

Standard Sector Indicator Reference Sheet

INDICATOR: Number of individuals who report physical activity of 60 minutes a day every day in the last seven days

STANDARD SECTOR

HEALTH SECTOR 

PROJECT AREA: Youth Health and Well-Being

INDICATOR CODE:

HE_YOUTH_273

Type: Outcome

Unit of Measure: Individuals

Disaggregation: Male by Age:

<1, 1–4, 5–9, 10–14, 15–19, 20–24, 25–29, 30–34, 35–39, 40–44, 45–49, 50+

Female by Age: <1, 1–4, 5–9, 10–14, 15–19, 20–24, 25–29, 30–34, 35–39, 40–44, 45–49, 50+

Number of Days: 0-7 days

Related Objective: Increase the knowledge and skills of youth to improve their health and well-being through health and life skills education and linkages to youth-friendly services (Objective 1)

Precise definitions

Individuals: The Youth Health and Well-Being project focuses on young people between the ages of 10 and 19 because this is such a crucial time in terms of developing lifelong behaviors that impact health. Each country may have its own definition for youth and posts can use this definition to align with government reporting and priorities. The age disaggregations should be used to reflect the actual age of the participants, but an individual of any age can be captured under this indicator.

Report: This is a self-reported indicator based on an individual's answer to the questions in the Physical Activity and Healthy Diet Section of the Youth Health Outcomes Survey tool. These questions should be used as a pre-test, post-test, and as a three- to six-month follow-up to assess behavior change. Those individuals' answers in the three- to six-month follow-up should be used to calculate this indicator.

Physical activity: Physical activity or exercise is broadly defined and can include formal exercise classes in or out of school, sports (organized or pick-up), or very informal activities, such as playing tag, climbing a tree, or using a jungle gym. The activity should make the youth's heart rate increase and make breathing faster.

Sixty minutes a day every day in the last seven days: All of these criteria need to be met to count toward this indicator. They must have exercised for one hour every day in the last week.

Data collection

Tool: Youth Health Outcomes Survey

The Youth Health Outcomes Survey is intended to be given to youth who participate in a multi-session training focused on Youth Health and Well-Being facilitated by a PCV and their counterpart. This survey tool should be used three times:

- 1) As a pre-test at the start of the first training session/meeting;

- 2) As a post-test at the last session/meeting to assess change during the time of the training; and
- 3) Three to six months after the training/activity has finished to assess whether knowledge is retained.

All youth should be given the pre-test and post-test. Only youth who attended at least 75 percent of the defined information sessions should be included in the survey three to six months afterward. Therefore, the results of Step 3—the follow-up survey—should be used to calculate this indicator.

If the timing of a PCV's close of service (COS) or other factors will not allow for this, a survey could be conducted earlier, but some indicators may need to be modified. The survey should be conducted by the PCV and their counterpart or co-facilitator of the group following the instructions provided in the outcomes survey tool closely. The survey should only include the topics that were included in the training on Youth Health and Well-Being. Questions should be removed from the survey if not discussed in the training.

Reporting

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

- The individuals must have received at least 75 percent of the training sessions and/or information offered on youth health and well-being
- The information must have been provided by a PCV or their partner in an individual or small group setting with 25 people or less.
- Attendance at each session must be documented by the Volunteer or their partner.
- The individual must be assessed after the conclusion of the intervention using the Youth Health Outcomes Survey tool.

In the VRT, outcome indicators have two fields: “achieved” and “total.” Please enter the total number of individuals who took the survey in the “total” field and the frequency in the disaggregation. The correct answer can be found in the instructions for the outcomes survey.