

STANDARD SECTOR INDICATOR CODE: HE-006	Consumed 3 servings of Fruits or Vegetables and 1 Protein in One Day: Number of individuals who reported eating at least 3 servings of fruits and vegetables and one protein/animal source of food in the day preceding the assessment.	
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: Individuals	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 attended at least 3 hours of training on nutrition and NCDs.
- The training must have been conducted in an individual or small group setting comprised of no more than 25 people by a Volunteer or their partner.
- At the baseline measurement, the individual must report NOT eating 3 servings of fruits and vegetables and one protein/animal source of food in the day preceding the assessment (24-hour diet recall) and,
- In a second measurement, the individual must report eating 3 servings of fruits and vegetables one protein/animal source of food in the day preceding the assessment (24-hour diet recall).

Definitions:

A serving is defined as a portion of food. The portion size varies depending on the food product. 1 medium sized fruit equals a serving of fruit, ½ cup chopped green vegetables equals a serving of vegetables, 1/2 cup of cooked legumes equals a serving and 2-3 ounces or 60- 90 grams of fish, poultry, meat or one egg is considered a serving.

Fruits are defined as sweet and fleshy product of a tree or other plant that contains seed and can be eaten as food.

Vegetables are defined as a plant or part of a plant used as food, typically as accompaniment to meat or fish, such as a cabbage, potato, carrot, or bean.

Proteins are defined as any of a group of complex organic macromolecules that contain carbon, hydrogen, oxygen, nitrogen, and usually sulfur and are composed of one or more chains of amino acids. They are essential in the diet of animals for the growth and repair of tissue and can be obtained from foods such as meat, fish, eggs, milk, and legumes such as peas or beans.

Healthy Diet is defined as any diet based on sound nutritional principles. Healthy diets include:

- High consumption of fruits & vegetables
- Low consumption of red meat & fatty foods
- Raw foods & whole grains are preferred to processed or refined foods
- Protein primarily from fish, poultry, dairy products, and nuts
- Low consumption of salt, sugar, carbonated beverages, and alcohol

Healthy Lifestyle Choices are defined as making choices about your daily habits that leave you physically fit, energetic and at reduced risk for disease. Good nutrition, daily exercise, drinking alcohol in moderation and choosing not to smoke are key examples of healthy lifestyle choices.

The day preceding the assessment is defined as the 24 hours prior to beginning the assessment.

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). Several articles show links between lower dietary diversity and higher rates of overweight individuals. A healthy diet and regular physical activity are essential to preventing and reducing overweight and obesity in individuals. Individuals should be encouraged to limit energy intake from total fats; increase consumption of fruit and vegetables, as well as legumes, whole grains and nuts; limit the intake of sugars; engage in regular physical activity; and achieve energy balance and a healthy weight.

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.
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 the bullet on “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 an individual or group of individuals. 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 data sheet. Volunteers should collect baseline information early in their work with the target population (youth, teachers, health workers, etc.), and may use their judgment to determine timing because the information will be more accurate if the Volunteer has built some trust with the target population first. 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 the bullet on “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 individuals 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 individuals 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 members 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 individual(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 individual 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 individual (or group of individuals) for the following valid reasons:

- Volunteers may want to measure whether or not any additional individuals 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);
- 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;
- 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 individuals achieving the outcome in their next VRF.

5. **Definition of Change:** The minimum change to report against this indicator is after working with a Volunteer an individual starts eating a minimum of 3 servings of fruits and vegetables and one protein/animal source of food in a single day. This should be an increase compared to the baseline. In the case of this indicator, if the person the Volunteer/partner works with already eats 3 servings of fruits and vegetables and one serving of protein in a day, 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 individual decided to increase the number of fruit or vegetable servings to at least 3 and increase protein servings to at least 1, that would count because the Volunteer's work influenced the participant's nutrition.
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 individuals who reported eating at least 3 servings of fruits and vegetables and one protein/animal source of food in the day preceding the assessment. 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.
7. **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 between the ages of 0-9 years, 10-17 years, 18-24 years, and 25 plus 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