

# **Part 2: NFHS- 5 Key Indicators for 14 States and Union Territory (Phase- II)**



**Compiled by ILSI India**

**From:**

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

**Compendium of Fact Sheets**

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# NFHS-5 Key Indicators for 14 States and Union Territory of India

## 1. Infant and Child Mortality Rates (per 1,000 live births)

States	NFHS-5(2020-21)			NFHS-4(2015-16)	NFHS-5(2020-21)			NFHS-4(2015-16)	NFHS-5(2020-21)			NFHS-4(2015-16)
	Neonatal Mortality Rate (NNMR)			Infant Mortality Rate (IMR)				Under-Five Mortality Rate (U5MR)				
	Urban	Rural	Total	Total	Urban	Rural	Total	Total	Urban	Rural	Total	Total
Arunachal Pradesh	12.5	6.9	7.7	11.8	16.7	12.3	12.9	22.9	22.2	18.3	18.8	32.9
Chhattisgarh	19.3	35.6	32.4	42.1	26.2	48.7	44.3	54.0	28.9	55.8	50.4	64.3
Haryana	19.0	22.7	21.6	22.1	28.6	35.3	33.3	32.8	36.0	39.8	38.7	41.1
Jharkhand	17.7	30.4	28.2	33.0	22.2	41.1	37.9	43.8	27.3	49.2	45.4	54.3
Madhya Pradesh	24.0	30.4	29.0	36.9	33.9	43.5	41.3	51.2	38.2	52.5	49.2	64.6
Odisha	24.6	27.5	27.0	28.2	31.2	37.2	36.3	39.6	32.0	42.7	41.1	48.1
Punjab	16.0	24.9	21.8	21.2	20.1	32.4	28.0	29.2	24.1	37.5	32.7	33.2
Rajasthan	13.3	21.9	20.2	29.8	22.2	32.2	30.3	41.3	32.3	38.8	37.6	50.7
Tamil Nadu	8.5	16.1	12.7	14.0	14.9	21.7	18.6	20.2	17.3	26.4	22.3	26.8
Uttar Pradesh	27.7	37.8	35.7	45.1	42.0	52.6	50.4	63.5	49.7	62.5	59.8	78.1
Uttarakhand	36.2	30.6	32.4	27.9	38.3	39.5	39.1	39.7	46.2	45.3	45.6	46.5
Chandigarh (UT)	*	*	*	*	*	*	*	*	*	*	*	*
NCT Delhi (UT)	17.0	*	17.5	17.8	24.2	*	24.5	31.2	30.5	*	30.6	42.2
Puducherry (UT)	3.2	*	2.3	5.8	4.1	*	2.9	15.7	4.1	*	3.9	16.2
<b>India Key Indicators</b>	<b>18.0</b>	<b>27.5</b>	<b>24.9</b>	<b>29.5</b>	<b>26.6</b>	<b>38.4</b>	<b>35.2</b>	<b>40.7</b>	<b>31.5</b>	<b>45.7</b>	<b>41.9</b>	<b>49.7</b>

\*Percentage not shown; based on fewer than 25 unweighted cases

## 2. Child Feeding Practices

States	NFHS-5(2020-21)			NFHS-4(2015-16)	NFHS-5(2020-21)			NFHS-4(2015-16)	NFHS-5(2020-21)			NFHS-4(2015-16)	NFHS-5(2020-21)			NFHS-4(2015-16)	NFHS-5(2020-21)			NFHS-4(2015-16)				
	Children under age 3 years breastfed within one hour of birth <sup>15</sup> (%)			Total	Children under age 6 months exclusively breastfed <sup>16</sup> (%)			Total	Children age 6-8 months receiving solid or semi-solid food and breastmilk <sup>16</sup> (%)			Total	Breastfeeding children age 6-23 months receiving an adequate diet <sup>16,17</sup> (%)			Total	Non-breastfeeding children age 6-23 months receiving an adequate diet <sup>16,17</sup> (%)			Total	Total children age 6-23 months receiving an adequate diet <sup>16,17</sup> (%) <sup>1</sup>			Total
Urban	Rural	Total	Urban		Rural	Total	Urban		Rural	Total	Urban		Rural	Total	Urban		Rural	Total	Urban		Rural	Total	Urban	
Arunachal Pradesh	54.0	51.7	52.0	58.6	66.2	62.9	63.4	57.0	(42.3)	49.5	48.4	53.9	26.5	23.4	23.8	12.3	(16.8)	12.8	13.1	26.1	25.7	21.4	22.0	14.0
Chhattisgarh	30.0	32.8	32.2	47.1	73.8	81.5	80.3	77.2	41.8	41.2	41.3	53.9	9.4	9.7	9.7	11.1	(4.7)	1.6	2.5	8.5	9.0	9.4	9.3	10.9
Haryana	37.7	43.3	41.6	42.4	70.3	69.1	69.5	50.3	51.8	39.2	43.0	35.9	9.3	13.0	11.9	7.0	10.6	11.3	11.1	10.0	9.6	12.7	11.8	7.5
Jharkhand	22.5	21.3	21.5	33.1	61.6	78.6	76.1	64.8	33.5	39.9	38.8	47.2	10.6	9.9	10.0	7.2	(7.3)	18.6	16.3	7.1	10.3	10.5	10.5	7.2
Madhya Pradesh	36.2	42.8	41.3	34.4	68.8	75.2	74.0	58.2	42.7	38.5	39.5	38.1	11.2	8.9	9.4	6.9	7.7	7.6	7.7	4.9	10.6	8.7	9.2	6.6
Odisha	67.9	68.6	68.5	68.5	68.3	73.7	72.9	65.6	(51.1)	69.6	67.5	54.9	14.0	21.3	20.3	8.9	*	22.3	22.5	5.0	14.7	21.4	20.4	8.5
Punjab	52.3	53.5	53.1	30.7	52.6	57.0	55.5	53.0	60.7	38.8	46.2	41.1	9.8	10.9	10.5	5.7	20.2	14.4	16.3	6.7	12.2	11.8	11.9	5.9
Rajasthan	37.1	41.6	40.7	28.4	70.6	70.3	70.4	58.2	51.6	34.5	38.0	30.1	9.0	8.3	8.4	3.4	13.5	5.7	7.5	3.7	9.7	8.0	8.3	3.4
Tamil Nadu	60.0	60.4	60.2	54.7	45.5	61.9	55.1	48.3	70.2	64.0	66.5	67.5	14.9	11.2	12.8	21.4	23.5	24.6	24.1	47.1	17.9	15.0	16.3	30.7
Uttar Pradesh	24.9	23.7	23.9	25.2	54.8	60.9	59.7	41.6	35.9	29.9	31.0	32.6	6.7	5.7	5.9	5.3	7.4	6.8	7.0	5.3	6.8	5.9	6.1	5.3
Uttarakhand	42.8	40.6	41.3	27.8	45.0	56.4	52.5	51.2	(58.9)	47.0	50.6	46.7	13.4	13.1	13.2	8.6	13.1	8.6	10.3	7.8	13.3	12.2	12.5	8.5
Chandigarh (UT)	63.7	*	63.7	33.5	*	*	*	*	*	*	*	*	(22.9)	*	(22.7)	(0.0)	*	*	*	*	(19.1)	*	(19.0)	0.0
NCT Delhi (UT)	51.3	49.3	51.2	28.0	64.3	*	64.3	49.6	63.2	*	62.9	35.4	18.3	(29.5)	18.8	4.3	9.6	*	9.5	9.4	16.4	(28.4)	16.8	5.2
Puducherry (UT)	51.6	62.2	54.1	65.3	71.4	*	64.8	45.5	(59.7)	*	(65.6)	76.8	17.6	(42.0)	22.7	21.8	(27.7)	*	(23.6)	54.8	20.6	(31.9)	22.9	31.1
<b>India Key Indicators</b>	<b>44.7</b>	<b>40.7</b>	<b>41.8</b>	<b>41.6</b>	<b>59.6</b>	<b>65.1</b>	<b>63.7</b>	<b>54.9</b>	<b>52.0</b>	<b>43.9</b>	<b>45.9</b>	<b>42.7</b>	<b>11.8</b>	<b>10.8</b>	<b>11.1</b>	<b>8.7</b>	<b>14.2</b>	<b>12.0</b>	<b>12.7</b>	<b>14.3</b>	<b>12.3</b>	<b>11.0</b>	<b>11.3</b>	<b>9.6</b>

- \*Percentage not shown; based on fewer than 25 unweighted cases
- (1) Based on 25-49 unweighted cases
- <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).

### 3. Nutritional Status of Children

States	NFHS-5(2020-21)			NFHS-4(2015-16)	NFHS-5(2020-21)			NFHS-4(2015-16)	NFHS-5(2020-21)			NFHS-4(2015-16)	NFHS-5(2020-21)			NFHS-4(2015-16)	NFHS-5(2020-21)			NFHS-4(2015-16)
	Children under 5 years who are Stunted (height-for-age) <sup>18</sup> (%)			Total	Children under 5 years who are Wasted (weight-for-height) <sup>18</sup> (%)			Total	Children under 5 years who are Severely Wasted (weight-for-height) <sup>19</sup> (%)			Total	Children under 5 years who are Underweight (weight-for-age) <sup>18</sup> (%)			Total	Children under 5 years who are Overweight (weight-for-height) <sup>20</sup> (%)			Total
	Urban	Rural	Total		Urban	Rural	Total		Urban	Rural	Total		Urban	Rural	Total		Urban	Rural	Total	
Arunachal Pradesh	28.4	27.9	28.0	29.4	10.1	13.6	13.1	17.3	4.7	6.8	6.5	8.0	13.1	15.8	15.4	19.4	9.6	9.7	9.7	4.9
Chhattisgarh	30.0	35.7	34.6	37.6	18.9	18.9	18.9	23.1	9.0	7.2	7.5	8.4	25.8	32.7	31.3	37.7	5.7	3.6	4.0	2.9
Haryana	26.1	28.1	27.5	34.0	10.8	11.8	11.5	21.2	4.3	4.4	4.4	9.0	20.5	21.8	21.5	29.4	3.3	3.3	3.3	3.1
Jharkhand	26.8	42.3	39.6	45.3	23.0	22.3	22.4	29.0	10.7	8.8	9.1	11.4	30.0	41.4	39.4	47.8	2.8	2.8	2.8	1.5
Madhya Pradesh	30.1	37.3	35.7	42.0	19.9	18.7	19.0	25.8	7.0	6.3	6.5	9.2	28.6	34.2	33.0	42.8	1.8	2.1	2.0	1.7
Odisha	24.9	32.0	31.0	34.1	14.9	18.6	18.1	20.4	3.9	6.4	6.1	6.4	21.5	31.0	29.7	34.4	5.5	3.2	3.5	2.6
Punjab	25.7	23.9	24.5	25.7	11.7	10.0	10.6	15.6	4.3	3.3	3.7	5.6	17.9	16.4	16.9	21.6	4.4	4.0	4.1	2.3
Rajasthan	28.3	32.6	31.8	39.1	18.3	16.4	16.8	23.0	8.0	7.5	7.6	8.6	25.4	28.1	27.6	36.7	3.9	3.1	3.3	2.1
Tamil Nadu	22.2	27.2	25.0	27.1	13.9	15.2	14.6	19.7	5.3	5.6	5.5	7.9	20.0	23.5	22.0	23.8	5.1	3.7	4.3	5.0
Uttar Pradesh	33.0	41.3	39.7	46.3	18.7	17.0	17.3	17.9	8.2	7.1	7.3	6.0	28.2	33.1	32.1	39.5	3.6	2.9	3.1	1.5
Uttarakhand	24.3	28.2	27.0	33.5	17.4	11.3	13.2	19.5	4.7	4.7	4.7	9.0	21.0	20.9	21.0	26.6	4.4	3.9	4.1	3.5
Chandigarh (UT)	25.2	*	25.3	28.7	8.3	*	8.4	10.9	2.4	*	2.3	3.9	20.2	*	20.6	24.5	1.9	*	1.9	1.1
NCT Delhi (UT)	31.0	26.3	30.9	31.9	11.4	7.6	11.2	15.9	4.9	3.7	4.9	4.6	22.2	11.3	21.8	27.0	4.0	4.5	4.0	1.2
Puducherry (UT)	21.7	15.6	20.0	23.7	12.1	12.9	12.4	23.6	4.2	2.5	3.7	7.8	15.9	13.7	15.3	22.0	2.7	6.5	3.8	2.2
<b>India Key Indicators</b>	<b>30.1</b>	<b>37.3</b>	<b>35.5</b>	<b>38.4</b>	<b>18.5</b>	<b>19.5</b>	<b>19.3</b>	<b>21.0</b>	<b>7.6</b>	<b>7.7</b>	<b>7.7</b>	<b>7.5</b>	<b>27.3</b>	<b>33.8</b>	<b>32.1</b>	<b>35.8</b>	<b>4.2</b>	<b>3.2</b>	<b>3.4</b>	<b>2.1</b>

- \* Percentage not shown; based on fewer than 25 unweighted cases
- <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.

## 4. Nutritional Status of Adults (Age 15-49) - Women

States	NFHS-5(2020-21)			NFHS-4(2015-16)	NFHS-5(2020-21)			NFHS-4(2015-16)	NFHS-5(2020-21)			NFHS-4(2015-16)
	Women whose Body Mass Index (BMI) is below normal (BMI <18.5kg/m <sup>2</sup> ) <sup>21</sup> (%)			Women who are Overweight or Obese (BMI) ≥25.0KG/M <sup>2</sup> ) <sup>21</sup> (%)			Women who have high risk Waist-to-Hip Ratio (≥0.85) (%)					
	Urban	Rural	Total	Total	Urban	Rural	Total	Total	Urban	Rural	Total	Total
Arunachal Pradesh	5.6	5.7	5.7	8.5	28.9	22.9	23.9	18.8	66.5	69.4	68.9	NA
Chhattisgarh	16.0	25.3	23.1	26.7	23.1	11.3	14.1	11.9	64.5	52.5	55.4	NA
Haryana	11.4	16.9	15.1	15.8	37.5	30.9	33.1	21.0	64.6	61.7	62.6	NA
Jharkhand	17.3	29.2	26.2	31.5	21.6	8.6	11.9	10.3	66.4	56.2	58.7	NA
Madhya Pradesh	17.1	25.2	23.0	28.4	26.0	13.0	16.6	13.6	42.0	39.9	40.5	NA
Odisha	12.6	22.6	20.8	26.5	10.5	19.2	23.0	16.5	70.7	61.3	63.0	NA
Punjab	11.9	13.1	12.7	11.7	44.3	38.8	40.8	31.3	73.0	72.6	72.8	NA
Rajasthan	14.0	21.3	19.6	27.0	20.6	10.5	12.9	14.1	62.1	58.1	59.0	NA
Tamil Nadu	9.7	15.2	12.6	14.6	46.1	35.4	40.4	30.9	58.3	53.8	55.9	NA
Uttar Pradesh	13.6	20.8	19.0	25.3	30.6	18.3	21.3	16.5	61.7	55.2	56.8	NA
Uttarakhand	11.6	14.9	13.9	18.4	39.1	25.4	29.7	20.4	62.8	63.0	62.9	NA
Chandigarh (UT)	13.1	*	13.0	13.0	43.9	*	44.0	41.5	60.4	*	60.7	NA
NCT Delhi (UT)	10.1	6.8	10.0	14.9	41.2	44.6	41.3	33.5	67.9	69.0	67.7	NA
Puducherry (UT)	7.6	12.0	9.0	11.3	47.6	43.2	46.2	36.7	55.4	52.0	54.3	NA
<b>India Key Indicators</b>	<b>13.2</b>	<b>21.2</b>	<b>18.7</b>	<b>22.9</b>	<b>33.2</b>	<b>19.7</b>	<b>24.0</b>	<b>20.6</b>	<b>59.9</b>	<b>55.2</b>	<b>56.7</b>	<b>NA</b>

- \*Percentage not shown; based on fewer than 25 unweighted cases
- <sup>21</sup>Excludes pregnant women and women with a birth in the preceding 2 months.

## 5. Nutritional Status of Adults (Age 15-49) - Men

States	NFHS-5(2020-21)			NFHS-4(2015-16)	NFHS-5(2020-21)			NFHS-4(2015-16)	NFHS-5(2020-21)			NFHS-4(2015-16)
	Men whose Body Mass Index (BMI) is below normal (BMI <18.5kg/m <sup>2</sup> ) (%)			Total	Men who are Overweight or Obese (BMI) ≥25.0 kg/m <sup>2</sup> ) (%)			Total	Men who have high risk Waist-to-Hip Ratio (≥0.90) (%)			Total
Urban	Rural	Total	Urban		Rural	Total	Urban		Rural	Total		
Arunachal Pradesh	6.4	4.6	4.9	8.3	32.4	26.6	27.6	20.6	47.9	45.7	46.1	NA
Chhattisgarh	11.1	19.4	17.4	24.1	22.4	12.7	14.9	10.2	47.9	43.2	44.3	NA
Haryana	15.0	14.3	14.5	11.3	30.2	27.4	28.3	20.0	59.5	57.7	58.3	NA
Jharkhand	12.1	18.9	17.1	23.8	21.7	12.8	15.1	11.1	53.6	44.0	46.5	NA
Madhya Pradesh	17.7	21.8	20.8	28.4	25.7	12.1	15.6	10.9	39.8	38.8	39.1	NA
Odisha	10.9	16.5	15.3	19.5	32.2	19.7	22.2	17.2	59.7	54.6	55.6	NA
Punjab	11.2	13.5	12.5	10.9	35.2	30.2	32.2	27.8	70.4	58.1	63.1	NA
Rajasthan	11.0	15.0	14.0	22.7	19.1	13.6	15.0	13.2	42.5	42.3	42.4	NA
Tamil Nadu	11.3	12.8	12.1	12.4	43.1	31.6	37.0	28.2	55.6	56.8	56.2	NA
Uttar Pradesh	13.4	19.5	17.9	25.9	24.9	16.2	18.5	12.5	56.2	50.6	52.1	NA
Uttarakhand	20.7	14.1	16.2	16.1	31.4	25.0	27.1	17.7	60.4	53.9	56.0	NA
Chandigarh (UT)	15.1	*	15.1	21.7	34.4	*	34.4	32.0	66.9	*	66.9	NA
NCT Delhi (UT)	9.2	(2.2)	9.1	17.7	37.9	(43.7)	38.0	24.6	62.1	(44.2)	61.8	NA
Puducherry (UT)	11.2	10.7	11.1	10.2	43.6	42.5	43.3	37.1	50.2	63.0	53.9	NA
<b>India Key Indicators</b>	<b>13.0</b>	<b>17.8</b>	<b>16.2</b>	<b>20.2</b>	<b>29.8</b>	<b>19.3</b>	<b>22.9</b>	<b>18.9</b>	<b>50.1</b>	<b>46.4</b>	<b>47.7</b>	<b>NA</b>

- <sup>2</sup>Excludes pregnant women and women with a birth in the preceding 2 months.
- ( ) Based on 25-49 unweighted cases
- \*Percentage not shown; based on fewer than 25 unweighted cases

## 6. Anemia Status in Children

States	NFHS-5(2020-21)			NFHS-4(2015-16)
	Children age 6-59 months who are Anaemic (<11.0 g/dl) <sup>22</sup> (%)			
	Urban	Rural	Total	Total
Arunachal Pradesh	5.6	5.7	5.7	8.5
Chhattisgarh	71.1	66.2	67.2	41.6
Haryana	68.1	71.5	70.4	71.7
Jharkhand	65.5	67.9	67.5	69.9
Madhya Pradesh	72.5	72.7	72.7	68.9
Odisha	56.2	65.6	64.2	44.6
Punjab	71.0	71.1	71.1	56.6
Rajasthan	68.3	72.4	71.5	60.3
Tamil Nadu	53.7	60.4	57.4	50.7
Uttar Pradesh	65.3	66.7	66.4	63.2
Uttarakhand	63.8	56.6	58.8	59.8
Chandigarh (UT)	55.0	*	54.6	73.1
NCT Delhi (UT)	68.7	81.7	69.2	59.7
Puducherry (UT)	65.3	60.8	64.0	44.9
<b>India Key Indicators</b>	<b>64.2</b>	<b>68.3</b>	<b>67.1</b>	<b>58.6</b>

- <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, if 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.
- \*Percentage not shown; based on fewer than 25 unweighted cases



## 7. Anemia Status in Adults- Women

States	NFHS-5(2020-21)			NFHS-4(2015-16)	NFHS-5(2020-21)			NFHS-4(2015-16)	NFHS-5(2020-21)			NFHS-4(2015-16)	NFHS-5(2020-21)			NFHS-4(2015-16)
	Non-Pregnant Women age 15-49 years who are Anaemic (<12.0 g/dl) <sup>22</sup> (%)				Pregnant Women age 15-49 years who are Anaemic (<11.0 g/dl) <sup>22</sup> (%)				All Women age 15-49 years who are Anaemic <sup>22</sup> (%)				All Women age 15-19 years who are Anaemic <sup>22</sup> (%)			
	Urban	Rural	Total	Total	Urban	Rural	Total	Total	Urban	Rural	Total	Total	Urban	Rural	Total	Total
Arunachal Pradesh	37.0	41.6	40.8	43.5	23.4	28.6	27.9	37.8	36.5	41.0	40.3	43.2	43.5	49.6	48.5	48.2
Chhattisgarh	57.1	62.5	61.2	47.3	38.8	54.7	61.8	41.5	56.5	62.2	60.8	47.0	62.2	61.2	61.4	45.5
Haryana	57.5	62.1	60.6	63.1	54.6	57.2	56.5	55.0	57.4	61.9	60.4	62.7	59.3	63.5	62.3	62.7
Jharkhand	61.6	67.0	65.7	65.3	45.5	59.2	56.8	62.6	61.1	66.7	65.3	65.2	63.2	66.5	65.8	65.0
Madhya Pradesh	51.7	55.9	54.7	52.4	45.1	54.9	52.9	54.6	51.5	55.8	54.7	52.5	57.4	58.3	58.1	53.2
Odisha	61.6	65.0	64.4	51.2	59.5	62.2	61.8	47.6	61.5	64.9	64.3	51.0	61.4	66.3	65.5	51.0
Punjab	59.3	58.6	58.8	54.0	46.2	54.4	51.7	42.0	59.0	58.5	58.7	53.5	58.6	61.3	60.3	58.0
Rajasthan	50.2	56.1	54.7	46.8	41.4	47.5	46.3	46.6	49.9	55.7	54.4	46.8	56.6	60.1	59.4	49.1
Tamil Nadu	51.5	55.4	53.6	55.4	42.6	53.1	48.3	44.4	51.3	55.3	53.4	55.0	50.6	54.9	52.9	54.2
Uttar Pradesh	50.5	50.7	50.6	52.5	37.1	47.9	45.9	51.0	50.1	50.5	50.4	52.4	53.4	52.8	52.9	53.7
Uttarakhand	45.6	41.0	42.4	45.1	51.9	44.3	46.4	46.5	45.8	41.1	42.6	45.2	41.0	40.9	40.9	46.4
Chandigarh (UT)	60.1	*	60.1	75.9	*	*	*	*	60.3	(64.0)	60.3	75.9	57.5	*	57.7	74.7
NCT Delhi (UT)	49.9	59.7	50.2	54.7	42.2	*	42.2	46.1	49.7	58.6	49.9	54.3	51.5	52.3	51.6	55.1
Puducherry (UT)	53.0	61.0	55.5	53.4	35.2	*	42.5	26.0	52.3	61.4	55.1	52.4	61.1	53.0	58.4	55.0
<b>India Key Indicators</b>	<b>54.1</b>	<b>58.7</b>	<b>57.2</b>	<b>53.2</b>	<b>45.7</b>	<b>54.3</b>	<b>52.2</b>	<b>50.4</b>	<b>53.8</b>	<b>58.5</b>	<b>57.0</b>	<b>53.1</b>	<b>56.5</b>	<b>60.2</b>	<b>59.1</b>	<b>54.1</b>

<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, if 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>1</sup>) Based on 25-49 unweighted cases

\*Percentage not shown; based on fewer than 25 unweighted cases

## 8. Anemia Status in Adults- Men

States	NFHS-5(2020-21)			NFHS-4(2015-16)	NFHS-5(2020-21)			NFHS-4(2015-16)
	Men age 15-49 years who are Anaemic (<13.0 g/dl) <sup>22</sup> (%)			Total	Men age 15-19 years who are Anaemic (<13.0 g/dl) <sup>22</sup> (%)			Total
	Urban	Rural	Total	Total	Urban	Rural	Total	Total
Arunachal Pradesh	21.4	21.5	21.4	18.7	21.9	25.6	24.9	22.9
Chhattisgarh	20.8	28.9	27.0	22.1	22.5	34.4	31.5	27.4
Haryana	16.0	20.4	18.9	20.9	26.7	31.5	29.9	29.7
Jharkhand	27.1	30.5	29.6	29.8	39.0	39.9	39.7	35.3
Madhya Pradesh	21.0	22.9	22.4	25.5	31.0	30.3	30.5	36.5
Odisha	24.0	29.6	28.5	28.3	20.4	32.6	30.0	30.3
Punjab	20.2	24.3	22.6	25.9	30.2	34.6	32.7	30.8
Rajasthan	19.2	24.6	23.2	17.2	29.0	35.7	34.0	22.1
Tamil Nadu	15.0	15.5	15.2	20.4	24.3	24.9	24.6	26.0
Uttar Pradesh	18.0	22.7	21.5	23.7	22.5	29.9	28.2	31.5
Uttarakhand	14.2	15.6	15.1	15.6	(31.2)	26.3	27.6	22.2
Chandigarh (UT)	8.1	*	8.1	19.3	*	*	*	(22.4)
NCT Delhi (UT)	12.5	(20.2)	12.6	21.7	18.7	*	18.9	25.9
Puducherry (UT)	20.0	18.4	19.5	15.9	35.8	*	30.7	40.6
<b>India Key Indicators</b>	<b>20.4</b>	<b>27.4</b>	<b>25.0</b>	<b>22.7</b>	<b>25.0</b>	<b>33.9</b>	<b>31.1</b>	<b>29.2</b>

- <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, if 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.
- (1) Based on 25-49 unweighted cases
- \*Percentage not shown; based on fewer than 25 unweighted cases

## 9. Blood Sugar Level among Adults (Age 15 Years and Above) - Women

States	NFHS-5(2020-21)			NFHS-4(2015-16)	NFHS-5(2020-21)			NFHS-4(2015-16)	NFHS-5(2020-21)			NFHS-4(2015-16)
	Urban	Rural	Total	Total	Urban	Rural	Total	Total	Urban	Rural	Total	Total
	<b>Blood Sugar Level - High (141-160 mg/dl)<sup>23</sup> (%)</b>				<b>Blood Sugar Level - Very High (&gt;160 mg/dl)<sup>23</sup> (%)</b>				<b>Blood Sugar Level - High Or Very High (&gt;140 mg/dl) or taking medicine to control blood sugar level<sup>23</sup> (%)</b>			
<b>Arunachal Pradesh</b>	4.7	4.6	<b>4.6</b>	<b>NA</b>	3.7	3.0	<b>3.1</b>	<b>NA</b>	9.6	8.2	<b>8.4</b>	<b>NA</b>
<b>Chhattisgarh</b>	5.4	4.3	<b>4.5</b>	<b>NA</b>	5.4	3.3	<b>3.8</b>	<b>NA</b>	12.1	8.1	<b>9.0</b>	<b>NA</b>
<b>Haryana</b>	5.3	5.4	<b>5.4</b>	<b>NA</b>	7.0	5.1	<b>5.7</b>	<b>NA</b>	13.5	11.2	<b>11.9</b>	<b>NA</b>
<b>Jharkhand</b>	5.8	5.2	<b>5.4</b>	<b>NA</b>	5.6	3.7	<b>4.2</b>	<b>NA</b>	12.5	9.5	<b>10.2</b>	<b>NA</b>
<b>Madhya Pradesh</b>	5.4	5.2	<b>5.3</b>	<b>NA</b>	4.9	3.6	<b>3.9</b>	<b>NA</b>	11.2	9.4	<b>9.8</b>	<b>NA</b>
<b>Odisha</b>	7.1	6.4	<b>6.5</b>	<b>NA</b>	8.9	6.2	<b>6.6</b>	<b>NA</b>	17.4	13.3	<b>14.0</b>	<b>NA</b>
<b>Punjab</b>	5.8	5.8	<b>5.8</b>	<b>NA</b>	8.6	7.6	<b>8.0</b>	<b>NA</b>	15.5	14.3	<b>14.7</b>	<b>NA</b>
<b>Rajasthan</b>	3.7	3.9	<b>3.9</b>	<b>NA</b>	3.1	2.7	<b>2.8</b>	<b>NA</b>	7.9	7.0	<b>7.2</b>	<b>NA</b>
<b>Tamil Nadu</b>	8.2	6.9	<b>7.5</b>	<b>NA</b>	13.2	9.4	<b>11.1</b>	<b>NA</b>	23.8	18.0	<b>20.7</b>	<b>NA</b>
<b>Uttar Pradesh</b>	5.0	4.7	<b>4.7</b>	<b>NA</b>	5.6	4.2	<b>4.5</b>	<b>NA</b>	11.3	9.6	<b>10.0</b>	<b>NA</b>
<b>Uttarakhand</b>	4.4	4.1	<b>4.2</b>	<b>NA</b>	7.6	4.8	<b>5.6</b>	<b>NA</b>	14.0	9.6	<b>10.8</b>	<b>NA</b>
<b>Chandigarh (UT)</b>	6.0	(3.5)	<b>6.0</b>	<b>NA</b>	12.0	(13.8)	<b>12.0</b>	<b>NA</b>	19.0	(17.2)	<b>19.0</b>	<b>NA</b>
<b>NCT Delhi (UT)</b>	4.2	4.9	<b>4.2</b>	<b>NA</b>	6.3	5.3	<b>6.3</b>	<b>NA</b>	12.3	10.8	<b>12.2</b>	<b>NA</b>
<b>Puducherry (UT)</b>	7.2	7.4	<b>7.2</b>	<b>NA</b>	10.4	9.4	<b>10.1</b>	<b>NA</b>	21.2	17.8	<b>20.1</b>	<b>NA</b>
<b>India Key Indicators</b>	<b>6.7</b>	<b>5.9</b>	<b>6.1</b>	<b>NA</b>	<b>8.0</b>	<b>5.5</b>	<b>6.3</b>	<b>NA</b>	<b>16.3</b>	<b>12.3</b>	<b>13.5</b>	<b>NA</b>

- <sup>(1)</sup> Based on 25-49 unweighted cases
- <sup>23</sup> Random blood sugar measurement.
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## 10. Blood Sugar Level among Adults (Age 15 Years and Above) - Men

States	NFHS-5(2020-21)			NFHS-4(2015-16)	NFHS-5(2020-21)			NFHS-4(2015-16)	NFHS-5(2020-21)			NFHS-4(2015-16)
	Urban	Rural	Total	Total	Urban	Rural	Total	Total	Urban	Rural	Total	Total
	<b>Blood Sugar Level - High (141-160 mg/dl)<sup>23</sup> (%)</b>				<b>Blood Sugar Level - Very High (&gt;160 mg/dl)<sup>23</sup> (%)</b>				<b>Blood Sugar Level - High Or Very High (&gt;140 mg/dl) or taking medicine to control blood sugar level<sup>23</sup> (%)</b>			
<b>Arunachal Pradesh</b>	6.4	6.8	<b>6.7</b>	<b>NA</b>	4.6	4.3	<b>4.3</b>	<b>NA</b>	12.0	11.9	<b>11.9</b>	<b>NA</b>
<b>Chhattisgarh</b>	6.5	5.1	<b>5.4</b>	<b>NA</b>	4.8	4.2	<b>4.4</b>	<b>NA</b>	12.8	10.3	<b>10.8</b>	<b>NA</b>
<b>Haryana</b>	7.0	6.1	<b>6.4</b>	<b>NA</b>	6.9	5.9	<b>6.2</b>	<b>NA</b>	15.1	12.6	<b>13.5</b>	<b>NA</b>
<b>Jharkhand</b>	6.9	6.9	<b>6.9</b>	<b>NA</b>	7.9	5.9	<b>6.4</b>	<b>NA</b>	15.8	13.4	<b>14.1</b>	<b>NA</b>
<b>Madhya Pradesh</b>	6.2	6.7	<b>6.6</b>	<b>NA</b>	5.9	4.6	<b>4.9</b>	<b>NA</b>	13.1	11.9	<b>12.2</b>	<b>NA</b>
<b>Odisha</b>	7.5	7.3	<b>7.3</b>	<b>NA</b>	11.1	8.3	<b>8.7</b>	<b>NA</b>	20.0	16.4	<b>17.0</b>	<b>NA</b>
<b>Punjab</b>	6.7	6.0	<b>6.3</b>	<b>NA</b>	8.0	6.4	<b>7.0</b>	<b>NA</b>	15.9	13.0	<b>14.1</b>	<b>NA</b>
<b>Rajasthan</b>	5.0	5.0	<b>5.0</b>	<b>NA</b>	3.6	3.2	<b>3.3</b>	<b>NA</b>	9.6	8.7	<b>8.9</b>	<b>NA</b>
<b>Tamil Nadu</b>	8.7	7.6	<b>8.1</b>	<b>NA</b>	12.7	11.2	<b>11.9</b>	<b>NA</b>	23.7	20.6	<b>22.1</b>	<b>NA</b>
<b>Uttar Pradesh</b>	6.1	5.7	<b>5.8</b>	<b>NA</b>	6.1	4.6	<b>5.0</b>	<b>NA</b>	13.2	11.1	<b>11.6</b>	<b>NA</b>
<b>Uttarakhand</b>	5.4	5.7	<b>5.6</b>	<b>NA</b>	9.7	6.6	<b>7.6</b>	<b>NA</b>	16.3	13.3	<b>14.3</b>	<b>NA</b>
<b>Chandigarh (UT)</b>	7.1	(8.0)	<b>7.1</b>	<b>NA</b>	8.8	(8.0)	<b>8.8</b>	<b>NA</b>	16.6	(16.0)	<b>16.6</b>	<b>NA</b>
<b>NCT Delhi (UT)</b>	5.3	6.6	<b>5.3</b>	<b>NA</b>	7.4	5.0	<b>7.3</b>	<b>NA</b>	14.0	14.8	<b>14.1</b>	<b>NA</b>
<b>Puducherry (UT)</b>	7.0	7.0	<b>7.0</b>	<b>NA</b>	13.5	9.3	<b>12.2</b>	<b>NA</b>	23.2	18.3	<b>21.7</b>	<b>NA</b>
<b>India Key Indicators</b>	<b>7.8</b>	<b>7.0</b>	<b>7.3</b>	<b>NA</b>	<b>8.5</b>	<b>6.5</b>	<b>7.2</b>	<b>NA</b>	<b>17.9</b>	<b>14.5</b>	<b>15.6</b>	<b>NA</b>

- <sup>(1)</sup> Based on 25-49 unweighted cases
- <sup>23</sup> Random blood sugar measurement.

## 11. Hypertension among Adults (Age 15 Years and Above) - Women

States	NFHS-5(2020-21)			NFHS-4(2015-16)	NFHS-5(2020-21)			NFHS-4(2015-16)	NFHS-5(2020-21)			NFHS-4(2015-16)
	Mildly Elevated Blood Pressure (systolic 140-159 mm of Hg and/ or diastolic 90-99 mm of Hg) (%)			Total	Moderately or Severely Elevated Blood Pressure (systolic≥160 mm of Hg and/or Diastolic ≥100 mm of Hg) (5)			Total	Elevated Blood Pressure (Systolic≥140 mm of Hg and/or Diastolic ≥90 mm of Hg) or taking medicine to control blood pressure (%)			Total
Urban	Rural	Total	Urban		Rural	Total	Urban		Rural	Total		
Arunachal Pradesh	16.1	16.5	16.4	NA	6.8	6.7	6.7	NA	25.3	24.8	24.9	NA
Chhattisgarh	14.6	14.9	14.8	NA	5.7	7.1	6.8	NA	23.5	23.6	23.6	NA
Haryana	13.6	11.7	12.3	NA	5.7	5.3	5.4	NA	22.9	20.1	21.0	NA
Jharkhand	13.0	10.5	11.1	NA	4.7	5.1	5.0	NA	20.1	17.0	17.8	NA
Madhya Pradesh	13.9	12.9	13.2	NA	5.2	5.2	5.2	NA	22.5	19.9	20.6	NA
Odisha	13.3	12.9	12.9	NA	5.4	5.7	5.6	NA	24.5	21.9	22.4	NA
Punjab	18.3	18.6	18.5	NA	7.5	9.3	8.6	NA	30.8	31.4	31.2	NA
Rajasthan	10.3	9.7	9.8	NA	3.3	3.2	3.3	NA	16.9	14.9	15.4	NA
Tamil Nadu	14.8	13.8	14.3	NA	6.5	5.9	6.2	NA	26.4	23.4	24.8	NA
Uttar Pradesh	13.2	11.0	11.5	NA	5.5	4.7	4.9	NA	20.9	17.6	18.4	NA
Uttarakhand	14.3	13.4	13.7	NA	6.1	6.3	6.3	NA	25.4	22.0	22.9	NA
Chandigarh (UT)	14.4	(20.0)	14.5	NA	5.5	(6.7)	5.6	NA	25.0	(30.0)	25.0	NA
NCT Delhi (UT)	14.7	13.5	14.7	NA	6.0	3.4	5.9	NA	24.2	20.2	24.1	NA
Puducherry (UT)	12.4	11.7	12.1	NA	4.4	3.0	4.0	NA	24.3	20.2	23.0	NA
<b>India Key Indicators</b>	<b>13.6</b>	<b>11.9</b>	<b>12.4</b>	<b>NA</b>	<b>5.2</b>	<b>5.2</b>	<b>5.2</b>	<b>NA</b>	<b>23.6</b>	<b>20.2</b>	<b>21.3</b>	<b>NA</b>

- ( ) Based on 25-49 unweighted cases

## 12. Hypertension among Adults (Age 15 Years and Above) - Men

States	NFHS-5(2020-21)			NFHS-4(2015-16)	NFHS-5(2020-21)			NFHS-4(2015-16)	NFHS-5(2020-21)			NFHS-4(2015-16)
	Urban	Rural	Total	Total	Urban	Rural	Total	Total	Urban	Rural	Total	Total
	Mildly Elevated Blood Pressure (Systolic 140-159 mm of Hg and/or Diastolic 90-99 mm of Hg) (%)				Moderately Or Severely Elevated Blood Pressure (Systolic $\geq$ 160 mm of Hg and/or Diastolic $\geq$ 100 mm of Hg) (%)				Elevated Blood Pressure (Systolic $\geq$ 140 mm of Hg and/or Diastolic $\geq$ 90 mm of Hg) or taking medicine to control blood pressure (%)			
<b>Arunachal Pradesh</b>	23.1	22.8	<b>22.8</b>	<b>NA</b>	8.5	9.1	<b>9.0</b>	<b>NA</b>	33.2	33.1	<b>33.1</b>	<b>NA</b>
<b>Chhattisgarh</b>	19.5	18.9	<b>19.0</b>	<b>NA</b>	6.3	7.8	<b>7.5</b>	<b>NA</b>	27.8	27.7	<b>27.7</b>	<b>NA</b>
<b>Haryana</b>	17.2	16.2	<b>16.6</b>	<b>NA</b>	7.0	6.9	<b>6.9</b>	<b>NA</b>	26.2	24.6	<b>25.1</b>	<b>NA</b>
<b>Jharkhand</b>	16.3	14.6	<b>15.1</b>	<b>NA</b>	6.5	6.0	<b>6.1</b>	<b>NA</b>	25.3	21.6	<b>22.6</b>	<b>NA</b>
<b>Madhya Pradesh</b>	17.9	15.3	<b>16.0</b>	<b>NA</b>	5.9	5.1	<b>5.3</b>	<b>NA</b>	25.9	21.5	<b>22.7</b>	<b>NA</b>
<b>Odisha</b>	18.3	16.5	<b>16.8</b>	<b>NA</b>	6.9	6.0	<b>6.1</b>	<b>NA</b>	29.3	24.9	<b>25.6</b>	<b>NA</b>
<b>Punjab</b>	24.4	24.5	<b>24.5</b>	<b>NA</b>	9.3	11.9	<b>11.0</b>	<b>NA</b>	36.5	38.4	<b>37.7</b>	<b>NA</b>
<b>Rajasthan</b>	13.2	12.6	<b>12.7</b>	<b>NA</b>	3.9	3.6	<b>3.6</b>	<b>NA</b>	19.2	17.4	<b>17.9</b>	<b>NA</b>
<b>Tamil Nadu</b>	20.1	19.0	<b>19.5</b>	<b>NA</b>	7.6	7.1	<b>7.4</b>	<b>NA</b>	31.5	29.0	<b>30.2</b>	<b>NA</b>
<b>Uttar Pradesh</b>	17.3	14.5	<b>15.2</b>	<b>NA</b>	6.0	5.0	<b>5.2</b>	<b>NA</b>	24.8	20.7	<b>21.7</b>	<b>NA</b>
<b>Uttarakhand</b>	21.2	19.6	<b>20.1</b>	<b>NA</b>	10.2	9.2	<b>9.5</b>	<b>NA</b>	34.8	30.5	<b>31.8</b>	<b>NA</b>
<b>Chandigarh (UT)</b>	18.6	(19.2)	<b>18.7</b>	<b>NA</b>	8.6	(15.4)	<b>8.7</b>	<b>NA</b>	30.6	(34.6)	<b>30.6</b>	<b>NA</b>
<b>NCT Delhi (UT)</b>	21.9	18.1	<b>21.8</b>	<b>NA</b>	8.7	10.5	<b>8.7</b>	<b>NA</b>	32.8	31.0	<b>32.8</b>	<b>NA</b>
<b>Puducherry (UT)</b>	20.0	17.1	<b>19.1</b>	<b>NA</b>	6.0	7.4	<b>6.4</b>	<b>NA</b>	31.1	28.0	<b>30.1</b>	<b>NA</b>
<b>India Key Indicators</b>	<b>17.1</b>	<b>15.0</b>	<b>15.7</b>	<b>NA</b>	<b>5.9</b>	<b>5.5</b>	<b>5.7</b>	<b>NA</b>	<b>26.6</b>	<b>22.7</b>	<b>24.0</b>	<b>NA</b>

• ( ) Based on 25-49 unweighted cases