



REDUCING AVOIDABLE DROWNING DEATHS AMONGST CHILDREN

World Drowning Prevention Day 25 July
Anyone can drown, no one should.

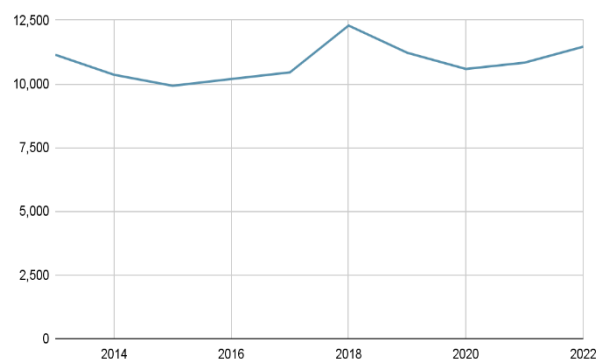
INTRODUCTION

Drowning deaths are avoidable and yet they are the leading cause of death for children under the age of 5 years. It is a silent killer that can happen quickly and easily, even in shallow water. That's why it is important to supervise children closely around water, even if they know how to swim. This leaflet is produced based on the recent research findings produced by the University of East Anglia's Water Security Research Centre and the University of Leicester's Avoidable Deaths Network on 'Climate Change and Drowning Risk in Bangladesh and Tanzania and the Implications for RNLI Programmes'. These findings have the potential to reduce avoidable drowning deaths in low-and middle-income countries.

DROWNING FACTS: BANGLADESH AND TANZANIA

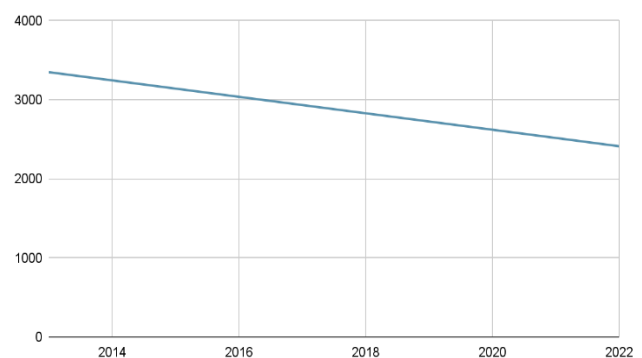
Bangladesh: In 2018, there were 12,292 drowning deaths in Bangladesh. This is the highest number of drowning deaths in the country's history. Drowning is the 5th leading cause of death in Bangladesh, accounting for 6.2% of all deaths. Children are disproportionately affected by drowning, accounting for 77% of all drowning deaths in Bangladesh. Men are more likely to drown than women, accounting for 60% of all drowning deaths. Bangladesh has a population of over 160 million people, and the population density is over 1,200 people per square kilometre. This means that there are

many people living in close proximity to water, which increases the risk of drowning. Many people in Bangladesh do not know how to swim, and they are not aware of the dangers of drowning.



2: Annual Drowning Deaths in Bangladesh

Tanzania: In 2022, there were 2,412 drowning deaths in Tanzania. This is a decrease from 3,349 drowning deaths in 2013. Drowning is the 10th leading cause of death in Tanzania, accounting for 1.5% of all deaths. Children are disproportionately



1: Annual Drowning Deaths in Tanzania

affected by drowning, accounting for 40% of all drowning deaths in Tanzania. Men are more likely to drown than women, accounting for 70% of all drowning deaths. Tanzania has a population of over 60 million people, and the population density is over 140 people per square kilometre. Many people in Tanzania live in poverty and do not have access to safe water. They are often forced to use unsafe water sources, such as rivers and ponds, which increases the risk of drowning. Many people in Tanzania do not know how to swim, and they are not aware of the dangers of drowning.

RECOMMENDATIONS TO REDUCE AVOIDABLE DROWNING DEATHS

- Swimming lessons can teach children the skills they need to stay safe in the water. The American Red Cross recommends that all children learn to swim by the age of four.
- Even if a child knows how to swim, they can still drown if they are not supervised. Adults should always be within arm's reach of children who are in the water.
- Safety features can help to prevent children from accidentally falling into the water. Safety measures include things like pool fences, alarms, and self-draining pools.
- Alcohol and drugs can impair judgment and coordination, which can increase the risk of drowning.
- It is important to know how deep the water is before entering, especially if you are not a strong swimmer.
- Strong winds and currents can make swimming dangerous. If the weather is not safe for swimming, it is best to stay out of the water.

REFERENCE

Few, R., Omasete, J., Geere, J., and Ray-Bennett, N. (2023) Climate change and drowning risk in Bangladesh and Tanzania and the implications for RNLI programmes. DEV Reports and Policy Papers Series 24, The School of International Development, University of East Anglia, UK. [Download](#).

NOTE

The leaflet was developed by Master Arkoneil Ghosh under Dr. Nibedita S. Ray-Bennett's supervision. © Avoidable Deaths Network (2023). Image: © Shutterstock (2022)

MORE INFORMATION

2022 Project: [Understanding the impact of climate change on drowning risk in Bangladesh and Tanzania](#)

2023 Project: [Identifying Gaps in Drowning Data Collection in Low-and Middle-Income Countries and the Actors Addressing Them](#)

Website: avoidable-deaths.net

LinkedIn: [avoidable-deaths-network](#)

Twitter: [AvoidableN](#)

Instagram: [avoidabledeathsnetwork](#)

Facebook: [AvoidableDeathsNetwork](#)

Voluntary Commitments Sendai Framework for Disaster Risk Reduction: [20211123_001](#)