



Vision of a Healthy Village

Program Results — Kaliro, Uganda

A statistically significant final evaluation of Lifewater International's
Vision of a Healthy Village program

April 2020

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“

Sorrow and mourning will disappear, and they will be filled with joy and gladness.”

– Isaiah 35:10

Letter from the President

Dear friend,

In 2016, our teams began a multi-year program using our Vision of a Healthy Village (VHV) approach in Kaliro, Uganda.

This approach to solving the global water and sanitation crisis was based on the lessons we learned from 35+ years of experience, best practices in community development, and the collective wisdom of our program leaders in the field. It is a grassroots, data-driven effort to reach every family in every village with safe water and improved health.

VHV took a holistic, Christ-centered approach to bringing water to the thirsty. We focused on constructing high-quality water sources and reaching the people so far away that others had not even attempted it.

We are now at the end of the first VHV program in Kaliro, and we have completed a statistically significant baseline/endline survey to measure the impact. The results are incredible!

Before we can understand the transformative nature of the data from the survey, we have to first grasp one thing: the devastating number of deaths of children under the age of five years old that occur each year because of diarrheal disease, an illness caused by contaminated water and poor sanitation.

According to UNICEF, the number is 480,000 children. **That's nearly 1,300 children younger than five years old who die each day from something as preventable as drinking unclean water and practicing poor sanitation and hygiene.**

For children who survive constant bouts of diarrheal diseases, many experience stunted growth, underdeveloped brains, and overall malnutrition.

But, the results are in, and there is great hope.

In our baseline survey, 35 percent of children under five had diarrhea in the week prior. At the endline survey, that number had reduced to 10 percent, **a 71 percent decrease in the prevalence of childhood diarrheal disease.**

Other key indicators include:

- 78 percent decrease in time spent journeying for water
- 67 percent decrease in medical expenses
- 20 percent fewer dropouts for girls in school
- 390 home Bible studies established

Praise God! Many young lives are saved.

Between April 2016 and December 2019 the Vision of a Healthy Village approach was carried out in eight rural parishes, serving 32,480 people with safe water, sanitation, and hygiene.

The top results of the Kaliro VHV Program Cycle Survey as well as qualitative data gathered from anonymous focus groups who took part in the program.

Thank you. You make this work possible.

Grace and Peace,



David LeVan

Chief Executive Officer
Lifewater International

Kaliro Uganda

Uganda is home to one of the youngest populations in the world; almost half of Uganda is under the age of 15 years old. This means that the water crisis in the area becomes a race to save the lives of children.

During an initial 2016 survey of the Kaliro district of Uganda, Lifewater staff discovered the following information regarding health and well-being.

- The average family spent \$15.35 on healthcare in four weeks (a significant cost for families that make just a few dollars a day).
- 35 percent of children younger than five years old had diarrhea within the last week.
- Only 20 percent washed their hands with soap at the most critical times of the day.
- Only 5 percent of households used a bathroom property constructed with walls, a roof, and a door to keep people separate from feces.

When Lifewater began programs in the Kaliro district, most people had access to a well for water. However, the average travel time was over **2.5 hours per journey** for water. And, rates of diarrhea (the second leading cause of death for children under five years old) were still very high.

This indicated not only a great need for more water sources in the area, but the need for a long-term investment in health education to reduce life-threatening illness.

Between April 2016 and December 2019 the Vision of a Healthy Village approach served 32,480 people with safe water and comprehensive WASH activities.



32,480

People Served



Key Results

Preventing the death of children is perhaps the world's most urgent and united mission. Diarrheal diseases, caused primarily by unsafe water and poor sanitation, are responsible for more deaths of children under five years old than malaria, AIDS, and measles combined.

Safe water and sanitation practices can virtually eliminate diarrheal disease and save countless lives of the world's youngest in the process.

Under-5 Diarrhea

UNICEF reports that 480,000 children under the age of five die each year due to diarrheal disease, a disease prevented with simple sanitation and hygiene practices and safe water access.

In 2016, Lifewater staff trained community health promoters in Kaliro, Uganda to walk alongside their neighbors and help them adopt healthy habits.

These habits include hand washing, using a drying rack to keep dishes off the ground, and constructing a toilet to keep feces separate from children.

These simple practices and increased access to safe water resulted in a 71% reduction in prevalence of childhood diarrhea in the area. Before Lifewater programs, a third of the population had a child with diarrhea; after, only 10 percent reported the same.

Childhood Diarrhea*



* Children with diarrhea in seven days prior to survey. Comparison before and after VHV.

“ Since Lifewater intervention, water-related diseases like diarrhea are no more, yet these used to be the main diseases affecting and killing young children in the community.”



- Community member in Kaliro, Uganda

“ There was rampant waterborne illness and people would spend a lot of money for treatment on a monthly basis, but now we can use the funds for things like buying books for children to go to school.”



- Bugubi Water Committee member

Key Results Continued

Walks for Water

When Lifewater began work in the Kaliro district, most people (if they had the physical ability and the time to walk far enough) could access a well.

The water wasn't always safe, and it was almost always too far away. **The average travel time was over 2.5 hours per journey.**

Mothers with very young children, the elderly, and the disabled struggled to make these journeys. They often reverted to unsafe but closer sources like ponds and rivers. Rates of diarrhea, which can be deadly for children, were very high.

This indicated not only a great need for more water sources in the area, but the need for a long-term investment in health education to reduce life-threatening illness.

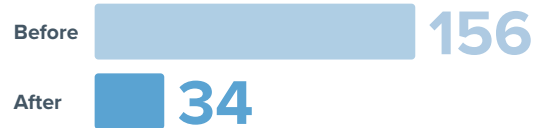
At the beginning of Lifewater programs, people were walking 156 minutes (2.6 hours) on average to gather water in a single outing. At the end, they walked an average of 34 minutes. That's 78 percent less time spent walking for water.

“ We had no water point in our community and were moving long distances to neighboring communities to access safe water. But, because of Lifewater, we received three new safe water wells! Women used to move long distances to fetch water and now this is no longer a problem.”

- Community member in Kaliro, Uganda



Minutes Spent Walking for Water*



* Time it takes to travel to and from water source plus wait time. Comparison before and after VHV.

“ Children now attend school on time because the water points are not congested in the morning hours. They easily fetch water for bathing and home use... which was not the case before.”

- Community member in Kaliro, Uganda



Church Mobilization

Lifewater works alongside local churches, mobilizing believers to help their neighbors learn healthy habits and transform their communities.

Lifewater operates from a God-given call to love the vulnerable and care for others as Jesus would. When we entered communities in Kaliro in 2016-2019, we were joined by church partners who conducted theological training for church leaders on the basic tenets of the Christian faith.

Lifewater church partners also launched at home-Bible studies, many of which have expanded into large churches as membership grew.

At the completion of the VHV, community members were asked if they believe God cares for them. The results show that 93% of respondents said that God cares for them very much.

Overall, community members expressed the peace that's descended on them, their neighbors, and the religious differences that once caused strife.

390

New Home Bible Studies



925

Local Church Leaders

Trained in evangelism and discipleship methods



“ Before Lifewater, there was disunity... community members were not welcoming and people did not love their neighbors. After Lifewater’s intervention and the work of Lifewater’s ministry partner, there is peace in the community and an increased understanding of God’s word. We are able to see God’s goodness.”



- Community member in Kaliro, Uganda

“ After the introduction of the program, there are restored relationships and there is forgiveness, even among people who had hated each other for their whole lives.”



- A Bible study leader

House by House Data

By surveying households before programs begin and monitoring their progress, we track important data about community transformation.

Hygiene

Washing hands with soap and clean water, using a drying rack, storing water safely, and keeping the home free of garbage are components of Lifewater's Healthy Home criteria.

Homes Washing with Soap or Ash*



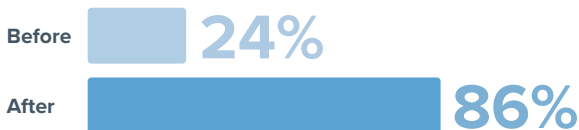
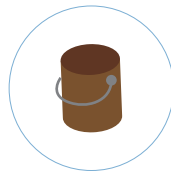
* Respondents who washed hands in the past 24 hours at the most critical times. Comparison before and after VHV.

Homes Using a Drying Rack*



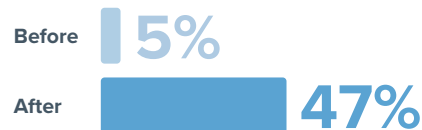
* Comparison before and after VHV.

Homes Using a Rubbish Pit/Pail*



* Comparison before and after VHV.

Homes Using Latrines that are Improved with Dignity*



* "Improved with Dignity" means the latrine has a slab, walls, roof, and a door. Comparison before and after VHV.

“ My community's disease occurrence was very rampant before Lifewater. Today, latrine construction, hand washing, digging rubbish pits, and safe water storage has reduced the spread of diseases among people.” - **Community leader in Nabitende Parish, Kaliro**



Community Characteristics

Before VHV, a majority of community members in Kaliro listed water as one of the greatest problems. At the endline, 44% more people listed water as one of their greatest assets.

Safe water has a domino effect in villages. It allows children to go to school and parents to go to work, increasing both income and education.

As a result, we often find that families are wealthier for having safe water sources.

Plus, families begin to save money on medical fees. In Kaliro, the VHV created a 67% decrease in money spent on medication and treatment.

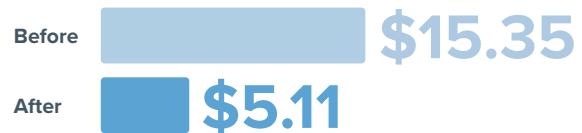
Before Lifewater programs in the area, families spent \$15.35 a month. Afterwards, they spent \$5.11. That's an incredible difference in money spent on healthcare overall, and one that's helping families invest in their futures.

Wealth Increase*



* Percentage of people reporting their household savings had increased in the past year. Comparison before and after VHV.

Medical and Treatment Costs*



* Dollar amount (USD) spent on healthcare per month. Comparison before and after VHV.

“ The program has boosted the economic activities through provision of water which is used for brick making and watering of crops during dry spells. It created an increased source of income and access to food during all seasons.” - **Community member in Kaliro, Uganda**



VHV in School

Private bathrooms and safe water means more children can stay in school. And when children can stay in school, they experience less poverty and greater hope for the future.

In Kaliro, Lifewater completed programs in 10 primary schools. That's 22 water points and 135 new bathrooms. Children in these schools spend more time learning, playing, and living healthy lives.

School Enrollment

For reasons including a lack of bathrooms and safe water at schools, students in Kaliro, Uganda tended to drop out as they progress through primary school.

When the 2015-2016 school year enrollments (right before Lifewater programs) are compared to the 2018-2019 enrollment numbers (during Lifewater programs), there's a 3% increase in students at primary schools in the area.

For girls in particular, absences were common. Girls often bear the responsibility of collecting water, caring for family members as they fall ill, or simply staying home to manage their menstruation.

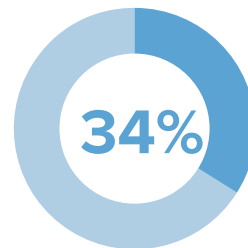
After Lifewater programs, girls in grades 5-7 experienced a 34% decrease in absences. Safe water on school grounds, safe water in surrounding villages, and bathrooms on school grounds meant girls spent more time in classrooms.

Students Enrolled in School



* Comparison before and after VHV

34% Fewer Female Student Absences*



*Girls grades 5-7. Comparison of schools years 2015-2016 and 2018-2019.

“Lifewater’s WASH program has greatly promoted girl child education due to the provision of WASH rooms. Before, girls would fear coming to school when on their monthly periods. Now, they all come to school because there is privacy which enables them to wash and change pads.”



- Bwite Primary School Headteacher

“Thank you Lifewater for providing a well at our school. We used to cross a busy road and students would be knocked by speeding motorcycles and vehicles.”



- Hagira, a student at Nawaikoke Mixed Primary School



**We are Christians committed to
ending the global water crisis,
one village at a time.**

Learn more about Vision of a Healthy Village
at lifewater.org/our-process, and join in
lasting change today.