

Table 10.19.1 Nutritional status of women

Percentage of women age 15-49 below 145 cm, mean body mass index (BMI), and percentage with specific BMI levels, by background characteristics, India, 2019-21

Background characteristic	Body Mass Index ¹										
	Height Percentage below 145 cm	Number of women									Number of women
			Mean BMI	18.5-24.9 (normal)	Thin			Overweight/obese			
					<18.5 (total thin)	17.0-18.4 (mildly thin)	<17.0 (moderately/ severely thin)	≥25.0 (overweight or obese)	25.0-29.9 (overweight)	≥30.0 (obese)	
Age											
15-19	13.9	116,241	19.6	54.9	39.7	22.0	17.7	5.4	4.2	1.2	112,223
20-29	10.9	226,337	21.7	61.9	21.2	12.7	8.4	16.9	13.2	3.7	201,518
30-39	10.6	190,021	23.5	56.7	11.4	7.1	4.3	32.0	23.4	8.6	184,949
40-49	11.8	160,596	24.1	53.7	9.3	5.6	3.8	36.9	26.1	10.9	160,206
Marital status											
Never married	12.3	161,541	20.2	57.4	34.5	19.1	15.3	8.2	6.3	1.9	161,257
Currently married	11.2	502,122	23.1	57.2	13.6	8.4	5.3	29.1	21.3	7.8	468,237
Widowed	12.4	21,787	23.5	56.9	12.3	7.4	4.9	30.8	21.8	9.0	21,726
Divorced/separated/ deserted	12.3	7,744	23.0	57.5	15.2	8.7	6.4	27.3	18.4	8.9	7,676
Residence											
Urban	9.7	219,151	23.6	53.5	13.3	7.6	5.6	33.3	22.9	10.4	210,653
Rural	12.4	474,043	21.9	59.0	21.3	12.6	8.7	19.7	15.2	4.5	448,243
Schooling											
No schooling	14.9	157,880	22.3	60.9	17.6	10.5	7.0	21.6	16.6	5.0	151,901
<5 years complete	15.1	36,540	22.7	59.0	16.1	9.7	6.4	24.9	18.7	6.3	35,163
5-7 years complete	12.9	93,406	22.8	56.0	17.0	10.2	6.9	26.9	19.5	7.5	88,916
8-9 years complete	12.5	124,348	22.0	55.6	22.8	13.0	9.7	21.6	15.7	5.9	117,542
10-11 years complete	9.7	105,000	22.3	54.4	21.8	12.4	9.4	23.8	16.9	6.9	99,884
12 or more years complete	7.3	176,020	22.8	57.2	16.4	9.7	6.6	26.5	19.3	7.2	165,491

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Table 10.19.1 Nutritional status of women—*Continued*

Percentage of women age 15-49 below 145 cm, mean body mass index (BMI), and percentage with specific BMI levels, by background characteristics, India, 2019-21

Background characteristic	Body Mass Index ¹										
	Height	Number of women	Mean BMI	18.5-24.9 (normal)	Thin			Overweight/obese			Number of women
	Percentage below 145 cm				<18.5 (total thin)	17.0-18.4 (mildly thin)	<17.0 (moderately/severely thin)	≥25.0 (overweight or obese)	25.0-29.9 (overweight)	≥30.0 (obese)	
Religion											
Hindu	11.8	566,208	22.3	57.4	19.3	11.3	8.0	23.3	17.2	6.1	539,029
Muslim	10.5	92,021	22.7	57.6	16.4	9.8	6.6	26.0	19.0	7.0	86,339
Christian	9.6	16,308	23.4	56.3	12.5	7.6	4.9	31.2	21.9	9.4	15,553
Sikh	3.8	10,416	24.2	48.0	12.6	7.3	5.2	39.4	26.3	13.2	10,059
Buddhist/Neo-Buddhist	14.8	4,319	22.1	58.9	19.9	11.0	8.9	21.1	16.0	5.2	4,171
Jain	5.6	1,300	23.4	57.2	11.9	5.6	6.4	30.9	20.9	10.0	1,267
Other	16.9	2,621	21.3	63.1	23.3	14.3	9.0	13.6	9.9	3.7	2,479
Caste/tribe											
Scheduled caste	14.4	152,652	22.1	58.2	20.2	11.9	8.3	21.6	16.2	5.4	144,699
Scheduled tribe	12.9	65,250	21.1	61.9	25.5	14.9	10.6	12.6	10.1	2.5	61,726
Other backward class	11.1	297,845	22.5	56.6	18.8	11.0	7.8	24.6	18.0	6.6	282,727
Other	9.2	172,656	23.2	55.9	14.5	8.6	6.0	29.6	21.2	8.4	165,225
Don't know	13.0	4,792	22.2	56.2	20.6	12.1	8.4	23.2	17.3	5.9	4,519
Wealth quintile											
Lowest	17.8	129,931	20.7	61.9	28.0	16.6	11.5	10.0	8.4	1.6	121,816
Second	14.1	140,652	21.5	60.8	22.8	13.3	9.5	16.4	13.2	3.2	133,242
Middle	11.3	143,921	22.4	58.0	18.3	10.8	7.5	23.7	18.1	5.7	137,172
Fourth	8.8	144,353	23.2	54.9	14.7	8.5	6.1	30.5	21.8	8.6	137,675
Highest	5.9	134,337	24.2	51.0	10.4	6.1	4.3	38.6	26.0	12.6	128,991
Total	11.5	693,194	22.4	57.3	18.7	11.0	7.7	24.0	17.6	6.4	658,896

Note: The body mass index (BMI) is expressed as the ratio of weight in kilograms to the square of height in metres (kg/m²).¹ Excludes pregnant women and women with a birth in the preceding 2 months

Table 10.19.2 Nutritional status of men

Among men age 15-49, mean body mass index (BMI) and percentage with specific BMI levels by background characteristics, India, 2019-21

Background characteristic	Body Mass Index								Number of men
	Mean BMI	18.5-24.9 (normal)	Thin			Overweight/obese			
			<18.5 (total thin)	17.0-18.4 (mildly thin)	<17.0 (moderately/severely thin)	≥25.0 (overweight or obese)	25.0-29.9 (overweight)	≥30.0 (obese)	
Age									
15-19	19.7	52.6	40.8	21.0	19.8	6.6	5.3	1.2	15,009
20-29	22.1	66.6	15.3	9.9	5.5	18.1	15.0	3.1	26,122
30-39	23.5	60.7	8.8	6.2	2.6	30.4	25.2	5.3	24,250
40-49	23.6	59.8	8.1	5.0	3.1	32.1	26.4	5.7	20,513
Marital status									
Never married	21.1	59.9	26.7	14.6	12.1	13.4	11.1	2.3	33,130
Currently married	23.3	61.5	9.5	6.4	3.1	29.0	24.0	5.1	51,666
Widowed	21.7	68.4	15.3	7.5	7.7	16.3	15.2	1.1	420
Divorced/separated/deserted	22.4	58.0	18.7	11.5	7.3	23.3	19.3	4.0	679
Residence									
Urban	23.2	57.1	13.0	7.5	5.5	29.8	23.8	6.0	29,126
Rural	22.0	62.8	17.8	10.7	7.1	19.3	16.4	3.0	56,768
Schooling									
No schooling	21.9	66.0	16.4	9.9	6.4	17.7	15.0	2.7	9,331
<5 years complete	22.1	65.3	16.7	11.4	5.3	18.0	15.0	2.9	5,465
5-7 years complete	22.2	62.2	17.2	10.6	6.6	20.6	16.9	3.7	11,351
8-9 years complete	21.7	59.8	21.9	11.5	10.3	18.4	15.0	3.4	17,198
10-11 years complete	22.4	57.3	18.4	10.1	8.2	24.4	19.6	4.7	15,454
12 or more years complete	23.2	60.5	10.8	7.2	3.6	28.7	23.9	4.8	27,096

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Table 10.19.2 Nutritional status of men—*Continued*

Among men age 15-49, mean body mass index (BMI) and percentage with specific BMI levels by background characteristics, India, 2019-21

Background characteristic	Body Mass Index								Number of men
	Mean BMI	18.5-24.9 (normal)	Thin			Overweight/obese			
			<18.5 (total thin)	17.0-18.4 (mildly thin)	<17.0 (moderately/severely thin)	≥25.0 (overweight or obese)	25.0-29.9 (overweight)	≥30.0 (obese)	
Religion									
Hindu	22.4	60.4	16.7	9.9	6.8	22.8	18.9	4.0	68,263
Muslim	22.4	64.5	14.4	8.4	6.0	21.2	17.6	3.6	13,206
Christian	23.1	58.4	12.8	8.3	4.4	28.9	23.0	5.9	2,269
Sikh	23.2	58.4	12.4	8.0	4.4	29.2	22.1	7.1	740
Buddhist/Neo-Buddhist	22.6	54.2	18.5	12.7	5.8	27.2	22.4	4.8	936
Jain	22.7	61.5	15.5	10.0	5.5	23.0	20.9	2.2	218
Other	24.8	50.5	8.6	6.1	2.4	40.9	28.8	12.2	262
Caste/tribe									
Scheduled caste	22.1	60.5	18.9	11.2	7.7	20.6	17.2	3.4	17,640
Scheduled tribe	21.6	66.0	19.2	12.1	7.1	14.8	12.5	2.3	7,991
Other backward class	22.5	59.4	16.4	9.7	6.7	24.2	20.0	4.2	35,939
Other	22.9	61.8	12.7	7.4	5.3	25.5	20.7	4.8	23,859
Don't know	21.7	53.9	26.1	12.6	13.5	20.0	14.2	5.7	466
Wealth quintile									
Lowest	20.9	66.4	24.1	14.8	9.3	9.5	8.3	1.2	14,653
Second	21.6	65.4	19.6	11.4	8.3	15.0	12.6	2.3	17,356
Middle	22.3	61.6	16.7	10.0	6.7	21.7	18.7	3.0	18,493
Fourth	23.2	57.7	12.5	7.2	5.3	29.8	24.5	5.3	19,000
Highest	24.0	54.1	9.2	5.4	3.8	36.7	28.8	8.0	16,392
Total age 15-49	22.4	60.9	16.2	9.6	6.6	22.9	18.9	4.0	85,895
Age 50-54	23.5	59.7	8.7	5.7	3.0	31.6	26.2	5.3	8,193
Total age 15-54	22.5	60.8	15.6	9.3	6.3	23.7	19.5	4.1	94,087

Note: The Body Mass Index (BMI) is expressed as the ratio of weight in kilograms to the square of height in meters (kg/m²).