

## Section 1: Evidence Base for Intervention

### Tool 1: 7-3-7 BabyWASH Interventions

The 17 BabyWASH Interventions, known as 7-3-7, outline possible interventions identified through our BabyWASH strategic analysis across the continuum of the first 1,000 days. They are by intention aspirational and could be used as a menu according to your context. For ease of use, these interventions are all viewed with a WASH-lens, and therefore all have an emphasis on improved water, sanitation, or hygiene.

The first 7 interventions focus on pregnancy, labour and delivery. The last 7 interventions focus on the newborn period (0-28 days), infancy and the young child under 2 years. The 3 cross-cutting interventions are relevant to all hot spots, and should be applied throughout the first 1,000 days. For more detail on definitions for some of these intervention terms, please see the [Glossary](#).

**Foundational interventions:** These BabyWASH interventions build on our current or “foundational interventions”<sup>1</sup> for health and nutrition or WASH or ECD. Thus these foundational interventions are mostly **NOT** included again in the BabyWASH 7-3-7 interventions, but are recognised as integral to the complete package of care which NOs may already be programming. Please see [appendix 3](#) for short descriptions of each sectors core or foundational interventions.

The 7-3-7 are **not** an exhaustive list of interventions but were identified as either missing from our foundational evidence based interventions or are high priority needing to be re-emphasised. The interventions span the following five critical hotspots:

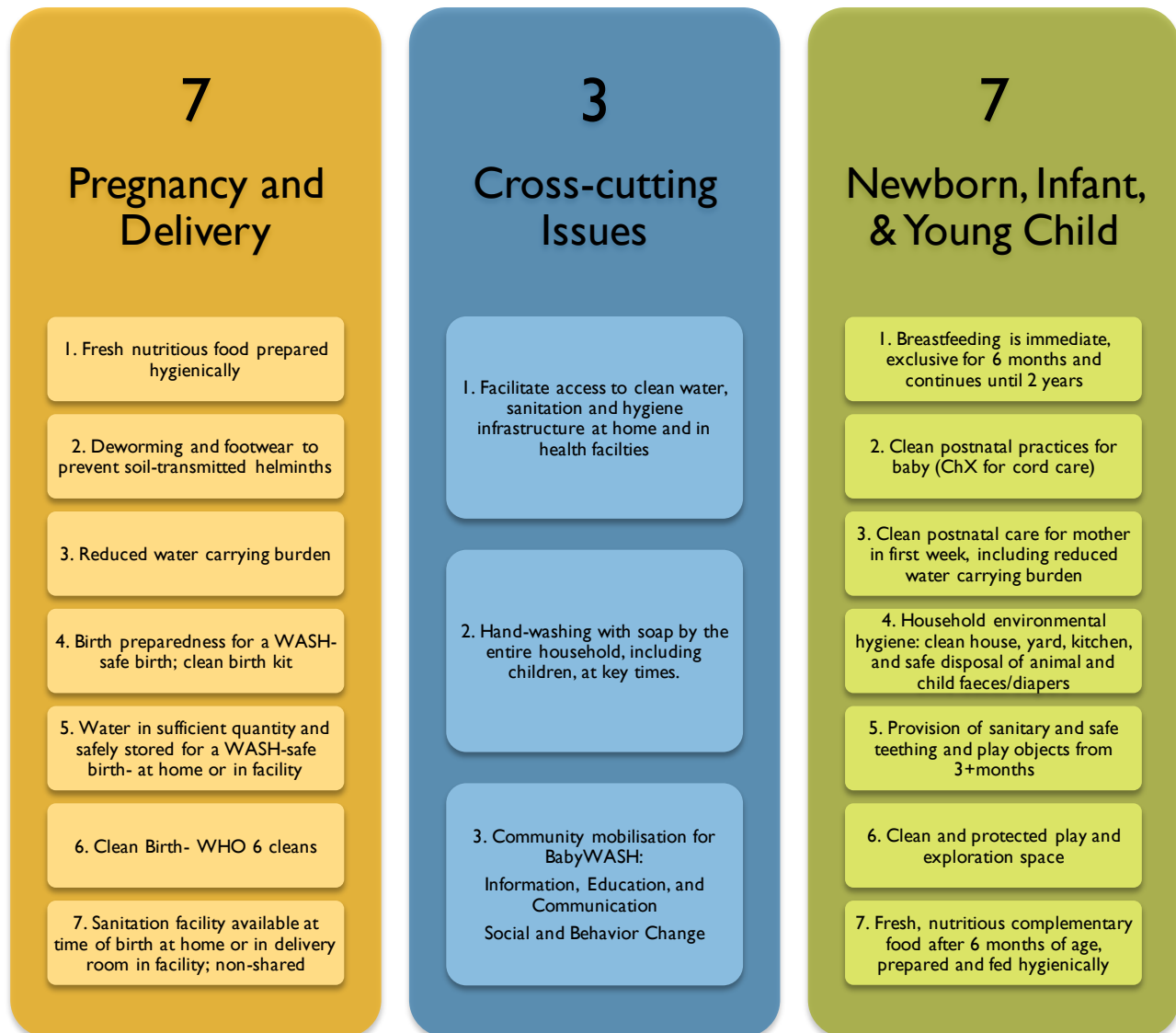


#### Key Purposes:

1. To facilitate understanding on where each intervention fits across the 1,000 days and in each project model or programme approach
2. To assist in recognition of the gaps which current or foundational project models do not address
3. To facilitate integrated intervention selection using current project models used in MNCH, nutrition WASH and ECD sectors
4. To facilitate integrated project designs and approaches which could be piloted or trialled.

<sup>1</sup> Foundational interventions are those such as in the WV health and nutrition 7-11 strategy, and are already recommended in each sector because they are evidence based, cost effective and community focused. For example, in our health and nutrition 7-11 strategy, adequate diet for pregnant mothers, full immunisation for infants, ORS and Zinc for management of diarrhoea, and proper birth spacing are all promoted as core interventions. In ECD, stimulation and play is a core intervention. In nutrition, adequate iron and exclusive breastfeeding are core interventions. And in WASH, hand-washing with soap and access to improved water, sanitation and hygiene are core interventions.

**Figure 2: The 7-3-7 BabyWASH Interventions**



**Definitions:**

- Non-shared at home means only used by that household. Non-shared in delivery room means only used by women during labour and after delivery and not by any other inpatients
- Clean and protected play spaces are sanitary, safe and flat surfaces where babies can move freely and are separated from areas with exposure to faeces (animal and human, including those of babies and young children), household refuse, and livestock contamination
- Hand-washing at key times includes the 5 key times defined by the WHO (after defecation, after cleaning child's faeces, before preparing food, before feeding a child, and before eating) as well as after handling livestock
- The WHO 6 cleans are: clean hands of the attendant and mother, clean perineum (region from anus to vulva), clean delivery surface under the mother, clean blade for cord cutting, clean cord tying and clean towels to dry then wrap the baby and mother