

<p>STANDARD SECTOR INDICATOR CODE: HE-099</p>	<p>Infants 6-11 Months Old Who Received Breast Milk and 3 or More Feedings from 4 Out of 7 Food Groups: Number of infants 6 - 11 months of age with a mother reporting their infant received breast milk and three or more feedings of solid/semi-solid food from 4 or more food groups out of the 7 groups in the day preceding the assessment</p>	
<p>HEALTH SECTOR</p>	<p>Sector Schematic Alignment</p> <ul style="list-style-type: none"> • Project Area: Maternal, Neonatal, and Child Health • Project Activity Area/Training Package: Infant and Young Child Health 	
<p>Type: Intermediate-term Outcome</p>	<p>Unit of Measure: Infants</p>	<p>Disaggregation: Sex: Male, Female Age: 6-11 months</p>

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

- Training must have been provided by the PCV or their partner in an individual or small group setting. Research shows ideal group size is 25 individuals or less, although in some instances group size can be significantly larger.
- The mother/caregiver of the infant must have been encouraged to adopt correct complementary feeding practices by the PCV or their Partner.
- The infant of 6-8 months of age received both breast milk **AND** 2 to 3 (or more) feedings from 4 out of the 7 food groups.
- The infant of 8-11 months of age received both breast milk **AND** 3 to 4 (or more) feedings from 4 out of the 7 food groups.

Definitions:

This indicator provides information on the percentage of infants 6 through 11 months of age who receive breast milk and a solid/semi-solid food based on 24-hour recall.

Complementary foods: any food, whether manufactured or locally prepared, suitable as a complement to breast milk or to a breast milk substitute, when either becomes insufficient to satisfy the nutritional requirements of the infant.

Semi-solid/solid foods are defined as foods of mushy or solid consistency, not fluids. Very thin, watery soups and gruels should not be included because infants and young children do not get enough energy (calories) from very thin soups and gruels. Liquids do not count for this question. Also, very small snacks, such as a bite or two of someone else’s food, should not be counted.

The 7 food groups include:

- grains, roots;
- legumes and nuts;
- dairy products;
- flesh foods;
- eggs;
- vitamin A rich fruits and vegetables;
- other fruits and vegetables.

Rationale: The time from birth to two years of age is crucial to ensure proper development and health for all children. Complementary feeding and proper complementary feeding for infants is an important component in the care of a young child to ensure proper health, promoting optimal linear growth and cognitive development.

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 collected 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 women/caregivers regarding their small children, and may use their judgment to determine timing because the information will be more accurate if the Volunteer has built some trust with the community 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 meeting the requirements of three or more feedings from 4 of the 7 food groups while maintaining breastfeeding on demand.
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 infants aged six to 11 months with a mother reporting that the child was fed three meals/servings of food from 4 of the 7 food groups and breastfed on demand during the 24 hours prior to being asked, 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.
7. **Reporting on Disaggregated Data in the VRF:** This indicator is disaggregated by “Sex”. When reporting in the VRF, a Volunteer should disaggregate the individuals who achieved the outcome based on male and female.

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