

### State Nutrition Profile: Uttar Pradesh

#### ABOUT THIS DATA NOTE

This *Data Note* describes the trends for a set of key nutrition and health outcomes, determinants, and coverage of interventions. The findings are based on data from multiple rounds of the National Family Health Surveys using estimates from reports, factsheets, or unit level data. In addition to standard prevalence-based analyses, this *Data Note* includes headcount-based analyses aligned to the POSHAN Abhiyaan monitoring framework to provide evidence that helps identify priority districts and the number of districts where public health concerns exist as per the WHO guidelines<sup>1</sup>. This *Data Note* also includes a color-coded dashboard to compare the coverage of nutrition interventions by district. It concludes with key takeaways for children, women, and men, and identifies areas for improvement.

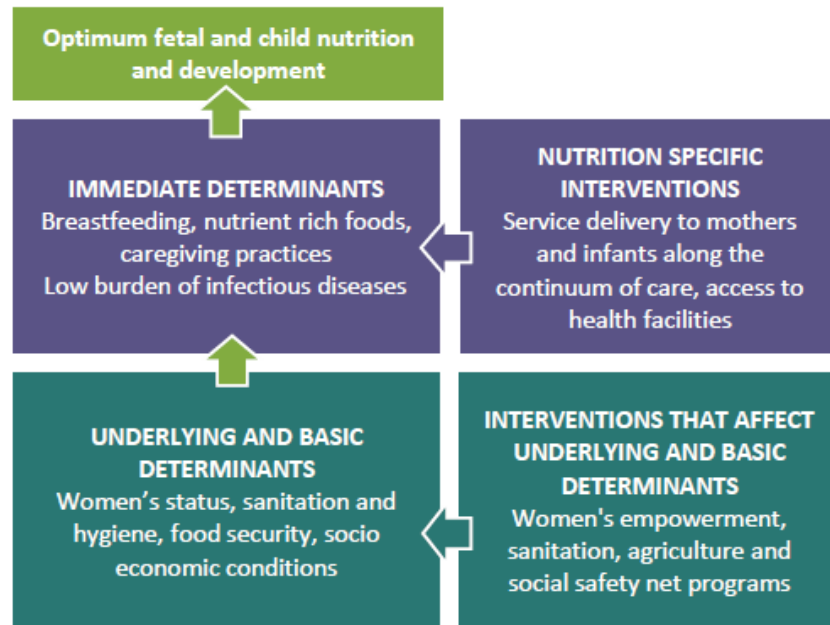
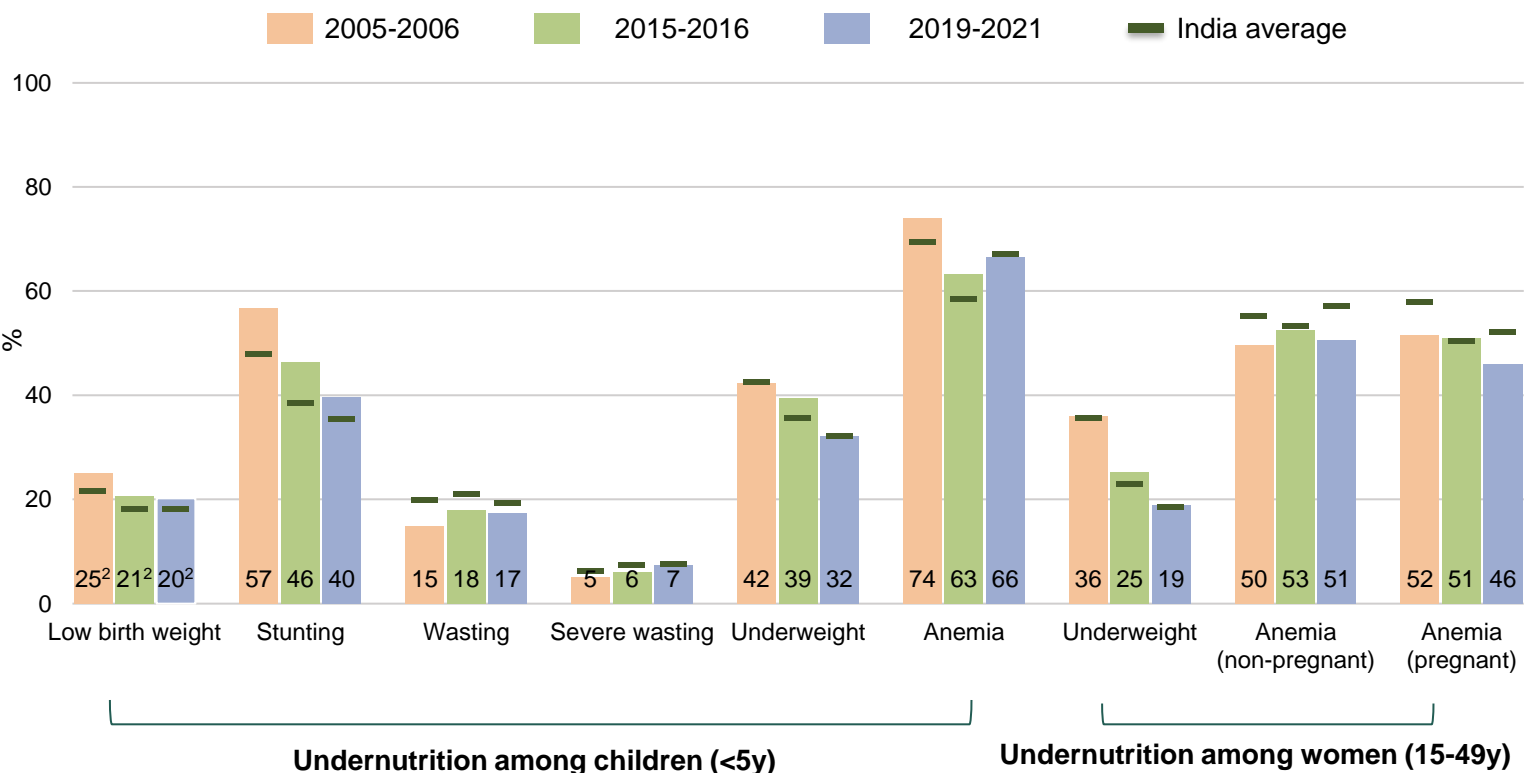


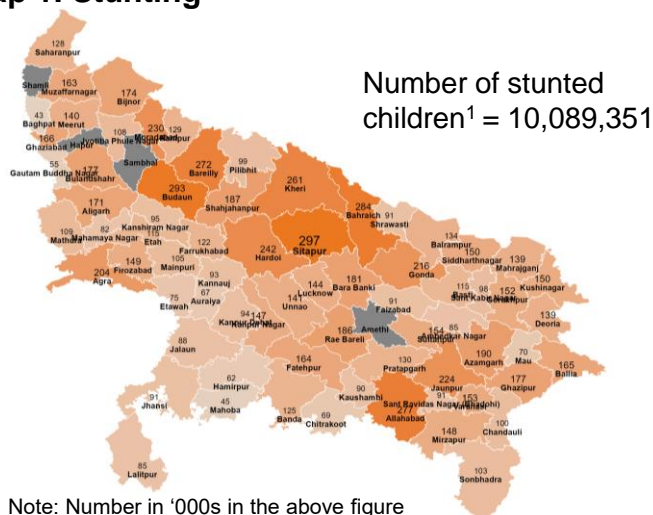
Figure 1. Trends in undernutrition outcomes 2005-2006, 2015-2016, 2019-2021



Source: NFHS-3 (2005-2006) national report and data [IFPRI estimates], NFHS-4 (2015-2016) national report, and NFHS-5 (2019-2021) national and state factsheets. Anemia among non-pregnant and pregnant women for 2005-2006 are IFPRI estimates using woman dataset.  
<sup>1</sup>WHO. Nutrition Landscape Information System (NLIS). Help Topic: Malnutrition in children. Stunting, wasting, overweight, and underweight. (<https://apps.who.int/nutrition/landscape/help.aspx?menu=0&helpid=391&lang=EN>). <sup>2</sup>In NFHS-3, NFHS-4, and NFHS-5, 87.9%, 46.6%, and 15.1% of data were missing, respectively.

# Map 1 & 2. Number of stunted & anemic children <5y, 2019-2021

## Map 1. Stunting



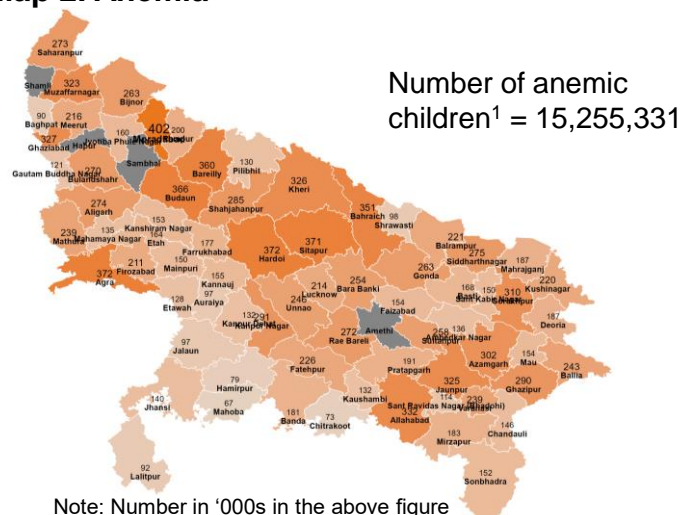
Note: Number in '000s in the above figure

### Highest burden districts

1	Sitapur	297,005
2	Budaun	292,641
3	Bahraich	284,414
4	Allahabad	277,330
5	Bareilly	271,728

No. of districts with public health concern<sup>2</sup>: 75 of 75

## Map 2. Anemia



Note: Number in '000s in the above figure

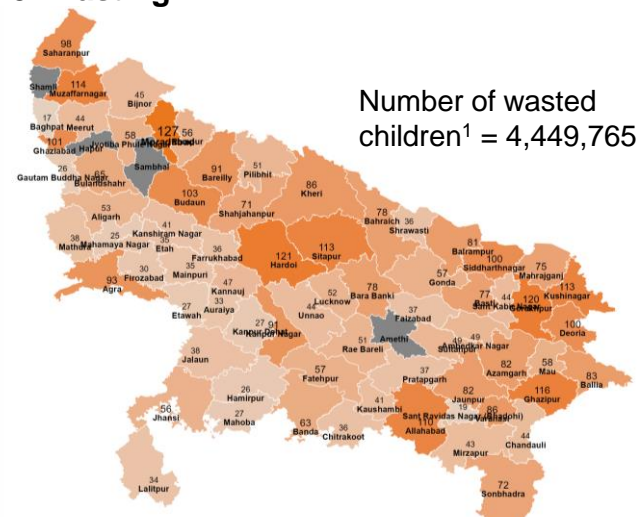
### Highest burden districts

1	Moradabad	402,379
2	Agra	372,500
3	Hardoi	371,987
4	Sitapur	370,619
5	Budaun	366,328

No. of districts with public health concern<sup>2</sup>: 75 of 75

# Map 3 & 4. Number of wasted children <5y, 2019-2021

## Map 3. Wasting



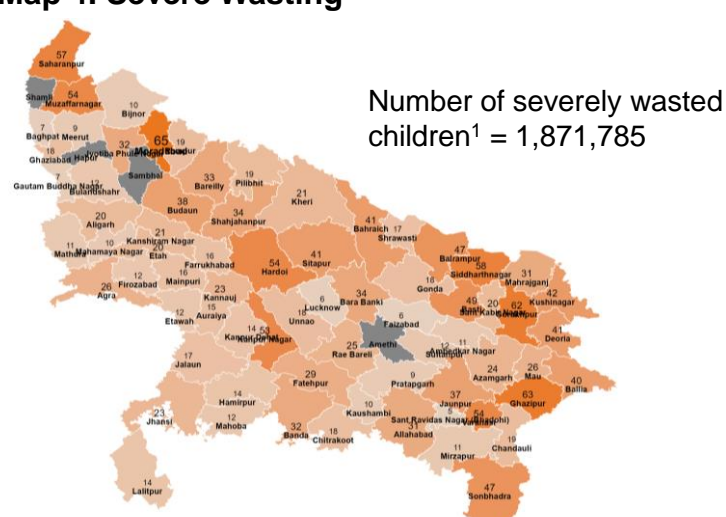
Note: Number in '000s in the above figure

### Highest burden districts

1	Moradabad	126,853
2	Hardoi	121,493
3	Gorakhpur	119,563
4	Ghazipur	115,906
5	Muzaffarnagar	113,863

No. of districts with public health concern<sup>2</sup>: 72 of 75

## Map 4. Severe Wasting



Note: Number in '000s in the above figure

### Highest burden districts

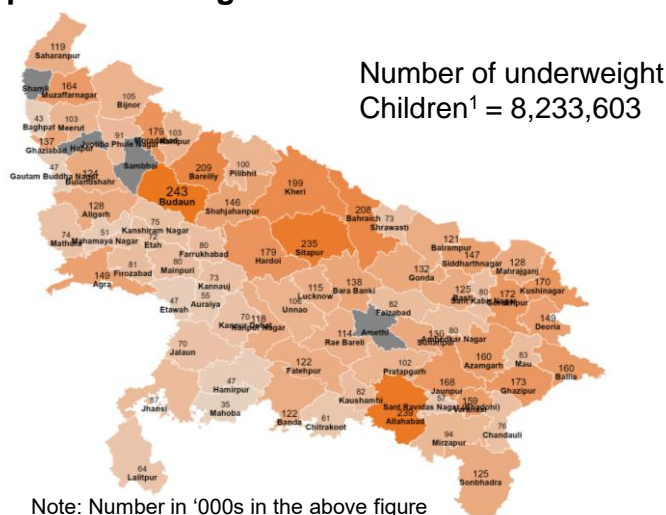
1	Moradabad	65,184
2	Ghazipur	62,852
3	Gorakhpur	61,601
4	Siddharthnagar	58,370
5	Saharanpur	57,395

No. of districts with public health concern<sup>2</sup>: 73 of 75

Source: IFPRI estimates - The headcount was calculated as the product of the undernutrition prevalence, and the total eligible projected population for each district in 2019. Prevalence estimates were obtained from NFHS-5 (2019-2021) district factsheets, and the projected population for 2019 was estimated using Census 2011. <sup>1</sup>The total number of children <5 years is 25,647,606. <sup>2</sup>Public health concern is defined as ≥20% for stunting, ≥40% for anemia, ≥10% for wasting, and ≥2% for severe wasting (WHO 2011).  
Note: Gray areas in maps indicate newly formed districts.

# Map 5 & 6. Number of underweight children (<5y) & women (15-49y), 2019-2021

## Map 5. Underweight children



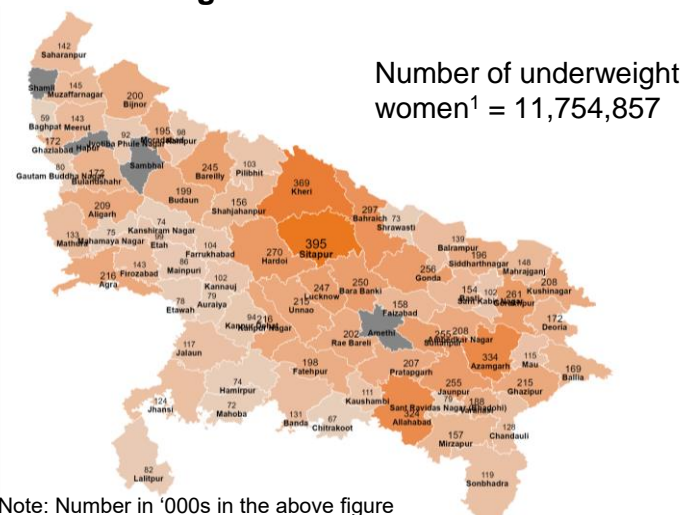
Note: Number in '000s in the above figure

### Highest burden districts

1	Budaun	243,086
2	Allahabad	238,956
3	Sitapur	235,243
4	Bareilly	208,758
5	Bahraich	207,621

No. of districts with public health concern<sup>2</sup>: 75 of 75

## Map 6. Underweight women



Note: Number in '000s in the above figure

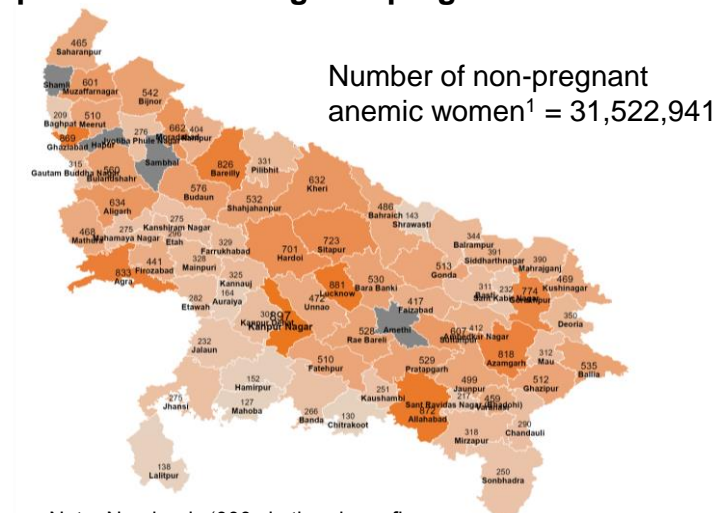
### Highest burden districts

1	Sitapur	394,974
2	Kheri	369,160
3	Azamgarh	333,870
4	Allahabad	324,468
5	Bahraich	296,967

No. of districts with public health concern<sup>2</sup>: 73 of 75

# Map 7 & 8. Number of anemic women (15-49y), 2019-2021

## Map 7. Anemia among non-pregnant women



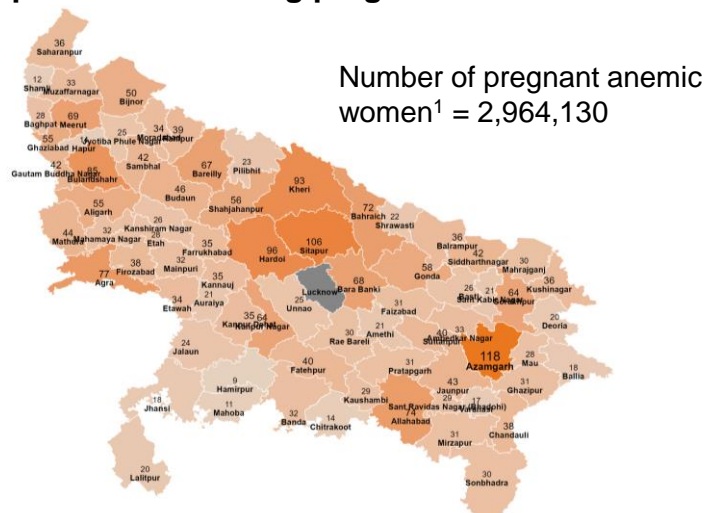
Note: Number in '000s in the above figure

### Highest burden districts

1	Kanpur Nagar	896,712
2	Lucknow	881,278
3	Allahabad	872,313
4	Ghaziabad	869,352
5	Agra	833,175

No. of districts with public health concern<sup>2</sup>: 70 of 75

## Map 8. Anemia among pregnant women



Note: Number in '000s in the above figure

### Highest burden districts

1	Azamgarh	118,279
2	Sitapur	105,667
3	Hardoi	96,431
4	Kheri	92,618
5	Bulandshahr	85,208

No. of districts with public health concern<sup>2</sup>: 50 of 74

Source: IFPRI estimates - The headcount was calculated as the product of the undernutrition prevalence, and the total eligible projected population for each district in 2019. Prevalence estimates were obtained from NFHS-5 (2019-2021) district factsheets, and the projected population for 2019 was estimated using Census 2011. <sup>1</sup>The total number of children <5 years is 25,647,606, pregnant women 15-49 years is 6,679,264, and non-pregnant women 15-49 years is 55,388,306. <sup>2</sup>Public health concern is defined as <20% for underweight (children), ≥10% for underweight (women), ≥40% for anemia among non-pregnant women, and ≥40% for anemia among pregnant women (WHO 2011). Note: Gray areas in maps indicates districts for which data are not available and newly formed districts.

Figure 2. Trends in overweight/obesity & NCDs<sup>1</sup>  
2005-2006, 2015-2016, 2019-2021

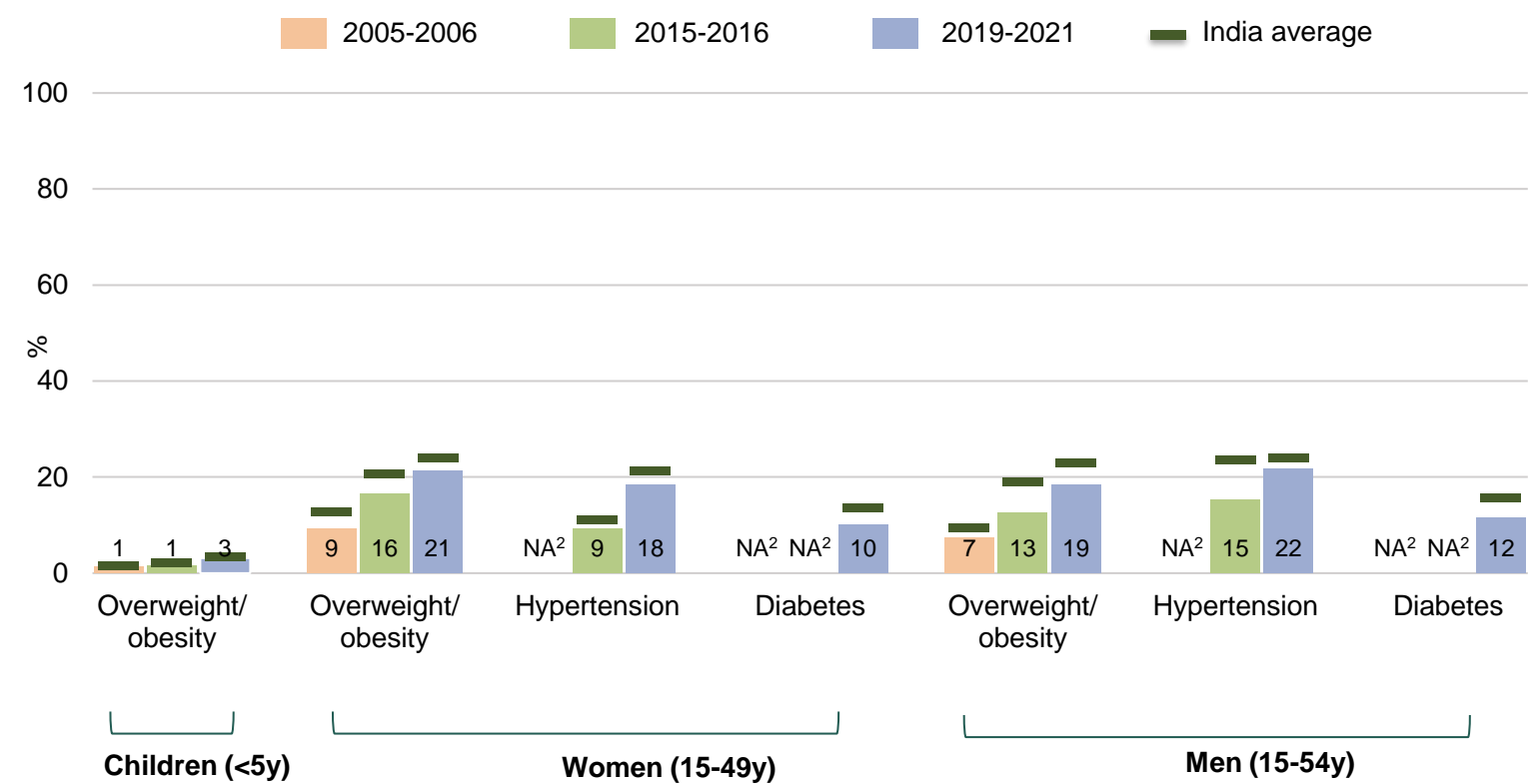


Table 1. Overweight/obesity & NCDs<sup>1</sup> at district-level  
2015-2016, 2019-2021

Category	Outcomes	Worst performing districts (pp)	Best performing districts (pp)	Highest burden districts (thousands) <sup>4</sup>	No of districts with public health concern <sup>5</sup> (total=75)
		<i>Difference between (2019-2021) &amp; (2015-2016)<sup>3</sup></i>	<i>Difference between (2019-2021) &amp; (2015-2016)<sup>3</sup></i>	2019-2021	2019-2021
Children <5 years	Overweight/obesity	Hamirpur: +7.1 Auraiya: +6.3	Banda: -3.6 Sonbhadra: -1.9	Hardoi: 29 Unnao: 27	0
	Overweight/obesity	Pratapgarh: +13.1 2 Districts <sup>6</sup> : +12.9	Jhansi: -3.4 Saharanpur: -3.3	Ghaziabad: 680 Lucknow: 548	38
Women (15-49 years)	Hypertension	Mirzapur: +15.8 Banda: +15.2	Farrukhabad: -0.8	Lucknow: 335 Moradabad: 310	21
	Diabetes	<i>Not Available<sup>2</sup></i>		Ghaziabad: 278 Allahabad: 251	0
Men (15-54 years)	Overweight/obesity	<i>Not Available<sup>2</sup></i>			
	Hypertension	Mirzapur: +20.5 Mau: +16.0	Siddharthnagar: -6.6 Gorakhpur: -6.6	Ghaziabad: 379 Moradabad: 369	48
	Diabetes	<i>Not Available<sup>2</sup></i>		Ghaziabad: 313 Allahabad: 293	2

Source: NFHS-3 (2005-2006) national report, NFHS-4 (2015-16) national report and data [IFPRI estimates], and NFHS-5 (2019-2021) national and state factsheets.  
pp: percentage points. <sup>1</sup>NCDs : non-communicable diseases. <sup>2</sup>Indicates unavailability of data for a particular indicator in the specified NFHS round. Diabetes data for NFHS-4 are not included in the NFHS-5 factsheet because definition of diabetes is not comparable between NFHS-4 and 5. <sup>3</sup>The difference is calculated only between districts that are comparable between 2015-2016 and 2019-2021. All districts except Amethi, Budaun, Ghaziabad, Hapur, Moradabad, Muzaffarnagar, Rae Bareilly, Sambhal, Shamlai, and Sultanpur are comparable across periods. <sup>4</sup>Burden: The headcount was calculated as the product of the prevalence, and the total eligible projected population for each district in 2019. Prevalence estimates were obtained from NFHS-5 (2019-2021) district factsheets and projected population for 2019 was estimated using Census 2011. <sup>5</sup>Public health concern is defined as prevalence  $\geq 15\%$  for overweight/obesity (children),  $\geq 20\%$  for overweight/obesity (women and men),  $\geq 20\%$  hypertension (women and men), and  $\geq 20\%$  diabetes (women and men). Source: WHO (2011). <sup>6</sup>Sant Ravidas Nagar, Bulandshahr.

Figure 3. Trends in immediate determinants (%)  
2005-2006, 2015-2016, 2019-2021

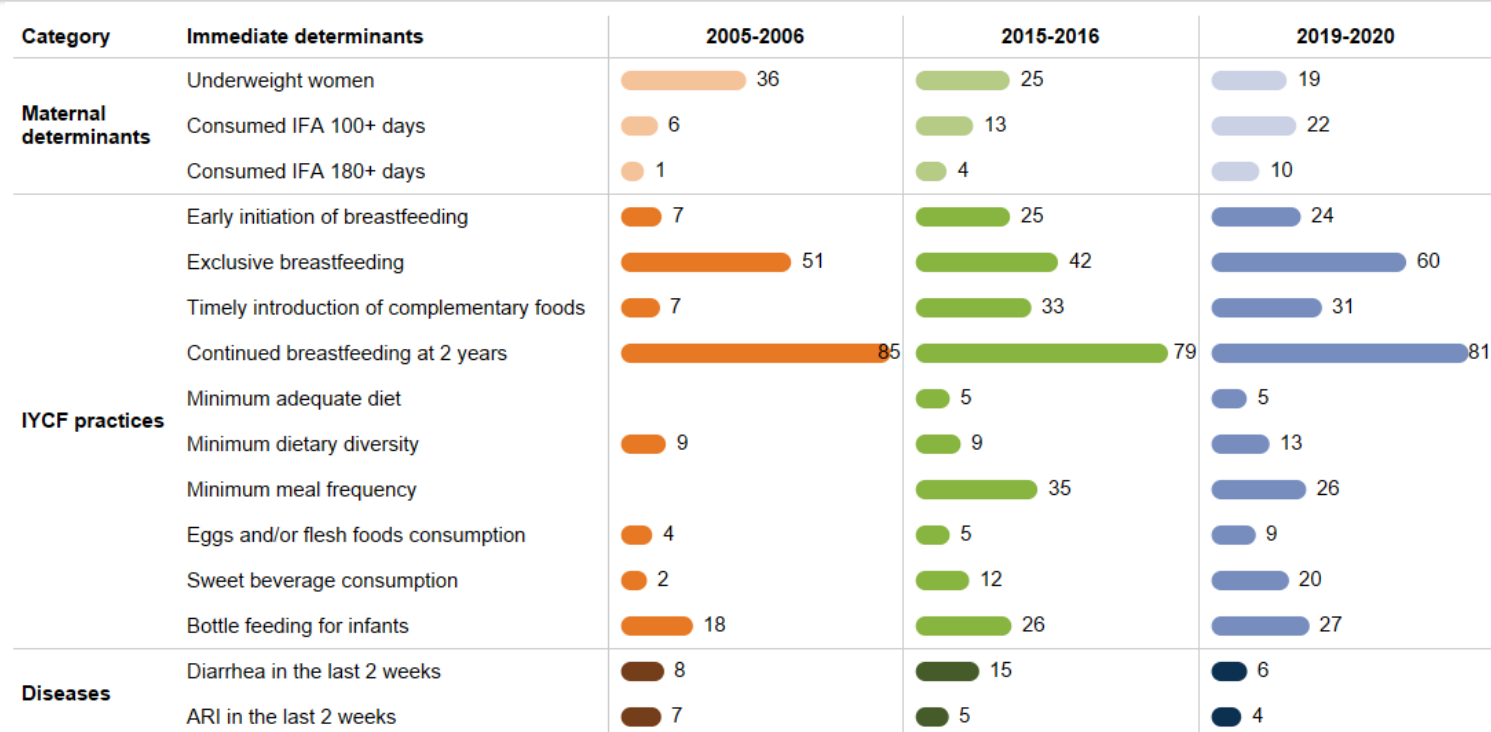


Table 2. Immediate determinants at district-level  
2015-2016, 2019-2021

Category	Immediate determinants	Worst performing districts (pp)	Best performing districts (pp)	Top coverage districts (%) <sup>2</sup>
		<i>Difference between (2019-2021) &amp; (2015-2016)<sup>1</sup></i>	<i>Difference between (2019-2021) &amp; (2015-2016)<sup>1</sup></i>	2019-2021
Maternal determinants	Underweight women	Banda: +2.6 2 Districts <sup>3</sup> : +0.9	Saharanpur: -15.0 Rampur: -14.4	Hapur: 9.4 Shamli: 9.8
	Consumed IFA 100+ days	Mirzapur: -10.8 Kushinagar: -6.3	Rampur: +27.9 Etawah: +21.3	Ghaziabad: 47.8 Meerut: 35.5
IYCF practices	Early initiation of breastfeeding	Mahoba: -26.1 Mahrajganj: -23.7	Bareilly: +25.9 Mahamaya Nagar: +21.8	Bareilly: 45.0 Aligarh: 42.4
	Exclusive breastfeeding	Lalitpur: -15.3 Etawah: -13.5	A.N. <sup>4</sup> : +50.6 Saharanpur: +44.1	Amethi: 72.6 Basti: 72.1
	Timely introduction of complementary foods	S.K.N. <sup>4</sup> : -38.2 Siddharthnagar: -17.1	K.N. <sup>4</sup> : +18.8 Farrukhabad: +9.2	K.N. <sup>4</sup> : 51.7 Farrukhabad: 48.5
	Minimum adequate diet	Ballia: -10.3 2 Districts <sup>6</sup> : -6.4	J.P.N. <sup>4</sup> : +11.3 Kannauj: +8.3	J.P.N. <sup>4</sup> : 16.3 Muzaffarnagar: 13.6
Diseases	Diarrhea in the last 2 weeks	Hamirpur: +4.2 Gonda: +1.4	Siddharthnagar: -25.0 2 Districts <sup>5</sup> : -22.4	Jalaun: 1.2 Shamli: 1.9
	ARI in the last 2 weeks	Shahjahanpur: +4.8 Mathura: +4.2	Kannauj: -9.5 Unnao: -8.2	J.P.N. <sup>4</sup> : 0.4 Muzaffarnagar: 0.5

Source: NFHS-3 (2005-2006) national and state reports and data [IFPRI estimates], NFHS-4 (2015-2016) state report and data [IFPRI estimates], and NFHS-5 (2019-2021) national and state reports, factsheets, and data [IFPRI estimates].

pp: percentage points

Note: Definitions of IYCF indicators are based on WHO guidelines.

<sup>1</sup>The difference is calculated only between districts that are comparable between 2015-2016 and 2019-2021. All districts except Amethi, Budaun, Ghaziabad, Hapur, Moradabad, Muzaffarnagar, Rae Bareilly, Sambhal, Shamli, and Sultanpur are comparable across periods. <sup>2</sup>For all indicators, top coverage districts refer to the districts with the highest prevalence in immediate determinants, except for underweight women, diarrhea in the last 2 weeks, and ARI in the last 2 weeks, for which it refers to the districts with the lowest prevalence in coverage. <sup>3</sup>Gautam Buddha Nagar, Lucknow <sup>4</sup>District codes: S.K.N.: Sant Kabir Nagar, A.N.: Amberkar Nagar, J.P.N.: Jyotiba Phule Nagar, K.N.: Kanshiram Nagar, <sup>5</sup>Gorakhpur, Meerut. <sup>6</sup>Sant Ravidas Nagar, Mau

**Figure 4. Trends in underlying determinants (%)**  
2005-2006, 2015-2016, 2019-2021



**Table 3. Underlying determinants at district level**  
2015-2016, 2019-2021

Category	Underlying determinants	Worst performing districts (pp)	Best performing districts (pp)	Top coverage districts (%) <sup>2</sup>
		<i>Difference between (2019-2021) &amp; (2015-2016)<sup>1</sup></i>	<i>Difference between (2019-2021) &amp; (2015-2016)<sup>1</sup></i>	<i>2019-2021</i>
Maternal determinants	Women with ≥10 years education	Lucknow: -4.4 Jalaun: -2.6	Mahrajganj: +13.6 Kheri: +13.6	Kanpur Nagar: 58.5 Ghaziabad: 55.2
	Women 20-24 years married before age of 18 years	Unnao: +7.5 Kanpur Nagar: +3.1	Mahrajganj: -24.1 Gonda: -23.2	Bijnor: 5.2 A.N. <sup>3</sup> : 5.5
	Women 15-19 years with child or pregnant	Auraiya: +2.8 Bareilly: +2.8	Etah: -4.9 Chitrakoot: -4.6	Varanasi: 0.0 A.N. <sup>3</sup> : 0.0
Household determinants	HHs with improved drinking water source	M.N. <sup>3</sup> : -1.0 Mahoba: -0.8	S.R.N. <sup>3</sup> : +10.9 Mirzapur: +9.5	15 Districts <sup>4</sup> : 100.0
	HHs using improved sanitation facility	<i>Not Applicable<sup>5</sup></i>	Kushinagar: +48.9 Sonbhadra: +48.8	Baghpat: 87.0 Hapur: 85.6
	HHs with electricity	<i>Not Applicable<sup>5</sup></i>	Gonda: +47.9 Shrawasti: +44.2	Ghaziabad: 99.9 G.B.N. <sup>3</sup> : 99.4

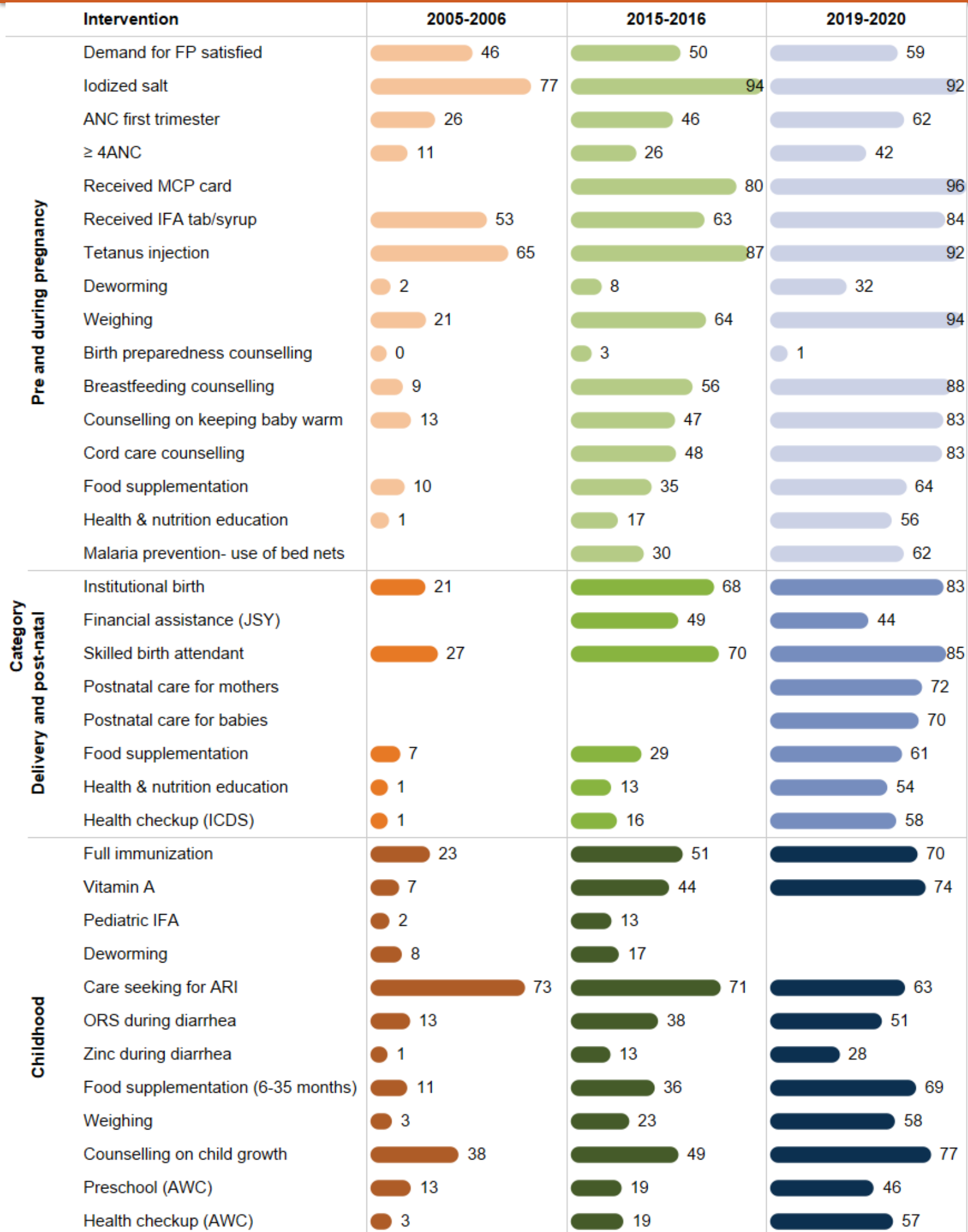
Source: NFHS-3 (2005-2006) national and state reports and data [IFPRI estimates], NFHS-4 (2015-2016) national and state reports and data [IFPRI estimates], and NFHS-5 (2019-2021) NFHS-5 (2019-2021) state and district factsheets, state report, and data [IFPRI estimates].

pp: percentage points.

<sup>1</sup>The difference is calculated only between districts that are comparable between 2015-2016 and 2019-2021. All districts except Amethi, Budaun, Ghaziabad, Hapur, Moradabad, Muzaffarnagar, Rae Bareilly, Sambhal, Shamli, and Sultanpur are comparable across periods.

<sup>2</sup>For all indicators, top coverage districts refer to the districts with the highest prevalence in underlying determinants, except for women 20-24 years married before age of 18 years and women 15-19 years with child or pregnant for which it refers to the districts with the lowest prevalence in coverage. <sup>3</sup>District codes: S.R.N.: Sant Ravidas Nagar, M.N.: Mahamaya Nagar, A.N.: Ambedkar Nagar, G.B.N.: Gautam Buddha Nagar. <sup>4</sup>Ambedkar Nagar, Azamgarh, Kushinagar, Aligarh, Sambhal, Bareilly, Mahrajganj, Shahjahanpur, Pilibhit, Rampur, Bulandshahr, Faizabad, Bahraich, Basti, Gonda. <sup>5</sup>Prevalence did not decrease in any of the districts.

Figure 5. Trends in interventions across the first 1,000 days (%)  
2005-2006, 2015-2016, 2019-2021



Source: NFHS-3 (2005-2006) national and state reports and data [IFPRI estimates], NFHS-4 (2015-2016) national and state reports and data [IFPRI estimates] and NFHS-5 (2019-2021) state factsheet, state and national report, and data [IFPRI estimates]. Note 1: Refer to district dashboard for the inter-district variability in the coverage of interventions.

# Intervention coverage at district-level, 2019-2021

<20%

20 -<40%

40 -<60%

60 -<80%

>=80%

Not Available

District name	Pre-pregnancy	Pregnancy				Delivery & postnatal				Early childhood																														
	Demand for FP satisfied	Received IFA card	Received MFP card	Tetanus injection	Demowling	Weighting	Breastfeeding counseling	Counseling on keeping baby warm	Cord care counseling	Food supplementation	Health & nutrition education	Malaria prevention - use of bed nets	Institutional birth	Financial assistance (SY)	Skilled birth attendant	Postnatal care for mothers	Postnatal care for babies	Food supplementation	Health & nutrition education	Health checkup	Vitamin A	Pediatric IFA	Demowling	Care seeking for ARI	ORS during diarrhea	Zinc during diarrhea	Food supplementation (6-35 months)	Weighting	Counseling on child growth	Preschool at AWC	Health checkup									
Uttar Pradesh	591	923	625	424	957	843	921	320	936	67	878	833	826	639	559	623	884	485	848	72.0	70.2	61.4	53.6	58.3	69.6	73.9	24.9	24.7	63.0	50.7	28.5	68.9	57.6	76.8	46.3	56.6				
Agra	614	931	621	427	85.9	83.0	911	11.0	93.8	1.9	78.9	55.1	56.8	44.4	31.4	16.9	89.1	23.5	80.1	77.2	70.2	41.0	27.5	33.7	74.3	71.9	17.5	13.2	80.7	38.5	26.8	50.8	37.9	55.4	30.5	40.2				
Aligarh	531	969	695	447	98.1	82.4	93.9	21.9	94.8	0.4	93.1	84.5	89.2	63.1	89.9	38.3	36.6	85.5	82.1	80.3	58.6	50.1	56.6	70.1	69.4	76.4	51.0	33.8	67.6	39.8	42.8	64.0	51.0	80.7	40.4	53.8				
Almora	603	963	593	459	95.8	90.0	93.3	19.2	93.7	0.0	67.0	62.4	55.9	48.2	33.2	45.2	83.2	36.8	85.5	67.5	59.6	54.1	39.0	41.0	55.8	60.7	14.8	13.9	69.7	40.0	77.0	39.0	47.9	51.0	47.1	75.0	39.0	47.9		
Ambedkar Nagar	388	983	651	445	97.8	89.1	94.6	42.8	94.8	0.5	82.9	75.8	76.9	67.7	51.7	85.1	92.1	40.0	87.9	76.8	74.5	55.5	48.8	48.9	75.1	80.0	27.1	32.2	62.1	62.8	63.4	74.1	62.1	62.1	60.2	62.8	87.2	91.4	67.7	87.8
Auraiya	446	972	726	517	96.8	75.0	93.5	35.9	92.1	0.4	95.3	95.0	95.3	81.9	73.8	69.8	96.8	51.9	91.4	76.3	73.7	83.2	77.6	88.8	75.9	80.7	57.7	36.9	57.3	62.8	34.9	86.3	87.6	87.1	67.7	87.8				
Azamgarh	461	959	722	504	98.6	81.5	94.4	38.6	97.1	0.0	81.8	80.8	82.0	58.3	80.1	87.1	95.2	33.1	89.8	72.9	72.5	49.4	46.3	49.2	64.5	67.8	26.6	31.8	77.5	65.4	57.8	77.7	74.7	46.9	58.6	67.2	54.8	76.5	34.4	55.7
Bagpat	589	964	794	424	96.1	88.8	93.1	29.7	93.9	2.4	86.5	83.2	79.2	61.9	62.9	48.3	80.9	32.5	82.1	82.3	56.5	57.2	63.9	73.5	23.9	26.8	58.9	35.9	48.3	67.8	58.9	59.7	57.4	71.1	38.8	50.0				
Banmuhar	506	951	402	345	85.9	81.8	86.0	28.0	90.2	1.2	86.2	85.6	82.6	61.5	50.9	51.1	90.0	51.1	93.1	76.6	74.9	58.3	48.3	47.2	29.5	27.2	55.1	78.6	15.2	56.9	55.1	83.2	42.7	54.1						
Balla	553	964	640	305	95.8	88.3	90.0	52.8	97.8	1.2	94.8	92.6	91.5	69.7	60.0	77.5	69.7	51.7	67.4	62.1	61.3	66.7	56.8	59.7	57.4	76.2	27.2	21.4	64.3	70.3	37.2	70.1	56.8	87.9	53.8	58.9				
Balrampur	587	904	669	390	95.1	85.7	90.4	46.4	98.4	3.1	97.6	96.6	96.9	78.6	75.6	67.9	89.8	57.0	92.5	73.7	65.1	78.0	75.5	77.0	62.9	81.1	33.2	31.0	45.7	84.1	80.1	86.3	73.4	79.8						
Bara Banki	582	932	726	433	94.8	84.7	83.7	23.4	81.3	1.8	86.7	81.1	73.7	58.8	30.0	55.5	76.0	47.2	73.3	41.5	42.4	44.8	34.2	64.4	64.8	13.4	13.6	44.9	58.1	38.9	58.0	30.8	34.4							
Bareilly	572	935	722	431	94.8	84.7	83.7	23.4	81.3	1.8	86.7	81.1	73.7	58.8	30.0	55.5	76.0	47.2	73.3	41.5	42.4	44.8	34.2	64.4	64.8	13.4	13.6	44.9	58.1	38.9	58.0	30.8	34.4							
Bast	647	975	450	311	95.0	83.4	96.0	44.0	98.6	0.0	98.3	92.9	91.2	79.3	66.3	77.3	93.2	97.4	92.0	83.8	81.6	73.8	67.4	72.5	73.8	78.2	22.0	22.2	53.7	65.3	29.5	81.1	67.4	69.0	51.6	71.3				
Bijnor	647	975	450	311	95.0	83.4	96.0	44.0	98.6	0.0	98.3	92.9	91.2	79.3	66.3	77.3	93.2	97.4	92.0	83.8	81.6	73.8	67.4	72.5	73.8	78.2	22.0	22.2	53.7	65.3	29.5	81.1	67.4	69.0	51.6	71.3				
Budaun	518	951	685	406	94.4	76.9	90.1	34.0	94.0	0.0	91.4	69.2	77.8	57.3	47.4	73.1	62.4	59.4	57.7	56.3	61.8	69.5	52.3	54.7	67.3	69.6	20.6	27.2	82.2	48.9	37.2	67.3	58.5	70.9	46.5	61.8				
Bulandshahr	518	957	673	476	97.1	87.2	94.8	28.3	94.9	0.8	86.7	88.1	82.1	60.0	61.1	43.9	83.5	37.2	86.7	82.5	82.8	54.1	52.3	54.7	67.3	69.6	20.6	27.2	82.2	38.9	13.4	59.7	50.9	76.4	30.9	48.8				
Chandauli	643	989	693	329	93.5	86.6	92.3	32.8	89.2	0.2	85.4	86.1	83.8	68.2	58.8	61.1	60.5	74.8	50.3	54.7	63.7	63.7	63.7	63.7	63.7	63.7	63.7	63.7	63.7	63.7	63.7	63.7	63.7	63.7	63.7	63.7	63.7			
Chitrakoot	703	75.8	53.7	30.3	93.9	79.3	79.9	28.1	94.7	0.2	85.4	86.1	83.8	68.2	58.8	61.1	60.5	74.8	50.3	54.7	63.7	63.7	63.7	63.7	63.7	63.7	63.7	63.7	63.7	63.7	63.7	63.7	63.7	63.7	63.7	63.7	63.7			
Dewaria	599	970	559	425	96.2	72.2	93.9	47.4	95.8	0.0	89.8	84.4	84.9	52.5	45.0	46.8	76.7	32.5	84.0	74.2	73.9	51.3	43.9	48.4	64.2	68.0	32.0	31.6	89.1	62.5	51.5	64.4	46.4	54.7						
Etah	497	74.8	54.1	33.6	96.2	82.2	91.9	21.9	93.9	2.4	78.1	69.3	69.0	62.5	45.5	46.8	76.7	32.5	84.0	74.2	73.9	51.3	43.9	48.4	64.2	68.0	32.0	31.6	89.1	62.5	51.5	64.4	46.4	54.7						
Etawah	616	77.2	67.9	43.7	94.6	92.5	93.6	24.5	96.9	0.8	88.9	69.0	73.2	63.0	54.1	36.5	85.2	47.9	88.0	79.3	79.5	59.0	52.4	77.7	79.3	18.3	68.8	39.6	44.5	65.5	45.7	60.2	41.7	39.0						
Faizabad	292	94.1	84.8	33.8	94.1	76.2	94.2	30.4	92.9	0.4	69.5	61.5	62.7	41.0	29.9	74.7	89.1	47.0	71.6	75.5	71.2	36.5	24.8	30.7	68.7	65.1	26.3	27.7	88.6	56.8	38.7	71.5	57.2	41.7	39.0					
Farrukhbad	534	77.5	71.4	41.1	87.1	84.7	94.8	21.2	95.3	0.2	88.8	76.1	79.3	62.0	57.6	37.3	69.3	41.3	74.7	72.0	50.8	57.4	58.5	74.0	58.5	71.0	22.8	20.2	67.5	65.6	50.3	72.0	47.7	51.2						
Fatehpur	656	76.2	56.3	38.1	96.8	81.5	90.2	36.3	96.4	0.6	98.0	96.4	92.9	81.7	73.6	54.6	83.4	43.8	85.6	66.8	65.5	81.6	74.5	74.5	74.5	74.5	74.5	74.5	74.5	74.5	74.5	74.5	74.5	74.5	74.5	74.5				
Ghazipur	455	88.0	59.3	39.2	92.7	79.2	84.7	6.6	87.4	1.1	72.2	59.6	60.0	55.0	42.2	28.8	80.1	36.8	93.3	72.7	72.0	50.0	36.6	47.6	67.1	52.9	6.0	5.1	72.5	44.4	16.0	62.9	37.7	60.4	36.4	39.3				
Gonda	655	963	772	620	95.5	93.8	86.0	34.2	96.4	0.0	89.7	83.0	88.5	45.9	46.3	30.2	86.6	20.8	93.0	72.7	72.7	60.0	36.6	47.6	67.1	52.9	6.0	5.1	72.5	44.4	16.0	62.9	37.7	60.4	36.4	39.3				
Gunzabad	672	962	581	292	97.7	86.0	93.7	41.8	94.5	0.3	83.7	82.7	83.2	65.2	58.3	66.7	88.3	54.3	93.6	82.6	82.6	68.6	67.1	69.1	60.8	64.6	60.8	71.8	53.6	29.9	61.8	47.2	16.7	67.0	58.4	82.7	42.1	60.0		
Kanpur	386	85.1	44.4	44.1	97.1	83.6	90.4	30.9	93.5	1.6	96.1	91.1	91.3	61.8	52.1	55.7	81.8	56.6	82.6	72.1	52.6	44.4	50.8	59.9	74.5	19.5	15.2	84.1	48.0	31.4	64.1	48.0	73.8	40.1	52.5					
Korakpur	623	98.4	65.9	36.3	82.9	85.3	95.3	37.2	90.2	0.0	89.3	87.7	88.9	69.0	57.9	88.8	91.6	92.2	84.1	71.1	73.9	68.6	69.0	66.1	67.7	72.1	70.9	85.7	71.0	73.3	77.2	70.9	85.7	71.0	73.3					
Meerut	628	94.4	73.7	33.2	97.6	80.9	95.1	46.5	96.8	0.6	98.8	97.4	97.2	84.8	82.3	96.3	96.3	96.2	87.2	80.9	83.3	82.6	83.7	87.1	87.1	37.6	33.2	60.1	66.7	54.3	88.0	85.2	90.6	72.4	85.6					
Naini	634	86.0	60.1	53.3	98.9	95.2	96.2	39.2	99.7	0.6	95.8	89.6	91.6	65.5	64.1	56.4	83.3	22.6	85.6	83.0	83.3	62.2	60.7	63.3	84.4	82.1														

# Table 4. Intervention coverage at district-level 2015-2016, 2019-2021

Category	Interventions	Worst performing districts (pp)	Best performing districts (pp)	Top coverage districts (%)
		<i>Difference between (2019-2021) &amp; (2015-2016)<sup>3</sup></i>	<i>Difference between (2019-2021) &amp; (2015-2016)<sup>3</sup></i>	<i>2019-2021</i>
<b>Pregnancy</b>	ANC first trimester	S.R.N. <sup>2</sup> : -3.8 Bara Banki: -2.5	Hardoi: +46.1 Kaushambi: +45.7	Shamli: 82.7 Hapur: 80.1
	≥4 ANC visits	S.R.N. <sup>2</sup> : -12.9 Rampur: -9.1	Kanpur Dehat: +47.5 Siddharthnagar: +46.1	Kanpur Nagar: 69.9 Jalaun: 62.8
	Received MCP Card	<i>Not Applicable<sup>1</sup></i>	Siddharthnagar: +36.4 Bahraich: +34.7	Hamirpur: 99.7 Varanasi: 99.0
	Tetanus injection	Chitrakoot: -10.9 Lalitpur: -7.3	Balrampur: +30.4 Shrawasti: +29.9	Shamli: 97.6 Mau: 97.5
<b>Delivery and post-natal</b>	Institutional birth	<i>Not Applicable<sup>1</sup></i>	Balrampur: +39.0 Shrawasti: +32.0	Mahoba: 96.3 Hamirpur: 96.3
	Skilled birth attendant	Lucknow: -0.8 Lalitpur: -0.8	Shrawasti: +34.7 Bahraich: +33.9	Mahoba: 97.0 Hamirpur: 96.2
	Postnatal care for mothers	<i>Not Applicable<sup>4</sup></i>	<i>Not Applicable<sup>4</sup></i>	Muzaffarnagar: 88.5 Hamirpur: 87.2
	Postnatal care for babies	<i>Not Applicable<sup>4</sup></i>	<i>Not Applicable<sup>4</sup></i>	Muzaffarnagar: 87.3 Ghaziabad: 85.3
<b>Early childhood</b>	Full immunization	Jhansi: -18.2 Kanpur Dehat: -5.8	Balrampur: +50.2 Auraiya: +48.5	Pilibhit: 92.3 Shamli: 91.1
	Vitamin A supplementation	Allahabad: -0.9	Bareilly: +59.1 Shrawasti: +52.2	Sitapur: 89.4 Mahoba: 88.8
	Care seeking for ARI	Jhansi: -45.3 Kanpur Dehat: -40.9	Faizabad: +29.3 S.R.N. <sup>2</sup> : +22.6	Deoria: 89.1 Faizabad: 88.6
	ORS treatment during diarrhea	Shahjahanpur: -6.6 Mathura: -0.5	Ballia: +54.8 Unnao: +50.4	Ballia: 78.6 Balrampur: 70.3
	Zinc treatment during diarrhea	Bulandshahr: -8.0 Mathura: -1.4	Siddharthnagar: +60.4 Mahoba: +41.2	Siddharthnagar: 66.9 Sambhal: 57.7

## Key takeaways

**Children:** Stunting and underweight prevalence declined by 11 percentage points (pp) and 3pp between 2006 and 2016 and by 6pp and 7pp between 2016 and 2021, respectively. Wasting increased by 3pp between 2006 and 2016 before declining by 1pp between 2016 and 2021. Anemia declined by 11pp between 2006 and 2016 but increased by 3pp between 2016 and 2021. Overweight/obesity remained stable between 2006 and 2016 before increasing by 2pp between 2016 and 2021.

**Women:** Underweight declined by 11pp between 2006 and 2016 and by 6pp between 2016 and 2021. Anemia among non-pregnant women and pregnant women increased by 3pp and decreased by 1pp between 2006 and 2016 and declined by 2pp and 5pp between 2016 and 2021, respectively. Overweight/obesity increased by 5-7pp between 2006 and 2016 and between 2016 and 2021.

**Men:** Overweight/obesity increased by 6pp between 2006 and 2016 and between 2016 and 2021.

**Attention is needed to improve** (%s in 2021):

- **Outcomes:** Stunting (40%), underweight (32%), anemia in children (66%); anemia in women (46-51%)
- **Immediate determinants:** 100+ IFA (22%); early initiation of breastfeeding (24%), complementary feeding (31%), minimum adequate diet (5%)
- **Underlying determinants:** Women with ≥10 years education (39%); HHs using improved sanitation facility (69%)
- **Coverage of interventions:** ≥4 ANC (42%) and deworming (32%) for women; zinc during diarrhea (28%) for children

# Indicator definition

Nutrition outcomes	Definition
<b>Low birth weight<sup>3,5</sup></b>	% live births in 5 years (y) preceding the survey with a reported birth weight <2.5 kilograms (kg), based on either a written record or the mother's recall
<b>Stunting</b>	% children 0-59 months (m) whose height-for-age z score < -2 standard deviations (SD)
<b>Wasting</b>	% children 0-59 m whose weight-for-height z score < -2SD
<b>Severe wasting</b>	% children 0-59 m whose weight-for-height z score < -3SD
<b>Underweight children</b>	% children 0-59 m whose weight-for-age z score < -2SD
<b>Anemia among children</b>	% children 6-59 m whose haemoglobin (Hb) <11.0 g/dl
<b>Underweight women</b>	% women 15-49 y whose Body Mass Index (BMI)<18.5 kg/m <sup>2</sup> ; sample excluded pregnant women and women with a birth in the preceding 2 m
<b>Anemia among non-pregnant women<sup>1</sup></b>	% non-pregnant women 15-49 y whose Hb<12.0 g/dl
<b>Anemia among pregnant women<sup>1</sup></b>	% pregnant women 15-49 y whose Hb<11.0 g/dl
<b>Overweight/obesity – children</b>	% children 0-59 m whose weight-for-height z score > 2SD
<b>Overweight/obesity – women</b>	% women 15-49 y whose BMI ≥25.0 kg/m <sup>2</sup> ; sample excluded pregnant women and women with a birth in the preceding 2 m
<b>Overweight/obesity – men</b>	% men 15-49 y whose BMI ≥25.0 kg/m <sup>2</sup>
<b>Hypertension among women<sup>2,3,10</sup></b>	% women 15-49 y with elevated blood pressure (systolic ≥140 mm Hg or diastolic ≥90 mm Hg) or are currently taking medication to control blood pressure
<b>Hypertension among men<sup>2,3,10</sup></b>	% men 15-54 y with elevated blood pressure (systolic ≥140 mm Hg or diastolic ≥90 mm Hg) or are currently taking medication to control blood pressure
<b>Diabetes among women<sup>10</sup></b>	% women 15-49 y with high (>140 mg/dl) or very high (>160 mg/dl) blood sugar or are currently taking medication to control blood sugar
<b>Diabetes among men<sup>10</sup></b>	% men 15-54 y with high (>140 mg/dl) or very high (>160 mg/dl) blood sugar or are currently taking medication to control blood sugar
Immediate determinants	Definition
<b>Underweight women</b>	% women 15-49 y whose BMI<18.5 kg/m <sup>2</sup> ; sample excluded pregnant women and women with a birth in the preceding 2 m
<b>Consumed IFA 100+ days<sup>1</sup></b>	% women 15-49 y who consumed iron folic acid (IFA) for 100 days or more during pregnancy for the most recent live birth in the 5 y preceding the survey
<b>Consumed IFA 180+ days<sup>1</sup></b>	% women 15-49 y who consumed IFA for 180 days or more during pregnancy for the most recent live birth in the 5 y preceding the survey
<b>Early initiation of breastfeeding<sup>1,2,3,8,9</sup></b>	% youngest children <2 y who started breastfeeding <1 hour of birth
<b>Exclusive breastfeeding</b>	% youngest children 0-5 m who were fed exclusively with breastmilk the previous day
<b>Timely introduction of complementary foods</b>	% youngest children 6-8 m living with their mother who received solid or semi-solid food and breastmilk
<b>Continued breastfeeding at 2 years<sup>1,3,4,5,6</sup></b>	% youngest children 12-23 m living with their mother who were fed breastmilk during the previous day
<b>Minimum adequate diet<sup>2,3,4,5,9,10</sup></b>	% youngest children 6-23 m who consumed a minimum acceptable diet during the previous day
<b>Minimum dietary diversity<sup>1,2,3,4,5,9</sup></b>	% youngest children 6-23 m who consumed foods and beverages from at least 5 out of 8 defined food groups during the previous day
<b>Minimum meal frequency<sup>2,3,4,5,9,10</sup></b>	% youngest children 6-23 m who consumed solid, semi-solid or soft foods (but also including milk feeds for non-breastfed children) at least the minimum number of times during the previous day
<b>Eggs and/or flesh foods consumption<sup>1,2,3,4,5,9</sup></b>	% youngest children 6-23 m who consumed egg and/or flesh food during the previous day
<b>Sweet beverage consumption<sup>1,2,3,4,5,9</sup></b>	% youngest children 6-23 m who consumed a sweet beverage during the previous day
<b>Bottle feeding for infants<sup>1,2,3,4,5,9</sup></b>	% youngest children 0-23 m who were fed from a bottle with a nipple during the previous day
<b>Diarrhea in the last 2 weeks</b>	% children <5 y who had diarrhea in the 2 weeks preceding the survey
<b>ARI in the last 2 weeks</b>	% children <5 y who had symptoms of acute respiratory infection (ARI) in the 2 weeks preceding the survey
Underlying determinants	Definition
<b>Women with ≥10 years of education</b>	% women 15-49 y with ≥10 y of schooling
<b>Women 20-24 years married before age of 18 years<sup>1</sup></b>	% women 20-24 y who were married when <18 y
<b>Women 15-19 years with child or pregnant<sup>10</sup></b>	% women 15-19 y who were mothers or pregnant at the time of the survey
<b>HHS with improved drinking water source</b>	% population living in households whose source of drinking water is piped into dwelling/yard/plot, piped to neighbour, public tap/standpipe, tube well or borehole, protected dug well, protected spring, rainwater, tanker truck, cart with small tank, bottled water, or community RO plant
<b>HHS using improved sanitation facility</b>	% population living in households using flush to pipe sewer system, flush to septic tank, flush to pit latrine, ventilated improved pit (VIP)/biogas latrine, pit latrine with slab or twin pit/composting toilet, which is not shared with any other household
<b>HHS with hand washing facility<sup>2,4,10</sup></b>	% households where a place for washing hands with water and soap was present
<b>Open defecation<sup>6,7</sup></b>	% households that have no toilet facility/defecate in open space or field
<b>Safe disposal of feces<sup>3,4,5</sup></b>	% youngest children <5 y living with their mother whose stools were disposed of safely
<b>HHS with BPL card<sup>3,5,6,7</sup></b>	% households possessing a BPL card
<b>HHS with electricity</b>	% population living in households with electricity

Note: Unless specified, state and district estimates taken from NFHS-3 national/state report for NFHS-3, NFHS-4 national/state report or NFHS-5 factsheet for NFHS-4, and NFHS-5 national/state report or factsheet for NFHS-5.

<sup>1</sup>Indicator estimated using NFHS-3 unit-level data (state level)

<sup>2</sup>Indicator estimated using NFHS-4 unit-level data (state level)

<sup>3</sup>Indicator estimated using NFHS-4 unit-level data (district level)

<sup>4</sup>Indicator estimated using NFHS-5 unit-level data state level

<sup>5</sup>Indicator estimated using NFHS-5 unit-level data (district level)

<sup>6</sup>Indicator estimated using NFHS-4 unit-level data for union territories as their summary reports are not available (state level)

<sup>7</sup>Indicator estimated using NFHS-5 unit-level data for union territories as their summary reports are not available (state level)

<sup>8</sup>Indicator estimated using NFHS-5 unit-level data for union territories as their summary reports are not available (district level)

<sup>9</sup>Indicator constructed following WHO guidelines

<sup>10</sup>Indicator not available in NFHS-3 and/or 4 tool or not comparable between NFHS-3/4 and 5

# Indicator definition

Interventions	Definition
<b>Demand for FP satisfied</b> <sup>1,3,5</sup>	% currently married women 15-49 years (y) with demand for family planning (FP) satisfied by modern methods
<b>Iodized salt</b>	% households using iodized salt
<b>ANC first trimester</b>	% women 15-49 y who received antenatal care (ANC) during the first trimester for the most recent live birth in the 5 y preceding the survey
<b>≥ 4ANC<sup>1</sup></b>	% women 15-49 y who received ≥4 ANC visits for the most recent live birth in the 5 y preceding the survey
<b>Received MCP card<sup>10</sup></b>	% women 15-49 y who received a mother and child protection (MCP) card during pregnancy for the most recent live birth in the 5 y preceding the survey
<b>Received IFA tab/syrup<sup>3,8</sup></b>	% women 15-49 y who received IFA (given or purchased) during pregnancy for the most recent live birth in the 5 y preceding the survey
<b>Tetanus injection<sup>1</sup></b>	% women 15-49 y whose most recent live birth in the 5 y preceding the survey was protected against neonatal tetanus
<b>Deworming- pregnancy<sup>3,8</sup></b>	% women 15-49 y who took deworming medication during pregnancy for the most recent live birth in the 5 y preceding the survey
<b>Weighing- pregnancy<sup>3,5,6,7</sup></b>	% women 15-49 y who were weighed during ANC for the most recent live birth in the 5 y preceding the survey
<b>Birth preparedness counselling<sup>1,2,3,4,5</sup></b>	% women 15-49 y with a child 0-60 months (m) who had ≥1 contacts with a community health worker in the 3 m preceding the survey and were advised on birth preparedness
<b>Breastfeeding counselling<sup>1,3,5,6,7</sup></b>	% women 15-49 y who met with a community health worker in the last 3 m of pregnancy for the most recent live birth in the 5 y preceding the survey and were advised on breastfeeding
<b>Counselling on keeping baby warm<sup>1,5,6,7</sup></b>	% women 15-49 y who met with a community health worker in the last 3 m of pregnancy for the most recent live birth in the 5 y preceding the survey and were advised on keeping the baby warm
<b>Cord care counselling<sup>5,6,7,10</sup></b>	% women 15-49 y who met with a community health worker in the last 3 m of pregnancy for the most recent live birth in the 5 y preceding the survey and were advised on cord care
<b>Food supplementation – pregnancy<sup>3,5</sup></b>	% women 15-49 y with a child <6 y who received food supplements from ICDS during pregnancy
<b>Health &amp; nutrition education – pregnancy<sup>5</sup></b>	% women 15-49 y with a child <6 y who received health and nutrition education from ICDS during pregnancy
<b>Malaria prevention- use of bed nets<sup>2,4,5,10</sup></b>	% women 15-49 y who slept under a treated bed net during pregnancy of the most recent live birth in the 5 y preceding the survey
<b>Institutional birth</b>	% live births in the 5 y preceding the survey to women 15-49 y delivered in a health facility
<b>Financial assistance (JSY)<sup>6,7,8,10</sup></b>	% women 15-49 y who received financial assistance under Janani Suraksha Yojana (JSY) for the most recent live birth that took place in a health facility in the 5 y preceding the survey
<b>Skilled birth attendant</b>	% live births in the 5 y preceding the survey to women 15-49 y that were assisted by a skilled provider
<b>Postnatal care for mothers<sup>10</sup></b>	% women 15-49 y who received postnatal care from a doctor/nurse/LHV/auxiliary nurse midwife (ANM)/midwife/other health personnel <2 days of delivery for the most recent live birth in the 5 y preceding the survey
<b>Postnatal care for babies<sup>10</sup></b>	% most recent live births in the 5 y preceding the survey to women 15-49 y with a postnatal check for the newborn from a doctor/nurse/LHV/ANM/midwife/other health personnel <2 days of delivery
<b>Food supplementation – postnatal<sup>3,5</sup></b>	% women 15-49 y with a child <6 y who received food supplements from ICDS during breastfeeding
<b>Health &amp; nutrition education – postnatal<sup>3,5</sup></b>	% women 15-49 y with a child <6 y who received health and nutrition education from ICDS during breastfeeding
<b>Health checkup (ICDS)<sup>3,5</sup></b>	% women 15-49 y with a child <6 y who received a health check-up from ICDS during breastfeeding
<b>Full immunization</b>	% children 12-23 m fully vaccinated based on information from either vaccination card or mother's recall
<b>Vitamin A – early childhood<sup>1</sup></b>	% children 9-35 m who received a vitamin A dose in the 6 m preceding the survey
<b>Pediatric IFA<sup>3,4,5,10</sup></b>	<sup>11</sup> % children 6-59 m who were given iron supplements in the 7 days preceding the survey <sup>12</sup> % children 6-36 m who were given iron supplements in the 7 days preceding the survey
<b>Deworming – early childhood<sup>3,4,5,10</sup></b>	<sup>11</sup> % children 6-59 m who received deworming medication in the 6 m preceding the survey <sup>12</sup> % children 6-36 m who received deworming medication in the 6 m preceding the survey
<b>Care seeking for ARI</b>	% children <5 y with fever or symptoms of ARI in the 2 weeks preceding the survey taken to a health facility or health provider
<b>ORS during diarrhea</b>	% children <5 y with diarrhea in the 2 weeks preceding the survey who received Oral Rehydration Solutions (ORS)
<b>Zinc during diarrhea</b>	% children <5 y with diarrhea in the 2 weeks preceding the survey who received zinc
<b>Food supplementation (children 6-35 months)<sup>1,2,3,4,5</sup></b>	% youngest children 6-35 m who received food supplements from ICDS in the 12 m preceding the survey
<b>Weighing – early childhood<sup>3,5</sup></b>	% children <5 y who were weighed at an anganwadi centre (AWC) or ICDS centre in the 12 m preceding the survey
<b>Counselling on child growth<sup>3,5,10</sup></b>	% mothers with a child <5 y who received counselling from an ICDS/anganwadi worker or ANM after they were weighed at an AWC in the 12 m preceding the survey
<b>Preschool (AWC)<sup>3,5</sup></b>	% children 36-71 m who went for early childhood care/preschool at an AWC in the 12 m preceding the survey
<b>Health checkup (AWC)<sup>3,5</sup></b>	% children <6 y who received health checkups from an AWC in the 12 m preceding the survey

Note: Unless specified, state and districts estimates taken from NFHS-3 national/state report for NFHS-3, NFHS-4 national/state report or NFHS-5 factsheet for NFHS-4, and NFHS-5 national/state report or factsheet for NFHS-5.

<sup>1</sup>Indicator estimated using NFHS-3 unit-level data (state level)

<sup>2</sup>Indicator estimated using NFHS-4 unit-level data (state level)

<sup>3</sup>Indicator estimated using NFHS-4 unit-level data (district level)

<sup>4</sup>Indicator estimated using NFHS-5 unit-level data state level

<sup>5</sup>Indicator estimated using NFHS-5 unit-level data (district level)

<sup>6</sup>Indicator estimated using NFHS-4 unit-level data for union territories as their summary reports are not available (state level)

<sup>7</sup>Indicator estimated using NFHS-5 unit-level data for union territories as their summary reports are not available (state level)

<sup>8</sup>Indicator estimated using NFHS-5 unit-level data for union territories as their summary reports are not available (district level)

<sup>9</sup>Indicator constructed following WHO guidelines

<sup>10</sup>Indicator not available in NFHS-3 and/or 4 tool or not comparable between NFHS-3/4 and 5

<sup>11</sup>Definition as per NFHS-3 and 4 construction

<sup>12</sup>Definition as per NFHS-5 construction

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## AUTHORS

**Soyra Gune**, Research Analyst, IFPRI

**Phuong H. Nguyen**, Research Fellow, IFPRI

**S.K. Singh**, Professor, IIPS

**Rakesh Sarwal**, Additional Secretary, NITI Aayog

**Neena Bhatia**, Senior Specialist, NITI Aayog

**Robert Johnston**, Nutrition Specialist UNICEF

**William Joe**, Assistant Professor, IEG

**Esha Sarswat**, Communications Specialist, IFPRI

**Purnima Menon**, Senior Research Fellow, IFPRI

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## PARTNERS

Institute of Economic Growth (IEG)

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NITI Aayog

UNICEF



## ABOUT POSHAN

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<http://poshan.ifpri.info/>

## ABOUT DATA NOTES

POSHAN Data Notes focus on data visualization to highlight geographic and/or thematic issues related to nutrition in India. They draw on multiple sources of publically available data.

## CONTACT US

Email: [IFPRI-POSHAN@cgiar.org](mailto:IFPRI-POSHAN@cgiar.org)

## IFPRI-NEW DELHI INTERNATIONAL FOOD POLICY RESEARCH INSTITUTE

NASC Complex, CG Block,  
Dev Prakash Shastri Road,  
Pusa, New Delhi 110012, India  
T+91.11.66166565  
F+91.11.66781699

## IFPRI-HEADQUARTERS INTERNATIONAL FOOD POLICY RESEARCH INSTITUTE

1201 Eye Street, NW,  
Washington, DC 20005 USA  
T. +1.202.862.5600  
F. +1.202.467.4439  
Skype: IFPRIhomeoffice  
[ifpri@cgiar.org](mailto:ifpri@cgiar.org)  
[www.ifpri.org](http://www.ifpri.org)

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