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Unit – IV

Rural Sanitation and Urban Sanitation

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Unit – IV
Rural Sanitation and Urban Sanitation

Rural Sanitation

Rural is usually areas that are sparsely settled places away from the influence of large cities and towns.

People in rural areas live in villages, on farms and in other isolated houses, as in pre-industrial societies.

Rural areas usually have an agriculture character though many areas are characterized by an economy based on logging, mining, petroleum and natural gas exploration, or tourism.

Rural Health Problems

Adverse effect on health risk and disease in urban areas such as

- Inadequate and contaminated water supply,
- Inadequate access to sanitation,
- Adverse climate,
- Rural violence,
- Physical work-pressure,
- Loss of productive population due to international labour migration,
- Insecure residential status, poor structural quality of housing,
- Inadequate access to public health medical facilities

Rural Health Problems

Contagious, infectious and waterborne diseases such as diarrhoea, amoebiasis, typhoid, infectious hepatitis, worm infestations, measles, malaria, tuberculosis, whooping cough, respiratory infections, pneumonia and reproductive tract infections dominate the morbidity pattern, especially in rural areas.

The Five Barriers to Rural Healthcare Access

- Workforce Shortages.
- Distance, Transportation & Internet.
- Health Insurance Coverage.
- Social Stigma and Privacy Issues.
- Poor Health Literacy.

Rural health identification of nature of public health and medical care demand in rural setting

Participatory Rural Appraisal (PRA)

- Participatory Rural Appraisal (PRA) is considered one of the popular and effective approaches to gather information in rural areas.
- This approach was developed in early 1990s with considerable shift in paradigm from top-down to bottom-up approach, and from blueprint to the learning process.
- It is a shift from extractive survey questionnaires to experience sharing by local people.
- It is used to gain in-depth understanding of community or situation

Rural health identification of nature of public health and medical care demand in rural setting

Participatory Rural Appraisal (PRA)

- **Participatory:** people are involved in the process – a ‘bottom-up’ approach that requires good communication skills and attitude of facilitator
- **Rural:** This techniques can be used in any situation, urban and rural setting, with literature and illiterate people.
- **Appraisal:** Find out of information about problems, needs, and potentiality of target groups/communities.

Health Issues in Rural

- Malnutrition.**
- High infant mortality rate.**
- Diseases.**
- Poor sanitation.**
- Safe drinking water.**
- Female health issues.**
- Rural health.**
- Strategy.**

Major Problems of Health Service

The following are the major problems of health services:

Neglect of Rural Population: A serious drawback of India's health service is the neglect of rural masses.

Emphasis on Culture Method

Inadequate Outlay for Health

Social Inequality

Shortage of Medical Personnel

Medical Research

Expensive Health Service

Improvement of Rural Sanitation

Improvement in rural sanitation in India has been a significant focus in recent years, as poor sanitation has long been a major issue affecting public health, hygiene, and quality of life.

Several government programs, policies, and community-driven initiatives have contributed to advancements in rural sanitation.

Here's an overview of the key developments, challenges, and strategies involved in improving rural sanitation in India

Improvement of Rural Sanitation

1. Swachh Bharat Mission (SBM)

The **Swachh Bharat Mission (SBM)**, launched in 2014 by Prime Minister Narendra Modi, has been a flagship program aimed at improving sanitation across the country, with a specific focus on rural areas. The mission had two primary components:

- **SBM Gramin (Rural)**
- **SBM Urban**

2. Key Achievements

- Increase in Toilet Coverage
- Open Defecation Free (ODF) Villages
- Behavior Change Campaigns

Improvement of Rural Sanitation

3. Technological Innovations

- Low-Cost Toilet Models
- Waste Management Solutions

4. Other Government Programs and Initiatives

- National Rural Drinking Water Program (NRDWP)
- Mission Amrit Sarovar
- Clean India (Swachh Bharat) Awards

Improvement of Rural Sanitation

5. Future Directions

- Integrated Rural Development
- Focus on Behavior Change
- Private Sector and Market-Based Solutions
- Inclusive Sanitation

Urban Health Problems

Urban health problems are increasingly significant concerns, as rapid urbanization, industrialization, and population growth create new public health challenges.

In cities, the complex interplay of socio-economic factors, environmental changes, lifestyle patterns, and access to healthcare can contribute to various health issues.

Below are some of the key urban health problems, their causes, and potential solutions.

Urban Health Problems

Healthcare Services

Health services in slums are often limited or non-existent. Poor living conditions, overcrowding, and inadequate sanitation contribute to the spread of diseases like malaria, tuberculosis, diarrhea, and respiratory infections.

Key Services:

Primary Healthcare Clinics

Mobile Health Clinics

Disease Prevention and Control Programs

Nutrition and Mental Health Services

Urban Health Problems

Water and Sanitation Issues

Access to clean water and sanitation can be a significant challenge in urban slums or informal settlements, even in large cities.

Causes:

- Rapid Population Growth
- Wastewater Management
- Contaminated Water Sources

Health Impacts:

- Waterborne diseases like cholera, dysentery, typhoid, and hepatitis.
- Diarrheal diseases, which remain a leading cause of death, especially among children.
- Vector-borne diseases like malaria and dengue, often exacerbated by poor drainage and unclean water sources.

Urban Health Problems

Non-Communicable Diseases (NCDs)

With urbanization comes a shift in lifestyle, leading to an increase in chronic diseases like heart disease, diabetes, and obesity.

Causes:

- Sedentary Lifestyles
- Unhealthy Diets
- Stress and Mental Health Issues

Health Impacts:

- Higher rates of heart disease, stroke, diabetes, and hypertension.
- Mental health issues like depression, anxiety, and burnout.
- Obesity, which is increasingly common in urban populations, especially in children.

Urban Health Problems

Mental Health Issues

Urban living can also contribute to poor mental health, especially in large, densely populated cities.

Causes:

- Social Isolation
- High Stress Levels
- Noise and Environmental Stressors

Health Impacts:

- Higher rates of depression, anxiety, and stress-related disorders.
- Increased prevalence of suicide and self-harm.
- Mental health disorders related to social inequities and poverty.

Urban Health Problems

Infectious Diseases and Pandemics

Urban areas are often the focal points for the spread of infectious diseases due to high population density and mobility.

Causes:

- High Population Density
- Inadequate Public Health Infrastructure
- Globalization and Urban Mobility

Health Impacts:

- Outbreaks of diseases like COVID-19, tuberculosis, influenza, and measles.
- Increased risk of vector-borne diseases like malaria, dengue, and chikungunya, which thrive in urban areas with poor waste management.

Service on Urban Slum Area

Providing services to urban slum areas is a critical aspect of addressing the growing challenges of urbanization in many developing countries.

Slums, characterized by overcrowded and unsanitary living conditions, lack of basic infrastructure, and limited access to social services, face a range of issues related to health, education, sanitation, housing, and employment.

Improving services in these areas requires a comprehensive, multi-dimensional approach that involves government, non-governmental organizations (NGOs), and community participation.

Service on Urban Slum Area

Affordable Housing and Infrastructure Development

One of the most urgent needs in urban slums is access to adequate housing and infrastructure. Slum dwellers often live in overcrowded conditions with inadequate basic services like water, sanitation, and electricity.

Key Services:

Housing Upgrades

Slum Redevelopment and Resettlement

Infrastructure Improvement

Service on Urban Slum Area

Water, Sanitation, and Hygiene (WASH) Services

Lack of clean drinking water, proper sanitation, and hygiene facilities is a major issue in slum areas, leading to a high burden of waterborne diseases.

Key Services:

Access to Safe Drinking Water

Sanitation and Toilet Facilities

Waste Management

Health and Hygiene Education

Service on Urban Slum Area

Healthcare Services

Health services in slums are often limited or non-existent. Poor living conditions, overcrowding, and inadequate sanitation contribute to the spread of diseases like malaria, tuberculosis, diarrhea, and respiratory infections.

Key Services:

Primary Healthcare Clinics:

Mobile Health Clinics

Disease Prevention and Control Programs

Nutrition and Mental Health Services

Sanitation at Fairs & Festival

Sanitation at fairs and festivals is a crucial but often overlooked aspect of event planning.

Large gatherings, such as religious, cultural, and trade fairs or festivals, can create significant sanitation challenges due to the sheer volume of people attending, the temporary nature of the event setup, and the high levels of waste generated.

Ensuring good sanitation during such events not only helps maintain public health but also enhances the overall experience for attendees.

Key Sanitation Challenges at Fairs and Festivals:

1. Overcrowding and High Foot Traffic
2. Temporary Infrastructure
3. Waste Generation
4. Lack of Clean Drinking Water
5. Hygiene and Public Health

Sanitation at Fairs & Festival

Ensuring Good Sanitation at Fairs and Festivals

1. Adequate Toilet and Sanitation Facilities
2. Waste Management and Disposal
3. Access to Clean Drinking Water
4. Food Safety and Hygiene
5. Public Awareness Campaigns
6. Sustainability and Environment Considerations
7. Emergency Medical Services and Disease Control
8. Event Design and Layout

Mass Education

Mass Education in Environmental Studies refers to large-scale efforts to educate communities, populations, and societies about environmental issues, sustainability, and the importance of protecting the planet.

This type of education is crucial for creating widespread awareness of environmental problems such as climate change, deforestation, pollution, resource depletion, and biodiversity loss.

It aims to foster a generation of environmentally conscious citizens who understand how their actions affect the environment and who are equipped to contribute to environmental protection and sustainable development.

Objectives of Mass Education in Environmental Studies

- 1.Raising Awareness**
- 2.Promoting Sustainable Practices**
- 3.Building a Green Workforce**
- 4.Influencing Policy and Advocacy**
- 5.Fostering Global Citizenship**