



















List of Select Health Behaviors, Steps, and Behavioral Outcome Indicators








 Denotes a **performance indicator** used to measure progress toward the behavioral outcome




 Denotes that a **direct indicator is not available**. A proxy, linked to the behavior by one or more assumptions, is used to measure progress

SELECT HEALTH BEHAVIORS	STEPS	BEHAVIORAL OUTCOME INDICATORS
CHILD HEALTH AND IMMUNIZATION		
<p>Care for Pneumonia</p> <p>Caregivers appropriately manage care for signs and symptoms of ARI in children</p>	<ol style="list-style-type: none"> 1. Recognize signs and symptoms of pneumonia 2. Mobilize transport, resources, and logistics 3. Obtain appropriate diagnosis and treatment from a trained provider 4. Adhere to a full course of prescribed treatment 5. Continue breastfeeding, other fluids and feeding as appropriate for age and severity of illness 6. Provide extra breastfeeds and food according to age for at least 2 weeks following illness 	<p> Percentage of children born in the five years preceding the survey with acute respiratory infection taken to a health facility</p>
<p>Treatment for Diarrhea</p> <p>Caregivers provide appropriate treatment for diarrhea at onset of symptoms in children</p>	<ol style="list-style-type: none"> 1. Recognize signs and symptoms of diarrhea 2. If the child is breastfeeding or drinking poorly or has signs of dehydration or blood in the stool, provide ORS and seek immediate care from a trained provider. If these signs are not present, follow the steps listed below. 3. Obtain quality, low osmolarity ORS and full course of zinc from a sanctioned source 4. Give child ORS throughout diarrheal episode 5. Give child a daily zinc supplement (usually for 10 to 14 days) 6. Continue or increase breastfeeding appropriate for age 7. Continue other fluids and feeding as possible during illness 8. Provide extra food according to age for at least 2 weeks following illness 	<p> Percentage of children born in the five years preceding the survey with diarrhea in the two weeks preceding the survey who received oral rehydration solution (ORS), that is either fluid from an ORS packet or a pre-packaged ORS fluid</p>
<p>Full Course of Immunizations</p> <p>Caregivers complete a full course of timely vaccinations for infants and children under 2 years</p>	<ol style="list-style-type: none"> 1. Accept first course of vaccinations before discharge in the case of a facility birth; seek first doses as soon as possible after birth if the baby is not born in a health facility 2. Mobilize transport, resources, and logistics 3. Seek immunizations on schedule from a qualified provider 4. Complete all immunizations per age requirements 	<p> Percentage of children 12-23 months who had received all 8 basic vaccinations</p>

MALARIA		
Insecticide-Treated Net Use Pregnant women and children sleep under an insecticide-treated net (ITN)	<ol style="list-style-type: none"> 1. Acquire sufficient ITNs to cover every sleeping space 2. Hang ITNs appropriately 3. Retreat, repair, or replace the net as needed 	 Percentage of pregnant women who slept under an insecticide treated net (ITN) the night before the survey
		 Percentage of children under age five who slept under an insecticide treated net (ITN) the night before the survey
Intermittent Preventive Treatment of Malaria in Pregnancy Pregnant women take intermittent preventive treatment of malaria (IPTp) during antenatal care (ANC) visits	<ol style="list-style-type: none"> 1. Decide to seek ANC care early before the end of the first trimester 2. Obtain IPTp at each ANC visit, beginning in second trimester 3. Adhere to provider instructions at each visit, including when to return for the next visit 	 Percentage of women age 15-49 with a live birth in the two years preceding the survey who during the pregnancy took 3 or more doses of SP/Fansidar, with at least one dose during an antenatal care visit
		 Percentage of women age 15-49 with a live birth in the two years preceding the survey who during the pregnancy took 2 or more doses of SP/Fansidar, with at least one dose during an antenatal care visit
Care for Malaria Caregivers appropriately manage care for signs and symptoms of malaria for children	<ol style="list-style-type: none"> 1. Recognize signs and symptoms of malaria 2. Decide to seek care 3. Mobilize transport, resources and logistics to get to a qualified provider who can test properly for malaria 4. Obtain diagnosis from a qualified provider 5. Obtain treatment based on diagnosis of the provider 6. Adhere to full course of prescribed treatment 7. Continue to feed during illnesses and offer recuperative feeding for at least two weeks 	 Among children under age five with fever in the two weeks preceding the survey, percentage for whom advice or treatment was sought from a health facility or provider
MATERNAL HEALTH		
Antenatal Care Pregnant women complete a full course of quality antenatal care (ANC)	<ol style="list-style-type: none"> 1. Recognize signs and symptoms of pregnancy 2. Decide to seek ANC early, before the end of the first trimester 3. Plan transport, resources, and logistics 4. Attend all recommended ANC visits 5. Obtain all required services from qualified provider at each visit 6. Adhere to provider instructions during and following each visit, including when to return for the next visit 	 Percentage of women who had a live birth in the three years preceding the survey who had 4+ antenatal care visits
Delivery in Health Facility Pregnant women deliver in a health facility with an equipped, qualified provider	<ol style="list-style-type: none"> 1. Identify appropriate health facility for delivery 2. Plan transport, resources, and logistics required for delivery in health facility 3. Obtain all required services before, during and after delivery from qualified provider 4. Adhere to provider instructions during and following birth of infant 	 Percentage of live births in the three years preceding the survey delivered at a health facility

NEWBORN HEALTH		
<p>Essential Newborn Care</p> <p>Caregivers provide essential newborn care immediately after birth</p>	<ol style="list-style-type: none"> 1. Learn the components of essential newborn care 2. Obtain essential newborn care supplies for cord cutting and care, drying and wrapping, and resuscitation 3. Make sure provider follows essential newborn care 4. Adhere to provider instructions 	<p> Among last-born children born in the 2 years preceding the survey, percentage who started breastfeeding within 1 hour of delivery</p> <p> Percentage of live births in the three years preceding the survey delivered at a health facility. The proxy indicator is based on the assumption that newborns are more likely to receive the elements of essential newborn care if they are born in a health facility</p>
<p>Care for Newborn Illness</p> <p>Caregivers seek prompt and appropriate care for signs and symptoms of newborn illness</p>	<ol style="list-style-type: none"> 1. Recognize signs and symptoms of newborn illness 2. Mobilize transport, resources and logistics to get to a qualified provider 3. Obtain care from a qualified provider 4. Adhere to full course of prescribed treatment 5. Continue breastfeeding 	<p> Percentage of last births in the two years preceding the survey who had their first postnatal checkup within the first two days after birth. The proxy indicator is based on the assumption that caregivers who attend a postnatal checkup within the first two days are more likely to know the danger signs of newborn illness and take action, and are also accessing care during a child's most vulnerable days.</p>
<p>Early Initiation of Breastfeeding</p> <p>Mothers initiate breastfeeding within one hour after delivery</p>	<ol style="list-style-type: none"> 1. Request and allow newborn to be placed on chest and breast immediately (within first hour) after birth 2. Allow newborn to suckle even if milk does not appear to be presenting 3. Refrain from offering pre-lacteal feeding 	<p> Among last-born children born in the two years preceding the survey the percentage who started breastfeeding within 1 hour of birth</p>
NUTRITION		
<p>Exclusive Breastfeeding</p> <p>Mothers breastfeed exclusively for six months after birth</p>	<ol style="list-style-type: none"> 1. Make the decision to exclusively breastfeed 2. Plan with family members and other supporting actors for ways to work through breastfeeding concerns and challenges (i.e. feed the baby breastmilk if away from the baby) 3. Do not give any other substance before initiating breastfeeding within the first hour (See Early Initiation of Breastfeeding Behavior Profile) 4. Make sure baby latches properly to the breast 5. Feed only breastmilk day and night when baby is hungry or when it is time (8-12 times per 24 hour period) 6. Do not give or allow others to give baby water or other liquids, substances, or foods 7. Allow time to feed, feeding until the first breast offered feels soft, and then offering the second breast 8. Seek care for breast or breastfeeding problems 	<p> Percentage of youngest children under two years of age living with the mother who are exclusively breastfed from age 0-5 months</p>
<p>Complementary Feeding</p> <p>Caregivers feed adequate amounts of diverse, nutritious, age-appropriate foods to children from 6 to 23 (inclusive), while continuing to breastfeed</p>	<ol style="list-style-type: none"> 1. Obtain animal source foods and other nutrient-rich fruits and vegetables for daily meals 2. Prepare and offer food of appropriate consistency based on age 3. Prepare and feed required number of meals based on age 4. Prepare and feed meals of adequate amounts based on age 5. Prepare and feed meals hygienically 	<p> Percentage of breastfed children age 6-23 months fed four or more food groups and the minimum meal frequency</p>

REPRODUCTIVE HEALTH		
<p>Adolescent First Birth</p> <p>Sexually active adolescents use a modern contraceptive method to delay first birth until after age 18</p>	<ol style="list-style-type: none"> 1. Decide to use a modern contraceptive method 2. Obtain family planning counseling from a qualified provider 3. Select appropriate modern contraceptive method 4. Obtain chosen method 5. Use chosen method as instructed 	 Percentage of sexually active unmarried women age 15-19 currently using any modern method of contraception
<p>Birth Spacing</p> <p>After a live birth, women or their partners use a modern contraceptive method to avoid pregnancy for at least 24 months</p>	<ol style="list-style-type: none"> 1. Decide to use a modern contraceptive method 2. Obtain family planning counseling from a qualified provider 3. Select appropriate modern contraceptive method 4. Obtain chosen method 5. Use chosen method as instructed 	 Percentage of currently married or in union women using family planning for spacing
WASH		
<p>Handwashing with Soap</p> <p>Family members wash hands with soap under running water at 4 critical times [after defecation, after changing diapers, before food preparation and before eating]</p>	<ol style="list-style-type: none"> 1. Construct or purchase handwashing station 2. Obtain soap and water 3. Maintain handwashing station with soap and water at all times 	 Among households where place for handwashing was observed, percentage of households with soap and water. Soap includes soap or detergent in bar, liquid, powder, or paste form
<p>Safe Disposal of Human Feces</p> <p>Family members safely dispose of human feces</p>	<ol style="list-style-type: none"> 1. Decide to build or access a latrine 2. Build or access an improved latrine 3. Always use the latrine for human feces, including feces from babies 4. Cover the latrine hole 5. Maintain latrine and surroundings 	 Percentage of households with improved, non-shared toilet facilities
<p>Safe Drinking Water</p> <p>Family members drink safe water</p>	<ol style="list-style-type: none"> 1. Collect water from an improved source in a clean container 2. Transport water in a clean, covered container 3. When necessary, treat water by boiling, solar water disinfection (SODIS), chlorination, or filtration 4. Store water in a clean, covered container out of reach of children 5. Retrieve water using a clean, long-handled implement 6. Provide water to children with clean cup 	 Percentage of households whose main source of drinking water is an improved source
HIV		
<p>Condom Use</p> <p>Women and men use a condom during high risk sex</p>	<ol style="list-style-type: none"> 1. Decide to use a condom during all high-risk sex 2. Talk with partner about using a condom during sexual intercourse 3. Obtain condoms 4. Check the expiration date on the package and look for any tears, holes, signs or damage; discard if expired or damaged 5. Properly apply condom, keep on throughout intercourse 6. Discard condom once intercourse is over 7. Use a new condom every time sex occurs 	 Percentage of women who say they used a condom the last time they had sex with a non-marital, non-cohabiting partner, of those who have had sex with such a partner in the last 12 months.  Percentage of men who say they used a condom the last time they had sex with a non-marital, non-cohabiting partner, of those who have had sex with such a partner in the last 12 months.

<p>Male Condom Use during Paid Sex</p> <p>Men use a condom during paid sexual intercourse</p>	<ol style="list-style-type: none"> 1. Decide to use a condom during all paid sexual intercourse 2. Obtain condoms 3. Check the expiration date on the package and look for any tears, holes, signs or damage; discard if expired or damaged 4. Properly apply condom, keep on throughout intercourse 5. Discard condom once intercourse is over 6. Use a new condom every time sex occurs 	 Percentage of men reporting condom use the last time they had paid sex, of those who report having had paid for sex in the 12 months preceding the survey.
<p>Testing</p> <p>Women and men test for HIV and obtain test results</p>	<ol style="list-style-type: none"> 1. Decide to get tested for HIV 2. Identify location and times of HIV testing services 3. Mobilize transport, resources, and logistics 4. Get tested 5. Receive test results and counseling 	 Percentage of women who have ever had an HIV test and received their results  Percentage of men who have ever had an HIV test and received their results

Source for Indicators: The DHS Program Indicator Data API, The Demographic and Health Surveys (DHS) Program