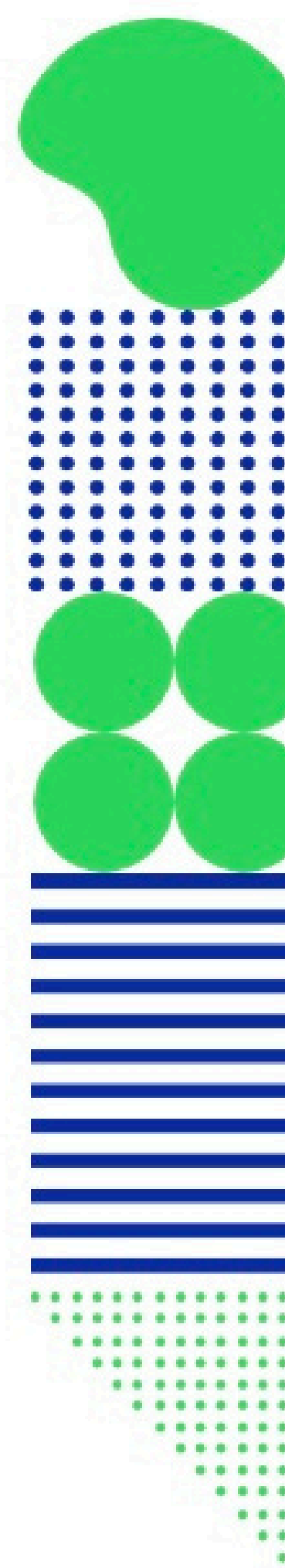


YOUTHIMPACT

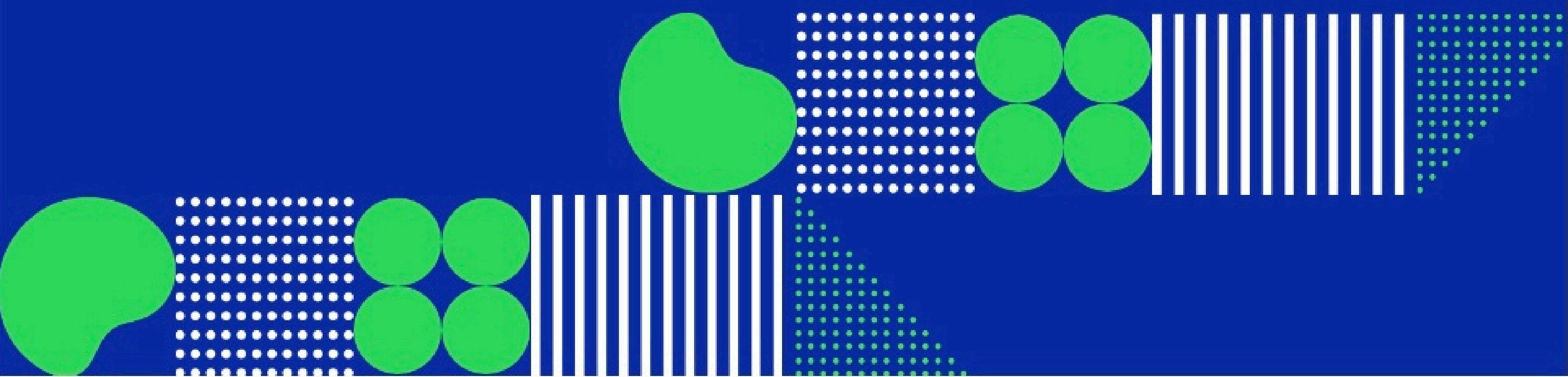
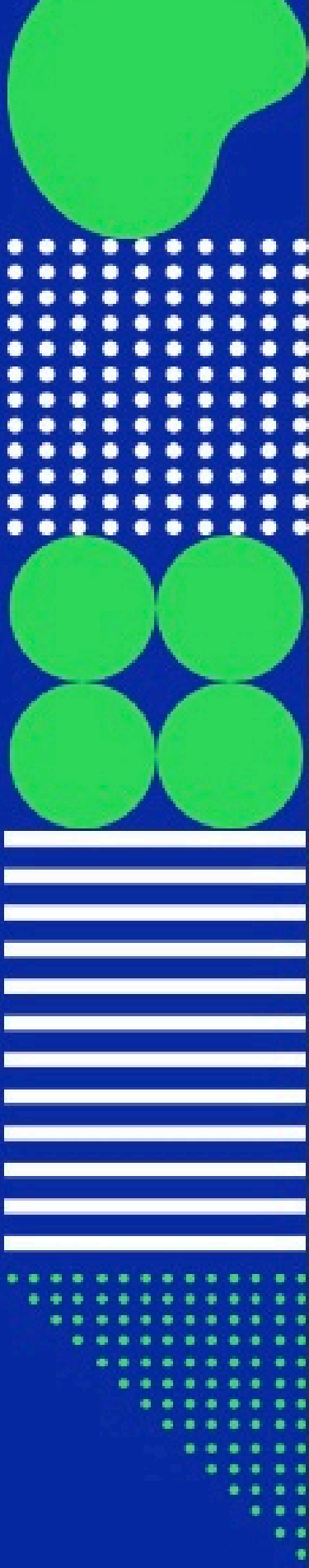


# D-FREE PROJECT PROPOSAL



# Content

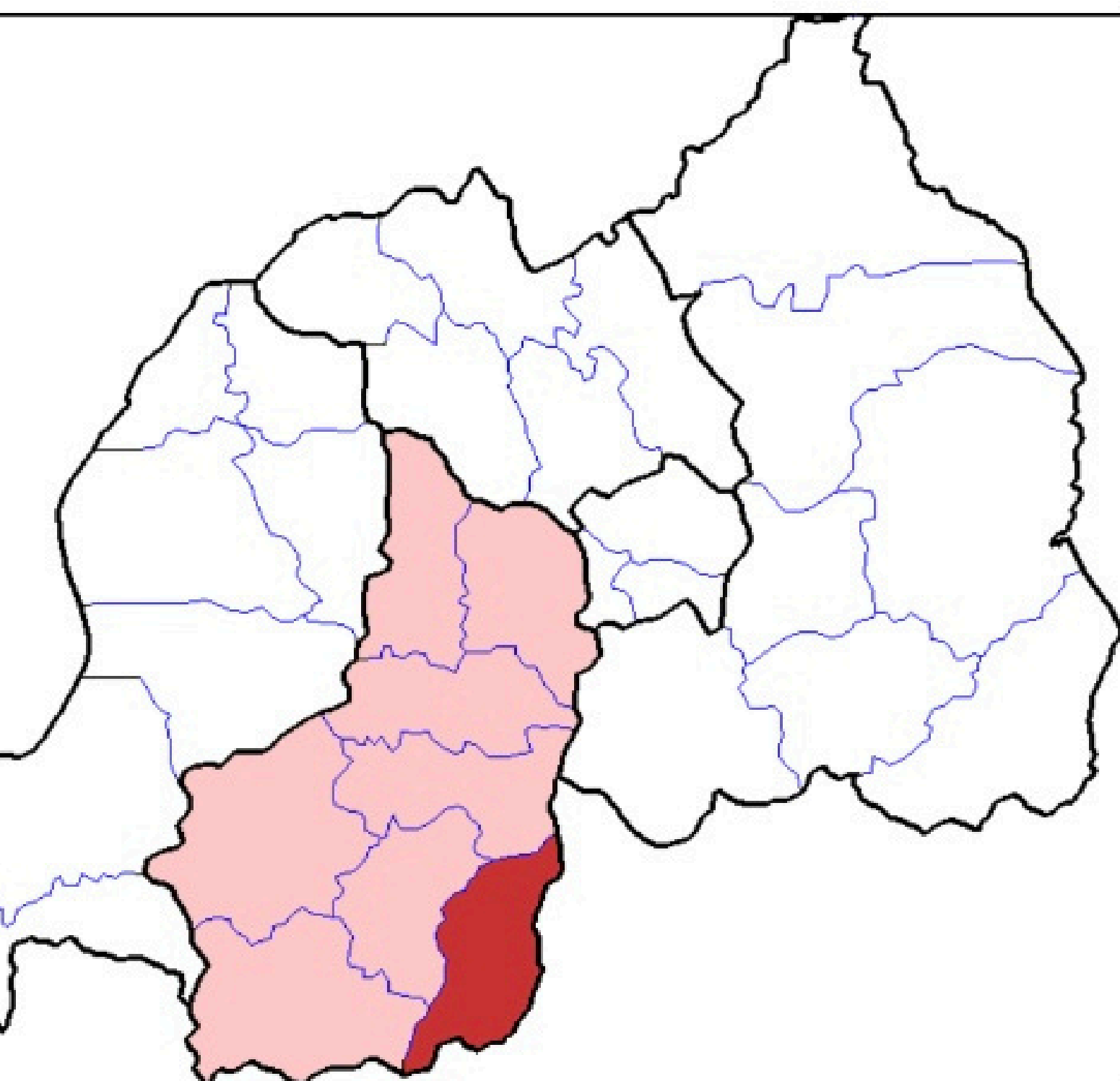
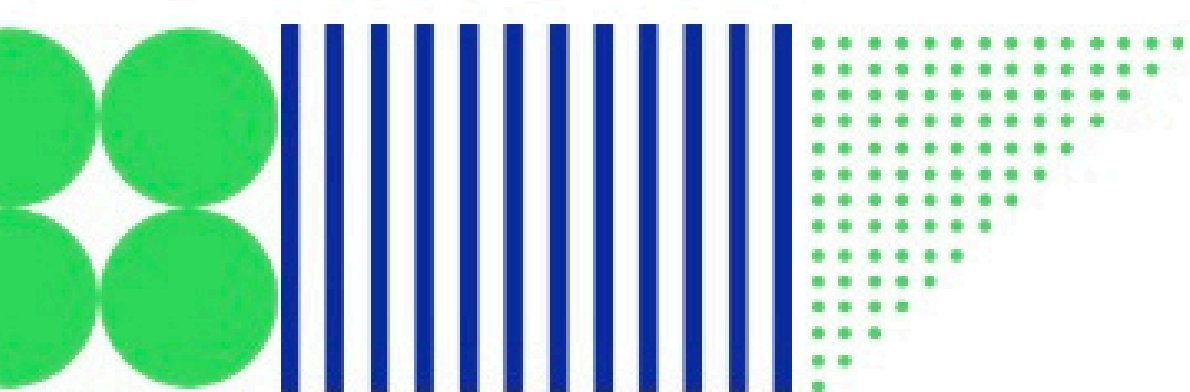
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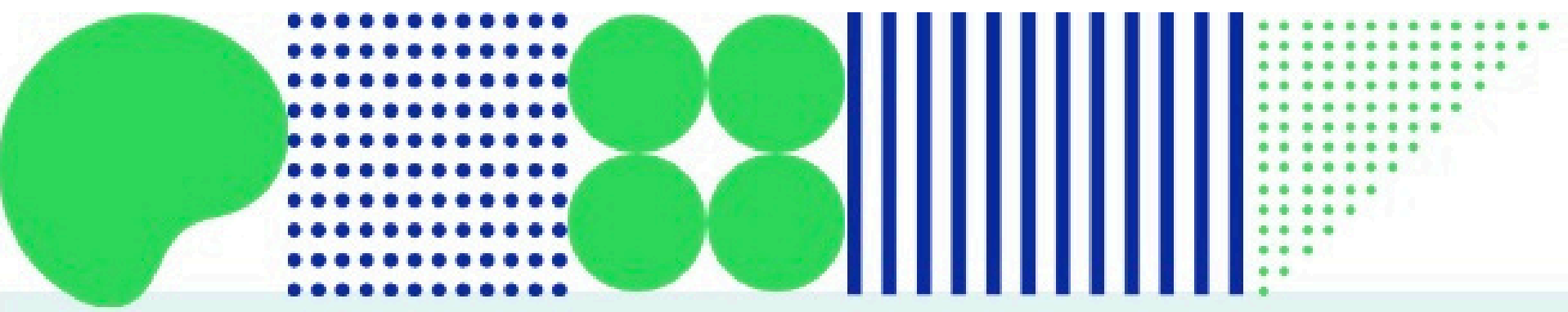


# ABOUT D-FREE



The D-Free project aims to address the significant global health concern of diarrhea among children under 5 years old, particularly prevalent in Rwanda, where it ranks as the third leading cause of death in this age group worldwide. According to data from the Rwanda Demographic and Health Survey and monthly reports from health facilities and Community Health Workers, the project identified factors contributing to diarrhoea prevalence, including inadequate hygiene, limited access to clean water, and socioeconomic disparities. The project's goal is to reduce diarrhea prevalence in Gisagara district by educating 100 families with children under 5 on proper hygiene practices and clean water consumption, distributing essential hygiene materials, renovating toilets, and conducting follow-up assessments. Expected outcomes include reduced diarrhea prevalence, improved hygiene practices, enhanced access to clean water, increased awareness, community empowerment, long-term health impact, and data for future scaling-up of the project. Sustainability points encompass community involvement, education programs, material distribution, follow-up assessments, capacity building, and data-driven decision-making.



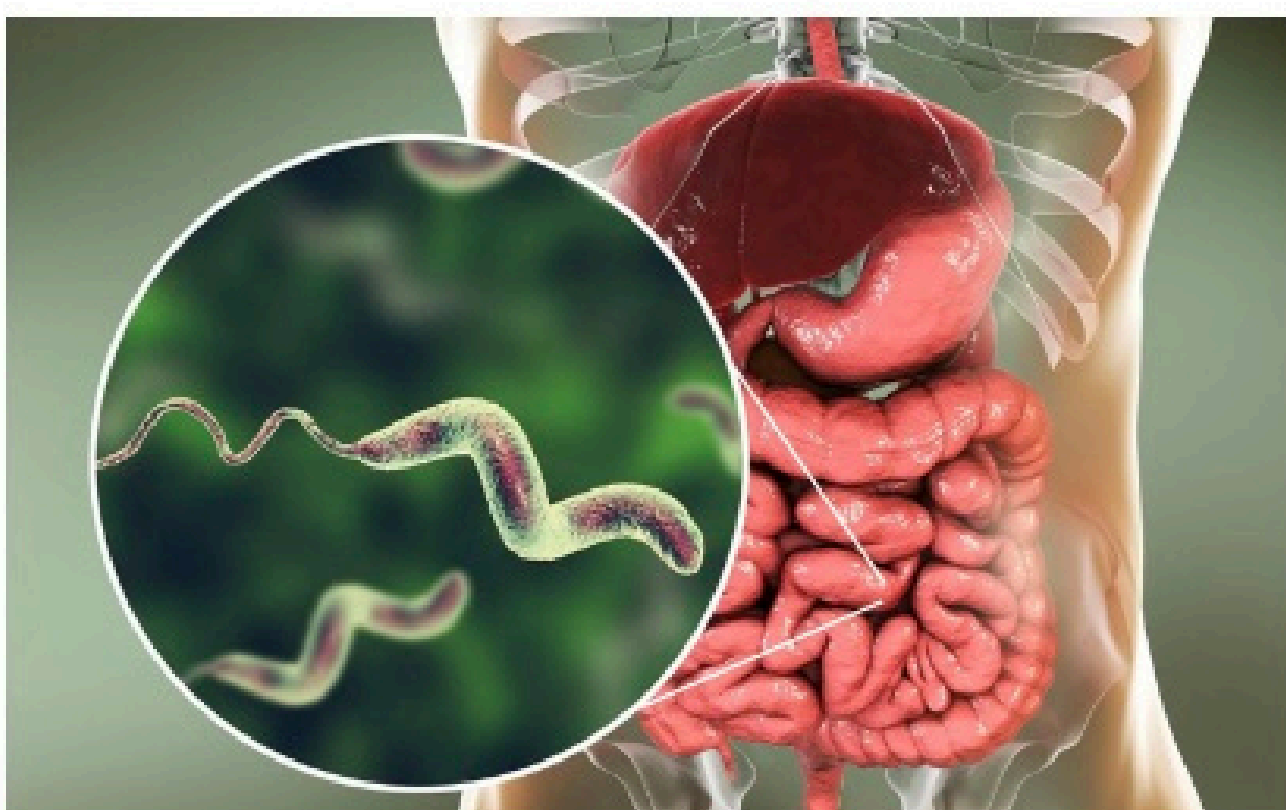


# PROBLEM STATEMENT

Diarrhoea is defined as the passage of three or more loose or liquid stools per day(1), which constitutes a significant global health concern, particularly for children under 5 years old. It ranks as the second leading cause of mortality and morbidity in this age group worldwide and stands as the primary cause of malnutrition in sub-Saharan Africa(2). Despite its preventable nature through measures such as access to safe drinking water, adequate sanitation, and proper hygiene, diarrhoea claims the lives of approximately 525,000 children annually, with nearly 1.7 billion cases reported globally each year(1).



In the specific context of Rwanda, diarrhoea holds the position of the third leading cause of death among children under 5 years old. A comprehensive study was conducted to explore the correlation between sociodemographic factors and diarrhoea prevalence in this population. Utilising data from 7,474 households collected during the 2014-2015 Rwanda Demographic and Health Survey, the study identified a diarrhoea prevalence rate of 12.7% in children under 5 years old(2). Notably, the incidence was more pronounced in younger children and economically disadvantaged families, attributable to factors such as inadequate hygiene and sanitation, limited access to clean water, insufficient knowledge regarding diarrhoea prevention, improper stool disposal practices, and proximity to unsafe water sources (3).





Further analysis of monthly data on diarrhoea cases in children under five, sourced from health facilities and Community Health Workers (CHWs) across all 30 districts over a 5-year period (January 1, 2014, to December 31, 2018), revealed varying incidence rates. Kirehe district, located in the Eastern province, exhibited the highest diarrhoea incidence rate (329.3/1000) in 2017, while Kamonyi, situated in the Southern province, reported the lowest incidence (48.5/1000) in 2016.

Diarrhoea can be effectively prevented and controlled through the practice of adequate hygiene and sanitation, coupled with the use of clean water. This knowledge can be imparted to the Rwandan population, leading to the eradication of this disease within a matter of months. Youth Impact and the Medical Students' Association of Rwanda (MEDSAR) are dedicated to health promoting projects and activities, aligning with our core values. Our commitment involves conducting awareness campaigns, educational sessions, and providing essential hygiene and safe drinking materials to vulnerable households, nursery schools, and health centres lacking such facilities. This comprehensive approach aims to mitigate the prevalence of diarrhoea in the targeted communities.





# TARGET POPULATION

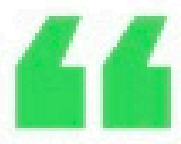
*According to a study conducted by Ladislas NSHYIMIYIMANA, a Neglected Tropical Disease (NTD) Research Senior Officer at the Rwanda Biomedical Centre (RBC), the top five districts with high cases of diarrhoea were identified as Kirehe, Rulindo, Burera, Rubavu, and Gisagara, respectively, in decreasing order (4). For the initial phase of the D-Free project, prior to scaling up, our focus will be on Gisagara district. This decision is influenced by the proximity of our member volunteers to that district, facilitating easier project tracking and follow-up on activities to be conducted there. Given that diarrhoea is predominantly prevalent among children under 5 years old, our strategy involves collaboration with:*

- 100 families with children under 5 years old in Gisagara district.

*Engaging with families with children under 5 years old will allow us to impart crucial lessons on adequate hygiene practices and the consumption of clean water to young children.*



# GOAL



**Overall Objectives:** To reduce the prevalence of diarrhoea among children under 5 years in Gisagara district by promoting adequate hygiene practices and ensuring access to clean water. **Specific Objectives:** a. Educate 100 families with children under 5 in Gisagara district on proper hygiene practices and the importance of clean water consumption. b. Facilitate the local community to attain hygiene materials to improve sanitation in households. c. Conduct follow-up assessments to evaluate the adoption of recommended practices and the reduction in diarrhoea cases.

