashing facilities and drainage, when appropriate</li> <li>• Provide an alternative hygienic system for managing human excreta as a temporary solution</li> <li>• Clean pit latrines daily</li> <li>• Provide trowels or spades for collecting and disposing of excreta</li> <li>• Provide refuse pits</li> </ul>

### Observation checklist for WASH actions at inpatient and outpatient centers

1. Is there access to a treated water point for patients and staff, and do the storage facilities meet the requirements?
2. Do staff and patients have access to sufficient provision for handwashing with soap at strategic points (consultation, hospitalization, toilet, kitchen and distribution area)?
3. Is there access to regularly maintained showers?
4. Is there an adequate waste (medical and non-medical) management system and an absence of visible wastes?

5. Is the center continuously disseminating key WASH and Nutrition messages?
6. Are the staff at the center trained on maintaining a healthy environment?
7. Is there access to separate, improved, hygienic, pit latrines for men and women, staff and center users (with handwashing points with soap nearby and no sign of open defecation)?
8. Has anyone been assigned the task of maintaining, cleaning and disinfecting water and sanitation facilities?

Target	Component	Function	Examples of Indicators	Examples of Activities
<b>Outreach at Community Level</b>	<b>Access to drinking water</b>	Safe drinking water available from the source to the point of consumption	<ul style="list-style-type: none"> <li>• Drinking water available in adequate quantity</li> <li>• Drinking water of acceptable quality</li> <li>• Number of households accessing water from sources installed with pumps, connected to distribution network and from water trucks</li> <li>• Number of households with provision for water storage</li> </ul>	<ul style="list-style-type: none"> <li>• Choose water sources based on access, acceptance, quality and reliability</li> <li>• Treat turbid water then chlorinate or boil it</li> <li>• Provide water supply systems with pumps, connection to a distribution network or water trucking in transitional situations</li> <li>• Store protected water unless connected to a permanent source of drinking water</li> </ul>
	<b>Hygiene</b>	<ul style="list-style-type: none"> <li>• Provision of soap and running water at strategic points for use at critical moments (including before breastfeeding)</li> </ul>	<ul style="list-style-type: none"> <li>• Soap or alternative cleansing materials available in all handwashing facilities</li> <li>• Handwashing water with 0.05% chlorine</li> <li>• Posters displaying key hygiene behaviors and daily hygiene promotion sessions</li> </ul>	<ul style="list-style-type: none"> <li>• Maintain handwashing facilities and replenish with water and soap</li> <li>• Conduct education in key hygiene practices for mothers and caretakers</li> <li>• Provide hygiene kits to caretakers</li> </ul>
	<b>Sanitation</b>	<ul style="list-style-type: none"> <li>• Open defecation free (ODF) environment</li> </ul>	<ul style="list-style-type: none"> <li>• No open defecation</li> <li>• 100% coverage with pit latrines</li> </ul>	<ul style="list-style-type: none"> <li>• Facilitate training of community health workers on sanitation</li> </ul>

Target	Component	Function	Examples of Indicators	Examples of Activities
		<ul style="list-style-type: none"> <li>• Safe and hygienic facilities for defecation</li> </ul>	<ul style="list-style-type: none"> <li>• Pit latrines with no flies, smell nuisance and traces of excreta</li> <li>• Provision for disposal of child excreta.</li> <li>• Number of households having access to and using refuse pits</li> </ul>	<ul style="list-style-type: none"> <li>• Conduct triggering sessions using community-led total sanitation (CLTS)</li> <li>• Provide trowels or spades for collecting and disposing of child excreta</li> <li>• Provide refuse pits</li> </ul>

Target	Component	Function	Examples of Indicators	Examples of Activities
Homes of 'Caretakers - malnourished 'Mother-Malnourished Child' Couples	Access to drinking water	Safe drinking water available from the source to the point of consumption	<ul style="list-style-type: none"> <li>• Percentage of mothers in 'mother-malnourished child' couples who have access to and use a household water treatment method</li> <li>• A minimum of 2.5–3 liters/person/day for drinking and food</li> <li>• Drinking water containers covered and safe drawing method</li> <li>• Percentage of households that have secure storage practices for drinking water</li> <li>• Percentage of households that employ household water treatment</li> <li>• Percentage of communities that have a mechanism to monitor household water quality</li> <li>• Percentage of women and children spending less than 20 minutes collecting or queuing for water</li> </ul>	<ul style="list-style-type: none"> <li>• Follow up and continue of home water treatment training conducted by nutritional centers</li> <li>• Distribute and promote imported or locally produced home water treatment products (such as chlorination or flocculation methods, filters, etc.)</li> <li>• Distribute one or more containers to facilitate measuring of home water treatment</li> <li>• Distribute two attachable mugs with handles for use when drawing and drinking water</li> <li>• Randomly sample households to monitor household water quality</li> <li>• Conduct a community-level assessment and context-appropriate responses when choosing a water source</li> </ul>

Target	Component	Function	Examples of Indicators	Examples of Activities
	<b>Hygiene</b>	<ul style="list-style-type: none"> <li>• Provision of soap and running water at strategic points for handwashing at six critical moments, including after handling animals</li> <li>• Bodily hygiene</li> <li>• Washing of food and cooking utensils</li> </ul>	<ul style="list-style-type: none"> <li>• Percentage of mothers and caregivers who know all the critical moments for handwashing</li> <li>• Percentage of mothers and caregivers who use soap or ash to wash hands at critical moment.</li> <li>• Percentage of mothers who have soap or ash with which to wash hands at key points</li> <li>• Percentage of mothers who use drinking water to wash vegetables and prepare baby food</li> </ul>	<ul style="list-style-type: none"> <li>• Distribute tippy-tap type handwashing devices</li> <li>• Raise awareness among mothers and caregivers on key hygiene practices using visual messages</li> <li>• Follow up on handwashing practices among mothers and caregivers</li> <li>• Integrate messages on malnutrition into hygiene-promoting activities</li> </ul>
	<b>Sanitation</b>	Safe and hygienic facilities for defecation and a healthy environment	<ul style="list-style-type: none"> <li>• No child excrement in the vicinity of the house</li> <li>• Pit latrines without flies, smells or traces of excrement</li> <li>• Presence of a system for washing hands with soap or an ash pot in the latrine</li> <li>• Percentage of households with adequate child excreta management practices</li> <li>• Percentage of households using improved and well-maintained sanitary facilities</li> </ul>	<ul style="list-style-type: none"> <li>• Follow up on disposal of child excrement in households</li> <li>• Distribute hygiene kits for safe excreta disposal</li> <li>• Follow up and provide community assistance for poorest households to construct pit latrines</li> <li>• Periodically monitor the condition of the latrines</li> <li>• If no pit latrine are available, as in pastoral communities, disseminate messages on alternative methods like the 'cat' method</li> </ul>

### Observation checklist for WASH actions for 'caretaker-malnourished' households or households with 'mother-malnourished child' couples

1. Is the drinking water container covered?
2. Does the drinking water contain free residual chlorine or zero fecal coliform per 100 ml? (Water samples may be taken and tested where possible.)
3. Is there a handwashing system using soap or disinfectant in or near the house?
4. Does the mother or caretaker know all the critical moments for handwashing (after going to the toilet, before eating, before feeding or breastfeeding a child, before preparing food)?
5. Is there an absence of excreta in the vicinity of a house with malnourished children on treatment?
6. Is the pit latrine (if present) without flies, smells or traces of excreta?

### Integration of Nutrition into WASH programs

Target	Component	Function	Examples of Indicators	Examples of Activities
Communities or Households	<b>Hardware</b>	Increased access to safe water or hygiene and sanitation for vulnerable households and individuals (including include disabled persons, the elderly and the chronically ill) as well as use of water for nutrition-promoting activities	<ul style="list-style-type: none"> <li>• Number of households using water for livelihood activities aimed at boosting nutrition like farming and watering animals.</li> <li>• Number of households using excreta sludge to enrich their farms</li> <li>• Number of communities with high malnutrition with increased access to safe water</li> <li>• Number of caregivers to malnourished children reporting a decrease in time required to fetch water daily</li> <li>• Percentage of households that have barriers separating children</li> </ul>	<ul style="list-style-type: none"> <li>• Support development of multiple-use water schemes (MUS) targeting drinking water and water for livelihood and food production.</li> <li>• Use sanitation as a resource for food production, e.g., using EcoSan, fossa alterna or Arborloo technology</li> <li>• Support the development of water systems targeting areas of high malnutrition</li> <li>• Increase access to water for caregivers of malnourished children</li> <li>• Support distribution of materials for the separation of animals and children under two</li> </ul>



Target	Component	Function	Examples of Indicators	Examples of Activities
			<ul style="list-style-type: none"> <li>under two from animals and their feces</li> <li>Percentage of community cadres trained and equipped with mid-upper arm circumference (MUAC) tapes</li> </ul>	<ul style="list-style-type: none"> <li>Support distribution of MUAC tapes and train on their use</li> </ul>
	<b>Software</b>	Improved awareness of key WASH and Nutrition practices and behaviors	<ul style="list-style-type: none"> <li>Number of community-based hygiene promoters communicating key nutrition messages</li> <li>Number of integrated community-based workers supporting adoption of key family practices</li> <li>Number of community-based workers who can understand and articulate the WASH-Nutrition link</li> <li>Number of CLTS program or sessions which also include key nutrition messages</li> <li>Number of CLTS facilitators or trainers equipped with knowledge of key nutrition practices</li> <li>Number of communication campaigns (radio shows, TV, community campaigns, etc.) that include both Nutrition and WASH messaging</li> </ul>	<ul style="list-style-type: none"> <li>Train and equip hygiene promoters to pass key messages on nutrition (e.g., breastfeeding, food hygiene, etc.) or Develop, train and equip one community cadre to support adoption of key family practices such as hygiene and nutrition</li> <li>Ensure that community-based workers understand the link between WASH and nutrition and can explain it in simple terms</li> <li>Develop key nutrition messages that can be incorporated into CLTS</li> <li>Train CLTS stakeholders in key nutrition messages</li> <li>Develop and disseminate communication campaigns which include key WASH and nutrition messaging</li> </ul>

Target	Component	Function	Examples of Indicators	Examples of Activities
Institutions — Schools or Health Facilities	<b>Hardware</b>	Increased access to safe water for education and health institutions as well as use of water for nutrition-promoting activities	<ul style="list-style-type: none"> <li>Number of institutional water systems also used for institutional gardens</li> </ul>	<ul style="list-style-type: none"> <li>Provide water systems to institutions that will accommodate institutional gardens</li> </ul>
	<b>Software</b>	Improved awareness of key WASH and Nutrition practices and behaviors	<ul style="list-style-type: none"> <li>Number and kind of institution personnel trained on key relevant hygiene and nutrition practices</li> <li>Number of institution staff sensitized on the WASH-Nutrition link</li> <li>Number of child-to-child clubs passing on synergized messaging</li> </ul>	<ul style="list-style-type: none"> <li>Train key institution personnel on hygiene and nutrition practices relevant to their institution (e.g., food hygiene)</li> <li>Sensitize teachers and health facility staff on the link between WASH and Nutrition.</li> <li>Support child-to-child clubs to develop key hygiene and nutrition messaging which they can disseminate to their peers</li> </ul>

### Observation checklist for hardware and software Nutrition package

1. Do communities with a high prevalence of malnutrition have easy access to acceptable water sources?
2. Are communities with a high incidence of malnutrition targeted using community-led total sanitation or other sanitation promotion programs?
3. Do families with malnourished children have easy access to acceptable water sources (less than 20 minutes walk to and from the source)?
4. Do families with malnourished children have easy access (less than five minutes walk) to the latrines?
5. Is the distribution of handwashing facilities targeted to families with young or malnourished children?
6. Can community water services also be used for food production (agriculture, especially home gardens, and keeping livestock)?

7. Do communities or families support separation of animals and their feces from the play and living areas of children under two years of age?
8. Do community-level promoters pay special attention to families with malnourished children, or pregnant women and children under two?
9. Do community-level promoters follow up on malnourished children once they have been discharged from nutrition centers?
10. Do hygiene communication initiatives and campaigns always include key nutrition messages (i.e., handwashing before handling food, washing foods eaten raw, using clean utensils, cleaning food preparation areas, following a balanced diet)?
11. Are community-level promoters, key leaders, institutional personnel and other key stakeholders sensitized on the importance of the WASH-Nutrition link?
12. Do child-to-child club school hygiene sessions include nutrition messaging?

## Improving awareness of and support for linked WASH and Nutrition activities in the community

Target	Component	Function	Examples of Indicators	Examples of Activities
Community Groups (e.g., Community Health or Development Committees)	<b>Awareness and Action</b>	Increasing community awareness and involvement in the key links between WASH and Nutrition	<ul style="list-style-type: none"> <li>• Number of sessions held explaining the WASH-Nutrition link to local leaders</li> <li>• Number of locally designed programs that target key WASH pathways affecting nutrition</li> <li>• Number of communities with increased access to soap through local initiatives</li> </ul>	<ul style="list-style-type: none"> <li>• Conduct advocacy and information sessions with local community leaders to explain the link between WASH and Nutrition (ensure that they understand the pathways)</li> <li>• Involve community groups in designing or re-orienting existing programs so that they target the key local pathways through which WASH affects Nutrition</li> <li>• Promote local soap making to increase access to hygiene facilities</li> </ul>

### Observation checklist for key community groups

1. Can community groups such as community health committees articulate how poor WASH affects the nutrition status of vulnerable groups in the community?
2. Do they prioritize and support actions which would help address some of the pathways through which poor WASH affects nutritional status?
3. Can community groups advocate key individuals or institutions to help to address these actions when needed?