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Summary Report
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Pakistan

***Community responses to sanitation risks:
Balochistan province***

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Community response to sanitation risk ACTION SUMMARY Balochistan Province

The second CIET cycle, *Community responses to sanitation risks*, was undertaken in Balochistan Province from August 1997 to March 1998, part of the Government of Pakistan-UNICEF country programme of cooperation 1996-1998. A total of 3,152 households (36% urban, 64% rural) in 25 sentinel communities throughout the province were interviewed in September 1997. Information on 2,813 children under the age of 5 (45% female, 55% male) were collected. Key informant interviews, community observations, and separate focus group discussions with mothers and fathers were conducted in each of the 25 clusters to complement the household data. (One sentinel community from the first CIET cycle, Pesh Bogi in Dera Bugti district, could not be visited due to security reasons.)

Apart from the clusters selected to be representative of the province, three focus districts were included in the Balochistan sample for the cycle. The ten sites in Kalat, chosen by UNICEF as its focus district for the first SCS cycle, were visited in September 1997. Two additional focus districts, Loralai and Jhal Magsi districts, were sponsored in the second cycle by UNDP as part of its Balochistan Tribal District Management Project (BTDMP). Additional sites were selected and surveyed in these districts, for a total of ten each, with the assistance of the provincial government line departments, local district administration, and community representatives in December 1997.

The same research instruments used in the province were applied in the focus districts. In Kalat, the study covered 1,249 households (80% rural, 20% urban) and 2,022 children under five years (50% male, 50% female). In Loralai, 1,249 household interviews (80% rural, 20% urban) and 2,096 children under five years (48% male, 52% female). In Jhal Magsi, 1,203 households (81% rural, 19% urban) and 2,040 children under five years. After data analysis, design groups comprising teachers, Lady Health Workers, community leaders and NGO activists from the sentinel communities, were held in each focus district to discuss key findings of the study and to devise appropriate district-level communication and action strategies.

Qualitative and quantitative data gathered from the sentinel sites on the community responses to sanitation risks produced the following key findings:

A child from a household that **does not have a latrine or uses boundary wall latrines** is 30% more likely to suffer from diarrhoea compared with a child from a household with a latrine. If it were possible to build latrines for households that do not have them, 30 cases of diarrhoea per 1000 children could be prevented. In Balochistan each has an average of 5 episodes of diarrhoea, this means that building latrine could prevent 150 cases of diarrhoea per 1000 children per year.

Household interviews and focus group discussions revealed that many people don't **use the facilities** even when they are available. The main reasons put forward is lack of awareness and local traditions. Insufficiency of water and large family size were additional reasons

given for not keeping latrines clean.

Sources of drinking water were classified as safe (or easier to protect) and unsafe (or difficult to protect). Own or community taps, hand pumps, wells or bore holes were categorized as safer or easier to protect. Canals, springs, streams, lakes or ponds were classified as unsafe or more risky. In rural summer zones, a child in a household depending on unsafe water sources for drinking is 60% more likely to suffer from diarrhoea compared with one living in a household using safe water. If it were possible to provide households with safe water, 100 cases of diarrhoea per 1000 children per year might be prevented.

A strong association between the **source of water used for household work** (washing hands, utensils, clothes, etc.) and presence of worms in the stool was found. An urban child in a household that depends on unsafe water sources is six times more likely to have passed worms in his or her stool compared with a child in a household getting water from a safe source. If it were possible to provide households with safe water, 70 cases of worm infestations per 1000 children might be prevented.

Time spent fetching water from the usual source reflects water availability rather than its quality. Time fetching water is strongly related to occurrence of diarrhoea in the rural summer zone and on the presence of worms in the stool in the winter zone. A child from a household that does not have immediate access to the source is 30% more likely to suffer from acute diarrhoea and 34% more likely to have passed worms in the stool compared with a child from a household that has immediate access. If water were immediately available to all households, 175 cases of diarrhoea per year and 20 cases of worm infestations per 1000 children might be prevented.

Households that **spend less on soap** use it less. A child from a household that uses less soap is twice as likely to suffer from dysentery in rural areas, 40% more likely to be stunted and 24% more likely to suffer from diarrhoea, compared with a child from a household that uses more than the average amount of soap. If households in Balochistan were to be convinced to use more soap 50 cases of dysentery per year, 150 cases of diarrhoea per year and 60 cases of stunting per thousand children could be prevented.

A strong association was found between **the way garbage is disposed** and diarrhoea and stunting. Urban children from communities without a disposal system are twice as likely to be stunted as those from communities with a sewerage disposal system. If it were possible to act effectively on the issue of garbage removal 50 cases of stunting per 1000 children could be prevented.

A child from a community reported to **have a lot of garbage on the streets or in open areas** is 30% more likely to suffer from acute diarrhoea compared to a child from a community where little or no garbage was observed. If it were possible to convince people to change their hygiene practices, diarrhoea could be prevented in 150 per 1000 children per year.

The **education level of the mother** was found to be associated with malnutrition among

children. A child whose mother is illiterate is 60% more likely to be stunted compared with a child whose mother has received some education. If the difference between literate and illiterate mothers could be eliminated, after taking into account all the environmental and hygiene risk factors in this survey, 90 cases of stunting per 1000 children could be prevented.

Separate analyses of data were carried out for the province and for the three focus districts for presentation to and discussion with provincial- and district-level working groups. Participants from various government departments, the Balochistan Community Irrigation and Agriculture Project (BCIAP), local NGOs and CBOs, UNICEF, UNDP, and other donor organisations were asked to develop a communication and action strategy based on the study's key findings. To that end, working groups at provincial level met four times and at district levels three times prior to the two-day final analysis workshop held in Quetta in March 1998. A summary of workshop discussions and recommendations was broadcast by Radio Pakistan.

The workshopping process produced the following recommended actions and interventions: build and ensure proper use of latrines; maintain existing latrines properly; improve water sources; protect water against contamination; improve hygiene practices (e.g., use of soap, hygienic disposal of garbage, use separate plate for children).

Raising awareness of proper hygiene and health practices through appropriate community channels was identified as a priority at both provincial and district levels. Taking into account the relative strengths and weaknesses of the various government departments represented, it was agreed by participants at the final analysis workshop to create a framework for integration of preventive health care programmes in the province. Participants agreed to promote transmission of health and hygiene educational messages through print and electronic media, and through local project staff working in communities throughout the province.

UNICEF and UNDP representatives said they would move forward with the actions and interventions recommended at the workshops by signing relevant Project Agreements (PAs) with the concerned district Deputy Commissioners. Radio Pakistan is interested in contributing to awareness-raising programmes on health and hygiene issues in communities.

Sub-committees formed in the first cycle on Gender Gap in Education to follow up the implementation of the programme and communication work plan were again tasked with these responsibilities for the *Community responses to sanitation risks* cycle. Other workshop participants were asked to join the sub-committees to strengthen the follow-up process. The CIET Provincial and District Coordinators will contribute to this effort.

To meet the cycle's capacity building objectives, a staff member of CIET's partner organisation, Society for Community Support for Primary Education in Balochistan ("Society"), was seconded to CIET as District Field Coordinator for the two UNDP trial districts. About 50 local interviewers were trained in data collection and anthropometric measurement, some of them then further trained in focus group facilitation and reporting. Employees of the Bureau of Statistics, "Society," and other local organisations were trained

in data entry using EPIinfo, a database and statistics management programme.

Simultaneous to the second cycle on *Community responses to sanitation risks*, an evaluation of new Kachi and Class I learning materials and a resource survey/needs assessment was undertaken on behalf of the Primary Education Directorate (PED). This study was a follow-up to the *Gender gap in primary education* cycle completed in April 1997. For details of the PED study, please refer to the corresponding summary (Balochistan Primary Education Directorate: Learning Materials Evaluation, Resource Survey and Needs Assessment).

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