

Data Note

No. 41 | SEPTEMBER 2021

BIHAR

State Nutrition Profile: Bihar

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 here are based on data from the National Family Health Survey (NFHS) 3 (2005-2006), 4 (2015-2016), and 5 (2019-2020). In addition to standard prevalence-based analyses, this Data Note includes headcount-based analyses aligned to the POSHAN Abhiyaan monitoring framework and uses data from NFHS-5 to provide evidence that helps identify priority districts and number of districts in the state with public health concern as per the WHO guidelines.1 The Data Note includes a color-coded dashboard to compare the coverage of nutrition interventions across all the districts in the state. It concludes with key takeaways for children, women, and men and identifies areas where the state has potential to improve.

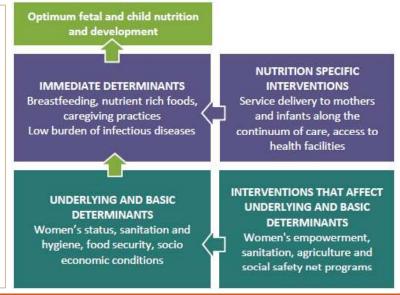
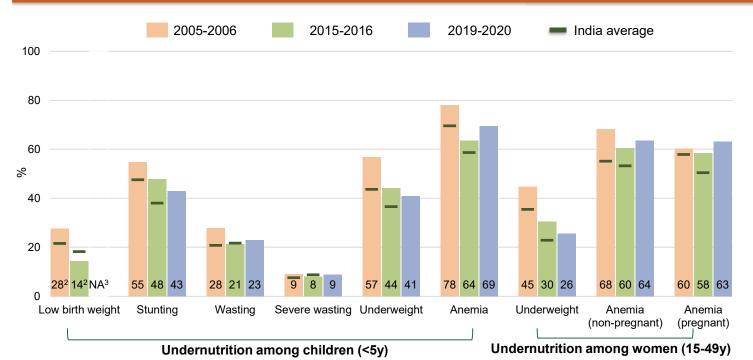


Figure 1. Trends in undernutrition outcomes 2005-2006, 2015-2016, 2019-2020



Source: NFHS-3 (2005-2006), NFHS-4 (2015-2016), and NFHS-5 state factsheets (2019-2020).

Note: Adult nutrition outcomes are based on the woman dataset, while child nutrition outcomes are based on all child data.

¹WHO. 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).

²In NFHS-3, 83.8% of data was missing, while 38.7% of data was missing in NFHS-4.

³NA refers to the unavailability of data for a particular indicator in the specified NFHS round.

Map 1 & 2. Number of stunted & anemic children <5y, 2019-2020

Map 1. Stunting

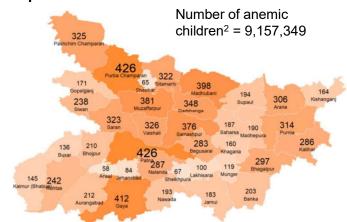


Note: Number in '000s in the above figure

Highest burden districts				
1	Purba Champaran	381,534		
2	Gaya	283,396		
3	Muzaffarpur	279,824		
4	Sitamarhi	277,649		
5	Samastipur	274,258		

No. of districts with public health concern¹: 38 of 38

Map 2. Anemia



Note: Number in '000s in the above figure

Highest burden districts				
1 Patna 425,899				
2 Purba Champaran 425,79		425,799		
3	Gaya	411,941		
4	Madhubani	397,599		
5	Muzaffarpur	381,181		

No. of districts with public health concern¹: 38 of 38

Map 3 & 4. Number of wasted children <5y, 2019-2020

Map 3. Wasting



Note: Number in '000s in the above figure

	Highest burden districts			
1	Patna	199,360		
2	Saran	148,293		
3	Gaya	145,285		
4	Samastipur	132,766		
5	Purnia	132,549		

No. of districts with public health concern¹: 38 of 38

Map 4. Severe Wasting



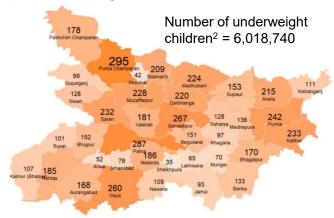
Note: Number in '000s in the above figure

	Highest burden districts				
1	Patna	76,844			
2	Rohtas	69,090			
3	Aurangabad	63,897			
4	Gaya	55,603			
5	Muzaffarpur	53,206			

No. of districts with public health concern¹: 38 of 38

Map 5 & 6. Number of underweight children (<5y) & women (15-49y), 2019-2020

Map 5. Underweight children

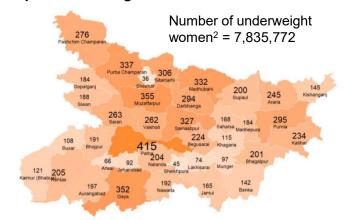


Note: Number in '000s in the above figure

	Highest burden districts				
1	Purba Champaran	294,504			
2	Patna	287,078			
3	Samastipur	266,779			
4	Gaya	260,079			
5	Purnia	241,980			

No. of districts with public health concern¹: 38 of 38

Map 6. Underweight women



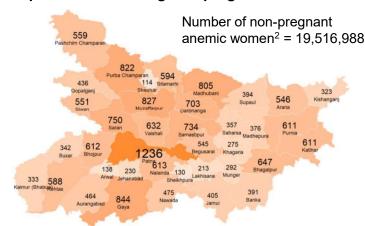
Note: Number in '000s in the above figure

		Highest burden districts	
	1	Patna	414,951
	2	Muzaffarpur	354,837
	3	Gaya	351,821
	4	Purba Champaran	336,661
_	5	Madhubani	331,917

No. of districts with public health concern¹: 38 of 38

Map 7 & 8. Number of anemic women (15-49y), 2019-2020

Map 7. Anemia among non-pregnant women

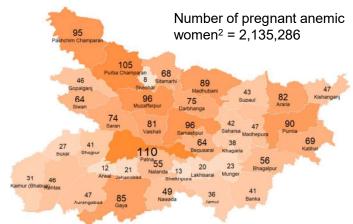


Note: Number in '000s in the above figure

	Highest burden districts				
1	Patna	1,235,673			
2	Gaya	844,108			
3	Muzaffarpur	826,544			
4	Purba Champaran	821,511			
5	Madhubani	805,328			

No. of districts with public health concern¹: 38 of 38

Map 8. Anemia among pregnant women



Note: Number in '000s in the above figure

	Highest burden districts				
1	Patna	110,090			
2	Purba Champaran	105,464			
3	Samastipur	96,448			
4	Muzaffarpur	96,354			
5	Pashchim Champaran	95,483			

No. of districts with public health concern¹: 37 of 38

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 (2019-2020; all child/woman data) and projected population for 2019 was estimated using Census 2011. ¹Public 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). ²The total number of children <5 years is 14,700,960, pregnant women 15-49 years is 3,408,592, and non-pregnant women 15-49 years is 27,254,036.

Figure 2. Trends in overweight/obesity & NCDs¹ 2005-2006, 2015-2016, 2019-2020

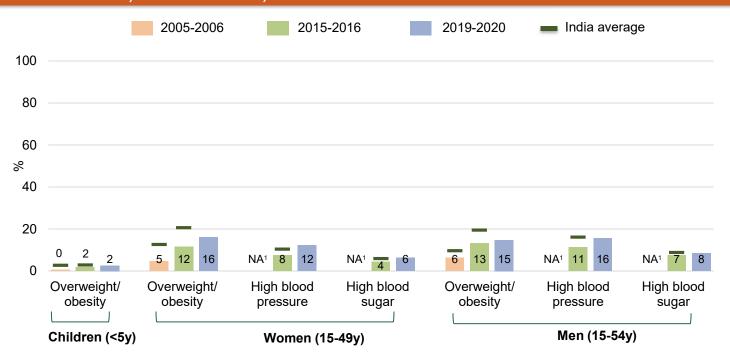


Table 1. Overweight/obesity & NCDs² at district-level 2015-2016, 2019-2020

Category	Outcomes	Worst performing districts (pp)			No of districts with public health concern ⁵ (total=38)
		Difference between (2019-2020) & (2015-2016) ³	Difference between (2019-2020) & (2015- 2016) ³	2019-2020	2019-2020
Children <5 years	Overweight/ obesity	Sheikhpura: +4.5 Buxar: +3.6	Purnia: -1.6 2 Districts ⁶ : -1.5	Pu Champ ⁹ : 30 Gaya: 22	0
	Overweight/ obesity	Begusarai: +7.8 2 Districts ⁷ : +7.3	Aurangabad: -2.2 2 Districts ⁸ : -2.0	Patna: 395 Siwan: 242	6
Women (15-49 years)	High blood pressure	Banka: +10.0 Munger: +8.3	Araria: -0.6 Madhepura: -0.1	Muzaffarpur: 208 Gaya: 202	0
	High blood sugar	Munger: +5.9 Samastipur: +5.4	Sheohar: -2.2 Kaimur: -2.2	Patna: 140 Samastipur: 98	0
	Overweight /obesity	Data not available a	t district-level		
Men (15-54 years)	High blood pressure	Siwan: +14.2 Banka: +11.7	Buxar: -5.0 Samastipur: -1.0	Muzaffarpur: 303 Pu Champ ⁹ : 300	6
	High blood sugar	Darbhanga: +7.0 Madhubani: +6.1	Muzaffarpur: -9.1 Aurangabad: -8.5	Patna: 186 Madhubani: 122	0

pp: percentage points

Source: NFHS-3 (2005-2006), NFHS-4 (2015-2016), and NFHS-5 state and district factsheets (2019-2020).

Note: Adult nutrition outcomes are based on the woman/man dataset, while child nutrition outcomes are based on all child data.

¹NA refers to the unavailability of data for a particular indicator in the specified NFHS round.

²NCDs: non communicable diseases

³The difference is calculated only between districts that are comparable between 2015-2016 and 2019-2020. All 38 districts in Bihar are comparable between the two time periods.

⁴Burden: The headcount was calculated as the product of the overweight/obesity and NCDs prevalence and the total eligible projected population for each district in 2019. Prevalence estimates were obtained from NFHS-5 (2019-2020) and projected population for 2019 was estimated using Census 2011.

⁵Public health concern is defined as prevalence ≥15% for overweight/obesity (children), ≥20% for overweight/obesity (women and men), ≥ 20% high blood pressure (women and men), and ≥20% high sugar (women and men). Source: WHO (2011).

⁶2 Districts: Darbhanga and Nawada; ⁷2 Districts: Banka and Khagaria; ⁸2 Districts: Kaimur and Sheohar

⁹District codes: Pu Champ- Purba Champaran

Figure 3. Trends in immediate determinants (%) 2005-2006, 2015-2016, 2019-2020

Category	Immediate determinants	2005-2006	2015-2016	2019-2020
	Early initiation of breastfeeding	<u> </u>	37	31
	Exclusive breastfeeding	28	53	59
	Timely introduction of complementary foods ^o	22	33	39
IVCE prostices	Continued breastfeeding at 2 years	100	84	
IYCF practices	Adequate diet ^o	6	8	11
	Eggs and/or flesh foods consumption, 6-23m	5	1 4	
	Sweet beverage consumption, 6-23m	3	1 2	
	Bottle feeding of infants, 6-23m	9	1 6	
Maternal	Women with body mass index <18.5 kg/m2°	48	32	26
determinants	Consumed IFA 100+ days	6	1 0	18
Discours	Diarrhea in the last two weekso	1 3	1 3	14
Diseases	ARI in the last two weeks ^o	8	3	4

Table 2. Immediate determinants at district-level 2015-2016, 2019-2020

Category	Immediate determinants	Worst performing districts (pp)	Best performing districts (pp)	Top coverage districts (%) ²	
		Difference between (2019-2020) & (2015-2016) ¹	Difference between (2019-2020) & (2015-2016) ¹	2019-2020	
	Early initiation of breastfeeding	Nalanda: -27.4 Katihar: -21.2	Gaya: +11.9 Begusarai: +10.5	Kaimur: 48.5 Jehanabad: 45.1	
YCF	Exclusive breastfeeding	Katihar: -26.3 Saran: -26.1	Sheikhpura: +40.4 Gaya: +38.6	Gopalganj: 83.5 Sheohar: 83.5	
oractices	Timely introduction of complementary foods ⁰	Pu Champ³: -12.5 Kishanganj: -11.1	Saharsa: +28.5 Katihar: 26.0	Arwal: 61.7 Saran: 58.7	
	Adequate diet⁰	Sheikhpura: -12.8 Nawada: -12.3	Samastipur: +11.9 Supaul: +9.6	Samastipur: 17.7 Muzaffarpur: 17.2	
laternal	Women with BMI<18.5 kg/m2 ⁰	Arwal: +0.4 Pa Champ³: +0.2	Sheikhpura: -15.6 Muzaffarpur: -12.3	Siwan: 18.1 Sheohar: 20.0	
leterminants	Consumed IFA 100+ days	Pa Champ³: -4.5 Patna: -0.5	Munger: +22.8 Lakhisarai: +16.6	Munger: 33.0 Bhagalpur: 28.0	
	Diarrhea in the last two weeks ⁰	Supaul: +27.9 Madhubani: +18.0	Gopalganj: -15.4 Sheohar: -9.5	Jamui: 2.1 Kaimur: 3.1	
Diseases	ARI in the last two weeks ⁰	Pa Champ³: +4.9 Siwan: +4.9	Gopalganj: -4.3 Purnia: -3.8	Patna: 0.7 Bhagalpur: 1.1	

pp: percentage points

Source: NFHS-3 (2005-2006), NFHS-4 (2015-2016), and NFHS-5 state and district factsheets (2019-2020).

Note: Immediate determinants are based on the last child data; data on continued breastfeeding at 2 years, egg and/or flesh foods consumption, sweet beverage consumption, and bottle feeding of infants not available in NFHS-5 factsheets (2019-20)/state report

⁰Indicator definition differs slightly between NFHS-4 and NFHS-5.

¹The difference is calculated only between districts that are comparable between 2015-2016 and 2019-2020. All 38 districts in Bihar are comparable between the two time periods.

²For all indicators, top coverage districts refer to the districts with the highest prevalence in immediate determinants, except for women with a BMI of 18.5 kg/m2, diarrhea in the last two weeks, and ARI in the last two weeks, for which it refers to the districts with the lowest prevalence in coverage.

³District codes: Pu Champ: Purba Champaran, Pa Champ: Paschim Champaran.

Figure 4. Trends in underlying determinants (%) 2005-2006, 2015-2016, 2019-2020

Category	Underlying determinants	2005-2006	2015-2016	2019-2020
	Women who are literate ^o	31	42	58
Maternal	Women with ≥10 years education ^o	<u> </u>	18	29
determinants	Girls 20-24 years married before age of 18 years ^o	74	59	41
	Women 15-19 years with child or pregnant		12	11
	HHs with improved drinking water source®	96	98	9
	HHs with improved sanitation facility ^o	1 2	22	49
	HHs with hand washing facility		39	
Household determinants	Open defecation ^o	79	71	39
	Safe disposal of feces	7	17	
	HHs with BPL card ^o	41	57	55
	HHs with electricity®	23	57	9

Table 3. Underlying determinants at district-level 2015-2016, 2019-2020

Category	Underlying determinants	Worst performing districts (pp)	Best performing districts (pp)	Top coverage districts (%) ²
		Difference between (2019-2020) & (2015-2016) ¹	Difference between (2019-2020) & (2015-2016)¹	2019-2020
	Women who are literate⁰	Not applicable ³	Madhepura: +24.7 Sitamarhi: +24.3	Rohtas: 76.5 Siwan: 70.9
Maternal	Women with ≥10 years education ⁰	Not applicable ³	Munger: +17.6 Begusarai: 16.7	Munger: 44.4 Patna: 43.6
determinants	Girls 20-24 years married before age of 18 years ⁰	Not applicable ³	Sheohar: -30.1 Rohtas: -28.9	Siwan: 21.3 Saran: 26.2
	Women 15-19 years with child or pregnant	Saharsa: +11.7 Purnia: +9.1	Sheohar: -10.7 Gaya: -7.7	Kaimur: 2.6 Siwan: 2.6
	HHs with improved drinking water source ⁰	Khagaria: -0.6 Purnia: -0.4	Jamui: +12.7 Munger: +6.8	6 Districts ⁴ : 100.0
Household determinants	HHs with improved sanitation facility ⁰	Not applicable ³	Rohtas: +43.9 Kaimur: +40.3	Rohtas: 69.0 Khagaria: 65.0
	HHs with electricity ⁰	Not applicable ³	Katihar: +65.0 Samastipur: +57.5	Jehanabad: 99.3 Patna: 99.0

pp: percentage points

Source: NFHS-3 (2005-2006), NFHS-4 (2015-2016), and NFHS-5 state and district factsheets and state reports (2019-2020).

Note: Underlying determinants are based on the last child data; safe disposal of feces not available in NFHS-5 factsheets (2019-20)/state report and data on HHs with hand washing facility not available in NFHS-3 (2005-06) and NFHS-5 factsheets (2019-20)/state report. Data on open defecation and HHs with BPL card for 2019-2020 are taken from NFHS-5 state reports.

⁰Indicator definition differs slightly between NFHS-4 and NFHS-5.

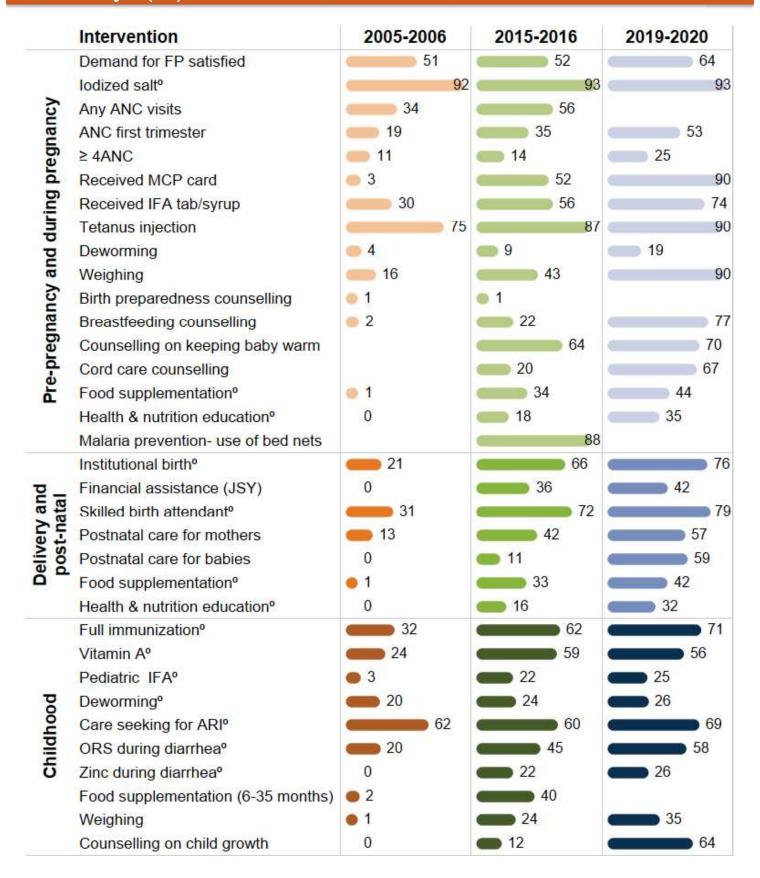
¹The difference is calculated only between districts that are comparable between 2015-2016 and 2019-2020. All 38 districts in Bihar are comparable between the two time periods.

²For all indicators, top coverage districts refer to the districts with the highest prevalence in underlying determinants, except for girls 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.

³Prevalence did not increase or decrease in any of the districts.

⁴6 Districts: Araria, Aurangabad, Kishanganj, Madhubani, Saharsa, and Sheohar.

Figure 5. Trends in coverage of interventions across the first 1,000 days (%), 2005-2006, 2015-2016, 2019-2020



Source: NFHS-3 (2005-2006), NFHS-4 (2015-2016) & NFHS-5 state factsheets and state reports (2019-2020).

Olndicator comparable between NFHS-3 and NFHS-4 but differs slightly from NFHS-5.

Note 1: Interventions' coverage is based on the last child data.

Note 2: The following information is not available in the NFHS-5 factsheets and state reports (2019-20): receipt of at least one ANC visit, birth preparedness counselling, malaria prevention and food supplementation (6-35m). Information on use of bed nets during pregnancy is not available in NFHS-3 data (2006). Note 3: Data on food supplementation and health and nutrition education during pregnancy and post-natal care, and weight measurement during childhood and counselling on child growth for 2019-2020 are taken from NFHS-5 state reports.

Intervention coverage at district level, 2019-2020

																										ſ
District name pr	Pre- pregnancy						Pre	Pregnancy						Deliver	Delivery & postnatal	natal					Ear	Early childhood	poo			
93 not bremad	beitzitez tles bezibol	stiziv DNA ynA	≥4 ANC	Received MCP card	AAI bəviəcəA qurys\dsf	noitoejni sunsteT	Deworming	BrithgieW szenbenegeng ithia	counselling Breastfeeding counselling on Counselling on	Cord care counselling	noisinamentation of the Health & noisinamentation of the Health of the H	htrid lanoitutitanl	Financial assistance (YSL)	Skilled birth attendant	Postnatal care for mothers	Postnatal care for seided	noitetnementation Health & Intrition	education Full immunization	A nimstiV	A4I ɔinʃsibəsq	Deworming	Care seeking for ARI ORS during diarrhea	San Table British CAO	Food supplementation (sdfnom 25-9)	gnidgieW	Counselling on child growth
BIHAR	93.3	52	.9 25.2	89.5	73.9	89.5	19.1					76.2	42.1	79.0	57.3	59.3		71.0	26.0		9	9.4 58	.2 25.6			
Araria	93.7	41.	6 25.8	9.06	6.77	86.4	16.1					66.2	46.6	70.3	46.4	48.2		61.6	57.1		57	7.9 50.	.5 9.2			
Arwal	90.1	57.4	.4 34.5	95.5	77.0	94.2	23.3					79.2	52.1	83.1	70.1	70.1		84.2	57.8		86	86.3 57.	.5 51.2			
Aurangabad	92.4	53.6	.6 29.3	92.3	78.1	93.2	25.9					77.5	8.95	84.6	71.5	72.0		89.7	63.9		8	84.4 64.4	.4 36.9			
Banka	90.1	7.07	7 31.7	84.0	0.98	93.6	20.8					8.62	54.7	80.4	72.3	74.7		88.1	42.8		7.	72.6 63.8	.8 41.4			
Begusarai	89.2	46.5	.5 21.6	87.8	78.4	9.88	29.6					86.0	40.2	92.6	58.6	6.09		65.8	57.2		7	75.4 61.8	.8 31.6			
Bhagalpur	85.2	53.3	.3 27.6	85.4	6.97	6.68	23.8					77.2	36.0	77.5	54.0	60.5		8.99	46.2		69	9.5 73.	.7 23.6			
Bhojpur	92.2	42.7	.7 33.5	93.3	57.8	93.8	14.2					86.9	36.2	87.5	56.1	62.4		61.9	40.3		8	81.9 49.	.2 45.3			
Buxar	93.5	61.5	.5 27.4	92.2	7.2.7	93.4	21.0					89.5	35.9	9.06	6.99	68.3		75.0	50.4		<u></u>	81.6 49.	26.8			
Darbhanga	0.96	51	.8 24.9	97.8	73.8	91.9	17.5					6.69	38.8	75.9	50.5	6.03		66.3	60.4		65	5.4 61	9 19.6			
Gaya	94.9	63.2	.2 25.1	93.4	81.1	94.9	22.4					9.92	52.4	7.77	72.5	75.4		85.0	47.1		75	0.67				
Gopalganj	9.96	53.2	.2 27.9	9.68	73.8	90.1	22.0					85.9	35.9	0.88	53.9	54.2		75.8	1.69		9	61.5 69.	.2 9.1			
Jamui	91.0	73.8	8. 37.9	87.8	82.1	95.2	22.4					73.4	44.0	72.7	66.7	8.69		66.4	30.2		63	3.7				
Jehanabad	91.0	58.4	4 17.4	92.8	78.4	94.2	16.2					89.1	43.3	88.3	. 1.77	71.2		70.3	68.4		78	78.0 49	.6 25.3			
Kaimur (Bhabua)	93.7	62.4	.4 25.6	97.2	82.0	93.5	26.8					83.3	52.6	0.98	81.6	77.0		88.9	67.5		77	7.5				
Katihar	2.96	40.9	9 15.3	91.7	71.4	84.4	18.3					6.99	9.64	73.8	41.7	44.3		73.7	50.2		99	66.0 60.4	17.1			
Khagaria	88.0	44.6	.6 17.4	89.5	74.4	83.9	0.9					74.2	32.2	82.3	54.2	52.2		64.7	62.9		81	1.2 55.6	.6 27.4			
Kishanganj	94.8	37.6	.6 17.1	84.7	71.6	79.2	16.7					54.6	33.3	64.9	40.7	42.1		67.3	53.2		29	7.7 64.	.5 4.2			
Lakhisarai	84.2	66.1	.1 28.0	87.1	79.4	92.8	23.3					75.8	48.5	76.2	. 2.99	74.1		689	41.8		79.	9.3 44.3	3 30.0			
Madhepura	95.4	53.8	.8 20.9	92.6	75.5	87.7	16.3					75.0	74.0	77.1	49.5	58.9		72.0	55.8		58.	8.2 52.	.1 36.2			
Madhubani	91.9	67.5	.5 34.9	91.5	74.4	94.0	17.9					73.7	42.6	78.5	58.9	61.0		74.1	74.7		9	66.5 64.6	.6 30.4			
Munger	97.6	68.7	.7 36.8	8.68	88.2	90.5	23.0					93.2	41.8	92.3	80.7	83.4		73.4	44.6		.69	9.9 58.	.7 24.4			
Muzaffarpur	96.1	55.9	.9 28.2	84.1	8.69	93.8	17.0					72.5	34.1	78.2	55.9	55.9		74.9	57.8		8(80.3 66.3	.3 27.9			
Nalanda	89.1	64.7	.7 29.3	97.8	71.5	94.2	17.2					80.3	45.4	85.1	77.5	73.0		75.2	44.1		ŏ.	84.3 72.	.6 51.7			
Nawada	98.2	69.5	.5 31.6	88.1	79.3	94.8	12.6					79.9	47.2	79.5	74.1	80.5		74.5	37.3		8	84.4				
Pashchim Champaran	97.7	55.0	.0 25.4	83.9	59.9		19.2					79.5	38.7	78.4	57.3	64.1		62.1	62.4		9	60.2 56.	.8 16.4			
Patna	92.9	51.7	.7 17.9	88.8	71.9	83.0	10.5					89.1	27.7	81.4	29.0	63.1		9.95	58.4		9	68.8 43.8	.8 20.7			
Purba Champaran	6.96	45.4	.4 21.7	83.5	59.9	86.4	14.4					61.5	27.7	67.4	43.7	41.8		68.3	51.5		.65	9.8 40.7	7 19.7			
Purnia	97.6	26.3	.3 11.1	93.4	9.87	9.58	17.3					6.89	34.2	74.2	41.0	41.5		62.7	65.2		9	63.7 41.2	2 25.9			
Rohtas	97.4	64.9	.9 34.2	91.2	80.1	95.0	30.1					89.1	41.7	91.3	85.0	80.7		86.8	71.5		83.	3.1				
Saharsa	94.6	34.8	.8 11.7	95.1	65.1	82.7	12.7					70.4	58.5	72.9	38.5	40.8		72.2	57.4		7	75.5 50.3	.3 21.2			
Samastipur	91.9	53.4	.4 23.5	90.4	81.3	90.4	24.0					83.4	50.0	83.7	52.1	51.5		71.4	64.1		78	78.7 60.2	.2 30.3			
Saran	92.9	44.4	.4 30.7	94.3	61.4		16.4					73.0	39.2	79.1	54.1	58.3		72.0	50.2		7	71.4 51.5	.5 36.8			
Sheikhpura	90.3	68.8	.8 28.4	87.7	72.2		19.7					89.2	55.8	91.8	77.1	78.7		82.8	42.8		9	69.0 59.	3			
Sheohar	92.6	62.8	8 25.3	93.2	74.0	_	17.0					74.3	58.3	77.0	61.1	58.7		62.9	59.2		7	73.3 49.8	.8 33.3			
Sitamarhi	95.0	57.8		91.1	+		24.1					64.4	45.2	9.69	+	57.3		9.99	+		67	+				
Siwan	94.1	61.0		82.9	+		15.9					86.4	34.1	-	۰	63.0		76.1	+		77	٧				
Suparil	94.3	0.65	-	96.1	-	-	96.9					80.4	63.1	-	+	64.2		73.6	+		. ic	σ	+			
Vaichali	24.3	7.87	+	7.00	_		19.0					81. A	33.6	r 00		2.4.2		71.0	ק ע		<u> </u>	+	-			
Valsitali	7.00	7		6.00	-	_	13.0					0.10		04.0	1 .	64.3		/1.1	-		o'	-	7.01 6.			

Not Available

%08>-09

40-<60%

Source: NFHS-5 district factsheets and state reports (2019-20).

receipt of at least one ANC visit, weighing, birth preparedness and breastfeeding counselling, counselling on keeping baby warm, cord care counselling, food supplementation, health and nutrition education and Note 1: The following information is not available in the NFHS-5 factsheets and state reports (2019-20): (1) Information on preconception and pregnancy-related indicators including demand for FP satisfied, malaria prevention; (2) Lactation-related indicators including, food supplementation and health and nutrition education; and (3) early childhood-related indicators including pediatric IFA, deworming, food supplementation (6-35m), weighing and counselling on child growth. Information on use of bed nets during pregnancy not available in NFHS-3 data (2005-2006).

Note 2: Food supplementation during early childhood is for children aged 6-35 months; counselling on child growth during early childhood is conducted after taking weight measurement.

Table 4. Intervention coverage at district-level 2015-2016, 2019-2020

Category	Interventions	Worst performing districts (pp)	Best performing districts (pp)	Top coverage districts (%)
		Difference between (2019-2020) & (2015-2016) ¹	Difference between (2019-2020) & (2015-2016) ¹	2019-2020
	ANC first trimester	Purnia: -9.2 Saharsa: -0.9	Madhubani: +40.1 Jamui: +37.3	Jamui: 73.8 Banka: 70.7
	≥4 ANC visits	Patna: -3.8 Purnia: -1.1	Jamui: +27.5 Arwal: +23.0	Jamui: 37.9 Munger: 36.8
Pregnancy	Received MCP Card	Not applicable ²	Pu Champ³: +68.0 Muzaffarpur: +62.0	Kaimur: 97.2 Supaul: 96.1
	Tetanus injection	Patna: -8.4 Vaishali: -7.5	Pa Champ³: +12.4 Darbhanga: +11.8	Siwan: 96.6 Sheikhpura: 95.8
	Institutional birth°	Nalanda: -0.4 Vaishali: -0.2	Sitamarhi: +22.8 Darbhanga: +20.4	Munger: 93.2 Buxar: 89.5
Delivery and	Skilled birth attendant°	Patna: -4.7 Bhagalpur: -1.2	Sitamarhi: +19.5 Sheohar: +15.2	Munger: 92.3 Sheikhpura: 91.8
post-natal	Postnatal care for mothers	Purnia: -5.8 Patna: -4.2	Muzaffarpur: +32.3 Pa Champ ³ : +28.9	Rohtas: 85.0 Kaimur: 81.6
	Postnatal care for babies°	Not applicable ²	Kaimur: +71.5 Banka: +67.4	Munger: 83.4 Rohtas: 80.7
	Full immunization	Patna: -12.3 Begusarai: -10.4	Pa Champ³: +30.2 Madhubani: +25.5	Aurangabad: 89.7 Kaimur: 88.9
	Vitamin A supplementation°	Bhojpur: -23.6 Bhagalpur: -23.1	Kaimur: +21.0 Madhubani: +17.7	Madhubani: 74.7 Rohtas: 71.5
Early childhood	Care seeking for ARI°	Gopalganj: -9.7 Munger: -6.3	Bhojpur: +48.2 Arwal: +36.8	Arwal: 86.3 2 Districts ⁴ : 84.4
	ORS treatment during diarrhea°	Lakhisarai: -18.6 Buxar: -12.9	Aurangabad: +51.7 Sitamarhi: +33.9	Bhagalpur: 73.7 Nalanda: 72.6
	Zinc treatment during diarrhea°	Kishanganj: -28.2 Saharsa: -23.8	Nalanda: +34.7 Sheikhpura: 34.3	Sheikhpura: 52.8 Nalanda: 51.7

Key takeaways

Children: Stunting and wasting prevalence declined by 7 percentage points (pp) from 2006 to 2016; stunting continued to decline by 5pp but wasting increased by 2pp from 2016 to 2020. Underweight declined by 13pp from 2006 to 2016 and continued to decline by 3pp from 2016 to 2020. Anemia declined by 14pp from 2006 to 2016 but increased by 5pp from 2016 to 2020.

Women: Underweight declined by 15 pp from 2006 to 2016 and continued to decline by 4pp from 2016 to 2020. Anemia in non-pregnant and pregnant women declined by 8pp and 2pp, respectively, from 2006 to 2016, but increased by 4-5pp among both groups of women from 2016 to 2020. Overweight/obesity increased by 7pp from 2006 to 2016 and continued to increase by 4pp from 2016 to 2020.

Men: Overweight/obesity increased by 7pp from 2006 to 2016 and continued to increase by 2pp from 2016 to 2020. Attention is needed to improve (%s in 2020):

- Outcomes: Stunting (43%) and anemia in children (69%); anemia in non-pregnant (64%) and pregnant (63%) women
- Immediate determinants: Early initiation of breastfeeding (31%); adequate diet (11%); 100+ IFA (18%)
- *Underlying determinants:* Women with ≥10 years education (29%); households with improved sanitation (49%)
- Coverage of interventions: ≥4 ANC visits (25%), food supplementation (42-44%), and health and nutrition education for women (32-35%); growth monitoring of children (35%)

pp: percentage points.

Source: NFHS-3 (2005-2006), NFHS-4 (2015-2016), and NFHS-5 state and district factsheets (2019-2020)

Note: Interventions' coverage are based on the last child data.

olndicator definition differs slightly between NFHS-4 and NFHS-5. The difference is calculated only between districts that are comparable between 2015-2016 and 2019-2020. All 38 districts in Bihar are comparable between the two time periods. Prevalence did not increase or decrease in any of the districts. District codes: Pu Champ: Purba Champaran, Pa Champ: Paschim Champaran. 2 Districts: Aurangabad and Nawada.

Indicator definition

Low birth weight Definition Percentage of live births in the five years proceding the survey with a reported birth weight less than 2.5 kg, based on either a written record of the motiben's recall end of the motiben's recall and the process of the process		
either a wittlen record or the mother's recall Stanting among children Percentage of children aged 0.59 months who are stunted i.e., height-for-age z score < -25D Wasting among children Percentage of children aged 0.59 months who are wasted i.e., weight-for-age z score < -25D Mannia among children Percentage of children aged 0.59 months who are wasted i.e., weight-for-age z score < -25D Mannia among pragnard women Percentage of children aged 0.59 months who are underweight i.e., weight-for-age z score < -25D Mannia among pregnant women Percentage of rowning angot 1.549 whose Body Mass Index (BMI) is below normal (BMI <18.5 kg/m²) Percentage of non-pregnant women Overweight/bobelsy - women Percentage of or man ged 15-54 who are anemic (<11.0 g/dl) Percentage of ormal aged 15-54 who are overweight or obese (BMI 22.5 kg/m²) Percentage of women aged 15-54 who are overweight or obese (BMI 22.5 kg/m²) Percentage of women aged 15-54 who are overweight or obese (BMI 22.5 kg/m²) Percentage of women aged 15-54 who are overweight or obese (BMI 22.5 kg/m²) Percentage of women aged 15-54 who are overweight or obese (BMI 22.5 kg/m²) Percentage of women aged 15-54 who are overweight or obese (BMI 22.5 kg/m²) Percentage of women aged 15-54 who are overweight or obese (BMI 22.5 kg/m²) Percentage of youngest children aged or aged aged aged aged seven to the standard or an among men's light standard aged from a aged aged aged aged aged aged aged ag	Nutrition outcomes	Definition
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Severe wasting among children Hordwersight children Percentage of children aged 0.59 months who are wasted i.e., weight-for-height z score < 350 Hordwersight with which aged 0.59 months who are underworded i.e., weight-for-height z score < 350 Hordwersight weight with a special of the special of 55 months who are anemic (=, (Ho <11,0 g/d)) Percentage of non-pregnant women aged 15-40 whose body Mass index (BMI) is below normal (BMI <18.5 kg/m²) Anemia among prognant women aged 15-40 whose body Mass index (BMI) is below normal (BMI <18.5 kg/m²) Anemia among prognant women aged 15-40 whose body Mass index (BMI) is below normal (BMI <18.5 kg/m²) Percentage of non-pregnant women aged 15-40 who are anemic (<12.0 g/d) Percentage of prognant women aged 15-40 who are anemic (<12.0 g/d) Percentage of man aged 15-40 who are overweight or obese (BMI 22.0 kg/m²) Percentage of man aged 15-40 who are overweight or obese (BMI 22.0 kg/m²) Percentage of man aged 15-40 who are overweight or obese (BMI 22.0 kg/m²) Percentage of women aged 15-40 who are overweight or obese (BMI 22.0 kg/m²) Percentage of women aged 15-40 with a elevated blood pressure (Systolic >140 mm Hg or disable >90 mm Hg) Percentage of women aged 15-40 with all elevated blood pressure (Systolic >140 mm Hg or disable >90 mm Hg) Percentage of women aged 15-40 with high blood sugar levels (141-160 mg/d) Percentage of vomen aged 15-40 with high blood sugar levels (141-160 mg/d) Percentage of prompast children aged 5-8 months living with mother who received sold or semi-sold to complementary foods? Continued treastleding at 2 years' Percentage of youngest children aged 5-8 months living with mother who received sold or semi-sold to complementary foods? Continued treastleding at 2 years' Percentage of youngest children aged 5-8 months living with mother who received sold or semi-sold to complementary foods? Percentage of youngest children aged 5-8 months living with mother who received sold or semi-sold to complementary foods? Percentage of yo	Stunting among children	Percentage of children aged 0-59 months who are stunted i.e., height-for-age z score < -2SD
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	HHs with electricity ⁰	

[^] Indicator not available in NFHS-3. \$ Indicator not available in NFHS-5 factsheets/state reports ⁰Indicator comparable between NFHS-3 and NFHS-4 but differs slightly from NFHS-5. [@] Indicator not available in NFHS-5 factsheets but available in NFHS-5 states reports.
¹ Definition per NFHS-3/NFHS-4. ² Definition as per NFHS-5 factsheet.

Indicator definition

Interventions Definition Demand for FP satisfied@ Percentage of currently married women aged 15-49 with demand for family planning satisfied by modern methods lodized salt⁰ ¹Percentage of women aged 15-49 living in HHs that use iodized salt; ²Percentage of households using iodized salt Any ANC visits\$ Percentage of women aged 15-49 with a live birth in the five years who received at least one ANC for the last birth ANC first trimester Percentage of women (15-49 years of age) attended by any provider during the first trimester of pregnancy that led to the birth of the youngest child in the last 2 years ≥ 4ANC Percentage of mothers aged 15-49 who had at least 4 antenatal care visits for last birth in the 5 years before the survey Received MCP card Percentage of mothers who registered last pregnancy in the 5 years preceding the survey for which she received a Mother and Child Protection (MCP) card Received IFA tab/syrup@ Percentage of women who received IFA (given or purchased) tablets during the pregnancy for their most recent live birth in the 5 years preceding the survey Tetanus injection Percentage of women whose last birth was protected against neonatal tetanus (for last birth in the five years preceding the survey) Deworming- pregnancy@ Percentage of women who took an intestinal parasite drug during the pregnancy for their most recent live birth in the 5 years preceding the survey Weighing- pregnancy@ Percentage of women aged 15-49 with a live birth in the five years preceding the survey who were weighed during ANC for the last birth Birth preparedness counselling\$ Percentage of women who had at least one contact with a health worker in the three months preceding the survey and were counselled on birth preparedness; calculated among women aged 15-49 who gave birth in the five years preceding the survey Breastfeeding counselling@ Percentage of women who met with a community health worker in the last three months of pregnancy and received advice on breastfeeding (for the last pregnancy in the five years preceding the survey) Counselling on keeping baby Percentage of women who met with a community health worker in the last three months of pregnancy and received advice on keeping the baby warm for their most recent live birth in the five years preceding the survey Cord care counselling\@ Percentage of women who met with a community health worker in the last three months of pregnancy and received advice on cord care for their most recent live birth in the five years preceding the survey Percentage of youngest children under age 5 whose mother received supplementary food from AWC during Food supplementation pregnancy@ pregnancy; ³Among children under 6 years, percentage whose mother received specific benefits from AWC during pregnancy: supplementary food Health & nutrition education -Percentage of mothers who received health and nutrition education from an Anganwadi Centre (AWC) during last pregnancy in the five years preceding the survey; 3Among children under 6 years, percentage whose mother received pregnancy@ specific benefits from AWC during pregnancy: health and nutrition education Malaria prevention- use of bed Percentage of women who used mosquito net during the pregnancy for their most recent live birth in the 5 years nets^\$ preceding the survey Institutional birth⁰ ¹Percentage of women aged 15-49 who gave birth in health/institutional facility for their most recent live birth in the 5 years preceding the survey; ²Percentage of live births to women aged 15-49 in the five years preceding the survey that took place in a health/institutional facility Financial assistance (JSY)@ Percentage of women who received financial assistance under JSY for their most recent live birth that took place in institutional facility in the 5 years preceding the survey ¹Percentage of women whose last delivery was attended by a skilled health personnel for their most recent live birth Skilled birth attendant⁰ in the 5 years preceding the survey; ²Percentage of births attended by skilled health personnel for births in the 5 years before the survey Percentage of mothers who received postnatal care from a doctor/nurse/LHV/ANM/midwife/other health personnel Postnatal care for mothers within 2 days of delivery for their most recent live birth in the five years preceding the survey Percentage of children who received postnatal care from a doctor /nurse /LHV /ANM /midwife /other health personnel Postnatal care for babies within 2 days of delivery for last birth in the 5 years before the survey Food supplementation - postnatal@ Percentage of youngest children under age 5 whose mother received supplementary food from AWC while breastfeeding; ³Among children under 6 years, percentage whose mother received specific benefits from AWC while breastfeeding: supplementary food Health & nutrition education -Percentage of youngest children under age 5 whose mother received health check-ups from AWC while postnatal@ breastfeeding; 3Among children under 6 years, percentage whose mother received specific benefits from AWC while breastfeeding: health and nutrition education Full immunization⁰ Percentage of youngest living children aged 12-23 months fully vaccinated based on information from either vaccination card or mother's recall; ²Percentage of children aged 12-23 months fully vaccinated based on information from either vaccination card or mother's recall Vitamin A - early childhood⁰ Percentage of youngest children aged 6-59 months who received Vitamin A supplementation in the last 6 months preceding the survey; 2 Percentage of children aged 9-35 months who received a vitamin A dose in the last 6 months Pediatric IFA⁰@ Percentage of youngest children aged 6-59 months who received iron supplements in the past 7 days preceding the survey Deworming - early childhood^{o@} Percentage of youngest children aged 6-59 months who received deworming tablets in the last 6 months preceding the survey Care seeking for ARI⁰ Percentage of youngest children under age 5 years with fever or symptoms of ARI in the 2 weeks preceding the survey taken to a health facility or health provider; ²Percentage of children under age 5 years with fever or symptoms of ARI in the 2 weeks preceding the survey taken to a health facility or health provider ORS during diarrhea0 ¹Percentage of youngest children under age 5 years with diarrhea in the 2 weeks preceding the survey who received oral rehydration salts (ORS); 2Percentage of children under age 5 years with diarrhea in the 2 weeks preceding the survey who ORS Zinc during diarrhea⁰ Percentage of youngest children under age 5 years with diarrhea in the 2 weeks preceding the survey who received zinc; ²Percentage of children under age 5 years with diarrhea in the 2 weeks preceding the survey who received zinc Food supplementation (children 6-Percentage of youngest children aged 6-35 months who received food supplements from AWC in the 12 months 35 months)\$ preceding the survey Weighing - early childhood@ Percentage of youngest children under age 5 who were weighed at AWC in the 12 months preceding the survey Counselling on child growth@ Percentage of youngest children under age 5 whose mother received counselling from an AWC after child was weighed in the 12 months preceding the survey

[^]Indicator not available in NFHS-3. Indicator not available in NFHS-5 factsheets/state reports. Indicator not available in NFHS-5 factsheets but available in NFHS-5 states reports. Indicator comparable between NFHS-3 and NFHS-4 but differs slightly from NFHS-5.
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Disclaimer: The maps used in this Data Note are based on the districts in NFHS-5 factsheets/reports. The boundaries shown do not imply any official endorsement or acceptance by IFPRI.

ABOUT POSHAN

Partnerships and Opportunities to Strengthen and Harmonize Actions for Nutrition in India (POSHAN) is a multi-year initiative that aims to support the use of data and evidence in decision-making for nutrition in India. It is supported by the Bill & Melinda Gates Foundation and led by IFPRI in India. 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.

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