



## **Interactive Panel Discussion on Nutrition and Health for All**

### ***LEAD PRESENTATION ON Some Health Indicators of NFHS-5 Survey***

**By**

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**Tuesday , December 21**

Nutrition  
&  
Health



# **Disclosure**

**I have no actual or potential conflict of interest  
in relation to this program/presentation.**

# **Sates and Union Territory covers under National Family Health Surveys (NFHS-5) Phase- II**

❖ **Arunachal Pradesh**

❖ **Chhattisgarh**

❖ **Haryana**

❖ **Jharkhand**

❖ **Madhya Pradesh**

❖ **Odisha**

❖ **Punjab**

❖ **Rajasthan**

❖ **Tamil Nadu**

❖ **Uttar Pradesh**

❖ **Uttarakhand**

❖ **Chandigarh (UT)**

❖ **NCT Delhi (UT)**

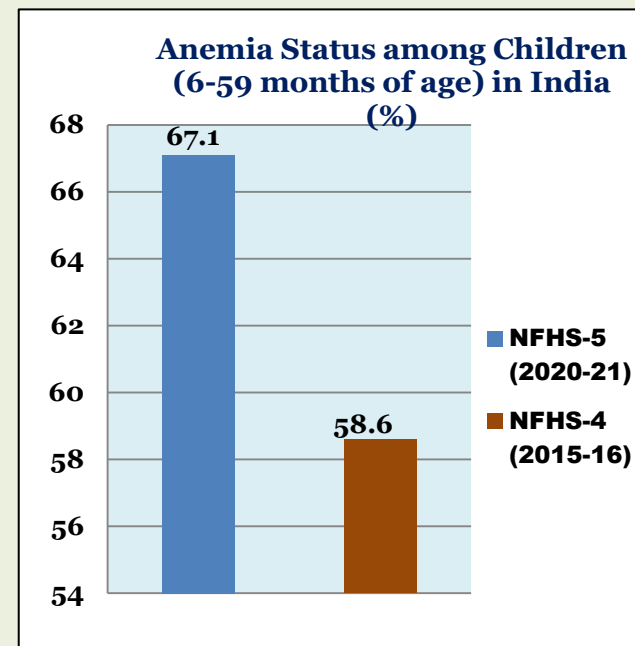
❖ **Puducherry (UT)**

# **Anemia Status in** **Children**

❖ The National Average for Anemia in children is  $\uparrow 67.1\%$  NFHS-5 (2020-21) up from  $58.6\%$  in NFHS-4 (2015-16) .

❖ Arunachal has lowest Anemia prevalence at  $5.7\%$  and experienced  $\downarrow 8.5\%$  decline from NFHS-4.

❖ Chhattisgarh experienced sharpest increase in prevalence of Anemia from  $41.6\%$  (NFHS-4) to  $67.2\%$  (NFHS-5) –  $\uparrow 25.6\%$ .



# Anemia Status Among Adolescent: Women and Men (Age 15-19 Years )

*The National Average for Anemia among adolescent in the age group 15-19 years 54.1% NFHS-4 to ↑59.1% NFHS-5 [women] and 29.2% NFHS-4 to ↑31.1% NFHS-5 [men].*

## HIGHLIGHTS

### ❖ Adolescent women 15-19 years

- ✓ Uttarakhand - Has lowest prevalence of Anemia among all women in the age 15-19 years 40.9% and experienced decline from NFHS -4 – ↓5.5% .
- ✓ Chandigarh (UT)–Witnessed sharpest decline in prevalence of Anemia among all women in the age 15-19 years from 74.7% (NFHS-4) to 57.7% (NFHS-5) – ↓17% .
- ✓ Chhattisgarh -experienced sharpest increase in prevalence of Anemia all women in the age 15-19 years from 45.5 % (NFHS-4) to 61.4 % (NFHS-5) – ↑15.9%.

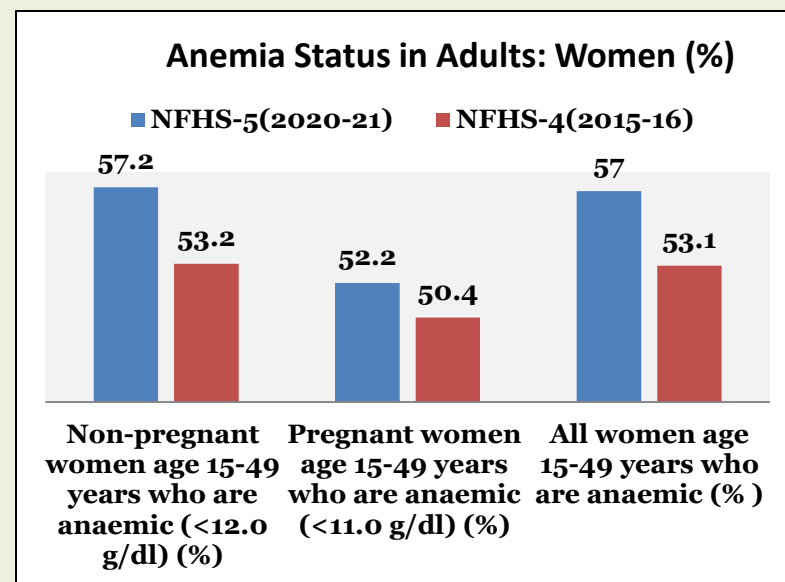
### ❖ Adolescent men 15-19 years

- ✓ NCT Delhi (UT) – Has lowest prevalence of Anemia among men in the age 15-19 years 18.9% and experienced decline from NFHS -4 – ↓7% .
- ✓ Puducherry (UT)–Witnessed sharpest decline in prevalence of Anemia among men in the age 15-19 years from 40.6% (NFHS-4) to 30.7% (NFHS-5) – ↓9%.
- ✓ Rajasthan - experienced sharpest increase in prevalence of Anemia among men in the age 15-19 years from 22.1% (NFHS-4) to 34 % (NFHS-5) – ↑11.9%.

# **Anemia Status in Adults**

## *The prevalence of anemia has increased among Adults - Both Women and Men in Age Group: 15-49 years*

- All Women - ↑ From 53.1% (NFHS-4) to 57.0% (NFHS-5)
- All Men - ↑ From 22.7% (NFHS-4) to 25.0 (NFHS-5).
- Non- Pregnant Women - ↑ From 53.2 % (NFHS-4) to ↑57.2% (NFHS-5).
- Pregnant Women - ↑ From 50.4 % (NFHS-4) to 52.2% (NFHS-5),





# Anemia Status Among Non-Pregnant Women (Age 15-49 Years <12.0 g/dl)

- ❖ Arunachal Pradesh has lowest prevalence of Anemia among Non-Pregnant women in the age group of 15-49 years 40.8% and experienced decline from NFHS -4 – ↓ 2.7% .
- ❖ Chandigarh (UT) - Witnessed sharpest decline in prevalence of Anemia among Non-Pregnant women in the age group of 15-49 years from 75.9% (NFHS-4) to 60.1 % (NFHS-5) – ↓ 15.8%.
- ❖ Chhattisgarh experienced sharpest increase in prevalence of Anemia among Non-Pregnant women in the age group of 15-49 years from 47.3 % (NFHS-4) to 61.2 % (NFHS-5) – ↑ 13.9%

# Anemia Status Among Pregnant Women (Age 15-49 years <11.0 g/dl)

- ❖ Arunachal Pradesh has lowest prevalence of Anemia among Pregnant women in the age group of 15-49 years 27.9% and experienced decline from NFHS -4 –↓ 9.9% .
- ❖ Arunachal Pradesh witnessed sharpest decline in prevalence of Anemia among Pregnant women in the age group of 15-49 years from 37.8% (NFHS-4) to 27.9% (NFHS-5) –↓ 9.9%.
- ❖ Chhattisgarh experienced sharpest increase in prevalence of Anemia among Pregnant women in the age group of 15-49 years from 41.5 % (NFHS-4) to 61.8 % (NFHS-5) –↑ 20.3%.

# Anemia Status Among All Women (Age 15-49 Years)

- ❖ Arunachal Pradesh has lowest prevalence of Anemia among all women in the age 15-49 years 40.3% and experienced decline from NFHS -4 – ↓ 2.9% .
- ❖ Chandigarh (UT)–Witnessed sharpest decline in prevalence of Anemia among all women in the age 15-49 years from 75.9% (NFHS-4) to 60.3% (NFHS-5) – ↓ 15.6%.
- ❖ Chhattisgarh experienced sharpest increase in prevalence of Anemia among all women in the age 15-49 years from 47 % (NFHS-4) to 60.8 % (NFHS-5) – ↑ 13.8%.

# **Child Growth Indicators**

## ***Stunting, Wasting, Underweight***

# The National Average for Child Growth Indicators:

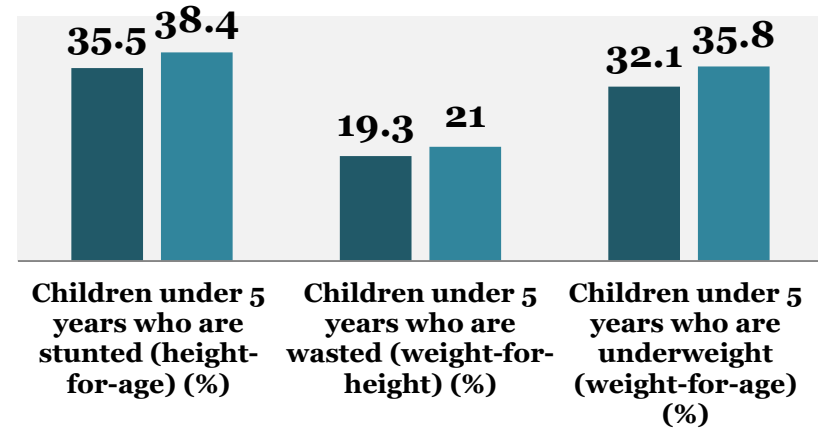
Stunting- ↓ 35.5%

Wasting- ↓ 19.3%

Underwt. - ↓ 32.1%

## National Average for Stunting, Wasting and Underweight among Children (%)

■ NFHS-5(2020-21) ■ NFHS-4(2015-16)



# Child Growth Indicator : Stunting

- ❖ Puducherry (UT)- Has lowest Stunting rate 20% and experienced decline from NFHS -4  $\downarrow$  3.7% .
- ❖ Rajasthan – State has witnessed sharpest decline in Stunting rate from 39.1% (NFHS-4) to 31.8 % (NFHS-5) –  $\downarrow$  7.3%.

# Child Growth Indicator : Wasting

- ❖ Chandigarh (UT)- Has lowest Wasting rate 8.4% and experienced decline from NFHS -4  $\downarrow$  2.5% .
- ❖ Puducherry (UT) - Witnessed sharpest decline in Wasting rate 23.6% (NFHS-4) to 12.4% (NFHS-5) –  $\downarrow$  11.2%

## Child Growth Indicator : Severely Wasting

- ❖ The National Average for Severely Wasting -7.7% (NFHS-5).
- ❖ Chandigarh (UT)- Has lowest Severely Wasted rate 2.3% and experienced decline from NFHS -4 -↓ 1.6% .
- ❖ Uttar Pradesh- The only State which experience increase in Severely Wasted rate from 6.0% (NFHS-4) to 7.3% (NFHS-5)- ↑ 1.3%.

## Child Growth Indicator : Underweight

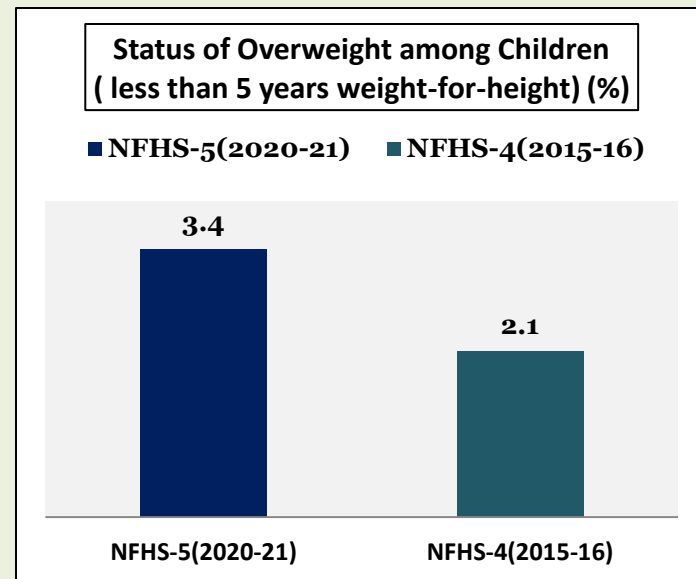
- ❖ Puducherry (UT)- Has lowest Underweight rate 15.3% and experienced decline from NFHS -4 -↓ 6.7% .
- ❖ Madhya Pradesh– State has witnessed sharpest decline in Underweight rate 42.8% (NFHS-4) to 33.0% (NFHS-5) – ↓ 9.8%.

# Overweight and Obesity Status



# Status of Overweight /Obesity Among Children ( < 5 Years Weight-for-Height)

- ❖ The National Average for Overweight among Children under 5 years of age has increased from 2.1 (NFHS-4) to ↑3.4% (NFHS-5).
- ❖ Chandigarh (UT)- Has lowest Overweight rate 1.9% but experienced slight increase from NFHS -4 –↑ 0.8% .
- ❖ Arunachal Pradesh– State has witnessed sharpest increase in Overweight rate from 4.9% (NFHS-4) to 9.7% (NFHS-5) – ↑ 4.8%.



# Status of Overweight / Obesity Among Adults : Women and Men in the age 15-49

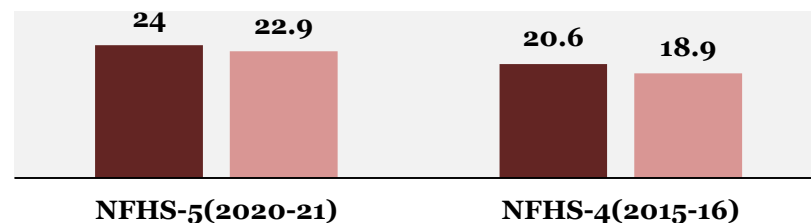
*The incidence of overweight and obesity has increased in both Women and Men in the age group 15-49 years*

**Women- From 20.6 % (NFHS-4) to 24.0 % (NFHS-5) - ↑ 3.4%**

**Men - From 18.9 % (NFHS-4) to 22.9 % (NFHS-5) - ↑ 4%[Men].**

Status of Overweight and Obesity among  
Adults  
(Women and Men in the age 15-49) (%)

- Women who are overweight or obese (BMI)  $\geq 25.0$  KG/M<sup>2</sup> (%)
- Men who are overweight or obese (BMI)  $\geq 25.0$  kg/m<sup>2</sup> (%)



# Status of Overweight / Obesity Among Women

- ❖ The National Average for Overweight / Obesity among Women in the age 15-49 years has increase from 20.6% (NFHS-4) to 24.0% (NFHS-5).
- ❖ Puducherry (UT)- Has highest Overweight / Obesity rates among Women 46.2% and experienced increase from (NFHS- 4)- ↑ 9.5%.
- ❖ Jharkhand-State has lowest Overweight / Obesity rates among Women - 11.9% and experienced increase from NFHS-4- ↑1.6%.

# Status of Overweight / Obesity Among Men

- ❖ The National Average for Overweight / Obesity among Men in the age 15-49 years has increased from 18.9% (NFHS-4) to ↑22.9% (NFHS-5) .
- ❖ Puducherry (UT)- Has highest Overweight / Obesity rates among men 43.3% and experienced increase from (NFHS- 4)- ↑ 6.2%.
- ❖ Chhattisgarh has lowest Overweight / Obesity rates among men- 14.9% and experienced increase from NFHS-4 - ↑4.7%.

# **Status of Blood Sugar Level Among Adults (Women and Men Both Above 15 Years of Age )**

*For the first time NFHS -5 has measured the blood sugar level in both Women and Men . The National Average for Blood Sugar Level are:*

- ❖ High (141-160 mg/dl) – 6.1% (women) and 7.3% (men);*
- ❖ Blood Sugar Level - Very High (>160 mg/dl)- 6.3% (women) and 7.2%(men); and*
- ❖ Blood Sugar Level - High Or Very High (>140 mg/dl) or Taking Medicine to Control Blood Sugar Level- 13.5%(women) and 15.6%(men).*

# **Status of Blood Pressure Among Adults (Women and Men Both Above 15 Years of Age)**

*The Blood Pressure levels in both Women and Men has gone up according to the survey.*

- *The National Average for Mildly Elevated Blood Pressure (Systolic 140-159 mm of Hg and/or Diastolic 90-99 mm of Hg) is – 12.4% (women) and 15.7% (men);*
- *Moderately or severely elevated Blood Pressure (Systolic  $\geq 160$  mm of Hg and/or Diastolic  $\geq 100$  mm of Hg) (%) -5.2% (women) and 5.7% (men) and*
- *Elevated Blood Pressure (Systolic  $\geq 140$  mm of Hg and/or Diastolic  $\geq 90$  mm of Hg) or taking medicine to control blood pressure – 21.3%(women) and 24%(men).*

*THANK YOU*