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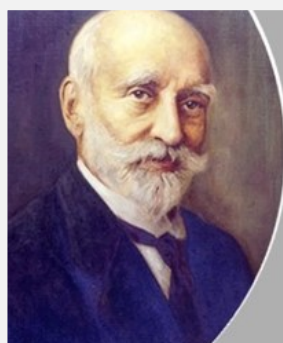
NATIONAL FAMILY HEALTH SURVEY 2019-2021

HIGHLIGHTS



The National Family Health Survey (NFHS) is a large-scale, multi-round survey conducted in a representative sample of households throughout India.

All NFHSs have been conducted under the stewardship of the **Ministry of Health and Family Welfare (MoHFW)**, **Government of India**, with the **International Institute for Population Sciences (IIPS)** **Mumbai**, serving as the nodal agency.



Sir Dorabji Tata
an Indian businessman & a key figure
in the history and development of the Tata Group
1859-1932

“Established in **1956** under the joint sponsorship of **Sir Dorabji Tata Trust**, the **Government of India** and the **United Nations (UN)**”

It is a survey carried out on a massive scale across the country to collect information on many parameters which would ultimately help the MoHFW to frame policies and programs to help in the upliftment of the vulnerable groups in India.

This information can be utilized by other stake holders in the healthcare sector for better optimization of public health.



⇒ The **first round** of the NFHS was conducted in **1992-92**.

⇒ Subsequently, four other rounds have taken place, the latest being **NFHS 5** that started in **2018-19**



The *Objective* of conducting the NFHS is to collect information of the following:



1. Fertility



2. Maternal and Child



3. Anemia



4. Reproductive Health



5. Health and Nutrition



6. Infants and Child Mortality



7. Family Planning



NFHS Goals

- To provide essential data on health and family welfare needed by the MoHFW and other agencies for policy and programme purposes, and
- To provide information on important emerging health and family welfare issues.

NFHS- 5

- The fifth in the series, it provides information on population, health, and nutrition for India and each state/ union territory (UT).
- NFHS-5 includes some new topics, such as preschool education, disability, access to a toilet facility, death registration, bathing practices during menstruation, and methods and reasons for abortion.

- NFHS-5 data will be useful in setting benchmarks and examining the progress the health sector has made over time.

Selected key indicators highlighted in this document are;

- Child Health,**
- Health & Nutrition**
- Tobacco & Alcohol Consumption.**

The list of important indicators is mentioned below:

- Population and household profile
- Marriage and fertility
- Family planning
- Contraception
- Maternal and child health
- Delivery care
- Vaccinations
- Treatment of childhood diseases
- Nutrition and feeding practices
- Anemia
- Diabetes
- Hypertension and
- Cancer examination

Link to access full text: http://rchiips.org/nfhs/NFHS-5_FCTS/India.pdf

KEY INDICATORS

Child Health:

In this section, we look at certain indicators related to child health (children under 5 years).

These include prevalence of diarrhoea, children with diarrhoea who received oral rehydration salts (ORS) and children with diarrhoea who received zinc.



i) Prevalence of Diarrhoea

- Decrease in the prevalence of diarrhoea was seen in the year 2019-21 (7.3%) in comparison to the year 2015-2016 (9.2%).
- Also, around 20-25% reduction in the prevalence of diarrhoea was seen among children from both urban (6.2 vs 8.2%) and rural (7.7 vs 9.6%) in NFHS-5 data compared to NFHS-4 data. (Figure 1)

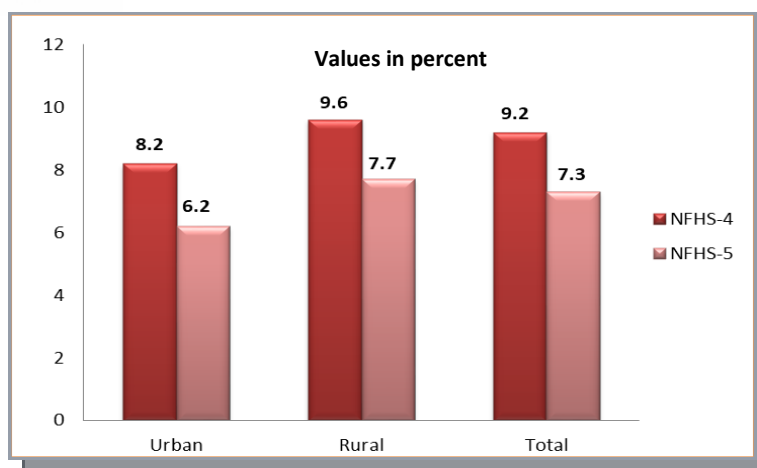
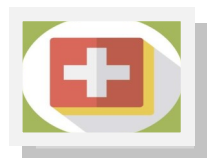


Figure 1: Prevalence of Diarrhoea



ii) Treatment of Diarrhoea

- The percentage of children with diarrhoea who received treatment was noticeably more in the NFHS-5 survey as compared to NFHS-4.
- Improvement in the usage of ORS and Zinc for the treatment of diarrhoea was found in the NFHS-5 survey. (Figure 2 & 3)

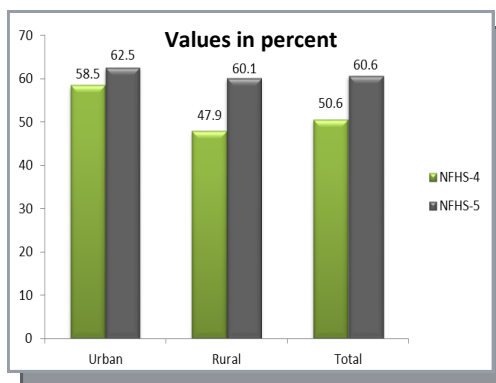


Figure 2: Children who received ORS

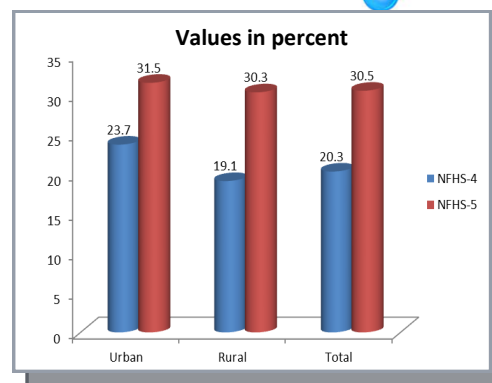


Figure 3: Children who received Zinc

IMPLICATION:

- Overall decreased trend in the prevalence of diarrhoea was seen in children in NFHS-5 survey.
- Increased awareness and improved utilization of ORS and Zinc for the treatment of diarrhoea was found from the NFHS-5 result.



Health & Nutrition



i) Nutritional status of adults (age 15-49 years)

- The percentage of adults with below normal BMI was lesser in both men and women in NFHS-5
- There is a marked increase in the proportion of adults suffering from obesity. (Table 1)

- A fourth of the men and women were found to be overweight or obese as per NFHS-5 result.
- NFHS-4 survey had found 19% men and 21% women to be overweight or obese.
- 57% of women and 48% men surveyed had a higher risk of waist-to-hip ratio. (Table 1)



Table 1: Nutritional status of adults

Indicators	Men (%)		Women (%)	
	NFHS-5 (2019-21)	NFHS-4 (2015-16)	NFHS-5 (2019-21)	NFHS-4 (2015-16)
Body Mass Index below normal (BMI < 18.5 kg/m ²)	16.2	20.2	18.7	22.9
Overweight or obese	22.9	18.9	24.0	20.6
High risk waist-to-hip ratio	47.7	na	56.7	na



ii) Anemia among children and adults

- A surge in anemia is seen among children, non-pregnant women, pregnant women and men as per the NFHS-5 data in comparison to NFHS-4.
- This indicates a decline in the nutritional status among children and adults in the year 2019-21.
- Also, compared to men at the overall level, a higher proportion of women were anemic. (Figure 4)

SURGE IN ANEMIA

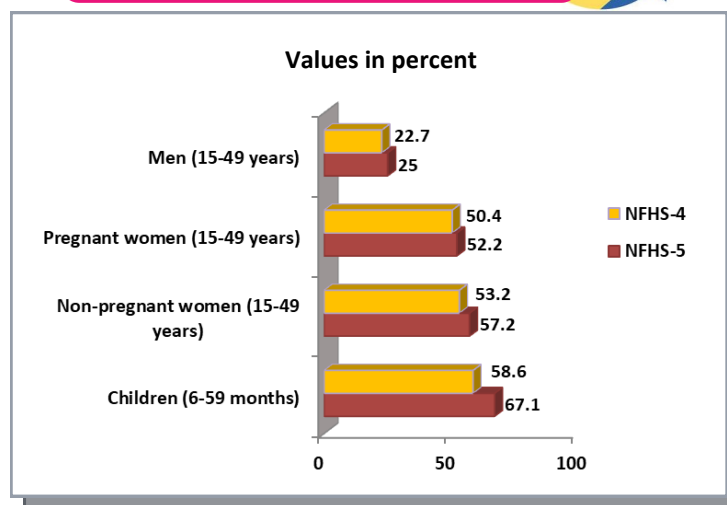


Figure 4: Prevalence of Anemia

IMPLICATION:

- * Concerning increased trend in the proportion of adults being overweight and also children and women being anemic was revealed from the NFHS-5 data.

iii) Blood sugar level among adults

(15-49 years)

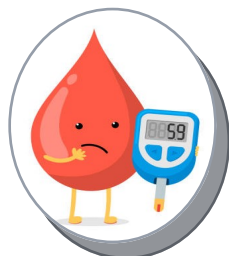
- A notable increase in the proportion of adults suffering from high blood sugar levels was seen in the NFHS-5 data compared to NFHS-4

- In this context, **15.6%** men and **13.5%** women were found to have high or very high blood sugar levels or were taking medicines to control the sugar level. (Table 2)



Table 2: Blood sugar levels in adults

Indicators	Men		Women	
	NFHS-5 (2019-21)	NFHS-4 (2015-16)	NFHS-5 (2019-21)	NFHS-4 (2015-16)
High (141-160 mg/dl)	7.3	8.0	6.1	5.8
Very high (>160 mg/dl)	7.2	3.9	6.3	2.8
High or very high (> 140 mg/dl) or taking medicine to control blood sugar	15.6	na	13.5	na



iii) Hypertension among adults (15-49 years)

- There is an upsurge seen among adults across both the gender in NFHS-5 results as compared to NFHS-4.
- A fifth of the women and nearly a quarter of the men surveyed had elevated blood pressure or were taking medicine to control it. (Table 3)



Table 3: Hypertension in adults

Indicators	Men (%)		Women (%)	
	NFHS-5 (2019-21)	NFHS-4 (2015-16)	NFHS-5 (2019-21)	NFHS-4 (2015-16)
Mildly elevated (Systolic 140-159 mmHg and/or Diastolic 90-99 mmHg)	15.7	10.4	12.4	6.7
Moderately or severely elevated (Systolic \geq 160 mmHg and/or Diastolic \geq 100 mmHg)	5.7	3.9	5.2	1.4
Elevated (Systolic \geq 140 mmHg and/or Diastolic \geq 90 mmHg) or taking medicine to control blood pressure	24.0	na	21.3	na



IMPLICATION: Despite taking appropriate medications for hyperglycemia and hypertension, adults surveyed in NFHS-5 were found to be uncontrolled with respect to both the aspects.

Tobacco and Alcohol consumption

IMPLICATION: Surprising increased trend seen among women who consume tobacco and alcohol as per NFHS-5 compared to the past years.

- Incidentally, there has been a steady decline in the proportion of men who consume tobacco and alcohol as compared to women over the past two NFHS. (Table 4)

Table 4: Tobacco and alcohol consumption in adults

Indicators	Men (%)		Women (%)	
	NFHS-5 (2019-21)	NFHS-4 (2015-16)	NFHS-5 (2019-21)	NFHS-4 (2015-16)
Use of any kind of tobacco	38.0	44.5	8.9	6.8
Consume alcohol	18.8	29.2	1.3	1.2

For any scientific queries on above topic
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