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Call to Action on diarrhoeal disease

There is an 11-fold increase in the risk of infants dying from diarrhoea when they are not exclusively breastfed in their first six months of life.

Malnutrition, often caused by inadequate infant feeding practices, can result in a five-to-ten-fold increase in a child's risk of death from diarrhea. By promoting and supporting good infant feeding practices at all times, including during and after illness, we are working together with several organizations to prevent malnutrition and reduce diarrheal disease.

With more resources and effective implementation of available health, water and sanitation solutions, we can save millions of children right now. That diarrhoea remains a leading cause of death among children around the world exemplifies the urgency of reinvigorating efforts to improve child health and human development.

PATH and the US Coalition for Child Survival are partnering on a Call to Action urging international donors and policymakers, the private sector, and national leaders to invest more funding and political will in solutions to mitigate deaths and illnesses from diarrhoeal disease. Support from the health, water and sanitation, development, and environmental sectors underscores that success will take a coordinated and cross-sectoral effort across these disciplines. [more >>](#)

[Diarrheal disease: Solutions to Defeat a Global Killer](#)

Translate site:



[Health Education To Villages](#)

[Mother and Child Nutrition & Malnutrition](#)

[Breast Crawl](#)

[Guide to Child Care](#)

Focus on Haiti - Key Resources for Haiti Disaster Efforts

[Cochrane Evidence Aid, Risk Management, Disaster Prevention, Preparedness and Management Communication and Media Resource Materials](#)

The citizens of Haiti are currently dealing with devastation and suffering that few of us can even imagine.

The 7.0-magnitude earthquake near Port-au-Prince, Haiti, on January 12, 2010, has devastated the city and surrounding areas. The earthquake has reduced large parts of the the country's capitol to rubble and devastated their already poor infrastructure making the task of delivering aid extremely difficult.

Official estimates from the region say that approximately 3 million people — one third of the population of Haiti — have been affected by this disaster and that an estimated 200,000 people may have died as a result of the earthquake. Port-au-Prince's 3 largest medical centers have been devastated.

As medical relief personnel pour in, use [Medscape's Alert Center](#) to find out what you can do to help, learn how the situation is progressing, and discuss the situation with your colleagues.

Seeking information about relatives in Haiti: +1 (888) 407-4747



Diarrhoea causes dehydration. Children are more likely than adults to die from diarrhoea because they become dehydrated more quickly. Diarrhoea is also a major cause of child malnutrition.

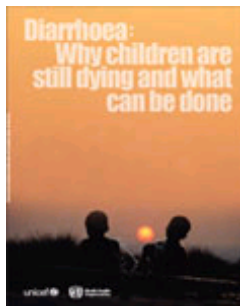
2.2 million people in developing countries, most of them children, die every year from diseases associated with lack of access to safe drinking water, inadequate sanitation, poor hygiene and overcrowding. 90% are children under 5, mostly in developing countries. Undernutrition is the underlying cause of a substantial proportion of all child deaths. Infants who are fed only breastmilk during the first 6 months seldom get diarrhoea. At six months, in addition to breastmilk, complementary foods with increased feeding frequency and changes in food consistency, quantity, and diversity as the child ages.

Thousands of deaths could be averted through a combined prevention and treatment strategy— interventions such as improved mother and child nutrition, optimal **breastfeeding** practices; **Oral Rehydration Therapy** [ORT]; new **low-osmolarity formulations of ORS**; incorporating **rotavirus vaccines**; **zinc supplementation** during diarrhoea episodes; immunizing all children against measles; appropriate drug therapy; increased access to **safe clean water** and sanitation facilities and improved **personal and domestic hygiene**, including keeping food and water clean and washing hands before touching food.

Families and communities are working together, with support from governments, states, corporations and non-governmental organizations, to prevent the conditions that cause diarrhoea and thereby rapidly reducing child mortality.

On this site::

Clear, practical advice on preventing and treating diarrhoeal diseases. Guidelines from medical authorities on diagnosis, treatment, symptoms, causes and risk factors, tests, training tips, feedback from the field, alternative medicine and much more for patients and health professionals.



Diarrhoea : Why children are still dying and what can be done

14 October, 2009 - New UNICEF/WHO Report Focuses Attention on Diarrheal Disease—the Second Leading Killer of Children Under 5—and Outlines 7-point Plan to Control This Preventable and Treatable Illness

The report highlights the proven diarrheal disease prevention and treatment solutions already available today. Many children in the developing world cannot access urgent medical care for severe illnesses, making prevention methods—including improved hygiene, sanitation, safe drinking water, exclusive breastfeeding, and vaccines preventing rotavirus—critical components of diarrheal disease control. When diarrhea occurs, it can be effectively treated with simple solutions, including oral rehydration therapy/oral rehydration solution, zinc and other micronutrients, and continued feeding.

[Read more](#)

Did you know?

- » Oral rehydration therapy and continued feeding is a life-saving treatment, which only 39 per cent of children with diarrhoea in developing countries receive. Limited data show little progress since 2000.
- » Zinc tablets are still largely unavailable in most developing countries, although their effectiveness in reducing the severity and duration of diarrhoea episodes is well known.
- » Immunization against rotavirus, which results in an estimated 40 per cent of hospital admissions due to diarrhoea among children under five, is urgently needed worldwide, especially in Africa and Asia.
- » Safe water, adequate sanitation and proper hygiene are too often forgotten foundations of

good health. Handwashing with soap alone could potentially reduce the number of diarrhoea cases by over 40 per cent.

- » Breastfeeding is critical to both the prevention and treatment of diarrhoea. Infants who are exclusively breastfed for the first six months of life and continue to be breastfed until two years of age and beyond develop fewer infections and have less severe illnesses, including diarrhoea.
- » Vitamin A supplementation has been shown to significantly reduce child deaths, mostly from diarrhoea and measles.



Diarrhea: The Great Zinc Breakthrough - 17 August, 2009

Can One Pill Tame the Illness
No One Wants to Talk About?

It is hard to grasp the impact diarrhea has on people's lives across Africa and Asia. The disease kills more children than either malaria or AIDS, stunts growth, and forces millions — adults and children alike — to spend weeks at a time off work or school, which hits both a country's economy and its citizens' chances of a better future.

17 August 2009

[Taming a Devastating Illness with a Simple Pill](#) See pictures of how zinc is saving lives in Mali.

Zinc tablets help African communities fight diarrhea, a scourge that claims the lives of an astonishing 1.6 million children every year

[Healing: The Unexpected Properties of Zinc](#)

WHO | Progress on health-related Millennium Development Goals (MDGs)

Key Facts

- » The proportion of under-nourished children under five years of age declined from 27% in 1990 to 20% in 2005.
- » Some 27% fewer children died before their fifth birthday in 2007 than in 1990.
- » Maternal mortality has barely changed since 1990.
- » One third of 9.7 million people in developing countries who need treatment for HIV/AIDS were receiving it in 2007.
- » MDG target for reducing the incidence of tuberculosis was met globally in 2004.
- » 27 countries reported a reduction of up to 50% in the number of malaria cases between 1990 and 2006.
- » The number of people with access to safe drinking-water rose from 4.1 billion in 1990 to 5.7 billion in 2006. About 1.1 billion people in developing regions gained access to improved sanitation in the same period.

[Read the full Fact Sheet >>](#)

Related links: [World Health Statistics 2009](#) | [Millennium Development Goals \(MDGs\)](#)



Health Education to Villages

HETV works within the existing health framework of developing countries to establish and promote health educational programs that will provide rapid and long-term capacity-building to improve health and quality of life, and will give mothers and communities more control over their health status. Partnered with national and state governments, we work to assist in educating mothers and children, teachers and students, doctors and village health workers, and a variety of community leaders, in the targeted areas of health, water, hygiene, and sanitation. [Maharashtra Plan 2005-2010](#) | [Programmes](#)



Initiation of Breastfeeding by Breast Crawl

[Video](#) | [10 Steps to Successful Breastfeeding](#) | [Scientific Overview](#) | [Recommendations & Vision](#) | [Reviews](#)

UNICEF, WHO and WABA along with the scientific community strongly recommend initiating breastfeeding within half an hour of birth. Evidence shows that early initiation can prevent 22% of all deaths among babies below one month in developing countries. Every newborn, when placed on the mother's abdomen, has ability to find its mother's breast all on its own and to decide when to take the first breastfeed. This is known as the 'Breast Crawl'. [\[more\]](#)



Mother, Infant and Young Child Nutrition & Malnutrition

The fight against persistent underweight, stunting and wasting among children in developing countries is based on appropriate maternal, infant and young child feeding practices including micronutrient deficiencies prevention and control. However, wasted children are those at immediate risk of dying and will need timely detection and correct management for their survival.

More than half of all child deaths are associated with malnutrition, which weakens the body's resistance to illness. Poor diet, frequent illness, and inadequate or inattentive care of young children can lead to malnutrition. Of the 6.6 million deaths among children aged 28 days to five years: 1.7 million (26%) are caused by diarrhoea. 1 million (61%) of these deaths are due to the presence of undernutrition.

What is needed: Enough food and the right kinds of food, Nutritional needs of girls and women, Nutritional needs of young children, Protecting children from infections, Quality care when children fall ill, prevention of Micronutrient deficiencies.



TIME Europe
16 October 2006
pp40-47

[Download pdf 2.16Mb](#)

Diarrhea kills more young children around the world than malaria, AIDS and TB combined. Yet a simple and inexpensive treatment can prevent many of those deaths. Why isn't it more widely used?

A Simple Solution

In the West, it's an inconvenience, but, in the developing world, it can be a death sentence. It kills millions of children every year, yet the treatment is a simple mixture of salt, sugar and water. So why isn't more being done to fight diarrhea?

Surviving Diarrhea

Most deaths from diarrhea can be prevented by giving the victim oral rehydration. A guide to how it works

Authors: Gerlin, Andrea, Number of pages: 8, Publication date: 2006, Languages: English

Overview

In this article, published in Time Magazine in October 2006, the author Andrea Gerlin, investigates the reasons why diarrhoea still kills 1.9 million children every year, and why Oral Rehydration Solution is not more widely used throughout the world.



Dehydration

Prevent and Treat | Treatment Plans

Dehydration caused by diarrhoea is one of the biggest single killers of children in the modern world and diarrhoea itself is one of the major causes of nutritional loss and poor growth. [\[more\]](#)



Rehydration

"The discovery that sodium transport and glucose transport are coupled in the small intestine so that glucose accelerates absorption of solute and water (is) potentially the most important medical advance this century." The Lancet - British Scientific Journal - 5th August, 1978 [\[more\]](#)



Oral Rehydration Solutions

Home Made | Packaged

Most often, diarrhoea kills a child by dehydration, which means that too much liquid has been drained out of the child's body. To

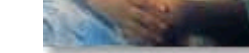
Breastfeeding

Facts | Frequently Asked Questions | HIV

During the first 6 months of life, infants should be exclusively

replace the liquid being lost it is essential to give the child extra drinks as soon as diarrhoea starts.

Oral Rehydration Therapy (ORT) is the cheap, simple and effective way to treat dehydration caused by diarrhoea. [\[more\]](#)



breastfed. This means that the healthy baby should receive breastmilk and no other fluids, such as water, teas, juice, cereal drinks, animal milk or formula. Exclusively breastfed babies are much less likely to get diarrhoea or to die from it than are babies who are not breastfed or are partially breastfed. [\[more\]](#)



Low-Osmolarity ORS

[Q & A](#) | [Technical FAQs](#)

Oral Rehydration Salts (ORS) has been the cornerstone of diarrheal disease control since 1970s. Recently, the ORS formulation was revised by reducing

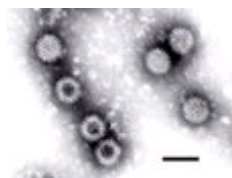
the sodium and glucose content. This new, low-osmolarity ORS, improves the efficacy of ORS, reduces the need for unscheduled intravenous infusions, lowers stool volume, and causes less vomiting compared with standard ORS. [\[more\]](#)



Zinc Supplementation

ORS and Zinc: Treatment of diarrhoea is now more effective. Recent studies suggest that a 10- to 14-day therapy of zinc treatment can considerably reduce

the duration and severity of diarrhoeal episodes, decrease stool output, and lessen the need for hospitalization. Zinc may also prevent future diarrhoea episodes for up to three months. [\[more\]](#)



Rotavirus Disease & Vaccines

[Key Facts](#) | [Promise and Potential](#)

Worldwide, almost every child will have at least one rotavirus infection before he or she is five years old. The virus is so contagious and resilient that providing clean water and promoting proper hygiene do not significantly reduce incidence, which is nearly the same in industrialized and developing countries. Additionally, because rotavirus usually causes profuse vomiting, ORS/ORT is difficult to administer. [\[more\]](#)



Hygiene, Hand-washing and Clean Water

Providing clean water for drinking and food preparation, teaching children and adults to wash their hands properly are some of the most important things governments and families can do to protect health. These proven interventions have already made a world of difference for millions and millions of people. [\[more\]](#)



Health Professionals

The scientific rationale for ORT, and for continued feeding during diarrhoea, has been established beyond doubt. The challenge now is to place that knowledge in the hands of parents so that they themselves can protect their children against the dehydration and malnutrition caused by childhood's most common disease.

Slide Shows



A Simple Solution
A Programme to curb the effects of diarrhoea / diarrhea in infants and young children
198 slides

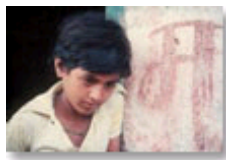
Acute Diarrhoeal Diseases
Clinical Features and Management
36 slides



Facts for Life
What every family and community has a right to know about [Diarrhoea](#), [Timing Births](#), [Safe Motherhood](#), [Child Development and Early Learning](#), [Breastfeeding](#), [Nutrition and Growth](#), [Immunization](#), [Coughs, Colds and More Serious Illnesses](#), [Hygiene](#), [Malaria](#), [HIV/AIDS](#), [Injury Prevention](#), [Disasters and Emergencies](#)



Water Facts
Waterborne diseases (the consequence of a combination of lack of clean water supply and inadequate sanitation) cost the Indian economy 73 million working days a year.



A Kind of Living
Life of a young boy,
Babu, in a city
78 slides

✓ **Facts** About Children, Diarrhoea, Water, Women, Hunger ...

🔍 **Frequently Asked Questions**
Some of the more commonly asked questions about Diarrhoea, Dehydration, Oral Rehydration Salts - Home Prepared and Packets, and Oral Rehydration Therapy.

Dialogue on Diarrhoea



Health Supplements

- | | | |
|----------------------------|------------------------|------------------------------------|
| » Oral Rehydration Therapy | » Epidemic Dysentery | » Immunisation |
| » Breastfeeding | » Shigellosis | » Controlling Cholera |
| » Weaning | » Water and Sanitation | » Teaching Tools & Techniques |
| » Diarrhoea and Drugs | » Practical Hygiene | » Refugees & Displaced Communities |
| » Persistent Diarrhoea | » Growth Monitoring | |

Inside rehydrate.org

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- » Good foods during Diarrhoea

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- » Dehydration Treatment Plans
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- » Rotavirus Updates
- » PATH Rotavirus Vaccine Program

Zinc & Other Micronutrients »

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- » Fact Sheet: Zinc Treatment for Diarrhea
- » ZINC Publications and Reference Materials

Hygiene & Handwashing »

- » The Handwashing Handbook
- » Combating waterborne disease at the household level
- » Effect of washing hands with soap on diarrhoea risk in the community

Clean Water »

- » Water, Sanitation and Hygiene: At a glance
- » Drinking water quality
- » Water, Sanitation, Hygiene and Health News



This site complies with the HONcode standard for trustworthy

health information: [verify here](#).



All information on Rehydration Project's web site is for educational purposes only. For specific medical advice, diagnoses, and treatment, kindly consult your doctor.

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The Mother and Child, Health and
Education Trust

19 November,
2009 ▲

Diarrhoea can be prevented

by breast-feeding, by immunizing all children against measles, by using latrines,
by keeping food and water clean, and by washing hands before touching food