

# Suggested Toilet Talk-ing Points

Below you'll find possible topics for your Toilet Talk video. Please don't feel like you have to mention all of them. Just choose the information that you think will best bring your Toilet Talk to life, and speak as though you are talking to a friend.

## Why are we talking about diarrheal disease?

- **No child should die** from diarrhea or suffer its lasting consequences.
- **Diarrheal disease is a major cause of death** (it's the second leading killer disease of kids) and illness in young children around the world. It claims the lives of roughly half a million children each year and causes millions more to be hospitalized.
- **Death is not the only problem or biggest threat.** Diarrhea can have debilitating, long-term consequences. Repeat illnesses in children contribute to a vicious cycle of malnutrition and infections, causing irreversible damage—such as physical and cognitive stunting. Diarrhea limits potential for children, their families and entire communities, keeping them locked in poverty.
- **Diarrhea is an equity problem.** Whether a child survives a diarrhea infection often depends on where he or she lives and receives treatment. In poorer countries, where safe water, sanitation (toilets) and access to basic medical care may be limited or unavailable, diarrheal disease can cause death or lasting impairments.

## We already have solutions!

- **Simple and proven solutions can prevent and treat diarrhea**, and when they're used together, they work even better.
- **Diarrhea can be prevented by:**
  - Handwashing with soap
  - Sanitation (safely disposing human waste)
  - Exclusive breastfeeding during the first six months and ensuring proper nutrition for toddlers and young children
  - Drinking and using safe water
  - Vaccinating infants and children under age two against rotavirus
- **Diarrhea can be treated with:**
  - Oral rehydration solution (ORS) and zinc supplements

## More on the solutions and impact.

- **No one solution is enough.** Because diarrhea has many causes, successfully combatting it requires an integrated approach that includes prevention and treatment solutions.

## Vaccines

- **Prevention through vaccination is the best way to protect children** who live in areas where medical care can be difficult to access. Vaccines produce immunity to disease and several vaccines that provide protection against diarrheal disease pathogens are available today.
- **Over 90 million infants do not have access to live-saving vaccines** against rotavirus, the most common and deadly cause of severe diarrhea in young children.

## Breastfeeding

- **Breastfeeding prevents diarrheal disease by eliminating the risk** of a child consuming contaminated food and water and breast milk contains antibodies that protect against gastrointestinal pathogens that could cause diarrhea.
- **Breastfeeding could save an estimated 800,000 infants each year** by preventing death and stunting from malnutrition, helping to support immune system development, and preventing infections like pneumonia and diarrhea.

## Nutrition

- **It's not just a lack of food that causes poor nutrition outcomes.** When a child experiences persistent diarrhea infections, he/she is less likely to be able to absorb the necessary nutrients needed to survive and develop.
- **50 percent of malnutrition cases are linked to chronic diarrhea** caused by lack of clean water, decent sanitation and good hygiene, including handwashing with soap.

## ORS and zinc

- Rehydration fluids (like Pedialyte) known as **ORS could prevent up to 93 percent of diarrhea deaths** and **zinc supplements could cut the duration of illness by 25 percent and prevent recurrence** of disease for up to three months.

## Water, sanitation and hygiene (WASH)

- Unsafe water and dirty, contaminated hands are two of the primary ways diarrhea is spread. But in 54 countries, **38 percent of health care facilities do not have an improved water source, 19 percent do not have improved sanitation and 35 percent do not have water and soap for handwashing.** And that's in health facilities!
- **If everyone had access to safe water,** almost 90 percent of diarrheal deaths could be prevented.

## Now what?

- **The challenges are interconnected. But so are the solutions!** Because diarrhea has many causes and because infections respond differently, successfully combatting it requires an integrated approach that includes both prevention and treatment.
- **Who is an advocate? You are!** Learn more at [DefeatDD.org](http://DefeatDD.org).

## Toilet facts.

- Everyone needs a safe place to go and that's what World Toilet Day is all about. Join the conversation. **Let's talk toilets.**
- **Billions of people don't have a safe place to go and lack adequate sanitation.** Without the safe disposal of human waste, serious health risks, like diarrhea, can occur.
- **More people have a mobile phone than a toilet.** Let's change this. World Toilet Day is November 19 and it's a day of action focused on raising awareness and inspiring action to tackle the global sanitation crisis—a topic often neglected and shrouded in taboos

