

STANDARD SECTOR INDICATOR CODE: AG-055	Nutrition Education – Preventing Malnutrition: Number of caretakers, out of total number the Volunteer/partner worked with, who identified one or more actions they can take to prevent malnutrition in their family. (AG-055)	
AGRICULTURE SECTOR	Sector Schematic Alignment <ul style="list-style-type: none"> • Project Area: Resilience & Stability • Project Activity Area/Training Package: Nutrition for Healthy Families 	
Type: Outcome	Unit of Measure: Caretakers	Disaggregation: Sex: Male, Female

Definitions:

Actions to prevent malnutrition include, but are not limited to (these focus on immediate causes):

Undernutrition:

- **Inadequate Diet**
 - Take one extra meal while pregnant for mothers
 - Follow iron and folic acid supplementation schedule for pregnant mothers
 - Immediate breastfeeding (colostrum)
 - Exclusively breastfeed for first 6 months
 - Continued breastfeeding through two years and beyond
 - Use iodized salt in meals prepared in the home
 - Practice optimal complementary feeding (**FADDUA**)
 - appropriate **F**requency of meals
 - appropriate **A**mount at mealtimes
 - appropriate **D**ensity of meals (nutrient dense, digestible)
 - appropriate **D**iversity of foods
 - ensure **U**tilization (through cleanliness and hygiene to prevent illness and diarrhea)
 - practice **A**ctive/responsive feeding to improve bonding, creating a positive feeding experience
 - include animal source foods in diet for small children
 - include vitamin A rich foods in diet
 - include fortified foods in the diet
- **Preventing and reducing severity of illness**
 - Give ORS to child over 6 months at outset of diarrhea (ORS with zinc whenever possible)
 - Practice optimal hand washing for caregivers and children
 - Cover foods to avoid flies
 - Take to clinic for deworming
 - Take to clinic for vitamin A supplementation
 - Appropriate use of bed nets in malaria endemic regions
 - Treat contaminated water before consumption

Overnutrition:

- **Poor Diet**
 - Moderate intake of processed foods
 - Moderate intake of sugared beverages
 - Increase intake of nutrient dense foods, reduce intake of energy dense foods

- Poor energy balance
 - Increase energy expenditure relative to energy intake

Caretaker—any individual for whom some responsibility of providing care for children applies. This also includes Caregivers

Partner/s— refers to the local counterpart who is co-facilitating malnutrition prevention activities with the Volunteer.

Rationale:

Though the pathways for *undernutrition* are many, increased awareness and education for caretakers is seen as a mechanism through which to begin to affect positive change. Demonstration, on the part of the caretaker, of specific knowledge regarding actions to prevent child malnutrition is seen as a first step in the process of behavior change aimed at improving nutritional status.

Measurement Notes:

1. **Sample Tools and/or Possible Methods (for Peace Corps staff use):** Volunteers should use data collection tools to measure progress against project indicators. A data collection tool to measure this indicator could be based on one of the following methods—survey, observation, or interview—though there may be other data collection methods that are appropriate as well. For more information on the suggested methods, please see [Appendix I in the MRE Toolkit](#). Also be sure to check the intranet page as sample tools are regularly uploaded for post use. Once a tool has been developed, post staff should have a few Volunteers and their partners pilot it, and then distribute and train Volunteers on its use.
2. **General Data Collection for Volunteer Activities:** All Volunteer activities should be conducted with the intention of achieving outcomes – knowledge change (short-term), skills demonstration (intermediate-term), and behavioral changes (intermediate to long term) as defined by the progression of indicators within the objectives of a project framework. The progression of measurement for all Volunteer activities should begin with baseline data being conducted prior to the implementation of an activity (or set of activities), followed by documenting any outputs of the activities and then later at the appropriate time, measurements of specific outcomes (see “Frequency of Measurement”).
3. **Activity-Level Baseline Data Collection:** Activity-level baseline data should be collected by Volunteers/partners before or at the start of their activities with a caretaker or group of caretakers. It provides a basis for planning and/or assessing subsequent progress or impact with these same people. Volunteers should take a baseline measurement regarding the outcome(s) defined in this indicator (i.e. determine whether or not a caretaker in question has identified one or more actions they can take to prevent malnutrition in their family before working with the Volunteer) early in their work focused on nutrition education and understanding ways to prevent malnutrition. The information for the baseline measurement will be the same or very similar to the information that will be collected in the follow-on measurement (see “Frequency of Measurement”) after the Volunteer has conducted his/her activities and it is usually collected using the same data collection tool to allow for easy management of the data over time.

Because Volunteers are expected to implement relevant and focused activities that will promote specific changes within a target population (see the “unit of measure” above), taking a baseline measurement helps Volunteers to develop a more realistic snapshot of where caretakers within the target population are in their process of change instead of assuming that they are starting at “0.” It also sets up Volunteers to be able to see in concrete terms

what influence their work is having on the caretakers they work with during their service. Please note that data collection is a sensitive process and so Volunteers will not want to take a baseline measurement until they have been able to do some relationship and trust-building with the person/people the Volunteer is working with, and developed an understanding of cultural norms and gender dynamics.

- 4. Frequency of Measurement:** For reporting accurately on this outcome indicator, Volunteers must take a minimum of two measurements with caretakers of the target population reached with their activities. After taking the baseline measurement (described above), Volunteers should take at least one follow-on measurement with the same caretaker(s), typically after completing one or more activities focused on achieving the outcome in this indicator and once they have determined that the timing is appropriate to expect that the outcome has been achieved. Please note that successful documentation of a behavior change or new practice may not be immediately apparent following the completion of activities and may need to be planned for at a later time. Once Volunteers have measured that at least one caretaker has achieved the indicator, they should report on it in their next VRF.

Volunteers may determine to take more than one baseline and one follow-on measurement with the same caretaker (or group of caretakers) for the following valid reasons:

- a. Volunteers may want to measure whether or not any additional caretakers initially reached with activities have now achieved the outcome in the indicator, particularly for any activities that are on-going in nature (no clear end date);
- b. Volunteers may want to enhance their own learning and the implementation of their activities by using the data collected as an effective monitoring tool and feedback mechanism for the need to improve or increase their activities;
- c. A Peace Corps project in a particular country may choose to increase the frequency of measurement of the indicator and Volunteers assigned to that project will be required to follow in-country guidance.

In all cases, any additional data collection above the minimum expectation should be based on the time, resources, accessibility to the target population, and the value to be gained versus the burden of collecting the data. Following any additional measurements taken, Volunteers should report on any new caretakers achieving the outcome in their next VRF.

- 5. Definition of Change:** The minimum change to report against this indicator is a caretaker identifying one or more actions they can take to prevent malnutrition in their family as compared to what was measured initially at baseline. In the case of this indicator, if the caretaker the Volunteer/partner works with already has knowledge about giving ORS to children over 6 months at outset of diarrhea before beginning to work with the Volunteer/partner, then the Volunteer would not be able to count him/her for this activity because the Volunteer's work did not actually lead to the desired change. However, if as a result of working with the Volunteer/partner, the caretaker obtains knowledge and can identify other actions to prevent malnutrition, such as optimal hand washing or covering food to avoid flies, that would count because the Volunteer's work influenced the caretaker knowledge of optimal hand washing or covering food to avoid flies.
- 6. General Reporting in the VRF:** The "number achieved" (or numerator) that Volunteers will report against for this indicator in their VRFs is the number of caretakers who identified one or more actions they can take to prevent malnutrition in their family, after working with the Volunteer/partner. The "total number" (or denominator) that Volunteers will report on for this indicator in their VRFs is the total number of caretakers who participated in the activities designed to meet this indicator.

7. Reporting on Disaggregated Data in the VRF: This indicator is disaggregated by “Sex”. When reporting in the VRF, a Volunteer should disaggregate the caretakers who achieved the outcome based on male and female.

Data Quality Assessments (DQA): DQAs are needed for each indicator selected to align with the project objectives. DQAs review the validity, integrity, precision, reliability, and timeliness of each indicator. For more information, consult the Peace Corps MRE toolkit.

Alignment with Summary Indicator: AG. CHILDHOOD HEALTH/NUTRITION TRAINING (INDIIVDUALS)