

Jju language

Wa'hala Jikarak: Kasaka Zinin Shi Kuma Zinin Cham Lafiyan Jiki'n Jid

Wa'hala rashi jikaraka zi tsaldi ki arewa Nigeria yed wa'hala sosai a duniya na ni, a yed wa'hala sosai tsare'd duniya na zin tswaldi. Har barnin, a tsatsak karak yatsan in shi ba kara tsan in jid. Ta'karda na ni zatiye dalili, kyang a ni za shi'a na bu kasaka zinin ji karaka zu tswad ni ki arewa Nigeria.

Dalilin rashi jikaraka zin tsaldi ki arewa Nigeria yed, rashi, rashi karak tswad, rashi kurum bu kasaka zin tsaldi brak. Yawanci karak shi ba tsan tsak kara ya san ba, nomi invi ba ya kamaci kasa. Hali na ni vyan karak shya beye kwad jid bu karaka zin tsaldi. Rashi tsatsak kara ya kamaci yed wa'hala sosai.

Wa'hala rashi karak yasan shi sosai. Beye kwat ba yed ni ba bu karak ya san ka ba yed ni ba na babu wa'hala ruan na ni, ya kamaci kwanzan kwaram, yawa dikwai bu di ci srak. Rashi jikaraka zin tsaldi na babu rashi lafiya karak na ma wan.

Bambu lafiya jid, rashin jikarak shibu la a na bu ruam jid, arau karak ba yiring bu na niyan. Rashi tsatsak karak ya kamaci na ba bu zuwang. Na niyang na ba makaranta ba ka ba ciyan hu'an ba sabo kara yasan inshi ba, nga ni na ba na wa'hala karak ya makaranta.

Ku zichat ji karaka zin tsaldi, dole zutsup diren tini, ziriyok ya kamaci ta kasa zi ji karak ya kamaci. Ya karak ya kamaci ya kasham so sai. Kuyet kasham zi yatsye kasaka zinin ji karaka zin tswaldi bu karaka zi nya kamaci ka ni.

Ta'karda na ni zatiye kasaka zininin tun'dun Jikaraka zi tsatni ki arewa Nigeria. In jid arewa Nigeria, ka zutsup diriyen tini zini ji lafiya jid, ilimi bu su shia jid bu kauyen jid sare.

English translation

Sanitation Challenges: Pathways to Improved Public Health and Development

Sanitation challenges in rural Nigeria remain a critical social issue with severe implications for public health, dignity, and development. Despite various interventions, access to adequate sanitation facilities is still limited, particularly in remote areas. This book explores the causes, consequences, and potential solutions for improving sanitation in rural Nigeria.

Inadequate sanitation in rural Nigeria is driven by a combination of factors, including poverty, lack of infrastructure, insufficient funding, and cultural practices. Many rural communities lack access to basic sanitation facilities, leading to widespread open defecation. This practice contaminates water sources and the environment, posing significant health risks. Poor sanitation infrastructure, such as inadequate latrines and waste disposal systems, further exacerbates the problem.

The health consequences of poor sanitation are profound. Contaminated water and unsanitary conditions contribute to the spread of waterborne diseases such as cholera, diarrhea, and typhoid. Additionally, poor sanitation can cause malnutrition and stunted growth in children due to repeated infections and poor absorption of nutrients.

Beyond health, inadequate sanitation affects the dignity and safety of community members, particularly women and girls. The lack of privacy and proper facilities can lead to harassment and violence. Girls often miss school during menstruation due to the absence of sanitary facilities, impacting their education and future opportunities.

To address these sanitation challenges, key strategies include promoting community-led programs to eliminate open defecation and encourage the construction and use of latrines. Investing in sanitation infrastructure, such as building and maintaining toilets and waste disposal systems, is crucial. Educational campaigns aimed at changing cultural practices and improving hygiene behaviors can also make a significant impact.

This book emphasizes the need for comprehensive and collaborative efforts to tackle sanitation challenges in rural Nigeria. By implementing targeted interventions and leveraging the country's resources, Nigeria can improve public health, enhance educational and economic opportunities, and promote sustainable development in rural areas.