

National Family Health Survey-5

November 27, 2021

In news—Recently, the Union Ministry of Health and Family Welfare released the findings of NFHS- 5 phase II.

About NFHS-5

- **The NFHS provides estimates on key indicators** related to population, family planning, child and maternal health, nutrition, adult health, and domestic violence, among others.
- NFHS-5 was conducted in two phases between 2019 and 2021, and covered 650,000 households from 707 districts of the country.
- **The States and UTs which were surveyed in the Phase-II are** Arunachal Pradesh, Chandigarh, Chhattisgarh, Haryana, Jharkhand, Madhya Pradesh, NCT of Delhi, Odisha, Puducherry, Punjab, Rajasthan, Tamil Nadu, Uttar Pradesh and Uttarakhand.
- **The main objective of successive rounds of the NFHS is** to provide reliable and comparable data relating to health and family welfare and other emerging issues.
- **International Institute for Population Sciences(IIPS), Mumbai is the nodal agency,** responsible for providing coordination and technical guidance for the survey.
- **The funding for different rounds of NFHS has been provided by** USAID, DFID, the Bill and Melinda Gates Foundation, UNICEF, UNFPA, and MOHFW, GOI.
- The all-India and State/UT level factsheet of NFHS-5 released includes information on 131 key indicators.
- It provides information on important indicators which are helpful in tracking the progress of Sustainable Development Goals (SDGs) in the country.
- **Many indicators of NFHS-5 are similar to NFHS-4 carried**

- out in 2015-16** to make possible comparisons over time.
- However, **NFHS-5 includes some new focal areas**, such as death registration, pre-school education, expanded domains of child immunization, components of micro-nutrients to children, menstrual hygiene, frequency of alcohol and tobacco use, additional components of non-communicable diseases (NCDs), expanded age ranges for measuring hypertension and diabetes among all aged 15 years and above.
 - **The first four editions of surveys were conducted in 1992-93, 1998-99, 2005-06 and 2015-16.**
 - The findings of NFHS-5 in respect of 22 States & UTs covered in Phase-I were released in December, 2020.
 - A comparison of NFHS-5 with NFHS-4 (2015-16) reveals improvement in several dimensions such as educational attainment, institutional deliveries, vaccinations, infant mortality and much more.

Key findings of NFHS-5-

The key results from India and Phase-II States/UTs NFHS-5 Factsheets areas below:

- **The Total Fertility Rates (TFR)**, an average number of children per woman has further **declined from 2.2 to 2.0 at the national level** and all 14 States/UT's ranging from **1.4 in Chandigarh to 2.4 in Uttar Pradesh.**
- All Phase-II States have achieved replacement level of fertility (2.1) except Madhya Pradesh, Rajasthan, Jharkhand and Uttar Pradesh.
- **Overall Contraceptive Prevalence Rate (CPR) has increased substantially from 54% to 67%** at all-India level and in almost all Phase-II States/UTs with an exception of Punjab. **Use of modern methods of contraceptives has also increased in almost all States/UTs.**
- **Unmet needs of family Planning have witnessed a significant decline** from 13 per cent to 9 per cent at

all-India level and in most of the Phase-II States/UTs.

- **The unmet need for spacing has come down to less than 10 per cent** in all the States except Jharkhand (12%), Arunachal Pradesh (13%) and Uttar Pradesh(13%).
- **Full immunization drive among children aged 12-23 months** has recorded **substantial improvement** from 62 per cent to 76 per cent at all-India level. 11 out of 14 States/UTs have more than three-fourth of children aged 12-23 months with fully immunization and it is highest (90%) for Odisha.
- On comparing NFHS-4 and NFHS-5 data, the **increase in full immunization coverage is observed to be expeditious** in many states and UTs; More than 50 per cent of Phase-II States/ UTs are sharing over 10 percentage points during the short span of 4 years.
- This can be attributed to the flagship initiative of Mission Indradhanush launched by the government since 2015.
- There is an **increase from 51 per cent to 58 percent of women receiving the recommended four or more ANC visits** by health providers at all-India level.
- Also, all the Phase-II States/UTs have shown improvement except Punjab between 2015-16 to 2019-20.
- **Institutional births have increased substantially from 79 per cent to 89 percent at all-India Level.** Institutional delivery is **100 percent in Puducherry and Tamil Nadu.**
- There has also been a **substantial increase in C-section deliveries in many States/UTs** especially in private health facilities.
- **Child Nutrition indicators show a slight improvement at all-India level as Stunting has declined** from 38 per cent to 36 per cent, **wasting from 21 per cent to 19 per cent** and **underweight from 36 per cent to 32 percent** at all India level.
- In all phase-II States/UTs the situation has improved in respect of child nutrition but the change is not

significant as drastic changes in respect of these indicators are unlikely in a short span period.

- **More than half of the children and women (including pregnant women) are anemic in all the phase-II States/UTs** and all-India level compared to NFHS4, in spite of substantial increase in the composition of iron folic acid (IFA) tablets by pregnant women for 180 days or more.
- **Exclusive breastfeeding to children under age 6 months has shown an improvement** in all-India level from 55 percent in 2015-16 to 64 percent in 2019-21. All the phase-II States/UTs have also showed considerable progress.
- **India now has 1,020 women for every 1000 men.** According to NFHS-3, conducted in 2005-06, the ratio was equal, 1000: 1000; it went down to 991:1000 in 2015-16 in NFHS-4. This is the first time, in any NFHS or Census, that the sex ratio is skewed in favour of women.
- **Women's empowerment indicators portray considerable improvement** at all India level and across all the phase-II States/UTs.
- Significant progress has been recorded between NFHS-4 and NFHS-5 in regard to women operating bank accounts from 53 percent to 79 percent at all-India level.
- For instance, in the case of Madhya Pradesh the increase was to the tune of 37 percentage point from 37 per cent to 75 per cent.

Extra

reading:

<https://journalsofindia.com/national-family-health-survey-nfhs-2019-20/>