

- ✓ **Population & Fertility:**
 - ✓ Total Fertility Rate (TFR) declined from 2.2 to 2.0 at the national level, below replacement level.
 - ✓ Population growth is slowing, with fewer births, impacting future demographic trends.
- ✓ **Maternal & Child Health:**
 - ✓ Institutional deliveries increased to 89%.
 - ✓ Postnatal check-ups within 2 days soared to 82%, a major booster for newborn health.
 - ✓ Infant mortality rate dropped to 35/1000; under-5 mortality declined to 42/1000.
 - ✓ Neonatal mortality reduced to 25/1000, reflecting better neonatal care.
- ✓ **Family Planning & Contraception:**
 - ✓ Contraceptive prevalence rose to 67%, with modern methods at 56%, mainly female sterilization.
 - ✓ Demand for family planning increased to 76%, with unmet need falling to 9%.
 - ✓ Discontinuation rate increased to 50%, indicating need for improved counselling.
- ✓ **Sanitation & Water Access:**
 - ✓ Significant improvements in sanitation coverage, but 30% still lack access.
 - ✓ More households now have electricity and access to clean cooking fuel.
- ✓ **Disease & Lifestyle:**
 - ✓ First-time measurement of blood sugar and hypertension shows rising lifestyle diseases.
 - ✓ The prevalence of overweight and obesity increased among adults.
 - ✓ Urban-rural and north-south divides persist in health indicators.
- ✓ **Adolescent & Youth Indicators:**
 - ✓ Early marriage among girls decreased from 27% to 23%.
 - ✓ Adolescent pregnancy rate fell from 51% to 43%.
 - ✓ Use of hygienic menstrual methods increased from 57% to 77%.

- ✓ Nutrition indicators were broadened to assess diet quality, anemia prevalence among women and children, and levels of stunting, wasting, and underweight children.
- ✓ The survey highlighted significant regional disparities in basic amenities such as electricity, clean water, sanitation, cooking fuel, and health insurance coverage.
- ✓ Women's empowerment metrics showed progress in education and reproductive health, though early marriage and contraceptive use remain challenges in some areas.
- ✓ Child health outcomes included vaccination status, school attendance, and treatment for common illnesses with data showing gaps in healthcare access and utilization.
- ✓ Adult health risks assessed tobacco and alcohol use, anemia, and screening for chronic diseases, which showed varied prevalence across states.
- ✓ The survey provided insights into healthcare usage patterns, including antenatal care, institutional deliveries, immunization, and the financial burden of out-of-pocket health expenditure.
- ✓ Data cleaning and analysis in Power BI allowed clear visualization of trends and disparities at state and district levels.
- ✓ Overall, NFHS-5 indicates improving health outcomes with progress in safer births, sanitation, and immunization, but urges increased focus on maternal care, nutrition, non-communicable diseases, and reducing health inequities.
- ✓ Recommendations include sustained health education, enhanced healthcare service delivery in underserved areas, targeted nutritional programs, and data-driven policy interventions to address regional and demographic disparities.