

## IMPACT OF SANITATION AND NUTRITION EDUCATION IN DEVELOPMENT OF A SOCIETY

**Dr. Anjali Singh**

Assistant Professor

Department of Home Science

Arya Kanya Post Graduate College, Hapur

Chaudhary Charan Singh University Meerut, Uttar Pradesh

### Abstract

Food that is nutritious is a crucial component of good health. Therefore, the appropriate quantity of necessary nutrients should be provided in the meal in order to satisfy the body's needs. Both nutrient excess and shortage are hazardous and have a long-lasting negative impact on a person's, families, and community's health. Therefore, it is crucial to effectively address this issue and educate the community about the value of optimal nutrition and health. A healthy lifestyle must include proper nutrition, consistent exercise, and enough rest. A comprehensive strategy is required to spread the idea of optimal nutrition across the country.

Sanitation and Nutrition both are interrelated. Hand washing with soap can reduce diarrhea rates by 42 to 47%, according to studies, and it is a simple, efficient, and affordable method. Water, sanitation, and hygiene initiatives that reduce diarrheal disease can avert at least 860,000 child deaths annually brought on by under nutrition (WHO, 2008). Stunting is decreased by 4 to 37 percent in rural areas and by 20 to 46 percent in urban areas as a result of improved sanitation, particularly the elimination of open defecation. Cochrane Review Anemia can result from parasitic infections brought on by inadequate sanitation and hygiene, which can also have an effect on normal growth and cognitive development. This paper highlights about impact of sanitation and nutrition education in development of a society.

**Keywords:** Sanitation, Nutrition education, Society, WHO, Cognitive development

## Introduction

From the point of view of cleanliness habits and duty towards cleanliness, there is no difference at this level between different sections of the society, but there is no difference in the parameters of cleanliness (such as littering, cleaning of parks-streets). If we talk about it, the localities of the people of lower income group look more disgraceful. So actually social status has any direct relation with living and cleanliness habits or not? Arguments are many, but it is clear that social inequalities definitely stand in the way of holistic cleanliness.

Our country has also been investing in several nutrition intervention programs to improve food and nutritional security, thereby improving the nutritional status of the weaker sections of the society. The Government of India is committed to continuously improving the nutritional efforts and is always ready to modify the existing programs from time to time and introduce new schemes as per the requirement – all aimed at prevention, early detection and elimination of malnutrition in the nation for effective management. Various programs and schemes have been implemented by the Government of India to combat malnutrition and improve health/nutritional status. It has been acknowledged that nutrition and health education is a crucial technology for nutritional promotion, which is also the most economical method for enhancing the quality of life and progress of the community and the country. The government arranges training for local level officers at the village/block level in areas relevant to agriculture, health, women and child development, education, rural development, etc., keeping in mind the necessity of an integrated approach to health/nutrition education.

## Sanitation for Society Development

Sanitation has an important place in the standards of development and modernity that have been set in the developed countries of the world. We talk about moving forward by adopting the model of those developed countries, but whether those standards are also ready to be included in development and modernity, there is a need to consider. The scope of sanitation is so wide that many levels need to be considered for its implementation. Cleanliness has special importance in mind, speech, action, body, heart, mind, society, family, culture and behavior to religion and science. Or say, cleanliness is the first step to achieve the higher ideal of life, family, society, culture, nation, world and consciousness without cleanliness. After the formation of the new

government at the center, it has been taken up to implement many such schemes in the form of missions, which are directly related to every person of the country. These schemes connect through individual to family, society and every area of the country. There is also a cleanliness mission in this. How serious the central government is regarding cleanliness, it can be seen in government, semi-government and non-government works around it.

One-third of the 2.5 billion people in the world who do not have access to sanitation and hygiene, live in India. Not only this, out of the billions of people in the world who do not have toilets for defecation and are forced to defecate in the open, 600 million people are from India. From this it can be estimated that how much carelessness and distaste for cleanliness is there in India. Although, about three decades ago towards cleanliness and sanitation in India, the Central Government had started the Rural Sanitation Program in 1986, giving priority to cleanliness in the villages, but the amount allocated for this was not enough that this program could be carried forward effectively. Growing up In view of this shortcoming, it was changed to Total Sanitation Campaign (TSC) in 1999. Under this campaign, priority was given to construct toilets in houses, panchayat houses, Anganwadi centers and schools. The tragedy of government schemes that is usually seen, a similar fate happened with this scheme too. The target which was to be achieved under this plan could not be achieved. The reason for this was mainly corruption, lack of will towards it in governance, laziness and distaste.

The problem of cleanliness and lack of cleanliness in the villages and the problem of filth and garbage in the cities needs to be looked at accordingly. Sanitation is no longer an issue in some of the Indian states of Kerala, Mizoram, Lakshadweep and Sikkim, as 100% success has been achieved in terms of cleanliness, but in other places it is a very serious problem. Cleanliness and cleanliness in big cities of India and initiatives to make cities Smart Cities or Totally Clean Cities are being done at the government level and by voluntary organizations for years but this is more than a 'government work' or government program. Couldn't grow. The reason for this is that people have different attitudes, perceptions and interest in thinking about cleanliness.

### **Major cause of insanitation**

Inequality in Indian society is on such a high scale that we are not able to pay attention to every subject easily, but if all the people perform their responsibilities properly then many of these

inequalities can be eliminated or reduced. Cleanliness remains a challenge due to inequality. While this disparity is social, communal, cultural, but the major reason for this is also economic. The problem of clean water and lack of toilets in the house is usually seen in front of the people of the lower income group, this has also been proved by the 2011 census.

In place of the best toilet in the house, the priority of a good vehicle is given by the hut person and also the one who lives with dignity. In such a situation, there is a need to understand how we will be able to dedicate ourselves towards cleanliness. It also needs to be considered that we also have social participation towards cleanliness and we are as much responsible for cleanliness as government or semi-government employees. Is it not worth considering why we do not hesitate to pollute the air on which our life is based? It is said in the scientific explanation in Vedas that it is our daily duty to do Havana with aromatic herbs daily to eliminate the dirt we spread through the day by feces, urine and other things, not doing so is a sin. That is, not cleaning the nature by making it dirty is considered a sin in Indian culture. In foreign countries, whether it is a senior government official, a minister or an ordinary person, the same attitude towards cleanliness is found in all that throw the dirt where it is located or do not run away with the dirt, but immerse it in the right place. Do it. Shouldn't we also come forward to perform our duty properly by not putting the responsibility of cleanliness on the government or institutions?

### **Nutrition Education for Society Development**

The overall objective of nutrition education is to promote personal, family, community, and global welfare. Through a variety of teaching methods, environmental supports, and cooperation with people and groups both inside and outside the school, the school's rich and dynamic environment can help students achieve this aim. In order to promote the adoption of healthy, sustainable food choices and eating behaviours, nutrition education has a comprehensive vision that includes instructional tactics and environmental assistance. It goes beyond only providing knowledge to encourage critical thinking, attitude transformation, practical skills, as well as coordinated efforts to promote and enable surroundings and food-related behaviours that are conducive to health. A number of channels, instruments, and materials are used in the nutrition education process, which takes place in various contexts and targets various demographic groups.

Interventions in education that focus on healthy eating and nutrition may directly enhance people's pro-social behaviour. Interventions should be based on national dietary guidelines that are food-based, encourage dietary diversity, including the use of traditional, underutilized, and under consumed foods, include fortified foods/nutritional supplements (if nutrient deficiencies cannot be met), conserve biodiversity, and promote environmental sustainability. Every intervention in nutrition and health must be designed for long-term viability. Education regarding adopting and practising a healthy lifestyle is required to bring about a progressive change in the population's health/nutritional status. Non-communicable diseases can be prevented by early diagnosis, by providing health education, timely referral, and management. It has been discovered that lack of awareness and poor health behaviour are the primary underlying causes of non-communicable diseases. Numerous studies have amply demonstrated that early diagnosis and prevention can significantly improve morbidity and mortality reduction.

Since malnutrition impacts a person's mental and physical health, resulting in poor health and subpar performance at work, nutrition is crucial to the development of human resources. A sick, undernourished person will not respond well to treatment, may miss a lot of work, and may continue to deplete family and societal resources. Additionally, a hungry, malnourished youngster may have mild to severe learning difficulties, leading to poor school performance. Therefore, investments made in the fields of health, education, and other development areas may be compromised by malnutrition.

### Conclusion

The idea and notion that cleanliness is an ideal way of life of human beings needs to be firmly established in India right now. Till now the mentality of all of us has been that 'the one who spreads the filth is big and the one who cleans the filth is low or small'. Getting our filth cleaned by others and considering the one who cleans it as untouchable is what if it is not our wicked mentality towards cleanliness. This is also a great unforgivable crime against humanity. This is such a social problem that needs to be understood deeply.

Rapid changes in food habits and decreased physical activity are increasing worldwide. People are consuming too much energy, saturated fat, sugar, high salt/sodium foods; conversely, the intake of dietary-fiber foods such as fruits, vegetables, and soap cereals/pulses has decreased.

Nutritious food is an important cornerstone of health. Therefore, to meet the needs of the body, the food should supply the essential nutrients in proper quantity. Nutrient excess and deficiency – both are equally harmful and have long lasting adverse effects on individual, family and community health. Thus, it is extremely important to address this issue effectively and make the community aware about the importance of good health and optimum nutrition. Good nutrition, regular physical activity and adequate sleep are essential rules of a healthy life.

## References

1. Walsh, C. M., Dannhauser, A., & Joubert, G. (2002). The impact of a nutrition education programme on the anthropometric nutritional status of low-income children in South Africa. *Public Health Nutrition*, 5(1), 3-9.
2. Hanson, J. A., & Benedict, J. A. (2002). Use of the Health Belief Model to examine older adults' food-handling behaviors. *Journal of Nutrition Education and Behavior*, 34, S25-S30.
3. Sethi, V., Kashyap, S., & Seth, V. (2003). Effect of nutrition education of mothers on infant feeding practices. *The Indian journal of pediatrics*, 70(6), 463-466.
4. Beigbeder, Y. (2001). Nutrition, Education, Sanitation. In *New Challenges for UNICEF* (pp. 93-115). Palgrave Macmillan, London.
5. Usfar, A. A., Iswarawanti, D. N., Davelyna, D., & Dillon, D. (2010). Food and personal hygiene perceptions and practices among caregivers whose children have diarrhea: a qualitative study of urban mothers in Tangerang, Indonesia. *Journal of nutrition education and behavior*, 42(1), 33-40.
6. Dammann, K. W., & Smith, C. (2009). Factors affecting low-income women's food choices and the perceived impact of dietary intake and socioeconomic status on their health and weight. *Journal of nutrition education and behavior*, 41(4), 242-253.
7. Ashworth, A., Shrimpton, R., & Jamil, K. (2008). Growth monitoring and promotion: review of evidence of impact. *Maternal & child nutrition*, 4, 86-117.
8. Kumar, S., & Vollmer, S. (2013). Does access to improved sanitation reduce childhood diarrhea in rural India? *Health Economics*, 22(4), 410-427.

9. Babar, N. F., Muzaffar, R., Khan, M. A., & Imdad, S. (2010). Impact of socioeconomic factors on nutritional status in primary school children. *Journal of Ayub Medical College Abbottabad*, 22(4), 15-18.
10. Joshi, N., & Vijayalaxmi, K. G. (2009). Nutritional education tool to improve overall dietary attitude and knowledge among young women. *Journal of Human Ecology*, 25(3), 187-191.
11. Devadas, R. P. (2002). Activating the community for nutritional improvement. *Food and nutrition bulletin*, 23(2), 119-132.
12. Okun, D. A. (1988). The value of water supply and sanitation in development: an assessment. *American journal of public health*, 78(11), 1463-1467.
13. Kapil, U., & Sachdev, H. P. S. (2012). Urgent need to orient public health response to rapid nutrition transition. *Indian Journal of Community Medicine*, 37(4), 207-210.
14. Ruel, M. T., Alderman, H., & Maternal and Child Nutrition Study Group. (2013). Nutrition-sensitive interventions and programmes: how can they help to accelerate progress in improving maternal and child nutrition?. *The lancet*, 382(9891), 536-551.
15. Oumachigui, A. (2002). Prepregnancy and Pregnancy Nutrition on Women's Health and Its Impact. *Nutrition reviews*, 60(suppl\_5), S64-S67.