

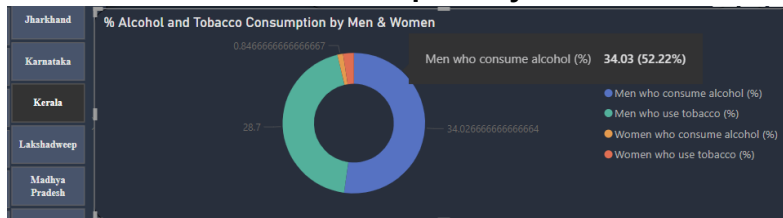
## DV DASHBOARD INSIGHTS on Assessing trends in health and social indicators: A multi-round analysis of NFHS data in India

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This Dashboard is built from the survey data collected from the National Family Health Surveys or NFHS spanning between the time of 2005 to 2021 with NFHS-3 being conducted in 2005-06 NFHS-4 being conducted in 2015-16, NFHS -5 being conducted in 2019-21.

### Key Observations

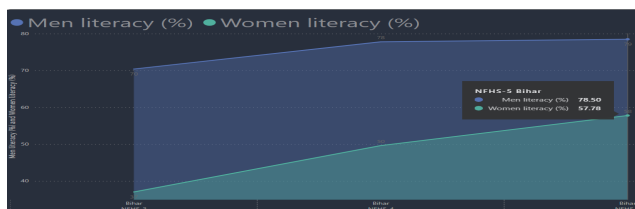
#### 1. Alcohol and tobacco consumption by men and women



Our analysis reveals that, across all surveyed regions, the prevalence of tobacco use among men significantly exceeds that among women.

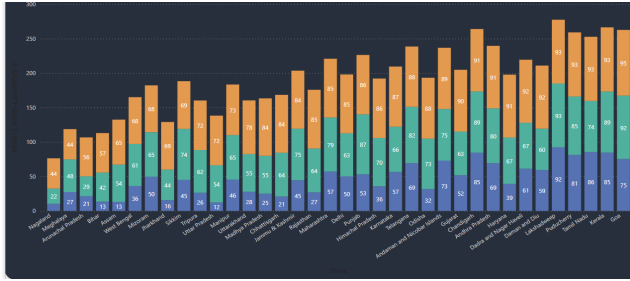
- Average alcohol consumption is 32.49% among men and 3.189% among women nationwide.
- Gujarat reports over 50% tobacco consumption among men, driven by cultural acceptance, especially in chewing forms.
- Goa, a top tourist destination, sees high alcohol consumption. This is influenced by tourism and a culturally liberal attitude towards alcohol.

#### 2. Literacy Improvement and Gender Gap



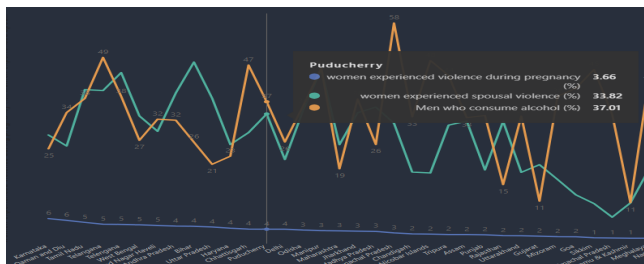
- NFHS-3 reported 81% literacy for men and 65% for women and NFHS-5 (average of all states) showed significant improvement with 90% literacy for men and 80% for women.
- The gender gap in literacy has notably narrowed across surveys.
- This happened because of increased awareness of education's importance and government initiatives like "Beti Bachao Beti Padhao Abhiyan."

#### 3. Mothers who received postnatal care.



- Significant improvement in postnatal care across three NFHS surveys.
- Goa and Kerala show remarkable increase in postnatal care utilization.
- This happened because of increased awareness about maternal health, Government initiatives for maternal healthcare.
- States with higher literacy rates tend to exhibit better postnatal care outcomes, highlighting the role of education in improving maternal health.

#### 4. Relation Between Alcohol Consumption Pattern and Violence Against Women:



States with higher alcohol consumption tend to have higher rates of violence against women.

- Outliers like Tamil Nadu, Puducherry, and Delhi have higher alcohol consumption but relatively lower violence against women. This is due to better socio-economic equality, education, and opportunities for women in these areas.
- States like Madhya Pradesh and Bihar have higher rates of violence against women despite lower alcohol consumption. This is attributed to the lower socio-economic status of women in these states.

#### 5. Abnormal BMI Trends in India Across NFHS Surveys



Men who were overweight 13.48% and women who were overweight 16.75% during the time of NFHS-3 and rose to 27.09% for men and 27.65% for women during NFHS-5 cause of various reasons.

- Urbanization, Dietary Shifts, Decreased Physical Activity and Covid-19 as most of them stayed inside because of lockdown.