

Current Health & Nutrition Status of Indian Preschoolers



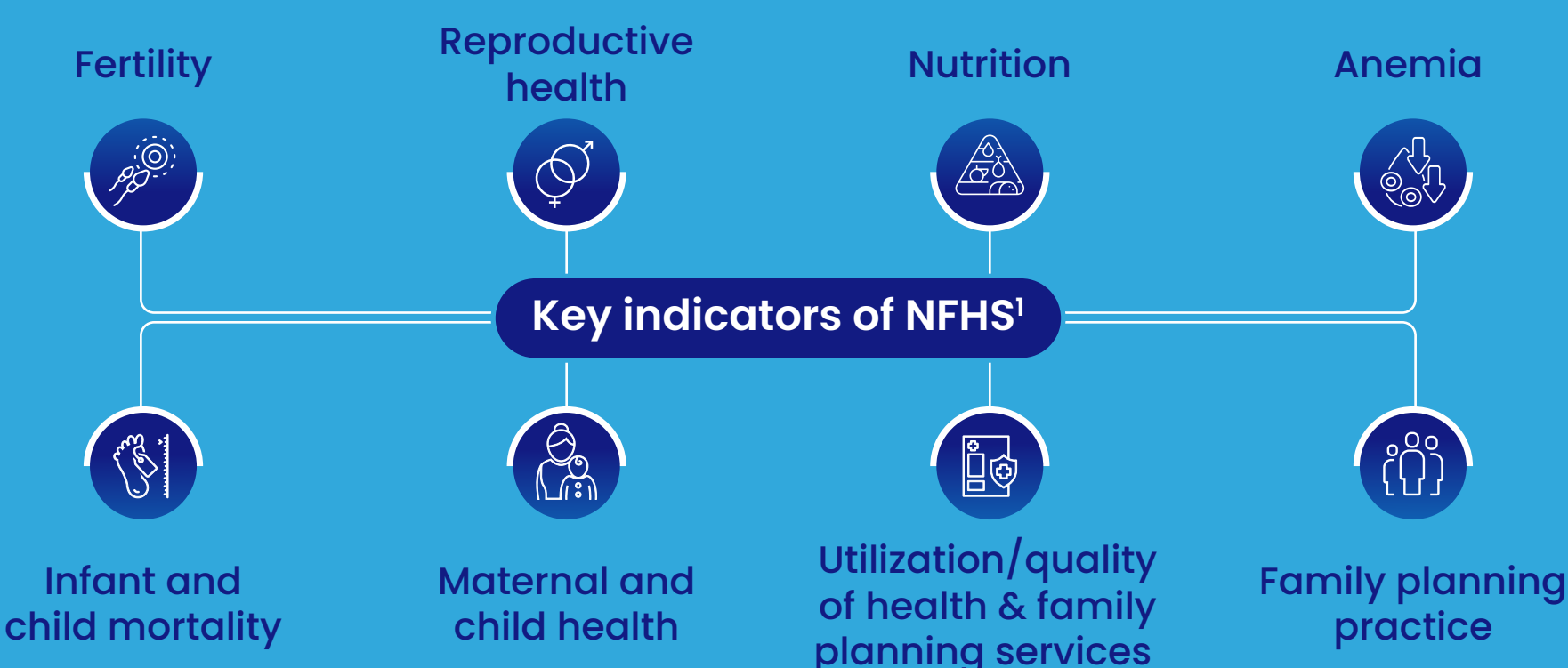
National Family Health Survey 2019–21 (NFHS-5)

Goals of NFHS¹

To provide essential data on health and family welfare for policy and program



To provide information on important emerging health and family welfare issues



Nutritional status of children under 5 years²

	Urban	Rural	Total
Stunted (height-for-age, %)	28.4	27.9	28
Wasted (weight-for-height, %)	10.1	13.6	13.1
Severely wasted (weight-for-height, %)	4.7	6.8	6.5
Underweight (weight-for-age, %)	13.1	15.8	15.4
Overweight (weight-for-height, %)	9.6	9.7	9.7

> Anemic children of age 6–59 months: 56.6%²

Immunity status of children under 5 years: NNFHS-4 vs. 5²

	NFHS-5			NFHS-4
	Urban	Rural	Total	Total
Prevalence of diarrhea (%)	4.3	5.3	5.1	6.5
Prevalence of symptoms of ARI (%)	2.5	2	2.1	2.1
Children with fever or symptoms of ARI taken to an HCP (%)	54	45.9	47.1	37.5

Key findings from CNNS 2016–18

CNNS 2016–18: The largest micronutrient survey³

Participants³

- > N=112316
- > Preschoolers (1–4 years)
- > School-age children (5–9 years)
- > Adolescents (10–19 years)

Objective³

- To obtain representative data on:
- > Risk factors for NCDs
 - > Anthropometry
 - > Anemia
 - > Micronutrient deficiencies
 - > Undernutrition & associated factors

Malnutrition in preschoolers³

35%	17%	33%	5%	2%
Stunted (HAZ<-2 SD)	Wasted (WHZ<-2 SD)	Underweight (WAZ<-2 SD)	Acutely malnourished (MUAC<125mm)	Overweight or obese (WHZ>+2 SD)

Micronutrient deficiency in preschoolers³

18%	14%	14%	19%	23%
Vitamin A	Vitamin D	Vitamin B12	Zinc	Folate

> Anemia in preschoolers: 41%³

Key takeaways

- > The national surveys, namely **NFHS-5** and **CNNS 2016–18**, collected data on the health and nutritional status of Indian **children**, adolescents, and adults.
- > Data from both the surveys highlight the **poor health status** of preschoolers in India.
- > There is a rising prevalence of **malnutrition** in Indian preschoolers.



Abbreviations

ARI: Acute respiratory infection; CNNS: Comprehensive National Nutrition Survey; HAZ: Height-for-age Z score; HCP: Healthcare professional; MUAC: Mid-upper arm circumference; NCD: Noncommunicable disease; NFHS: National Family Health Survey; SD: Standard deviation; WAZ: Weight-for-age Z score; WHZ: Weight-for-height Z score.

References

1. National Family Health Survey, India. [Internet]. Available at <https://rchiips.org/nfhs/index.shtml#> [Accessed on 01/08/2023].
2. International Institute for Population Sciences (IIPS) and ICF. 2021. National Family Health Survey (NFHS-5), India, 2019–21. India.
3. Ministry of Health and Family Welfare (MoHFW), Government of India, UNICEF and Population Council. 2019. Comprehensive National Nutrition Survey (CNNS) National Report. New Delhi.

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