

# IMPACT OF WATER ON WOMEN'S HEALTH

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## Abstract

This Paper highlights a number of Points regarding the women who face major problems through the inadequate water supply, sanitation and hygiene. Women play a major role in domestic work. They spend most of their life in household activities like washing, cleaning, fetching water etc. Apart from domestic choice, women also manage home, gardens, or on livestock which was largely supported by domestic water supply. Inadequate drinking water, sanitation and drainage facilities are the major problems faced by rural and pre urban communities. In rural areas, women who lack drainage system had to wash their clothes and utensils in the riverside or canals which becomes the major factor for health issues. Fetching same contaminated water for drinking and cooking purposes affects the people of the rural areas, and it causes health issues like diarrhea, vomiting etc. Women also suffer from cardiovascular diseases, anemia, and lung problems due to the inadequate intake of nutritional food. Many girls in rural areas are forced to leave school because of the absence of better toilet facilities especially during menstruation Period. Implementation of proper policy programmes, enriching through better awareness programmes on disease transmission, importance of latrine construction maintenance etc, may reduce the level of health issues among women.

## Introduction

According to the “The Global Goals” for sustainable development, “One in three People live without sanitation”. This causes innumerable number of diseases and sudden death. Although steps have been taken by the government to improve drinking water supply and to provide better sanitation in rural and urban areas, lack of equipment and education is undermining these improvements. “Inequality in access is acute, with more than 90% of urban residents accessing sanitation facilities compared to sanitation facilities compared to only 39% in rural India. Additionally, 44% of the Population continues to defecate in the open”.

## Domestic water Supply

WHO defines domestic water as “Water used for all usual domestic purpose including consumption, bathing and food preparation” (WHO 1993:2002). By this we can understand that water is used not only for consumption purposes, but also for all other said activities. In rural areas fetching water is the major household work for women. They spend most of their time in collecting water for domestic Purposes.

## Water and Health

Improvements in water, Sanitation and hygiene facilities have also been proposed as potential interventions. Women and girls need to keep their places and their body clean and tidy. They need to have separate latrines in schools and working places. Access to water in the latrines is very important, particularly during menstruation Period. Water and sanitation plays a crucial role to achieve the Millennium Development Goals by the Year 2015. No living creature can live without water. Getting enough clean water for drinking and quality water for sanitation has become a challenging one. Water with poor quality affects the health of the women and children Water contaminated with bacteria and virus causes different types of diseases.

## Sanitation and Hygiene

Study shows that due to lack of sanitation, 44 million pregnant women are getting affected in developing societies According to the “Universal Access to sanitation” UNICEF Data (July 2017) “1.4 billion People have access to safe sanitation service”.

## Key Facts to WHO

According to WHO report, “In 2015, 71% of the global Population (5.2 billion People) used a safely managed drinking water service – that is, one located on premises, available when needed, and free from contamination By 2025, half of the world’s Population will be living in water stressed areas”

## Rural water Supply

The objective of Tamil nadu water supply and Drainage Board is to provide sufficient water supply and drainage facilities to the rural and urban areas of Tamilnadu During the Eleventh plan period, 44,001 habitants are benefited due to the TWAD includes health centers government hostels and schools etc in rural areas

The below data shows that the total quantity of clear water requirement for the base year (2015), intermediate year (2025) will be 15.90MLD, 18.67 MLD and 22.33 MLD respectively after deducting the existing level of water supply of the 698 habitations and 6 town Panchayats. (Table.1)

### **Water Quality in Chennai**

The study of water quality in Chennai was published on April 2007. National Environmental Engineering Institute found that crypto sporidium oxytes is found in Chennai water. Is is an enteric parasitic protozoan which causes diarrhoea and infectious diseases to the adults as well as children wash in the 2030 Agenda.

The new global indicators for monitoring the drinking water, sanitation and hygiene (WASH) elements of the SDG targets and reflect extensive technical consultation with over 100 experts form over 60 organization worldwide.

### **Conclusion**

Historically, women are facing more challenges regarding health issues. They play a crucial role in taking care of the family. Initiatives are to be taken to improve the health of the women folk. Women must be empowered with safe drinking water and sanitation Loan can be sanctioned to access safe water and sanitation to the rural people who lack better drinking water and sanitation. Affordable financing can save the millions of People from the water crises and provide better future.

### **Suggestions**

Steps are to be taken by the women to raise awareness about water and sanitation to the communities. Educational institutions play a major role in educating women and children regarding disease transmission because of lack of water and sanitation. Importance of latrines and their maintenance must be thought to the women folk in rural and urban areas.

## References

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**Table.1. Population and demand statement is as follows**

Sl.No	Name of Union	Population			LPCD	Net Demand after deducting existing		
		Base year	Inter mediate	Ultimate		Base Year	Intermediate	Ultimate
		2015	2025	2035		2015	2025	2035
1.	Nangavalli	84351	98444	114965	55	3597341	4202460	4912780
2.	Mecheri	107055	120272	135231	55	4512085	5069654	5701516
3.	Town PTS -6 Nos	107400	123500	142500	135	3361000	4198500	5498500
	Sub Total	298806	342216	392696				
Industrial Demand @ 10%						11470426	13470614	1611314
Fire Fighting Demand @ 5%						630857	740889	886213
Transmission Loss @ 20%						2649662	3111712	3722040
Total						15898081	18670381	22332435
Clear Water						15.90	18.67	22.33
Raw Water @ 5% Extra For Wash Water						16692985	19603900	23449057
Quantity in MLD						16.69	19.60	23.45

Source

: Tamil Nadu Water Supply and drainage board.

**Table.2. Data shows the Achievements of (water supply) during the past six years****(Stand Alone schemes)**

Sl.No	Year	No. of Towns	Estimate cost Rs in Corers	Population (in lakhs)
1.	2011-12	13	39.33	2.01
2.	2012-13	7	15.77	1.88
3.	2013-14	11	90.01	4.02
4.	2014-15	16	99.97	3.66
5.	2015-16	12	81.66	3.65
6.	2016-17	6	38.41	1.28
	Total	65	365.15	16.20

Source: Tamil Nadu water supply and Drainage Board.

**Tab.3. The tabular column shows the growth in the sewerage services compared to 1978 when the CMWSS Board was formed till may 2017.**

Details	1978	March 2017
Area covered	74%	100%
No. of dwellings with sewer connections	1,14,000	5,98,249
Length of sewer mains	1,223 km	2,677 K.M
No.of Pumping stations	58	196
Treatment plants	3 nos	5 nos
Treatment capacity	57 MLD	486 MLD

Source: Chennai Metro water.tn.nic.in

**Chart -1**

**JMP ‘LADDERS’ FOR MONITORING DRINKING WATER, SANITATION AND  
HYGIENE IN THE 2030 AGENDA**

**Drinking – Water**

Safely Managed
Basic
Limited
Un improved
Surface Water

**Sanitation**

Safely Managed
Basic
Limited
Un improved
Open defection

**Hand Washing**

Basic
Limited
No fadlity

Source: ‘Wash in the 2030 Agenda’ New global indicators for drinking water, sanitation and hygiene, UNICEF ([https:// data. Unicef. Org/ resources/ wash – 2030 – agenda/](https://data.unicef.org/resources/wash-2030-agenda/)) accessed on: 14 Jan 2019.

