INDICATOR: Number of youth who reported eating the recommended amount of fruits and vegetables for the last seven days (1–2 cups for fruit and/or 1–3 cups for vegetables)

STANDARD SECTOR INDICATOR CODE: HE_YOUTH_274

Type: Outcome

PROJECT AREA: Youth Health and Well-Being

Health Sector: Youth

Unit of Measure: Youth

Disaggregation: Male by Age:
<1, 1–4, 5–9, 10–14, 15–19, 20–24, 25–29, 30–34, 35–39, 40–44, 45–49, 50+

Female by Age:
<1, 1–4, 5–9, 10–14, 15–19, 20–24, 25–29, 30–34, 35–39, 40–44, 45–49, 50+

Frequency: 0 days, 1 day, 2 days, 3 days, 4 days, 5 days, 6 days, 7 days

Related Objective: Increase the knowledge and skills of youth to improve their health and well-being through health and life skills education and linkages to youth-friendly services (Objective 1)

Precise definitions

Youth: The Youth Health and Well-Being project focuses on young people between the ages of 10 and 19 because this is such a crucial time in terms of developing lifelong behaviors that impact health. Each country may have its own definition for youth and posts can use this definition to align with government reporting and priorities. The age disaggregations should be used to reflect the age of the participants.

Report: This is a self-reported indicator based on a youth’s answer to the questions in the Physical Activity and Healthy Diet section of the Youth Health Outcomes Survey tool. These questions should be used as a pre-test, post-test, and as a three- to six-month follow-up to assess behavior change. Those individuals’ answers in the three- to six-month follow-up should be used to calculate this indicator.

Recommended amount of fruits and/or vegetables: The recommended amounts are 1–2 cups for fruit and 1–3 cups for vegetables. Youth can eat either fruit or vegetables to count for this indicator.

- **Fruits:** Any fruit or 100-percent fruit juice counts as part of the fruit group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed. In general, 1 cup of fruit or 100-percent fruit juice, or ½ cup of dried fruit can be considered as 1 cup from the fruit group.
  - Examples: Apples, applesauce, bananas, mangoes, melons, papayas, raisins

- **Vegetable:** Any vegetable or 100-percent vegetable juice counts as a member of the vegetable group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed. In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the vegetable group.
  - Examples: Broccoli, carrots, spinach, pumpkin, tomatoes, sweet potatoes, corn, onions

More information can be found at: [https://www.choosemyplate.gov/](https://www.choosemyplate.gov/)
For the last seven days: To be included in this indicator, youth need to have consumed the recommended levels of fruit and/or vegetables for all seven days in the previous week.

**Data collection**

**Tool:** Youth Health Outcomes Survey

The Youth Health Outcomes Survey is intended to be given to youth who participate in a multi-session training focused on Youth Health and Well-Being facilitated by a PCV and their counterpart. This survey tool should be used three times:

1) As a pre-test at the start of the first training session/meeting;
2) As a post-test at the last session/meeting to assess change during the time of the training; and
3) Three to six months after the training/activity has finished to assess whether knowledge is retained.

All youth should be given the pre-test and post-test. Only youth who attended at least 75 percent of the defined information sessions should be included in the survey three to six months afterward. Therefore, the results of Step 3—the follow-up survey—should be used to calculate this indicator.

If the timing of a PCV’s close of service (COS) or other factors will not allow for this, a survey could be conducted earlier, but some indicators may need to be modified. The survey should be conducted by the PCV and their counterpart or co-facilitator of the group following the instructions provided in the outcomes survey tool closely. The survey should only include the topics that were included in the training on Youth Health and Well-Being. Questions should be removed from the survey if not discussed in the training.

**Reporting**

To be counted for this indicator the following criteria must be met:

- The individuals must have received at least 75 percent of the training sessions and/or information offered on youth health and well-being.
- The information must have been provided by a PCV or their partner in an individual or small group setting with 25 people or less.
- Attendance at each session must be documented by the Volunteer or their partner.
- The individual must be assessed after the conclusion of the intervention using the Youth Health Outcomes Survey tool.

In the VRT, outcome indicators have two fields: “achieved” and “total.” Please enter the total number of individuals who took the survey in the “total” field and the frequency should be recorded in the disaggregation. The correct answer can be found in the instructions for the outcomes survey.