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|  | **2016** |
|  | **NHSRC** |

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| **[NFHS IV]** |
| **Analysis – High Focus States ( Bihar, Madhya Pradesh & Uttarakhand )** |

The National Family Health Survey 2015-16 (NFHS IV) has released data for 17 states and its districts in the first phase.

This report compares NFHS IV with NFHS III on 21 indicators and provides analysis of 6 such indicators which NFHS IV has surveyed for the first time. For some indicators, figures from other sources are also referred in the report. NFHS III is not available for some of the states, namely, Andaman & Nicobar Island, Andhra Pradesh, Puducherry and Telangana.

The states are divided into three categories:-

1. Small states& UTs – Andaman & Nicobar, Goa, Meghalaya,Manipur, Puducherry, Sikkim and Tripura
2. High Focus States – Bihar, Madhya Pradesh and Uttarakhand
3. Non High Focus Large States – Andhra Pradesh, Haryana, Karnataka, Maharashtra, Tamil Nadu, Telangana and West Bengal

This report is related to High Focus States.

**Indicators**

1. **Household with any usual member covered by health scheme or Health Insurance ( % ) ( Graph 1):** In Bihar 12.3% ( NFHS 4) households are covered by Health scheme or health insurance. It was 0.9% as per NFHS III. Madhya Pradesh has gone up from 4.8% (NFHSIII) to 17.7% ( NFHS IV) and Uttarakhand has gone up from 6.6% ( NFHS III) to 19.5% ( NFHS IV)
2. **Total Fertility Rate (TFR) ( Graph 2): :** All the three high focus states have shown decline from NFHS III to NFHS IV. Maximum decline of 8 points is for Madhya Pradesh, from 3.1 (NFHS III) to 2.3 (NFHS IV). As per AHS 2013, TFR of MP is 3.0 and as per Statistical Report (RGI) 2013, it is 2.9. In Bihar, there has been a decline of 6 points, from 4.0 (NFHS III) to 3.4 (NFHS IV). It is 3.5 as per AHS 2013 and 3.4 as per Statistical Report (RGI) 2013. In Uttarakhand, TFR has come down from 2.6 (NFHS III) to 2.1 (NFHS IV). It is 2.1 as per AHS 2013 and Statistical Report (RGI) 2013 also states TFR as 2.1.

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| **Total fertility rate (children per woman)** |
| **States** | **NFHS IV (2015-16)** | **AHS 2013** | **Statistical Report(RGI) 2013** |
| **Bihar** | **3.4** | **3.5** | **3.4** |
| **Madhya Pradesh** | **2.3** | **3.0** | **2.9** |
| **Uttarakhand** | **2.1** | **2.1** | **2.1** |

1. **Infant Mortality Rate (IMR) ( Graph 3): :** Among the three states, Madhya Pradesh has shown the maximum decline of 18 points, from 69.0 in NFHS III to 51 in NFHS IV. IMR is 62 as per AHS 2013 and 54 as per SRS Bulletin, Sep 2014 for MP. The minimum decline of 2 points is shown by Uttarakhand, from 42 (NFHS III) to 40 (NFHS IV). As per AHS 2013, it is 40 and as per SRS Bulletin, Sep 2014 for 2013, it is 32. Bihar’s IMR has come down from 61 (NFHS III) to 48 (NFHS IV). As per AHS 2013, it is 48 and as per SRS Bulletin, Sep 2014 for 2013,it is 42.

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| **Infant Mortality Rate** |
| **States** | **NFHS IV (2015-16)** | **AHS 2013** | **SRS 2013** |
| **Bihar** | **48.0** | **48.0** | **42.0** |
| **Madhya Pradesh** | **51.0** | **62.0** | **54.0** |
| **Uttarakhand** | **40.0** | **40.0** | **32.0** |

1. **Under 5 Mortality Rate (U5MR) ( Graph 4)::** In Madhya Pradesh, there is a decline of 28 point**s**, from 93 (NFHS III) to 65 (NFHS IV). As per Statistical Report 2013 (RGI), U5MR for MP is 69 and as per AHS 2013, it is 83. There is a drop of 26 points, from 84 (NFHS III) to 58 (NFHS III) for Bihar. As per Statistical Report 2013 (RGI), U5MR for Bihar is 54 and as per AHS 2013, it is 70. Uttarakhand has declined from 56 (NFHS III) to 47 (NFHS IV) and as per AHS 2013, U5MR is 48.

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| **Under 5 Mortality Rate** |
| **States** | **NFHS IV (2015-16)** | **AHS 2013** | **Statistical Report(RGI) 2013** |
| **Bihar** | **58.0** | **70.0** | **54.0** |
| **Madhya Pradesh** | **65.0** | **83.0** | **69.0** |
| **Uttarakhand** | **47.0** | **48.0** | **NA** |

1. **Total Unmet Need ( Graph 5): :** Total unmet need for Bihar has gone down by 2.7 points, from 23.9 (NFHS III) to 21.2 (NFHS IV). There is no change seen for Madhya Pradesh. In Uttarakhand, the unmet need has gone up from 12.6 (NFHS III) to 15.5 (NFHS IV).

Comparing NFHS IV AND AHS 2013 data, AHS 2013 shows Total Unmet Need for Bihar is 31.5, whereas it is 21.2 as per NFHS IV. Similarly, for Madhya Pradesh, it is 21.6 as per AHS 2013 and 12.1 as per NFHS IV, whereas for Uttarakhand, the difference between NFHS IV and AHS 2013 data is of 0.2 points. It is 15.3 as per AHS 2013 and 15.5 as per NFHS IV.

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| **Total Unmet Need** |
| **States** | **NFHS IV (2015-16)** | **AHS 2013** |
| **Bihar** | **21.2** | **31.5** |
| **Madhya Pradesh** | **12.1** | **21.6** |
| **Uttarakhand** | **15.5** | **15.3** |

1. **Antenatal Check Up in First Trimester ( Graph 6)::** All the three states have shown rise from NFHS III to NFHS IV for this indicator. Bihar has gone up from 18.7 % (NFHS III) to 34.6% (NFHS IV), Madhya Pradesh has gone up from 39.3 % (NFHS III) to 53.1% (NFHS IV) and Uttarakhand has gone up from 43.3% (NFHS III) to 53.5% (NFHS IV).
2. **At least 4 Antenatal Care Visits ( Graph 7)::** At least 4 ANC visits in Bihar has gone up from 11.2% (NFHSIII) to 14.4% (NFHS IV). In MP, it has increased from 22.3% (NFHS III) to 35.7% (NFHS IV). Uttarakhand has shown decline of 4 points, from 34.9% (NFHS III) to 30.9% (NFHS IV).
3. **Mothers Receiving PNC from Skilled Health Personnel within 2 Days of Delivery( Graph 8): –** There is substantial increase for this indicator in all the three states. In Bihar it has gone up from 13.4 % (NFHS III) to 42.3% (NFHS IV); MP has gone up from 24.9% (NFHS III) to 55% (NFHS IV) and Uttarakhand has shown an increase of 27.1 points, from27.7% (NFHS III) to 54.8% (NFHS IV).
4. **Average Out of Pocket Expenditure per Delivery in Public Health Facility ( Graph 9): -**NFHS IV has done survey for this indicator for the first time. Amongst the three states, MP has shown the minimum average out of pocket expenditure, Rs1387 per delivery in public health facility, followed by Rs 1724/- in Bihar. For Uttarakhand, it is Rs 2399/-.
5. **Institutional Births ( Graph 10): –** The Institutional deliveries have gone up by three times in Bihar and MP. In Bihar, it has gone from 19.9% (NFHS III) to 63.8% (NFHS IV). In MP, it has gone up from 26.2% to 80.8% and in Uttarakhand, it has increased from 32.6% to 68.6%.
6. **Institutional Births in Public Facility( Graph 11): –** Among the three states, MP has shown highest percentage of births in public facility as 69.5% as per NFHS IV. It has gone up from 18.4% (NFHS III). In Bihar it has gone up from 3.5% (NFHS III) to 47.7% (NFHS IV) and in Uttarakhand , from 15.7% (NFHS III) to 43.8% (NFHS IV).
7. **Births Assisted by Skilled Health Personnel ( Graph 12): –** In all the three states, births assisted by skilled health personnel is 70% and above. In Bihar, it has gone from 29.3% (NFHS III) to 70% (NFHS IV); in MP it has gone up from 32.7% to 78.1% and in Uttarakhand, it has risen from 38.5 % to 71.2%.
8. **Births Delivered by C-Section( Graph 13): –**In Bihar the deliveries by C- Section has gone up from 3.1% (NFHS III) to 6.2% (NFHS IV), in MP, from 3.5% to 8.6% and in Uttarakhand, it has gone up from 8.1 to 13.1%.
9. **Children age 12 – 23 months Fully Immunized (BCG, measles, and3 doses each of Polio and DPT) ( Graph 14): –** Bihar has shown maximum increase in percentage of fully immunized children, 28.9 points, from 32.8% in NFHS III to 61.7% in NFHS IV. In MP, it has gone up from 40.3% to 53.6% but in Uttarakhand, it has gone down by 2.3 points, from 60% (NFHS III) to 57.7% (NFHS IV).
10. **Children Under Age 3 years Breastfed within One Hour of Birth ( Graph 15): –** In Uttarakhand, it has gone down from 32.9% (NFHS III) to 27.8% (NFHS IV). Maximum rise is seen in Bihar, it has gone up from 4.0 % (NFHS III) to 34.9% (NFHS IV). In MP, it has gone up from 14.9% (NFHS III) to 34.5% (NFHS IV).
11. **Children under 5 years who Are Stunted (Height for age) (- 2SD) ( Graph 16): –** Uttarakhand has shown maximum decline of 11 points. It has gone down from 44.4% (NFHS III) to 33.5% (NFHS IV). MP has gone down from 50% (NFHS III) to 42% (NFHS IV) and Bihar has gone down from 55.6% (NFHS III) to 48.3% (NFHS IV).

This data has also been compared with CLINICAL, ANTHROPOMETRIC and BIOCHEMICAL Survey (CAB). For Bihar, CAB has shown 3.6 points decline from NFHS III whereas NFHSIV has shown decline of 7.3 points. For MP CAB has shown rise of 1.5 points as compared to NFHS III, whereas NFHS IV has shown decline of 8 points from NFHS III. For Uttarakhand, CAB has shown decline is of 3.8 points as compared to NFHS III and NFHS IV has shown decline of 10.9 points from NFHS III.

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| **Stunting (below -2SD)(%)** |
| **States** | **NFHS3** | **CAB** | **NFHS4** |
| **Bihar** | **55.6** | **52** | **48.3** |
| **Madhya Pradesh** | **50** | **51.5** | **42** |
| **Uttarakhand** | **44.4** | **40.2** | **33.5** |

1. **Children under 5 years who Are wasted (weight for Height) (- 2SD) ( Graph 17): –** Wasting in Bihar has declined by 6.3 points. 20.8% children in Bihar are wasted as per NFHS IV. It was 27.1% in NFHSIII. MP has come down from 35% (NFHS III) to 25.8% (NFHS IV). In Uttarakhand, it was 18.8% in NFHS III and it is 19.5% as per NFHS IV report.

This data has also been compared with CLINICAL, ANTHROPOMETRIC and BIOCHEMICAL Survey (CAB). For Bihar, CAB has shown 7.9 points decline from NFHS III whereas NFHS IV has shown decline of 6.3 points. For MP, CAB has shown decline of 8.5 points as compared to NFHS III, whereas NFHS IV has shown rise of 9.2 points from NFHS III. For Uttarakhand, CAB has shown decline is of 4.1 points as compared to NFHS III and NFHS IV has shown rise of 0.7 points from NFHS III.

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| **Wasting (below -2SD) (%)** |
| **States** | **NFHS3** | **CAB** | **NFHS4** |
| **Bihar** | 27.1 | 19.2 | 20.8 |
| **Madhya Pradesh** | 25.8 | 17.3 | 35 |
| **Uttarakhand** | 18.8 | 14.7 | 19.5 |

1. **Children under 5 years who are severely wasted (weight for Height) (- 3SD) ( Graph 18):** –Bihar and MP both have shown decline from NFHS III to NFHS IV. In Bihar it has gone down from 8.3% to 7%. In MP it has gone down from 12.6% to 9.2%. In Uttarakhand , it has gone up from 5.3% to 9%.
2. **Children under 5 years who Are Underweight (weight for age) (- 2SD) ( Graph 19): –** All the three states have shown decline from NFHS III to NFHS IV. Bihar has declined from 55.9% to 43.9%, MP has declined from 60% to 42.8% and Uttarakhand has declined from 38% to 26.6%.
3. **Children age 6-59 months who are anaemic (<11.0 g/dl) ( Graph 20): –** More than half (55%) children are anaemic in all the three states. In Bihar 63.5% (NFHS IV) children are anaemic. It has come down from 78% (NFHS III). In MP 68.9% are anaemic, it has declined from 74% (NFHS III). In Uttarakhand, there is decline of just 0.9 points. It has come down from 60.7 % to 59.8%.
4. **All women age 15-49 years who are anaemic (<11.0 g/dl) ( Graph 21): –**NFHS IV shows that in Bihar 60.3% women are anaemic, in MP 52.5% and in Uttarakhand 45.2% women are anaemic. All the three states have shown decline from NFHS III, maximum decline of 9.5 points is for Uttarakhand.
5. **Men age 15-49 years who are anaemic (<13.0 g/dl) ( Graph 22): –** MP has not shown any improvement from NFHS III to NFHS IV. Now it is 25.5% and earlier it was 25.4%. Bihar has declined from 34.3% (NFHS III) to 32.2% (NFHS IV) and Uttarakhand has shown decline from 28.7% (NFHS III) to 15.5% (NFHS IV).
6. **Blood Sugar Level among Adults (age 15-49 years) -Blood sugar level - high (>140 mg/dl) ( Graph 23): -** This is the first time NFHS has surveyed for blood sugar level. In all the three states, blood sugar level >140 mg/dl amongst men is higher than amongst women. In Bihar and MP each, 6.7% men have blood sugar level >140 mg/dl as compared to 4.2% women in Bihar and 5.1% in MP. In Uttarakhand, 8.8% men have blood sugar level >140 mg/dl as compared to 6.1% women.
7. **Blood Sugar Level among Adults (age 15-49 years) - Blood sugar level - very high (>160 mg/dl) ( Graph 24): -** In Bihar 3.3%men and 1.9% women , in MP 2.1% men and 2.1% women and in Uttarakhand 4.6% men and 2.5% women have Blood sugar level >160 mg/dl.
8. **Hypertension among Adults (age 15-49 years) - Slightly above normal (Systolic 140-159 mm of Hg and/or Diastolic 90-99 mm of Hg) ( Graph 25): –** In Uttarakhand 13.1%, in MP 8.2% and 7.6% men in Bihar have Hypertension slightly above normal (Systolic 140-159 mm of Hg and/or Diastolic 90-99 mm of Hg). Amongst women, In Bihar 4.4%, in MP 6.1% and in Uttarakhand 7.2% women have Hypertension slightly above normal.
9. **Hypertension among Adults (age 15-49 years) - Moderately high (Systolic 160-179 mm of Hg and/or Diastolic 100-109 mm of Hg) ( Graph 26): –** In Bihar 1.3% men and 0.9% women, in Madhya Pradesh2% men and 1.2% women and in Uttarakhand 3.3% men and 1.6% women have Hypertension moderately high (Systolic 160-179 mm of Hg and/or Diastolic 100-109 mm of Hg).
10. **Hypertension among Adults (age 15-49 years) - Very high (Systolic ≥180 mm of Hg and/or Diastolic ≥110 mm of Hg) ( Graph 27): –** 0.6% women in Bihar and MP each and 0.8% women in Uttarakhand have very high Hypertension (Systolic ≥180 mm of Hg and/or Diastolic ≥110 mm of Hg) , whereas 0.5% men in Bihar, 0.7% in MP and 0.8% in Uttarakhand have very high Hypertension.

**Graph 1**

**Graph 2**

**Graph 3**

**Graph 4**

**Graph 5**

**Graph 6**

**Graph 7**

**Graph 8**

**Graph 9**

**Graph 10**

**Graph 11**

**Graph 12**

**Graph 13**

**Graph 14**

**Graph 15**

**Graph 16**

**Graph 17**

**Graph 18**

**Graph 19**

**Graph 20**

**Graph 21**

**Graph 22**

**Graph 23**

**Graph 24**

**Graph 25**

**Graph 26**

**Graph 27**