



NATIONAL FAMILY HEALTH SURVEY

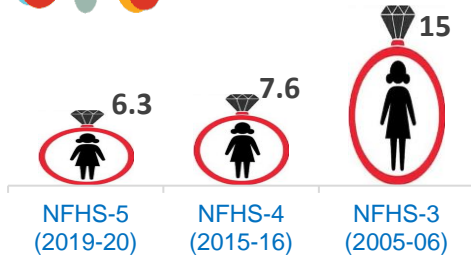
NFHS 1 TO 5 – FACT SHEET

The National Family Health Survey is a large scale, multi-round survey conducted in a representative sample of households throughout India. Five rounds of survey have been conducted since the first survey in 1992-93. The survey provides state and national estimates of important indicators on family welfare, maternal and child health and nutrition. The Ministry of Health and Family Welfare (MOHFW), Government of India, designated the International Institute for Population Sciences (IIPS) Mumbai, as the nodal agency, responsible for providing coordination and technical guidance for the survey. This Fact Sheet provides a detailed snapshot of performance of Kerala on all important indicators in NFHS Round I through Round V

Prevalence of Women age 20-24 years married before age 18 years (%)



In Kerala 6.3% of women currently age 20-24 married before age 18



National Level



Approximately one in four

young women in India were married before their 18th birthday

NFHS 4
27%



NFHS 5
23%

High Prevalence of girls married below 18 years was found in



Bihar (40.8%)

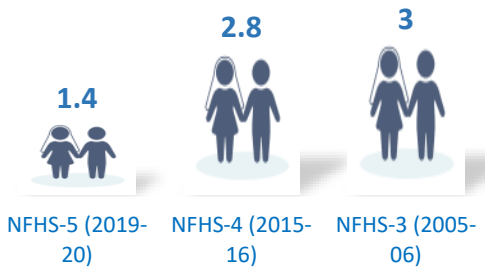
Tripura (40.1%)

West Bengal (41.6%)

*NFHS 5

Prevalence of Men age 25-29 years married before age 21 years (%)

Men who got married before the legal age of 21 were much lower in Kerala



National Level

NFHS 4
20%



NFHS 5
18%

Higher prevalent States

Bihar (31%)

Gujarat (28%)

Assam (22%)

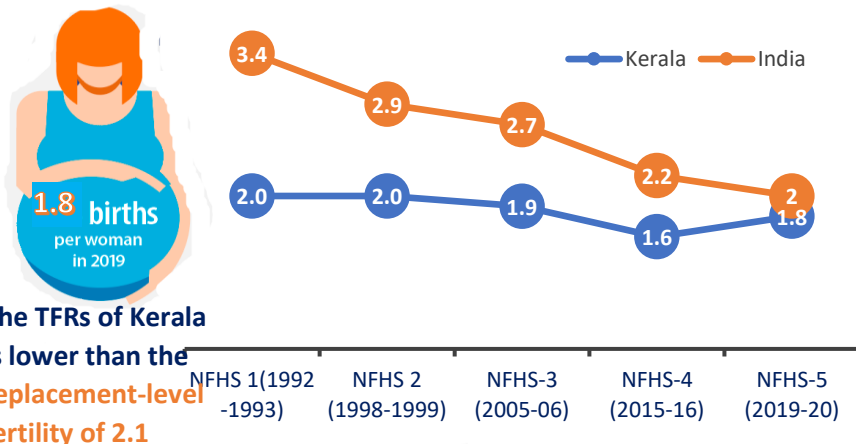
Tripura (20%)

W Bengal (20%)



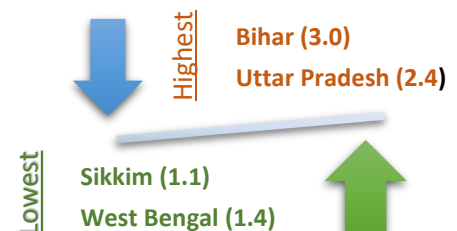
Total fertility rate (children per woman)

Kerala and Tamil Nadu are the only states where fertility has gone up, even if marginally, in 2019-20



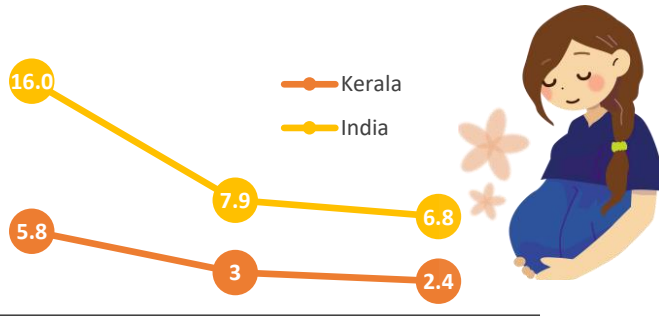
The TFRs of Kerala is lower than the replacement-level fertility of 2.1

The TFR, which is the average number of children born per woman, increased from 1.6 to 1.8 between 2015-16 and 2019-20 in Kerala, while at the national level, the TFR has declined from 2.2 to 2.0



Prevalence of Teenage Pregnancy

Teenage pregnancy **has** declined only marginally by 1% point and **6.8%** of women in the age group of 15-19 years in India were already mothers or pregnant at the time of the survey



NFHS-3 (2005-06) NFHS-4 (2015-16) NFHS-5 (2019-20)

Lowest

Kerala – 2.4%

Sikkim – 3.1%

Himachal P – 3.4%



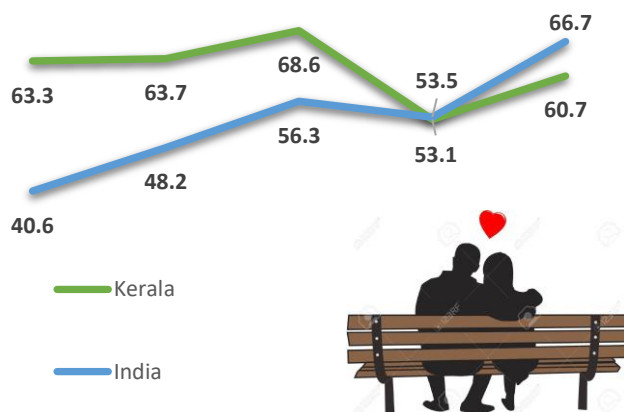
Highest

Tripura – 21.9%

WB – 16.4%

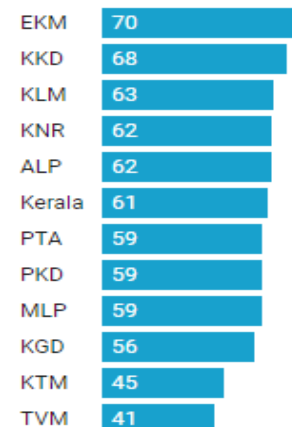
Andra P – 12.4%

The contraceptive prevalence rate among currently married women (%)



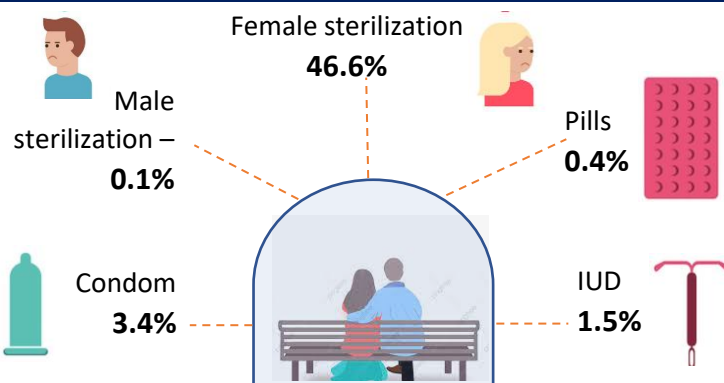
NFHS-1 (1992-1993) NFHS-2 (1998-1999) NFHS-3 (2005-06) NFHS-4 (2015-16) NFHS-5 (2019-20)

The contraceptive prevalence rate of Kerala showed an initial increase followed by a sudden fall by more than 10% in 10 years period during the 2015 survey, thereafter stabilized in 2019



In Kerala, the CPR varied across the districts from as high as 70% (EKM) to 41% (TVM)

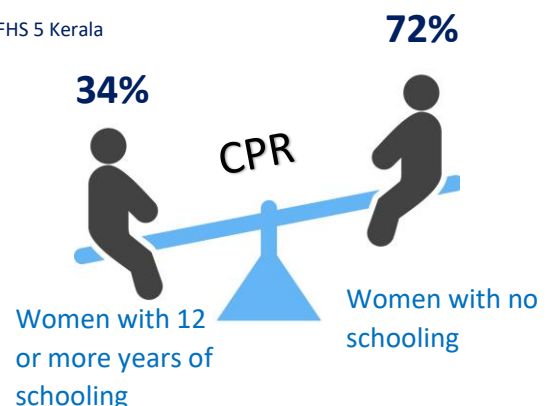
Use of modern family planning methods



Among the modern contraceptive methods, the most commonly used method consistently over the years was female sterilization (46.6%) and the least common method was male sterilization (0.1%).

Contraceptive prevalence decreases with increasing schooling of women

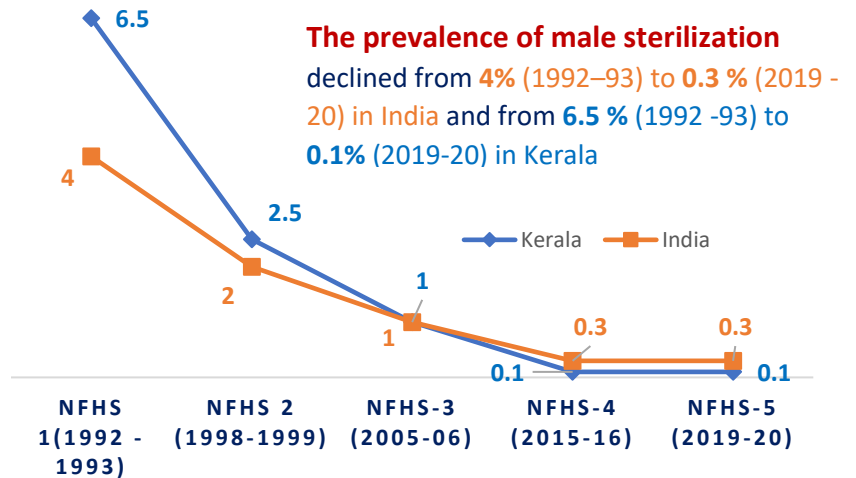
*NFHS 5 Kerala



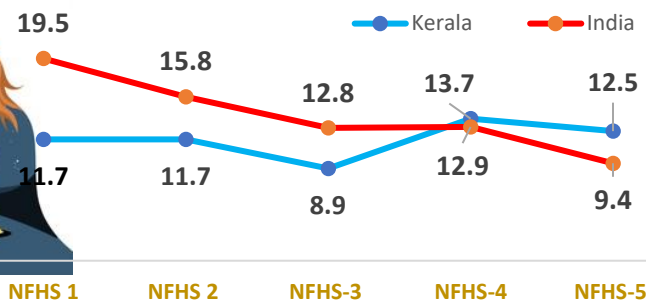
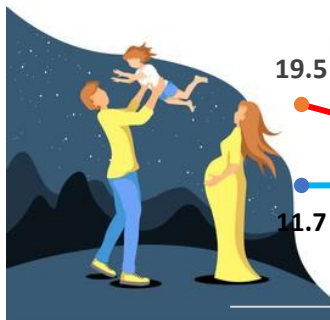
Men's Attitude Towards Contraception



Almost one sixth of men age 15 – 49 in Kerala agree that contraception is women's business and a man should not worry about it.



Unmet Need for Family Planning



Unmet Need for Family Planning is defined as the percentage of currently married women who either want to space their birth or stop childbearing entirely, but are not using contraception.

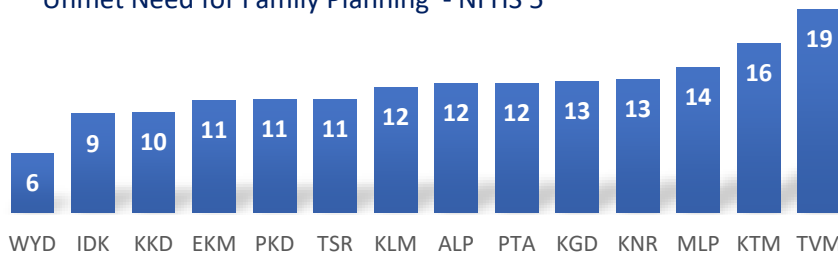
Unmet needs of family Planning have witnessed a significant decline from 13 per cent to 9 per cent at all-India level and in Kerala (12.5%) it remained almost unchanged since NFHS 4 (13.7%).



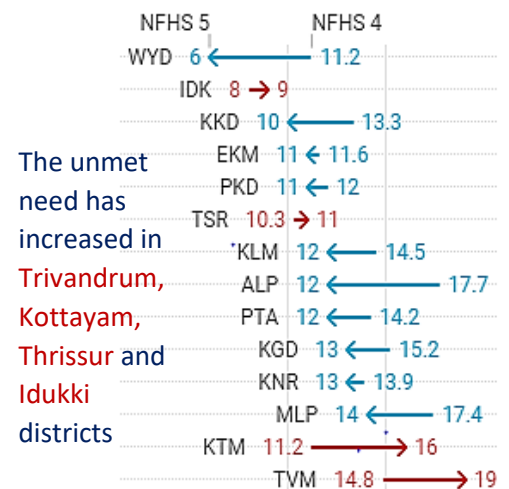
In Kerala **83%** of the demand for family planning is being satisfied and **72%** of the demand is being satisfied by modern methods

Unmet Need for Family Planning by District

Unmet Need for Family Planning - NFHS 5



The unmet needs in family planning in the state varied across the districts from as high as 19.3% (Trivandrum) to 5.6% (Wayanad) though it was reduced by 1.2 percentage units as compared to NFHS-4 data.

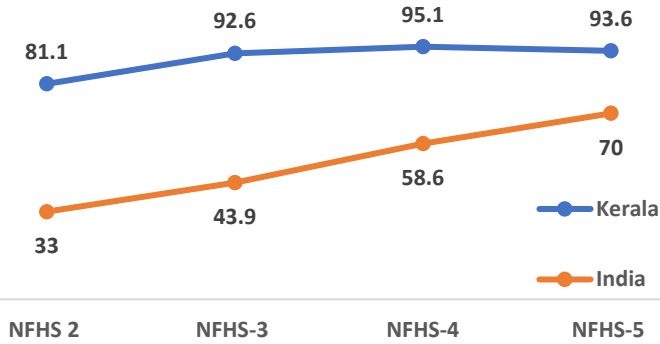
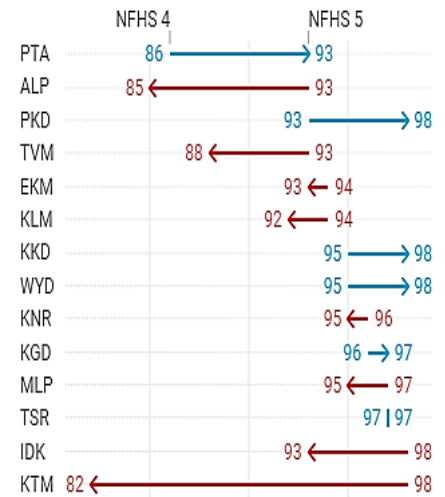


Mothers who had an antenatal check-up in the first trimester (%)

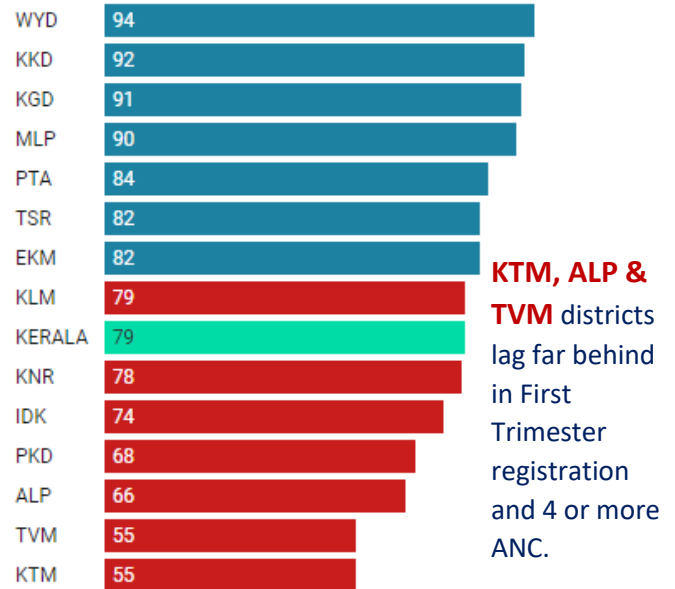
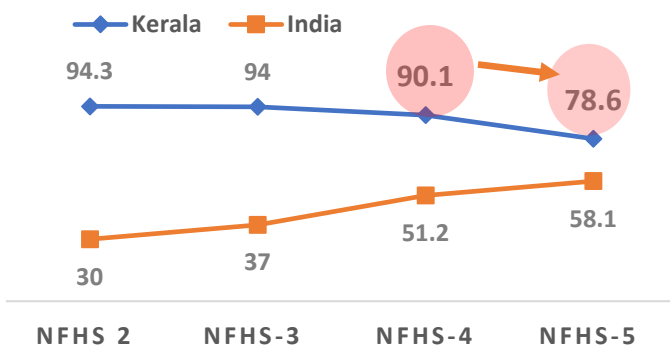
Kerala showed a decline in the number of mothers going for checkups in the first trimester (93.6%) in 2019-20 compared to NFHS-4 (95.1%).

The percentage of mothers who received ANC in the first trimester has decreased considerably in

- Kottayam
- Alappuzha
- Trivandrum
- Idukki
- Malappuram
- Kollam



Mothers who had atleast 4 antenatal care visits (%)



There has been a substantial drop in the proportion of women who had four or more ANC visits (90% to 79%) in Kerala. This may be the impact of natural calamities and Nipah outbreak during the survey period.

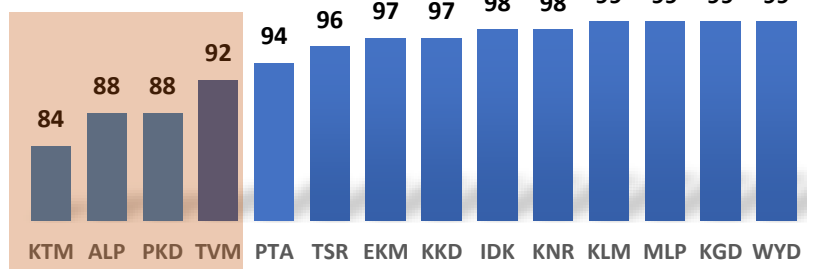
Mothers whose last birth was protected against neonatal tetanus (%)



95% of last births in Kerala during 2019-20 were protected against neonatal tetanus through tetanus toxoid vaccinations given to the mother

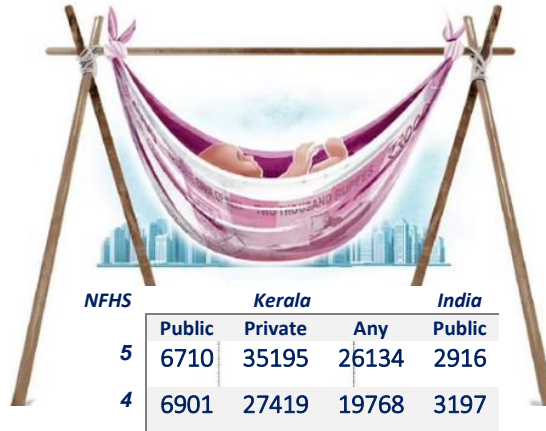
	Kerala (%)	India (%)
NFHS 2	85.8	67
NFHS-3	88.2	77.8
NFHS-4	96.4	89
NFHS-5	95.2	92

Kottayam, Trivandrum, Alappuzha and Palakkad districts are lagging behind in this indicator as well.



Average out-of-pocket expenditure per delivery in a public health facility (Rs.)

The average out-of-pocket cost paid for delivery for the most recent live birth among women age 15-49 who had a live birth in the five years preceding the survey that was delivered in a health facility was **Rs. 26134 in Kerala**.

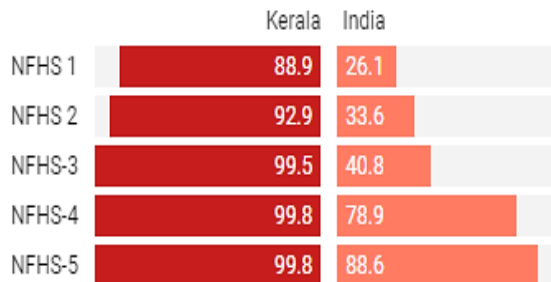


The average cost was five times as high in **private** health facilities (**Rs. 35195**) as in public health facilities (**Rs. 6710**). In Kerala, there is a slight decrease in OOPE per delivery in public hospitals (NFHS 5) compared to the previous survey (NFHS 4).

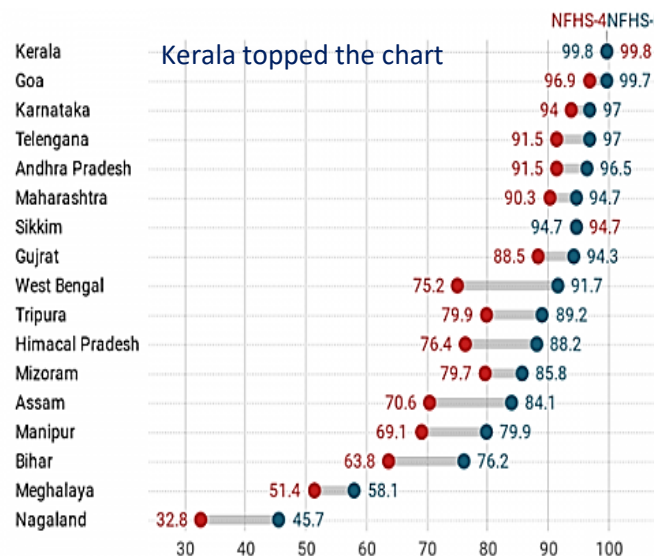
Institutional births (%)

Health facility births are universal in Kerala since NFHS - 3

99.8



Overall, institutional deliveries in India have increased from 26% in 1992 – 93 to 79% in 2015-16, and further to 89% in 2019-20.



Proportion of births in public facilities

PUBLIC HOSPITAL



Proportion of Birth in Public Hospital



India

NFHS-5 **61.9%**

NFHS-4 **52.1%**

Kerala

NFHS-4 **38.3%**

NFHS-5 **34.1%**

India: While NFHS-4 recorded 52.1 percent of all institutional births taking place in public facilities, NFHS-5 has seen this rise to 61.9 percent.

Kerala: The proportion of births taking place in public facilities in Kerala have decreased from 38.3% in NFHS 4 to 34.1% in NFHS 5

Births delivered by caesarean section (%)



About **2 in 5** babies in Kerala was delivered by caesarean section

C Section Rate in Kerala– **40%** (NFHS 5)

NFHS	Kerala		India	
	Public	Private	Public	Private
NFHS-4	31.4	38.6	12	41
NFHS-5	37.2	39.9	14	47

Caesarean section rate (%) – Kerala & India

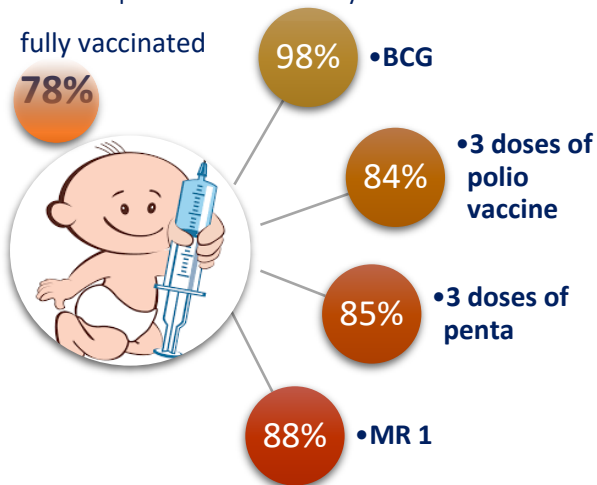
	Kerala	India
NFHS 2 (1998-1999)	29.3	7
NFHS-3 (2005-06)	30.1	8.5
NFHS-4 (2015-16)	35.8	17.2
NFHS-5 (2019-20)	38.9	21.5

C-section births in India increased 4.3 percentage points over five years: To **21.5** per cent (NFHS-5) from **17.2** per cent (NFHS-4, 2015-16).

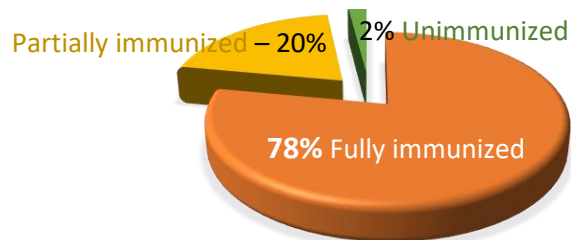
India - 47.4% babies born in private sector via C-section, far above **14.3%** in govt facilities

Child Vaccinations

Kerala - Percentage of children age 12 – 23 months who received specific vaccines at any time before the survey (NFHS 5)



Immunization Status of children aged 12-23 months - Kerala (NFHS 5)



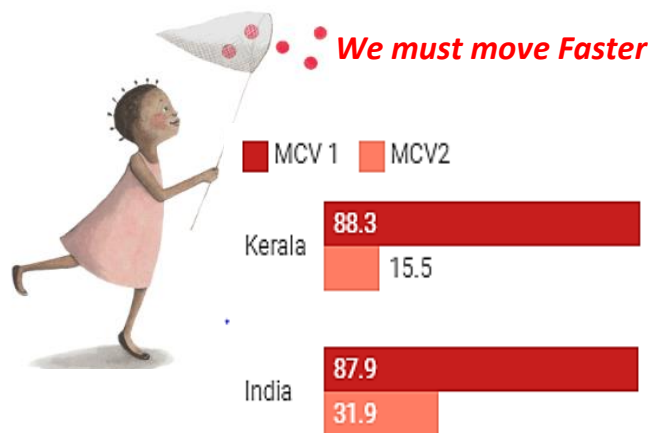
20% of children (12-23 months) are partially vaccinated

2% have not received any vaccines at all

78% of children received all basic vaccinations (fully vaccinated)

Measles Containing Vaccine first (children age 12-23 months) and Second (age 24-35 months) Doses

Measles Moves fast



In Kerala (as per NFHS 5)

88% of children 12-23 months received first dose of measles containing vaccine (MCV).

Only **16%** of Children age 24-35 months have received a second dose of MCV.

There is considerable dropout between first and second dose of MCV

Trend over time in MCV vaccination - Kerala

NFHS 1 (1992-93)	60.5
NFHS 2 (1998-99)	84.6
NFHS 3 (2005-06)	82.1
NFHS-4 (2015-16)	89.4
NFHS-5 (2019-20)	88.3

Vaccination by background characteristics

Birth Order: Children age 12-23 months of first birth order are more likely to receive all basic vaccinations than children of birth order 2 or more.

78.5%



NFHS 5
Kerala

77.5%

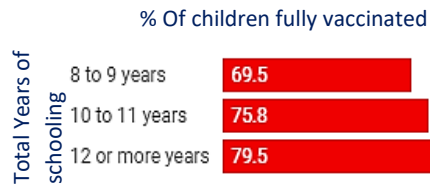


order 2 or more. Birth order refers to the order a child is born in their family

First Born

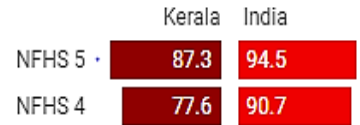
Second or third born

Mother's Schooling: Vaccination coverage increases with increasing mother's schooling. 80% children (12-23 months) in Kerala whose mothers have 12 or more years of schooling have received all basic vaccines



Type of Facility:

Children age 12-23 months who received most of their vaccinations in a public health facility (%)



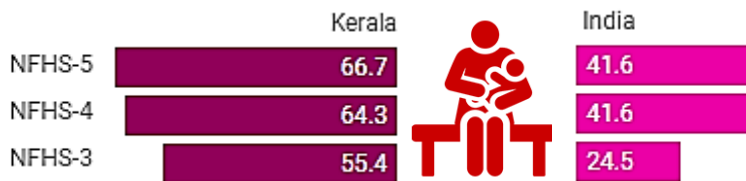
Public hospitals are more relied upon for vaccination than private hospitals.

Child Feeding Practices

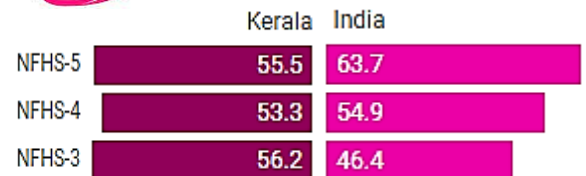
Initial breastfeeding: Although breastfeeding is nearly universal in Kerala, only 67% children were breastfed within 1 hour of birth, as recommended. While exclusive breast feeding shows an improvement over NFHS 4, many infants are still deprived of the highly nutritious first milk

Exclusive breastfeeding: As per NFHS 5, fifty-five percent of children under age six months are exclusively breastfed in Kerala.

Children under age 3 years breastfed within one hour of birth (%)

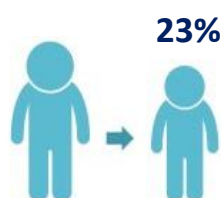


Children under age 6 months exclusively breastfed (%)



Nutritional Status of Children

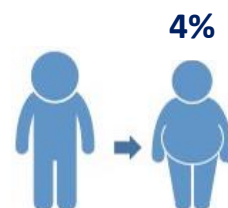
In Kerala: According to NFHS-5, the prevalence of stunting has increased from 19.7 per cent in 2015-16 to 23.4 per cent now. Similarly, during the same period, the percentage of underweight children in the state went up from 16.1 per cent to 19.7 per cent. While child wasting saw a minor increase of 0.1 per cent, overweight children increased by 0.6 per cent.



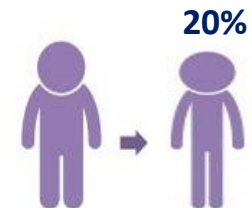
stunted
(Short for their age)



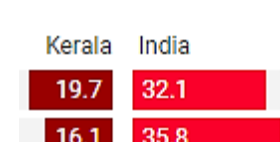
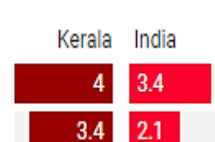
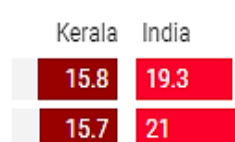
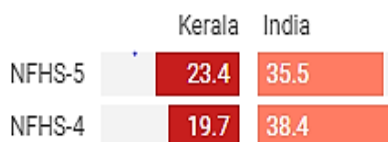
Wasted
(Thin for their height)



Overweight
(Heavy for their height)



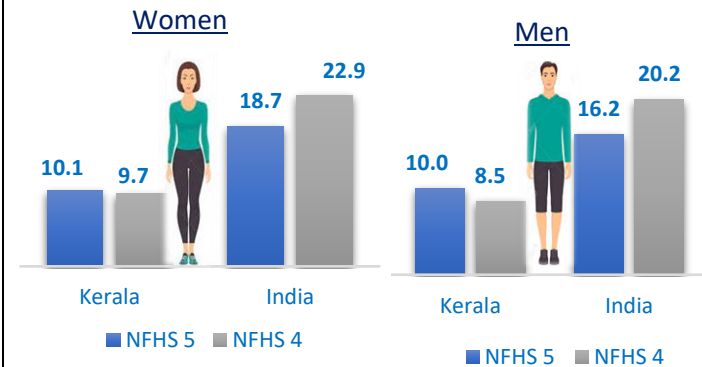
underweight
(Underweight for their age)



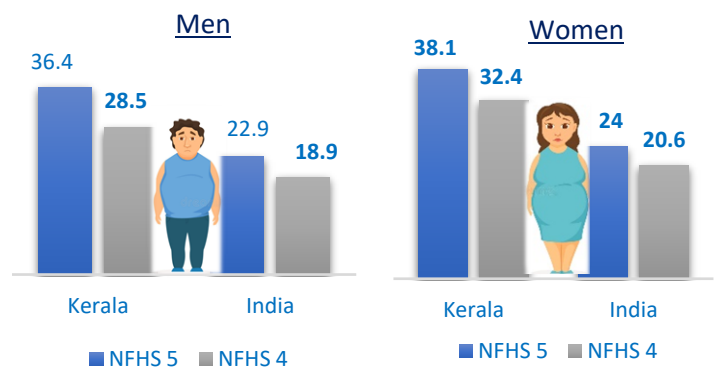
Nutritional Status of Adults (age 15-49 years)

NFHS 5 show that the number of persons (age 15-49 years) who are obese and the number of people with below normal Body Mass Index (BMI) is on the rise in Kerala.

Proportion of people with below normal Body Mass Index (%)



Proportion of people who are obese (%)

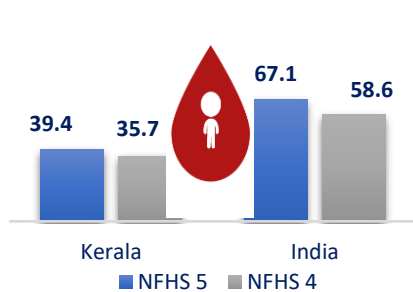


Anaemia among Children and Pregnant Women

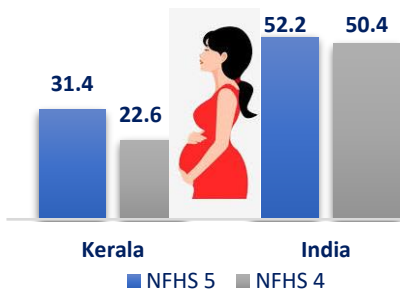
 Nearly two-fifth (39%) of children age 6-59 months in Kerala are anaemic (NFHS 5).

 Nearly one-fifth (31%) of pregnant women in Kerala are anaemic (NFHS 5).

Proportion of Children age 6-59 months who are anaemic



Proportion of Pregnant women age 15-49 years who are anaemic



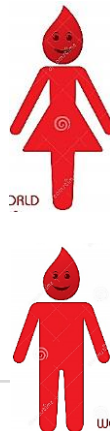
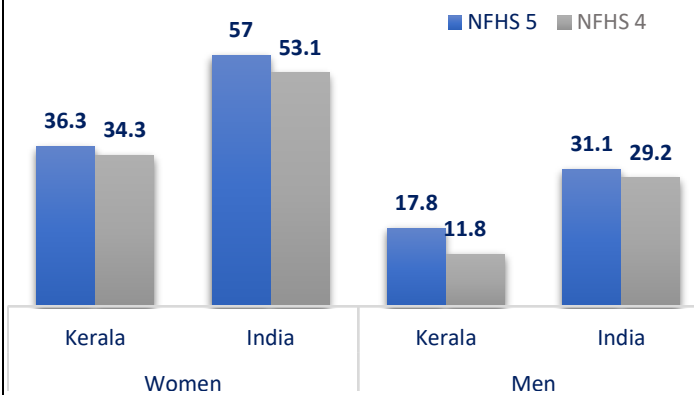
Boys are slightly more likely to be anaemic than girls (41% Vs 38%)

Children of mothers who have anaemia are much more likely to be anaemic

Anaemia varies by maternity status—34 percent of women who are breastfeeding are anaemic, compared with 31 percent of women who are pregnant

Anaemia among Men and Women(15-49years)

Percentage of women and men age 15-49 years who are anaemic



36% of women in Kerala have anaemia (21% - mild, 14% - moderate, 1% - Severe)

58% of women with no schooling are anaemic

53% of schedule tribe women are anaemic
Anaemia is much higher among women compared to men.

18% of men in Kerala are anaemic

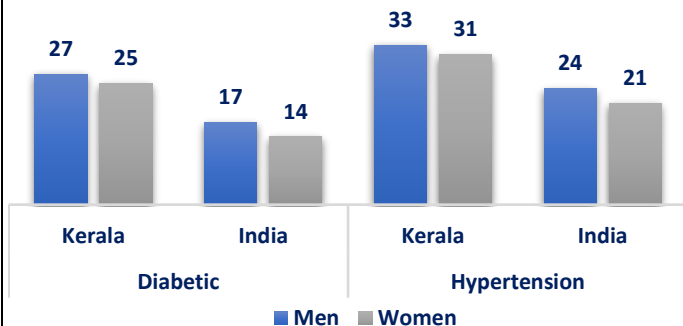
19% of men in Urban are anaemic (16% in rural)

35% of Scheduled tribe men are anaemic

18% of men who smokes cigarettes/bidis are anaemic

Prevalence of Lifestyle Diseases - Diabetes & Hypertension

Proportion of population with high blood sugar & Proportion of population with hypertension



Compared to the female population, a higher proportion of males have high blood sugar levels

As per NFHS phase I report, Kerala has the highest proportion of its population as diabetic, both in the case of males and females.

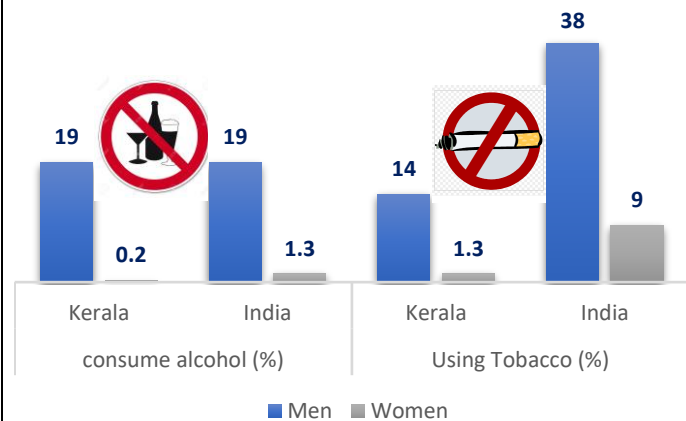
High Blood sugar prevalence is higher in urban areas compared to that of rural areas

Proportion of men suffering from hypertension is higher compared to the proportion of women

Hypertension is more prevalent in Urban areas compared to that in Rural areas.

Tobacco Use and Alcohol Consumption among Adults (age 15 years and above)

Tobacco and Alcohol users (%)



Only a negligible portion (0.2%) of women in Kerala drink alcohol compared with 19% of men.

Among men who drink alcohol, 9% drink alcohol almost every day. 41% drink at least once in a week, 50% drink less than once a week

Consumption of alcohol is much higher in rural (8%) than in urban areas (4%).

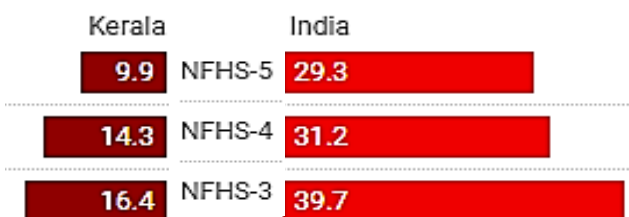
14% men and 1.3% of women aged between 15 and 49 years use some form of tobacco

Among men and women, the use of tobacco is slightly higher in rural (women – 1%, men – 21%) than in urban (women – 0.1%, men – 15%) areas.

Gender Based Violence (age 18-49 years)



Ever-married women age 18-49 years who have ever experienced spousal violence (%)



Less than one percent (0.5%) of women age 15-49 who have ever been pregnant have ever experienced physical violence during one or more of their pregnancies



Ever-married women age 18-49 years who have experienced physical violence during any pregnancy (%)

