

STANDARD SECTOR INDICATOR CODE: HE-005	At-risk and Overweight Individuals Who Lost Weight or Decreased Waist Circumference: Number of at-risk or overweight individuals who demonstrate a decrease in weight or in waist circumference since the last reporting period	
HEALTH SECTOR	Sector Schematic Alignment Project Area: Life Skills for Healthy Behaviors Project Activity Area/Training Package: NCD Mitigation and Nutrition	
Type: Short-term Outcome	Unit of Measure: Adults	Disaggregation: Sex: Male, Female Age: 0-9 years, 10-17 years, 18-24 years, 25+ years

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

- The individual must have had a baseline BMI above 25, **or** be at-risk of being overweight (BMI 23-25) **or** had an initial waist circumference measurement (WC) greater than the normal range (102 centimeters (40 in) in men, and 88 centimeters (35 in) in women) **and**
- The individual must have participated in a nutrition, exercise or NCD prevention group where the PCV or their partner encouraged them to lose weight or inches from their waists **and**
- After working with the PCV or their partner/s the individual show a measurable loss of weight (in kilos or pounds) **or** a reduction in inches or centimeters from his/her waist circumference since the last reporting period

Definitions:

Waist Circumference	Abdominal Fat status
> 40" or >102 CM in men	Greater than normal range
>35 " or 88 CM in women	Greater than normal range

BMI	Weight Status
Below 18.5	Underweight
18.5 – 24.9	Normal
25.0 – 29.9	Overweight
30.0 and Above	Obese

Rationale: Overweight and obese individuals are at increased risk for many diseases and health conditions, including hypertension, dyslipidemia, type 2 diabetes, coronary heart disease, stroke, gallbladder disease, osteoarthritis, sleep apnea and respiratory problems, and some cancers (endometrial, breast, and colon). The amount of normal body fat changes with age and is different for boys and girls. Waist circumference (WC) provides an estimate of abdominal fat even in the absence of a change in BMI. Ethnic and age differences in body fat distribution may modify the predictive validity of WC. Waist circumference may be a better indicator of risk than BMI alone.

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. Please check PCLive for data collection tools. 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.

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 individuals achieving the outcome in their next VRF.

- 2. Definition of Change:** The minimum change to report against this indicator is
 - a. The individual must have had a baseline BMI above 25, **or** be at-risk of being overweight (BMI 23-25) **or** had an initial waist circumference measurement (WC) greater than the normal range (102 centimeters (40 in) in men, and 88 centimeters (35 in) in women) **and**
 - b. The individual must have participated in a nutrition, exercise or NCD prevention group where the PCV or their partner encouraged them to lose weight or inches from their waists **and**
 - c. After working with the PCV or their partner/s the individual show a measurable loss of weight (in kilos or pounds) **or** a reduction in inches or centimeters from his/her waist circumference since the last reporting period.
- 3. 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 individuals who have demonstrated a decrease in weight or in waist circumference since the last reporting period, 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 individuals who participated in the activities designed to meet this indicator.
- 4. Reporting on Disaggregated Data in the VRF:** This indicator is disaggregated by “Sex” and “Age”. When reporting in the VRF, a Volunteer should disaggregate the individuals who achieved the outcome based on males and females 0-9 years, 10-17 years, 18-24 years, and 25 + years.

Data Quality Assessments (DQA): DQA 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: No Link