

## Key Findings

- **Prevalence of hypertension:** Twenty-one percent of women and 24 percent of men age 15 and over have hypertension. Thirty-nine percent of women and 49 percent of men age 15 and over are pre-hypertensive.
- **Blood glucose levels:** Twelve percent of women and 14 percent of men age 15 and over have random blood glucose levels greater than 140 mg/dl.
- **Screening tests for cancer:** Among women age 15-49, 0.6 percent have had a screening test for breast cancer, 1.2 percent have had a screening test for cervical cancer, and 0.7 percent have had an oral cavity screening test.
- **Crude death rate:** The crude death rate (CDR) for India is 9 deaths per 1,000 population per year (10 per 1,000 for men and 8 per 1,000 for women). CDRs do not vary much across states, but they are highest in Odisha, Tamil Nadu, and Puducherry.
- **Age-specific death rates:** Age-specific death rates decrease from 15 deaths per 1,000 population age 0-4 to less than 1 death per 1,000 population age 10-14 and increase thereafter to a high of 79 deaths per 1,000 population at age 70 and over.
- **Cause of death:** The proportion of deaths that are due to non-medical reasons (accidents, violence, poisoning, homicides, or suicides) is higher among men (11%) than women (6%). The proportion of deaths due to non-medical reasons peaks at ages 15-29 for both men and women, reaching a high (47%) of all deaths for men age 20-29.

**N**on-communicable diseases (NCDs) account for 65 percent of all deaths in India. The major metabolic risk factors for NCDs are obesity, raised blood pressure, raised blood glucose, and raised total cholesterol levels in the blood. Household surveys that have a strong biomarker component are very important sources of information on non-communicable diseases and the associated risk factors. In addition to the measurement of waist and hip circumferences, the 2019-21 NFHS expanded the age range for measurement of blood pressure and blood glucose. This chapter provides information on the levels of blood pressure and random blood glucose, as well as health examinations for women and adult mortality.

## 12.1 COVERAGE OF TESTING FOR BLOOD PRESSURE AND RANDOM BLOOD GLUCOSE MEASUREMENTS

**Table 12.1** shows the coverage rates for measuring blood pressure and random blood glucose among eligible women and men by age group, residence, schooling, religion, caste/tribe, and household wealth. More than 89 percent of eligible women and 82 percent or more of eligible men age 15 and over had their blood pressure and random blood glucose measured.

Coverage of testing for blood pressure and random blood glucose is uniformly high in all groups, but coverage is slightly lower in urban areas than in rural areas for both women and men.

## 12.2 Blood Pressure

In the 2019-21 NFHS, for the first time the age range for measurement of blood pressure was expanded. The details of the measurement procedure have already been described in Chapter 1.

**Definition:** An individual is classified as having hypertension if he/she has a systolic blood pressure level greater than or equal to 140 mmHg, or a diastolic blood pressure greater than or equal to 90 mmHg, or he/she is currently taking antihypertensive medication to lower his/her blood pressure.

**Sample:** Women and men age 15 and over.

### 12.2.1 Self-Reports of Blood Pressure Measurement and Medication

**Table 12.2** shows data on self-reports of blood pressure measurement and medication among eligible women and men age 15 and over whose blood pressure was measured in NFHS-5. Sixty-seven percent of women and 54 percent of men say that their blood pressure was ever measured prior to the survey; 12 percent of women and 9 percent of men say that on two or more occasions they were told by a doctor or health professional that they have hypertension or high blood pressure. However, among diagnosed hypertensives only 7% of women and 6% of men are currently taking medicine to lower their blood pressure.

### 12.2.2 Blood Pressure Levels and Treatment Status

An individual is classified as having hypertension if that individual has a systolic blood pressure level greater than or equal to 140 mmHg or a diastolic blood pressure level greater than or equal to 90 mmHg or that individual is currently taking antihypertensive medication to lower his/her blood pressure.

Based on blood pressure measurement during the survey, 21 percent of women age 15 and over have hypertension, including 12 percent with mildly elevated blood pressure, 4 percent with moderately elevated blood pressure, and 2 percent with severely elevated blood pressure. Forty-four percent of women have blood pressure within the normal range. Almost two-fifths (39%) of women are pre-hypertensive. One percent of women are currently taking antihypertensive medicine and have their blood pressure in the normal range (**Table 12.3.1**).

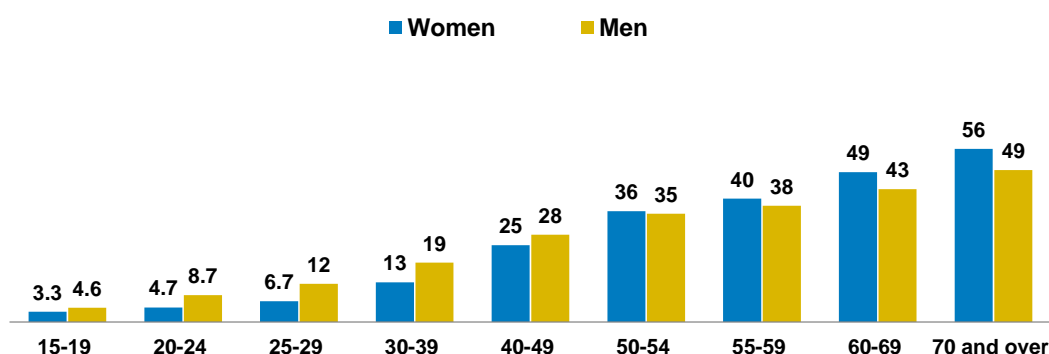
The prevalence of hypertension is higher among men age 15 and over than among women age 15 and over. Twenty-four percent of men age 15 and over have hypertension, including 16 percent with mildly elevated blood pressure, 4 percent with moderately elevated blood pressure, and 2 percent with severely elevated blood pressure. Thirty percent of men have normal blood pressure and 49 percent are pre-hypertensive. About one percent of men are currently taking antihypertensive medicine and have their blood pressure in the normal range (**Table 12.3.2**).

## Patterns by background characteristics

- For both women and men, the prevalence of hypertension increases sharply with age. This increase is for all categories of hypertension, including pre-hypertension, for both women and men. About one-fourth of women and men age 40-49 have hypertension. Even at an earlier age, one in eight women and about one in five men age 30-39 have hypertension. (**Figure 12.1**).

**Figure 12.1 Prevalence of Hypertension by Age and Sex**

*Percentage of women and men age 15 and over*



- The prevalence of hypertension is higher among Sikhs (37% for men and 31% for women), Jains (30% for men and 25% for women), and Christians (29% for men and 26% for women) than the rest of the religions.
- There is a consistent and steep increase in the prevalence of hypertension with increases in the body mass index (BMI) for both women and men. Forty percent of obese men and 28 percent of obese women are hypertensive.
- The prevalence of hypertension among women is highest (35%) in Sikkim. The prevalence of hypertension among men age 15 and over ranges from 15 percent in Dadra & Nagar Haveli and Daman & Diu to 42 percent in Sikkim (**Table 12.4.1** and **Table 12.4.2**).
- For both women and men, the southern states have a higher prevalence of hypertension than the national average.

## 12.3 Random Blood Glucose

**Definition:** An individual is classified as having high blood glucose if he/she has a random blood glucose level of 141-160 mg/dl and very high blood glucose if he/she has a random blood glucose level of more than 160 mg/dl.

**Sample:** Women and men age 15 and over

The age range for measurement of random blood glucose was expanded to age 15 and above in 2019-21 NFHS. The details of the measurement procedure are discussed in Chapter 1. Random blood glucose is the measurement of blood glucose at any time without the necessity of fasting before the test.

Six percent of women age 15 and over have a high blood glucose level (141-160 mg/dl), and an additional 6 percent have a very high blood glucose level (more than 160 mg/dl), for a total of 12 percent of women whose blood glucose level exceeds 140 mg/dl. The prevalence of high blood glucose is slightly higher among men; 7 percent of men age 15 and over have a high blood glucose level, and an additional 7 percent have a very high blood glucose level, for a total of 14 percent. One percent of women, as well as men, age 15 and above have a normal blood glucose level and are taking medicine to lower their blood glucose level (**Table 12.5.1** and **Table 12.5.2**).

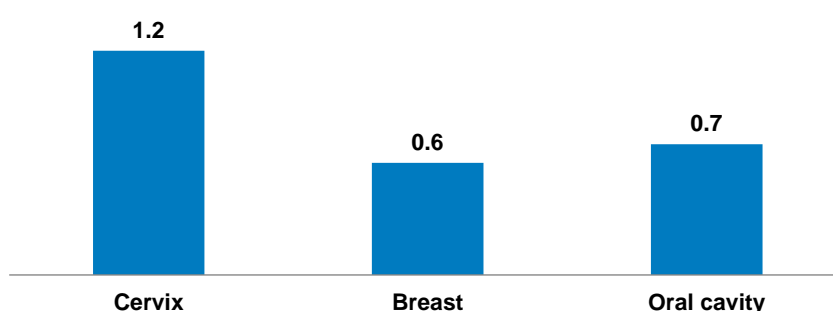
### Patterns by background characteristics

- The patterns of high blood glucose by background characteristics are quite similar to those for hypertension. For both women and men, the prevalence of high and very high blood glucose increases sharply with age.
- The combined prevalence of high and very high blood glucose is particularly pronounced among Christian men (18%) and Christian women (17%).
- There is a slight increase in very high blood glucose prevalence with an increase in household wealth for both women and men.
- Among the states, the prevalence of high and very high blood glucose (combined) among women age 15 and over ranges from 6 percent in Ladakh to 21 percent in Kerala. For men, the prevalence ranges from 7 percent each in Ladakh and Jammu & Kashmir to 22 percent in Goa and 24 percent in Kerala.

## 12.4 HEALTH EXAMINATIONS FOR CANCER SCREENING

The percentage of women age 15-49 years who have ever undergone specific screening tests for cancer (cancer of the cervix, breast, and oral cavity) are presented in this section (**Table 12.7** and **Table 12.8**). Overall, only 1.2 percent of women have had a cervical examination, 0.6 percent have had a breast examination, and 0.7 percent have had an examination of the oral cavity (**Figure 12.2**).

**Figure 12.2 Cancer Screening for Women**  
Percentage of women age 15-49



### Patterns by background characteristics

- As age increases, the likelihood of undergoing cancer screening increases, particularly for cervical examinations. The proportion of women undergoing a screening test for cervical cancer increases from just 0.3 percent among women age 15-19 years to 2 percent among women age 35-49 years.
- The percentage of women with an examination for screening breast cancer increases from 0.1 percent among women age 15-19 to 0.9 percent among women age 35-49. Older women are slightly more likely to have undergone an examination of the oral cavity for cancer screening (0.9%) than younger women (0.3%).
- All three types of health examinations are slightly more common in urban areas than in rural areas.
- The level of schooling among women does not make much of a difference for cervix, breast, and oral cavity examinations for cancer screening.
- Muslim women are slightly less likely than other women to undergo an examination of the cervix (0.8%), and Muslim and Sikh women are slightly less likely than other women to undergo a breast examination (0.4% each). Jain women are particularly likely to have undergone screening of the cervix (2.9%) and the oral cavity (3.4%) for cancer.
- The proportion of women receiving all three types of cancer screening increases steadily with the wealth quintile of the household, but the prevalence remains low in all wealth quintiles.
- Cervical examinations are particularly common in Tamil Nadu (7%), Puducherry (5%), and Mizoram (4%). The percentage of oral cavity examinations for cancer screening is highest in Andaman & Nicobar Islands (10%), followed by Andhra Pradesh (5%) and Telangana (2%) (**Table 12.8**).

## 12.5 AGE-SPECIFIC DEATH RATES AND CRUDE DEATH RATES

**Definition:** The crude death rate is the number of persons who were usual household members who died each year during the two years preceding the survey per 1,000 usual household members.

**Sample:** Women and men of all ages

### Patterns by background characteristics

- Age-specific death rates and crude death rates (CDRs) are based on the annual number of deaths reported for the *de jure* population during the two years preceding the survey. Rates are specified on a per thousand basis.
- The CDR for India is 9 deaths per 1,000 population (10 per 1,000 for men and 8 per 1,000 for women). The CDR is higher in rural areas than in urban areas (**Table 12.9**).
- The age-specific death rate (ASDR) is higher in the 0-4 age group (15 deaths per 1,000 population) than at age 5-9 (5 deaths per 1,000 population). The ASDR is lowest at age 10-14 (0.6 deaths per 1,000 population) and it remains low through age 40-44. Thereafter, the ASDR increases steadily to a high of 79 deaths per 1,000 population at age 70 or more. The pattern is similar for women and men in both urban and rural areas.
- The crude death rates (CDR) range from 5 deaths per 1,000 to 11 deaths per 1,000 across states/UTs in India. The CDR is less than the national average in northeastern, western, and northern states. The CDR in Meghalaya, Jammu & Kashmir, Dadra & Nagar Haveli and Daman & Diu, Lakshadweep and Nagaland is 5 per 1,000, whereas in Odisha, Puducherry and Tamil Nadu, the CDR is 11 per 1,000 (Table 12.10).

## 12.6 ADULT MORTALITY

The percentage of women and men who were usual residents of the household and who died in the two years preceding the survey by cause of death is presented in Table 12.11. The proportion of deaths due to non-medical reasons (i.e., deaths due to accidents, violence, poisoning, homicides, or suicides) is higher among men (11%) than women (6%). The proportion of deaths due to non-medical reasons is particularly high for men age 15-19 and 20-29 (42% and 47%, respectively) and women age 15-19 and 20-29 (31% and 21%, respectively).

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**Table 12.1 Coverage of testing for blood pressure and random blood glucose measurements**

Percentage of eligible women and men age 15 and over whose blood pressure and random blood glucose was measured, according to selected background characteristics (unweighted), India, 2019-21

Background characteristic	Women			Men		
	Percentage measured for blood pressure	Percentage measured for random blood glucose	Number of women	Percentage measured for blood pressure	Percentage measured for random blood glucose	Number of men
<b>Age</b>						
15-19	90.6	89.8	130,051	81.2	80.7	128,514
20-24	89.7	88.9	128,874	79.9	79.3	114,638
25-29	90.7	89.9	125,594	80.1	79.3	111,858
30-39	92.1	90.9	208,049	82.3	81.1	196,594
40-49	92.6	90.7	173,238	84.3	82.2	164,840
50-54	91.8	88.6	70,343	85.5	82.9	67,192
55-59	92.3	88.7	69,818	86.6	83.5	61,500
60-69	92.1	87.3	104,461	88.8	85.2	106,348
70 and over	90.8	84.1	59,458	89.4	84.9	61,404
<b>Residence</b>						
Urban	88.3	86.1	346,786	79.3	77.4	342,864
Rural	93.0	91.0	723,099	85.7	84.0	670,022
<b>Schooling</b>						
No schooling	92.3	89.0	353,998	85.6	83.2	159,588
<5 years complete	94.0	91.6	72,773	88.7	86.2	72,552
5-7 years complete	92.8	90.9	138,469	85.1	83.1	141,079
8-9 years complete	92.6	91.3	153,296	83.7	82.2	185,036
10-11 years complete	91.0	89.7	134,084	83.1	81.5	167,617
12 or more years complete	88.0	86.7	216,719	80.5	79.1	286,016
Don't know	72.1	69.2	546	67.5	64.8	999
<b>Religion of household head</b>						
Hindu	92.0	90.0	872,727	84.3	82.6	828,922
Muslim	89.3	86.7	137,606	79.4	77.8	127,536
Christian	92.0	89.4	27,590	86.5	84.1	24,768
Sikh	85.4	82.2	17,614	73.3	70.5	18,160
Buddhist/Neo-Buddhist	89.8	87.9	7,395	86.1	83.8	7,004
Jain	76.2	74.6	2,960	68.8	66.8	2,874
Other	92.1	90.0	3,992	87.7	85.9	3,622
<b>Caste/tribe of household head</b>						
Scheduled caste	92.4	90.4	242,645	84.4	82.7	228,570
Scheduled tribe	93.0	91.1	101,980	87.6	85.9	95,938
Other backward class	91.7	89.6	464,202	83.9	82.1	435,558
Other	89.7	87.4	251,352	80.9	79.1	243,716
Don't know	86.8	84.1	9,706	71.4	69.3	9,104
<b>Wealth quintile</b>						
Lowest	92.9	90.8	199,352	85.2	83.6	177,022
Second	93.5	91.4	210,169	86.0	84.4	194,368
Middle	93.1	91.0	215,646	85.9	84.1	206,306
Fourth	91.9	89.8	219,459	84.1	82.2	212,613
Highest	86.4	84.2	225,258	77.4	75.4	222,578
Total age 15 and over	91.5	89.4	1,069,885	83.6	81.8	1,012,886
Total age 15-49	91.3	90.2	765,805	81.8	80.7	716,443

**Table 12.2 Self-reports of blood pressure measurement and medication**

Among eligible women and men age 15 and over whose blood pressure was measured in NFHS-5, percentage who say that their blood pressure was ever measured prior to the survey, percentage who say that on two or more occasions they were told by a doctor or health professional that they have hypertension or high blood pressure, and percentage who are currently taking medicine to lower their blood pressure, India, 2019-21

Prior blood pressure measurement and blood pressure medication consumption	Women Percentage	Number of women	Men Percentage	Number of men	Total Percentage	Number of women and men
Have ever had their blood pressure measured	67.0	978,742	53.7	846,285	60.8	1,825,027
Have on two or more occasions been told by a doctor or health professional that they have hypertension or high blood pressure	11.7	978,742	8.5	846,285	10.2	1,825,027
Are currently taking medicine to lower high blood pressure	7.4	978,742	5.6	846,285	6.6	1,825,027



Table 12.3.1 Blood pressure levels and treatment status: Women

Among women age 15 and over, prevalence of hypertension, percent distribution of women by blood pressure levels, and percentage having normal blood pressure and taking medicine to lower their blood pressure, according to background characteristics, India, 2019-21

Background characteristic	Prevalence of hypertension <sup>1</sup>	Normal	Pre-hypertensive	Hypertensive			Percentage with normal blood pressure and taking medicine to lower their blood pressure	Number of women
		SBP <120 mmHg and DBP <80 mmHg	SBP 120-139 mmHg or DBP 80-89 mmHg	Mildly elevated: SBP 140-159 mmHg or DBP 90-99 mmHg	Moderately elevated: SBP 160-179 mmHg or DBP 100-109 mmHg	Severely elevated: SBP ≥180 mmHg or DBP ≥110 mmHg		
<b>Age</b>								
15-19	3.3	74.7	22.9	2.0	0.2	0.2	0.7	117,766
20-24	4.7	67.8	28.7	3.0	0.3	0.2	0.8	115,591
25-29	6.7	60.2	34.5	4.4	0.6	0.3	0.8	113,974
30-39	12.9	46.4	42.4	8.9	1.6	0.7	0.7	191,650
40-49	25.0	32.0	46.4	16.0	4.0	1.5	1.1	160,499
50-54	36.0	23.3	46.9	21.2	6.0	2.6	1.5	64,609
55-59	40.1	21.2	45.6	23.0	7.0	3.2	1.7	64,472
60-69	48.7	17.7	42.6	25.7	9.5	4.4	2.1	96,195
70 and over	56.3	15.8	38.5	27.3	11.9	6.5	2.6	53,987
<b>Residence</b>								
Urban	23.6	41.7	39.5	13.6	3.6	1.6	1.4	306,367
Rural	20.2	44.9	38.0	11.9	3.5	1.7	1.1	672,375
<b>Schooling</b>								
No schooling	31.0	30.8	42.5	17.9	5.9	2.9	1.2	326,621
<5 years complete	28.7	35.7	41.2	16.2	4.8	2.1	1.6	68,425
5-7 years complete	22.2	42.1	39.9	13.0	3.5	1.5	1.4	128,444
8-9 years complete	14.2	53.7	34.9	8.5	2.0	0.8	1.1	141,989
10-11 years complete	14.2	54.8	34.1	8.4	1.9	0.8	1.1	122,055
12 or more years complete	11.1	56.2	35.1	6.9	1.3	0.5	0.9	190,814
Don't know	30.8	33.0	42.2	18.9	3.8	2.0	1.2	394

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Table 12.3.1 Blood pressure levels and treatment status: Women—*Continued*

Among women age 15 and over, prevalence of hypertension, percent distribution of women by blood pressure levels, and percentage having normal blood pressure and taking medicine to lower their blood pressure, according to background characteristics, India, 2019-21

Background characteristic	Prevalence of hypertension <sup>1</sup>	Normal	Pre-hypertensive	Hypertensive			Percentage with normal blood pressure and taking medicine to lower their blood pressure	Number of women
		SBP <120 mmHg and DBP <80 mmHg	SBP 120-139 mmHg or DBP 80-89 mmHg	Mildly elevated: SBP 140-159 mmHg or DBP 90-99 mmHg	Moderately elevated: SBP 160-179 mmHg or DBP 100-109 mmHg	Severely elevated: SBP ≥180 mmHg or DBP ≥110 mmHg		
Religion of household head								
Hindu	21.0	44.2	38.4	12.3	3.5	1.6	1.1	802,810
Muslim	20.7	43.8	39.3	12.0	3.3	1.5	1.3	122,930
Christian	26.3	42.9	36.8	13.8	4.3	2.2	1.9	25,376
Sikh	30.8	33.7	39.9	18.2	5.4	2.9	1.3	15,048
Buddhist/Neo-Buddhist	22.9	42.6	38.1	13.4	3.9	1.9	1.3	6,642
Jain	24.7	37.8	44.3	13.8	2.8	1.4	1.4	2,257
Other	19.8	40.5	41.9	12.4	3.2	2.0	0.7	3,678
Caste/tribe of household head								
Scheduled caste	19.5	46.0	37.3	11.6	3.4	1.6	1.0	224,230
Scheduled tribe	19.8	41.9	40.5	12.3	3.5	1.7	0.7	94,862
Other backward class	21.1	44.7	37.9	12.3	3.5	1.6	1.2	425,696
Other	24.0	41.0	39.9	13.6	3.8	1.7	1.4	225,533
Don't know	22.5	45.0	36.6	12.2	4.4	1.8	1.5	8,422
Nutritional status								
Thin (BMI <18.5)	5.9	70.2	25.2	3.7	0.6	0.3	0.9	128,193
Normal (BMI 18.5-24.9)	9.5	55.0	37.1	6.3	1.2	0.5	0.8	404,165
Overweight (BMI 25.0-29.9)	19.3	39.7	43.5	12.9	2.8	1.1	0.9	121,792
Obese (BMI ≥30.0)	28.0	31.5	44.9	17.4	4.6	1.6	1.2	43,441
Respondent not measured	45.1	19.7	43.4	24.3	8.5	4.1	2.0	281,150

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Table 12.3.1 Blood pressure levels and treatment status: Women—*Continued*

Among women age 15 and over, prevalence of hypertension, percent distribution of women by blood pressure levels, and percentage having normal blood pressure and taking medicine to lower their blood pressure, according to background characteristics, India, 2019-21

Background characteristic	Prevalence of hypertension <sup>1</sup>	Normal	Pre-hypertensive	Hypertensive			Percentage with normal blood pressure and taking medicine to lower their blood pressure	Number of women
		SBP <120 mmHg and DBP <80 mmHg	SBP 120-139 mmHg or DBP 80-89 mmHg	Mildly elevated: SBP 140-159 mmHg or DBP 90-99 mmHg	Moderately elevated: SBP 160-179 mmHg or DBP 100-109 mmHg	Severely elevated: SBP ≥180 mmHg or DBP ≥110 mmHg		
<b>Told by a doctor or health professional that she has hypertension or high blood pressure<sup>2</sup></b>								
Yes	69.5	21.8	34.8	25.8	11.5	6.1	7.3	114,245
No	14.9	46.8	39.0	10.7	2.5	1.0	0.4	864,496
<b>Wealth quintile</b>								
Lowest	18.5	46.1	37.6	11.1	3.4	1.8	0.9	185,246
Second	19.1	46.4	37.2	11.4	3.4	1.6	1.0	196,429
Middle	21.0	44.6	37.8	12.3	3.7	1.7	1.1	200,688
Fourth	22.6	42.9	38.8	13.2	3.7	1.5	1.3	201,766
Highest	24.9	39.5	41.1	14.2	3.7	1.6	1.5	194,612
Total age 15 and over	21.3	43.9	38.5	12.4	3.6	1.6	1.2	978,742
Total age 15-49	11.7	53.6	36.5	7.7	1.6	0.6	0.8	699,479

SBP = Systolic blood pressure, the degree of force when the heart is pumping (contracting); DBP = Diastolic blood pressure, the degree of force when the heart is relaxed

BMI = Body mass index in kg/m<sup>2</sup>

<sup>1</sup> A woman is classified as having hypertension if she has SBP ≥140 mmHg or DBP ≥90 mmHg at the time of the survey, or she is currently taking medicine to lower her blood pressure.

<sup>2</sup> Told two or more times.

Table 12.3.2 Blood pressure levels and treatment status: Men

Among men age 15 and over, prevalence of hypertension, percent distribution of men by blood pressure levels, and percentage having normal blood pressure and taking medicine to lower their blood pressure, according to background characteristics, India, 2019-21

Background characteristic	Prevalence of hypertension <sup>1</sup>	Normal	Pre-hypertensive	Hypertensive			Percentage with normal blood pressure and taking medicine to lower their blood pressure	Number of men
		SBP <120 mmHg and DBP <80 mmHg	SBP 120-139 mmHg or DBP 80-89 mmHg	Mildly elevated: SBP 140-159 mmHg or DBP 90-99 mmHg	Moderately elevated: SBP 160-179 mmHg or DBP 100-109 mmHg	Severely elevated: SBP ≥180 mmHg or DBP ≥110 mmHg		
<b>Age</b>								
15-19	4.6	58.3	37.8	3.5	0.3	0.2	0.4	104,382
20-24	8.7	42.0	50.0	6.9	0.7	0.3	0.4	91,554
25-29	12.4	34.0	54.4	9.8	1.4	0.4	0.3	89,581
30-39	19.3	26.6	55.2	14.3	2.8	1.1	0.3	161,741
40-49	28.4	21.1	52.6	19.3	5.0	2.0	0.5	138,952
50-54	35.2	18.8	49.5	22.9	6.1	2.7	0.8	57,425
55-59	37.8	18.2	48.6	23.6	6.6	3.0	1.1	53,247
60-69	43.2	18.2	45.2	25.2	7.9	3.5	1.5	94,479
70 and over	49.4	18.0	41.5	26.4	9.5	4.5	2.2	54,924
<b>Residence</b>								
Urban	26.6	26.8	50.1	17.1	4.2	1.7	0.8	271,986
Rural	22.7	30.8	48.7	15.0	3.8	1.7	0.6	574,300
<b>Schooling</b>								
No schooling	29.2	25.0	48.4	19.0	5.2	2.4	0.7	136,617
<5 years complete	29.5	26.4	47.5	18.3	5.4	2.5	0.9	64,361
5-7 years complete	26.1	28.0	48.7	16.8	4.5	2.0	0.7	120,064
8-9 years complete	20.4	33.9	47.6	13.7	3.3	1.5	0.6	154,874
10-11 years complete	22.6	32.2	48.0	14.6	3.6	1.5	0.7	139,334
12 or more years complete	21.5	29.2	52.1	14.4	3.2	1.2	0.7	230,360
Don't know	31.8	24.7	49.5	19.1	4.6	2.2	3.7	675

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Table 12.3.2 Blood pressure levels and treatment status: Men—*Continued*

Among men age 15 and over, prevalence of hypertension, percent distribution of men by blood pressure levels, and percentage having normal blood pressure and taking medicine to lower their blood pressure, according to background characteristics, India, 2019-21

Background characteristic	Prevalence of hypertension <sup>1</sup>	Normal	Pre-hypertensive	Hypertensive			Percentage with normal blood pressure and taking medicine to lower their blood pressure	Number of men
		SBP <120 mmHg and DBP <80 mmHg	SBP 120-139 mmHg or DBP 80-89 mmHg	Mildly elevated: SBP 140-159 mmHg or DBP 90-99 mmHg	Moderately elevated: SBP 160-179 mmHg or DBP 100-109 mmHg	Severely elevated: SBP ≥180 mmHg or DBP ≥110 mmHg		
<b>Religion of household head</b>								
Hindu	24.0	29.5	49.1	15.7	4.0	1.7	0.7	699,058
Muslim	21.2	31.1	50.3	13.9	3.2	1.4	0.7	101,306
Christian	29.0	28.1	47.3	17.8	4.7	2.0	1.1	21,430
Sikh	37.0	17.5	47.8	23.5	7.8	3.4	0.5	13,308
Buddhist/Neo-Buddhist	23.7	32.5	46.3	15.3	3.6	2.3	0.7	6,031
Jain	30.1	25.4	48.4	19.6	4.9	1.7	0.5	1,977
Other	23.0	24.5	53.8	15.6	4.1	2.0	0.2	3,175
<b>Caste/tribe of household head</b>								
Scheduled caste	22.6	30.4	49.1	15.0	3.8	1.7	0.6	192,994
Scheduled tribe	22.3	29.0	50.1	15.4	3.7	1.7	0.4	84,027
Other backward class	23.8	30.2	48.6	15.6	4.0	1.6	0.7	365,525
Other	26.4	27.5	49.8	16.8	4.2	1.8	0.9	197,243
Don't know	22.1	31.8	48.7	13.9	3.7	2.0	0.5	6,496
<b>Nutritional status</b>								
Thin (BMI <18.5)	8.1	56.9	35.7	6.0	1.0	0.4	0.2	14,652
Normal (BMI 18.5-24.9)	15.8	32.9	52.4	11.7	2.2	0.8	0.3	58,491
Overweight (BMI 25.0-29.9)	30.0	16.9	55.0	20.9	5.3	1.8	0.3	18,173
Obese (BMI ≥30.0)	39.6	14.8	49.4	25.5	7.8	2.5	1.2	3,800
Respondent not measured	24.7	29.1	49.0	16.0	4.1	1.8	0.7	751,170

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Table 12.3.2 Blood pressure levels and treatment status: Men—*Continued*

Among men age 15 and over, prevalence of hypertension, percent distribution of men by blood pressure levels, and percentage having normal blood pressure and taking medicine to lower their blood pressure, according to background characteristics, India, 2019-21

Background characteristic	Prevalence of hypertension <sup>1</sup>	Normal	Pre-hypertensive	Hypertensive			Percentage with normal blood pressure and taking medicine to lower their blood pressure	Number of men
		SBP <120 mmHg and DBP <80 mmHg	SBP 120-139 mmHg or DBP 80-89 mmHg	Mildly elevated: SBP 140-159 mmHg or DBP 90-99 mmHg	Moderately elevated: SBP 160-179 mmHg or DBP 100-109 mmHg	Severely elevated: SBP ≥180 mmHg or DBP ≥110 mmHg		
<b>Wealth quintile</b>								
Lowest	19.5	34.1	47.9	13.3	3.2	1.5	0.5	150,821
Second	20.7	32.4	48.7	13.9	3.5	1.6	0.5	167,111
Middle	23.1	30.2	48.9	15.3	3.9	1.7	0.6	177,183
Fourth	26.2	27.2	49.8	16.9	4.3	1.8	0.8	178,789
Highest	29.7	24.3	50.4	18.7	4.7	1.9	1.0	172,381
Total age 15 and over	24.0	29.5	49.2	15.7	3.9	1.7	0.7	846,285
Total age 15-49	16.1	34.5	50.5	11.7	2.3	0.9	0.4	586,210

SBP = Systolic blood pressure, the degree of force when the heart is pumping (contracting); DBP = Diastolic blood pressure, the degree of force when the heart is relaxed

BMI = Body mass index in kg/m<sup>2</sup>

<sup>1</sup> A man is classified as having hypertension if he has SBP ≥140 mmHg or DBP ≥90 mmHg at time of survey, or he is currently taking medicine to lower his blood pressure.

Table 12.4.1 Blood pressure levels and treatment status by state/union territory: Women

Among women age 15 and over, prevalence of hypertension, percent distribution of women by blood pressure levels, and percentage having normal blood pressure and taking medicine to lower their blood pressure, according to state/union territory, India, 2019-21

State/union territory	Prevalence of hypertension <sup>1</sup>	Normal	Pre-hypertensive	Hypertensive			Percentage with normal blood pressure and taking medicine to lower their blood pressure
		SBP <120 mmHg and DBP <80 mmHg	SBP 120-139 mmHg or DBP 80-89 mmHg	Mildly elevated: SBP 140-159 mmHg or DBP 90-99 mmHg	Moderately elevated: SBP 160-179 mmHg or DBP 100-109 mmHg	Severely elevated: SBP ≥180 mmHg or DBP ≥110 mmHg	
<b>India</b>	21.3	43.9	38.5	12.4	3.6	1.6	1.2
<b>North</b>							
Chandigarh	25.0	44.4	35.6	14.5	3.7	1.9	1.5
Delhi	24.1	39.2	40.2	14.7	4.1	1.8	0.9
Haryana	21.0	39.6	42.7	12.3	3.6	1.9	1.0
Himachal Pradesh	22.2	43.9	39.1	11.9	3.7	1.4	1.5
Jammu & Kashmir	20.0	29.4	55.9	11.7	2.1	1.0	0.8
Ladakh	15.7	27.3	60.7	10.4	1.2	0.4	0.4
Punjab	31.2	34.0	38.9	18.5	5.6	3.0	1.1
Rajasthan	15.3	40.6	46.3	9.8	2.2	1.0	0.7
Uttarakhand	22.9	39.3	40.8	13.7	4.2	2.1	0.6
<b>Central</b>							
Chhattisgarh	23.6	38.1	40.3	14.8	4.5	2.3	0.7
Madhya Pradesh	20.6	42.0	39.6	13.2	3.5	1.7	0.8
Uttar Pradesh	18.3	43.1	40.4	11.5	3.2	1.7	0.7
<b>East</b>							
Bihar	15.9	56.2	31.5	8.7	2.5	1.2	1.7
Jharkhand	17.8	42.3	41.7	11.1	3.2	1.8	0.6
Odisha	22.4	43.2	38.2	12.9	3.8	1.8	1.1
West Bengal	20.5	44.6	38.5	11.5	3.8	1.5	1.1

Continued...

Table 12.4.1 Blood pressure levels and treatment status by state/union territory: Women—*Continued*

Among women age 15 and over, prevalence of hypertension, percent distribution of women by blood pressure levels, and percentage having normal blood pressure and taking medicine to lower their blood pressure, according to state/union territory, India, 2019-21

State/union territory	Prevalence of hypertension <sup>1</sup>	Normal	Pre-hypertensive	Hypertensive			Percentage with normal blood pressure and taking medicine to lower their blood pressure
		SBP <120 mmHg and DBP <80 mmHg	SBP 120-139 mmHg or DBP 80-89 mmHg	Mildly elevated: SBP 140-159 mmHg or DBP 90-99 mmHg	Moderately elevated: SBP 160-179 mmHg or DBP 100-109 mmHg	Severely elevated: SBP ≥180 mmHg or DBP ≥110 mmHg	
<b>Northeast</b>							
Arunachal Pradesh	24.9	33.0	43.9	16.4	4.2	2.5	0.7
Assam	19.1	45.1	39.2	10.9	3.3	1.5	1.1
Manipur	23.0	41.2	39.4	13.5	4.3	1.6	1.0
Meghalaya	18.7	47.0	39.2	10.0	2.7	1.2	2.2
Mizoram	17.7	48.3	37.8	10.7	2.6	0.6	1.4
Nagaland	22.3	35.4	43.3	13.8	4.4	3.2	0.3
Sikkim	34.5	30.4	39.3	18.5	6.5	5.3	1.9
Tripura	20.8	46.8	37.2	11.0	3.3	1.7	1.5
<b>West</b>							
Dadra & Nagar Haveli and Daman & Diu	14.9	45.8	42.6	7.7	2.7	1.2	1.1
Goa	27.5	45.6	38.7	12.1	2.6	1.0	3.3
Gujarat	20.5	45.2	38.5	11.7	3.2	1.3	1.3
Maharashtra	23.1	42.0	39.3	13.7	3.5	1.5	1.3
<b>South</b>							
Andaman & Nicobar Islands	25.3	42.0	37.8	15.3	3.8	1.1	1.1
Andhra Pradesh	25.3	47.3	33.2	13.6	4.3	1.7	1.7
Karnataka	25.0	42.8	36.3	14.8	4.2	1.9	1.1
Kerala	30.9	41.5	36.4	15.5	4.8	1.8	2.5
Lakshadweep	24.8	39.6	40.0	13.9	4.2	2.3	0.9
Puducherry	23.0	50.5	33.4	12.1	3.0	1.0	2.1
Tamil Nadu	24.8	44.6	34.9	14.3	4.3	1.9	1.2
Telangana	26.1	46.6	33.5	13.6	4.5	1.8	2.0

SBP = Systolic blood pressure, the degree of force when the heart is pumping (contracting); DBP = Diastolic blood pressure, the degree of force when the heart is relaxed

<sup>1</sup> A woman is classified as having hypertension if she has SBP ≥140 mmHg or DBP ≥90 mmHg at the time of the survey, or she is currently taking medicine to lower her blood pressure.



Table 12.4.2 Blood pressure levels and treatment status by state/union territory: Men

Among men age 15 and over, prevalence of hypertension, percent distribution of men by blood pressure levels, and percentage having normal blood pressure and taking medicine to lower their blood pressure, according to state/union territory, India, 2019-21

State/union territory	Prevalence of hypertension <sup>1</sup>	Normal	Pre-hypertensive	Hypertensive			Percentage with normal blood pressure and taking medicine to lower their blood pressure
		SBP <120 mmHg and DBP <80 mmHg	SBP 120-139 mmHg or DBP 80-89 mmHg	Mildly elevated: SBP 140-159 mmHg or DBP 90-99 mmHg	Moderately elevated: SBP 160-179 mmHg or DBP 100-109 mmHg	Severely elevated: SBP ≥180 mmHg or DBP ≥110 mmHg	
<b>India</b>	24.0	29.5	49.2	15.7	3.9	1.7	0.7
<b>North</b>							
Chandigarh	30.6	27.1	45.6	18.6	7.2	1.5	0.5
Delhi	32.7	19.6	49.9	21.8	6.2	2.5	0.5
Haryana	25.1	22.3	54.2	16.6	4.7	2.3	0.4
Himachal Pradesh	24.4	28.9	49.8	16.5	3.4	1.5	0.8
Jammu & Kashmir	18.9	24.7	60.3	12.3	1.8	1.0	0.5
Ladakh	17.4	25.2	61.3	11.2	1.6	0.7	0.3
Punjab	37.7	18.0	46.6	24.5	7.6	3.4	0.5
Rajasthan	17.9	27.0	56.7	12.7	2.5	1.1	0.3
Uttarakhand	31.8	21.9	48.5	20.1	5.8	3.7	0.5
<b>Central</b>							
Chhattisgarh	27.7	24.6	48.9	19.0	4.9	2.5	0.3
Madhya Pradesh	22.7	29.7	49.0	16.0	3.6	1.7	0.3
Uttar Pradesh	21.7	28.2	51.4	15.2	3.6	1.6	0.3
<b>East</b>							
Bihar	18.4	40.5	44.0	11.1	3.1	1.2	1.0
Jharkhand	22.6	25.1	53.7	15.1	4.0	2.1	0.4
Odisha	25.6	28.1	49.0	16.8	4.3	1.8	0.7
West Bengal	20.1	31.9	50.9	13.0	3.1	1.1	0.7

Continued...

Table 12.4.2 Blood pressure levels and treatment status by state/union territory: Men—*Continued*

Among men age 15 and over, prevalence of hypertension, percent distribution of men by blood pressure levels, and percentage having normal blood pressure and taking medicine to lower their blood pressure, according to state/union territory, India, 2019-21

State/union territory	Prevalence of hypertension <sup>1</sup>	Normal	Pre-hypertensive	Hypertensive			Percentage with normal blood pressure and taking medicine to lower their blood pressure
		SBP <120 mmHg and DBP <80 mmHg	SBP 120-139 mmHg or DBP 80-89 mmHg	Mildly elevated: SBP 140-159 mmHg or DBP 90-99 mmHg	Moderately elevated: SBP 160-179 mmHg or DBP 100-109 mmHg	Severely elevated: SBP ≥180 mmHg or DBP ≥110 mmHg	
Northeast							
Arunachal Pradesh	33.1	19.1	49.1	22.8	6.2	2.8	0.3
Assam	20.3	33.5	49.3	12.8	3.2	1.2	0.8
Manipur	33.2	20.5	49.4	20.8	7.1	2.2	0.5
Meghalaya	21.4	32.6	49.4	14.2	2.8	1.0	0.9
Mizoram	25.2	26.0	52.4	16.2	3.9	1.4	0.9
Nagaland	28.7	22.3	49.8	19.1	5.7	3.1	0.2
Sikkim	41.6	18.7	42.5	25.0	8.0	5.9	0.8
Tripura	22.7	33.9	47.5	13.4	3.4	1.8	0.9
West							
Dadra & Nagar Haveli and Daman & Diu	15.4	29.1	57.4	9.8	2.8	0.9	0.2
Goa	26.8	27.3	53.2	14.8	3.5	1.2	2.2
Gujarat	20.3	35.4	47.1	13.0	3.3	1.2	0.8
Maharashtra	24.4	30.4	48.4	16.0	3.7	1.6	0.8
South							
Andaman & Nicobar Islands	30.2	26.7	46.3	20.6	4.6	1.9	0.5
Andhra Pradesh	29.0	30.3	45.1	17.6	4.9	2.2	1.2
Karnataka	26.9	28.6	47.5	17.2	4.7	2.0	0.8
Kerala	32.8	27.3	46.9	19.2	4.8	1.9	1.7
Lakshadweep	24.7	23.5	54.7	16.6	3.5	1.6	0.3
Puducherry	30.1	28.3	46.2	19.1	4.4	2.0	0.8
Tamil Nadu	30.2	26.6	46.5	19.5	5.2	2.2	0.8
Telangana	31.4	30.0	43.4	18.5	5.7	2.4	1.4

SBP = Systolic blood pressure, the degree of force when the heart is pumping (contracting); DBP = Diastolic blood pressure, the degree of force when the heart is relaxed

<sup>1</sup> A man is classified as having hypertension if he has SBP ≥140 mmHg or DBP ≥90 mmHg at time of survey, or he is currently taking medicine to lower his blood pressure.

Table 12.5.1 Random blood glucose levels: Women

Among women age 15 and over, percent distribution of women by random blood glucose levels, percentage having normal blood glucose levels and taking medicine to lower their blood glucose level, and percentage having blood glucose levels  $\leq 140$  mg/dl and taking medicine to lower their blood glucose level, by background characteristics, India, 2019-21

Background characteristic	Random blood glucose values			Total	Percentage with normal blood glucose levels and taking medicine to lower their blood glucose level	Percentage with >140 mg/dl blood glucose levels or taking medicine to lower their blood glucose level	Number of women
	≤140 mg/dl (normal)	141-160 mg/dl (high)	>160 mg/dl (very high)				
<b>Age</b>							
15-19	97.4	1.8	0.7	100.0	0.4	3.0	116,721
20-24	96.7	2.3	1.0	100.0	0.4	3.8	114,581
25-29	95.3	3.1	1.6	100.0	0.6	5.2	112,883
30-39	91.6	4.8	3.5	100.0	0.6	8.9	189,152
40-49	84.9	7.3	7.8	100.0	1.0	16.1	157,178
50-54	77.8	10.0	12.2	100.0	1.9	24.1	62,350
55-59	75.7	10.8	13.5	100.0	2.1	26.4	61,957
60-69	73.4	11.4	15.3	100.0	2.9	29.5	91,246
70 and over	73.2	12.5	14.4	100.0	3.1	30.0	50,003
<b>Residence</b>							
Urban	85.4	6.7	8.0	100.0	1.6	16.3	298,410
Rural	88.7	5.9	5.5	100.0	0.9	12.3	657,663
<b>Schooling</b>							
No schooling	83.9	8.0	8.2	100.0	1.3	17.4	314,922
<5 years complete	82.6	8.2	9.2	100.0	1.7	19.1	66,666
5-7 years complete	86.3	6.4	7.3	100.0	1.3	15.1	125,857
8-9 years complete	90.7	4.7	4.6	100.0	1.0	10.3	140,033
10-11 years complete	90.6	4.6	4.8	100.0	1.0	10.4	120,257
12 or more years complete	92.4	4.1	3.5	100.0	0.8	8.4	187,959
Don't know	82.3	5.7	12.0	100.0	0.9	18.6	378
<b>Religion of household head</b>							
Hindu	87.8	6.1	6.1	100.0	1.1	13.3	785,319
Muslim	87.4	6.0	6.5	100.0	1.2	13.8	119,314
Christian	83.0	7.1	9.9	100.0	2.2	19.2	24,665
Sikh	86.4	5.8	7.8	100.0	1.0	14.6	14,471
Buddhist/Neo-Buddhist	90.8	5.2	4.0	100.0	1.1	10.3	6,499
Jain	83.7	8.6	7.8	100.0	1.1	17.5	2,209
Other	91.3	5.5	3.2	100.0	0.8	9.5	3,595
<b>Caste/tribe of household head</b>							
Scheduled caste	88.6	5.8	5.6	100.0	1.0	12.3	219,349
Scheduled tribe	90.7	5.3	4.0	100.0	0.7	10.0	92,898
Other backward class	87.4	6.1	6.5	100.0	1.2	13.8	415,905
Other	85.8	6.8	7.4	100.0	1.4	15.7	219,761
Don't know	86.6	7.0	6.4	100.0	1.5	14.9	8,159

Continued...

**Table 12.5.1 Random blood glucose levels: Women—Continued**

Among women age 15 and over, percent distribution of women by random blood glucose levels, percentage having normal blood glucose levels and taking medicine to lower their blood glucose level, and percentage having blood glucose levels  $\leq 140$  mg/dl and taking medicine to lower their blood glucose level, by background characteristics, India, 2019-21

Background characteristic	Random blood glucose values			Total	Percentage with normal blood glucose levels and taking medicine to lower their blood glucose level	Percentage with >140 mg/dl blood glucose levels or taking medicine to lower their blood glucose level	Number of women
	≤140 mg/dl (normal)	141-160 mg/dl (high)	>160 mg/dl (very high)				
<b>Wealth quintile</b>							
Lowest	90.0	5.8	4.2	100.0	0.6	10.6	180,967
Second	89.4	5.7	4.9	100.0	0.8	11.5	192,104
Middle	87.9	5.9	6.1	100.0	1.1	13.1	196,280
Fourth	86.2	6.3	7.5	100.0	1.3	15.1	197,152
Highest	84.8	6.8	8.4	100.0	1.8	17.1	189,570
<b>Nutritional status</b>							
Thin (BMI <18.5)	96.0	2.7	1.3	100.0	0.4	4.4	127,023
Normal (BMI 18.5-24.9)	94.0	3.7	2.2	100.0	0.5	6.5	399,874
Overweight (BMI 25.0-29.9)	87.8	6.0	6.2	100.0	0.8	13.0	119,410
Obese (BMI ≥30.0)	81.1	8.0	10.8	100.0	1.3	20.2	42,419
Respondent not measured	75.0	11.1	13.9	100.0	2.5	27.5	267,347
Total age 15 and over	87.6	6.1	6.3	100.0	1.1	13.5	956,073
Total age 15-49	92.5	4.2	3.3	100.0	0.6	8.1	690,515

Table 12.5.2 Random blood glucose levels: Men

Among men age 15 and over, percent distribution of men by random blood glucose levels and percentage having normal blood glucose levels and taking medicine to lower their blood glucose level, and percentage having blood glucose levels  $\leq 140$  mg/dl and taking medicine to lower their blood glucose level, by background characteristics, India, 2019-21

Background characteristic	Random blood glucose values			Total	Percentage with normal blood glucose levels and taking medicine to lower their blood glucose level	Percentage with >140 mg/dl blood glucose levels or taking medicine to lower their blood glucose level	Number of men
	≤140 mg/dl (normal)	141-160 mg/dl (high)	>160 mg/dl (very high)				
<b>Age</b>							
15-19	97.3	2.0	0.7	100.0	0.5	3.2	103,703
20-24	95.9	3.0	1.1	100.0	0.4	4.5	90,867
25-29	93.9	4.1	2.0	100.0	0.5	6.6	88,759
30-39	89.3	6.2	4.6	100.0	0.6	11.3	159,400
40-49	82.6	8.7	8.8	100.0	1.1	18.5	135,567
50-54	77.0	10.7	12.3	100.0	1.7	24.7	55,685
55-59	74.2	11.9	13.9	100.0	2.1	27.9	51,361
60-69	71.9	12.5	15.6	100.0	2.5	30.6	90,626
70 and over	70.9	13.2	15.9	100.0	3.2	32.2	52,114
<b>Residence</b>							
Urban	83.6	7.8	8.5	100.0	1.5	17.8	265,324
Rural	86.5	7.0	6.5	100.0	1.0	14.5	562,758
<b>Schooling</b>							
No schooling	82.4	9.7	7.9	100.0	1.0	18.6	132,731
<5 years complete	81.4	9.1	9.5	100.0	1.4	20.0	62,563
5-7 years complete	84.1	7.8	8.1	100.0	1.2	17.1	117,286
8-9 years complete	87.8	6.2	6.0	100.0	1.0	13.2	152,064
10-11 years complete	86.2	6.5	7.2	100.0	1.3	15.1	136,615
12 or more years complete	87.5	6.2	6.3	100.0	1.1	13.7	226,177
Don't know	79.4	12.5	8.1	100.0	1.7	22.3	647
<b>Religion of household head</b>							
Hindu	85.6	7.2	7.2	100.0	1.1	15.5	684,371
Muslim	85.6	7.7	6.7	100.0	1.1	15.5	99,183
Christian	82.0	8.2	9.8	100.0	2.4	20.4	20,828
Sikh	86.6	6.4	6.9	100.0	0.8	14.2	12,799
Buddhist/Neo-Buddhist	89.3	5.9	4.8	100.0	0.9	11.6	5,870
Jain	84.7	7.0	8.2	100.0	2.0	17.3	1,920
Other	87.4	7.2	5.5	100.0	0.9	13.5	3,110
<b>Caste/tribe of household head</b>							
Scheduled caste	86.6	7.0	6.4	100.0	1.0	14.4	189,120
Scheduled tribe	88.5	6.5	5.0	100.0	0.7	12.2	82,395
Other backward class	85.5	7.2	7.3	100.0	1.2	15.7	357,580
Other	83.7	7.9	8.4	100.0	1.5	17.8	192,676
Don't know	82.8	9.3	7.8	100.0	1.1	18.3	6,310

Continued...

Table 12.5.2 Random blood glucose levels: Men—*Continued*

Among men age 15 and over, percent distribution of men by random blood glucose levels and percentage having normal blood glucose levels and taking medicine to lower their blood glucose level, and percentage having blood glucose levels  $\leq 140$  mg/dl and taking medicine to lower their blood glucose level, by background characteristics, India, 2019-21

Background characteristic	Random blood glucose values			Total	Percentage with normal blood glucose levels and taking medicine to lower their blood glucose level	Percentage with >140 mg/dl blood glucose levels or taking medicine to lower their blood glucose level	Number of men
	≤140 mg/dl (normal)	141-160 mg/dl (high)	>160 mg/dl (very high)				
<b>Wealth quintile</b>							
Lowest	87.8	7.2	5.0	100.0	0.7	12.9	148,018
Second	87.4	7.0	5.6	100.0	0.8	13.4	163,964
Middle	86.1	7.0	6.9	100.0	1.0	14.9	173,566
Fourth	84.5	7.3	8.2	100.0	1.3	16.9	174,719
Highest	82.4	7.9	9.7	100.0	1.9	19.5	167,815
<b>Nutritional status</b>							
Thin (BMI <18.5)	94.5	3.2	2.3	100.0	0.7	6.1	14,524
Normal (BMI 18.5-24.9)	90.6	5.5	4.0	100.0	0.7	10.1	57,804
Overweight (BMI 25.0-29.9)	82.7	8.1	9.2	100.0	1.1	18.4	17,753
Obese (BMI ≥30.0)	76.6	8.9	14.5	100.0	1.4	24.7	3,692
Respondent not measured	85.1	7.5	7.4	100.0	1.2	16.1	734,308
Total age 15 and over	85.6	7.3	7.1	100.0	1.2	15.6	828,082
Total age 15-49	90.9	5.2	3.9	100.0	0.6	9.8	578,295

Table 12.6.1 Random blood glucose levels by state/union territory: Women

Among women age 15 and over, percent distribution of women by random blood glucose levels and percentage having normal blood glucose levels and taking medicine to lower their blood glucose level, and percentage having blood glucose levels  $\leq 140$  mg/dl and taking medicine to lower their blood glucose level, by state/union territory, India, 2019-21

State/union territory	Random blood glucose values			Total	Percentage with normal blood glucose levels and taking medicine to lower their blood glucose level	Percentage with $>140$ mg/dl blood glucose levels or taking medicine to lower their blood glucose level
	$\leq 140$ mg/dl (normal)	141-160 mg/dl (high)	$>160$ mg/dl (very high)			
<b>India</b>	87.6	6.1	6.3	100.0	1.1	13.5
<b>North</b>						
Chandigarh	82.0	6.0	12.0	100.0	1.0	19.0
Delhi	89.5	4.2	6.3	100.0	1.7	12.2
Haryana	88.9	5.4	5.7	100.0	0.9	11.9
Himachal Pradesh	87.3	6.4	6.4	100.0	1.1	13.9
Jammu & Kashmir	92.7	4.2	3.1	100.0	1.4	8.7
Ladakh	94.3	3.9	1.8	100.0	1.0	6.7
Punjab	86.2	5.8	8.0	100.0	1.0	14.7
Rajasthan	93.4	3.9	2.8	100.0	0.6	7.2
Uttarakhand	90.2	4.2	5.6	100.0	1.0	10.8
<b>Central</b>						
Chhattisgarh	91.7	4.5	3.8	100.0	0.7	9.0
Madhya Pradesh	90.8	5.3	3.9	100.0	0.7	9.8
Uttar Pradesh	90.7	4.7	4.5	100.0	0.7	10.0
<b>East</b>						
Bihar	88.2	6.4	5.4	100.0	0.9	12.7
Jharkhand	90.4	5.4	4.2	100.0	0.6	10.2
Odisha	86.9	6.5	6.6	100.0	0.8	14.0
West Bengal	83.4	8.9	7.7	100.0	0.9	17.5
<b>Northeast</b>						
Arunachal Pradesh	92.2	4.6	3.1	100.0	0.6	8.4
Assam	88.2	6.9	4.9	100.0	1.0	12.8
Manipur	87.6	6.2	6.3	100.0	1.2	13.6
Meghalaya	92.0	5.0	3.0	100.0	1.5	9.5
Mizoram	87.4	6.9	5.7	100.0	1.2	13.8
Nagaland	91.0	5.2	3.8	100.0	0.2	9.3
Sikkim	89.1	6.2	4.7	100.0	1.3	12.2
Tripura	83.3	8.8	8.0	100.0	0.9	17.7
<b>West</b>						
Dadra & Nagar Haveli and Daman & Diu	87.5	6.6	5.9	100.0	1.1	13.6
Goa	81.8	8.6	9.6	100.0	2.6	20.8
Gujarat	85.2	8.1	6.7	100.0	1.0	15.8
Maharashtra	89.0	5.7	5.4	100.0	1.3	12.4
<b>South</b>						
Andaman & Nicobar Islands	84.5	7.4	8.1	100.0	2.0	17.5
Andhra Pradesh	82.3	7.3	10.4	100.0	1.8	19.5
Karnataka	87.4	5.7	6.8	100.0	1.4	14.0
Kerala	78.7	8.3	13.1	100.0	3.5	24.8
Lakshadweep	81.7	8.4	9.9	100.0	1.3	19.5
Puducherry	82.7	7.2	10.1	100.0	2.8	20.1
Tamil Nadu	81.4	7.5	11.1	100.0	2.0	20.7
Telangana	87.1	5.8	7.0	100.0	1.9	14.7

Table 12.6.2 Random blood glucose levels by state/union territory: Men

Among men age 15 and over, percent distribution of men by random blood glucose levels and percentage having normal blood glucose levels and taking medicine to lower their blood glucose level, and percentage having blood glucose levels  $\leq 140$  mg/dl and taking medicine to lower their blood glucose level, by state/union territory, India, 2019-21

State/union territory	Random blood glucose values			Total	Percentage with normal blood glucose levels and taking medicine to lower their blood glucose level	Percentage with $>140$ mg/dl blood glucose levels or taking medicine to lower their blood glucose level
	$\leq 140$ mg/dl (normal)	141-160 mg/dl (high)	$>160$ mg/dl (very high)			
<b>India</b>	85.6	7.3	7.1	100.0	1.2	15.6
<b>North</b>						
Chandigarh	84.1	7.1	8.8	100.0	0.7	16.6
Delhi	87.4	5.3	7.3	100.0	1.5	14.1
Haryana	87.4	6.4	6.2	100.0	0.9	13.5
Himachal Pradesh	86.5	6.8	6.7	100.0	1.3	14.7
Jammu & Kashmir	93.0	4.3	2.7	100.0	1.0	8.0
Ladakh	93.1	4.4	2.5	100.0	1.4	8.3
Punjab	86.8	6.2	7.0	100.0	0.8	14.1
Rajasthan	91.7	5.0	3.3	100.0	0.6	8.9
Uttarakhand	86.8	5.6	7.6	100.0	1.1	14.2
<b>Central</b>						
Chhattisgarh	90.2	5.4	4.4	100.0	1.0	10.8
Madhya Pradesh	88.5	6.6	4.9	100.0	0.7	12.2
Uttar Pradesh	89.2	5.8	5.0	100.0	0.7	11.6
<b>East</b>						
Bihar	84.7	8.3	7.0	100.0	1.0	16.2
Jharkhand	86.7	6.9	6.4	100.0	0.8	14.1
Odisha	84.0	7.3	8.7	100.0	1.0	17.0
West Bengal	79.7	10.8	9.5	100.0	1.0	21.3
<b>Northeast</b>						
Arunachal Pradesh	88.9	6.7	4.3	100.0	0.8	11.9
Assam	85.4	8.4	6.2	100.0	1.4	16.0
Manipur	84.7	7.0	8.3	100.0	1.2	16.5
Meghalaya	87.2	8.6	4.2	100.0	1.1	13.9
Mizoram	86.2	7.8	6.0	100.0	1.7	15.4
Nagaland	88.0	6.6	5.5	100.0	0.4	12.4
Sikkim	85.6	7.5	7.0	100.0	1.3	15.7
Tripura	81.8	9.3	8.9	100.0	1.1	19.3
<b>West</b>						
Dadra & Nagar Haveli and Daman & Diu	84.4	8.0	7.7	100.0	0.7	16.4
Goa	78.1	10.3	11.6	100.0	2.3	24.1
Gujarat	84.0	9.0	7.1	100.0	0.9	16.9
Maharashtra	87.6	6.5	5.9	100.0	1.2	13.6
<b>South</b>						
Andaman & Nicobar Islands	83.5	9.3	7.3	100.0	1.4	17.9
Andhra Pradesh	80.2	8.4	11.4	100.0	2.0	21.8
Karnataka	85.7	6.6	7.6	100.0	1.3	15.6
Kerala	76.4	9.8	13.8	100.0	3.4	27.0
Lakshadweep	81.7	10.2	8.1	100.0	2.4	20.7
Puducherry	80.9	7.0	12.2	100.0	2.6	21.7
Tamil Nadu	80.0	8.1	11.9	100.0	2.0	22.1
Telangana	83.8	6.9	9.3	100.0	1.9	18.1



**Table 12.7 Screening tests for cancer**

Percentage of women age 15-49 who have ever undergone specific screening tests for cancer, and percentage of men age 15-49 who have ever undergone an oral cavity screening test for oral cancer, by background characteristics, India, 2019-21

Background characteristic	Type of examination undergone			Number of women	Oral cavity screening test for men	Number of men
	Cervix	Breast	Oral cavity			
<b>Age</b>						
15-19	0.3	0.1	0.3	130,051	0.1	128,514
20-24	0.7	0.3	0.5	128,874	0.1	114,638
25-34	1.2	0.6	0.7	231,294	0.2	212,379
35-49	2.0	0.9	0.9	275,586	0.2	260,912
<b>Residence</b>						
Urban	1.5	0.8	0.9	247,667	0.2	245,833
Rural	1.1	0.4	0.6	518,138	0.2	470,610
<b>Schooling</b>						
No schooling	1.2	0.4	0.7	163,891	0.2	68,412
<5 years complete	1.6	0.7	0.7	44,490	0.2	38,137
5-7 years complete	1.5	0.6	0.8	104,137	0.2	94,067
8-9 years complete	1.1	0.5	0.6	136,239	0.2	149,572
10-11 years complete	1.2	0.5	0.6	117,324	0.1	128,736
12 or more years complete	1.2	0.7	0.7	199,392	0.2	237,061
Don't know	2.4	1.2	1.0	332	0.0	458
<b>Religion of household head</b>						
Hindu	1.3	0.6	0.7	619,897	0.2	582,358
Muslim	0.8	0.4	0.6	105,650	0.2	95,531
Christian	2.4	0.9	1.5	18,346	0.4	16,607
Sikh	1.8	0.4	0.5	12,081	0.1	12,576
Buddhist/Neo-Buddhist	2.1	1.4	1.4	5,058	0.0	4,897
Jain	2.9	2.2	3.4	1,867	0.0	1,803
Other	0.4	0.2	0.3	2,906	0.1	2,670
<b>Caste/tribe of household head</b>						
Scheduled caste	1.4	0.6	0.6	179,505	0.2	167,405
Scheduled tribe	0.6	0.3	0.4	75,234	0.1	70,355
Other backward class	1.5	0.7	0.8	331,196	0.2	306,383
Other	1.0	0.4	0.8	172,844	0.2	165,608
Don't know	0.8	0.2	0.3	7,025	0.2	6,692
<b>Wealth quintile</b>						
Lowest	0.7	0.3	0.4	142,184	0.2	124,732
Second	1.0	0.4	0.5	152,969	0.1	139,889
Middle	1.4	0.6	0.8	156,697	0.2	148,969
Fourth	1.5	0.6	0.9	158,695	0.2	152,394
Highest	1.5	0.8	0.9	155,260	0.2	150,459
Total	1.2	0.6	0.7	765,805	0.2	716,443

Note: The questions on screening tests for cancer were asked in the biomarker questionnaire, so they include some respondents who were eligible for the biomarker questionnaire, but who may not have completed the individual women's or men's questionnaire.

**Table 12.8 Screening tests for cancer by state/union territory**

Percentage of women age 15-49 who have ever undergone specific screening tests for cancer, and percentage of men age 15-49 who have ever undergone an oral cavity screening test for oral cancer, by state/union territory, India, 2019-21

State/union territory	Type of examination undergone			Oral cavity screening test for men
	Cervix	Breast	Oral cavity	
<b>India</b>	1.2	0.6	0.7	0.2
<b>North</b>				
Chandigarh	0.9	0.0	0.2	0.1
Delhi	0.4	0.2	0.7	0.1
Haryana	0.5	0.2	0.3	0.2
Himachal Pradesh	0.7	0.3	0.3	0.1
Jammu & Kashmir	0.3	0.2	0.6	0.1
Ladakh	0.2	0.2	0.1	0.0
Punjab	1.9	0.3	0.4	0.1
Rajasthan	0.3	0.1	0.2	0.1
Uttarakhand	0.3	0.1	0.3	0.1
<b>Central</b>				
Chhattisgarh	0.3	0.2	0.2	0.2
Madhya Pradesh	0.7	0.5	0.7	0.1
Uttar Pradesh	1.0	0.3	0.6	0.2
<b>East</b>				
Bihar	0.5	0.2	0.3	0.2
Jharkhand	0.4	0.1	0.2	0.1
Odisha	0.7	0.1	0.2	0.1
West Bengal	0.1	0.1	0.1	0.1
<b>Northeast</b>				
Arunachal Pradesh	0.7	0.3	0.4	0.2
Assam	0.2	0.2	0.2	0.3
Manipur	1.3	1.0	0.6	0.1
Meghalaya	0.4	0.3	0.4	0.1
Mizoram	3.8	1.6	0.7	0.1
Nagaland	0.2	0.2	0.3	0.1
Sikkim	0.5	0.2	0.6	0.3
Tripura	0.4	0.3	0.4	0.0
<b>West</b>				
Dadra & Nagar Haveli and Daman & Diu	0.4	0.1	0.1	0.1
Goa	0.9	1.0	0.5	0.3
Gujarat	0.2	0.1	0.2	0.1
Maharashtra	1.7	1.0	1.0	0.1
<b>South</b>				
Andaman & Nicobar Islands	1.9	1.3	9.5	0.7
Andhra Pradesh	3.2	0.6	5.0	0.8
Karnataka	0.5	0.2	0.4	0.1
Kerala	2.3	1.5	0.5	0.1
Lakshadweep	1.2	0.3	0.2	0.1
Puducherry	5.3	2.9	1.2	0.2
Tamil Nadu	7.0	3.8	0.9	0.2
Telangana	2.1	0.3	1.8	0.4

Note: The questions on screening tests for cancer were asked in the biomarker questionnaire, so they include some respondents who were eligible for the biomarker questionnaire, but who may not have completed the individual women's or men's questionnaire.

Table 12.9 Age-specific death rates and crude death rates

Age-specific death rates and crude death rates (CDR) for the 2 years preceding the survey by sex and residence, India, 2019-21

Age	Male	Female	Total
URBAN			
0-4	14.6	10.2	12.5
5-9	5.0	4.1	4.6
10-14	0.5	0.4	0.5
15-19	0.8	0.9	0.8
20-24	1.4	1.1	1.3
25-29	1.7	1.0	1.3
30-34	2.1	1.0	1.6
35-39	3.4	1.1	2.2
40-44	5.5	2.0	3.7
45-49	5.9	2.8	4.3
50-54	10.2	5.4	7.8
55-59	16.2	5.9	10.7
60-64	15.0	12.6	13.8
65-69	23.6	19.5	21.6
70 and over	71.1	72.6	71.8
CDR	8.6	6.6	7.6
RURAL			
0-4	17.3	13.8	15.6
5-9	5.5	4.8	5.1
10-14	0.7	0.6	0.7
15-19	1.5	1.5	1.5
20-24	2.3	1.8	2.1
25-29	2.8	1.5	2.1
30-34	3.4	1.6	2.4
35-39	4.3	1.8	3.0
40-44	4.9	2.5	3.7
45-49	7.3	3.9	5.5
50-54	9.4	5.7	7.5
55-59	13.1	8.0	10.4
60-64	18.4	11.7	15.0
65-69	27.4	21.5	24.5
70 and over	82.9	81.0	81.9
CDR	10.4	7.9	9.1
TOTAL			
0-4	16.6	12.8	14.8
5-9	5.3	4.6	5.0
10-14	0.6	0.6	0.6
15-19	1.2	1.3	1.3
20-24	2.0	1.6	1.8
25-29	2.4	1.3	1.8
30-34	2.9	1.4	2.1
35-39	4.0	1.5	2.7
40-44	5.1	2.3	3.7
45-49	6.8	3.5	5.1
50-54	9.7	5.6	7.6
55-59	14.1	7.3	10.5
60-64	17.3	12.0	14.7
65-69	26.2	20.8	23.6
70 and over	79.3	78.4	78.8
CDR	9.8	7.5	8.6

Note: Age-specific death rates and crude death rates (CDR) are based on the annual number of deaths reported for the de jure population during the 2 years preceding the survey. Rates are specified on a per thousand basis.

**Table 12.10 Crude death rates by state/union territory**

Crude death rates (CDR) for the 2 years preceding the survey by state/union territory, India, 2019-21

State/union territory	Residence		Total
	Urban	Rural	
<b>India</b>	7.6	9.1	8.6
<b>North</b>			
Chandigarh	7.0	9.7	7.0
Delhi	6.7	7.7	6.7
Haryana	7.2	8.6	8.2
Himachal Pradesh	8.3	7.8	7.9
Jammu & Kashmir	4.7	4.7	4.7
Ladakh	7.1	5.1	5.5
Punjab	8.6	8.9	8.8
Rajasthan	6.2	6.9	6.7
Uttarakhand	7.2	8.5	8.1
<b>Central</b>			
Chhattisgarh	10.2	8.8	9.1
Madhya Pradesh	8.3	8.5	8.5
Uttar Pradesh	8.7	10.0	9.7
<b>East</b>			
Bihar	7.2	9.3	9.0
Jharkhand	7.5	9.1	8.7
Odisha	10.4	11.0	10.9
West Bengal	7.4	9.5	8.8
<b>Northeast</b>			
Arunachal Pradesh	5.3	6.0	5.9
Assam	7.5	6.8	6.9
Manipur	8.5	8.3	8.4
Meghalaya	3.8	4.7	4.5
Mizoram	6.2	4.8	5.6
Nagaland	4.0	5.7	5.2
Sikkim	4.6	7.4	6.3
Tripura	7.5	8.3	8.1
<b>West</b>			
Dadra & Nagar Haveli and Daman & Diu	4.9	4.8	4.9
Goa	5.3	6.6	5.9
Gujarat	5.9	8.9	7.6
Maharashtra	6.6	8.6	7.7
<b>South</b>			
Andaman & Nicobar Islands	6.6	6.6	6.6
Andhra Pradesh	9.0	10.4	9.9
Karnataka	6.6	8.3	7.6
Kerala	7.0	8.2	7.6
Lakshadweep	5.7	3.4	5.2
Puducherry	10.9	10.2	10.7
Tamil Nadu	9.7	11.6	10.7
Telangana	7.3	10.6	9.3

Note: Crude death rates (CDR) are based on the annual number of deaths reported for the *de jure* population during the 2 years preceding the survey. Rates are specified on a per thousand basis.

Table 12.11 Adult mortality

Percentage of women and men who were usual residents and who died in the 2 years preceding the survey by cause of death, according to background characteristics, India, 2019-21

Background characteristic	Women			Men		
	Deaths due to non-medical reasons <sup>1</sup>	Deaths due to other reasons	Number of women	Deaths due to non-medical reasons <sup>1</sup>	Deaths due to other reasons	Number of men
<b>Age at time of death</b>						
<15	7.9	92.1	4,031	11.3	88.7	5,403
15-19	31.2	68.8	331	42.2	57.8	316
20-29	20.5	79.5	705	47.0	53.0	983
30-39	17.5	82.5	595	29.6	70.4	1,335
40-49	9.3	90.7	1,005	19.4	80.6	1,955
50-59	7.4	92.6	1,780	11.2	88.8	3,022
60-69	4.3	95.7	3,219	7.2	92.8	4,464
70 and over	2.6	97.4	9,182	3.8	96.2	9,711
<b>Residence</b>						
Urban	5.9	94.1	5,731	10.2	89.8	7,695
Rural	6.2	93.8	15,116	11.4	88.6	19,494
<b>Schooling of household head</b>						
No schooling	6.3	93.7	5,536	12.2	87.8	9,079
<5 years complete	5.5	94.5	2,067	11.7	88.3	2,546
5-7 years complete	6.2	93.8	3,545	12.8	87.2	4,221
8-9 years complete	6.8	93.2	3,379	10.3	89.7	4,129
10-11 years complete	6.3	93.7	2,733	10.0	90.0	3,078
12 or more years complete	5.4	94.6	3,568	7.9	92.1	4,117
Don't know	0.0	100.0	20	19.5	80.5	18
<b>Religion of household head</b>						
Hindu	6.2	93.8	17,406	11.1	88.9	22,675
Muslim	5.7	94.3	2,309	10.1	89.9	3,026
Christian	5.6	94.4	545	13.3	86.7	698
Sikh	3.7	96.3	340	10.2	89.8	458
Buddhist/Neo-Buddhist	9.3	90.7	128	19.9	80.1	159
Jain	2.5	97.5	32	8.7	91.3	53
Other	3.2	96.8	88	6.5	93.5	119
<b>Caste/tribe of household head</b>						
Scheduled caste	6.1	93.9	5,053	11.1	88.9	6,657
Scheduled tribe	7.5	92.5	1,767	13.1	86.9	2,607
Other backward class	6.1	93.9	9,108	11.3	88.7	11,726
Other	5.6	94.4	4,711	9.5	90.5	5,970
Don't know	7.6	92.4	208	13.9	86.1	229
<b>Wealth quintile</b>						
Lowest	6.6	93.4	4,469	12.2	87.8	6,021
Second	6.0	94.0	4,494	12.1	87.9	6,072
Middle	6.6	93.4	4,211	11.0	89.0	5,555
Fourth	6.1	93.9	3,995	10.8	89.2	5,049
Highest	5.1	94.9	3,677	8.6	91.4	4,492
Total	6.1	93.9	20,847	11.1	88.9	27,189

<sup>1</sup> Deaths due to accidents, violence, poisoning, homicides, or suicides

Table 12.12 Adult mortality by state/union territory

Percent distribution of women and men who were usual residents and who died in the 2 years preceding the survey by cause of death, according to state/union territory, India, 2019-21

State/union territory	Women		Men	
	Deaths due to non-medical reasons <sup>1</sup>	Deaths due to other reasons	Deaths due to non-medical reasons <sup>1</sup>	Deaths due to other reasons
<b>India</b>	6.1	93.9	11.1	88.9
<b>North</b>				
Chandigarh	0.0	100.0	3.1	96.9
Delhi	4.2	95.8	6.4	93.6
Haryana	4.5	95.5	10.6	89.4
Himachal Pradesh	2.3	97.7	13.3	86.7
Jammu & Kashmir	10.5	89.5	13.8	86.2
Ladakh	18.3	81.7	12.4	87.6
Punjab	3.7	96.3	9.1	90.9
Rajasthan	4.3	95.7	8.8	91.2
Uttarakhand	4.7	95.3	11.1	88.9
<b>Central</b>				
Chhattisgarh	6.8	93.2	11.9	88.1
Madhya Pradesh	5.3	94.7	12.6	87.4
Uttar Pradesh	5.4	94.6	9.7	90.3
<b>East</b>				
Bihar	4.1	95.9	7.7	92.3
Jharkhand	3.3	96.7	7.5	92.5
Odisha	4.7	95.3	8.5	91.5
West Bengal	8.6	91.4	10.7	89.3
<b>Northeast</b>				
Arunachal Pradesh	7.6	92.4	19.6	80.4
Assam	9.3	90.7	15.2	84.8
Manipur	1.4	98.6	9.8	90.2
Meghalaya	7.9	92.1	9.4	90.6
Mizoram	3.6	96.4	8.3	91.7
Nagaland	1.3	98.7	9.6	90.4
Sikkim	7.3	92.7	14.3	85.7
Tripura	6.8	93.2	10.8	89.2
<b>West</b>				
Dadra & Nagar Haveli and Daman & Diu	14.7	85.3	18.4	81.6
Goa	6.8	93.2	9.4	90.6
Gujarat	7.2	92.8	10.9	89.1
Maharashtra	7.1	92.9	11.3	88.7
<b>South</b>				
Andaman & Nicobar Islands	18.6	81.4	13.3	86.7
Andhra Pradesh	8.8	91.2	16.9	83.1
Karnataka	5.0	95.0	10.5	89.5
Kerala	5.3	94.7	7.9	92.1
Lakshadweep	0.0	100.0	0.0	100.0
Puducherry	10.3	89.7	13.4	86.6
Tamil Nadu	6.9	93.1	14.4	85.6
Telangana	13.1	86.9	24.5	75.5

<sup>1</sup> Death due to accident, violence, poisoning, homicide or suicide