

## Health

### Indicators

1. Prevalence of stunting - children under 5
2. Prevalence of wasting - children under 5
3. Prevalence of overweight - children under 5
4. Prevalence of underweight - children under 5
5. Children under 5 years who are severely wasted (weight-for-height)
6. Children aged 6-59 months who are anemic
7. Sugar levels in women (15 and above) normal
8. Blood sugar level - high (141-160 mg/dl) or taking medicine to control blood sugar level in women (15 and above)
9. Blood sugar level - very high (>160 mg/dl) or taking medicine to control blood sugar level in women (15 and above)
10. Prevalence of diabetes - all women 15-49
11. Prevalence of diabetes - non-pregnant women 15-49
12. Prevalence of hypertension - all women 15-49
13. Prevalence of hypertension - non-pregnant women 15-49
14. Prevalence of underweight in women (15 and above)
15. Prevalence of overweight in women (15 and above)
16. Prevalence of anemia - women aged 15-49
17. Prevalence of anemia - pregnant women aged 15-49
18. Prevalence of anemia – non-pregnant women aged 15-49
19. Sugar levels in men (15 and above) normal
20. Blood sugar level - high (141-160 mg/dl) or taking medicine to control blood sugar level in men (15 and above)
21. Blood sugar level - very high (>160 mg/dl) or taking medicine to control blood sugar level in men (15 and above)
22. Prevalence of diabetes - all men 15-49
23. Prevalence of underweight in men (15 and above)
24. Prevalence of overweight in men (15 and above)
25. Prevalence of hypertension - all men 15-49

### Data Source

By request through the DHS (Demographic Health Survey) Program and International Institute of Population Studies (IIPS)

Institution Who Collected Primary Data

International Institute of Population Studies (IIPS) on the behest of The Ministry of Health and Family Welfare (MOHFW), Government of India

### Years Data Have Been Collected

Every 5 years, so far 5 iterations

1. NFHS-1 (1992-93)
2. NFHS-2 (1998-99)
3. NFHS-3 (2005-06)
4. NFHS-4 (2015-16)
5. NFHS-5 (2019-21)

### **Years data are available**

1. 1992-93
2. 1998-99
3. 2005-06
4. 2015-16
5. 2019-21

### **Years Included in Poshan Atlas**

1. 2019-21 for NFHS-5

### **Population Subgroups Available**

1. Women aged 15-49 years
2. Men aged 15 years and above
3. Children under 15 years of age

### **Methods of Data Collection**

A uniform sample design was adopted in the survey. This sample design is representative at the national, state/union territory, and district level. Each district was stratified into 2 areas, urban and rural and treated accordingly. Rural stratum were sub-stratified into smaller sub-stata. These substrata were created considering the total village population, and the % of population in the scheduled castes and tribes (SC/ST). A sample of villages were chosen as Primary Sampling Units (PSUs) from within each rural sampling stratum. In all, 30,456 Primary Sampling Units (PSUs) were selected across the country in NFHS-5 drawn from 707 districts as on March 31<sup>st</sup>. Within each urban sampling stratum, a sample of Census Enumeration Blocks (CEBs) was selected as PSUs. As for rural stratum, PSUs were sorted according to the percentage of SC/ST population before PSU selection.

NFHS-5 fieldwork for India was conducted in two phases due to the COVID-19 pandemic. Phase-I was conducted from 17 June 2019 to 30 January 2020 covering 17 states and 5 UTs. Phase-II was conducted from 2 January 2020 to 30 April 2021 covering 11 states and 3 UTs — Both phases were conducted by 17 Field Agencies. The survey gathered information from 636,699 households, 724,115 women, and 101,839 men

### **Example of Interpreting Data**

Approximately 25% of children under the age of 5 are stunted in Kupwara, with a confidence interval of (~19%, 31%). Approximately 4% of women in Kupwara have high blood sugar, and ~1% of women in Kupwara have very high blood sugar.

### **References**

International Institute for Population Sciences (IIPS) and ICF. 2021, National Family Health Survey (NFHS-5), 2019-21: India: Volume I. Mumbai: IIPS.