

SAFETY SHEET, FACT SHEET &
RADIO PRODUCTION GUIDE

NEGLECTED TROPICAL DISEASES OUTLINE

South Africa, Zambia

INTRODUCTION

Neglected Tropical Diseases (NTDs) are bacterial and parasitic infectious diseases that exist in [149 countries](https://bit.ly/3bVxWsd) (<https://bit.ly/3bVxWsd>) that are considered tropical or subtropical in climate. These diseases can pose severe health risks and immense discomfort, leading to conditions like blindness or chronic issues with digestion. NTDs lead to [over 170,000 deaths](https://bit.ly/33tylhE) per year with over a billion people in need of treatment (<https://bit.ly/33tylhE>).

What causes the spread of NTDs: NTDs are often caused by lack of sanitation and access to clean water, housing, and food. This reality is underpinned by lack of development and poverty which has been caused by a legacy of colonialism. Many countries affected by NTDs on the continent of Africa have histories of exploitation and colonialism and draining of many resources that built up European countries and development. This has a long term impact on the ways African governments can build infrastructures of public health and hygiene post independence.

There are five major neglected tropical diseases that widely affect the world and those are:

1. Intestinal worms

This is the most common NTD in the world, with more than 1.7 billion people needing treatment for it. Intestinal worms are often contracted through consumption of food or drink that is contaminated. Worms live and are transferred through [soil and human feces](https://bit.ly/3bW9g2C), so when access to clean water isn't available, there is a greater risk of contraction and spreading. Intestinal worms cause damage through laying eggs inside the body, which can lead to general discomfort or intestinal bleeding. Intestinal bleeding then causes anemia, malnutrition, swelling of the abdomen, weight loss, diarrhea, and more (<https://bit.ly/3bW9g2C>).

2. Schistosomiasis

[Schistosomiasis](https://bit.ly/2RorBfr) is the second most common NTD and is contracted by coming into contact with water that is infected with parasitic worms that live in freshwater snails; the worms penetrate the skin and enter the body. While it is the second most common NTD, it is the one that causes the most deaths, and more than 228 million people are in need of treatment worldwide (<https://bit.ly/2RorBfr>).

3. Lymphatic filariasis

[Lymphatic filariasis](https://bit.ly/3ixhAIE) is a NTD that can have asymptomatic, mild, and chronic effects on the body. This disease is often referred to as elephantiasis and is very recognizable in the effects it has on the body. Lymphatic filariasis can result in severe swelling in the limbs of the body like the arms and legs, which causes intense discomfort and disability (<https://bit.ly/3ixhAIE>). This disease is passed by exposure to mosquitoes and parasitic worms and can be contracted in childhood and only show up [later in adulthood](https://bit.ly/3itxTGH) (<https://bit.ly/3itxTGH>).

4. Blinding trachoma

Blinding trachoma is a bacterial infection of the eye that leads to blindness. It is both the leading cause of infectious blindness worldwide and the second leading cause of [blindness overall](https://bit.ly/33txoWC) (<https://bit.ly/33txoWC>). It is spread through direct contact with people who are infected, as well as contact with flies. If untreated, the eyelids turn inwards and eyelashes scratch the cornea causing extreme pain and discomfort and eventual blindness and more than 142 million people are in need of treatment.

5. River blindness

River blindness, also known as Onchocerciasis, is an eye and skin infection that is caused by a parasitic worm transmitted by the bite of a black fly (<https://bit.ly/3kgKCgd>). Black flies live and breed on fast-flowing rivers and streams,

which is where the disease gets its name from (<https://bit.ly/32tDYxi>). While this causes less

blindness than trachoma, there are more than 217 million people are in need of treatment

MYTH BUSTING!

MYTH	FACT
<p>It is mostly adults who suffer from and are affected by NTDs</p>	<p>1 billion children globally suffer from NTDs</p>
<p>NTDs is only a health problem</p>	<p>When communities have high rates of infection and/or disability as a result of NTDs, it takes a big toll on people financially, socially, and mentally. Treatment for NTDs if available in an area could result in high costs as well as transportation for appointments, which could put financial strain on a family. Working adults who contract NTDs may no longer be able to do their job, which could affect their families' amount of income for school fees, rent, groceries and so on. Children who suffer from the chronic pain of NTDs could also spend weeks to months out of school, making it not only difficult to finish school on schedule as well as make friends and be involved in their community.</p>
<p>NTDs don't affect development of a country or community</p>	<p>NTDs can burden communities with high health costs, chronic pain and inability to work. In communities where poverty is widespread and access to good healthcare is scarce, tending to sickness can be difficult and limit opportunities for people to move out of poverty through work and education, or in other words, upward mobility.</p>
<p>All NTDs are deadly</p>	<p>Not all NTDs result in death. While many can lead to severe disability, some can be very mild or even asymptomatic. Prevention is the best way to eliminate NTDs, but treatment can greatly help manage symptoms and pain caused by these diseases.</p>

WHAT'S IT LIKE TO LIVE WITH AN NTD?

Haimamote Debebe is an Ethiopian woman who lives in a rural area called Mekelle. As an adult, Haimamote would go about her daily routine of cleaning and tending to livestock, until she started getting intense headaches and eye pain. Overtime, this pain was symptomatic of trachoma and her vision began to deteriorate. Living with chronic pain and a disability like blindness has drastically changed Haimamote's life and her ability to participate in her life as she would like, not to mention she can no longer work and contribute to her family (<https://bit.ly/3kjOgpN>)

HOW DO COMMUNITIES RESPOND TO NTD TREATMENT AND PREVENTION

In countries like [Ethiopia](https://bit.ly/2GS8ecA) and [Zambia](https://bit.ly/3mIMJRG), different people have come together to create solutions for their communities. Banchayehu Kassie is a health practitioner based in Lay Gayint in Ethiopia, where she tends to a community of 1,500 people. Her work is administering medications to families, encouraging sanitisation and hygiene when possible like washing one's hands and face regularly, and training other local community members in healthcare to better combat and treat NTDs. In Zambia, an aid worker called Robert Ntitima and his driver work to make healthcare possible by transporting doctors around in rural areas. This allows doctors to visit remote or underserved communities and do things like surgeries on trachoma patients. In both of these countries, people work together to bring solutions to communities that are in need of them.

DID YOU KNOW?

TANZANIA

- While 16 million Tanzanians receive treatment for schistosomiasis, trachoma, and lymphatic filariasis, and river blindness, 9 million people are [still in need](https://bit.ly/3mIMJRG) of medication and treatment overall (<https://bit.ly/3mIMJRG>)
- Young people in Tanzania are leading efforts to end NTDs. In 2020, over 150 young people came together in Dar Es Salaam, Tanzania to discuss how to combat NTDs in their lifetime, which created the End Neglect and Commit to an NTD-Free Generation

ETHIOPIA

In 2015, the first nationwide deworming campaign was launched in Ethiopia which aims to treat [20 million people](https://bit.ly/3mjYxUF) for schistosomiasis and intestinal worms by the end of this year. One of the most strategic means of fighting the spread of NTDs is school-based deworming campaigns, which seek to have children treated at their schools. (<https://bit.ly/3mjYxUF>)

DID YOU KNOW?

CÔTE D'IVOIRE

- Côte d'Ivoire (also known as Ivory Coast) is a country in the west of Africa with a population of [26.4 million](#) people. NTDs are prevalent in many areas of the country with an estimated [23 million people at risk](#) of contracting one or more NTD diseases. This disproportionately affects low income and marginalized communities (<https://bit.ly/3miBgm3>).
- 1 out of every 6 people in Côte d'Ivoire that have trachoma are in need of treatment.
- 45% of people in the country need treatment for intestinal worms.
- In 2016, Ivory Coast created a national plan for a country free of NTDs. Even though NTDs have not yet ended, the fight to end them still continues.

ZAMBIA

- Zambia is affected mainly by three out of the five most common NTDs, and those are schistosomiasis, trachoma, and lymphatic filariasis (<https://bit.ly/3ioMqDn>)
- More than 2.5 million people require treatment for blinding trachoma in Zambia and 4.5 million pre-school and school aged children require treatment for intestinal worms in Zambia.
- Zambia is currently working under a national plan to end NTDs in the country by 2023.

DEMOCRATIC REPUBLIC OF CONGO

- Only 50% of children in Congo that are at risk of intestinal worms can access the treatment they need.
- NTDs and the spread of them can be difficult to manage in rural areas of Congo, where 69% of people in these areas do not have access to clean drinking water.

The World Health Organization (WHO) estimates that 1.9 million people are blind or visually impaired due to trachoma and 2.5 million people need surgery to prevent blindness.

DID YOU KNOW?

WOMEN AND GIRLS ARE PARTICULARLY AFFECTED BY NTD

- According to a 2016 report by [Uniting to Combat Neglected Tropical Diseases](#), two-thirds of water collection is done by women and girls. This puts them at higher risks of exposure to water borne NTDs. (<https://bit.ly/3iwpnqd>)
- [Women and girls are often](#) assumed to be caretakers, which can result in making sacrifices in: education, employment, living, and health (<https://bit.ly/3kk7DyH>).
- Gender also plays a role in cooking and cleaning: women globally are often relegated to domestic roles, which are both undervalued and high risk in terms of NTDs: greater exposure to water for cooking and cleaning results in greater exposure to NTDs.

WHAT CAN BE DONE TO END THE SPREAD NTDS

1. Stigma reduction:
 - Ending stigma, which is negative association and shame, plays a role in both helping those [who are affected by NTDs](#) as well as those who are outside of countries that deal with these diseases (<https://bit.ly/32s1w5k>).
 - Similar to stigma around HIV, stigma in contracting and living with a NTD makes it harder for communities to understand and deal with these diseases. If people are afraid of the shame of having a NTD, they may be silent about getting treatment, ultimately putting their health and potentially the health of others at risk.
 - Ending stigma around NTDs and becoming more educated about how they affect people also reduces the stigma around poverty on the continent. Rather than seeing NTDs as an issue that affects poor areas on the continent, we can ask what has caused there to be a lack of clean and accessible water in certain countries on the continent we share and what we should do about it. Lack of sanitation and healthcare is a human rights issue that deserves attention, support, and community based solutions. Supporting certain foundations and aid projects through donations or social media advocacy can help combat the stigma of NTDs, especially in countries where they are not big threats.
2. Wash
 - Investments in [water, sanitation, and hygiene](#) can be achieved through local government investment and outside aid, all with the support of local communities. Building infrastructure for clean and sanitised communities will make a lasting impact on reducing the spread of NTDs, and therefore the spread of physical pain and community strain (<https://bit.ly/2GYqC3I>).

DEFINING CONCEPTS

- **Asymptomatic** means that while one has the bacteria or virus of a certain illness or disease, they show no signs of having it, and may not feel the effects as well. Lymphatic filariasis is a NTD that people have, but may not show signs of.
- **(-)Borne** refers to how a disease is [transmitted or spread](#). For example, one of the five most common NTDs, Schistosomiasis, is what is called [vector-borne](#), meaning that it is caused by parasites, viruses and bacteria that are transmitted by organisms called vectors. Vectors are living organisms that can transmit infectious pathogens between humans, or from animals to humans (<https://bit.ly/3hvfDuY>)
- **Colonialism** is a system of power as well as a practice of white supremacy and anti-Black racism. Colonialism [broadly refers](#) to the practice of violence, occupation, and forced slavery by Europeans on varying countries throughout the world. Colonialism made independent states in Africa into property of European countries, and forced Black people to do labor that both made money for Europe and produced resources that were used by colonial leaders or sent back to “mother countries”. Colonialism left a huge impact financially and resource wise, as well as mentally as well on Black people who were forced into colonialism, but also created a racist narrative of inferiority and pity towards the African continent. (<https://bit.ly/3kf2sjF>)
- **Contract/Contracted** is another word for becoming infected. When you contract a NTD, for example, it means you have been infected by coming into contact with another person or a certain bacteria or virus.
- **Hygiene [services](#)**, similar to sanitation, are types of things that keep people clean. Hygiene can simply mean access to hand washing stations, or clean running water and soap so as to keep germs out of people’s hands, eyes, and mouths.
- **Infrastructure** refers to the overall framework or foundation of a particular institution or system. When there is a lack of resources, such as funding, raw material, food and farming, etc, there is a lack of a foundation to be able to support the daily functioning of people. In countries where NTDs are prevalent, there is sometimes a lack of infrastructure that has led to lack of sanitation or cannot properly provide healthcare. Infrastructure of poor African countries is not, however, a natural or normal reality, but it is a result of hundreds of years of exploitation and racism as a result of colonialism.
- **Intestinal worms** are worms that live and are transferred through soil and feces. If one is to contract intestinal worms by coming into contact with unclean water that is infected with worms, once inside the body, they can lay eggs which can cause negative and sometimes life threatening complications in the body due to the

[damage](https://www.who.int/intestinal_worms/more/en/) they cause (https://www.who.int/intestinal_worms/more/en/).

- **Parasite** is an organism that lives by taking from other living organisms. NTDs are parasitic diseases meaning that they exist and affect humans by taking resources from the body, which is what makes NTDs painful or lethal for those that have them. (<https://www.medicinenet.com/script/main/art.asp?articlekey=4769>)
- **Neglected Tropical Diseases** are bacterial and parasitic infectious diseases that exist in [149 countries](#) that are considered tropical or subtropical in climate. They are considered neglected because of how widespread they are, affecting [1.7 billion people](#) who are mostly considered to be living in poverty, compared to the lack of available treatment due to long standing lack of access and colonial stripping of African countries' resources. (<https://bit.ly/2DXu9xW>)
- **Sanitation** refers to the [management of waste](#) such as human or animal feces (i.e. toilets that carry waste away and do not contaminate soil or water sources) or proper drainage in a community to allow water to flow out rather than build up. Sanitation also can simply refer to the cleanliness of spaces, structures, and places. Sanitation is an important aspect of stopping the spread of NTDs as well as diseases like COVID-19; access to clean water and food is a human right and prevents harmful bacteria and other germs from contaminating communities' resources. (<https://bit.ly/3mjkD9Q>)
- **Stigma** [is negative feelings](#), opinions, attitudes and beliefs that lead people to reject, avoid or fear people they perceive as different (<https://bit.ly/35BcYOi>)
- WASH is an acronym that stands for water, sanitation, and hygiene and it is one of the key strategies [to combat](#) and end the spread of NTDs. (<https://bit.ly/2RoukFB>)

NEGLECTED TROPICAL DISEASES

RADIO GUIDE & FORMATS

PREPARING FOR THE SHOW

Different ways to talk about Neglected Tropical Diseases on the continent of Africa and why they are important to know about and fight against:

- What are Neglected Tropical Diseases (NTDs)?
- What are some of my country's challenges and solutions to NTDs?
- What is the role of stigma in the spread of NTDs?
- What are some of the leading causes of the five major NTDs and how can communities prevent the spread?

CHOOSE AN ANGLE



What are some of the leading causes of the five major NTDs and how can communities prevent the spread?

Different ways to talk about it:

-

FORMATS



VOXPOP



Vox pop aim:

To get many opinions on one topic.



Who do you talk to?

Anyone in the community.

Suggested question:

- Do you know what NTDs are and how they are spread? Why do you think it's important that all people have access to clean water and sanitation?



AUDIO COMMENTARY



Audio commentary aim:

To get people's opinion about a topic they care deeply about.



Who do you talk to?

Anyone in the community.

Suggested question:

- NTDs affect mostly poor communities with lack of resources, do you think your community has good medical and health resources? What do you do to look after your health and the health of those around you?



AUDIO PROFILE



Audio profile aim:

To get a first person account of someone's experience. Audio profiles often aim to inspire.



Who do you talk to?

A young person who has been affected by NTDs, either directly or in their community or a health care practitioner at your local clinic who knows about NTDs or someone at a NTD or health NGO.

Questions to ask to get the person thinking before they record their profile:

- What NTDs have affected you or your community?
- Are there places you can go for medical treatment? How do you try to keep your hands or water clean?
- What could be better about combating the spread of NTDs?
- Why is your health important to you?
- What are some of the solutions your community works towards to ensure there is clean water and access to sanitation?

OR

- What is your background, how long have you been doing this work?
- Why are NTDs such a problem?
- How can young people have conversations about NTDs and also practice good health to stop the spread?
- What are some of the best community solutions in your eyes?

**PSA****The aim of PSA**

To create a public awareness message. Keep your PSA short and sweet! Allot about 30 seconds and do not exceed 45 seconds for a PSA.



HOW TO PRESENT YOUR SHOW



Use your produced radio features, your research and the suggested script and questions to write your own script.



[INTRO:]

Host 1: It's just gone [TIME] and you're just in time for the [NAME OF SHOW] on [RADIO STATION]. My name is [NAME].

Host 2: And my name is [NAME], and today's show is all about the Neglected Tropical Diseases, or NTDs for short. We are talking about them because these diseases can be fatal and affect communities in a very hard way, especially marginalized communities with lack of resources and access to clean water and sanitation.

Host 1: NTDs affect different parts of the world, but are mostly concentrated in places with a tropical climate. NTDs greatly affect the continent of Africa, especially in rural areas of countries like Ethiopia, Tanzania, Zambia, and Congo to name a few. NTDs are important to know about for people who are affected by them and people who aren't because these diseases lead to over 170,000 deaths a year. What is important to know is that these big numbers of deaths could be preventable because so much of the spread is due to lack of clean water and good sanitation, like hand and face washing.

Host 2: It makes total sense! Poverty and lack of access to basic human rights is a big issue we as young people should care about. We should also know that poverty on the continent of Africa is also caused by colonialism and all the resources that were taken out of many countries in order to build Europe and North America. So while NTDs are a big problem, it is part of the history of injustice and violence.

Host 1: When NTDs affect communities, they can cause a lot of physical discomfort with lasting effects, such as long term digestion issues or blindness. This isn't just like a flu in most cases, when the symptoms can go away, but sometimes they stay for a long time affecting children's ability to go to school and learn, or adults' ability to work, take care of others, and go about their daily lives, maintaining poverty within communities. Young people like us can definitely find ways to support the cause of ending NTDs and the spread of them by advocating for more processes and structures of sanitation and clean water.

Host 1: So first, let's hear from a clinic worker who knows about and works with NTDs

[PRESENT WHO IS BEING INTERVIEWED]

[PLAY THE INTERVIEW]

Suggested questions for your interview with someone who knows about the reality :

- What is your background, how long have you been doing this work?
- Why are NTDs such a problem?
- How can young people have conversations about NTDs and also practice good health to stop the spread?
- What is the role of stigma in the spread of NTDs?
- What are some of the best community and international solutions in your eyes?

[OUTRO:]

Host 1: Today, we've heard about what NTDs are, what their effects are, and what some of the best solutions are to combating the spread of them.

Host 2: Yes, and it's exciting to know there are people and health care providers who are working to both educate and work within their communities. I definitely understand how important it is that all people have access to basic human rights like clean water and safe systems of sanitation. We all deserve good health and access to it

Host 1: Next week on [DAY] at [TIME] we'll be talking all about [NEXT WEEK'S SHOW TOPIC]. Until then, it's bye from us!