

# **Part 1: NFHS-5 Key Indicators for India (Phase- II)**



**Compiled by ILSI India**

**From:**

**National Family Health Survey (NFHS-5) 2019-21**

**Compendium of Fact Sheets**

# NFHS- 5 INDIA Key Indicators

<i>Indicators</i>	<b>NFHS-5</b>		<b>NFHS-4</b>	
	<b>Urban</b>	<b>Rural</b>	<b>Urban</b>	<b>Rural</b>
<b><i>Infant and Child Mortality Rates (per 1,000 live births)</i></b>				
1. Neonatal Mortality Rate (NNMR)	18.0	27.5	24.9	29.5
2. Infant Mortality Rate (IMR)	26.6	38.4	35.2	40.7
3. Under-Five Mortality Rate (U5MR)	31.5	45.7	41.9	49.7
<b><i>Child Feeding Practices and Nutritional Status of Children Urban Rural Total</i></b>				
1. Children under age 3 years breastfed within one hour of birth <sup>15</sup> (%)	44.7	40.7	41.8	41.6
	59.6	65.1	63.7	54.9
2. Children under age 6 months exclusively breastfed <sup>16</sup> (%)	52.0	43.9	45.9	42.7
3. Children age 6-8 months receiving solid or semi-solid food and breastmilk <sup>16</sup> (%)	11.8	10.8	11.1	8.7
	14.2	12.0	12.7	14.3
4. Breastfeeding children age 6-23 months receiving an adequate diet <sup>16, 17</sup> (%)	12.3	11.0	11.3	9.6
5. Non-breastfeeding children age 6-23 months receiving an adequate diet <sup>16, 17</sup> (%)	30.1	37.3	35.5	38.4
6. Total children age 6-23 months receiving an adequate diet <sup>16, 17</sup> (%)	18.5	19.5	19.3	21.0
	7.6	7.7	7.7	7.5
7. Children under 5 years who are Stunted (height-for-age) <sup>18</sup> (%)	27.3	33.8	32.1	35.8
8. Children under 5 years who are Wasted (weight-for-height) <sup>18</sup> (%)	4.2	3.2	3.4	2.1
9. Children under 5 years who are Severely Wasted (weight-for-height) <sup>19</sup> (%)				
10. Children under 5 years who are Underweight (weight-for-age) <sup>18</sup> (%)				
11. Children under 5 years who are Overweight (weight-for-height) <sup>20</sup> (%)				
<b><i>Nutritional Status of Adults (age 15-49 years)</i></b>				
1. Women whose Body Mass Index (BMI) is below normal (BMI <18.5 kg/m <sup>2</sup> ) <sup>21</sup> (%)	13.2	21.2	18.7	22.9
2. Men whose Body Mass Index (BMI) is below normal (BMI <18.5 kg/m <sup>2</sup> ) (%)	13.0	17.8	16.2	20.2
	33.2	19.7	24.0	20.6
3. Women who are Overweight or Obese (BMI ≥25.0 kg/m <sup>2</sup> ) (%)	29.8	19.3	22.9	18.9
4. Men who are Overweight or Obese (BMI ≥25.0 kg/m <sup>2</sup> ) (%)	59.9	55.2	56.7	NA
5. Women who have high risk Waist-to-Hip Ratio (≥0.85) (%)	50.1	46.4	47.7	NA
6. Men who have high risk Waist-to-Hip Ratio (≥0.90) (%)				
<b><i>Anaemia among Children and Adults</i></b>				
1. Children age 6-59 months who are Anaemic (<11.0 g/dl) <sup>22</sup> (%)	64.2	68.3	67.1	58.6
2. Non-pregnant women age 15-49 years who are Anaemic (<12.0 g/dl) <sup>22</sup> (%)	54.1	58.7	57.2	53.2
	45.7	54.3	52.2	50.4
3. Pregnant women age 15-49 years who are Anaemic (<11.0 g/dl) <sup>22</sup> (%)	53.8	58.5	57.0	53.1
	56.5	60.2	59.1	54.1
4. All women age 15-49 years who are Anaemic <sup>22</sup> (%)	20.4	27.4	25.0	22.7
5. All women age 15-19 years who are Anaemic <sup>22</sup> (%)	25.0	33.9	31.1	29.2
6. Men age 15-49 years who are Anaemic (<13.0 g/dl) <sup>22</sup> (%)				
7. Men age 15-19 years who are Anaemic (<13.0 g/dl) <sup>22</sup> (%)				
<b><i>Blood Sugar Level among Adults (age 15 years and above)</i></b>				
<b><i>Women</i></b>				
1. Blood Sugar Level - High (141-160 mg/dl) <sup>23</sup>	6.7	5.9	6.1	NA
2. Blood Sugar Level - Very High (>160 mg/dl) <sup>23</sup> (%)	8.0	5.5	6.3	NA
3. Blood Sugar Level - High Or Very High (>140 mg/dl) or taking medicine to control blood sugar level <sup>23</sup> (%)	16.3	12.3	13.5	NA

<b>Men</b>					
1.	Blood Sugar Level - High (141-160 mg/dl) <sup>23</sup> (%)	7.8	7.0	7.3	NA
2.	Blood Sugar Level - Very High (>160 mg/dl) <sup>23</sup> (%)	8.5	6.5	7.2	NA
3.	Blood Sugar Level - High Or Very High (>140 mg/dl) or taking medicine to control blood sugar level <sup>23</sup> (%)	17.9	14.5	15.6	NA
<b>Hypertension among Adults (age 15 years and above)</b>					
<b>Women</b>					
1.	Mildly Elevated Blood Pressure (Systolic 140-159 mm of Hg and/or Diastolic 90-99 mm of Hg) (%)	13.6	11.9	12.4	NA
2.	Moderately or Severely Elevated Blood Pressure (Systolic ≥160 mm of Hg and/or Diastolic ≥100 mm of Hg) (%)	5.2	5.2	5.2	NA
3.	Elevated Blood Pressure (Systolic ≥140 mm of Hg and/or Diastolic ≥90 mm of Hg) or taking medicine to control blood pressure (%)	23.6	20.2	21.3	NA
<b>Men</b>					
1.	Mildly Elevated Blood Pressure (Systolic 140-159 mm of Hg and/or Diastolic 90-99 mm of Hg) (%)	17.1	15.0	15.7	NA
2.	Moderately or Severely Elevated Blood Pressure (Systolic ≥160 mm of Hg and/or Diastolic ≥100 mm of Hg) (%)	5.9	5.5	5.7	NA
3.	Elevated Blood Pressure (Systolic ≥140 mm of Hg and/or Diastolic ≥90 mm of Hg) or taking medicine to control blood pressure (%)	26.6	22.7	24.0	NA

**Notes:**

- <sup>15</sup>Based on the last child born in the 3 years before the survey.
- <sup>16</sup>Based on the youngest child living with the mother.
- <sup>17</sup>Breastfed children receiving 4 or more food groups and a minimum meal frequency, non-breastfed children fed with a minimum of 3 Infant and Young Child Feeding Practices (fed with other milk or milk products at least twice a day, a minimum meal frequency that is, receiving solid or semi-solid food at least twice a day for breastfed infants 6-8 months and at least three times a day for breastfed children 9-23 months, and solid or semi-solid foods from at least four food groups not including the milk or milk products food group).
- <sup>18</sup>Below -2 standard deviations, based on the WHO standard.
- <sup>19</sup>Below -3 standard deviations, based on the WHO standard.
- <sup>20</sup>Above +2 standard deviations, based on the WHO standard.
- <sup>21</sup>Excludes pregnant women and women with a birth in the preceding 2 months.
- <sup>22</sup>Haemoglobin in grams per decilitre (g/dl). Among children, prevalence is adjusted for altitude. Among adults, prevalence is adjusted for altitude and for smoking status, known. As NFHS uses the capillary blood for estimation of anaemia, the results of NFHS-5 need not be compared with other surveys using venous blood.
- <sup>23</sup>Random blood sugar measurement.