

Strategies for Proper Sanitation and Health Hygiene

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Introduction

Kamuli is a district in the eastern part of Uganda. Sanitation is a major aspect in everyday lives. Seventy-three percent of Ugandans don't wash their hands after using the pit latrines leading to poor sanitation, increased food-borne illness and negatively impacting nutritional food security (Wesonga, 2017).

To improve hygiene and sanitation at Namasagali Primary School (NPS) and Namasagali College Staffs' Children's Primary School (NCSCPS) we developed the following objectives:

1. Paint murals to promote hygiene
2. Build dish drying racks
3. Repair tip tap hand washing stations
4. Deliver hygiene and sanitation lessons

Materials and Methods

To accomplish our objectives we collaborated with the school garden learning coordinator and teachers at NPS and NCSCPS to develop messages, installed equipment, and presented lessons on health and sanitation.

References

Wesonga, N. 2017. 73 percent Ugandans don't wash hands after using toilets. Daily Monitor. Kampala, Uganda.



Figure 1. Health and Sanitation team painting murals



Figure 2. Health and Sanitation team with repaired tip tap



Figure 3. Old dish drying rack before (A), and new dish rack with better ventilation (B)



Figure 4. Health and Sanitation team with pupils during health and sanitation lesson

Results

- Painted two murals promoting proper sanitation at NPS. (Fig. 1)
- Tip tap hand washing stations were repaired at NPS. (Fig. 2)
- Constructed dish drying rack at NCSCPS. (Fig. 3)
- Educate pupils on proper hygiene and sanitation at NPS. (Fig. 4)

Conclusions and Recommendations

Activities were performed to create awareness of hygiene, educate pupils to adopt proper sanitation practices, and also established hygiene facilities to promote healthy lifestyles.

- Murals promoted proper use of latrines and educated pupils on personal hygiene to improve their health and prevent illness.
- After lessons, pupils started using the tip taps properly. Washing hands before lunch prevents contamination of school meals and promotes cleanliness.

We recommend that teachers and parents get more involved with pupils sanitation both at home and at school to support their healthy living.

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