

National Family Health Survey 2019-20: Key Findings

- The NFHS-5 was conducted in around 6.1 lakh sample households. The NFHS 2019- 20 data of first phase pertains to 17 states. The factsheet released includes 131 key indicators, which will help track progress of Sustainable Development Goals (SDGs) in the country. Phase 2 of the survey, which will cover other states such as Uttar Pradesh, Punjab and Madhya Pradesh, was delayed due to the pandemic and its results are expected to be made available in May 2021.
- **Fertility:** The Total Fertility Rates (TFR) has further declined since NFHS-4 in almost all the Phase-1 States and UTs. The replacement level of fertility (2.1) has been achieved in 19 out of the 22 States/UTs and only 3 states viz. Manipur (2.2), Meghalaya (2.9) and Bihar (3.0) have TFR above replacement levels now.
- **Infant Mortality Rate:** Under 5 mortality was observed to be 74 deaths per 1,000 births in NFHS-3, and 50 deaths per 1,000 births in NFHS-4, a decline of about 33% over 10 years. NFHS-5 and NFHS-4 are about five years apart, but we are seeing very little progress in many states.
- **Immunization:** Full immunization drive among children aged 12-23 months has recorded substantial improvement across States/UTs/districts. More than two-third of children are fully immunized in all the States and UTs except Nagaland, Meghalaya and Assam. In almost three-fourths of districts, 70% or more children aged 12-23 months are fully immunized against childhood diseases.
- **Empowerment and Bank Accounts:** Women's empowerment indicators portray considerable improvement across all the States/UTs included in Phase 1. Considerable progress has been recorded between NFHS-4 and NFHS-5 in regard to women operating bank accounts. For instance, in the case of Bihar the increase was to the tune of 51 percentage point from 26% to 77%. More than 60% of women in every state and UTs in the first phase have operational bank accounts.

- **Anemia:** More than half of the children and women are anaemic in 13 of the 22 States/UTs. It has also been observed that anaemia among pregnant women has increased in half of the States/UTs compared to NFHS-4.
- **Sex Ratio:** Himachal Pradesh, Kerala, Andaman and Nicobar Islands, Jammu and Kashmir, and Ladakh saw a drop in sex ratio of the total population. Himachal Pradesh fared the worst with just 835 females per 1,000 males born in the past five years. The state had recorded a sex ratio of 937 in the previous NFHS. Goa also saw a steep decline in the sex ratio with 838 female births registered for every 1,000 males. Goa had recorded a sex ratio of 966 in the previous NFHS. A decline in the sex ratio was recorded in Bihar as well, where it dropped from 934 in NFHS 2015-16 to 908 in NFHS 2019-20. Maharashtra's sex ratio also slipped from 924 to 913. Kerala's sex ratio slid to 951 from a remarkable 1,047 during the same period. Kerala was among the few states that had earlier recorded a positive sex ratio. The other state that had a positive sex ratio was Meghalaya. Here also it slipped from 1,009 to 989. Nagaland is another state in the North East that has seen declining under-five sex ratio from 953 in 2015-16 to 945 in 2019-20.
- **Child Marriage:** There has been an increase in Tripura (40.1% from 33.1% in 2015- 16), Manipur (16.3% from 13.7% in 2015-16) and Assam (31.8% from 30.8% in 2015-16), while States like West Bengal (41.6%) and Bihar (40.8%) still have high prevalence of child marriages. The survey also revealed data about previous years, such as 28% of women currently in the age group of 20-24 in Himachal Pradesh were married before attaining the age of 18. 9% of this age group were pregnant while aged 15-19.
- **Teen Pregnancies:** Tripura, which also showed an increase in child marriage, has also shown an increase in teenage pregnancy from 18.8% in 2015-16 to 21.9%.
- **Domestic Violence:** Spousal violence has generally declined in most of the States and UTs, it has witnessed an increase in five States, namely Sikkim, Maharashtra, Himachal Pradesh, Assam and Karnataka. Karnataka witnessed the largest increase, from 20.6% in the NFHS 4 to 44.4% in the NFHS 5. Sexual

violence has increased in five States (Assam, Karnataka, Maharashtra, Meghalaya and West Bengal). In nine states/UTs, there was an increase in the percentage of women aged 18-29 years who said that they faced sexual violence by the age of 18.

- **Sanitation:** The percentage of households with improved sanitation facility and clean fuel for cooking has increased in almost all the 22 States/UTs over the last four years (from 2015-16 to 2019-20). Over 70 percent of the population in 16 states are living in households that use an improved sanitation facility.
- **Contraception:** Overall Contraceptive Prevalence Rate (CPR) has increased substantially in most States/UTs and it is the highest in HP and WB (74%). Use of modern methods of contraception has also increased. Female sterilisation continued to dominate as the modern method of contraceptives in States like Andhra Pradesh (98%), Telangana (93%), Kerala (88%), Karnataka (84%), Bihar (78%) and Maharashtra (77%).
- **Population Control Measures:** Many experts say that increased CPR, and decreasing fertility rates means India doesn't need a two-child policy, as the population appears to be stabilising. Historically India was a signatory to the Programme Of Action (POA) of the International Conference on Population and Development, 1994, which was unequivocally against coercion in family planning. The Union Ministry of Health and Family Welfare stated that "international experience shows that any coercion to have a certain number of children is counter-productive and leads to demographic distortions", and that India had been witnessing a "constant decline" in the total fertility rate (TFR). "The wanted fertility in India as per National Family Health Survey IV is only 1.8 as against the actual fertility of 2.2 prevailing at that time, indicating thereby that couples on an average do not want more than two children."

Important note: As this is only phase 1 data, with no full comparison published yet, the data that has been published is still undergoing analysis, and Phase 2 results are awaited. Also remember that statistics should be interpreted with caution when it comes to behavioural data.

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India Overview

Population	Total	1,21,08,54,977
	Males	62,37,24,568
	Females	58,64,69,294
Literacy	Total	74%
	Males	82.10%
	Females	65.46%
Density of population	per km²	382
Sex ratio	per 1000 males	940 females
Child sex ratio (0–6 age group)	per 1000 males	914 females

India's Global Ranking

Category	Global Ranking
Area	7th
Population	2nd
Growth Rate	102 of 212
Density	24 of 212
Male to Female Ratio	12 of 212

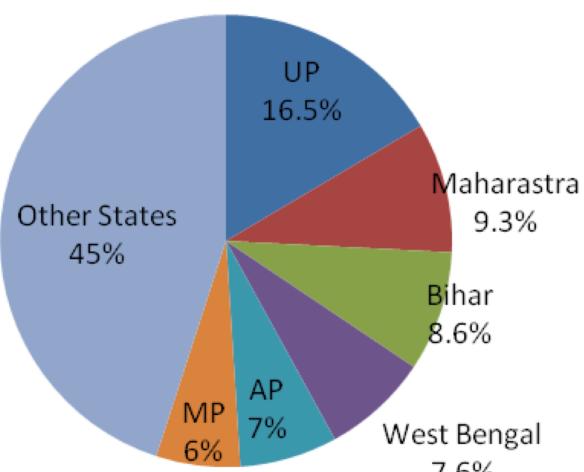
Literacy Rates

	2001	2011	Difference
			
Persons	64.83	74.04	9.2
Males	75.26	82.14	6.9
Females	53.67	65.46	11.8

Top 2 States/UTs		Bottom 2 States/UTs	
States/UTs	Literacy Rate	States/UTs	Literacy Rate
Kerala	93.91	Bihar	63.82
Lakshadweep	92.28	Arunachal Pradesh	66.95

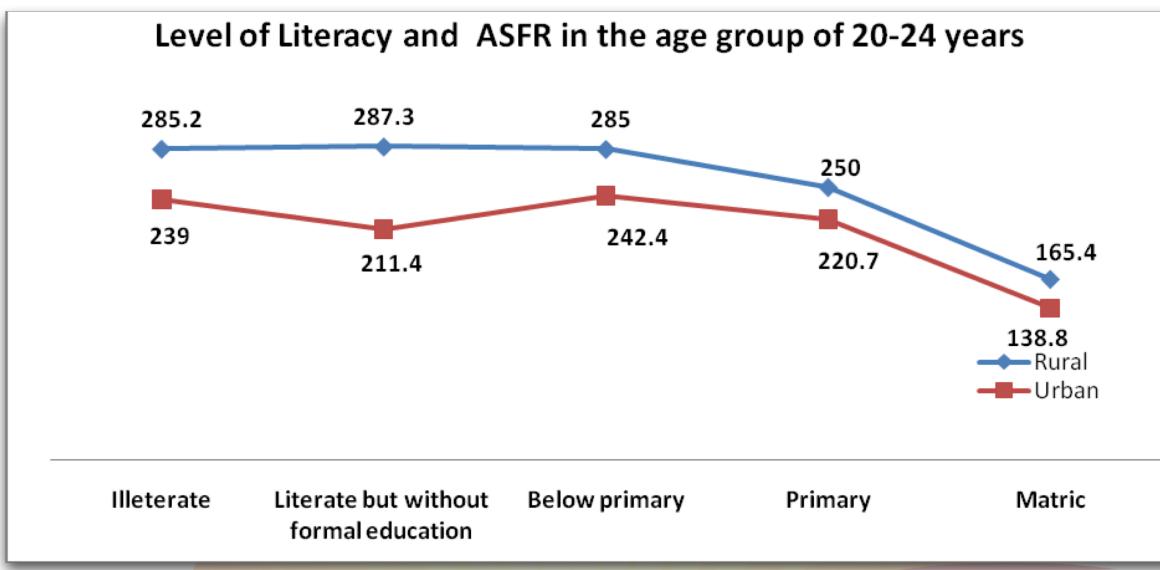


Contribution of Selected Major States to Total Population of the country



Literacy and Age-specific Fertility Rate

Literacy and Age-specific Fertility Rate



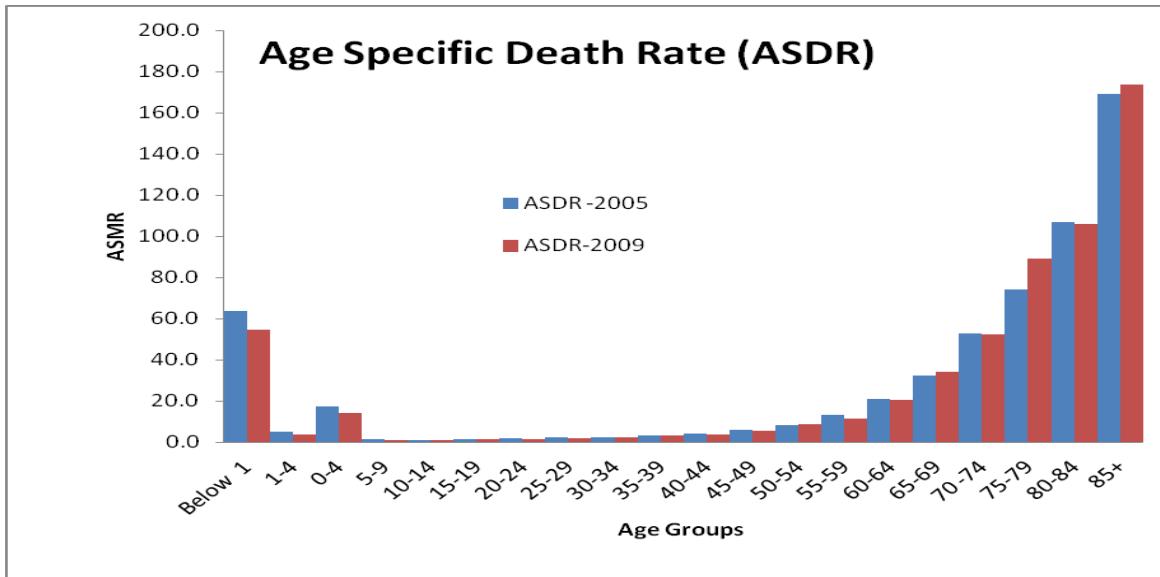
Crude death rate by sex and residence, India, 2011

Residence	Total	Males	Females
Total	7.1	7.8	6.3
Rural	7.6	8.4	6.9
Urban	5.7	6.3	5.0

Per cent distribution of deaths by broad age groups, India and bigger States, 2011

India and bigger States	Broad age-groups					
	<1	1-4	0-4	5-14	15-59	60+
India	13.6	3.1	16.7	2.3	30.0	50.9

Age-Specific Death Rate



Age Structure of Population

The donut chart illustrates the age structure of the population. The segments represent the percentage of the population for each age group: 0-4, 5-9, 10-14, 15-19, 20-24, 25-44, 45-64, 65-79, 80+, Less than 18, and Less than 21.

Age Group	Percentage
0-4	10.7
5-9	12.5
10-14	12.1
15-19	9.7
20-24	8.7
25-44	27.6
45-64	13.5
65-79	4.0
80+	0.8
Less than 18	41.1
Less than 21	47.9

Sex Ratio in India

	2001		2011 (Provisional)	
	Population (in mn)	Proportion (in %)	Population (in mn)	Proportion (in %)
Males	532.2	51.74	623.7	51.54
Females	496.5	48.26	586.4	48.46
Sex Ratio	933		940	

Child Sex Ratio

	2001		2011 (Provisional)	
	Population (0-6) (in mn)	Proportion (0-6) (in %)	Population (0-6) (in mn)	Proportion (0-6) (in %)
Males	85.0	51.89	82.9	52.24
Females	78.8	48.11	75.8	47.76
Sex Ratio	927		914	

The Child Sex Ratio at India level (914) is lowest since Independence

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States Ranked as per Sex Ratio

Top 2 States/UTs		Bottom 2 States/UTs	
States/UTs	(0-6 years) Sex Ratio	States/UTs	(0-6 years) Sex Ratio
Mizoram	971	Haryana	830
Meghalaya	970	Punjab	846

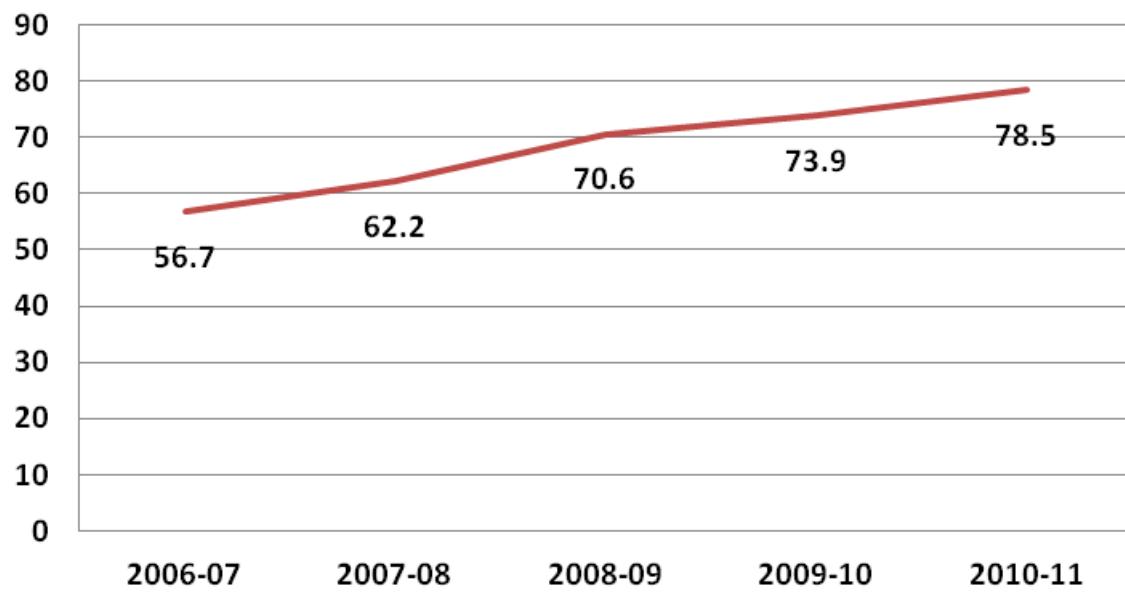
Districts Ranked as per Sex Ratio

Top 2 Districts		Bottom 2 Districts	
District	Sex Ratio (0-6)	District	Sex Ratio (0-6)
Lahul & Spiti (Himachal Pradesh)	1,013	Jhajjar (Haryana)	774
Tawang (Arunachal Pradesh)	1,005	Mahendragarh (Haryana)	778

NRHM GOALS

- Reduction in Infant Mortality Rate (IMR) and Maternal Mortality Ratio (MMR)
- Universal access to public health services such as Women's health, child health, water, sanitation & hygiene, immunization, and Nutrition.
- Prevention and control of communicable and non-communicable diseases, including locally endemic diseases
- Access to integrated comprehensive primary healthcare
- Population stabilization, gender and demographic balance.
- Revitalize local health traditions and mainstream AYUSH.
- Promotion of healthy life styles.

Institutional Deliveries(%)



FAMILY PLANNING

- Population control in India - oriented around FAMILY PLANNING
- Family Planning entails
 - Having only the desired number of children
 - Proper spacing between the children
 - As a social movement, it is an organized effort to initiate change in childbearing practices

GOALS OF FAMILY PLANNING

- Changes in child-bearing behavior of women
- Improve health status of mother and child
- Reducing birth rates
- Controlling population growth

COMPONENTS OF FAMILY PLANNING

1. Information, Education and Communication (IEC) Initiatives
2. Liberal supply of contraceptives
3. Research and Development
4. Training of Personnel
5. Administrative Infrastructure

BARRIERS TO FAMILY PLANNING

1. Fatalism, emphasis on children, male line of descent, religion, social stigma etc
2. Possible side effects - Ex. IUD - PID (leads to permanent infertility as it affects the fallopian tubes) (Pelvic Inflammatory Disease)
3. Ineffective methods
 - a. Sterilization - 100% effective
 - b. Condoms - 50%
 - c. Pills - effective if they are regularly taken
4. Easy availability

INDIA'S POPULATION POLICY

- First country in the world to have fully government supported FP program - early 20th century
- 1945 - Health Survey and Development Committee - Joseph William Bhore - recommended birth control services for promotion of health of mothers and children
- Increasing allocations of outlay for FP in successive plans - an indicator of our commitment

ISSUES WITH FAMILY PLANNING POLICY

- From independence, FP given top priority in development plans of the country
- Though implied in FPP of the govt, the population policy of the country - never explicitly stated and remained unarticulated in formal sense - “development is the best contraceptive”
- The emphasis was on reducing family size
- FPP involved coercion - a negative approach
- Complex interactions between economic, political, psychological and cultural factors were grossly ignored
- Even though we boast of high Couple Protection Rata (CPR), the no. of couple are above 40 years of age (& have 2+ children)
- Ignored the important link between poverty and fertility
- Numerically driven, target obsessed FPP could not deliver
- Government’s approach - Female bias - Tubectomies 96% of total sterilisation in 2009-10
- Deplorable conditions at PHCs – Infrastructure

NATIONAL POPULATION POLICY 2000

- Aims to stabilize population by 2045
- Identified unmet needs of contraception, health care infrastructure and trained health personnel
- Strategies
 - Provide contraception facilities and health care infrastructure with emphasis on basic reproductive and child health care.
 - Access to information of birth limitation methods and availability of totally free choice to citizens for planning their families.
 - Bring TFR to the replacement levels by 2010.
 - Reduce infant mortality rate to below 30 per 1000 live births.
 - Reduce maternal mortality ratio to below 100 per 100,000 live births. (398 in 1991 & 301 in 2001; Current levels 212)
 - Promote delayed marriage for girls not earlier than age of 18 and preferably after the age of 20.
 - Involvement of Panchayati Raj institutions for coordination among activities of different agencies, supervision of health care related infrastructure like Primary Health Centre and Aanganwadis and ensuring community participation

2.3 National Commission on Population (NCP): With a view to monitor and direct the implementation of the National Population Policy, the NCP was constituted in 2000 and it was re-constituted in 2005. The Chairman of the re-constituted Commission continued to be Hon’ble Prime Minister of India, whereas Deputy Chairman of the Planning Commission and the Minister of Health & FW are the two Vice-Chairmen and Secretary, H&FW, is the Member-Secretary of the Commission.

2.4 State Population Commissions: State Population Commissions have been constituted in 20 States/UTs. viz. Andhra Pradesh, Arunachal Pradesh, Assam, Haryana, Himachal Pradesh, J&K, Kerala, Madhya Pradesh, Gujarat, Uttar Pradesh, Maharashtra, West Bengal, Meghalaya, Mizoram, Punjab, Rajasthan, Sikkim, Tamil Nadu, Andaman & Nicobar Island and Lakshadweep.

2.5 Jansankhya Sthirata Kosh (JSK): The Jansankhya Sthirata Kosh (JSK) has been set up as an autonomous body in the Ministry of Health and Family Welfare, duly registered as a Society under the Societies Registration Act, 1860.

The objective of JSK is to facilitate the attainment of the goals of National Population Policy 2000 and support projects, schemes, initiatives and innovative ideas designed to help population stabilization both in the Government and Voluntary sectors and provide a window for canalizing resources through voluntary contributions from individuals, industry, trade organizations and other legal entities in furtherance of the national cause of population stabilization.

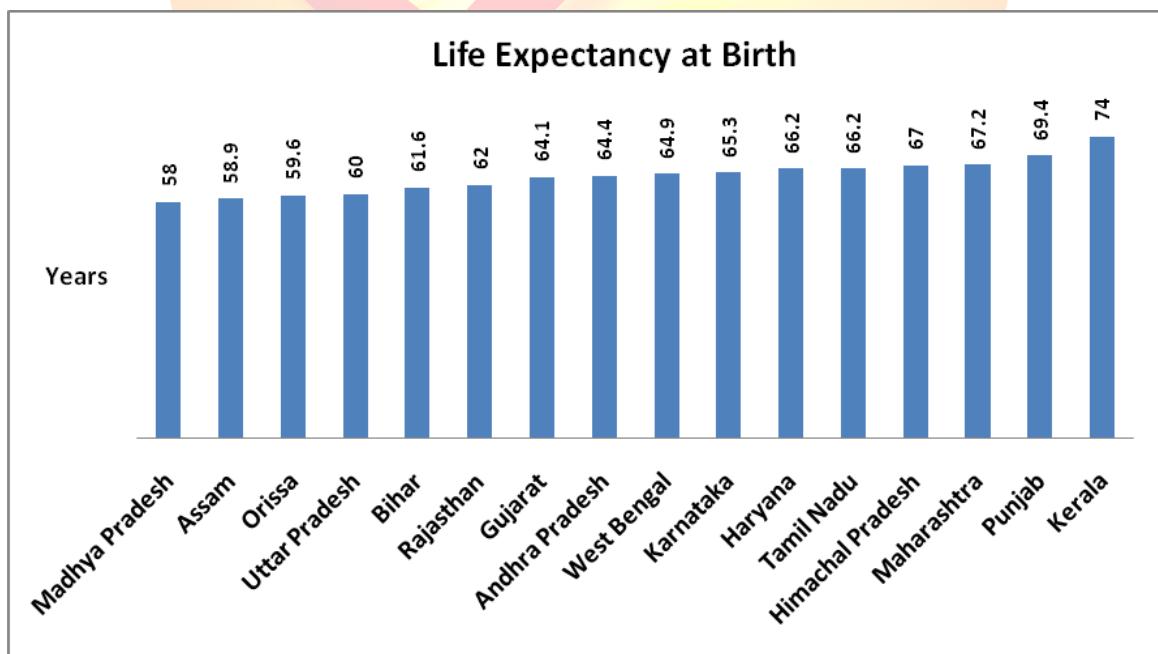
IMPACT OF FAMILY WELFARE ACTIVITIES

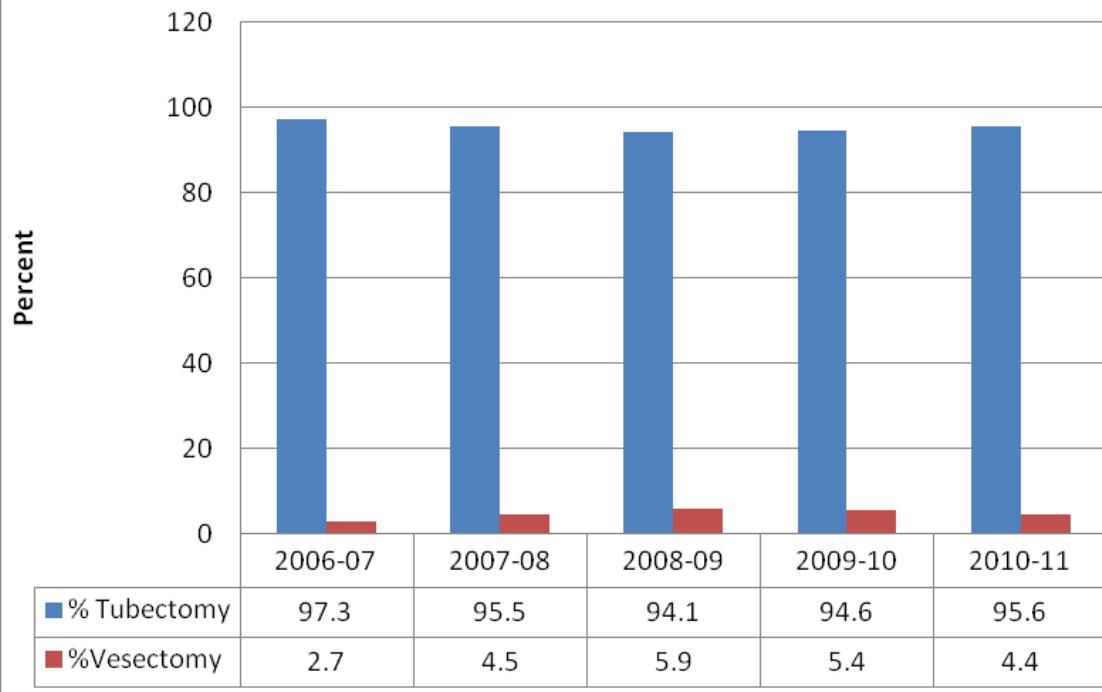
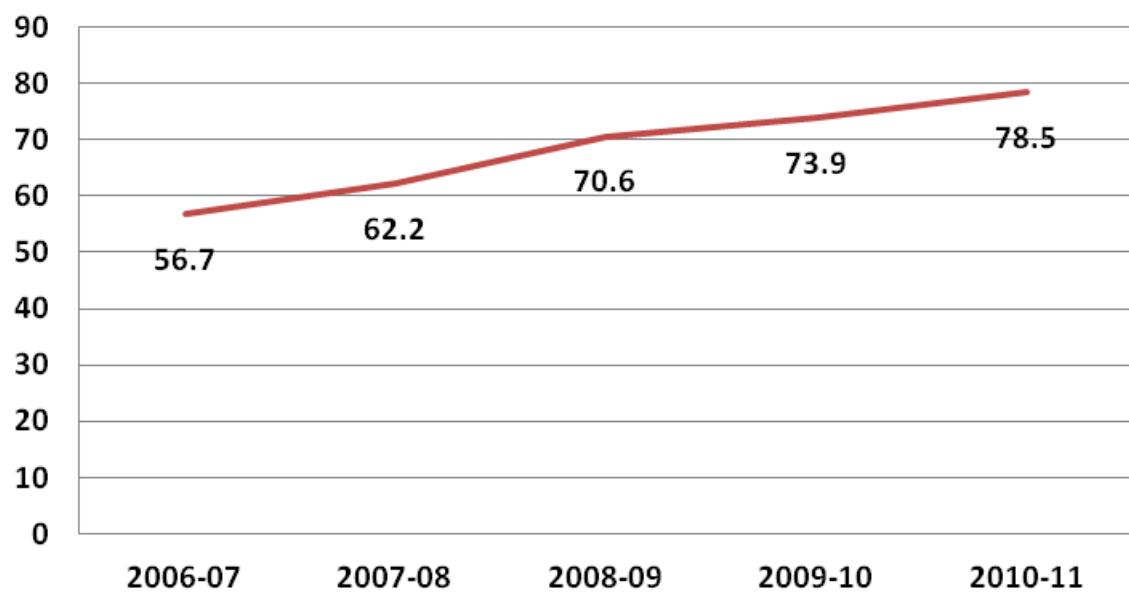
- Knowledge of contraception is nearly universal: 98 percent of women and 99 percent of men age 15-49 know one or more methods of contraception.
- Among the permanent modern Family Planning methods, female sterilization was the most popular. Over 97 percent of women and 95 percent men know about female sterilization. Male sterilization, by contrast, is known only by 79 percent of women and 87 percent of men.
- Ninety-three percent of men know about condoms, compared with 74 percent of women.
- More than 80 percent women and men know about contraceptive pills.
- Knowledge of contraception is widespread even among adolescents: 94 percent of young women and 96 percent of young men have heard of a modern method of contraception

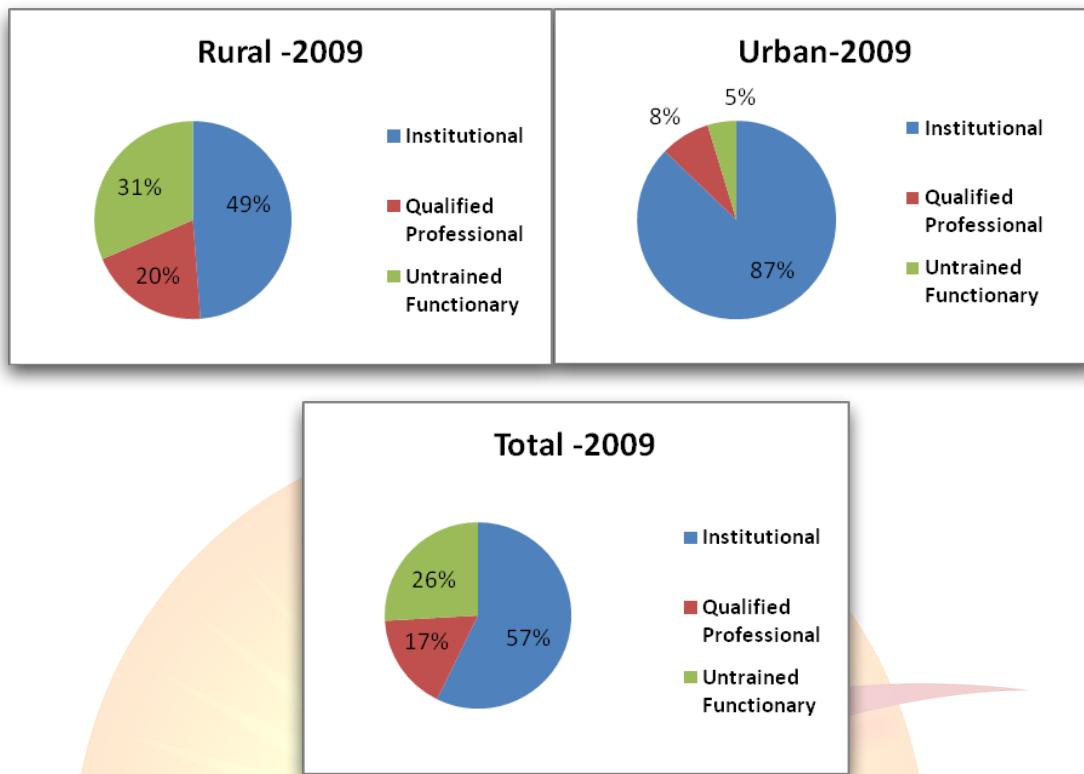
Source: NFHS-3

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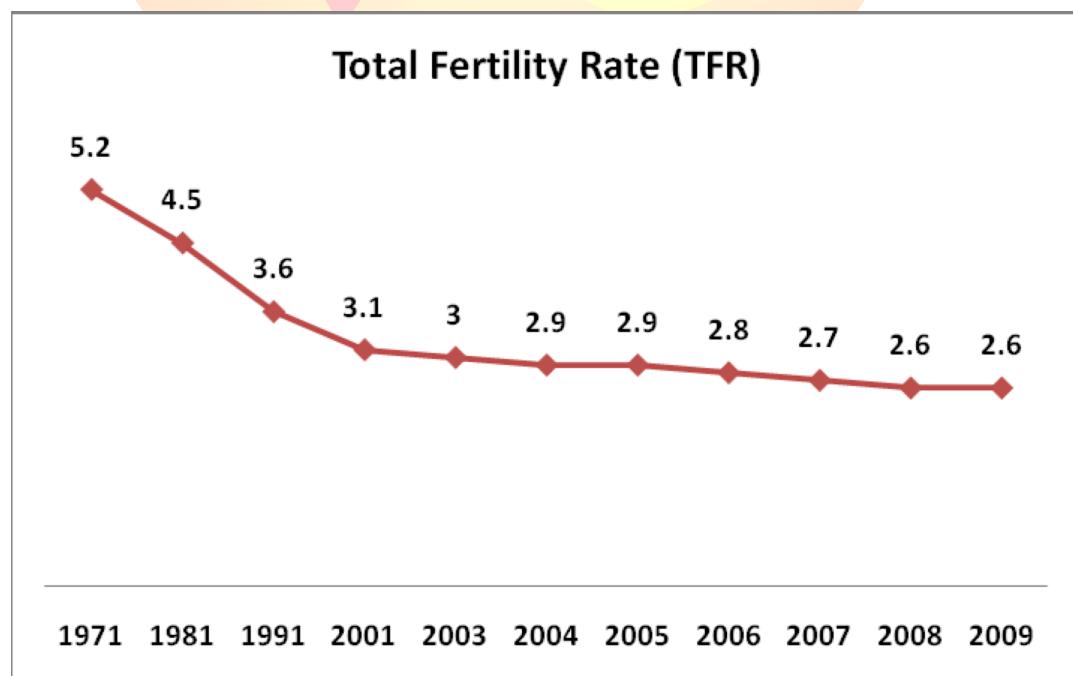
Sl. No.	Parameters	1951	1981	1991	2001	Current Levels
1	Crude Birth Rate (per 1000 population)	40.8	33.9	29.5	25.4	22.5 (2009)
2	Crude Death Rate (per 1000 population)	25.1	12.5	9.8	8.4	7.3 (2009)
3	Total Fertility Rate	6.0	4.5	3.6	3.1	2.6(2009)
4	Maternal Mortality Ratio (per 100,000 live births)	NA	NA	398 SRS (1997-98)	301 (2001-03)	212 SRS (2007-09)
5	Infant Mortality Rate (per 1000 live births)	146 (1951-61)	110	80	66	50(2009)
6	Child Mortality Rate (0-4 yrs.) per 1000 children	57.3 (1972)	41.2	26.5	19.3	14.1(2009)
7	Couple Protection Rate (%)	10.4 (1971)	22.8	44.1	45.6	40.4(2011)
8	Expectation of life at birth (in years) -Male -Female	37.1 36.1 (1951)	54.1 54.7	60.6 61.7 (1991-96)	61.8 63.5 (1999-03)	62.6 64.2 (2002-06)



Tubectomy vs Vesectomy**Institutional Deliveries(%)**

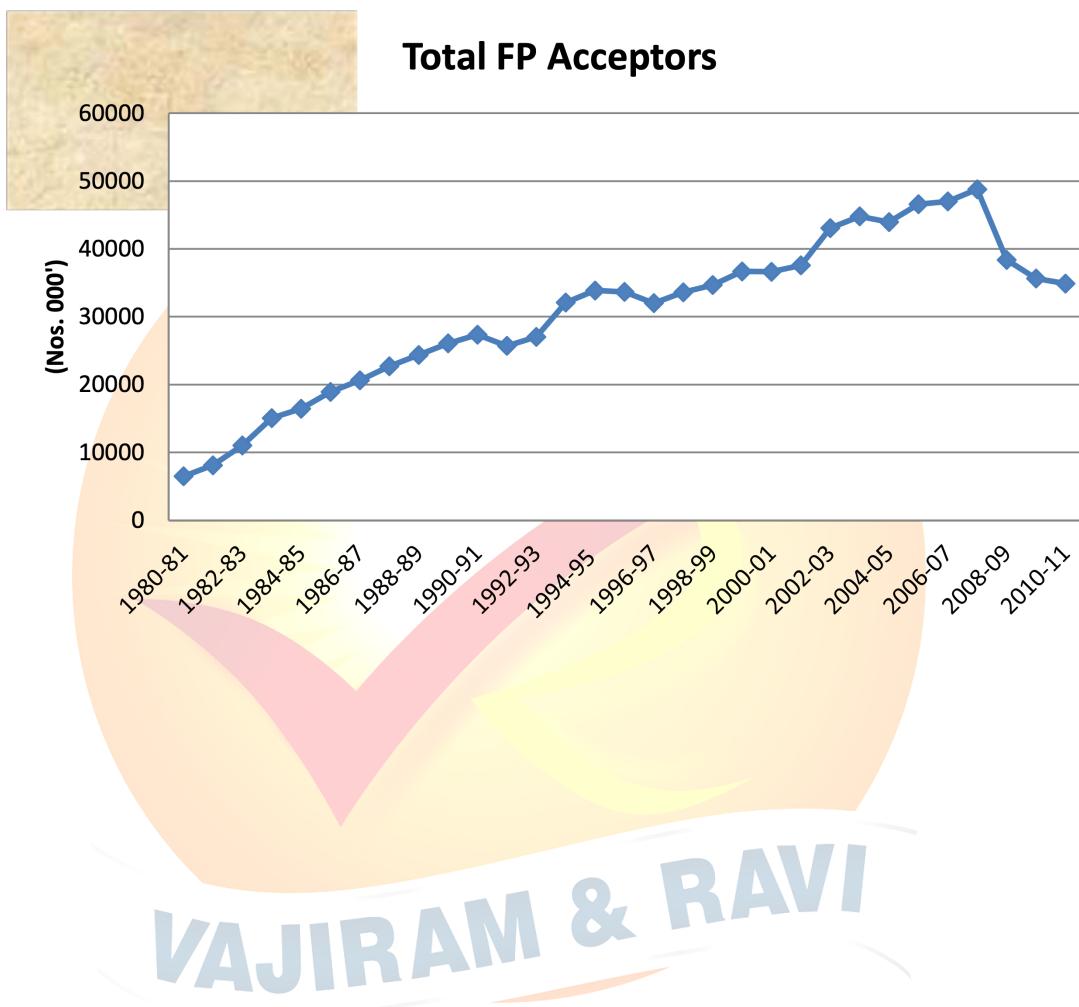


5.3 Total Fertility Rate (TFR): The TFR for the country remained constant at 2.6 during 2008 and 2009 with Bihar reporting the highest TFR at 3.9 while Kerala and Tamil Nadu continued its outstanding performance with the lowest TFR of 1.7. Among the major States, the TFR level of 2.1 has been attained by Andhra Pradesh (1.9), Karnataka (2.0), Kerala (1.7), Maharashtra (1.9), Punjab (1.9), Tamil Nadu (1.7) and West Bengal (1.9).



6.5 Family Planning Performance

The year 2010-11 ended with 34.9 million total family planning acceptors at national level comprising of 5.0 million Sterilizations, 5.6 million IUD insertions, 16.0 million condom users and 8.3 million O.P. users as against 35.6 million total family planning acceptors in 2009-10 (Table B.5)



6.6 A total of 50.09 Lakh sterilizations were performed in the country during 2010-11 as against 49.98 Lakh in 2009-10. States/UTs viz. Assam, Bihar, Gujarat, Jharkhand, Madhya Pradesh, Orissa, Punjab, Arunachal, Manipur, Meghalaya, Nagaland, Tripura, Uttarakhand, Daman & Diu, Lakshadweep and Puducherry have shown improved performance in 2010-11 as compared to 2009-10.

