

# WATER INSECURITY

## Definition

Household water insecurity is defined as the inability to access and benefit from affordable, adequate and reliable safe water services to lead a healthy life. It is a concept that captures the multiple dimensions of water acquisition and use at the level at which they are found. they have experience.<sup>1</sup>

## Importance

It is an important indicator of public health due to the high vulnerability of children under 5 years of age to diseases transmitted by water insecurity, mainly the use of contaminated water, which increases the risk of diarrhea and infectious diseases that can be fatal in this age group. In addition, limited access to safe drinking water affects hygiene, food preparation and availability, increasing the risk of food insecurity<sup>2</sup>. Ensuring access to clean and safe water not only improves the health and well-being of household members, but also eases the burden on health systems and allows families to live in more dignified and safe conditions.<sup>3</sup>

## Data sources

- *National Health and Nutrition Surveys (ENSANUT)*

The National Continuous Health and Nutrition Surveys (ENSANUT) were used for the years 2021 and 2022. These surveys collect information on the frequency, distribution, and trends of relevant health and nutrition indicators, as well as their social determinants. Due to their methodological design, these surveys are nationally representative, by urban and rural areas; and for 8 regions of the country: Pacific-North, Border, Pacific-Central, Central-North, Central, CDMX-State of Mexico, Pacific-South and Peninsula.

## Indicator estimation

The prevalence of water insecurity in households with children under 5 years of age was estimated using the "Household Water Insecurity Experiences" (HWISE) scale.<sup>4</sup> Which considers the frequency of 12 items during the four

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<sup>1</sup> Jepson WE, Wutich A, Collins SM, Boateng GO, Young SL. Progress in household water insecurity metrics: a cross-disciplinary approach: Progress in household water insecurity metrics. *Wiley Interdisciplinary Reviews: Water* 2017; 4: E1214

<sup>2</sup> Muñoz-Espinosa A, Mundo-Rosas V, Vizuet-Vega NI, Hernández-Palafox C, Martínez-Domínguez J, Shamah-Levy T. Water insecurity in Mexican households: comparison of results of the Ensanut Continua 2021 and 2022. *Salud Publica Mex* [Internet]. 2023 June 14 [cited 2024 July 25]; 65:S189-S196. Available in: <https://saludpublica.mx/index.php/spm/article/view/14788>

<sup>3</sup> Young SL, Boateng GO, Jamaludine Z, Miller JD, et al. (2019). The Household Water InSecurity Experiences (HWISE) Scale: development and validation of a household water insecurity measure for low-income and middle-income countries. *BMJ Global Health*. DOI: 10.1136/BMJGH-2019-001750.

- 1) **Worry** about not having enough water
- 2) **Interruption** or limitation of water sources
- 3) **Clothes** refers to limiting water for washing
- 4) Change of **plans** or schedules of activities changed due to lack of water
- 5) Changes in food consumption or preparation due to lack of water
- 6) Not **hand washing**
- 7) Lack of water for body cleanliness
- 8) Lack of **drinking water**
- 9) Feeling upset or **angry** due to the low availability of water

- 10) Going to sleep thirsty due to lack of water
- 11) Total lack of drinking water for drinking
- 12) Feeling of exclusion or stigma due to lack of water

These prevalences were estimated for the years 2021 and 2022.

<b>Year</b>	<b>Incidence</b>	<b>Year</b>	<b>Incidence</b>
2021	17.9	2022	18.9

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