



Policy Brief 2

NFHS-5 (2019-20)



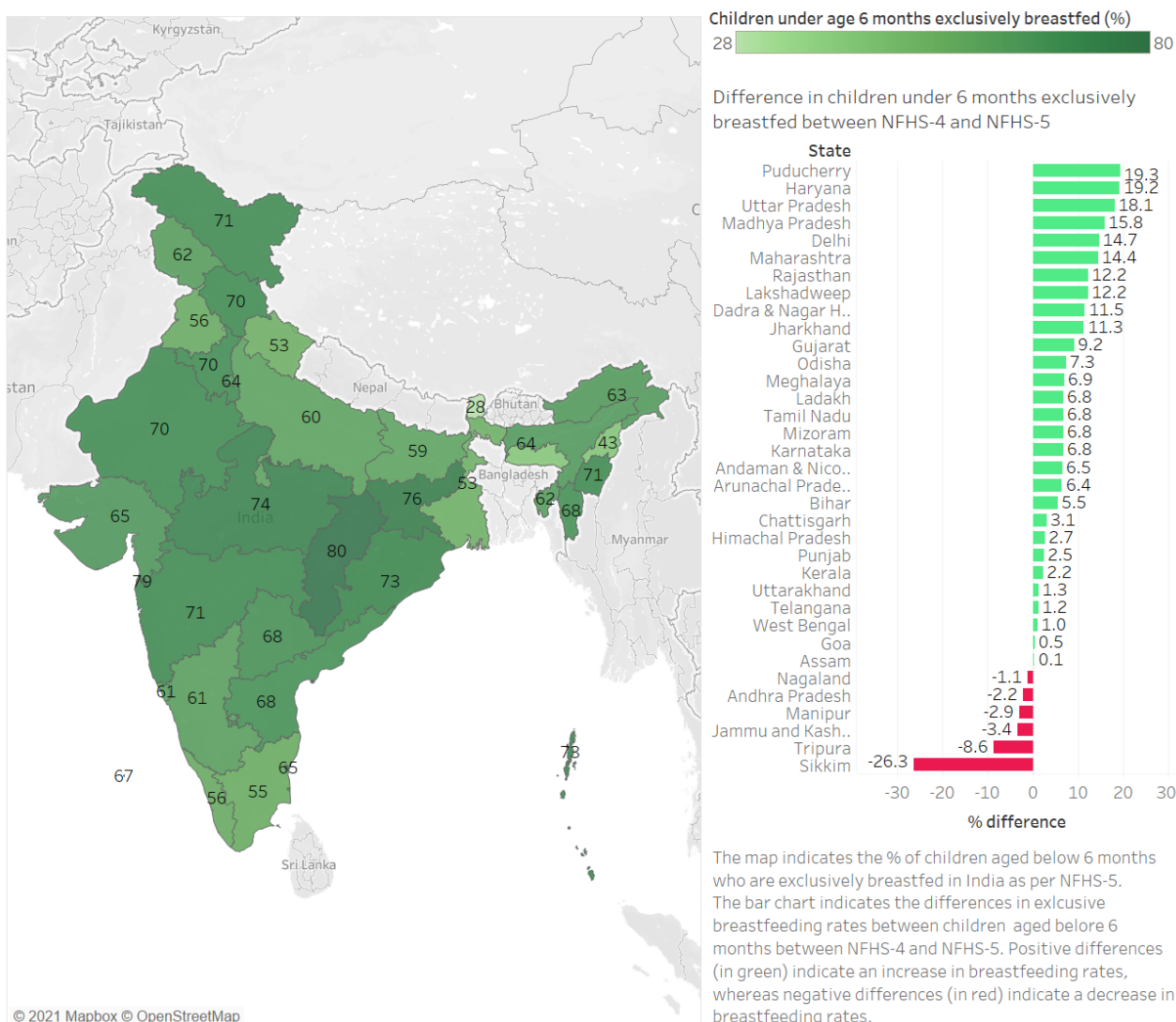


STATE-WISE TRENDS: COMPARISON BETWEEN NFHS-4 (2015-16) AND NFHS-5 (2019-20)

Children under age 6 months exclusively breastfed (%)

Out of 28 states and 8 union territories, 23 states and 6 union territories have shown an improvement in the percentage of children under 6 months who are exclusively breastfed. States that have demonstrated the biggest improvement between 2016 (NFHS-4) and 2021 (NFHS-5), include Puducherry (46% to 65%), Haryana (50% to 70%), Uttar Pradesh (42% to 60%), Madhya Pradesh (58% to 74%) and Delhi (50% to 64%) while Sikkim (55% to 28%) and Tripura (71% to 62%) have shown a decline.

Children under age 6 months exclusively breastfed (%)



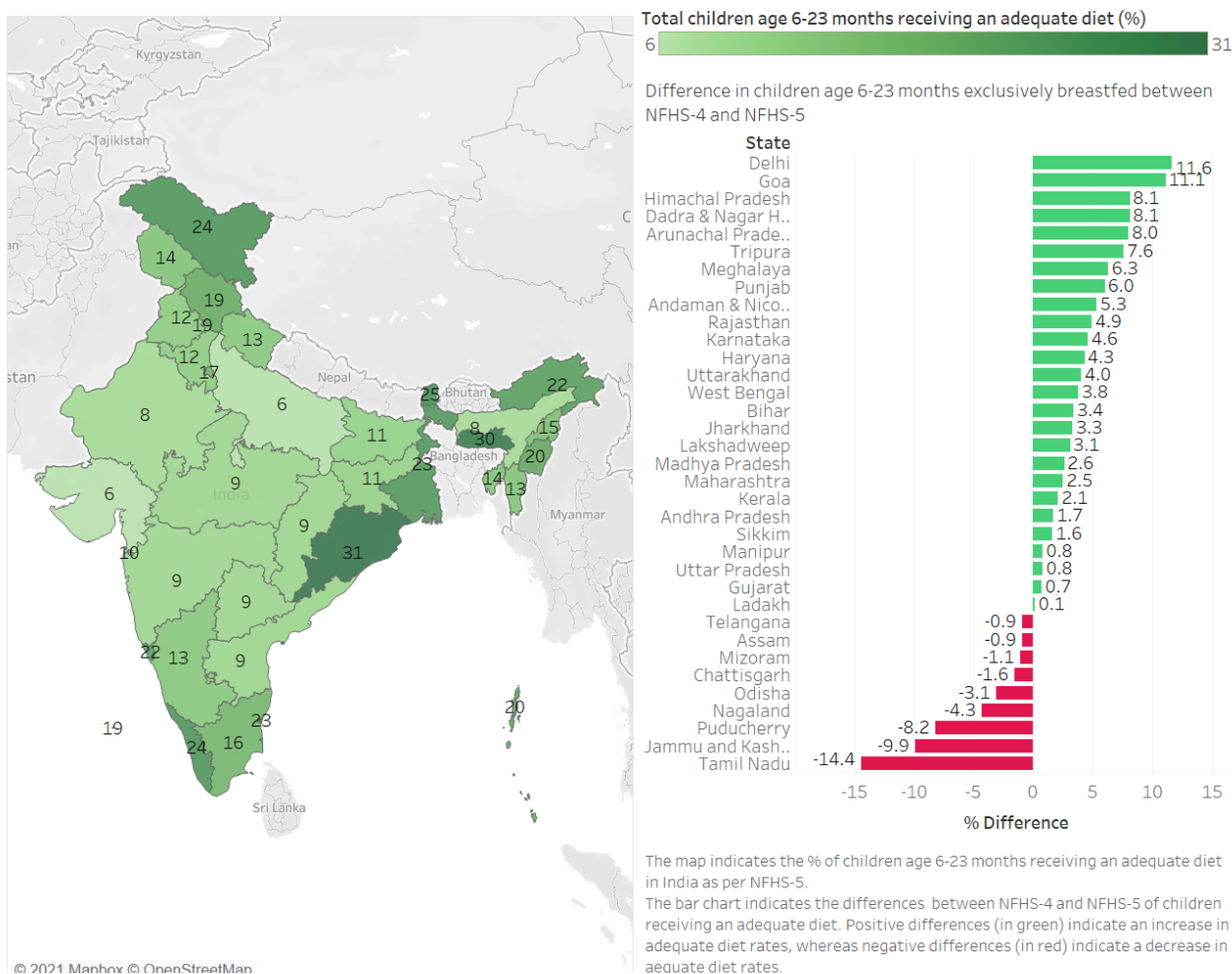


Total children age 6-23 months receiving an adequate diet (%)

Out of 28 states and 8 union territories, 21 states and 5 union territories have shown an improvement in the percentage of children age 6-23 months receiving an adequate diet*. States that have demonstrated the biggest improvement between 2016 (NFHS-4) and 2021 (NFHS-5), include, **Delhi** (5% to 17%), **Goa** (10% to 22%), **Himachal Pradesh** (11% to 19%), **Dadra and Nagar Haveli and Daman and Diu** (2% to 10%) and **Arunachal Pradesh** (14% to 22%) while **Tamil Nadu** (31% to 16%), **Jammu & Kashmir** (24% to 14%), and **Puducherry** (31% to 23%) have shown a decline.

*Adequate diet is defined as 4 or more food groups and minimum meal frequency for breastfed children and 3 or more IYCF practices for non-breastfed children.

Total children age 6-23 months receiving an adequate diet (%)

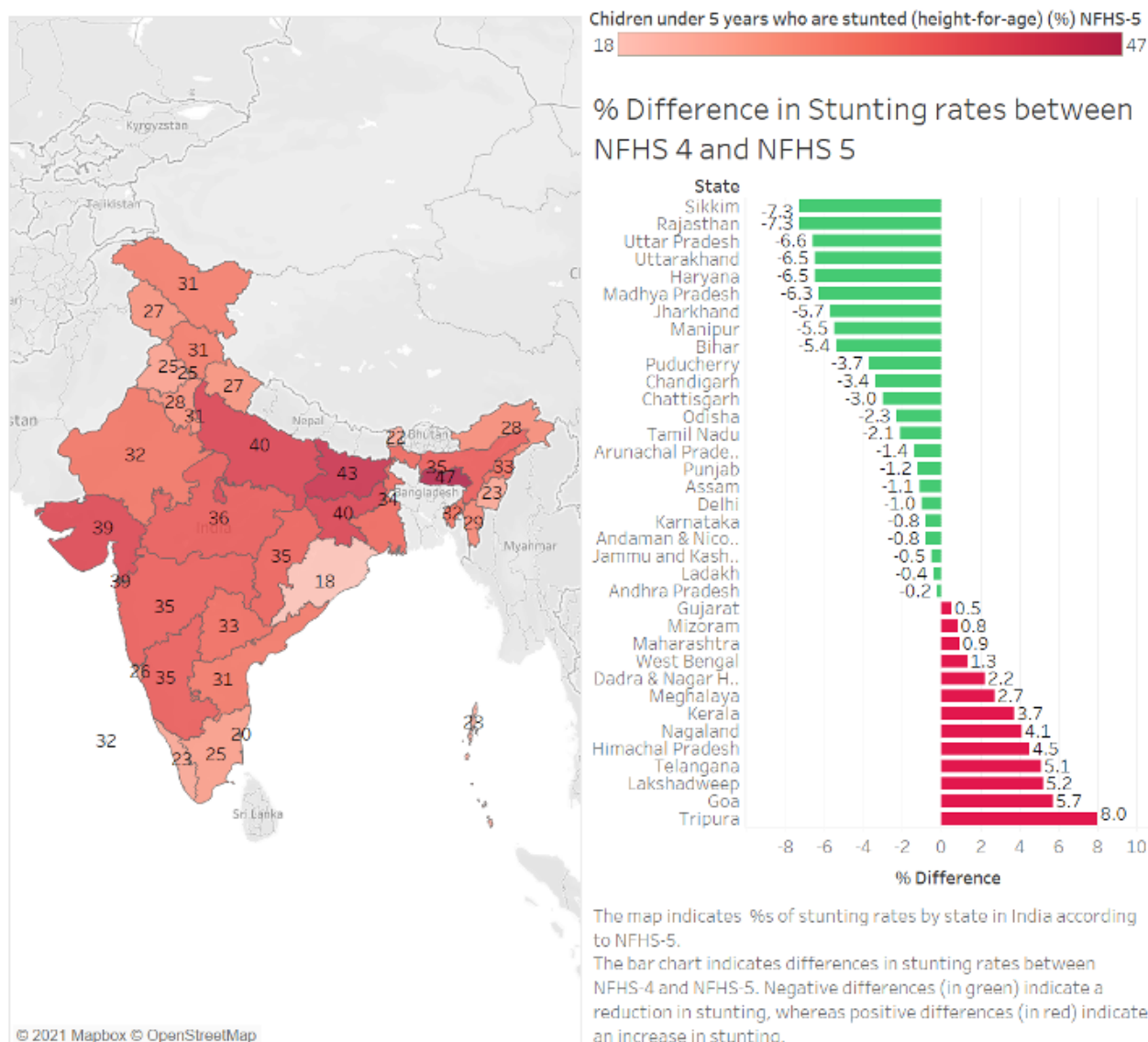




Children under 5 years who are stunted (height-for-age) (%)

Out of 28 states and 8 union territories, 17 states and 6 union territories have shown a decline in stunting. States that have shown the biggest decline between 2016 (NFHS-4) and 2021 (NFHS-5) include Sikkim (30% to 22%), Rajasthan (39% to 32%), Uttar Pradesh (46% to 40%), Uttarakhand (34% to 27%) and Haryana (34% to 28%) and Madhya Pradesh (42% to 36%) while Tripura (24% to 32%), Goa (20% to 26%), Lakshadweep (27% to 32%), Telangana (28% to 33%) and Himachal Pradesh (26% to 31%) have shown an increase in stunting.

Children under 5 years who are stunted (height-for-age) (%) NFHS-5

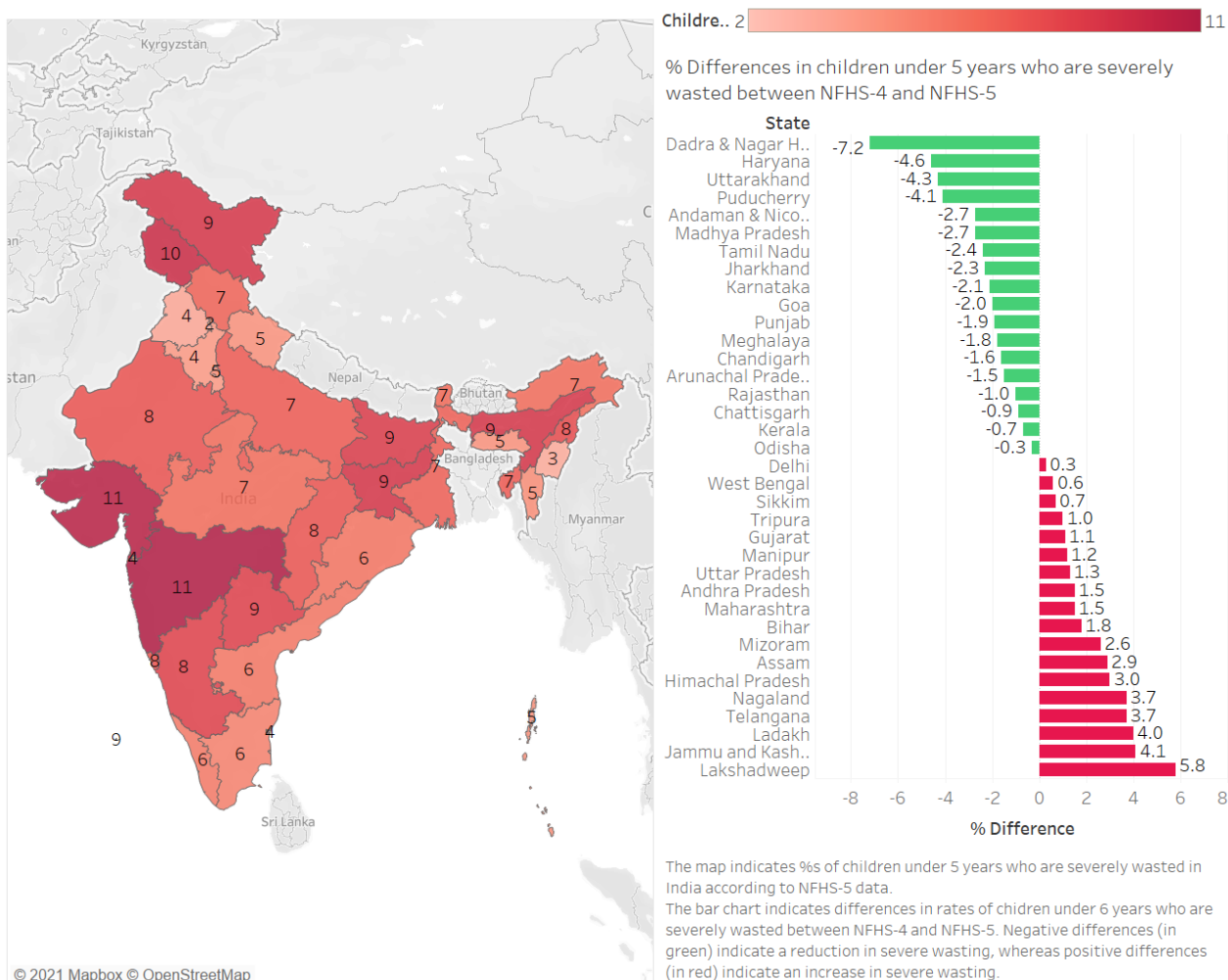




Children under 5 years who are severely wasted (weight-for-height) (%)

Out of 28 states and 8 union territories, 14 states and 4 union territories have shown a decline in wasting. The states that have shown the biggest decline between 2016 (NFHS-4) and 2021 (NFHS-5) include **Dadra and Nagar Haveli and Daman and Diu** (12% to 4%) and **Haryana** (9 % to 4%), while **Lakshadweep** (3% to 9%) and **Ladakh** (5% to 10%) have shown an increase in wasting.

Children under 5 years who are severely wasted (weight-for-height) (%)

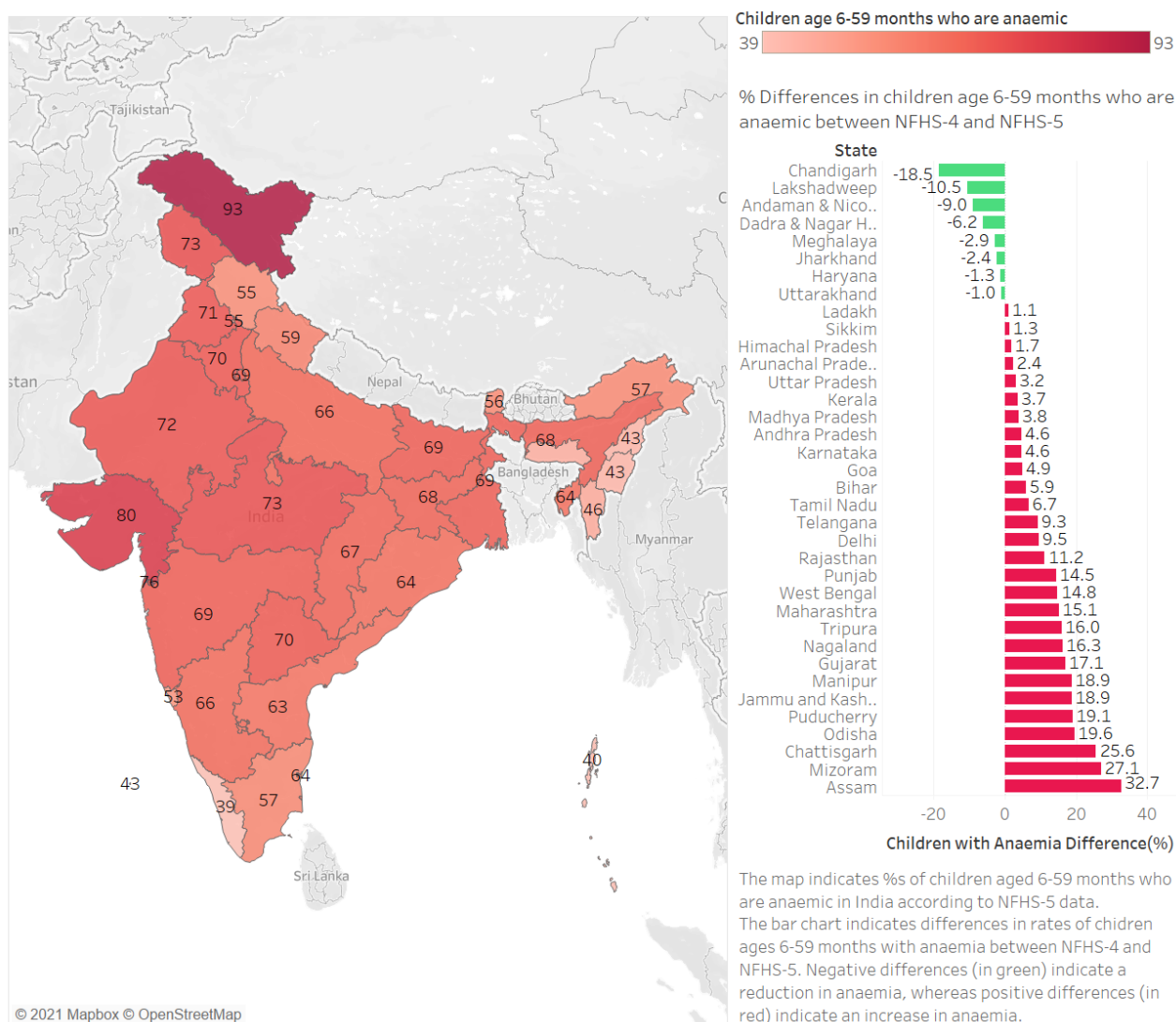




Children age 6-59 months who are anaemic (<11.0 g/dl) (%)

Out of 28 states and 8 union territories only 4 states and 4 union territories have shown a decrease in the percentage of children age 6-59 months who are anaemic, whereas 12 states and 2 union territories have shown an increase in anaemia levels that are greater than 10%. The states that have shown the biggest decline between 2016 (NFHS-4) and 2021 (NFHS-5) include Chandigarh (73 % to 55%), Lakshadweep (54 % to 43%), Andaman & Nicobar (49 % to 40 %), and Dadra and Nagar Haveli and Daman and Diu (82% to 76%) while Assam (36% to 68%), Mizoram (19% to 46%), Chhattisgarh (42% to 67%), Odisha (45% to 64%) and Puducherry (45% to 64%) have shown an increase in anaemia among children.

Children age 6-59 months who are anaemic (<11.0 g/dl) (%)

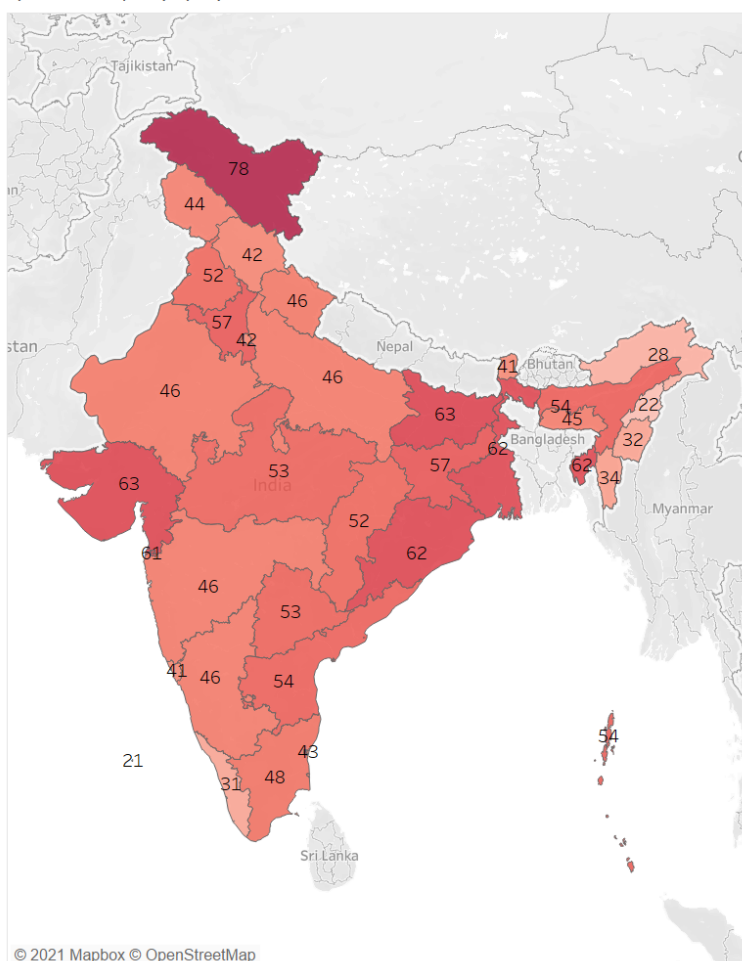




Pregnant women age 15-49 years who are anaemic (<11.0 g/dl) (%)

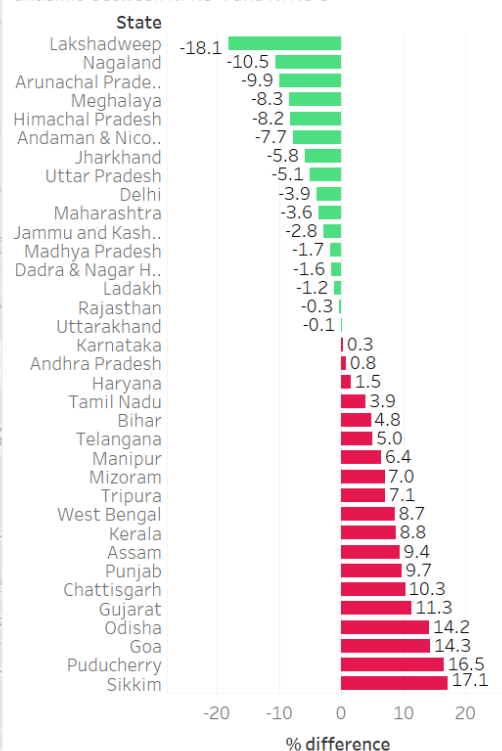
Out of 28 states and 8 union territories only 10 states and 6 union territories have shown a decline in maternal anaemia, whereas, 5 states & 1 union territory have shown an increase in anaemia levels that are greater than 10%. The states that have shown the biggest decline between 2016 (NFHS-4) and 2021 (NFHS-5) include Lakshadweep (39% to 21%), Nagaland (32% to 22%), Arunachal Pradesh (38% to 28%), Meghalaya (53% to 45%) and Himachal Pradesh (50% to 42%) while Sikkim (24% to 41%), Puducherry (26% to 43%), Goa (27% to 41%), Odisha (48% to 62%) and Gujarat (51% to 63%) have shown an increase in maternal anaemia.

Pregnant women age 15-49 years who are anaemic (<11.0 g/dl) (%)



Pregnant women age 15-49 years who are anaemic (<11.0 g/dl) (%)

% Differences in Pregnant women age 15-49 years who are anaemic between NFHS-4 and NFHS-5



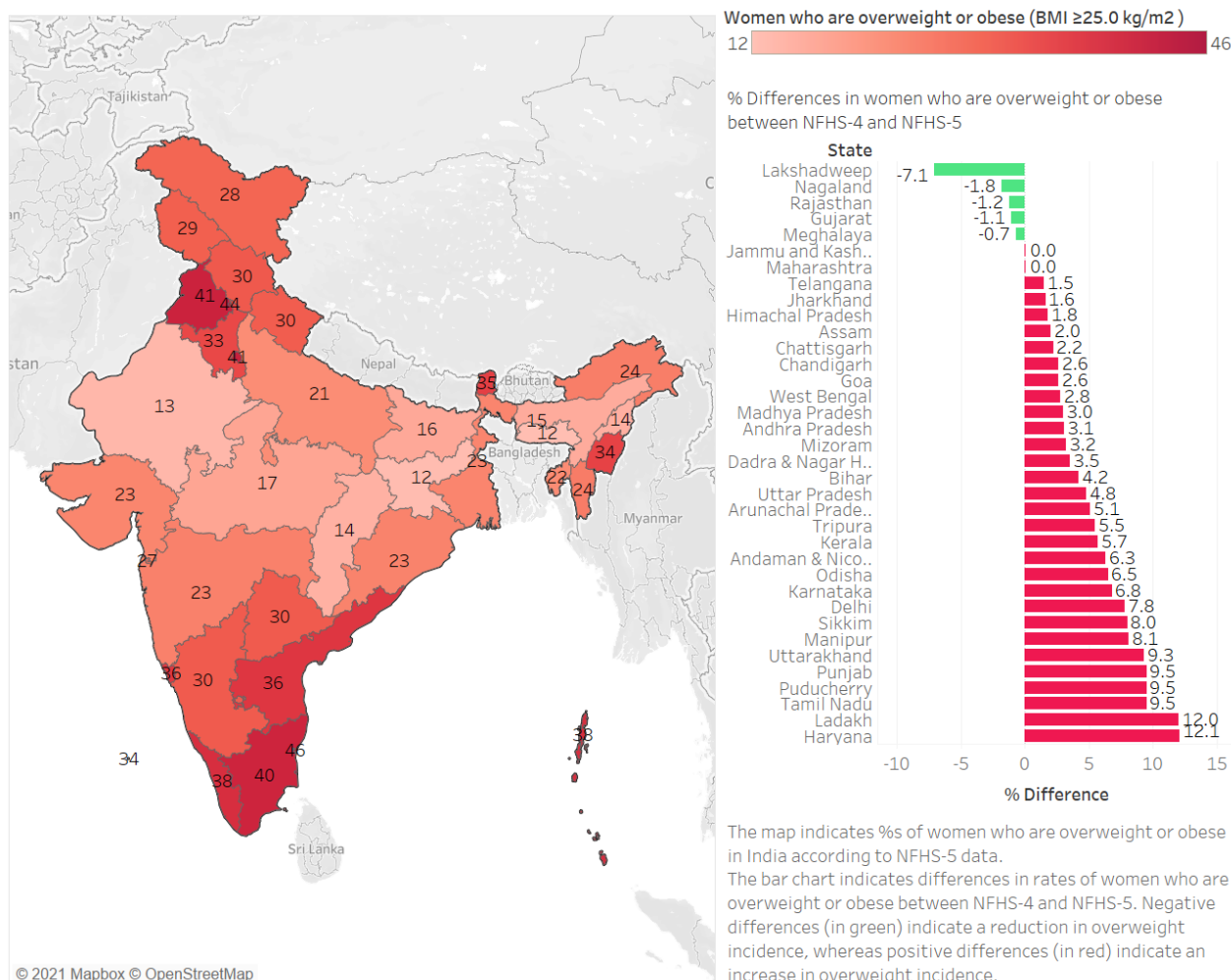
The map indicates % of pregnant women age 15-49 years who are anaemic in India according to NFHS-5 data. The bar chart indicates differences in rates of pregnant women age 15-49 years who are anaemic between NFHS-4 and NFHS-5. Negative differences (in green) indicate a reduction in anaemia, whereas positive differences (in red) indicate an increase in anaemia.



Women who are overweight or obese (BMI ≥ 25.0 kg/m²)

Out of 28 states and 8 union territories only 4 states and 1 union territory have shown a decrease in the percentage of women who are overweight, whereas, over 23 states and 6 union territories have shown an increase in the percentage of women who are overweight or obese. State that has demonstrated the biggest improvement between 2016 (NFHS-4) and 2021 (NFHS-5) is **Lakshadweep** (41 % to 34 %), while **Haryana** (21% to 33%), **Ladakh** (16% to 28%), **Tamil Nadu** (31% to 40%), **Puducherry** (37% to 46%) **Punjab** (31% to 41%) and **Uttarakhand** (20% to 30%) have shown an increase in overweight/obesity among women.

Women who are overweight or obese (BMI ≥ 25.0 kg/m²)

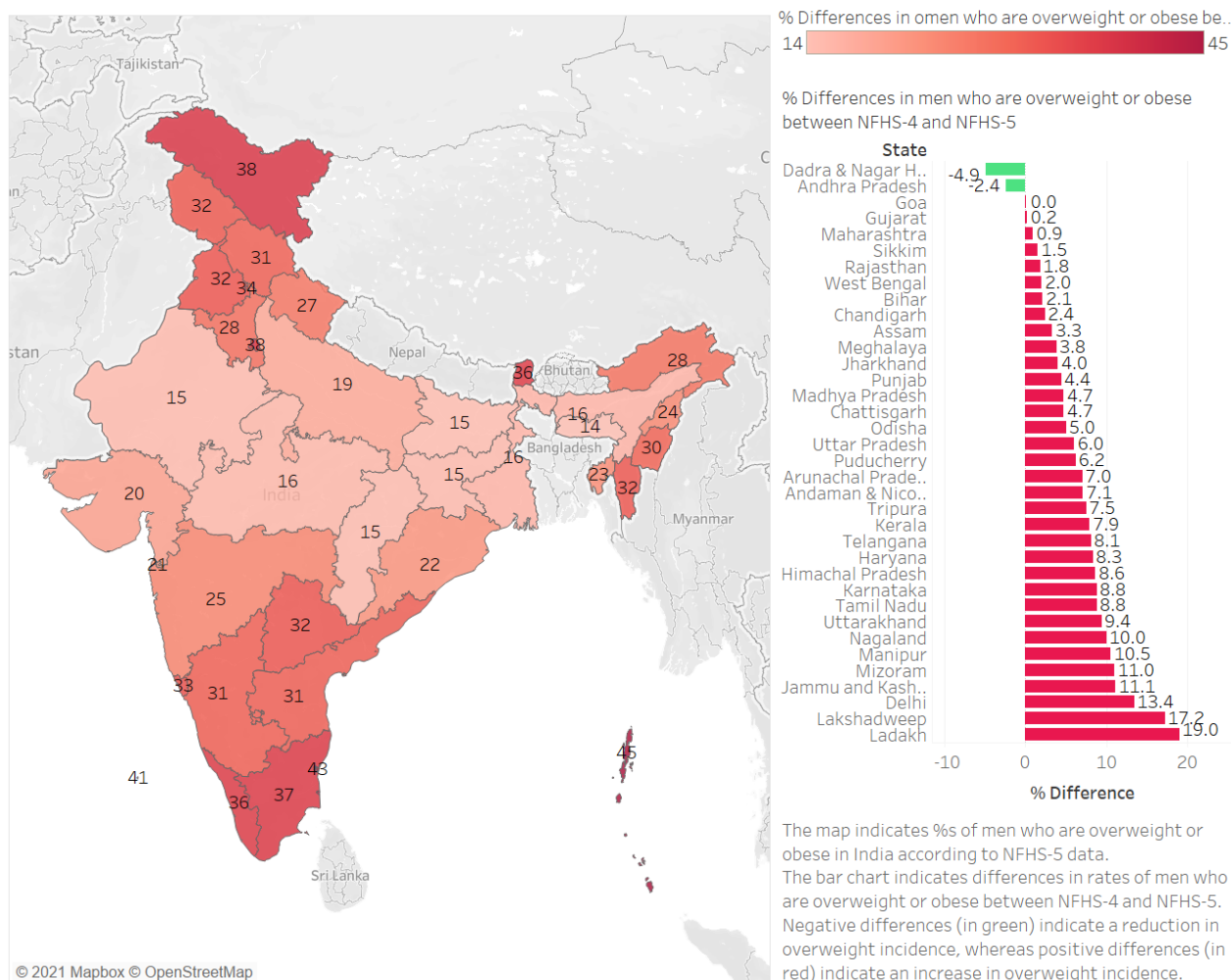




Men who are overweight or obese (BMI ≥ 25.0 kg/m²)

Out of 28 states and 8 union territories only 1 state and 1 union territory have shown a decrease in the percentage of men who are overweight or obese, whereas, over 26 states and 7 union territories have shown an increase in the percentage of men who are overweight or obese. States that have demonstrated the improvement between 2016 (NFHS-4) and 2021 (NFHS-5), include **Dadra and Nagar Haveli and Daman and Diu** (26% to 21%) and **Andhra Pradesh** (34% to 31%) while **Ladakh** (19% to 38%), **Lakshadweep** (24% to 41%), **Delhi** (25% to 38%), **Jammu & Kashmir** (21% to 32%) and **Mizoram** (21% to 32%) have shown an increase in overweight/obesity among men.

Men who are overweight or obese (BMI ≥ 25.0 kg/m²)

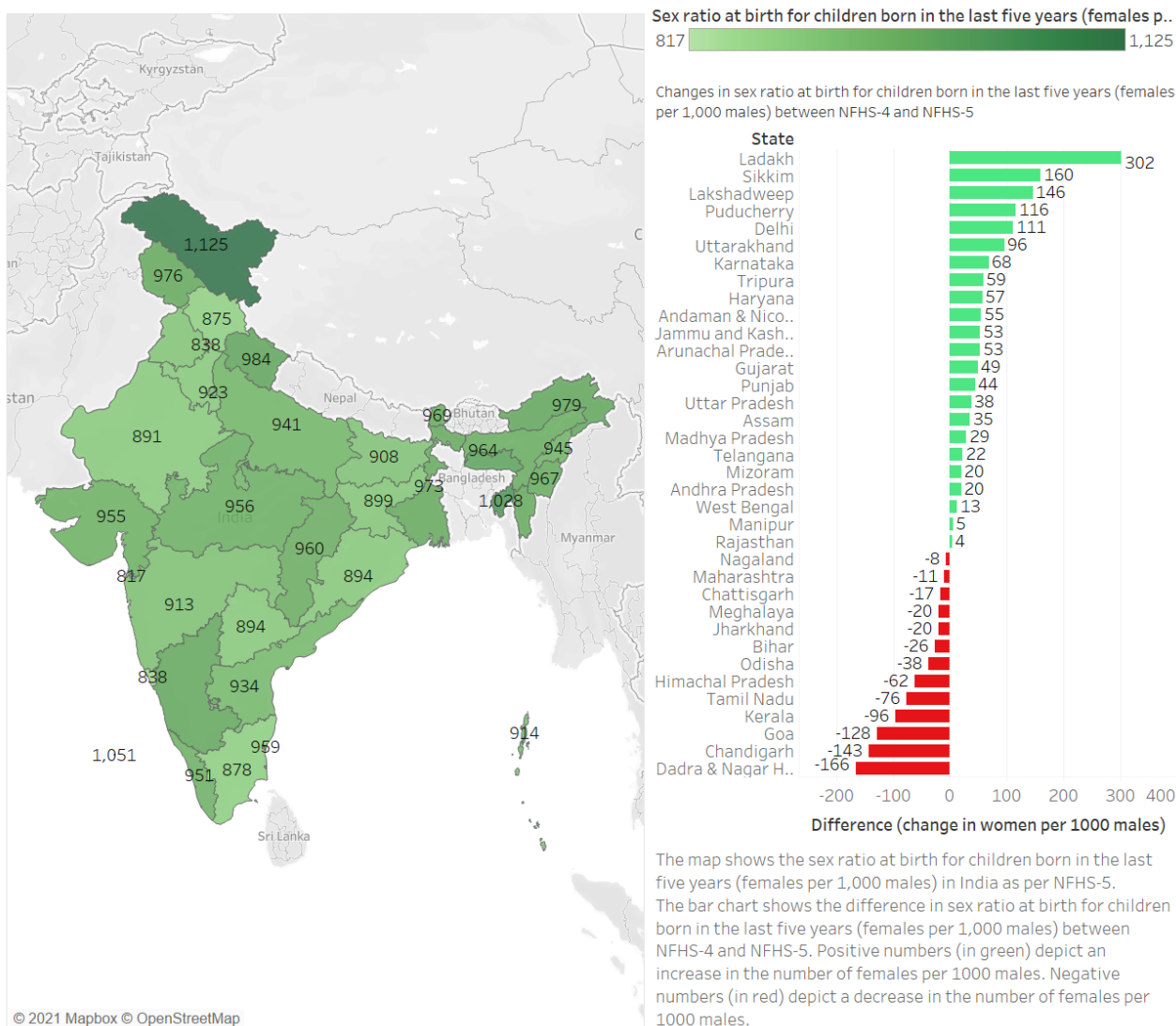




Sex ratio at birth for children born in the last five years (females per 1,000 males)

Out of 28 states and 8 union territories, 17 states and 6 union territories have shown an improvement in the sex ratio at birth for children born in the last 5 years (females per 1000 males). States that have demonstrated the biggest improvement between 2016 (NFHS-4) and 2021 (NFHS-5), include **Ladakh** (823/1000 to 1125/1000), **Sikkim** (809/1000 to 969/1000), **Lakshadweep** (905/1000 to 1051/1000), **Puducherry** (843/1000 to 959/1000) and **Delhi** (812/1000 to 923/1000) while **Dadra and Nagar Haveli and Daman and Diu** (983/1000 to 817/1000), **Chandigarh** (981/1000 to 838/1000), **Goa** (966/1000 to 838/1000), **Kerala** (1047/1000 to 951/1000) and **Tamil Nadu** (954/1000 to 878/1000) have shown a decline.

Sex ratio at birth for children born in the last 5 years (females per 1,000 males)





ABOUT ANUVAAD

Anuvaad is an accelerator for knowledge translation of the latest evidence-base on nutrition promotion to inform policy action, and an incubator to test and promote solutions that are scalable, sustainable and contextual to India's geography, population profile and socio-cultural diversity.

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