

Indicator: # of WRA and/or key household decision makers who increase their knowledge of the importance of consuming a diverse diet that includes nutrient-rich foods (AG_035)**AGRICULTURE SECTOR** **Type:** Outcome**Unit of Measure:** Individual HH member**Disaggregation:** Male, Female;
Age: 0–9, 10–14, 15–19, 20–24, 25+**Outcome Measured:** WRA and/or key household decision makers increase their knowledge of the importance of consuming a diverse diet that includes nutrient-rich foods**Precise definitions****Woman of reproductive age (WRA):** a WRA (ages 15–49) who is directly reached by an activity with agriculture-related intervention(s) (e.g., training, technical assistance, input access). Interaction with the activity should be significant, meaning that a woman or key household decision maker reached by an agricultural activity solely through brief attendance at a meeting or gathering should not be counted as a beneficiary.**Key household decision maker (KHHDM):** person in a household responsible for making decisions about food purchases, meal preparation, and food distribution.**Diverse diet:** A diverse diet is one that includes consumption of food from a variety of food groups. “Minimum dietary diversity” (MDD) is defined as the consumption of at least five of the 10 specific food groups listed below during the previous day and night (24 hours). The 10 food groups are:

1. Grains, white roots and tubers, and plantains
2. Pulses (peas, beans, and lentils)
3. Nuts and seeds (including ground nuts)
4. Dairy products
5. Eggs
6. Meat, poultry, and fish
7. Dark green leafy vegetables
8. Other vitamin A-rich vegetables and fruit
9. Other vegetables
10. Other fruits

Nutrient-rich foods: includes legumes, nuts, some seeds (sesame, sunflower, pumpkin), wheat germ; animal source foods (milk, yogurt, cheese), fish, eggs, organ meats, flesh foods, other miscellaneous small animal protein; dark yellow or orange-fleshed roots or tubers; cabbage, mangos, okra, passion fruit, pineapple, and sweet green pepper; bio-fortified foods; any local foods containing the following micronutrients: vitamin A, thiamin, riboflavin, niacin, vitamin B-6, folate, vitamin C, calcium, iron, and zinc; or foods containing any other micronutrient for which a documented deficiency exists within the target population.

Data collection

Tool: The pre-/post-assessment tool **Knowledge of Consuming a Diverse Diet** should be used to measure knowledge at the beginning and end of the intervention.

Frequency of data collection and tracking:

Time 1 (T1)—Beginning of activities that teach and train about the importance of consuming a diverse diet that includes nutrient-rich foods. At the beginning of the activity, each WRA/KHHDM the Volunteer expects to work with should complete the assessment to establish a baseline. Record the individual's name, age, and T1 scores in the Dietary Knowledge Tracking Sheet below. If an individual answers all required questions correctly at T1, this individual should not be included in the measurements, as this individual already meets the definition of having knowledge of the importance of consuming a diverse diet of nutrient-rich foods. This individual should not be further recorded on the tracking sheet.

Time 2 (T2)—Completion of nutrition education activities: Each WRA or KHHDM who meets the minimum requirements described below (see “Who to measure”) should complete the same assessment (post-assessment). Record the T2 scores in the tracking sheet.

Time 3 (T3)—End of subsequent nutrition education activities, if applicable: Some individuals may not increase their knowledge of dietary issues after one set of interventions. If the individual has not increased his/her knowledge at T2, and if the individual meets the minimum requirements described below (see “Who to measure”), the PCV may assess the individual again and record the T3 score in the second tracking sheet below.

Who to measure: Volunteers should only include WRA and/or KHDDMs for this outcome measurement with whom they have worked in one or more of the following activities focused on nutrition:

1. Conduct one-on-one teaching of WRA and/or key household decision makers about the importance of consuming a diverse diet that includes nutrient-rich foods
2. Conduct group training of WRA and/or key household decision makers about the importance of consuming a diverse diet that includes nutrient-rich foods



Reporting

Measuring progress toward the outcome, by sex and age: An individual is considered to have increased his/her knowledge of the importance of consuming a diverse diet of nutrient-rich foods if the individual's score is a minimum of 2 points higher at T2 or T3 (if applicable) than at T1 on the pre-/post-assessment, Knowledge of Consuming a Diverse Diet.

1. For each individual who increased his/her knowledge at T2, place a Y in the cell that corresponds to the individual's age and sex.
2. For all those who did not increase their knowledge at T2, place an N in the cell that corresponds to the individual's age and sex.
3. Record the sum of all Ys + Ns in the row titled “TOTAL REACHED” and the sum of Ys only in the row titled “TOTAL ACHIEVED.” Report both column totals in the VRF.
4. If an individual did not increase his/her score at T2, use the second tracking sheet with the T3 column to repeat the assessment and reporting process for that individual at the end of the subsequent nutrition education activities.
5. Record the sum of all Ys + Ns in the row titled “TOTAL REACHED” and the sum of Ys only in the row titled “TOTAL ACHIEVED.” Report both column totals in the VRF.

Note: Individuals may only be counted once as part of the “TOTAL ACHIEVED” in a Volunteer’s service for this indicator. If the same individual is eligible for measurement for another indicator, he/she may be counted for that indicator according to the guidelines in that indicator’s definition sheet.

How to report missing values: If an individual does not have a score at T1, *do not* include this individual in the measurement or on the tracking sheet. If an individual has a score at T1 but does not have a score at T2, record NA in the final column and do not include this individual in the totals reported in the VRF.

