UNICEF STRATEGIC PLAN 2018–2021
GOAL AREA 4: EVERY CHILD LIVES IN A SAFE AND CLEAN ENVIRONMENT

What this research brief is about

This research brief is one of a series of five briefs, which provide an overview of available evidence shown in the Campbell-UNICEF Mega-Map of the effectiveness of interventions to improve child well-being in low- and middle-income countries (LMICs). These briefs summarize evidence as mapped against the five goal areas of UNICEF’s 2018–2021 Strategic Plan, although it is anticipated that they will also be useful for others working in the child well-being space.

This brief provides an overview of the available evidence related to interventions to ensure every child lives in a safe and clean environment.

The purpose of the research brief is to:

- Make potential users aware of the map and its contents
- Identify areas in which there is ample evidence to guide policy and practice, and so encourage policymakers and practitioners to use the map as a way to access rigorous studies of effectiveness
- Identify gaps in the evidence base, and so encourage research commissioners to commission studies to fill these evidence gaps.

This brief is an update of the original 2018 version. Thanks to additional funding support from the Bill and Melinda Gates Foundation, this forms part of our commitment to make the Mega-Map and associated briefs a 'living product', updated annually and made openly available as relevant evidence evolves over the lifetime of UNICEF’s Strategic Plan 2018-2021.
Box 1: What is the Campbell-UNICEF Child Well-being Mega-Map?

The Campbell-UNICEF Child Well-being Mega-Map maps evidence synthesis studies – evidence and gap maps and systematic reviews – which report studies of the effectiveness of interventions to improve child well-being. The evidence is structured by intervention categories, such as education, nutrition and rights, and outcome domains, such as school attendance and learning outcomes.

Systematic reviews help establish which programmes are effective, for who, and in what circumstances. Evidence maps guide users to the evidence from systematic reviews and impact evaluations. The Mega-Map is an evidence and gap map (EGM) of 484 systematic reviews and 25 EGMs organized into six intervention categories and six outcome domains. This year’s update has seen an increase of 153 studies, with no significant changes in the overall state of the evidence.

The map shows only evidence syntheses that summarize evidence from around the world. It does not show the individual studies. The map shows what evidence syntheses are available, not what the evidence says.


Interventions to ensure that every child lives in a safe and clean environment are in the environmental health section of the Mega-Map, which has seven intervention subcategories:

- Improved sanitation and water (28 systematic reviews and four EGMs); e.g. Waddington (2009). Water, sanitation, and hygiene interventions to combat childhood diarrhoea in developing countries

- Hygiene education (24 systematic reviews and four EGMs); e.g. De Buck (2017). Promoting handwashing and sanitation behaviour change in low- and middle-income countries: A mixed-method systematic review

- Prevention of outdoor and indoor air pollution (three systematic review), which is a smoking-related study: Behbod (2018). Family and carer smoking control programmes for reducing children’s exposure to environmental tobacco smoke

- Prevention of environmental tobacco smoke (seven systematic reviews), which is often part of a larger study e.g. Bhutta (2005). Community-based interventions for improving perinatal and neonatal health outcomes in developing countries: a review of the evidence

- Prevention of exposure to toxins such as lead, mercury and pesticides (no studies)

- Safe places to play (five systematic reviews and three EGMs); e.g. Leavy (2016). A Review of Drowning Prevention Interventions for Children and Young People in High, Low and Middle Income Countries

- Traffic calming (one systematic review); e.g. Gupta (2015). Regulatory and road engineering interventions for preventing road traffic injuries and fatalities among vulnerable (non-motorised and motorised two-wheel) road users in low- and middle-income countries

What interventions are included for a safe and clean environment?

In the UNICEF 2018–2021 Strategic Plan, the strategic goal that every child lives in a safe and clean environment is touched on in four Sustainable Development Goals (SDGs):

- SDG 3: Ensure healthy lives and promote well-being for all at all ages

- SDG 6: Ensure availability and sustainable management of water and sanitation for all

- SDG 11: Make cities and human settlements inclusive, safe, resilient and sustainable

- SDG 12: Ensure sustainable consumption and production patterns
Environmental health is one of the less heavily populated areas of the map. A moderate number of reviews address water and sanitation and hygiene education (around 25 for each), though there is a substantial overlap with reviews covering both subcategories. The other interventions have few reviews.

In the Mega-Map, most environmental health studies are concentrated under water and sanitation and hygiene education for three health outcomes: morbidity, mortality and child health and disability. These same three outcomes appear for the next most common intervention, preventing tobacco smoke.

Study quality is assessed using the widely used AMSTAR quality assessment tool (see Endnote). There is a lower percentage of high-quality environmental health reviews (40 per cent) than overall (45 per cent), with a higher share of medium quality ones (44 versus 33 per cent).

The evidence and gap map shows what evidence exists but not what it says. However, to give a taste of the evidence contained in the studies, Box 2 summarizes the evidence of selected studies related to water and sanitation.
Box 2: Challenges in improving child health through WASH interventions. Findings from selected reviews

The evidence from several reviews is clear that WASH interventions are effective in reducing child diarrhoea (which is the most common outcome indicator in WASH studies). Waddington (2009) finds a 40-60 per cent reduction in child diarrhoea from interventions to improve water quality, and both sanitation and hygiene interventions. However, there is no impact from simply increasing the quantity of water e.g. community standpipes. Even when water from community sources is clean, it is often stored, so may be recontaminated before use.

The review also points to problems of sustained compliance, which means that impact declines after the project finishes. The review gives the following examples: (1) in a study in Cambodia, only 31 per cent of the follow-up households were still using the filters that had been provided 36 months or even less after receiving them, (2) in Kenya, only 30 per cent continued to pasteurize their water (Iijima et al., 2001) and (3) in Guatemala, just 14 per cent reported using the flocculant-disinfectant promoted by the project, with only 5 per cent meeting the criteria for active repeat use and only 1.5 per cent having detectable chlorine in their drinking water.

As such, the policy challenge is how to encourage sustained adoption of improved water and better hygiene practices. A review of this issue found that there is a lack of studies on long-run adoption. High quality studies are only available for messaging approaches, which are found to be ineffective in promoting handwashing (see figure below). Lower quality evidence suggests that community-based approaches may be effective in promoting latrine use and safe disposal of faeces.

Source: Bunk et al. (2017). Infographic design by Centre for Evidence Based Practice.
What outcomes are reported?

The Mega-Map shows studies according to the outcomes they report. For ‘every child lives in a safe and clean environment’ the most relevant outcome domain is risk factor reduction. There are also relevant outcomes under health impacts.

Table 1 shows the number of studies for each outcome subdomain, classified by the relevant SDG. There is a substantial number of studies reporting outcomes related to SDG 3, but these outcomes are of course linked to a wide range of interventions. The number of studies across these three outcomes related to the safe and clean environment intervention subcategories is around 46. There is only a small number of evidence synthesis studies for most other outcomes, notably childhood injuries.

Where is the evidence from?

Systematic reviews are often global in scope. We included in the map all reviews for which studies from developing countries were eligible for inclusion, whether or not there were actually any studies from developing countries included. The screening process did not check whether the review actually included studies from developing countries. An example of a global review is Leavy (2016) A Review of Drowning Prevention Interventions for Children and Young People in High, Low and Middle Income Countries.

However, given the nature of the topic, several reviews in this area have a focus on developing countries e.g. Waddington (2009) Water, sanitation, and hygiene interventions to combat childhood diarrhea in developing countries; Arnold (2007) Treating water with chlorine at point-of-use to improve water quality and reduce child diarrhea in developing countries: a systematic review and meta-analysis; and De Buck (2017) Promoting handwashing and sanitation behaviour change in low- and middle-income countries: A mixed-method systematic review.

Where are the evidence gaps?

There are many evidence gaps for evidence synthesis of interventions to ensure that every child lives in a safe and clean environment. The available evidence is concentrated on the impact of WASH interventions on health outcomes. Moreover, even for WASH, a closer investigation of the evidence in Box 2 shows an evidence gap concerning successful approaches to promote sustained adoption.

For the other intervention categories in the map – and their related outcomes – there are very few evidence synthesis studies. There are no or few studies to help identify effective strategies to reduce the exposure of children to indoor and outdoor air pollution; the risk of accidents including road-related accidents; or the risk of exposure to toxic materials.

Implications of findings

There is a strong need for mapping, reviews and primary studies to develop an evidence-based programme to ensure that every child lives in a safe and clean environment. Even where there is evidence, as for WASH, important policy issues need to be addressed.

Since this is a map of evidence synthesis studies, the lack of evidence synthesis does not mean there are not primary studies. In areas in which there is a reasonable amount of evidence synthesis already, e.g. WASH, evidence and gap maps need to be constructed to gain an idea of the extent of the developing country literature, and also to develop a taxonomy of approaches relevant in these contexts. Such a map already exists for WASH but needs to be regularly updated.
In areas where there are no or few evidence synthesis studies, a map will help provide an overview of the extent of primary studies, and so inform decisions about whether to commission a review or focus on primary studies as a priority.

How can the map be used by UNICEF?

The map will help UNICEF staff identify evidence-based programmes and practice to help achieve the agency’s strategic goals. Although the evidence base is weak, the existing reviews do yield relevant information. For example, the review of interventions to prevent drowning is clear that messaging alone is ineffective and that multi-strategy approaches need to be used (Leavy, 2016). However, the evidence base is thin. So, in this area, UNICEF and partners should be using their programmes as a means to strengthen the evidence by building studies into programmes.

Endnote: Assessing the quality of systematic reviews

For systematic reviews we score each study using the 16 item checklist called AMSTAR 2 (‘Assessing the Methodological Quality of Systematic Reviews’). The 16 items cover: (1) PICOS in inclusion criteria, (2) ex ante protocol, (3) rationale for included study designs, (4) comprehensive literature search, (5) duplicate screening, (6) duplicate data extraction, (7) list of excluded studies with justification, (8) adequate description of included studies, (9) adequate risk of bias assessment, (10) report sources of funding, (11) appropriate use of meta-analysis, (12) risk of bias assessment for meta-analysis, (13) allowance for risk of bias in discussing findings, (14) analysis of heterogeneity, (15) analysis of publication bias, and (16) report conflicts of interest.

Items 2, 4, 7, 9, 11, 13 and 15 are termed ‘critical’. Study quality is rated high if there is no more than one non-critical weakness, and medium if there is no critical weakness but more than one non-critical weakness. Studies with one or more critical weaknesses are rated low quality.

References


