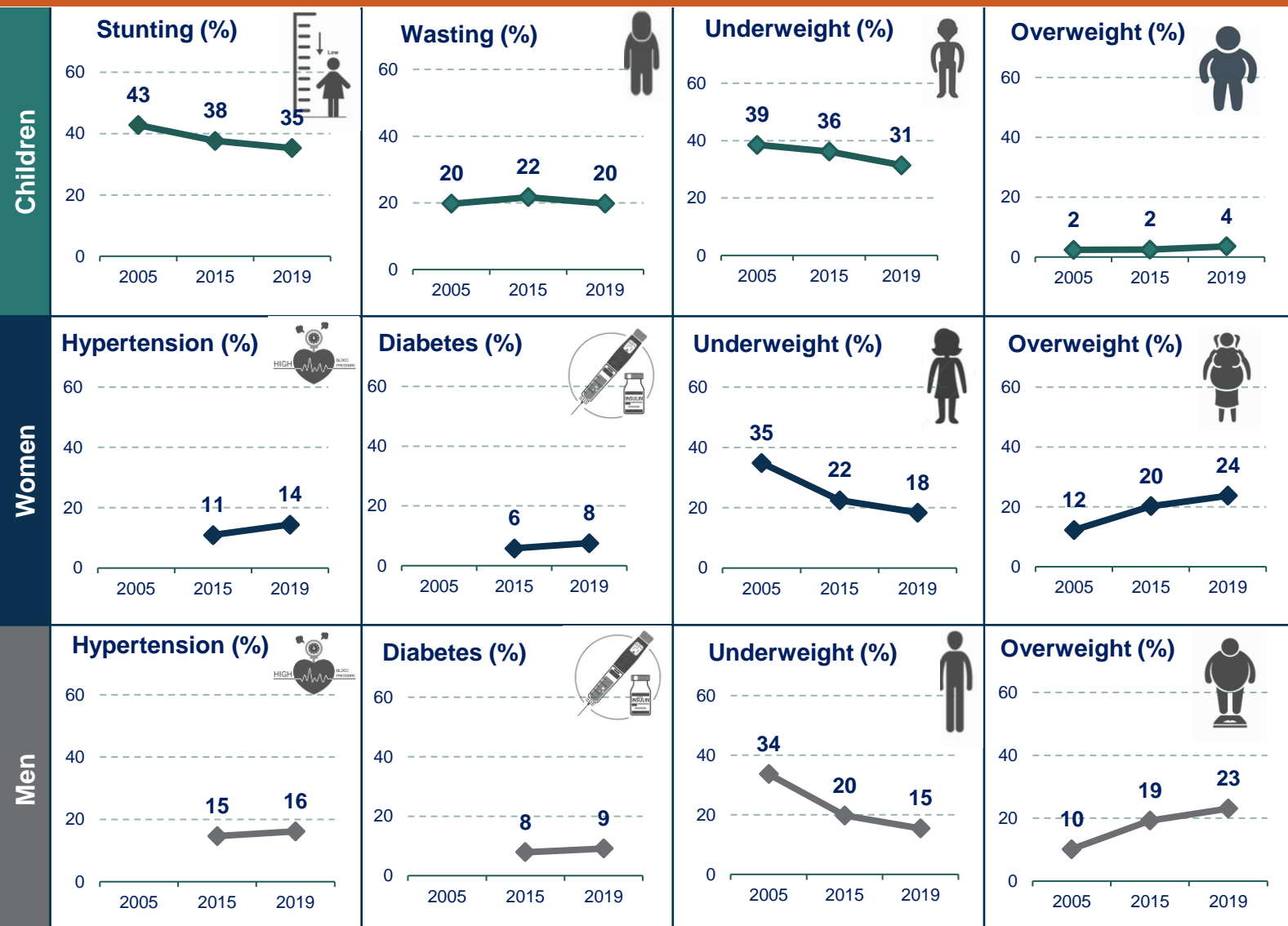


How is India Doing on Malnutrition and Non-Communicable Diseases? Insights from the National Family Health Surveys (2005-06 to 2019-21)

ABOUT THIS DATA NOTE

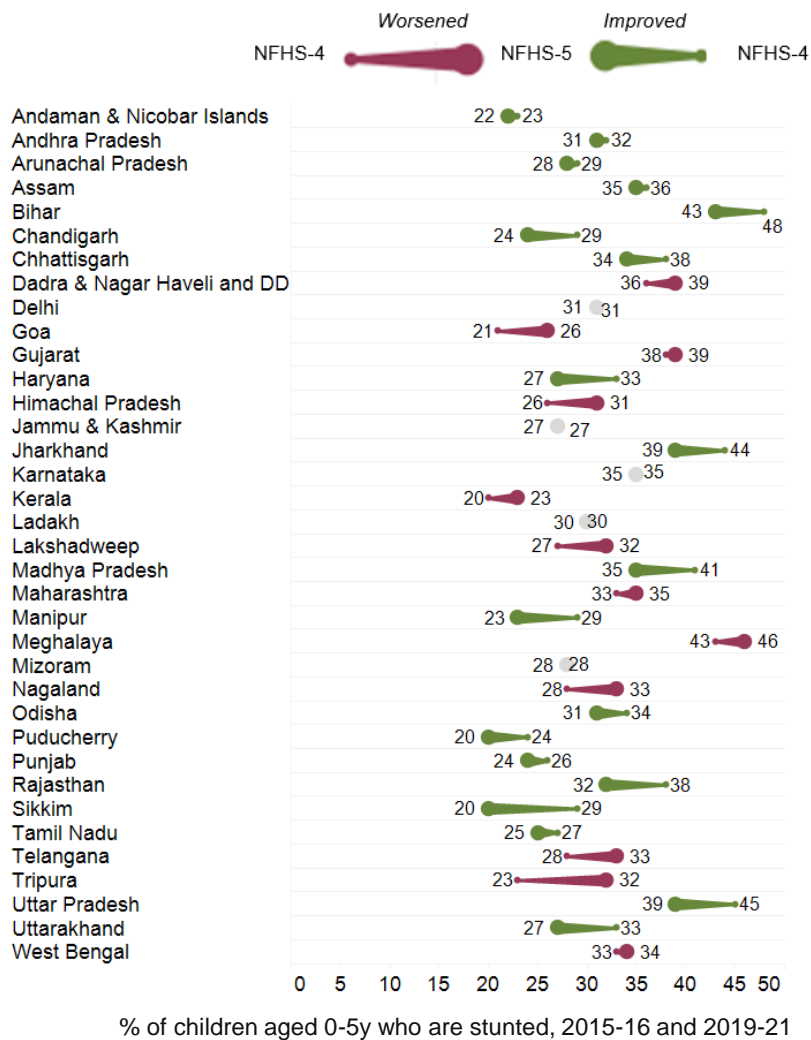
A set of global nutrition targets for maternal and child nutrition together with diet-related non-communicable diseases (NCDs) to be achieved by 2025 was endorsed by the World Health Assembly in 2013. These targets provide goals against which progress towards ending malnutrition in all its forms can be measured and contribute to the Sustainable Development Goals. This *data note* describes trends in multiple forms of malnutrition and NCD outcomes at the national, state, and district levels for India using survey data from NFHS-3 (2005-06), NFHS-4 (2015-2016) and NFHS-5 (2019-2021). Insights on other malnutrition targets such as anemia and breastfeeding will be forthcoming.

FIGURE 1: Trends in malnutrition & NCD outcomes in India: 2005-06, 2015-16 and 2019-21



¹Data reported in this Data Note include 707 districts for NFHS 5 & 640 district for NFHS 4.

FIGURE 2: Trends in stunting among children <5 years, by state, 2015-16 and 2019-21



- From 2015-16 to 2019-21:
- 19 of 36 states/UTs improved
- 12 of 36 states/UTs worsened
- 5 of 36 state/UTs unchanged

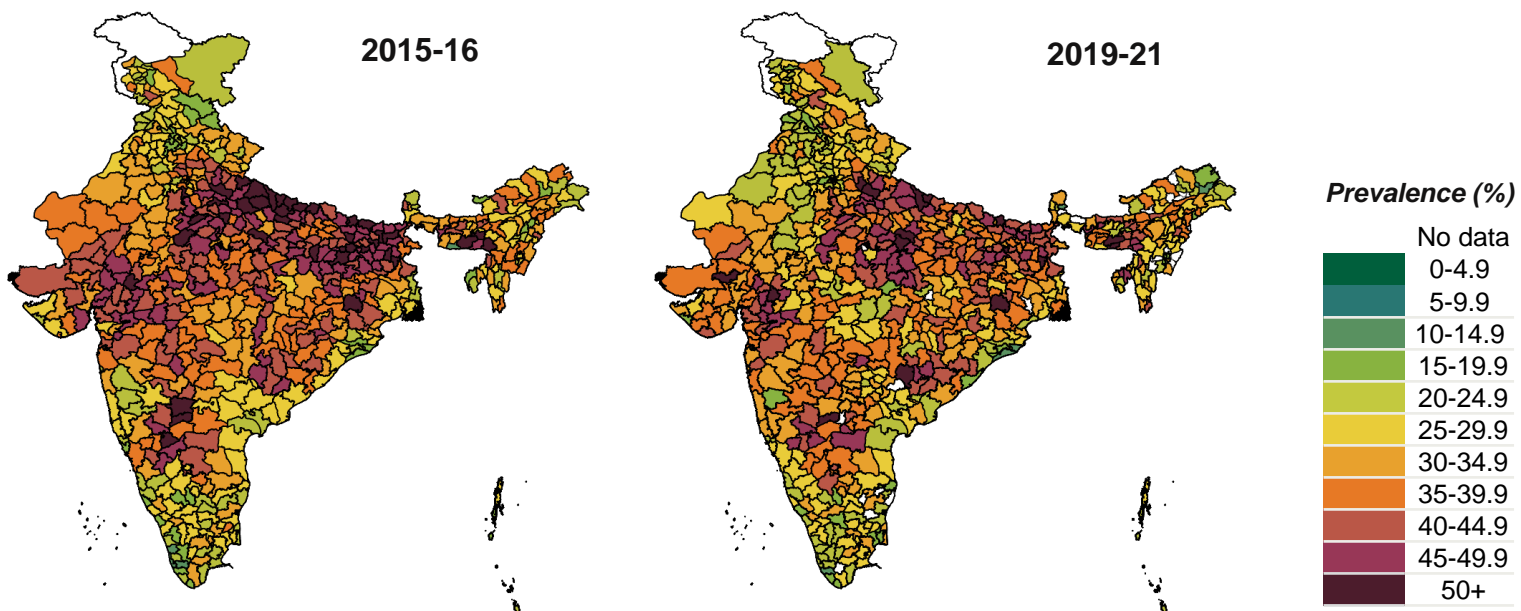
States/UTs where stunting improved the most between 2015-16 and 2019-21	
State/UT	pp change
Sikkim	-9
Rajasthan	-6
Uttarakhand	-6
Haryana	-6
Madhya Pradesh	-6

States/UTs where stunting worsened the most between 2015-16 and 2019-21	
State/UT	pp change
Tripura	9
Lakshadweep	5
Goa	5
Himachal Pradesh	5
Telangana	5

MAP 1: Stunting among children < 5 years, by district, 2015-16 and 2019-21

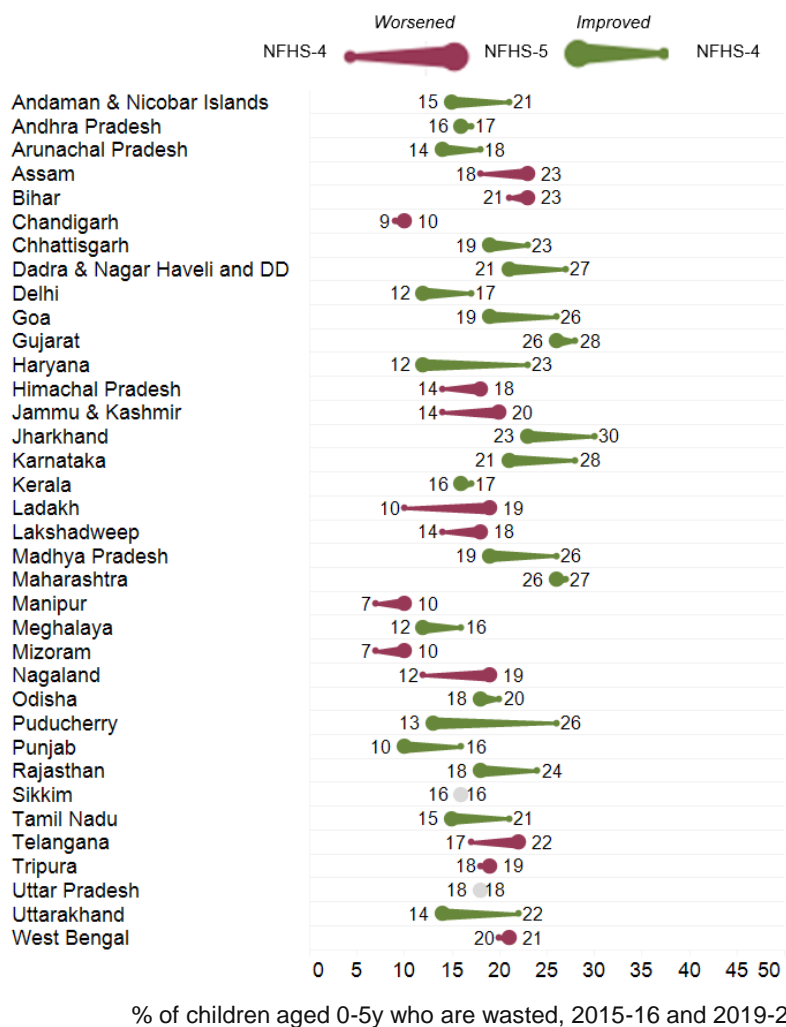
Districts where stunting improved the most between 2015-16 and 2019-21	
Districts	pp change
Bhopal (MP)	-27
Balrampur (UP)	-22
Rajnandgaon (CG)	-22
Tikamgarh (MP)	-22
Siddharthnagar (UP)	-21

Districts where stunting worsened the most between 2015-16 and 2019-21	
Districts	pp change
Kullu (HP)	18
South Garo Hills (ML)	15
Mahe (PY)	15
Dhalai (TR)	14
Tumkur (KA)	14



Source: NFHS-4 and NFHS-5-unit level data [IFPRI estimates]. Note:- There are 575 districts are comparable between NFHS-4 and NFHS-5.

FIGURE 3: Trends in wasting among children <5 years, by state, 2015-16 and 2019-21



- From 2015-16 to 2019-21:
- 21 of 36 states/UTs improved
- 13 of 36 states/UTs worsened
- 2 of 36 state/UTs unchanged

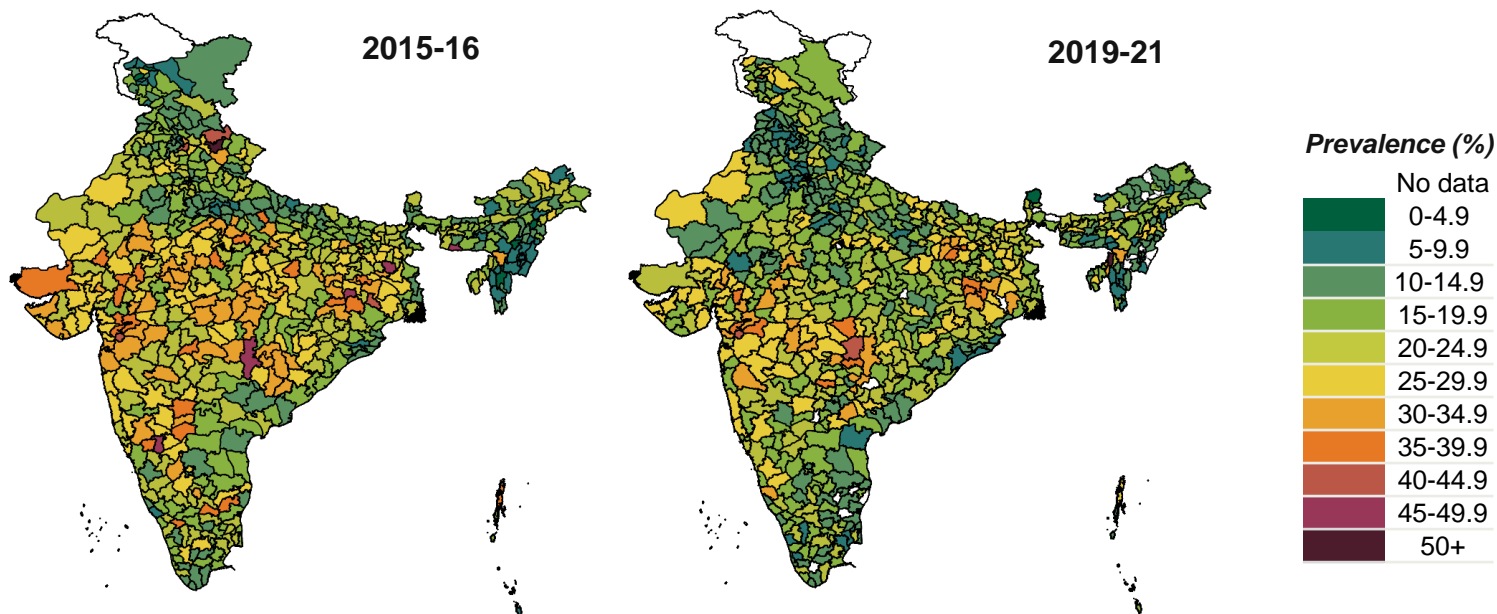
States/UTs where wasting improved the most between 2015-16 an 2019-21	
State/UT	pp change
Puducherry	-13
Haryana	-11
Uttarakhand	-8
Madhya Pradesh	-7
Jharkhand	-7

States/UTs where wasting worsened the most between 2015-16 an 2019-21	
State/UT	pp change
Ladakh	9
Nagaland	7
J & K	6
Telangana	5
Assam	5

MAP 2: Wasting among children <5 years, by district, 2015-16 and 2019-21

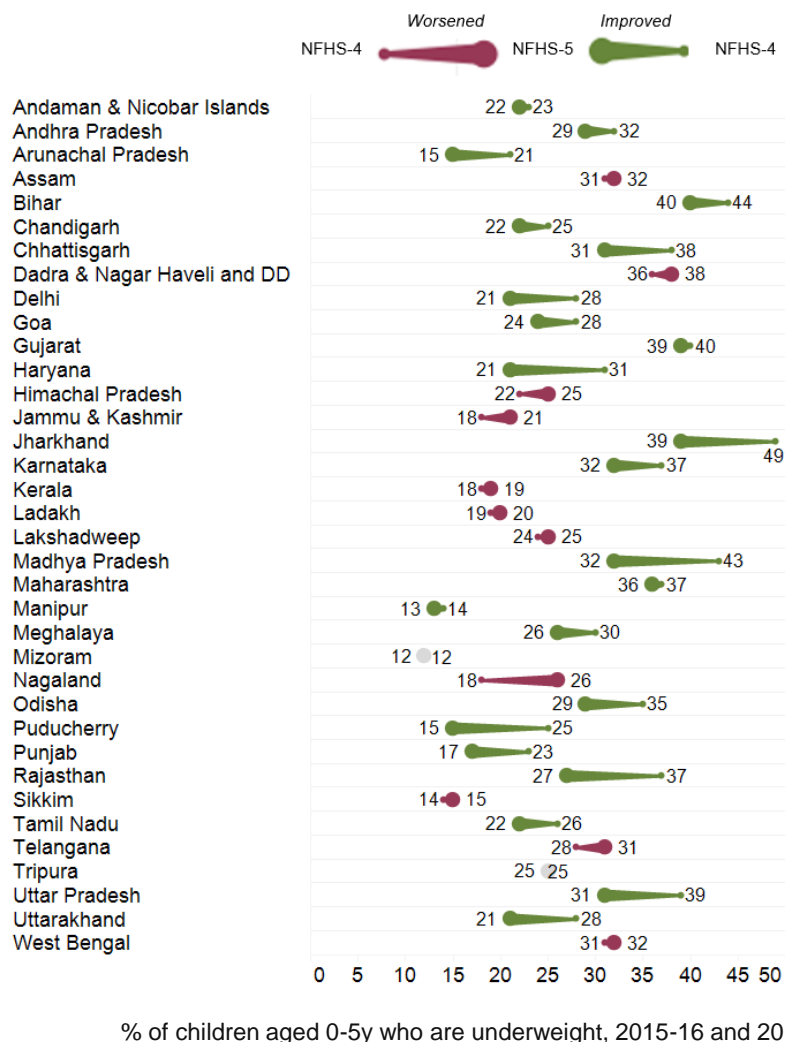
Districts where wasting improved the most between 2015-16 an 2019-21	
Districts	pp change
Tehri Garhwal (UK)	-39
Uttarkashi (UK)	-32
Ambala (HR)	-31
South Garo Hills (ML)	-28
Gadag (KA)	-28

Districts where wasting worsened the most between 2015-16 an 2019-21	
Districts	pp change
Karimganj (AS)	30
Shupiyan(JK)	28
Sheohar (BR)	22
Ganderbal (JK)	21
Kupwara (JK)	20



Source: NFHS-4 and NFHS-5-unit level data [IFPRI estimates]. Note:- There are 575 districts are comparable between NFHS-4 and NFHS-5.

FIGURE 4: Trends in underweight among children <5 years, by state, 2015-16 and 2019-21



- From 2015-16 to 2019-21:
- 23 of 36 states/UTs improved
- 11 of 36 states/UTs worsened
- 2 of 36 state/UTs unchanged

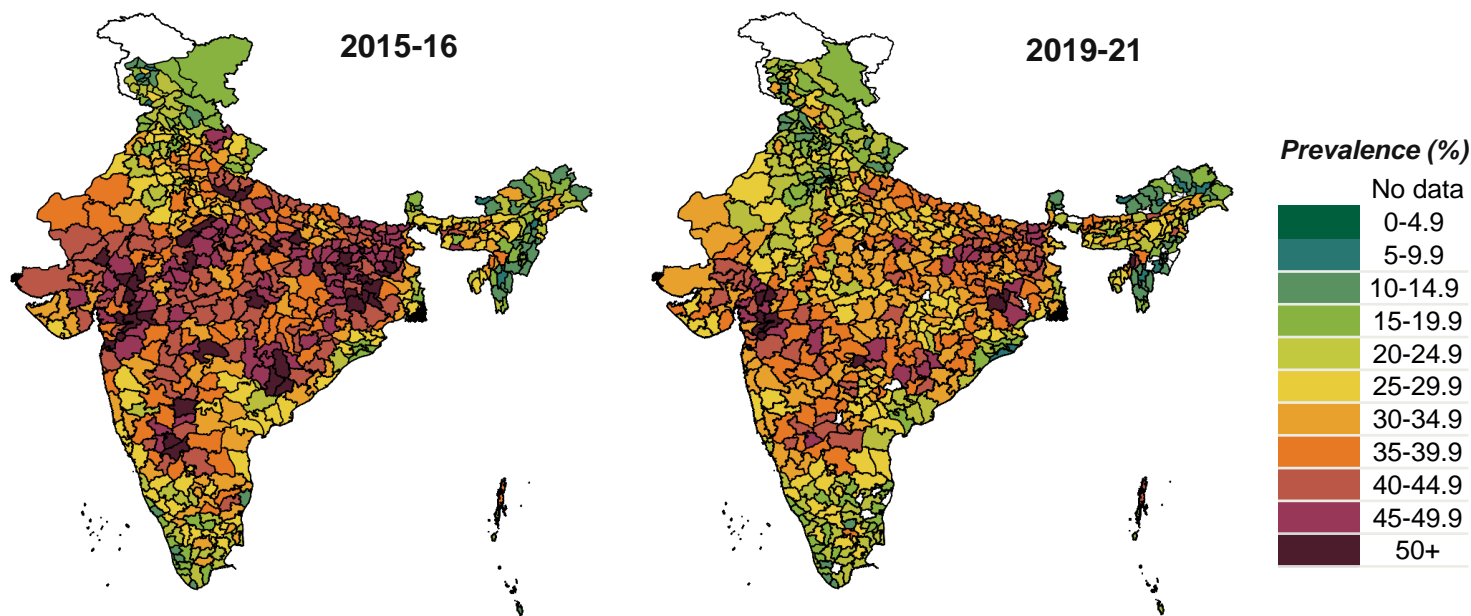
States/UTs where underweight improved the most between 2015-16 and 2019-21	
State/UT	pp change
Madhya Pradesh	-11
Haryana	-10
Puducherry	-10
Jharkhand	-10
Rajasthan	-10

States/UTs where underweight worsened the most between 2015-16 and 2019-21	
State/UT	pp change
Nagaland	8
Himachal Pradesh	3
Telangana	3
J & K	3
DNH & DD	2

MAP 3: Underweight among children <5 years, by district, 2015-16 and 2019-21

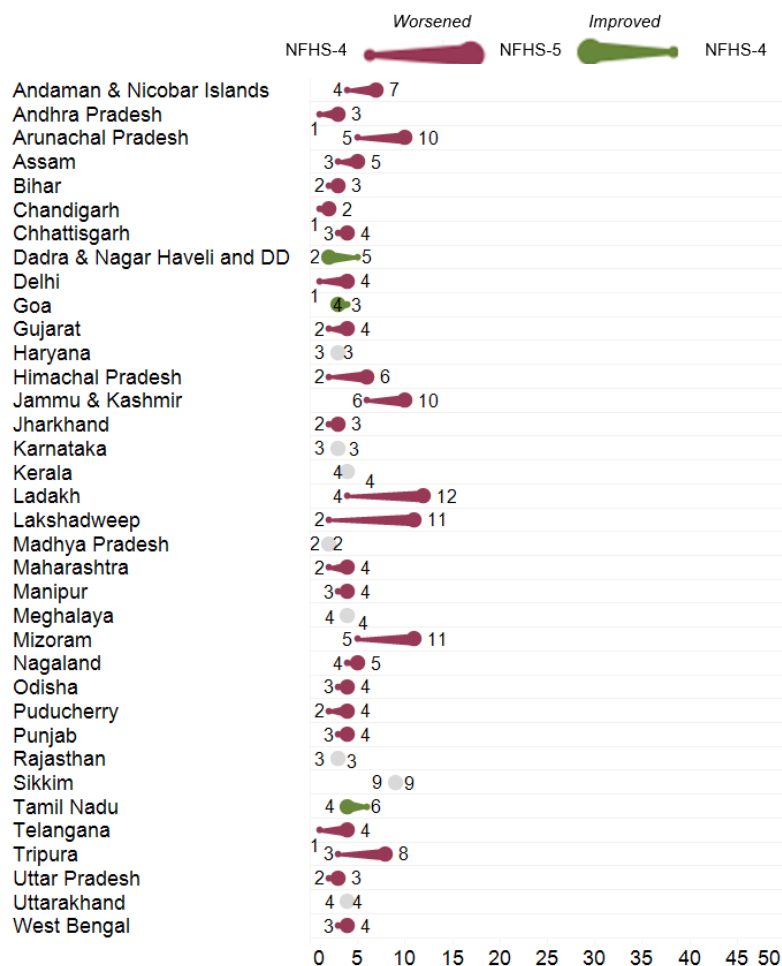
Districts where underweight improved the most between 2015-16 and 2019-21	
Districts	pp change
Dungarpur (RJ)	-30
Tehri Garhwal (UK)	-29
Pratapgarh (RJ)	-26
Ambala (HR)	-26
Guna (MP)	-26

Districts where underweight worsened the most between 2015-16 and 2019-21	
Districts	pp change
Zunheboto (NL)	30
Shupiyan (JK)	21
Mahe (PY)	18
Anantnag (JK)	18
Karimganj (AS)	15



Source: NFHS-4 and NFHS-5-unit level data [IFPRI estimates]. Note:- There are 575 districts are comparable between NFHS-4 and NFHS-5.

FIGURE 5: Trends in overweight among children <5 years, by state, 2015-16 and 2019-21



- From 2015-16 to 2019-21:
- 3 of 36 states/UTs improved
- 25 of 36 states/UTs worsened
- 8 of 36 state/UTs unchanged

States/UTs where overweight improved the most between 2015-16 and 2019-21	
State/UT	pp change
DDH & DD	-3
Tamil Nadu	-2
Goa	-1

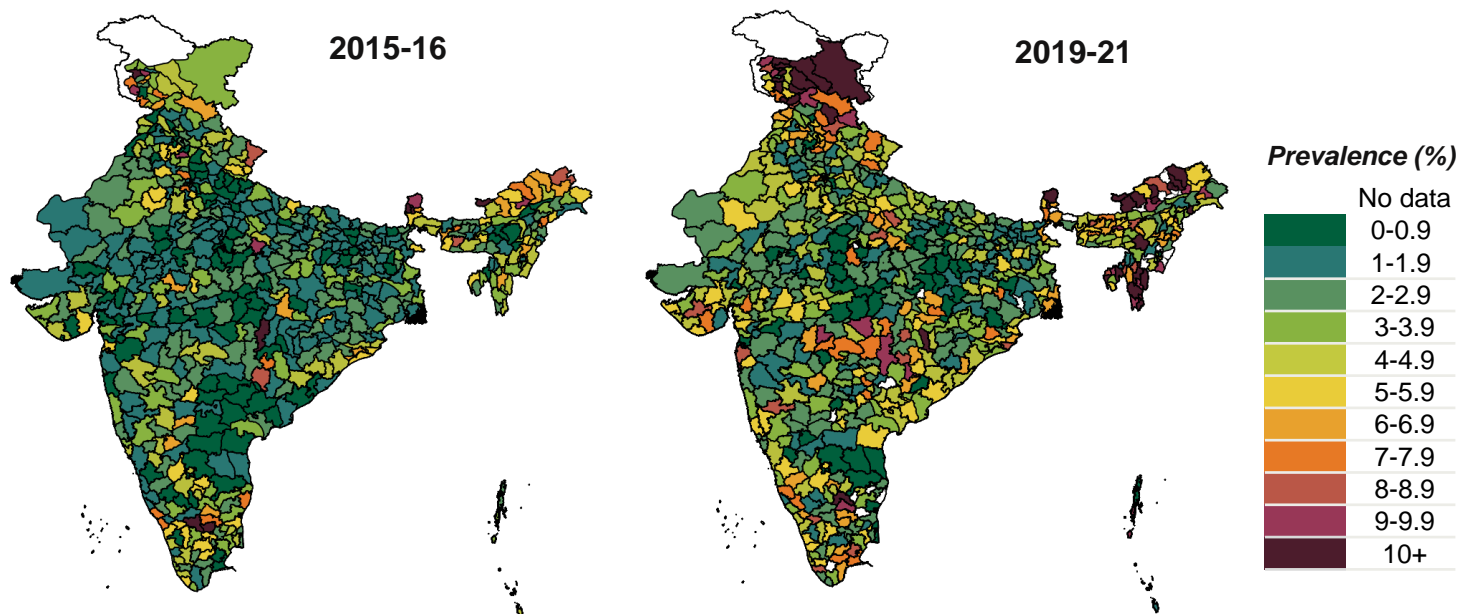
States/UTs where overweight worsened the most between 2015-16 and 2019-21	
State/UT	pp change
Lakshadweep	9
Ladakh	8
Mizoram	6
Arunachal Pradesh	5
Tripura	5

% of children aged 0-5y who are overweight, 2015-16 and 2019-21

MAP 4: Overweight among children <5 years, by district, 2015-16 and 2019-21

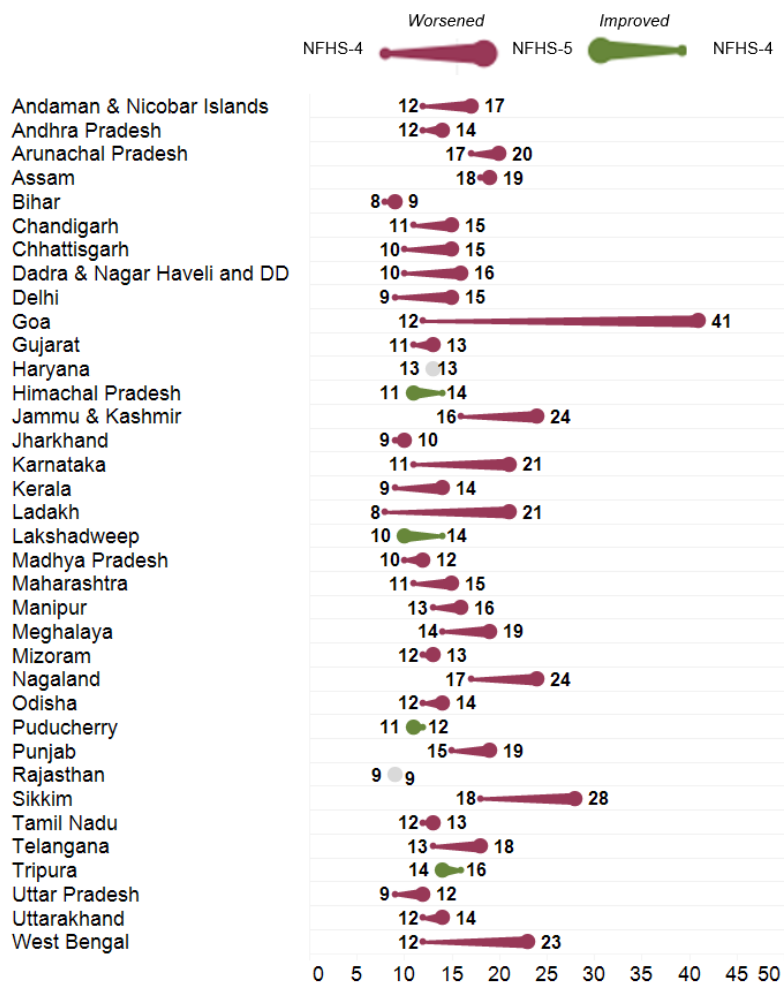
Districts where overweight improved the most between 2015-16 and 2019-21	
Districts	pp change
Chennai (TN)	-14
Mahe (PY)	-14
Erode (TN)	-13
Rajnandgaon (CG)	-10
West District (SK)	-8

Districts where overweight worsened the most between 2015-16 and 2019-21	
Districts	pp change
Kulgam (JK)	18
Reasi (JK)	16
Kishtwar (JK)	15
Kathua (JK)	12
West Kameng (AP)	11



Source: NFHS-4 and NFHS-5-unit level data [IFPRI estimates]. Note:- There are 575 districts are comparable between NFHS-4 and NFHS-5.

FIGURE 6: Trends in hypertension among women aged 15-49 years, by state, 2015-16 and 2019-21



- From 2015-16 to 2019-21:
- 4 of 36 states/UTs improved
- 30 of 36 states/UTs worsened
- 2 of 36 state/UTs unchanged

States/UTs where hypertension improved the most between 2015-16 an 2019-21	
State/UT	pp change
Lakshadweep	-4
Himachal Pradesh	-3
Tripura	-2
Puducherry	-1

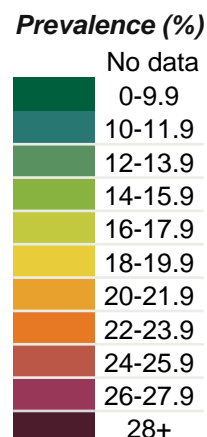
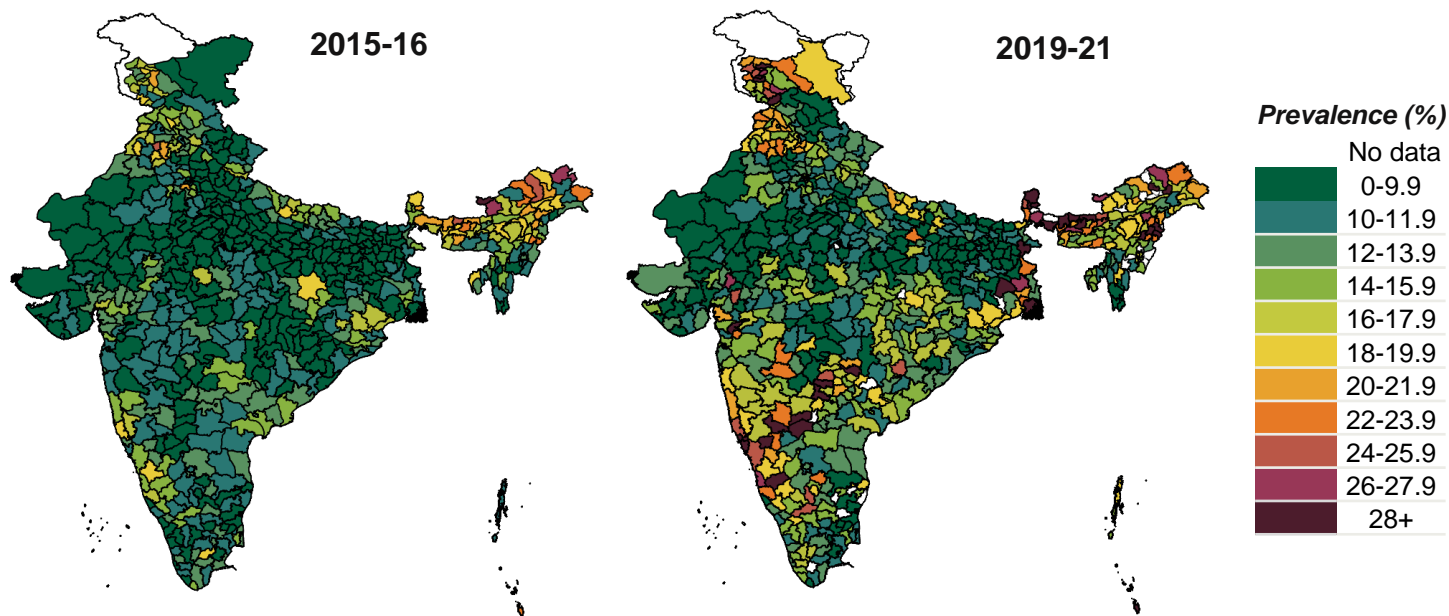
States/UTs where hypertension worsened the most between 2015-16 an 2019-21	
State/UT	pp change
Goa	29
Ladakh	13
West Bengal	11
Karnataka	10
Sikkim	10

% of women aged 15-49y who having hypertension, 2015-16 and 2019-21

MAP 5: Hypertension among women aged 15-49 years, by district, 2015-16 and 2019-21

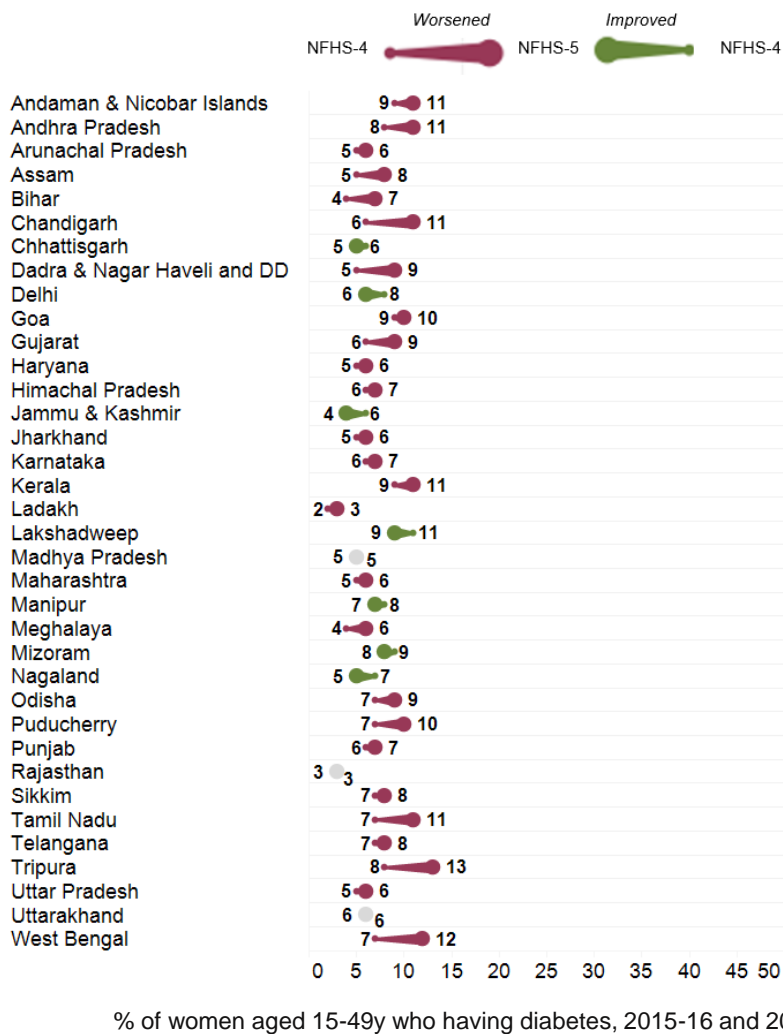
Districts where hypertension improved the most between 2015-16 an 2019-21	
Districts	pp change
Gurgaon (HR)	-14
Fatehabad (HR)	-9
West Kameng (AR)	-8
Vidisha (MP)	-8
Lakhimpur (AS)	-7

Districts where hypertension worsened the most between 2015-16 an 2019-21	
Districts	pp change
South 24 Pargana (WB)	44
Kathua (JK)	41
Bagalkot (KA)	40
Maldah (WB)	30
Yadgir (KA)	30



Source: NFHS-4 and NFHS-5-unit level data [IFPRI estimates]. Note:- There are 575 districts are comparable between NFHS-4 and NFHS-5.

FIGURE 7: Trends in diabetes among women aged 15-49 years, by state, 2015-16 and 2019-21



- From 2015-16 to 2019-21:
- 7 of 36 states/UTs improved
- 26 of 36 states/UTs worsened
- 3 of 36 state/UTs unchanged

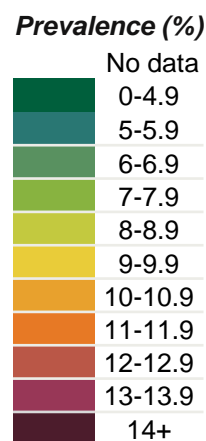
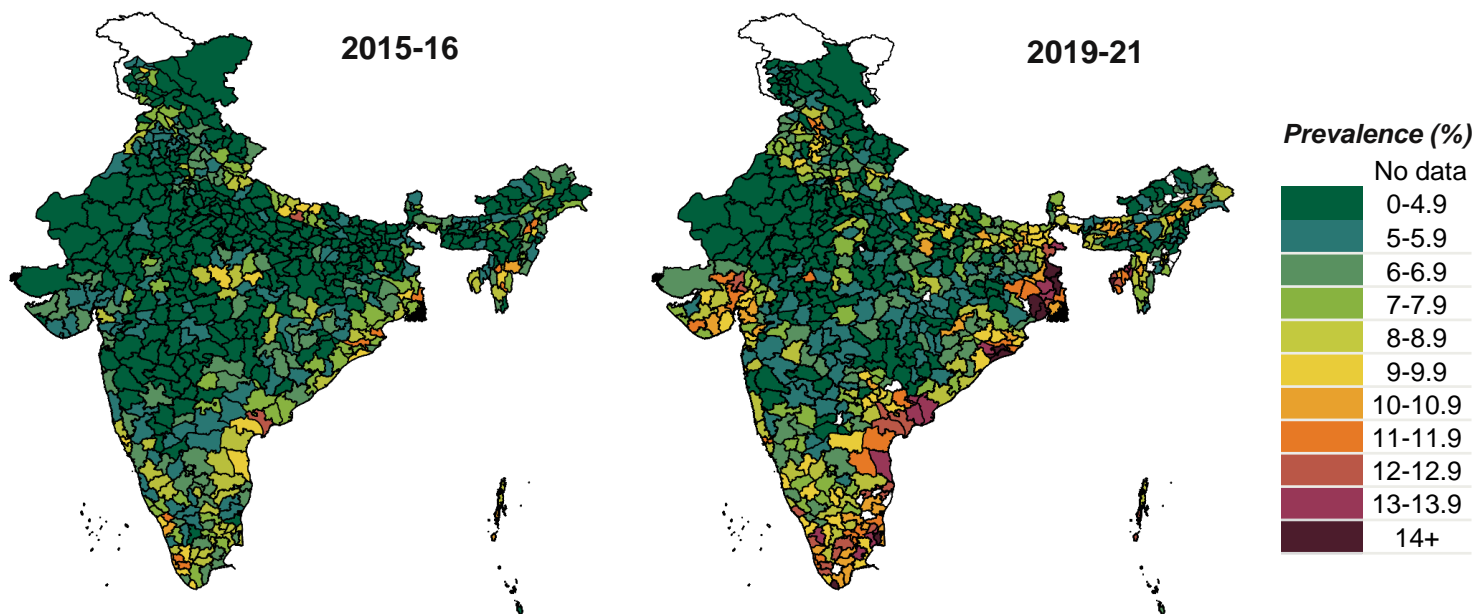
States/UTs where diabetes improved the most between 2015-16 and 2019-21	
State/UT	pp change
Delhi	-2
Nagaland	-2
J & K	-2
Lakshadweep	-2
Mizoram	-1

States/UTs where diabetes worsened the most between 2015-16 and 2019-21	
State/UT	pp change
Chandigarh	5
West Bengal	5
Tripura	5
Tamil Nadu	4
DDH & DD	4

MAP 6: Diabetes among women aged 15-49 years, by district, 2015-16 and 2019-21

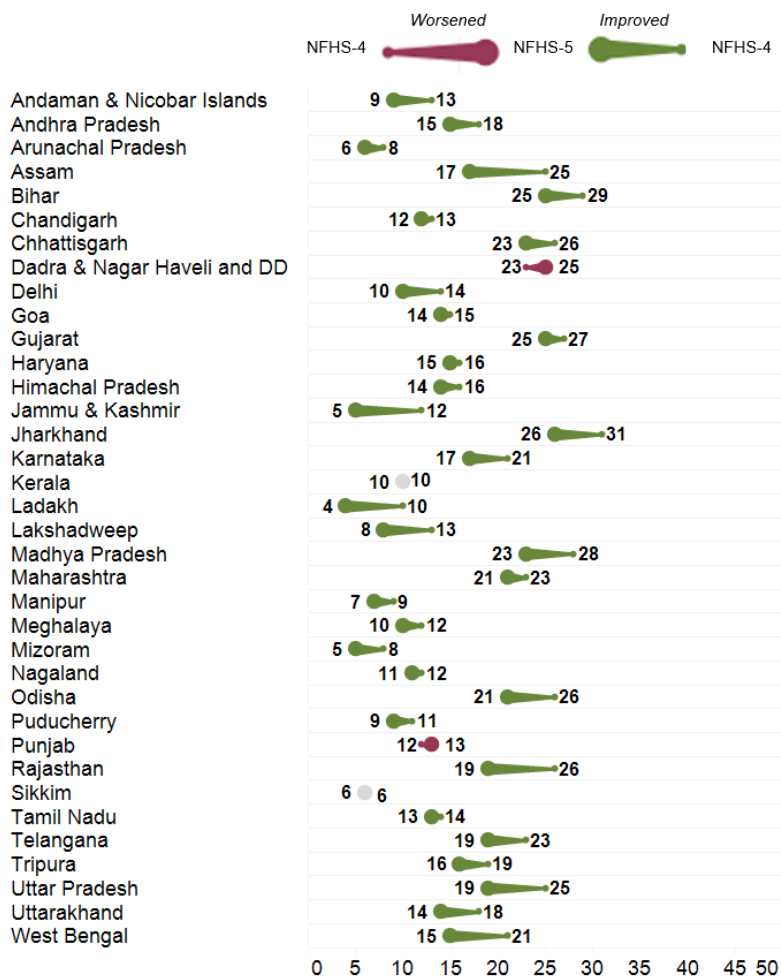
Districts where diabetes improved the most between 2015-16 and 2019-21	
Districts	pp change
Mokokchung (NL)	-8
Sagar (MP)	-7
Basti (UP)	-7
Wayanad (KL)	-6
Srinagar (JK)	-6

Districts where diabetes worsened the most between 2015-16 and 2019-21	
Districts	pp change
Murshidabad (HP)	10
Thiruvavur (TN)	9
Khagaria (BR)	8
Munger (BR)	8
Khordha (OR)	8



Source: NFHS-4 and NFHS-5-unit level data [IFPRI estimates]. Note:- There are 575 districts are comparable between NFHS-4 and NFHS-5.

FIGURE 8: Trends in underweight among women aged 15-49 years, by state, 2015-16 and 2019-21



- From 2015-16 to 2019-21:
- 32 of 36 states/UTs improved
- 2 of 36 states/UTs worsened
- 2 of 36 state/UTs unchanged

States/UTs where underweight improved the most between 2015-16 an 2019-21	
State/UT	pp change
Assam	-8
Rajasthan	-7
J & K	-7
West Bengal	-6
Ladakh	-6

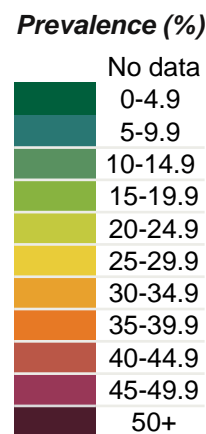
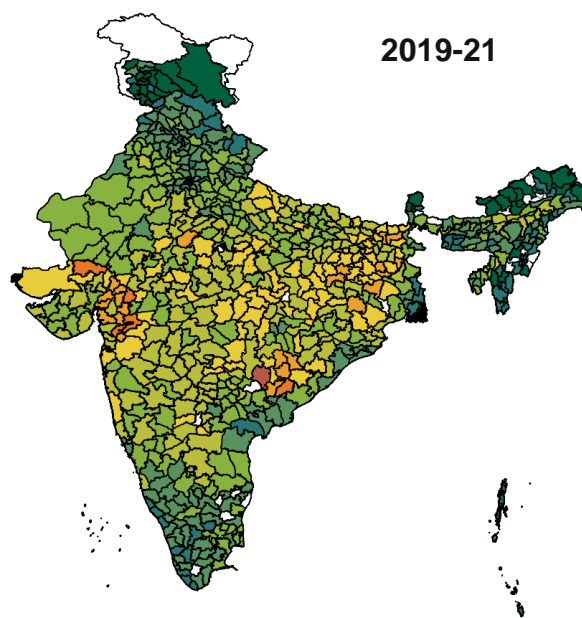
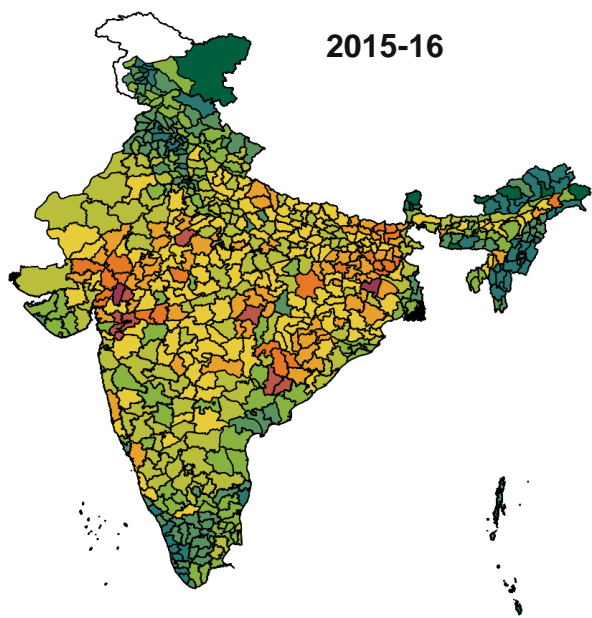
States/UTs where underweight worsened the most between 2015-16 an 2019-21	
State/UT	pp change
DDH & DD	2
Punjab	1

% of women aged 15-49y who are underweight, 2015-16 and 2019-21

MAP 7: Underweight among women aged 15-49 years, by district, 2015-16 and 2019-21

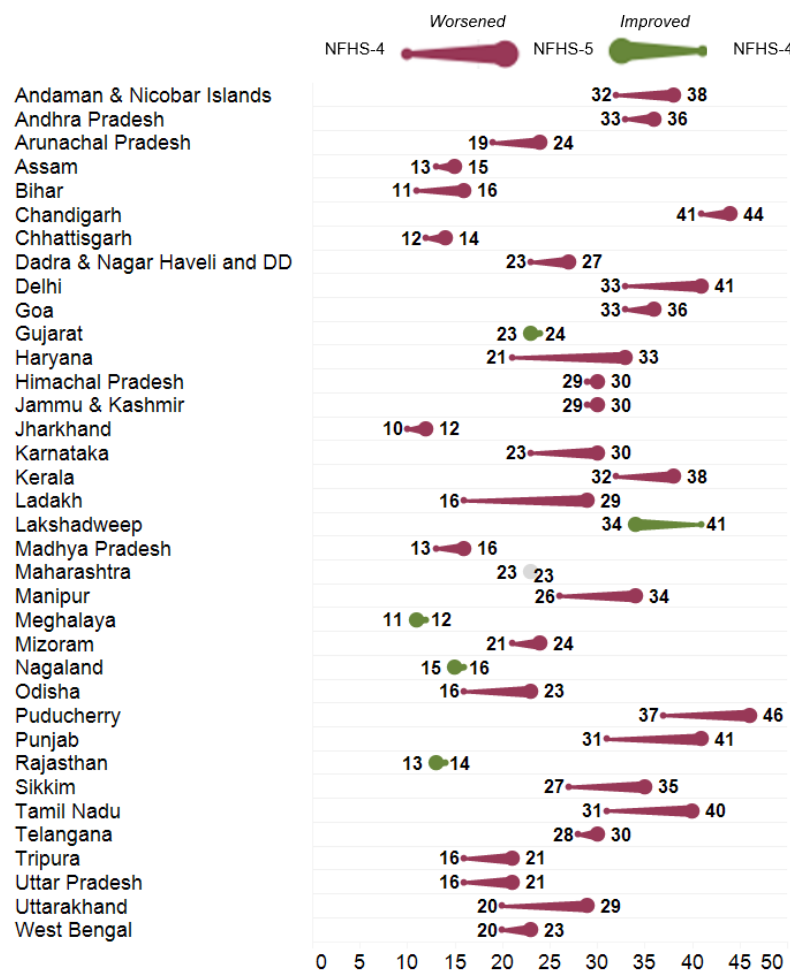
Districts where underweight improved the most between 2015-16 an 2019-21	
Districts	pp change
Udaipur (RJ)	-20
Khargone (West Nimar) (MP)	-20
Tinsukia (AS)	-18
Pali (RJ)	-16
Sirohi (RJ)	-16

Districts where underweight worsened the most between 2015-16 an 2019-21	
Districts	pp change
Bijapur(CG)	23
Rajnandgaon (CG)	10
Daman (DH & DD)	10
Kottayam (KL)	7
Panchkula (HR)	7



Source: NFHS-4 and NFHS-5-unit level data [IFPRI estimates]. Note:- There are 575 districts are comparable between NFHS-4 and NFHS-5.

FIGURE 9: Trends in overweight among women aged 15-49 years, by state, 2015-16 and 2019-21



- From 2015-16 to 2019-21:
- 5 of 36 states/UTs improved
- 30 of 36 states/UTs worsened
- 1 of 36 state/UTs unchanged

States/UTs where overweight improved the most between 2015-16 an 2019-21	
State/UT	pp change
Lakshadweep	-7
Meghalaya	-1
Gujarat	-1
Nagaland	-1
Rajasthan	-1

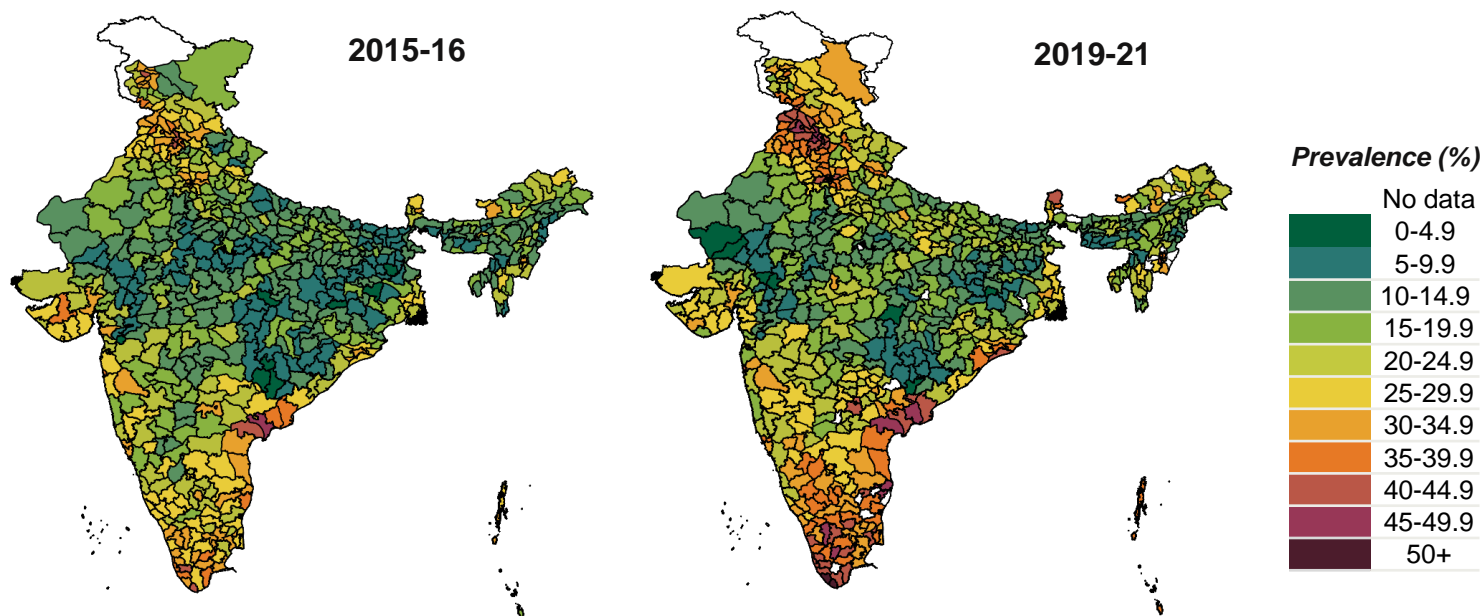
States/UTs where overweight worsened the most between 2015-16 an 2019-21	
State/UT	pp change
Ladakh	13
Haryana	12
Punjab	10
Tamil Nadu	9
Uttarakhand	9

% of women aged 15-49y who are overweight, 2015-16 and 2019-21

MAP 8: Overweight among women aged 15-49 years, by district, 2015-16 and 2019-21

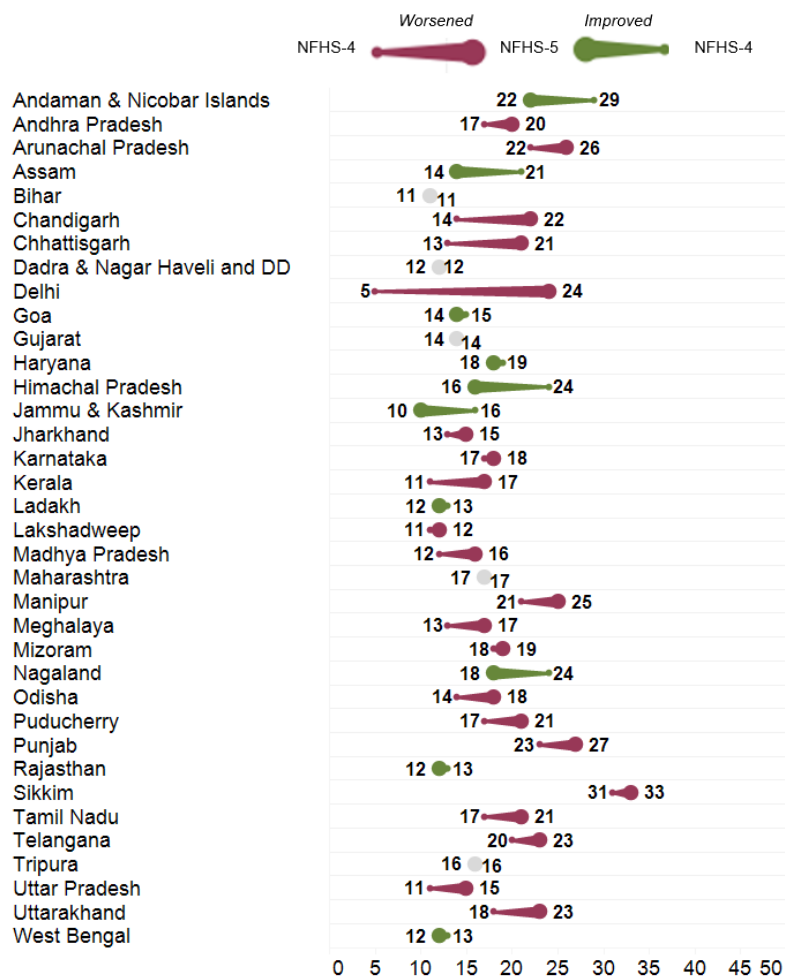
Districts where overweight improved the most between 2015-16 an 2019-21	
Districts	pp change
Kolkata (WB)	-13
Mahe (PY)	-13
Srinagar (JK)	-12
Mumbai (MH)	-10
Nagpur (MH)	-10

Districts where overweight worsened the most between 2015-16 an 2019-21	
Districts	pp change
Ambala (HR)	29
Chitradurga (KA)	24
Jhajjar (HR)	22
Jalandhar (PB)	22
Nicobars (AN)	20



Source: NFHS-4 and NFHS-5-unit level data [IFPRI estimates]. Note:- There are 575 districts are comparable between NFHS-4 and NFHS-5.

FIGURE 10: Trends in hypertension among men aged 15-49 years, by state, 2015-16 and 2019-21



- From 2015-16 to 2019-21:
 - 10 of 36 states/UTs improved
 - 21 of 36 states/UTs worsened
 - 5 of 36 state/UTs unchanged

States/UTs where hypertension improved the most between 2015-16 an 2019-21	
State/UT	pp change
Himachal Pradesh	-8
Assam	-7
A & N Islands	-7
Nagaland	-6
J & K	-6

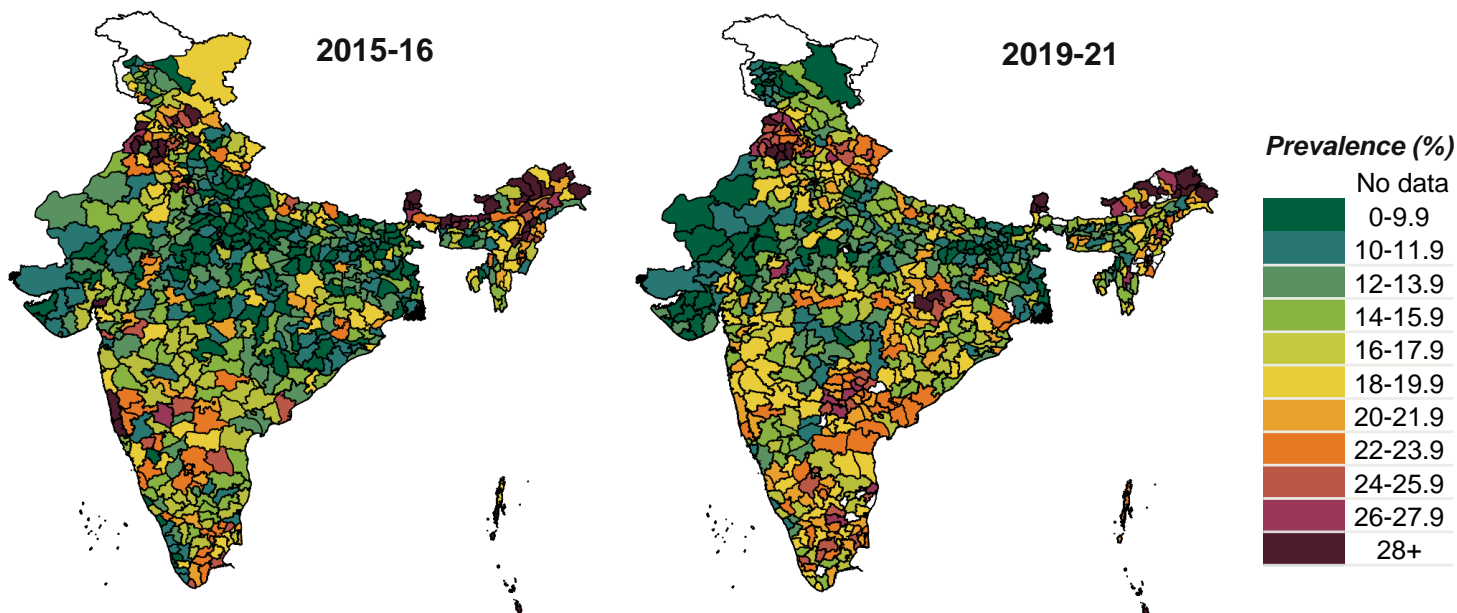
States/UTs where hypertension worsened the most between 2015-16 an 2019-21	
State/UT	pp change
Delhi	19
Chhattisgarh	8
Chandigarh	8
Kerala	6
Uttarakhand	5

% of men aged 15-49y who having hypertension, 2015-16 and 2019-21

MAP 9: Hypertension among men aged 15-49 years, by district, 2015-16 and 2019-21

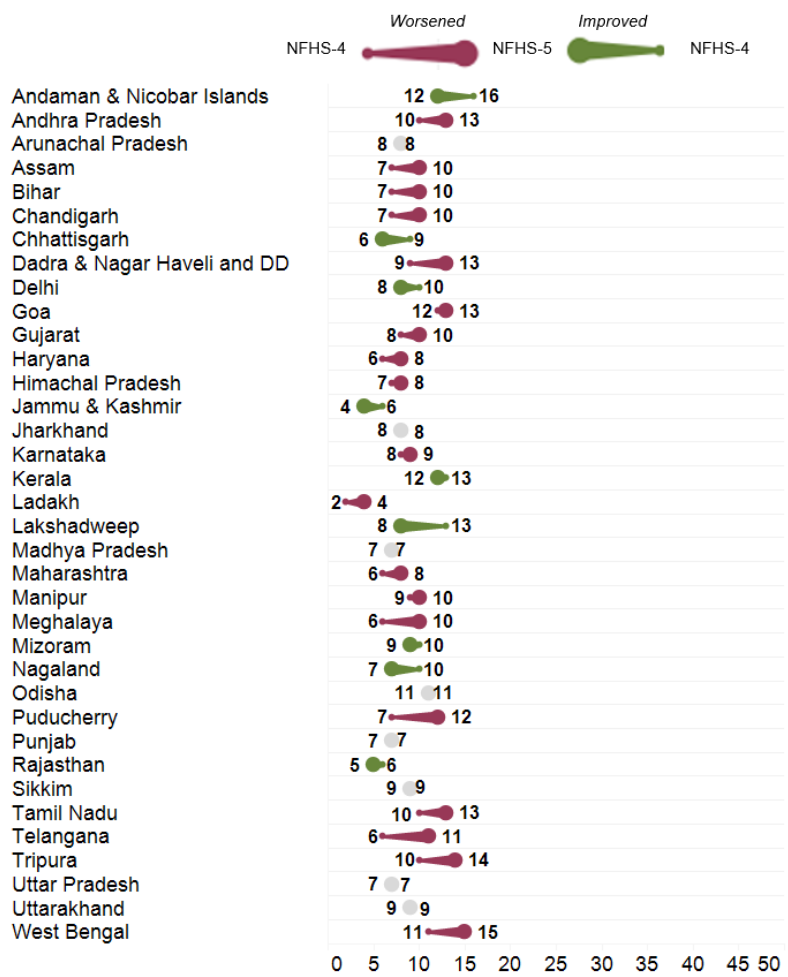
Districts where hypertension improved the most between 2015-16 an 2019-21	
Districts	pp change
Mumbai (MP)	-28
Barpeta (AS)	-21
Kullu (HP)	-18
Mokokchung (NL)	-17
Sirmaur (HP)	-16

Districts where hypertension worsened the most between 2015-16 an 2019-21	
Districts	pp change
Bathinda (PB)	22
Tehri Garhwal (UK)	21
Rajnandgaon (CG)	18
Kottayam (KL)	17
Amritsar (PB)	15



Source: NFHS-4 and NFHS-5-unit level data [IFPRI estimates]. Note:- There are 575 districts are comparable between NFHS-4 and NFHS-5.

FIGURE 11: Trends in diabetes among men aged 15-49 years, by state, 2015-16 and 2019-21



- From 2015-16 to 2019-21:
- 9 of 36 states/UTs improved
- 19 of 36 states/UTs worsened
- 8 of 36 state/UTs unchanged

States/UTs where diabetes improved the most between 2015-16 and 2019-21	
State/UT	pp change
Lakshadweep	-5
A & N Islands	-4
Nagaland	-3
Chhattisgarh	-3
J & K	-2

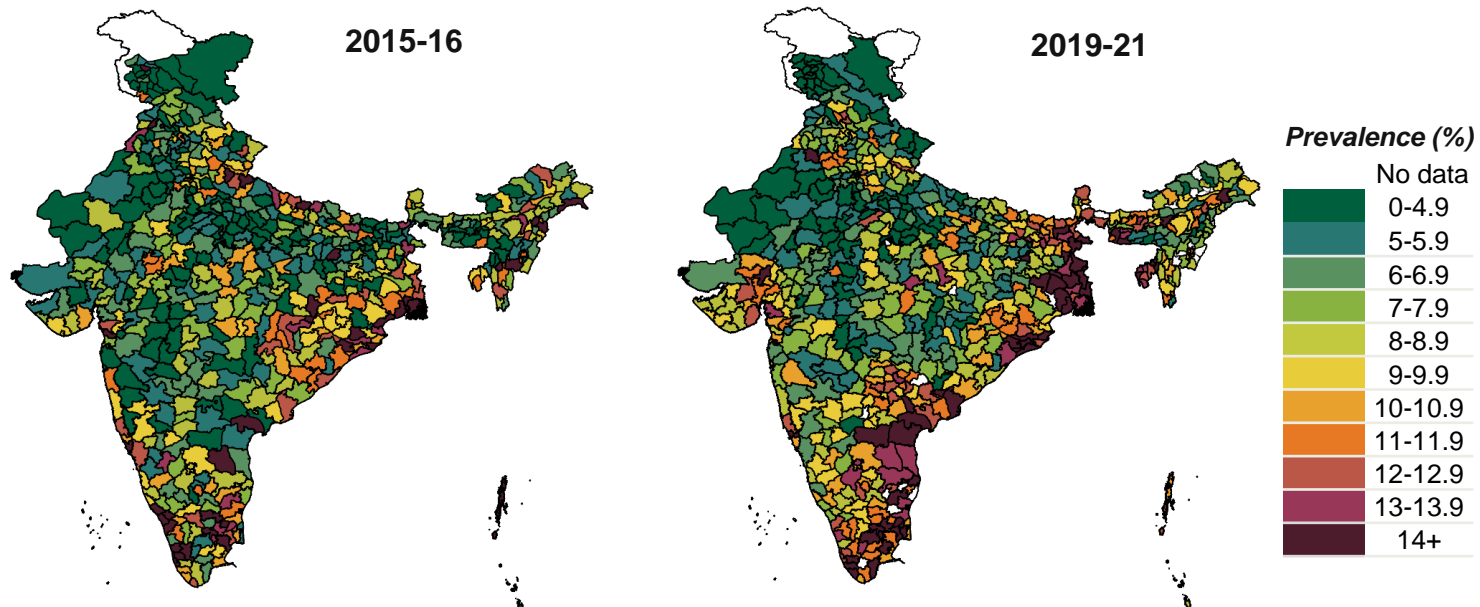
States/UTs where diabetes worsened the most between 2015-16 and 2019-21	
State/UT	pp change
Telangana	5
Puducherry	5
Meghalaya	4
DNH & DD	4
West Bengal	4

% of men aged 15-49y who having diabetes, 2015-16 and 2019-21

MAP 10: Diabetes among men aged 15-49 years, by district, 2015-16 and 2019-21

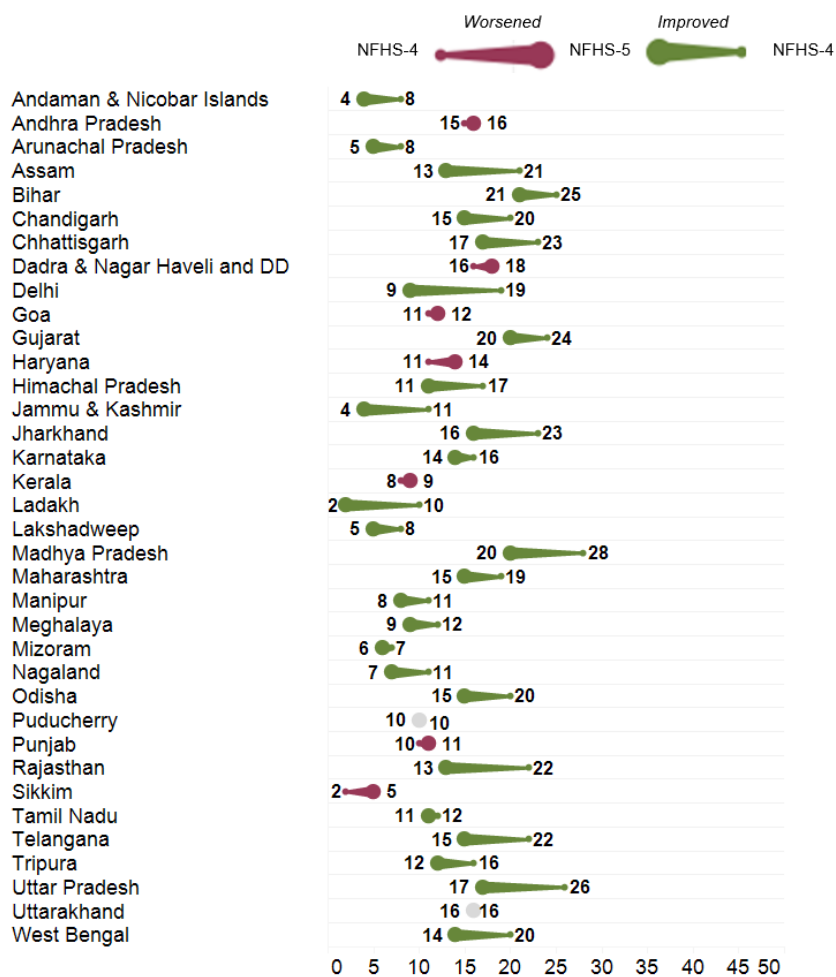
Districts where diabetes improved the most between 2015-16 and 2019-21	
Districts	pp change
Srinagar (JK)	-12
Kozhikode (KL)	-12
Wayanad (KL)	-12
Churachandpur (MN)	-11
Mokokchung (NL)	-11

Districts where diabetes worsened the most between 2015-16 and 2019-21	
Districts	pp change
Sirsa (HR)	13
Dindigul (TN)	13
Kurnool (AP)	12
South Garo Hills (ML)	12
Yanam (PY)	11



Source: NFHS-4 and NFHS-5-unit level data [IFPRI estimates]. Note:- There are 575 districts are comparable between NFHS-4 and NFHS-5.

FIGURE 12: Trends in underweight among men aged 15-49 years, by state, 2015-16 and 2019-21



- From 2015-16 to 2019-21:
- 27 of 36 states/UTs improved
- 7 of 36 states/UTs worsened
- 2 of 36 state/UTs unchanged

States/UTs where underweight improved the most between 2015-16 an 2019-21	
State/UT	pp change
Delhi	-10
Rajasthan	-9
Uttar Pradesh	-9
Ladakh	-8
Madhya Pradesh	-8

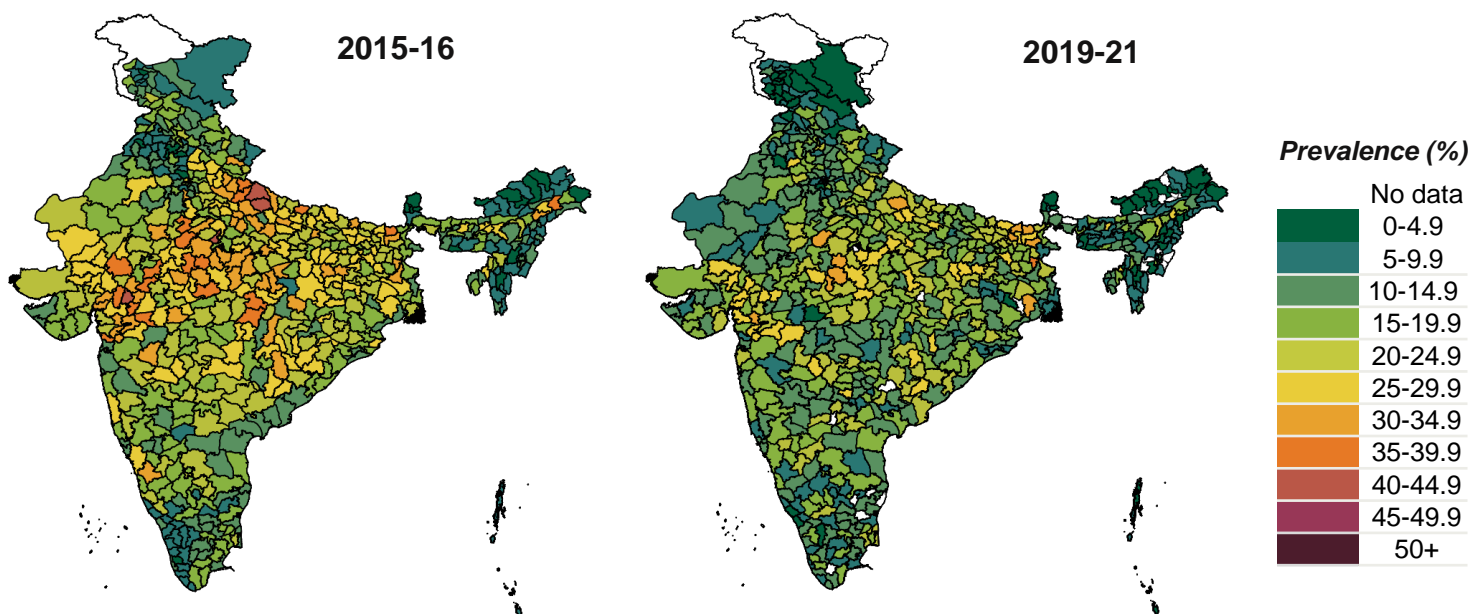
States/UTs where underweight worsened the most between 2015-16 an 2019-21	
State/UT	pp change
Haryana	3
Sikkim	3
DNH & DD	2
Punjab	1
Andhra Pradesh	1

% of men aged 15-49y who are underweight, 2015-16 and 2019-21

MAP 11: Underweight among men aged 15-49 years, by district, 2015-16 and 2019-21

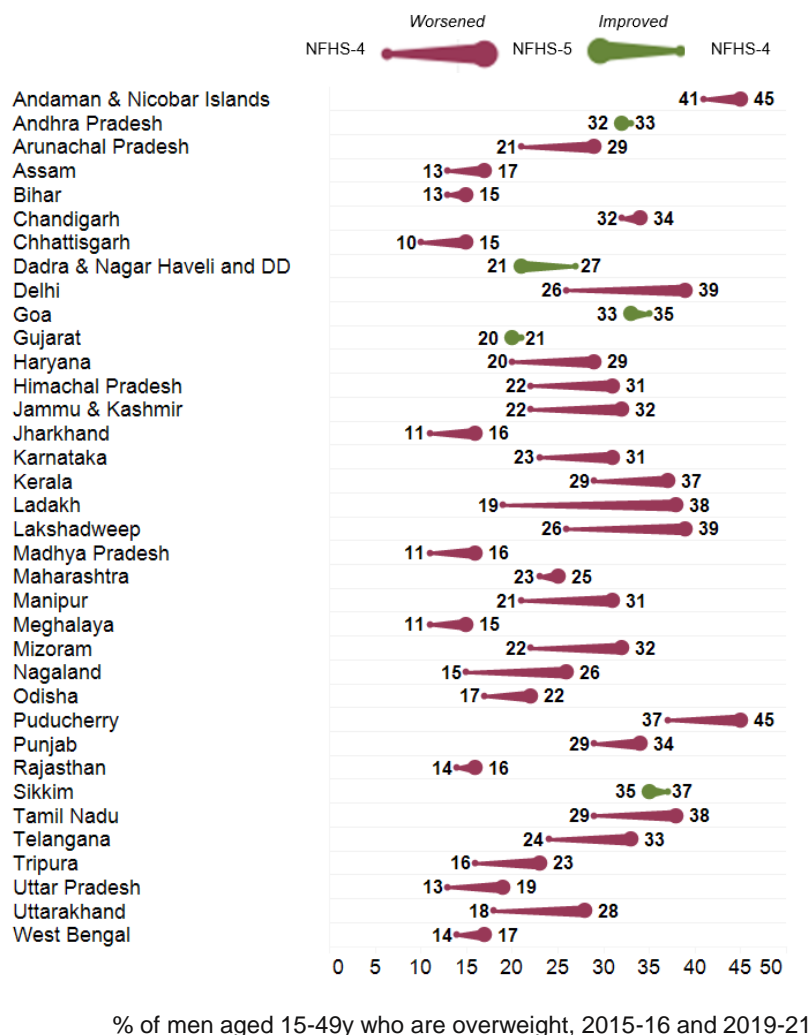
Districts where underweight improved the most between 2015-16 an 2019-21	
Districts	pp change
Khandwa(East Nimar) (MP)	-35
Navsari (GJ)	-28
Balaghat (MP)	-27
Mau (UP)	-26
Udaipur (RJ)	-26

Districts where underweight worsened the most between 2015-16 an 2019-21	
Districts	pp change
Fatehabad (HR)	14
Bijapur (CG)	13
Koriya (CG)	13
Jalgaon (MH)	13
Katihar (BR)	12



Source: NFHS-4 and NFHS-5-unit level data [IFPRI estimates]. Note:- There are 575 districts are comparable between NFHS-4 and NFHS-5.

FIGURE 13: Trends in overweight among men aged 15-49 years, by state, 2015-16 and 2019-21



- From 2015-16 to 2019-21:
- 5 of 36 states/UTs improved
- 31 of 36 states/UTs worsened
- 0 of 36 state/UTs unchanged

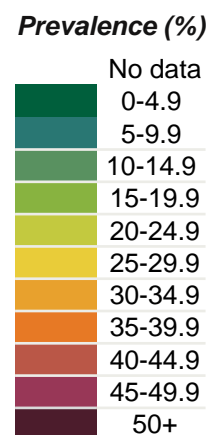
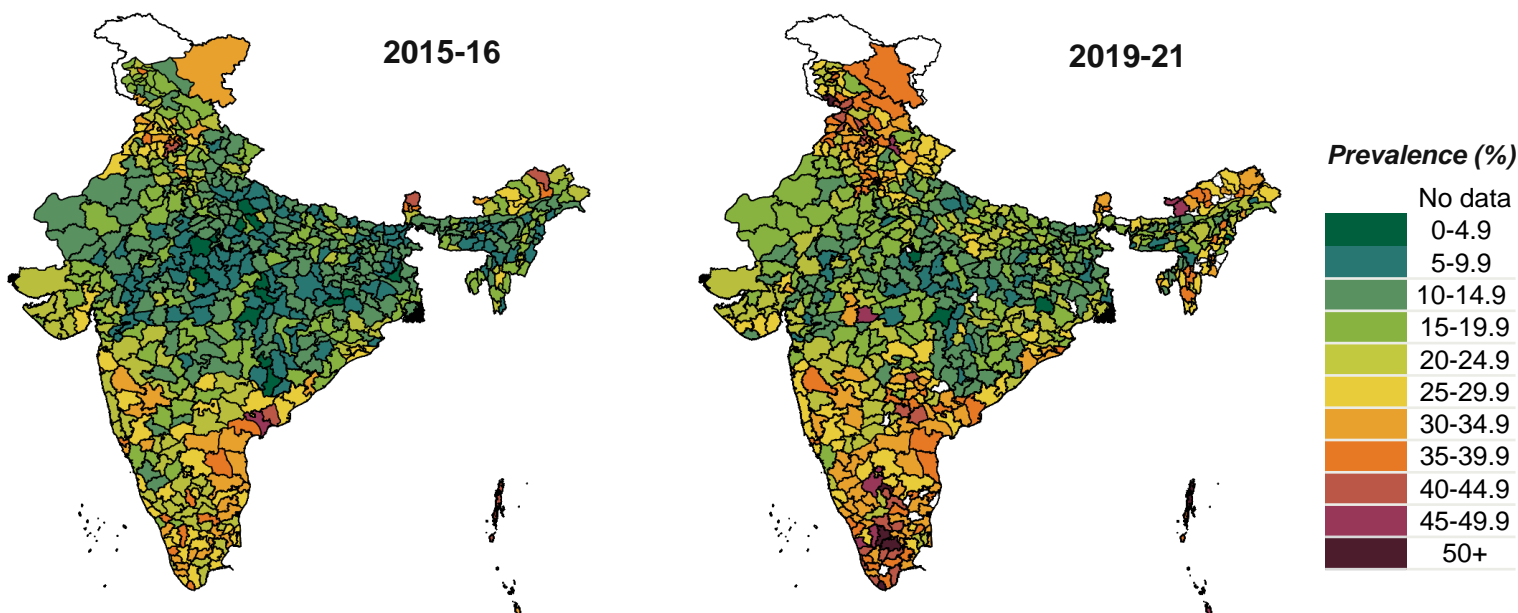
States/UTs where overweight improved the most between 2015-16 and 2019-21	
State/UT	pp change
DDH & DD	-6
Goa	-2
Sikkim	-2
Andhra Pradesh	-1
Gujarat	-1

States/UTs where overweight worsened the most between 2015-16 and 2019-21	
State/UT	pp change
Ladakh	19
Delhi	13
Lakshadweep	13
Nagaland	11
J & K	10

MAP 12: Overweight among men aged 15-49 years, by district, 2015-16 and 2019-21

Districts where overweight improved the most between 2015-16 and 2019-21	
Districts	pp change
Aurangabad (BR)	-16
Krishna (AP)	-16
Upper Siang (AR)	-14
Moga (PB)	-14
North District (SK)	-12

Districts where overweight worsened the most between 2015-16 and 2019-21	
Districts	pp change
Khandwa (East Nimar) (MP)	40
Kargil (LD)	28
Bangalore rural (KA)	27
Panchkula (HR)	26
Thrissur (KL)	25



Source: NFHS-4 and NFHS-5-unit level data [IFPRI estimates]. Note:- There are 575 districts are comparable between NFHS-4 and NFHS-5.

Table 1: Dashboard of malnutrition & NCD outcomes by state in NFHS 5 (2019-21)

	0-10%	10-<20%	20-<30%	30-<40%	40-<50%	>=50%						
State Name	Children				Women				Men			
	Stunting	Wasting	Underweight	Overweight	Hypertension	Diabetes	Underweight	Overweight	Hypertension	Diabetes	Underweight	Overweight
Andaman And Nicobar Islands	22	15	22	7	17	11	9	38	22	12	4	45
Andhra Pradesh	31	16	29	3	14	11	15	36	20	13	16	32
Arunachal Pradesh	28	14	15	10	20	6	6	24	26	8	5	29
Assam	35	23	32	5	19	8	17	15	14	10	13	17
Bihar	43	23	40	3	9	7	25	16	11	10	21	15
Chandigarh	24	10	22	2	15	11	12	44	22	10	15	34
Chhattisgarh	34	19	31	4	15	5	23	14	21	6	17	15
Dadra & Nagar Haveli and Daman & Diu	39	21	38	2	16	9	25	27	12	13	18	21
Delhi	31	12	21	4	15	6	10	41	24	8	9	39
Goa	26	19	24	3	41	10	14	36	14	13	12	33
Gujarat	39	26	39	4	13	9	25	23	14	10	20	20
Haryana	27	12	21	3	13	6	15	33	18	8	14	29
Himachal Pradesh	31	18	25	6	11	7	14	30	16	8	11	31
Jammu And Kashmir	27	20	21	10	24	4	5	30	10	4	4	32
Jharkhand	39	23	39	3	10	6	26	12	15	8	16	16
Karnataka	35	21	32	3	21	7	17	30	18	9	14	31
Kerala	23	16	19	4	14	11	10	38	17	12	9	37
Ladakh	30	19	20	12	21	3	4	29	12	4	2	38
Lakshadweep	32	18	25	11	10	9	8	34	12	8	5	39
Madhya Pradesh	35	19	32	2	12	5	23	16	16	7	20	16
Maharashtra	35	26	36	4	15	6	21	23	17	8	15	25
Manipur	23	10	13	4	16	7	7	34	25	10	8	31
Meghalaya	46	12	26	4	19	6	10	11	17	10	9	15
Mizoram	28	10	12	11	13	8	5	24	19	9	6	32
Nagaland	33	19	26	5	24	5	11	15	18	7	7	26
Odisha	31	18	29	4	14	9	21	23	18	11	15	22
Puducherry	20	13	15	4	11	10	9	46	21	12	10	45
Punjab	24	10	17	4	19	7	13	41	27	7	11	34
Rajasthan	32	18	27	3	9	3	19	13	12	5	13	16
Sikkim	20	16	15	9	28	8	6	35	33	9	5	35
Tamil Nadu	25	15	22	4	13	11	13	40	21	13	11	38
Telangana	33	22	31	4	18	8	19	30	23	11	15	33
Tripura	32	19	25	8	14	13	16	21	16	14	12	23
Uttar Pradesh	39	18	31	3	12	6	19	21	15	7	17	19
Uttarakhand	27	14	21	4	14	6	14	29	23	9	16	28
West Bengal	34	21	32	4	23	12	15	23	12	15	14	17

State level findings
Malnutrition based on anthropometric measures

- In 2019-21, the prevalence of child stunting was above 30% in 22 out of 36 states across India
- Child wasting was above 20% in 10 states
- Child underweight was above 30% in 12 states
- Underweight among adults was above 20% in 8 out of 36 states for women and 3 states for men
- Child overweight prevalence remained low in most states
- Overweight among adults was above 30% in 17 out of 36 states for women and 18 states for men

Non-communicable diseases

- Hypertension was above 20% in 8 states for women and 12 states for men
- Diabetes prevalence was above 10% in 7 states for women and 11 states for men.

Summary of findings, 2015-16 to 2019-21

Malnutrition among children

- **Stunting:**
 - Stunting among children <5 years declined from 43 to 35% (Fig 1).
 - Stunted children have decreased in most states (Fig 2).
 - Number of districts with high level of stunting (>40%) reduced from 217 to 161 districts (Map 1).
- **Wasting:**
 - Wasting among children <5 years five remained stagnant at 20%.
 - Wasted children have decreased in most states (Fig 3).
 - Number of districts with high level of wasting (>20%) reduced from 345 to 289 districts (Map 2).
- **Underweight:**
 - India achieved improvements in underweight, with a decline from 39 to 31% among children (Fig 1).
 - Underweight has decreased in most states (Fig 4).
 - Number of districts with high level of child underweight (>40%) has reduced from 214 to 93 districts (Map 3).
- **Overweight/obesity:**
 - Overweight/obesity among children <5 years were low (<5%) (Fig 1).
 - Overweight/obesity has increased in majority of states (Figs 5).
 - Number of districts with high level of child overweight/ obesity (>5%) has increased from 93 to 223 (Map 4).

Malnutrition among adults

- **Underweight:**
 - India achieved improvements in underweight, with a decline from 35 to 18% among women and 34 to 15% among men (Fig 1).
 - Underweight has decreased in most states (Fig 8 and 12).
 - Adult underweight >30% reduced from 108 to 30 districts for women (Map 7) and from 72 to 12 districts for men (Map 11).
- **Overweight/obesity:**
 - Among adults, overweight/obesity doubled (12 to 24% among women and 10 to 23% among men (Fig 1).
 - Overweight/obesity has increased in majority of states (Figs 9 & 13).
 - Overweight/ obesity (>30%) among adults has increased in both women (from 89 to 178 districts, Map 8) and men (from 69 to 185 districts, Map 12).

Non-communicable disease

- **Hypertension:**
 - Hypertension has slightly increased among women (11 to 14%) men (15 to 16 %) (Fig 1).
 - Hypertension has increased in most states among women (Fig 6) and men (Fig 10).
 - Number of districts with high level of hypertension (>20%) has increased in both women (from 25 to 109 districts, Map 5) and men (from 144 to 198 districts, Map 9).
- **Diabetes:**
 - Diabetes has slightly increase among women (6 to 8%) men (8 to 9%) (Fig 1).
 - Diabetes has increased in most states among women (Fig 7) and men (Fig 11).
 - Number of districts with high level of diabetes (>10%) has increased in both women (from 19 to 110 districts, Map 6) and men (from 153 to 222 districts, Map 10).

ANNEX 1: Definition of indicators used in the analyses

Indicator	Definition
Malnutrition	
Stunting among children	Percentage of children < 5 years whose height-for-age z-score < -2 standard deviations (SD), based on the WHO standard
Wasting among children	Percentage of children < 5 years whose weight-for-height z score < -2SD, based on the WHO standard
Underweight among children	Percentage of children < 5 years whose weight-for-age z score < -2SD, based on the WHO standard
Underweight among women	Percentage of women aged 15-49 years whose Body Mass Index (BMI) <18.5 kg/m ² .
Underweight among men	Percentage of men aged 15-49 years whose Body Mass Index (BMI) <18.5 kg/m ² .
Obesity /overweight among children	Percentage of children < 5 years whose weight-for-height z score > 2SD), based on the WHO standard
Obesity/ overweight among women	Percentage of women aged 15-49 years whose Body Mass Index (BMI)≥25.0 kg/m ²
Obesity /overweight among men	Percentage of men aged 15-49 years whose Body Mass Index (BMI) ≥ 25.0 kg/m ²
Non-communicable disease	
Hypertension among women	Percentage of women aged 15-49 years who have elevated blood pressure (Systolic ≥140 mm of Hg and/or Diastolic ≥90 mm of Hg) or taking medicine to control blood pressure
Hypertension among men	Percentage of men aged 15 -49 years who have elevated blood pressure (Systolic ≥140 mm of Hg and/or Diastolic ≥90 mm of Hg) or taking medicine to control blood pressure
Diabetes among women	Percentage of women aged 15-49 years who have high or very high blood sugar level (random blood sugar>140 mg/dl).
Diabetes among men	Percentage of men aged 15-49 years who have high or very high blood sugar level (random blood sugar>140 mg/dl).

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ABOUT POSHAN

Partnerships and Opportunities to Strengthen and Harmonize Actions for Nutrition in India (POSHAN) is a multi-year initiative that aims to support the use of data and evidence in decision-making for nutrition in India. To strengthen these efforts, POSHAN works with several partners including government, academia, civil society, development partners and the media. It is supported by the Bill & Melinda Gates Foundation and led by IFPRI in India.

ABOUT DATA NOTES

POSHAN Data Notes focus on data visualization to highlight geographic and/or thematic issues related to nutrition in India. They draw on multiple sources of publically available data.

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