

STANDARD SECTOR INDICATOR CODE: HE-011	Previously Inactive Individuals Reporting Moderate Physical Activity 5 times/week: Number of individuals, previously inactive, reporting moderate physical activity for at least 30 minutes, 5 times/week in the past week	
HEALTH SECTOR	Sector Schematic Alignment Project Area: Life Skills for Healthy Behaviors Project Activity Area/Training Package: NCD Mitigation and Nutrition	
Type: Intermediate-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 reported being inactive at the initial assessment
- The individual must have regularly participated in a PCV group focused on non-communicable disease risk factors (diet, exercise, tobacco use) and must have been encouraged to incorporate exercise into their daily routine the Volunteer or their partner.
- The individual must have reported doing moderate physical activity of 30 minutes a day, 5 days a week, for at least three months.

Definitions:

Inactive: is defined as not regularly participating in physical exercise (bodily movement produced by skeletal muscles that requires energy expenditure).

Moderate physical activity is the same as aerobic physical activity: This is defined as an activity in which the body's large muscles move in a rhythmic manner for a sustained period of time. Aerobic activity improves cardio-respiratory fitness.

Moderate intensity activity: is defined as an activity where the individual can talk, but not sing while doing the activity. If you're doing vigorous-intensity activity, you will not be able to say more than a few words without pausing for a breath.

Examples of moderate activity include:

- Walking briskly (3 miles per hour or faster)
- Water aerobics
- Bicycling slower than 10 miles per hour
- Tennis (doubles)
- Dancing fast for 30 minutes
- General gardening
- Basketball (shooting baskets) for 30 minutes
- Bicycling 5 miles in 30 minutes

Rationale: Aerobic exercise improves cardio respiratory function and reduces risks of cardiovascular disease and diabetes. Exercise can be incorporated into the daily routine through doing simple things like playing with kids, or choosing the stairs over the elevator, or to taking a walk after dinner or gardening or doing housework and cleaning chores. Individual should strive to do more than the minimum 30 minutes of moderate exercise 5 days a week.

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, 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 an individual who was previously inactive, reporting moderate physical activity for at least 30 minutes, 5 times/week in the past week after working with a Volunteer. In the case of this indicator, if the person the Volunteer/partner works with already engages in moderate physical activity, 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.
6. **General Reporting in the VRF:** The numerator or "number achieving" column in the VRF is where Volunteers will report the number of individuals previously inactive, reporting moderate physical activity for at least 30 minutes, 5 times/week in the past week. 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 total number of male individuals by 0-9 years, 10-17 years, 18-24 years, 25+ years and the total number of female individuals by 0-9 years, 10-17 years, 18-24 years, 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