Simple, scalable, sustainable and systemic: The Fit for School approach to strengthen WASH in Schools

Prof Habib Benzian
DDS | MSc DPH | PhD

Epidemiology & Health Promotion
New York University
Senior Advisor
GIZ German Development Cooperation
Determinants of Health - WASH in Schools addresses many of them
Intersectoral nature of WASH in Schools

Education sector leads School as a healthy setting

Public Works
Water

Health

Community

Improved health and education outcomes
Better growth and development - SDGs

Intersectoral nature of WASH in Schools
Inclusiveness

Equity

Children achieving their full health & education potential

Health Promoting School Setting

School Feeding

Basic health services

Regular physical activity

WASH in Schools (WinS)
Why do schools matter?
"Health is created and lived by people within the settings of their everyday life; where they learn, work, play, and love."

The Ottawa Charter for Health Promotion (1986)
There are 100 million schools worldwide.
1.2 billion school-aged children worldwide (5-14yr)
88% in low- and middle-income countries
>50% live below the poverty line
Realities of schools
1/3 of schools worldwide without access!

Water/sanitation access - Estimated coverage for schools

✓ Achieve **universal** and equitable access to safe and affordable drinking water for all (6.1.)

✓ Achieve access to adequate and equitable sanitation and hygiene for all and end open defecation, paying special attention to the needs of women and girls and this in vulnerable situations (6.2.)

✓ Strengthen participation of local communities in sanitation management
**Health**
- End preventable deaths
- Combat NTDs, communicable and water-borne diseases
- Strengthen country capacity to manage health risks
- Free education for all (primary & pre-school)

**Education**
- Free education for all (primary & pre-school)
- Strengthen knowledge & skills for sustainable lifestyle
- Foster schools as safe and inclusive learning environments

**Gender Equality**
- Promote gender equality (i.e. through gender segregated sanitation facilities)
- Addressing needs of menstrual hygiene
Core questions and indicators for monitoring WASH in Schools in the Sustainable Development Goals
The argument that lifestyle behaviours are a matter of personal choice does not apply to children. Obesity in children is society’s fault, not theirs. “

WHO DG Margaret Chan in her keynote on Monday

How about behaviours that prevent hygiene-related diseases?
If there are no or only non-functional WASH facilities children have no choice
Focus must shift from individual child behaviour to schools as healthy settings able to promote healthy behavior.
Health literacy for children means learning by doing: Skills-based health education
Fit for School -

An award-winning school health concept from the Philippines
Global South South Development Expo 2009
Award for Innovation in Global Health
World Bank, UNDP, WHO / PAHO
Fit for School in 4 countries
≈ 3 million children reached every day
Key features of Fit for School

- Combined school health/WASH concept
- Simple and modular - Evidence-based interventions - very cost-effective
- Focus on daily skills-based activities rather than on health education
- Active involvement of non-health professionals (teachers)
- Supported by GIZ German Development Cooperation and implemented by Ministries of Education
Daily Handwashing
- Handwashing with soap
- Group activity
- Part of daily school routine
- No piped water needed
- Supervised by teachers and children
- Reduction of infections by 30-50%

Daily Toothbrushing
- Toothbrushing with fluoride toothpaste
- Group activity
- Part of daily school routine
- No piped water needed
- Supervised by teachers & children
- Reduction in tooth decay by 40-56%

Biannual Deworming
- Supervised ingestion of albendazole
- Supervised by teachers
- Parent consent
- Reduction in worm load by 50%

Evidence-based interventions
Supportive environment at school

- Improvements in Water & Sanitation
- Functional and child-friendly washing facilities
- Appropriate water access - minimizing consumption
- Focus on operation & maintenance rather than on new construction
- Daily group activities of classes
Facilities
Washing facilities for group activities
### One Year Results

#### Health Outcome Study

<table>
<thead>
<tr>
<th>Indicators</th>
<th>Difference</th>
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<tbody>
<tr>
<td>Days of school absence</td>
<td>- 27.3 %</td>
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<tr>
<td>Children with BMI below-normal</td>
<td>- 20.4 %</td>
</tr>
<tr>
<td>Children with heavy worm infection</td>
<td>- 47.2 %</td>
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<tr>
<td>Dental infection increase (PUFA increase)</td>
<td>- 38.5 %</td>
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4S - The Fit For School Action Framework

Enabling Principles:
- Simple
- Scalable
- Sustainable
- Systemic

Clear Vision & Values
- Supporting Multi-level Advocacy
- Formalised Intersectoral Collaboration
- Contributing to Broad Development Agenda

Packaged & Focussed
- Evidence-based
- Cost-effective

Uniform Modular
- Using Existing Structures

Community Involvement
- Government Funded
- Enabling Policy Framework

Institutionalized
- Anchored across sectors
- Broad system benefits

Contributing to Broad Development Agenda

M&E / Research
FIT FOR SCHOOL

Maximising impact & synergies / reducing cost creating broad health & education benefits

Cross-sector Integration
- Education sector leadership
- Health & others provide technical input
- Shared financing & monitoring

System Integration
- Supporting policy environment
- Mandating teachers to manage program
- Simple uniform procedures and processes

Intervention Integration
- Combining high-impact interventions
- Health & hygiene interventions
- Simple treatment & prevention
"It is clear that without proper education, health suffers. And without proper health, good education is not possible."

Gro Harlem Brundtland
Former Director General of the WHO