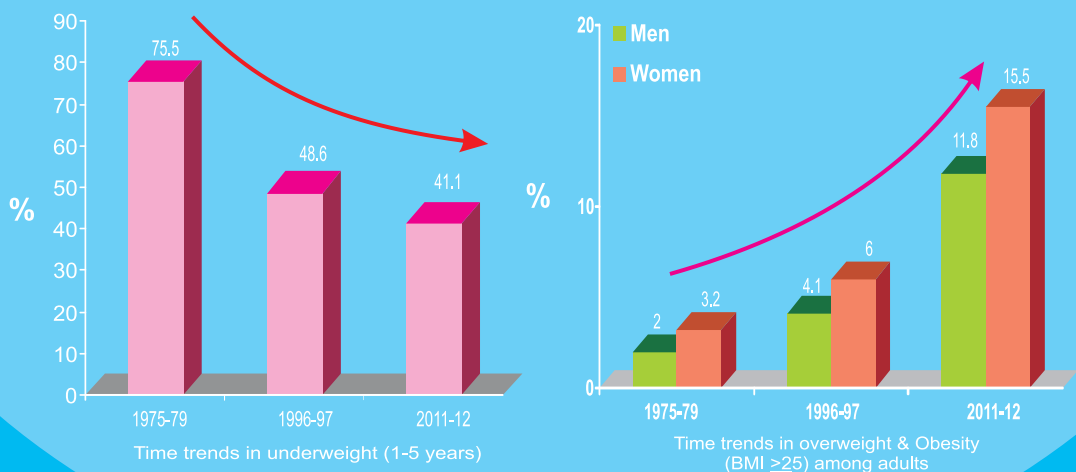


NATIONAL NUTRITION MONITORING BUREAU

Diet and Nutritional Status of Rural Population, Prevalence of Hypertension & Diabetes among Adults and Infant & Young Child Feeding Practices

- Report of Third Repeat Survey



National Institute of Nutrition
(Indian Council of Medical Research)
Hyderabad - 500 007
2012



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EXECUTIVE SUMMARY

The Indian Council of Medical Research (ICMR) established the National Nutrition Monitoring Bureau (NNMB) in 1972 in the States of Kerala, Tamil Nadu, Karnataka, Andhra Pradesh, Maharashtra, Gujarat, Madhya Pradesh, Orissa, West Bengal and Uttar Pradesh. The bureau, since its inception, has been carrying out diet and nutrition surveys on a regular basis in the rural and tribal areas, as well as special surveys. NNMB also carried out repeat surveys in both rural and tribal areas, by visiting the same villages at an interval of 10 years, to study the time trends in the diet and nutritional status of the communities. The baseline, first and second repeat surveys were carried out among rural population during 1975-79, 1988-90 and 1996-97, respectively. The present survey is third repeat survey carried out among rural population to assess the nutritional status and to study the time trends.

Recent studies carried out in the developing countries, including India, reported a steady increase in the prevalence of diet related chronic diseases like overweight and obesity, hypertension, diabetes mellitus, etc. Therefore, in the present survey, assessment of prevalence of overweight/obesity, hypertension and diabetes mellitus, in addition to diet and nutrition status, among adult men and women (≥ 18 years) was carried out in 10 NNMB States.

A total of 86,898 individuals were covered for socio-demographic particulars, anthropometry and clinical examination from 23,889 HHs in 1,195 villages from 10 NNMB states. Data on food and nutrient intake was collected from 11,910 HHs. The blood pressure measurements are available for 21,918 men and 27,041 women, while fasting blood sugar levels were estimated on 14,312 men and 18,519 women. A total of 4,459 mothers of <36 month children were interviewed to collect information on antenatal care, infant and young child feeding (IYCF) practices as well as coverage for immunization, iron & folic acid tablets and massive dose of vitamin A supplementation.

Nutritional Status

Food and Nutrient intakes

Cereals and millets formed the bulk of the diets of the rural population. In general, the rural population subsisting on inadequate diets as the mean intakes of all the food groups, except roots and tubers were below the recommended dietary intakes (RDI) for Indians. However, the intakes of green leafy vegetables (GLV) and other vegetables were above the RDI in the State of Orissa. Similarly, in 54-70% HHs, the intake of GLV, milk & milk products

and sugar & jaggery was even less than 50% of RDI. The intakes, in general were grossly deficient for GLV, other vegetables, milk & milk products and sugar & jaggery across all age groups. Similarly, in case of nutrients, the median intakes of all the nutrients, except for thiamine were below the recommended dietary allowances (RDA) for Indians, while, the proportion of HHs not meeting even 50% of RDA was 50-81% for riboflavin and vitamin A. The proportion of pre-school children not meeting even 50% of RDA for calcium, vitamin A, riboflavin and vitamin C was about 51- 82%, while the corresponding figures for adolescents was 52-85%. The intakes of micronutrients such as iron, vitamin A, riboflavin, vitamin C and folic acid were not even 50% of RDA in 51-83% of pregnant women. In general, the extent of micronutrient deficiency was low in adult men and non-pregnant and non-lactating (NPNL) women. The proportion of pre-school children with adequate intake of both protein and calorie was 49-60%, while the corresponding figure for adult men and NPNL women was about 63% and 71%, respectively. Similarly, the proportion of pregnant women and lactating mothers with adequate intake of both protein and calorie was 52% and 60%, respectively.

Anthropometry

The overall prevalence of undernutrition ($< \text{Median} - 2\text{SD}$) in terms of underweight, stunting and wasting among infant boys was 29%, 26% and 25% respectively. While the corresponding figures for girls were 24%, 21% and 26%, respectively. Similarly, in general the overall prevalence of underweight, stunting and wasting among boys of < 5 years was 42.1%, 44.3% and 22.5% respectively. While, the corresponding figures for girls were 41.4%, 41.9% and 21.5%, respectively. Thus, the prevalence of undernutrition was relatively higher among boys. In general, the prevalence of stunting was high in the States of Karnataka, Andhra Pradesh, Gujarat, Madhya Pradesh, Orissa and Uttar Pradesh.

Among adults, the prevalence of chronic energy deficiency (CED i.e. $\text{BMI} < 18.5$) was about 35% each in men and women. Similarly, the prevalence of overweight/obesity ($\text{BMI} \geq 25$) was 10% and 13.5%, respectively among adult men and women. The prevalence of abdominal obesity ($\text{WC} \geq 90\text{cm}$ for men & $\geq 80\text{ cm}$ for women) among men and women was 13.6% and 30%, respectively.

Infant and young child feeding (IYCF) practices

The proportion of pregnant women for early registration (< 16 weeks of gestation) of antenatal checkups was 77%. About 52% of pregnant women received ≥ 90 iron and folic acid tablets during their pregnancy and the proportion of pregnant women had institutional deliveries was 75%. About 25% of mothers reportedly fed pre-lacteals to their babies, while proportion of mothers initiated breast feeding within one hour to their babies was 36%, and 85% of mothers fed colostrum to their babies. The proportion of mothers practiced exclusive breast feeding for the first 6 months of life was only 21%, while 79% of mothers initiated complementary feeding at the age of 6 months of their infants. The proportion of children

(12-24 months) fully immunized for all the primary immunization was 88%, while about 49% of children (9-35 months) received bi-annual dose of vitamin A supplementation (VAS) during the past one year.

Diet related chronic Non-communicable diseases

The prevalence of hypertension (SBP \geq 140 mm Hg and / or DBP \geq 90 mm Hg) was about 22% each among men and women. The prevalence was high (26-30%) in the States of Kerala, West Bengal and Maharashtra. Diabetes mellitus was 8.2% and 6.8% among adult men and women, respectively. The prevalence was reported to be high in the States of Kerala, Tamil Nadu and Gujarat (8.2-16.4%) in both genders. The proportion of adult men aware of hypertension and diabetes mellitus was 80.6% and 75.4%, and the corresponding figures for women were 72.4% and 66.6%, respectively. About 51% and 28% of adult men are known tobacco smokers and consuming alcohol, respectively, while the corresponding figures for women were 17% and 4%, respectively.

Time trends in diet and nutritional status

The time trends reveal that there was gradual decline in the household (HH) intakes of cereals & millets, while there was a marginal improvement in the intakes of leafy and non-leafy vegetables. With respect to other foods, no definite trend was observed. Similarly, the median intakes of protein, energy, iron and thiamine declined over a period of time, while the intakes of calcium and vitamin C improved. Similar trend was observed with the respect to the intakes at individual level.

In general, the prevalence of nutritional deficiency signs such as protein energy malnutrition, Bitot's spot and angular stomatitis declined over a period of time.

Over a period of time, the overall prevalence of underweight, stunting and wasting declined among pre-school children of both genders. Similarly, the prevalence of chronic energy deficiency among adults was declined over period of time, while the prevalence of overweight/obesity increased in both genders.

Marginal improvement in the overall nutritional status observed over a period of time despite of no improvement in dietary intakes. The improvement in nutritional status could be due to non-nutritional factors, such as improved accessibility to health care facilities, sanitation, protected water supply etc.

Improve the quantity and quality of food and nutrient intakes, especially for adolescent girls, pregnant and lactating women. Prevent and manage wide spread micronutrient deficiencies, especially among vulnerable groups such as children, pregnant and lactating women. Educate young women and expectant mothers about good IYCF practices such as initiation of breast feeding within one hour of birth, exclusive breast feeding for the first six

months of life, timely initiation and age appropriate complementary and hygienic feeding practices. Improve sanitation and personal hygiene practices and access to safe drinking water. Strengthen existing national nutrition specific and non-specific programs for improved access and its maximum utilization by its proposed beneficiaries in order to prevent and control undernutrition.

In view of high consumption of alcohol and tobacco, the Governments must strive to formulate appropriate strategies to curb the scourge. There is also a need to carryout in-depth studies to assess the lifestyle practices and other associated factors contributing to non-communicable diseases. The community needs to be sensitized regarding the causes and consequences of obesity, hypertension, diabetes etc through health and nutrition education using IEC activities and behavioral change communication (BCC) for adopting appropriate healthy lifestyles and healthy dietary habits for prevention of non-communicable diseases and promotion of overall health.

1. INTRODUCTION

The Indian Council of Medical Research (ICMR) established National Nutrition Monitoring Bureau (NNMB) in 1972 in the States of Kerala, Tamil Nadu, Karnataka, Andhra Pradesh, Maharashtra, Gujarat, Madhya Pradesh, Orissa, West Bengal and Uttar Pradesh. The Bureau, since its inception, has been carrying out diet and nutrition surveys on a regular basis in the rural and tribal areas, as well as special surveys. The results are being published as NNMB Technical Reports (1-25) and the same are hosted in the NNMB website (www.nnmbindia.org). In order to study the time trends in the diet and nutritional status of the communities, the NNMB has been carrying out repeat surveys in both rural and tribal areas, by visiting the same villages in about every 10 years. First and second repeat surveys were carried out in tribal population during 1998-99 and 2008-09, respectively. Similarly, first and second repeat surveys were carried out among rural population during 1988-90¹ and 1996-97², respectively. Therefore, the third repeat survey was carried out among rural population to assess their nutritional status during 2011-12, to enable us to study the time trends.

Recent studies carried out in the developing countries, including India, have been reporting a steady increase in the prevalence of diet related chronic diseases like overweight and obesity, hypertension, diabetes mellitus, etc. in urban as well as in rural areas. Annual survey was carried out by NNMB in rural areas during 2005-06 and reported the prevalence of hypertension as 25% and 24% among men and women, respectively, while the prevalence of diabetes in Andhra Pradesh as 3-4%. Therefore, in the present survey, assessment of prevalence of overweight and obesity, hypertension and diabetes mellitus, in addition to diet and nutrition surveys among adult men and women (≥ 18 years) was also carried out.

2. OBJECTIVES

2.1. General Objective

To assess the current diet and nutritional status and time trends among rural population in all 10 NNMB States and the prevalence of overweight and obesity, hypertension and diabetes mellitus among adult men and women (≥ 18 years) in rural population.

2.2. Specific Objectives

1. To assess the current status of food and nutrient intake among different age/sex/physiological groups of rural population,
2. To assess the current nutritional status of all the available individuals in terms of anthropometry and clinical examination,
3. To collect information on current morbidity during previous fortnight among all the individuals covered for anthropometry,
4. To study the time trends in the food & nutrient intakes and nutritional status,

5. To assess the prevalence of overweight and obesity, hypertension and diabetes mellitus among the rural adult men and women (≥ 18 years) and their knowledge and practices about hypertension and diabetes, and
6. To study infant and young child feeding (IYCF) practices among mothers of < 3 year children.

3. METHODOLOGY

3.1. Study Design

It was a cross-sectional community-based survey, carried out in 10 States of India, adopting multi stage random sampling procedure.

3.2. Selection of Villages

A total of 120 villages were covered in each NNMB State. Of these, 90 villages were selected from those which were covered in baseline (1975-79), first (1988-90) and second (1996-97) repeat surveys and the remaining 30 villages were randomly selected afresh from the list of villages obtained from the census of India.

3.3. Selection of Households

From each selected village, 20 households (HHs) were covered. For this purpose, the main village and its hamlets, if any, was divided into 5 natural groups based on streets/*mohallas*/areas. It was ensured that at least one of the 5 areas will be inhabited by the Scheduled castes and/or Scheduled tribes. From each of these areas, four contiguous HHs were covered by randomly selecting the first HH from the North East corner. Thus, a total of 20 HHs were covered in each village and 2400 HHs in each State.

3.4. Sample Size Estimation

3.4.1. Nutritional status

All the available subjects from the selected 2400 HHs were covered for anthropometry, clinical examination and history of morbidity. A one-day 24 hour recall method of diet survey was carried out in every alternate HH covered for nutrition assessment in each village. As per the Census 2001, the population of < 5 year children was about 10%. Therefore, by covering 2400 HHs in each State, with an assumed family size of 4.5, the total number of individuals to be considered for the present survey in each State will be 10,800 and the child (< 5 Yrs) population would be 1080. A total of 1080 under 5 year children were estimated, even if the coverage is 70% of the expected number of children, at least 756 children were covered, which is sufficient to study their nutritional status.

The sample size required for each State for various investigations among different target groups of individuals are given below:

Investigations	No. of HHs	Age/Sex/ Physiological Group	Prevalence	C.I*	Relative Precision	Sample size per State
Anthropometry	2400	All the available individuals				
Clinical Examination						
History of morbidity						
Diet survey	1200	All the individuals partaking meals in the HH				
Blood Pressure #	2400	Men (\geq 18yrs)	10%	95%	20%	1728
		Women (\geq 18 yrs)				1728
Fasting blood glucose	2400	Men (\geq 18 yrs)	5%	95%	20%	1825
		Women (\geq 18 yrs)				1825
Knowledge & Practices on HTN & DM	2400	Men (\geq 18 yrs)	-	-	-	1728
	2400	Women (\geq 18 yrs)	-	-	-	1728

*CI: Confidence Interval # Design effect 2

3.4.2. Measurement of blood pressure

Earlier studies have revealed that the prevalence of hypertension among the rural adults of \geq 18 years in the State of Gujarat was 10%³ which was lowest compared to other NNMB States. Assuming 10% prevalence of hypertension among rural adults, with 95% confidence interval, 20% relative precision and design effect of 2, the sample size computed for each State was 1,728 adults in each gender.

3.4.3. Estimation of fasting blood glucose

Earlier studies have revealed that the overall prevalence of diabetes among the rural adults of \geq 18 years was about 5%³. Assuming 5% prevalence of diabetes among rural adults, with 95% confidence interval and 20% relative precision, the sample size computed was 1,825 adults in each gender.

3.5. Investigations

The following investigations were carried out in the selected HHs:

3.5.1. Socio-economic and demographic particulars of households

Socioeconomic and demographic particulars, such as age, sex, occupation, annual family income, family size, type of family, literacy level of individuals, information about possession of agricultural land, types of crops raised, their yield during previous year, live stock, type of dwelling, environmental sanitation etc. from all the selected 20 HHs were collected using pre-tested questionnaires.

3.5.2. Nutrition assessment

In each village, all the available individuals on the day of survey in 20 selected HHs were covered for the nutrition assessment, as follows:

3.5.2.1. Food & nutrient intakes

A one-day, 24-hour recall method of diet survey was carried out in alternate HHs covered for anthropometry to assess the food and nutrient intakes of the individuals⁴.

3.5.2.2. Anthropometry

Anthropometric measurements such as height, weight, mid upper arm circumference (MUAC), fat fold thickness at triceps were carried out on all individuals using standard equipment and procedures⁵. In addition, waist & hip circumferences⁶ were also measured on all the men and women of ≥ 18 years, excluding pregnant women.

3.5.2.3. Clinical examination

All the individuals covered for anthropometry were examined for the presence of clinical signs of nutritional deficiency.

3.5.2.4. History of morbidity

History of morbidity such as fever, diarrhoea, dysentery and acute respiratory infections during the previous fortnight was collected on all the individuals covered for nutrition assessment.

3.5.3. Measurement of blood pressure

Systolic and diastolic blood pressure was measured three times consecutively with an interval of 5 minutes among all the adults (≥ 18 years) covered for nutrition assessment, using mercury Sphygmomanometer (Diamond Make).

3.5.4. Estimation of fasting blood glucose

Fasting blood glucose levels were estimated from finger prick blood samples on all the available adults (≥ 18 years), using one touch Glucometer (*ACCU CHEK, Active*).

3.5.5. Knowledge and practices on hypertension and diabetes

Information on knowledge and practices regarding hypertension and diabetes, including risk behaviours was collected from all the adults (≥ 18 years) covered for blood pressure measurements.

3.5.6. Infant and young child feeding practices

Information on infant and young child feeding practices (IYCF) was carried out from mothers having children of less than three years of age. The details include antenatal care, place of delivery, coverage for IFA tablets, feeding colostrum, age at

initiation of breast feeding and complimentary feeding, immunization and coverage for vitamin A among children.

3.6. Training and Standardization of Investigators

All the medical officers, nutritionists, social workers and technicians of all State NNMB Units were re-oriented and standardized in the survey methodology at NIN, before initiation of the survey, for a period of about three-weeks in all the techniques of investigations, including the measurement of blood pressure and estimation of fasting blood sugar. During the training, emphasis was given to achieve the maximum intra and inter-individual agreement with respect to all the measurements. At the end of the training, a mock survey was also carried out.

3.7. Quality Control

To ensure the quality of data collection, anthropometric measurements, clinical examination and blood pressure measurements were repeated during the surprise visits on a sub-sample of individuals in the field by the staff of Central Reference Laboratory (CRL). It was observed that the inter and intra individual variations were within the acceptable limits. The intra class correlation for anthropometric measurements, blood pressure and clinical signs of nutritional deficiency was 0.9 (Range 0.90 – 0.94).

3.8. Data Analysis

Descriptive statistics, univariate and multivariate analysis were carried out for assessing the prevalence and associations of outcome variables, if any, with the independent variables using SPSS version 19.0. Significant level was fixed at 0.05.

3.8.1. Diet and nutritional status

3.8.1.1. Food and nutrient intakes of individuals

The average daily intake of different foods by individuals was calculated according to age/sex, physiological status and physical activity groups. The nutrient composition of the foods consumed by the individuals was computed using Food Composition Tables from 'Nutritive Value of Indian Foods'⁷. The mean intake of foods and median intake of various nutrients were compared with the suggested balanced diets provided in 'Recommended Dietary Intakes for Indians' (RDI 1981)⁸ and 'Recommended Dietary Allowances for Indians' (RDA 2010)⁹, respectively suggested by the ICMR Expert Committee.

Protein /Calorie Adequacy Status

The individuals of different age/sex/physiological and activity groups were categorized according to their protein/calorie adequacy status. The protein and energy requirement curves are assumed to follow Gaussian distribution, with a coefficient of variation of 15%. The Expert Committee of Indian Council of Medical Research (ICMR) has suggested requirements for energy as the recommended allowances, while in the

case of protein, the recommended “allowance” corresponded to Mean \pm 2 SD of the requirements.

The energy/protein adequacy status for each group was determined using cut-off levels, based on RDA (2010)⁹. All the individuals consuming protein and/or energy in amounts of less than Mean-2SD of requirements were considered as consuming ‘inadequate’ amounts.

3.8.1.2. Anthropometry

Mean height, weight, mid-upper arm circumference (MUAC) and fat fold at triceps was computed according to age and gender and compared with median values of WHO growth standards.

Under 5 year children

The World Health Organization recommends use of Standard Deviation (SD) classification¹⁰ to categorize the children into different grades of nutritional status. The percent distribution of preschool children according to weight-for-age (underweight), height-for-age (stunting) and weight-for-height (wasting) were computed using WHO Standards¹¹ as given below:

SD Classification	Weight for age	Height for age	Weight for height
\geq Median – 2SD	Normal	Normal	Normal
<Median – 2SD to \geq Median – 3SD	Moderate underweight	Moderate stunting	Moderate wasting
< Median–3 SD	Severe underweight	Severe stunting	Severe wasting

School age children and adolescents

The school age children and adolescents were categorized into various grades of nutritional status using BMI Z-scores (WHO Reference values¹²) as given below:

BMI Z scores	Nutritional grade
< Median –3 SD	Severe Thinness
–3 SD to –2 SD	Moderate Thinness
–2 SD to +1 SD	Normal
+1 SD to +2 SD	Overweight
\geq Median +2 SD	Obesity

Adults

Body Mass Index (BMI)

The nutritional status of adults was assessed based on body mass index (BMI), which is a ratio of weight (kg)/ height (mts)². The adults were categorized into different nutritional grades according to James et al classification¹³ and classification suggested by WHO Consultative group for Asians¹⁴ as given below:

BMI	Nutritional Grade	Classification
<16.0	III degree CED	James et al
16.0 – 17.0	II degree CED	
17.0 – 18.5	I degree CED	
18.5 – 20.0	Low Normal	
20.0 – 25.0	Normal	
25.0 – 30.0	Over weight	
≥ 30.0	Obesity	
<18.5	CED	Asian Classification
18.5 – 22.9	Normal	
23.0 – 27.5	Over weight	
≥27.5	Obesity	

Waist Circumference

Abdominal obesity using the waist circumference among adult men & women of ≥18 years was assessed using WHO cut offs¹⁵ (≥102 cm for men & ≥88 cm for women) and Asian cut-off levels (≥90 cm for men and ≥80 cm for women).

Waist to hip ratio (WHR)

Truncal obesity (waist hip ratio) among adult men & women of ≥18 years was assessed using WHO cut offs¹⁶ (≥0.95 and ≥0.80, respectively) and Asian cut-off levels (≥0.90 and ≥0.80, respectively).

3.8.1.3. Hypertension

The average of three blood pressure measurements was considered for classifying the individuals based on Joint National Committee (JNC) VII Criteria¹⁷, as follows:

Category	Cut-off Levels of Blood Pressure (mm/Hg)
Normal	SBP <120 and DBP <80
Pre-hypertension	SBP 120-139 and/or DBP 80-89
Stage I Hypertension	SBP 140-159 and/or DBP 90-99
Stage II Hypertension	SBP ≥160 and/or DBP ≥100

3.8.1.4. Diabetes mellitus

The American Diabetic Association (2004)¹⁸ has considered 'diabetes', if the fasting blood glucose levels is ≥ 126 mg/dL, between ≥ 110 to < 126 mg/dL as impaired glucose tolerance and < 110 mg/dL is considered as normal.

3.9. Time Trends

The time trends for diet and nutritional status of rural population at four time points viz., 1975-79 (baseline), 1988-90 (first repeat survey), 1996-97 (second repeat survey) and 2011-12 (third repeat survey) are presented in this report.

4. ETHICAL ISSUES

The project was approved by the Institutional Ethics Committee of National Institute of Nutrition, Hyderabad. The proposal was also approved by the Scientific Advisory Committee (SAC) of NIN, Hyderabad and Steering Committee of NNMB.

Written informed consent was obtained from District Medical Officers (DMOs), District Health Officers (DHOs)/ DM & HOs from the respective State/ district level officers. Oral informed consent was obtained from the head of the selected HH before collecting household information, while written informed consent was also obtained from the subjects selected for measurement of blood pressure, and fasting blood glucose, duly explaining the aims and objectives of the study. Subjects with high blood pressure and blood glucose levels were referred to the nearest health centre / family physician.

5. RESULTS

5.1. Coverage

A total of 86,898 individuals were covered for socio-demographic particulars, anthropometry and clinical examination from 23,889 HHs in 1,195 villages from 10 NNMB states. Data on food and nutrient intake was collected from 11,910 HHs. The blood pressure measurements are available for 21,918 men and 27,041 women, while fasting blood sugar levels were estimated on 14,312 men and 18,519 women. A total of 4,459 mothers of < 36 month children were interviewed to collect information on antenatal care, infant and young child feeding (IYCF) practices as well as coverage for immunization, iron & folic acid tablets and massive dose of vitamin A supplementation (**Table 1**).

5.2. Socio-economic Profile

5.2.1. Religion

Majority of the households belonged to Hindu religion (89.1%), followed by Muslims (5.8%), while the rest were either Christians (3.4%) or other religions (1.7%). The proportion of Christians was higher in the State of Kerala (17.2%), while that of Muslims was higher in West Bengal (13.5%), compared to other States (**Table 2**).

5.2.2. Community

In general, majority of the HHs belonged to backward communities (35.4%), followed by other communities (27.6%), scheduled castes (23.2%) and scheduled tribes (13.8%). The proportion of HHs belonging to backward communities were higher in Andhra Pradesh (50.8%), while the proportion of scheduled caste population was higher in Uttar Pradesh (37.5%) and West Bengal (35.2%) and the scheduled tribe population was more in Gujarat (42%) **(Table 3)**.

5.2.3. Type of house

The type of house was considered as an index of economic status of the household. About 57% of the families were living in semi-*pucca* houses, 24% in *pucca* and the rest (19%) in *kutchha* houses. The proportion of HHs living in *pucca* houses was highest in Kerala (47.8%), followed by Andhra Pradesh (41.4%) and Tamil Nadu (40%), while it was only 6% in the State of Madhya Pradesh. The proportions of *kutchha* houses was maximum in the States of Madhya Pradesh (43.1%), Orissa and Uttar Pradesh (34% each) and lower in the States of Kerala (3.2%), Maharashtra (4.6%), Karnataka (5.6%) and Gujarat (5.7%) **(Table 4)**.

5.2.4. Type of family

About 60% of the families were nuclear, the proportion ranged from a low of 48% in Maharashtra to a high of 65-68% in Madhya Pradesh and Tamil Nadu. The rest were either joint families (18.6%) or extended nuclear families (21.8%). The proportion of joint families was highest in the States of Karnataka and Kerala (about 23% each) and lowest in the State of Madhya Pradesh (12.9%) **(Table 5)**.

5.2.5. Literacy status of head of the household

About 31% of adult men in the HHs surveyed were illiterate. The proportion of which ranged from a high 54% in Andhra Pradesh, 41.7% in West Bengal and was lowest (7.2%) in the State of Kerala. About 12% had primary education; 23% had secondary education; 25% had higher secondary education, while about 6% had college education. The proportion of adult literate men was highest in Kerala (92.8%), followed by Tamil Nadu and Maharashtra (about 78% each) and lowest in Andhra Pradesh (46%) **(Table 6)**.

5.2.6. Literacy status of adult women

About half of the adult women (47.7%) in the HHs surveyed were illiterates. The proportion of which ranged from a high 66-67% in Andhra Pradesh and Uttar Pradesh, 58-59% in Gujarat and Madhya Pradesh, 50% in Orissa and to a low 9% in Kerala. About 10% had primary education; 20% had secondary education, 18% had higher secondary education, while only 3% had college education. The proportion of adult literate women was highest in Kerala (91.2%) and Tamil Nadu (70.1%) and lowest in Uttar Pradesh (33%) and Andhra Pradesh (34%) **(Table 7)**.

5.2.7. Major occupation of head of household

About 45% of the HHs were engaged either in agricultural labour (15.1%) or other labour (30.2%), while about 26% of the HHs were involved in agriculture. Rest of them were engaged in either service (9.1%), business (7.5%) or other occupations (7.8%). The proportion of labourers was higher in the State of Tamil Nadu & West Bengal (about 53% each), and Uttar Pradesh & Madhya Pradesh (49% each) and was relatively lower in the State of Gujarat (20.9%). The proportion of owner cultivators was highest in the State of Gujarat (56.7%), followed by Maharashtra (30.5%) and Karnataka (29.1%), and lowest in Kerala (2.9%) and West Bengal (7.4%) (**Table 8**).

5.2.8. Land holdings

In general, about 40% of HHs did not possess any agricultural land, 51% had less than 5 acres, while the rest of them had more than 5 acres. The proportion of landless HHs was highest in the State of West Bengal (69.5%) followed by Tamil Nadu (59.3%) and Madhya Pradesh (45.5%) (**Table 9**).

5.2.9. Family size

The average family size was 4.9, which ranged from a low 4.3 in the States of Kerala and Tamil Nadu to a high 5.3 in Uttar Pradesh. The family size was between 1-4 in about 46% of HHs, while about 45% of the HHs had 5-7 members and 8% of HHs had 8 or more members (**Table 10**).

5.2.10. Per capita monthly income

The average monthly per capita income (PCI) was Rs.1,356/- at the current rupee value. Kerala and Tamil Nadu had highest per capita monthly income of Rs. 2,556 and 2,026 respectively, while West Bengal and Orissa had the lowest income Rs. 770 and 832 respectively. About 9% of HHs had monthly per capita income of Rs.<300, while 48% of HHs had monthly per capita income of Rs.≥900 the proportion of which was observed to be highest in the States of Kerala (84%) and Tamil Nadu (79.5%) and lowest in West Bengal and Orissa (23-27%) (**Table 11**).

5.2.11. Physical facilities and drinking water

In general, only about 34% of the HHs had facility of sanitary latrine and they were in use. The proportion was highest in Kerala (96.5%) and lowest in Madhya Pradesh (11.9%) and Uttar Pradesh (14%) (**Table 12**). More than half of HHs (57.2%) had separate kitchen, the proportion was highest in Kerala (98.1%) and Karnataka (80%) and lowest in Gujarat (33.5%) and Uttar Pradesh (35.8%) (**Table 13**). About 85% of HHs in general using firewood as cooking fuel and LPG (13%). The proportion of LPG users was highest in Kerala (28.6%) and Tamil Nadu (26.6%) and lowest in Orissa (2.1%), Uttar Pradesh (3.1%) and West Bengal (3.5%) (**Table 14**). About 79% of HHs had electricity, the proportion of which ranged from a high 97-98% each in Andhra Pradesh, Kerala and Tamil Nadu, 95% in Karnataka, to a low 35% in Uttar Pradesh (**Table 15**). About 37% of the HHs had protected water supply (tap), the proportion was

highest in Tamil Nadu (84.8%) and Andhra Pradesh (66.5%), while rest of HHs had either tube well (41.7%), open well (16.2%) or other sources (5%) as source of drinking water (**Table 16**).

5.2.12. Beneficiaries of welfare programmes

In general, about 40% of HHs were the beneficiaries of National Rural Employment Guarantee Programme (NREGP). The proportion was the highest in Andhra Pradesh (67%) and West Bengal (63.6%) and lowest in Karnataka (12.7%). About 15% of HHs were the beneficiaries of free housing scheme and the proportion was highest in Andhra Pradesh (37%) and lowest in Madhya Pradesh (1.7%), West Bengal (2.8%), Uttar Pradesh and Maharashtra (8.9% each) (**Table 17**).

5.3. Food and Nutrient Intakes of Households

5.3.1. Food consumption

The State-wise average consumption of foodstuffs (g/CU/day) is presented in **Table 18.1**. Frequency distribution of HHs according to average daily intake of foodstuffs as percent RDI is presented in **Table 18.2**. Cereals and millets formed the bulk of the diets of the rural population. In the States of West Bengal, Orissa and Uttar Pradesh, the consumption of roots and tubers was comparatively high. Similarly, millet consumption was high in the States of Gujarat, Maharashtra, Karnataka and Madhya Pradesh.

5.3.1.1. Cereals & millets

The average intake of cereals and millets was 375g/CU/day, which ranged from a low 286g in Kerala to a high 430-434g in Orissa and Uttar Pradesh. The consumption of millets was observed to be high in the States of Gujarat (153g), Maharashtra (79g), Karnataka (61g) and Madhya Pradesh (46g) while its consumption was negligible in other States.

The proportion of HHs consuming cereals & millets in quantities $\geq 70\%$ of RDI, ranged from a low 31% in Kerala to a maximum 93% in the State of Orissa.

5.3.1.2. Pulses & legumes

The average consumption of pulses & legumes was about 31g/CU/day, which is lower than the suggested level of 40g, in majority of the States, except in Uttar Pradesh and Karnataka (40g each) and Gujarat (41g). The consumption was lowest in the State of West Bengal (15g). The proportion of HHs consuming pulses & legumes $\geq 70\%$ of RDI was lowest in the State of West Bengal (16%), while it was highest 57% in Uttar Pradesh.

5.3.1.3. Green leafy vegetables

The average consumption of green leafy vegetables (GLV) was 18g/CU/day. The consumption was very low, well below the suggested level of 40g in almost all the States surveyed, except in Orissa (44g) and West Bengal (39g). The intake was only

7g/CU/day in the State of Andhra Pradesh and the proportion of HHs consuming GLV even <50% of RDI ranged between 63-92% in different States.

5.3.1.4. Other vegetables

The average consumption of other vegetables was 46g per CU/day and was less than suggested level of 60g/CU/day, in all the States barring Orissa (104g) and it ranged from a low 27g in Karnataka to a high 104 g in Orissa. The consumption of <50% of RDI was maximum in Karnataka (69%) and lowest in Orissa (25.2%).

5.3.1.5. Roots & tubers

The average intake of roots & tubers (63g) was more than the suggested level of 50g, and the intake was higher in the States of West Bengal (129g), followed by Orissa (114g), Uttar Pradesh (112g), Kerala and Tamil Nadu (59g each). The intakes were lower in the States of Andhra Pradesh (24g) and Maharashtra (19g).

5.3.1.6. Milk & milk products

The average consumption of milk & milk products was 85ml/CU/day and was lower than the suggested level of 150ml in all the States except in Gujarat (184ml). The consumption of <50% of RDI was high in Orissa (92.1%) and low in Tamil Nadu (36.5%).

5.3.1.7. Fats & oils

The average consumption of visible fats & oils was 15g, as against the suggested level of 20g/CU/day and ranged from a low 10g each in the States of Kerala and West Bengal to a high 24g in Gujarat. In the States of Gujarat, Maharashtra, Uttar Pradesh and Andhra Pradesh, about 51-65% were consuming fats & oils $\geq 70\%$ of RDI.

5.3.1.8. Sugar & jaggery

The average consumption of sugar and jaggery was 13g/CU/day and was lower than the suggested level (30g) in all the States and ranged from a low of about 7g in West Bengal to a high 20g in Karnataka.

5.3.2. Nutrient intakes

The mean and median intakes of various nutrients (CU/day) are presented in **Table 19.1**. Frequency distribution of HHs according to median daily intake of nutrients as percent of RDA is presented in **Table 19.2**.

5.3.2.1. Protein

The median intake of protein (47g/CU/day) was less than RDA of 60g and was lower in all the States. The proportion of HHs consuming $\geq 70\%$ of RDA ranged from a low 31% in the State of West Bengal to a high 89% in Madhya Pradesh.

5.3.2.2. Energy

The median intake of energy was 1787Kcal which is less than RDA of 2320Kcal in all the States. The proportion of HHs consuming $\geq 70\%$ of RDA was highest in Orissa (88.4%) and lowest in West Bengal (34.1%). The proportion of HHs consuming $< 50\%$ of RDA was lowest in the State of Orissa (0.4%) and highest in Kerala (19.2%) & Maharashtra (18.9%).

5.3.2.3. Calcium

The median daily intake of calcium (331mg) was less than RDA of 600mg in all the States. The proportion of HHs consuming $< 50\%$ of RDA was lowest in Tamil Nadu and Gujarat (32% each) and highest in Maharashtra (65.4%), while the proportion of HHs consuming $\geq 70\%$ of RDA ranged from 20-48% in different States.

5.3.2.4. Iron

The median intake of iron was 12mg and was less than RDA of 17mg. The consumption was higher than RDA in the States of Madhya Pradesh (19.5mg), Uttar Pradesh (18.8mg) and Gujarat (17.1mg). The proportion of HHs with dietary intake of iron $\geq 70\%$ of RDA was very low (14.6%) in Andhra Pradesh.

5.3.2.5. Vitamin A

The median intake of vitamin A (124 μ g/CU/day) was grossly deficient as compared to RDA 600 μ g/CU/day in all the States. The proportion of HHs consuming $< 50\%$ of RDA ranged from 75-86% in different States.

5.3.2.6. Thiamine

The median intake of thiamine was comparable to RDA of 1.2mg/CU/day. The intake was higher than RDA in Madhya Pradesh (2mg), Uttar Pradesh (1.8mg) and Gujarat (1.5mg). The proportion of HHs consuming $\geq 70\%$ of RDA ranged from a low 38% in Andhra Pradesh to a high 95% in Orissa.

5.3.2.7. Riboflavin

The overall median intake of riboflavin was low (0.8mg/CU/day) as against the recommended levels 1.4mg in all the States. The proportion of HHs consuming $< 50\%$ of RDA was highest in the State of West Bengal (77.5%) and lowest in Madhya Pradesh (31.6%).

5.3.2.8. Niacin

The median intake of niacin (16 mg) was above the RDA in the States of Orissa (19.4mg), Uttar Pradesh (16.7mg) and Madhya Pradesh (16.4mg). The proportion of HHs consuming niacin in amounts of $\geq 70\%$ RDA ranged from a low 34% in Andhra Pradesh to a high 97% in Orissa.

5.3.2.9. Vitamin C

The median intake of vitamin C was 29mg and was less than RDA of 40mg/CU/day. The intake was lower than RDA in all the States except in Orissa (57mg) and West Bengal (43mg). The proportion of HHs consuming $\geq 70\%$ of RDA ranged from a low 32% each in Maharashtra and Madhya Pradesh to a high 81% in Orissa.

5.3.2.10. Dietary Folate

The median intake of dietary folate was 118 μ g/CU/day, which was much lower than the RDA of 200 μ g/CU/day. The proportion of HHs consuming $< 50\%$ RDA of dietary folate ranged from 66% in Kerala to 17% each in Gujarat and Madhya Pradesh.

5.4. Food and Nutrient Intakes of Individuals

The mean daily intake of foods and mean/median consumption of nutrients of individuals by age/sex/physiological groups is presented in **Tables 20.1 to 49.2**.

5.4.1. Food consumption

1-3 year children

The average intake of cereals & millets was 131g, against the suggested level of 175g/day, which ranged from a high 162g in Karnataka to a low 83g in Kerala. The average intake of pulses & legumes (15g) was much lower than the suggested level of 35g/day and was less than 50% of the suggested level in all the States, except Karnataka (21g) and Gujarat (19g). The mean intake of roots and tubers was 21g/day, and was more than the suggested level of 10g/day in all the States, except Andhra Pradesh (7g) and Maharashtra (4g). The consumption of milk & milk products and GLV was grossly inadequate (86g and 7g respectively) compared to suggested level of 300g/day and 40g/day respectively. The consumption of milk and milk products ranged from a low 12g/day in the State of Orissa to a maximum of 185g in Tamil Nadu, while that of GLV was grossly low ranging from 2-25g in different States. The average consumption of fats & oils was very low (6g/day) and was less than the suggested level 25g/day in all the States. The intake of sugar & jaggery was about 10g as against suggested level of 30g/day and ranged from a low of about 4g in West Bengal to a maximum 23g in Karnataka (**Table 20.1**).

The proportion of children consuming cereals & millets in amounts more than 70% of RDI, ranged from a low 19% in Kerala to a maximum 65% in the State of Karnataka. The proportion of those consuming pulses & legumes in amounts $< 50\%$ of RDI in various States was high and ranged from about 50% in Karnataka to 90% in the State of Kerala.

In general, the proportion of children consuming protective/income elastic foods such as GLV, milk & milk products, fats & oils and sugar & jaggery in amounts $< 50\%$ of RDI was very high (**Table 20.2**).

4-6 year children

The mean intake of cereals & millets among 4-6 year children was 209g against suggested level of 270g/day, which ranged from a low 139g in Kerala to a maximum 269g in Uttar Pradesh. The average consumption of protective and income elastic foods such as pulses & legumes (20g vs 35g), milk & milk products (67ml vs 250ml), fats & oils (9g vs 25g), GLV (10g vs 50g) and sugar & jaggery (10g vs 40g) were grossly inadequate compared to the suggested levels (**Table 21.1**).

The proportion of children consuming cereals & millets $\geq 70\%$ of RDI ranged from 20% in Kerala to 72% each in Madhya Pradesh and Uttar Pradesh. The proportion of children consuming pulses & legumes in amounts $< 50\%$ of RDI in various States was high and ranged from about 41% in Karnataka to 77% in West Bengal.

In general, the proportion of children consuming protective/income elastic foods such as GLV, milk & milk products, fats & oils and sugar & jaggery in amounts $< 50\%$ of RDI was very high and ranged between 59-98% (**Table 21.2**).

7-9 year children

The mean intake of cereals & millets was 262 g, ranged from a low 173g/day in the State of Kerala to a high 335g in Uttar Pradesh. The intake of pulses & legumes was 24g and ranged from a low 12g in West Bengal to a high 33g in Uttar Pradesh. The intake of other income elastic foods such as milk, fats & oils, GLV and sugar & jaggery were also low (**Table 22**).

10-12 year boys

The mean intake of cereals & millets was 301g, and was less than the suggested level of 420g/day in all the States. The average intake of pulses & Legumes was 26g and the intake was less than the suggested level of 45g/day in all the States. The intake of pulses was very low in the State of West Bengal (10g). Though, the intake of roots and tubers was above the suggested level, the consumption of green leafy vegetables and sugar & jaggery was grossly inadequate (**Table 23.1**).

The proportion of children consuming cereals & millets in amounts more than 70% of RDI ranged from about 14 to 70% in different States. The proportion of those consuming pulses & legumes in amounts $< 50\%$ of RDI in various States was high and ranged from about 41-86%, with highest being in the States of West Bengal and Andhra Pradesh (86% and 65% respectively) and lowest in the States of Karnataka and Madhya Pradesh (41% each).

In general, the proportion of children consuming protective/income elastic foods such as GLV, milk & milk products, fats & oils and sugar & jaggery in amounts $< 50\%$ of RDI was very high (47-98%) (**Table 23.2**).

10-12 year girls

The mean intake of cereals & millets was 289g, and was less than the suggested level of 380g/day in all the States. The average intake of pulses & legumes was 25g, which was less than the suggested level 45g/day. The intake of pulses and legumes ranged from a low 8g in West Bengal to 36g in Uttar Pradesh. The intake of roots and tubers was higher than RDI in most of the States (**Table 24.1**).

The proportion of children consuming cereals & millets in amounts more than 70% of RDI was about 34 to 75% in all the States, except in Kerala (22.7%) and West Bengal (21.8%). The proportion of those consuming pulses & legumes in amounts <50% of RDI in various States was high and ranged from about 39-92%, with highest being in West Bengal (91.6%) and least in the State of Karnataka (39.3%).

In general, the proportion of children consuming protective/income elastic foods such as GLV, milk & milk products, fats & oils and sugar & jaggery in amounts <50% of RDI was very high (51-98%) (**Table 24.2**).

13-15 year boys

The mean intake of cereals & millets was 347g, ranged from a low 264g in Kerala to a high 427g/day in Uttar Pradesh. The average daily intake of pulses & legumes was 29g, and ranged from a low 10g in West Bengal to a maximum 43g in Uttar Pradesh. The average daily intake of GLV was 15g, and intake was less than 10g in the States of Andhra Pradesh, Tamil Nadu, Kerala, Karnataka and Gujarat to a maximum 37g in West Bengal. The mean intake of milk and milk products was 66ml/day and ranged from a low 8ml in Orissa to a high 150ml in Gujarat. The intake of other foods such as fats & oils and sugar & jaggery was considerably low (**Table 25**).

13-15 year girls

The mean intake of cereals & millets was 324g, which ranged from a low 222g in Kerala to a high 400g/day in Madhya Pradesh. The average daily intake of Pulses & legumes was about 27g and ranged from a low 12g in West Bengal to a maximum of 34g each in Karnataka and Uttar Pradesh. The average consumption of GLV was 16 g and was <10g in the States of Andhra Pradesh, Kerala and Karnataka. The mean intake of milk and milk products was 58ml and was highest in Gujarat (154ml) and lowest in Orissa (4ml), while in other States, it ranged between 18-92ml (**Table 26**).

16-17 year boys

The mean intake of cereals & millets was 386g, with maximum consumption in the State of Uttar Pradesh (508g) and lowest consumption in Kerala (283g). The mean intake of pulses & legumes was 29g and ranged from 11g in West Bengal to a high 42g in Karnataka. The mean intake of GLV was 17g and ranged from a low 4g in Kerala to a high 48g in Orissa, while that of milk & milk products was highest in Gujarat (180ml) and lowest in West Bengal (9ml) (**Table 27**).

16-17 year girls

The mean consumption of cereals & millets was 346g, ranged from a low 217g/day in Kerala to a high 440g in Uttar Pradesh and 438g in Madhya Pradesh. The mean intake of pulses & legumes was 29g and ranged from a low 12g/day in West Bengal to a high 37g in Uttar Pradesh. The mean intake of GLV was 15g and ranged from a low of 3g in Andhra Pradesh to a high in Orissa & West Bengal (35g each), while the mean intake of milk & milk products was 65ml and ranged from a low 10ml in Orissa to high 149ml in Gujarat (**Table 28**).

Adult men (sedentary)

The average intake of cereals & millets was 380g, which was lower than the RDI of 460g. The intake was meeting the RDI in the States of Madhya Pradesh (468g) and Uttar Pradesh (460g). The average intake of pulses & legumes was 32g/day and was below the RDI of 40g/day. However, the intake was above RDI in the State of Gujarat (43g) and Uttar Pradesh (41g), while in the States of Tamil Nadu, Karnataka, Maharashtra, and Orissa, the intakes were comparable to RDI. Except for roots & tubers, the intake of all other foods was lower than the suggested levels (**Table 29.1**).

The proportion of adult men consuming cereals & millets in amounts more than 70% of RDI ranged from about 40% to 89% in various States. The proportion of HHs consuming pulses & legumes in amounts <50% of RDI was lowest in the State of Orissa (31%), while it was highest in the States of West Bengal (62%) and Kerala (61%). In general, the proportion of men consuming protective/income elastic foods such as GLV, milk & milk products and sugar & jaggery in amounts <50% of RDI varied between States and ranged from about 28-92% in different States (**Table 29.2**).

Adult men (moderate)

The average intake of cereals & millets was 444g, which was lower than the RDI of 520g. The intake was comparable to the RDI in the States of Uttar Pradesh (519g), Orissa (501g) and Andhra Pradesh (494g). The average intake of pulses & legumes was 34g/day and was below the RDI of 50g/day in all the States. Barring roots & tubers, the intake of all other foods was lower than the suggested levels (**Table 30**).

Adult women (NPNL sedentary)

The average intake of cereals & millets was 341g, and was lower than the RDI of 410g, except in the States of Orissa (431g) and Madhya Pradesh (422g). The mean daily intake of pulses & legumes was 28g/day as against RDI of 40g and ranged from a low 14g in West Bengal to a maximum 36g each in the States of Karnataka, Gujarat and Uttar Pradesh. The intake of all other food stuffs except roots & tubers and other vegetables were below the suggested level (**Table 31.1**).

The proportion of adult women consuming cereals & millets in amounts more than 70% of RDI ranged from about 53% to 93% in all States except in Kerala (31%) and Maharashtra (44%). The proportion of women consuming pulses & legumes in amounts <50% of RDI with highest being in the State of West Bengal (72%) and least in the State of Madhya Pradesh (33%). In general, the proportion of women consuming protective/income elastic foods such as GLV, milk & milk products, fats & oils and sugar & jaggery in amounts <50% of RDI varied between States and ranged from 18-97%. The intake of roots & tubers in amounts <50% of RDI was lowest in West Bengal (7%) (**Table 31.2**).

Adult women (NPNL moderate)

The average intake of cereals & millets was 391g, and the intakes were lower than the RDI of 440g in majority of the States, except in the States of Orissa (475g) Karnataka (450g) and Uttar Pradesh (444g), while the mean daily intake of pulses & legumes was 31g/day as against RDI of 45g and ranged from a low 12g in West Bengal to a maximum of 43g in Gujarat. The intake of all other food stuffs was below the suggested levels (**Table 32**).

Pregnant women

The mean intake of cereals & millets was 354g. The average intake of cereals & millets and pulses & legumes was marginally higher and that of roots and tubers was marginally lower than that observed among NPNL, sedentary women (**Table 33**). The average intake of all other foods was found to be comparable to that of NPNL women.

Lactating women (sedentary)

The average consumption of cereals & millets among lactating mothers was 395g and was higher than that observed among NPNL women (341g). The intake was maximum in Madhya Pradesh (474g) followed by Orissa (458g), Uttar Pradesh (454g) and Karnataka (453g) and least in the State of Kerala (273g). The average consumption of pulses & legumes was 34g, with the lowest intake in the State of West Bengal (15g) and highest in Gujarat (54g). The intake of protective foods such as milk & milk products, green leafy vegetables etc. was in general, low (**Table 34**).

5.4.2. Nutrient intakes

1-3 year children

In general, the median intakes of all the nutrients, except protein and thiamine, were less than RDA. The median intake of energy was 733Kcal as against RDA of 1060Kcal, and ranged from a low 524Kcal in Kerala to a maximum 903Kcal in Uttar Pradesh. The intake of protein was 19.7g as against RDA of 16.7g and ranged from a low 14.6g in Kerala to a maximum of 25.5g in Uttar Pradesh (**Table 35.1**).

The proportion of children consuming energy in amounts more than 70% of RDA ranged from a low of about 31% in the State of Kerala and Maharashtra to a maximum

of about 63-65% in Karnataka and Uttar Pradesh, while that of protein ranged from a low of about 59% in Kerala to a maximum 86% in Karnataka and Uttar Pradesh. Similarly, the proportion of children consuming vitamins and minerals such as vitamin A, riboflavin, dietary folate, vitamin C, iron and calcium in amounts <50% of RDA was in general very high and ranged from 30% to 96% and that of thiamine and niacin ranged from about 11% to 64%, with wide variations between the States (**Table 35.2**).

4-6 year children

The median intakes of all the nutrients except protein and thiamine were less than RDA. The median intake of energy was 1033Kcal as against RDA of 1350Kcal, and ranged from a low 818Kcal in Kerala to a maximum 1258Kcal in the State of Uttar Pradesh. The median intake of protein was 28g as against RDA of 20.1g and ranged from a low 23g each in Kerala and West Bengal to a maximum 36g in Uttar Pradesh (**Tables 36.1**).

In general, the proportion of children consuming energy in amounts more than 70% of RDA ranged from about a low 37% in the State of Kerala and to a maximum 77% in Uttar Pradesh. Similarly, with respect to protein, the proportion ranged from low 80% in Kerala to a maximum 99% in Madhya Pradesh. The proportion of children consuming <50% of RDA of vitamins and minerals such as vitamin A, riboflavin, vitamin C, dietary folate and calcium was in general very high and ranged from 26% to 97% and that of iron, thiamine and niacin ranged from 3% to 80%, with wide variations between the States (**Table 36.2**).

7-9 year children

The median intakes of all the nutrients, barring protein and thiamine were less than RDA. The median intake of energy was 1241Kcal as against RDA of 1690Kcal, and ranged from a low 1025Kcal in Kerala to a maximum 1544Kcal in the State of Uttar Pradesh. The intake of protein was higher (33g) as compared to RDA of 29.5g and ranged from a low 25g in West Bengal to a maximum 42-43g in Uttar Pradesh and Madhya Pradesh (**Table 37.1**).

The proportion of children consuming energy in amounts more than 70% of RDA ranged from a low 28% in the State of West Bengal to a high 76% in Uttar Pradesh. Similarly, the consumption of protein more than 70% of RDA was low in West Bengal (70%) to a high in Madhya Pradesh (98%). The proportion of children consuming vitamins and minerals such as vitamin A, riboflavin, vitamin C, Dietary folate and calcium less than 50% of RDA was in general high and ranged from low 23% to a high 97% and that of iron, thiamine and niacin ranged from about 3% to 83%, with wide variations between the States (**Table 37.2**).

10-12 year boys

The median intakes of all the nutrients in general were less than RDA. The median intake of energy was 1405Kcal against RDA of 2190Kcal, and ranged from a low

1117Kcal in West Bengal to a maximum 1705Kcal in the State of Uttar Pradesh. The intake of protein was 37g as against RDA of 39.9g and ranged from a low 26g in West Bengal to a maximum 49g each in Madhya Pradesh and Uttar Pradesh (**Table 38.1**).

In general, the proportion of children consuming energy in amounts more than 70% of RDA ranged from about a low of 10% in West Bengal to a maximum of about 65% in Uttar Pradesh. Similarly, with respect to protein, the proportion ranged from a low 44% in West Bengal to a high 94% in Madhya Pradesh. The proportion of children consuming vitamins and minerals such as vitamin A, riboflavin, vitamin C, dietary folate, iron and calcium, less than 50% of RDA was in general high and ranged from a low 21% to a high 98% and that of thiamine and niacin ranged from 3% to 48%, with wide variations between the States (**Table 38.2**).

10-12 year girls

The median intakes of all the nutrients, in general were less than RDA. The median intake of energy was 1330Kcal as against RDA of 2010Kcal, and ranged from a low 1055Kcal in Kerala to a maximum 1582Kcal in the State of Uttar Pradesh. The intake of protein was 35g as against RDA of 40.4g and ranged from a low 25g in West Bengal to a maximum 46g in Uttar Pradesh (**Table 39.1**).

The proportion of children consuming energy in amounts more than 70% of RDA ranged from a low 13% in West Bengal and to a high 63% in Uttar Pradesh. With respect to protein, the proportion ranged from a low of about 34% in West Bengal to a high 92% in Madhya Pradesh. Similarly, the proportion of children consuming vitamins and minerals such as vitamin A, riboflavin, vitamin C, Dietary folate, iron and calcium less than 50% of RDA was in general high and ranged from about low 22% to a high 97% and that of thiamine and niacin ranged from about <1% to about 43%, with wide variations between the States (**Table 39.2**).

13-15 year boys

The median intakes of all the nutrients in general were less than RDA. The median intake of energy was 1594Kcal against RDA of 2750Kcal, and ranged from a low 1319Kcal in West Bengal to a maximum 1911Kcal in the State of Uttar Pradesh. The intake of protein was 42g as against RDA of 54.3g and ranged from a low 32g in West Bengal to a maximum 53g each in Uttar Pradesh and Madhya Pradesh (**Table 40.1**).

The proportion of young adolescent boys consuming energy in amounts more than 70% of RDA ranged from about a low 9% in West Bengal to a maximum 48% in Uttar Pradesh. With respect to protein, the proportion ranged from a low 31% in West Bengal to 85% in Madhya Pradesh. The proportion of adolescents consuming vitamins and minerals such as vitamin A, vitamin C, riboflavin, dietary folate, iron and calcium less than 50% of RDA was in general high and ranged from about 10-96% and that of niacin ranged from nil to 41% and thiamine ranged from 7 to 60%, with wide variations between the States (**Table 40.2**).

13-15 year girls

The median intakes of all the nutrients, in general were less than RDA. The median intake of energy was 1506Kcal as against RDA 2330Kcal, and ranged from a low 1194Kcal in West Bengal to a maximum 1724Kcal in the State of Uttar Pradesh. The intake of protein was 40g, as against RDA of 51.9g and ranged from a low 28g in West Bengal to a maximum 55g in Madhya Pradesh (**Table 41.1**).

The proportion of young adolescent girls consuming energy in amounts more than 70% of RDA ranged from a low 8% in West Bengal to a high 58% in Orissa. With respect to protein, the proportion ranged from a low 19% in West Bengal to a high 91% in Madhya Pradesh. The proportion of adolescents consuming vitamins and minerals such as vitamin A, riboflavin, vitamin C, dietary folate, iron and calcium less than 50% of RDA was in general high and ranged from about low 17% to a high 98% and that of thiamine and niacin ranged from about 1% to about 56%, with wide variations between the States (**Table 41.2**).

16-17 year boys

The median intakes of all the nutrients in general were less than RDA. The median intake of energy was 1785Kcal as against RDA of 3020Kcal/day and ranged from a low 1497Kcal in West Bengal to a maximum 2309Kcal in the State of Uttar Pradesh. The intake of protein was 46g as against RDA of 61.5g and ranged from a low 35g in West Bengal to a maximum about 64g in the State of Uttar Pradesh (**Table 42.1**).

The proportion of older adolescent boys consuming energy was more than 70% of RDA and ranged from a low 5% in West Bengal to a high 60% in Uttar Pradesh. With respect to protein, the proportion ranged from a low 29% in West Bengal to a high 88% in Madhya Pradesh. The proportion of adolescents consuming vitamins and minerals such as vitamin A, riboflavin, vitamin C, dietary folate, iron and calcium less than 50% of RDA was in general high and ranged from about 15-98% and that of niacin ranged from a low 1-3% in Orissa, West Bengal, Uttar Pradesh and Tamil Nadu to a high 45% in Andhra Pradesh, while that of thiamine, it ranged from a low 4-5% in Orissa and Uttar Pradesh to a high 53% in Andhra Pradesh (**Table 42.2**).

16-17 year girls

The median intakes of all the major nutrients were less than RDA except for thiamine. The median intake of energy was 1588Kcal as against RDA 2440Kcal, and ranged from a low 1164Kcal in Kerala to a high 1897Kcal in the State of Uttar Pradesh. The intake of protein was 42g as against RDA 55.5g and ranged from a low 32g in West Bengal to a high 60g in Madhya Pradesh (**Table 43.1**).

The proportion of young adolescent girls consuming energy more than 70% of RDA ranged from a low 13% in Kerala to a high 75% in Orissa. Similarly, the intake of protein ranged from a low 27% in West Bengal to a high 92% in Madhya Pradesh. The proportion of adolescents consuming vitamins and minerals such as vitamin A, riboflavin,

dietary folate, vitamin C, iron and calcium less than 50% of RDA was in general high and ranged from about 14% to a high 98% and that of thiamine ranged from a low 1-2% in Orissa and Tamil Nadu to a high 33% in Andhra Pradesh, while the intake of niacin ranged from nil in Madhya Pradesh and Orissa to a high 34% in Maharashtra (**Table 43.2**).

Adult men (sedentary)

The median intakes of all the nutrients in general were less than RDA, barring thiamine. The median intake of energy was 1846Kcal as against RDA 2320Kcal and ranged from a low 1553Kcal in West Bengal to a maximum 2134Kcal in the State of Orissa. The intake of protein was 49g as against RDA 60g and ranged from a low 40g in West Bengal to a maximum 66g in the State of Madhya Pradesh (**Table 44.1**).

The proportion of adult men consuming energy in amounts more than 70% of RDA ranged from about a low 44% in West Bengal to a high 88% in Orissa. Similarly, with respect to protein, the proportion ranged from a low 43% in West Bengal to a high 91% in Madhya Pradesh. The proportion of adult men consuming vitamins and minerals such as calcium, vitamin A, riboflavin, vitamin C and dietary folate, less than 50% of RDA was in general high and ranged from 8% to 99% and that of iron, thiamine and niacin ranged from <1% to 42%, with wide variations between the States (**Table 44.2**).

Adult men (moderate)

The median intakes of all the nutrients in general were less than RDA, except for thiamine. The median intake of energy was 2020Kcal as against RDA 2730Kcal, and ranged from a low 1609Kcal in West Bengal to a maximum 2322Kcal in the State of Uttar Pradesh. The intake of protein was 53g as against RDA 60g and ranged from a low 38g in West Bengal to a maximum 67g in Uttar Pradesh (**Table 45.1**).

The proportion of adult men consuming energy in amounts more than 70% of RDA ranged from about a low 23% in the State of West Bengal to a maximum 86% in the State of Orissa. Similarly, with respect to protein, the proportion ranged from a low 36% in the State of West Bengal to a high 95% in Madhya Pradesh. The proportion of adults consuming vitamins and minerals such as calcium, iron, vitamin A, riboflavin, vitamin C and dietary folate was less than 50% of RDA, ranged from 12% to 97% and that of thiamine (1-34%), niacin (<1-23%), with wide variations between the States (**Table 45.2**).

Adult women (NPNL sedentary)

The median intakes of all the nutrients, barring thiamine and niacin, were less than RDA. The median intake of energy was 1664Kcal as against RDA 1900Kcal, and ranged from a low 1348Kcal in Kerala to a maximum 1994Kcal in the State of Orissa. The intake of protein was 44g as against RDA 55g and ranged from a low 33g in West Bengal to a maximum 59g in the State of Madhya Pradesh (**Table 46.1**).

The proportion of adult women consuming energy in amounts more than 70% of RDA ranged from 51% in Kerala to 96% in Orissa. Similarly, with respect to protein, the proportion ranged from a low 35% in West Bengal to a high 92% in Madhya Pradesh. The proportion of women consuming vitamins and minerals such as vitamin A, riboflavin, vitamin C, dietary folate, iron and calcium less than 50% of RDA was in general high and ranged from a low 10% to a high 99% and that of thiamine (<1-34%) and niacin (<1-19%), with wide variations between the States (**Table 46.2**).

Adult women (NPNL moderate)

In general, the median intakes of all the nutrients, barring thiamine were less than RDA. The median intake of energy was 1786Kcal as against RDA 2230Kcal, and ranged from a low 1346Kcal in Kerala to a maximum 2077Kcal in the State of Orissa. The intake of protein was 47g as against RDA 55g and ranged from a low 32g in West Bengal to a maximum 61g in Uttar Pradesh (**Table 47.1**).

The proportion of adult women consuming energy in amounts more than 70% of RDA ranged from a low 36% in Kerala to a high 95% in Orissa. Similarly, with respect to protein, the proportion ranged from 29% in West Bengal to 93% in Madhya Pradesh. The proportion of women consuming less than 50% of RDA of vitamins and minerals ranged from 41-72% for calcium, 75-92% for vitamin A, 23-81% for riboflavin, 17-58% for vitamin C, 18-76% for dietary folate and 31-92% for iron, with wide variations between the States (**Table 47.2**).

Pregnant women

The median intakes of all the nutrients in general were comparable to NPNL women and were less than RDA. The median intake of energy was 1736Kcal as against RDA 2250Kcal and ranged from a low 1267Kcal in Maharashtra to a maximum 2029Kcal in the State of Gujarat. The intake of protein was about 45g as against RDA 78g and ranged from a low 36g each in Maharashtra and West Bengal to a maximum 64g in the State of Madhya Pradesh (**Table 48.1**).

The proportion of pregnant women consuming energy in amounts more than 70% of RDA was low 15% in the State of Maharashtra to a high 91% in Orissa. Similarly, with respect to protein, the proportion ranged from nil in West Bengal to 64% in Gujarat. The proportion of pregnant women consuming vitamins and minerals such as vitamin A, riboflavin, iron, calcium and vitamin C less than 50% of RDA was in general high and ranged from a low 12% to a high 98% and that of thiamine and niacin ranged from nil to 41%, with wide variations between the States. The consumption of dietary folate <50% of RDA ranged from a low 46% in Gujarat and Madhya Pradesh to a high 90-91% in Andhra Pradesh and Maharashtra (**Table 48.2**).

Lactating mothers

The median intakes of all the nutrients in general, were less than RDA. The median intake of energy was 1859Kcal as against RDA 2460Kcal, and ranged from a low

1419Kcal in West Bengal to a maximum 2157Kcal in the State of Uttar Pradesh. The intake of protein was 48g as against RDA 71g and ranged from a low 35g in West Bengal to a maximum 66g in the State of Madhya Pradesh (**Table 49.1**).

The proportion of lactating mothers consuming energy in amounts more than 70% of RDA ranged from 17% in the State of West Bengal to a maximum 90% in Orissa. Similarly, with respect to protein, the proportion ranged from 9-94%. The proportion of lactating women consuming vitamins and minerals such as vitamin A, riboflavin, vitamin C, dietary folate and calcium less than 50% of RDA was in general high and ranged from 13% to a maximum 100% and that of thiamine, iron and niacin, ranged from nil to 80%, with wide variations between the States (**Table 49.2**).

5.4.3. Protein calorie adequacy status

1-3 year children

About half of the 1-3 year children (49%) were consuming adequate amount of protein and calories, while in about 13%, the intake of both the nutrients were inadequate. About 38% children were consuming adequate amounts of protein but inadequate calories. Thus, it was observed that the calorie inadequacy was a major problem with over half (51%) of the children not meeting the energy requirements (**Table 50.1**). The proportion of children consuming inadequate amounts of protein and calories was highest in the State of Kerala (32.1%) and lowest in Karnataka (6.8%).

4-6 year children

About 60% of 4-6 year children were consuming adequate amounts of protein and calories, the proportion of which ranged from a low in the State of Kerala (36.5%) to a high 77% in Uttar Pradesh. The overall proportion of children consuming inadequate amounts of protein and calories was about 3%. About 40% of children, in general, were consuming inadequate amounts of energy, with the highest proportion being in the State of Kerala (63.5%) and lowest in Uttar Pradesh (22.6%) (**Table 50.2**).

7-9 year children

About 56% of the children, in general, were consuming adequate amounts of calories and protein, which was lowest in West Bengal (27.6%) and highest in Uttar Pradesh (75.7%). About 5% of the children were consuming inadequate amounts of both protein and calories, ranging from a low 1-2% in Madhya Pradesh, Orissa, Gujarat, Karnataka and Uttar Pradesh to a maximum 17% in the State of Kerala (**Table 50.3**).

10-12 year boys

About 41% of children, in general, were consuming adequate amounts of calories and protein, while about 48% of children were consuming adequate amounts of protein but inadequate calories. The proportion of children consuming both the nutrients in adequate amount was highest in the State of Uttar Pradesh (64.7%) and lowest in West Bengal (10%). About 11% of children were consuming inadequate amounts of protein

and calories, the proportion was low in Madhya Pradesh (1.9%) and Gujarat (1.8%) and high in West Bengal (33.5%) (**Table 50.4**).

10-12 year girls

About 43% were consuming adequate amount of calories and protein, while in about 43%, dietary intake of protein was adequate but that of calories was inadequate. About 14% of children were consuming inadequate amounts of both the nutrients, the proportion was low in Madhya Pradesh (0.5%) and high in West Bengal (39%) (**Table 50.5**).

13-15 year boys

The intake of protein and calories was adequate among 27% of children, the proportion ranged from a high 48% in Uttar Pradesh to a low 9% in West Bengal. The proportion of children consuming inadequate amounts of both the nutrients was about 18%, the proportion being high in the State of West Bengal (43%) and lowest in Madhya Pradesh (6%) (**Table 50.6**).

13-15 year girls

The proportion of girls consuming inadequate amounts of protein and calories was about 21%, which was relatively higher than boys (18.4%). Similarly, the proportion of girls consuming adequate amounts of proteins as well as calories was higher (40%) than boys (27%) (**Table 50.7**).

16-17 year boys

About 28% of adolescent boys were consuming adequate amounts of both protein and calories, ranged from a high 60% in Uttar Pradesh followed by 41% in Karnataka, 40% in Orissa and 35% in Andhra Pradesh to a low 5% in West Bengal. In general, in about 21%, the consumption of both the nutrients was inadequate, and their proportion ranged from a high 46% in the State of West Bengal to a low 1% in Madhya Pradesh (**Table 50.8**).

16-17 year girls

The proportion of adolescent girls consuming adequate amounts of both protein and calories was about 42%, the proportion being high in the State of Orissa (75%) followed by Madhya Pradesh (63%) and Uttar Pradesh (57%) and lowest in Kerala (13%) and West Bengal (15%). About a fifth (21.5%) of adolescent girls were consuming inadequate amounts of both the nutrients, the proportion ranged from a high 44% in West Bengal and Kerala to a nil in Madhya Pradesh (**Table 50.9**).

Adult men (sedentary)

About 63% of the adult men were consuming adequate amount of both protein and calories. The proportion with calorie inadequacy was higher (35.9%) compared to protein inadequacy (18.7%). The inadequacy for both nutrients was highest in Andhra

Pradesh and West Bengal (30% each) and lowest in Madhya Pradesh (3%), Gujarat and Orissa (5% each) (**Table 50.10**).

Adult women (NPWL sedentary)

About 71% of the adult women were consuming adequate amount of protein and calories, the proportion ranged from a high 94% in Orissa, followed by Madhya Pradesh (89%), Gujarat (86%), Karnataka (84%), Uttar Pradesh (77%), Tamil Nadu (74%) and Andhra Pradesh (65%) to a low 49% in Kerala. About 16% were consuming inadequate amounts of protein and calories, the proportion was highest in West Bengal (31.9%) and least (<6%) in Gujarat, Orissa and Madhya Pradesh (**Table 50.11**).

Pregnant women

About 52% of the pregnant women were consuming adequate amounts of both the nutrients and ranged from a high 82% in Gujarat to a low 12% in Maharashtra. In 35% of pregnant women, the consumption of both the nutrients was inadequate, and the proportion ranged from a high 71% in the State of Maharashtra to a low 8-9% in Madhya Pradesh and Orissa (**Table 50.12**).

Lactating mothers

The proportion of lactating mothers (<12 months lactation) consuming adequate amounts of both protein and calories was about 60%, the proportion being high in the States of Madhya Pradesh (92%), Orissa (85%) and Gujarat (81%) and lowest in West Bengal (21%). About 24% of women were consuming inadequate amounts of both the nutrients, the proportion ranged from a high 61% in West Bengal to a low 2% in Madhya Pradesh (**Table 50.13**).

5.5. Nutritional Status

5.5.1. Clinical signs of nutritional deficiencies

The prevalence of clinical signs of nutritional deficiency according to age and gender are presented in **Tables 51.1 to 51.13**.

Infants

In general, severe forms of protein energy malnutrition, such as marasmus and kwashiorkor were not observed during the current survey in all the States, except in Uttar Pradesh (marasmus: 0.4%). The prevalence of conjunctival xerosis among infants was 0.4% in Uttar Pradesh. None of the infants in the rest of the States exhibited any clinical signs of nutritional deficiency (**Table 51.1**).

Preschool children (1-5 years)

The most commonly observed clinical sign among preschoolers was dental caries (3%), which was higher in the States of West Bengal and Tamil Nadu (7-8%).

The prevalence of dental fluorosis was observed in the States of Tamil Nadu, Karnataka, Andhra Pradesh and West Bengal (<1% each). Overall, the prevalence of Bitot's spot, the objective sign of vitamin A deficiency was 0.3% and it ranged from nil in Kerala and Tamil Nadu to a high (0.7%) in Uttar Pradesh and Karnataka (0.6%) (**Tables 51.2 - 51.4**).

School age boys (5-12 years)

In general, the prevalence of dental caries was about 19%, ranged from a low 6% in Gujarat and Madhya Pradesh to high 35% in Tamil Nadu. The prevalence of conjunctival xerosis and Bitot's spot was 2.5% and 1.6%, respectively. The prevalence of angular stomatitis was 0.4%, while that of glossitis (0.1%), phrynoderma (1.2%) and dental fluorosis (2%). The prevalence of vitamin A deficiency (Bitot's spot) ranged from a low 0.1% in Gujarat to a high 3.8% in Uttar Pradesh (**Table 51.5**).

School age girls (5-12 years)

Dental caries (17.3%) was the most prevalent clinical sign, which was maximum 33% in Tamil Nadu and minimum 6-7% in Madhya Pradesh and Andhra Pradesh. The prevalence of conjunctival xerosis was 1.8%, dental fluorosis 1.3%, Bitot's spot 1.1%, phrynoderma 1%, angular stomatitis 0.4% and glossitis 0.1%. The prevalence of vitamin A deficiency signs was observed to be relatively higher in the States of West Bengal, Maharashtra, Uttar Pradesh, Karnataka, Andhra Pradesh, and Orissa followed by Madhya Pradesh and Tamil Nadu (**Table 51.6**).

School age children (5-12 years)

The overall prevalence of conjunctival xerosis and Bitot's spot was 2.2% & 1.4% respectively. The other clinical signs present were phrynoderma (1.1%), dental caries (18%) and dental fluorosis (1.5%) (**Table 51.7**).

Adolescent boys (12-17 years)

About 1.9% had conjunctival xerosis and 1.4% had Bitot's spot. The prevalence of angular stomatitis was 0.6%, while that of phrynoderma was about 1%. About 11% had dental caries and 4% had dental fluorosis. The prevalence of total goitre was 0.8%. Similar to the other age groups, the prevalence of dental caries was much higher in the States of Tamil Nadu (23.6%), Karnataka (17.4%), West Bengal (16.6%), Kerala and Uttar Pradesh (12% each) compared to Andhra Pradesh, Maharashtra and Gujarat (5-6%) (**Table 51.8**).

Adolescent girls (12-17 years)

About 1.2% had conjunctival xerosis and 0.7% had Bitot's spot. The prevalence of angular stomatitis was 0.2%, phrynoderma (1.4%), glossitis (0.1%), dental fluorosis (3%) and dental caries (11%). The prevalence of total goitre was 2.3%. The prevalence of dental caries was much higher in the States of Tamil Nadu (28.8%), followed by Karnataka (17.4%), West Bengal (16%), Uttar Pradesh (12.2%), Orissa (8.1%), Kerala

(7.9%), Andhra Pradesh (6.5%), Gujarat (4.1%) and Madhya Pradesh (1.6%). The prevalence of dental fluorosis was much higher in the States of Karnataka (6.8%), Gujarat (5.4%), Tamil Nadu and Andhra Pradesh (4-5% each) compared to other States (0.4-3%) (**Table 51.9**). Pooled prevalence is presented in **Table 51.10**.

Adult men and women

About 17% of adults had dental caries ranged from a low 2.6% in Madhya Pradesh to high 46% in Tamil Nadu. The prevalence of dental fluorosis was about 3% and it ranged from nil in Kerala to a high 19% in Gujarat (**Tables 51.11 – 51.13**).

5.5.2. Anthropometry

The state wise and age wise mean anthropometric measurements were presented in **Table AN 11-29**.

5.5.2.1. Under 5 year children

The percent distribution of children according to age groups and gender by different grades of nutritional status, based on weight-for-age, height-for-age and weight-for-height (SD classification) using WHO growth standards are presented in **Tables 52-53.3 & AN 1-9**.

Infants

Underweight

Overall, the prevalence of underweight (weight for age <Median–2SD) among infants was about 27% (CI: 24.4-28.6), while severe underweight was 7.1%. The prevalence of underweight increases with increase in age from 15.1% at '0' age to 35.9% and 32% at 10 and 11 months, respectively (**Table 52**). The proportion of underweight was more among boys (29%) as compared to girls (23.9%) (**Table 53.1-53.2**). The Prevalence of underweight among infants was highest in the states of Uttar Pradesh (40.6%), Madhya Pradesh (34.7%) and Orissa (32.2%) and lowest in Kerala (16.1%), West Bengal (18%), Tamil Nadu (21%) and Andhra Pradesh (21.9%) (**Table 53.3**).

Stunting

The overall prevalence of stunting (height for age <Median–2SD) among infants was about 23% (CI: 21.4-25.4), while severe stunting was 7.9%. The prevalence of stunting increases with increase in age among infants from 6% at '0' month to 31.8% and 35.2% at 9 and 10 months, respectively (**Table 52**). The prevalence of stunting was more among boys (26%; CI: 23.1-28.9) as compared to girls (20.7%; CI: 17.9-23.5) (**Table 53.1-53.2**). The prevalence of stunting was highest in the States of Gujarat (36.8%), Andhra Pradesh (34%), Orissa (33%), Maharashtra (29%) and lowest in Kerala (5.2%) and Tamil Nadu (7.4%) (**Table 53.3**).

Wasting

The overall prevalence of wasting (weight for height <Median–2SD) among infants was 25% (CI: 23.3-27.5), while severe wasting was 11.1%. The prevalence of wasting decreases with increase in age (**Table 52**). The prevalence of wasting among boys and girls was comparable (about 25%) (**Table 53.1-53.2**). The prevalence of wasting was highest in the State of Uttar Pradesh (43%) and lowest in Andhra Pradesh (12.3%) (**Table 53.3**).

Preschool children

Underweight

The overall prevalence of underweight was about 45% (CI: 44.2-46.4) and it was significantly higher among 3-5 year (47.9%; CI: 46.3-49.5), compared to 1-3 year children (42.7%; CI: 41.1-44.3) (**Table 53.3**). The prevalence was more than 50% in the States of Gujarat (58%), Madhya Pradesh (56.9%) and Uttar Pradesh (53.2%) and observed lowest in Kerala (24%). There was no significant differential observed among gender (**Tables 53.1 & 53.2**).

The overall prevalence of severe underweight was about 16%. The prevalence of severe underweight was highest in the States of Madhya Pradesh, Gujarat and Uttar Pradesh (23-26%) and lowest in Kerala (5%) (**AN 1-3**).

Stunting

The overall prevalence of stunting among 1-5 year children was about 48% (CI: 46.5-48.7) and the proportion was significantly higher among 1-3 year children 49%; (CI: 47.8-51.0) compared to 3-5 years 46%; (CI: 44.2-47.4) (**Table 53.3**). The prevalence of stunting was marginally higher among boys (49%) compared to girls (47%) (**Tables 53.1 & 53.2**). The prevalence was highest in the States of Uttar Pradesh (62%), Gujarat (57%), Madhya Pradesh (56%), Orissa (52%) and lowest in Tamil Nadu (24%) and Kerala (27%) (**Table 53.3**).

The overall prevalence of severe stunting was marginally higher among 1-3 year (21%) compared to 3-5 year children (18%). The prevalence was higher in the States of Uttar Pradesh, Madhya Pradesh and Gujarat (27-29%) and lower in Tamil Nadu (6%), Kerala (8%) and West Bengal (14%) (**AN 4-6**).

Wasting

The overall prevalence of wasting among 1-5 year children was about 21% (CI: 20.4-22.2) and the proportion was marginally higher among 3-5 year children (21.7%; CI: 20.4-23.0) compared to 1-3 years (20.9%; CI: 19.6-22.2) (**Table 53.3**). The proportion of wasting was maximum in the States of Madhya Pradesh (31%), Gujarat (28%), Tamil Nadu (26%) and observed to be lower in Maharashtra (13%) and Kerala (15%).

The overall prevalence of severe wasting was about 6% and it was higher in 1-3 year children (7.1%) compared to 3-5 years (4.8%). The prevalence was highest in Madhya Pradesh (13%) and lowest in Kerala (2%), Maharashtra (3%), and Karnataka (4%). The prevalence of severe wasting was marginally higher among boys (6.5%) compared to girls (5.4%) **(AN 7-9)**.

Under 5 year children

Underweight

The overall prevalence of underweight was about 42% (CI: 40.8-42.8) and was comparable among boys and girls. The proportion was higher in the States of Madhya Pradesh (54.2%) and Gujarat (52.4%), while it was lower in Kerala (22.6%) and Tamil Nadu (31.2%) **(Tables 53.1–53.3)**. In general, the prevalence of severe underweight was 14% **(AN 1-3)**.

Stunting

The overall prevalence of stunting among under 5 year children was 43% (CI: 42.1-44.1) and was marginally higher among boys (44.3%; CI: 42.9-45.7) compared to girls (41.9%; CI: 40.4-43.4). The prevalence of stunting was higher in the States of Gujarat (53.8%), Uttar Pradesh (52.2%), Madhya Pradesh (51.3%) and Orissa (48.5%) and observed lowest in Tamil Nadu (21%) and Kerala (22.7%) **(Tables 53.1-53.3)**. The prevalence of severe stunting was 17% **(AN 4-6)**.

Wasting

The overall prevalence of wasting was 22% (CI: 21.1-22.9) and it was comparable among boys (22.5%; CI: 21.3-23.7) and girls (21.5%; CI: 20.3-22.7). The prevalence of wasting was higher in the States of Madhya Pradesh (32%), Tamil Nadu (27.2%), Uttar Pradesh (25.6%) and lowest in Maharashtra (14.3%) and Andhra Pradesh (15.0%) **(Tables 53.1-53.3)**. The prevalence of severe wasting was about 7% **(AN 7-9)**.

5.5.2.2. School age children and adolescents

The distribution of 5-9, 10-13 and 14-17 years children (boys and girls) according to nutritional status based on BMI Z-Scores (WHO reference values) are presented in **Tables 54.1 & 54.2**.

5-9 year boys

The overall prevalence of thinness (BMI<-2SD) among 5-9 year boys was about 37% (CI: 35.1-37.9), with 11% having severe thinness (BMI <-3 SD). The overall prevalence of thinness was highest in the State of Tamil Nadu (51.1%) followed by Karnataka (43.8%), Gujarat (43.6%), Madhya Pradesh (39.4%), Andhra Pradesh (38.7%), Orissa (36.4%), Maharashtra (33.5%) and West Bengal (30%), and observed lowest in Kerala (26.6%) and Uttar Pradesh (27.5%). The overall prevalence of overweight (BMI Z-scores median+1SD to Median +2SD) was 0.7% and that of obesity (BMI Z-scores \geq Median +2SD) was 0.6% **(Table 54.1)**.

5-9 year girls

The overall prevalence of thinness among 5-9 year girls was about 31% (CI: 29.5-32.3) and severe thinness was 7%. The overall prevalence of thinness was highest in the States of Karnataka & Madhya Pradesh (36.8% each), followed by Tamil Nadu & Gujarat (36% each), Maharashtra (32%), Orissa (29.1%), West Bengal (28.6%), Andhra Pradesh (27.4%), and observed lowest in Kerala (22%) and Uttar Pradesh (24.2%). The overall prevalence of overweight was 0.8% and that of obesity was 0.1% (**Table 54.2**).

The prevalence of thinness among 5-9 year children was significantly ($p < 0.01$) higher among boys compared to girls (**Tables 54.1 & 54.2**).

10-13 year boys

The overall prevalence of thinness among 10-13 year boys was about 47% (CI: 45.2-48.6) and severe thinness was 18%. The proportion of thinness was highest in the State of Tamil Nadu (62.3%) followed by Karnataka (56%), Andhra Pradesh (52.3%), Gujarat (51.2%), Orissa (49.7%), Maharashtra (48.1%), Uttar Pradesh (42.9%), West Bengal (42.4%) and observed lowest in Kerala (33.2%) and Madhya Pradesh (33.8%). The overall prevalence of overweight was 1.7% and that of obesity was 0.4% (**Table 54.1**).

10-13 year girls

The overall prevalence of thinness among girls was about 36% (CI: 34.5-37.7) and severe thinness was 12%. The proportion of thinness was highest in the States of Gujarat, Karnataka & Madhya Pradesh (about 44% each) and Tamil Nadu (43.3%), followed by Orissa (35.2%), Uttar Pradesh & Andhra Pradesh (34% each), Maharashtra (32.4%) and lowest in Kerala (21.1%) and West Bengal (27.9%). The prevalence of overweight was 1.8% and that of obesity was 0.5% (**Table 54.2**).

The prevalence thinness was significantly ($p < 0.01$) higher among boys compared to girls (**Tables 54.1 & 54.2**).

14-17 year boys

The overall prevalence of thinness among boys was about 41% (CI: 39.2-43.0) and severe thinness was 16%. The prevalence of thinness was highest in the State of Karnataka (59.8%) followed by Gujarat (50.5%), Maharashtra (47.5%), Tamil Nadu (45.4%), Andhra Pradesh (43.7%), Uttar Pradesh (36.1%), Madhya Pradesh (34.7%), Orissa (34.1%) and observed lowest in West Bengal (24.8%) and Kerala (25.9%). The prevalence of overweight was 1.6% and that of obesity was 0.4% (**Table 54.1**).

14-17 year girls

The overall prevalence of thinness among girls was about 23% (CI: 21.3-24.1) and severe thinness was 6%. The proportion of thinness was highest in the States of

Karnataka (32.7%), followed by Tamil Nadu (30.1%), Andhra Pradesh, Gujarat & Maharashtra (about 26% each), Uttar Pradesh & Madhya Pradesh (about 20% each) and observed lowest in the States of Orissa & West Bengal (about 13% each) and Kerala (16.8%). The prevalence of overweight was 1.7% and that of obesity was 0.3% (**Table 54.2**).

The prevalence of thinness was significantly ($p < 0.01$) higher among boys compared to girls (**Tables 54.1 & 54.2**).

5.5.2.3. Adults

The percent distribution of adult men and women according to body mass index (BMI) is presented in **Tables 55.1 & 55.2**.

Adult men

The prevalence of chronic energy deficiency (CED; $BMI < 18.5$) among men was about 35% (CI: 34.3-35.5), while overweight/obesity ($BMI \geq 25$) was 10%. The proportion of CED ranged from a low 21.4% in the State of Kerala, through 28-40% in Madhya Pradesh, West Bengal, Orissa, Karnataka, Andhra Pradesh, Maharashtra, Tamil Nadu and to a high 46.1% in Uttar Pradesh. The prevalence of overweight/ obesity was low 4-5% in the States of Uttar Pradesh & Madhya Pradesh, followed by 6-7% in Orissa and West Bengal, 8-10% in Maharashtra and Gujarat, 11-12% in Andhra Pradesh, Karnataka and a high 18.1% in Kerala.

According to Asian cut-offs ($BMI \geq 23$), the extent of overweight / obesity was about 20%. The prevalence ranged from a low 10-12% in the States of Madhya Pradesh and Uttar Pradesh, 14-17% in Gujarat, Orissa & West Bengal, 20-25% in Andhra Pradesh, Karnataka, Maharashtra and to a high 34.7% in Kerala (**Table 55.1**).

Adult women

About 35% (CI: 34.3-35.3) of adult women had chronic energy deficiency and 14% were overweight/obese. The prevalence of CED was highest in the States of Orissa, Gujarat and Uttar Pradesh (41-42%), followed by 33-38% in Karnataka, Andhra Pradesh, Maharashtra, Madhya Pradesh and West Bengal and observed lowest 18% in Kerala and 26% in Tamil Nadu. The prevalence of overweight/obesity was low 6-8% in the States of Orissa, Madhya Pradesh and Uttar Pradesh, 10-13% in Karnataka, Andhra Pradesh, Maharashtra, Gujarat and West Bengal. The prevalence of overweight/obesity was high in the States of Kerala (30.4%) and Tamil Nadu (23.2%).

According to Asian cut offs, the extent of overweight/obesity was 23.2%, it ranged from a low 12.1% in the State of Madhya Pradesh to a high 46.8% in Kerala (**Table 55.2**).

5.6. Morbidity

The prevalence of morbidities such as fever, diarrhoea, dysentery and acute respiratory infections (ARI) during the preceding 15 days, according to physiological groups, age and gender are provided in **Table 56**.

Infants

In general, about 11% of the infants were suffering from one or the other morbidities such as fever (5.6%), ARI (6.7%) and diarrhoea (1.5%). The prevalence was marginally higher among boys (12.2%) compared to girls (9.7%).

Preschool children

In general, about 13% of the preschool children reportedly suffered one or the other morbidities. The most common morbidity was fever (8.1%), followed by ARI (7.1%) and diarrhoea (1.1%). No gender differentials were observed.

School age children

About 8% of the school age children reportedly suffered morbidities such as fever (5.1%), acute respiratory infection (3.9%) and diarrhoea (0.3%). The proportion was similar among boys and girls.

Adolescents (12-17 years)

About 6% of the adolescents had morbidities such as fever (3.5%), ARI (2.9%) and diarrhoea (0.2%). The prevalence of morbidities was marginally higher among girls (6.1%) compared to boys (5.2%).

Adults

About 7% of the adults suffered from any one of the morbidities, such as fever (4.6%), ARI (3.6%) or diarrhoea (0.4%) and it was comparable among both the gender.

Thus, it was observed that the prevalence of various morbidities was relatively higher among younger age groups such as infants and preschool children compared to other age groups. The more prevalent morbidities were fever and ARI among all the current morbidities.

5.7. Association between Nutritional Status and Socio-economic and Demographic Variables

Under 5 year children

The association of nutritional status of < 5 year children with socio-economic and demographic variables is presented in **Table 57**.

The analysis revealed that the prevalence of underweight among children was significantly ($p < 0.001$) associated with the religion, community, type of family, type of

house, monthly PCI, occupation of the head of the HH, literacy status of parents, source of drinking water, electricity, sanitary latrine, cooking fuel and land holdings ($p < 0.01$).

The prevalence of stunting was observed to be significantly ($p < 0.001$) associated with the religion, community, type of family, type of house, monthly PCI, occupation of the head of the HH, literacy status of parents, source of drinking water, electrification, presence of sanitary latrine, cooking fuel and morbidity ($p < 0.05$).

Similarly, the prevalence of wasting was also significantly ($p < 0.001$) associated with the community, type of family, type of house, monthly PCI, occupation of the head of the HH, literacy status of parents, sanitary latrine, cooking fuel, land holdings ($p < 0.01$), electrification ($p < 0.01$) and morbidity ($p < 0.05$).

The prevalence of underweight and stunting was significantly ($p < 0.001$) higher among children belonging to Hindu religion, Scheduled tribes, living in nuclear families, living in *kutch* house, lower per capita income ($< \text{Rs.} 300$), among children whose fathers were engaged in labour work, among children of illiterate parents, HHs not having electricity, not having sanitary latrines and using firewood for cooking purposes.

Adults

The association between nutritional status (BMI) of adult men & women with socio-economic & demographic variables are presented in **Tables 58.1 & 58.2**.

The analysis revealed that the nutritional status of adult men and women was significantly associated ($p < 0.001$) with the religion, community, type of house, type of family, occupation of the head of the HH, literacy status, monthly PCI, land holding, electrification, source of drinking water, sanitary latrine, type of cooking fuel, morbidity and family size ($p < 0.01$). The prevalence of overweight/obesity was significantly ($p < 0.01$) higher among Christians, those living in pucca house, joint families or extended nuclear families, higher monthly PCI ($\geq \text{Rs.} 900$), engaged in business and service, land lords, large farmers, presence of electricity, sanitary latrines and HHs using LPG for cooking purposes.

5.8. Obesity & Diet Related Chronic Non Communicable Diseases among Adults

The mean anthropometric measurements, prevalence of obesity (abdominal and truncal) among adult men and women (≥ 18 years) are presented in **Tables 59-61**.

5.8.1. Mean anthropometric measurements

A total of 48,959 adults (men: 21,918, women: 27,041) were covered for the anthropometry viz., measurement of height, weight, waist and hip circumference.

The mean weight and height of adult men was 54.6kg (± 10.65) and 163.7cm (± 6.65) and it was 47.3kg (± 10.2) and 151.0cm (± 6.07) for adult women respectively. The mean BMI was 20.3kg/m² (± 3.47) for men and 20.7kg/m² (± 4.09) for women. The mean waist

and hip circumference was 77.4cm (± 10.76) and 85.1cm (± 7.76) for men and 72cm (± 11.2) and 86.0cm (± 8.87) for women respectively (**Table 59**).

5.8.2. Prevalence of abdominal obesity

The prevalence of abdominal obesity by age groups and gender is presented in **Tables 60-61**. The prevalence of abdominal obesity (WC ≥ 90 cm) among men was 13.6%, which was lowest in the age group of 18-30 years (4.2%) highest in 40-60 years (19%). The prevalence was low in the State of Uttar Pradesh (4.8%) and high 23% in Tamil Nadu and Kerala.

Among women (WC ≥ 80 cm), the prevalence was 23%, ranged from low 9.6% among 18-30 years to high 32% among 50-70 years. The prevalence ranged from a low 10% in Orissa to a high 54% in Kerala.

5.8.3. Prevalence of truncal obesity

The prevalence of truncal obesity according to waist to hip ratio (WHR) by age group and gender is presented in **Tables 60-61**. The prevalence of truncal obesity among men (WHR ≥ 0.9) was 51%, ranged from a low 27% in 18-30 years to 65% in 50-60 years.

The prevalence ranged from a low 40% in Maharashtra and Gujarat to a high 66% in Kerala.

Among women (WHR ≥ 0.8), the prevalence was 64%, ranged from a low 47% in 18-30 years, to a high 84% in the age group of 80 years and above. The prevalence ranged from a low 44% in Maharashtra to a high 88% in Kerala.

Thus, it was observed that the prevalence of abdominal and truncal obesity was significantly ($p < 0.05$) higher among women compared to men.

According to WHO cut-offs, the prevalence of abdominal and truncal obesity are presented in **AN10**.

5.8.4. Prevalence of hypertension

Overall, the prevalence (old and new cases) of hypertension among adult men and women for different States is provided in **Table 62**. The prevalence of hypertension among men and women was 22.2% (CI: 21.7-22.8) and 21.6% (CI: 21.1-22.1) respectively. The prevalence of hypertension among men was high in the States of Kerala (30.4%) and West Bengal (29.9%) and low in Madhya Pradesh (14%). Among women, it was high 29% in West Bengal and low 14.5% in Uttar Pradesh.

The mean (\pm SD) systolic and diastolic blood pressure of men and women (≥ 18 years) by States is provided in **Table 63**. Overall, the mean systolic blood pressure among men was 123 mmHg (± 16.07), and ranged from a low about 118 mmHg in Andhra

Pradesh and Madhya Pradesh to a high 124.8 mmHg in Gujarat. The mean diastolic blood pressure was 79.6 mmHg (± 9.96), ranged from a low 76.4 mmHg in Andhra Pradesh to a high 83.3 mmHg in West Bengal.

Among women, the mean systolic blood pressure was 121.1 mmHg (± 17.83) and it ranged from a low 117.2 mmHg in Andhra Pradesh and Tamil Nadu to a high 125.4 mmHg in Orissa. The mean diastolic blood pressure was 78.2 mmHg (± 10.30), ranged from a low 75.8 mmHg in Andhra Pradesh to a high 82.3 mmHg in West Bengal.

The mean systolic and diastolic blood pressure increased with age among both the genders and was highest among aged population (≥ 70 years) (**Table 64**).

The prevalence of hypertension (JNC VII criteria, newly diagnosed) among men and women by age groups is provided in **Tables 65 & 66**. Overall, the prevalence of hypertension (Stage I & Stage II) among men was about 19%, with 15% having stage I and 4% having stage II hypertension. The prevalence of hypertension among women was about 18%, with 14% having stage I and 4% having stage II hypertension. About 50% of men and 41% of women were observed to be in the pre-hypertension stage. The prevalence of hypertension among men, tended to increase with age, from a low 9% in 18-30 years, to a high 40% at 80 years and above. Similarly among women, the prevalence of hypertension increases with age, from 5% in 18-30 years to 51% among ≥ 80 years.

The prevalence of hypertension (JNC VII criteria, newly diagnosed) among men and women by states was provided in **Tables 67 & 68**. The prevalence of hypertension among men was observed to be highest in the States of West Bengal (28.4%), Maharashtra (23.8%) and Kerala (22.7%), while it was lower in Madhya Pradesh (13%), Andhra Pradesh (13.7%) and Uttar Pradesh (16.6%). Similarly, among women, the prevalence was observed to be highest in the States of West Bengal (27.2%), Orissa (25.7%), while it was lower in Tamil Nadu (13.9%), Andhra Pradesh (12.2%) and Uttar Pradesh (13.8%).

According to the WHO criteria, the prevalence of hypertension (newly diagnosed) among men and women by age groups are presented in **Tables 69-72**.

5.8.5. Prevalence of diabetes

Prevalence of diabetes (old and new cases combined) among men and women in different states is presented in **Table 73**. The prevalence of diabetes among men was 8.2% (CI: 7.7-8.7) and ranged from a low 3.3% (CI: 2.4-4.2) in West Bengal and 3.6% (CI: 2.5-4.7) in Uttar Pradesh to a high 16.4% (CI: 14.6-18.2) in Kerala.

Among women, the prevalence was 6.8% (CI: 6.4-7.2), ranged from a low 2.2% (CI: 1.4-3.0) in Uttar Pradesh to a high 14% (CI: 12.6-15.4) in Kerala.

The prevalence of diabetes as per WHO/ICMR criteria (excluding known diabetics) by age groups among men and women in different states is presented in **Tables 74-76**.

Overall, the prevalence of newly diagnosed diabetics among men and women was 4.8% and 4.3% respectively. The prevalence of diabetes among men tended to increase with age from a low 2% in 18-30 years to a high 9.1% among ≥ 80 years. Similarly, among women, the prevalence of diabetes increases with age from a low 1% in 18-30 years to a high 11% among the ≥ 80 years (**Table 74**).

The prevalence of diabetes among men was observed to be highest in the State of Gujarat (9.5%) followed by Kerala (5.9%) and Tamil Nadu (5.3%), while it was lowest in Orissa and Uttar Pradesh (2.3% each) and West Bengal (2.4%). Similarly, among women, it was highest in the State of Gujarat (7.3%) and Kerala (5.8%) followed by Tamil Nadu (5.6%) and Karnataka (4.8%) and was lowest in Orissa (2.3%) and Uttar Pradesh (1.6%) (**Tables 75 & 76**).

Thus, it was considered that the prevalence of diabetes was relatively higher among older adults, compared to young adults and was similar in men and women. The high prevalence of diabetes was observed in the States of Kerala, Tamil Nadu and Gujarat and was lower in Uttar Pradesh, Orissa and West Bengal.

5.9. Knowledge and Practices about Hypertension & Diabetes Mellitus and Risk Behaviours

5.9.1. Knowledge about hypertension

The information on knowledge and practices of rural adult men and women (≥ 18 years) about hypertension and diabetes and risk behaviours, according to age groups are provided in **Tables 77.1-78.2**. About 81% men and 72% women were aware of hypertension. About 5% men and 6% women were known hypertensives and most of them were on treatment.

About 59% men and 64% women were aware of the signs and symptoms of hypertension. The most common symptoms of hypertension reported by men and women were giddiness (29%), headache (12-14%), palpitation (10-11%), and nausea/vomiting (6%).

5.9.2. Knowledge and practices about diabetes

About 75% men and 67% women were aware of diabetes mellitus. About 3% were known diabetics and most of them were on treatment (2.6%). Only about 54% of men and 58% of women were aware of the signs and symptoms of diabetes. The most common signs/symptom of diabetes as stated by them were 'delayed wound healing' (12-17%), tiredness (13-15%), loss of weight (5-7%), polyuria (5-8%), polydypsia and polyphagia (3% each).

5.9.3. Risk behaviours

5.9.3.1. Use of tobacco

About 51% men and 17% women were using tobacco in various forms. Among men, the proportion was highest in the age group of 40-70 years (57-59%) and lowest in 18-30 years (35.7%). Among women, the proportion was highest in the age group of 50-80 years (25-29%) and lowest in 18-30 years (6%). The proportion of adults smoking ≥ 10 cigars/beedi/day was about 12% in men and 0.2% in women and about 18% men and 0.6% women were smoking for more than 10 years.

About 4% men and 1% women were chewing tobacco for more than 10 times a day. About 17% men and 9% women were chewing for ≥ 10 years.

5.9.3.2. Consumption of alcoholic beverages

About 28% men and 4% women were reportedly consuming alcoholic beverages. About 4% men and 0.5% women were consuming alcohol every day (**Tables 77.1-78.2**).

5.10. Association between Hypertension, Diabetes and BMI, WC & WHR

5.10.1. Hypertension

The association between hypertension with BMI, WC and WHR is provided in **Tables 79.1 & 79.2**.

The prevalence of hypertension was significantly ($p < 0.001$) higher among overweight/obese men (37.1%), with abdominal (43.1%) and truncal obesity (29.4%) compared to normal.

The risk of hypertension was 2.6 (OR: 2.6; CI: 2.4-2.8) times higher among overweight/ obese, 3.3 (OR: 3.3; CI: 3.0-3.5) times higher in abdominal and 2.4 (OR: 2.4; CI: 2.3-2.6) times higher in truncal obesity.

Similarly, among women, the prevalence of hypertension was significantly ($p < 0.001$) higher among overweight/obese (34%), with abdominal (37%) and truncal obesity (26.7%) compared to normal.

The risk of hypertension was 2.4 (OR: 2.4; CI: 2.3-2.6) times higher in overweight/ obese, 2.9 (OR: 2.9; CI: 2.7-3.1) times higher in abdominal and 2.5 (OR: 2.5; CI: 2.4-2.7) times higher in truncal obesity.

5.10.2. Diabetes mellitus

The association of type 2 diabetes with BMI, WC, WHR ratio among adult men and women is provided in **Tables 80.1-80.2**.

The prevalence of diabetes was significantly ($p < 0.001$) higher among overweight/obese men (14.8%), with abdominal (18.9%) and truncal obesity (11.9%) compared to normal.

The risk of diabetes was 2.5 (OR: 2.5; CI: 2.2-2.9) times higher in overweight/obese, 3.4 (OR: 3.4; CI: 3.0-3.9) times higher in abdominal and 3.1 (OR: 3.1; CI: 2.7-3.6) times higher in truncal obesity.

Similarly, among women, the prevalence of diabetes was significantly ($p < 0.001$) higher among overweight/obese (13.5%), with abdominal (14.9%) and truncal obesity (8.8%) compared to normals.

The risk of diabetes was 3.4 (OR: 3.4; CI: 3.0-3.8) times higher in overweight/obese, 4.1 (OR: 4.1; CI: 3.6-4.6) times higher in abdominal and 2.9 (OR: 2.9; CI: 2.5-3.4) times higher in truncal obesity.

5.11. Association between Hypertension (HTN), Diabetes, Overweight/ Obesity and Abdominal Obesity and Socio-economic & Demographic Variables, Risk Behaviours and Food & Nutrients

The association between hypertension, diabetes, overweight/ obesity, abdominal obesity and socioeconomic & demographic variables, risk behaviours and food and nutrients is provided in **Tables 81.1-82.3**.

5.11.1. Hypertension

Hypertension among men was significantly ($p < 0.001$) associated with religion, community, occupation, monthly PCI, family size, type of house, literacy status, physical exercise, tobacco use and alcohol consumption ($p < 0.05$). Among women, it was significantly ($p < 0.01$) associated with religion, community, occupation, monthly PCI, type of house, literacy status, physical exercise and tobacco use.

Among men, the prevalence of hypertension was significantly ($p < 0.05$) higher with high intake of milk & milk products, sugar, salt, fat, protein and low intake of cereals and energy. Among women, the prevalence of HTN was significantly higher with low intake of cereals, energy and protein (**Table 82.2**).

5.11.2. Diabetes

The prevalence of diabetes was significantly ($p < 0.001$) higher among adult men belonging to Christian (15%), Other Communities (10%), those engaged in service and business (17%), having higher per capita income (11%) and living in *pucca* houses (12%). Among adult women, it was also significantly higher among Christians (15%), engaged in service/business (8%), high PCI (9%), small families (8%) and living in *pucca* houses (9%).

Among men, the prevalence of diabetes was observed to be significantly ($p < 0.05$) associated with low intake of cereals (11%), and high intake of MMP (11%), fat (9%) and energy (9%). Similar associations were observed among women also.

5.11.3. Overweight/obesity

The prevalence of overweight/obesity among men was observed to be significantly ($p < 0.01$) higher among Christians (34.5%), Other Communities (26.7%), engaged in business/service (28.2%), high monthly PCI (27.5%), living in *pucca* houses (31.9%) and among illiterate (23.3%). Prevalence of overweight/obesity was also significantly ($p < 0.001$) higher among those with high consumption levels of milk & milk products (27.2%), fats & oils (25%), sugar & jaggery (22.2%), salt (22.7%), energy (23.2%), protein (22%) and total fat (26.8%). Similar trend was observed among women also.

5.11.4. Abdominal obesity

The prevalence of abdominal obesity among adults was observed to be significantly ($p < 0.01$) higher among Christians, Other Communities, engaged in business/ service, high monthly PCI, small family size, living in *pucca* houses and literates. It was also significantly associated with high intake of milk & milk products, fats & oils, sugar & jaggery, salt, energy, protein and fat.

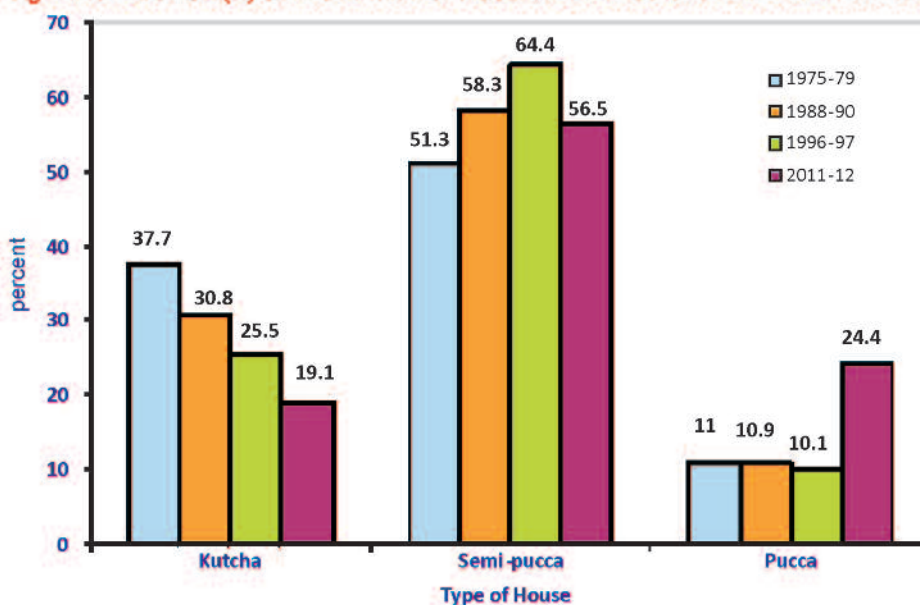
5.12. Time Trends

The results of the current survey were compared with the findings reported in earlier studies conducted during 1975-79 (baseline), 1988-90 (1st repeat survey) and 1996-97 (2nd repeat survey), to study the time trends in terms of food and nutrient intakes and nutritional status. The NNMB Unit in Orissa was established only after 1980's, therefore, the comparison made between three surveys only.

5.12.1. Trends in households, socio-economic and demographic variables

Time trends in the socio-economic and demographic variables are provided for the periods of 1975-79, 1988-90, 1996-97 and 2011-12 in **Table 83 & Figs. 1-3**. The proportion of *kutchha* houses had declined from 38% (1975-79) to 19% (2011-12),

Fig 1. DISTRIBUTION (%) OF HHs BY TYPE OF HOUSE AND PERIOD OF SURVEY: TIME TRENDS



concomitantly, the proportion of *pucca* houses increased from 11% to 24% during the same period. The proportion of those engaged in labour had increased from 27% (1975-79) to 45% (2011-12), while the proportion of owner cultivator had decreased from 46% to 26%. The proportion of HHs without land had increased from 30% (1975-79) to 40% (2011-12), while that of small farmers had increased from 43% to 51% during the same periods.

Fig 2. DISTRIBUTION (%) OF HHs BY MAJOR OCCUPATION OF HEAD OF HOUSEHOLD AND PERIOD OF SURVEY: TIME TRENDS

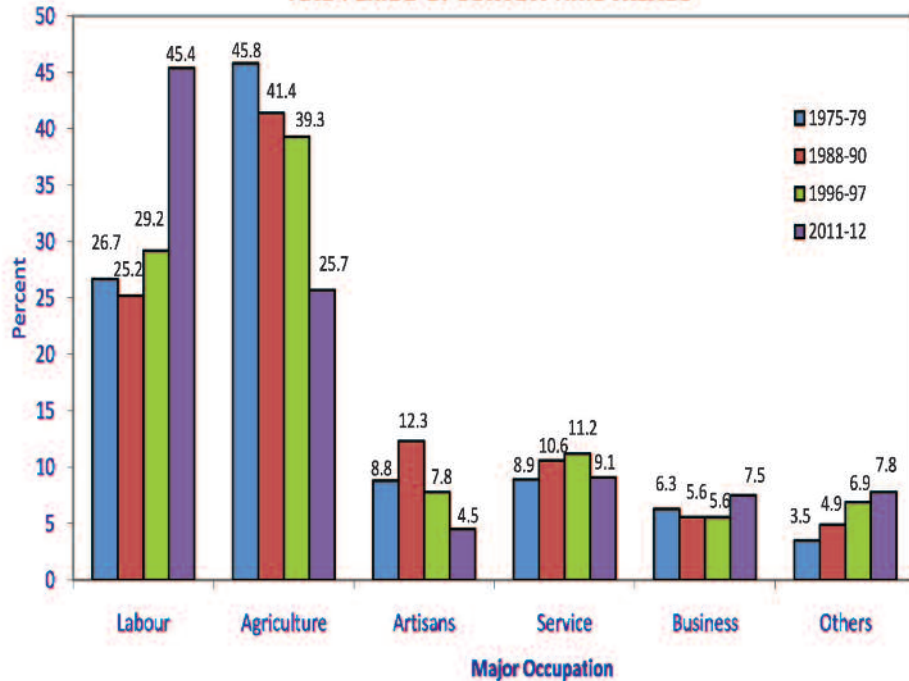
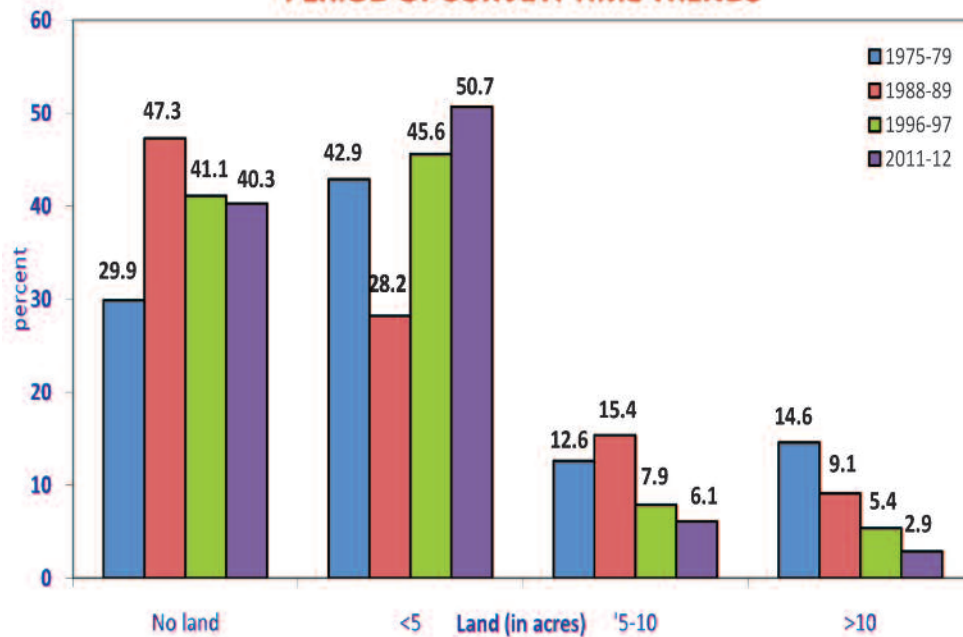


Fig 3. DISTRIBUTION (%) OF HHs BY LAND OWNERSHIP AND PERIOD OF SURVEY: TIME TRENDS



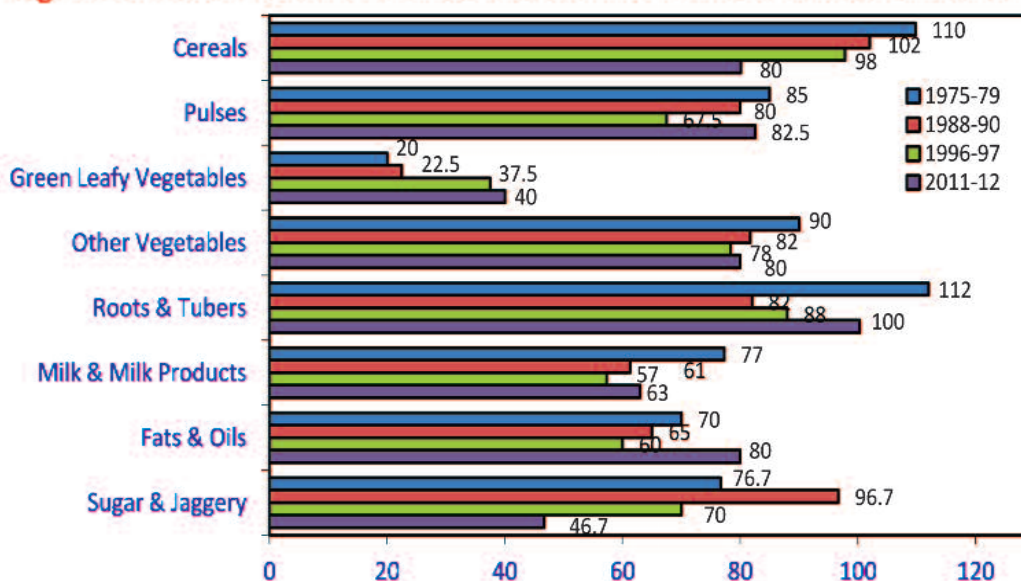
5.12.2. Trends in food and nutrient intake of households

Time trends in the average household intake of foods and nutrients (g/CU/day) between the periods 1975-79, 1988-90, 1996-97 and 2011-12 are provided in **Tables 84 & 85 and Figs 4 & 5**.

5.12.2.1. Trends in the household food intake

The intake of cereals & millets has declined by about 137g over a period of 4 decades. The extent of decrease was maximum in the State of Karnataka (about 262g), followed by Maharashtra (183g), Andhra Pradesh (167g), Tamil Nadu (142g), Orissa (106g), Gujarat (82g) and Kerala (55g). The decreasing trend was also observed in the intakes of roots & tubers (6g) milk & milk products (21ml), sugar & jaggery (9g) and other vegetables (6g). However, a marginal increase was also observed in the intakes of GLVs (8g), and fats & oils (2g) (**Table 84 & Fig. 4**).

Fig 4. AVERAGE HOUSEHOLD INTAKE OF FOODSTUFFS AS % RDI: TIME TRENDS

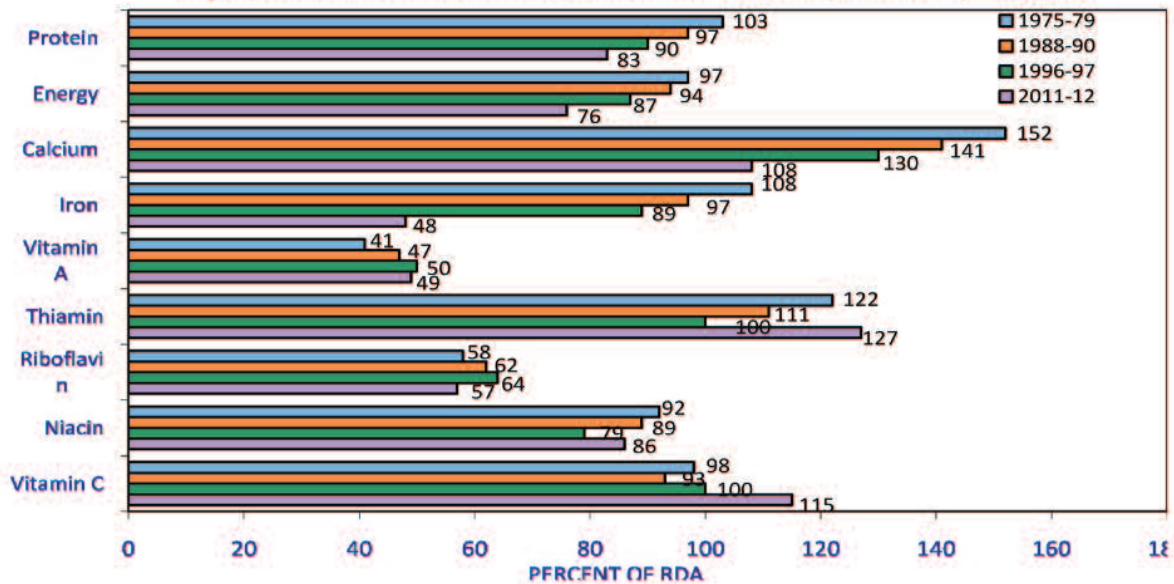


5.12.2.2. Trends in the household nutrient intake

In general, the intake of all the nutrients declined over a period of 4 decades. The average intake of energy declined by about 500 Kcal/CU/day over the period. The extent of decline was maximum in the State of Karnataka (885Kcal), followed by Maharashtra (713Kcal), Andhra Pradesh (522Kcal), Tamil Nadu (462Kcal), Kerala (353Kcal), Orissa (268Kcal) and Gujarat (218Kcal).

The intake of protein has declined by 13 g/CU/day over a period of time in all the states except Kerala, where there was an increase by 4g. The extent of decrease was maximum in the state of Karnataka (27.2g) to a low (4.3g) in Orissa. The intake of calcium decreased by 173mg, and the deficit ranged from a high 453mg in Karnataka to a low 6mg in Kerala, while there was an increment of 70mg in the state of Orissa. The intake of other nutrients such as iron, thiamine and riboflavin also decreased over the period (**Table 85 & Fig. 5**).

Fig 5. AVERAGE HOUSEHOLD INTAKE OF NUTRIENTS AS %RDA: TIME TRENDS



5.12.3. Time trends in food and nutrient intake of individuals

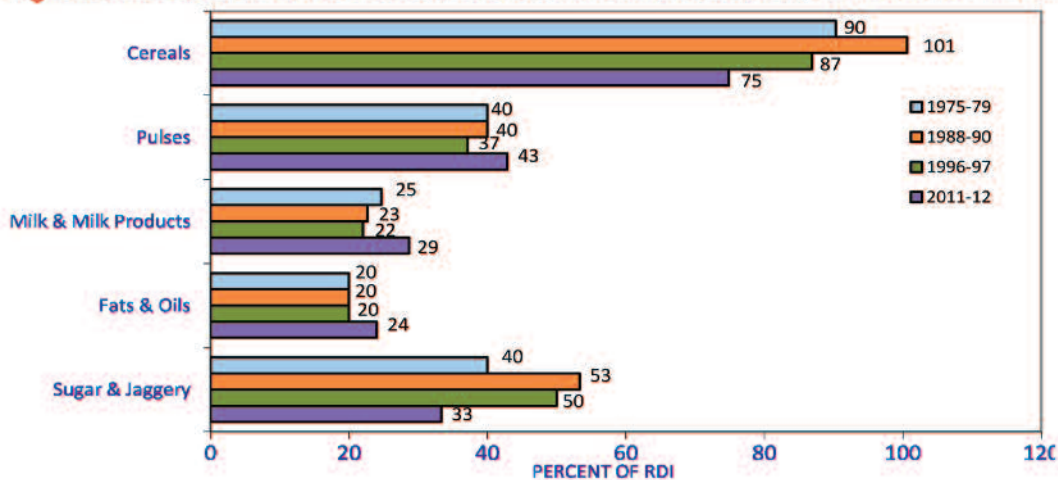
5.12.3.1. Food intakes of individuals

Time trends in the mean food intakes of individuals by age groups and gender during 1975-79, 1988-90, 1996-97 & 2011-12 are provided in **Tables 86.1 – 86.3**.

1-3 year children

In general, the average intake of cereals & millets increased from 158g/day (1975-79) to 176g/day (1988-90) and then decreased to 152g/day (1996-97) and 131g/day in 2011-12. The mean intake of pulses & legumes, vegetables, fats & oils and other flesh foods increased by 1-6g. (1975-79 to 2011-12). The consumption of all other foods decreased marginally over the same period except milk & milk products (**Table 86.1 & Fig.6**).

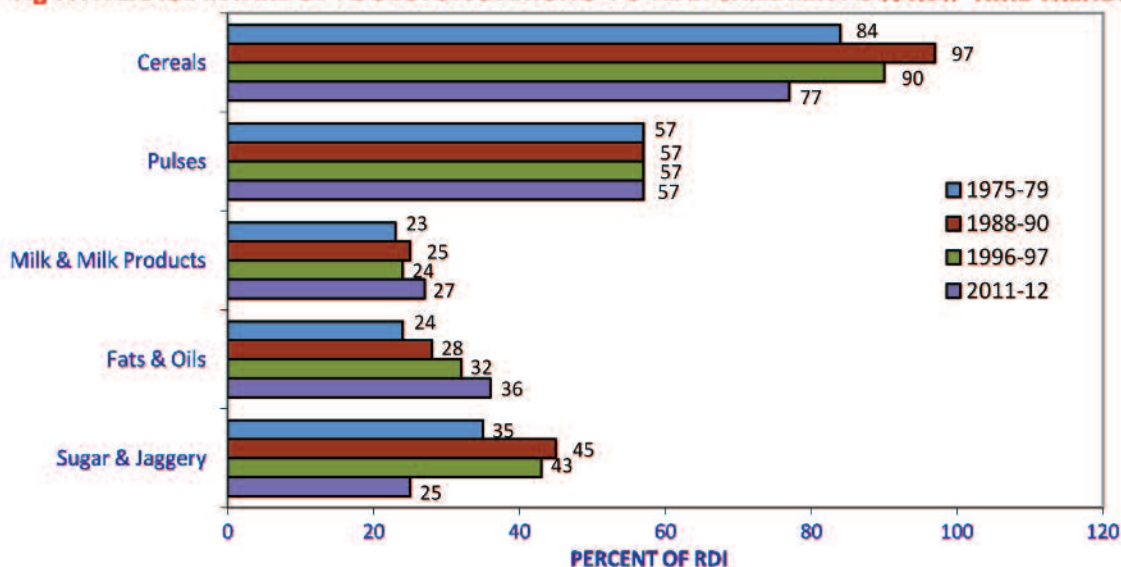
Fig 6. AVERAGE INTAKE OF FOODSTUFFS AMONG 1-3 YEAR CHILDREN AS % RDI: TIME TRENDS



4-6 year children

The average intake of cereals & millets increased from 228g in 1975-79, to 263g in 1988-90 and then decreased to 243g (1996-97) thereafter decreased to 209g during 2011-12. The intake of vegetables increased by 18g, fats & oils by 3g, milk & milk products by 10ml and other flesh foods by 3g. The intake of other foods decreased over the same period (**Table 86.1 & Fig. 7**).

Fig 7. AVERAGE INTAKE OF FOODSTUFFS AMONG 4-6 YEAR CHILDREN AS % RDI: TIME TRENDS



7-9 year children

The mean intake of cereals & millets decreased from 308g in 1996-97 to 262g in 2011-12. The mean intake of vegetables increased from 73g in 1996-97 to 88g in 2011-12. While, the mean intake of milk & milk products increased by 13ml over a period. The intake of sugar & jaggery and fruits decreased marginally. However, the rest of the foods remained same over the period (**Table 86.2**).

10-12 year boys

In general, the overall mean intake of cereals & millets decreased from 366g in 1996-97 to 301g in 2011-12. The increasing trend was observed with respect to consumption of vegetables from 87g in 1996-97 to 102g in 2011-12, while the consumption of milk and milk products decreased from 66g to 58g, the consumption of fats & oils were more or less similar (2011-2012) (**Table 86.2**).

10-12 year girls

The overall mean intake of cereals & millets among girls decreased from 346g in 1996-97 to 289g in 2011-12. There was increasing trend with respect to consumption of vegetables from 89g to 97g, while the fruits decreased from 21g to 16g and sugar & jaggery from 19g to 10g. The mean intake of milk & milk products (51ml to 59ml) increased over the periods, while the consumption of pulses & legumes was similar (**Table 86.2**).

13-15 year boys

The overall mean intake of cereals & millets decreased from 427g in 1996-97 to 347g in 2011-12. Similar trend was observed with respect to consumption of all other foods (**Table 86.2**).

13-15 year girls

The overall mean intake of cereals & millets among girls decreased from 396g in 1996-97 to 324g in 2011-12. The intake sugar & jaggery also decreased over the period, while the intakes of remaining foods were marginally increased during the same period (**Table 86.2**).

16-17 year boys

In general, the average intake of cereals & millets (511g to 386g), vegetables (130g to 115g), and sugar & jaggery (20g to 13g) declined over a period. The consumption of milk & milk products increased marginally from 71ml during 1996-97 to 74ml in 2011-12. The average intake of nuts & oil seeds decreased from 22g to 6g over the period (**Table 86.2**).

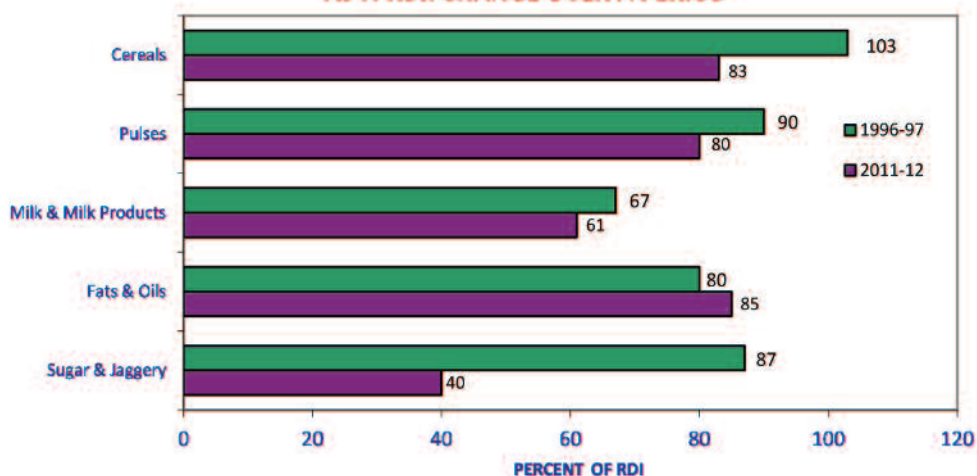
16-17 year girls

In general, the average intake of cereals & millets (424g to 346g), vegetables (119g to 113g), milk & milk products (79ml to 65ml), nuts & oil seeds (18g to 5g) and sugar & jaggery (20g to 12g) decreased over the period (**Table 86.2**).

Adult men (sedentary)

In general, the average intake of cereals & millets (474g to 380g) and sugar & jaggery (26g to 12g) declined over the period. Similarly, the consumption of milk & milk products (101ml to 91ml), fruits (33g to 26g) and nuts & oil seeds (31g to 9g) decreased over the period (**Table 86.3 & Fig.8**)

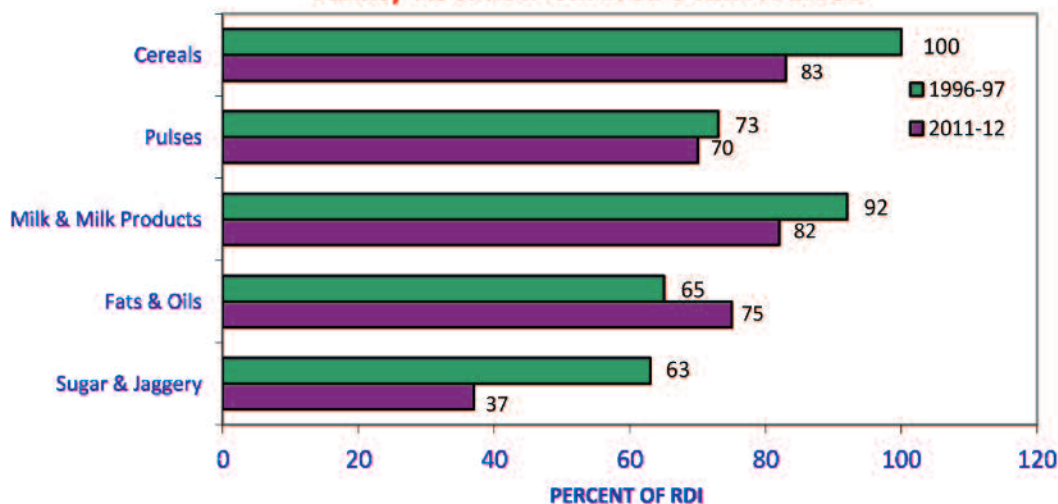
**Fig 8. AVERAGE INTAKE OF FOODSTUFFS AMONG ADULT MEN (≥18 YEARS)
AS % RDI: CHANGE OVER A PERIOD**



Adult women (NPNL sedentary)

The average intake of cereals & millets (410g to 341g), milk & milk products (92ml to 82ml), sugar & jaggery (22g to 13g) and nuts & oil seeds (25g to 8g) declined over the period from 1996-97 to 2011-12 (**Table 86.3, Fig. 9**).

Fig 9. AVERAGE INTAKE OF FOODSTUFFS AMONG ADULT WOMEN (≥18 YEARS) AS % RDI: CHANGE OVER A PERIOD



Adult women (pregnant & lactating - sedentary)

The average intake of all the foods except pulses, fruits, flesh foods, fats & oils, decreased over the periods among pregnant and lactating women (**Table 86.3**).

Thus, the data revealed that, among various age groups, there was in general a decline in the average intake of cereals & millets, vegetables, milk & milk products, sugar & jaggery. The current consumption levels of all the foods were below the suggested levels.

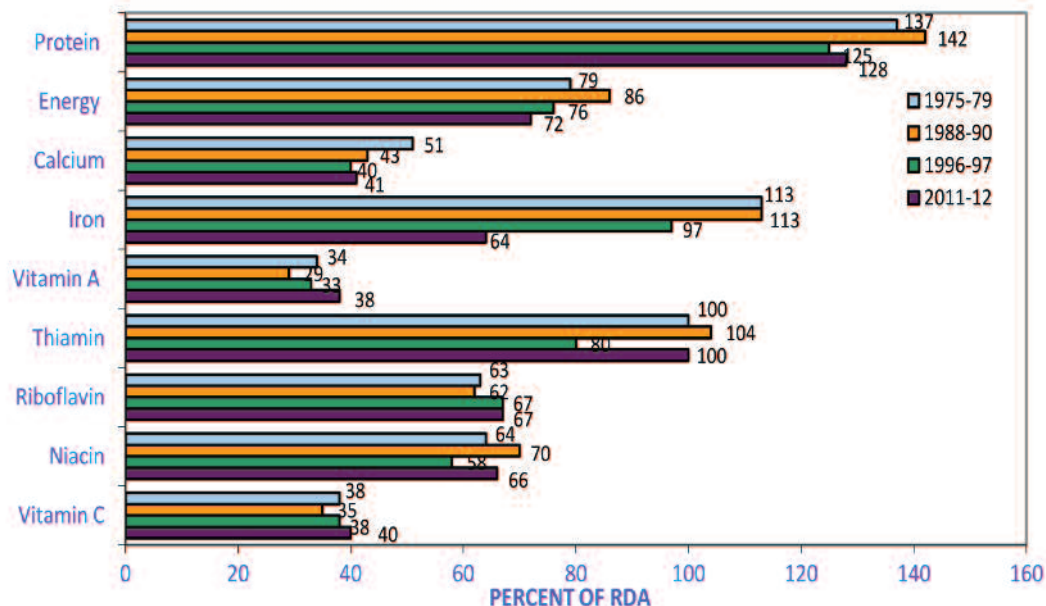
5.12.3.2. Time trends in nutrient intakes of individuals

Time trends in the mean nutrient intakes of individuals by age group and gender during 1975-79, 1988-90, 1996-97 & 2011-12 is provided in **Tables 87.1-87.3**.

1-3 year children

The average intake of protein, energy, calcium and iron decreased over the period. The extent of decrease in the intake of energy was 67Kcal and that of protein was about 2g from 1975-79 to 2011-12. The intake of vitamin A increased from 136µg to 151µg and iron decreased from 10.2mg to 5.8mg during the same period (**Table 87.1 & Fig. 10**).

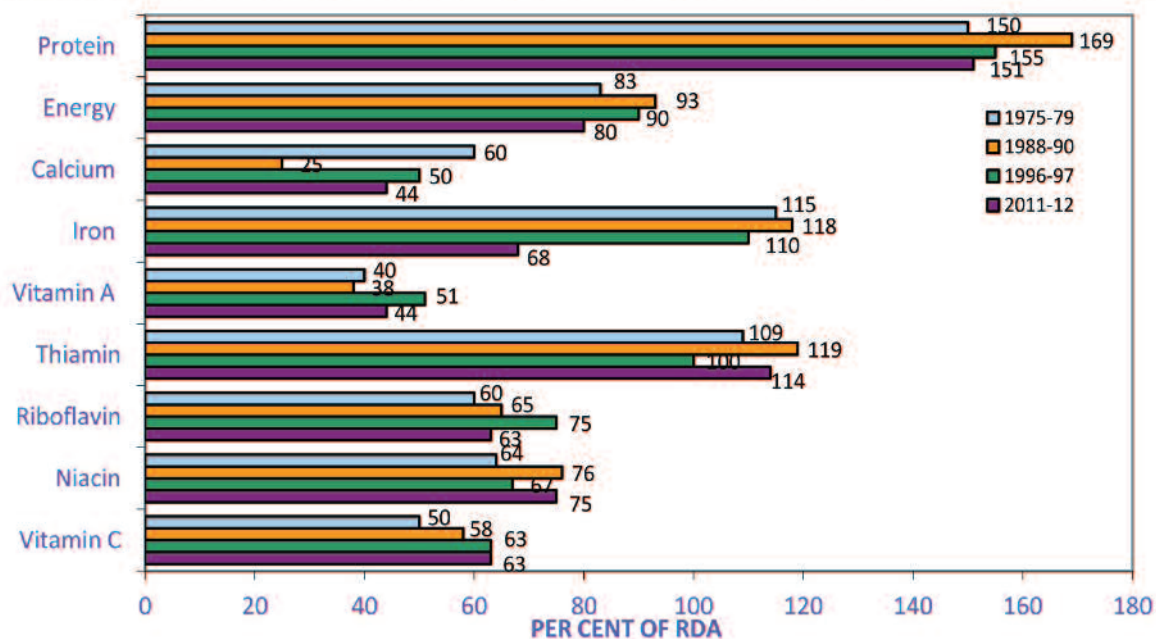
Fig 10. MEAN INTAKE OF NUTRIENTS AMONG 1-3 YEAR CHILDREN AS % RDA: TIME TRENDS



4-6 year children

The average daily intake of energy has declined by about 36Kcal over 4 decades. The intake of micronutrients such as vitamin A and niacin increased from 159µg to 177µg and 7mg to 8mg respectively, while the intake of thiamine and riboflavin were comparable (Table 87.1 & Fig.11).

Fig 11. MEAN INTAKE OF NUTRIENTS AMONG 4-6 YEAR CHILDREN AS % RDA: TIME TRENDS



7-9 year children

The average daily intake of all the nutrients except thiamine, vitamin C and niacin declined from 1996-97 to 2011-12 (**Table 87.2**).

10-12 year boys

The average daily intake of all the nutrients decreased except for thiamine, niacin and vitamin C, which either remained same or marginally increased. The extent of decrease with respect to energy was 276Kcal while that of protein was 5.4g during 1996-97 to 2011-12 (**Table 87.2**).

10-12 year girls

The mean intake of energy (1635Kcal to 1401Kcal), protein (42.6g to 38.6g), calcium (422mg to 293mg), iron (20.3mg to 11.4mg) and vitamin A (241µg to 198µg) declined during the period from 1996-97 to 2011-12, and the intake of rest of the nutrients remained similar (**Table 87.2**).

13-15 year boys

The intake of all the nutrients declined considerably from 1996-97 to 2011-12. The extent of decline was 345Kcal of energy, 6.4g of protein, and 121 µg of Vitamin A (**Table 87.2**).

13-15 year girls

The intake of all the nutrients declined considerably from 1996-97 to 2011-12. The extent of decline was 294Kcal of energy, 5.6g of protein and 144mg of calcium (**Table 87.2**).

16-17 year boys

The intake of all the nutrients except thiamine and niacin declined considerably from 1996-97 to 2011-12. The intake of energy declined by 530Kcal, protein by about 12g and Vitamin A by 112µg (**Table 87.2**).

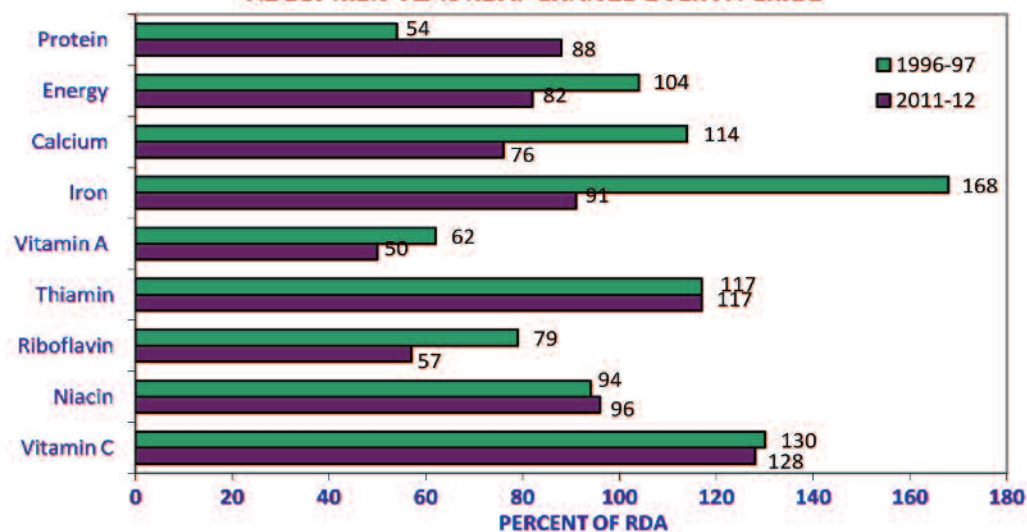
16-17 year girls

The intake of all the nutrients except thiamine and niacin declined considerably from 1996-97 to 2011-12. The intake of energy declined by 374Kcal, protein by about 6g iron by 10mg and calcium by 188mg (**Table 87.2**).

Adult men (sedentary)

The consumption of all the nutrients, except protein decreased over the period from 1996-97 to 2011-12, while the intake of niacin was similar. The intake of protein increased by 20g over the same period. The decline with respect to energy was 507Kcal and calcium by 230mg (**Table 87.3, Fig. 12**).

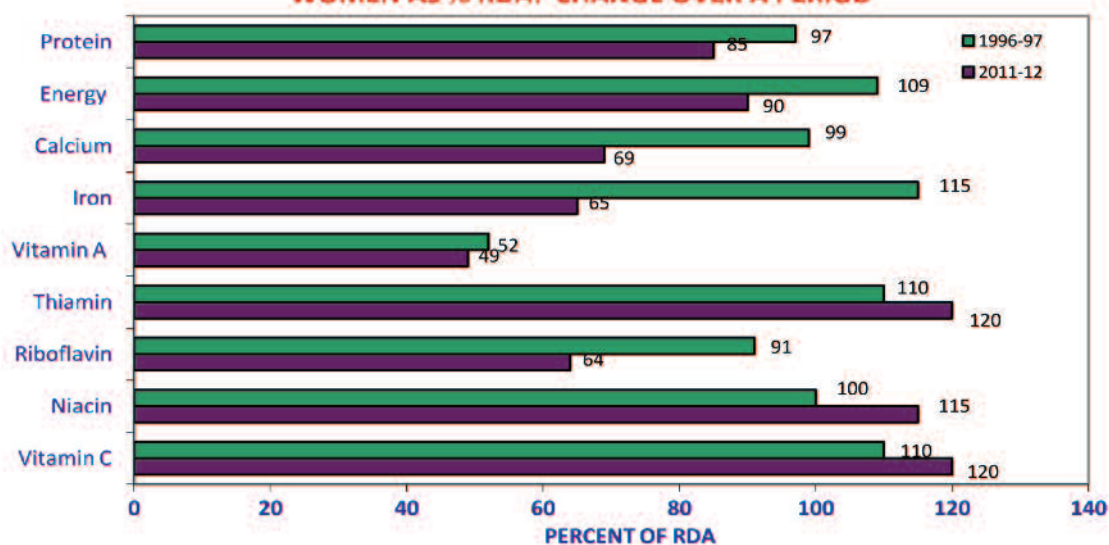
Fig 12. MEAN INTAKE OF NUTRIENTS AMONG ≥18 YEARS SEDENTARY ADULT MEN AS % RDA: CHANGE OVER A PERIOD



Adult women (NPNL sedentary)

The daily intake of all the nutrients, except thiamine and niacin declined from 1996-97 to 2011-12. The decline with respect to energy was 361Kcal, protein by 7g, calcium by 179mg and iron by 10mg (Table 87.3, Fig. 13).

Fig 13. MEAN INTAKE OF NUTRIENTS AMONG ≥18 YEARS SEDENTARY ADULT WOMEN AS % RDA: CHANGE OVER A PERIOD



Adult women (pregnant sedentary)

The daily intake of all the nutrients, except Vitamin A, thiamine and niacin declined from 1996-97 to 2011-12. It was observed that there was a reduction of energy, by 233Kcal, calcium by 157mg and iron by 11mg, while vitamin A increased by 22µg (Table 87.3).

Adult women (lactating sedentary)

The daily intake of all the nutrients, except thiamine, niacin and vitamin C declined during 1996-97 to 2011-12. The extent of decline with respect to energy was 291Kcal, calcium by 142mg and iron by about 11mg. There was a marginal increase in the intake of vitamin A in the current survey by about 27µg (**Table 87.3**).

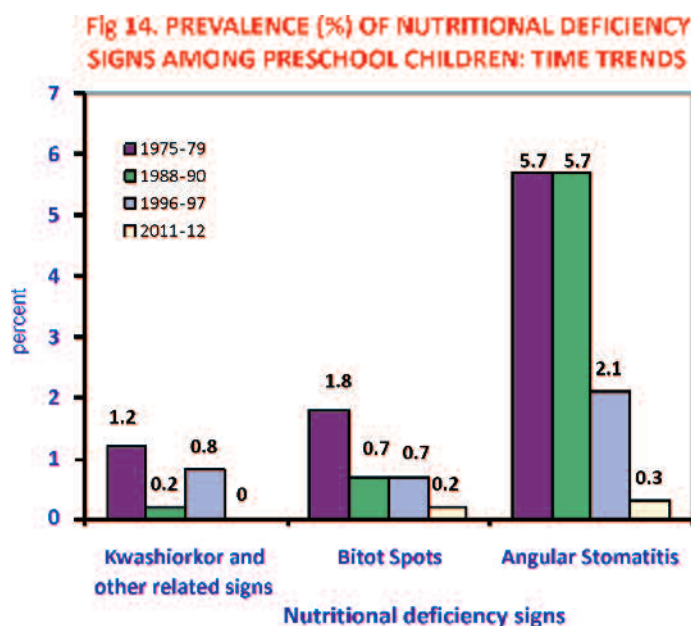
5.12.4. Trends in the nutritional status

The time trends in the nutritional status of individuals in terms of anthropometry and clinical signs by age groups and gender for the periods of 1975-79, 1988-90, 1996-97 & 2011-12 are provided in **Tables 88-92.2**.

5.12.4.1. Clinical signs of nutritional deficiencies

Preschool children

In general, there was a decline in the prevalence of most of the clinical signs of nutritional deficiency, over the period from 1975-79 to 2011-12. The prevalence of marasmus (1.3% to nil), Bitot's spot (1.8% to 0.2%), angular stomatitis (5.7% to 0.3%) declined over the same period (**Table 88 & Fig. 14**).



5.12.4.2. Anthropometric measurements

The mean anthropometric measurements such as height, weight, mid upper arm circumference (MUAC) and fat fold at triceps (FFT) are presented according to age and gender in **Annexure AN10-28**. There was a marginal increase in the means of various anthropometric measurements, especially among school age children and adolescents in all the states. The distance charts for heights and weights for all age groups are presented in **Figs. 15-21**. The measurements were lower than the mean NCHS standards in all the age and sex groups.

Fig 15. DISTANCE CHARTS FOR HEIGHTS AND WEIGHTS OF MALES AND FEMALES - KERALA

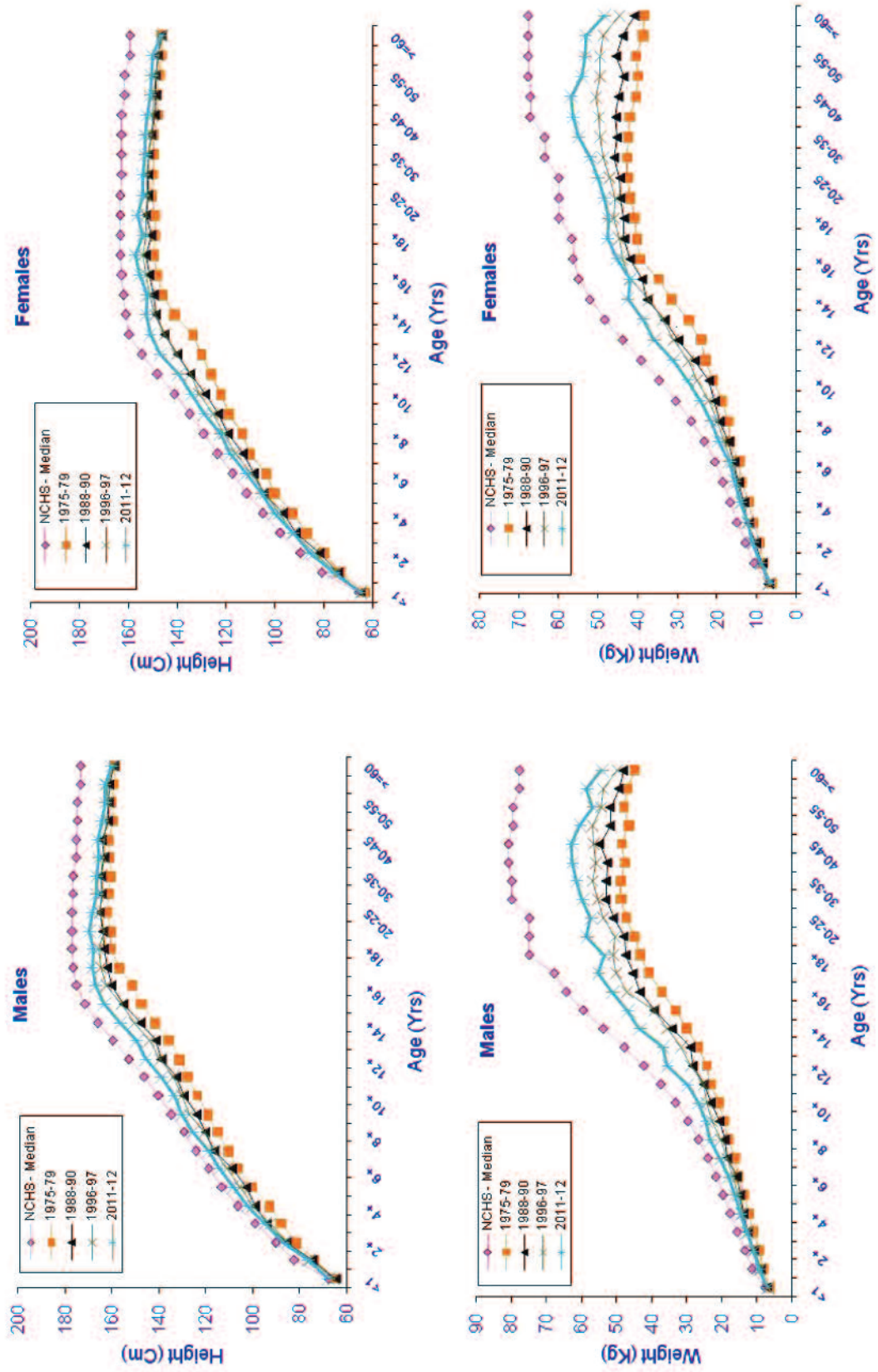


Fig 16. DISTANCE CHARTS FOR HEIGHTS AND WEIGHTS OF MALES AND FEMALES -TAMIL NADU

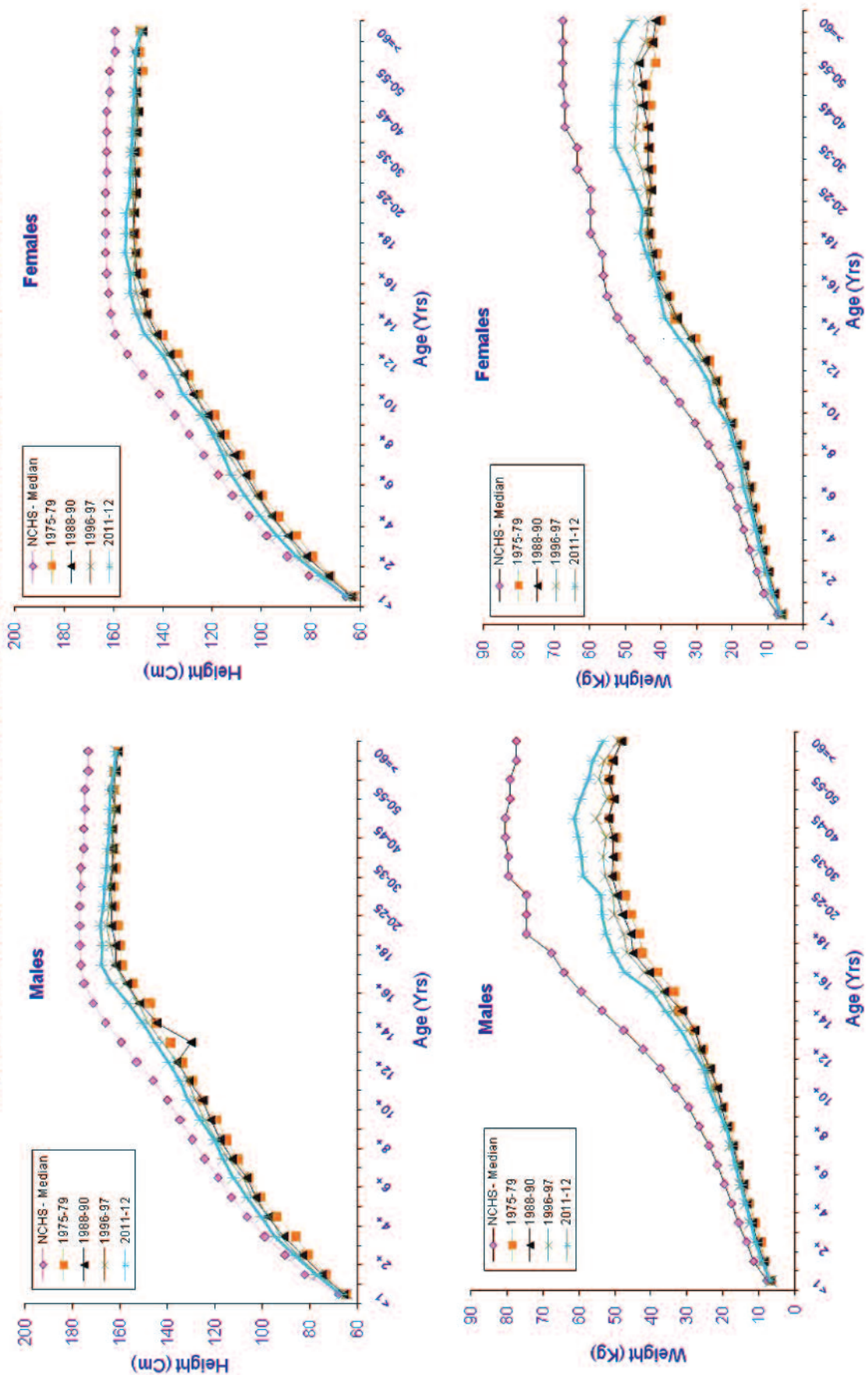


Fig 17. DISTANCE CHARTS FOR HEIGHTS AND WEIGHTS OF MALES AND FEMALES - KARNATAKA

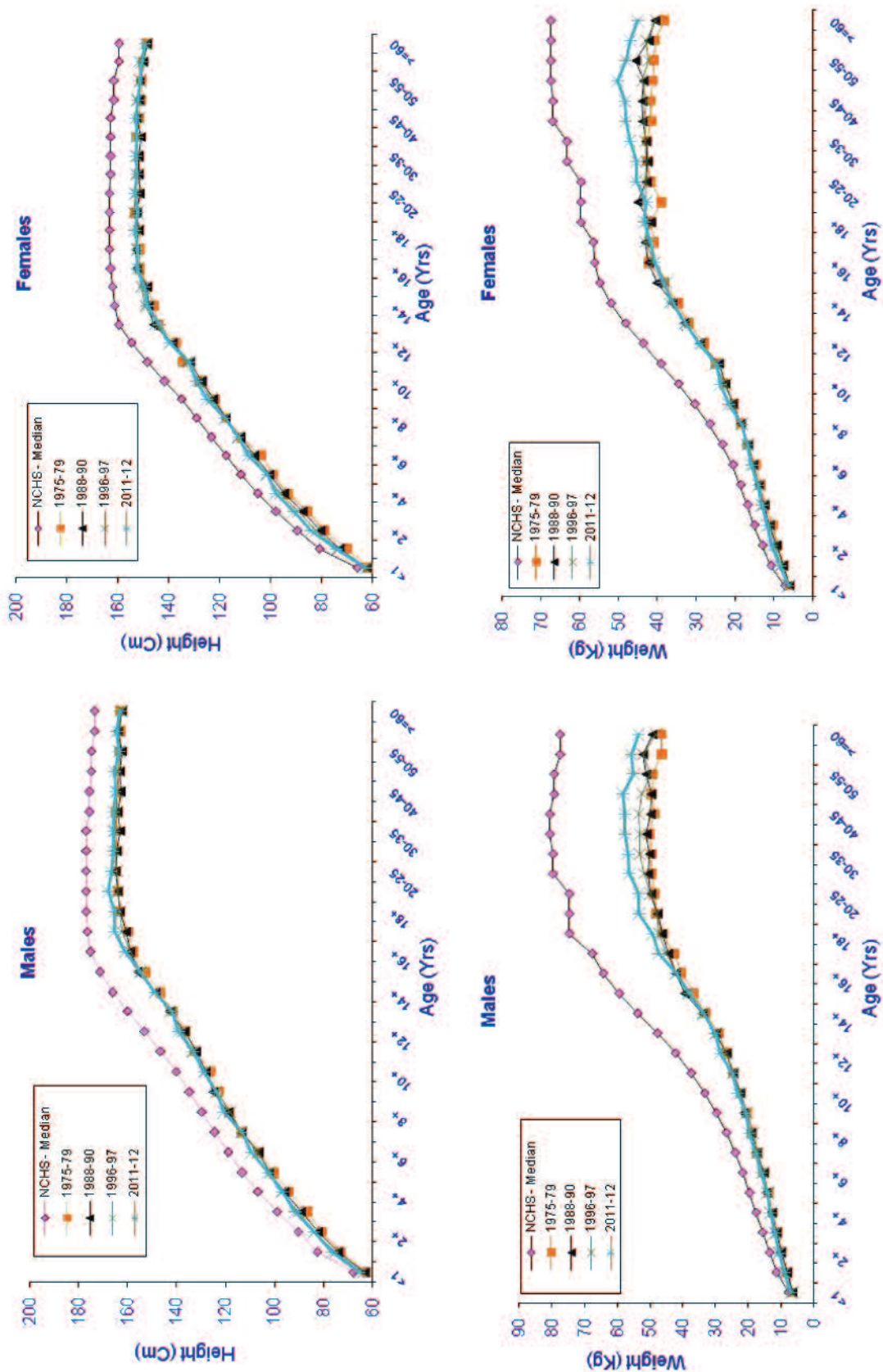


Fig 18. DISTANCE CHARTS FOR HEIGHTS AND WEIGHTS OF MALES AND FEMALES - ANDHRA PRADESH

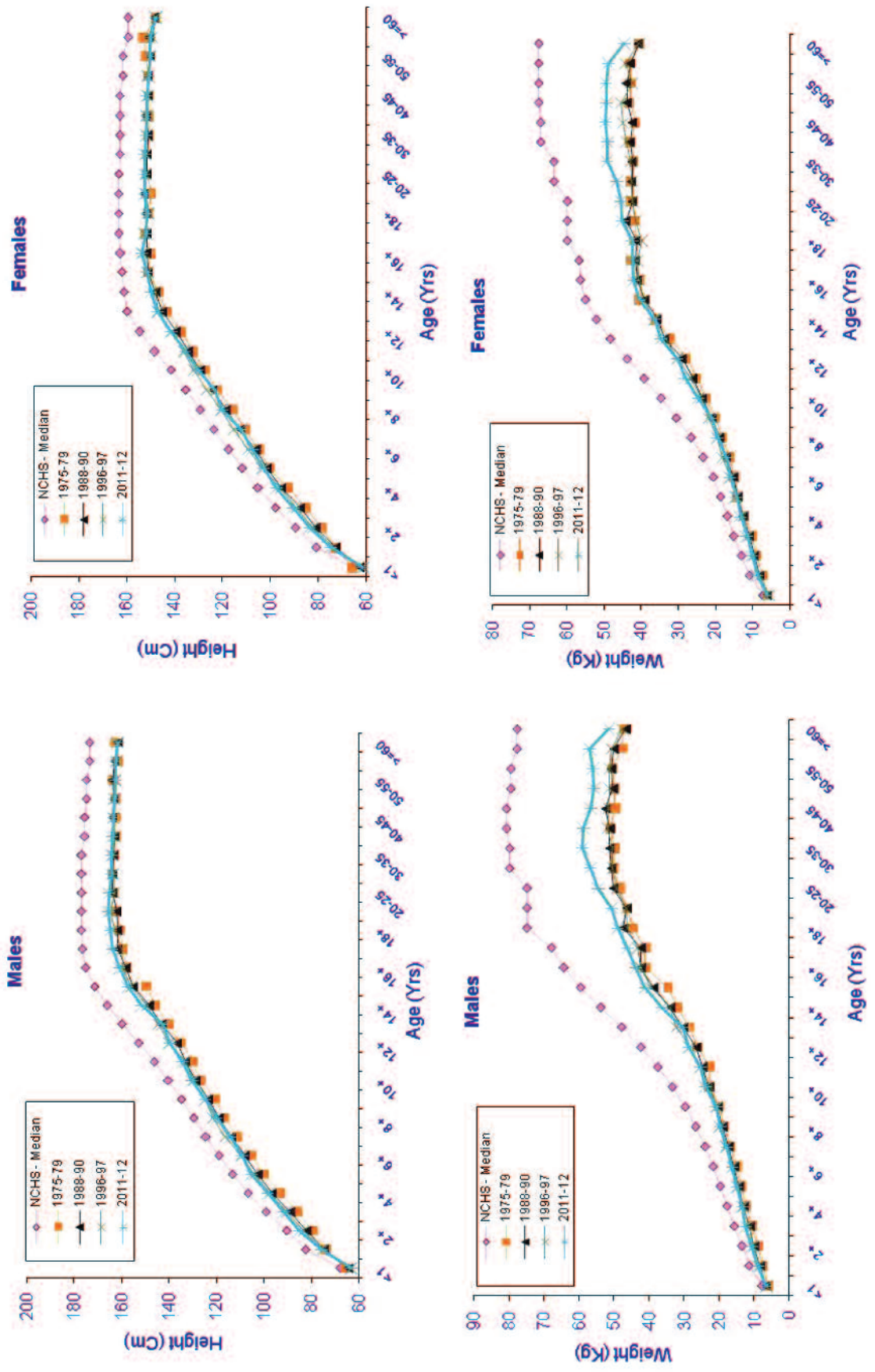


Fig 19. DISTANCE CHARTS FOR HEIGHTS AND WEIGHTS OF MALES AND FEMALES - MAHARASHTRA

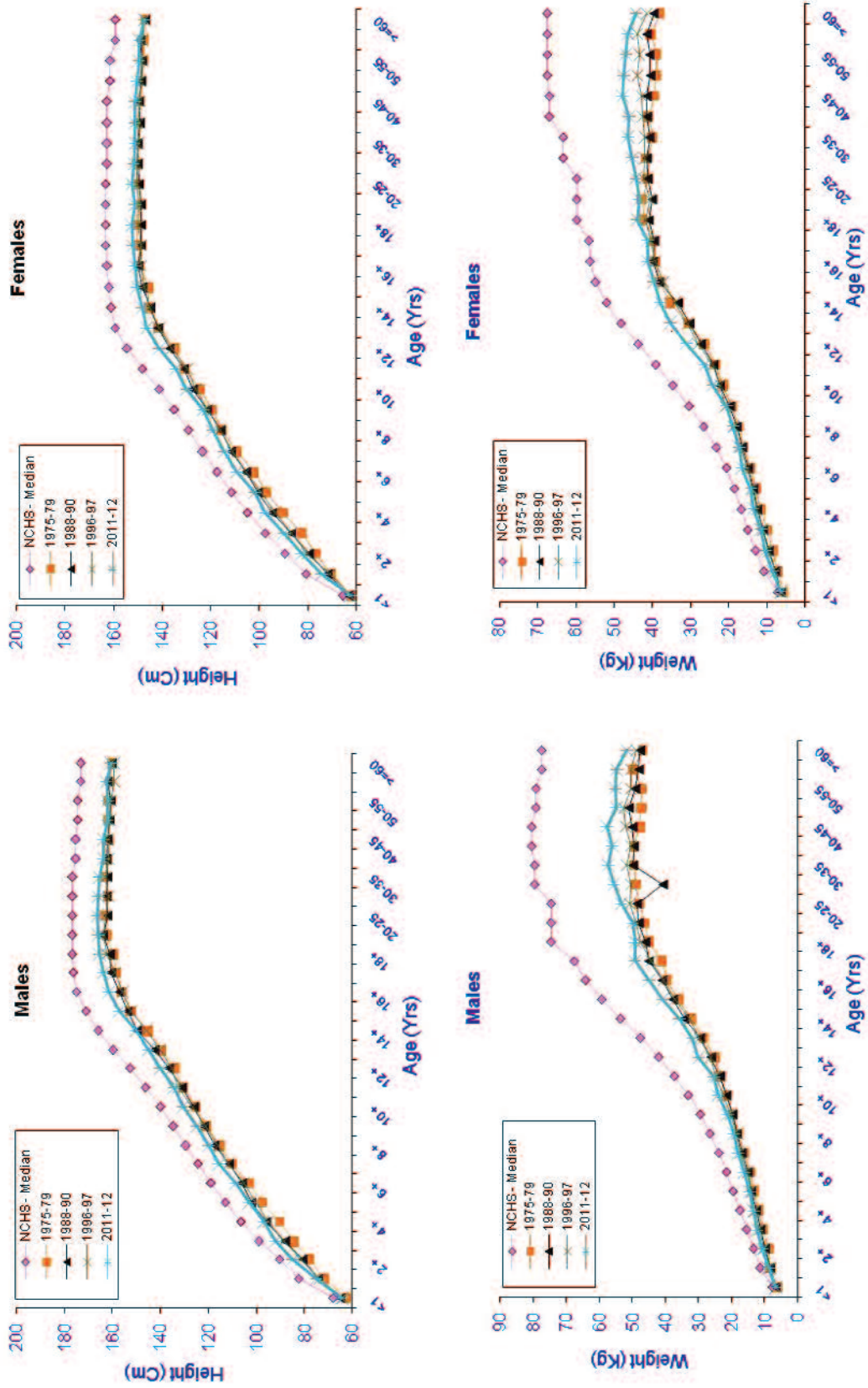


Fig 20. DISTANCE CHARTS FOR HEIGHTS AND WEIGHTS OF MALES AND FEMALES - GUJARAT

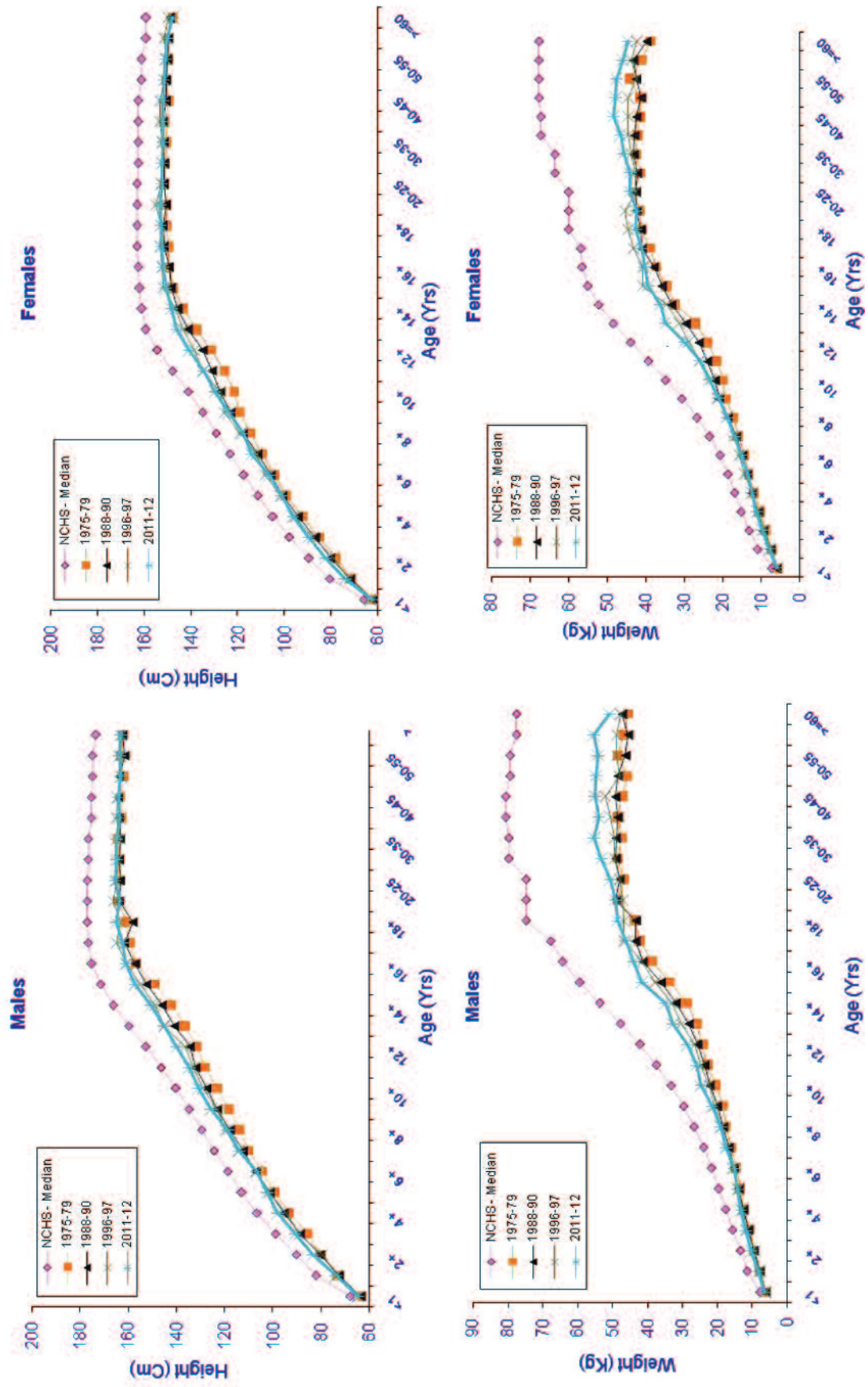
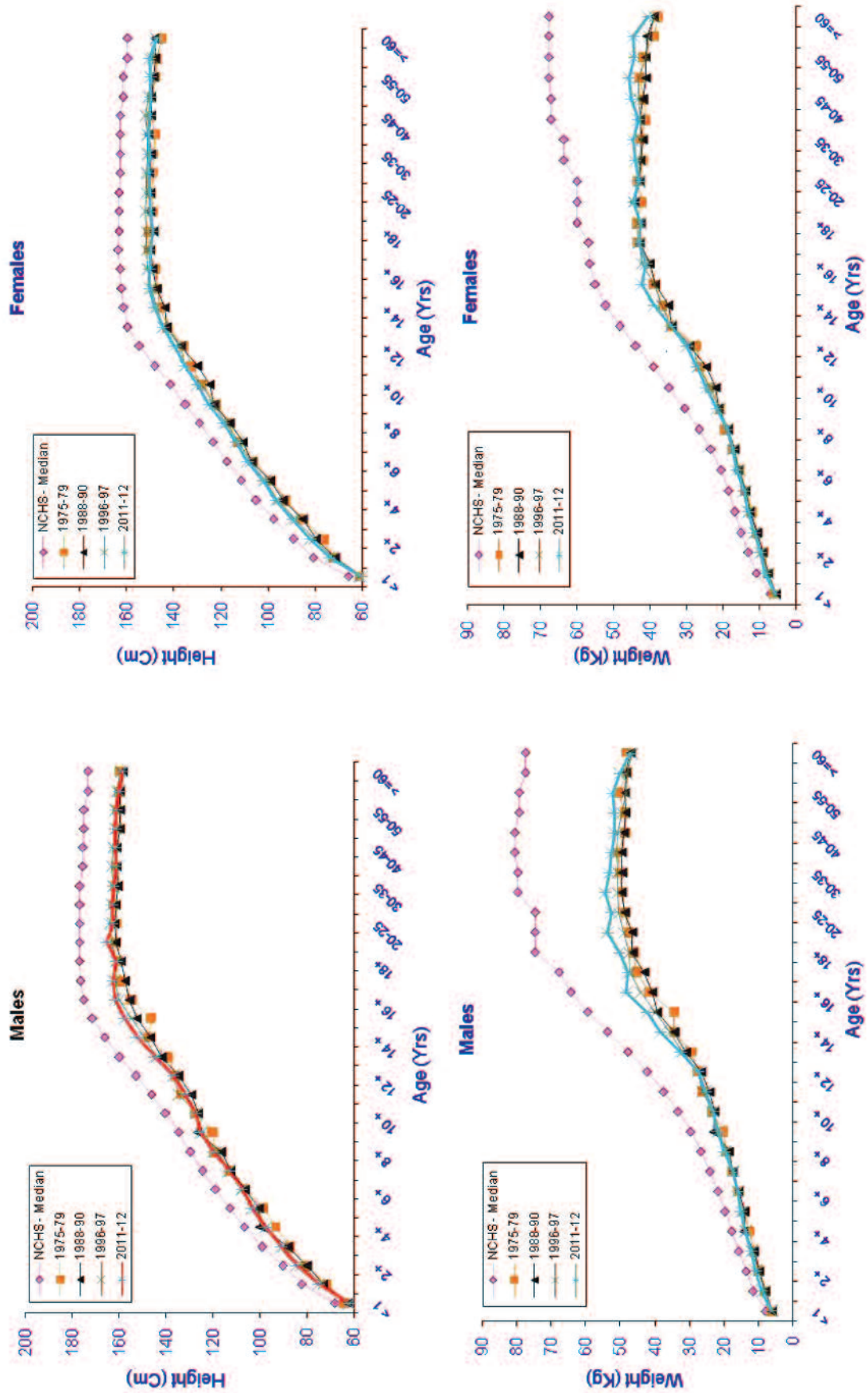


Fig 21. DISTANCE CHARTS FOR HEIGHTS AND WEIGHTS OF MALES AND FEMALES - ORISSA



Pre-school children

The prevalence of underweight, stunting and wasting using WHO growth standards for the periods 1975-79, 1996-97 and 2011-12 is presented in **Tables 89.1-91.3 & Figs. 22-24**. It was observed that there is reduction in the prevalence of underweight from

Fig 22. PREVALENCE (%) OF UNDERNUTRITION AMONG 1-5 YEAR BOYS ACCORDING TO WHO CLASSIFICATION: TIME TRENDS (7 States Pooled)

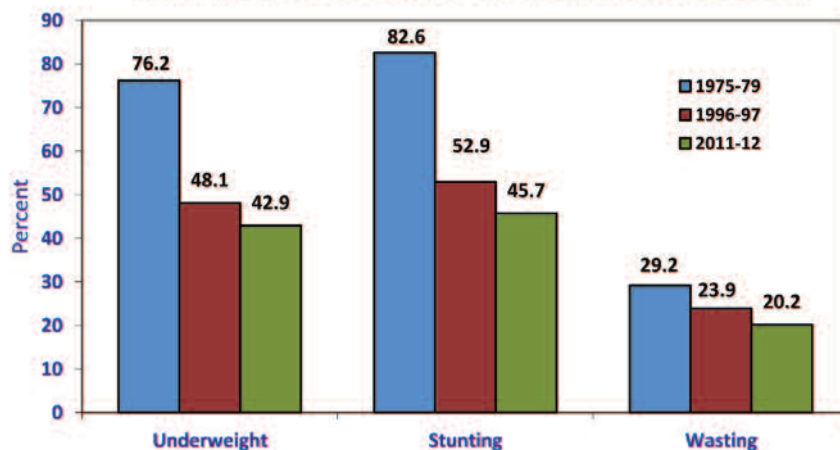


Fig 23. PREVALENCE (%) OF UNDERNUTRITION AMONG 1-5 YEAR GIRLS ACCORDING TO WHO CLASSIFICATION: TIME TRENDS (7 States Pooled)

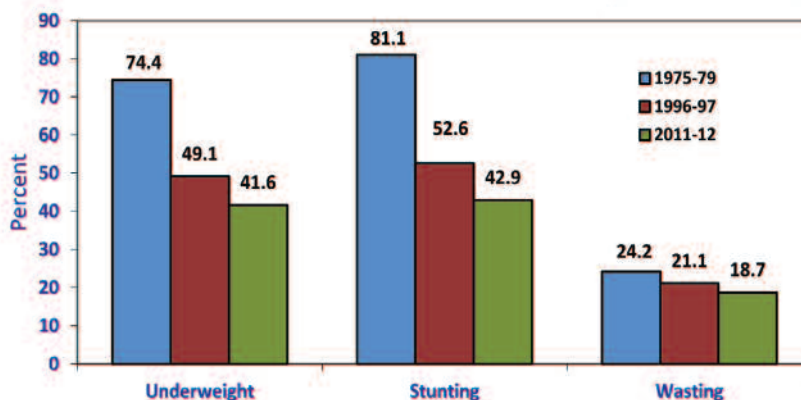
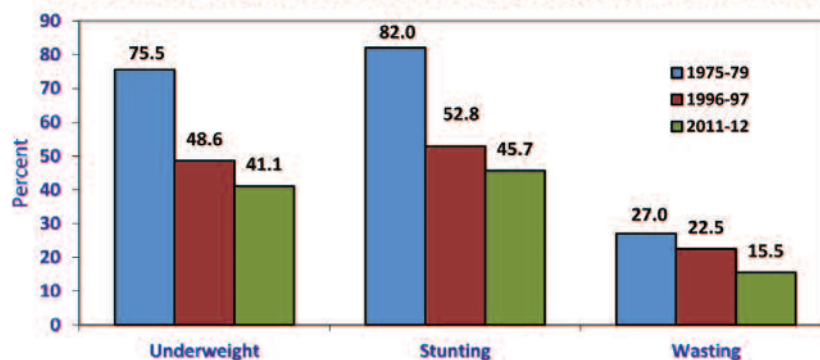


Fig 24. PREVALENCE (%) OF UNDERNUTRITION AMONG 1-5 YEAR BOYS & GIRLS ACCORDING TO WHO CLASSIFICATION: TIME TRENDS



76% to 43% among boys and 74% to 42% among girls, stunting from 83% to 46% among boys and 81% to 43% among girls and wasting from 29% to 20% among boys and 24% to 19% among girls during the above period.

Adults

The prevalence of chronic energy deficiency (CED) among men declined from about 59% in 1975-79 through 46% during 1996-97 and to 32% in 2011-12, while among women, it declined from about 52% to 48% and to 33% during the same period (**Table 92.1,92.2 & Figs.25-26**). The prevalence of overweight/obesity (BMI ≥ 25) increased from 2% in 1975-79 to 12% in 2011-12 among men and from 3% to 16% among women, during the same period.

Fig 25. DISTRIBUTION (%) OF ADULT MEN BY NUTRITIONAL STATUS ACCORDING TO WHO STANDARDS: CHANGE OVER A PERIOD

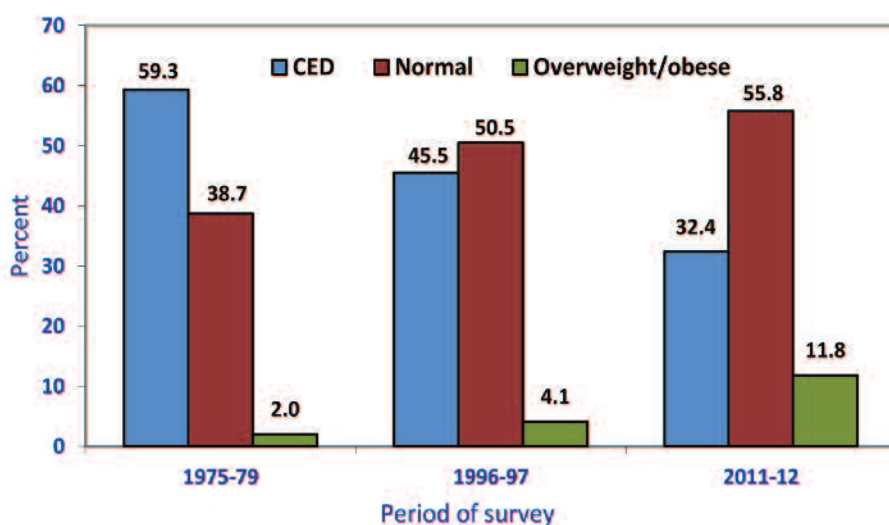
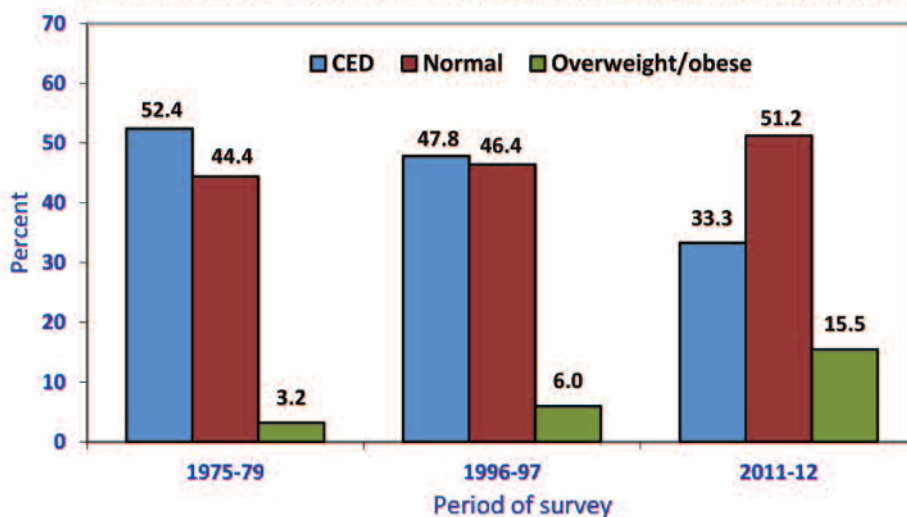


Fig 26. DISTRIBUTION (%) OF ADULT WOMEN BY NUTRITIONAL STATUS ACCORDING TO WHO STANDARDS: CHANGE OVER A PERIOD



5.13. Infant & Young Child Feeding (IYCF) Practices

5.13.1. Particulars of coverage

A total of 4,459 mothers of less than 3 year children were covered for infant and young child feeding practices, of which 1,668 children were below 12 months and 2,791 were between 12-36 months (**Table 93**).

5.13.2. Particulars of last pregnancy (mothers of <6 month children)

Information collected on antenatal care (ANC) from mothers having <6 month children are given in **Tables 94.1-94.6**. About 89% mothers had reportedly undergone antenatal check-ups (ANCs) during their last pregnancy, which ranged from a low in Uttar Pradesh (54%), to a high in Kerala and Maharashtra (100% each). About two thirds (67%) of the mothers had undergone atleast three ANCs and it was high in Kerala and Andhra Pradesh (93%-98%) but low in Uttar Pradesh (22.1%). About three fourth of the pregnant women (77%) registered for ANC before 16 weeks of gestation, which ranged from a low 37% in Uttar Pradesh to a high 94-100% in Kerala and Tamil Nadu. About 31% of mothers had ANCs at PHC/CHC, about 10% had at *taluk*/district hospitals; about 10% each of the mothers had ANCs at the sub centre and Anganwadi Center (AWC), while 27% had ANCs at private clinic. In about 58% of mothers, the ANCs were conducted by either Medical Officers (ranged from 11% in Madhya Pradesh and West Bengal to 58% in Orissa) or by ANM or LHV (ranged from none in Kerala to 75% in Madhya Pradesh). About 29% of ANCs were conducted by private doctors (ranging from a low 7% in Madhya Pradesh to a high 56% in Kerala).

Major components of ANC included were physical examination (85.9%), weight recording (80.5%), measuring blood pressure (78.6%), haemoglobin estimation & urine examination (74% each). About 84% mothers received advice from health personnel to consume more green leafy vegetables, other vegetables and fruits, to attend ANCs regularly and consume Iron & Folic Acid (IFA) tablets during pregnancy.

About 93% of mothers reportedly received immunization against tetanus with tetanus toxoid (TT), of which 86% received two doses and 7% received one dose. About 7% of the pregnant mothers did not receive TT immunization (**Tables 95.1-95.2**). About 86% of pregnant women received IFA tablets, ranged from a low 60% in Kerala and Uttar Pradesh to a high 95-98% in Tamil Nadu, West Bengal, Andhra Pradesh, Maharashtra, Orissa and Karnataka. About 52% received ≥ 90 IFA tablets, ranged from a low 20% in Uttar Pradesh and high 79% in Tamil Nadu. About 35% consumed ≥ 90 IFA tablets during the pregnancy, ranged from a low 11% in Uttar Pradesh to a high 66% in Andhra Pradesh. The IFA tablets were received either from ANM (39.5%) or MO-PHC (14.8%) and private practitioner (14.5%) (**Tables 95.3-95.4**).

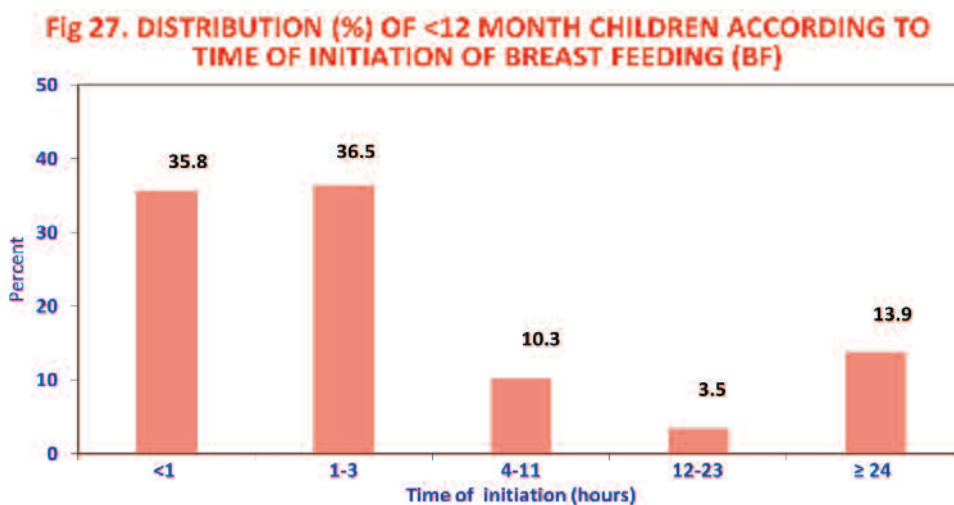
5.13.3. Particulars of last delivery (mothers of <12 month children)

Information on latest delivery particulars of mothers of <12 month children is provided in **Tables 96.1 to 96.2**. About 75% of deliveries were conducted in institutions, which ranged from a low 47% in Uttar Pradesh to a high 99% in Kerala. A majority of the deliveries were conducted either by a MO-PHC or private physician (54.6%) that ranged from a low 16.1% in Madhya Pradesh to a high 96% in Kerala. About 78% of mothers reported that the birth weight was recorded, that ranged from a low 28% in Uttar Pradesh to a high 99% in Kerala. A majority of the birth weights were recorded on the same day (74%). However, information on births was available only for 66% of infants as per records. The prevalence of low birth weight was about 16%, ranged from a low 11% in Karnataka to a high 19.3% in West Bengal.

5.13.4. IYCF Practices of mothers

5.13.4.1. <12 month children

Information on breastfeeding and complementary feeding practices of mothers of <12 month children is provided in **Tables 97.1-97.3**. About 25% of the women reportedly gave pre-lacteal feeds such as cow/goat milk, honey, sugar/glucose water etc. to the newborn, which ranged from a low 11% in Madhya Pradesh to a high 39% in Uttar Pradesh. About 36% of mothers initiated breast feeding within 1 hour after delivery, ranged from 17% in Madhya Pradesh to 74% in Maharashtra. While 37% were fed between 1-3 hours, 28% did so after 4 hours of delivery (**Fig 27**). About 85% of the mothers reportedly fed colostrum to the newborn, ranged from a low 70% in Karnataka, to a high 99% in Kerala.



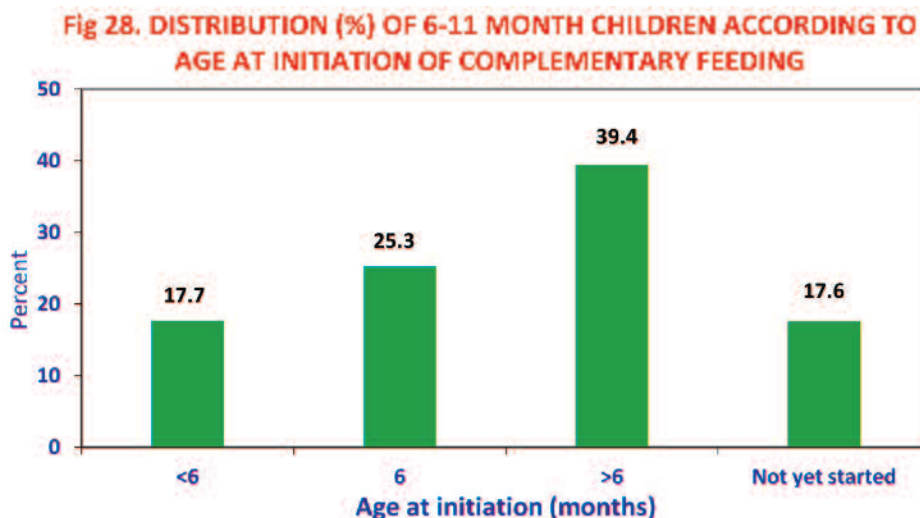
Current Feeding Practices

0-5 month infants

About 79% of the infants below 6 months were solely breastfed that ranged from 47% in Kerala to 94% in Maharashtra. About 8% received water in addition to breast milk and 11% of infants received complementary feeds viz. cow/buffalo milk in addition to breast milk. Introduction of complementary feeding before 6 months of age was reported high in Kerala (51.2%), followed by West Bengal (22.7%), Tamil Nadu (21.2%), Uttar Pradesh (12.5%) and observed lowest in Gujarat (1%) (**Table 98.1**).

6-11 month infants

About 10% of the 6-11 month infants were currently solely breast fed. About 7% received water and 79% received complementary foods in addition to breast milk which was highest in Kerala (96.3%) and lowest in Gujarat and Uttar Pradesh (67% each). Only about 21% were solely breast fed upto six months. Of those who were currently receiving complementary foods (79%), the complementary feeding was initiated at 6 months of age in about 25% of infants (**Fig 28**). The children who received complementary feed at 6 months of age was reported highest in Andhra Pradesh (41%), and lowest in Gujarat (3.2%). The commonly used complementary foods included homemade semi-solids (52%), followed by cow/buffalo milk (48.7%), homemade solids (37.5%), commercial baby foods (20.9%) and formula milk (7.9%) (**Tables 98.1 – 98.4**).



The foods generally included in the homemade complementary feeds were cereals & millets (67%), pulses (58%), milk & milk products (52%), fruits (43%), fats & oils (28%), green leafy vegetables, other vegetables and roots & tubers (30% each), (**Table 99.1**). About 48% of the children received 3-5 complementary feeds per day, while 32% received either 2 or one feed a day (**Table 99.2**). About 3% of infants fed themselves by hand. About 51% of mothers fed the infants with their hand, while 27% fed with spoon. The feeding was supervised mostly by the mothers (79.6%) (**Table 99.3**).

5.13.4.2. 12-35 month children

About 60% of the children were currently receiving complementary foods in addition to breast milk, which ranged from low 31% in Tamil Nadu to a high 86% in Orissa. About 37% of the children were not breast fed (**Table 100.1**). The type of foods included were homemade solids (87%), cow/buffalo milk (67%), homemade semi-solids (56.6%), commercial baby foods (10%) and formula milk (5.3%). The use of commercial baby foods were higher in Kerala (33%), followed by Orissa (17.7%) and Tamil Nadu (15.2%) (**Table 100.2**). The most commonly used food groups included cereals & millets (97%), pulses (95.5%), GLV (87%), other vegetables (86%), roots & tubers (85%), fruits (83%), Milk & milk products (82%), fats & oils (77%), eggs (54%) and flesh foods (46%) (**Table 100.3**). About 83% of the children were fed ≥ 3 times a day. The proportion of children fed ≥ 3 times a day was observed highest in West Bengal & Kerala (94%) and lowest in Andhra Pradesh (50%). About 38% of the children consumed foods themselves either with hand (35%) or spoon (2.5%), while 61% were fed by their mothers. In most cases, feeding was supervised by their mothers (91%) (**Tables 100.4-100.5**).

5.13.4.3. Care of the child and personnel hygiene

About 67% of children were taken care by their mothers at home and only 9% carried their children to the work spot. One fifth of the children were taken care at home either by elders (17%) or their siblings (4%). About 34% of mothers washed their hands with soap and water before feeding the child, while 59% washed their hands with soap and water after defecation.

The proportion of mothers carried their children to work spot was observed to be higher in Madhya Pradesh (33%), followed by Gujarat (25%), Orissa (8.5%) and nil in Kerala (**Table 101.1**).

5.13.4.4. Personnel contacted during illness

About 60% of mothers stated that they consulted private practitioner when their child had fallen sick, while 28% consulted MO-PHC. The proportion of mothers consulting private practitioner was higher in the State of Andhra Pradesh (83%) and was observed lower in Orissa (17.1%). On the other hand, the proportion of mothers consulting MO-PHC was higher in the State of Orissa (78.4%) and observed lowest in Andhra Pradesh (7.7%) (**Table 101.2**).

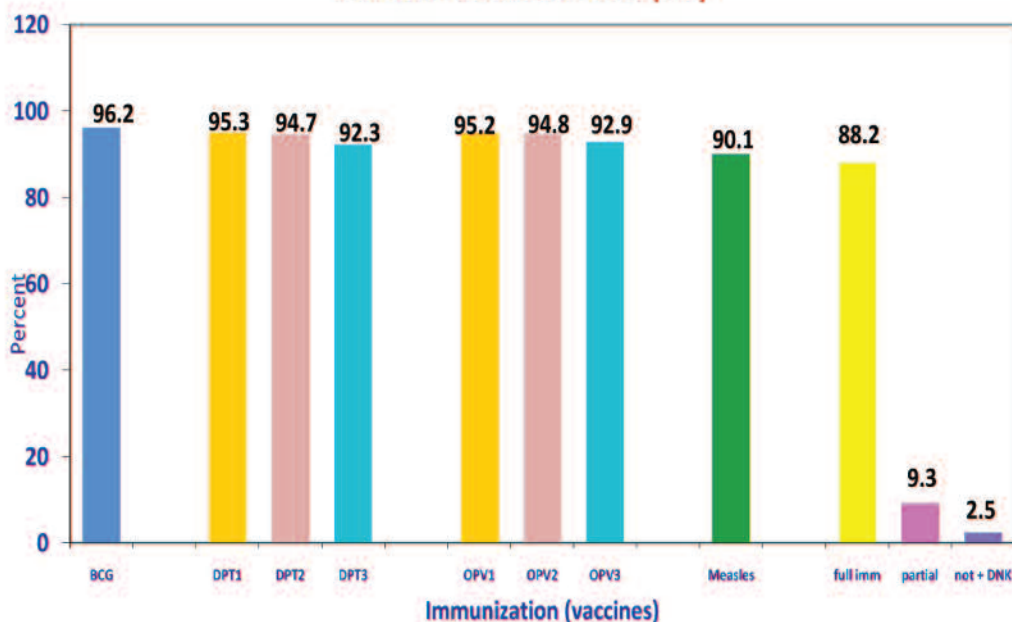
5.13.4.5. Oral rehydration therapy

About 47% of mothers reportedly gave oral rehydration solution (ORS) during the episodes of diarrhoea. The proportion was higher in the states of Maharashtra (66.6%), followed by Karnataka (61.9%) and was lowest in Kerala (8%). The most commonly used ORS was the commercial brands of ORS powders (25%) (**Table 102**).

5.13.4.6. Coverage for immunization under UIP

The particulars of coverage of 12-24 month children for immunization under Universal Immunization Programme (UIP) during the first year of life are provided in **Tables 103.1-103.3 & Fig. 29**. About 88% of the children were fully immunized, 9% were partially immunized, while about 1% did not receive any immunization. The coverage for complete immunization ranged from a low 74% in Uttar Pradesh to a high 94% in Maharashtra and Karnataka. Major source of this information was immunization card (58.5%), parents (31.7%), and anganwadi records (5.1%). The major reason for not immunized at all or partially immunized was either they are 'not offered' (4.8%) or unaware of the need (2%).

Fig 29. COVERAGE (%) OF 12-24 MONTH CHILDREN ACCORDING TO UNIVERSAL IMMUNIZATION PROGRAM (UIP)



5.13.4.7. Coverage for massive dose of vitamin A supplementation (VAS)

National programme for prevention and control of nutritional blindness due to vitamin A deficiency envisages that all the children between 9 to 59 months should receive biannual massive dose of vitamin A. The particulars of coverage of children for VAS during the previous one year are provided in **Tables 104.1-104.3**. About 85% of 12-35 month children reportedly received at least one dose of vitamin A. The coverage ranged from a low 58% in Uttar Pradesh to a high 96% in Madhya Pradesh. About 49% of 12-35 month children received 2 doses, while 37% received one dose of vitamin A during the preceding year. In a majority of cases, the VAS was administered at AWC (54.8%), mostly either by ANM (57.4%) or AWW (20.7%). The major reasons for non-receipt of VAS were either they are 'not offered' (10.7%) or 'unaware of the need' (3.4%).

6. DISCUSSION

The third repeat survey was carried out in 10 NNMB States during 2011-12, with an objective to assess the current diet and nutritional status of the rural communities and time trends over the period of time i.e. from 1975-79. Since the data is available only for the seven states at all the time points, the results were presented only for these states. In view of the emerging diet related and life style diseases all over the world, both in developing and developed countries, the prevalence of overweight/obesity, hypertension and diabetes mellitus among rural adult men and women (≥ 18 years) was also assessed for the first time in this study.

The study revealed changes in some socio-demographic variables, such as proportion of *pucca* houses from 11% to 24% and reduction of *kutchra* houses from 38% to 19%. With respect to major occupation of head of HH i.e. owner cultivators declined from 46% to 26%, while the proportion of other labour increased (27% to 45%) over the period of 35 years (1975-79 to 2011-12). The monthly PCI of HHs increased over the period of 15 years (1996-97 to 2011-12). This is in line with decline in poverty over the periods²⁰.

The dietary pattern of rural communities revealed that they were subsisting on inadequate diets. In general, the overall intakes of various foods were lower than the RDI, except for roots & tubers. The average intake of all the foods except for green leafy vegetables, pulses and fats & oils declined over the period of time at house hold level, while marginal increase was observed in the intake of green leafy vegetables and fats & oils. Though, there was an increase in the intake of milk & milk products in the States of Kerala, Tamil Nadu, Andhra Pradesh and Gujarat, still the intakes were below RDI. Similarly, the median intake of all the nutrients declined over the period of time. The National Sample Survey Organisation (NSSO) carried out the survey during different time points also observed decrease in the intake of energy and proteins over the periods, while that of fat intake has increased during the same period²¹.

The extent of dietary energy and protein inadequacy was more pronounced, reiterating the fact that, it is essentially 'food gap'. The intake of various micronutrients, particularly iron, vitamin A, riboflavin and folic acid was grossly deficient, which is in line with inadequate intake of protective foods. This could be the reason for high prevalence of anaemia as observed in our previous study³.

The proportion of HHs consuming adequate amount of protein declined from 78% during 1975-79 to 73% during 2011-12 in all the states, except in the states of Gujarat, Madhya Pradesh and Kerala, while the intake of adequate calories has decreased from 58% vs 36% over the same period in all States except in the State of Madhya Pradesh.

The prevalence of clinical forms of protein-energy malnutrition such as marasmus and kwashiorkor was not observed in the current survey and vitamin A deficiency signs like Bitot's spot and vitamin B complex deficiency like angular stomatitis declined over the period of time.

The distance charts revealed that there was marginal improvement in the weights and heights of individuals of different age groups and genders over the period of time, but continued to be lower than the median WHO values.

The overall prevalence of underweight, stunting and wasting among 1-5 year children had declined (49% Vs 44%, 53% Vs 49% & 23% Vs 18%, respectively) over a period of time (1996-97 to 2011-12). The current prevalence of underweight, stunting and wasting among <5 year children is comparable to the figures reported by NFHS-3¹⁹ (43%, 48% and 20% respectively). A study carried out by NIN during 2010-11 in five regions of India reported the prevalence of underweight, stunting and wasting as 38%, 45% and 19% respectively²².

The current prevalence of undernutrition was higher as compared to neighbouring countries like Nepal (underweight 39%, and wasting 13%) and Bangladesh (underweight 41%, stunting 43% and wasting 17%), Sri Lanka (21%, 17% and 15%) and Pakistan (31%, 42% & 14%) respectively²³.

The prevalence of severe underweight, severe stunting and severe wasting had also declined from 1996-97 to 2011-12, which is comparable to NFHS 3 survey¹⁹. Thus, it was concluded that the improvement in the nutritional status of preschool children was only marginal.

The prevalence of undernutrition was higher among 1-3 year children as compared to 3-5 year children and similar observations were made by earlier studies.

The prevalence of CED among adult men and women declined over the period of time from 1975-79 to 2011-12, while the prevalence of overweight/obesity had increased during the same period.

The improvement in the nutritional status of the individuals, despite decline in the food and nutrient intake, could be attributed to non-nutritional factors such as improvement in access to safe drinking water, personal hygiene, environmental sanitation, improved purchasing power, better out-reach of health care services coupled with improvement in overall socio-economic conditions.

The prevalence of hypertension among adults, as per JNC VII Criteria was about 19% among men and 18% among women, while it was 22% each according to WHO criteria that includes old cases of hypertension, which is lower than the figures reported in previous survey among rural adults³. Prevalence of hypertension increases with age and was higher among elderly population in both the genders and is in similar lines with findings of other studies. The prevalence of hypertension was higher in the states of West Bengal, Maharashtra and Kerala among men, while in case of women, the prevalence was higher in the States of West Bengal, Orissa, Maharashtra and Kerala. The prevalence of hypertension in the State of Kerala is consistent with the figures reported by other studies carried out in Kerala.

A study carried out by Sharma et al in Nepal reported 34% prevalence of hypertension among adults of ≥ 20 years of age²⁴.

As reported by WHO, the prevalence of hypertension in South East Asian Region among men and women of ≥ 25 years of age was 37% and 35%, respectively, while the corresponding figures reported for India was 36% and 34%, respectively²⁵.

Current levels of awareness of hypertension was high among rural adult population and comparable to other studies^{26,27,28}. A study carried out in rural China reported that only 26% were aware of their hypertensive status and 22% were on treatment²⁹.

The prevalence of diabetes mellitus among adults population was 8% among men and 7% among women. The prevalence of diabetes increased with age and was higher among elderly population in both the genders. The prevalence of diabetes was higher in the States of Gujarat and Kerala among men, while in case of women, the prevalence was higher in the States of Gujarat, Tamil Nadu and Kerala. Sharma et al also reported 6% prevalence of diabetes among adult of ≥ 20 years of age in Nepal²³.

Awareness about diabetes mellitus was 75% and 67% among men & women respectively.

High prevalence of hypertension and diabetes among men may be attributed to high rates of tobacco use (51%) and alcohol consumption (28%) and changed dietary habits.

Infant and young child feeding (IYCF) practices were assessed for the first time among mothers of < 3 year children. IYCF practices have a significant role on child health and survival. It was observed that about 36% each of the mothers reportedly initiated breastfeeding within one hour and 1-3 hours after delivery, while 14% initiated breast feeding after 24 hours of birth, which was slightly higher than that reported by the NFHS-3 for the country (28%)¹⁹.

The study revealed that about 89% of pregnant women had undergone antenatal check-up, which was high in Kerala and Maharashtra (100%) and low in Uttar Pradesh (54%), and about 67% had atleast three ANC's. About 93% of pregnant women received TT immunization, which is higher than the figures reported by NFHS-3 (2005-06) as 87% of the pregnant women had undergone ANC and 68% had undergone at least three ANC's¹⁹. The present study also revealed that 70% of the deliveries were institutional and 75% of the deliveries were conducted by trained personnel, hence safe.

Pre-lacteals such as honey, cow/buffalo milk, glucose water etc was given to about one-fourth of infants. Pre-lacteals harm the gut and causes intestinal infection as the gut is immature, and hence such practices should be discouraged. Majority of the mothers fed colostrum to their newborns, which is good for the child's health and nutrition and such desirable practices should be encouraged in the community.

WHO and UNICEF has recommended that complementary feeding should be initiated immediately after 6 months of the infant's age and breastfeeding should be continued well into the second year of life and for longer duration, if possible. In this study, only 25% mothers initiated complementary feeding at 6 months of age, which is not satisfactory, although the mothers continued to breastfed for a longer duration (up to 2 years).

Although, 79% of the 6-11 month children received complementary feeds, only 25% started receiving the same at the age of 6 months. The complementary foods being given mostly included cow/buffalo milk and homemade semi-solids/solids. The frequency of feeding was at least 3 times was also low (51%).

It was observed that 88% children were fully immunized, ranged from a low 74% in the state of Uttar Pradesh to a high 94% in the states of Maharashtra and Karnataka. The major source of this information was 'Immunization cards' (59%) and 'parents' (32%).

In conclusion, there is a significant decline in the prevalence of undernutrition over the periods, although the current prevalence is still a major public health problem in India, despite of decrease in food and nutrient intakes of individuals in general. This may be due to improvement of non food factors like protected water supply, improved sanitation, improved health care services, control of common communicable diseases and increased family per capita income / month.

The prevalence of hypertension and diabetes are also significant public health problem in rural adult population of Kerala, Maharashtra, Orissa and West Bengal. Similarly, smoking of tobacco and consumption of alcohol was very high among rural men which are important risk factor for hypertension, diabetes and other cardiovascular diseases. Therefore, it is imperative to increase the awareness among the communities about adverse effects of tobacco and alcohol consumption through health education and behavioural change communication (BCC) for adoption and practice of healthy lifestyles. Similarly, through secondary prevention i.e. early diagnosis and regular treatment of subjects suffering from non-communicable diseases, we can control and prevent the complications. The data generated in the current study on hypertension & diabetes, and their risk factors can be greatly utilized by the planners to draw conclusions for recommending appropriate policies with respect to general health and nutrition.

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TABLES

Table 1 : STATE WISE COVERAGE PARTICULARS BY PERIOD OF SURVEY

State	No. of Villages surveyed					24 hrs recall diet survey (No. of HHs)				
	1975-79	1988-90	1996-97	2011-12		1975-79	1988-90	1996-97	2011-12	
Kerala	106	91	119	120		979	835	1180	1184	
Tamil Nadu	110	96	54	120		978	865	530	1199	
Karnataka	167	126	112	120		999	783	1020	1197	
Andhra Pradesh	136	119	115	120		1017	908	1142	1200	
Maharashtra	126	128	85	120		615	837	824	1195	
Gujarat	120	116	83	120		697	711	791	1197	
Madhya Pradesh	*	*	*	120		*	*	*	1197	
Orissa	98	156	109	120		524	824	1064	1198	
West Bengal	*	*	*	115		*	*	*	1145	
Uttar Pradesh	*	*	*	120		*	*	*	1198	
Pooled	918	882	713	1195		6497	6018	6551	11910	

(Contd...)

* Data not available

Table 1 : STATE WISE COVERAGE PARTICULARS BY PERIOD OF SURVEY (Contd...)

State	Nutritional Assessment (No. of individuals)				IYCF Practices (No. of mothers: 2011-12)	Blood Pressure (No. of adults: 2011-12)		Fasting Blood Sugar (No. of adults: 2011-12)	
	1975-79	1988-90	1996-97	2011-12		Men	Women	Men	Women
Kerala	5738	6633	8864	8297	245	2161	3195	1645	2391
Tamil Nadu	7387	10217	5813	7851	413	2134	2858	1119	1739
Karnataka	6453	8138	12606	8958	428	2467	2894	1628	2028
Andhra Pradesh	5844	9920	9545	8300	557	1899	2493	1111	1529
Maharashtra	5161	7796	6883	9525	467	2368	2648	1417	1599
Gujarat	4403	5374	4866	9645	477	2687	3021	2122	2503
Madhya Pradesh	*	*	*	7942	470	1965	2150	1579	1709
Orissa	3756	5540	12024	8473	398	2040	2624	1093	1628
West Bengal	*	*	*	8047	423	2058	2743	1413	2027
Uttar Pradesh	*	*	*	9860	581	2139	2415	1185	1366
Pooled	38742	53618	60601	86898	4459	21918	27041	14312	18519

* Data not available

Table 2 : DISTRIBUTION (%) OF HOUSEHOLDS BY RELIGION

State	n	Religion			
		Hindu	Muslim	Christian	Others
Kerala	2400	71.6	11.2	17.2	0.0
Tamil Nadu	2400	89.3	3.9	6.7	0.1
Karnataka	2399	91.2	8.0	0.3	0.5
Andhra Pradesh	2400	90.1	5.1	4.8	0.0
Maharashtra	2400	83.1	3.6	0.0	13.3
Gujarat	2390	93.5	3.6	2.9	0.0
Madhya Pradesh	2402	98.3	1.7	0.0	0.0
Orissa	2405	98.9	0.2	0.9	0.0
West Bengal	2293	82.7	13.5	1.0	2.8
Uttar Pradesh	2400	92.4	7.3	0.0	0.3
Pooled	23889	89.1	5.8	3.4	1.7

Table 3 : DISTRIBUTION (%) OF HOUSEHOLDS BY COMMUNITY

State	n	Community			
		ST	SC	BC	OC
Kerala	2400	1.0	18.6	47.0	33.4
Tamil Nadu	2400	1.8	28.1	46.1	24.0
Karnataka	2399	10.8	19.4	36.1	33.7
Andhra Pradesh	2400	7.7	21.2	50.8	20.3
Maharashtra	2400	15.8	21.0	27.8	35.4
Gujarat	2390	41.9	13.8	25.6	18.7
Madhya Pradesh	2402	23.7	15.5	41.4	19.4
Orissa	2405	22.1	22.7	34.5	20.7
West Bengal	2293	10.9	35.2	2.4	51.5
Uttar Pradesh	2400	1.8	37.5	40.7	20.0
Pooled	23889	13.8	23.2	35.4	27.6

Table 4 : DISTRIBUTION (%) OF HOUSEHOLDS BY TYPE OF HOUSE

State	n	Type of House		
		Kutcha	Semi Pucca	Pucca
Kerala	2400	3.2	49.0	47.8
Tamil Nadu	2400	15.8	44.2	40.0
Karnataka	2399	5.6	86.5	7.9
Andhra Pradesh	2400	23.8	34.8	41.4
Maharashtra	2400	4.6	84.5	10.9
Gujarat	2390	5.7	72.2	22.1
Madhya Pradesh	2402	43.1	50.7	6.2
Orissa	2405	33.9	42.9	23.2
West Bengal	2293	21.8	64.0	14.2
Uttar Pradesh	2400	33.5	37.2	29.3
Pooled	23889	19.1	56.5	24.4

Table 5 : DISTRIBUTION (%) OF HOUSEHOLDS BY TYPE OF FAMILY

State	n	Type of Family		
		Nuclear	Joint	Extended
Kerala	2400	57.9	23.7	18.4
Tamil Nadu	2400	67.5	17.7	14.8
Karnataka	2399	56.9	22.7	20.4
Andhra Pradesh	2400	59.7	20.0	20.4
Maharashtra	2400	48.3	19.8	31.9
Gujarat	2390	53.3	16.0	30.7
Madhya Pradesh	2402	65.4	12.9	21.7
Orissa	2405	61.3	17.9	20.8
West Bengal	2293	61.7	19.5	18.8
Uttar Pradesh	2400	64.1	16.1	19.8
Pooled	23889	59.6	18.6	21.8

Table 6 : DISTRIBUTION (%) OF HOUSEHOLDS BY LITERACY STATUS OF MALE HEAD OF THE HOUSEHOLD

State	n	Literacy Status					
		Illiterate	Read & Write	1-4 std.	5-8 std.	9-12 std.	College
Kerala	2400	7.2	0.5	25.3	20.1	41.5	5.5
Tamil Nadu	2400	21.4	2.3	8.8	35.5	25.8	6.2
Karnataka	2399	37.4	2.8	12.5	18.3	23.1	5.8
Andhra Pradesh	2400	54.0	1.7	8.4	13.2	18.8	3.9
Maharashtra	2400	22.0	0.9	17.3	20.3	32.6	7.0
Gujarat	2390	28.6	0.1	14.4	23.1	26.9	6.8
Madhya Pradesh	2402	29.1	3.4	8.5	35.1	13.3	10.6
Orissa	2405	33.2	1.0	10.4	25.7	21.2	8.5
West Bengal	2293	41.7	4.4	13.2	17.1	21.2	2.4
Uttar Pradesh	2400	35.3	2.1	4.5	23.3	27.1	7.6
Pooled	23889	30.9	1.9	12.3	23.2	25.2	6.4

Table 7 : DISTRIBUTION (%) OF HOUSEHOLDS BY LITERACY STATUS OF ADULT WOMEN

State	n	Literacy Status					
		Illiterate	Read & Write	1-4 std.	5-8 std.	9-12 std.	College
Kerala	2400	8.8	0.3	20.1	17.0	45.6	8.2
Tamil Nadu	2400	29.9	1.5	8.5	33.1	22.3	4.8
Karnataka	2399	47.9	2.5	10.2	18.8	18.4	2.3
Andhra Pradesh	2400	66.4	0.7	6.8	12.9	11.4	1.8
Maharashtra	2400	41.3	0.6	14.1	20.1	21.6	2.2
Gujarat	2390	57.6	0.1	10.3	16.5	12.9	2.7
Madhya Pradesh	2402	58.7	2.2	6.6	24.1	5.3	3.0
Orissa	2405	50.0	0.9	8.1	21.9	15.1	4.0
West Bengal	2293	49.1	4.8	11.2	16.8	17.1	1.1
Uttar Pradesh	2400	67.3	2.0	3.1	17.2	7.7	2.7
Pooled	23889	47.7	1.5	9.9	19.9	17.8	3.3

Table 8 : DISTRIBUTION (%) OF HOUSEHOLDS BY MAJOR OCCUPATION OF THE HEAD OF HOUSEHOLD

State	n	Major Occupation							
		Landless Agri. Labourer	Other Labourer	Owner Cultivator	Landlord + Tenant Cultivator	Artisans	Service	Business	Others
Kerala	2400	0.5	38.7	2.9	0.0	11.0	8.4	20.4	18.1
Tamil Nadu	2400	25.8	27.5	10.5	0.9	4.6	9.7	6.7	14.3
Karnataka	2399	30.3	19.1	29.1	0.8	3.3	6.2	6.3	4.9
Andhra Pradesh	2400	13.3	33.6	22.9	5.0	4.2	8.5	4.6	7.9
Maharashtra	2400	30.0	14.3	30.5	1.1	2.2	10.8	5.0	6.2
Gujarat	2390	13.3	7.6	56.7	0.6	2.9	12.1	3.7	3.2
Madhya Pradesh	2402	21.3	27.5	23.9	13.9	3.0	5.1	3.8	1.5
Orissa	2405	2.2	44.7	18.0	2.5	6.7	10.8	8.4	6.8
West Bengal	2293	5.7	48.0	7.4	1.3	4.3	8.3	11.4	13.7
Uttar Pradesh	2400	7.8	41.6	27.6	1.1	3.4	11.4	5.3	1.7
Pooled	23889	15.1	30.2	23.0	2.7	4.5	9.1	7.5	7.8

Table 9 : DISTRIBUTION (%) OF HOUSEHOLDS BY LAND OWNERSHIP

State	n	Land (Acres)				
		None	<5	5-10	10-20	≥ 20
Kerala	2400	42.5	57.1	0.4	0.0	0.0
Tamil Nadu	2400	59.3	37.2	2.6	0.8	0.2
Karnataka	2399	28.2	55.0	11.1	3.6	2.1
Andhra Pradesh	2400	35.5	52.1	8.9	2.8	0.6
Maharashtra	2400	34.2	45.3	13.1	5.6	1.8
Gujarat	2390	28.2	59.0	8.0	3.9	0.9
Madhya Pradesh	2402	45.5	40.5	9.1	3.6	1.3
Orissa	2405	26.6	69.4	3.5	0.6	0.0
West Bengal	2293	69.5	30.0	0.4	0.1	0.0
Uttar Pradesh	2400	34.8	60.6	3.5	0.8	0.3
Pooled	23889	40.3	50.7	6.1	2.2	0.7

Table 10 : DISTRIBUTION (%) OF HOUSEHOLDS BY FAMILY SIZE

State	n	Family Size			
		1-4	5-7	≥ 8	Average
Kerala	2400	59.9	36.4	3.8	4.3
Tamil Nadu	2400	57.6	39.0	3.3	4.3
Karnataka	2399	45.0	46.7	8.3	5.0
Andhra Pradesh	2400	53.5	41.1	5.4	4.6
Maharashtra	2400	39.5	49.8	10.7	5.2
Gujarat	2390	37.0	51.3	11.7	5.2
Madhya Pradesh	2402	41.2	48.5	10.2	5.1
Orissa	2405	40.6	50.9	8.5	5.1
West Bengal	2293	52.0	40.0	8.0	4.8
Uttar Pradesh	2400	36.7	50.1	13.2	5.3
Pooled	23889	46.3	45.4	8.3	4.9

Table 11 : DISTRIBUTION (%) OF HOUSEHOLDS BY MONTHLY PER CAPITA INCOME

State	n	Per Capita Income (Rs./Month)				Average
		< 300	300-600	600-900	≥ 900	
Kerala	2400	1.7	4.3	10.0	84.0	2556
Tamil Nadu	2400	0.5	6.2	13.8	79.5	2026
Karnataka	2399	5.6	18.6	21.4	54.4	1458
Andhra Pradesh	2400	1.8	15.8	21.4	61.0	1402
Maharashtra	2400	5.8	21.4	19.0	53.8	1400
Gujarat	2390	22.6	29.0	15.2	33.2	1063
Madhya Pradesh	2402	6.2	36.0	23.0	34.9	1089
Orissa	2405	13.6	38.1	21.6	26.7	832
West Bengal	2293	15.2	39.4	21.8	23.5	770
Uttar Pradesh	2400	21.5	30.9	16.8	30.8	942
Pooled	23889	9.4	23.9	18.4	48.3	1356

Table 12 : DISTRIBUTION (%) OF HOUSEHOLDS BY PRESENCE OF SANITARY LATRINE

State	n	Sanitary Latrine		
		Present & in use	Present & not in use	Absent
Kerala	2400	96.5	0.8	2.7
Tamil Nadu	2400	31.2	3.7	65.1
Karnataka	2399	24.9	1.4	73.7
Andhra Pradesh	2400	32.1	2.9	65.0
Maharashtra	2400	45.1	4.8	50.1
Gujarat	2390	34.0	1.1	64.9
Madhya Pradesh	2402	11.9	1.6	86.5
Orissa	2405	18.0	2.7	79.4
West Bengal	2293	33.7	0.5	65.9
Uttar Pradesh	2400	14.0	1.0	85.0
Pooled	23889	34.1	2.0	63.8

Table 13 : DISTRIBUTION (%) OF HOUSEHOLDS BY PRESENCE OF SEPARATE KITCHEN

State	n	Separate kitchen	
		Present	Absent
Kerala	2400	98.1	1.9
Tamil Nadu	2400	55.4	44.6
Karnataka	2399	80.0	20.0
Andhra Pradesh	2400	44.1	55.9
Maharashtra	2400	72.5	27.5
Gujarat	2390	33.5	66.5
Madhya Pradesh	2402	38.1	61.9
Orissa	2405	69.2	30.8
West Bengal	2293	44.4	55.6
Uttar Pradesh	2400	35.8	64.3
Pooled	23889	57.2	42.8

Table 14 : DISTRIBUTION (%) OF HOUSEHOLDS BY TYPE OF COOKING FUEL USED

State	n	Type of cooking fuel			
		Fire wood	Kerosene	Bio-gas	LPG
Kerala	2400	71.0	0.3	0.2	28.6
Tamil Nadu	2400	70.5	2.6	0.3	26.6
Karnataka	2399	85.2	1.3	1.3	12.2
Andhra Pradesh	2400	81.1	0.6	0.6	17.6
Maharashtra	2400	79.2	1.6	1.3	17.9
Gujarat	2390	84.8	1.6	1.0	12.6
Madhya Pradesh	2402	93.9	0.4	0.6	5.1
Orissa	2405	97.2	0.6	0.1	2.1
West Bengal	2293	95.4	0.5	0.6	3.5
Uttar Pradesh	2400	96.3	0.5	0.1	3.1
Pooled	23889	85.4	1.0	0.6	13.0

Table 15 : DISTRIBUTION (%) OF HOUSEHOLDS BY ELECTRIFICATION OF HOUSE

State	n	Electrification	
		Yes	No
Kerala	2400	97.4	2.6
Tamil Nadu	2400	97.6	2.4
Karnataka	2399	95.2	4.8
Andhra Pradesh	2400	97.7	2.3
Maharashtra	2400	88.2	11.8
Gujarat	2390	93.1	6.9
Madhya Pradesh	2402	74.1	25.9
Orissa	2405	54.3	45.7
West Bengal	2293	56.4	43.6
Uttar Pradesh	2400	34.7	65.3
Pooled	23889	79.0	21.0

Table 16 : DISTRIBUTION (%) OF HOUSEHOLDS BY SOURCE OF DRINKING WATER

State	n	Drinking water source					
		Open well	Tube well	Tap	Pond/Tank	Stream/River/Canal	Others
Kerala	2400	80.3	3.0	13.7	1.3	1.7	0.0
Tamil Nadu	2400	5.2	8.0	84.8	0.5	1.1	0.4
Karnataka	2399	8.1	17.8	56.1	14.1	3.6	0.3
Andhra Pradesh	2400	3.5	19.1	66.5	3.5	2.7	4.6
Maharashtra	2400	16.3	30.9	51.8	0.1	0.9	0.0
Gujarat	2390	10.1	16.4	60.1	0.6	0.8	11.9
Madhya Pradesh	2402	18.2	68.9	12.7	0.2	0.0	0.0
Orissa	2405	10.2	80.1	9.0	0.1	0.6	0.0
West Bengal	2293	8.0	76.7	15.0	0.1	0.2	0.0
Uttar Pradesh	2400	1.8	97.3	0.9	0.0	0.0	0.0
Pooled	23889	16.2	41.7	37.2	2.1	1.2	1.7

Table 17 : DISTRIBUTION (%) OF HOUSEHOLDS BY BENEFICIARY OF NREGP AND FREE HOUSING SCHEME

State	n	NREGP*	Free Housing Scheme
Kerala	2400	29.4	16.9
Tamil Nadu	2400	45.3	15.3
Karnataka	2399	12.7	19.7
Andhra Pradesh	2400	67.0	37.0
Maharashtra	2400	23.8	8.9
Gujarat	2390	22.8	13.3
Madhya Pradesh	2402	46.1	1.7
Orissa	2405	58.7	21.9
West Bengal	2293	63.6	2.8
Uttar Pradesh	2400	31.2	8.9
Pooled	23889	40.0	14.7

*National Rural Employment Guarantee Programme

Table 18.1 : AVERAGE HOUSEHOLD CONSUMPTION OF FOOD STUFFS (g/CU/day)

STATES		Cereals	Milletts	Cereals & Milletts	Pulses & Legumes	Green Leafy Veg.	Other Veg.	Roots & Tubers	Fruits	Fish	Other Flesh Foods	Milk & Milk Prod.	Fats & oils	Sugar & Jaggery
Kerala (n=1184)	Mean	286	0	286	21	10	51	59	31	59	13	84	10	13
	SD	90	2	91	29	37	73	86	60	64	43	106	11	13
Tamil Nadu (n=1199)	Mean	347	1	348	34	10	48	59	43	13	13	137	16	14
	SD	86	7	86	29	28	51	52	39	36	37	120	12	13
Karnataka (n=1197)	Mean	359	61	420	40	13	27	31	40	3	8	79	14	20
	SD	136	95	131	36	30	41	38	78	18	37	90	14	20
Andhra Pradesh (n=1200)	Mean	386	14	400	25	7	34	24	50	2	14	106	17	13
	SD	116	51	121	30	23	52	31	63	14	40	112	13	17
Maharashtra (n=1195)	Mean	240	79	319	34	16	34	19	9	0	5	56	17	19
	SD	135	116	114	31	32	48	24	28	6	21	87	9	17
Gujarat (n=1197)	Mean	217	153	370	41	10	41	45	22	0	2	184	24	10
	SD	163	156	110	41	28	54	56	73	6	13	198	18	14
Madhya Pradesh (n=1197)	Mean	374	46	420	30	15	31	44	15	1	1	67	14	10
	SD	156	113	97	24	37	46	42	26	12	10	95	11	8
Orissa (n=1198)	Mean	433	1	434	33	44	104	114	27	10	5	16	15	10
	SD	75	17	74	32	71	98	83	37	31	25	49	8	12
West Bengal (n=1145)	Mean	314	1	315	15	39	50	129	8	17	9	35	10	7
	SD	64	9	63	19	61	62	70	25	35	28	79	8	12
Uttar Pradesh (n=1198)	Mean	428	2	430	40	17	42	112	18	2	3	79	19	15
	SD	166	21	165	42	49	69	93	69	23	21	118	18	22
Total (n=11910)	Mean	339	36	375	31	18	46	63	26	11	7	85	15	13
	SD	143	93	121	33	44	65	73	55	34	30	121	13	16
	RDI	-	-	460	40	40	60	50	-	-	-	150	20	30

Table 18.2 : DISTRIBUTION (%) OF HOUSEHOLDS ACCORDING TO DAILY INTAKE OF FOODSTUFFS AS PERCENT RDI

FOODS	% RDI	STATES										Pooled
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	
Cereals & Millets	n	1184	1199	1197	1200	1195	1197	1197	1198	1145	1198	11910
	<50	28.0	6.2	5.3	4.8	21.3	5.6	1.9	0.9	7.8	8.8	9.0
	50-70	41.3	35.4	16.3	21.8	32.3	27.4	10.7	6.1	50.0	20.6	26.1
Pulses	≥70	30.7	58.4	78.4	73.5	46.4	67.0	87.4	93.0	42.2	70.6	64.9
	<50	62.6	37.2	33.0	54.3	35.0	37.4	32.1	38.1	68.6	37.6	43.5
	50-70	7.2	11.8	10.5	6.8	13.4	9.1	13.5	8.8	15.4	5.1	10.1
GLV	≥70	30.2	51.0	56.5	38.9	51.6	53.5	54.4	53.1	16.1	57.3	46.4
	<50	89.9	86.7	82.9	92.2	77.0	89.8	83.5	64.5	63.4	84.9	81.6
	50-70	0.6	0.8	2.3	1.4	1.0	0.5	0.4	0.8	0.6	0.4	0.9
Other Vegetables	≥70	9.5	12.5	14.8	6.4	22.0	9.7	16.0	34.6	36.0	14.7	17.5
	<50	53.6	43.3	69.0	63.4	58.9	56.1	62.1	25.2	48.5	62.2	54.3
	50-70	5.0	9.4	6.3	3.8	6.1	3.4	4.6	4.4	6.1	6.2	5.5
Roots & Tubers	≥70	41.4	47.3	24.6	32.8	35.0	40.4	33.3	70.4	45.4	31.6	40.2
	<50	44.3	29.9	57.9	69.7	75.8	49.1	45.7	19.2	5.6	22.3	42.1
	50-70	9.0	10.4	10.3	10.0	6.9	5.4	4.8	1.8	0.7	1.9	6.1
Milk & Milk Products	≥70	46.7	59.7	31.8	20.3	17.2	45.4	49.5	79.0	93.7	75.8	51.8
	<50	60.6	36.5	63.3	53.1	75.9	41.6	72.2	92.1	84.2	69.9	64.9
	50-70	8.2	8.8	11.0	11.1	8.4	9.9	9.1	2.3	2.8	5.4	7.7
Fats & Oils	≥70	31.2	54.7	25.6	35.8	15.7	48.5	18.7	5.7	13.0	24.7	27.4
	<50	62.9	37.8	50.7	30.6	21.6	20.7	47.3	28.1	69.1	30.7	39.8
	50-70	10.6	18.4	14.0	18.5	23.3	14.5	18.0	23.3	12.8	17.3	17.1
Sugar & Jaggery	≥70	26.5	43.8	35.3	50.9	55.1	64.7	34.8	48.6	18.2	52.0	43.1
	<50	72.0	64.9	46.8	71.4	47.6	83.6	80.6	75.3	92.8	62.9	69.7
	50-70	13.1	18.1	20.5	12.7	19.8	7.4	12.2	11.2	2.7	13.4	13.1
	≥70	14.9	17.0	32.7	15.9	32.6	9.0	7.2	13.5	4.5	23.7	17.2

Table 19.1 : AVERAGE HOUSEHOLD CONSUMPTION OF NUTRIENTS (CU/day)

STATES		Protein (g)	Total Fat (g)	Energy (Kcal)	Calcium (mg)	Iron (mg)	Vit. -A (µg)	Thiamin (mg)	Riboflavin(mg)	Niacin (mg)	Vit.-C (mg)	Dietary folate (µg)
Kerala (n=1184)	Median	45.7	26.8	1550	383	10.1	96	0.9	0.6	12.9	28	78.1
	Mean	49.9	30.8	1625	501	11.7	219	1.0	0.7	13.4	46	95.9
	SD	25.4	19.4	532	435	7.0	477	0.4	0.4	4.6	59	69.2
Tamil Nadu (n=1199)	Median	43.4	26.8	1788	396	9.1	190	1.2	0.8	15.4	35	120.2
	Mean	45.7	30.2	1813	468	10.5	274	1.2	0.9	15.7	50	131.1
	SD	15.5	16.5	410	306	5.8	326	0.3	0.3	4.1	44	58.3
Karnataka (n=1197)	Median	49.0	28.0	1977	373	12.5	149	1.2	0.8	11.5	25	112.1
	Mean	52.1	32.4	2047	493	14.0	296	1.3	0.9	12.2	35	124.1
	SD	19.0	20.2	582	361	8.5	538	0.5	0.3	4.4	37	60.4
Andhra Pradesh (n=1200)	Median	42.6	25.5	1876	332	7.2	128	0.8	0.7	9.9	26	97.5
	Mean	45.6	29.7	1925	388	8.5	218	0.8	0.8	10.6	35	107.0
	SD	15.8	17.4	501	234	5.0	323	0.3	0.3	3.8	33	51.1
Maharashtra (n=1195)	Median	42.4	24.9	1547	235	13.2	90	1.2	0.7	11.1	16	114.6
	Mean	44.2	28.1	1587	297	14.6	206	1.2	0.7	11.7	27	124.0
	SD	15.9	14.9	488	208	7.9	305	0.5	0.3	4.6	30	61.8
Gujarat (n=1197)	Median	54.5	38.1	1859	403	17.1	170	1.5	0.9	11.7	24	154.6
	Mean	57.5	42.9	1944	470	19.3	304	1.6	0.9	13.0	36	169.0
	SD	17.6	21.9	546	291	9.8	501	0.6	0.4	5.3	37	76.2
Madhya Pradesh (n=1197)	Median	57.5	22.0	1771	318	19.5	102	2.0	0.9	16.4	18	164.1
	Mean	58.9	25.5	1842	371	19.9	203	1.9	0.9	16.6	28	164.4
	SD	15.0	14.7	454	249	8.8	318	0.7	0.3	5.5	33	72.9
Orissa (n=1198)	Median	45.7	19.2	1997	305	12.8	98	1.3	0.7	19.4	57	123.2
	Mean	48.1	21.4	2017	416	15.2	554	1.3	0.7	19.3	92	134.8
	SD	13.2	11.0	346	348	9.3	1059	0.3	0.2	3.9	93	64.4
West Bengal (n=1145)	Median	35.9	14.1	1499	229	11.2	73	1.0	0.5	14.9	43	78.0
	Mean	38.4	17.4	1525	345	12.4	337	1.1	0.6	15.1	69	91.3
	SD	15.1	12.4	360	299	6.4	599	0.3	0.3	3.3	70	53.0
Uttar Pradesh (n=1198)	Median	56.9	26.6	2002	351	18.8	102	1.8	0.9	16.7	31	156.6
	Mean	61.0	31.5	2082	443	21.1	276	1.9	1.0	18.0	41	172.2
	SD	24.4	21.1	688	345	12.3	600	0.9	0.4	7.3	49	86.5
Total (n=11910)	Median	47.3	24.8	1787	331	12.4	124	1.2	0.8	13.9	29	118.4
	Mean	50.2	29.0	1842	419	14.7	289	1.3	0.8	14.6	46	131.6
	SD	19.3	18.5	535	320	9.3	557	0.6	0.3	5.5	56	71.8
	RDA	60	-	2320	600	17	600	1.2	1.4	16	40	200

Table 19.2 : DISTRIBUTION (%) OF HOUSEHOLDS ACCORDING TO DAILY INTAKE OF NUTRIENTS AS PERCENT RDA

NUTRIENTS	% RDA	STATES												Pooled	
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	West Bengal			
Protein	n	1184	1199	1197	1200	1195	1197	1197	1198	1145	1198	1197	1198	1198	1190
	<50	20.0	11.8	6.6	11.8	19.2	2.3	0.9	3.2	30.6	6.6	11.2	6.6	11.2	11.2
	≥70	23.1	33.9	25.2	36.8	29.7	15.0	9.9	32.3	38.4	17.3	26.1	32.3	38.4	26.1
Total Fat	<50	56.8	54.3	68.2	51.5	51.1	82.6	89.2	64.5	31.0	76.1	62.7	64.5	31.0	62.7
	≥70	15.3	9.2	9.4	8.3	6.3	0.8	10.9	18.9	43.4	9.6	13.1	18.9	43.4	13.1
	50-70	11.3	12.0	13.2	13.2	16.2	4.2	20.9	23.0	19.7	12.8	14.6	23.0	19.7	14.6
Energy	≥70	73.4	78.8	77.4	78.5	77.6	95.0	68.3	58.1	36.9	77.6	72.3	58.1	36.9	72.3
	<50	19.2	4.0	3.8	3.8	18.9	3.6	3.0	0.4	14.0	6.1	7.6	0.4	14.0	7.6
	50-70	36.1	30.6	18.7	25.6	38.1	25.9	31.2	11.2	52.0	22.1	29.0	11.2	52.0	29.0
Calcium	≥70	44.8	65.4	77.4	70.6	43.0	70.5	65.8	88.4	34.1	71.8	63.3	88.4	34.1	63.3
	<50	36.5	32.3	37.7	44.2	65.4	31.7	45.8	48.8	60.7	40.2	44.2	48.8	60.7	44.2
	50-70	17.9	20.9	18.6	21.3	14.6	20.4	26.8	15.6	9.7	20.9	18.7	15.6	9.7	18.7
Iron	≥70	45.6	46.8	43.7	34.5	20.1	47.9	27.4	35.6	29.6	39.0	37.0	35.6	29.6	37.0
	<50	34.8	42.3	23.6	63.8	24.9	8.6	5.7	17.1	27.8	6.7	25.5	17.1	27.8	25.5
	50-70	27.7	34.8	24.3	21.6	18.4	17.4	10.0	26.4	27.6	12.3	22.0	26.4	27.6	22.0
Vitamin A	≥70	37.5	22.9	52.1	14.6	56.7	74.0	84.3	56.5	44.6	81.1	52.5	56.5	44.6	52.5
	<50	85.6	74.5	79.5	84.8	80.8	81.6	86.3	75.4	75.4	82.4	80.6	75.4	75.4	80.6
	50-70	6.4	12.2	5.8	6.1	4.3	7.1	2.6	1.2	3.4	5.3	5.4	1.2	3.4	5.4
Thiamin	≥70	8.0	13.3	14.6	9.2	15.0	11.3	11.1	23.5	21.2	12.4	13.9	23.5	21.2	13.9
	<50	19.6	2.4	8.4	32.4	14.1	3.9	5.7	1.1	6.7	3.3	9.8	1.1	6.7	9.8
	50-70	24.6	9.2	14.3	29.8	14.6	5.6	5.1	3.9	20.9	4.8	13.2	3.9	20.9	13.2
Riboflavin	≥70	55.8	88.4	77.3	37.8	71.4	90.5	89.2	95.0	72.4	92.0	77.0	95.0	72.4	77.0
	<50	62.2	37.1	41.0	55.8	61.5	37.8	31.6	60.3	77.5	32.6	49.6	60.3	77.5	49.6
	50-70	15.3	26.4	27.5	24.9	17.7	20.8	26.4	25.8	12.1	21.0	21.8	25.8	12.1	21.8
Niacin	≥70	22.5	36.5	31.5	19.3	20.8	41.4	42.0	13.9	10.4	46.4	28.6	13.9	10.4	28.6
	<50	9.9	1.5	14.7	23.0	22.3	14.1	4.7	0.1	1.0	5.2	9.7	0.1	1.0	9.7
	50-70	25.8	9.8	32.2	42.8	28.6	31.6	15.1	3.2	9.0	12.4	21.1	3.2	9.0	21.1
Vitamin C	≥70	64.4	88.7	53.0	34.2	49.0	54.3	80.2	96.7	90.0	82.5	69.2	96.7	90.0	69.2
	<50	37.2	21.3	39.5	36.3	57.9	41.4	53.6	11.4	18.3	31.2	34.9	11.4	18.3	34.9
	50-70	12.6	16.3	18.2	17.3	10.4	16.5	14.2	7.5	13.9	15.2	14.2	7.5	13.9	14.2
Dietary folate	≥70	50.3	62.5	42.3	46.3	31.7	42.2	32.2	81.1	67.8	53.6	50.9	81.1	67.8	50.9
	<50	65.7	33.0	39.7	52.3	39.3	17.3	17.8	34.0	67.1	20.5	38.5	34.0	67.1	38.5
	50-70	14.6	31.0	28.9	26.4	25.9	23.3	18.8	25.8	17.3	21.2	23.4	25.8	17.3	23.4
	≥70	19.7	36.0	31.4	21.3	34.8	59.4	63.4	40.2	15.6	58.3	38.1	40.2	15.6	58.3

Table 20.1 : AVERAGE INTAKE OF FOODSTUFFS (g/day) AMONG 1-3 YEAR CHILDREN

STATES	Cereals	Milletts	Cereals & Milletts	Pulses & Legumes	Green Leafy Veg.	Other Vegetables	Roots & Tubers	Nuts & Oil seeds	Condi-ments & Spices	Fruits	Fish	Other Flesh Foods	Milk & Milk Prod.	Fats & oils	Sugar & Jaggery	
Kerala (n=162)	Mean	83	0	83	6	3	9	15	8	5	29	13	8	93	3	10
	SD	52	0	52	10	12	16	27	9	6	62	21	21	128	4	9
Tamil Nadu (n=264)	Mean	103	2	105	14	4	12	18	2	5	15	3	11	185	5	13
	SD	50	9	52	14	21	20	22	5	8	21	11	47	192	5	12
Karnataka (n=281)	Mean	147	15	162	21	3	9	11	8	6	18	0	1	74	5	23
	SD	92	32	97	20	8	18	18	10	7	39	3	9	106	5	21
Andhra Pradesh (n=328)	Mean	123	2	125	13	2	9	7	1	5	29	0	4	84	6	8
	SD	77	12	79	16	8	21	12	4	6	58	3	14	131	7	10
Maharashtra (n=243)	Mean	86	21	107	15	4	7	4	2	3	6	0	1	106	5	7
	SD	67	45	78	20	11	17	8	7	7	23	0	7	130	6	11
Gujarat (n=352)	Mean	66	57	123	19	2	9	10	0	3	5	0	1	60	10	13
	SD	60	76	83	21	8	18	18	2	6	23	1	5	85	11	17
Madhya Pradesh (n=408)	Mean	140	19	159	13	5	10	14	0	3	4	0	0	45	5	10
	SD	93	52	87	15	14	21	19	0	4	9	2	3	82	5	13
Orissa (n=285)	Mean	143	1	144	17	25	39	48	0	4	13	3	4	12	6	5
	SD	64	15	65	19	39	46	45	0	6	21	17	17	39	4	7
West Bengal (n=274)	Mean	115	1	116	9	14	16	47	0	2	4	8	6	124	4	4
	SD	56	11	56	11	26	25	40	1	2	21	23	22	209	9	7
Uttar Pradesh (n=298)	Mean	155	0	155	17	5	13	40	0	3	6	0	5	115	7	9
	SD	98	3	98	20	15	30	48	1	2	30	5	42	198	8	11
Pooled (n=2895)	Mean	118	13	131	15	7	13	21	2	4	12	2	4	86	6	10
	SD	80	41	82	18	20	26	33	6	6	34	12	23	144	7	14
<i>RDI</i>	-	-	-	175	35	40	20	10	-	-	-	-	-	300	25	30

Table 20.2 : DISTRIBUTION (%) OF 1-3 YEAR CHILDREN ACCORDING TO DAILY INTAKE OF FOODSTUFFS AS PERCENT RDI

FOODS	% RDI	STATES											Pooled
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh		
Cereals & Millets	n	162	264	281	328	243	352	408	285	274	298	2895	
	<50	64.2	41.3	19.6	36.6	48.1	36.1	21.8	17.9	35.4	28.5	33.0	
	50-70	16.7	22.0	15.3	19.8	15.2	19.9	15.2	21.1	17.9	11.1	17.4	
Pulses	≥70	19.1	36.7	65.1	43.6	36.6	44.0	63.0	61.1	46.7	60.4	49.6	
	<50	89.5	67.4	49.8	69.5	68.7	55.4	67.9	57.5	80.7	55.7	65.0	
	50-70	5.6	15.9	17.1	12.2	11.5	5.7	14.2	14.4	10.2	13.8	12.3	
GLV	≥70	4.9	16.7	33.1	18.3	19.8	38.9	17.9	28.1	9.1	30.5	22.8	
	<50	95.7	94.7	95.4	96.6	92.6	95.5	91.4	64.6	76.3	91.3	89.4	
	50-70	0.6	1.9	1.1	1.2	3.3	1.7	2.2	2.8	3.3	2.7	2.1	
Other Vegetables	≥70	3.7	3.4	3.6	2.1	4.1	2.8	6.4	32.6	20.4	6.0	8.5	
	<50	75.3	62.9	78.6	76.5	77.4	71.6	71.3	38.2	60.6	71.5	68.4	
	50-70	3.7	8.7	4.3	2.1	3.3	3.7	3.4	1.8	4.4	3.7	3.8	
Roots & Tubers	≥70	21.0	28.4	17.1	21.3	19.3	24.7	25.2	60.0	35.0	24.8	27.8	
	<50	56.2	34.8	52.3	64.9	78.6	61.9	48.0	25.3	16.1	33.6	47.1	
	50-70	1.9	11.0	6.0	8.2	4.1	2.8	5.9	2.5	1.1	2.0	4.7	
Milk & Milk Products	≥70	42.0	54.2	41.6	26.8	17.3	35.2	46.1	72.3	82.8	64.4	48.2	
	<50	75.9	52.7	85.1	82.9	74.1	87.5	94.1	97.2	71.5	74.2	80.8	
	50-70	9.3	15.5	6.8	6.4	12.3	5.4	2.7	2.5	5.8	6.4	6.8	
Fats & Oils	≥70	14.8	31.8	8.2	10.7	13.6	7.1	3.2	0.4	22.6	19.5	12.4	
	<50	96.9	91.3	92.5	84.1	90.1	60.8	92.2	92.3	95.6	88.6	87.5	
	50-70	3.1	5.3	4.6	9.1	5.8	19.3	5.4	5.6	2.6	6.0	7.2	
Sugar & Jaggery	≥70	0.0	3.4	2.8	6.7	4.1	19.9	2.5	2.1	1.8	5.4	5.4	
	<50	82.1	67.0	43.1	79.6	84.4	71.0	84.3	91.9	97.4	79.2	77.9	
	50-70	11.1	17.0	11.0	7.9	7.4	0.6	4.9	5.3	1.1	12.1	7.4	
	≥70	6.8	15.9	45.9	12.5	8.2	28.4	10.8	2.8	1.5	8.7	14.7	

Table 21.1 : AVERAGE INTAKE OF FOODSTUFFS (g/day) AMONG 4-6 YEAR CHILDREN

STATES	Cereals	Milletts	Cereals & Milletts	Pulses & Legumes	Green Leafy Veg.	Other Vegetables	Roots & Tubers	Nuts & Oil seeds	Condi-ments & Spices	Fruits	Fish	Other Flesh Foods	Milk & Milk Prod.	Fats & oils	Sugar & Jaggery	
Kerala (n=181)	Mean	139	0	139	13	6	18	23	13	9	23	25	11	75	5	13
	SD	66	0	67	16	24	30	31	13	8	53	34	29	113	6	16
Tamil Nadu (n=213)	Mean	168	1	169	20	5	21	31	4	9	22	7	18	129	7	14
	SD	62	5	62	16	19	27	35	9	17	30	25	46	121	6	18
Karnataka (n=261)	Mean	192	28	220	27	5	14	14	9	9	20	1	3	53	9	18
	SD	74	52	86	23	14	27	25	13	9	40	13	15	79	10	16
Andhra Pradesh (n=256)	Mean	188	3	191	17	3	16	12	3	8	34	1	10	70	10	9
	SD	83	18	85	19	10	27	20	12	8	56	6	26	83	9	10
Maharashtra (n=274)	Mean	139	30	169	22	9	13	8	2	4	5	0	4	86	9	11
	SD	86	51	86	22	19	22	15	8	3	18	1	14	126	6	12
Gujarat (n=340)	Mean	103	112	215	24	6	25	23	1	6	8	0	0	108	12	8
	SD	86	128	116	26	17	29	31	2	4	28	4	3	147	11	12
Madhya Pradesh (n=421)	Mean	223	26	249	21	8	16	25	0	6	7	0	0	42	7	8
	SD	108	65	86	17	20	27	24	1	7	12	3	2	56	6	7
Orissa (n=267)	Mean	215	1	216	19	29	54	66	0	6	19	7	3	14	8	5
	SD	65	16	64	21	44	52	49	2	8	30	21	14	52	4	7
West Bengal (n=304)	Mean	172	0	172	10	26	23	80	0	4	3	10	7	50	5	5
	SD	52	8	51	12	40	33	50	1	2	10	25	17	115	4	7
Uttar Pradesh (n=398)	Mean	268	1	269	26	8	29	72	0	5	9	1	2	65	11	11
	SD	124	12	123	28	25	53	67	1	4	36	13	11	112	9	17
Pooled (n=2915)	Mean	186	23	209	20	10	23	37	3	6	14	4	5	67	9	10
	SD	100	65	97	22	27	37	47	8	8	34	18	20	108	8	13
RDI	-	-	270	35	50	30	20	-	-	-	-	-	-	250	25	40

Table 21.2 : DISTRIBUTION (%) OF 4-6 YEAR CHILDREN ACCORDING TO DAILY INTAKE OF FOODSTUFFS AS PERCENT RDI

FOODS	% RDI	STATES										Pooled
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	
Cereals & Millets	n	181	213	261	256	274	340	421	267	304	398	2915
	<50	52.5	29.6	12.6	25.8	38.3	15.3	8.1	6.7	19.1	13.1	19.8
	50-70	27.6	36.6	24.5	28.9	24.8	28.5	19.7	27.0	44.4	15.1	26.8
Pulses	≥70	19.9	33.8	62.8	45.3	36.9	56.2	72.2	66.3	36.5	71.9	53.4
	<50	71.3	50.2	41.0	61.7	53.3	51.5	46.6	52.8	76.6	42.7	53.6
	50-70	7.2	20.7	11.1	9.8	12.0	12.6	16.6	13.5	12.8	9.3	12.7
GLV	≥70	21.5	29.1	47.9	28.5	34.7	35.9	36.8	33.7	10.5	48.0	33.8
	<50	93.9	94.4	93.5	97.7	85.0	90.3	87.6	65.5	64.5	88.2	85.6
	50-70	0.6	0.5	1.9	0.4	4.4	1.5	4.0	0.7	5.6	4.0	2.6
Other Vegetables	≥70	5.5	5.2	4.6	2.0	10.6	8.2	8.3	33.7	29.9	7.8	11.7
	<50	64.6	52.6	72.4	67.2	73.7	50.3	62.7	32.6	58.2	61.1	59.5
	50-70	5.0	6.6	3.8	3.9	5.5	4.1	4.8	2.2	2.3	3.8	4.1
Roots & Tubers	≥70	30.4	40.8	23.8	28.9	20.8	45.6	32.5	65.2	39.5	35.2	36.4
	<50	49.2	35.2	62.5	67.2	78.8	50.3	41.8	19.1	7.9	26.4	42.6
	50-70	5.0	6.1	8.8	9.8	5.5	4.4	3.8	1.9	0.3	1.3	4.4
Milk & Milk Products	≥70	45.9	58.7	28.7	23.0	15.7	45.3	54.4	79.0	91.8	72.4	53.0
	<50	81.2	59.2	88.9	80.9	73.7	72.1	94.5	96.3	82.6	80.4	81.8
	50-70	5.0	12.2	4.6	6.6	9.5	6.8	2.9	1.1	4.3	4.0	5.4
Fats & Oils	≥70	13.8	28.6	6.5	12.5	16.8	21.2	2.6	2.6	13.2	15.6	12.8
	<50	88.4	87.3	81.6	73.0	79.9	63.8	87.2	84.6	94.4	68.6	80.1
	50-70	8.3	7.5	6.5	13.7	11.3	12.6	8.6	12.4	2.6	15.8	10.2
Sugar & Jaggery	≥70	3.3	5.2	11.9	13.3	8.8	23.5	4.3	3.0	3.0	15.6	9.7
	<50	89.5	83.6	69.3	86.7	85.0	89.4	95.0	97.0	97.4	84.9	88.3
	50-70	3.9	7.0	13.0	7.0	8.0	0.9	3.3	1.5	1.0	7.0	5.1
	≥70	6.6	9.4	17.6	6.3	6.9	9.7	1.7	1.5	1.6	8.0	6.7

Table 22 : AVERAGE INTAKE OF FOODSTUFFS (g/day) AMONG 7-9 YEAR CHILDREN

STATES	Cereals	Milletts	Cereals & Milletts	Pulses & Legumes	Green Leafy Veg.	Other Vegetables	Roots & Tubers	Nuts & Oil seeds	Condi-ments & Spices	Fruits	Fish	Other Flesh Foods	Milk & Milk Prod.	Fats & oils	Sugar & Jaggery	
Kerala (n=197)	Mean	172	1	173	19	3	22	43	14	13	24	38	11	68	7	13
	SD	74	9	75	28	15	35	65	15	12	47	49	29	101	8	18
Tamil Nadu (n=210)	Mean	208	1	209	24	4	26	36	7	10	28	11	18	121	12	13
	SD	64	9	64	17	18	34	36	18	15	30	30	32	107	11	18
Karnataka (n=286)	Mean	239	34	273	30	7	31	17	11	9	22	3	5	58	10	13
	SD	87	62	98	23	17	37	21	16	7	43	14	22	87	8	12
Andhra Pradesh (n=264)	Mean	241	8	249	20	3	25	14	3	10	36	1	13	57	12	10
	SD	103	37	108	23	13	39	20	11	9	52	9	38	72	10	11
Maharashtra (n=282)	Mean	182	45	227	27	11	22	11	3	5	4	0	3	63	11	14
	SD	109	78	118	26	23	38	17	9	3	9	1	14	106	7	13
Gujarat (n=357)	Mean	141	119	260	24	6	33	30	1	8	10	0	1	124	14	7
	SD	113	124	101	23	20	39	35	2	5	39	3	11	140	11	11
Madhya Pradesh (n=409)	Mean	273	34	307	25	8	21	35	1	7	10	0	1	51	8	8
	SD	123	81	93	18	21	31	39	6	17	24	3	9	85	6	6
Orissa (n=271)	Mean	273	1	274	24	32	70	78	1	6	16	7	4	13	10	6
	SD	68	13	68	24	50	68	57	4	7	25	22	21	48	5	9
West Bengal (n=268)	Mean	210	1	211	12	27	29	93	0	4	6	12	7	26	6	5
	SD	57	8	56	13	42	39	54	2	3	24	28	22	71	5	7
Uttar Pradesh (n=419)	Mean	334	1	335	33	11	34	91	0	6	8	2	2	59	14	14
	SD	146	9	145	51	31	62	83	2	4	31	12	13	97	17	28
Pooled (n=2963)	Mean	234	28	262	24	11	31	46	3	8	15	6	5	64	11	10
	SD	119	73	110	28	29	47	57	10	10	35	22	22	101	10	16

Table 23.1 : AVERAGE INTAKE OF FOODSTUFFS (g/day) AMONG 10-12 YEAR BOYS

STATES	Cereals	Milllets	Cereals & Millets	Green Leafy Veg.	Other Vegetables	Roots & Tubers	Nuts & Oil seeds	Condi-ments & Spices	Fruits	Fish	Other Flesh Foods	Milk & Milk Prod.	Fats & oils	Sugar & Jaggery	
Kerala (n=109)	Mean	210	0	210	8	25	43	22	14	29	38	13	75	8	12
	SD	82	0	83	28	46	81	23	12	63	53	45	105	15	8
Tamil Nadu (n=111)	Mean	245	0	245	6	36	45	5	11	32	7	17	100	12	12
	SD	67	5	67	15	39	44	10	6	30	20	41	93	12	11
Karnataka (n=172)	Mean	279	49	328	7	31	20	14	10	34	3	6	44	11	17
	SD	104	83	117	21	41	26	23	7	69	14	25	55	9	23
Andhra Pradesh (n=124)	Mean	310	9	319	5	26	20	2	13	49	2	11	73	14	15
	SD	124	31	130	17	43	25	4	11	62	13	29	84	14	29
Maharashtra (n=168)	Mean	204	47	251	11	30	16	3	7	7	0	4	51	13	14
	SD	122	82	108	22	46	24	6	4	16	0	21	89	9	13
Gujarat (n=163)	Mean	149	142	291	8	31	28	1	8	14	0	0	131	14	7
	SD	126	121	109	21	36	32	1	4	56	0	1	164	12	8
Madhya Pradesh (n=207)	Mean	309	38	347	13	26	37	0	7	10	1	1	53	10	9
	SD	131	93	94	31	32	38	2	4	17	9	12	68	8	7
Orissa (n=172)	Mean	312	0	312	29	77	87	1	6	16	8	5	9	11	6
	SD	71	0	71	47	71	60	7	3	24	24	24	30	6	9
West Bengal (n=170)	Mean	238	0	238	29	31	100	0	5	4	12	11	28	7	6
	SD	57	2	57	48	47	54	2	4	13	27	35	94	6	7
Uttar Pradesh (n=258)	Mean	370	2	372	14	35	100	0	7	16	2	3	50	16	12
	SD	182	23	182	44	57	90	1	5	58	16	17	86	15	27
Pooled (n=1654)	Mean	271	30	301	14	35	53	4	8	19	6	6	58	12	11
	SD	136	77	124	34	50	64	12	7	47	23	26	97	11	17
	RDI	-	-	420	50	50	30	-	-	-	-	-	250	22	45

Table 23.2 : DISTRIBUTION (%) OF 10-12 YEAR BOYS ACCORDING TO DAILY INTAKE OF FOODSTUFFS AS PERCENT RDI

FOODS	% RDI	STATES										Pooled
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	
Cereals & Millets	n	109	111	172	124	168	163	207	172	170	258	1654
	<50	53.2	29.7	17.4	18.5	38.7	20.9	7.7	6.4	32.4	18.6	22.6
	50-70	30.3	47.7	19.8	25.8	30.4	32.5	22.7	29.7	53.5	18.6	29.8
Pulses	≥70	16.5	22.5	62.8	55.6	31.0	46.6	69.6	64.0	14.1	62.8	47.6
	<50	57.8	56.8	41.3	65.3	48.8	50.9	40.6	49.4	85.9	43.4	52.6
GLV	50-70	18.3	16.2	14.0	10.5	14.9	14.1	22.2	11.0	8.2	11.2	14.0
	≥70	23.9	27.0	44.8	24.2	36.3	35.0	37.2	39.5	5.9	45.3	33.4
	<50	92.7	91.0	90.7	92.7	80.4	89.6	82.6	69.2	66.5	87.2	83.6
Other Vegetables	50-70	0.0	0.9	1.7	0.8	4.8	0.6	1.0	1.7	2.4	0.8	1.5
	≥70	7.3	8.1	7.6	6.5	14.9	9.8	16.4	29.1	31.2	12.0	14.9
	<50	68.8	48.6	54.7	63.7	58.3	51.5	58.9	25.6	61.8	62.4	55.4
Roots & Tubers	50-70	8.3	12.6	7.0	7.3	9.5	9.8	6.3	2.9	3.5	4.3	6.7
	≥70	22.9	38.7	38.4	29.0	32.1	38.7	34.8	71.5	34.7	33.3	37.9
	<50	52.3	30.6	58.7	64.5	73.8	49.1	41.5	14.0	2.9	22.1	39.2
Milk & Milk Products	50-70	2.8	5.4	7.0	4.8	2.4	4.9	3.4	2.3	1.2	1.6	3.4
	≥70	45.0	64.0	34.3	30.6	23.8	46.0	55.1	83.7	95.9	76.4	57.4
	<50	83.5	64.9	91.9	78.2	86.9	65.0	89.4	98.3	91.2	85.3	84.6
Fats & Oils	50-70	4.6	10.8	1.7	12.1	4.2	9.8	3.4	0.6	1.8	3.9	4.8
	≥70	11.9	24.3	6.4	9.7	8.9	25.2	7.2	1.2	7.1	10.9	10.6
	<50	80.7	59.5	60.5	48.4	54.2	47.9	71.0	65.7	88.2	47.3	61.6
Sugar & Jaggery	50-70	6.4	17.1	17.4	22.6	19.6	15.3	12.6	18.0	4.1	17.4	15.2
	≥70	12.8	23.4	22.1	29.0	26.2	36.8	16.4	16.3	7.6	35.3	23.2
	<50	95.4	85.6	79.1	83.9	79.8	95.7	97.1	93.6	97.1	85.3	89.2
Sugar & Jaggery	50-70	2.8	11.7	10.5	4.8	14.3	1.2	2.4	4.7	1.8	7.4	6.1
	≥70	1.8	2.7	10.5	11.3	6.0	3.1	0.5	1.7	1.2	7.4	4.7

Table 24.1 : AVERAGE INTAKE OF FOODSTUFFS (g/day) AMONG 10-12 YEAR GIRLS

STATES	Cereals	Milletts	Cereals & Milletts	Pulses & Legumes	Green Leafy Veg.	Other Vegetables	Roots & Tubers	Nuts & Oil seeds	Condi-ments & Spices	Fruits	Fish	Other Flesh Foods	Milk & Milk Prod.	Fats & oils	Sugar & Jaggery
Kerala (n=110)	Mean	198	0	198	7	30	42	18	13	19	33	18	69	7	11
	SD	89	3	89	27	52	57	16	10	47	47	44	86	9	10
Tamil Nadu (n=128)	Mean	242	0	242	7	30	39	5	10	26	8	18	108	12	12
	SD	79	4	78	19	28	38	8	6	30	23	34	100	11	12
Karnataka (n=140)	Mean	260	33	293	6	30	22	12	10	31	2	5	58	13	15
	SD	108	62	114	13	45	27	18	8	54	13	22	66	13	13
Andhra Pradesh (n=127)	Mean	299	4	303	5	28	18	2	12	39	0	14	73	13	13
	SD	113	20	115	16	40	22	6	10	48	4	35	104	11	26
Maharashtra (n=156)	Mean	179	60	239	13	18	11	3	7	4	0	1	32	11	14
	SD	103	97	105	25	30	16	6	9	11	0	5	56	7	11
Gujarat (n=178)	Mean	157	140	297	12	40	30	1	9	13	0	1	130	14	8
	SD	131	154	133	29	44	37	1	6	45	0	8	154	12	19
Madhya Pradesh (n=208)	Mean	287	49	336	6	24	37	0	10	11	1	2	50	9	9
	SD	138	105	96	17	37	37	0	33	31	5	13	67	7	7
Orissa (n=133)	Mean	315	2	317	27	86	87	0	7	18	8	3	9	10	7
	SD	73	17	73	46	71	72	1	9	29	22	14	36	5	15
West Bengal (n=179)	Mean	228	0	228	32	29	101	0	4	4	11	5	14	6	5
	SD	55	3	55	47	39	56	2	3	10	26	17	48	4	7
Uttar Pradesh (n=218)	Mean	369	1	370	10	32	92	0	7	12	1	1	56	13	12
	SD	177	9	177	32	52	81	2	6	49	5	8	92	12	17
Pooled (n=1577)	Mean	257	32	289	13	34	50	3	9	16	5	6	59	11	10
	SD	134	86	124	31	48	59	9	14	40	20	22	95	10	15
RDI	-	-	380	45	50	50	30	-	-	-	-	-	250	22	45

Table 24.2 : DISTRIBUTION (%) OF 10-12 YEAR GIRLS ACCORDING TO DAILY INTAKE OF FOODSTUFFS AS PERCENT RDI

FOODS	% RDI	STATES										Pooled
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	
n		110	128	140	127	156	178	208	133	179	218	1577
Cereals & Millets	<50	57.3	27.3	19.3	15.0	34.0	15.7	6.7	3.8	25.1	12.4	20.0
	50-70	20.0	38.3	24.3	29.1	28.8	28.7	18.8	21.1	53.1	18.3	27.9
	≥70	22.7	34.4	56.4	55.9	37.2	55.6	74.5	75.2	21.8	69.3	52.1
Pulses	<50	60.9	59.4	39.3	61.4	48.7	53.4	42.8	52.6	91.6	40.4	54.4
	50-70	12.7	12.5	18.6	7.9	17.3	11.8	18.8	17.3	5.6	11.0	13.3
	≥70	26.4	28.1	42.1	30.7	34.0	34.8	38.5	30.1	2.8	48.6	32.3
GLV	<50	92.7	85.9	92.1	93.7	76.3	84.8	89.9	71.4	60.3	89.9	83.4
	50-70	0.9	4.7	3.6	0.8	5.8	2.8	1.4	0.8	3.9	0.9	2.5
	≥70	6.4	9.4	4.3	5.5	17.9	12.4	8.7	27.8	35.8	9.2	14.0
Other Vegetables	<50	65.5	47.7	54.3	59.1	69.9	47.2	62.5	21.8	58.1	63.3	55.7
	50-70	6.4	12.5	5.7	7.9	7.1	3.9	5.8	6.8	5.0	5.5	6.4
	≥70	28.2	39.8	40.0	33.1	23.1	48.9	31.7	71.4	36.9	31.2	37.9
Roots & Tubers	<50	39.1	32.0	57.1	59.8	78.2	52.2	43.3	20.3	5.0	22.5	39.9
	50-70	6.4	11.7	5.7	11.0	5.8	2.2	2.4	2.3	0.6	0.9	4.3
	≥70	54.5	56.3	37.1	29.1	16.0	45.5	54.3	77.4	94.4	76.6	55.7
Milk & Milk Products	<50	80.9	64.8	87.1	83.5	92.3	64.6	89.4	97.7	94.4	83.9	84.1
	50-70	6.4	14.1	5.0	4.7	2.6	9.0	4.3	0.8	2.2	5.5	5.3
	≥70	12.7	21.1	7.9	11.8	5.1	26.4	6.3	1.5	3.4	10.6	10.5
Fats & Oils	<50	76.4	62.5	62.1	51.2	57.1	52.8	76.4	68.4	92.7	55.5	65.7
	50-70	10.0	9.4	11.4	20.5	21.8	12.4	12.5	20.3	4.5	12.8	13.3
	≥70	13.6	28.1	26.4	28.3	21.2	34.8	11.1	11.3	2.8	31.7	21.0
Sugar & Jaggery	<50	96.4	93.0	83.6	89.0	83.3	94.4	95.7	94.7	97.2	84.9	91.1
	50-70	0.0	3.1	8.6	2.4	8.3	1.7	3.4	3.0	1.1	8.7	4.2
	≥70	3.6	3.9	7.9	8.7	8.3	3.9	1.0	2.3	1.7	6.4	4.6

Table 25 : AVERAGE INTAKE OF FOODSTUFFS (g/day) AMONG 13-15 YEAR BOYS

STATES	Cereals		Cereals & Millets	Cereals & Millets	Pulses & Legumes	Green Leafy Veg.	Other Vegetables	Roots & Tubers	Nuts & Oil seeds	Condi-ments & Spices	Fruits	Fish	Other Flesh Foods	Milk & Milk Prod.	Fats & oils	Sugar & Jaggery
	Mean	SD														
Kerala (n=106)	264	0	264	18	7	32	40	22	15	39	53	14	67	9	17	
	103	0	103	27	22	48	56	19	11	76	55	53	81	10	32	
Tamil Nadu (n=121)	302	0	302	29	6	39	51	7	15	30	10	13	93	15	10	
	99	0	99	23	13	38	47	11	24	26	32	25	91	13	7	
Karnataka (n=156)	325	50	375	40	9	40	23	12	11	50	2	6	62	11	16	
	124	87	138	30	19	45	27	17	7	157	13	22	77	9	15	
Andhra Pradesh (n=121)	338	13	353	27	5	25	20	2	15	47	2	13	68	14	12	
	125	50	127	29	15	41	28	4	14	69	12	44	82	9	19	
Maharashtra (n=142)	219	80	299	33	15	27	15	3	8	7	0	3	55	15	16	
	152	120	149	30	30	42	21	5	4	20	0	20	91	9	15	
Gujarat (n=193)	178	137	315	25	9	33	36	1	9	10	0	2	150	18	10	
	146	137	106	30	27	47	41	1	6	35	0	19	173	16	25	
Madhya Pradesh (n=194)	343	49	392	27	14	27	36	0	8	11	1	2	58	11	9	
	154	109	100	21	33	41	40	2	5	18	7	18	76	8	9	
Orissa (n=148)	386	0	386	27	33	88	109	1	9	21	12	6	8	12	6	
	81	2	82	31	55	83	71	5	11	26	29	29	29	6	10	
West Bengal (n=139)	290	1	291	10	37	42	123	1	6	10	17	10	24	8	7	
	68	9	69	14	57	55	76	2	4	36	33	33	69	6	9	
Uttar Pradesh (n=209)	427	0	427	43	12	36	92	0	7	15	1	3	57	16	16	
	184	0	184	55	36	58	79	1	5	57	10	20	97	14	24	
Pooled (n=1529)	310	37	347	29	15	39	56	4	10	22	8	6	66	13	12	
	154	91	133	33	36	54	65	10	10	66	27	29	104	11	19	

Table 26 : AVERAGE INTAKE OF FOODSTUFFS (g/day) AMONG 13-15 YEAR GIRLS

STATES		Cereals	Milletts	Cereals & Milletts	Pulses & Legumes	Green Leafy Veg.	Other Vegetables	Roots & Tubers	Nuts & Oil seeds	Condi-ments & Spices	Fruits	Fish	Other Flesh Foods	Milk & Milk Prod.	Fats & oils	Sugar & Jaggery
Kerala (n=100)	Mean	222	0	222	18	6	35	50	21	15	29	42	13	72	8	12
	SD	91	1	92	21	23	53	93	23	10	56	43	41	86	7	8
Tamil Nadu (n=120)	Mean	279	0	279	26	11	38	53	6	14	35	8	15	92	12	10
	SD	83	1	84	24	29	41	51	11	19	44	24	38	97	10	9
Karnataka (n=168)	Mean	302	47	349	34	9	23	21	14	11	50	3	7	55	13	18
	SD	113	85	132	37	24	32	25	20	7	147	14	39	72	14	18
Andhra Pradesh (n=133)	Mean	311	17	328	20	3	27	18	4	13	42	1	10	65	12	10
	SD	114	52	125	31	14	42	20	13	11	62	5	28	67	9	11
Maharashtra (n=148)	Mean	204	64	268	30	11	27	16	3	8	10	0	1	30	14	16
	SD	114	120	138	31	24	36	21	5	4	25	0	10	53	9	14
Gujarat (n=184)	Mean	150	164	314	27	13	31	37	1	10	18	0	0	154	16	7
	SD	131	158	107	28	31	41	43	1	6	60	0	4	193	14	7
Madhya Pradesh (n=170)	Mean	359	41	400	27	10	31	39	0	12	11	0	1	48	10	9
	SD	148	112	103	22	27	42	40	3	43	18	0	8	61	7	10
Orissa (n=162)	Mean	375	0	375	30	39	94	93	1	8	17	9	3	4	12	6
	SD	79	0	79	31	62	87	66	4	6	26	26	18	20	6	13
West Bengal (n=164)	Mean	251	1	252	12	38	39	106	1	5	4	14	7	18	7	5
	SD	64	11	63	15	53	50	63	3	3	12	29	23	51	6	7
Uttar Pradesh (n=189)	Mean	388	0	388	34	14	29	115	0	7	12	11	2	48	15	11
	SD	188	6	187	32	44	49	96	1	4	33	137	14	86	12	13
Pooled (n=1538)	Mean	287	37	324	27	16	37	57	4	10	22	8	5	58	12	10
	SD	144	97	131	29	39	53	68	12	16	63	52	25	101	11	12

Table 27 : AVERAGE INTAKE OF FOODSTUFFS (g/day) AMONG 16-17 YEAR BOYS

STATES	Cereals	Milletts	Cereals & Millets	Pulses & Legumes	Green Leafy Veg.	Other Vegetables	Roots & Tubers	Nuts & Oil seeds	Condi-ments & Spices	Fruits	Fish	Other Flesh Foods	Milk & Milk Prod.	Fats & oils	Sugar & Jaggery
Kerala (n=67)	Mean	283	0	283	4	44	43	28	20	47	55	21	65	10	12
	SD	115	0	115	20	58	52	24	14	75	64	57	88	11	10
Tamil Nadu (n=95)	Mean	352	0	352	9	43	56	6	16	43	14	14	92	15	10
	SD	102	1	102	23	50	42	11	10	43	42	44	96	10	11
Karnataka (n=107)	Mean	363	66	429	9	24	30	19	13	40	3	9	64	15	20
	SD	146	113	156	19	39	46	26	10	94	13	41	74	22	26
Andhra Pradesh (n=87)	Mean	379	12	391	11	24	19	3	14	41	3	11	73	15	14
	SD	168	39	164	37	50	45	6	14	53	22	39	80	13	24
Maharashtra (n=106)	Mean	251	76	327	13	37	20	4	8	7	0	5	59	15	19
	SD	168	129	144	30	61	29	8	6	16	0	22	120	10	16
Gujarat (n=102)	Mean	192	157	349	7	40	42	1	14	9	0	4	180	21	8
	SD	159	157	111	20	49	48	1	14	34	0	23	235	20	7
Madhya Pradesh (n=91)	Mean	370	59	429	17	28	43	0	9	13	0	0	67	13	9
	SD	169	134	89	34	41	42	2	6	20	0	4	81	11	7
Orissa (n=70)	Mean	447	0	447	48	99	117	0	8	29	7	6	25	15	9
	SD	110	0	110	82	89	77	1	5	38	25	30	70	7	12
West Bengal (n=77)	Mean	324	0	324	42	28	137	1	6	6	17	8	9	8	7
	SD	82	3	82	64	44	80	3	4	13	33	20	36	8	11
Uttar Pradesh (n=96)	Mean	507	1	508	19	41	116	0	9	12	0	2	69	21	14
	SD	202	6	200	54	63	103	1	6	39	0	13	126	21	25
Pooled (n=898)	Mean	344	42	386	17	39	59	6	12	24	8	8	74	15	13
	SD	173	104	148	43	58	72	15	10	51	30	32	124	15	17

Table 28 : AVERAGE INTAKE OF FOODSTUFFS (g/day) AMONG 16-17 YEAR GIRLS

STATES	Cereals		Millet	Cereals & Millets	Pulses & Legumes	Green Leafy Veg.	Other Vegetables	Roots & Tubers	Nuts & Oil seeds	Condi-ments & Spices	Fruits	Fish	Other Flesh Foods	Milk & Milk Prod.	Fats & oils	Sugar & Jaggery
	Mean	SD														
Kerala (n=64)	Mean	217	0	217	16	8	42	36	20	15	28	44	5	77	7	14
	SD	91	0	92	23	23	57	52	16	9	62	45	18	108	8	23
Tamil Nadu (n=90)	Mean	290	0	290	30	15	45	50	9	13	36	10	13	98	13	9
	SD	81	0	81	25	29	44	41	17	7	38	31	41	98	11	8
Karnataka (n=103)	Mean	301	54	355	35	9	26	20	15	12	48	1	7	43	12	15
	SD	125	82	131	31	23	37	26	20	8	102	7	31	54	11	15
Andhra Pradesh (n=77)	Mean	332	19	351	21	3	32	17	2	12	44	2	11	82	14	14
	SD	126	73	133	29	8	46	22	9	8	56	13	23	119	10	29
Maharashtra (n=115)	Mean	200	84	284	27	15	30	19	4	8	8	0	5	37	14	17
	SD	138	129	138	33	27	37	30	7	4	22	0	20	70	8	15
Gujarat (n=129)	Mean	177	139	316	32	5	38	36	1	10	13	0	0	149	18	8
	SD	143	136	104	39	14	46	43	1	5	39	0	0	175	15	8
Madhya Pradesh (n=104)	Mean	393	45	438	34	14	27	40	1	9	12	0	1	61	13	10
	SD	144	125	92	27	33	43	35	3	8	18	0	6	58	9	8
Orissa (n=101)	Mean	418	0	418	30	35	103	99	1	8	21	7	2	10	12	9
	SD	91	0	90	26	57	90	69	5	6	29	23	15	31	6	10
West Bengal (n=79)	Mean	268	0	268	12	35	39	133	0	6	11	17	9	34	8	11
	SD	71	1	71	16	57	49	63	1	3	27	36	30	82	5	25
Uttar Pradesh (n=129)	Mean	430	10	440	37	13	39	108	1	9	10	4	4	48	17	12
	SD	210	62	210	38	36	65	94	3	9	20	26	18	85	13	16
Pooled (n=991)	Mean	305	41	346	29	15	42	56	5	10	22	7	5	65	13	12
	SD	162	99	144	31	35	58	66	12	7	49	24	23	105	11	16

Table 29.1 : AVERAGE INTAKE OF FOODSTUFFS (g/day) AMONG ADULT MEN (≥18 YEARS – SEDENTARY)

STATES	Cereals	Milletts	Cereals & Millets	Pulses & Legumes	Green Leafy Veg.	Other Vegetables	Roots & Tubers	Nuts & Oil seeds	Condi-ments & Spices	Fruits	Fish	Other Flesh Foods	Milk & Milk Prod.	Fats & oils	Sugar & Jaggery	
Kerala (n=700)	Mean	304	0	304	23	10	62	60	30	21	28	60	13	79	10	11
	SD	123	2	123	31	39	114	86	25	15	50	69	47	93	11	13
Tamil Nadu (n=480)	Mean	356	0	356	37	12	48	62	10	16	47	15	17	135	16	11
	SD	126	1	126	32	27	53	56	14	10	48	42	49	118	13	10
Karnataka (n=420)	Mean	353	58	411	36	16	24	35	23	16	41	5	9	85	15	18
	SD	165	101	167	40	38	42	49	28	12	87	25	37	97	17	21
Andhra Pradesh (n=450)	Mean	363	11	374	22	8	36	25	6	16	40	3	17	100	16	11
	SD	159	45	160	30	25	57	34	30	13	58	18	53	113	13	16
Maharashtra (n=488)	Mean	266	75	341	36	21	34	17	5	10	9	1	8	53	19	18
	SD	177	119	167	35	39	49	23	11	7	32	13	30	85	12	16
Gujarat (n=487)	Mean	293	115	408	43	13	49	50	2	14	25	0	2	218	29	10
	SD	181	146	136	46	31	66	60	2	9	78	1	13	212	19	14
Madhya Pradesh (n=241)	Mean	445	23	468	30	19	43	54	0	13	23	4	1	100	18	12
	SD	159	83	128	26	45	54	53	1	41	33	30	5	125	16	8
Orissa (n=460)	Mean	439	0	439	40	43	117	130	1	10	28	14	6	27	17	11
	SD	100	6	99	35	70	96	79	5	7	37	40	27	60	10	12
West Bengal (n=571)	Mean	331	1	332	19	40	61	133	0	7	10	19	10	37	11	8
	SD	91	13	90	24	60	69	80	1	5	32	36	32	88	10	13
Uttar Pradesh (n=477)	Mean	458	2	460	41	16	46	114	0	9	14	2	2	94	20	14
	SD	211	22	211	38	48	71	86	2	6	43	17	17	144	18	17
Pooled (n=4774)	Mean	353	27	380	32	20	53	70	9	13	26	15	9	91	17	12
	SD	163	81	153	35	46	78	78	20	14	54	42	36	130	15	15
RDI	-	-	-	40	40	60	50	-	-	-	-	-	-	150	20	30

Table 29.2 : DISTRIBUTION (%) OF ADULT MEN (≥ 18 YEARS - SEDENTARY) ACCORDING TO DAILY INTAKE OF FOODSTUFFS AS PERCENT RDI

FOODS	% RDI	STATES												
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	Pooled		
n		700	480	420	450	488	487	241	460	571	477	4774		
Cereals & Millets	<50	28.3	15.4	12.9	18.0	25.0	7.2	3.7	2.8	11.4	10.3	14.7		
	50-70	31.4	25.0	19.5	20.9	25.4	18.9	7.1	8.9	35.2	16.1	22.4		
	≥70	40.3	59.6	67.6	61.1	49.6	73.9	89.2	88.3	53.4	73.6	63.0		
Pulses	<50	60.7	34.6	41.0	58.9	36.7	38.8	33.2	30.9	62.2	34.8	44.8		
	50-70	6.1	10.2	9.8	8.2	11.5	8.6	12.0	9.8	16.5	5.0	9.6		
	≥70	33.1	55.2	49.3	32.9	51.8	52.6	54.8	59.3	21.4	60.2	45.6		
GLV	<50	91.4	84.8	82.1	90.2	73.2	84.4	82.6	64.3	61.1	85.5	80.0		
	50-70	0.0	1.3	2.9	2.9	0.4	2.3	0.0	1.1	1.6	0.4	1.3		
	≥70	8.6	14.0	15.0	6.9	26.4	13.3	17.4	34.6	37.3	14.0	18.8		
Other Vegetables	<50	49.7	45.8	72.9	63.6	60.5	53.8	49.8	18.5	42.0	57.0	51.0		
	50-70	5.9	9.0	4.8	3.6	3.1	4.1	7.5	4.3	6.8	8.4	5.7		
	≥70	44.4	45.2	22.4	32.9	36.5	42.1	42.7	77.2	51.1	34.6	43.3		
Roots & Tubers	<50	46.7	29.4	57.6	69.8	78.7	48.3	36.1	12.4	7.0	18.9	40.2		
	50-70	7.1	9.6	9.0	8.0	7.0	4.7	2.9	1.7	1.1	1.0	5.3		
	≥70	46.1	61.0	33.3	22.2	14.3	47.0	61.0	85.9	91.9	80.1	54.5		
Milk & Milk Products	<50	61.4	33.8	65.2	53.3	79.1	28.1	61.0	87.0	86.7	68.1	62.8		
	50-70	9.4	13.8	9.5	12.4	7.6	13.1	10.8	4.8	1.8	6.9	8.8		
	≥70	29.1	52.5	25.2	34.2	13.3	58.7	28.2	8.3	11.6	24.9	28.4		
Fats & Oils	<50	62.4	38.1	46.9	36.2	21.1	15.6	35.3	23.3	58.7	26.4	38.0		
	50-70	11.7	16.9	13.8	17.6	21.3	6.8	18.3	18.9	17.0	18.4	15.8		
	≥70	25.9	45.0	39.3	46.2	57.6	77.6	46.5	57.8	24.3	55.1	46.3		
Sugar & Jaggery	<50	75.7	73.8	55.5	77.1	51.2	85.6	75.9	71.5	92.1	66.9	73.1		
	50-70	18.7	16.0	18.1	10.9	15.2	6.2	14.5	12.2	3.5	12.2	12.7		
	≥70	5.6	10.2	26.4	12.0	33.6	8.2	9.5	16.3	4.4	21.0	14.2		

Table 30 : AVERAGE INTAKE OF FOODSTUFFS (g/day) AMONG ADULT MEN (≥18 YEARS – MODERATE)

STATES	Cereals	Milllets	Cereals & Milllets	Pulses & Legumes	Green Leafy Veg.	Other Vegetables	Roots & Tubers	Nuts & Oil seeds	Condi-ments & Spices	Fruits	Fish	Other Flesh Foods	Milk & Milk Prod.	Fats & oils	Sugar & Jaggery
Kerala (n=756)	Mean	0	325	17	11	50	58	27	20	25	63	13	58	9	12
	SD	5	133	29	44	78	100	26	15	59	69	50	83	10	14
Tamil Nadu (n=982)	Mean	1	424	35	11	55	65	8	19	45	14	12	98	16	11
	SD	10	146	33	29	60	60	16	21	39	42	43	103	13	11
Karnataka (n=1302)	Mean	85	481	39	12	25	31	21	16	38	3	9	74	14	20
	SD	187	132	39	30	42	37	26	12	83	20	43	98	16	23
Andhra Pradesh (n=1119)	Mean	20	494	28	7	38	26	4	19	52	3	16	108	19	12
	SD	186	68	190	29	62	34	13	17	72	20	48	136	19	20
Maharashtra (n=1343)	Mean	112	378	39	16	38	20	5	10	9	0	5	52	18	20
	SD	176	164	160	35	54	28	16	10	27	1	27	94	11	22
Gujarat (n=1322)	Mean	235	196	431	10	47	53	2	14	27	0	2	201	25	10
	SD	197	196	145	31	63	66	4	11	92	8	19	235	20	12
Madhya Pradesh (n=1407)	Mean	420	59	480	16	36	46	0	10	15	1	2	65	15	10
	SD	189	142	120	27	54	49	4	8	28	15	16	93	12	8
Orissa (n=1044)	Mean	500	1	501	46	109	114	1	10	28	10	5	12	15	10
	SD	82	17	81	73	106	86	5	8	40	31	29	41	8	15
West Bengal (n=968)	Mean	363	0	363	44	48	130	1	7	6	16	8	19	9	7
	SD	84	7	84	69	63	75	3	5	20	35	28	61	8	14
Uttar Pradesh (n=1031)	Mean	517	2	519	21	47	118	0	9	20	3	3	65	19	15
	SD	233	27	231	62	80	105	2	6	86	23	21	118	20	32
Pooled (n=11274)	Mean	388	56	444	19	48	63	6	13	26	9	7	78	16	13
	SD	195	130	166	48	70	76	16	13	63	33	34	132	15	19
RDI	-	-	520	50	40	70	60	45	-	-	-	-	200	20	35

Table 31.1 : AVERAGE INTAKE OF FOODSTUFFS (g/day) AMONG ADULT WOMEN (≥18 YEAR - NPNL SEDENTARY)

STATES		Cereals	Milletts	Cereals & Millets	Pulses Legumes	Green Leafy Veg.	Other Vegetables	Roots & Tubers	Nuts & Oil seeds	Condi-ments & Spices	Fruits	Fish	Other Flesh Foods	Milk & Milk Prod.	Fats & oils	Sugar & Jaggery
Kerala (n=1438)	Mean	249	0	249	18	8	47	52	26	19	27	56	11	72	9	12
	SD	94	2	95	26	30	73	75	24	14	57	62	41	88	11	13
Tamil Nadu (n=958)	Mean	311	0	311	33	11	48	57	10	16	40	13	11	143	15	13
	SD	96	4	96	30	27	52	51	14	18	41	35	35	115	13	12
Karnataka (n=1045)	Mean	340	51	391	36	14	25	34	22	15	37	4	6	82	13	19
	SD	147	94	144	35	33	42	39	25	11	71	23	34	91	14	19
Andhra Pradesh (n=567)	Mean	310	13	323	23	8	35	22	4	15	39	4	13	117	16	12
	SD	122	46	124	28	26	53	32	23	12	58	26	40	122	13	14
Maharashtra (n=629)	Mean	221	61	282	33	18	36	18	5	10	8	0	6	50	17	20
	SD	136	105	126	34	35	51	23	11	14	27	7	26	71	12	17
Gujarat (n=856)	Mean	244	111	355	36	10	44	46	1	13	26	0	1	208	25	10
	SD	158	132	120	40	26	57	53	3	9	82	3	10	201	18	13
Madhya Pradesh (n=464)	Mean	387	35	422	30	18	34	48	0	11	21	2	1	95	16	11
	SD	158	96	115	25	39	49	48	2	29	33	14	8	115	11	10
Orissa (n=1054)	Mean	430	1	431	33	39	107	121	1	9	25	11	5	21	15	11
	SD	93	17	92	32	66	92	81	5	9	35	35	26	56	8	15
West Bengal (n=1304)	Mean	295	0	295	14	40	52	122	1	7	8	17	8	22	9	8
	SD	75	8	75	18	61	66	70	2	6	26	34	26	64	8	12
Uttar Pradesh (n=1204)	Mean	395	2	397	36	16	43	111	0	8	16	2	1	69	17	13
	SD	189	21	188	37	46	71	106	2	5	50	14	11	113	16	19
Pooled (n=9519)	Mean	318	23	341	28	19	49	70	8	12	24	14	7	82	15	13
	SD	144	72	136	32	45	68	78	18	13	53	38	29	120	13	15
	<i>RDI</i>	-	-	410	40	100	40	50	-	-	-	-	-	100	20	35

TABLE 31.2 : DISTRIBUTION (%) OF ADULT WOMEN (≥ 18 YEARS - NPNL SEDENTARY) ACCORDING TO DAILY INTAKE OF FOODSTUFFS AS PERCENT RDI

FOODS	% RDI	STATES										Pooled
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	
Cereals & Millets	n	1438	958	1045	567	629	856	464	1054	1304	1204	9519
	<50	35.7	11.9	7.6	16.8	27.5	8.9	1.7	1.3	9.9	11.9	14.1
	50-70	33.2	27.9	14.5	23.5	28.3	20.3	9.7	5.5	37.3	18.4	23.0
Pulses	≥70	31.1	60.2	77.9	59.8	44.2	70.8	88.6	93.2	52.8	69.8	62.9
	<50	66.6	38.3	37.1	56.4	40.1	44.5	33.0	39.6	72.4	38.4	48.8
	50-70	7.9	11.6	11.0	7.8	9.9	10.3	12.1	11.1	13.3	6.1	10.0
GLV	≥70	25.5	50.1	51.9	35.8	50.1	45.2	55.0	49.3	14.3	55.5	41.2
	<50	93.4	91.9	91.0	96.6	82.8	91.4	84.5	70.9	65.4	88.9	85.0
	50-70	1.8	3.3	2.8	1.4	8.3	3.5	4.1	3.2	7.3	3.1	3.8
Other Vegetables	≥70	4.8	4.8	6.2	1.9	8.9	5.1	11.4	25.9	27.3	8.1	11.2
	<50	51.3	38.5	65.4	58.4	53.3	48.0	55.0	18.6	44.0	56.9	48.1
	50-70	3.7	6.3	4.4	4.2	2.7	3.3	2.4	2.1	2.8	3.3	3.6
Roots & Tubers	≥70	45.0	55.2	30.2	37.4	44.0	48.7	42.7	79.3	53.1	39.8	48.4
	<50	49.8	32.3	55.5	72.7	78.4	45.1	43.3	13.9	7.0	19.7	37.5
	50-70	7.9	9.8	9.4	7.2	6.0	7.1	3.9	1.9	1.0	1.8	5.5
Milk & Milk Products	≥70	42.3	57.9	35.1	20.1	15.6	47.8	52.8	84.3	92.0	78.5	57.0
	<50	55.4	23.9	48.0	32.8	67.4	18.1	48.3	86.0	88.3	68.6	56.7
	50-70	6.1	5.6	15.3	12.9	10.2	8.6	8.2	3.9	2.4	5.8	7.3
Fats & Oils	≥70	38.5	70.5	36.7	54.3	22.4	73.2	43.5	10.2	9.4	25.6	36.0
	<50	66.4	41.0	54.2	38.1	28.6	19.3	38.8	30.3	69.2	34.1	45.0
	50-70	11.3	17.7	12.2	19.2	20.5	11.2	16.8	25.1	13.0	17.9	16.0
Sugar & Jaggery	≥70	22.3	41.2	33.7	42.7	50.9	69.5	44.4	44.6	17.7	48.1	39.0
	<50	66.1	46.8	34.6	56.4	24.0	68.7	55.6	56.5	83.7	56.4	57.2
	50-70	3.7	14.0	15.2	13.1	14.9	14.3	14.0	11.5	6.7	8.9	10.7
	≥70	30.2	39.2	50.1	30.5	61.0	17.1	30.4	32.0	9.6	34.7	32.1

Table 32 : AVERAGE INTAKE OF FOODSTUFFS (g/day) AMONG ADULT WOMEN (\geq 18 YEARS – NPNL MODERATE)

STATES		Cereals	Milletts	Cereals & Milletts	Pulses & Legumes	Green Leafy Veg.	Other Vege-tables	Roots & Tubers	Nuts & Oil seeds	Condi-ments & Spices	Fruits	Fish	Other Flesh Foods	Milk & Milk Prod.	Fats & oils	Sugar & Jaggery
Kerala (n=269)	Mean	269	0	269	15	8	52	58	22	17	27	44	10	60	7	11
	SD	113	0	113	28	37	78	91	21	13	60	58	35	97	8	9
Tamil Nadu (n=611)	Mean	357	1	358	27	11	47	56	6	17	39	10	8	85	15	12
	SD	109	13	109	30	30	53	54	15	14	33	32	30	91	12	12
Karnataka (n=623)	Mean	347	103	450	39	11	21	24	16	15	36	2	9	57	12	19
	SD	167	130	171	41	26	40	28	24	10	80	17	47	81	12	23
Andhra Pradesh (n=991)	Mean	403	17	420	23	7	34	22	4	16	48	1	10	92	16	14
	SD	154	54	157	31	26	56	28	13	15	65	11	32	110	13	19
Maharashtra (n=1069)	Mean	219	99	318	34	17	34	17	5	9	9	0	3	49	16	22
	SD	147	137	127	33	36	51	25	14	5	26	1	18	82	10	20
Gujarat (n=781)	Mean	191	175	366	43	9	39	42	1	12	19	1	2	172	19	8
	SD	158	167	109	42	29	53	53	3	9	59	9	13	210	17	12
Madhya Pradesh (n=927)	Mean	377	57	434	30	15	31	41	0	10	13	1	1	59	13	9
	SD	182	130	117	25	38	48	43	4	8	23	14	9	89	10	9
Orissa (n=512)	Mean	473	2	475	28	52	89	93	1	8	26	8	3	6	13	8
	SD	74	25	72	31	81	94	78	4	7	39	27	18	25	6	12
West Bengal (n=199)	Mean	322	1	323	12	43	32	125	1	6	6	11	7	4	8	6
	SD	81	12	80	19	61	49	74	2	4	12	27	26	21	6	20
Uttar Pradesh (n=169)	Mean	444	0	444	38	22	37	88	0	8	8	1	4	55	15	12
	SD	194	0	194	44	57	64	87	1	5	23	10	20	105	13	24
Pooled (n=6118)	Mean	329	62	391	31	16	40	43	5	12	25	4	5	73	15	13
	SD	174	123	141	34	42	60	57	14	11	51	22	26	119	12	17
	RDI	-	-	440	45	100	40	50	25	-	-	-	-	150	20	20

Table 33 : AVERAGE INTAKE OF FOODSTUFFS (g/day) AMONG PREGNANT WOMEN (≥18 YEAR - SEDENTARY)

STATES	Cereals	Milletts	Cereals & Milletts	Pulses & Legumes	Green Leafy Veg.	Other Vegetables	Roots & Tubers	Nuts & Oil seeds	Condi-ments & Spices	Fruits	Fish	Other Flesh Foods	Milk & Milk Prod.	Fats & oils	Sugar & Jaggery	
Kerala (n=34)	Mean	293	0	293	18	14	57	85	23	21	55	72	30	94	13	12
	SD	129	0	132	29	43	63	133	17	14	98	86	63	116	12	7
Tamil Nadu (n=38)	Mean	312	0	312	36	15	56	50	5	19	36	12	11	126	15	16
	SD	116	0	114	27	34	58	34	9	24	19	24	31	98	11	22
Karnataka (n=47)	Mean	333	53	386	26	22	25	25	19	15	57	2	14	69	14	13
	SD	125	83	116	35	47	33	26	25	11	80	14	62	74	10	13
Andhra Pradesh (n=29)	Mean	370	0	370	20	13	46	27	4	12	54	0	8	134	16	13
	SD	150	0	150	39	58	68	38	8	11	91	0	23	120	14	11
Maharashtra (n=34)	Mean	194	56	250	29	10	34	19	2	9	4	5	4	28	16	18
	SD	114	71	97	30	25	44	28	4	4	11	28	13	27	8	14
Gujarat (n=22)	Mean	249	108	357	63	2	46	35	1	14	21	0	3	183	33	23
	SD	166	152	137	53	3	50	56	1	11	48	0	16	159	30	29
Madhya Pradesh (n=26)	Mean	427	25	452	37	9	35	67	0	10	18	0	2	47	17	13
	SD	149	94	107	28	22	44	69	0	4	23	0	10	58	10	12
Orissa (n=22)	Mean	430	0	430	40	46	103	97	1	9	35	12	1	8	15	13
	SD	86	0	86	35	57	112	68	4	4	42	28	7	20	6	16
West Bengal (n=25)	Mean	312	0	312	15	52	74	131	0	8	10	22	1	19	10	6
	SD	57	0	57	20	54	75	57	1	3	25	32	3	57	5	4
Uttar Pradesh (n=45)	Mean	396	0	396	57	10	31	90	0	6	17	0	0	80	15	10
	SD	186	0	186	53	35	74	102	2	5	40	0	0	132	10	15
Pooled (n=322)	Mean	331	23	354	34	18	47	60	7	13	32	13	8	79	16	13
	SD	150	69	138	39	43	65	77	14	12	60	39	35	107	13	16

Table 34 : AVERAGE INTAKE OF FOODSTUFFS (g/day) AMONG LACTATING WOMEN (≥18 YEAR – SEDENTARY)

STATES	Cereals	Millet	Cereals & Millets	Cereals & Millets	Pulses & Legumes	Green Leafy Veg.	Other Vegetables	Roots & Tubers	Nuts & Oil seeds	Condi-ments & Spices	Fruits	Fish	Other Flesh Foods	Milk & Milk Prod.	Fats & oils	Sugar & Jaggery
Kerala (n=56)	Mean	273	0	273	21	20	62	54	32	21	25	54	16	68	10	13
	SD	103	0	103	30	44	79	59	42	15	61	52	41	85	10	7
Tamil Nadu (n=55)	Mean	396	0	396	36	12	44	61	6	18	52	11	9	99	15	11
	SD	124	0	124	29	25	45	49	8	16	37	30	22	95	11	10
Karnataka (n=79)	Mean	370	83	453	39	10	27	29	18	16	24	1	10	61	14	17
	SD	154	119	154	46	26	53	43	22	10	35	6	37	92	20	14
Andhra Pradesh (n=59)	Mean	378	18	396	24	3	61	22	2	18	50	0	10	127	19	11
	SD	124	62	138	27	5	83	32	6	14	57	1	29	160	15	9
Maharashtra (n=81)	Mean	282	49	331	43	19	39	20	5	10	5	0	6	31	19	24
	SD	155	95	131	54	35	53	21	13	6	9	0	19	41	15	27
Gujarat (n=53)	Mean	234	149	383	54	6	45	51	1	13	18	0	0	181	25	13
	SD	158	158	115	51	19	65	53	1	6	45	0	0	211	17	16
Madhya Pradesh (n=48)	Mean	456	18	474	37	16	41	57	4	10	18	2	2	63	21	12
	SD	135	73	108	34	42	68	50	23	4	22	14	12	67	19	13
Orissa (n=78)	Mean	458	0	458	36	43	108	100	0	11	29	13	7	5	17	9
	SD	74	0	72	33	61	98	82	1	13	35	48	31	23	10	11
West Bengal (n=75)	Mean	307	0	307	15	33	44	130	0	8	3	16	9	19	9	5
	SD	68	1	68	19	52	58	62	1	12	9	32	35	66	6	6
Uttar Pradesh (n=109)	Mean	454	0	454	37	18	25	128	0	10	26	4	4	68	20	17
	SD	220	0	220	43	48	49	109	3	6	130	24	23	110	19	20
Pooled (n=693)	Mean	366	29	395	34	19	48	70	6	13	24	9	7	66	17	14
	SD	163	85	152	40	42	70	77	19	12	63	31	28	113	16	16

Table 35.1 : AVERAGE DAILY INTAKE OF NUTRIENTS AMONG 1-3 YEAR CHILDREN

STATES		Protein (g)	Total Fat (g)	Energy (Kcal)	Calcium (mg)	Iron (mg)	Vit.-A (µg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit.-C (mg)	Dietary folate (µg)
Kerala (n=162)	Median	14.6	10.4	524	165	2.5	61	0.3	0.3	3.1	8	22.0
	Mean	17.2	13.2	593	223	3.5	118	0.4	0.4	3.8	15	31.9
	SD	13.0	10.3	345	213	2.9	188	0.3	0.3	2.4	25	27.5
Tamil Nadu (n=264)	Median	20.2	14.7	745	271	3.4	147	0.5	0.5	4.9	12	53.6
	Mean	21.0	17.1	748	346	3.9	218	0.5	0.6	5.1	17	62.6
	SD	10.5	11.3	292	303	2.6	413	0.2	0.4	2.4	17	50.4
Karnataka (n=281)	Median	22.0	13.1	860	168	5.1	70	0.5	0.4	4.9	8	50.9
	Mean	23.5	15.3	924	216	5.8	119	0.5	0.4	5.3	12	55.3
	SD	12.1	10.6	450	171	4.0	194	0.3	0.3	2.9	11	32.7
Andhra Pradesh (n=328)	Median	16.9	13.8	709	163	2.7	57	0.3	0.3	3.2	7	36.6
	Mean	18.7	15.8	765	242	3.4	125	0.3	0.3	3.7	12	43.4
	SD	10.5	12.6	403	266	2.8	232	0.2	0.2	2.4	19	31.9
Maharashtra (n=243)	Median	16.4	11.9	581	172	3.7	68	0.4	0.3	3.3	5	41.2
	Mean	18.4	14.3	638	222	4.7	97	0.5	0.4	3.9	9	46.8
	SD	11.3	11.5	387	232	4.5	101	0.3	0.3	3.1	16	35.4
Gujarat (n=352)	Median	19.8	16.3	686	148	6.0	53	0.5	0.3	4.1	4	55.1
	Mean	21.5	18.2	734	182	7.0	92	0.6	0.3	4.4	9	63.0
	SD	12.9	13.4	426	156	5.2	171	0.4	0.2	2.8	13	44.9
Madhya Pradesh (n=408)	Median	22.1	9.4	727	129	6.8	44	0.7	0.3	5.8	5	62.2
	Mean	23.3	10.7	743	172	7.5	92	0.7	0.4	6.3	9	65.8
	SD	11.8	8.2	365	158	4.8	156	0.5	0.2	3.8	11	42.6
Orissa (n=285)	Median	17.8	8.3	743	133	5.5	44	0.5	0.3	6.8	24	48.3
	Mean	19.3	9.8	757	211	7.1	344	0.5	0.3	7.0	45	58.8
	SD	9.1	6.3	288	209	5.7	638	0.2	0.2	2.8	55	38.7
West Bengal (n=274)	Median	19.7	12.9	775	213	4.6	106	0.5	0.3	5.8	18	40.8
	Mean	20.8	15.9	782	324	5.6	199	0.5	0.5	5.9	26	45.5
	SD	10.8	13.6	320	312	3.8	281	0.3	0.4	2.6	30	34.6
Uttar Pradesh (n=298)	Median	25.5	13.7	903	183	6.4	52	0.7	0.4	5.8	10	59.7
	Mean	26.5	17.8	908	369	7.3	137	0.7	0.5	6.4	14	65.7
	SD	13.7	14.0	418	640	5.0	259	0.4	0.3	3.9	15	41.4
Pooled (n=2895)	Median	19.7	11.8	733	166	4.7	61	0.5	0.3	4.8	9	48.1
	Mean	21.3	14.8	767	247	5.8	151	0.5	0.4	5.3	16	55.5
	SD	11.9	11.8	386	305	4.6	308	0.4	0.3	3.2	26	40.4
	RDA	16.7	27.0	1060	600	9.0	400	0.5	0.6	8.0	40	80

Table 35.2 : DISTRIBUTION (%) OF 1-3 YEAR CHILDREN ACCORDING TO DAILY INTAKE OF NUTRIENTS AS PERCENT RDA

NUTRIENTS	% RDA	STATES													Pooled
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	2895			
Protein	n	162	264	281	328	243	352	408	285	274	298	2895			
	<50	29.6	7.2	6.0	16.2	14.0	15.1	10.0	8.4	9.5	8.1	11.7			
	50-70	11.7	9.8	7.1	13.4	14.0	8.8	6.6	11.2	12.8	5.7	9.8			
Total Fat	≥70	58.6	83.0	86.8	70.4	72.0	76.1	83.3	80.4	77.7	86.2	78.4			
	<50	59.3	44.7	51.6	49.4	56.8	41.8	74.3	77.5	52.2	49.3	56.0			
	50-70	8.0	16.3	18.9	20.7	21.0	14.2	13.5	13.3	14.2	16.8	15.9			
Energy	≥70	32.7	39.0	29.5	29.9	22.2	44.0	12.3	9.1	33.6	33.9	28.2			
	<50	51.2	22.0	15.7	32.3	43.2	34.7	27.2	22.8	23.4	18.8	28.1			
	50-70	17.3	27.3	21.4	21.0	26.3	22.2	25.0	27.0	23.0	16.4	22.9			
Calcium	≥70	31.5	50.8	63.0	46.6	30.5	43.2	47.8	50.2	53.6	64.8	49.0			
	<50	69.8	56.1	77.2	72.3	79.8	84.4	88.5	76.5	60.2	65.1	74.1			
	50-70	14.2	13.3	11.4	13.4	10.3	8.8	6.1	9.5	10.9	10.1	10.4			
Iron	≥70	16.0	30.7	11.4	14.3	9.9	6.8	5.4	14.0	28.8	24.8	15.5			
	<50	75.9	72.7	42.7	74.4	63.0	34.7	30.6	36.8	48.5	33.6	48.9			
	50-70	9.9	12.5	17.4	13.4	14.4	18.2	15.2	23.9	19.7	15.4	16.3			
Vitamin A	≥70	14.2	14.8	39.9	12.2	22.6	47.2	54.2	39.3	31.8	51.0	34.8			
	<50	82.1	63.6	86.1	85.7	86.4	94.6	89.0	74.4	65.0	80.2	81.5			
	50-70	5.6	15.5	7.5	5.5	7.8	1.1	3.4	2.1	13.1	8.4	6.7			
Thiamin	≥70	12.3	20.8	6.4	8.8	5.8	4.3	7.6	23.5	21.9	11.4	11.8			
	<50	45.1	11.4	16.0	47.0	25.1	20.2	17.2	11.9	14.2	18.8	21.9			
	50-70	13.6	11.7	12.8	15.9	15.6	9.1	6.9	12.3	15.0	7.4	11.6			
Riboflavin	≥70	41.4	76.9	71.2	37.2	59.3	70.7	76.0	75.8	70.8	73.8	66.5			
	<50	60.5	30.3	46.6	58.5	53.1	61.6	51.7	67.4	54.4	40.6	52.5			
	50-70	9.9	11.7	21.0	17.7	11.9	15.6	13.5	19.6	7.3	15.1	14.6			
Niacin	≥70	29.6	58.0	32.4	23.8	35.0	22.7	34.8	13.0	38.3	44.3	32.8			
	<50	63.6	35.2	40.2	62.8	62.1	49.1	29.7	16.8	28.1	31.5	40.7			
	50-70	17.3	26.5	20.6	17.4	20.2	23.3	18.9	16.8	18.6	16.8	19.7			
Vitamin C	≥70	19.1	38.3	39.1	19.8	17.7	27.6	51.5	66.3	53.3	51.7	39.6			
	<50	79.0	74.2	83.3	83.8	91.8	89.5	87.5	43.2	55.8	74.2	76.9			
	50-70	7.4	12.1	8.2	4.3	2.5	3.1	7.4	13.7	15.3	12.8	8.5			
Dietary folate	≥70	13.6	13.6	8.5	11.9	5.8	7.4	5.1	43.2	28.8	13.1	14.6			
	<50	69.1	31.1	36.3	54.9	48.6	35.2	29.7	38.2	48.9	28.2	40.3			
	50-70	12.3	22.0	20.6	15.2	21.0	16.2	14.7	18.2	24.8	19.1	18.3			
	≥70	18.5	47.0	43.1	29.9	30.5	48.6	55.6	43.5	26.3	52.7	41.4			

Table 36.1 : AVERAGE DAILY INTAKE OF NUTRIENTS AMONG 4-6 YEAR CHILDREN

STATES	Protein (g)	Total Fat (g)	Energy (Kcal)	Calcium (mg)	Iron (mg)	Vit.-A (µg)	Thiamin (mg)	Ribo-flavin(mg)	Niacin (mg)	Vit.-C (mg)	Dietary folate(µg)
Kerala (n=181)	Median	13.8	818	205	5.0	65	0.5	0.4	5.6	11	42.1
	Mean	17.5	872	273	5.9	131	0.5	0.4	6.4	22	52.3
	SD	15.1	13.6	411	230	3.7	228	0.3	3.0	36	40.5
Tamil Nadu (n=213)	Median	17.5	1006	260	4.8	143	0.7	0.6	7.8	17	75.8
	Mean	27.8	19.7	1027	324	5.7	191	0.7	8.0	24	81.1
	SD	14.4	11.4	323	216	4.9	171	0.2	2.7	25	39.4
Karnataka (n=261)	Median	27.7	14.6	1132	174	78	0.6	0.4	6.2	11	66.7
	Mean	29.1	18.4	1142	232	7.4	142	0.7	6.7	18	72.0
	SD	12.6	14.3	410	188	5.3	270	0.3	3.1	18	39.5
Andhra Pradesh (n=256)	Median	23.6	17.2	1023	194	71	0.4	0.4	5.0	11	51.8
	Mean	25.6	19.6	1055	242	4.8	159	0.4	5.6	17	57.2
	SD	11.4	12.5	371	171	2.9	285	0.2	2.7	19	31.3
Maharashtra (n=274)	Median	23.6	14.8	869	171	67	0.6	0.4	5.6	8	61.2
	Mean	26.1	17.4	915	231	7.0	137	0.7	6.1	14	68.5
	SD	13.0	11.6	400	223	4.4	193	0.4	3.3	16	39.3
Gujarat (n=340)	Median	31.8	21.8	1073	223	97	0.9	0.5	6.7	13	91.7
	Mean	34.5	25.1	1139	289	11.4	161	1.0	7.2	19	101.0
	SD	16.9	15.6	504	265	6.9	224	0.6	3.5	20	57.3
Madhya Pradesh (n=421)	Median	35.0	13.2	1063	199	62	1.2	0.5	9.7	10	99.1
	Mean	35.6	14.6	1109	222	12.1	112	1.2	10.0	15	102.7
	SD	12.1	7.9	356	142	6.0	176	0.5	4.2	16	51.1
Orissa (n=267)	Median	24.1	10.5	1039	166	57	0.7	0.4	9.9	36	68.0
	Mean	26.2	12.4	1059	272	9.0	384	0.7	10.1	56	73.7
	SD	10.2	11.0	304	297	6.5	731	0.2	2.9	56	40.4
West Bengal (n=304)	Median	22.9	10.7	934	164	62	0.6	0.3	8.3	25	48.5
	Mean	23.8	13.2	939	260	7.3	221	0.6	8.5	40	58.1
	SD	10.0	10.3	288	267	5.0	366	0.3	2.4	43	37.4
Uttar Pradesh (n=398)	Median	35.7	17.8	1258	219	61	1.1	0.5	10.3	19	97.6
	Mean	38.6	20.3	1350	299	12.5	162	1.1	10.9	26	106.7
	SD	17.4	12.8	523	247	7.3	350	0.6	5.3	35	59.6
Pooled (n=2915)	Median	27.9	15.0	1033	198	74	0.7	0.4	7.6	15	71.9
	Mean	30.3	17.9	1082	263	8.9	177	0.8	8.2	25	81.1
	SD	14.6	12.7	425	230	6.3	343	0.5	4.0	33	50.1
RDA	20.1	25.0	1350	600	13.0	400	0.7	0.8	11.0	40	100

Table 36.2 : DISTRIBUTION (%) OF 4-6 YEAR CHILDREN ACCORDING TO DAILY INTAKE OF NUTRIENTS AS PERCENT RDA

NUTRIENTS	% RDA	STATES												
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	Pooled		
Protein	<50	181	213	261	256	274	340	421	267	304	398	2915		
	50-70	8.3	3.3	2.7	3.9	6.2	1.8	0.0	0.0	3.6	1.0	2.6		
Total Fat	>70	79.6	4.2	6.5	7.0	10.2	1.8	0.7	4.5	14.5	3.5	5.9		
	<50	45.3	25.8	90.8	89.1	83.6	96.5	99.3	95.5	81.9	95.5	91.4		
Energy	50-70	16.6	24.4	22.6	23.0	20.1	15.3	26.4	22.8	13.5	17.8	20.3		
	>70	38.1	49.8	37.9	46.9	38.7	63.8	27.1	15.4	29.3	50.3	39.8		
Calcium	<50	37.6	10.3	12.3	13.7	28.5	12.1	10.7	5.6	18.8	6.3	14.3		
	50-70	26.0	32.4	22.6	29.7	27.0	26.5	23.5	30.3	32.2	16.3	26.0		
Iron	>70	36.5	57.3	65.1	56.6	44.5	61.5	65.8	64.0	49.0	77.4	59.7		
	<50	67.4	54.0	76.2	73.4	74.1	67.1	81.0	68.2	71.7	68.6	71.0		
Vitamin A	50-70	13.3	18.8	12.3	13.3	14.2	15.0	10.7	12.0	9.5	10.6	12.6		
	>70	19.3	27.2	11.5	13.3	11.7	17.9	8.3	19.9	18.8	20.9	16.4		
Thiamin	<50	66.3	76.5	56.3	79.7	52.2	27.4	18.1	40.4	52.0	21.9	44.6		
	50-70	18.8	14.1	20.7	13.3	21.2	17.6	16.9	25.8	25.7	15.6	18.9		
Riboflavin	>70	14.9	9.4	23.0	7.0	26.6	55.0	65.1	33.7	22.4	62.6	36.6		
	<50	82.3	62.0	86.6	81.6	79.6	82.6	90.0	74.2	67.8	83.7	80.0		
Niacin	50-70	5.0	18.8	4.6	7.8	7.3	6.5	1.9	1.5	8.2	6.5	6.4		
	>70	12.7	19.2	8.8	10.5	13.1	10.9	8.1	24.3	24.0	9.8	13.7		
Vitamin C	<50	30.4	7.0	13.8	38.7	19.3	6.2	6.4	3.0	7.6	5.8	12.3		
	50-70	17.7	8.5	16.5	21.1	11.7	5.6	6.7	8.6	16.4	5.5	11.0		
Dietary folate	>70	51.9	84.5	69.7	40.2	69.0	88.2	86.9	88.4	76.0	88.7	76.6		
	<50	62.4	35.2	54.4	63.7	57.3	44.1	36.3	72.7	68.8	34.2	51.2		
Dietary folate	50-70	11.0	10.3	18.8	14.1	9.5	17.1	16.9	16.5	9.9	16.1	14.4		
	>70	26.5	54.5	26.8	22.3	33.2	38.8	46.8	10.9	21.4	49.7	34.4		
Dietary folate	<50	48.1	17.4	39.1	57.8	48.2	36.5	14.3	2.6	9.9	15.8	27.1		
	50-70	23.8	31.9	29.9	24.2	27.0	29.4	19.7	18.4	33.2	16.3	24.8		
Dietary folate	>70	28.2	50.7	31.0	18.0	24.8	34.1	66.0	79.0	56.9	67.8	48.1		
	<50	67.4	57.3	71.6	69.5	77.4	66.2	76.2	26.2	39.5	52.3	60.5		
Dietary folate	50-70	11.0	17.8	11.5	10.9	8.8	11.2	10.7	15.4	15.8	15.8	12.9		
	>70	21.5	24.9	16.9	19.5	13.9	22.6	13.1	58.4	44.7	31.9	26.6		
Dietary folate	<50	59.1	20.2	35.2	46.5	36.9	18.5	14.5	30.7	52.3	15.1	30.4		
	50-70	14.9	24.4	19.9	21.5	23.0	16.8	12.1	21.0	18.1	16.1	18.3		
>70	26.0	55.4	44.8	32.0	40.1	64.7	73.4	48.3	29.6	68.8	51.3			

Table 37.1 : AVERAGE DAILY INTAKE OF NUTRIENTS AMONG 7-9 YEAR CHILDREN

STATES		Protein (g)	Total Fat (g)	Energy (Kcal)	Calcium (mg)	Iron (mg)	Vit.-A (µg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit.-C (mg)	Dietary folate (µg)
Kerala (n=197)	Median	32.1	16.7	1025	246	6.4	70	0.6	0.4	7.2	17	48.2
	Mean	34.0	20.1	1077	357	7.7	125	0.7	0.5	8.1	25	64.8
	SD	19.1	14.4	465	374	5.3	205	0.4	0.3	3.7	31	55.8
Tamil Nadu (n=210)	Median	30.5	21.6	1211	289	6.2	162	0.8	0.6	9.7	21	89.1
	Mean	32.5	25.4	1238	343	6.6	220	0.8	0.7	9.9	30	93.2
	SD	11.9	15.5	320	218	2.6	258	0.2	0.3	3.1	27	37.7
Karnataka (n=286)	Median	32.6	18.6	1364	202	6.5	82	0.7	0.5	7.4	19	81.6
	Mean	35.0	21.2	1363	272	8.1	187	0.8	0.6	8.0	24	89.6
	SD	13.1	12.3	420	209	5.4	404	0.3	0.3	3.2	21	46.5
Andhra Pradesh (n=264)	Median	28.2	17.5	1190	204	4.5	81	0.5	0.4	6.2	15	67.0
	Mean	30.5	20.6	1262	245	5.5	124	0.5	0.5	6.7	21	74.9
	SD	13.8	12.7	457	165	3.4	157	0.3	0.2	3.0	24	42.4
Maharashtra (n=282)	Median	28.4	17.7	1091	176	7.8	65	0.7	0.5	7.1	10	75.2
	Mean	31.8	20.2	1149	231	9.3	142	0.8	0.5	8.1	18	82.8
	SD	15.0	12.2	488	193	5.7	235	0.5	0.3	4.2	21	46.2
Gujarat (n=357)	Median	36.4	24.4	1232	253	11.7	109	1.0	0.6	8.0	17	110.4
	Mean	39.0	27.4	1309	313	12.9	178	1.1	0.6	8.6	24	115.6
	SD	14.7	14.9	452	224	6.8	277	0.5	0.3	3.8	23	56.8
Madhya Pradesh (n=409)	Median	43.0	14.9	1302	220	14.2	71	1.5	0.7	12.0	13	120.0
	Mean	43.9	17.2	1351	269	14.5	136	1.4	0.7	12.3	19	121.7
	SD	13.9	10.4	393	213	6.5	205	0.6	0.3	4.9	22	58.9
Orissa (n=271)	Median	30.0	12.9	1286	194	8.5	61	0.8	0.5	12.4	38	87.8
	Mean	32.1	14.6	1310	314	10.3	385	0.9	0.5	12.4	61	92.4
	SD	10.6	11.6	304	324	7.0	792	0.3	0.2	3.2	62	45.1
West Bengal (n=268)	Median	25.1	10.2	1040	159	7.4	40	0.7	0.4	10.1	28	50.7
	Mean	27.2	12.4	1054	237	8.4	191	0.7	0.4	10.2	48	60.3
	SD	12.6	8.9	284	219	4.1	331	0.3	0.2	2.7	49	33.5
Uttar Pradesh (n=419)	Median	42.0	19.7	1544	258	13.5	62	1.3	0.7	12.4	22	113.9
	Mean	47.3	23.9	1635	330	15.2	177	1.4	0.7	13.6	30	129.7
	SD	26.3	20.6	635	273	9.0	361	0.8	0.4	6.5	32	80.8
Pooled (n=2963)	Median	33.4	17.1	1241	226	8.6	79	0.8	0.5	9.4	19	86.9
	Mean	36.5	20.4	1303	290	10.5	184	1.0	0.6	10.1	29	97.1
	SD	17.5	14.6	475	247	7.0	369	0.6	0.3	4.8	36	59.1
	RDA	29.5	30.0	1690	600	16.0	600	0.8	1.0	13.0	40	120

Table 37.2 : DISTRIBUTION (%) OF 7-9 YEAR CHILDREN ACCORDING TO DAILY INTAKE OF NUTRIENTS AS PERCENT RDA

NUTRIENTS	% RDA	STATES										Pooled
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	
Protein	n	197	210	286	264	282	357	409	271	268	419	2963
	<50	14.2	3.8	2.1	5.7	8.2	1.4	0.2	0.7	8.6	1.9	4.0
Total Fat	50-70	15.2	6.7	8.0	18.9	19.5	5.3	1.5	7.7	21.3	4.8	10.0
	≥70	70.6	89.5	89.9	75.4	72.3	93.3	98.3	91.5	70.1	93.3	86.0
Energy	<50	42.6	25.2	36.0	37.5	39.7	17.6	51.3	60.5	69.0	34.6	41.1
	50-70	19.8	23.3	22.4	23.1	22.0	20.7	27.6	26.6	16.8	19.6	22.3
Calcium	≥70	37.6	51.4	41.6	39.4	38.3	61.6	21.0	12.9	14.2	45.8	36.6
	<50	35.5	8.1	10.5	16.7	29.1	15.1	8.3	2.2	22.4	7.4	14.4
Iron	50-70	29.4	37.6	24.8	32.2	28.0	30.8	27.4	30.6	50.0	16.9	29.8
	≥70	35.0	54.3	64.7	51.1	42.9	54.1	64.3	67.2	27.6	75.7	55.8
Vitamin A	<50	57.9	53.3	72.0	72.7	76.6	60.8	72.1	62.4	74.3	61.6	66.8
	50-70	13.7	20.5	11.5	17.0	9.2	17.1	16.1	12.2	9.7	17.7	14.6
Vitamin B	≥70	28.4	26.2	16.4	10.2	14.2	22.1	11.7	25.5	16.0	20.8	18.6
	<50	67.0	74.8	64.7	82.6	52.8	28.0	15.2	46.9	57.5	19.3	46.1
Vitamin C	50-70	14.2	20.5	16.8	13.3	15.6	19.0	17.8	24.4	22.8	20.0	18.6
	≥70	18.8	4.8	18.5	4.2	31.6	52.9	67.0	28.8	19.8	60.6	35.4
Vitamin D	<50	91.4	85.7	88.1	93.9	90.4	91.9	91.4	79.0	79.9	88.5	88.3
	50-70	4.1	4.8	2.8	1.1	2.5	1.7	1.0	0.7	4.5	2.6	2.4
Vitamin E	≥70	4.6	9.5	9.1	4.9	7.1	6.4	7.6	20.3	15.7	8.8	9.3
	<50	34.0	2.9	14.7	46.2	21.6	6.2	7.1	3.0	8.6	6.0	13.7
Thiamin	50-70	12.2	8.1	13.3	17.4	12.1	6.4	3.2	4.8	14.9	4.3	9.0
	≥70	53.8	89.0	72.0	36.4	66.3	87.4	89.7	92.3	76.5	89.7	77.4
Riboflavin	<50	65.0	35.2	56.3	70.5	62.4	49.0	36.2	73.4	80.2	36.0	54.4
	50-70	15.2	35.2	28.0	20.5	19.1	23.2	27.1	19.9	11.9	21.7	22.4
Niacin	≥70	19.8	29.5	15.7	9.1	18.4	27.7	36.7	6.6	7.8	42.2	23.2
	<50	39.6	8.6	33.9	54.9	43.3	31.9	10.0	2.6	6.7	11.2	23.2
Vitamin B6	50-70	29.4	35.2	34.6	30.3	24.1	28.9	20.0	10.7	25.4	18.4	24.9
	≥70	31.0	56.2	31.5	14.8	32.6	39.2	69.9	86.7	67.9	70.4	51.9
Vitamin B12	<50	58.9	46.7	54.5	61.4	70.6	61.9	70.2	22.5	35.4	46.8	53.7
	50-70	10.7	13.3	19.2	14.8	10.3	11.2	11.0	14.8	14.6	16.9	13.7
Dietary folate	≥70	30.5	40.0	26.2	23.9	19.1	26.9	18.8	62.7	50.0	36.3	32.6
	<50	60.4	19.0	28.7	43.6	35.1	17.9	14.7	26.9	58.2	16.2	29.6
Total	50-70	12.7	24.8	24.1	21.6	23.0	14.3	14.4	19.2	19.0	13.4	18.1
	≥70	26.9	56.2	47.2	34.8	41.8	67.8	70.9	53.9	22.8	70.4	52.3

Table 38.1 : AVERAGE DAILY INTAKE OF NUTRIENTS AMONG 10-12 YEAR BOYS

STATES		Protein (g)	Total Fat (g)	Energy (Kcal)	Calcium (mg)	Iron (mg)	Vit.-A (µg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit.-C (mg)	Dietary folate (µg)
Kerala (n=109)	Median	33.5	17.7	1156	261	7.5	74	0.7	0.5	9.1	19	60.6
	Mean	39.4	24.3	1253	351	8.6	131	0.8	0.6	9.7	30	70.0
	SD	30.0	21.4	535	265	6.7	222	0.4	0.3	4.5	39	50.7
Tamil Nadu (n=111)	Median	32.2	19.9	1350	280	6.4	140	0.8	0.6	10.9	27	87.8
	Mean	33.4	23.6	1326	314	7.1	192	0.8	0.6	11.1	36	92.5
	SD	13.4	14.7	354	174	3.5	169	0.2	0.2	3.3	31	42.7
Karnataka (n=172)	Median	38.2	19.4	1564	237	8.8	96	0.9	0.6	9.1	20	93.2
	Mean	41.2	24.0	1602	309	10.8	194	0.9	0.6	9.7	28	101.0
	SD	16.6	16.4	538	225	8.5	384	0.5	0.3	4.5	44	52.7
Andhra Pradesh (n=124)	Median	33.7	20.0	1517	272	6.1	117	0.6	0.6	7.7	20	76.8
	Mean	35.4	24.9	1580	305	6.8	208	0.6	0.6	8.5	26	87.2
	SD	13.1	16.6	533	183	3.8	323	0.3	0.2	3.8	19	46.9
Maharashtra (n=168)	Median	32.8	18.7	1216	191	9.4	63	0.9	0.5	8.1	11	89.4
	Mean	34.1	21.8	1238	237	10.8	139	0.9	0.6	8.7	20	95.8
	SD	14.0	12.5	453	175	6.3	177	0.4	0.3	3.8	21	52.1
Gujarat (n=163)	Median	40.7	26.7	1377	266	13.1	129	1.2	0.7	8.7	17	125.3
	Mean	43.3	29.3	1457	331	15.5	208	1.2	0.7	9.6	25	126.5
	SD	15.0	15.2	497	212	8.6	371	0.5	0.3	4.2	23	58.5
Madhya Pradesh (n=207)	Median	48.8	17.4	1523	263	15.6	84	1.6	0.7	13.6	16	136.2
	Mean	49.5	19.3	1520	301	16.6	157	1.6	0.8	13.8	24	138.1
	SD	14.9	10.5	411	169	8.1	209	0.7	0.3	5.0	23	65.4
Orissa (n=172)	Median	34.6	13.3	1469	230	8.8	62	0.9	0.5	14.1	39	94.4
	Mean	35.3	15.1	1460	303	10.1	392	0.9	0.5	13.9	66	99.2
	SD	10.8	7.8	320	237	5.5	732	0.3	0.2	3.5	68	47.2
West Bengal (n=170)	Median	25.5	9.1	1117	181	7.9	41	0.7	0.4	11.2	27	56.8
	Mean	29.8	12.7	1145	256	9.3	263	0.8	0.5	11.6	46	70.8
	SD	15.6	11.4	318	247	5.3	506	0.3	0.3	3.3	49	49.9
Uttar Pradesh (n=258)	Median	48.5	20.4	1705	282	15.0	80	1.4	0.8	14.1	25	131.9
	Mean	50.7	25.4	1773	348	17.2	268	1.6	0.8	15.1	37	142.0
	SD	21.9	17.8	689	246	10.8	617	0.8	0.3	6.9	58	82.0
Pooled (n=1654)	Median	37.4	18.1	1405	248	9.8	87	0.9	0.6	10.8	22	95.2
	Mean	40.3	21.9	1462	306	12.1	221	1.1	0.6	11.6	34	107.1
	SD	18.6	15.4	527	220	8.3	443	0.6	0.3	5.2	44	63.7
	RDA	39.9	35.0	2190	800	21.0	600	1.1	1.3	15.0	40	140

Table 38.2 : DISTRIBUTION (%) OF 10-12 YEAR BOYS ACCORDING TO DAILY INTAKE OF NUTRIENTS AS PERCENT RDA

NUTRIENTS	% RDA	STATES												Pooled
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh			
Protein	n	109	111	172	124	168	163	207	172	170	258	1654		
	<50	18.3	12.6	5.8	10.5	15.5	1.2	1.4	5.2	27.1	3.5	9.2		
	50-70	23.9	24.3	11.0	19.4	21.4	12.9	4.3	23.3	28.8	10.1	16.7		
Total Fat	>70	57.8	63.1	83.1	70.2	63.1	85.9	94.2	71.5	44.1	86.4	74.1		
	<50	49.5	39.6	41.3	37.9	47.0	21.5	51.2	69.8	77.6	39.5	47.8		
	50-70	13.8	24.3	20.9	19.4	19.0	23.9	28.0	18.6	12.9	22.9	20.8		
Energy	>70	36.7	36.0	37.8	42.7	33.9	54.6	20.8	11.6	9.4	37.6	31.4		
	<50	45.0	27.9	14.5	17.7	42.9	26.4	15.0	12.8	48.8	14.3	25.1		
	50-70	28.4	45.0	33.1	33.1	33.3	34.4	35.3	44.8	41.2	20.9	34.2		
Calcium	>70	26.6	27.0	52.3	49.2	23.8	39.3	49.8	42.4	10.0	64.7	40.7		
	<50	63.3	70.3	76.2	75.8	86.3	73.0	81.6	75.0	78.2	72.1	75.8		
	50-70	17.4	21.6	13.4	13.7	8.3	14.7	11.6	11.0	11.2	12.8	13.1		
Iron	>70	19.3	8.1	10.5	10.5	5.4	12.3	6.8	14.0	10.6	15.1	11.2		
	<50	78.9	88.3	64.0	84.7	56.0	34.4	19.8	68.6	68.2	26.7	54.0		
	50-70	12.8	8.1	16.3	10.5	22.0	19.6	25.6	16.9	18.8	20.9	18.2		
Vitamin A	>70	8.3	3.6	19.8	4.8	22.0	46.0	54.6	14.5	12.9	52.3	27.8		
	<50	93.6	84.7	86.6	87.1	85.1	86.5	87.9	77.9	77.1	86.0	85.0		
	50-70	1.8	7.2	4.1	3.2	8.3	6.7	1.9	0.6	4.7	2.7	4.0		
Thiamin	>70	4.6	8.1	9.3	9.7	6.5	6.7	10.1	21.5	18.2	11.2	11.0		
	<50	30.3	9.9	19.8	41.9	23.8	6.1	7.2	5.2	17.1	6.6	15.1		
	50-70	28.4	29.7	19.2	29.0	15.5	12.9	6.8	18.0	33.5	7.0	18.1		
Riboflavin	>70	41.3	60.4	61.0	29.0	60.7	81.0	86.0	76.7	49.4	86.4	66.7		
	<50	64.2	52.3	58.7	62.9	70.2	47.2	39.6	80.8	84.7	36.0	58.0		
	50-70	24.8	37.8	29.7	29.0	20.8	34.4	36.7	17.4	10.0	36.0	28.0		
Niacin	>70	11.0	9.9	11.6	8.1	8.9	18.4	23.7	1.7	5.3	27.9	14.0		
	<50	33.0	11.7	32.0	47.6	44.0	40.5	9.7	2.9	8.2	12.0	22.6		
	50-70	28.4	33.3	35.5	31.5	29.2	25.8	18.8	15.1	31.8	15.1	25.2		
Vitamin C	>70	38.5	55.0	32.6	21.0	26.8	33.7	71.5	82.0	60.0	72.9	52.2		
	<50	51.4	36.9	48.3	50.8	65.5	58.9	57.5	20.9	38.2	39.9	46.7		
	50-70	17.4	13.5	26.2	12.9	10.1	14.7	14.5	9.9	12.9	15.5	14.8		
Dietary folate	>70	31.2	49.5	25.6	36.3	24.4	26.4	28.0	69.2	48.8	44.6	38.5		
	<50	59.6	31.5	28.5	41.9	35.7	19.6	16.4	29.7	64.7	18.2	32.3		
	50-70	22.0	28.8	26.7	22.6	22.6	16.6	12.1	25.0	14.1	15.9	19.8		
	>70	18.3	39.6	44.8	35.5	41.7	63.8	71.5	45.3	21.2	65.9	47.8		

Table 39.1 : AVERAGE DAILY INTAKE OF NUTRIENTS AMONG 10-12 YEAR GIRLS

STATES		Protein (g)	Total Fat (g)	Energy (Kcal)	Calcium (mg)	Iron (mg)	Vit.-A (µg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit.-C (mg)	Dietary folate (µg)
Kerala (n=110)	Median	31.4	18.5	1055	284	6.7	72	0.6	0.5	8.3	18	53.0
	Mean	37.6	22.3	1169	338	8.4	134	0.7	0.5	9.2	28	70.5
	SD	28.2	14.9	538	249	7.2	259	0.4	0.3	4.5	37	59.2
Tamil Nadu (n=128)	Median	30.4	19.9	1277	267	6.3	160	0.8	0.6	10.7	23	91.0
	Mean	32.8	23.7	1303	325	7.2	232	0.8	0.7	10.9	34	94.8
	SD	12.9	14.0	371	221	4.6	244	0.3	0.3	3.4	30	38.5
Karnataka (n=140)	Median	35.8	19.7	1460	257	8.2	100	0.8	0.6	8.2	20	89.7
	Mean	37.5	25.0	1482	303	9.3	182	0.9	0.6	8.8	27	94.2
	SD	15.4	18.5	529	184	5.8	305	0.4	0.3	4.0	37	49.5
Andhra Pradesh (n=127)	Median	32.6	19.1	1388	229	5.6	88	0.6	0.6	7.5	20	79.1
	Mean	35.3	22.7	1489	284	6.1	162	0.6	0.6	8.0	25	86.6
	SD	13.9	15.2	498	215	2.7	225	0.2	0.2	2.8	23	45.0
Maharashtra (n=156)	Median	30.8	17.6	1183	166	9.1	59	0.7	0.5	7.4	10	79.2
	Mean	32.0	18.9	1166	208	10.4	165	0.9	0.5	8.3	19	87.7
	SD	13.6	10.2	437	167	6.3	251	0.5	0.3	3.7	26	49.4
Gujarat (n=178)	Median	40.2	26.4	1404	286	13.1	127	1.2	0.6	8.9	21	120.7
	Mean	44.0	28.9	1470	370	15.4	221	1.2	0.7	9.7	31	129.2
	SD	18.4	15.3	538	399	11.4	327	0.6	0.3	4.4	30	61.5
Madhya Pradesh (n=208)	Median	45.3	16.3	1397	223	14.7	76	1.5	0.7	12.5	13	128.8
	Mean	47.4	18.6	1473	278	15.2	137	1.5	0.7	13.0	18	132.3
	SD	14.9	11.7	404	272	7.3	219	0.7	0.3	5.1	22	65.3
Orissa (n=133)	Median	32.1	12.6	1437	182	9.4	67	0.9	0.5	14.3	38	90.5
	Mean	34.4	13.8	1455	300	11.5	416	1.0	0.5	14.3	63	95.7
	SD	9.9	6.5	308	265	7.9	850	0.3	0.2	3.3	66	44.4
West Bengal (n=179)	Median	24.5	8.6	1073	148	7.4	36	0.7	0.4	11.0	31	53.6
	Mean	25.8	10.8	1075	214	8.2	190	0.7	0.4	10.8	50	61.7
	SD	9.6	7.7	275	198	4.6	339	0.3	0.2	2.6	51	33.3
Uttar Pradesh (n=218)	Median	45.6	18.9	1582	261	14.8	64	1.4	0.7	13.6	24	130.2
	Mean	50.4	23.1	1750	323	16.1	179	1.5	0.8	14.7	31	140.8
	SD	23.9	15.9	731	229	9.0	407	0.8	0.4	7.4	29	78.1
Pooled (n=1577)	Median	35.1	17.0	1330	230	9.3	81	0.9	0.5	10.3	21	92.2
	Mean	38.6	20.7	1401	293	11.4	198	1.0	0.6	11.0	32	103.2
	SD	18.7	14.4	529	256	8.1	384	0.6	0.3	5.1	39	61.7
	RDA	40.4	35.0	2010	800	27.0	600	1.0	1.2	13.0	40	140

Table 39.2 : DISTRIBUTION (%) OF 10-12 YEAR GIRLS ACCORDING TO DAILY INTAKE OF NUTRIENTS AS PERCENT RDA

NUTRIENTS	% RDA	STATES													Pooled
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	n			
Protein	<50	110	128	140	127	156	178	208	133	179	218	1577	11.5		
	50-70	23.6	10.2	12.1	11.0	20.5	2.8	0.5	2.3	33.5	4.6	11.5	20.1		
	≥70	20.0	34.4	16.4	26.0	24.4	13.5	7.7	27.8	32.4	10.1	20.1	68.4		
Total Fat	<50	56.4	55.5	71.4	63.0	55.1	83.7	91.8	69.9	34.1	85.3	51.6	68.4		
	50-70	48.2	41.4	41.4	42.5	50.0	24.2	56.3	77.4	86.0	45.9	51.6	21.4		
	≥70	15.5	21.9	20.7	28.3	30.8	21.9	28.8	17.3	7.8	20.2	21.4	27.0		
Energy	<50	36.4	36.7	37.9	29.1	19.2	53.9	14.9	5.3	6.1	33.9	27.0	21.2		
	50-70	47.3	18.0	15.7	12.6	37.8	20.2	9.1	7.5	38.0	13.3	21.2	35.8		
	≥70	21.8	49.2	30.0	39.4	33.3	29.8	41.3	40.6	49.2	23.9	35.8	43.1		
Calcium	<50	30.9	32.8	54.3	48.0	28.8	50.0	49.5	51.9	12.8	62.8	78.9	43.1		
	50-70	66.4	73.4	76.4	85.0	89.1	71.9	86.1	74.4	84.4	76.6	78.9	10.5		
	≥70	14.5	13.3	12.9	6.3	7.7	13.5	8.7	9.8	8.4	11.5	10.5	10.5		
Iron	<50	19.1	13.3	10.7	8.7	3.2	14.6	5.3	15.8	7.3	11.9	10.5	10.5		
	50-70	91.8	94.5	87.9	96.9	72.4	51.7	45.2	76.7	95.0	46.8	72.4	72.4		
	≥70	4.5	3.1	7.1	3.1	19.2	22.5	29.3	11.3	3.9	20.6	14.0	14.0		
Vitamin A	<50	3.6	2.3	5.0	0.0	8.3	25.8	25.5	12.0	1.1	32.6	13.6	13.6		
	50-70	94.5	80.5	87.9	86.6	83.3	85.4	93.3	78.9	81.0	91.3	86.6	86.6		
	≥70	1.8	6.3	4.3	5.5	6.4	4.5	1.0	0.0	1.1	1.8	3.1	3.1		
Thiamin	<50	3.6	13.3	7.9	7.9	10.3	10.1	5.8	21.1	17.9	6.9	10.3	10.3		
	50-70	40.9	9.4	18.6	42.5	28.2	7.9	10.1	0.8	21.8	7.8	17.3	17.3		
	≥70	19.1	31.3	21.4	32.3	23.7	13.5	6.3	16.5	31.3	9.6	19.3	19.3		
Riboflavin	<50	40.0	59.4	60.0	25.2	48.1	78.7	83.7	82.7	46.9	82.6	63.3	63.3		
	50-70	69.1	57.0	59.3	65.4	76.3	52.2	48.6	82.7	93.9	41.3	63.2	63.2		
	≥70	16.4	25.0	25.7	25.2	14.1	18.5	25.0	14.3	3.4	22.5	19.0	19.0		
Niacin	<50	14.5	18.0	15.0	9.4	9.6	29.2	26.4	3.0	2.8	36.2	17.9	17.9		
	50-70	35.5	8.6	26.4	37.0	33.3	27.0	7.2	0.0	5.6	7.3	17.4	17.4		
	≥70	20.9	21.9	37.1	32.3	29.5	24.7	21.2	4.5	23.5	16.5	23.0	23.0		
Vitamin C	<50	43.6	69.5	36.4	30.7	37.2	48.3	71.6	95.5	70.9	76.1	59.6	59.6		
	50-70	58.2	42.2	52.9	48.8	75.0	48.3	70.7	21.8	30.7	39.4	49.1	49.1		
	≥70	10.0	14.1	18.6	17.3	7.7	16.3	12.0	12.8	15.6	19.7	14.6	14.6		
Dietary folate	<50	31.8	43.8	28.6	33.9	17.3	35.4	17.3	65.4	53.6	40.8	36.3	36.3		
	50-70	60.0	30.5	30.0	41.7	40.4	14.6	17.8	33.1	64.8	20.2	33.6	33.6		
	≥70	17.3	27.3	32.1	22.8	23.1	19.7	13.9	26.3	22.9	11.9	20.9	20.9		
		42.2	42.2	37.9	35.4	36.5	65.7	68.3	40.6	12.3	67.9	45.5	45.5		

Table 40.1 : AVERAGE DAILY INTAKE OF NUTRIENTS AMONG 13-15 YEAR BOYS

STATES		Protein (g)	Total Fat (g)	Energy (Kcal)	Calcium (mg)	Iron (mg)	Vit.-A (µg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit.-C (mg)	Dietary folate (µg)
Kerala (n=106)	Median	40.4	20.5	1344	309	8.4	84	0.8	0.6	11.0	20	59.0
	Mean	45.1	25.6	1473	390	9.9	137	0.8	0.6	11.7	32	74.1
	SD	31.6	16.0	593	290	7.1	238	0.3	0.3	4.9	32	50.3
Tamil Nadu (n=121)	Median	35.6	23.0	1531	264	7.2	151	0.9	0.7	13.2	28	98.7
	Mean	38.1	27.0	1568	337	8.4	219	1.0	0.7	13.6	37	108.2
	SD	14.2	16.5	447	264	4.5	218	0.3	0.3	4.6	31	46.4
Karnataka (n=156)	Median	42.4	20.7	1689	274	9.2	107	0.9	0.7	9.7	24	110.9
	Mean	45.7	24.0	1792	382	11.3	332	1.1	0.7	10.6	32	118.0
	SD	18.0	14.0	602	307	7.3	1042	0.5	0.3	4.6	37	58.3
Andhra Pradesh (n=121)	Median	36.6	20.2	1624	241	6.4	101	0.7	0.6	8.9	22	80.5
	Mean	39.7	22.3	1656	281	7.3	214	0.7	0.6	9.3	30	91.8
	SD	17.7	12.0	551	178	3.8	370	0.4	0.3	4.1	50	48.9
Maharashtra (n=142)	Median	39.4	21.6	1428	209	12.5	79	1.1	0.6	10.0	13	104.0
	Mean	41.3	24.4	1453	274	13.6	193	1.1	0.7	10.6	23	117.2
	SD	19.0	13.5	603	211	7.8	263	0.6	0.4	5.0	28	63.1
Gujarat (n=193)	Median	42.7	27.4	1470	284	13.1	131	1.2	0.7	9.5	19	121.1
	Mean	46.2	33.2	1575	364	15.7	216	1.3	0.8	10.6	27	134.9
	SD	15.5	19.6	518	275	8.2	320	0.6	0.3	4.7	29	65.5
Madhya Pradesh (n=194)	Median	53.4	19.0	1632	285	18.2	94	1.9	0.8	15.4	16	139.2
	Mean	54.7	21.2	1684	337	18.0	186	1.7	0.8	15.3	24	147.2
	SD	15.6	11.1	425	197	7.7	259	0.8	0.3	5.9	26	69.9
Orissa (n=148)	Median	41.8	15.7	1739	243	11.0	73	1.1	0.6	17.4	45	103.9
	Mean	43.0	17.1	1769	363	12.3	360	1.1	0.6	17.3	70	113.3
	SD	12.5	8.2	330	298	5.7	745	0.3	0.1	3.8	68	52.3
West Bengal (n=139)	Median	32.0	12.1	1319	192	9.6	48	0.9	0.4	13.5	36	68.2
	Mean	34.5	14.3	1375	298	10.9	329	1.0	0.5	13.9	60	81.3
	SD	14.7	9.0	355	274	5.9	611	0.3	0.3	3.6	60	51.4
Uttar Pradesh (n=209)	Median	53.3	22.8	1911	302	18.3	83	1.7	0.9	16.2	25	149.1
	Mean	59.3	27.3	2014	374	19.3	242	1.9	0.9	17.2	31	166.7
	SD	27.0	16.9	759	251	9.8	472	0.9	0.4	7.7	29	98.7
Pooled (n=1529)	Median	42.0	20.1	1594	266	11.2	98	1.1	0.7	12.3	24	105.6
	Mean	46.0	24.0	1659	343	13.4	244	1.3	0.7	13.3	36	120.7
	SD	20.7	15.2	571	259	8.2	527	0.7	0.3	5.9	43	70.8
	RDA	54.3	45.0	2750	800	32.0	600	1.4	1.6	16.0	40	150

Table 40.2 : DISTRIBUTION (%) OF 13-15 YEAR BOYS ACCORDING TO DAILY INTAKE OF NUTRIENTS AS PERCENT RDA

NUTRIENTS	% RDA	STATES										Pooled
		Kerala	Tamil Nadu	Karnataka	Andhra Pradesh	Maharashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	
Protein	n	106	121	156	121	142	193	194	148	139	209	1529
	<50	26.4	19.0	9.0	20.7	25.4	7.3	3.6	5.4	36.7	7.2	14.5
	50-70	18.9	38.0	31.4	39.7	21.1	25.4	11.3	29.7	32.4	15.8	25.2
Total Fat	≥70	54.7	43.0	59.6	39.7	53.5	67.4	85.1	64.9	30.9	77.0	60.3
	<50	52.8	48.8	55.8	57.9	52.8	34.7	67.0	78.4	87.8	48.8	57.8
	50-70	14.2	23.1	22.4	20.7	23.9	25.9	21.1	16.9	6.5	22.0	20.1
Energy	≥70	33.0	28.1	21.8	21.5	23.2	39.4	11.9	4.7	5.8	29.2	22.0
	<50	51.9	37.2	21.2	31.4	48.6	41.5	26.8	10.8	56.1	22.0	33.5
	50-70	27.4	45.5	45.5	38.8	28.2	34.7	47.4	61.5	34.5	29.7	39.4
Calcium	≥70	20.8	17.4	33.3	29.8	23.2	23.8	25.8	27.7	9.4	48.3	27.1
	<50	63.2	75.2	66.0	82.6	78.9	66.8	71.6	68.2	75.5	66.0	71.0
	50-70	16.0	13.2	14.7	10.7	11.3	17.6	17.0	12.2	9.4	20.6	14.8
Iron	≥70	20.8	11.6	19.2	6.6	9.9	15.5	11.3	19.6	15.1	13.4	14.3
	<50	86.8	95.0	80.1	95.9	66.9	60.6	40.2	79.7	87.1	44.5	70.0
	50-70	10.4	2.5	13.5	3.3	18.3	19.7	34.5	14.2	7.2	24.9	16.5
Vitamin A	≥70	2.8	2.5	6.4	0.8	14.8	19.7	25.3	6.1	5.8	30.6	13.5
	<50	91.5	80.2	82.1	84.3	80.3	87.0	85.1	81.1	77.0	84.7	83.4
	50-70	3.8	7.4	7.7	5.0	2.8	5.7	2.6	0.7	2.9	4.3	4.3
Thiamin	≥70	4.7	12.4	10.3	10.7	16.9	7.3	12.4	18.2	20.1	11.0	12.4
	<50	46.2	16.5	30.1	60.3	33.8	13.5	13.4	6.8	23.7	7.2	22.7
	50-70	22.6	33.9	21.8	22.3	9.2	11.9	6.7	20.3	32.4	9.1	17.6
Riboflavin	≥70	31.1	49.6	48.1	17.4	57.0	74.6	79.9	73.0	43.9	83.7	59.7
	<50	82.1	76.0	71.8	82.6	74.6	67.9	54.1	95.3	87.1	46.4	71.4
	50-70	12.3	19.0	20.5	10.7	14.1	17.1	29.4	4.7	9.4	24.9	17.2
Niacin	≥70	5.7	5.0	7.7	6.6	11.3	15.0	16.5	0.0	3.6	28.7	11.4
	<50	22.6	14.0	26.9	40.5	35.2	34.2	10.8	0.0	3.6	8.6	19.1
	50-70	33.0	15.7	41.0	37.2	26.1	29.5	19.1	6.8	17.3	18.7	24.0
Vitamin C	≥70	44.3	70.2	32.1	22.3	38.7	36.3	70.1	93.2	79.1	72.7	56.9
	<50	50.0	31.4	40.4	45.5	66.9	53.4	60.3	10.1	19.4	39.2	42.4
	50-70	16.0	18.2	21.2	18.2	7.7	16.6	11.3	9.5	17.3	16.3	15.1
Dietary folate	≥70	34.0	50.4	38.5	36.4	25.4	30.1	28.4	80.4	63.3	44.5	42.5
	<50	77.4	50.4	41.0	64.5	46.5	34.7	28.4	45.3	78.4	27.3	46.2
	50-70	11.3	28.9	34.0	23.1	21.8	27.5	22.2	33.8	11.5	17.7	23.4
	≥70	11.3	20.7	25.0	12.4	31.7	37.8	49.5	20.9	10.1	55.0	30.4

Table 41.1 : AVERAGE DAILY INTAKE OF NUTRIENTS AMONG 13-15 YEAR GIRLS

STATES		Protein (g)	Total Fat (g)	Energy (Kcal)	Calcium (mg)	Iron (mg)	Vit-A (µg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit.-C (mg)	Dietary folate (µg)
Kerala (n=100)	Median	38.3	22.6	1247	265	8.3	72	0.8	0.5	9.5	20	61.4
	Mean	39.0	23.9	1285	356	9.3	129	0.8	0.6	10.3	35	69.6
	SD	19.9	15.4	465	263	5.5	228	0.3	0.3	4.2	48	45.7
Tamil Nadu (n=120)	Median	34.5	20.1	1395	272	6.9	136	0.9	0.7	12.0	29	91.6
	Mean	36.2	23.5	1451	337	8.2	234	0.9	0.7	12.4	44	101.7
	SD	13.5	13.1	374	220	5.0	266	0.3	0.3	3.6	47	43.8
Karnataka (n=168)	Median	40.8	20.9	1679	240	9.1	112	0.9	0.6	9.5	20	96.1
	Mean	42.8	27.2	1723	321	11.2	279	1.0	0.7	10.5	30	103.1
	SD	19.8	19.9	596	216	7.3	679	0.5	0.3	5.1	34	60.8
Andhra Pradesh (n=133)	Median	34.5	19.1	1527	229	6.0	90	0.6	0.6	8.2	19	73.7
	Mean	36.0	21.7	1535	264	6.7	169	0.7	0.6	8.8	27	85.3
	SD	14.3	13.4	506	143	3.9	354	0.4	0.2	4.0	27	50.4
Maharashtra (n=148)	Median	32.9	19.3	1274	170	8.8	59	0.8	0.5	8.2	12	89.6
	Mean	35.2	21.8	1313	210	11.5	150	0.9	0.6	9.2	21	98.6
	SD	16.4	12.1	551	131	7.6	247	0.6	0.3	4.4	24	58.5
Gujarat (n=184)	Median	45.1	27.4	1544	317	12.7	159	1.3	0.7	9.3	21	118.1
	Mean	47.0	32.3	1562	397	16.3	269	1.3	0.7	10.2	34	130.5
	SD	15.7	18.1	471	339	11.2	398	0.5	0.4	4.1	54	65.3
Madhya Pradesh (n=170)	Median	54.8	18.1	1666	286	19.2	91	1.9	0.9	16.0	15	161.2
	Mean	55.4	20.6	1710	330	19.0	162	1.8	0.9	15.8	22	156.3
	SD	16.4	13.2	453	324	9.3	228	0.8	0.3	5.9	23	72.3
Orissa (n=162)	Median	40.0	14.5	1711	257	10.9	72	1.1	0.6	16.7	50	103.6
	Mean	41.3	16.4	1711	343	13.2	493	1.1	0.6	16.7	83	112.9
	SD	10.3	7.6	309	252	9.6	922	0.3	0.2	3.8	84	59.2
West Bengal (n=164)	Median	28.0	10.3	1194	185	8.5	53	0.8	0.4	12.1	32	65.7
	Mean	30.0	12.7	1201	261	9.7	344	0.8	0.5	12.1	50	76.1
	SD	13.5	9.4	315	218	5.0	601	0.3	0.2	3.0	50	48.5
Uttar Pradesh (n=189)	Median	47.5	21.0	1724	261	14.5	75	1.4	0.7	14.0	27	123.4
	Mean	53.7	24.4	1837	356	17.7	157	1.6	0.8	15.4	38	143.7
	SD	31.7	15.1	735	372	11.9	277	0.9	0.4	7.5	37	80.7
Pooled (n=1538)	Median	39.9	18.9	1506	249	10.1	92	1.0	0.6	11.4	24	97.3
	Mean	42.4	22.5	1554	319	12.8	244	1.1	0.7	12.3	38	111.1
	SD	20.1	15.2	541	271	9.3	499	0.6	0.3	5.6	49	66.8
	RDA	51.9	40.0	2330	800	27.0	600	1.2	1.4	14.0	40	150

Table 41.2 : DISTRIBUTION (%) OF 13-15 YEAR GIRLS ACCORDING TO DAILY INTAKE OF NUTRIENTS AS PERCENT RDA

NUTRIENTS	% RDA	STATES										Pooled
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	
	n	100	120	168	133	148	184	170	162	164	189	1538
Protein	<50	27.0	20.8	15.5	24.1	28.4	6.0	1.2	4.3	41.5	10.1	16.8
	50-70	21.0	35.8	22.6	32.3	35.8	19.6	8.2	27.2	39.6	17.5	25.4
	≥70	52.0	43.3	61.9	43.6	35.8	74.5	90.6	68.5	18.9	72.5	57.8
Total Fat	<50	43.0	48.3	44.0	53.4	52.0	26.1	60.6	72.8	83.5	47.1	53.2
	50-70	22.0	20.0	26.2	23.3	27.7	27.2	22.4	19.1	11.0	23.8	22.4
	≥70	35.0	31.7	29.8	23.3	20.3	46.7	17.1	8.0	5.5	29.1	24.4
Energy	<50	46.0	20.8	15.5	24.1	40.5	19.0	7.6	3.1	45.1	16.9	22.6
	50-70	31.0	50.0	30.4	34.6	37.2	40.2	37.1	38.9	47.0	29.6	37.5
	≥70	23.0	29.2	54.2	41.4	22.3	40.8	55.3	58.0	7.9	53.4	39.9
Calcium	<50	67.0	72.5	74.4	82.0	91.2	57.1	78.8	71.6	80.5	73.5	74.7
	50-70	14.0	12.5	11.3	14.3	6.8	23.9	15.3	8.6	7.3	14.3	13.0
	≥70	19.0	15.0	14.3	3.8	2.0	19.0	5.9	19.8	12.2	12.2	12.3
Iron	<50	88.0	90.8	73.8	96.2	68.9	56.5	31.2	68.5	82.3	42.9	67.3
	50-70	5.0	5.0	13.1	1.5	20.3	13.6	17.1	16.0	14.0	23.8	13.8
	≥70	7.0	4.2	13.1	2.3	10.8	29.9	51.8	15.4	3.7	33.3	18.9
Vitamin A	<50	95.0	77.5	83.9	91.0	85.1	83.2	88.8	75.3	68.9	90.5	83.6
	50-70	1.0	10.0	5.4	5.3	4.1	6.0	2.4	1.9	3.7	2.1	4.1
	≥70	4.0	12.5	10.7	3.8	10.8	10.9	8.8	22.8	27.4	7.4	12.3
Thiamin	<50	36.0	15.0	27.4	56.4	29.1	8.2	10.6	3.1	25.6	5.8	20.1
	50-70	27.0	23.3	17.9	22.6	28.4	10.3	5.3	12.3	33.5	14.3	18.7
	≥70	37.0	61.7	54.8	21.1	42.6	81.5	84.1	84.6	40.9	79.9	61.2
Riboflavin	<50	79.0	66.7	65.5	79.7	83.8	58.2	39.4	85.2	87.2	51.3	68.3
	50-70	8.0	19.2	19.0	15.8	7.4	16.3	25.9	11.1	7.9	20.1	15.5
	≥70	13.0	14.2	15.5	4.5	8.8	25.5	34.7	3.7	4.9	28.6	16.2
Niacin	<50	23.0	5.0	23.8	32.3	28.4	23.4	6.5	0.6	5.5	6.3	15.0
	50-70	30.0	15.8	28.6	39.1	37.2	31.0	10.6	4.9	12.8	19.6	22.4
	≥70	47.0	79.2	47.6	28.6	34.5	45.7	82.9	94.4	81.7	74.1	62.6
Vitamin C	<50	48.0	35.8	51.2	51.1	70.9	47.8	62.9	16.7	29.9	37.0	44.9
	50-70	11.0	13.3	15.5	15.0	8.8	15.2	11.2	9.3	12.8	14.8	12.8
	≥70	41.0	50.8	33.3	33.8	20.3	37.0	25.9	74.1	57.3	48.1	42.3
Dietary folate	<50	83.0	56.7	53.6	73.7	56.8	37.5	21.8	45.7	75.6	34.4	51.5
	50-70	10.0	25.8	27.4	12.8	25.7	25.5	15.9	29.0	13.4	21.7	21.2
	≥70	7.0	17.5	19.0	13.5	17.6	37.0	62.4	25.3	11.0	43.9	27.3

Table 42.1 : AVERAGE DAILY INTAKE OF NUTRIENTS AMONG 16-17 YEAR BOYS

STATES		Protein (g)	Total Fat (g)	Energy (Kcal)	Calcium (mg)	Iron (mg)	Vit.-A (µg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit.-C (mg)	Dietary folate (µg)
Kerala (n=67)	Median	45.7	24.6	1580	321	9.1	85	0.9	0.6	12.3	25	70.5
	Mean	52.8	30.4	1623	516	12.5	147	0.9	0.7	13.0	33	92.4
	SD	40.1	19.7	655	616	11.9	290	0.4	0.4	6.1	28	68.9
Tamil Nadu (n=95)	Median	41.3	22.4	1732	320	8.5	140	1.1	0.7	14.9	33	116.6
	Mean	43.0	26.1	1743	422	9.7	224	1.1	0.8	15.3	45	116.7
	SD	17.1	14.1	472	342	5.6	258	0.4	0.3	4.2	38	48.3
Karnataka (n=107)	Median	47.3	26.1	1922	295	11.7	130	1.1	0.8	11.2	22	114.2
	Mean	51.3	31.4	2059	405	13.1	277	1.2	0.8	12.0	33	128.9
	SD	24.0	27.2	758	303	7.7	594	0.6	0.4	4.7	32	72.4
Andhra Pradesh (n=87)	Median	40.6	21.7	1788	243	6.6	104	0.7	0.6	9.8	21	85.6
	Mean	41.7	24.8	1807	317	7.3	257	0.8	0.7	9.8	35	104.6
	SD	18.3	15.6	697	233	3.9	523	0.4	0.3	4.0	49	80.1
Maharashtra (n=106)	Median	42.3	22.7	1576	216	12.4	77	1.1	0.7	10.5	15	117.1
	Mean	44.0	26.3	1563	283	14.0	172	1.3	0.7	11.9	25	124.0
	SD	19.0	14.3	605	223	8.0	231	0.7	0.4	5.8	26	66.1
Gujarat (n=102)	Median	49.9	29.4	1703	344	16.4	137	1.4	0.8	11.7	22	135.9
	Mean	53.4	39.4	1788	428	19.5	210	1.5	0.9	12.1	31	155.4
	SD	18.0	24.2	585	303	11.7	254	0.6	0.4	4.9	32	77.6
Madhya Pradesh (n=91)	Median	57.1	21.8	1831	330	19.4	106	1.9	0.9	16.3	19	152.8
	Mean	58.7	25.3	1848	371	20.2	202	1.9	0.9	16.5	26	158.2
	SD	13.0	13.6	376	180	8.8	266	0.8	0.3	5.8	28	74.5
Orissa (n=70)	Median	46.7	19.6	2045	287	12.6	106	1.3	0.7	20.4	63	132.0
	Mean	49.2	21.4	2055	390	15.1	565	1.4	0.8	19.9	99	131.6
	SD	18.2	10.5	436	367	8.6	1100	0.4	0.3	5.0	103	56.0
West Bengal (n=77)	Median	34.8	12.6	1497	210	10.8	61	1.0	0.5	15.0	41	76.8
	Mean	35.8	14.0	1486	311	11.7	335	1.0	0.5	15.3	64	85.3
	SD	12.1	11.2	394	260	6.5	560	0.3	0.2	4.1	68	48.9
Uttar Pradesh (n=96)	Median	63.8	27.3	2309	341	20.0	93	2.0	1.0	19.4	24	188.0
	Mean	67.8	33.8	2347	429	23.6	290	2.2	1.1	20.5	38	199.8
	SD	28.5	23.7	854	312	15.6	508	1.0	0.5	8.8	40	100.5
Pooled (n=898)	Median	46.4	22.7	1785	299	11.9	112	1.2	0.7	13.7	25	117.4
	Mean	50.0	27.8	1839	385	14.8	261	1.3	0.8	14.5	41	132.0
	SD	23.4	19.8	657	326	10.6	509	0.7	0.4	6.5	51	78.2
	RDA	61.5	50.0	3020	800	28.0	600	1.5	1.8	17.0	40	200

Table 42.2 : DISTRIBUTION (%) OF 16-17 YEAR BOYS ACCORDING TO DAILY INTAKE OF NUTRIENTS AS PERCENT RDA

NUTRIENTS	% RDA	STATES													Pooled
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh				
Protein	n	67	95	107	87	106	102	91	70	77	96	898			
	<50	20.9	21.1	16.8	34.5	22.6	5.9	0.0	4.3	37.7	7.3	16.8			
	50-70	25.4	37.9	21.5	20.7	30.2	26.5	12.1	30.0	33.8	13.5	24.9			
Total Fat	≥70	53.7	41.1	61.7	44.8	47.2	67.6	87.9	65.7	28.6	79.2	58.2			
	<50	50.7	63.2	48.6	59.8	54.7	37.3	58.2	72.9	90.9	42.7	56.7			
	50-70	17.9	15.8	16.8	24.1	26.4	19.6	25.3	20.0	6.5	21.9	19.7			
Energy	≥70	31.3	21.1	34.6	16.1	18.9	43.1	16.5	7.1	2.6	35.4	23.6			
	<50	41.8	29.5	20.6	41.4	48.1	40.2	16.5	7.1	54.5	20.8	32.1			
	50-70	43.3	53.7	38.3	24.1	35.8	30.4	68.1	52.9	40.3	18.8	40.0			
Calcium	≥70	14.9	16.8	41.1	34.5	16.0	29.4	15.4	40.0	5.2	60.4	28.0			
	<50	61.2	61.1	62.6	74.7	80.2	59.8	65.9	65.7	72.7	63.5	66.8			
	50-70	13.4	18.9	18.7	16.1	12.3	16.7	18.7	14.3	11.7	15.6	15.8			
Iron	≥70	25.4	20.0	18.7	9.2	7.5	23.5	15.4	20.0	15.6	20.8	17.4			
	<50	74.6	86.3	62.6	94.3	55.7	41.2	28.6	67.1	75.3	24.0	59.7			
	50-70	10.4	8.4	22.4	4.6	21.7	21.6	22.0	11.4	18.2	24.0	17.0			
Vitamin A	≥70	14.9	5.3	15.0	1.1	22.6	37.3	49.5	21.4	6.5	52.1	23.3			
	<50	91.0	81.1	85.0	83.9	84.9	85.3	82.4	72.9	76.6	78.1	82.3			
	50-70	6.0	8.4	2.8	5.7	6.6	5.9	5.5	2.9	1.3	4.2	5.0			
Thiamin	≥70	3.0	10.5	12.1	10.3	8.5	8.8	12.1	24.3	22.1	17.7	12.7			
	<50	40.3	8.4	23.4	52.9	27.4	8.8	12.1	4.3	15.6	5.2	19.5			
	50-70	26.9	37.9	20.6	31.0	20.8	12.7	6.6	14.3	42.9	9.4	21.8			
Riboflavin	≥70	32.8	53.7	56.1	16.1	51.9	78.4	81.3	81.4	41.6	85.4	58.7			
	<50	82.1	73.7	72.9	85.1	78.3	61.8	56.0	85.7	97.4	41.7	72.3			
	50-70	9.0	17.9	17.8	8.0	12.3	21.6	31.9	8.6	1.3	20.8	15.6			
Niacin	≥70	9.0	8.4	9.3	6.9	9.4	16.7	12.1	5.7	1.3	37.5	12.1			
	<50	20.9	2.1	24.3	44.8	33.0	27.5	5.5	1.4	2.6	3.1	17.3			
	50-70	25.4	18.9	33.6	23.0	21.7	24.5	20.9	7.1	14.3	14.6	20.9			
Vitamin C	≥70	53.7	78.9	42.1	32.2	45.3	48.0	73.6	91.4	83.1	82.3	61.8			
	<50	41.8	23.2	46.7	47.1	61.3	44.1	53.8	10.0	20.8	39.6	40.2			
	50-70	13.4	18.9	15.9	13.8	10.4	15.7	16.5	5.7	13.0	12.5	13.8			
Dietary folate	≥70	44.8	57.9	37.4	39.1	28.3	40.2	29.7	84.3	66.2	47.9	46.0			
	<50	67.2	36.8	39.3	60.9	40.6	26.5	24.2	28.6	70.1	17.7	39.9			
	50-70	16.4	33.7	27.1	16.1	19.8	25.5	16.5	32.9	19.5	13.5	22.2			
	≥70	16.4	29.5	33.6	23.0	39.6	48.0	59.3	38.6	10.4	68.8	38.0			

Table 43.1 : AVERAGE DAILY INTAKE OF NUTRIENTS AMONG 16-17 YEAR GIRLS

STATES	Protein (g)	Total Fat (g)	Energy (Kcal)	Calcium (mg)	Iron (mg)	Vit.-A (µg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit.-C (mg)	Dietary folate (µg)
Kerala (n=64)	Median	35.0	1164	294	8.1	62	0.7	0.5	9.2	26	58.4
	Mean	37.1	1242	385	9.9	112	0.8	0.5	10.0	36	68.2
	SD	20.8	23.1	470	337	9.1	167	0.3	4.6	36	41.4
Tamil Nadu (n=90)	Median	35.1	1477	307	7.2	157	1.0	0.7	13.1	35	103.0
	Mean	38.6	25.3	1512	359	8.1	242	1.0	13.4	48	113.3
	SD	15.8	14.9	364	243	3.5	321	0.3	4.2	47	51.5
Karnataka (n=103)	Median	40.4	1630	263	9.1	111	1.0	0.7	9.8	20	102.2
	Mean	43.1	25.1	1709	325	10.2	309	1.0	10.3	33	104.2
	SD	16.8	14.9	572	233	5.2	741	0.4	4.4	39	60.9
Andhra Pradesh (n=77)	Median	34.7	1539	242	6.2	104	0.6	0.6	8.2	24	91.4
	Mean	38.4	24.1	1665	300	7.2	194	0.7	9.4	28	96.6
	SD	15.1	13.5	572	179	3.9	333	0.4	4.3	22	44.8
Maharashtra (n=115)	Median	35.9	1301	180	10.5	73	0.9	0.5	9.0	16	89.2
	Mean	37.7	23.6	1385	240	12.6	175	1.0	9.7	22	100.6
	SD	18.2	12.7	575	177	8.4	227	0.6	4.8	21	56.4
Gujarat (n=129)	Median	46.6	1541	292	13.4	142	1.2	0.7	9.9	18	129.0
	Mean	47.5	34.0	1598	369	16.2	220	1.3	10.8	26	138.1
	SD	16.0	18.6	483	256	8.7	277	0.6	4.7	22	69.4
Madhya Pradesh (n=104)	Median	59.9	21.5	1849	328	21.0	2.2	0.9	17.9	16	175.5
	Mean	61.7	25.0	1902	367	21.4	201	2.1	18.1	24	178.7
	SD	15.3	12.1	412	195	8.3	285	0.8	5.8	26	73.8
Orissa (n=101)	Median	43.7	15.5	1894	284	11.4	1.3	0.7	18.9	55	117.4
	Mean	44.0	16.9	1883	336	12.7	442	1.2	18.5	80	122.2
	SD	8.7	7.3	328	218	5.4	883	0.3	4.0	80	49.2
West Bengal (n=79)	Median	31.6	11.4	1293	196	10.0	0.9	0.5	12.6	48	62.9
	Mean	33.5	13.4	1319	331	10.8	354	0.9	13.1	69	69.6
	SD	13.8	8.6	345	323	4.8	735	0.3	3.3	76	40.1
Uttar Pradesh (n=129)	Median	52.7	23.5	1897	269	17.0	1.6	0.8	15.7	27	143.8
	Mean	59.4	27.6	2040	363	19.5	203	1.9	17.6	36	164.9
	SD	29.2	17.4	823	263	11.1	415	1.0	8.9	34	91.8
Pooled (n=991)	Median	42.2	20.7	1588	270	11.0	1.1	0.7	12.1	25	108.2
	Mean	45.3	24.4	1656	337	13.5	246	1.2	13.3	39	120.9
	SD	20.3	15.0	584	246	8.8	502	0.7	6.4	48	71.1
RDA	55.5	35.0	2440	800	26.0	600	1.0	1.2	14.0	40	200

Table 43.2 : DISTRIBUTION (%) OF 16-17 YEAR GIRLS ACCORDING TO DAILY INTAKE OF NUTRIENTS AS PERCENT RDA

NUTRIENTS	% RDA	STATES													Pooled
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh				
n		64	90	103	77	115	129	104	101	79	129	991			
Protein	<50	37.5	24.4	14.6	23.4	35.7	10.1	0.0	3.0	39.2	8.5	18.0			
	50-70	21.9	34.4	29.1	37.7	23.5	22.5	7.7	21.8	34.2	16.3	24.0			
	≥70	40.6	41.1	56.3	39.0	40.9	67.4	92.3	75.2	26.6	75.2	58.0			
Total Fat	<50	37.5	31.1	33.0	39.0	37.4	17.1	32.7	61.4	72.2	27.1	37.2			
	50-70	21.9	26.7	22.3	20.8	24.3	17.1	26.0	24.8	15.2	26.4	22.7			
	≥70	40.6	42.2	44.7	40.3	38.3	65.9	41.3	13.9	12.7	46.5	40.1			
Energy	<50	51.6	20.0	16.5	20.8	43.5	24.8	0.0	5.0	38.0	14.0	22.1			
	50-70	35.9	51.1	37.9	42.9	27.8	37.2	37.5	19.8	46.8	28.7	35.7			
	≥70	12.5	28.9	45.6	36.4	28.7	38.0	62.5	75.2	15.2	57.4	42.2			
Calcium	<50	62.5	70.0	73.8	79.2	83.5	69.0	65.4	69.3	74.7	69.0	71.7			
	50-70	20.3	16.7	13.6	10.4	11.3	15.5	22.1	16.8	6.3	14.0	14.7			
	≥70	17.2	13.3	12.6	10.4	5.2	15.5	12.5	13.9	19.0	17.1	13.5			
Iron	<50	84.4	92.2	74.8	90.9	62.6	45.7	14.4	65.3	75.9	31.0	60.1			
	50-70	6.3	4.4	14.6	6.5	19.1	19.4	24.0	22.8	16.5	24.0	16.9			
	≥70	9.4	3.3	10.7	2.6	18.3	34.9	61.5	11.9	7.6	45.0	23.0			
Vitamin A	<50	96.9	78.9	84.5	85.7	80.9	87.6	86.5	80.2	78.5	89.1	84.8			
	50-70	0.0	7.8	1.9	9.1	2.6	3.1	1.0	0.0	1.3	0.8	2.6			
	≥70	3.1	13.3	13.6	5.2	16.5	9.3	12.5	19.8	20.3	10.1	12.6			
Thiamin	<50	25.0	2.2	11.7	32.5	23.5	8.5	1.9	1.0	7.6	5.4	11.0			
	50-70	29.7	16.7	19.4	36.4	19.1	6.2	5.8	3.0	17.7	8.5	14.7			
	≥70	45.3	81.1	68.9	31.2	57.4	85.3	92.3	96.0	74.7	86.0	74.3			
Riboflavin	<50	68.8	46.7	48.5	57.1	64.3	45.7	19.2	45.5	81.0	30.2	48.6			
	50-70	17.2	27.8	28.2	28.6	14.8	17.1	23.1	44.6	7.6	24.8	23.5			
	≥70	14.1	25.6	23.3	14.3	20.9	37.2	57.7	9.9	11.4	45.0	27.9			
Niacin	<50	20.3	3.3	19.4	27.3	33.9	20.2	0.0	0.0	3.8	7.8	13.6			
	50-70	37.5	15.6	30.1	42.9	27.8	29.5	7.7	0.0	8.9	10.1	20.2			
	≥70	42.2	81.1	50.5	29.9	38.3	50.4	92.3	100.0	87.3	82.2	66.2			
Vitamin C	<50	34.4	23.3	49.5	46.8	64.3	55.8	55.8	11.9	15.2	35.7	40.8			
	50-70	23.4	15.6	14.6	14.3	8.7	14.0	17.3	5.0	16.5	16.3	14.1			
	≥70	42.2	61.1	35.9	39.0	27.0	30.2	26.9	83.2	68.4	48.1	45.1			
Dietary folate	<50	73.4	46.7	48.5	61.0	56.5	32.6	13.5	36.6	84.8	24.8	44.7			
	50-70	18.8	23.3	31.1	26.0	20.0	25.6	15.4	31.7	8.9	21.7	22.6			
	≥70	7.8	30.0	20.4	13.0	23.5	41.9	71.2	31.7	6.3	53.5	32.7			

Table 44.1 : AVERAGE DAILY INTAKE OF NUTRIENTS AMONG ADULT MEN (SEDENTARY)

STATES		Protein (g)	Total Fat (g)	Energy (Kcal)	Calcium (mg)	Iron (mg)	Vit-A (µg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit-C (mg)	Dietary folate (µg)
Kerala (n=700)	Median	47.2	27.6	1632	406	10.9	104	1.0	0.7	13.7	30	84.1
	Mean	51.2	31.2	1679	507	12.4	236	1.0	0.7	14.1	50	106.3
	SD	25.6	18.6	617	421	7.6	541	0.5	0.4	5.8	85	80.2
Tamil Nadu (n=480)	Median	47.2	28.6	1819	427	9.6	193	1.3	0.9	16.0	38	129.4
	Mean	48.8	31.0	1851	481	10.6	259	1.3	0.9	16.3	53	135.9
	SD	20.6	17.4	589	329	5.2	265	0.5	0.4	6.0	48	65.9
Karnataka (n=420)	Median	47.7	30.1	1947	371	11.8	151	1.2	0.8	11.1	25	102.4
	Mean	52.1	34.8	2030	503	13.6	308	1.3	0.8	12.3	39	116.2
	SD	24.1	23.9	742	397	8.4	615	0.6	0.4	5.7	45	67.1
Andhra Pradesh (n=450)	Median	41.4	24.0	1777	323	6.9	114	0.7	0.7	9.4	23	90.2
	Mean	43.5	27.9	1796	370	8.4	211	0.8	0.7	10.0	33	98.1
	SD	19.7	17.3	656	236	6.6	344	0.4	0.3	4.6	40	54.1
Maharashtra (n=488)	Median	44.5	26.7	1585	260	14.5	97	1.2	0.7	12.0	18	118.8
	Mean	48.3	30.7	1681	331	16.4	239	1.4	0.8	13.1	32	132.8
	SD	23.1	18.1	704	237	9.8	347	0.8	0.4	6.9	35	77.6
Gujarat (n=487)	Median	62.0	45.4	2089	498	19.1	194	1.7	1.0	14.2	29	175.1
	Mean	63.5	49.4	2152	555	21.2	366	1.8	1.1	15.3	44	190.2
	SD	21.0	22.1	639	276	10.2	572	0.8	0.4	6.5	44	94.0
Madhya Pradesh (n=241)	Median	65.7	26.8	2040	398	20.8	125	2.0	1.0	17.7	24	177.2
	Mean	66.5	32.0	2111	492	22.9	248	2.0	1.0	18.4	41	175.6
	SD	20.0	20.7	605	403	11.4	372	0.9	0.4	6.3	51	87.9
Orissa (n=460)	Median	50.6	22.1	2134	328	14.2	117	1.4	0.8	20.1	64	142.2
	Mean	52.7	24.4	2112	438	16.3	507	1.4	0.8	19.7	94	154.2
	SD	14.9	12.3	415	361	7.9	977	0.4	0.3	4.7	86	67.5
West Bengal (n=571)	Median	39.6	15.6	1553	268	13.1	83	1.2	0.6	15.8	48	91.5
	Mean	42.8	19.4	1615	379	14.3	331	1.2	0.7	16.1	77	105.6
	SD	19.0	14.0	464	301	7.3	577	0.5	0.3	4.7	76	61.8
Uttar Pradesh (n=477)	Median	60.3	29.8	2085	375	20.2	118	1.9	1.0	17.6	32	170.4
	Mean	66.2	34.4	2210	486	22.8	276	2.1	1.1	19.5	41	193.1
	SD	30.4	22.0	878	353	13.3	514	1.1	0.5	9.3	39	111.5
Pooled (n=4774)	Median	49.4	27.0	1846	370	13.0	132	1.2	0.8	14.6	33	121.6
	Mean	52.7	31.3	1895	453	15.4	298	1.4	0.8	15.3	51	137.3
	SD	23.8	20.2	676	344	9.9	558	0.8	0.4	6.8	63	85.0
	RDA	60.0	25.0	2320	600	17.0	600	1.2	1.4	16.0	40	200

Table 44.2 : DISTRIBUTION (% OF ADULT MEN (SEDENTARY) ACCORDING TO DAILY INTAKE OF NUTRIENTS AS PERCENT RDA

NUTRIENTS	% RDA	STATES										Pooled
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	
Protein	n	700	480	420	450	488	487	241	460	571	477	4774
	<50	21.7	16.9	16.4	25.1	19.1	3.3	2.5	3.7	23.6	7.8	15.1
	50-70	19.0	23.5	20.7	26.9	24.6	10.9	6.2	16.3	33.8	12.8	20.3
Total Fat	≥70	59.3	59.6	62.9	48.0	56.4	85.8	91.3	80.0	42.6	79.5	64.6
	<50	13.3	11.7	13.6	14.4	7.6	1.2	7.5	12.4	38.5	9.6	13.7
	50-70	11.6	8.8	9.8	14.9	12.1	1.8	11.2	21.7	18.9	7.8	12.0
Energy	≥70	75.1	79.6	76.7	70.7	80.3	96.9	81.3	65.9	42.6	82.6	74.3
	<50	20.9	11.7	10.7	17.8	19.9	4.3	4.1	1.1	14.0	8.8	12.2
	50-70	28.6	22.9	19.3	23.6	32.2	15.4	12.9	10.7	42.2	17.4	23.7
Calcium	≥70	50.6	65.4	70.0	58.7	48.0	80.3	83.0	88.3	43.8	73.8	64.1
	<50	35.9	31.7	38.8	46.7	58.8	15.6	23.2	44.6	54.3	35.6	39.4
	50-70	17.1	17.5	17.9	22.9	16.0	19.1	34.4	19.1	10.9	22.9	18.7
Iron	≥70	47.0	50.8	43.3	30.4	25.2	65.3	42.3	36.3	34.9	41.5	41.9
	<50	32.9	38.1	28.6	65.6	20.5	8.2	2.9	10.2	21.9	6.3	24.7
	50-70	24.1	32.9	23.1	19.3	17.8	8.6	7.9	24.1	20.5	9.9	19.6
Vitamin A	≥70	43.0	29.0	48.3	15.1	61.7	83.2	89.2	65.7	57.6	83.9	55.8
	<50	86.9	75.8	77.4	86.0	76.4	74.3	81.3	75.7	75.3	79.5	79.0
	50-70	4.4	11.5	8.3	5.6	4.7	10.7	5.8	1.5	3.3	7.3	6.2
Thiamin	≥70	8.7	12.7	14.3	8.4	18.9	15.0	12.9	22.8	21.4	13.2	14.8
	<50	20.6	9.0	14.3	42.0	13.7	6.0	4.6	0.9	6.8	5.0	12.8
	50-70	15.9	8.1	14.8	22.4	12.7	5.3	7.9	5.4	13.5	2.3	11.2
Riboflavin	≥70	63.6	82.9	71.0	35.6	73.6	88.7	87.6	93.7	79.7	92.7	76.1
	<50	58.0	35.8	46.9	58.2	55.1	24.4	22.4	47.4	71.1	27.3	46.8
	50-70	18.3	21.0	19.5	23.1	17.0	19.7	18.3	28.9	12.6	21.4	19.8
Niacin	≥70	23.7	43.1	33.6	18.7	27.9	55.9	59.3	23.7	16.3	51.4	33.4
	<50	14.3	7.9	20.7	35.3	23.2	11.1	2.1	0.2	3.5	6.1	12.7
	50-70	16.9	13.1	30.2	32.7	23.2	18.9	12.0	3.3	8.2	10.5	16.8
Vitamin C	≥70	68.9	79.0	49.0	32.0	53.7	70.0	85.9	96.5	88.3	83.4	70.5
	<50	36.1	21.5	41.7	45.1	54.9	31.4	40.2	7.6	17.0	30.8	32.1
	50-70	11.0	13.3	14.5	13.8	8.0	16.4	15.8	7.6	9.6	12.8	12.0
Dietary folate	≥70	52.9	65.2	43.8	41.1	37.1	52.2	44.0	84.8	73.4	56.4	55.9
	<50	60.1	31.7	48.6	56.7	37.1	14.8	21.6	23.0	56.9	15.5	38.6
	50-70	13.6	24.6	23.6	24.7	25.0	18.3	16.6	25.9	20.1	18.9	20.9
	≥70	26.3	43.8	27.9	18.7	37.9	66.9	61.8	51.1	22.9	65.6	40.5

Table 45.1 : AVERAGE DAILY INTAKE OF NUTRIENTS AMONG ADULT MEN (MODERATE)

STATES		Protein (g)	Total Fat (g)	Energy (Kcal)	Calcium (mg)	Iron (mg)	Vit-A (µg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit-C (mg)	Dietary folate (µg)
Kerala (n=756)	Median	46.1	24.1	1657	336	9.7	75	0.9	0.6	14.2	24	70.2
	Mean	50.9	27.9	1709	460	11.8	198	1.0	0.7	14.8	46	90.7
	SD	29.1	17.8	632	422	8.1	537	0.5	0.3	6.1	66	72.3
Tamil Nadu (n=982)	Median	48.0	25.6	2040	380	10.5	166	1.3	0.9	18.3	38	128.0
	Mean	50.0	29.3	2049	464	12.1	279	1.3	0.9	18.5	53	139.9
	SD	19.8	17.3	630	343	7.4	561	0.5	0.3	6.6	51	68.5
Karnataka (n=1302)	Median	53.5	28.1	2185	361	13.7	148	1.3	0.9	12.8	23	117.9
	Mean	56.9	32.4	2239	530	15.5	280	1.4	0.9	13.5	34	132.6
	SD	24.4	22.0	808	453	9.4	592	0.7	0.4	5.8	38	73.7
Andhra Pradesh (n=1119)	Median	49.7	26.2	2230	323	8.0	129	0.9	0.8	12.1	29	108.3
	Mean	53.3	31.5	2264	412	9.8	213	1.0	0.9	12.7	39	122.5
	SD	22.5	23.1	792	292	6.6	342	0.5	0.4	5.4	38	68.0
Maharashtra (n=1343)	Median	49.1	25.9	1775	255	15.8	92	1.4	0.8	13.2	17	135.4
	Mean	51.9	30.6	1824	320	17.7	211	1.5	0.8	14.0	29	148.7
	SD	21.6	18.1	675	235	10.4	320	0.7	0.4	6.3	33	80.1
Gujarat (n=1322)	Median	64.0	39.5	2159	427	19.9	189	1.8	1.0	13.5	27	181.0
	Mean	66.2	46.3	2218	511	22.9	351	1.9	1.1	14.8	39	194.2
	SD	21.3	25.1	666	347	13.1	627	0.8	0.5	6.3	41	91.3
Madhya Pradesh (n=1407)	Median	65.4	23.9	1994	346	22.4	107	2.3	1.0	19.0	20	183.0
	Mean	66.2	27.4	2063	396	22.4	219	2.1	1.0	18.7	30	183.5
	SD	16.8	15.0	520	234	9.7	335	0.8	0.3	6.1	34	75.8
Orissa (n=1044)	Median	50.4	19.3	2236	312	13.6	98	1.4	0.8	22.3	59	134.1
	Mean	52.7	21.0	2245	431	16.1	550	1.5	0.8	22.1	95	144.9
	SD	13.0	9.9	333	350	10.1	1051	0.4	0.2	4.1	98	67.2
West Bengal (n=968)	Median	37.6	12.2	1609	210	11.4	55	1.1	0.6	16.6	42	81.6
	Mean	40.0	15.2	1642	317	12.7	349	1.1	0.6	16.8	72	95.6
	SD	16.2	11.1	405	294	7.4	659	0.4	0.3	4.1	80	57.4
Uttar Pradesh (n=1031)	Median	66.8	26.5	2322	374	22.6	101	2.1	1.1	20.3	32	182.2
	Mean	72.0	32.2	2389	467	26.1	307	2.4	1.1	21.9	44	205.3
	SD	31.9	22.8	934	346	16.8	746	1.2	0.5	10.0	63	107.6
Pooled (n=11274)	Median	53.4	25.1	2020	335	14.2	123	1.4	0.8	15.9	28	134.1
	Mean	56.7	30.0	2079	431	17.2	294	1.6	0.9	16.7	46	149.5
	SD	23.7	20.6	704	341	11.6	609	0.8	0.4	7.0	59	85.5
	RDA	60.0	30.0	2730	600	17.0	600	1.4	1.6	18.0	40	200

Table 45.2 : DISTRIBUTION (%) OF ADULT MEN (MODERATE) ACCORDING TO DAILY INTAKE OF NUTRIENTS AS PERCENT RDA

NUTRIENTS	% RDA	STATES										Pooled
		Kerala	Tamil Nadu	Karnataka	Andhra Pradesh	Maharashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	
Protein	n	756	982	1302	1119	1343	1322	1407	1044	968	1031	11274
	<50	20.5	12.0	11.0	11.3	14.9	2.3	1.0	1.1	26.2	5.7	9.9
	50-70	21.4	23.8	17.7	21.4	20.7	8.2	4.2	15.6	37.7	11.3	17.3
Total Fat	≥70	58.1	64.2	71.4	67.3	64.4	89.5	94.8	83.2	36.1	82.9	72.8
	<50	25.9	18.5	17.3	17.5	13.0	1.9	14.8	29.2	63.3	15.8	20.3
	50-70	16.7	18.4	15.1	17.7	19.7	6.5	24.0	28.5	16.9	16.8	18.0
Energy	≥70	57.4	63.0	67.6	64.8	67.3	91.6	61.3	42.2	19.7	67.4	61.8
	<50	31.3	13.2	12.9	11.8	26.1	6.2	5.2	0.7	24.1	12.3	13.7
	50-70	34.1	27.0	22.7	22.8	32.8	29.4	35.6	12.9	53.2	21.5	29.1
Calcium	≥70	34.5	59.8	64.4	65.4	41.0	64.4	59.2	86.4	22.7	66.1	57.3
	<50	44.0	36.7	37.9	45.2	60.7	29.2	36.7	47.9	65.2	32.9	43.3
	50-70	18.4	20.7	19.6	19.4	18.3	20.0	32.2	15.1	10.7	24.4	20.3
Iron	≥70	37.6	42.7	42.5	35.4	21.0	50.8	31.1	37.0	24.1	42.7	36.4
	<50	38.4	31.6	23.7	54.5	17.7	5.9	4.0	11.4	28.2	5.4	20.7
	50-70	27.0	30.8	17.1	21.5	16.1	14.5	5.9	28.0	26.2	6.7	18.4
Vitamin A	≥70	34.7	37.7	59.2	23.9	66.2	79.6	90.1	60.6	45.6	87.9	60.8
	<50	89.9	78.0	82.3	84.5	81.5	77.9	85.1	75.6	76.8	81.9	81.3
	50-70	2.9	9.7	5.8	7.1	3.4	9.6	3.5	1.4	2.1	4.4	5.1
Thiamin	≥70	7.1	12.3	11.9	8.3	15.1	12.5	11.4	23.0	21.2	13.8	13.6
	<50	31.5	10.1	15.8	33.7	14.8	5.4	6.1	1.3	11.8	3.8	12.8
	50-70	20.8	8.8	12.3	21.4	10.6	4.4	2.8	3.1	22.1	3.5	10.3
Riboflavin	≥70	47.8	81.2	71.9	45.0	74.5	90.2	91.0	95.6	66.1	92.7	76.9
	<50	75.5	47.1	49.2	53.2	59.7	39.6	32.5	67.2	87.7	33.1	52.7
	50-70	15.3	31.8	27.4	27.6	22.3	23.6	34.3	26.5	8.5	24.1	24.8
Niacin	≥70	9.1	21.1	23.3	19.2	18.0	36.8	33.3	6.2	3.8	42.9	22.5
	<50	15.6	6.6	22.9	23.3	21.7	15.2	5.1	0.3	2.5	6.5	12.4
	50-70	24.6	11.5	26.3	32.3	24.6	29.3	13.5	2.4	10.5	10.0	19.0
Vitamin C	≥70	59.8	81.9	50.8	44.4	53.7	55.4	81.4	97.3	87.0	83.5	68.6
	<50	43.0	22.9	43.9	36.0	56.1	38.8	51.7	12.1	18.8	31.5	36.8
	50-70	11.9	14.0	16.8	13.0	10.2	13.3	12.3	6.7	14.7	12.3	12.6
Dietary folate	≥70	45.1	63.1	39.3	51.0	33.7	47.9	36.0	81.2	66.5	56.2	50.6
	<50	69.0	28.6	37.5	42.9	30.6	13.5	13.6	28.6	64.6	13.8	32.1
	50-70	14.9	28.2	26.0	26.5	21.7	18.3	13.8	25.6	18.2	15.6	20.9
	≥70	16.0	43.2	36.5	30.6	47.7	68.2	72.6	45.8	17.3	70.6	47.0

Table 46.1 : AVERAGE DAILY INTAKE OF NUTRIENTS AMONG ADULT WOMEN (NPNL SEDENTARY)

STATES		Protein (g)	Total Fat (g)	Energy (Kcal)	Calcium (mg)	Iron (mg)	Vit.-A (µg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit.-C (mg)	Dietary folate (µg)
Kerala (n=1438)	Median	40.1	23.9	1348	349	9.1	87	0.8	0.5	11.1	24	66.6
	Mean	44.2	27.5	1424	445	10.5	181	0.9	0.6	11.7	41	82.8
	SD	26.1	18.1	525	368	7.1	371	0.4	0.3	4.6	52	60.2
Tamil Nadu (n=958)	Median	40.7	26.6	1674	401	8.4	181	1.1	0.8	14.1	34	114.3
	Mean	43.0	29.9	1676	461	9.7	267	1.1	0.8	14.2	49	124.2
	SD	16.0	16.8	465	303	5.8	330	0.4	0.3	4.4	45	60.5
Karnataka (n=1045)	Median	46.4	28.0	1874	376	11.3	147	1.1	0.8	10.6	24	104.9
	Mean	48.5	31.8	1923	498	13.1	290	1.2	0.8	11.4	35	115.4
	SD	19.0	20.0	607	366	8.1	517	0.5	0.3	4.5	39	62.3
Andhra Pradesh (n=567)	Median	37.7	23.7	1594	336	6.7	130	0.7	0.6	8.3	23	86.5
	Mean	39.9	27.5	1622	397	7.6	222	0.7	0.7	8.8	34	96.1
	SD	16.5	17.6	535	264	4.9	362	0.3	0.3	3.4	40	53.6
Maharashtra (n=629)	Median	38.4	23.6	1390	227	11.5	81	1.0	0.6	9.8	17	101.6
	Mean	40.4	27.2	1456	286	12.8	202	1.1	0.7	10.6	29	112.6
	SD	16.9	16.4	540	203	7.5	307	0.6	0.3	5.0	33	64.9
Gujarat (n=856)	Median	52.9	39.2	1835	442	16.9	172	1.5	0.9	12.1	26	152.4
	Mean	54.8	44.0	1880	494	18.5	339	1.5	0.9	13.1	38	163.4
	SD	18.2	21.2	566	255	9.4	561	0.7	0.4	5.7	36	78.3
Madhya Pradesh (n=464)	Median	58.9	24.9	1825	373	18.5	124	1.8	0.9	15.5	22	165.3
	Mean	60.4	28.6	1910	437	20.1	268	1.9	1.0	16.7	35	168.1
	SD	17.4	16.0	507	307	9.4	412	0.9	0.4	6.5	40	87.8
Orissa (n=1054)	Median	46.0	19.2	1994	291	13.5	99	1.3	0.7	19.6	57	127.4
	Mean	48.1	21.3	2009	394	15.6	515	1.3	0.7	19.3	86	137.0
	SD	13.8	10.5	384	338	8.1	1022	0.4	0.2	4.4	81	62.8
West Bengal (n=1304)	Median	33.4	12.5	1403	212	10.6	62	1.0	0.5	14.0	43	72.3
	Mean	35.7	15.7	1422	322	11.7	329	1.0	0.5	14.2	70	86.7
	SD	14.2	11.4	381	283	5.9	591	0.3	0.3	3.7	71	53.0
Uttar Pradesh (n=1204)	Median	50.9	23.8	1813	303	16.6	93	1.6	0.8	15.2	30	142.2
	Mean	55.4	28.5	1909	389	18.9	262	1.8	0.9	16.5	40	159.1
	SD	24.9	19.0	742	278	11.4	529	0.9	0.4	8.0	48	86.2
Pooled (n=9519)	Median	43.8	23.4	1664	328	11.5	119	1.1	0.7	13.1	30	106.0
	Mean	46.5	27.5	1709	414	13.7	291	1.2	0.7	13.8	48	120.9
	SD	20.6	18.3	583	315	8.8	565	0.6	0.4	5.9	56	73.4
	RDA	55.0	20.0	1900	600	21.0	600	1.0	1.1	12.0	40	200

Table 46.2 : DISTRIBUTION(%) OF ADULT NPWL WOMEN (SEDENTARY) ACCORDING TO DAILY INTAKE OF NUTRIENTS AS PERCENT RDA

NUTRIENTS	%RDA	STATES													Pooled
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	n			
Protein	<50	1438	958	1045	567	629	856	464	1054	1304	1204	9519			
	50-70	22.9	14.9	20.0	22.8	24.5	5.0	1.3	2.9	30.1	9.1	15.1			
	≥70	22.9	28.3	20.2	28.7	25.8	10.3	7.1	19.8	35.4	18.1	22.6			
Total Fat	<50	54.1	56.8	69.9	48.5	49.8	84.7	91.6	77.2	34.5	72.8	62.3			
	50-70	13.7	6.5	7.2	8.3	6.0	0.7	3.9	10.2	38.1	8.4	12.1			
	≥70	9.9	9.5	8.1	8.8	10.0	1.6	8.6	15.6	17.9	9.2	10.4			
Energy	<50	76.4	84.0	84.7	82.9	83.9	97.7	87.5	74.3	44.0	82.4	77.5			
	50-70	17.9	4.9	4.5	10.1	16.1	3.4	1.3	0.5	9.1	5.6	7.7			
	≥70	30.7	17.4	9.6	19.6	30.0	10.7	9.3	3.2	33.6	17.0	19.1			
Calcium	<50	51.3	77.7	85.9	70.4	53.9	85.9	89.4	96.3	57.3	77.3	73.1			
	50-70	42.2	31.6	38.2	42.5	68.0	23.2	31.7	51.4	63.8	49.6	45.1			
	≥70	17.5	22.4	16.3	21.2	11.0	22.1	28.2	16.8	9.1	18.9	17.5			
Iron	<50	40.3	45.9	45.6	36.3	21.0	54.7	40.1	31.8	27.1	31.5	37.3			
	50-70	85.6	91.1	72.4	94.5	69.2	41.9	37.1	59.1	77.0	42.4	68.3			
	≥70	8.6	5.8	16.6	4.1	18.3	24.4	21.8	22.7	17.9	24.5	16.5			
Vitamin A	<50	5.8	3.0	11.0	1.4	12.6	33.6	41.2	18.2	5.1	33.1	15.2			
	50-70	89.7	76.9	79.8	84.3	81.1	80.4	80.6	74.5	75.2	83.4	80.7			
	≥70	3.4	10.6	5.6	6.2	4.9	6.7	3.4	1.8	2.9	4.2	4.8			
Thiamin	<50	6.9	12.4	14.5	9.5	14.0	13.0	15.9	23.7	21.9	12.5	14.5			
	50-70	20.5	3.8	7.8	33.9	16.2	6.5	5.0	0.3	5.8	4.1	9.6			
	≥70	23.9	9.1	12.8	29.3	15.9	5.4	7.3	3.0	16.0	3.7	12.6			
Riboflavin	<50	55.6	87.2	79.3	36.9	67.9	88.1	87.7	96.7	78.2	92.2	77.8			
	50-70	50.2	17.0	20.5	35.1	40.5	15.2	10.8	21.6	60.3	21.0	31.5			
	≥70	21.7	26.4	26.9	31.4	25.3	21.8	24.1	38.8	23.8	22.9	26.0			
Niacin	<50	28.1	56.6	52.6	33.5	34.2	63.0	65.1	39.6	15.9	56.1	42.5			
	50-70	7.9	2.2	7.1	19.2	17.0	5.4	1.1	0.1	1.0	4.0	5.7			
	≥70	16.3	5.5	18.6	32.3	21.0	15.7	8.0	0.5	4.4	6.0	11.6			
Vitamin C	<50	75.7	92.3	74.4	48.5	62.0	79.0	90.9	99.4	94.6	90.0	82.8			
	50-70	41.7	23.2	41.4	42.5	54.8	37.9	46.3	9.6	20.9	30.9	32.8			
	≥70	14.5	15.6	16.4	16.8	9.7	14.7	12.3	7.5	13.3	15.4	13.7			
Dietary folate	<50	43.9	61.3	42.2	40.7	35.5	47.4	41.4	82.9	65.8	53.7	53.5			
	50-70	71.8	38.9	46.6	60.0	49.0	22.7	24.4	31.4	70.9	25.8	46.4			
	≥70	14.0	29.0	25.6	22.8	24.5	20.8	15.7	28.4	14.6	23.0	21.5			
		14.3	32.0	27.8	17.3	26.6	56.5	59.9	40.2	14.5	51.2	32.1			

Table 47.1 : AVERAGE DAILY INTAKE OF NUTRIENTS AMONG ADULT NPWL WOMEN (MODERATE)

STATES		Protein (g)	Total Fat (g)	Energy (Kcal)	Calcium (mg)	Iron (mg)	Vit.-A (µg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit.-C (mg)	Dietary folate (µg)
Kerala (n=236)	Median	38.6	19.4	1346	280	8.2	70	0.8	0.5	11.4	24	58.8
	Mean	41.8	22.9	1438	401	9.8	163	0.9	0.6	12.0	41	80.2
	SD	24.5	15.6	574	485	6.8	404	0.4	0.3	4.8	56	65.0
Tamil Nadu (n=611)	Median	38.5	21.8	1686	307	8.4	140	1.1	0.7	15.3	32	103.4
	Mean	40.8	24.7	1731	381	9.8	220	1.1	0.8	15.7	47	115.3
	SD	14.6	15.0	473	293	6.2	309	0.4	0.3	4.9	48	57.9
Karnataka (n=623)	Median	51.0	24.3	2025	317	13.4	135	1.3	0.8	11.9	21	112.9
	Mean	54.4	28.4	2082	463	15.1	263	1.4	0.9	12.9	30	127.0
	SD	23.2	17.4	711	417	8.7	567	0.6	0.4	5.4	31	69.5
Andhra Pradesh (n=991)	Median	42.2	23.4	1891	297	7.0	112	0.8	0.7	10.1	25	92.0
	Mean	44.6	27.2	1942	363	8.4	190	0.8	0.7	10.9	33	104.0
	SD	17.0	17.4	636	249	6.0	306	0.4	0.3	4.6	33	56.7
Maharashtra (n=1069)	Median	41.8	23.8	1537	223	13.3	88	1.2	0.7	11.1	17	117.1
	Mean	43.9	27.3	1574	290	15.2	213	1.2	0.7	11.7	27	125.4
	SD	17.1	14.6	524	213	9.0	314	0.6	0.4	4.9	30	67.4
Gujarat (n=781)	Median	54.3	31.8	1821	353	16.2	168	1.5	0.8	11.1	22	149.7
	Mean	56.7	37.8	1895	426	18.5	279	1.6	0.9	12.3	32	161.8
	SD	16.6	20.8	514	279	9.8	425	0.6	0.4	4.7	35	73.2
Madhya Pradesh (n=927)	Median	58.6	21.5	1806	302	19.3	96	2.0	0.9	16.8	18	165.6
	Mean	59.8	24.6	1872	353	20.1	193	1.9	0.9	16.9	26	168.1
	SD	16.1	13.5	497	213	9.4	298	0.8	0.3	6.0	31	74.7
Orissa (n=512)	Median	45.0	17.1	2077	299	11.1	87	1.3	0.7	20.7	55	111.6
	Mean	47.2	17.9	2078	411	13.1	555	1.3	0.7	20.1	99	123.2
	SD	10.8	7.7	303	331	9.4	1002	0.3	0.2	3.8	116	59.3
West Bengal (n=199)	Median	31.5	10.3	1423	195	9.9	54	0.9	0.5	14.9	44	66.2
	Mean	34.4	12.6	1455	258	10.7	366	1.0	0.5	15.0	65	82.2
	SD	12.6	8.4	367	211	5.1	646	0.3	0.2	3.8	68	50.5
Uttar Pradesh (n=169)	Median	60.5	22.0	1910	312	21.1	71	2.0	0.9	17.8	23	161.7
	Mean	62.3	25.5	2011	401	24.3	165	2.0	1.0	18.7	28	175.7
	SD	27.7	16.5	766	308	16.5	328	1.0	0.4	8.3	26	91.4
Pooled (n=6118)	Median	47.0	22.9	1786	292	11.8	112	1.2	0.7	13.1	24	116.7
	Mean	49.2	26.6	1832	372	14.4	251	1.3	0.8	14.0	39	130.3
	SD	19.1	16.7	581	294	9.7	477	0.7	0.3	5.8	53	71.8
	RDA	55.0	25.0	2230	600	21.0	600	1.1	1.3	14.0	40	200

Table 47.2 : DISTRIBUTION(%) OF ADULT NPWL WOMEN (MODERATE) ACCORDING TO DAILY INTAKE OF NUTRIENTS AS PERCENT RDA

NUTRIENTS	% RDA	STATES												Pooled
		Kerala	Tamil Nadu	Karnat aka	Andhra Pradesh	Maharas htra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh			
Protein	n	236	611	623	991	1069	781	927	512	199	169	6118		
	<50	31.8	12.6	6.7	14.2	16.2	1.4	1.5	1.6	28.6	11.2	10.1		
	50-70	18.2	37.5	18.6	26.7	26.3	9.6	5.7	17.2	42.2	8.3	20.4		
Total Fat	≥70	50.0	49.9	74.6	59.0	57.5	89.0	92.8	81.3	29.1	80.5	69.5		
	<50	30.1	16.7	12.5	14.6	8.5	1.0	12.1	24.6	62.8	16.6	14.5		
	50-70	14.4	20.1	16.1	17.5	17.6	5.8	21.5	29.3	18.1	17.8	17.6		
Energy	≥70	55.5	63.2	71.4	67.9	73.9	93.2	66.5	46.1	19.1	65.7	67.9		
	<50	31.8	8.0	6.7	7.7	19.6	3.3	4.2	0.6	17.1	11.8	9.4		
	50-70	31.8	29.0	16.9	21.3	32.0	24.2	20.9	4.9	45.7	14.8	23.4		
Calcium	≥70	36.4	63.0	76.4	71.0	48.4	72.5	74.9	94.5	37.2	73.4	67.2		
	<50	54.2	48.8	47.0	50.9	66.6	41.0	49.3	50.6	72.4	47.3	52.2		
	50-70	17.8	22.9	17.5	20.3	14.5	19.8	25.1	11.7	12.1	22.5	18.9		
Iron	≥70	28.0	28.3	35.5	28.9	18.9	39.2	25.6	37.7	15.6	30.2	28.9		
	<50	84.7	90.5	57.5	92.1	59.0	45.6	32.1	79.1	83.9	31.4	64.3		
	50-70	10.2	5.7	23.8	5.3	21.0	20.4	24.5	12.9	12.6	18.3	16.2		
Vitamin A	≥70	5.1	3.8	18.8	2.5	20.0	34.1	43.4	8.0	3.5	50.3	19.5		
	<50	92.4	84.1	85.1	88.5	80.1	84.0	87.4	75.0	74.9	90.5	84.1		
	50-70	2.5	7.5	3.5	3.7	3.4	5.9	2.5	1.6	1.5	3.0	3.8		
Thiamin	≥70	5.1	8.3	11.4	7.8	16.6	10.1	10.1	23.4	23.6	6.5	12.1		
	<50	23.7	3.1	5.3	20.1	10.2	1.4	3.1	0.2	5.0	5.3	7.8		
	50-70	21.6	7.7	10.8	29.2	12.3	3.2	3.8	2.7	9.0	4.1	11.2		
Riboflavin	≥70	54.7	89.2	83.9	50.8	77.5	95.4	93.1	97.1	85.9	90.5	81.0		
	<50	63.1	38.0	31.5	43.3	49.6	29.7	23.3	39.5	81.4	26.6	39.1		
	50-70	23.3	43.4	36.0	36.0	30.3	33.5	33.9	50.4	16.1	26.6	34.9		
Niacin	≥70	13.6	18.7	32.6	20.7	20.1	36.7	42.8	10.2	2.5	46.7	26.0		
	<50	17.8	2.6	10.0	17.3	15.4	6.3	3.8	0.0	2.0	6.5	9.1		
	50-70	16.1	8.0	20.5	28.7	22.8	27.3	10.2	0.4	5.0	8.3	17.6		
Vitamin C	≥70	66.1	89.4	69.5	54.1	61.7	66.5	86.0	99.6	93.0	85.2	73.3		
	<50	42.8	28.0	48.2	40.5	57.9	46.9	57.0	15.0	17.1	42.6	43.6		
	50-70	13.6	15.4	16.4	15.9	11.1	14.7	11.7	7.6	12.6	18.9	13.5		
Dietary folate	≥70	43.6	56.6	35.5	43.6	31.0	38.4	31.4	77.3	70.4	38.5	42.9		
	<50	75.8	46.8	42.1	55.9	39.3	18.8	17.9	43.0	74.9	21.3	39.5		
	50-70	11.9	28.8	25.4	23.9	24.5	25.6	18.3	26.0	13.6	18.3	23.2		
	≥70	12.3	24.4	32.6	20.2	36.2	55.6	63.8	31.1	11.6	60.4	37.2		

Table 48.1 : AVERAGE DAILY INTAKE OF NUTRIENTS AMONG PREGNANT WOMEN (SEDENTARY)

STATES		Protein (g)	Total Fat (g)	Energy (Kcal)	Calcium (mg)	Iron (mg)	Vit.-A (µg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit.-C (mg)	Dietary folate (µg)
Kerala (n=34)	Median	50.1	27.1	1764	435	10.4	103	1.1	0.8	13.6	30	84.7
	Mean	54.7	32.5	1739	570	11.4	279	1.1	0.8	14.2	59	103.7
	SD	27.7	17.1	676	452	5.6	409	0.5	0.4	6.3	74	67.0
Tamil Nadu (n=38)	Median	41.7	25.0	1742	413	8.2	203	1.2	0.8	14.0	39	118.6
	Mean	42.6	27.9	1670	469	9.0	348	1.1	0.8	14.5	58	130.6
	SD	12.1	13.3	448	362	3.6	436	0.4	0.2	5.2	50	67.3
Karnataka (n=47)	Median	47.2	26.9	1882	349	11.7	151	1.2	0.8	10.8	25	104.2
	Mean	47.2	30.1	1842	435	12.7	324	1.1	0.8	11.5	39	112.7
	SD	20.5	17.1	535	274	6.7	471	0.4	0.3	5.1	48	59.6
Andhra Pradesh (n=29)	Median	39.6	24.8	1735	306	6.3	149	0.7	0.7	8.9	28	67.9
	Mean	40.8	28.3	1806	389	8.0	203	0.7	0.7	9.5	35	89.2
	SD	16.9	18.8	658	257	8.9	334	0.3	0.3	3.8	30	64.4
Maharashtra (n=34)	Median	36.2	21.4	1267	166	10.2	49	0.9	0.5	9.0	13	81.7
	Mean	34.8	23.2	1264	229	10.9	128	0.9	0.5	9.2	21	89.5
	SD	11.0	9.1	335	165	4.3	184	0.4	0.2	3.3	22	44.5
Gujarat (n=22)	Median	62.1	43.8	2029	425	14.9	156	1.5	0.8	11.8	19	167.1
	Mean	61.4	51.8	2081	505	17.4	260	1.6	0.9	13.3	28	180.9
	SD	21.9	31.7	710	301	8.9	346	0.8	0.4	6.2	23	96.2
Madhya Pradesh (n=26)	Median	63.7	23.6	1992	345	19.5	106	1.9	0.9	16.7	29	156.6
	Mean	61.4	26.8	2011	333	19.6	187	1.9	0.9	17.5	34	160.1
	SD	14.5	12.1	433	103	7.4	272	0.8	0.2	5.9	26	73.7
Orissa (n=22)	Median	48.0	19.0	2018	259	12.3	147	1.3	0.7	19.7	61	120.3
	Mean	48.3	20.2	2012	480	14.9	777	1.3	0.7	19.0	87	139.3
	SD	10.0	7.4	303	489	8.2	1095	0.2	0.2	3.3	72	82.1
West Bengal (n=25)	Median	35.6	15.9	1491	246	12.2	171	0.9	0.5	14.5	61	90.7
	Mean	35.7	15.9	1492	370	13.2	502	1.0	0.5	15.0	68	103.1
	SD	7.8	7.4	274	259	7.2	547	0.3	0.2	2.8	37	52.7
Uttar Pradesh (n=45)	Median	58.1	22.6	1671	285	16.0	88	1.7	0.8	16.1	16	159.7
	Mean	59.4	26.2	1929	406	20.2	119	1.8	0.9	16.6	25	185.1
	SD	29.7	14.6	818	295	15.5	153	1.0	0.5	8.8	26	127.5
Pooled (n=322)	Median	44.5	23.5	1736	334	11.3	124	1.1	0.7	12.9	28	109.0
	Mean	48.6	28.1	1773	418	13.7	291	1.3	0.8	13.8	43	129.0
	SD	21.5	17.5	604	321	9.3	480	0.7	0.3	6.3	48	84.5
	RDA	78.0	30.0	2250	1200	35.0	800	1.2	1.4	14.0	60	500.0

Table 48.2 : DISTRIBUTION(%) OF PREGNANT WOMEN (SEDENTARY) ACCORDING TO DAILY INTAKE OF NUTRIENTS AS PERCENT RDA

NUTRIENTS	% RDA	STATES										Pooled
		Kerala	Tamil Nadu	Karnataka	Andhra Pradesh	Maharashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	
Protein	n	34	38	47	29	34	22	26	22	25	45	322
	<50	41.2	34.2	27.7	48.3	61.8	18.2	7.7	13.6	64.0	33.3	35.7
	50-70	14.7	52.6	51.1	37.9	35.3	18.2	30.8	68.2	36.0	11.1	35.1
Total Fat	≥70	44.1	13.2	21.3	13.8	2.9	63.6	61.5	18.2	0.0	55.6	29.2
	<50	14.7	15.8	21.3	24.1	17.6	0.0	15.4	22.7	44.0	20.0	19.6
	50-70	11.8	18.4	6.4	13.8	29.4	4.5	23.1	40.9	40.0	17.8	19.3
Energy	≥70	73.5	65.8	72.3	62.1	52.9	95.5	61.5	36.4	16.0	62.2	61.2
	<50	23.5	10.5	12.8	13.8	32.4	9.1	0.0	0.0	8.0	15.6	13.7
	50-70	20.6	34.2	12.8	24.1	52.9	9.1	19.2	9.1	52.0	20.0	25.5
Calcium	≥70	55.9	55.3	74.5	62.1	14.7	81.8	80.8	90.9	40.0	64.4	60.9
	<50	64.7	78.9	70.2	75.9	97.1	72.7	96.2	68.2	68.0	71.1	76.1
	50-70	14.7	15.8	21.3	17.2	2.9	18.2	3.8	18.2	28.0	22.2	16.5
Iron	≥70	20.6	5.3	8.5	6.9	0.0	9.1	0.0	13.6	4.0	6.7	7.5
	<50	82.4	97.4	85.1	96.6	94.1	54.5	46.2	77.3	88.0	51.1	78.0
	50-70	17.6	2.6	8.5	0.0	5.9	22.7	26.9	9.1	8.0	24.4	12.4
Vitamin A	≥70	0.0	0.0	6.4	3.4	0.0	22.7	26.9	13.6	4.0	24.4	9.6
	<50	76.5	84.2	78.7	96.6	88.2	95.5	88.5	63.6	52.0	97.8	83.2
	50-70	8.8	5.3	8.5	0.0	0.0	0.0	3.8	0.0	8.0	0.0	3.7
Thiamin	≥70	14.7	10.5	12.8	3.4	11.8	4.5	7.7	36.4	40.0	2.2	13.0
	<50	23.5	13.2	19.1	41.4	23.5	9.1	3.8	0.0	8.0	11.1	16.1
	50-70	20.6	7.9	6.4	31.0	17.6	4.5	0.0	4.5	32.0	4.4	12.4
Riboflavin	≥70	55.9	78.9	74.5	27.6	58.8	86.4	96.2	95.5	60.0	84.4	71.4
	<50	50.0	31.6	46.8	55.2	79.4	45.5	34.6	63.6	88.0	44.4	52.5
	50-70	26.5	39.5	14.9	24.1	17.6	18.2	23.1	22.7	8.0	13.3	20.8
Niacin	≥70	23.5	28.9	38.3	20.7	2.9	36.4	42.3	13.6	4.0	42.2	26.7
	<50	14.7	10.5	19.1	24.1	32.4	9.1	0.0	0.0	0.0	11.1	13.4
	50-70	8.8	7.9	21.3	37.9	23.5	27.3	7.7	0.0	0.0	13.3	15.2
Vitamin C	≥70	76.5	81.6	59.6	37.9	44.1	63.6	92.3	100.0	100.0	75.6	71.4
	<50	50.0	31.6	63.8	51.7	79.4	54.5	50.0	13.6	12.0	68.9	50.6
	50-70	11.8	21.1	12.8	24.1	2.9	22.7	26.9	27.3	20.0	11.1	16.8
Dietary folate	≥70	38.2	47.4	23.4	24.1	17.6	22.7	23.1	59.1	68.0	20.0	32.6
	<50	82.4	78.9	80.9	89.7	91.2	45.5	46.2	72.7	76.0	48.9	72.0
	50-70	11.8	10.5	12.8	3.4	8.8	22.7	38.5	9.1	20.0	24.4	15.8
	≥70	5.9	10.5	6.4	6.9	.0	31.8	15.4	18.2	4.0	26.7	12.1

Table 49.1 : AVERAGE DAILY INTAKE OF NUTRIENTS AMONG LACTATING WOMEN (SEDENTARY)

STATES		Protein (g)	Total Fat (g)	Energy (Kcal)	Calcium (mg)	Iron (mg)	Vit.-A (µg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit.-C (mg)	Dietary folate (µg)
Kerala (n=56)	Median	42.7	28.3	1433	386	10.1	111	0.9	0.6	11.9	30	80.4
	Mean	48.8	31.2	1573	461	11.0	327	0.9	0.7	12.8	59	102.5
	SD	25.1	23.2	624	333	6.1	571	0.4	0.3	4.9	71	73.7
Tamil Nadu (n=55)	Median	44.1	22.7	1930	358	9.3	181	1.2	0.8	16.7	41	140.0
	Mean	45.7	26.8	1912	426	10.5	248	1.3	0.9	17.1	46	141.1
	SD	14.1	15.7	492	342	6.1	221	0.4	0.3	4.6	28	52.1
Karnataka (n=79)	Median	47.6	26.6	1947	292	12.1	137	1.1	0.8	11.9	21	100.3
	Mean	53.8	31.2	2113	415	16.0	207	1.3	0.9	13.0	29	116.2
	SD	22.7	24.5	728	355	17.1	268	0.7	0.4	5.5	28	60.7
Andhra Pradesh (n=59)	Median	44.6	25.6	2001	352	7.5	144	0.8	0.8	10.9	31	102.5
	Mean	44.7	31.5	1919	422	8.3	199	0.8	0.8	10.6	41	114.1
	SD	15.5	22.7	647	323	4.1	237	0.3	0.3	3.8	35	57.0
Maharashtra (n=81)	Median	46.4	25.6	1658	245	13.4	101	1.2	0.7	11.6	17	138.3
	Mean	47.2	30.3	1691	293	15.1	202	1.3	0.8	12.9	28	143.7
	SD	19.4	20.0	598	174	8.0	293	0.7	0.3	5.9	27	83.8
Gujarat (n=53)	Median	62.4	37.0	2068	396	16.3	174	1.8	0.8	13.0	25	175.7
	Mean	62.6	45.3	2086	491	20.5	263	1.7	1.0	13.9	38	192.2
	SD	19.5	23.7	610	318	10.5	301	0.7	0.5	5.1	41	98.3
Madhya Pradesh (n=48)	Median	66.4	27.4	2099	376	23.8	112	2.3	1.0	19.5	24	196.9
	Mean	67.8	35.0	2166	425	24.2	180	2.1	1.0	19.4	34	186.9
	SD	14.1	23.4	499	211	10.2	231	0.8	0.3	5.0	35	89.8
Orissa (n=78)	Median	48.7	20.7	2135	326	14.0	102	1.3	0.7	20.9	53	132.0
	Mean	51.5	22.6	2116	475	17.4	680	1.3	0.7	20.2	87	135.3
	SD	14.2	11.9	323	432	12.7	1345	0.3	0.2	3.9	82	60.7
West Bengal (n=75)	Median	34.5	12.1	1419	203	10.7	46	1.0	0.5	13.7	35	63.4
	Mean	36.8	15.2	1455	310	11.7	307	1.0	0.5	14.7	63	78.3
	SD	19.5	9.7	318	277	6.5	576	0.3	0.3	3.3	61	44.9
Uttar Pradesh (n=109)	Median	55.5	25.7	2157	365	19.2	110	1.7	0.9	17.0	33	144.5
	Mean	63.1	32.1	2169	432	21.3	325	2.0	1.0	18.8	45	168.6
	SD	28.2	21.3	856	263	10.6	954	1.0	0.5	9.0	42	94.7
Pooled (n=693)	Median	48.1	24.8	1859	327	12.9	117	1.2	0.8	14.5	30	122.8
	Mean	52.2	29.6	1927	411	15.8	304	1.4	0.8	15.5	47	137.1
	SD	22.3	21.1	657	314	11.2	680	0.7	0.4	6.4	52	81.1
	RDA	71.0	30.0	2460	1200	21.0	950	1.25	1.45	15.5	80	300.0

Table 49.2 : DISTRIBUTION(%) OF LACTATING WOMEN(SEDEDENTARY) ACCORDING TO DAILY INTAKE OF NUTRIENTS AS PERCENT RDA

NUTRIENTS	% RDA	STATES													Pooled			
		Kerala	Tamil Nadu	Karnataka	Andhra Pradesh	Maharashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh							
Protein	n	56	55	79	59	81	53	48	78	75	109	693						
	<50	35.7	21.8	21.5	32.2	30.9	5.7	2.1	7.7	57.3	15.6	23.5						
	50-70	19.6	49.1	31.6	30.5	35.8	22.6	4.2	46.2	33.3	24.8	30.6						
Total Fat	>70	44.6	29.1	46.8	37.3	33.3	71.7	93.8	46.2	9.3	59.6	45.9						
	<50	21.4	21.8	15.2	16.9	9.9	3.8	2.1	29.5	62.7	13.8	20.5						
	50-70	14.3	21.8	17.7	22.0	23.5	3.8	25.0	25.6	14.7	13.8	18.2						
Energy	>70	64.3	56.4	67.1	61.0	66.7	92.5	72.9	44.9	22.7	72.5	61.3						
	<50	28.6	5.5	7.6	15.3	25.9	9.4	2.1	0.0	26.7	10.1	13.3						
	50-70	41.1	25.5	20.3	27.1	29.6	15.1	16.7	10.3	56.0	25.7	27.0						
Calcium	>70	30.4	69.1	72.2	57.6	44.4	75.5	81.3	89.7	17.3	64.2	59.7						
	<50	75.0	80.0	82.3	83.1	92.6	79.2	89.6	70.5	89.3	80.7	82.3						
	50-70	7.1	16.4	7.6	10.2	6.2	9.4	4.2	17.9	4.0	11.0	9.5						
Iron	>70	17.9	3.6	10.1	6.8	1.2	11.3	6.3	11.5	6.7	8.3	8.2						
	<50	55.4	74.5	43.0	79.7	38.3	13.2	2.1	29.5	45.3	15.6	38.4						
	50-70	28.6	14.5	20.3	10.2	14.8	18.9	10.4	25.6	37.3	11.9	19.3						
Vitamin A	>70	16.1	10.9	36.7	10.2	46.9	67.9	87.5	44.9	17.3	72.5	42.3						
	<50	82.1	90.9	92.4	93.2	85.2	88.7	93.8	76.9	78.7	88.1	86.6						
	50-70	5.4	3.6	2.5	3.4	8.6	3.8	2.1	1.3	5.3	2.8	3.9						
Thiamin	>70	12.5	5.5	5.1	3.4	6.2	7.5	4.2	21.8	16.0	9.2	9.5						
	<50	28.6	3.6	12.7	35.6	14.8	5.7	4.2	0.0	9.3	3.7	11.1						
	50-70	12.5	3.6	19.0	16.9	17.3	5.7	2.1	6.4	25.3	11.0	12.7						
Riboflavin	>70	58.9	92.7	68.4	47.5	67.9	88.7	93.8	93.6	65.3	85.3	76.2						
	<50	67.9	36.4	48.1	45.8	59.3	34.0	12.5	57.7	85.3	34.9	49.4						
	50-70	21.4	38.2	31.6	40.7	19.8	28.3	47.9	37.2	6.7	24.8	28.4						
Niacin	>70	10.7	25.5	20.3	13.6	21.0	37.7	39.6	5.1	8.0	40.4	22.2						
	<50	8.9	1.8	11.4	25.4	18.5	5.7	2.1	0.0	0.0	6.4	8.1						
	50-70	30.4	3.6	30.4	23.7	24.7	20.8	2.1	1.3	8.0	11.0	15.6						
Vitamin C	>70	60.7	94.5	58.2	50.8	56.8	73.6	95.8	98.7	92.0	82.6	76.3						
	<50	57.1	45.5	77.2	64.4	74.1	66.0	75.0	42.3	56.0	56.9	61.2						
	50-70	8.9	29.1	8.9	11.9	9.9	20.8	10.4	10.3	9.3	14.7	13.0						
Dietary folate	>70	33.9	25.5	13.9	23.7	16.0	13.2	14.6	47.4	34.7	28.4	25.8						
	<50	69.6	23.6	49.4	47.5	33.3	24.5	16.7	30.8	76.0	22.0	39.2						
	50-70	7.1	27.3	21.5	27.1	18.5	11.3	8.3	26.9	10.7	26.6	19.5						
	>70	23.2	49.1	29.1	25.4	48.1	64.2	75.0	42.3	13.3	51.4	41.3						

**Table 50.1 : PROTEIN - CALORIE ADEQUACY STATUS (%):
1-3 YEAR CHILDREN**

STATE	n	P- C-	P+ C-	P+ C+
Kerala	162	32.1	36.4	31.5
Tamil Nadu	264	9.1	40.2	50.8
Karnataka	281	6.8	30.2	63.0
Andhra Pradesh	328	18.0	35.4	46.6
Maharashtra	243	16.0	53.5	30.5
Gujarat	352	16.8	40.1	43.2
Madhya Pradesh	408	11.5	40.7	47.8
Orissa	285	10.2	39.6	50.2
West Bengal	274	12.0	34.3	53.6
Uttar Pradesh	298	8.7	26.5	64.8
Pooled	2895	13.4	37.6	49.0

P -: Protein Inadequate
C- : Calorie Inadequate

P+: Protein Adequate
C+ : Calorie Adequate

**Table 50.2 : PROTEIN - CALORIE ADEQUACY STATUS (%):
4-6 YEAR CHILDREN**

STATE	n	P- C-	P+ C-	P+ C+
Kerala	181	8.8	54.7	36.5
Tamil Nadu	213	3.8	39.0	57.3
Karnataka	261	3.1	31.8	65.1
Andhra Pradesh	256	6.3	37.1	56.6
Maharashtra	274	8.4	47.1	44.5
Gujarat	340	1.8	36.8	61.5
Madhya Pradesh	421	0.2	34.0	65.8
Orissa	267	0.0	36.0	64.0
West Bengal	304	4.6	46.4	49.0
Uttar Pradesh	398	1.5	21.1	77.4
Pooled	2915	3.4	37.0	59.7

P -: Protein Inadequate
C- : Calorie Inadequate

P+: Protein Adequate
C+ : Calorie Adequate

**Table 50.3 : PROTEIN - CALORIE ADEQUACY STATUS (%):
7-9 YEAR CHILDREN**

STATE	n	P- C-	P+ C-	P+ C+
Kerala	197	17.3	47.7	35.0
Tamil Nadu	210	4.3	41.4	54.3
Karnataka	286	2.4	32.9	64.7
Andhra Pradesh	264	6.4	42.4	51.1
Maharashtra	282	10.6	46.5	42.9
Gujarat	357	1.7	44.3	54.1
Madhya Pradesh	409	0.5	35.2	64.3
Orissa	271	0.7	32.1	67.2
West Bengal	268	10.8	61.6	27.6
Uttar Pradesh	419	2.4	22.0	75.7
Pooled	2963	4.9	39.3	55.8

P -: Protein Inadequate
C- : Calorie Inadequate

P+: Protein Adequate
C+ : Calorie Adequate

**Table 50.4 : PROTEIN - CALORIE ADEQUACY STATUS (%):
10-12 YEAR BOYS**

STATE	n	P- C-	P+ C-	P+ C+
Kerala	109	22.0	51.4	25.7
Tamil Nadu	111	13.5	59.5	27.0
Karnataka	172	7.0	40.7	52.3
Andhra Pradesh	124	12.1	38.7	49.2
Maharashtra	168	19.0	57.1	23.8
Gujarat	163	1.8	58.9	39.3
Madhya Pradesh	207	1.9	48.3	49.8
Orissa	172	8.7	48.3	43.0
West Bengal	170	33.5	56.5	10.0
Uttar Pradesh	258	4.7	30.6	64.7
Pooled	1654	11.4	47.8	40.7

P -: Protein Inadequate
C- : Calorie Inadequate

P+: Protein Adequate
C+ : Calorie Adequate

**Table 50.5 : PROTEIN - CALORIE ADEQUACY STATUS (%):
10-12 YEAR GIRLS**

STATE	n	P- C-	P+ C-	P+ C+
Kerala	110	31.8	37.3	30.9
Tamil Nadu	128	15.6	51.6	32.8
Karnataka	140	12.1	33.6	54.3
Andhra Pradesh	127	13.4	38.6	48.0
Maharashtra	156	25.6	45.5	28.8
Gujarat	178	4.5	45.5	50.0
Madhya Pradesh	208	0.5	50.0	49.5
Orissa	133	4.5	43.6	51.9
West Bengal	179	38.5	48.6	12.8
Uttar Pradesh	218	6.0	31.2	62.8
Pooled	1577	14.3	42.6	43.1

P –: Protein Inadequate
C –: Calorie Inadequate

P+: Protein Adequate
C+ : Calorie Adequate

**Table 50.6 : PROTEIN - CALORIE ADEQUACY STATUS (%):
13-15 YEAR BOYS**

STATE	n	P- C-	P+ C-	P+ C+
Kerala	106	31.1	48.1	20.8
Tamil Nadu	121	25.6	57.0	17.4
Karnataka	156	13.5	53.2	33.3
Andhra Pradesh	121	27.3	43.0	29.8
Maharashtra	142	28.9	47.9	23.2
Gujarat	193	10.4	65.8	23.8
Madhya Pradesh	194	6.2	68.0	25.8
Orissa	148	8.1	64.2	27.7
West Bengal	139	43.2	47.5	9.4
Uttar Pradesh	209	8.6	43.1	48.3
Pooled	1529	18.4	54.5	27.1

P –: Protein Inadequate
C –: Calorie Inadequate

P+: Protein Adequate
C+ : Calorie Adequate

**Table 50.7 : PROTEIN - CALORIE ADEQUACY STATUS (%):
13-15 YEAR GIRLS**

STATE	n	P- C-	P+ C-	P+ C+
Kerala	100	33.0	44.0	22.0
Tamil Nadu	120	25.8	45.0	29.2
Karnataka	168	19.6	26.2	54.2
Andhra Pradesh	133	30.1	28.6	41.4
Maharashtra	148	33.1	44.6	22.3
Gujarat	184	8.2	51.1	40.8
Madhya Pradesh	170	2.9	41.8	55.3
Orissa	162	8.0	34.0	58.0
West Bengal	164	49.4	42.7	7.9
Uttar Pradesh	189	14.8	31.7	53.4
Pooled	1538	21.3	38.8	39.9

P –: Protein Inadequate
C – : Calorie Inadequate

P+: Protein Adequate
C+: Calorie Adequate

**Table 50.8 : PROTEIN - CALORIE ADEQUACY STATUS (%):
16-17 YEAR BOYS**

STATE	n	P- C-	P+ C-	P+ C+
Kerala	67	25.4	59.7	14.9
Tamil Nadu	95	26.3	56.8	16.8
Karnataka	107	19.6	39.3	41.1
Andhra Pradesh	87	41.4	24.1	34.5
Maharashtra	106	29.2	54.7	16.0
Gujarat	102	10.8	59.8	29.4
Madhya Pradesh	91	1.1	83.5	15.4
Orissa	70	4.3	55.7	40.0
West Bengal	77	45.5	49.4	5.2
Uttar Pradesh	96	10.4	29.2	60.4
Pooled	898	21.2	50.9	28.0

P –: Protein Inadequate
C – : Calorie Inadequate

P+: Protein Adequate
C+ : Calorie Adequate

**Table 50.9 : PROTEIN - CALORIE ADEQUACY STATUS (%):
16-17 YEAR GIRLS**

STATE	n	P- C-	P+ C-	P+ C+
Kerala	64	43.8	43.8	12.5
Tamil Nadu	90	27.8	43.3	28.9
Karnataka	103	19.4	35.0	45.6
Andhra Pradesh	77	27.3	36.4	36.4
Maharashtra	115	40.9	30.4	28.7
Gujarat	129	14.0	48.1	38.0
Madhya Pradesh	104	0.0	37.5	62.5
Orissa	101	4.0	20.8	75.2
West Bengal	79	44.3	40.5	15.2
Uttar Pradesh	129	11.6	31.0	57.4
Pooled	991	21.5	36.3	42.2

P -: Protein Inadequate
C- : Calorie Inadequate

P+: Protein Adequate
C+ : Calorie Adequate

**Table 50.10 : PROTEIN - CALORIE ADEQUACY STATUS (%):
ADULT MEN (SEDENTARY)**

STATE	n	P- C-	P- C+	P+ C-	P+ C+
Kerala	700	23.3	1.1	26.1	49.4
Tamil Nadu	480	20.6	2.1	13.8	63.5
Karnataka	420	18.1	0.7	11.9	69.3
Andhra Pradesh	450	30.4	0.4	10.9	58.2
Maharashtra	488	23.8	0.4	28.3	47.5
Gujarat	487	4.5	0.0	15.2	80.3
Madhya Pradesh	241	2.9	0.0	14.1	83.0
Orissa	460	5.0	0.9	6.7	87.4
West Bengal	571	30.1	0.9	26.1	42.9
Uttar Pradesh	477	9.4	0.0	16.8	73.8
Pooled	4774	18.0	0.7	17.9	63.4

P -: Protein Inadequate
C- : Calorie Inadequate

P+: Protein Adequate
C+ : Calorie Adequate

**Table 50.11 : PROTEIN - CALORIE ADEQUACY STATUS (%):
NPNL WOMEN (SEDENTARY)**

STATE	n	P- C-	P- C+	P+ C-	P+ C+
Kerala	1438	25.7	2.2	23.0	49.1
Tamil Nadu	958	15.1	4.2	7.2	73.5
Karnataka	1045	10.4	2.0	3.6	83.9
Andhra Pradesh	567	23.3	5.8	6.3	64.6
Maharashtra	629	28.8	0.8	17.3	53.1
Gujarat	856	5.6	0.0	8.5	85.9
Madhya Pradesh	464	1.5	0.2	9.1	89.2
Orissa	1054	2.5	2.7	1.2	93.6
West Bengal	1304	31.9	4.8	10.8	52.5
Uttar Pradesh	1204	11.0	0.5	11.7	76.8
Pooled	9519	16.4	2.4	10.4	70.7

P –: Protein Inadequate
C – : Calorie Inadequate

P+: Protein Adequate
C+: Calorie Adequate

**Table 50.12 : PROTEIN - CALORIE ADEQUACY STATUS (%):
PREGNANT WOMEN (SEDENTARY)**

STATE	n	P- C-	P- C+	P+ C-	P+ C+
Kerala	34	44.1	2.9	0.0	52.9
Tamil Nadu	38	34.2	18.4	10.5	36.8
Karnataka	47	25.5	6.4	0.0	68.1
Andhra Pradesh	29	34.5	24.1	3.4	37.9
Maharashtra	34	70.6	2.9	14.7	11.8
Gujarat	22	18.2	0.0	0.0	81.8
Madhya Pradesh	26	7.7	3.8	11.5	76.9
Orissa	22	9.1	18.2	0.0	72.7
West Bengal	25	60.0	16.0	0.0	24.0
Uttar Pradesh	45	33.3	2.2	2.2	62.2
Pooled	322	34.8	9.0	4.3	51.9

P –: Protein Inadequate
C – : Calorie Inadequate

P+: Protein Adequate
C+: Calorie Adequate

**Table 50.13 : PROTEIN - CALORIE ADEQUACY STATUS (%):
LACTATING WOMEN (SEDENTARY)**

STATE	n	P- C-	P- C+	P+ C-	P+ C+
Kerala	56	39.3	1.8	25.0	33.9
Tamil Nadu	55	20.0	12.7	9.1	58.2
Karnataka	79	20.3	7.6	2.5	69.6
Andhra Pradesh	59	32.2	6.8	8.5	52.5
Maharashtra	81	33.3	4.9	14.8	46.9
Gujarat	53	7.5	0.0	11.3	81.1
Madhya Pradesh	48	2.1	0.0	6.3	91.7
Orissa	78	5.1	9.0	1.3	84.6
West Bengal	75	61.3	4.0	13.3	21.3
Uttar Pradesh	109	14.7	2.8	15.6	67.0
Pooled	693	24.0	5.1	10.8	60.2

P-: Protein Inadequate
C-: Calorie Inadequate

P+: Protein Adequate
C+: Calorie Adequate

Table 51.1 : PREVALENCE (%) OF NUTRITIONAL DEFICIENCY SIGNS: INFANTS

Nutritional Deficiency Signs	STATE										Pooled
	Kerala	Tamil Nadu	Karnataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	
	BOYS										
n	59	83	80	104	109	101	77	94	67	138	912
NAD	100.0	100.0	100.0	100.0	99.1	99.0	100.0	100.0	100.0	98.6	99.6
Marasmus	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.7	0.1
Conjunctival Xerosis (X1A)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.7	0.1
Others	0.0	0.0	0.0	0.0	0.0	1.0	0.0	0.0	0.0	0.0	0.1
	GIRLS										
n	59	66	86	112	88	102	57	87	67	129	853
NAD	100.0	98.5	100.0	98.2	98.9	99.0	94.7	98.9	100.0	100.0	98.9
Others	0.0	0.0	0.0	1.8	1.1	1.0	0.0	0.0	0.0	0.0	0.5
	POOLED										
n	118	149	166	216	197	203	134	181	134	267	1765
NAD	100.0	99.3	100.0	99.1	99.0	99.0	97.8	99.4	100.0	99.3	99.3
Emaciation	0.0	0.0	0.0	0.0	0.5	0.0	1.5	0.6	0.0	0.0	0.2
Marasmus	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.1
Conjunctival Xerosis (X1A)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.1
Others	0.0	0.0	0.0	0.9	0.5	1.0	0.0	0.0	0.0	0.0	0.3

Table 51.2 : PREVALENCE (%) OF NUTRITIONAL DEFICIENCY SIGNS: 1-5 YEAR BOYS

Nutritional Deficiency Signs	STATE												
	Kerala	Tamil Nadu	Karnataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	Pooled		
n	260	295	336	381	402	455	419	419	357	474	3798		
NAD	95.8	90.2	95.5	97.4	95.5	96.7	96.2	97.4	88.5	95.8	95.1		
Hair Sparse	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.2	0.1		
Oedema	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0		
Emaciation	0.0	0.0	0.0	0.0	0.0	0.0	1.0	0.2	0.0	0.0	0.1		
Marasmus	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0		
Night Blindness (XN)	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.0	0.0	0.2	0.1		
Conjunctival Xerosis (XIA)	0.0	0.0	0.9	0.5	0.7	0.4	0.7	0.5	2.0	0.8	0.7		
Bitot's Spot (XIB)	0.0	0.0	0.6	0.0	0.7	0.4	0.5	0.5	0.3	0.8	0.4		
Angular Stomatitis	0.0	0.7	0.6	0.0	1.0	0.0	0.0	0.0	0.3	0.0	0.2		
Glossitis	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.1		
Phrynoderma	0.0	0.7	0.0	0.0	0.0	0.7	0.0	0.0	0.0	0.2	0.2		
Dental - Caries	4.2	8.8	3.3	0.5	2.0	2.0	1.9	1.4	7.8	2.7	3.2		
Dental - Fluorosis	0.0	0.0	0.0	0.3	0.0	0.2	0.0	0.0	0.6	0.0	0.1		
Thyroid Gland Palpable	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0		
Others	0.0	0.0	0.0	0.8	0.7	0.2	0.0	0.2	0.3	0.0	0.2		

Table 51.3 : PREVALENCE (%) OF NUTRITIONAL DEFICIENCY SIGNS: 1-5 YEAR GIRLS

Nutritional Deficiency Signs	STATE											Pooled
	Kerala	Tamil Nadu	Karnataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh		
n	273	313	365	410	326	423	430	371	318	438	3667	
NAD	94.9	92.0	95.1	98.0	95.7	99.5	96.5	97.8	90.3	97.5	96.0	
Hair Discoloured	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	
Moon Face	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.3	0.0	0.1	
Emaciation	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.2	0.1	
Marasmus	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.3	0.0	0.1	
Conjunctival Xerosis (XIA)	0.0	0.0	0.5	0.2	0.0	0.0	0.0	0.0	3.1	0.5	0.4	
Bitot's Spot (XIB)	0.0	0.0	0.5	0.2	0.0	0.0	0.0	0.0	0.3	0.5	0.2	
Angular Stomatitis	0.0	0.3	0.3	0.2	1.2	0.0	0.0	0.3	0.3	0.0	0.2	
Phrynoderma	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.2	0.1	
Dental - Caries	4.8	7.0	4.1	0.2	1.2	0.2	2.8	1.6	6.0	1.6	2.7	
Dental - Fluorosis	0.0	0.6	0.3	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.1	
Thyroid Gland Palpable	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
Others	0.0	0.0	0.0	0.5	1.2	0.2	0.0	0.3	0.0	0.0	0.2	

Table 51.4 : PREVALENCE (%) OF NUTRITIONAL DEFICIENCY SIGNS: 1-5 YEAR BOYS & GIRLS

Nutritional Deficiency Signs	STATE											Pooled
	Kerala	Tamil Nadu	Karnataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh		
n	533	608	701	791	728	878	849	790	675	912		7465
NAD	95.3	91.1	95.3	97.7	95.6	98.1	96.3	97.6	89.3	96.6		95.6
Emaciation	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1		0.0
Night Blindness (XN)	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.1		0.0
Conjunctival Xerosis (XIA)	0.0	0.0	0.7	0.4	0.4	0.2	0.4	0.3	2.5	0.7		0.5
Bitot's Spot (XIB)	0.0	0.0	0.6	0.1	0.4	0.2	0.2	0.3	0.3	0.7		0.3
Angular Stomatitis	0.0	0.5	0.4	0.1	1.1	0.0	0.0	0.1	0.3	0.0		0.2
Phrynoderma	0.0	0.3	0.0	0.1	0.0	0.3	0.0	0.0	0.0	0.2		0.1
Dental - Caries	4.5	7.9	3.7	0.4	1.6	1.1	2.4	1.5	7.0	2.2		3.0
Dental - Fluorosis	0.0	0.3	0.1	0.3	0.0	0.1	0.0	0.0	0.3	0.0		0.1
Others	0.0	0.0	0.0	0.6	1.0	0.2	0.0	0.3	0.1	0.0		0.2

Table 51.5 : PREVALENCE (%) OF NUTRITIONAL DEFICIENCY SIGNS: 5-12 YEAR BOYS

Nutritional Deficiency Signs	STATE										
	Kerala	Tamil Nadu	Karnataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	Pooled
n	483	450	596	461	589	694	635	588	628	902	6026
NAD	79.1	58.4	65.6	81.6	75.0	92.4	91.8	82.1	61.0	69.4	75.8
Hair Sparse	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0
Emaciation	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.2	0.0	0.0	0.0
Night Blindness (XN)	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.3	0.1
Conjunctival Xerosis (XIA)	0.2	0.7	2.3	3.3	1.0	0.1	0.8	3.4	7.6	4.1	2.5
Bitot's Spot (XIB)	0.2	0.7	1.7	2.0	0.8	0.1	0.2	2.7	2.9	3.8	1.6
Angular Stomatitis	0.0	0.0	0.5	0.9	0.8	0.1	0.0	0.5	1.3	0.1	0.4
Cheilosis	0.0	0.0	0.2	0.2	0.0	0.0	0.0	0.2	0.0	0.1	0.1
Glossitis	0.0	0.4	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.1
Phrynoderma	1.4	4.9	2.3	3.0	1.0	0.3	0.0	0.2	0.3	0.7	1.2
Gums-Spongy bleeding	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Dental - Caries	19.3	35.3	27.0	7.8	17.8	5.8	5.8	12.2	29.9	26.6	18.8
Dental - Fluorosis	0.4	2.7	3.7	4.6	1.5	1.3	1.1	0.5	2.9	0.2	1.7
Thyroid Gland Palpable	0.0	0.4	0.0	1.1	3.2	0.1	0.0	0.7	0.2	0.2	0.6
Others	0.0	0.0	0.3	1.3	1.7	0.3	0.2	0.3	0.3	0.1	0.4

Table 51.6 : PREVALENCE (%) OF NUTRITIONAL DEFICIENCY SIGNS: 5-12 YEAR GIRLS

Nutritional Deficiency Signs	STATE										
	Kerala	Tamil Nadu	Karnataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	Pooled
n	444	454	547	470	577	671	637	580	566	877	5823
NAD	81.5	60.6	69.8	86.8	73.5	89.6	90.4	87.4	64.3	72.7	77.9
Emaciation	0.0	0.0	0.2	0.0	0.2	0.0	0.5	0.2	0.4	0.0	0.1
Night Blindness (XN)	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.0	0.0	0.2	0.1
Conjunctival Xerosis (XIA)	0.0	0.2	2.2	2.1	1.4	0.0	0.8	1.2	6.4	3.1	1.8
Bitot's Spot (XIB)	0.0	0.2	1.8	1.5	1.4	0.0	0.0	0.9	1.4	2.6	1.1
Angular Stomatitis	0.0	0.0	0.2	0.6	1.4	0.7	0.2	0.3	0.4	0.0	0.4
Cheilosis	0.0	0.0	0.2	0.0	0.0	0.0	0.2	0.5	0.0	0.0	0.1
Glossitis	0.0	0.0	0.2	0.0	0.0	0.0	0.2	0.5	0.0	0.0	0.1
Phrynoderma	1.6	4.0	3.1	0.6	1.6	0.3	0.2	0.3	0.0	0.2	1.0
Dental - Caries	17.1	33.3	22.5	6.6	17.9	7.7	6.4	9.7	28.4	24.3	17.3
Dental - Fluorosis	0.0	4.2	2.2	2.1	0.9	1.2	1.4	0.2	1.2	0.2	1.3
Thyroid Gland Palpable	0.2	2.0	0.4	1.3	4.9	0.0	0.0	0.2	0.0	0.1	0.8
Others	0.0	0.0	0.4	0.4	0.7	0.4	0.3	0.2	0.4	0.0	0.3

Table 51.7 : PREVALENCE (%) OF NUTRITIONAL DEFICIENCY SIGNS: 5-12 YEAR BOYS & GIRLS

Nutritional Deficiency Signs	STATE											
	Kerala	Tamil Nadu	Karnataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	Pooled	
n	927	904	1143	931	1166	1365	1272	1168	1194	1779	11849	
NAD	80.3	59.5	67.6	84.2	74.3	91.0	91.1	84.8	62.6	71.1	76.9	
Emaciation	0.0	0.0	0.1	0.0	0.1	0.0	0.4	0.2	0.2	0.0	0.1	
Night Blindness (XN)	0.0	0.0	0.0	0.0	0.3	0.0	0.1	0.0	0.0	0.3	0.1	
Conjunctival Xerosis (XIA)	0.1	0.4	2.3	2.7	1.2	0.1	0.8	2.3	7.0	3.6	2.2	
Bitot's Spot (XIB)	0.1	0.4	1.7	1.7	1.1	0.1	0.1	1.8	2.2	3.2	1.4	
Angular Stomatitis	0.0	0.0	0.3	0.8	1.1	0.4	0.1	0.4	0.8	0.1	0.4	
Cheilosis	0.0	0.0	0.2	0.1	0.0	0.0	0.1	0.3	0.0	0.1	0.1	
Glossitis	0.0	0.2	0.0	0.0	0.6	0.0	0.0	0.0	0.0	0.0	0.1	
Phrynoderma	1.5	4.4	2.7	1.8	1.3	0.3	0.1	0.3	0.2	0.4	1.1	
Dental - Caries	18.2	34.3	24.8	7.2	17.8	6.7	6.1	11.0	29.2	25.5	18.0	
Dental - Fluorosis	0.2	3.4	3.0	3.3	1.2	1.2	1.3	0.3	2.1	0.2	1.5	
Thyroid Gland Palpable	0.1	1.2	0.2	1.2	4.0	0.1	0.0	0.4	0.1	0.2	0.7	
Others	0.0	0.0	0.3	0.9	1.2	0.4	0.2	0.3	0.3	0.1	0.4	

Table 51.8 : PREVALENCE (%) OF NUTRITIONAL DEFICIENCY SIGNS: 12-17 YEAR BOYS

Nutritional Deficiency Signs	STATE											Pooled
	Kerala	Tamil Nadu	Karnataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh		
n	355	386	454	376	465	498	392	392	398	638	4354	
NAD	87.3	70.2	68.9	81.6	87.7	86.3	98.0	86.0	76.6	83.1	82.6	
Conjunctival Xerosis (XIA)	0.0	1.8	2.0	4.3	0.9	0.0	0.3	1.8	5.3	3.0	1.9	
Bitot's Spot (XIB)	0.0	1.8	1.3	3.2	0.9	0.0	0.0	1.5	2.3	3.0	1.4	
Angular Stomatitis	0.0	0.3	0.7	1.1	0.6	0.0	0.0	1.3	2.0	0.2	0.6	
Cheilosis	0.0	0.3	0.0	0.0	0.0	0.0	0.0	1.5	0.0	0.0	0.2	
Phrynoderma	0.3	2.1	1.1	1.9	0.9	0.0	0.0	1.3	0.0	1.6	0.9	
Dental - Caries	12.4	23.6	17.4	5.1	5.8	5.6	0.8	6.6	16.6	12.2	10.6	
Dental - Fluorosis	0.0	3.9	11.7	6.6	1.1	8.4	1.0	1.3	1.5	0.6	3.7	
Thyroid Gland Palpable	0.0	1.3	0.2	0.8	3.4	0.2	0.0	0.5	0.0	0.3	0.7	
Thyroid Gland Visible	0.0	0.3	0.0	0.3	0.4	0.0	0.0	0.0	0.0	0.0	0.1	
Others	0.0	0.0	0.9	0.8	2.2	0.0	0.0	0.5	0.0	0.0	0.4	

Table 51.9 : PREVALENCE (%) OF NUTRITIONAL DEFICIENCY SIGNS: 12-17 YEAR GIRLS

Nutritional Deficiency Signs	STATE											Pooled
	Kerala	Tamil Nadu	Karnataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh		
n	367	413	501	428	534	613	425	545	486	728		5040
NAD	88.3	61.3	71.5	80.8	83.3	90.5	97.4	87.3	76.3	85.9		82.7
Conjunctival Xerosis (XIA)	0.0	1.0	0.6	2.8	0.7	0.0	0.0	0.4	0.6	0.8		1.2
Bitot's Spot (XIB)	0.0	1.0	0.6	2.3	0.6	0.0	0.0	0.4	1.4	0.8		0.7
Angular Stomatitis	0.3	0.5	0.4	0.5	0.2	0.0	0.0	0.7	0.0	0.0		0.2
Cheilosis	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.0		0.1
Glossitis	0.0	0.7	0.0	0.0	0.6	0.0	0.0	0.0	0.0	0.0		0.1
Phrynoderma	2.2	2.2	4.4	3.5	1.1	0.0	0.0	0.9	0.8	0.0		1.4
Dental - Caries	7.9	28.8	17.4	6.5	6.0	4.1	1.6	8.1	16.0	12.2		10.7
Dental - Fluorosis	0.0	4.1	6.8	4.7	1.3	5.4	0.9	1.1	0.4	0.4		2.5
Thyroid Gland Palpable	2.5	7.5	0.8	2.3	6.7	0.2	0.0	0.9	0.0	0.5		2.0
Thyroid Gland Visible	0.0	0.2	0.4	0.2	1.7	0.0	0.0	0.2	0.0	0.1		0.3
Others	0.0	0.2	0.4	0.2	1.7	0.0	0.0	0.2	0.0	0.1		0.3

Table 51.10 : PREVALENCE (%) OF NUTRITIONAL DEFICIENCY SIGNS: 12-17 YEAR BOYS & GIRLS

Nutritional Deficiency Signs	STATE											Pooled
	Kerala	Tamil Nadu	Karnataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh		
n	722	799	955	804	999	1111	817	937	884	1366	9394	
NAD	87.8	65.6	70.3	81.2	85.4	88.7	97.7	86.8	76.5	84.6	82.6	
Conjunctival Xerosis (XIA)	0.0	1.4	0.3	3.5	0.8	0.0	0.1	1.0	5.4	1.8	1.5	
Bitot's Spot (XIB)	0.0	1.4	0.9	2.7	0.7	0.0	0.0	0.9	1.8	1.8	1.0	
Angular Stomatitis	0.1	0.4	0.5	0.7	0.4	0.0	0.0	1.0	0.9	0.1	0.4	
Cheilosis	0.0	0.1	0.0	0.0	0.0	0.0	0.0	1.0	0.0	0.0	0.1	
Glossitis	0.0	0.6	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.1	
Phrynoderma	1.2	2.1	2.8	2.7	1.0	0.0	0.0	1.1	0.5	0.7	1.2	
Dental - Caries	10.1	26.3	17.4	5.8	5.9	4.8	1.2	7.5	16.3	12.2	10.6	
Dental - Fluorosis	0.0	4.0	9.1	5.6	1.2	6.8	1.0	1.2	0.9	0.5	3.0	
Thyroid Gland Palpable	1.2	4.5	0.5	1.6	5.2	0.2	0.0	0.7	0.0	0.4	1.4	
Thyroid Gland Visible	0.0	0.3	0.2	0.2	1.1	0.0	0.0	0.1	0.0	0.1	0.2	
Others	0.0	0.0	0.8	0.7	1.4	0.1	0.0	0.2	0.1	0.0	0.3	

Table 51.11 : PREVALENCE (%) OF NUTRITIONAL DEFICIENCY SIGNS: ADULT MEN (≥ 18 years)

Nutritional Deficiency Signs	STATE										
	Kerala	Tamil Nadu	Karnataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	Pooled
n	2387	2218	2618	2340	2863	2707	2207	2237	2110	2443	24130
NAD	97.9	58.1	71.8	75.5	96.7	63.5	93.0	86.3	77.0	81.3	80.2
Angular Stomatitis	0.0	0.2	0.3	0.1	0.1	0.0	0.2	0.2	0.1	0.0	0.1
Cheilosis	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.0	0.1
Glossitis	0.0	0.4	0.2	0.0	0.2	0.0	0.1	0.0	0.0	0.0	0.1
Phrynoderma	0.1	0.2	0.9	2.0	0.0	0.0	0.0	0.7	0.0	0.1	0.4
Dental - Caries	1.8	40.3	22.3	16.7	2.0	19.9	3.2	8.0	21.8	18.5	15.2
Dental - Fluorosis	0.0	0.9	4.6	3.4	0.0	25.3	2.9	0.0	0.2	0.0	4.0
Thyroid Gland Palpable	0.0	0.3	0.0	0.6	0.0	0.0	0.0	0.2	0.0	0.0	0.1
Others	0.0	0.0	0.5	0.9	1.0	0.6	1.3	3.6	0.4	0.1	0.8

Table 51.12 : PREVALENCE (%) OF NUTRITIONAL DEFICIENCY SIGNS: ADULT WOMEN (≥ 18 years)

Nutritional Deficiency Signs	STATE										
	Kerala	Tamil Nadu	Karnataka	Andhra Pradesh	Maharashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	Pooled
n	3610	3173	3375	3218	3572	3381	2663	3160	3050	3093	32295
NAD	87.1	46.4	64.5	65.7	89.3	77.3	94.5	78.3	69.6	70.5	74.3
Angular Stomatitis	0.0	0.3	0.1	0.7	0.6	0.0	0.6	0.2	0.1	0.0	0.3
Cheilosis	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.8	0.0	0.0	0.1
Glossitis	0.0	0.3	0.3	0.0	0.4	0.0	0.3	0.1	0.0	0.0	0.2
Phrynoderma	4.0	1.3	3.8	12.3	0.4	0.0	0.0	3.5	1.1	0.1	2.7
Dental - Caries	5.6	49.1	25.8	17.8	4.7	11.3	2.1	8.3	24.5	28.6	17.7
Dental - Fluorosis	0.0	0.7	3.6	3.1	0.2	13.1	0.9	0.1	0.1	0.2	2.3
Thyroid Gland Palpable	3.2	4.4	0.4	1.7	2.3	0.1	0.0	0.3	0.4	0.4	1.4
Thyroid Gland Visible	1.7	1.4	0.6	0.4	1.0	0.1	0.5	0.3	0.4	0.4	0.7
Others	0.0	0.0	3.3	0.5	1.8	0.6	1.3	9.5	4.0	0.0	2.1

Table 51.13 : PREVALENCE (%) OF NUTRITIONAL DEFICIENCY SIGNS: ADULT MEN & WOMEN (≥18 years)

Nutritional Deficiency Signs	STATE											Pooled
	Kerala	Tamil Nadu	Karnataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh		
n	5997	5391	5993	5558	6435	6088	4870	5397	5160	5536	56425	
NAD	91.4	51.2	67.7	69.8	92.6	71.1	93.8	81.6	72.6	75.3	76.8	
Angular Stomatitis	0.0	0.3	0.2	0.4	0.4	0.0	0.4	0.2	0.1	0.0	0.2	
Cheilosis	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.7	0.0	0.0	0.1	
Glossitis	0.0	0.3	0.3	0.0	0.3	0.0	0.2	0.1	0.0	0.0	0.1	
Phrynoderma	2.4	0.8	2.5	7.9	0.2	0.0	0.0	2.4	0.7	0.1	1.7	
Dental - Caries	4.1	45.5	24.3	17.3	3.5	15.1	2.6	8.2	23.4	24.2	16.6	
Dental - Fluorosis	0.0	0.7	4.0	3.2	0.1	18.5	1.8	0.1	0.1	0.1	3.0	
Thyroid Gland Palpable	1.9	2.7	0.3	1.2	1.3	0.1	0.0	0.2	0.3	0.2	0.8	
Thyroid Gland Visible	1.0	0.8	0.4	0.3	0.5	0.1	0.3	0.2	0.2	0.2	0.4	
Others	0.0	0.0	2.1	0.7	1.5	0.6	1.3	7.0	2.5	0.1	1.5	

Table 52 : DISTRIBUTION (%) OF INFANTS (<12 MONTHS) ACCORDING TO NUTRITIONAL STATUS*

Age (months)	n	Weight for Age			Height for Age			Weight for Height		
		<Median -3SD	Median -3SD to Median -2SD	≥Median -2SD	<Median -3SD	Median -3SD to Median -2SD	≥Median -2SD	<Median -3SD	Median -3SD to Median -2SD	≥Median -2SD
0	33	3.0	12.1	84.8	3.0	3.0	93.9	31.0	10.3	58.6
1	126	10.3	19.8	69.8	8.0	9.7	82.3	23.0	14.2	62.8
2	140	10.0	15.0	75.0	8.9	12.1	79.0	12.2	17.1	70.7
3	146	6.8	15.1	78.1	5.1	7.3	87.6	14.9	12.7	72.4
4	171	4.1	13.5	82.5	6.1	12.9	81.0	10.6	13.8	75.6
5	154	5.2	16.9	77.9	7.3	11.9	80.8	7.5	12.9	79.6
6	170	8.2	18.2	73.5	7.7	13.1	79.2	9.1	15.2	75.6
7	138	7.2	18.8	73.9	9.9	17.0	73.0	8.8	16.2	75.0
8	146	7.5	24.0	68.5	6.0	20.5	73.5	11.8	16.0	72.2
9	133	6.0	21.1	72.9	7.4	24.4	68.1	9.2	9.2	81.5
10	145	6.9	29.0	64.1	9.5	25.7	64.9	9.3	15.7	75.0
11	166	7.2	24.7	68.1	12.0	17.4	70.7	5.6	14.3	80.1
Pooled	1668	7.1	19.4	73.5	7.9	15.5	76.6	11.1	14.2	74.6

*: WHO Growth Standards

Table 53.1 : PREVALENCE (%) OF UNDERNUTRITION* (<MEDIAN-2SD) AMONG <5 YEAR BOYS BY AGE GROUPS

STATE	Age (Months)	n	Under-weight	95% CI		Stunting	95% CI		Wasting	95% CI	
				LL	UL		LL	UL		LL	UL
Kerala	0-12	59	16.9	7.3	26.5	10.5	2.7	18.3	26.3	15.1	37.5
	12-36	135	25.9	18.5	33.3	34.6	26.6	42.6	15.2	9.1	21.3
	36-60	122	25.4	17.7	33.1	19.0	12.0	26.0	17.4	10.7	24.1
	0-36	194	23.2	17.3	29.1	27.4	21.1	33.7	18.5	13.0	24.0
	12-60	157	25.7	18.9	32.5	27.2	20.2	34.2	16.2	10.4	22.0
	0-60	316	24.1	19.4	28.8	24.1	19.4	28.8	18.1	13.9	22.3
Tamil Nadu	0-12	82	23.2	14.1	32.3	8.4	2.4	14.4	32.9	22.7	43.1
	12-36	161	32.9	25.6	40.2	30.6	23.5	37.7	23.8	17.2	30.4
	36-60	134	35.8	27.7	43.9	23.1	16.0	30.2	29.9	22.1	37.7
	0-36	243	29.6	23.9	35.3	23.0	17.7	28.3	26.9	21.3	32.5
	12-60	295	34.2	28.8	39.6	27.2	22.1	32.3	26.5	21.5	31.5
	0-60	377	31.8	27.1	36.5	23.1	18.8	27.4	27.9	23.4	32.4
Karnataka	0-12	78	24.4	14.9	33.9	24.7	15.1	34.3	23.7	14.3	33.1
	12-36	184	44.0	36.8	51.2	49.7	42.5	56.9	17.2	11.7	22.7
	36-60	150	52.0	44.0	60.0	43.9	36.0	51.8	26.4	19.3	33.5
	0-36	262	38.2	32.3	44.1	42.1	36.1	48.1	19.2	14.4	24.0
	12-60	334	47.6	42.2	53.0	47.1	41.7	52.5	21.4	17.0	25.8
	0-60	412	43.2	38.4	48.0	42.8	38.0	47.6	21.9	17.9	25.9
Andhra Pradesh	0-12	104	26.0	17.6	34.4	37.9	28.6	47.2	10.7	4.8	16.6
	12-36	240	37.5	31.4	43.6	45.5	39.2	51.8	15.6	11.0	20.2
	36-60	139	44.6	36.3	52.9	47.1	38.8	55.4	19.1	12.6	25.6
	0-36	344	34.0	29.0	39.0	43.2	38.0	48.4	14.1	10.4	17.8
	12-60	379	40.1	35.2	45.0	46.1	41.1	51.1	16.9	13.1	20.7
	0-60	483	37.1	32.8	41.4	44.3	39.9	48.7	15.5	12.3	18.7
Maharashtra	0-12	108	23.1	15.2	31.0	34.6	25.6	43.6	23.4	15.4	31.4
	12-36	204	35.8	29.2	42.4	53.4	46.6	60.2	11.0	6.7	15.3
	36-60	193	42.5	35.5	49.5	45.8	38.8	52.8	15.3	10.2	20.4
	0-36	312	31.4	26.3	36.5	46.7	41.2	52.2	15.4	11.4	19.4
	12-60	397	39.0	34.2	43.8	49.6	44.7	54.5	13.2	9.9	16.5
	0-60	505	35.6	31.4	39.8	46.3	42.0	50.6	15.4	12.3	18.5

*: WHO Growth Standards

(Contd...)

LL – Lower Limit
UL – Upper Limit

Table 53.1 : PREVALENCE (%) OF UNDERNUTRITION* (<MEDIAN-2SD) AMONG <5 YEAR BOYS BY AGE GROUPS (Contd...)

STATE	Age (Months)	n	Under-weight	95% CI		Stunting	95% CI		Wasting	95% CI	
				LL	UL		LL	UL		LL	UL
Gujarat	0-12	89	30.3	20.8	39.8	39.5	29.3	49.7	31.5	21.8	41.2
	12-36	225	61.8	55.5	68.1	68.3	62.2	74.4	27.3	21.5	33.1
	36-60	218	53.7	47.1	60.3	50.9	44.3	57.5	30.4	24.3	36.5
	0-36	314	52.9	47.4	58.4	60.1	54.7	65.5	28.4	23.4	33.4
	12-60	443	57.8	53.2	62.4	59.4	54.8	64.0	28.9	24.7	33.1
	0-60	532	53.2	49.0	57.4	56.1	51.9	60.3	29.3	25.4	33.2
Madhya Pradesh	0-12	65	43.1	31.1	55.1	23.7	13.4	34.0	37.0	25.3	48.7
	12-36	165	63.6	56.3	70.9	63.1	55.7	70.5	37.9	30.5	45.3
	36-60	245	55.1	48.9	61.3	56.0	49.8	62.2	32.4	26.5	38.3
	0-36	230	57.8	51.4	64.2	52.3	45.8	58.8	37.7	31.4	44.0
	12-60	410	58.5	53.7	63.3	58.8	54.0	63.6	34.5	29.9	39.1
	0-60	475	56.4	51.9	60.9	54.2	49.7	58.7	34.8	30.5	39.1
Orissa	0-12	93	36.6	26.8	46.4	31.9	22.4	41.4	20.0	11.9	28.1
	12-36	218	45.9	39.3	52.5	54.5	47.9	61.1	19.2	14.0	24.4
	36-60	199	46.7	39.8	53.6	48.5	41.6	55.4	16.1	11.0	21.2
	0-36	311	43.1	37.6	48.6	47.7	42.1	53.3	19.5	15.1	23.9
	12-60	417	46.3	41.5	51.1	51.6	46.8	56.4	17.7	14.0	21.4
	0-60	510	44.5	40.2	48.8	48.0	43.7	52.3	18.1	14.8	21.4
West Bengal	0-12	67	14.9	6.4	23.4	21.5	11.7	31.3	7.7	1.3	14.1
	12-36	184	39.7	32.6	46.8	47.4	40.2	54.6	24.0	17.8	30.2
	36-60	172	37.8	30.6	45.0	34.3	27.2	41.4	20.7	14.6	26.8
	0-36	251	33.1	27.3	38.9	40.4	34.3	46.5	19.6	14.7	24.5
	12-60	356	38.8	33.7	43.9	41.0	35.9	46.1	22.4	18.1	26.7
	0-60	423	35.0	30.5	39.5	37.8	33.2	42.4	20.0	16.2	23.8
Uttar Pradesh	0-12	110	44.5	35.2	53.8	17.9	10.7	25.1	41.0	31.8	50.2
	12-36	229	47.6	41.1	54.1	58.4	52.0	64.8	23.2	17.7	28.7
	36-60	229	53.3	46.8	59.8	63.9	57.7	70.1	16.7	11.9	21.5
	0-36	339	46.6	41.3	51.9	44.6	39.3	49.9	28.8	24.0	33.6
	12-60	458	50.4	45.8	55.0	61.1	56.6	65.6	20.0	16.3	23.7
	0-60	568	49.3	45.2	53.4	51.2	47.1	55.3	23.9	20.4	27.4
Pooled	0-12	855	29.0	26.0	32.0	26.0	23.1	28.9	25.2	22.3	28.1
	12-36	1945	44.1	41.9	46.3	51.4	49.2	53.6	21.2	19.4	23.0
	36-60	1801	46.3	44.0	48.6	45.6	43.3	47.9	22.7	20.8	24.6
	0-36	2800	39.5	37.7	41.3	43.5	41.7	45.3	22.4	20.9	23.9
	12-60	3746	45.1	43.5	46.7	48.6	47.0	50.2	21.9	20.6	23.2
	0-60	4601	42.1	40.7	43.5	44.3	42.9	45.7	22.5	21.3	23.7

*: WHO Growth Standards
 LL – Lower Limit
 UL – Upper Limit

Table 53.2 : PRALENCE (%) OF UNDERNUTRITION* (<MEDIAN-2SD) AMONG <5 YEAR GIRLS BY AGE GROUPS

STATE	Age (Months)	n	Under-weight	95% CI		Stunting	95% CI		Wasting	95% CI	
				LL	UL		LL	UL		LL	UL
Kerala	0-12	59	15.3	6.1	24.5	0.0	0.0	0.0	22.0	11.4	32.6
	12-36	136	19.9	13.2	26.6	28.1	20.5	35.7	11.1	5.8	16.4
	36-60	136	25.0	17.7	32.3	23.9	16.7	31.1	15.8	9.7	21.9
	0-36	195	18.5	13.0	24.0	19.6	14.0	25.2	14.4	9.5	19.3
	12-60	272	22.4	17.4	27.4	26.0	20.8	31.2	13.4	9.4	17.4
	0-60	331	21.1	16.7	25.5	21.3	16.9	25.7	15.0	11.2	18.8
Tamil Nadu	0-12	65	18.5	9.1	27.9	6.2	0.3	12.1	32.8	21.4	44.2
	12-36	174	31.0	24.1	37.9	25.7	19.2	32.2	23.4	17.1	29.7
	36-60	138	35.5	27.5	43.5	16.3	10.1	22.5	27.4	20.0	34.8
	0-36	239	27.6	21.9	33.3	20.3	15.2	25.4	26.0	20.4	31.6
	12-60	312	33.0	27.8	38.2	21.6	17.0	26.2	25.2	20.4	30.0
	0-60	377	30.5	25.9	35.1	18.9	14.9	22.9	26.5	22.0	31.0
Karnataka	0-12	85	27.1	17.7	36.5	16.3	8.4	24.2	28.2	18.6	37.8
	12-36	190	35.8	29.0	42.6	38.8	31.9	45.7	19.2	13.6	24.8
	36-60	173	49.1	41.7	56.5	43.5	36.1	50.9	21.9	15.7	28.1
	0-36	275	33.1	27.5	38.7	31.6	26.1	37.1	22.1	17.2	27.0
	12-60	363	42.1	37.0	47.2	41.1	36.0	46.2	20.5	16.3	24.7
	0-60	448	39.3	34.8	43.8	36.2	31.7	40.7	22.0	18.2	25.8
Andhra Pradesh	0-12	111	18.0	10.9	25.1	31.2	22.6	39.8	13.8	7.4	20.2
	12-36	227	34.8	28.6	41.0	48.2	41.7	54.7	14.2	9.7	18.7
	36-60	182	48.9	41.6	56.2	49.4	42.1	56.7	15.2	10.0	20.4
	0-36	338	29.3	24.4	34.2	42.7	37.4	48.0	14.0	10.3	17.7
	12-60	409	41.1	36.3	45.9	48.8	44.0	53.6	14.6	11.2	18.0
	0-60	520	36.2	32.1	40.3	45.0	40.7	49.3	14.4	11.4	17.4
Maharashtra	0-12	87	21.8	13.1	30.5	23.0	14.2	31.8	16.3	8.5	24.1
	12-36	172	36.6	29.4	43.8	49.7	42.2	57.2	13.5	8.4	18.6
	36-60	150	36.0	28.3	43.7	42.6	34.7	50.5	10.1	5.3	14.9
	0-36	259	31.7	26.0	37.4	40.7	34.7	46.7	14.5	10.2	18.8
	12-60	322	36.3	31.0	41.6	46.4	41.0	51.8	11.9	8.4	15.4
	0-60	409	33.3	28.7	37.9	41.4	36.6	46.2	12.9	9.7	16.1

*: WHO Growth Standards

(Contd...)

LL – Lower Limit
UL – Upper Limit

Table 53.2 : PREVALENCE (%) OF UNDERNUTRITION* (<MEDIAN-2SD) AMONG <5 YEAR GIRLS BY AGE GROUPS (Contd...)

STATE	Age (Months)	n	Under-weight	95% CI		Stunting	95% CI		Wasting	95% CI	
				LL	UL		LL	UL		LL	UL
Gujarat	0-12	93	22.6	14.1	31.1	34.1	24.5	43.7	26	17.1	34.9
	12-36	203	53.2	46.3	60.1	56.1	49.3	62.9	27.4	21.3	33.5
	36-60	215	62.8	56.3	69.3	53.7	47.0	60.4	26.8	20.9	32.7
	0-36	296	43.6	38.0	49.2	49.4	43.7	55.1	27.0	21.9	32.1
	12-60	418	58.1	53.4	62.8	54.8	50.0	59.6	27.1	22.8	31.4
	0-60	511	51.7	47.4	56.0	51.3	47.0	55.6	26.9	23.1	30.7
Madhya Pradesh	0-12	53	24.5	12.9	36.1	10.9	2.5	19.3	36.4	23.4	49.4
	12-36	176	51.1	43.7	58.5	54.4	47.0	61.8	26.3	19.8	32.8
	36-60	245	58.4	52.2	64.6	51.3	45.0	57.6	29.8	24.1	35.5
	0-36	229	45.0	38.6	51.4	45.1	38.7	51.5	28.4	22.6	34.2
	12-60	421	55.3	50.6	60.0	52.6	47.8	57.4	28.4	24.1	32.7
	0-60	474	51.9	47.4	56.4	48.3	43.8	52.8	29.1	25.0	33.2
Orissa	0-12	87	27.6	18.2	37.0	34.1	24.1	44.1	18.1	10.0	26.2
	12-36	183	41.5	34.4	48.6	53.1	45.9	60.3	16.1	10.8	21.4
	36-60	187	55.6	48.5	62.7	52.2	45.0	59.4	17.6	12.1	23.1
	0-36	270	37.0	31.2	42.8	46.9	40.9	52.9	16.7	12.3	21.1
	12-60	370	48.6	43.5	53.7	52.7	47.6	57.8	16.9	13.1	20.7
	0-60	457	44.6	40.0	49.2	49.1	44.5	53.7	17.1	13.6	20.6
West Bengal	0-12	66	21.2	11.3	31.1	21.5	11.6	31.4	21.5	11.6	31.4
	12-36	152	46.1	38.2	54.0	49.7	41.8	57.6	24.5	17.7	31.3
	36-60	166	48.2	40.6	55.8	45.3	37.7	52.9	20.5	14.4	26.6
	0-36	218	38.5	32.0	45.0	40.9	34.4	47.4	23.6	18.0	29.2
	12-60	318	47.2	41.7	52.7	47.4	41.9	52.9	22.4	17.8	27.0
	0-60	384	42.7	37.8	47.6	42.8	37.9	47.7	22.2	18.0	26.4
Uttar Pradesh	0-12	107	36.4	27.3	45.5	15.0	8.2	21.8	45.1	35.7	54.5
	12-36	201	55.7	48.8	62.6	61.4	54.7	68.1	29.5	23.2	35.8
	36-60	218	56.9	50.3	63.5	62.4	56.0	68.8	16.5	11.6	21.4
	0-36	308	49.0	43.4	54.6	45.3	39.7	50.9	34.9	29.6	40.2
	12-60	419	56.3	51.6	61.0	61.9	57.2	66.6	22.8	18.8	26.8
	0-60	526	52.3	48.0	56.6	52.2	47.9	56.5	27.3	23.5	31.1
Pooled	0-12	813	23.9	21.0	26.8	20.7	17.9	23.5	25.6	22.6	28.6
	12-36	1814	41.2	38.9	43.5	47.2	44.9	49.5	20.6	18.7	22.5
	36-60	1810	49.6	47.3	51.9	46.0	43.7	48.3	20.6	18.7	22.5
	0-36	2627	35.8	34.0	37.6	39.0	37.1	40.9	22.1	20.5	23.7
	12-60	3624	45.4	43.8	47.0	46.6	45.0	48.2	20.6	19.3	21.9
	0-60	4437	41.4	40.0	42.8	41.9	40.4	43.4	21.5	20.3	22.7

*: WHO Growth Standards

LL – Lower Limit

UL – Upper Limit

Table 53.3 : PREVALENCE (%) OF UNDERNUTRITION* (<MEDIAN-2SD) AMONG <5 YEAR BOYS & GIRLS BY AGE GROUPS

STATE	Age (Months)	n	Under-weight	95% CI		Stunting	95% CI		Wasting	95% CI	
				LL	UL		LL	UL		LL	UL
Kerala	0-12	118	16.1	9.5	22.7	5.2	1.2	9.2	24.1	16.4	31.8
	12-36	271	22.9	17.9	27.9	31.3	25.8	36.8	13.1	9.1	17.1
	36-60	258	25.2	19.9	30.5	21.6	16.6	26.6	16.5	12.0	21.0
	0-36	389	20.8	16.8	24.8	23.4	19.2	27.6	16.4	12.7	20.1
	12-60	529	24.0	20.4	27.6	26.6	22.8	30.4	14.8	11.8	17.8
	0-60	647	22.6	19.4	25.8	22.7	19.5	25.9	16.5	13.6	19.4
Tamil Nadu	0-12	147	21.1	14.5	27.7	7.4	3.2	11.6	32.1	24.6	39.6
	12-36	335	31.9	26.9	36.9	28.1	23.3	32.9	23.6	19.1	28.1
	36-60	272	35.7	30.0	41.4	19.7	15.0	24.4	28.6	23.2	34.0
	0-36	482	28.6	24.6	32.6	21.7	18.0	25.4	26.4	22.5	30.3
	12-60	607	33.6	29.8	37.4	24.3	20.9	27.7	25.8	22.3	29.3
	0-60	754	31.2	27.9	34.5	21.0	18.1	23.9	27.2	24.0	30.4
Karnataka	0-12	163	25.8	19.1	32.5	20.2	14.0	26.4	26.1	19.4	32.8
	12-36	374	39.8	34.8	44.8	44.1	39.1	49.1	18.3	14.4	22.2
	36-60	323	50.5	45.0	56.0	43.7	38.3	49.1	24.0	19.3	28.7
	0-36	537	35.6	31.6	39.6	36.7	32.6	40.8	20.7	17.3	24.1
	12-60	697	44.8	41.1	48.5	43.9	40.2	47.6	21.0	18.0	24.0
	0-60	860	41.2	37.9	44.5	39.3	36.0	42.6	21.9	19.1	24.7
Andhra Pradesh	0-12	215	21.9	16.4	27.4	34.4	28.1	40.7	12.3	7.9	16.7
	12-36	467	36.2	31.8	40.6	46.8	42.3	51.3	14.9	11.7	18.1
	36-60	321	47.0	41.5	52.5	48.4	42.9	53.9	16.9	12.8	21.0
	0-36	682	31.7	28.2	35.2	42.9	39.2	46.6	14.1	11.5	16.7
	12-60	788	40.6	37.2	44.0	47.5	44.0	51.0	15.7	13.2	18.2
	0-60	1003	36.6	33.6	39.6	44.7	41.6	47.8	15.0	12.8	17.2
Maharashtra	0-12	195	22.6	16.7	28.5	29.4	23.0	35.8	20.2	14.6	25.8
	12-36	376	36.2	31.3	41.1	51.6	46.5	56.7	12.2	8.9	15.5
	36-60	343	39.7	34.5	44.9	44.4	39.1	49.7	13.1	9.5	16.7
	0-36	571	31.5	27.7	35.3	43.9	39.8	48.0	15.0	12.1	17.9
	12-60	719	37.8	34.3	41.3	48.1	44.4	51.8	12.6	10.2	15.0
	0-60	914	34.6	31.5	37.7	44.1	40.9	47.3	14.3	12.0	16.6

*: WHO Growth Standards

(Contd...)

LL – Lower Limit
UL – Upper Limit

Table 53.3 : PREVALENCE (%) OF UNDERNUTRITION* (<MEDIAN-2SD) AMONG <5 YEAR BOYS & GIRLS BY AGE GROUPS (Contd...)

STATE	Age (Months)	n	Under-weight	95% CI		Stunting	95% CI		Wasting	95% CI	
				LL	UL		LL	UL		LL	UL
Gujarat	0-12	182	26.4	20.0	32.8	36.8	29.8	43.8	28.7	22.1	35.3
	12-36	428	57.7	53.0	62.4	62.5	57.9	67.1	27.3	23.1	31.5
	36-60	433	58.2	53.6	62.8	52.3	47.6	57.0	28.6	24.3	32.9
	0-36	610	48.4	44.4	52.4	54.9	51.0	58.8	27.7	24.1	31.3
	12-60	861	58.0	54.7	61.3	57.2	53.9	60.5	28.0	25.0	31.0
	0-60	1043	52.4	49.4	55.4	53.8	50.8	56.8	28.1	25.4	30.8
Madhya Pradesh	0-12	118	34.7	26.1	43.3	18.1	11.2	25.0	36.7	28.0	45.4
	12-36	341	57.2	51.9	62.5	58.6	53.4	63.8	31.9	27.0	36.8
	36-60	490	56.7	52.3	61.1	53.7	49.3	58.1	31.1	27.0	35.2
	0-36	459	51.4	46.8	56.0	48.7	44.1	53.3	33.0	28.7	37.3
	12-60	831	56.9	53.5	60.3	55.7	52.3	59.1	31.4	28.2	34.6
	0-60	949	54.2	51.0	57.4	51.3	48.1	54.5	32.0	29.0	35.0
Orissa	0-12	180	32.2	25.4	39.0	33.0	26.1	39.9	19.1	13.4	24.8
	12-36	401	43.9	39.0	48.8	53.9	49.0	58.8	17.8	14.1	21.5
	36-60	386	51.0	46.0	56.0	50.3	45.3	55.3	16.8	13.1	20.5
	0-36	581	40.3	36.3	44.3	47.3	43.2	51.4	18.2	15.1	21.3
	12-60	787	47.4	43.9	50.9	52.1	48.6	55.6	17.3	14.7	19.9
	0-60	967	44.6	41.5	47.7	48.5	45.3	51.7	17.6	15.2	20.0
West Bengal	0-12	133	18.0	11.5	24.5	21.5	14.5	28.5	14.6	8.6	20.6
	12-36	336	42.6	37.3	47.9	48.4	43.1	53.7	24.2	19.6	28.8
	36-60	338	42.9	37.6	48.2	39.7	34.5	44.9	20.6	16.3	24.9
	0-36	469	35.6	31.3	39.9	40.6	36.2	45.0	21.4	17.7	25.1
	12-60	674	42.7	39.0	46.4	44.0	40.3	47.7	22.4	19.3	25.5
	0-60	807	38.7	35.3	42.1	40.2	36.8	43.6	21.1	18.3	23.9
Uttar Pradesh	0-12	217	40.6	34.1	47.1	16.5	11.6	21.4	43.1	36.5	49.7
	12-36	430	51.4	46.7	56.1	59.8	55.2	64.4	26.2	22.0	30.4
	36-60	447	55.0	50.4	59.6	63.2	58.7	67.7	16.6	13.2	20.0
	0-36	647	47.8	44.0	51.6	44.9	41.1	48.7	31.7	28.1	35.3
	12-60	877	53.2	49.9	56.5	61.5	58.3	64.7	21.3	18.6	24.0
	0-60	1094	50.7	47.7	53.7	52.2	49.2	55.2	25.6	23.0	28.2
Pooled	0-12	1668	26.5	24.4	28.6	23.4	21.4	25.4	25.4	23.3	27.5
	12-36	3759	42.7	41.1	44.3	49.4	47.8	51.0	20.9	19.6	22.2
	36-60	3611	47.9	46.3	49.5	45.8	44.2	47.4	21.7	20.4	23.0
	0-36	5427	37.7	36.4	39.0	41.3	40.0	42.6	22.3	21.2	23.4
	12-60	7370	45.3	44.2	46.4	47.6	46.5	48.7	21.3	20.4	22.2
	0-60	9038	41.8	40.8	42.8	43.1	42.1	44.1	22.0	21.1	22.9

*: WHO Growth Standards

LL – Lower Limit
UL – Upper Limit

Table 54.1 : DISTRIBUTION (%) OF 5-17 YEAR BOYS ACCORDING TO BMI-Z SCORES* BY AGE GROUPS

Age Group (yrs)	STATE	n	Nutritional Grades						95% CI	
			< Median -3SD	<Median -3SD to <Median -2SD	<Median -2SD to <Median +1SD	<Median +1SD to <Median +2SD	≥ Median +2SD	<Median - 2SD (Overall Under-nutrition)	LL	UL
5-9	Kerala	346	6.1	20.5	68.8	2.3	2.3	26.6	21.9	31.3
	Tamil Nadu	325	18.5	32.6	48.3	0.6	0.0	51.1	45.7	56.5
	Karnataka	402	13.7	30.1	55.2	0.7	0.2	43.8	38.9	48.7
	Andhra Pradesh	323	9.6	29.1	59.8	0.9	0.6	38.7	33.4	44.0
	Maharashtra	424	7.8	25.7	65.6	0.7	0.2	33.5	29.0	38.0
	Gujarat	488	13.3	30.3	55.7	0.2	0.4	43.6	39.2	48.0
	Madhya Pradesh	465	16.8	22.6	59.6	0.9	0.2	39.4	35.0	43.8
	Orissa	421	10.7	25.7	62.5	0.7	0.5	36.4	31.8	41.0
	West Bengal	444	5.9	24.1	68.7	0.5	0.9	30.0	25.7	34.3
	Uttar Pradesh	631	8.6	18.9	71.5	0.3	0.8	27.5	24.0	31.0
	Pooled	4269	11.0	25.5	62.2	0.7	0.6	36.5	35.1	37.9
10-13	Kerala	271	11.1	22.1	57.6	7.0	2.2	33.2	27.6	38.8
	Tamil Nadu	244	32.4	29.9	34.0	1.2	2.5	62.3	56.2	68.4
	Karnataka	352	22.2	33.8	42.0	2.0	0.0	56.0	50.8	61.2
	Andhra Pradesh	264	18.6	33.7	46.6	0.8	0.4	52.3	46.3	58.3
	Maharashtra	322	16.1	32.0	50.3	1.6	0.0	48.1	42.6	53.6
	Gujarat	361	23.8	27.4	46.8	1.7	0.3	51.2	46.0	56.4
	Madhya Pradesh	313	13.7	20.1	66.1	0.0	0.0	33.8	28.6	39.0
	Orissa	332	16.9	32.8	48.8	1.5	0.0	49.7	44.3	55.1
	West Bengal	337	12.8	29.7	55.8	1.8	0.0	42.5	37.2	47.8
	Uttar Pradesh	496	15.1	27.8	56.3	0.8	0.0	42.9	38.5	47.3
	Pooled	3292	18.0	28.9	50.9	1.7	0.4	46.9	45.2	48.6
14-17	Kerala	212	7.5	18.4	67.0	5.7	1.4	25.9	20.0	31.8
	Tamil Nadu	260	20.0	25.4	50.8	3.5	0.4	45.4	39.3	51.5
	Karnataka	278	28.1	31.7	40.3	0.0	0.0	59.8	54.0	65.6
	Andhra Pradesh	247	17.8	25.9	54.7	1.6	0.0	43.7	37.5	49.9
	Maharashtra	303	15.5	32.0	49.8	2.0	0.7	47.5	41.9	53.1
	Gujarat	331	23.9	26.6	47.4	1.2	0.9	50.5	45.1	55.9
	Madhya Pradesh	236	14.8	19.9	64.8	0.4	0.0	34.7	28.6	40.8
	Orissa	223	9.4	24.7	65.0	0.4	0.4	34.1	27.9	40.3
	West Bengal	238	8.8	16.0	73.5	1.3	0.4	24.8	19.3	30.3
	Uttar Pradesh	362	9.9	26.2	63.0	0.8	0.0	36.1	31.2	41.0
	Pooled	2690	15.9	25.2	56.9	1.6	0.4	41.1	39.2	43.0

*: WHO Growth Standards

LL – Lower Limit
UL – Upper Limit

Table 54.2 : DISTRIBUTION (%) OF 5-17 YEAR GIRLS ACCORDING TO BMI-Z SCORES* BY AGE GROUPS

Age Group (yrs)	STATE	n	Nutritional Grades						95% CI	
			< Median -3SD	<Median -3SD to <Median -2SD	<Median -2SD to <Median +1SD	<Median +1SD to <Median +2SD	≥ Median +2SD	<Median - 2SD (Overall Under-nutrition)	LL	UL
5-9	Kerala	287	5.6	16.4	74.2	3.1	0.7	22.0	17.2	26.8
	Tamil Nadu	305	9.5	26.9	63.6	0.0	0.0	36.4	31.0	41.8
	Karnataka	386	8.3	28.5	62.4	0.8	0.0	36.8	32.0	41.6
	Andhra Pradesh	339	6.5	20.9	71.1	1.5	0.0	27.4	22.7	32.1
	Maharashtra	416	6.5	25.5	67.8	0.2	0.0	32.0	27.5	36.5
	Gujarat	474	7.6	28.7	63.1	0.4	0.2	36.3	32.0	40.6
	Madhya Pradesh	467	12.0	24.8	62.5	0.6	0.0	36.8	32.4	41.2
	Orissa	430	4.4	24.7	69.5	0.9	0.5	29.1	24.8	33.4
	West Bengal	395	3.8	24.8	71.1	0.3	0.0	28.6	24.1	33.1
	Uttar Pradesh	632	7.0	17.2	74.8	0.8	0.2	24.2	20.9	27.5
	Pooled	4131	7.2	23.7	68.1	0.8	0.1	30.9	29.5	32.3
10-13	Kerala	299	5.7	15.4	71.6	4.3	3.0	21.1	16.5	25.7
	Tamil Nadu	284	17.6	25.7	52.1	3.9	0.7	43.3	37.5	49.1
	Karnataka	322	18.6	25.8	54.3	0.9	0.3	44.4	39.0	49.8
	Andhra Pradesh	283	8.1	25.8	64.3	1.8	0.0	33.9	28.4	39.4
	Maharashtra	330	9.1	23.3	64.8	2.4	0.3	32.4	27.4	37.4
	Gujarat	395	16.5	28.4	52.9	1.8	0.5	44.9	40.0	49.8
	Madhya Pradesh	323	15.5	28.5	56.0	0.0	0.0	44.0	38.6	49.4
	Orissa	355	8.2	27.0	63.4	1.1	0.3	35.2	30.2	40.2
	West Bengal	344	6.1	21.8	69.8	2.3	0.0	27.9	23.2	32.6
	Uttar Pradesh	465	11.6	22.4	65.6	0.4	0.0	34.0	29.7	38.3
	Pooled	3400	11.7	24.4	61.6	1.8	0.5	36.1	34.5	37.7
14-17	Kerala	221	2.3	14.5	76.0	5.4	1.8	16.8	11.9	21.7
	Tamil Nadu	272	5.5	24.6	66.9	1.8	1.1	30.1	24.6	35.6
	Karnataka	331	9.4	23.3	64.0	3.3	0.0	32.7	27.6	37.8
	Andhra Pradesh	273	4.8	21.6	72.9	0.7	0.0	26.4	21.2	31.6
	Maharashtra	361	6.9	19.4	71.5	1.7	0.6	26.3	21.8	30.8
	Gujarat	406	7.1	19.2	72.9	0.7	0.0	26.3	22.0	30.6
	Madhya Pradesh	266	4.5	15.8	79.7	0.0	0.0	20.3	15.5	25.1
	Orissa	338	2.1	11.2	84.9	1.8	0.0	13.3	9.7	16.9
	West Bengal	309	2.9	10.7	85.1	1.0	0.3	13.6	9.8	17.4
	Uttar Pradesh	478	7.3	12.8	78.5	1.5	0.0	20.1	16.5	23.7
	Pooled	3255	5.6	17.1	75.3	1.7	0.3	22.7	21.3	24.1

*: WHO Growth Standards

LL – Lower Limit
UL – Upper Limit

TABLE 55.1 : DISTRIBUTION (% OF ADULT MEN (≥ 18 YEARS) ACCORDING TO BMI GRADES*

STATE	n	BMI Grades*										Overweight/ Obesity				
		< 16 (CED III)	16-17 (CED II)	17-18.5 (CED I)	18.5-20 (Low Wt. Normal)	20-25 (Normal)	25-30 (Obese I)	≥ 30 (Obese II)	Chronic Energy Deficiency (<18.5)	Normal (18.5-25)	(≥25)	(≥23)				
Kerala	2387	4.4	5.1	11.9	14.1	46.5	16.0	2.1	21.4 (19.8, 23.0)	60.5	18.1	34.7				
Tamil Nadu	2218	6.9	7.9	13.3	13.9	41.6	14.7	1.8	28.0 (26.1, 29.9)	55.5	16.4	30.3				
Karnataka	2618	6.6	8.0	19.3	19.4	35.4	10.3	0.9	33.9 (32.1, 35.5)	54.9	11.2	20.5				
Andhra Pradesh	2340	5.7	6.5	17.2	18.1	40.3	10.5	1.8	29.4 (25.6, 31.2)	58.3	12.3	25.1				
Maharashtra	2863	6.1	8.3	18.3	19.4	38.0	9.2	0.7	32.7 (31.0, 34.4)	57.4	9.9	21.2				
Gujarat	2707	9.8	11.6	21.7	16.3	32.0	7.4	1.3	43.1 (41.2, 45.0)	48.2	8.7	17.1				
Madhya Pradesh	2207	7.9	9.7	21.9	28.3	27.7	3.9	0.5	39.6 (37.6, 41.6)	56.0	4.4	9.7				
Orissa	2237	7.0	8.9	20.3	23.0	34.3	6.0	0.5	36.2 (34.2, 38.2)	57.3	6.5	14.2				
West Bengal	2110	7.1	9.7	21.7	22.0	33.2	6.1	0.3	38.4 (36.3, 40.5)	55.2	6.4	14.0				
Uttar Pradesh	2443	10.5	12.2	23.4	20.9	27.7	4.9	0.4	46.1 (44.1, 48.1)	48.5	5.3	11.7				
Pooled	24130	7.2	8.8	18.9	19.4	35.7	8.9	1.0	34.9 (34.3, 35.5)	55.1	10.0	19.9				

Figures in parenthesis indicates Confidence Intervals

TABLE 55.2 : DISTRIBUTION (%) OF ADULT WOMEN (≥ 18 YEARS) ACCORDING TO BMI GRADES*

STATE	n	BMI Grades*										Overweight/ Obesity	
		< 16 (CED III)	16-17 (CED II)	17-18.5 (CED I)	18.5-20 (Low Wt. Normal)	20-25 (Normal)	25-30 (Obese I)	≥ 30 (Obese II)	Chronic Energy Deficiency (<18.5)	Normal (18.5-25)			
											(≥25)	(≥23)	
Kerala	3610	4.7	3.7	9.3	10.3	41.6	23.9	6.5	17.7 (16.5, 18.1)	51.9	30.4	46.8	
Tamil Nadu	3173	7.0	6.4	12.4	14.0	37.1	17.6	5.6	25.7 (24.2, 27.2)	51.1	23.2	35.8	
Karnataka	3375	9.9	9.0	17.6	17.5	34.1	10.0	1.8	36.6 (35.0, 38.1)	51.6	11.8	21.4	
Andhra Pradesh	3218	7.8	7.9	17.1	17.6	36.9	10.7	2.1	32.8 (31.2, 34.4)	54.4	12.7	23.5	
Maharashtra	3572	8.5	9.7	18.6	18.0	34.4	9.4	1.3	36.8 (35.2, 38.4)	52.5	10.7	20.3	
Gujarat	3381	11.8	10.8	19.7	17.1	29.1	9.3	2.2	42.3 (40.6, 44.0)	46.2	11.5	18.8	
Madhya Pradesh	2663	8.0	9.8	18.5	23.2	34.1	5.5	0.9	36.3 (34.5, 38.1)	57.3	6.4	12.1	
Orissa	3160	10.4	10.0	22.1	18.9	31.5	6.5	0.8	42.4 (40.7, 44.1)	50.3	7.2	14.4	
West Bengal	3050	10.6	10.1	17.7	17.5	33.6	9.1	1.3	38.4 (36.7, 40.1)	51.2	10.4	18.7	
Uttar Pradesh	3093	11.2	9.5	19.9	18.5	33.1	6.4	1.3	40.6 (38.9, 42.3)	51.7	7.7	15.6	
Pooled	32295	8.9	8.6	17.2	17.1	34.6	11.1	2.4	34.8 (34.3, 35.3)	51.7	13.5	23.2	

Figures in parenthesis indicates Confidence Intervals

Table 56 : PREVALENCE (%) OF MORBIDITIES IN DIFFERENT AGE GROUPS

Morbidity	Age Groups				
	Infants (<1 Yrs)	Preschool children (1-5 Yrs)	School age children (5-12 Yrs)	Adolescents (12-18 Yrs)	Adults (≥ 18 Yrs)
	Male				
n	912	3798	6026	4354	24130
NAD	87.8	87.5	92.4	94.7	93.2
Fever	6.8	8.2	4.8	3.0	4.1
Diarrhoea	1.8	1.0	0.2	0.3	0.3
Dysentery	0.3	0.3	0.2	0.1	0.2
Acute Resp. Infection	7.2	7.0	4.0	2.9	3.6
Any of the above	12.2	12.4	7.6	5.2	6.8
Measles	0.0	0.1	0.0	0.0	0.0
	Female				
n	853	3667	5823	5040	32295
NAD	90.3	87.1	92.3	93.9	92.5
Fever	4.3	8.1	5.4	4.0	5.0
Diarrhoea	1.3	1.2	0.3	0.2	0.4
Dysentery	0.2	0.2	0.2	0.2	0.1
Acute Resp. Infection	6.2	7.1	3.9	2.9	3.7
Any of the above	9.7	12.9	7.7	6.1	7.5
Measles	0.0	0.0	0.1	0.0	0.0
	Pooled				
n	1765	7465	11849	9394	56425
NAD	89.0	87.3	92.3	94.3	92.8
Fever	5.6	8.1	5.1	3.5	4.6
Diarrhoea	1.5	1.1	0.3	0.2	0.4
Dysentery	0.3	0.2	0.2	0.1	0.1
Acute Resp. Infection	6.7	7.1	3.9	2.9	3.6
Any of the above	11.0	12.6	7.6	5.7	7.2
Measles	0.0	0.1	0.1	0.0	0.0

Table 57 : DISTRIBUTION (%) OF <5 YEAR CHILDREN ACCORDING TO NUTRITIONAL STATUS* BY SOCIO-ECONOMIC AND DEMOGRAPHIC CHARACTERISTICS

Particulars	n	Wt. For Age			Ht. For Age			Wt. For Ht.		
		Under weight	Normal	χ^2 , p	Stunting	Normal	χ^2 , p	Wasting	Normal	χ^2 , p
Religion										
Hindu	8033	42.7	57.3	31.7, p<0.001	43.9	56.1	39.9, p<0.001	22.4	77.6	7.1, NS
Muslim	582	36.3	63.7		38.9	61.1		18.6	81.4	
Christian	280	28.6	71.4		26.6	73.4		19.5	80.5	
Others	143	37.1	62.9		51.1	48.9		17.6	82.4	
Community										
Scheduled Tribe	1492	54.0	46.0	178.8, p<0.001	54.0	46.0	140.8, p<0.001	29.0	71.0	90.9, p<0.001
Scheduled Caste	2292	44.5	55.5		46.0	54.0		25.2	74.8	
Backward Caste	3133	40.3	59.7		41.6	58.4		20.0	80.0	
Others	2121	32.4	67.6		34.6	65.4		16.9	83.1	
Type of Family										
Nuclear	4094	47.2	52.8	98.7, p<0.001	47.5	52.5	61.7, p<0.001	24.3	75.7	24.3, p<0.001
Extended Nuclear	1671	40.1	59.9		41.5	58.5		21.7	78.3	
Joint	3273	35.9	64.1		38.4	61.6		19.4	80.6	
Type of House										
Kutcha	1940	48.6	51.4	165.6, p<0.001	50.6	49.4	144.9, p<0.001	23.9	76.1	30.3, p<0.001
Semi Pucca	5169	43.8	56.2		44.5	55.5		23.1	76.9	
Pucca	1929	29.5	70.5		31.9	68.1		17.4	82.6	
Land Holding										
No land	3748	42.4	57.6	15.1, p<0.01	44.1	55.9	3.3, NS	22.5	77.5	14.3, p<0.01
Marginal Farmers	3402	43.1	56.9		42.9	57.1		22.8	77.2	
Small Farmers	1037	39.4	60.6		41.7	58.3		21.9	78.1	
Large Farmers	851	36.5	63.5		41.4	58.6		16.9	83.1	
Per Capita Income (Rs./Month)										
<300	1263	53.2	46.8	263.9, p<0.001	54.1	45.9	218.3, p<0.001	26.6	73.4	69.5, p<0.001
300-600	2612	48.5	51.5		50.1	49.9		25.5	74.5	
600-900	1704	43.5	56.5		42.5	57.5		22.4	77.6	
≥900	3459	31.7	68.3		34.3	65.7		17.6	82.4	

*: WHO Growth Standards

(Contd...)

Table 57 : DISTRIBUTION (%) OF <5 YEAR CHILDREN ACCORDING TO NUTRITIONAL STATUS* BY SOCIO-ECONOMIC AND DEMOGRAPHIC CHARACTERISTICS (Contd...)

Particulars	n	Wt. For Age			Ht. For Age			Wt. For Ht.		
		Under weight	Normal	χ^2 , p	Stunting	Normal	χ^2 , p	Wasting	Normal	χ^2 , p
Occupation of HH										
Landless Agri. Labourer	1283	44.5	55.5	127.1, p<0.001	42.9	57.1	81.5, p<0.001	24.4	75.6	36.6, p<0.001
Other Labourer	2992	46.8	53.2		47.4	52.6		24.1	75.9	
Agriculture	2376	42.6	57.4		45.1	54.9		22.5	77.5	
Artisans	417	42.0	58.0		41.8	58.2		19.5	80.5	
Service	829	33.4	66.6		35.5	64.5		18.0	82.0	
Business	621	29.0	71.0		34.3	65.7		17.4	82.6	
Others	325	27.7	72.3		31.6	68.4		15.4	84.6	
Literacy Status of Father										
Illiterate	2769	48.1	51.9	106.1, p<0.001	50.7	49.3	105.1, p<0.001	23.3	76.7	22.6, p<0.001
Read & Write	160	41.3	58.8		46.5	53.5		23.1	76.9	
1-4 std.	921	40.1	59.9		41.4	58.6		19.9	80.1	
5-8 std.	2199	43.4	56.6		41.5	58.5		24.5	75.5	
9-12 std.	2356	36.1	63.9		38.4	61.6		19.7	80.3	
College	624	31.7	68.3		35.0	65.0		19.3	80.7	
Literacy Status of Mother										
Illiterate	4322	47.8	52.2	197.9, p<0.001	50.3	49.7	222.1, p<0.001	23.7	76.3	35.4, p<0.001
Read & Write	130	49.2	50.8		48.4	51.6		22.0	78.0	
1-4 std.	784	37.1	62.9		35.9	64.1		19.8	80.2	
5-8 std.	1818	41.5	58.5		41.4	58.6		23.9	76.1	
9-12 std.	1670	31.1	68.9		32.6	67.4		17.4	82.6	
College	285	22.5	77.5		24.5	75.5		18.5	81.5	
Family Size										
1-4	2479	41.1	58.9	1.9, NS	41.4	58.6	5.8, NS	21.8	78.2	2.7, NS
5-7	4854	42.5	57.5		44.2	55.8		22.6	77.4	
≥8	1705	40.9	59.1		42.5	57.5		20.7	79.3	

*: WHO Growth Standards

(Contd...)

Table 57 : DISTRIBUTION (%) OF <5 YEAR CHILDREN ACCORDING TO NUTRITIONAL STATUS* BY SOCIO-ECONOMIC AND DEMOGRAPHIC CHARACTERISTICS (Contd...)

Particulars	n	Wt. For Age			Ht. For Age			Wt. For Ht.		
		Under weight	Normal	χ^2 , p	Stunting	Normal	χ^2 , p	Wasting	Normal	χ^2 , p
Source of Drinking Water										
Open well	1223	36.3	63.7	51.9, p<0.001	35.1	64.9	93.9, p<0.001	21.1	78.9	9.1, NS
Tube well	4047	45.5	54.5		47.9	52.1		22.9	77.1	
Tap	3298	39.5	60.5		39.6	60.4		21.6	78.4	
Pond/Tank	173	32.9	67.1		38.9	61.1		14.5	85.5	
Stream/ River /Canal	98	43.9	56.1		50.5	49.5		22.4	77.6	
Others	199	45.7	54.3		52.5	47.5		25.0	75.0	
Electrification										
Present	6893	38.6	61.4	122.3, p<0.001	40.0	60.0	116.3, p<0.001	21.2	78.8	10.8, p<0.01
Absent	2145	52.1	47.9		53.4	46.6		24.7	75.3	
Sanitary Latrine										
Present and in use	2594	28.9	71.1	248.5, p<0.001	30.8	69.2	219.9, p<0.001	17.6	82.4	40.8, p<0.001
Present but not in use	180	44.4	55.6		45.5	54.5		21.7	78.3	
Absent	6264	47.0	53.0		48.2	51.8		23.9	76.1	
Cooking Fuel Type										
Fire wood	7947	44.1	55.9	147.9, p<0.001	45.4	54.6	133.0, p<0.001	22.8	77.2	24.5, p<0.001
Kerosene	102	36.3	63.7		27.7	72.3		22.0	78.0	
Bio-gas	39	28.2	71.8		28.9	71.1		10.8	89.2	
LPG	950	23.8	76.2		26.6	73.4		16.1	83.9	
Morbidity										
Absent	7928	41.8	58.2	0.01, NS	43.6	56.4	5.6, p<0.05	21.6	78.4	5.84, p<0.05
Present	1110	41.9	58.1		39.8	60.2		24.9	75.1	

*: WHO Growth Standards

Table 58.1 : DISTRIBUTION (%) OF ADULT MEN ACCORDING TO BMI GRADES BY SOCIO-ECONOMIC AND DEMOGRAPHIC CHARACTERISTICS

Particulars	n	BMI Grades			χ^2 , p
		Chronic Energy Deficiency (<18.5)	Normal (18.5 – 23)	Overweight (≥ 23)	
Religion					
Hindu	21593	35.8	45.3	18.9	209.3 p<0.001
Muslim	1290	27.1	44.8	28.1	
Christian	788	22.3	42.6	35.0	
Others	459	36.6	44.7	18.7	
Pooled	24130	34.9	45.1	19.9	
Community					
Scheduled Tribe	3250	44.0	45.2	10.8	556.5 p<0.001
Scheduled Caste	5607	39.8	45.1	15.1	
Backward Caste	8437	33.4	45.2	21.4	
Others	6836	28.5	45.0	26.4	
Pooled	24130	34.9	45.1	19.9	
Type of House					
Kutcha	4151	42.4	47.2	10.4	838.4 p<0.001
Semi Pucca	13942	36.6	45.5	17.9	
Pucca	6037	25.9	42.8	31.3	
Pooled	24130	34.9	45.1	19.9	
Type of Family					
Nuclear	11991	34.9	46.1	19.0	18.0 p<0.001
Extended Nuclear	4180	35.5	44.3	20.2	
Joint	7959	34.7	44.1	21.2	
Pooled	24130	34.9	45.1	19.9	
Occupation of Head of Household					
Landless Agri. Labourer	6068	43.3	43.7	13.0	1366.7 p<0.001
Other Labourer	6214	37.1	48.1	14.8	
Owner Cultivator	5725	35.7	45.0	19.3	
Landlord	129	23.3	38.8	38.0	
Tenant Cultivator	406	36.2	51.0	12.8	
Artisans	1044	27.2	45.7	27.1	
Service	1776	19.1	43.2	37.7	
Business	1604	16.8	43.3	39.8	
Others	1164	33.0	41.2	25.9	
Pooled	24130	34.9	45.1	19.9	

(Contd....)

Table 58.1 : DISTRIBUTION (%) OF ADULT MEN ACCORDING TO BMI GRADES BY SOCIO-ECONOMIC AND DEMOGRAPHIC CHARACTERISTICS (Contd..)

Particulars	n	BMI Grades			χ^2 , p
		Chronic Energy Deficiency (<18.5)	Normal (18.5 – 23)	Overweight (\geq 23)	
Literacy status of Males					
Illiterate	5931	45.1	43.8	11.2	880.5 p<0.001
Read & Write	394	40.1	46.7	13.2	
1-4 Standard	2652	37.5	45.1	17.4	
5-8 Standard	5290	34.6	47.5	17.8	
9-12 Standard	7290	29.5	44.4	26.0	
College	2573	24.3	45.0	30.7	
Pooled	24130	34.9	45.1	19.9	
Per Capita Income (Rs./Month)					
< 300	2114	47.9	42.7	9.4	983.7 p<0.001
300-600	5488	42.0	46.2	11.8	
600-900	4258	38.4	45.9	15.7	
\geq 900	12270	28.4	44.8	26.8	
Pooled	24130	34.9	45.1	19.9	
Land Holding (Acres)					
No Land	8476	34.8	45.3	19.9	78.6 p<0.001
Marginal farmers	9639	36.6	44.9	18.5	
Small farmers	3155	35.3	44.9	19.7	
Large farmers	2860	29.3	45.8	24.9	
Pooled	24130	34.9	45.1	19.9	
Family Size					
1-4	9248	34.0	45.0	21.0	15.5 p<0.01
5-7	11695	35.7	45.3	19.0	
\geq 8	3187	34.9	44.7	20.3	
Pooled	24130	34.9	45.1	19.9	

(Contd..)

Table 58.1 : DISTRIBUTION (%) OF ADULT MEN ACCORDING TO BMI GRADES BY SOCIO-ECONOMIC AND DEMOGRAPHIC CHARACTERISTICS (Contd..)

Particulars	n	BMI Grades			χ^2 , p
		Chronic Energy Deficiency (<18.5)	Normal (18.5 – 23)	Overweight (≥ 23)	
Electrification					
Present	19520	31.9	45.3	22.9	715.7 p<0.001
Absent	4610	47.9	44.5	7.5	
Pooled	24130	34.9	45.1	19.9	
Source of Drinking Water					
Open well	3933	29.7	44.2	26.1	412.6 p<0.001
Tube well	9797	39.5	46.2	14.2	
Tap	9149	32.1	44.7	23.2	
Pond/Tank	495	32.3	44.4	23.2	
Stream/River/Canal	302	38.7	43.0	18.2	
Others	454	39.9	39.4	20.7	
Pooled	24130	34.9	45.1	19.9	
Sanitary Latrine					
Present and in use	8755	23.9	43.8	32.3	1546.0 p<0.001
Present but not in use	493	39.4	45.6	15.0	
Absent	14882	41.3	45.9	12.8	
Pooled	24130	34.9	45.1	19.9	
Type of Cooking Fuel					
Fire wood	20360	38.1	46.0	15.9	1471.1 p<0.001
Kerosene	240	25.4	42.9	31.7	
Bio-gas	204	23.0	49.0	27.9	
LPG	3325	17.3	39.7	43.0	
Pooled	24129	34.9	45.1	19.9	
Morbidity					
Absent	22489	34.4	45.4	20.2	44.4 p<0.001
Present	1641	42.4	40.9	16.7	
Pooled	24130	34.9	45.1	19.9	

Table 58.2 : DISTRIBUTION (%) OF ADULT WOMEN ACCORDING TO BMI GRADES BY SOCIO-ECONOMIC AND DEMOGRAPHIC CHARACTERISTICS

Particulars	n	BMI Grades			χ^2 , P
		Chronic Energy Deficiency (<18.5)	Normal (18.5 – 23)	Overweight (≥ 23)	
Religion					
Hindu	28615	35.8	42.5	21.7	508.6 p<0.001
Muslim	1987	26.2	40.2	33.6	
Christian	1108	19.8	34.7	45.5	
Others	585	40.5	41.2	18.3	
Pooled	32295	34.8	42.0	23.2	
Community					
Scheduled Tribe	4233	48.1	41.9	10.1	1045.4 p<0.001
Scheduled Caste	7300	39.5	42.1	18.4	
Backward Caste	11437	32.4	42.6	25.0	
Others	9325	27.8	41.4	30.8	
Pooled	32295	34.8	42.0	23.2	
Type of House					
Kutcha	5617	40.9	45.5	13.6	1181.2 p<0.001
Semi Pucca	18440	37.3	42.1	20.6	
Pucca	8238	24.9	39.5	35.7	
Pooled	32295	34.8	42.0	23.2	
Type of Family					
Nuclear	15265	34.6	42.4	23.0	28.7 p<0.001
Extended Nuclear	7189	36.9	39.6	23.5	
Joint	9841	33.4	43.3	23.3	
Pooled	32295	34.8	42.0	23.2	
Occupation of Head of Household					
Landless Agri. Labourer	8850	40.2	43.0	16.8	931.5 p<0.001
Other Labourer	4086	40.6	43.3	16.2	
Owner Cultivator	3623	38.9	43.3	17.8	
Landlord	34	17.6	41.2	41.2	
Tenant Cultivator	112	27.7	58.0	14.3	
Artisans	292	30.8	43.5	25.7	
Service	850	24.9	41.9	33.2	
Business	357	22.1	38.7	39.2	
Others	14091	29.7	40.7	29.7	
Pooled	32295	34.8	42.0	23.2	

(Contd..)

Table 58.2 : DISTRIBUTION (%) OF ADULT WOMEN ACCORDING TO BMI GRADES BY SOCIO-ECONOMIC AND DEMOGRAPHIC CHARACTERISTICS (Contd..)

Particulars	n	BMI Grades			χ^2 , p
		Chronic Energy Deficiency (<18.5)	Normal (18.5 – 23)	Overweight (\geq 23)	
Literacy status of Females					
Illiterate	15001	40.7	42.5	16.9	798.6 p<0.001
Read & Write	428	31.5	45.6	22.9	
1-4 Standard	2989	28.5	41.5	30.0	
5-8 Standard	5914	30.2	42.8	27.0	
9-12 Standard	6335	29.3	40.4	30.3	
College	1628	30.3	42.0	27.7	
Pooled	32295	34.8	42.0	23.2	
Per Capita Income (Rs./Month)					
< 300	2937	46.7	41.4	11.9	1467.1 p<0.001
300-600	7459	42.8	43.1	14.1	
600-900	5910	38.8	42.5	18.7	
\geq 900	15989	27.3	41.5	31.2	
Pooled	32295	34.8	42.0	23.2	
Land Holding (Acres)					
No Land	12185	33.6	42.1	24.3	117.2 p<0.001
Marginal farmers	12878	36.7	41.1	22.2	
Small farmers	3838	36.0	44.6	19.4	
Large farmers	3394	30.0	42.4	27.6	
Pooled	32295	34.8	42.0	23.2	
Family Size					
1-4	12175	32.8	41.5	25.8	82.1 p<0.001
5-7	15954	35.9	42.2	21.9	
\geq 8	4166	36.2	43.1	20.7	
Pooled	32295	34.8	42.0	23.2	

(Contd..)

Table 58.2 : DISTRIBUTION (%) OF ADULT WOMEN ACCORDING TO BMI GRADES BY SOCIO-ECONOMIC AND DEMOGRAPHIC CHARACTERISTICS (Contd..)

Particulars	n	BMI Grades			χ^2 , p
		Chronic Energy Deficiency (<18.5)	Normal (18.5 – 23)	Overweight (≥ 23)	
Electrification					
Present	26233	32.0	41.9	26.1	829.7 p<0.001
Absent	6062	46.8	42.8	10.5	
Pooled	32295	34.8	42.0	23.2	
Source of Drinking Water					
Open well	5448	27.6	39.0	33.5	793.1 p<0.001
Tube well	12970	39.8	43.8	16.4	
Tap	12266	32.2	41.6	26.2	
Pond/Tank	646	35.3	42.0	22.8	
Stream/River /Canal	396	37.6	43.2	19.2	
Others	569	40.4	40.1	19.5	
Pooled	32295	34.8	42.0	23.2	
Sanitary Latrine					
Present and in use	12004	23.5	39.6	36.9	2275.3 p<0.001
Present but not in use	664	37.7	44.4	17.9	
Absent	19627	41.5	43.5	15.0	
Pooled	32295	34.8	42.0	23.2	
Type of Cooking Fuel					
Fire wood	27282	37.7	43.2	19.1	1825.0 p<0.001
Kerosene	307	27.4	43.0	29.6	
Bio-gas	220	23.2	39.5	37.3	
LPG	4486	18.1	34.8	47.1	
Pooled	32295	34.8	42.0	23.2	
Morbidity					
Absent	29882	34.5	42.2	23.3	13.0 p<0.001
Present	2413	38.1	39.5	22.4	
Pooled	32295	34.8	42.0	23.2	

Table 59 : MEAN ANTHROPOMETRIC MEASUREMENTS AND INDICES OF ADULTS (≥18 YEARS) BY AGE GROUP AND GENDER

Anthropometry		Age groups (Years)							Pooled
		18-30	30-40	40-50	50-60	60-70	70-80	≥ 80	
Men									
n		5583	5025	4360	3167	2511	1007	265	21918
Weight (kg)	Mean	53.6	56.1	56.1	54.5	52.3	50.8	47.7	54.6
	SD	9.22	10.75	11.06	10.88	10.93	10.52	9.30	10.65
Height (cm)	Mean	165.3	164.4	163.7	162.8	161.6	160.6	159.8	163.7
	SD	6.53	6.44	6.55	6.32	6.58	6.68	6.71	6.65
BMI (kg/m ²)	Mean	19.6	20.7	20.9	20.5	20.0	19.6	18.6	20.3
	SD	2.98	3.47	3.62	3.60	3.63	3.54	3.25	3.47
Waist Circumference (cm)	Mean	72.6	77.7	79.5	79.5	78.5	77.7	76.2	77.4
	SD	52.0	10.22	11.02	11.19	11.71	11.92	10.71	10.76
Hip Circumference (cm)	Mean	83.9	85.8	86.1	85.5	84.3	83.8	83.0	85.1
	SD	7.25	7.83	7.95	7.73	7.89	7.97	6.83	7.76
Women									
n		6792	6833	5692	3867	2750	882	225	27041
Weight (kg)	Mean	45.3	48.0	49.1	48.0	45.9	43.4	41.3	47.3
	SD	8.37	10.23	10.64	10.63	10.65	9.85	9.27	10.20
Height (cm)	Mean	152.2	151.7	151.5	150.3	148.6	146.8	144.0	151.0
	SD	5.89	5.74	5.69	5.83	6.07	6.30	6.15	6.07
BMI (kg/m ²)	Mean	19.5	20.8	21.4	21.2	20.7	20.1	19.9	20.7
	SD	3.26	4.06	4.27	4.34	4.40	4.18	4.04	4.09
Waist Circumference (cm)	Mean	67.2	71.3	74.2	74.6	74.2	73.7	72.8	72.0
	SD	8.84	10.68	11.41	11.80	12.16	11.82	11.33	11.20
Hip Circumference (cm)	Mean	83.7	86.3	87.6	87.0	85.8	84.2	82.9	86.0
	SD	7.56	8.65	9.08	9.30	9.44	9.42	9.01	8.87

**Table 60 : PREVALENCE (%) OF OBESITY* AMONG ADULTS (≥18 YEARS)
BY AGE GROUP AND GENDER**

Anthropometric Indicators	Age groups (Years)							
	18-30	30-40	40-50	50-60	60-70	70-80	≥ 80	Pooled
Men								
n	5583	5025	4360	3167	2511	1007	265	21918
Waist circumference (≥90 cm)	4.2	13.9	18.6	19.2	17.0	16.3	11.3	13.6
Waist Hip Ratio (WHR ≥ 0.9)	26.8	52.4	61.7	64.5	63.9	61.4	55.8	51.2
Women								
n	6792	6833	5692	3867	2750	882	225	27041
Waist circumference (≥ 80 cm)	9.6	21.5	29.5	32.0	31.6	28.8	27.1	23.0
Waist Hip Ratio (WHR ≥ 0.80)	47.2	60.4	70.8	74.0	76.9	81.0	83.6	63.8

*Asian Cut offs

**Table 61 : PREVALENCE (%) OF ABDOMINAL AND CENTRAL OBESITY* AMONG
ADULTS (≥18 YEARS) BY STATES**

STATE	Men			Women		
	n	Waist Circumference (≥ 90 cm)	Waist hip ratio (≥ 0.90)	n	Waist Circumference (≥ 80 cm)	Waist hip ratio (≥ 0.80)
Kerala	2161	22.9	65.5	3195	53.5	88.4
Tamil Nadu	2134	22.8	52.3	2858	30.1	72.5
Karnataka	2467	14.3	45.3	2894	17.8	52.5
Andhra Pradesh	1899	15.6	52.3	2493	18.4	61.5
Maharashtra	2368	13.8	40.3	2648	16.8	43.9
Gujarat	2687	14.8	40.3	3021	16.1	46.0
Madhya Pradesh	1965	8.5	50.0	2150	23.7	72.2
Orissa	2040	8.6	56.7	2624	10.1	64.8
West Bengal	2058	8.3	54.6	2743	18.7	70.3
Uttar Pradesh	2139	4.8	60.1	2415	19.1	64.7
Pooled	21918	13.6	51.2	27041	23.0	63.8

*Asian Cut offs

Table 62 : PREVALENCE (%) OF HYPERTENSION* AMONG ADULTS (≥18 YEARS) BY STATES

STATE	Men		Women	
	n	Hypertension	n	Hypertension
Kerala	2161	30.4 (28.5-32.3)	3195	27.6 (26.1-29.2)
Tamil Nadu	2134	21.3 (19.6-23.0)	2858	20.1 (18.6-21.6)
Karnataka	2467	19.5 (17.9-21.1)	2894	19.5 (18.1-20.9)
Andhra Pradesh	1899	17.4 (15.7-19.1)	2493	16.9 (15.4-18.4)
Maharashtra	2368	26.3 (24.5-28.1)	2648	24.5 (22.9-26.1)
Gujarat	2687	20.7 (19.2-22.2)	3021	17.1 (15.8-18.4)
Madhya Pradesh	1965	14.0 (12.5-15.5)	2150	16.6 (15.0-18.2)
Orissa	2040	24.0 (22.2-25.9)	2624	27.7 (25.9-29.4)
West Bengal	2058	29.9 (27.9-31.9)	2743	29.0 (27.3-30.7)
Uttar Pradesh	2139	17.3 (15.7-18.9)	2415	14.5 (13.1-15.9)
Pooled	21918	22.2 (21.7-22.8)	27041	21.6 (21.1-22.1)

Figures in the parenthesis indicate 95% CI

*Old and New cases

Table 63 : MEAN BLOOD PRESSURE (mmHg) AMONG ADULTS (≥18 YEARS) BY GENDER & STATES

		Kerala	Tamil Nadu	Karna-taka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	Pooled	
Men	n	2161	2134	2467	1899	2368	2687	1965	2040	2058	2139	21918	
	Syst-olic	Mean	131.3	119.1	122.8	118.3	123.9	124.8	118.4	124.2	124.0	122.0	123.0
		SD	17.68	16.88	16.17	16.72	17.90	10.72	14.16	14.11	16.82	14.85	16.07
	Dias-tolic	Mean	82.8	78.9	79.2	76.4	78.6	80.8	76.9	79.9	83.3	78.9	79.6
SD		10.23	10.91	10.25	10.58	10.65	7.13	9.52	8.43	9.80	9.77	9.96	
Women	n	3195	2858	2894	2493	2648	3021	2150	2624	2743	2415	27041	
	Syst-olic	Mean	123.9	117.2	122.2	117.2	123.5	121.0	117.5	125.4	122.1	119.8	121.1
		SD	21.90	18.63	17.65	18.11	18.72	12.86	16.28	15.56	18.35	15.62	17.83
	Dias-tolic	Mean	77.7	76.9	78.5	75.8	77.8	78.6	76.0	80.2	82.3	77.6	78.2
SD		12.34	10.11	10.16	10.30	10.51	8.05	10.29	9.07	10.01	9.79	10.30	

**Table 64 : MEAN BLOOD PRESSURE (mm Hg) AMONG ADULTS
BY GENDER AND AGE GROUP**

Blood Pressure	Age group (Years)								
		18-30	30-40	40-50	50-60	60-70	70-80	≥ 80	Pooled
Men									
n		5583	5025	4360	3167	2511	1007	265	21918
Systolic Blood Pressure	Mean	117.8	120.2	122.7	126.2	130.3	135.1	134.6	123.0
	SD	10.9	12.4	15.3	17.1	20.6	22.8	23.5	16.1
Diastolic Blood Pressure	Mean	76.9	79.2	80.6	81.6	81.6	81.7	80.5	79.6
	SD	8.2	8.9	10.3	10.6	11.3	11.9	12.4	10.0
Women									
n		6792	6833	5692	3867	2750	882	225	27041
Systolic Blood Pressure	Mean	112.8	116.9	122.3	127.8	133.0	139.3	139.9	121.1
	SD	11.4	13.5	16.3	19.2	21.9	24.9	25.6	17.8
Diastolic Blood Pressure	Mean	74.2	76.8	79.6	81.4	82.3	83.0	82.3	78.2
	SD	8.5	9.3	10.1	10.6	11.7	12.0	13.0	10.3

**Table 65 : DISTRIBUTION (%) OF ADULT MEN ACCORDING TO TYPE OF HYPERTENSION*
(JNC VII CRITERIA) BY AGE GROUP - STATES POOLED**

Category	BP Cut-off levels (mmHg)	Age group (Years)							
		18-30	30-40	40-50	50-60	60-70	70-80	≥ 80	Pooled
n		5573	4985	4238	3008	2270	841	223	21148
Normal	SBP < 120 and/or DBP < 80	39.2	32.1	29.7	25.9	24.0	21.4	21.5	31.2
Pre Hypertension	SBP :120-139 and/or DBP 80-89	52.4	52.9	49.3	47.0	43.0	39.8	38.6	49.5
Stage I Hypertension	SBP :140-159 and/or DBP 90-99	7.6	12.5	16.5	20.2	22.3	23.8	25.8	14.8
Stage II Hypertension	SBP ≥ 160 and/or DBP ≥ 100	0.9	2.4	4.4	6.8	10.7	15.0	14.2	4.6
Stage I + II Hypertension	SBP ≥ 140 and/or DBP ≥ 90	8.5	14.9	20.9	27.0	33.0	38.8	40.0	19.4

*Excluding known hypertensive

Table 66 : DISTRIBUTION (%) OF ADULT WOMEN ACCORDING TO TYPE OF HYPERTENSION* (JNC VII CRITERIA) BY AGE GROUP - STATES POOLED*

Category	BP Cut-off levels (mmHg)	Age group (Years)							
		18-30	30-40	40-50	50-60	60-70	70-80	≥ 80	Pooled
	n	6775	6754	5486	3548	2368	718	180	25834
Normal	SBP < 120 and/or DBP < 80	57.7	45.0	33.9	26.9	23.1	19.2	20.6	40.6
Pre Hypertension	SBP :120-139 and/or DBP 80-89	37.2	44.1	44.9	43.3	38.9	33.4	28.3	41.4
Stage I Hypertension	SBP :140-159 and/or DBP 90-99	4.7	9.4	17.2	22.6	24.5	25.5	32.8	13.6
Stage II Hypertension	SBP ≥ 160 and/or DBP ≥ 100	0.4	1.5	4.1	7.2	13.4	21.9	18.3	4.3
Stage I + II Hypertension	SBP ≥ 140 and/or DBP ≥ 90	5.1	10.9	21.3	29.8	37.9	47.4	51.1	17.9

*Excluding known hypertensive

Table 67 : PREVALENCE (%) OF HYPERTENSION* AMONG ADULT MEN (JNC VII CLASSIFICATION) IN DIFFERENT STATES

STATE	n	Normal	Hypertension		
			Pre HTN	Stage I	Stage II
Kerala	1947	14.0	63.3	14.8	7.9
Tamil Nadu	2020	42.4	40.7	10.9	6.0
Karnataka	2398	37.2	45.5	12.6	4.7
Andhra Pradesh	1818	44.8	41.4	10.6	3.1
Maharashtra	2290	31.3	44.9	17.2	6.6
Gujarat	2623	14.1	67.1	16.2	2.6
Madhya Pradesh	1941	42.9	44.2	10.8	2.2
Orissa	1977	25.7	52.7	17.3	4.3
West Bengal	2012	26.3	45.4	22.1	6.3
Uttar Pradesh	2122	37.9	45.5	14.3	2.3
Pooled	21148	31.2	49.5	14.8	4.6

*Excluding known Hypertensive

Table 68 : PREVALENCE (%) OF HYPERTENSION* AMONG ADULT WOMEN (JNC VII CLASSIFICATION) IN DIFFRENT STATES

STATE	n	Normal	Hypertension		
			Pre HTN	Stage I	Stage II
Kerala	2804	42.7	39.8	12.1	5.5
Tamil Nadu	2651	53.3	32.9	9.8	4.1
Karnataka	2788	43.0	40.5	11.5	4.9
Andhra Pradesh	2360	51.4	36.4	9.5	2.7
Maharashtra	2546	34.7	43.8	15.3	6.2
Gujarat	2933	30.2	55.2	12.6	2.1
Madhya Pradesh	2124	50.9	33.5	12.7	2.9
Orissa	2557	26.1	48.1	19.7	6.0
West Bengal	2674	32.7	40.1	21.0	6.2
Uttar Pradesh	2397	45.1	41.0	11.6	2.2
Pooled	25834	40.6	41.4	13.6	4.3

*Excluding known Hypertensive

Table 69 : DISTRIBUTION (%) OF ADULT MEN ACCORDING TO TYPE OF HYPERTENSION* (WHO CRITERIA) BY AGE GROUP - STATES POOLED

Category	BP Cut Off levels (mmHg)	Age group (Years)							Pooled
		18-30	30-40	40-50	50-60	60-70	70-80	≥ 80	
n		5573	4985	4238	3008	2270	841	233	21148
Normal	SBP < 140 & DBP < 90	91.6	85.1	79.0	72.9	67.0	61.2	60.1	80.7
Diastolic Hypertension	SBP <140 & DBP >90	5.2	8.8	10.2	9.8	7.9	5.6	3.0	8.0
Systolic Hypertension	SBP >140 & DBP <90	1.6	1.7	2.3	4.6	8.3	13.2	17.2	3.5
Diastolic & Systolic Hypertension	SBP >140 & DBP >90	1.7	4.4	8.4	12.7	16.8	20.0	19.7	7.8
Any HTN		8.4	14.9	21	27.1	33	38.8	39.9	19.3

*Excluding known Hypertensive

Table 70: DISTRIBUTION (%) OF ADULT WOMEN ACCORDING TO TYPE OF HYPERTENSION* (WHO CRITERIA) BY AGE GROUP - STATES POOLED

Category	BP Cut Off levels (mmHg)	Age group (Years)							
		18-30	30-40	40-50	50-60	60-70	70-80	≥ 80	Pooled
n		6775	6759	5486	3548	2368	718	180	25834
Normal	SBP < 140 & DBP < 90	94.9	89.1	78.8	70.2	62.0	52.6	48.9	82.1
Diastolic Hypertension	SBP <140 & DBP >90	3.5	5.9	8.5	9.2	7.6	5.4	5.0	6.4
Systolic Hypertension	SBP >140 & DBP <90	0.7	1.6	3.2	6.5	9.7	17.0	20.0	3.7
Diastolic & Systolic Hypertension	SBP >140 & DBP >90	0.9	3.4	9.5	14.2	20.7	24.9	26.1	7.9
Any HTN		5.1	10.9	21.2	29.8	38.0	47.4	51.1	17.9

*Excluding known Hypertensive

Table 71 : PREVALENCE (%) OF HYPERTENSION* AMONG ADULT MEN (WHO CLASSIFICATION) IN DIFFRENT STATES

STATES	n	Normal	Hypertension		
			Diastolic Hypertension	Systolic Hypertension	Diastolic and Systolic Hypertension
		SBP < 140 & DBP < 90	SBP <140 & DBP >90	SBP >140 & DBP <90	SBP >140 & DBP >90
Kerala	1947	77.3	6.2	4.9	11.6
Tamil Nadu	2020	83.1	8.5	2.1	6.3
Karnataka	2398	82.8	5.8	3.6	7.8
Andhra Pradesh	1818	86.2	5.6	3.1	5.1
Maharashtra	2290	76.2	7.0	6.5	10.3
Gujarat	2623	81.2	9.0	3.0	6.8
Madhya Pradesh	1941	87.0	6.1	1.3	5.6
Orissa	1977	78.4	9.3	3.3	9.0
West Bengal	2012	71.7	14.6	4.4	9.3
Uttar Pradesh	2122	83.4	7.9	2.9	5.8
Pooled	21148	80.7	8.0	3.5	7.8

*Excluding known Hypertensive

**Table 72 : PREVALENCE (%) OF HYPERTENSION* AMONG ADULT WOMEN
(WHO CLASSIFICATION) IN DIFFRENT STATES**

STATES	n	Normal	Hypertension		
			Diastolic Hypertension	Systolic Hypertension	Diastolic and Systolic Hypertension
		SBP< 140 & DBP< 90	SBP<140 &DBP >90	SBP >140 & DBP <90	SBP >140 &DBP >90
Kerala	2804	82.5	4.7	4.7	8.2
Tamil Nadu	2651	86.1	5.4	3.0	5.5
Karnataka	2788	83.5	4.6	4.1	7.9
Andhra Pradesh	2360	87.8	3.6	2.7	5.8
Maharashtra	2546	78.5	5.7	6.7	9.2
Gujarat	2933	85.3	6.0	2.6	6.0
Madhya Pradesh	2124	84.4	6.5	1.6	7.5
Orissa	2557	74.2	9.3	3.0	13.5
West Bengal	2674	72.8	12.7	4.5	10.0
Uttar Pradesh	2397	86.1	5.5	3.5	4.8
Pooled	25834	82.1	6.4	3.7	7.9

*Excluding known Hypertensive

Table 73 : DISTRIBUTION (%) OF ADULTS WITH DIABETES ACCORDING TO GENDER IN DIFFERENT STATES**

STATES	Men			Women		
	n	Normal	Diabetes Mellitus	n	Normal	Diabetes Mellitus
Kerala	1645	83.6	16.4 (14.6-18.2)	2391	86.0	14.0 (12.6-15.4)
Tamil Nadu	1119	87.0	13.0 (11.0-15.0)	1739	88.4	11.6 (10.1-13.1)
Karnataka	1628	92.2	7.8 (6.5-9.1)	2028	93.6	6.4 (5.3-7.5)
Andhra Pradesh	1111	92.5	7.5 (5.9-9.1)	1529	95.6	4.4 (3.4-5.4)
Maharashtra	1417	93.6	6.4 (5.1-7.7)	1599	94.7	5.3 (4.2-6.4)
Gujarat	2122	88.9	11.1 (9.8-12.4)	2503	91.8	8.2 (7.1-9.3)
Madhya Pradesh	1579	94.9	5.1 (4.0-6.2)	1709	95.3	4.7 (3.7-5.7)
Orissa	1093	95.3	4.7 (3.5-6.0)	1628	96.6	3.4 (2.5-4.3)
West Bengal	1413	96.7	3.3 (2.4-4.2)	2027	96.8	3.2 (2.4-4.0)
Uttar Pradesh	1185	96.4	3.6 (2.5-4.7)	1366	97.8	2.2 (1.4-3.0)
Pooled	14312	91.8	8.2 (7.7-8.7)	18519	93.2	6.8 (6.4-7.2)

WHO/ICMR classification

*Old and new cases

Figures in the parenthesis indicate 95% CI

**Table 74 : DISTRIBUTION (%) OF ADULTS BY FASTING BLOOD GLUCOSE LEVELS*#
BY AGE GROUP AND GENDER**

Category	Fasting Blood Glucose*	Age group (Years)							
		18-30	30-40	40-50	50-60	60-70	70-80	≥ 80	Pooled
Men									
n		3479	3219	2797	1971	1528	630	186	13810
Normo-glycemia	< 110	92.8	89.1	84.8	82.1	80.2	81.3	81.7	86.7
Impaired Fasting Glucose	110-126	5.5	7.4	9.9	9.5	12.2	11.1	9.1	8.4
Diabetes Mellitus	≥ 126	1.8	3.5	5.3	8.4	7.6	7.6	9.1	4.8
Women									
n		4509	4664	3876	2531	1761	551	151	18043
Normo-glycemia	< 110	94.0	89.4	83.8	81.8	77.4	79.1	76.2	86.7
Impaired Fasting Glucose	110 -126	4.6	7.7	10.9	11.7	14.1	12.7	13.2	9.0
Diabetes Mellitus	≥ 126	1.4	2.9	5.3	6.5	8.5	8.2	10.6	4.3

WHO/ICMR classification

* Excluding known Diabetic

**Table 75 : DISTRIBUTION (%) OF ADULT MEN ACCORDING TO TYPE OF DIABETES*#
IN DIFFERENT STATES**

STATES	n	Diabetes		
		Normal	Impaired Glucose Tolerance	Diabetes Mellitus
Kerala	1462	84.1	10.1	5.9
Tamil Nadu	1028	87.0	7.8	5.3
Karnataka	1571	85.9	9.5	4.5
Andhra Pradesh	1073	89.8	6.0	4.2
Maharashtra	1391	88.5	6.9	4.6
Gujarat	2084	77.6	13.0	9.5
Madhya Pradesh	1565	86.6	9.1	4.3
Orissa	1067	92.0	5.6	2.3
West Bengal	1400	92.0	5.6	2.4
Uttar Pradesh	1169	91.0	6.7	2.3
Pooled	13810	86.7	8.4	4.8

WHO/ICMR classification

* Excluding known Diabetic

**Table 76 : DISTRIBUTION (%) OF ADULT WOMEN ACCORDING TO TYPE OF DIABETES*#
IN DIFFERENT STATES**

STATES	n	Diabetes		
		Normal	Impaired Glucose Tolerance	Diabetes Mellitus
Kerala	2182	81.7	12.5	5.8
Tamil Nadu	1630	82.8	11.6	5.6
Karnataka	1993	85.6	9.6	4.8
Andhra Pradesh	1498	92.1	5.5	2.4
Maharashtra	1579	89.6	6.3	4.1
Gujarat	2480	79.4	13.3	7.3
Madhya Pradesh	1703	84.9	10.7	4.4
Orissa	1610	92.9	4.8	2.3
West Bengal	2010	92.4	5.2	2.4
Uttar Pradesh	1358	91.8	6.6	1.6
Pooled	18043	86.7	9.0	4.3

WHO/ICMR classification

* Excluding known Diabetic

Table 77.1 : DISTRIBUTION (%) OF ADULT MEN (≥18 YEARS) ACCORDING TO THEIR KNOWLEDGE OF HYPERTENSION & DIABETES AND CONSUMPTION OF TOBACCO & ALCOHOLIC BEVERAGES BY STATES

Variables	States										
	Kerala	Tamil Nadu	Karnataka	Andhra Pradesh	Maharashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	Pooled
n	2177	2170	2479	1904	2387	2689	1974	2070	2071	2157	22078
Aware of hypertension (%)	99.2	96.4	94.3	88.7	79.6	83.8	55.3	66.6	70.3	66.8	80.6
Currently suffering from hypertension (%)	12.2	6.6	3.3	5.1	4.3	2.6	1.3	4.1	3.0	4.1	4.8
On treatment for hypertension (%)	10.0	5.3	2.9	4.3	3.3	2.4	1.2	3.3	2.2	0.8	3.7
Aware of Diabetes Mellitus (%)	99.1	96.7	91.6	69.7	76.3	75.2	55.4	54.1	65.4	65.5	75.4
Currently suffering from diabetes (%)	10.0	6.3	2.8	3.4	1.6	1.5	0.8	1.8	0.7	2.9	3.3
On treatment for Diabetes (%)	8.6	5.4	2.7	2.9	1.4	1.4	0.8	1.4	0.5	0.4	2.6
Use of Tobacco (%)	26.1	41.7	45.0	42.6	55.1	37.6	61.9	71.3	58.1	59.3	50.5
Smoking ≥10 Cigarettes/ Cigars, beedies /day (%)	10.7	11.7	15.6	18.3	3.3	8.7	15.9	2.5	20.3	18.5	12.3
Duration of Smoking ≥ 10 years (%)	17.9	16.6	18.0	31.5	6.3	13.2	18.1	11.5	25.2	25.7	18.0
Snuffing ≥ 10 times/day (%)	0.3	1.2	0.1	-	0.1	0.1	-	1.2	0.2	0.1	0.3
Duration of Snuffing ≥ 10 years (%)	0.8	1.6	0.2	-	1.6	0.4	-	11.7	0.8	0.0	1.7
Tobacco chewing ≥ 10 times/day (%)	1.0	3.3	3.2	0.9	5.3	0.4	7.0	5.5	5.3	8.4	4.0
Duration of Tobacco Chewing ≥ 10 years (%)	3.6	7.9	12.8	4.2	26.1	9.4	23.2	37.8	16.5	26.8	16.7
Consume Alcoholic Beverages (%)	25.3	44.2	28.5	53.3	19.7	5.1	30.7	37.0	30.3	12.7	28.4
Consume Alcoholic Beverages daily (%)	3.7	5.1	5.0	13.3	1.5	0.6	0.8	3.3	3.0	0.5	3.6

(Contd...)

Table 77.1 : DISTRIBUTION (%) OF ADULT MEN (≥18 YEARS) ACCORDING TO THEIR KNOWLEDGE OF HYPERTENSION & DIABETES AND CONSUMPTION OF TOBACCO & ALCOHOLIC BEVERAGES BY STATES (Contd...)

Variables	States										
	Kerala	Tamil Nadu	Karnataka	Andhra Pradesh	Maharashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	Pooled
n	2177	2170	2479	1904	2387	2689	1974	2070	2071	2157	22078
SYMPTOMS OF HYPERTENSION											
Do not Know	15.3	41.4	45.5	44.9	56.4	41.3	35.7	21.0	43.8	56.5	40.5
Head ache	36.2	5.4	7.9	20.4	8.5	12.9	3.0	31.8	10.9	7.6	14.3
Nausea/ vomiting	7.2	4.8	1.3	4.5	6.9	3.6	2.0	13.4	12.9	3.0	5.8
Giddiness	62.4	46.1	30.2	37.1	15.9	39.9	10.4	21.2	21.0	7.1	29.5
Palpitation	11.3	18.1	3.6	11.7	16.0	7.3	12.8	13.5	13.3	6.4	11.2
Others	3.3	13.9	33.8	6.1	4.1	7.7	7.0	4.4	0.6	0.5	8.5
SYMPTOMS OF DIABETES											
Do not Know	19.9	35.7	47.3	48.0	60.7	59.2	41.6	29.0	53.5	58.6	45.9
Polydypsia	14.2	3.8	2.2	0.7	1.4	0.7	0.2	5.9	1.3	2.5	3.3
Polyphagia	9.4	4.9	2.4	2.0	2.4	0.9	0.9	7.7	1.9	2.4	3.4
Polyurea	9.8	14.0	6.7	3.0	6.4	4.0	2.7	18.5	6.1	5.1	7.6
Loss of weight	6.5	10.8	5.4	6.9	5.2	8.3	2.8	14.9	4.6	1.4	6.7
Tiredness	57.8	14.8	23.2	12.2	5.7	10.4	2.9	10.2	4.9	3.2	14.7
Delay in wound healing	22.0	44.6	38.5	15.0	10.1	6.0	7.0	12.1	4.2	3.4	16.5
Others	3.3	19.5	1.0	0.6	1.9	1.0	4.7	3.9	0.7	0.4	3.6

Table 77.2 : DISTRIBUTION (%) OF ADULT WOMEN (≥18 YEARS) ACCORDING TO THEIR KNOWLEDGE OF HYPERTENSION & DIABETES AND CONSUMPTION OF TOBACCO & ALCOHOLIC BEVERAGES BY STATES

Variables	States										
	Kerala	Tamil Nadu	Karnataka	Andhra Pradesh	Maharashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	Pooled
n	3233	2898	2904	2497	2666	3028	2167	2648	2769	2435	27245
Aware of hypertension (%)	99.3	93.7	85.7	86.1	73.5	70.0	23.4	51.8	62.6	63.2	72.4
Currently suffering from hypertension (%)	13.9	8.8	4.1	6.5	5.1	3.2	1.5	4.9	3.7	2.8	5.9
On treatment for hypertension (%)	12.3	7.4	3.7	5.4	3.9	2.9	1.2	2.6	2.6	0.8	4.7
Aware of Diabetes Mellitus (%)	99.2	94.3	82.0	59.0	71.3	60.5	23.8	40.7	56.7	62.6	66.6
Currently suffering from diabetes (%)	8.4	5.4	1.6	1.6	1.1	0.8	0.4	0.9	0.8	1.3	2.5
On treatment for Diabetes (%)	7.4	4.7	1.5	1.6	0.8	0.7	0.3	0.5	0.6	0.2	2.1
Use of Tobacco (%)	4.2	10.6	19.6	13.4	27.5	4.0	11.8	47.2	14.0	12.6	16.7
Smoking ≥10 Cigarettes/ Cigars, <i>beedies</i> /day (%)	0.1	0.0	0.1	0.1	0.2	0.0	0.1	0.0	0.2	1.0	0.2
Duration of Smoking ≥ 10 years (%)	0.2	0.1	0.2	3.2	0.2	0.2	0.2	0.1	0.7	1.9	0.6
Snuffing ≥ 10 times/day (%)	0.0	0.3	0.2	0.1	0.3	0.0	0.2	0.4	0.0	0.0	0.1
Duration of Snuffing ≥ 10 years (%)	0.0	0.6	1.0	0.2	7.3	1.5	1.3	9.0	0.6	0.0	2.1
Tobacco chewing ≥ 10 times/day (%)	1.0	1.8	2.3	0.6	0.6	0.1	0.5	1.5	0.9	1.2	1.1
Duration of Tobacco Chewing ≥ 10 years (%)	3.3	5.4	12.6	7.9	11.2	0.6	5.8	29.9	7.8	7.9	9.1
Consume Alcoholic Beverages (%)	0.2	0.1	1.2	23.3	0.4	0.2	2.8	6.0	2.5	0.2	3.5
Consume Alcoholic Beverages daily (%)	0.1	0.0	0.1	4.2	0.1	0.1	-	0.7	-	0.0	0.5

(Contd...)

Table 77.2 : DISTRIBUTION (%) OF ADULT WOMEN (≥18 YEARS) ACCORDING TO THEIR KNOWLEDGE OF HYPERTENSION & DIABETES AND CONSUMPTION OF TOBACCO & ALCOHOLIC BEVERAGES BY STATES (Contd...)

Variables	States										
	Kerala	Tamil Nadu	Karnataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	Pooled
n	3233	2898	2904	2497	2666	3028	2167	2648	2769	2435	27245
SYMPTOMS OF HYPERTENSION											
Do not Know	14.1	33.8	46.5	38.8	50.1	44.8	17.0	14.8	38.8	57.0	35.5
Head ache	29.8	6.2	7.8	22.7	9.1	6.9	1.3	21.8	10.1	4.6	12.4
Nausea/ vomiting	6.6	6.8	1.2	5.7	10.0	2.2	0.8	11.8	11.3	1.6	5.9
Giddiness	67.4	54.0	26.0	42.5	18.0	23.5	3.7	20.9	19.2	4.4	29.5
Palpitation	9.2	21.4	2.5	12.8	16.3	4.4	4.8	14.3	13.1	3.4	10.3
Others	3.5	12.1	25.1	3.4	2.7	4.4	2.3	3.5	0.8	0.4	6.1
SYMPTOMS OF DIABETES											
Do not Know	19.8	36.8	52.7	45.9	57.6	52.7	19.6	25.1	47.8	59.7	41.8
Polydypsia	16.4	4.3	1.8	0.6	1.5	0.2	0.0	2.6	0.9	0.9	3.2
Polyphagia	9.9	6.4	1.5	1.4	2.9	0.3	0.3	4.6	1.3	0.9	3.1
Polyurea	6.7	14.3	3.8	1.7	5.6	1.6	0.5	11.2	4.7	1.6	5.4
Loss of weight	4.9	10.4	2.9	4.6	4.0	4.8	1.1	9.7	4.0	0.7	4.9
Tiredness	60.1	14.9	16.1	7.4	4.1	5.1	1.2	6.1	3.9	1.2	13.3
Delay in wound healing	18.1	39.6	25.0	8.1	7.7	2.9	1.7	6.2	2.7	1.0	12.0
Others	5.2	21.0	0.6	0.7	1.7	0.3	2.1	2.2	0.5	0.2	3.6

Table 78.1 : DISTRIBUTION (%) OF ADULT MEN (≥18 YEARS) ACCORDING TO THEIR KNOWLEDGE OF HYPERTENSION & DIABETES AND CONSUMPTION OF TOBACCO & ALCOHOLIC BEVERAGES: BY AGE GROUP – STATES POOLED

Variables	Age group (Years)							
	18-30	30-40	40-50	50-60	60-70	70-80	≥ 80	Pooled
n	5614	5058	4383	3186	2533	1023	281	22078
Aware of hypertension (%)	82.5	80.9	82.0	79.2	76.9	77.8	77.4	80.6
Currently suffering from hypertension (%)	0.6	1.5	3.9	6.6	11.7	19.1	13.8	4.8
On treatment for hypertension (%)	0.2	0.8	2.8	5.0	9.7	16.6	12.0	3.7
Aware of Diabetes Mellitus (%)	77.7	76.0	77.2	73.9	70.8	73.0	67.5	75.4
Currently suffering from diabetes (%)	0.5	1.3	3.5	5.1	7.1	8.7	6.7	3.3
On treatment for Diabetes (%)	0.1	0.8	2.7	4.4	6.4	7.4	6.0	2.6
Use Tobacco (%)	35.7	50.5	56.8	59.1	58.0	48.8	46.6	50.5
Smoking ≥10 Cigarettes/ Cigars, beedies /day (%)	3.5	11.6	16.5	20.3	17.0	11.7	7.5	12.3
Duration of Smoking ≥ 10 years (%)	2.6	14.4	24.8	30.4	29.5	23.4	18.9	18.0
Snuffing ≥10 /day (%)	0.1	0.3	0.3	0.5	0.8	0.8	0.8	0.3
Duration of Snuffing ≥ 10 years (%)	0.4	1.1	2.1	2.6	2.7	3.7	2.3	1.7
Tobacco chewing ≥10 times/day (%)	2.1	4.4	4.8	4.8	4.9	3.8	2.3	4.0
Duration of Tobacco chewing ≥ 10 years (%)	5.0	16.4	21.4	23.0	24.2	22.0	24.5	16.7
Consume Alcoholic Beverages (%)	20.8	32.5	35.0	31.9	25.6	17.1	12.0	28.4
Consume Alcoholic Beverages (daily) (%)	1.4	3.2	5.0	5.9	4.3	1.9	2.1	3.6

(Contd..)

Table 78.1 : DISTRIBUTION (%) OF ADULT MEN (≥18 YEARS) ACCORDING TO THEIR KNOWLEDGE OF HYPERTENSION & DIABETES AND CONSUMPTION OF TOBACCO & ALCOHOLIC BEVERAGES: BY AGE GROUP – STATES POOLED (Contd..)

Variables	Age group (Years)							
	18-30	30-40	40-50	50-60	60-70	70-80	≥ 80	Pooled
n	5614	5058	4383	3186	2533	1023	281	22078
SYMPTOMS OF HYPERTENSION								
Do not Know	46.7	39.1	39.3	37.5	36.3	36.3	45.9	40.5
Head ache	12.1	14.7	14.4	15.5	15.9	16.1	11.7	14.3
Nausea/vomiting	5.3	5.9	6.1	5.8	6.4	6.3	4.6	5.8
Giddiness	24.7	30.4	31.3	31.2	32.0	32.8	23.5	29.5
Palpitation	8.6	12.2	12.0	12.5	11.7	13.7	7.5	11.2
Others	8.8	9.2	9.3	8.1	7.2	6.5	2.8	8.5
SYMPTOMS OF DIABETES								
Do not Know	51.4	44.9	45.1	42.5	42.2	42.0	49.5	45.9
Polydypsia	2.2	3.1	3.7	3.6	4.1	5.1	2.1	3.3
Polyphagia	2.4	3.2	4.1	3.7	4.2	4.8	2.1	3.4
Polyurea	6.0	7.7	8.2	8.7	8.3	8.5	4.6	7.6
Loss of weight	5.9	7.1	7.5	7.2	6.8	5.7	2.8	6.7
Tiredness	12.0	14.5	15.8	16.5	16.0	18.3	10.0	14.7
Delay in wound healing	16.1	17.9	17.5	16.2	14.3	15.6	8.2	16.5
Others	2.9	3.5	4.2	4.1	3.6	4.6	2.8	3.6

Table 78.2 : DISTRIBUTION (%) OF ADULT WOMEN (≥18 YEARS) ACCORDING TO THEIR KNOWLEDGE OF HYPERTENSION & DIABETES AND CONSUMPTION OF TOBACCO & ALCOHOLIC BEVERAGES: BY AGE GROUP – STATES POOLED

Variables	Age group (Years)							
	18-30	30-40	40-50	50-60	60-70	70-80	≥ 80	Pooled
n	6832	6852	5719	3890	2784	915	253	27245
Aware of hypertension (%)	76.0	73.9	72.4	70.1	67.3	67.0	63.4	72.4
Currently suffering from hypertension (%)	0.6	1.9	5.4	10.1	15.7	20.9	21.7	5.9
On treatment for hypertension (%)	0.3	1.1	3.7	8.2	14.0	18.7	19.3	4.7
Aware of Diabetes Mellitus (%)	70.1	68.2	66.4	63.9	61.0	62.1	60.2	66.6
Currently suffering from diabetes (%)	0.3	0.7	2.2	5.2	6.3	7.4	6.3	2.5
On treatment for Diabetes (%)	0.1	0.4	1.7	4.4	5.7	7.1	5.9	2.1
Use Tobacco (%)	5.9	12.5	19.8	24.8	28.7	25.5	20.1	16.7
Smoking ≥10 Cigarettes/ Cigars, beedies /day (%)	0.0	0.1	0.1	0.4	0.4	0.6	0.0	0.2
Duration of Smoking ≥ 10 years (%)	0.1	0.3	0.8	1.2	1.8	1.2	0.4	0.6
Snuffing ≥10 /day (%)	0.0	0.1	0.2	0.2	0.4	0.2	0.0	0.1
Duration of Snuffing ≥ 10 years (%)	0.3	1.5	2.7	3.1	5.0	4.1	1.8	2.1
Tobacco chewing ≥10 times/day (%)	0.2	0.8	1.2	1.8	2.4	1.5	1.8	1.1
Duration of Tobacco Chewing ≥ 10 years (%)	1.4	5.7	11.3	15.3	18.9	19.4	17.8	9.1
Consume Alcoholic Beverages (%)	2.9	3.2	4.3	3.8	4.0	2.7	2.0	3.5
Consume Alcoholic Beverages (daily) (%)	0.4	0.5	0.8	0.4	0.3	0.1	0.0	0.5

(Contd..)

Table 78.2 : DISTRIBUTION (%) OF ADULT WOMEN (≥18 YEARS) ACCORDING TO THEIR KNOWLEDGE OF HYPERTENSION & DIABETES AND CONSUMPTION OF TOBACCO & ALCOHOLIC BEVERAGES: BY AGE GROUP – STATES POOLED (Contd...)

Variables	Age group (Years)							
	18-30	30-40	40-50	50-60	60-70	70-80	≥ 80	Pooled
n	6832	6852	5719	3890	2784	915	253	27245
SYMPTOMS OF HYPERTENSION								
Do not Know	40.1	36.7	34.0	31.9	30.8	32.5	33.6	35.5
Head ache	12.4	12.4	12.5	12.9	12.6	10.7	10.3	12.4
Nausea/vomiting	6.1	6.1	5.7	6.2	5.6	5.0	2.8	5.9
Giddiness	28.1	29.3	30.4	30.6	30.1	28.6	24.1	29.5
Palpitation	9.7	10.6	10.2	11.9	10.6	7.8	5.9	10.3
Others	6.8	6.5	6.0	5.1	5.3	4.7	4.7	6.1
SYMPTOMS OF DIABETES								
Do not Know	45.5	42.2	40.9	38.4	39.1	39.9	41.1	41.8
Polydypsia	2.9	3.2	3.5	3.5	3.4	3.4	1.6	3.2
Polyphagia	3.2	3.5	2.9	3.3	2.7	2.5	1.6	3.1
Polyurea	5.7	5.9	5.4	5.4	3.9	3.2	2.4	5.4
Loss of weight	5.3	5.4	5.0	4.4	3.6	2.8	2.8	4.9
Tiredness	12.6	13.1	13.5	14.3	13.8	13.0	12.6	13.3
Delay in wound healing	13.3	13.4	11.9	11.2	8.4	7.4	6.3	12.0
Others	3.7	3.7	3.6	4.0	3.5	3.1	1.6	3.6

Table 79.1 : PREVALENCE (%) OF HYPERTENSION Vs OBESITY: ADULT MEN

Category	Cut-off level	n	Normal	HTN	Odds Ratio
BMI GRADES: WHO cut offs					
CED	< 18.5	7632	84.7	15.3	1.0
Normal	18.5 – 25.0	12085	77.2	22.8	1.6 (1.5-1.7)
Overweight & Obesity	≥ 25	2201	57.6	42.4	4.1 (3.7-4.5)
$\chi^2 = 730.6; p < 0.001$					
BMI GRADES: Asian cut offs					
CED +Normal	< 23	17473	81.7	18.3	1.0
Overweight & Obesity	≥ 23	4445	62.9	37.1	2.6 (2.4-2.8)
$\chi^2 = 726.7; p < 0.001$					
WAIST CIRCUMFERENCE: WHO cut offs					
Normal	< 102	21451	78.6	21.4	1.0
Abdominal adiposity	≥ 102	467	42.2	57.8	5.0 (4.2-6.1)
$\chi^2 = 351.9; p < 0.001$					
WAIST CIRCUMFERENCE: Asian cut offs					
Normal	< 90	18945	81.1	18.9	1.0
Abdominal adiposity	≥ 90	2973	56.9	43.1	3.3 (3.0-3.5)
$\chi^2 = 877.2; p < 0.001$					
WAIST HIP RATIO: WHO cut offs					
Normal	< 0.95	16495	82.5	17.5	1.0
Abdominal adiposity	≥ 0.95	5423	63.6	36.4	2.7 (2.5-2.9)
$\chi^2 = 846.3; p < 0.001$					
WAIST HIP RATIO: Asian cut offs					
Normal	< 0.90	10686	85.4	14.6	1.0
Abdominal adiposity	≥ 0.90	11232	70.6	29.4	2.4 (2.3-2.6)
$\chi^2 = 698.3; p < 0.001$					

Figures in parenthesis indicates 95% Confidence Intervals

Table 79.2 : PREVALENCE (%) OF HYPERTENSION Vs OBESITY: ADULT WOMEN

Category	Cut-off level	n	Normal	HTN	Odds Ratio
BMI GRADES: WHO cut offs					
CED	< 18.5	9362	85.7	14.3	1.0
Normal	18.5 – 25.0	13771	78.3	21.7	1.7 (1.5-1.8)
Overweight	≥ 25	3908	61.5	38.5	3.7 (3.4-4.1)
$\chi^2 = 949.1; p < 0.001$					
BMI GRADES: Asian cut offs					
CED	< 23.0	20403	82.4	17.6	1.0
Overweight	≥ 23	6638	66.0	34.0	2.4 (2.3-2.6)
$\chi^2 = 804.7; p < 0.001$					
WAIST CIRCUMFERENCE: WHO cut offs					
Normal	< 88	24452	80.8	19.2	1.0
Abdominal	≥ 88	2589	55.5	44.5	3.4 (3.1-3.7)
$\chi^2 = 889.3; p < 0.001$					
WAIST CIRCUMFERENCE: Asian cut offs					
Normal	< 80	20819	83.0	17.0	1.0
Abdominal	≥ 80	6222	63.0	37.0	2.9 (2.7-3.1)
$\chi^2 = 1136.1; p < 0.001$					
WAIST HIP RATIO: WHO & Asian cut offs					
Normal	< 0.80	9796	87.4	12.6	1.0
Abdominal	≥ 0.80	17245	73.3	26.7	2.5 (2.4-2.7)
$\chi^2 = 738.6; p < 0.001$					

Figures in parenthesis indicates 95% Confidence Intervals

Table 80.1 : PREVALENCE (%) OF DIABETES Vs OBESITY: ADULT MEN

Category	Cut-off level	n	Normal	Diabetes mellitus	Odds Ratio
BMI GRADES: WHO cut offs					
CED	< 18.5	4875	95.4	4.6	1.0
Normal	18.5 – 25.0	7886	91.4	8.6	1.9 (1.7-2.3)
Over Weight	≥ 25	1469	82.6	17.4	4.3 (3.6-5.3)
$\chi^2 = 250.3; p < 0.001$					
BMI GRADES: Asian cut offs					
CED/Normal	< 23	11259	93.6	6.4	1.0
Over Weight/Obesity	≥ 23	2971	85.2	14.8	2.5 (2.2-2.9)
$\chi^2 = 221.4; p < 0.001$					
WAIST CIRCUMFERENCE: WHO cut offs					
Normal	< 102	13959	92.3	7.7	1.0
Abdominal adiposity	≥ 102	321	72.0	28.0	4.7 (3.6-6.0)
$\chi^2 = 173.2; p < 0.001$					
WAIST CIRCUMFERENCE: Asian cut offs					
Normal	< 90	12265	93.6	6.4	1.0
Abdominal adiposity	≥ 90	2015	81.1	18.9	3.4 (3.0-3.9)
$\chi^2 = 358.5; p < 0.001$					
WAIST HIP RATIO: WHO cut offs					
Normal	< 0.95	10682	94.7	5.3	1.0
Abdominal Obesity	≥ 0.95	3595	83.2	16.8	3.6 (3.2-4.1)
$\chi^2 = 476.8; p < 0.001$					
WAIST HIP RATIO: Asian cut offs					
Normal	< 0.90	6873	95.9	4.1	1.0
Abdominal Obesity	≥ 0.90	7404	88.1	11.9	3.1 (2.7-3.6)
$\chi^2 = 288.2; p < 0.001$					

Figures in parenthesis indicates 95% Confidence Intervals

Table 80.2 : PREVALENCE (%) OF DIABETES Vs OBESITY: ADULT WOMEN

Category	Cut-off level	n	Normal	Diabetes mellitus	Odds Ratio
BMI GRADES: WHO cut offs					
CED	< 18.5	6175	96.7	3.3	1.0
Normal	18.5 – 25.0	9472	93.5	6.5	2.0 (1.7-2.4)
Over Weight	≥ 25	2766	84.8	15.2	5.2 (4.4-6.2)
$\chi^2 = 430.2; p < 0.001$					
BMI GRADES: Asian cut offs					
CED/Normal	< 23.0	13740	95.6	4.4	1.0
Over Weight/Obesity	≥ 23	4673	86.5	13.5	3.4 (3.0-3.8)
$\chi^2 = 460.4; p < 0.001$					
WAIST CIRCUMFERENCE: WHO cut offs					
Normal	< 88	16526	94.8	5.2	1.0
Abdominal Obesity	≥ 88	1938	80.3	19.7	4.4 (3.9-5.0)
$\chi^2 = 572.7; p < 0.001$					
WAIST CIRCUMFERENCE: Asian cut offs					
Normal	< 80	13942	95.9	4.1	1.0
Abdominal Obesity	≥ 80	4522	85.1	14.9	4.1 (3.6-4.6)
$\chi^2 = 628.4; p < 0.001$					
WAIST HIP RATIO: WHO & Asian Cut offs					
Normal	< 0.80	6760	96.8	3.2	1.0
Abdominal Obesity	≥ 0.80	11702	91.2	8.8	2.9 (2.5-3.4)
$\chi^2 = 214.5; p < 0.001$					

Figures in parenthesis indicates 95% Confidence Intervals

Table 81.1 : PREVALENCE (%) OF HYPERTENSION, DIABETES, OVERWEIGHT/ OBESITY AND WC AMONG ADULT MEN BY HOUSEHOLD SOCIO-ECONOMIC VARIABLES AND EXERCISE, USE OF TOBACCO/ ALCOHOL

Socio Economic Particulars		n	Hypertension		Overweight/ Obesity (BMI≥23)		Waist Circumference (≥90)		Diabetes		
			%	χ ² , p	%	χ ² , p	%	χ ² , p	n	%	χ ² , p
Religion	Hindu	19756	21.7	25.2, p<0.001	19.3	148.9, p<0.001	12.9	124.6, p<0.001	12787	7.9	42.8, p<0.001
	Muslim	1186	21.6		28.3		19.5		781	9.5	
	Christian	727	27.4		34.5		25.0		493	15.4	
	Others	397	25.9		20.1		11.6		241	4.1	
Comm-unity	ST	3036	19.9	67.7, p<0.001	10.9	410.5, p<0.001	6.9	398.0, p<0.001	2121	6.6	45.2, p<0.001
	SC	5142	21.0		15.5		8.9		3203	6.0	
	OBC	7620	21.0		22.0		14.6		4914	8.9	
	Others	6268	25.8		26.7		19.4		4064	9.8	
Occupation	Labourers	8769	17.8	212.1, p<0.001	14.5	424.8, p<0.001	8.3	439.0, p<0.001	5471	5.3	125.8, p<0.001
	Cultivators +Artisans	6862	22.6		20.2		14.2		4685	8.5	
	Service + Business + Others	6435	27.7		28.2		20.1		4146	16.6	
pCI (Rs./ Month)	<300	1994	20.4	25.1, p<0.001	9.5	759.1, p<0.001	5.8	557.2, p<0.001	1266	5.8	107.3, p<0.001
	300-600	5055	20.9		12.0		7.7		3172	5.6	
	600-900	3882	20.9		15.9		10.1		2429	5.8	
	≥ 900	11140	23.6		27.5		18.9		7440	10.5	
Family Size	≤ 4	8649	23.6	16.5, p<0.001	21.3	12.1, NS	14.8	22.2, p<0.001	5679	8.6	2.3, NS
	5 - 7	10666	21.3		19.3		12.5		6888	7.9	
	≥ 8	2763	21.2		20.7		13.8		1745	8.1	
Type of House	Kutchha	3748	19.0	44.1, p<0.001	10.5	712.3, p<0.001	6.1	521.4, p<0.001	2235	4.2	103.0, p<0.001
	Semi Pucca	12827	22.0		18.2		12.2		8484	7.8	
	Pucca	5491	24.8		31.9		21.9		3583	11.5	
Literacy Status	Literate	16579	23.5	7.0, p<0.01	10.9	386.1, p<0.001	15.8	270.5, p<0.001	10878	7.2	6.1, p<0.05
	Illiterate	5439	21.8		23.3		7.0		3395	8.5	
Physical Exercise	Yes	949	28.3	21.7, p<0.001	35.2	136.9, p<0.001	26.6	142.8, p<0.001	482	22.2	130.7, p<0.001
	No	21129	21.9		19.6		13.0		13830	7.7	
Consume Tobacco	Yes	10890	23.7	28.2, p<0.001	15.2	341.4, p<0.001	10.4	187.9, p<0.001	6800	7.1	19.8, p<0.001
	No	11188	20.7		25.2		16.7		7512	9.1	
Consume Alcohol	Yes	6112	23.2	5.5, p<0.05	19.1	6.9, NS	13.0	2.5, NS	3609	7.0	8.7, p<0.01
	No	15966	21.8		20.7		13.8		10703	8.6	

Table 81.2 : PREVALENCE (%) OF HYPERTENSION, DIABETES, OVERWEIGHT/ OBESITY AND WC AMONG MEN BY CONSUMPTION OF FOODS

Food Groups (g) (Tertiles)		n	Hypertension		Overweight/ Obesity (BMI≥23)		Waist Circumference (≥90)		Diabetes		
			%	χ ² , p	%	χ ² , p	%	χ ² , p	n	%	χ ² , p
Cereals & Millets	<319	2563	25.7	50.56, p<0.001	22.0	4.67, NS	15.4	8.25, p<0.05	1703	10.6	30.14, p<0.001
	319-444	3309	22.2		20.3		14.0		2180	7.9	
	>444	4517	18.6		19.8		13.0		2918	6.1	
Pulses & Legumes	<5	3453	21.3	4.31, NS	20.4	3.75, NS	13.1	6.92, p<0.05	2280	7.6	3.80, NS
	5-39	3149	22.7		19.5		13.3		2111	7.1	
	>39	3787	20.7		21.4		15.1		2410	8.6	
Veg. & Fruits	<85	3301	21.4	3.81, NS	20.0	5.89, NS	13.2	9.41, p<0.01	2239	8.2	1.35, NS
	85-179	3387	20.5		19.6		13.0		2226	8.0	
	>179	3701	22.5		21.8		15.3		2336	7.3	
Milk & Milk Products	1	3733	21.8	15.46, p<0.001	14.6	175.49, p<0.001	8.2	230.92, p<0.001	2346	5.8	53.61, p<0.001
	1-75	3145	19.3		20.0		13.2		2089	6.4	
	>75	3511	23.3		27.2		20.5		2366	11.1	
Fats & Oils	<9	3161	22.7	4.32, NS	18.0	78.06, p<0.001	11.7	66.83, p<0.001	2169	8.8	4.88, NS
	9-17	3347	20.6		17.6		11.7		2134	7.0	
	>17	3881	21.4		25.0		17.5		2498	7.6	
Sugar & Jaggery	<6	3583	20.0	7.36, p<0.05	17.0	41.10, p<0.001	11.0	40.36, p<0.001	2333	8.7	8.41, p<0.05
	6-14	3372	22.4		22.5		16.0		2337	8.1	
	>14	3434	22.2		22.2		14.8		2131	6.5	
Salt	<5	4917	20.6	4.39, p<0.05	18.0	34.48, p<0.001	11.4	46.55, p<0.001	3380	7.2	3.07, NS
	≥5	5472	22.3		22.7		16.1		3421	8.4	

Table 81.3 : PREVALENCE (%) OF HYPERTENSION, DIABETES, OVERWEIGHT/ OBESITY AND WC AMONG MEN BY CONSUMPTION OF NUTRIENTS

Nutrients (Tertiles)		n	Hypertension		Overweight/ Obesity (BMI≥23)		Waist Circumference (≥90)		Diabetes		
			%	χ ² , p	%	χ ² , p	%	χ ² , p	n	%	χ ² , p
Energy (Cal)	<1587	2571	23.0	10.25, p<0.01	18.0	35.55, p<0.001	11.8	24.66, p<0.001	1699	8.8	3.37, p<0.05
	1587-2106	3322	22.3		18.8		13.0		2242	7.7	
	>2106	4496	20.1		23.2		15.7		2860	7.3	
Protein (g)	<41	2665	23.3	9.68, p<0.01	17.1	26.89, p<0.001	10.5	41.16, p<0.001	1733	7.4	0.70, NS
	41-57	3301	21.9		21.1		13.8		2142	7.8	
	>57	4423	20.2		22.1		16.0		2926	8.1	
Total Fat (g)	<19	3047	22.1	10.96, p<0.01	14.1	175.07, p<0.001	8.3	190.64, p<0.001	1967	5.7	21.96, p<0.001
	19-32	3426	19.6		19.0		12.4		2220	7.8	
	>32	3916	22.7		26.8		19.5		2614	9.4	

Table 82.1 : PREVALENCE (%) OF HYPERTENSION, DIABETES, OVERWEIGHT/ OBESITY AND WC AMONG ADULT WOMEN BY HOUSEHOLD SOCIO-ECONOMIC VARIABLES AND EXERCISE, USE OF TOBACCO/ ALCOHOL

Socio Economic Particulars		n	Hypertension		Overweight/ Obesity (BMI≥23)		Waist Circumference (≥80)		Diabetes		
			%	χ ² , p	%	χ ² , p	%	χ ² , p	n	%	χ ² , p
Religion	Hindu	24119	21.3	27.7, p<0.001	23.0	414.2 p<0.001	21.4	513.7 p<0.001	16398	6.3	91.3, p<0.001
	Muslim	1692	24.4		35.3		33.0		1149	9.1	
	Christian	971	27.1		47.4		48.9		667	15.0	
	Others	453	23.8		20.0		14.1		298	3.7	
Community	ST	3472	18.5	131.3, p<0.001	10.6	726.0 p<0.001	11.0	615.6 p<0.001	2510	5.5	42.4, p<0.001
	SC	6081	18.8		19.4		17.6		4032	5.0	
	OBC	9662	21.3		26.5		25.2		6480	7.4	
	Others	8020	25.5		32.3		29.7		5490	7.9	
Occupation	Labourers	7116	15.7	259.4, p<0.001	16.8	468.8 p<0.001	16.1	459.4 p<0.001	4836	4.5	63.5, p<0.001
	Cultivators +Artisans	3489	19.1		19.1		16.4		2465	6.2	
	Service + Business + Others	16580	24.8		29.1		27.4		11211	7.9	
PCI (Rs./ Month)	<300	2423	19.5	22.8, p<0.001	12.5	1050.4 p<0.001	12.3	858.4 p<0.001	1627	4.5	111.5, p<0.001
	300-600	6158	21.0		14.9		14.4		4058	4.8	
	600-900	4969	20.6		19.8		19.1		3321	4.9	
	≥ 900	13679	22.9		32.8		30.2		9500	8.7	
Family Size	≤ 4	10764	21.8	0.30, NS	26.7	44.9 p<0.001	25.3	54.2 p<0.001	7415	7.5	10.8, p<0.01
	5 - 7	13273	21.7		23.3		21.5		8956	6.4	
	≥ 8	3208	21.4		22.6		21.4		2148	5.8	
Type of House	Kutcha	4633	19.0	51.9, p<0.001	14.7	916.6 p<0.001	15.7	728.2 p<0.001	2901	4.0	88.7, p<0.001
	Semi Pucca	15503	21.3		21.7		20.0		10782	6.4	
	Pucca	7099	24.4		37.2		34.3		4829	9.3	
Literacy Status	Literate	14119	25.4	202.4, p<0.001	17.5	656.5 p<0.001	27.5	339.4 p<0.001	9839	6.5	1.5, NS
	Illiterate	12966	18.3		31.0		18.1		8579	7.0	
Physical Exercise	Yes	247	30.3	10.9, p<0.001	53.9	114.8 p<0.001	52.2	120.1 p<0.001	153	25.5	85.6, p<0.001
	No	26998	21.6		24.3		22.7		18366	6.6	
Consume Tobacco	Yes	4399	29.9	206.2, p<0.001	15.6	225.3 p<0.001	14.8	201.4 p<0.001	2831	5.4	10.4, p<0.001
	No	22846	20.1		26.3		24.6		15688	7.0	
Consume Alcohol	Yes	937	21.1	0.2, NS	17.5	25.7 p<0.01	15.6	30.2 p<0.001	550	4.5	4.4, p<0.05
	No	26308	21.7		24.8		23.3		17969	6.8	

Table 82.2 : PREVALENCE (%) OF HYPERTENSION, DIABETES, OVERWEIGHT/ OBESITY AND WC AMONG WOMEN BY CONSUMPTION OF FOODS

Food Groups (Tertiles)		n	Hypertension		Overweight/ Obesity (BMI≥23)		Waist Circumference (≥80)		Diabetes		
			%	χ ² , p	%	χ ² , p	%	χ ² , p	n	%	χ ² , p
Cereals & Millets	<319	5346	24.4	64.39, p<0.001	27.6	72.21, p<0.001	26.8	91.72, p<0.001	3654	7.9	21.50, p<0.001
	319-444	4571	20.1		25.4		23.0		3234	6.3	
	>444	3397	17.5		19.6		18.0		2198	4.8	
Pulses & Legumes	<5	4445	21.2	11.08, p<0.01	26.1	18.10, p<0.001	25.6	22.68, p<0.001	3058	5.9	6.60, p<0.05
	5-39	4742	22.4		22.7		21.5		3267	6.4	
	>39	4127	19.5		25.9		22.7		2761	7.5	
Veg. & Fruits	<85	4601	21.5	1.97, NS	24.1	6.90, p<0.05	22.8	1.32, NS	3177	7.3	6.73, p<0.05
	85-179	4512	20.4		24.2		23.3		3094	6.7	
	>179	4201	21.5		26.3		23.8		2815	5.6	
Milk & Milk Products	1	4861	21.9	5.01, NS	18.1	308.54, p<0.001	17.5	211.71, p<0.001	3323	4.6	44.64, p<0.001
	1-75	4071	20.0		23.3		22.7		2778	6.5	
	>75	4382	21.3		33.7		30.2		2985	8.8	
Fats & Oils	<9	4737	22.8	13.51, p<0.001	23.5	34.22, p<0.001	24.3	17.72, p<0.001	3287	7.0	5.23, NS
	9-17	4439	20.6		23.2		21.1		2999	5.7	
	>17	4138	19.8		28.1		24.4		2800	7.0	
Sugar & Jaggery	<6	4407	20.6	5.32, NS	20.1	80.46, p<0.001	20.1	45.23, p<0.001	3051	6.7	0.13, NS
	6-14	4417	20.5		27.8		26.1		3184	6.6	
	>14	4490	22.3		26.6		23.6		2851	6.5	
Salt	<5	7124	21.9	5.25, p<0.05	23.3	19.41, p<0.001	22.8	2.10, NS	4967	6.4	0.71, NS
	≥5	6190	20.3		26.6		23.8		4119	6.8	

Table 82.3 : PREVALENCE (%) OF HYPERTENSION, DIABETES, OVERWEIGHT/ OBESITY AND WC AMONG WOMEN BY CONSUMPTION OF NUTRIENTS

Nutrients (Tertiles)		n	Hypertension		Overweight/ Obesity (BMI≥23)		Waist Circumference (≥80)		Diabetes		
			%	χ ² , p	%	χ ² , p	%	χ ² , p	n	%	χ ² , p
Energy (Cal)	<1587	5327	23.6	39.94, p<0.001	24.2	2.65, NS	23.8	1.65, NS	3679	7.1	3.15, NS
	1587-2106	4580	20.5		25.6		23.2		3169	6.5	
	>2106	3407	18.1		24.8		22.6		2238	5.9	
Protein (g)	<41	5215	23.2	24.84, p<0.001	22.6	23.401, p<0.001	21.2	26.29, p<0.001	3546	6.0	4.55, NS
	41-57	4608	20.4		26.0		23.5		3152	6.7	
	>57	3491	18.9		26.6		26.0		2388	7.4	
Total Fat (g)	<19	4850	22.3	6.00, NS	19.1	189.47, p<0.001	19.0	114.93, p<0.001	3270	5.3	15.11, p<0.001
	19-32	4482	20.6		24.8		23.1		3032	6.9	
	>32	3982	20.4		31.8		28.7		2784	7.8	

**Table 83: DISTRIBUTION (%) OF HHs BY
SOCIO ECONOMIC PARTICULARS AND PERIOD OF SURVEY: TIME TRENDS**

Socio Economic Variables		Period of Survey			
		1975-79	1988-90	1996-97	2011-12
Type of House	Kutcha	37.7	30.8	25.5	19.1
	Semi-pucca	51.3	58.3	64.4	56.5
	Pucca	11	10.9	10.1	24.4
Occupation					
Occupation	Labour	26.7	25.2	29.2	45.4
	Agriculture	45.8	41.4	39.3	25.7
	Artisans	8.8	12.3	7.8	4.5
	Service	8.9	10.6	11.2	9.1
	Business	6.3	5.6	5.6	7.5
	Others	3.5	4.9	6.9	7.8
Land Holding (Acres)					
Land Holding (Acres)	No land	29.9	47.3	41.1	40.3
	<5	42.9	28.2	45.6	50.7
	5-10	12.6	15.4	7.9	6.1
	>10	14.6	9.1	5.4	2.9

Table 84 : AVERAGE CONSUMPTION OF FOODSTUFFS (g/CU/Day): TIME TRENDS

Food stuffs	Year	Kerala	Tamil Nadu	Karna-taka	Andhra Pradesh	Maha-rashtra	Gujarat	Orissa	Pooled	RDI
Cereals & Millets	1975-79	341	490	682	568	502	452	*	505	460
	1988-90	369	406	548	534	463	493	540	469	
	1996-97	352	407	458	496	443	431	538	450	
	2011-12	286	348	420	401	319	370	434	368	
Pulses	1975-79	14	32	60	31	37	30	*	34	40
	1988-90	18	27	50	28	36	32	32	32	
	1996-97	17	28	41	30	33	34	21	27	
	2011-12	21	34	40	25	34	41	33	33	
Green Leafy Veggies.	1975-79	4	9	6	6	15	8	*	8	40
	1988-90	9	12	10	7	13	4	25	9	
	1996-97	10	10	8	9	9	7	47	15	
	2011-12	10	10	13	7	16	10	44	16	
Other vegetable	1975-79	81	63	33	39	50	58	*	54	60
	1988-90	65	53	22	40	55	60	69	49	
	1996-97	63	41	27	28	52	53	64	47	
	2011-12	51	48	27	34	34	41	104	48	
Roots & Tubers	1975-79	135	58	26	25	20	37	*	56	50
	1988-90	63	40	31	29	32	52	68	41	
	1996-97	60	48	31	21	29	44	71	44	
	2011-12	59	59	31	24	19	45	114	50	
Milk & Milk prodt.	1975-79	47	79	78	98	92	180	*	116	150
	1988-90	87	69	91	82	85	139	38	92	
	1996-97	122	88	83	76	75	157	12	86	
	2011-12	84	137	79	106	56	184	16	95	
Fats & oils	1975-79	4	12	7	13	13	17	*	14	20
	1988-90	14	9	8	13	15	21	7	13	
	1996-97	9	10	10	12	16	19	8	12	
	2011-12	10	16	14	17	17	24	15	16	
Sugar & Jaggery	1975-79	19	20	31	9	31	29	*	23	30
	1988-90	32	24	30	21	33	35	5	29	
	1996-97	26	20	29	10	30	30	6	21	
	2011-12	13	14	20	13	19	10	10	14	

* Orissa unit was established later

Table 85 : AVERAGE CONSUMPTION OF NUTRIENTS (CU/day): TIME TRENDS

Nutrients	Year	Kerala	Tamil Nadu	Karna-taka	Andhra Pradesh	Maha-rashtra	Gujarat	Orissa	Pooled	RDA
Protein (g)	1975-79	46.4	54.8	79.3	59.8	64.5	64.2	*	61.5	60
	1988-90	52.9	45.6	65.4	55.7	61.7	69.3	52.4	58.4	
	1996-97	56.4	46.4	53.3	51.6	56.1	61.5	49.2	53.7	
	2011-12	49.9	45.7	52.1	45.6	44.2	57.5	48.1	49.0	
Energy (Kcal)	1975-79	1978	2275	2932	2447	2300	2162	*	2349	2425
	1988-90	2140	1871	2431	2340	2211	2375	2285	2283	
	1996-97	2106	1896	2108	2161	2089	2105	2177	2108	
	2011-12	1625	1813	2047	1925	1587	1944	2017	1852	
Calcium (mg)	1975-79	507	552	946	565	512	551	*	606	400
	1988-90	608	472	869	432	461	550	346	565	
	1996-97	728	451	764	418	555	530	313	521	
	2011-12	501	468	493	388	297	470	416	433	
Iron (mg)	1975-79	20.8	26.6	46.3	27.8	33.5	25.9	*	30.2	28
	1988-90	22.0	21.4	35.6	25.8	29.6	29.0	26.1	27.2	
	1996-97	22.1 (12.8)	20.4 (9.0)	28.2 (17.3)	23.4 (10.4)	26.9 (17.6)	23.6 (22.5)	26.9 (10.2)	24.9 (14.2)	
	2011-12	11.7	10.5	14.0	8.5	14.6	19.3	15.2	13.4	
Vitamin A (µg)	1975-79	176	211	242	264	313	272	*	246	600
	1988-90	297	240	269	286	311	286	417	282	
	1996-97	274	250	229	278	220	277	526	300	
	2011-12	219	274	296	218	206	304	554	296	
Thiamin (mg)	1975-79	0.72	0.89	2.42	1.06	1.77	1.90	*	1.46	1.20
	1988-90	0.72	0.70	1.86	0.98	1.67	2.08	0.8	1.33	
	1996-97	0.90	0.80	1.50	0.90	1.60	1.70	0.9	1.20	
	2011-12	1.0	1.2	1.3	0.8	1.2	1.6	1.3	1.2	
Riboflavin (mg)	1975-79	0.72	0.79	1.19	0.79	0.98	1.08	*	0.81	1.40
	1988-90	0.74	0.60	1.01	0.72	0.94	1.22	0.60	0.87	
	1996-97	1.00	0.80	1.00	0.90	0.90	1.20	0.80	0.90	
	2011-12	0.70	0.90	0.90	0.80	0.70	0.90	0.70	0.80	
Niacin (mg)	1975-79	11.5	12.5	17.8	14.5	16.8	15.3	*	14.7	16
	1988-90	11.8	10.5	14.6	14.4	16.3	17.3	13.3	14.2	
	1996-97	12.1	10.5	11.5	12.8	15.3	13.1	13.1	12.7	
	2011-12	13.4	15.7	12.2	10.6	11.7	13.0	19.3	13.7	
Vit. C (mg)	1975-79	67	42	23	29	36	35	*	39	40
	1988-90	47	39	26	36	37	36	56	37	
	1996-97	52	37	25	33	32	33	66	40	
	2011-12	46	50	35	35	27	36	92	46	
Dietary Folate (µg)*	1996-97	136	125	155	129	166	211	156	153	200
	2011-12	96	131	124	107	124	169	135	127	

Figures in the parentheses indicate the revised iron values

* Orissa unit was established later

Table 86.1 : AVERAGE CONSUMPTION OF FOODS (g/DAY) AMONG 1-6 YEAR CHILDREN: TIME TRENDS

Age (Yrs)	Year	n	Cereals & Millets	Pulses	Veg- tables	Nuts & Oil seeds	Condi- ments & spices	Fruits	Fish	Other flesh foods	Milk & Milk Prod	Fats & Oils	Sugar & Jaggery
1-3	1975-79	747	158	14	35	5	7	14	5	2	74	5	12
	1988-90	892	176	14	31	5	6	18	4	2	68	5	16
	1996-97	1353	152	13	35	4	6	14	5	2	66	5	15
	2011-12	2895	131	15	41	2	4	12	2	4	86	6	10
4-6	1975-79	776	228	20	52	7	10	14	6	2	57	6	14
	1988-90	922	263	20	51	5	8	23	4	3	62	7	18
	1996-97	1265	243	20	64	6	9	22	7	2	59	8	17
	2011-12	2915	209	20	70	3	6	14	4	5	67	9	10

Table 86.2 : AVERAGE CONSUMPTION OF FOODS (g/DAY) AMONG 7-17 YEAR CHILDREN: CHANGES

Age (Yrs)	Year	n	Cereals & Millets	Pulses	Veg- tables	Nuts & Oil seeds	Condi- ments & spices	Fruits	Fish	Other flesh foods	Milk & Milk Prod	Fats & Oils	Sugar & Jaggery
7-9	1996-97	1124	308	25	73	8	10	18	8	2	51	9	17
	2011-12	2963	262	24	88	3	8	15	6	5	64	11	10
10-12 Boys	1996-97	493	366	26	87	11	12	20	15	3	66	10	19
	2011-12	1654	301	26	102	4	8	19	6	6	58	12	11
10-12 Girls	1996-97	499	346	25	89	11	11	21	12	3	51	9	19
	2011-12	1577	289	25	97	3	9	16	5	6	59	11	10
13-15 Boys	1996-97	390	427	28	106	15	13	37	19	3	65	11	19
	2011-12	1529	347	29	110	4	10	22	8	6	66	13	12
13-15 Girls	1996-97	405	396	26	113	12	11	17	15	4	60	10	20
	2011-12	1538	324	27	110	4	10	22	8	5	58	12	10
16-17 Boys	1996-97	203	511	32	130	22	15	26	26	6	71	12	20
	2011-12	898	386	29	115	6	12	24	8	8	74	15	13
16-17 Girls	1996-97	201	424	27	119	18	13	25	19	4	79	11	20
	2011-12	991	346	29	113	5	10	22	7	5	65	13	12

Table 86.3 : AVERAGE CONSUMPTION OF FOODS (g/DAY) AMONG ADULTS (SEDENTARY): CHANGES

Adults	Year	n	Cereals & Millets	Pulses	Vegetables	Nuts & Oil seeds	Condi-ments & spices	Fruits	Fish	Other flesh foods	Milk & Milk Prod	Fats & Oils	Sugar & Jaggery
Men	1996-97	1349	474	36	146	31	17	33	29	6	101	16	26
	2011-12	4774	380	32	143	9	13	26	15	9	91	17	12
Women	1996-97	1477	410	29	129	25	14	24	28	4	92	13	22
	2011-12	9519	341	28	138	8	12	24	14	7	82	15	13
Pregnant	1996-97	79	432	34	103	14	14	27	12	5	80	11	16
	2011-12	322	354	34	125	7	13	32	13	8	79	16	13
Lactating	1996-97	429	474	35	109	14	17	26	21	3	68	13	23
	2011-12	693	395	34	137	6	13	24	9	7	66	17	14

Table 87.1 : AVERAGE NUTRIENT INTAKES AMONG 1-6 YEAR CHILDREN: TIME TRENDS

Age (Yrs)	Year	n	Protein (g)	Total Fat (g)	Energy (Kcal)	Calcium (mg)	Iron (mg)	Vit.A (µg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit.C (mg)
1-3	1975-79	747	22.8	13.7	834	304	10.2	136	0.50	0.38	5.08	15
	1988-90	892	23.7	13.5	908	256	10.2	117	0.52	0.37	5.56	14
	1996-97	1353	20.9	12.9	807	239	8.7	133	0.40	0.4	4.60	15
	2011-12	2895	21.3	14.8	767	247	5.8	151	0.50	0.40	5.3	16
4-6	1975-79	776	30.2	16.0	1118	359	15.0	159	0.76	0.48	7.09	20
	1988-90	922	33.9	17.1	1260	147	15.3	153	0.83	0.52	8.40	23
	1996-97	1265	31.2	18.0	1213	298	14.3	205	0.70	0.60	7.4	25
	2011-12	2915	30.3	17.9	1082	263	8.9	177	0.80	0.50	8.2	25

Table 87.2 : AVERAGE NUTRIENT INTAKES AMONG 7-17 YEAR CHILDREN: TIME TRENDS

Age (Yrs)	Year	n	Protein (g)	Total Fat (g)	Energy (Kcal)	Calcium (mg)	Iron (mg)	Vit.A (µg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit.C (mg)
7-9	1975-79*	772	37.6	#	1371	#	19.2	141	#	#	#	#
	1996-97	1124	38.4	19.9	1467	350	18.1	229	0.9	0.7	9	28
	2011-12	2963	36.5	20.4	1303	290	10.5	184	1.0	0.6	10.1	29
10-12 Boys	1975-79*	626	43.4	#	1555	#	22.4	179	#	#	#	#
	1996-97	493	45.7	24.7	1738	440	21.3	264	1.1	0.8	11	33
	2011-12	1654	40.3	21.9	1462	306	12.1	221	1.1	0.6	11.6	34
10-12 Girls	1975-79*	626	43.4	#	1555	#	22.4	179	#	#	#	#
	1996-97	499	42.6	22.2	1635	420	20.3	241	1.0	0.7	10	33
	2011-12	1577	38.6	20.7	1401	293	11.4	198	1.0	0.6	11.0	32
13-15 Boys	1975-79*	218	46.2	#	1682	#	24.1	214	#	#	#	#
	1996-97	390	52.4	27.7	2004	504	24.2	365	1.2	0.9	13	40
	2011-12	1529	46.0	24.0	1659	343	13.4	244	1.3	0.7	13.3	36
13-15 Girls	1975-79*	199	46.4	#	1718	#	23.5	181	#	#	#	#
	1996-97	405	48.0	24.1	1848	463	25.5	277	1.1	0.8	12	38
	2011-12	1538	42.4	22.5	1554	319	12.8	244	1.1	0.7	12.3	38
16-17 Boys	1975-79*	106	55.8	#	2002	#	28.1	224	#	#	#	#
	1996-97	203	61.7	33.2	2369	589	28.6	373	1.3	1.1	15	47
	2011-12	898	50.0	27.8	1839	385	14.8	261	1.3	0.8	14.5	41
16-17 Girls	1975-79*	88	45.4	#	1723	#	24.4	259	#	#	#	#
	1996-97	201	51.7	29.2	2030	525	23.3	249	1.1	0.9	12	40
	2011-12	991	45.3	24.4	1656	337	13.5	246	1.2	0.7	13.3	39

*: Only 6 states (Kerala, TN, Karnataka, AP, Maharashtra and Gujarat)

#: Data not available

Table 87.3 : AVERAGE NUTRIENT INTAKES AMONG ADULTS (SEDENTARY): TIME TRENDS

Adults	Year	n	Protein (g)	Total Fat (g)	Energy (Kcal)	Calcium (mg)	Iron (mg)	Vit.A (µg)	Thiamin (mg)	Ribo-flavin (mg)	Niacin (mg)	Vit.C (mg)
Men	1975-79*	1099	61.0	#	2217	#	30.4	300	#	#	#	#
	1996-97	1349	32.4	41.9	2402	683	28.5	372	1.4	1.1	15	52
	2011-12	4774	52.7	31.3	1895	453	15.4	298	1.4	0.8	15.3	51
Women	1975-79*	1488	49.1	#	1824	#	24.9	227	#	#	#	#
	1996-97	1477	53.4	35.3	2070	593	24.1	311	1.1	1.0	12	44
	2011-12	9519	46.5	27.5	1709	414	13.7	291	1.2	0.7	13.8	48
Pregnant	1975-79*	54	49.6	#	1771	#	24.7	246	#	#	#	#
	1996-97	79	50.7	27.7	2006	575	24.3	269	1.1	0.9	12	39
	2011-12	322	48.6	28.1	1773	418	13.7	291	1.3	0.8	13.8	43
Lactating	1975-79*	309	54.3	#	1953	#	27.7	236	#	#	#	#
	1996-97	429	57.5	29.6	2218	553	26.7	277	1.3	1.0	14	40
	2011-12	693	52.2	29.6	1927	411	15.8	304	1.4	0.8	15.5	47

*: Only 6 states (Kerala, TN, Karnataka, AP, Maharashtra and Gujarat)

#: Data not available

**Table 88 : PREVALENCE (%) OF NUTRITIONAL DEFICIENCY SIGNS
AMONG PRESCHOOL CHILDREN: TIME TRENDS**

Nutritional Deficiency Signs	Year	Kerala	Tamil Nadu	Karnataka	Andhra Pradesh	Maharashtra	Gujarat	Orissa	Pooled (7 States)
n	1975-79	1034	1832	2941	2631	1580	1893	660	12775
	1988-90	748	2792	1715	2394	1488	1090	911	11535
	1996-97	879	809	1665	1940	1017	635	1635	8664
	2011-12	533	608	701	791	728	878	790	5029
NAD	1975-79	91.7	84.4	71.9	79.8	86.0	79.7	76.7	80.7
	1988-90	94.5	73.6	79.2	88.5	87.5	79.4	96.3	83.5
	1996-97	98.6	82.1	94.5	92.0	88.2	99.2	96.2	93.1
	2011-12	95.3	91.1	95.3	97.7	95.6	98.1	97.6	96.1
Oedema	1975-79	-	-	0.4	0.9	0.5	0.0	-	0.4
	1988-90	-	-	0.2	-	0.1	1.1	-	0.1
	1996-97	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.1
	2011-12	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Marasmus	1975-79	0.2	0.6	0.5	2.0	0.8	3.8	0.6	1.3
	1988-90	0.1	0.2	0.4	0.1	0.3	4.9	0.1	0.6
	1996-97	0.0	0.0	0.1	0.2	0.2	0.0	0.1	0.1
	2011-12	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0
Kwashiorkor and other related signs	1975-79	0.2	0.6	0.9	3.0	0.6	0.2	0.1	1.2
	1988-90	-	0.1	0.4	0.1	0.3	-	0.1	0.2
	1996-97	0.0	0.0	0.5	1.1	1.8	0.1	0.1	0.8
	2011-12	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0
Bitot's spot	1975-79	0.1	2.9	2.3	3.1	0.4	0.9	1.5	1.8
	1988-90	0.5	0.6	1.1	1.0	0.3	0.5	1.1	0.7
	1996-97	0.1	0.7	0.5	0.8	3.0	0.0	0.0	0.7
	2011-12	0.0	0.0	0.6	0.1	1.4	0.2	0.3	0.2
Angular stomatitis	1975-79	1.6	5.0	11.8	7.9	1.0	1.5	5.9	5.7
	1988-90	-	6.3	13.9	9.0	1.3	0.5	-	5.7
	1996-97	0.0	10.6	0.5	3.4	1.2	0.0	0.3	2.1
	2011-12	0.0	0.5	0.4	0.1	1.1	0.0	0.1	0.3

Table 89.1 : DISTRIBUTION (%) OF PRESCHOOL CHILDREN (BOYS) ACCORDING TO WEIGHT FOR AGE BY SD CLASSIFICATION*: TIME TRENDS

STATES	PERIOD	n	Weight for Age (Underweight)		
			Severe (< -3SD)	Moderate (-3SD to -2SD)	Normal (≥ -2SD)
Kerala	1975-79	208	36.1	37.0	26.9
	1996-97	482	5.6	17.8	76.6
	2011-12	257	4.7	21.0	74.3
Tamil Nadu	1975-79	368	38.0	32.9	29.1
	1996-97	395	9.9	23.3	66.8
	2011-12	295	11.5	22.7	65.8
Karnataka	1975-79	952	42.9	33.4	23.7
	1996-97	857	18.2	31.7	50.1
	2011-12	334	13.5	34.1	52.4
Andhra Pradesh	1975-79	341	44.3	35.2	20.5
	1996-97	1034	22.4	34.8	42.7
	2011-12	379	10.8	29.3	59.9
Maharashtra	1975-79	353	50.7	33.7	15.6
	1996-97	529	21.7	33.1	45.2
	2011-12	397	10.1	29.0	60.9
Gujarat	1975-79	708	43.5	33.6	22.9
	1996-97	333	32.4	28.5	39.0
	2011-12	443	23.9	33.9	42.2
Orissa	1975-79	255	37.3	31.0	31.8
	1996-97	829	15.0	32.1	53.0
	2011-12	417	14.6	31.7	53.7
Pooled (7 States)	1975-79	3185	42.6	33.7	23.8
	1996-97	4459	18.0	30.2	51.9
	2011-12	2522	13.4	29.5	57.1

*- WHO Growth Standards

Table 89.2 : DISTRIBUTION (%) OF PRESCHOOL CHILDREN (GIRLS) ACCORDING TO WEIGHT FOR AGE BY SD CLASSIFICATION*: TIME TRENDS

STATES	PERIOD	n	Weight for Age (Underweight)		
			Severe (< -3SD)	Moderate (-3SD to -2SD)	Normal (≥ -2SD)
Kerala	1975-79	211	31.3	38.9	29.9
	1996-97	404	4.5	14.6	80.9
	2011-12	272	5.9	16.5	77.6
Tamil Nadu	1975-79	389	40.1	31.4	28.5
	1996-97	424	13.0	25.7	61.3
	2011-12	312	8.7	24.4	66.9
Karnataka	1975-79	832	41.1	34.6	24.3
	1996-97	825	20.1	33.3	46.5
	2011-12	363	14.0	28.1	57.9
Andhra Pradesh	1975-79	309	41.4	30.4	28.2
	1996-97	929	21.9	31.8	46.4
	2011-12	409	12.0	29.1	58.9
Maharashtra	1975-79	274	51.1	28.1	20.8
	1996-97	483	21.1	32.3	46.6
	2011-12	322	10.6	25.8	63.6
Gujarat	1975-79	303	46.5	30.4	23.1
	1996-97	311	29.6	27.3	43.1
	2011-12	418	24.2	34	41.8
Orissa	1975-79	195	37.4	34.9	27.7
	1996-97	821	17.4	36.7	45.9
	2011-12	370	12.7	35.9	51.4
Pooled (7 States)	1975-79	2513	41.6	32.7	25.6
	1996-97	4197	18.6	30.5	50.9
	2011-12	2466	13.2	28.4	58.4

*- WHO Growth Standards

Table 89.3 : DISTRIBUTION (%) OF PRESCHOOL CHILDREN (BOYS & GIRLS) ACCORDING TO WEIGHT FOR AGE BY SD CLASSIFICATION*: TIME TRENDS

STATES	PERIOD	n	Weight for Age (Underweight)		
			Severe (< -3SD)	Moderate (-3SD to -2SD)	Normal (≥ -2SD)
Kerala	1975-79	419	33.7	37.9	28.4
	1996-97	886	5.1	16.4	78.5
	2011-12	529	4.9	18.6	76.5
Tamil Nadu	1975-79	757	39.1	32.1	28.8
	1996-97	819	11.5	24.5	64.0
	2011-12	607	9.4	22.1	68.5
Karnataka	1975-79	1784	42.0	34.0	24.0
	1996-97	1682	19.1	32.5	48.4
	2011-12	697	13.2	29.9	56.9
Andhra Pradesh	1975-79	650	42.9	32.9	24.2
	1996-97	1963	22.2	33.4	44.4
	2011-12	788	10.6	27.9	61.5
Maharashtra	1975-79	627	50.8	31.3	17.9
	1996-97	1012	21.4	32.7	45.9
	2011-12	719	9.8	27.5	62.7
Gujarat	1975-79	1011	44.5	32.6	22.9
	1996-97	644	31.0	28.0	41.0
	2011-12	861	24.6	32.8	42.6
Orissa	1975-79	450	37.3	32.7	30.0
	1996-97	1650	16.2	34.4	49.4
	2011-12	787	12.5	33.5	54.0
Pooled (7 States)	1975-79	5698	42.2	33.3	24.5
	1996-97	8656	18.3	30.3	51.4
	2011-12	4988	12.9	28.2	58.9

*- WHO Growth Standards

Table 90.1 : DISTRIBUTION (%) OF PRESCHOOL CHILDREN (BOYS) ACCORDING TO HEIGHT FOR AGE BY SD CLASSIFICATION*: TIME TRENDS

STATES	PERIOD	n	Height for Age (Stunting)		
			Severe (< -3SD)	Moderate (-3SD to -2SD)	Normal (≥ -2SD)
Kerala	1975-79	208	54.3	25.5	20.2
	1996-97	482	8.5	18.7	72.8
	2011-12	254	7.9	19.3	72.8
Tamil Nadu	1975-79	367	55.1	24.5	20.4
	1996-97	395	14.7	30.1	55.2
	2011-12	294	6.8	20.4	72.8
Karnataka	1975-79	952	54.6	25.8	19.5
	1996-97	857	24.7	25.0	50.3
	2011-12	323	19.8	27.2	53
Andhra Pradesh	1975-79	341	61.0	22.3	16.7
	1996-97	1034	23.6	33.9	42.5
	2011-12	369	16.3	29.8	53.9
Maharashtra	1975-79	353	71.1	20.7	8.2
	1996-97	529	34.8	32.7	32.5
	2011-12	383	19.3	30.3	50.4
Gujarat	1975-79	708	61.9	22.6	15.5
	1996-97	331	36.3	31.7	32.0
	2011-12	416	30.3	29.1	40.6
Orissa	1975-79	256	57.0	21.5	21.5
	1996-97	829	22.2	31.7	46.1
	2011-12	407	24.3	27.3	48.4
Pooled (7 States)	1975-79	3185	59.0	23.6	17.4
	1996-97	4457	23.4	29.5	47.1
	2011-12	2446	18.9	26.8	54.3

*- WHO Growth Standards

Table 90.2 : DISTRIBUTION (%) OF PRESCHOOL CHILDREN (GIRLS) ACCORDING TO HEIGHT FOR AGE BY SD CLASSIFICATION*: TIME TRENDS

STATES	PERIOD	n	Height for Age (Stunting)		
			Severe (< -3SD)	Moderate (-3SD to -2SD)	Normal (≥ -2SD)
Kerala	1975-79	210	51.4	25.7	22.9
	1996-97	404	8.9	19.1	72.0
	2011-12	269	7.1	19.0	73.9
Tamil Nadu	1975-79	377	55.2	28.6	16.2
	1996-97	424	15.1	29.5	55.4
	2011-12	306	4.6	17.0	78.4
Karnataka	1975-79	832	55.3	25.0	19.7
	1996-97	824	24.0	26.6	49.4
	2011-12	353	16.7	24.4	58.9
Andhra Pradesh	1975-79	309	51.5	29.4	19.1
	1996-97	928	22.0	31.8	46.2
	2011-12	404	16.3	32.4	51.3
Maharashtra	1975-79	274	66.8	19.7	13.5
	1996-97	481	37.4	31.0	31.6
	2011-12	319	16.9	29.5	53.6
Gujarat	1975-79	303	58.4	22.1	19.5
	1996-97	308	35.1	26.3	38.6
	2011-12	392	26.3	28.6	45.1
Orissa	1975-79	195	59.0	18.5	22.6
	1996-97	821	22.9	34.1	43.0
	2011-12	357	20.4	32.2	47.4
Pooled (7 States)	1975-79	2500	56.4	24.7	18.9
	1996-97	4190	23.3	29.3	47.4
	2011-12	2400	16.2	26.7	57.1

*- WHO Growth Standards

Table 90.3 : DISTRIBUTION (%) OF PRESCHOOL CHILDREN (BOYS & GIRLS) ACCORDING TO HEIGHT FOR AGE BY SD CLASSIFICATION*: TIME TRENDS

STATES	PERIOD	n	Height for Age (Stunting)		
			Severe (< -3SD)	Moderate (-3SD to -2SD)	Normal (≥ -2SD)
Kerala	1975-79	418	52.9	25.6	21.5
	1996-97	886	8.7	18.8	72.5
	2011-12	523	8.5	18.8	72.7
Tamil Nadu	1975-79	744	55.1	26.6	18.3
	1996-97	819	14.9	29.8	55.3
	2011-12	600	6.1	18.5	75.4
Karnataka	1975-79	1784	55.0	25.4	19.6
	1996-97	1681	24.4	25.8	49.8
	2011-12	676	20.5	24.9	54.6
Andhra Pradesh	1975-79	650	56.5	25.7	17.8
	1996-97	1962	22.8	32.9	44.3
	2011-12	773	17.5	30.5	52.0
Maharashtra	1975-79	627	69.2	20.3	10.5
	1996-97	1010	36.0	31.9	32.1
	2011-12	702	20.5	28.6	50.9
Gujarat	1975-79	1011	60.8	22.5	16.7
	1996-97	639	35.7	29.1	35.2
	2011-12	808	33.2	26.8	40.0
Orissa	1975-79	451	57.8	20.2	22.0
	1996-97	1650	22.5	32.9	44.6
	2011-12	764	24.9	28.5	46.6
Pooled (7 States)	1975-79	5685	57.9	24.1	18.0
	1996-97	8647	23.4	29.4	47.2
	2011-12	4846	19.9	25.8	54.3

*- WHO Growth Standards

**Table 91.1 : DISTRIBUTION (%) OF PRESCHOOL CHILDREN (BOYS)
ACCORDING TO WEIGHT FOR HEIGHT BY SD CLASSIFICATION*: TIME TRENDS**

STATES	PERIOD	n	Weight for Height (Wasting)		
			Severe (< -3SD)	Moderate (-3SD to -2SD)	Normal (≥ -2SD)
Kerala	1975-79	208	9.1	19.2	71.6
	1996-97	482	2.7	10.2	87.1
	2011-12	253	2.8	13.4	83.8
Tamil Nadu	1975-79	362	8.0	17.7	74.3
	1996-97	395	4.3	12.4	83.3
	2011-12	294	8.8	17.7	73.5
Karnataka	1975-79	950	8.2	22.3	69.5
	1996-97	857	6.4	18.6	75.0
	2011-12	322	3.4	18.0	78.6
Andhra Pradesh	1975-79	341	12.0	19.6	68.3
	1996-97	1034	10.7	21.8	67.5
	2011-12	367	3.5	13.4	83.1
Maharashtra	1975-79	352	8.2	19.6	72.2
	1996-97	529	7.0	12.9	80.2
	2011-12	380	2.6	10.5	86.9
Gujarat	1975-79	708	8.8	20.9	70.3
	1996-97	331	20.5	16.9	62.5
	2011-12	412	7.3	21.6	71.1
Orissa	1975-79	252	11.5	15.5	73.0
	1996-97	829	5.1	13.9	81.1
	2011-12	406	3.0	14.8	82.2
Pooled (7 States)	1975-79	3173	9.0	20.1	70.8
	1996-97	4457	7.7	16.2	76.1
	2011-12	2434	4.5	15.7	79.8

*- WHO Growth Standards

**Table 91.2 : DISTRIBUTION (%) OF PRESCHOOL CHILDREN (GIRLS)
ACCORDING TO WEIGHT FOR HEIGHT BY SD CLASSIFICATION*: TIME TRENDS**

STATES	PERIOD	n	Weight for Height (Wasting)		
			Severe (< -3SD)	Moderate (-3SD to -2SD)	Normal (≥ -2SD)
Kerala	1975-79	208	4.3	13.5	82.2
	1996-97	404	2.0	9.7	88.4
	2011-12	268	0.7	12.7	86.6
Tamil Nadu	1975-79	376	5.9	17.8	76.3
	1996-97	424	3.1	13.0	84.0
	2011-12	306	4.9	20.3	74.8
Karnataka	1975-79	830	6.5	16.9	76.6
	1996-97	823	4.7	19.2	76.1
	2011-12	351	5.1	15.4	79.5
Andhra Pradesh	1975-79	308	11.4	19.5	69.2
	1996-97	928	8.8	18.8	72.4
	2011-12	404	3.0	11.6	85.4
Maharashtra	1975-79	274	6.9	15.0	78.1
	1996-97	481	3.1	10.8	86.1
	2011-12	318	2.5	9.4	88.1
Gujarat	1975-79	303	8.9	18.8	72.3
	1996-97	308	14.9	14.0	71.1
	2011-12	391	8.7	18.4	72.9
Orissa	1975-79	194	7.2	16.0	76.8
	1996-97	821	4.0	15.2	80.8
	2011-12	356	4.5	12.4	83.1
Pooled (7 States)	1975-79	2493	7.2	17.0	75.8
	1996-97	4189	5.6	15.4	78.9
	2011-12	2394	4.4	14.3	81.3

*- WHO Growth Standards

Table 91.3 : DISTRIBUTION (%) OF PRESCHOOL CHILDREN (BOYS & GIRLS) ACCORDING TO WEIGHT FOR HEIGHT BY SD CLASSIFICATION*: TIME TRENDS

STATES	PERIOD	n	Weight for Height (Wasting)		
			Severe (< -3SD)	Moderate (-3SD to -2SD)	Normal (≥ -2SD)
Kerala	1975-79	416	6.7	16.3	77.0
	1996-97	886	2.4	9.9	87.7
	2011-12	521	1.9	10.1	88.0
Tamil Nadu	1975-79	738	6.9	17.8	75.3
	1996-97	819	3.7	12.7	83.6
	2011-12	600	5.0	15.9	79.1
Karnataka	1975-79	1780	7.4	19.8	72.8
	1996-97	1680	5.6	18.9	75.5
	2011-12	673	3.7	11.6	84.7
Andhra Pradesh	1975-79	649	11.7	19.6	68.7
	1996-97	1962	9.8	20.3	69.9
	2011-12	771	2.4	9.9	87.7
Maharashtra	1975-79	626	7.7	17.6	74.7
	1996-97	1010	5.1	11.9	83.0
	2011-12	698	2.1	7.5	90.4
Gujarat	1975-79	1011	8.8	20.3	70.9
	1996-97	639	17.8	15.5	66.7
	2011-12	803	6.8	16.5	76.7
Orissa	1975-79	446	9.6	15.7	74.7
	1996-97	1650	4.5	14.5	81.0
	2011-12	762	3.4	10.4	86.2
Pooled (7 States)	1975-79	5666	8.2	18.8	73.0
	1996-97	8646	6.7	15.8	77.5
	2011-12	4828	3.7	11.8	84.5

*- WHO Growth Standards

Table 92.1 : DISTRIBUTION (%) ADULT MEN ACCORDING TO BMI GRADES: TIME TRENDS

STATES	PERIOD	n	BMI Grades (WHO Cut Offs)		
			CED	Normal	Overweight & Obesity
Kerala	1975-79	1416	56.7	42.0	1.3
	1996-97	1789	31.2	59.0	9.8
	2011-12	2387	21.4	60.5	18.1
Tamil Nadu	1975-79	2125	52.3	43.7	4.0
	1996-97	1367	42.4	51.3	6.3
	2011-12	2218	28.0	55.6	16.4
Karnataka	1975-79	7496	62.1	36.1	1.8
	1996-97	2643	49.9	45.9	4.2
	2011-12	2618	33.9	54.9	11.2
Andhra Pradesh	1975-79	2564	54.3	43.4	2.3
	1996-97	1632	52.4	44.6	3.0
	2011-12	2340	29.4	58.3	12.3
Maharashtra	1975-79	2890	58.5	40.2	1.3
	1996-97	1349	42.5	54.1	3.4
	2011-12	2863	32.7	57.4	9.9
Gujarat	1975-79	4339	65.3	32.9	1.8
	1996-97	1044	62.9	35.0	2.0
	2011-12	2707	43.1	48.2	8.7
Orissa	1975-79	952	45.8	51.2	3.0
	1996-97	2927	43.0	55.9	1.1
	2011-12	2237	36.2	57.3	6.5
Pooled (7 States)	1975-79	21782	59.3	38.7	2.0
	1996-97	12751	45.5	50.5	4.1
	2011-12	17370	32.4	55.8	11.8

Table 92.2 : DISTRIBUTION (%) ADULT WOMEN ACCORDING TO BMI GRADES: TIME TRENDS

STATES	PERIOD	n	BMI Grades (WHO Cut Offs)		
			CED	Normal	Overweight & Obesity
Kerala	1975-79	2372	47.3	50.3	2.4
	1996-97	3480	24.6	59.7	15.8
	2011-12	3610	17.7	51.9	30.4
Tamil Nadu	1975-79	2197	50.9	44.5	4.6
	1996-97	1534	40.4	50.9	8.6
	2011-12	3173	25.7	51.1	23.2
Karnataka	1975-79	3560	57.4	40.2	2.4
	1996-97	3394	57.0	39.6	3.4
	2011-12	3375	36.6	51.6	11.8
Andhra Pradesh	1975-79	2478	52.7	43.3	4.0
	1996-97	2862	56.9	39.5	3.6
	2011-12	3218	32.8	54.5	12.7
Maharashtra	1975-79	2836	57.2	40.4	2.4
	1996-97	2022	50.2	46.6	3.2
	2011-12	3572	36.8	52.5	10.7
Gujarat	1975-79	2672	49.1	46.9	4.0
	1996-97	1691	55.9	41.1	4.0
	2011-12	3381	42.3	46.2	11.5
Orissa	1975-79	965	45.7	51.9	2.4
	1996-97	3039	53.2	45.2	1.6
	2011-12	3160	42.4	50.4	7.2
Pooled (7 States)	1975-79	17080	52.4	44.4	3.2
	1996-97	18022	47.8	46.4	6.0
	2011-12	23489	33.3	51.2	15.5

**Table 93 : STATE WISE COVERAGE PARTICULARS
OF INFANT AND YOUNG CHILD FEEDING PRACTICES**

STATE	IYCF Practices (Mothers of)		
	<12 month Children	12-35 month Children	Pooled
Kerala	97	148	245
Tamil Nadu	142	271	413
Karnataka	161	267	428
Andhra Pradesh	194	363	557
Maharashtra	182	285	467
Gujarat	184	293	477
Madhya Pradesh	192	278	470
Orissa	148	250	398
West Bengal	148	275	423
Uttar Pradesh	220	361	581
Pooled	1668	2791	4459

Table 94.1 : PARTICULARS OF ANC DURING LAST PREGNANCY (MOTHERS OF <6 MONTH CHILDREN)

STATE	Undergone Antenatal Check-up (ANC)		Total number of ANCs							Not availed ANC
	n	Yes	One	Two	Three	Four	≥ Five			
Kerala	43	100.0	2.3	0.0	7.0	7.0	83.7	0.0		
Tamil Nadu	52	98.1	0.0	5.8	11.5	11.5	69.2	1.9		
Karnataka	74	94.6	4.1	13.5	23.0	18.9	35.1	5.4		
Andhra Pradesh	88	98.9	1.1	4.5	15.9	12.5	64.8	1.1		
Maharashtra	82	100.0	1.2	13.4	23.2	25.6	36.6	0.0		
Gujarat	91	84.6	4.4	6.6	19.8	19.8	34.1	15.4		
Madhya Pradesh	105	93.3	17.1	40.0	19.0	7.6	9.5	6.7		
Orissa	81	96.3	4.9	21.0	27.2	17.3	25.9	3.7		
West Bengal	66	97.0	6.1	18.2	30.3	15.2	27.3	3.0		
Uttar Pradesh	113	54.0	11.5	20.4	15.0	1.8	5.3	46.0		
Pooled	795	89.4	6.2	16.1	19.6	13.5	34.1	10.6		

Table 94.2 : PARTICULARS OF ANC DURING LAST PREGNANCY (MOTHERS OF <6 MONTH CHILDREN)

STATE	n	Undergone First ANC at (Weeks of gestation)						Not availed ANC
		≤ 8 weeks	9 - 12 weeks	13 – 16 weeks	17 - 20 weeks	>20 weeks		
Kerala	43	83.7	11.6	4.7	0.0	0.0	0.0	
Tamil Nadu	52	38.5	48.1	7.7	1.9	1.9	1.9	
Karnataka	74	13.5	58.1	18.9	1.4	2.7	5.4	
Andhra Pradesh	88	28.4	45.5	9.1	15.9	0.0	1.1	
Maharashtra	82	37.8	40.2	12.2	3.7	6.1	0.0	
Gujarat	91	26.4	49.5	6.6	2.2	0.0	15.4	
Madhya Pradesh	105	31.4	23.8	23.8	6.7	7.6	6.7	
Orissa	81	30.9	25.9	16.0	19.8	3.7	3.7	
West Bengal	66	16.7	48.5	7.6	15.2	9.1	3.0	
Uttar Pradesh	113	7.1	17.7	12.4	4.4	12.4	46.0	
Pooled	795	28.1	36.4	12.7	7.4	4.9	10.6	

Table 94.3 : PARTICULARS OF ANC DURING LAST PREGNANCY (MOTHERS OF <6 MONTH CHILDREN)

STATE	n	Place of ANC*										ANC conducted by					
		Home	AWC	Sub-centre	PHC/CHC	Taluk/Dist. Hospital	Private Clinic	Others	Not availed ANC	ANIM	LHV	Medical Officer	Pvt. Doctor	Others	Not availed ANC		
Kerala	43	0.0	0.0	2.3	9.3	27.9	58.1	2.3	0.0	0.0	39.5	55.8	4.7	0.0			
Tamil Nadu	52	0.0	0.0	1.9	69.2	7.7	19.2	0.0	1.9	17.3	51.9	21.2	5.8	1.9			
Karnataka	74	1.4	13.5	0.0	44.6	13.5	21.6	0.0	5.4	24.3	40.5	27.0	1.4	5.4			
Andhra Pradesh	88	1.1	1.1	6.8	34.1	5.7	47.7	2.3	1.1	6.8	38.6	51.1	1.1	1.1			
Maharashtra	82	0.0	8.5	6.1	34.1	11.0	40.2	0.0	0.0	22.0	31.7	42.7	2.4	0.0			
Gujarat	91	0.0	11.0	4.4	19.8	7.7	41.8	0.0	15.4	13.2	20.9	46.2	2.2	15.4			
Madhya Pradesh	105	0.0	28.6	31.4	21.0	6.7	5.7	0.0	6.7	24.8	10.5	6.7	1.0	6.7			
Orissa	81	0.0	11.1	2.5	60.5	1.2	21.0	0.0	3.7	18.5	58.0	18.5	1.2	3.7			
West Bengal	66	0.0	18.2	40.9	9.1	7.6	19.7	1.5	3.0	60.6	10.6	22.7	0.0	3.0			
Uttar Pradesh	113	3.5	0.9	5.3	15.9	14.2	14.2	0.0	46.0	13.3	22.1	14.2	3.5	46.0			
Pooled	795	0.8	10.1	10.7	30.7	9.6	27.2	0.5	10.6	20.0	30.6	28.9	2.1	10.6			

*Multiple response

Table 94.4 : PARTICULARS OF ANC DURING LAST PREGNANCY (MOTHERS OF <6 MONTH CHILDREN)

STATE	n	Components of ANC*					Health & Nutrition advise given during ANC
		Physical Examination	Weight Recording	Urine Test	Haemoglobin Estimation	Blood pressure measurement	
Kerala	43	100.0	97.7	100.0	100.0	100.0	100.0
Tamil Nadu	52	98.1	96.2	98.1	98.1	96.2	98.1
Karnataka	74	94.6	90.5	86.5	90.5	90.5	94.6
Andhra Pradesh	88	95.5	98.9	94.3	95.5	96.6	97.7
Maharashtra	82	98.8	98.8	87.8	93.9	98.8	96.3
Gujarat	91	82.4	83.5	79.1	80.2	83.5	84.6
Madhya Pradesh	105	90.5	60.0	58.1	48.6	61.0	78.1
Orissa	81	91.4	92.6	75.3	70.4	75.3	90.1
West Bengal	66	93.9	93.9	83.3	86.4	90.9	97.0
Uttar Pradesh	113	42.5	32.7	25.7	25.7	33.6	36.3
Pooled	795	85.9	80.5	74.3	74.1	78.6	83.8

*Multiple response

Table 94.5 : PARTICULARS OF ANC DURING LAST PREGNANCY (MOTHERS OF <6 MONTH CHILDREN)

STATE	n	Advise given*				
		To attend for regular checkups	To consume more GLVs	To consume more Veg & fruits	To take IFA tablets for 100 days	To consume additional meal/ more food
Kerala	43	86.0	88.4	86.0	90.7	81.4
Tamil Nadu	52	88.5	96.2	98.1	92.3	75.0
Karnataka	74	90.5	93.2	93.2	94.6	89.2
Andhra Pradesh	88	86.4	95.5	90.9	89.8	77.3
Maharashtra	82	78.0	89.0	76.8	84.1	58.5
Gujarat	91	67.0	12.1	14.3	79.1	7.7
Madhya Pradesh	105	72.4	44.8	34.3	65.7	21.0
Orissa	81	77.8	80.2	77.8	80.2	59.3
West Bengal	66	87.9	95.5	89.4	93.9	81.8
Uttar Pradesh	113	25.7	29.2	23.9	28.3	12.4
Pooled	795	72.6	67.0	62.6	76.1	50.4

*Multiple response

Table 94.6 : PARTICULARS OF ANC DURING LAST PREGNANCY (MOTHERS OF <6 MONTH CHILDREN)

STATE	n	Reasons for not availing ANC*								NA
		Not aware of the need	No faith	No ANC held in the village	Timing are inconvenient	Place is not accessible	Loss of wages	Others		
Kerala	43	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	100.0
Tamil Nadu	52	1.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	98.1
Karnataka	74	2.7	1.4	0.0	0.0	0.0	0.0	0.0	2.7	94.6
Andhra Pradesh	88	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.1	98.9
Maharashtra	82	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	100.0
Gujarat	91	11.0	1.1	5.5	1.1	3.3	0.0	0.0	0.0	84.6
Madhya Pradesh	105	5.7	0.0	1.0	0.0	0.0	0.0	0.0	1.0	93.3
Orissa	81	0.0	0.0	2.5	0.0	0.0	0.0	0.0	1.2	96.3
West Bengal	66	1.5	0.0	0.0	0.0	0.0	0.0	1.5	0.0	97.0
Uttar Pradesh	113	36.3	9.7	12.4	8.0	6.2	8.8	3.5	1.1	54.0
Pooled	795	7.7	1.6	2.8	1.3	1.3	1.4	1.1	1.1	89.4

*Multiple response

**Table 95.1 : PARTICULARS OF RECEIPT OF TT DURING LAST PREGNANCY
(MOTHERS OF <6 MONTH CHILDREN)**

STATE	n	TT Immunization receiving	No. of doses of TT		
			One dose	Two doses	Not received
Kerala	43	93.0	4.7	88.4	7.0
Tamil Nadu	52	98.1	3.8	94.2	1.9
Karnataka	74	94.6	8.1	86.5	5.4
Andhra Pradesh	88	97.7	1.1	96.6	2.3
Maharashtra	82	98.8	13.4	85.4	1.2
Gujarat	91	82.4	0.0	82.4	17.6
Madhya Pradesh	105	96.2	11.4	84.8	3.8
Orissa	81	97.5	7.4	90.1	2.5
West Bengal	66	98.5	1.5	97.0	1.5
Uttar Pradesh	113	83.2	14.2	69.0	16.8
Pooled	795	93.3	7.2	86.2	6.7

Table 95.2 : PARTICULARS OF RECEIPT OF TT DURING LAST PREGNANCY (MOTHERS OF <6 MONTH CHILDREN)

STATE	n	Reasons for not receiving TT*								Others	NA
		Not aware of the need	No faith offered	Timing are inconvenient	Place is not accessible	Loss of wages	Fear of getting pain				
Kerala	43	2.3	0.0	2.3	0.0	0.0	0.0	0.0	0.0	93.0	
Tamil Nadu	52	1.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	98.1	
Karnataka	74	1.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	94.6	
Andhra Pradesh	88	0.0	0.0	0.0	1.1	0.0	0.0	0.0	0.0	97.7	
Maharashtra	82	1.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	98.8	
Gujarat	91	11.0	2.2	1.1	3.3	0.0	0.0	0.0	0.0	82.4	
Madhya Pradesh	105	2.9	0.0	1.0	0.0	0.0	0.0	0.0	0.0	96.2	
Orissa	81	0.0	0.0	0.0	0.0	1.2	0.0	0.0	1.2	97.5	
West Bengal	66	0.0	0.0	1.5	0.0	0.0	0.0	0.0	0.0	98.5	
Uttar Pradesh	113	8.0	0.9	2.7	1.8	2.7	2.7	2.7	0.0	83.2	
Pooled	795	3.3	0.4	0.9	0.8	0.4	0.4	0.4	0.1	93.3	

*Multiple response

Table 95.3 : PARTICULARS OF RECEIPT OF IFA TABLETS DURING LAST PREGNANCY (MOTHERS OF <6 MONTH CHILDREN)

STATE	n	Received IFA tablets	IFA tablets received from					Not received	Others
			ANM	AWW	MO-PHC	Private Doctor			
Kerala	43	60.5	2.3	2.3	23.3	20.9	9.3	2.3	
Tamil Nadu	52	98.1	50.0	1.9	30.8	13.5	1.9	0.0	
Karnataka	74	94.6	48.6	4.1	23.0	17.6	0.0	1.4	
Andhra Pradesh	88	96.6	38.6	2.3	26.1	26.1	3.4	0.0	
Maharashtra	82	96.3	54.9	8.5	13.4	18.3	1.2	0.0	
Gujarat	91	78.0	16.5	1.1	18.7	37.4	4.4	0.0	
Madhya Pradesh	105	85.7	55.2	22.9	4.8	2.9	0.0	0.0	
Orissa	81	96.3	33.3	38.3	1.2	4.9	18.5	0.0	
West Bengal	66	97.0	75.8	9.1	4.5	4.5	1.5	1.5	
Uttar Pradesh	113	60.2	19.5	17.7	13.3	3.5	4.4	1.8	
Pooled	795	85.8	39.5	12.1	14.8	14.5	4.3	0.6	

Table 95.4 : PARTICULARS OF RECEIPT OF IFA TABLETS DURING LAST PREGNANCY (MOTHERS OF <6 MONTH CHILDREN)

STATE	n	No. of Tablets received						No. of Tablets consumed					
		<30	30- 60	60- 90	≥90	Do not remember	Not received	<30	30- 60	60- 90	≥90	Do Not remember	Not received
Kerala	43	0.0	2.3	0.0	25.6	32.6	39.5	0.0	2.3	0.0	25.6	32.6	39.5
Tamil Nadu	52	3.8	7.7	7.7	78.8	0.0	1.9	9.6	17.3	11.5	59.6	0.0	1.9
Karnataka	74	0.0	4.1	13.5	77.0	0.0	5.4	4.1	13.5	24.3	51.4	1.4	5.4
Andhra Pradesh	88	4.5	6.8	4.5	77.3	3.4	3.4	9.1	9.1	5.7	65.9	6.8	3.4
Maharashtra	82	3.7	3.7	17.1	70.7	1.2	3.7	13.4	30.5	23.2	24.4	4.9	3.7
Gujarat	91	2.2	12.1	8.8	23.1	31.9	22.0	6.6	8.8	9.9	19.8	33.0	22.0
Madhya Pradesh	105	1.0	17.1	12.4	51.4	3.8	14.3	10.5	14.3	23.8	31.4	5.7	14.3
Orissa	81	1.2	16.0	11.1	67.9	0.0	3.7	9.9	23.5	13.6	44.4	4.9	3.7
West Bengal	66	0.0	25.8	24.2	42.4	4.5	3.0	16.7	34.8	12.1	27.3	6.1	3.0
Uttar Pradesh	113	5.3	21.2	12.4	19.5	1.8	39.8	10.6	16.8	9.7	10.6	12.4	39.8
Pooled	795	2.4	12.6	11.6	52.2	7.0	14.2	9.4	17.2	14.1	34.6	10.4	14.2

Table 96.1 : PARTICULARS OF LAST DELIVERY (MOTHERS OF <12 MONTH CHILDREN)

STATE	n	Place of delivery					Delivery conducted by					
		Home	Sub-centre	PHC/ Govt. Hospital	Private hospital	Others	Institutional Deliveries	Elders/ Untrained Dai	TBA/ ANM/ LHV	Medical Officer- PHC	Pvt. Doctor	Others
Kerala	97	0.0	0.0	49.5	49.5	1.0	99.0	0.0	3.1	47.4	48.5	1.0
Tamil Nadu	142	2.1	1.4	69.7	26.8	0.0	97.9	2.1	31.0	31.7	25.4	9.9
Karnataka	161	19.9	2.5	60.2	15.5	1.9	78.2	13.0	37.3	29.8	12.4	7.5
Andhra Pradesh	193	14.5	0.0	32.1	52.8	0.5	84.9	8.3	7.8	28.0	53.4	2.6
Maharashtra	180	17.2	1.7	50.6	29.4	1.1	81.7	10.0	24.4	34.4	28.9	2.2
Gujarat	184	34.8	0.0	18.5	46.7	0.0	65.2	23.4	13.0	17.4	46.2	0.0
Madhya Pradesh	186	18.8	33.9	43.0	3.8	0.5	80.7	15.6	67.2	11.8	4.3	1.1
Orissa	147	22.4	0.0	69.4	6.8	1.4	76.2	11.6	25.2	49.7	8.2	5.4
West Bengal	148	37.2	1.4	50.7	10.1	0.7	62.2	29.7	5.4	37.8	20.3	6.8
Uttar Pradesh	219	52.5	5.5	33.8	7.8	0.5	47.1	49.3	15.5	26.0	7.8	1.4
Pooled	1657	23.9	5.2	46.0	24.2	0.7	75.4	18.0	23.8	29.9	24.7	3.6

Table 96.2 : PARTICULARS OF LAST DELIVERY (MOTHERS OF <12 MONTH CHILDREN)

STATE	n	Birth weight recorded			The Day of Birth weight taken								% of Babies with		
		Yes	No	DNK	First day	Second day	Third day	Fourth day	Fifth day	Sixth day	≥7 days	NA	n	Birth weight <2.5 kg.	Birth weight ≥2.5 kg.
Kerala	97	99.0	1.0	0.0	97.9	1.0	0.0	0.0	0.0	0.0	0.0	1.0	96	13.5	86.5
Tamil Nadu	142	97.2	1.4	1.4	96.5	0.0	0.0	0.7	0.0	0.0	0.0	2.8	120	15.0	85.0
Karnataka	161	85.1	13.0	1.9	82.0	1.9	0.0	0.6	0.0	0.6	0.0	14.9	126	11.1	88.9
Andhra Pradesh	193	87.0	9.8	3.1	82.9	1.0	1.0	0.0	0.0	0.0	2.1	13.0	161	15.5	84.5
Maharashtra	180	95.6	3.9	0.6	90.6	2.8	0.6	0.0	1.1	0.6	0.0	4.4	171	17.5	82.5
Gujarat	184	65.8	33.2	1.1	64.7	1.1	0.0	0.0	0.0	0.0	0.0	34.2	24	12.5	87.5
Madhya Pradesh	186	77.4	18.8	3.8	76.3	0.0	0.0	0.0	0.0	0.0	1.1	22.6	115	16.5	83.5
Orissa	147	84.4	13.6	2.0	78.9	4.1	0.7	0.0	0.0	0.0	0.7	15.6	118	16.9	83.1
West Bengal	148	83.1	14.9	2.0	71.6	2.7	0.7	0.7	1.4	0.0	6.1	16.9	114	19.3	80.7
Uttar Pradesh	219	28.3	63.0	8.7	27.4	0.5	0.0	0.0	0.5	0.0	0.0	71.7	54	18.5	81.5
Pooled	1657	77.5	19.7	2.8	74.2	1.4	0.3	0.2	0.3	0.1	1.0	22.5	1099	15.8	84.2

**Table 97.1 : DISTRIBUTION (%) OF <12 MONTH CHILDREN ACCORDING TO PRE-LACTEALS GIVEN
(RESPONDENTS: MOTHERS OF INDEX CHILDREN)**

STATE	n	Child given pre-lacteals	Type of pre-lacteals given before initiation of breast feeding							No pre-lacteal given
			Plain water	Glucose water	Honey	Cow/buff./goat milk	Other women milk	Others		
Kerala	97	18.6	4.1	3.1	4.1	0.0	0.0	0.0	7.2	81.4
Tamil Nadu	142	22.5	2.1	8.5	2.8	0.7	0.0	0.0	8.5	77.5
Karnataka	161	31.7	1.9	6.2	9.9	1.9	0.6	0.6	11.2	68.3
Andhra Pradesh	193	36.3	2.1	15.5	6.7	4.7	2.6	2.6	4.7	63.7
Maharashtra	180	13.3	1.7	2.2	5.0	3.3	0.0	0.0	1.1	86.7
Gujarat	184	29.9	0.0	3.3	2.2	1.1	0.0	0.0	23.4	70.1
Madhya Pradesh	186	10.8	1.1	0.5	4.3	0.5	0.0	0.0	4.3	89.2
Orissa	147	17.0	3.4	0.0	8.2	0.7	0.0	0.0	4.8	83.0
West Bengal	148	19.6	2.0	2.7	10.8	2.7	0.0	0.0	1.4	80.4
Uttar Pradesh	219	39.3	0.9	0.5	8.2	19.6	0.0	0.0	10.0	60.7
Pooled	1657	24.7	1.8	4.3	6.3	4.2	0.4	7.8	75.3	

Table 97.2 : DISTRIBUTION (%) OF <12 MONTH CHILDREN ACCORDING TO INITIATION OF BREAST FEEDING (RESPONDENTS: MOTHERS OF INDEX CHILDREN)

STATE	n	Time of Initiation of breast feeding after delivery (Hrs)						
		< 1	1- 3	4- 11	12- 23	24- 35	36- 47	≥ 48
Kerala	97	41.2	33.0	15.5	2.1	1.0	2.1	5.2
Tamil Nadu	142	54.9	26.8	6.3	1.4	3.5	0.7	6.3
Karnataka	161	44.1	28.0	8.7	1.2	4.3	0.6	13.0
Andhra Pradesh	193	14.0	34.2	16.6	8.8	12.4	6.2	7.8
Maharashtra	180	74.4	12.8	2.8	1.1	4.4	2.2	2.2
Gujarat	184	19.6	51.1	15.2	5.4	0.0	2.2	6.5
Madhya Pradesh	186	16.7	60.2	14.5	3.8	2.2	1.1	1.6
Orissa	147	43.5	40.1	8.2	2.7	1.4	0.7	3.4
West Bengal	148	26.4	45.9	10.8	3.4	6.8	1.4	5.4
Uttar Pradesh	219	33.8	31.1	5.5	3.2	10.0	11.9	4.6
Pooled	1657	35.8	36.5	10.3	3.5	5.0	3.3	5.6

**Table 97.3 : DISTRIBUTION (%) OF <12 MONTH CHILDREN ACCORDING TO FEEDING OF COLOSTRUM
(RESPONDENTS: MOTHERS OF INDEX CHILDREN)**

STATE	n	Given Colostrum		Reasons for discarding Colostrum					Others
		Yes	No	Difficult to digest	Not good for health	Child could not suck	Elders advise		
Kerala	97	99.0	1.0	0.0	0.0	0.0	0.0	1.0	
Tamil Nadu	142	92.3	7.7	0.7	0.7	0.0	3.5	2.8	
Karnataka	161	70.2	29.8	0.6	9.9	0.6	13.7	5.0	
Andhra Pradesh	193	87.0	13.0	0.5	2.6	1.0	7.8	1.0	
Maharashtra	180	91.1	8.9	0.0	0.6	0.6	5.6	2.2	
Gujarat	184	77.2	22.8	0.5	0.0	0.0	21.2	1.1	
Madhya Pradesh	186	92.5	7.5	0.5	2.2	0.5	3.2	1.1	
Orissa	147	90.5	9.5	0.7	2.0	2.0	2.7	2.0	
West Bengal	148	91.2	8.8	0.0	3.4	1.4	3.4	0.7	
Uttar Pradesh	219	73.5	26.5	4.1	5.9	2.3	10.5	3.7	
Pooled	1657	85.4	14.6	0.9	2.9	0.9	7.8	2.1	

Table 98.1 : DISTRIBUTION (%) OF INFANTS (<12 MONTHS) ACCORDING TO CURRENT FEEDING PRACTICES

STATE	Current Feeding Practices (Children)											
	0 – 5 months					6 – 11 months						
	n	Solely breast fed	breast fed + water	breast fed+ compl. feeding	Not breast fed	Others	n	Solely breast fed	breast fed + water	breast fed+ compl. feeding	Not breast fed	Others
Kerala	43	46.5	0.0	51.2	2.3	0.0	54	0.0	0.0	96.3	1.9	1.9
Tamil Nadu	52	55.8	17.3	21.2	5.8	0.0	90	6.7	5.6	71.1	16.7	0.0
Karnataka	74	83.8	6.8	9.5	0.0	0.0	87	8.0	10.3	79.3	1.1	1.1
Andhra Pradesh	88	84.1	6.8	8.0	0.0	1.1	105	6.7	4.8	85.7	0.0	2.9
Maharashtra	80	93.8	2.5	2.5	0.0	1.3	100	18.0	3.0	78.0	0.0	1.0
Gujarat	91	78.0	19.8	1.1	0.0	1.1	93	8.6	21.5	66.7	2.2	1.1
Madhya Pradesh	100	90.0	8.0	2.0	0.0	0.0	86	8.1	10.5	77.9	3.5	0.0
Orissa	80	90.0	2.5	7.5	0.0	0.0	67	10.4	0.0	89.6	0.0	0.0
West Bengal	66	71.2	4.5	22.7	0.0	1.5	82	8.5	3.7	86.6	1.2	0.0
Uttar Pradesh	112	75.0	8.9	12.5	1.8	1.8	107	20.6	9.3	67.3	1.9	0.9
Pooled	786	79.4	8.0	11.1	0.8	0.8	871	10.2	7.3	78.6	2.9	0.9

Table 98.2 : DISTRIBUTION (%) OF INFANTS (<12 MONTHS) ACCORDING TO BREAST FEEDING PRACTICES

STATE	Up to what age (months) the infant was given only breast milk (not even water)														
	Age group (0 – 5 months)							Age group (6 – 11 months)							
	n	≤ 1	2	3	4	5	EBF	n	≤ 1	2	3	4	5	≥ 6	EBF
Kerala	43	11.7	7.0	23.2	11.6	0.0	46.5	54	13.0	5.6	25.9	16.7	25.9	13.0	0.0
Tamil Nadu	52	7.7	11.5	15.4	7.7	1.9	55.8	90	10.0	2.2	21.1	11.1	16.7	32.2	6.7
Karnataka	74	4.1	6.8	4.1	1.4	0.0	83.8	87	5.7	2.3	16.1	12.6	20.7	34.5	8.0
Andhra Pradesh	88	2.3	0.0	3.4	9.1	1.1	84.1	105	0.0	0.0	4.8	6.7	32.4	49.5	6.7
Maharashtra	80	1.3	1.3	0.0	0.0	3.8	93.8	100	3.0	1.0	2.0	6.0	17.0	53.0	18.0
Gujarat	91	4.4	5.5	8.8	3.3	0.0	78.0	93	3.2	2.2	5.4	26.9	19.4	34.4	8.6
Madhya Pradesh	100	0.0	2.0	2.0	4.0	2.0	90.0	86	1.2	2.3	2.3	16.3	18.6	51.2	8.1
Orissa	80	3.8	1.3	3.8	1.3	0.0	90.0	67	3.0	7.5	1.5	7.5	20.9	49.3	10.4
West Bengal	66	4.5	9.1	7.6	7.6	0.0	71.2	82	2.4	7.3	14.6	6.1	20.7	40.2	8.5
Uttar Pradesh	112	7.1	7.1	4.5	5.4	0.9	75.0	107	7.5	0.9	7.5	13.1	15.9	34.6	20.6
Pooled	786	4.2	4.7	6.0	4.7	1.0	79.4	871	4.6	2.8	9.4	12.2	20.7	40.2	10.2

Table 98.3 : DISTRIBUTION (%) OF INFANTS (<12 MONTHS) ACCORDING TO COMPLEMENTARY FEEDING PRACTICES

STATE	Age of initiation complementary feeding												
	Age group (0 – 5 months)					Age group (6 – 11 months)							
	n	<6 months	Not yet started	n	<6 months	At 6 months	>6 months	Not yet started	n	<6 months	At 6 months	>6 months	Not yet started
Kerala	43	53.5	46.5	54	57.4	29.6	13.0	0.0					0.0
Tamil Nadu	52	26.9	73.1	90	35.6	22.2	30.0	12.2					12.2
Karnataka	74	9.5	90.5	87	18.4	31.0	32.2	18.4					18.4
Andhra Pradesh	88	9.1	90.9	105	9.5	41.0	38.1	11.4					11.4
Maharashtra	80	3.7	96.3	100	8.0	20.0	51.0	21.0					21.0
Gujarat	91	2.2	97.8	93	4.3	3.2	62.4	30.1					30.1
Madhya Pradesh	100	2.0	98.0	86	5.8	27.9	47.7	18.6					18.6
Orissa	80	7.5	92.5	67	17.9	34.3	37.3	10.4					10.4
West Bengal	66	24.2	75.8	82	23.2	26.8	37.8	12.2					12.2
Uttar Pradesh	112	16.1	83.9	107	15.9	20.6	33.6	29.9					29.9
Pooled	786	12.6	87.4	871	17.7	25.3	39.5	17.6					17.6

Table 98.4 : DISTRIBUTION (%) OF INFANTS (<12 MONTHS) ACCORDING TO TYPE OF COMPLEMENTARY FOOD

STATE	Type of complementary food currently being given*													
	Age group (0 – 5 months)							Age group (6 – 11 months)						
	n	Cow/ buff. milk	Formula milk	Comm. Baby foods	Home made semi- solids	Home made solids	Not yet started	n	Cow/ buff. milk	Formula milk	Comm. baby foods	Home made semi- solids	Home made solids	Not yet started
Kerala	43	11.6	20.9	14.0	20.9	7.0	46.5	54	53.7	33.3	57.4	90.7	72.2	0.0
Tamil Nadu	52	17.3	3.8	13.5	1.9	1.9	73.1	90	53.3	4.4	53.3	47.8	36.7	12.3
Karnataka	74	6.8	1.4	1.4	2.7	1.4	90.5	87	50.6	2.3	17.2	39.1	42.5	18.3
Andhra Pradesh	88	4.5	1.1	4.5	0.0	0.0	90.9	105	29.5	3.8	25.7	46.7	28.6	11.5
Maharashtra	80	3.8	0.0	0.0	0.0	0.0	96.3	100	49.0	1.0	11.0	62.0	25.0	21.0
Gujarat	91	2.2	1.1	1.1	1.1	0.0	97.8	93	62.4	6.5	8.6	63.4	22.6	30.1
Madhya Pradesh	100	2.0	0.0	0.0	0.0	0.0	98.0	86	64.0	2.3	4.7	47.7	47.7	18.6
Orissa	80	2.5	2.5	2.5	1.3	0.0	92.5	67	14.9	22.4	29.9	61.2	47.8	10.4
West Bengal	66	15.2	3.0	13.6	0.0	0.0	75.8	82	50.0	12.2	13.4	34.1	46.3	12.2
Uttar Pradesh	112	10.7	4.5	1.8	0.0	0.0	83.9	107	55.1	6.5	6.5	43.9	29.0	29.9
Pooled	786	6.9	2.9	4.1	1.8	0.6	87.4	871	48.7	7.9	20.9	52.0	37.5	17.5

*Multiple response

Table 99.1 : DISTRIBUTION (%) OF 6- 11 MONTH CHILDREN ACCORDING TO COMPOSITION OF COMPLEMENTARY FOOD

STATE	n	Foods generally included in homemade complementary foods*									
		Cereals & Millets	Pulses	GLV	Other vegetables	Roots & Tubers	Fruits	Milk & milk products	Eggs	Meat & Chicken	Fats & Oils
Kerala	54	90.7	68.5	64.8	66.7	61.1	88.9	57.4	25.9	11.1	13.0
Tamil Nadu	90	74.4	67.8	28.9	31.1	57.8	38.9	54.4	37.8	13.3	42.2
Karnataka	87	65.5	48.3	27.6	31.0	26.4	46.0	57.5	8.0	5.7	36.8
Andhra Pradesh	105	77.1	57.1	34.3	34.3	26.7	58.1	60.0	21.9	7.6	29.5
Maharashtra	100	69.0	68.0	13.0	11.0	9.0	34.0	39.0	4.0	0.0	10.0
Gujarat	93	65.6	63.4	23.7	23.7	23.7	63.4	66.7	1.1	0.0	49.5
Madhya Pradesh	86	61.6	54.7	30.2	25.6	22.1	34.9	58.1	2.3	1.2	40.7
Orissa	67	68.7	47.8	23.9	31.3	38.8	25.4	19.4	3.0	1.5	7.5
West Bengal	82	68.3	61.0	32.9	32.9	34.1	37.8	50.0	42.7	26.8	28.0
Uttar Pradesh	107	42.1	46.7	30.8	29.0	24.3	22.4	50.5	8.4	2.8	15.9
Pooled	871	67.0	58.1	29.6	30.0	30.5	43.5	51.9	15.0	6.7	28.0

*Multiple response

Table 99.2 : DISTRIBUTION (%) OF 6- 11 MONTH CHILDREN ACCORDING TO FREQUENCY AND MODE OF COMPLEMENTARY FEEDING

STATE	n	Number of complementary feeds per day							Mode of Complementary Feeding				
		1	2	3	4	5	6-8	Not yet started	Mother with spoon	Mother with hand	Self by spoon	Self with hand	Not yet started
Kerala	54	0.0	7.4	18.5	51.9	20.4	1.9	0.0	48.1	48.1	1.9	1.9	0.0
Tamil Nadu	90	7.8	23.3	34.4	13.3	5.6	3.3	12.2	36.7	51.1	0.0	0.0	12.2
Karnataka	87	8.0	44.8	24.1	4.6	0.0	0.0	18.4	26.4	54.0	0.0	1.1	18.4
Andhra Pradesh	105	14.3	50.5	18.1	2.9	1.0	1.9	11.4	20.0	67.6	0.0	1.0	11.4
Maharashtra	100	6.0	26.0	21.0	10.0	11.0	5.0	21.0	37.0	37.0	0.0	5.0	21.0
Gujarat	93	3.2	26.9	32.3	6.5	1.1	0.0	30.1	6.5	62.4	0.0	1.1	30.1
Madhya Pradesh	86	3.5	16.3	55.8	5.8	0.0	0.0	18.6	14.0	50.0	9.3	8.1	18.6
Orissa	67	6.0	25.4	34.3	20.9	1.5	1.5	10.4	35.8	47.8	0.0	6.0	10.4
West Bengal	82	6.1	12.2	19.5	23.2	20.7	6.1	12.2	37.8	48.8	0.0	1.2	12.2
Uttar Pradesh	107	4.7	10.3	24.3	21.5	5.6	3.7	29.9	20.6	43.9	0.0	5.6	29.9
Pooled	871	6.3	25.3	28.1	14.2	6.1	2.4	17.6	27.0	51.3	1.0	3.1	17.6

Table 99.3 : DISTRIBUTION (%) OF 6- 11 MONTH CHILDREN ACCORDING TO PERSON USUALLY GIVING COMPLEMENTARY FEEDING

STATE	n	Supervision of complementary feeding						Not yet started CF
		Mother	Father	Siblings	Grand parents	Others		
Kerala	54	98.1	0.0	0.0	1.9	0.0	0.0	
Tamil Nadu	90	85.6	0.0	0.0	2.2	0.0	12.2	
Karnataka	87	79.3	0.0	2.3	0.0	0.0	18.4	
Andhra Pradesh	105	81.9	0.0	0.0	5.7	1.0	11.4	
Maharashtra	100	75.0	0.0	0.0	4.0	0.0	21.0	
Gujarat	93	69.9	0.0	0.0	0.0	0.0	30.1	
Madhya Pradesh	86	75.6	0.0	3.5	2.3	0.0	18.6	
Orissa	67	88.1	0.0	0.0	1.5	0.0	10.4	
West Bengal	82	86.6	0.0	0.0	1.2	0.0	12.2	
Uttar Pradesh	107	68.2	0.0	0.0	1.9	0.0	29.9	
Pooled	871	79.6	0.0	0.6	2.2	0.1	17.6	

Table 100.1 : DISTRIBUTION (%) OF 12- 35 MONTH CHILDREN ACCORDING TO CURRENT FEEDING PRACTICES

STATE	n	Feeding Practices			
		Children solely breast fed	Children Breast fed + comp. feeding	Not breast fed	Others
Kerala	148	0.7	77.0	22.3	0.0
Tamil Nadu	269	0.0	30.5	69.1	0.4
Karnataka	266	1.5	56.8	41.0	0.8
Andhra Pradesh	363	0.3	63.6	35.0	1.1
Maharashtra	285	0.7	51.6	30.5	17.2
Gujarat	293	0.3	68.6	31.1	0.0
Madhya Pradesh	278	1.4	46.4	51.8	0.4
Orissa	248	0.4	85.9	11.7	2.0
West Bengal	275	0.4	71.6	28.0	0.0
Uttar Pradesh	361	0.8	58.7	39.3	1.1
Pooled	2786	0.6	60.2	36.8	2.4

Table 100.2 : DISTRIBUTION (%) OF 12- 35 MONTH CHILDREN ACCORDING TO TYPE OF COMPLEMENTARY FOOD

STATE	n	Type of food currently being given*						Not yet started
		Cow/ buff. Milk	Formula milk	Comm. baby food	semi-solids	Solids		
Kerala	148	62.8	14.2	33.1	94.6	92.6	0.7	
Tamil Nadu	269	82.2	8.9	15.2	23.0	80.7	0.0	
Karnataka	266	87.6	2.6	11.3	21.1	90.6	1.5	
Andhra Pradesh	363	51.8	2.2	2.2	30.0	75.2	0.3	
Maharashtra	285	70.9	2.5	2.1	51.9	89.5	0.7	
Gujarat	293	97.6	2.7	5.1	95.9	91.5	0.3	
Madhya Pradesh	278	64.4	1.8	4.0	61.5	92.4	1.4	
Orissa	248	27.8	15.7	17.7	81.5	92.3	0.4	
West Bengal	275	61.5	6.2	13.8	35.3	92.4	0.4	
Uttar Pradesh	361	62.6	3.6	8.9	86.4	84.5	0.8	
Pooled	2786	67.0	5.3	9.8	56.6	87.4	0.6	

*Multiple response

Table 100.3 : DISTRIBUTION (%) OF 12-35 MONTH CHILDREN ACCORDING TO COMPOSITION OF HOME MADE COMPLEMENTARY FOOD

STATE	Foods generally included in home made foods*											Not yet started CF
	n	Cereals & Millets	Pulses & legumes	GLV	Other Vegetables	Roots & Tubers	Fruits	Milk & Milk products	Eggs	Flesh foods	Fats & Oils	
Kerala	148	98.0	94.6	93.9	94.6	93.2	94.6	84.5	79.7	73.6	48.6	0.7
Tamil Nadu	269	98.1	97.0	91.8	87.4	94.1	90.3	90.0	89.2	71.0	94.8	0.0
Karnataka	266	97.4	94.7	92.5	92.9	91.4	95.5	95.1	57.5	48.9	82.3	1.5
Andhra Pradesh	363	98.3	94.2	84.3	85.1	81.3	96.4	90.1	81.3	64.5	79.1	0.3
Maharashtra	285	99.3	97.9	86.7	79.6	84.6	93.7	78.6	47.0	36.8	73.3	0.7
Gujarat	293	98.3	98.0	88.1	86.7	87.0	99.0	98.0	11.6	11.9	96.2	0.3
Madhya Pradesh	278	97.1	94.2	79.5	79.9	79.1	60.8	76.6	14.0	11.2	84.9	1.4
Orissa	248	96.8	94.8	84.7	91.1	91.9	73.0	54.0	62.5	62.5	70.6	0.4
West Bengal	275	97.5	96.0	88.7	80.7	77.1	79.3	72.7	88.7	82.9	72.4	0.4
Uttar Pradesh	361	92.2	93.9	83.4	83.1	78.1	54.3	77.8	21.6	19.4	56.0	0.8
Pooled	2786	97.2	95.5	86.8	85.5	85.0	82.8	82.1	53.5	46.2	76.7	0.6

*Multiple response

Table 100.4 : DISTRIBUTION (%) OF 12- 35 MONTH CHILDREN ACCORDING TO FREQUENCY AND MODE OF COMPLEMENTARY FEEDING

STATE	Number of feeds per day				Mode of feeding complementary food				Not yet started CF		
	n	≤ 2	3	≥ 4	Mother with spoon	Mother with hand	Self with spoon	Self by hand		Others	
		Not yet started CF									
Kerala	148	4.7	16.2	78.4	0.7	7.4	73.0	0.7	16.9	1.4	0.7
Tamil Nadu	269	15.6	67.3	17.1	0.0	4.8	59.1	0.7	35.3	0.0	0.0
Karnataka	266	19.2	65.4	13.9	1.5	6.4	59.4	2.3	30.5	0.0	1.5
Andhra Pradesh	363	50.2	41.9	7.7	0.3	4.7	57.3	2.5	35.0	0.3	0.3
Maharashtra	285	13.7	48.4	37.2	0.7	10.2	47.7	2.8	38.6	0.0	0.7
Gujarat	293	7.2	49.5	43.0	0.3	0.7	47.8	0.7	50.5	0.0	0.3
Madhya Pradesh	278	9.7	73.0	15.8	1.4	5.8	54.0	11.5	26.6	0.7	1.4
Orissa	248	10.9	35.9	52.8	0.4	14.5	56.5	2.0	26.6	0.0	0.4
West Bengal	275	5.8	16.0	77.8	0.4	7.6	49.1	0.4	41.8	0.7	0.4
Uttar Pradesh	361	12.2	35.5	51.5	0.8	4.2	51.5	0.8	39.9	2.8	0.8
Pooled	2786	16.4	45.9	37.1	0.6	6.4	54.6	2.5	35.4	0.6	0.6

Table 100.5 : DISTRIBUTION (%) OF 12- 35 MONTH CHILDREN ACCORDING TO PERSON USUALLY GIVING COMPLEMENTARY FEEDING

STATE	n	Supervision of Complementary feeding						Not yet started CF
		Mother	Father	Elder sibling	Grand parents	Others		
Kerala	148	95.3	1.4	0.0	2.7	0.0	0.7	
Tamil Nadu	269	89.6	0.4	0.0	8.2	1.9	0.0	
Karnataka	266	92.9	0.4	0.8	3.4	1.1	1.5	
Andhra Pradesh	363	88.7	0.8	0.8	7.2	2.2	0.3	
Maharashtra	285	88.1	0.4	0.7	10.2	0.0	0.7	
Gujarat	293	98.6	0.3	0.0	0.7	0.0	0.3	
Madhya Pradesh	278	85.3	1.4	9.0	2.9	0.0	1.4	
Orissa	248	94.8	0.8	0.8	3.2	0.0	0.4	
West Bengal	275	96.4	0.4	1.5	1.5	0.0	0.4	
Uttar Pradesh	361	81.4	1.1	11.6	4.7	0.3	0.8	
Pooled	2786	90.5	0.7	2.9	4.6	0.6	0.6	

Table 101.1 : DISTRIBUTION (%) OF MOTHERS OF <36 MONTH CHILDREN ACCORDING TO CARE OF THE CHILD AND PERSONAL HYGIENE

STATE	n	Care of the child when mother goes out for work								Wash hands with soap before feeding the child	Wash hands with soap after defecation of self/ child	
		Mother-in-law	Father-in-law	Elder siblings	Creche	Carry the child to work spot	AWC	Others	Self			
Kerala	245	4.5	0.4	0.0	0.0	0.0	0.0	0.0	1.6	93.5	31.8	27.8
Tamil Nadu	413	7.5	0.5	1.0	0.0	4.4	1.5	3.4	81.8	18.9	48.4	
Karnataka	428	20.8	0.9	3.7	0.0	2.3	0.5	4.4	67.3	41.8	44.2	
Andhra Pradesh	557	25.5	4.5	3.9	0.0	5.4	1.3	5.2	54.2	47.6	62.7	
Maharashtra	467	20.1	3.0	2.1	0.2	6.4	0.0	0.6	67.5	77.9	87.8	
Gujarat	477	26.8	1.3	4.8	0.0	24.9	0.0	0.2	41.9	34.4	67.7	
Madhya Pradesh	470	13.0	1.1	17.0	0.2	33.2	0.0	0.9	34.7	31.5	39.1	
Orissa	398	23.4	3.0	4.8	0.0	8.5	0.3	4.5	55.5	25.1	62.6	
West Bengal	423	2.8	0.9	2.1	0.2	0.9	0.0	1.2	91.7	8.7	43.3	
Uttar Pradesh	581	3.1	0.5	2.1	0.2	1.7	0.0	0.0	92.4	20.3	81.1	
Pooled	4459	15.2	1.7	4.4	0.1	9.2	0.4	2.2	66.9	34.3	58.9	

Table 101.2 : DISTRIBUTION (%) OF MOTHERS OF <36 MONTH CHILDREN ACCORDING TO CARE OF THE CHILD DURING SICKNESS

STATE	n	Personnel generally consulted during illness of the child							
		None	AWW	ANM/LHV	MO, PHC	Pvt. Practitioner	Traditional Healer	Others	NA
Kerala	245	0.0	0.8	0.0	38.0	58.0	0.0	0.8	2.4
Tamil Nadu	413	0.2	1.5	5.8	33.4	55.7	0.0	2.4	1.0
Karnataka	428	0.5	1.4	2.1	40.4	53.7	0.0	0.0	1.9
Andhra Pradesh	557	0.2	1.1	2.0	7.7	83.1	0.4	0.4	5.2
Maharashtra	467	1.1	0.9	2.6	17.6	73.0	0.0	0.0	4.9
Gujarat	477	0.2	0.2	0.4	28.9	54.3	0.0	0.2	15.7
Madhya Pradesh	470	0.2	1.3	8.1	32.6	54.0	0.0	0.2	3.6
Orissa	398	0.3	1.8	0.8	78.4	17.1	0.0	0.0	1.8
West Bengal	423	0.2	1.2	2.8	14.2	72.3	0.0	0.0	9.2
Uttar Pradesh	581	0.9	13.1	5.2	8.6	63.3	0.0	0.2	8.8
Pooled	4459	0.4	2.7	3.2	27.9	59.7	0.0	0.4	5.8

Table 102 : DISTRIBUTION (%) OF MOTHERS OF <36 MONTH CHILDREN ACCORDING TO USE OF ORS/CO-TRIMOXAZOLE DURING CHILD SICKNESS

STATE	n	Particulars of feeding of child during diarrhoea*								Co-trimoxazole tablets given by ANM during ARI
		Given Any ORS	Home made ORS	ORS given by AWW/ANM	Commercial ORS	Coconut water	Rice Gruel	Given routine food	Others	
Kerala	245	7.8	1.6	2.9	1.6	0.0	1.2	0.0	0.4	0.8
Tamil Nadu	413	40.0	1.5	16.7	22.8	1.2	1.9	0.7	1.7	48.2
Karnataka	428	61.9	6.1	28.3	32.2	11.2	4.2	0.2	0.5	40.2
Andhra Pradesh	557	49.0	5.7	14.9	37.7	1.8	0.9	5.9	1.1	6.3
Maharashtra	467	66.6	1.5	13.3	50.5	0.2	1.7	5.8	2.8	13.1
Gujarat	477	43.0	1.3	38.6	2.1	0.2	0.0	0.2	4.2	2.7
Madhya Pradesh	470	59.8	31.9	53.8	13.8	0.9	1.1	1.1	0.9	4.9
Orissa	398	52.3	3.3	24.6	27.6	0.3	0.8	0.5	2.5	4.3
West Bengal	423	28.1	10.2	9.7	18.2	1.4	0.7	4.5	1.4	6.4
Uttar Pradesh	581	40.3	19.6	8.8	29.8	3.1	7.4	6.5	2.4	0.9
Pooled	4459	46.6	9.0	21.7	25.1	2.1	2.2	2.9	1.9	12.4

*Multiple response

Table 103.1 : DISTRIBUTION (%) OF 12-24 MONTH CHILDREN ACCORDING TO COVERAGE FOR IMMUNIZATION UNDER UIP

STATE	Immunization Particulars											
	n	Received all vaccines (Fully Immunized)	Partially immune immunized	Not Immunized	Do not know	Coverage for Immunization						
						BCG	DPT1	DPT2	DPT3	OPV1	OPV2	OPV3
Kerala	97	87.6	10.3	0.0	2.1	97.9	96.9	88.7	97.9	97.9	96.9	92.8
Tamil Nadu	152	90.8	5.3	0.0	3.9	96.1	96.1	92.8	96.1	96.1	92.8	92.1
Karnataka	163	94.5	5.5	0.0	0.0	98.2	98.2	96.9	96.3	95.7	94.5	95.7
Andhra Pradesh	208	88.5	9.6	1.4	0.5	97.1	97.6	95.7	93.8	92.8	91.3	89.9
Maharashtra	143	93.7	2.1	0.0	4.2	95.8	95.8	95.1	95.1	95.1	94.4	93.7
Gujarat	184	92.4	6.5	0.5	0.5	95.1	95.7	95.1	98.4	98.9	98.9	92.9
Madhya Pradesh	178	88.2	9.6	1.1	1.1	96.1	97.8	91.6	97.2	97.2	92.7	94.9
Orissa	138	90.6	8.0	0.0	1.4	98.6	97.8	95.7	94.2	92.8	92.8	91.3
West Bengal	139	85.6	10.1	0.7	3.6	95.7	93.5	92.8	89.9	91.4	89.9	87.8
Uttar Pradesh	215	74.4	21.9	3.7	0.0	92.6	86.5	83.7	94.0	91.6	87.9	75.3
Pooled	1617	88.2	9.3	0.9	1.6	96.2	95.3	94.7	92.3	95.2	94.8	90.1

Table 103.2 : DISTRIBUTION (%) OF 12-24 MONTH CHILDREN ACCORDING TO COVERAGE FOR IMMUNIZATION UNDER UIP

STATE	n	Reasons for no/ incomplete immunization								NA
		Unaware of need	No faith	Time & place not inconvenient	Fear of side effects	Not offered	Mother Busy	Child was sick	Others	
Kerala	97	0.0	0.0	0.0	1.0	3.1	0.0	5.2	1.0	89.7
Tamil Nadu	152	1.3	0.0	0.0	0.0	0.7	2.0	0.0	1.3	94.7
Karnataka	163	1.2	0.0	0.0	0.0	3.1	0.6	0.0	0.6	94.5
Andhra Pradesh	208	1.9	0.5	1.4	0.5	5.3	0.5	0.0	1.0	88.9
Maharashtra	143	0.0	0.7	0.0	0.0	1.4	0.0	0.0	0.0	97.9
Gujarat	184	2.2	0.0	0.5	0.0	4.3	0.0	0.0	0.0	92.9
Madhya Pradesh	178	1.1	1.1	0.6	0.0	5.1	1.7	1.1	0.0	89.3
Orissa	138	0.7	4.3	2.2	0.0	0.0	0.7	0.0	0.0	92.0
West Bengal	139	0.7	2.9	1.4	0.0	3.6	1.4	0.7	0.0	89.2
Uttar Pradesh	215	4.7	0.5	3.3	1.4	15.3	0.0	0.5	0.0	74.4
Pooled	1617	1.6	0.9	1.1	0.3	4.8	0.7	0.6	0.4	89.7

Table 103.3 : DISTRIBUTION (%) OF 12-24 MONTH CHILDREN ACCORDING TO SOURCE OF INFORMATION FOR IMMUNIZATION

STATE	n	Source of information				
		Immunization card	Sanjeevi / MCP Card	AWW record	Parents	Others
Kerala	97	92.8	4.1	0.0	2.1	1.0
Tamil Nadu	152	53.9	6.6	0.7	35.5	3.3
Karnataka	163	69.9	2.5	11.0	12.9	3.7
Andhra Pradesh	208	60.6	2.9	11.5	20.7	4.3
Maharashtra	143	46.9	7.0	18.2	25.9	2.1
Gujarat	184	11.4	0.5	0.0	88.0	0.0
Madhya Pradesh	178	73.0	2.8	5.1	18.5	0.6
Orissa	138	59.4	0.7	0.7	37.0	2.2
West Bengal	139	89.9	3.6	1.4	5.0	0.0
Uttar Pradesh	215	50.7	0.0	0.9	47.9	0.5
Pooled	1617	58.5	2.8	5.1	31.7	1.8

Table 104.1 : DISTRIBUTION (%) OF 12-35 MONTH CHILDREN ACCORDING TO RECEIPT OF MASSIVE DOSE VITAMIN A DURING PREVIOUS ONE YEAR

STATE	n	Receipt of massive dose vitamin A			No. doses vitamin A		
		Yes	No	Do not remember	One	Two	
Kerala	148	81.1	14.9	4.1	49.3	31.8	
Tamil Nadu	268	66.0	25.0	9.0	30.2	35.8	
Karnataka	266	94.4	3.0	2.6	40.6	53.8	
Andhra Pradesh	362	90.6	8.0	1.4	36.2	54.4	
Maharashtra	285	94.4	3.5	2.1	38.6	55.8	
Gujarat	293	91.8	5.1	3.1	35.2	56.7	
Madhya Pradesh	277	95.7	2.5	1.8	45.1	50.5	
Orissa	248	93.1	4.4	2.4	39.5	53.6	
West Bengal	274	89.8	6.2	4.0	32.5	57.3	
Uttar Pradesh	360	57.8	31.4	10.8	26.7	31.1	
Pooled	2781	85.0	10.8	4.2	36.5	48.5	

Table 104.2 : DISTRIBUTION (%) OF 12-35 MONTH CHILDREN ACCORDING TO PLACE AND PERSON ADMINISTERING MASSIVE DOSE VITAMIN A DURING PREVIOUS ONE YEAR

STATE	n	Place of administration						Massive dose vitamin A administered by				
		Home	AWC	SC	PHC	Others	Not received/ Do not remember	AWW	ANM	LHV	Others	Not received/ Do not remember
Kerala	148	0.0	17.6	10.8	50.0	2.7	18.9	8.1	62.8	4.1	6.1	18.9
Tamil Nadu	268	15.3	42.2	0.7	4.9	3.0	34.0	39.6	22.0	3.0	1.5	34.0
Karnataka	266	2.3	71.8	3.8	14.3	2.3	5.6	17.3	73.7	1.5	1.9	5.6
Andhra Pradesh	362	4.1	49.4	29.0	4.7	3.3	9.4	9.7	80.7	0.3	0.0	9.4
Maharashtra	285	6.7	69.1	7.7	10.5	0.4	5.6	21.1	72.6	0.7	0.0	5.6
Gujarat	293	2.0	68.6	11.9	8.2	1.0	8.2	37.2	47.1	6.5	1.0	8.2
Madhya Pradesh	277	3.6	88.4	2.9	0.0	0.7	4.3	11.2	54.2	29.6	0.7	4.3
Orissa	248	10.9	71.8	2.0	2.0	6.5	6.9	21.0	62.5	0.4	9.3	6.9
West Bengal	274	1.5	30.7	44.2	6.2	7.3	10.2	15.3	70.4	2.6	1.5	10.2
Uttar Pradesh	360	10.0	30.8	9.4	6.1	1.4	42.2	22.8	31.4	2.2	1.4	42.2
Pooled	2781	5.9	54.8	12.9	8.6	2.8	15.0	20.7	57.4	5.0	2.0	15.0

Table 104.3 : DISTRIBUTION (%) OF 12–35 MONTH CHILDREN ACCORDING TO REASONS FOR NOT RECEIVING MASSIVE DOSE VITAMIN A DURING PREVIOUS ONE YEAR

STATE	n	Reasons for not receiving/ incomplete massive dose vitamin A							NA
		Unaware of the need	Not offered	Time and place not convenient	Child was sick	Mother was busy	Fear of side effects	Child is < 18 months	
Kerala	148	3.4	21.6	2.7	0.7	0.7	0.0	35.1	35.8
Tamil Nadu	268	10.4	20.9	0.4	0.4	0.0	0.0	20.1	47.8
Karnataka	266	2.6	1.1	0.8	0.4	0.4	0.4	36.5	57.9
Andhra Pradesh	362	2.8	10.2	0.8	0.3	1.4	0.3	26.8	57.5
Maharashtra	285	1.8	3.5	0.7	1.1	0.7	0.0	27.0	65.3
Gujarat	293	2.7	3.8	0.3	0.0	0.0	0.3	32.8	60.1
Madhya Pradesh	277	1.4	2.5	0.7	0.0	0.7	0.0	38.3	56.3
Orissa	248	2.4	4.4	1.6	0.8	2.0	0.0	27.8	60.9
West Bengal	274	0.7	5.1	3.3	1.5	4.0	0.7	21.5	63.1
Uttar Pradesh	360	5.6	32.5	1.1	0.3	0.0	1.4	16.9	42.2
Pooled	2781	3.4	10.7	1.2	0.5	1.0	0.4	27.6	55.3

ANNEXURE

Table AN 1 : DISTRIBUTION (%) OF <5 YEAR BOYS ACCORDING TO WEIGHT FOR AGE BY SD CLASSIFICATION*

STATE	Age (Months)	n	Weight for Age*				
			< Median -3SD	Median -3SD to Median -2SD	Median -2SD to Median +1SD	Median +1SD to Median +2SD	≥ Median +2SD
Kerala	0-12	59	6.8	10.2	74.6	8.5	0.0
	12-36	135	5.2	20.7	69.6	3.7	0.7
	36-60	122	4.1	21.3	73.8	0.8	0.0
	0-36	194	5.7	17.5	71.1	5.2	0.5
	12-60	257	4.7	21.0	71.6	2.3	0.4
	0-60	316	5.1	19.0	72.2	3.5	0.3
Tamil Nadu	0-12	82	2.4	20.7	72.0	3.7	1.2
	12-36	161	12.4	20.5	65.8	1.2	0.0
	36-60	134	10.4	25.4	64.2	0.0	0.0
	0-36	243	9.1	20.6	67.9	2.1	0.4
	12-60	295	11.5	22.7	65.1	0.7	0.0
	0-60	377	9.5	22.3	66.6	1.3	0.3
Karnataka	0-12	78	6.4	17.9	73.1	1.3	1.3
	12-36	184	12.5	31.5	55.4	0.0	0.5
	36-60	150	14.7	37.3	47.3	0.7	0.0
	0-36	262	10.7	27.5	60.7	0.4	0.8
	12-60	334	13.5	34.1	51.8	0.3	0.3
	0-60	412	12.1	31.1	55.8	0.5	0.5
Andhra Pradesh	0-12	104	7.7	18.3	72.1	1.9	0.0
	12-36	240	10.4	27.1	62.1	0.4	0.0
	36-60	139	11.5	33.1	54.0	1.4	0.0
	0-36	344	9.6	24.4	65.1	0.9	0.0
	12-60	379	10.8	29.3	59.1	0.8	0.0
	0-60	483	10.1	26.9	61.9	1.0	0.0
Maharashtra	0-12	108	6.5	16.7	70.4	3.7	2.8
	12-36	204	12.3	23.5	62.7	1.5	0.0
	36-60	193	7.8	34.7	57.0	0.5	0.0
	0-36	312	10.3	21.2	65.4	2.2	1.0
	12-60	397	10.1	29.0	59.9	1.0	0.0
	0-60	505	9.3	26.3	62.2	1.6	0.6
Gujarat	0-12	89	11.2	19.1	66.3	3.4	0.0
	12-36	225	26.7	35.1	37.8	0.4	0.0
	36-60	218	21.1	32.6	45.9	0.5	0.0
	0-36	314	22.3	30.6	45.9	1.3	0.0
	12-60	443	23.9	33.9	41.8	0.5	0.0
	0-60	532	21.8	31.4	45.9	0.9	0.0

*- WHO Growth Standards

(Contd...)

Table AN 1: DISTRIBUTION (%) OF <5 YEAR BOYS ACCORDING TO WEIGHT FOR AGE BY SD CLASSIFICATION* (Contd...)

STATE	Age (Months)	n	Weight for Age*				
			< Median -3SD	Median -3SD to Median -2SD	Median -2SD to Median +1SD	Median +1SD to Median +2SD	≥ Median +2SD
Madhya Pradesh	0-12	65	9.2	33.8	49.2	6.2	1.5
	12-36	165	28.5	35.2	34.5	0.6	1.2
	36-60	245	24.9	30.2	44.9	0.0	0.0
	0-36	230	23.0	34.8	38.7	2.2	1.3
	12-60	410	26.3	32.2	40.7	0.2	0.1
	0-60	475	24.0	32.4	41.9	1.1	0.6
Orissa	0-12	93	9.7	26.9	60.2	2.2	1.1
	12-36	218	15.6	30.3	53.2	0.9	0.0
	36-60	199	13.6	33.2	52.3	1.0	0.0
	0-36	311	13.8	29.3	55.3	1.3	0.3
	12-60	417	14.6	31.7	52.8	1.0	0.0
	0-60	510	13.7	30.8	54.1	1.2	0.2
West Bengal	0-12	67	1.5	13.4	76.1	6.0	3.0
	12-36	184	16.3	23.4	58.7	1.6	0.0
	36-60	172	8.1	29.7	61.0	0.6	0.6
	0-36	251	12.4	20.7	63.3	2.8	0.8
	12-60	356	12.4	26.4	59.8	1.1	0.3
	0-60	423	10.6	24.3	62.4	1.9	0.7
Uttar Pradesh	0-12	110	10.9	33.6	48.2	6.4	0.9
	12-36	229	23.6	24.0	52.0	0.4	0.0
	36-60	229	20.5	32.8	46.3	0.4	0.0
	0-36	339	19.5	27.1	50.7	2.4	0.3
	12-60	458	22.1	28.4	49.1	0.4	0.0
	0-60	568	19.9	29.4	48.9	1.6	0.2
Pooled	0-12	855	7.5	21.5	65.7	4.1	1.2
	12-36	1945	16.7	27.4	54.7	1.0	0.2
	36-60	1801	14.8	31.4	53.1	0.6	0.1
	0-36	2800	13.9	25.6	58.1	1.9	0.5
	12-60	3746	15.8	29.3	54.0	0.8	0.1
	0-60	4601	14.3	27.9	56.1	1.4	0.3

* : WHO Growth Standards

Table AN 2: DISTRIBUTION (%) OF <5 YEAR GIRLS ACCORDING TO WEIGHT FOR AGE BY SD CLASSIFICATION*

STATE	Age (Months)	n	Weight for Age*				
			< Median -3SD	Median -3SD to Median -2SD	Median -2SD to Median +1SD	Median +1SD to Median +2SD	≥ Median +2SD
Kerala	0-12	59	5.1	10.2	78.0	5.1	1.7
	12-36	136	5.1	14.7	77.9	2.2	0.0
	36-60	136	6.6	18.4	74.3	0.0	0.7
	0-36	195	5.1	13.3	77.9	3.1	0.5
	12-60	272	5.9	16.5	76.1	1.1	0.4
	0-60	331	5.1	15.4	76.4	1.8	0.6
Tamil Nadu	0-12	65	1.5	16.9	78.5	3.1	0.0
	12-36	174	10.3	20.7	67.2	1.7	0.0
	36-60	138	6.5	29.0	63.8	0.0	0.7
	0-36	239	7.9	19.7	70.3	2.1	0.0
	12-60	312	8.7	24.4	65.7	1.0	0.3
	0-60	377	7.4	23.1	67.9	1.3	0.3
Karnataka	0-12	85	7.1	20.0	69.4	2.4	1.2
	12-36	190	12.6	23.2	63.7	0.5	0.0
	36-60	173	15.6	33.5	49.7	1.2	0.0
	0-36	275	10.9	22.2	65.5	1.1	0.4
	12-60	363	14.0	28.1	57.0	0.8	0.0
	0-60	448	12.7	26.6	59.4	1.1	0.2
Andhra Pradesh	0-12	111	1.8	16.2	78.4	1.8	1.8
	12-36	227	11.0	23.8	64.3	0.9	0.0
	36-60	182	13.2	35.7	51.1	0.0	0.0
	0-36	338	8.0	21.3	68.9	1.2	0.6
	12-60	409	12.0	29.1	58.4	0.5	0.0
	0-60	520	9.8	26.3	62.7	0.8	0.4
Maharashtra	0-12	87	5.7	16.1	73.6	2.3	2.3
	12-36	172	9.9	26.7	62.2	1.2	0.0
	36-60	150	11.3	24.7	64.0	0.0	0.0
	0-36	259	8.5	23.2	66.0	1.5	0.8
	12-60	322	10.6	25.8	63.0	0.6	0.0
	0-60	409	9.5	23.7	65.3	1.0	0.5
Gujarat	0-12	93	7.5	15.1	74.2	1.1	2.2
	12-36	203	25.1	28.1	45.8	0.5	0.5
	36-60	215	23.3	39.5	36.7	0.5	0.0
	0-36	296	19.6	24.0	54.7	0.7	1.0
	12-60	418	24.2	34.0	41.1	0.5	0.2
	0-60	511	21.1	30.5	47.2	0.6	0.6

*- WHO Growth Standards

(Contd...)

Table AN 2: DISTRIBUTION (%) OF <5 YEAR GIRLS ACCORDING TO WEIGHT FOR AGE BY SD CLASSIFICATION* (Contd...)

STATE	Age (Months)	n	Weight for Age*				
			< Median -3SD	Median -3SD to Median -2SD	Median -2SD to Median +1SD	Median +1SD to Median +2SD	≥ Median +2SD
Madhya Pradesh	0-12	53	3.8	20.8	64.2	11.3	0.0
	12-36	176	23.3	27.8	47.2	1.7	0.0
	36-60	245	25.7	32.7	41.2	0.0	0.4
	0-36	229	18.8	26.2	51.1	3.9	0.0
	12-60	421	24.7	30.6	43.7	0.7	0.2
	0-60	474	22.4	29.5	46.0	1.9	0.2
Orissa	0-12	87	9.2	18.4	70.1	2.3	0.0
	12-36	183	14.2	27.3	57.9	0.5	0.0
	36-60	187	11.2	44.4	43.9	0.5	0.0
	0-36	270	12.6	24.4	61.9	1.1	0.0
	12-60	370	12.7	35.9	50.8	0.5	0.0
	0-60	457	12.0	32.6	54.5	0.9	0.0
West Bengal	0-12	66	6.1	15.2	77.3	1.5	0.0
	12-36	152	17.8	28.3	53.9	0.0	0.0
	36-60	166	13.9	34.3	50.0	1.2	0.6
	0-36	218	14.2	24.3	61.0	0.5	0.0
	12-60	318	15.7	31.4	51.9	0.6	0.3
	0-60	384	14.1	28.6	56.3	0.8	0.3
Uttar Pradesh	0-12	107	15.0	21.5	59.8	3.7	0.0
	12-36	201	25.9	29.9	42.8	1.0	0.5
	36-60	218	23.9	33.0	42.7	0.5	0.0
	0-36	308	22.1	26.9	48.7	1.9	0.3
	12-60	419	24.8	31.5	42.7	0.7	0.2
	0-60	526	22.8	29.5	46.2	1.3	0.2
Pooled	0-12	813	6.6	17.2	72.1	3.1	1.0
	12-36	1814	15.9	25.3	57.7	1.0	0.1
	36-60	1810	16.3	33.3	49.8	0.4	0.2
	0-36	2627	13.0	22.8	62.2	1.6	0.4
	12-60	3624	16.1	29.3	53.8	0.7	0.2
	0-60	4437	14.4	27.1	57.1	1.1	0.3

* : WHO Growth Standards

Table AN 3: DISTRIBUTION (%) OF <5 YEAR BOYS & GIRLS ACCORDING TO WEIGHT FOR AGE BY SD CLASSIFICATION*

STATE	Age (Months)	n	Weight for Age*				
			< Median -3SD	Median -3SD to Median -2SD	Median -2SD to Median +1SD	Median +1SD to Median +2SD	≥ Median +2SD
Kerala	0-12	118	5.9	10.2	76.3	6.8	0.8
	12-36	271	5.2	17.7	73.8	3.0	0.4
	36-60	258	5.4	19.8	74.0	0.4	0.4
	0-36	389	5.4	15.4	74.6	4.1	0.5
	12-60	529	5.3	18.7	73.9	1.7	0.4
	0-60	647	5.4	17.2	74.3	2.6	0.5
Tamil Nadu	0-12	147	2.0	19.0	74.8	3.4	0.7
	12-36	335	11.3	20.6	66.6	1.5	0.0
	36-60	272	8.5	27.2	64.0	0.0	0.4
	0-36	482	8.5	20.1	69.1	2.1	0.2
	12-60	607	10.0	23.6	65.4	0.8	0.2
	0-60	754	8.5	22.7	67.2	1.3	0.3
Karnataka	0-12	163	6.7	19.0	71.2	1.8	1.2
	12-36	374	12.6	27.3	59.6	0.3	0.3
	36-60	323	15.2	35.3	48.6	0.9	0.0
	0-36	537	10.8	24.8	63.1	0.7	0.6
	12-60	697	13.8	31.0	54.5	0.6	0.1
	0-60	860	12.4	28.7	57.7	0.8	0.3
Andhra Pradesh	0-12	215	4.7	17.2	75.3	1.9	0.9
	12-36	467	10.7	25.5	63.2	0.6	0.0
	36-60	321	12.5	34.6	52.3	0.6	0.0
	0-36	682	8.8	22.9	67.0	1.0	0.3
	12-60	788	11.4	29.2	58.8	0.6	0.0
	0-60	1003	10.0	26.6	62.3	0.9	0.2
Maharashtra	0-12	195	6.2	16.4	71.8	3.1	2.6
	12-36	376	11.2	25.0	62.5	1.3	0.0
	36-60	343	9.3	30.3	60.1	0.3	0.0
	0-36	571	9.5	22.1	65.7	1.9	0.9
	12-60	719	10.3	27.5	61.3	0.8	0.0
	0-60	914	9.4	25.2	63.6	1.3	0.5
Gujarat	0-12	182	9.3	17.0	70.3	2.2	1.1
	12-36	428	25.9	31.8	41.6	0.5	0.2
	36-60	433	22.2	36.0	41.3	0.5	0.0
	0-36	610	21.0	27.4	50.2	1.0	0.5
	12-60	861	24.0	33.9	41.5	0.5	0.1
	0-60	1043	21.5	31.0	46.5	0.8	0.3

*- WHO Growth Standards

(Contd...)

Table AN 3 : DISTRIBUTION (%) OF <5 YEAR BOYS & GIRLS ACCORDING TO WEIGHT FOR AGE BY SD CLASSIFICATION* (Contd...)

STATE	Age (Months)	n	Weight for Age*				
			< Median -3SD	Median -3SD to Median -2SD	Median -2SD to Median +1SD	Median +1SD to Median +2SD	≥ Median +2SD
Madhya Pradesh	0-12	118	6.8	28.0	55.9	8.5	0.8
	12-36	341	25.8	31.4	41.1	1.2	0.6
	36-60	490	25.3	31.4	43.1	0.0	0.2
	0-36	459	20.9	30.5	44.9	3.1	0.7
	12-60	831	25.5	31.4	42.2	0.5	0.4
	0-60	949	23.2	31.0	43.9	1.5	0.4
Orissa	0-12	180	9.4	22.8	65.0	2.2	0.6
	12-36	401	15.0	28.9	55.4	0.7	0.0
	36-60	386	12.4	38.6	48.2	0.8	0.0
	0-36	581	13.3	27.0	58.3	1.2	0.2
	12-60	787	13.7	33.7	51.8	0.8	0.0
	0-60	967	12.9	31.6	54.3	1.0	0.1
West Bengal	0-12	133	3.8	14.3	76.7	3.8	1.5
	12-36	336	17.0	25.6	56.5	0.9	0.0
	36-60	338	10.9	32.0	55.6	0.9	0.6
	0-36	469	13.2	22.4	62.3	1.7	0.4
	12-60	674	13.9	28.8	56.1	0.9	0.3
	0-60	807	12.3	26.4	59.5	1.4	0.5
Uttar Pradesh	0-12	217	12.9	27.6	53.9	5.1	0.5
	12-36	430	24.7	26.7	47.7	0.7	0.2
	36-60	447	22.1	32.9	44.5	0.4	0.0
	0-36	647	20.7	27.0	49.8	2.2	0.3
	12-60	877	23.4	29.9	46.1	0.6	0.1
	0-60	1094	21.3	29.4	47.6	1.5	0.2
Pooled	0-12	1668	7.1	19.4	68.8	3.6	1.1
	12-36	3759	16.3	26.4	56.2	1.0	0.2
	36-60	3611	15.6	32.3	51.5	0.5	0.1
	0-36	5427	13.5	24.2	60.1	1.8	0.4
	12-60	7370	15.9	29.3	53.9	0.7	0.1
	0-60	9038	14.3	27.5	56.6	1.3	0.3

* : WHO Growth Standards

Table AN 4 : DISTRIBUTION (%) OF <5 YEAR BOYS ACCORDING TO HEIGHT FOR AGE BY SD CLASSIFICATION*

STATE	Age (Months)	n	Height for Age*				
			< Median -3SD	Median -3SD to Median -2SD	Median -2SD to Median +1SD	Median +1SD to Median +2SD	≥ Median +2SD
Kerala	0-12	57	1.8	8.8	68.4	12.3	8.8
	12-36	133	8.3	26.3	63.2	1.5	0.8
	36-60	121	7.4	11.6	77.7	2.5	0.8
	0-36	190	6.3	21.1	64.7	4.7	2.3
	12-60	254	7.9	19.3	70.1	2.0	0.8
	0-60	311	6.8	17.4	69.8	3.9	2.3
Tamil Nadu	0-12	83	2.4	6.0	73.5	12.0	6.0
	12-36	160	7.5	23.1	65.0	3.8	0.6
	36-60	134	6.0	17.2	74.6	2.2	0.0
	0-36	243	5.8	17.3	67.9	6.6	2.5
	12-60	294	6.8	20.4	69.4	3.1	0.3
	0-60	377	5.8	17.2	70.3	5.0	1.6
Karnataka	0-12	77	9.1	15.6	67.5	3.9	3.9
	12-36	175	19.4	30.3	49.7	0.6	0.0
	36-60	148	20.3	23.6	55.4	0.0	0.7
	0-36	252	16.3	25.8	55.2	1.6	1.2
	12-60	323	19.8	27.2	52.3	0.3	0.3
	0-60	400	17.8	25.0	55.3	1.0	1.0
Andhra Pradesh	0-12	103	19.4	18.4	55.3	5.8	1.0
	12-36	233	17.2	28.3	53.2	0.9	0.4
	36-60	136	14.7	32.4	50.7	2.2	0.0
	0-36	336	17.9	25.3	53.9	2.4	0.6
	12-60	369	16.3	29.8	52.3	1.4	0.3
	0-60	472	16.9	27.3	53.0	2.3	0.4
Maharashtra	0-12	107	13.1	21.5	52.3	9.3	3.7
	12-36	193	22.3	31.1	45.6	0.5	0.5
	36-60	190	16.3	29.5	52.6	1.6	0.0
	0-36	300	19.0	27.7	48.0	3.7	1.7
	12-60	383	19.3	30.3	49.1	1.0	0.3
	0-60	490	18.0	28.4	49.8	2.9	1.0
Gujarat	0-12	81	13.6	25.9	50.6	6.2	3.7
	12-36	202	40.6	27.7	30.7	0.5	0.5
	36-60	214	20.6	30.4	47.7	0.9	0.5
	0-36	283	32.9	27.2	36.4	2.1	1.4
	12-60	416	30.3	29.1	39.4	0.7	0.5
	0-60	497	27.6	28.6	41.2	1.6	1.0

*- WHO Growth Standards

(Contd...)

Table AN 4 : DISTRIBUTION (%) OF <5 YEAR BOYS ACCORDING TO HEIGHT FOR AGE BY SD CLASSIFICATION* (Contd...)

STATE	Age (Months)	n	Height for Age*				
			< Median -3SD	Median -3SD to Median -2SD	Median -2SD to Median +1SD	Median +1SD to Median +2SD	≥ Median +2SD
Madhya Pradesh	0-12	59	5.1	18.6	69.5	5.1	1.7
	12-36	157	33.1	29.9	35.0	1.9	0.0
	36-60	243	22.6	33.3	44.0	0.0	0.0
	0-36	216	25.5	26.9	44.4	2.8	0.5
	12-60	400	26.8	32.0	40.5	0.5	0.0
	0-60	459	24.0	30.3	44.2	1.3	0.2
Orissa	0-12	91	13.2	18.7	61.5	6.6	0.0
	12-36	213	27.2	27.2	44.6	0.9	0.0
	36-60	194	21.1	27.3	50.0	1.0	0.5
	0-36	304	23.0	24.7	49.7	2.6	0.0
	12-60	407	24.3	27.3	47.2	1.0	0.2
	0-60	498	22.3	25.7	49.8	2.0	0.2
West Bengal	0-12	65	3.1	18.5	69.2	7.7	1.5
	12-36	175	17.7	29.7	50.9	1.7	0.0
	36-60	169	8.9	25.4	63.9	1.8	0.0
	0-36	240	13.8	26.7	55.8	3.3	0.4
	12-60	344	13.4	27.6	57.3	1.7	0.0
	0-60	409	11.7	26.2	59.2	2.7	0.2
Uttar Pradesh	0-12	117	6.8	11.1	76.9	5.1	0.0
	12-36	226	25.2	33.2	40.7	0.9	0.0
	36-60	219	30.1	33.8	34.2	1.8	0.0
	0-36	343	19.0	25.7	53.1	2.3	0.0
	12-60	445	27.6	33.5	37.5	1.3	0.0
	0-60	562	23.3	28.8	45.7	2.1	0.0
Pooled	0-12	840	9.5	16.4	64.0	7.3	2.7
	12-36	1867	22.5	28.9	47.1	1.2	0.3
	36-60	1768	18.0	27.6	52.8	1.3	0.2
	0-36	2707	18.5	25.0	52.4	3.1	1.0
	12-60	3635	20.3	28.3	49.9	1.3	0.2
	0-60	4475	18.3	26.0	52.6	2.4	0.7

* : WHO Growth Standards

Table AN 5 : DISTRIBUTION (%) OF <5 YEAR GIRLS ACCORDING TO HEIGHT FOR AGE BY SD CLASSIFICATION*

STATE	Age (Months)	n	Height for Age*				
			< Median -3SD	Median -3SD to Median -2SD	Median -2SD to Median +1SD	Median +1SD to Median +2SD	≥ Median +2SD
Kerala	0-12	59	0.0	0.0	83.1	16.9	0.0
	12-36	135	8.9	19.3	70.4	1.5	0.0
	36-60	134	5.2	18.7	73.9	2.2	0.0
	0-36	194	6.2	13.4	74.2	6.2	0.0
	12-60	269	7.1	19.0	72.1	1.9	0.0
	0-60	328	5.8	15.5	74.1	4.6	0.0
Tamil Nadu	0-12	65	1.5	4.6	67.7	21.1	4.6
	12-36	171	6.4	19.3	72.5	0.6	1.2
	36-60	135	2.2	14.1	82.2	1.5	0.0
	0-36	236	5.1	15.3	71.2	6.4	2.1
	12-60	306	4.6	17.0	76.8	1.0	0.7
	0-60	371	4.0	14.8	75.2	4.6	1.3
Karnataka	0-12	86	8.1	8.1	68.6	15.1	0.0
	12-36	183	17.5	21.3	58.5	2.2	0.5
	36-60	170	15.9	27.6	55.3	0.6	0.6
	0-36	269	14.5	17.1	61.7	6.3	0.4
	12-60	353	16.7	24.4	56.9	1.4	0.6
	0-60	439	15.0	21.2	59.2	4.1	0.5
Andhra Pradesh	0-12	109	8.3	22.9	59.6	9.2	0.0
	12-36	226	15.5	32.7	48.7	2.2	0.9
	36-60	178	17.4	32.0	49.4	0.6	0.6
	0-36	335	13.1	29.6	52.2	4.5	0.6
	12-60	404	16.3	32.4	49.0	1.5	0.7
	0-60	513	14.6	30.4	51.3	3.1	0.6
Maharashtra	0-12	87	8.0	14.9	66.7	8.0	2.3
	12-36	171	19.3	30.4	48.0	1.2	1.2
	36-60	148	14.2	28.4	56.8	0.0	0.7
	0-36	258	15.5	25.2	54.3	3.5	1.6
	12-60	319	16.9	29.5	52.0	0.6	0.9
	0-60	406	15.0	26.4	55.2	2.2	1.2
Gujarat	0-12	82	11.0	23.2	52.4	8.5	4.9
	12-36	187	29.9	26.2	41.2	1.6	1.1
	36-60	205	22.9	30.7	45.4	1.0	0.0
	0-36	269	24.2	25.3	44.6	3.7	2.2
	12-60	392	26.3	28.6	43.4	1.3	0.5
	0-60	474	23.6	27.6	44.9	2.5	1.3

*- WHO Growth Standards

(Contd...)

Table AN 5 : DISTRIBUTION (%) OF <5 YEAR GIRLS ACCORDING TO HEIGHT FOR AGE BY SD CLASSIFICATION* (Contd...)

STATE	Age (Months)	N	Height for Age*				
			< Median -3SD	Median -3SD to Median -2SD	Median -2SD to Median +1SD	Median +1SD to Median +2SD	≥ Median +2SD
Madhya Pradesh	0-12	46	2.2	8.7	82.6	6.5	0.0
	12-36	169	28.4	26.0	43.8	0.6	1.2
	36-60	236	25.0	26.3	47.9	0.4	0.4
	0-36	215	22.8	22.3	52.1	1.9	0.9
	12-60	405	26.4	26.2	46.2	0.5	0.7
	0-60	451	23.9	24.4	49.9	1.1	0.7
Orissa	0-12	85	10.6	23.5	60.0	3.5	2.4
	12-36	175	22.3	30.9	45.7	1.1	0.0
	36-60	182	18.7	33.5	46.7	1.1	0.0
	0-36	260	18.5	28.5	50.4	1.9	0.8
	12-60	357	20.4	32.2	46.2	1.1	0.0
	0-60	442	18.6	30.5	48.9	1.6	0.5
West Bengal	0-12	65	4.6	16.9	67.7	6.2	4.6
	12-36	143	17.5	32.2	50.3	0.0	0.0
	36-60	161	13.0	32.3	53.4	0.0	1.2
	0-36	208	13.5	27.4	55.8	1.9	1.4
	12-60	304	15.1	32.2	52.0	0.0	0.7
	0-60	369	13.3	29.5	54.7	1.1	1.4
Uttar Pradesh	0-12	107	2.8	12.1	68.2	12.1	4.7
	12-36	202	26.2	35.1	38.6	0.0	0.0
	36-60	210	32.9	29.5	35.7	1.9	0.0
	0-36	309	18.1	27.2	48.9	4.2	1.6
	12-60	412	29.6	32.3	37.1	1.0	0.0
	0-60	519	24.1	28.1	43.5	3.3	1.0
Pooled	0-12	791	6.2	14.5	66.2	10.6	2.4
	12-36	1762	19.5	27.7	51.0	1.1	0.6
	36-60	1759	18.1	27.9	52.8	0.9	0.3
	0-36	2553	15.4	23.6	55.7	4.1	1.2
	12-60	3521	18.8	27.8	51.9	1.0	0.5
	0-60	4312	16.5	25.3	54.5	2.8	0.8

* : WHO Growth Standards

Table AN 6 : DISTRIBUTION (%) OF <5 YEAR BOYS & GIRLS ACCORDING TO HEIGHT FOR AGE BY SD CLASSIFICATION*

STATE	Age (Months)	n	Height for Age*				
			< Median -3SD	Median -3SD to Median -2SD	Median -2SD to Median +1SD	Median +1SD to Median +2SD	≥ Median +2SD
Kerala	0-12	116	0.9	4.3	75.9	14.7	4.3
	12-36	268	8.6	22.8	66.8	1.5	0.4
	36-60	255	6.3	15.3	75.7	2.4	0.4
	0-36	384	6.3	17.2	69.5	5.5	1.6
	12-60	523	7.5	19.1	71.1	1.9	0.4
	0-60	639	6.3	16.4	72.0	4.2	1.1
Tamil Nadu	0-12	148	2.0	5.4	70.9	16.2	5.4
	12-36	331	6.9	21.1	68.9	2.1	0.9
	36-60	269	4.1	15.6	78.4	1.9	0.0
	0-36	479	5.4	16.3	69.5	6.5	2.3
	12-60	600	5.7	18.7	73.2	2.0	0.5
	0-60	748	4.9	16.0	72.7	4.8	1.5
Karnataka	0-12	163	8.6	11.7	68.1	9.8	1.8
	12-36	358	18.4	25.7	54.2	1.4	0.3
	36-60	318	17.9	25.8	55.3	0.3	0.6
	0-36	521	15.4	21.3	58.5	4.0	0.8
	12-60	676	18.2	25.7	54.7	0.9	0.4
	0-60	839	16.3	23.0	57.3	2.6	0.7
Andhra Pradesh	0-12	212	13.7	20.8	57.5	7.5	0.5
	12-36	459	16.3	30.5	51.0	1.5	0.7
	36-60	314	16.2	32.2	50.0	1.3	0.3
	0-36	671	15.5	27.4	53.1	3.4	0.6
	12-60	773	16.3	31.2	50.6	1.4	0.5
	0-60	985	15.7	28.9	52.1	2.7	0.5
Maharashtra	0-12	194	10.8	18.6	58.8	8.8	3.1
	12-36	364	20.9	30.8	46.7	0.8	0.8
	36-60	338	15.4	29.0	54.4	0.9	0.3
	0-36	558	17.4	26.5	50.9	3.6	1.6
	12-60	702	18.2	29.9	50.4	0.9	0.6
	0-60	896	16.6	27.5	52.2	2.6	1.1
Gujarat	0-12	163	12.3	24.5	51.5	7.4	4.3
	12-36	389	35.5	27.0	35.7	1.0	0.8
	36-60	419	21.7	30.5	46.5	1.0	0.2
	0-36	552	28.6	26.3	40.4	2.9	1.8
	12-60	808	28.3	28.8	41.3	1.0	0.5
	0-60	971	25.6	28.1	43.0	2.1	1.1

*- WHO Growth Standards

(Contd...)

Table AN 6 : DISTRIBUTION (%) OF <5 YEAR BOYS & GIRLS ACCORDING TO HEIGHT FOR AGE BY SD CLASSIFICATION* (Contd...)

STATE	Age (Months)	n	Height for Age*				
			< Median -3SD	Median -3SD to Median -2SD	Median -2SD to Median +1SD	Median +1SD to Median +2SD	≥ Median +2SD
Madhya Pradesh	0-12	105	3.8	14.3	75.2	5.7	1.0
	12-36	326	30.7	27.9	39.6	1.2	0.6
	36-60	479	23.8	29.9	45.9	0.2	0.2
	0-36	431	24.1	24.6	48.3	2.3	0.7
	12-60	805	26.6	29.1	43.4	0.6	0.4
	0-60	910	24.0	27.4	47.0	1.2	0.4
Orissa	0-12	176	11.9	21.0	60.8	5.1	1.1
	12-36	388	25.0	28.9	45.1	1.0	0.0
	36-60	376	19.9	30.3	48.4	1.1	0.3
	0-36	564	20.9	26.4	50.0	2.3	0.4
	12-60	764	22.5	29.6	46.7	1.0	0.1
	0-60	940	20.5	28.0	49.4	1.8	0.3
West Bengal	0-12	130	3.8	17.7	68.5	6.9	3.1
	12-36	318	17.6	30.8	50.6	0.9	0.0
	36-60	330	10.9	28.8	58.8	0.9	0.6
	0-36	448	13.6	27.0	55.8	2.7	0.9
	12-60	648	14.2	29.8	54.8	0.9	0.3
	0-60	778	12.5	27.8	57.1	1.9	0.8
Uttar Pradesh	0-12	224	4.9	11.6	72.8	8.5	2.2
	12-36	428	25.7	34.1	39.7	0.5	0.0
	36-60	429	31.5	31.7	35.0	1.9	0.0
	0-36	652	18.6	26.4	51.1	3.2	0.8
	12-60	857	28.6	32.9	37.3	1.2	0.0
	0-60	1081	23.7	28.5	44.7	2.7	0.5
Pooled	0-12	1631	7.9	15.5	65.1	8.9	2.6
	12-36	3629	21.1	28.3	49.0	1.2	0.4
	36-60	3527	18.1	27.7	52.8	1.1	0.3
	0-36	5260	17.0	24.3	54.0	3.6	1.1
	12-60	7156	19.6	28.0	50.9	1.1	0.4
	0-60	8787	17.4	25.7	53.5	2.6	0.8

* : WHO Growth Standards

Table AN 7 : DISTRIBUTION (%) OF <5 YEAR BOYS ACCORDING TO WEIGHT FOR HEIGHT BY SD CLASSIFICATION*

STATE	Age (Months)	n	Weight for Height*				
			< Median -3SD	Median -3SD to Median -2SD	Median -2SD to Median +1SD	Median +1SD to Median +2SD	≥ Median +2SD
Kerala	0-12	57	12.3	14.0	64.9	5.3	3.5
	12-36	132	3.8	11.4	74.2	9.1	1.5
	36-60	121	1.7	15.7	78.5	1.7	2.5
	0-36	189	6.3	12.2	71.4	7.9	2.1
	12-60	253	2.8	13.4	76.3	5.5	2.0
	0-60	310	4.5	13.5	74.2	5.5	2.3
Tamil Nadu	0-12	82	18.3	14.6	58.5	4.9	3.7
	12-36	160	11.3	12.5	73.1	2.5	0.6
	36-60	134	6.0	23.9	68.7	1.5	0.0
	0-36	242	13.6	13.2	68.2	3.3	1.7
	12-60	294	8.8	17.7	71.1	2.0	0.3
	0-60	376	10.9	17.0	68.4	2.7	1.1
Karnataka	0-12	76	9.2	14.5	61.8	7.9	6.6
	12-36	174	5.7	11.5	79.3	1.7	1.7
	36-60	148	0.7	25.7	71.6	0.7	1.4
	0-36	250	6.8	12.4	74.0	3.6	3.2
	12-60	322	3.4	18.0	75.8	1.2	1.6
	0-60	398	4.5	17.3	73.1	2.5	2.5
Andhra Pradesh	0-12	103	2.9	7.8	67.0	17.5	4.9
	12-36	231	3.9	11.7	78.4	5.6	0.4
	36-60	136	2.9	16.2	77.2	1.5	2.2
	0-36	334	3.6	10.5	74.9	9.3	1.8
	12-60	367	3.5	13.4	77.9	4.1	1.1
	0-60	470	3.4	12.1	75.5	7.0	1.9
Maharashtra	0-12	107	14.0	9.3	56.1	10.3	10.3
	12-36	191	2.6	8.4	83.8	3.7	1.6
	36-60	189	2.6	12.7	82.5	1.6	0.5
	0-36	298	6.7	8.7	73.8	6.0	4.7
	12-60	380	2.6	10.5	83.2	2.6	1.1
	0-60	487	5.1	10.3	77.2	4.3	3.1
Gujarat	0-12	73	13.7	17.8	47.9	12.3	8.2
	12-36	198	10.1	17.2	69.7	2.0	1.0
	36-60	214	4.7	25.7	65.9	2.8	0.9
	0-36	271	11.1	17.3	63.8	4.8	3.0
	12-60	412	7.3	21.6	67.7	2.4	1.0
	0-60	485	8.2	21.0	64.7	3.9	2.1

*- WHO Growth Standards

(Contd....)

Table AN 7 : DISTRIBUTION (%) OF <5 YEAR BOYS ACCORDING TO WEIGHT FOR HEIGHT BY SD CLASSIFICATION* (Contd...)

STATE	Age (Months)	n	Weight for Height*				
			< Median -3SD	Median -3SD to Median -2SD	Median -2SD to Median +1SD	Median +1SD to Median +2SD	≥ Median +2SD
Madhya Pradesh	0-12	54	13.0	24.1	55.6	1.9	5.6
	12-36	153	16.3	21.6	58.8	2.6	0.7
	36-60	241	15.4	17.0	66.0	1.2	0.4
	0-36	207	15.5	22.2	58.0	2.4	1.9
	12-60	394	15.7	18.8	63.2	1.8	0.5
	0-60	448	15.4	19.4	62.3	1.8	1.1
Orissa	0-12	90	5.6	14.4	61.1	11.1	7.8
	12-36	213	3.8	15.5	74.6	5.2	0.9
	36-60	193	2.1	14.0	82.4	0.5	1.0
	0-36	303	4.3	15.2	70.6	6.9	3.0
	12-60	406	3.0	14.8	78.3	3.0	1.0
	0-60	496	3.4	14.7	75.2	4.4	2.2
West Bengal	0-12	65	3.1	4.6	73.8	13.8	4.6
	12-36	175	10.3	13.7	69.7	4.6	1.7
	36-60	169	3.6	17.2	76.3	1.8	1.2
	0-36	240	8.3	11.3	70.8	7.1	2.5
	12-60	344	7.0	15.4	73.0	3.2	1.5
	0-60	409	6.4	13.7	73.1	4.9	2.0
Uttar Pradesh	0-12	100	20.0	21.0	51.0	7.0	1.0
	12-36	220	13.2	10.0	70.5	4.1	2.3
	36-60	215	4.7	12.1	77.2	2.8	3.3
	0-36	320	15.3	13.4	64.4	5.0	1.9
	12-60	435	9.0	11.0	73.8	3.4	2.8
	0-60	535	11.0	12.9	69.5	4.1	2.4
Pooled	0-12	807	11.3	13.9	59.5	9.7	5.7
	12-36	1847	8.0	13.2	73.5	4.1	1.2
	36-60	1760	4.9	17.8	74.3	1.6	1.3
	0-36	2654	9.0	13.4	69.3	5.8	2.6
	12-60	3607	6.5	15.4	73.9	2.9	1.3
	0-60	4414	7.4	15.2	71.3	4.1	2.1

* : WHO Growth Standards

Table AN 8 : DISTRIBUTION (%) OF <5 YEAR GIRLS ACCORDING TO WEIGHT FOR HEIGHT BY SD CLASSIFICATION*

STATE	Age (Months)	n	Weight for Height*				
			< Median -3SD	Median -3SD to Median -2SD	Median -2SD to Median +1SD	Median +1SD to Median +2SD	≥ Median +2SD
Kerala	0-12	59	8.5	13.6	67.8	8.5	1.7
	12-36	135	1.5	9.6	80.0	7.4	1.5
	36-60	133	0.0	15.8	78.9	4.5	0.8
	0-36	194	3.6	10.8	76.3	7.7	1.5
	12-60	268	0.7	12.7	79.5	6.0	1.1
	0-60	327	2.1	12.8	77.4	6.4	1.2
Tamil Nadu	0-12	64	9.4	23.4	60.9	6.3	0.0
	12-36	171	5.8	17.5	73.1	2.9	0.6
	36-60	135	3.7	23.7	70.4	2.2	0.0
	0-36	235	6.8	19.1	69.8	3.8	0.4
	12-60	306	4.9	20.3	71.9	2.6	0.3
	0-60	370	5.7	20.8	70.0	3.2	0.3
Karnataka	0-12	85	14.1	14.1	62.4	4.7	4.7
	12-36	182	4.9	14.3	74.2	4.9	1.6
	36-60	169	5.3	16.6	76.3	0.0	1.8
	0-36	267	7.9	14.2	70.4	4.9	2.6
	12-60	351	5.1	15.4	75.2	2.6	1.7
	0-60	436	6.9	15.1	72.7	3.0	2.3
Andhra Pradesh	0-12	109	5.5	8.3	62.4	11.9	11.9
	12-36	226	3.5	10.6	81.9	3.1	0.9
	36-60	178	2.2	12.9	83.7	1.1	0.0
	0-36	335	4.2	9.9	75.5	6.0	4.5
	12-60	404	3.0	11.6	82.7	2.2	0.5
	0-60	513	3.5	10.9	78.4	4.3	2.9
Maharashtra	0-12	86	5.8	10.5	66.3	14.0	3.5
	12-36	170	2.9	10.6	78.2	5.9	2.4
	36-60	148	2.0	8.1	87.2	2.7	0.0
	0-36	256	3.9	10.5	74.2	8.6	2.7
	12-60	318	2.5	9.4	82.4	4.4	1.3
	0-60	404	3.2	9.7	79.0	6.4	1.7
Gujarat	0-12	77	11.7	14.3	53.2	10.4	10.4
	12-36	186	11.3	16.1	65.1	6.5	1.1
	36-60	205	6.3	20.5	71.2	1.5	0.5
	0-36	263	11.4	15.6	61.6	7.6	3.8
	12-60	391	8.7	18.4	68.3	3.8	0.8
	0-60	468	9.2	17.7	65.8	4.9	2.4

*- WHO Growth Standards

(Contd....)

Table AN 8 : DISTRIBUTION (%) OF <5 YEAR GIRLS ACCORDING TO WEIGHT FOR HEIGHT BY SD CLASSIFICATION* (Contd...)

STATE	Age (Months)	n	Weight for Height*				
			< Median -3SD	Median -3SD to Median -2SD	Median -2SD to Median +1SD	Median +1SD to Median +2SD	≥ Median +2SD
Madhya Pradesh	0-12	44	11.4	25.0	50.0	9.1	4.5
	12-36	167	9.6	16.8	69.5	2.4	1.8
	36-60	235	10.6	19.1	67.7	1.7	0.9
	0-36	211	10.0	18.5	65.4	3.8	2.4
	12-60	402	10.2	18.2	68.4	2.0	1.2
	0-60	446	10.3	18.8	66.6	2.7	1.6
Orissa	0-12	83	9.6	8.4	71.1	4.8	6.0
	12-36	174	5.2	10.9	79.9	2.9	1.1
	36-60	182	3.8	13.7	80.2	2.2	0.0
	0-36	257	6.6	10.1	77.0	3.5	2.7
	12-60	356	4.5	12.4	80.1	2.5	0.6
	0-60	439	5.5	11.6	78.4	3.0	1.6
West Bengal	0-12	65	10.8	10.8	70.8	4.6	3.1
	12-36	143	5.6	18.9	74.1	1.4	0.0
	36-60	161	5.6	14.9	77.0	1.9	0.6
	0-36	208	7.2	16.3	73.1	2.4	1.0
	12-60	304	5.6	16.8	75.7	1.6	0.3
	0-60	369	6.5	15.7	74.8	2.2	0.8
Uttar Pradesh	0-12	102	21.6	23.5	47.1	5.9	2.0
	12-36	193	10.4	19.2	65.3	3.6	1.6
	36-60	206	3.4	13.1	78.2	3.9	1.5
	0-36	295	14.2	20.7	59.0	4.4	1.7
	12-60	399	6.8	16.0	71.9	3.8	1.5
	0-60	501	9.8	17.6	66.9	4.2	1.6
Pooled	0-12	774	11.0	14.6	61.1	8.1	5.2
	12-36	1747	6.2	14.4	74.1	4.1	1.3
	36-60	1752	4.7	15.9	76.7	2.1	0.6
	0-36	2521	7.7	14.5	70.1	5.3	2.5
	12-60	3499	5.4	16.2	75.4	3.1	0.9
	0-60	4273	6.4	15.1	72.8	4.0	1.7

* : WHO Growth Standards

Table AN 9 : DISTRIBUTION (%) OF <5 YEAR BOYS & GIRLS ACCORDING TO WEIGHT FOR HEIGHT BY SD CLASSIFICATION*

STATE	Age (Months)	n	Weight for Height*				
			< Median -3SD	Median -3SD to Median -2SD	Median -2SD to Median +1SD	Median +1SD to Median +2SD	≥ Median +2SD
Kerala	0-12	116	10.3	13.8	66.4	6.9	2.6
	12-36	267	2.6	10.5	77.2	8.2	1.5
	36-60	254	0.8	15.7	78.7	3.1	1.6
	0-36	383	5.0	11.5	73.9	7.8	1.8
	12-60	521	1.7	13.1	77.9	5.8	1.5
	0-60	637	3.3	13.2	75.8	6.0	1.7
Tamil Nadu	0-12	146	14.4	18.5	59.6	5.5	2.1
	12-36	331	8.5	15.1	73.1	2.7	0.6
	36-60	269	4.8	23.8	69.5	1.9	0.0
	0-36	477	10.3	16.1	69.0	3.6	1.0
	12-60	600	6.8	19.0	71.5	2.3	0.3
	0-60	746	8.3	18.9	69.2	2.9	0.7
Karnataka	0-12	161	11.8	14.3	62.1	6.2	5.6
	12-36	356	5.3	12.9	76.7	3.4	1.7
	36-60	317	3.2	20.8	74.1	0.3	1.6
	0-36	517	7.4	13.3	72.1	4.3	2.9
	12-60	673	4.3	16.6	75.5	1.9	1.6
	0-60	834	5.8	16.2	72.9	2.8	2.4
Andhra Pradesh	0-12	212	4.2	8.0	64.6	14.6	8.5
	12-36	457	3.7	11.2	80.1	4.4	0.7
	36-60	314	2.5	14.3	80.9	1.3	1.0
	0-36	669	3.9	10.2	75.2	7.6	3.1
	12-60	771	3.2	12.5	80.4	3.1	0.8
	0-60	983	3.5	11.5	77.0	5.6	2.4
Maharashtra	0-12	193	10.4	9.8	60.6	11.9	7.3
	12-36	361	2.8	9.4	81.2	4.7	1.9
	36-60	337	2.4	10.7	84.6	2.1	0.3
	0-36	554	5.4	9.6	74.0	7.2	3.8
	12-60	698	2.6	10.0	82.8	3.4	1.1
	0-60	891	4.3	10.0	78.0	5.3	2.5
Gujarat	0-12	150	12.7	16.0	50.7	11.3	9.3
	12-36	384	10.7	16.7	67.4	4.2	1.0
	36-60	419	5.5	23.2	68.5	2.1	0.7
	0-36	534	11.2	16.5	62.7	6.2	3.4
	12-60	803	8.0	20.0	68.0	3.1	0.9
	0-60	953	8.7	19.4	65.3	4.4	2.2

*- WHO Growth Standards

(Contd...)

Table AN 9 : DISTRIBUTION (%) OF <5 YEAR BOYS & GIRLS ACCORDING TO WEIGHT FOR HEIGHT BY SD CLASSIFICATION* (Contd...)

STATE	Age (Months)	n	Weight for Height*				
			< Median -3SD	Median -3SD to Median -2SD	Median -2SD to Median +1SD	Median +1SD to Median +2SD	≥ Median +2SD
Madhya Pradesh	0-12	98	12.2	24.5	53.1	5.1	5.1
	12-36	320	12.8	19.1	64.4	2.5	1.3
	36-60	476	13.0	18.1	66.8	1.5	0.6
	0-36	418	12.7	20.3	61.7	3.1	2.2
	12-60	796	12.9	18.5	65.8	1.9	0.9
	0-60	894	12.9	19.1	64.4	2.2	1.3
Orissa	0-12	173	7.5	11.6	65.9	8.1	6.9
	12-36	387	4.4	13.4	77.0	4.1	1.0
	36-60	375	2.9	13.9	81.3	1.3	0.5
	0-36	560	5.4	12.9	73.6	5.4	2.9
	12-60	762	3.7	13.6	79.1	2.8	0.8
	0-60	935	4.4	13.3	76.7	3.7	1.9
West Bengal	0-12	130	6.9	7.7	72.3	9.2	3.8
	12-36	318	8.2	16.0	71.7	3.1	0.9
	36-60	330	4.5	16.1	76.7	1.8	0.9
	0-36	448	7.8	13.6	71.9	4.9	1.8
	12-60	648	6.3	16.0	74.2	2.5	0.9
	0-60	778	6.4	14.7	73.9	3.6	1.4
Uttar Pradesh	0-12	202	20.8	22.3	49.0	6.4	1.5
	12-36	413	11.9	14.3	68.0	3.9	1.9
	36-60	421	4.0	12.6	77.7	3.3	2.4
	0-36	615	14.8	16.9	61.8	4.7	1.8
	12-60	834	7.9	13.4	72.9	3.6	2.2
	0-60	1036	10.4	15.2	68.2	4.2	2.0
Pooled	0-12	1581	11.1	14.2	60.3	8.9	5.4
	12-36	3594	7.1	13.8	73.8	4.1	1.3
	36-60	3512	4.8	16.9	75.5	1.9	1.0
	0-36	5175	8.3	13.9	69.7	5.5	2.5
	12-60	7106	6.0	15.3	74.6	3.0	1.1
	0-60	8687	6.9	15.1	72.0	4.1	1.9

* : WHO Growth Standards

**Table AN 10 : PREVALENCE (%) OF OBESITY* AMONG ADULTS (≥18 YEARS)
BY AGE GROUP AND GENDER**

Anthropometric Indicators	Age groups (Years)							Pooled
	18-30	30-40	40-50	50-60	60-70	70-80	≥ 80	
Men								
n	5583	5025	4360	3167	2511	1007	265	21918
BMI (≥25)	5.2	11.8	13.6	12.1	10.1	7.4	3.7	10.0
Waist circumference (> 102 cm)	0.4	1.5	3.1	3.0	3.8	3.5	1.5	2.2
Waist Hip Ratio (WHR ≥ 0.95)	7.4	22.0	32.5	36.0	36.2	34.7	31.7	24.7
Women								
n	6792	6833	5692	3867	2750	882	225	27041
BMI (≥25)	6.8	15.2	19.3	18.4	16.8	12.9	10.2	14.4
Waist circumference (> 88 cm)	2.7	7.9	13.3	14.6	14.3	14.2	9.8	9.6
Waist Hip Ratio (WHR ≥ 0.80)	47.2	60.4	70.8	74.0	76.9	80.9	83.6	63.8

*WHO Cut offs

Table AN 11 : MEAN ANTHROPOMETRIC MEASUREMENTS

STATE: KERALA

SEX: MALES

Age (Yrs)	Number				Height (cm)				Weight (kg)				Arm circumference (cm)				Fat fold at Triceps (mm)			
	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012
0+	39	95	70	59	65.1	64.5	65.4	67.8	6.6	7.1	7.0	7.2	12.7	14.1	13.7	13.0	9.1	10.9	9.4	8.9
1+	27	86	87	73	74.0	74.5	75.8	76.7	8.4	8.9	9.2	9.5	13.1	14.3	14.3	14.1	9.1	10.3	8.9	8.2
2+	82	116	93	62	81.4	85.6	85.1	87.0	9.8	10.9	11.1	11.3	13.3	14.8	14.6	14.5	8.1	10.4	9.1	8.4
3+	62	86	130	68	87.9	94.0	92.6	94.8	11.2	12.6	12.8	13.0	13.8	15.2	15.1	14.6	7.8	10.5	8.8	8.4
4+	103	95	172	54	93.3	99.0	99.8	102.3	12.5	13.8	14.3	14.8	14.2	15.3	15.3	14.9	7.8	10.5	8.5	8.1
5+	99	68	145	65	100.3	102.9	105.7	108.4	13.9	14.7	15.7	16.4	14.1	15.2	15.5	15.4	6.8	9.7	8.1	8.1
6+	90	73	139	83	106.2	108.8	111.2	114.4	15.5	15.8	17.0	18.1	14.5	15.3	15.7	15.6	6.5	9.1	7.8	7.8
7+	90	66	116	71	110.5	116.4	116.6	118.7	16.4	18.4	18.6	20.6	14.5	15.6	16.1	16.7	6.5	8.3	7.4	8.4
8+	121	68	141	66	115.1	120.4	120.5	125.7	18.2	19.2	20.4	23.4	15.1	15.7	16.3	17.1	6.1	8.2	7.4	8.2
9+	78	68	146	66	119.5	124.0	127.2	130.3	19.4	20.6	23.0	24.5	15.4	16.2	17.1	17.2	6.2	8.4	8.3	8.1
10+	137	89	104	66	123.9	129.5	130.4	133.7	21.1	23.1	24.5	26.6	15.5	16.7	17.4	17.9	5.5	8.3	8.2	8.5
11+	100	63	77	66	128.0	132.8	134.0	139.1	23.3	25.1	25.5	29.8	16.0	17.4	17.6	18.7	6.0	8.8	7.8	9.8
12+	195	87	108	75	131.1	138.9	139.5	145.7	24.3	28.2	28.9	35.6	16.6	17.9	18.7	20.4	6.0	8.3	8.1	10.3
13+	132	70	79	67	135.7	141.5	144.1	149.7	26.8	28.9	31.9	36.8	17.2	18.2	19.2	20.4	5.9	8.6	9.1	9.4
14+	138	49	95	56	141.8	148.0	150.4	156.5	30.1	34.2	35.9	43.5	17.9	19.7	20.1	21.9	6.3	9.2	8.4	10.3
15+	78	47	56	57	147.2	155.3	156.1	163.2	33.2	39.2	39.6	46.8	19.2	20.9	21.7	22.3	6.3	8.2	8.5	8.5
16+	91	42	70	57	151.7	160.4	162.5	167.1	37.1	43.3	47.0	51.1	20.0	21.7	23.3	23.6	6.1	9.1	8.4	9.2
17+	60	39	50	43	157.0	162.1	164.6	168.6	40.8	45.3	50.3	55.2	21.2	22.8	24.1	24.6	5.6	9.3	8.5	9.4
18+	55	65	52	45	160.5	163.5	165.9	169.9	43.4	47.3	51.0	53.4	22.1	23.4	24.6	24.5	6.7	8.0	7.8	9.7
19+	36	50	42	39	160.8	163.7	163.2	169.7	44.9	47.8	50.4	58.5	22.8	23.6	25.0	25.8	6.7	8.0	7.7	11.7
20-25	193	224	199	206	161.9	165.4	165.4	168.3	47.4	50.8	53.9	57.3	23.3	24.8	25.8	26.0	6.2	8.0	8.4	10.0
25-30	152	132	196	190	161.8	164.4	164.4	166.5	48.7	53.0	55.4	59.6	24.1	25.6	26.3	26.9	5.9	8.3	8.3	11.0
30-35	91	131	187	228	160.6	164.6	165.0	166.6	48.8	52.9	56.9	61.4	24.7	25.7	26.7	27.5	6.3	8.2	8.7	10.6
35-40	102	137	174	263	161.0	163.3	163.8	165.9	47.6	52.6	56.0	62.6	24.0	25.4	26.7	27.6	6.0	8.4	8.5	11.0
40-45	107	82	157	244	161.6	164.5	163.6	166.2	48.5	54.8	56.5	62.8	24.3	26.2	26.7	27.9	6.2	9.1	8.6	10.5
45-50	80	87	155	246	159.9	161.8	162.6	164.2	46.6	51.7	56.9	60.4	23.8	25.5	26.7	27.2	6.4	8.5	8.2	10.0
50-55	66	70	118	198	160.4	161.5	161.8	162.8	47.9	51.8	54.4	56.8	23.6	25.4	26.3	26.2	7.0	9.1	8.3	9.4
55-60	52	89	150	191	159.2	161.3	162.4	163.1	47.1	49.3	53.7	58.4	24.0	24.6	25.9	26.4	7.2	8.5	8.0	9.7
>60	116	274	359	537	158.7	159.2	158.8	160.1	44.9	48.0	50.0	54.1	22.2	24.1	24.5	25.2	6.6	8.8	8.5	9.7

Table AN 12 : MEAN ANTHROPOMETRIC MEASUREMENTS

STATE: KERALA

SEX: FEMALES

Age (Yrs)	Number				Height (cm)				Weight (kg)				Arm circumference (cm)				Fat fold at Triceps (mm)			
	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012
0+	45	93	66	59	63.0	65.0	64.9	65.1	6.4	7.0	7.1	6.5	12.7	13.9	13.5	13.2	9.2	10.8	8.9	9.8
1+	53	92	77	68	73.2	74.1	74.5	76.0	8.6	8.7	8.9	8.9	13.1	14.4	14.1	13.7	8.1	10.4	9.2	8.1
2+	70	75	92	68	79.8	81.9	84.0	85.9	9.3	10.3	10.8	11.1	12.9	14.5	14.4	14.5	7.6	10.8	9.1	8.8
3+	81	103	104	63	87.1	91.6	92.4	92.9	10.9	12.1	12.4	12.3	13.7	15.2	15.0	14.5	8.4	11.4	9.2	8.5
4+	87	96	131	73	92.9	96.8	98.7	100.2	12.2	13.3	13.9	14.0	14.2	15.1	15.3	14.8	8.9	10.7	9.6	8.7
5+	73	65	120	56	100.1	104.8	104.1	105.4	13.9	14.7	14.9	15.5	14.4	15.2	15.1	15.2	7.6	10.2	8.5	9.4
6+	73	64	105	60	104.0	108.6	110.1	111.7	14.7	15.8	16.4	16.9	14.2	15.3	15.6	15.5	6.7	9.6	8.7	8.4
7+	81	63	110	55	110.6	113.1	116.0	118.4	16.8	17.1	18.2	19.5	14.5	15.5	15.8	16.4	6.5	9.2	8.3	9.2
8+	103	70	120	55	113.5	119.3	120.8	122.4	17.4	19.4	19.8	21.5	14.7	16.0	16.4	16.7	6.4	9.5	9.2	9.3
9+	80	69	123	63	118.6	123.3	125.2	129.0	18.9	20.6	22.0	24.3	14.9	16.5	17.0	17.4	6.4	9.8	9.8	10.4
10+	91	73	112	92	122.4	128.7	131.2	134.2	21.1	22.1	25.1	27.3	15.6	16.8	17.7	18.5	6.4	9.7	10.3	10.4
11+	55	58	83	63	126.5	134.6	134.6	139.4	23.0	25.6	27.1	31.0	16.5	17.4	18.2	19.3	7.7	9.8	10.4	11.2
12+	110	84	82	81	130.3	140.0	140.6	146.9	24.2	29.9	31.1	36.9	16.8	18.8	19.2	20.5	6.6	10.7	10.4	12.0
13+	60	74	114	64	133.9	145.2	145.3	151.2	27.2	33.3	33.7	38.6	17.7	19.9	19.6	20.8	7.3	11.5	11.1	12.4
14+	79	65	68	62	141.1	149.0	149.3	152.7	31.6	37.7	37.3	42.5	18.9	21.3	20.7	22.3	8.3	12.9	11.4	14.2
15+	61	52	80	57	146.2	149.5	151.5	152.5	34.9	39.0	41.9	41.8	19.9	21.5	22.2	22.0	9.1	12.7	13.0	13.8
16+	72	69	58	51	148.5	151.5	152.9	155.3	39.6	42.0	43.8	45.0	21.4	22.7	22.7	22.9	10.2	13.5	13.8	15.6
17+	47	56	71	52	149.7	152.8	154.2	157.0	40.4	43.5	44.5	47.6	22.1	23.4	23.4	23.6	11.4	14.6	13.3	16.2
18+	61	75	99	50	149.4	150.7	152.9	154.2	40.9	43.5	45.9	47.4	21.9	23.1	23.9	24.2	10.8	13.8	14.3	16.3
19+	51	71	69	59	149.2	152.9	152.7	156.3	42.0	44.4	45.8	48.4	22.3	23.4	23.8	24.1	10.0	13.6	14.3	16.7
20-25	298	475	519	324	150.7	151.9	152.4	154.0	42.7	44.5	47.1	49.9	22.5	23.4	24.2	25.1	9.5	13.2	13.9	17.1
25-30	288	421	546	402	149.9	151.9	152.4	154.1	42.8	46.0	48.6	51.8	22.4	24.4	25.0	26.0	8.7	14.2	14.2	18.0
30-35	203	319	432	380	149.7	151.7	151.7	153.0	42.5	45.3	49.6	54.8	22.9	24.3	25.7	27.4	8.8	13.8	14.9	19.8
35-40	183	276	373	404	149.8	150.6	150.7	153.1	42.2	45.6	49.9	56.2	22.9	24.7	26.1	27.7	8.8	14.2	15.3	20.1
40-45	146	184	294	374	148.1	149.1	150.0	152.4	40.7	44.9	50.6	56.8	22.5	24.6	26.3	28.0	9.5	13.6	15.9	21.1
45-50	126	184	300	361	148.2	148.6	149.5	151.1	40.2	43.6	49.6	54.0	21.9	26.0	26.0	27.4	13.3	15.3	15.2	19.2
50-55	83	159	184	261	147.6	148.9	148.8	150.4	40.6	45.5	49.6	53.2	22.0	24.9	25.8	27.1	9.7	15.0	14.9	19.9
55-60	59	152	202	285	146.6	148.1	148.1	149.9	38.9	43.8	48.7	53.1	21.7	24.5	25.9	26.9	8.7	14.1	15.5	18.7
>60	147	348	462	710	146.0	146.6	146.2	146.8	38.5	40.9	44.5	48.4	21.2	23.4	24.1	25.4	8.0	12.6	13.1	16.3

Table AN 13 : MEAN ANTHROPOMETRIC MEASUREMENTS

STATE: TAMIL NADU

SEX: MALES

Age (Yrs)	Number					Height (cm)					Weight (kg)					Arm circumference (cm)					Fat fold at Triceps (mm)				
	1975-1979	1988-1990	1996-1997	2011-2012		1975-1979	1988-1990	1996-1997	2011-2012		1975-1979	1988-1990	1996-1997	2011-2012		1975-1979	1988-1990	1996-1997	2011-2012		1975-1979	1988-1990	1996-1997	2011-2012	
0+	121	166	118	82		64.9	65.7	64.3	66.8		6.5	6.8	6.5	6.9		11.7	12.6	13.4	13.4		8.9	7.7	7.7	7.3	
1+	108	256	99	84		73.5	74.9	76.6	77.3		8.3	8.6	9.2	9.1		12.3	13.2	14.0	14.2		9.0	7.7	7.7	7.7	
2+	105	339	90	77		80.8	83.2	85.1	86.8		9.5	10.2	10.8	10.9		12.6	13.7	14.5	14.6		8.5	8.3	8.3	8.3	
3+	128	417	101	64		86.1	90.9	92.3	94.7		11.0	11.8	12.5	12.5		13.2	14.3	14.8	14.8		9.4	8.7	8.7	8.2	
4+	146	631	105	70		93.9	97.7	100.5	106.5		12.6	13.3	13.7	13.9		13.4	14.4	14.9	15.1		9.0	8.1	8.1	8.1	
5+	102	100	49	64		100.8	102.9	104.4	106.7		14.1	14.3	15.0	15.1		13.7	14.3	15.0	15.1		8.5	7.3	7.3	7.3	
6+	98	204	66	63		105.9	106.7	108.5	112.3		15.4	15.6	15.9	16.7		13.9	14.7	14.9	15.3		7.8	7.3	7.3	7.0	
7+	132	171	59	66		110.7	112.8	114.5	116.7		17.0	17.2	17.9	17.8		14.1	15.0	15.3	15.5		7.4	7.0	7.0	6.6	
8+	120	168	65	72		115.2	117.8	119.7	120.5		18.1	18.8	19.3	19.4		14.1	15.2	15.5	16.1		7.2	6.6	6.6	6.1	
9+	125	139	64	62		119.6	121.8	124.4	126.3		19.8	20.3	21.3	21.7		14.7	15.5	16.0	16.6		6.6	6.6	6.6	6.5	
10+	140	146	73	67		124.8	125.2	128.4	131.3		21.9	21.5	22.8	24.2		15.2	15.9	16.5	17.4		6.7	6.2	6.2	6.6	
11+	103	156	65	56		129.6	131.1	131.6	134.8		23.9	23.6	24.6	25.4		16.0	16.4	17.2	17.6		7.0	6.5	6.5	6.4	
12+	168	191	72	59		133.6	136.3	135.6	139.5		25.4	26.2	26.5	28.8		16.2	17.1	17.6	18.6		6.9	6.7	6.7	6.9	
13+	139	151	70	64		138.9	130.0	142.2	145.3		28.1	27.8	29.7	31.9		16.8	17.5	18.2	19.4		6.8	7.1	7.1	6.5	
14+	81	123	85	61		145.1	144.5	148.5	150.7		32.4	31.4	33.8	35.8		17.8	18.6	19.1	20.3		7.2	7.3	7.3	6.9	
15+	84	110	83	69		147.6	151.7	152.2	156.8		33.7	36.3	36.9	39.9		18.2	19.6	19.8	21.1		6.9	7.1	7.1	6.7	
16+	110	135	94	49		154.4	157.0	158.1	163.4		38.3	40.6	41.9	47.3		19.3	20.8	21.1	23.2		7.1	7.0	7.0	6.9	
17+	99	86	71	84		159.4	161.7	162.3	168.0		42.5	45.1	46.7	50.5		20.5	22.1	22.4	24.3		7.4	7.0	7.0	6.2	
18+	77	129	25	37		160.2	162.0	164.0	167.5		43.4	45.7	47.7	52.7		21.1	22.5	22.8	24.7		8.0	6.8	6.8	6.7	
19+	69	87	38	43		160.9	163.8	165.6	168.2		45.8	48.1	50.3	53.6		21.8	23.3	23.6	25.4		7.4	6.7	6.7	6.3	
20-25	296	289	194	204		162.5	163.8	164.4	167.1		47.5	49.5	50.5	54.1		22.3	24.0	24.1	25.8		6.9	6.7	6.7	6.4	
25-30	226	220	185	254		162.6	164.1	164.5	166.7		50.1	50.9	52.7	59.0		22.9	24.5	24.9	27.3		7.7	7.1	7.1	7.0	
30-35	174	180	194	238		162.0	163.1	163.5	165.9		49.8	50.7	53.3	59.5		23.0	24.8	25.3	27.7		7.9	7.1	7.1	7.9	
35-40	232	195	169	240		162.8	163.3	162.1	165.3		49.7	50.6	52.4	60.3		22.7	24.3	25.1	27.6		7.6	7.0	7.0	7.5	
40-45	161	125	117	196		163.2	163.4	163.6	164.6		51.7	52.0	55.4	61.5		23.2	24.8	25.6	27.9		8.2	7.5	7.5	8.1	
45-50	167	112	102	225		162.9	162.0	162.2	164.4		50.7	50.4	52.3	59.7		23.0	24.1	24.9	27.3		7.7	7.8	7.8	7.2	
50-55	102	75	67	162		162.6	164.1	162.4	164.0		51.6	52.0	54.4	57.5		23.5	24.7	24.8	26.7		8.6	7.5	7.5	8.3	
55-60	86	85	86	170		162.2	162.0	162.1	162.7		50.7	50.7	53.0	56.2		23.1	24.2	24.8	26.1		7.9	7.6	7.6	8.6	
>60	152	151	194	449		161.2	161.0	161.3	161.8		48.1	48.4	49.0	53.4		21.9	23.2	23.2	25.2		8.1	7.4	7.4	7.1	

Table AN 14 : MEAN ANTHROPOMETRIC MEASUREMENTS

STATE: TAMIL NADU

SEX: FEMALES

Age (Yrs)	Number				Height (cm)				Weight (kg)				Arm circumference (cm)				Fat fold at Triceps (mm)			
	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012
0+	115	191	121	65	63.0	63.8	62.0	65.7	5.8	6.2	6.0	6.4	11.1	12.3	12.6	13.2	8.6	7.6	7.1	9.0
1+	97	209	119	89	72.1	73.1	75.0	76.4	7.7	8.1	8.5	8.7	11.9	12.7	13.6	13.9	8.7	7.6	7.7	8.6
2+	126	344	116	85	79.3	81.9	83.7	86.0	9.4	9.7	10.2	10.4	12.4	13.5	13.9	14.3	9.4	8.7	8.5	9.2
3+	142	379	86	80	85.8	89.2	89.6	93.8	10.5	11.2	11.8	12.1	12.9	14.1	14.6	15.1	9.9	9.0	8.8	9.5
4+	137	563	103	58	92.8	96.0	96.5	100.7	11.9	12.8	13.2	13.2	13.3	14.3	14.9	14.9	9.3	8.6	8.6	8.7
5+	92	99	53	45	100.2	101.5	102.3	106.9	13.6	14.1	14.3	14.9	13.7	14.7	14.9	15.3	8.8	8.1	7.8	8.8
6+	84	167	70	74	104.7	106.5	108.1	112.3	14.5	15.1	15.7	16.7	13.9	14.6	15.2	15.8	8.2	7.7	7.6	8.9
7+	108	160	50	56	109.0	110.8	113.6	115.5	16.2	16.4	17.4	17.5	14.2	14.9	15.3	15.8	8.1	7.4	7.1	8.2
8+	117	152	73	69	114.6	116.8	118.5	119.8	17.7	18.6	19.2	19.3	14.5	15.5	15.7	16.2	7.6	7.4	7.2	8.6
9+	87	147	65	65	118.9	121.7	123.5	124.3	19.5	20.2	21.0	21.0	14.9	15.8	16.2	16.7	7.8	7.5	7.3	9.2
10+	126	126	77	70	125.8	127.6	128.0	131.7	22.2	22.8	23.3	25.2	15.8	16.8	16.8	18.0	8.1	8.0	7.7	10.3
11+	92	108	88	75	129.5	131.6	131.9	135.7	23.9	24.6	24.6	26.6	16.0	17.0	17.2	18.4	8.1	7.6	7.1	10.3
12+	129	142	73	77	134.1	137.2	138.3	140.3	26.4	27.4	28.3	30.0	16.9	17.9	18.1	19.3	8.6	8.0	8.4	10.6
13+	88	103	75	64	140.1	142.3	143.9	147.4	30.0	31.6	31.5	34.9	17.8	18.8	18.9	20.1	8.7	9.0	8.1	12.1
14+	77	99	97	63	146.1	146.7	148.2	150.6	35.5	35.4	35.9	38.8	19.0	20.0	19.9	21.4	10.2	9.5	9.0	13.3
15+	59	65	76	61	147.1	147.7	150.6	153.2	37.4	38.4	39.1	40.4	19.9	21.2	20.6	21.6	10.9	11.0	9.5	13.3
16+	91	116	76	79	148.4	150.7	152.0	153.4	40.0	41.4	41.9	41.7	20.7	21.8	21.7	22.2	12.2	11.3	10.1	14.7
17+	64	69	58	69	150.2	151.1	151.0	155.3	41.2	42.4	43.3	44.0	21.3	22.3	22.6	22.5	11.9	11.4	11.5	15.4
18+	81	87	48	48	151.0	151.8	152.1	154.8	42.8	43.5	44.0	45.8	21.4	22.4	22.6	23.7	12.3	11.1	10.7	16.7
19+	57	57	52	68	151.9	151.6	152.1	154.8	43.4	43.8	43.3	45.0	22.0	22.5	22.1	23.4	12.5	11.8	9.9	16.4
20-25	273	390	324	419	151.1	150.9	151.9	153.4	42.9	42.7	44.0	47.3	21.0	22.1	22.6	24.2	11.5	11.0	10.1	16.3
25-30	302	363	322	431	150.9	151.3	152.1	153.3	42.6	43.5	45.2	50.0	21.1	22.5	23.0	25.6	11.1	11.0	10.7	17.9
30-35	209	194	170	361	150.1	151.4	152.5	152.8	43.1	43.6	47.6	52.7	21.5	22.8	23.8	26.6	11.4	11.2	11.9	20.3
35-40	232	183	162	351	150.4	150.5	151.4	152.2	43.8	43.5	46.9	52.7	21.8	22.8	24.0	26.6	11.9	11.4	12.4	19.6
40-45	129	75	83	286	150.5	150.0	150.9	152.1	42.8	44.9	46.4	52.9	21.6	23.2	23.8	26.7	11.5	11.8	12.0	19.8
45-50	127	83	115	314	150.4	150.8	151.1	151.6	44.0	45.1	48.0	52.4	22.2	23.4	24.4	26.7	12.2	12.5	12.7	18.9
50-55	82	67	85	266	148.3	150.7	151.1	151.1	41.5	46.0	47.2	51.9	21.3	23.7	23.9	26.5	11.8	12.2	12.5	19.0
55-60	76	58	55	198	149.4	151.3	151.2	151.1	42.2	42.4	44.4	51.5	21.3	22.6	23.2	26.5	11.7	10.6	11.5	18.0
>60	137	84	120	431	148.4	148.3	148.6	149.0	40.0	41.4	43.4	47.8	20.5	22.3	22.5	25.2	9.9	10.6	11.1	15.7

Table AN 15 : MEAN ANTHROPOMETRIC MEASUREMENTS

STATE: KARNATAKA

SEX: MALES

Age (Yrs)	Number				Height (cm)				Weight (kg)				Arm circumference (cm)				Fat fold at Triceps (mm)			
	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012
0+	114	121	191	78	62.7	63.0	63.6	65.2	6.3	6.3	6.4	6.9	12.6	12.5	13.0	13.2	8.6	7.3	6.1	8.5
1+	101	200	204	99	72.7	73.8	75.0	76.3	8.0	8.0	8.7	9.0	13.1	12.9	13.7	13.8	7.7	6.7	6.6	7.6
2+	84	225	196	85	80.7	82.2	83.9	83.9	9.5	9.9	10.6	10.6	13.4	13.5	14.1	14.4	8.3	7.4	7.3	8.4
3+	139	208	243	85	86.5	89.1	90.4	91.6	10.8	11.3	11.7	11.9	13.9	13.9	14.3	14.4	8.6	7.3	7.5	8.1
4+	152	264	215	65	94.1	95.8	97.1	96.7	12.4	12.7	13.2	13.1	14.2	14.2	14.4	14.5	8.2	7.1	7.5	7.9
5+	85	169	166	80	100.4	102.1	101.5	102.3	13.8	14.3	14.0	14.1	14.2	14.3	14.5	14.6	7.2	6.4	7.3	7.1
6+	126	128	228	93	106.9	106.4	106.9	109.2	15.4	15.0	15.4	15.9	14.3	14.4	14.4	14.9	6.7	5.7	6.9	6.6
7+	100	147	157	75	113.1	113.2	113.1	113.4	17.1	17.3	17.0	17.5	14.7	14.9	14.8	15.3	5.9	5.4	6.9	6.4
8+	128	144	209	79	118.6	118.7	118.2	120.7	18.9	18.9	18.5	19.6	15.1	15.3	15.1	15.6	5.7	5.2	6.8	6.1
9+	73	120	204	81	122.6	124.8	123.6	123.8	20.4	21.1	20.3	20.7	15.6	15.8	15.4	16.0	5.5	4.8	6.9	6.3
10+	129	141	214	99	126.1	128.0	128.5	128.7	22.1	22.3	22.4	23.2	15.9	16.2	16.1	16.7	5.6	5.0	7.1	6.5
11+	74	93	130	89	132.2	132.0	133.4	133.0	24.4	24.4	24.6	24.7	16.7	16.6	16.6	17.2	5.7	5.0	7.4	6.6
12+	155	183	239	92	136.4	136.8	137.4	139.1	26.8	26.3	26.6	28.5	17.3	17.3	17.3	18.1	5.8	5.0	7.5	7.4
13+	79	145	150	80	141.5	142.6	142.7	141.9	28.8	29.8	29.7	30.0	17.8	18.2	17.9	18.4	5.2	5.1	7.7	7.2
14+	88	129	127	69	146.8	148.4	148.8	148.7	33.1	33.8	33.8	33.5	18.9	19.2	19.2	19.1	5.4	4.9	7.8	6.6
15+	56	93	93	71	152.5	155.7	154.2	155.0	36.6	39.3	38.4	37.8	19.5	20.8	20.3	20.4	5.2	4.8	7.9	6.7
16+	95	110	152	79	157.3	158.8	158.6	161.0	40.3	42.1	42.0	42.1	20.8	21.4	21.5	21.5	5.1	4.7	8.4	6.6
17+	56	90	83	63	159.7	160.5	162.4	165.3	42.6	44.3	45.0	47.3	21.5	22.4	22.3	22.9	5.1	4.7	8.4	7.2
18+	110	177	118	95	163.0	163.1	163.1	165.2	46.1	46.3	47.3	49.1	22.8	22.9	23.1	23.8	5.1	4.5	8.4	7.1
19+	36	79	46	46	163.4	163.9	164.1	167.8	48.0	47.6	47.9	53.3	23.6	23.6	23.5	24.7	5.8	4.6	9.0	8.3
20-25	204	178	336	314	164.6	164.9	164.2	166.7	48.7	49.6	49.6	53.4	23.7	24.2	24.1	25.1	5.4	4.8	8.6	7.6
25-30	152	211	370	326	164.6	164.2	164.9	165.9	49.5	50.4	51.6	56.2	24.3	24.8	24.7	26.1	5.5	4.9	8.8	8.7
30-35	152	251	327	260	164.5	163.0	165.2	165.5	49.6	50.0	53.1	56.6	24.2	24.6	24.9	26.1	5.5	5.2	9.5	8.7
35-40	209	229	367	281	164.2	164.1	164.5	165.6	50.1	50.9	52.9	57.5	24.4	24.8	25.0	26.4	5.7	5.1	9.6	8.8
40-45	163	124	270	242	163.7	162.8	164.3	164.9	48.7	49.7	53.3	57.5	24.0	24.2	25.1	26.5	5.4	5.2	9.8	9.0
45-50	132	103	206	231	163.9	163.1	163.7	165.2	49.4	49.5	52.2	58.3	23.9	24.2	24.6	26.4	6.1	5.3	9.4	9.0
50-55	92	64	178	199	163.7	162.3	163.1	163.5	49.1	51.1	49.7	55.0	23.6	24.7	24.0	25.6	6.3	5.8	9.3	9.0
55-60	86	63	119	165	162.7	163.8	163.5	164.2	46.4	52.0	52.1	55.8	22.9	24.5	24.3	25.6	5.6	5.7	9.8	8.9
>60	166	146	305	459	162.5	162.3	162.2	163.0	46.5	49.2	48.1	53.5	22.6	23.3	22.9	24.6	6.8	6.0	8.8	8.6

Table AN 16 : MEAN ANTHROPOMETRIC MEASUREMENTS

STATE: KARNATAKA

SEX: FEMALES

Age (Yrs)	Number				Height (cm)				Weight (kg)				Arm circumference (cm)				Fat fold at Triceps (mm)			
	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012
0+	101	120	177	85	61.9	62.2	62.4	63.0	5.9	5.9	5.9	6.1	12.3	12.2	12.6	12.7	8.6	7.1	5.9	8.3
1+	93	173	186	91	70.3	72.9	73.4	74.2	7.3	7.6	8.0	8.4	12.6	12.6	13.2	13.5	8.2	6.7	6.4	8.0
2+	92	203	188	99	78.7	80.4	82.0	84.3	8.9	9.3	9.7	10.4	13.3	13.2	13.3	14.4	8.8	7.7	7.0	9.1
3+	119	229	248	89	85.5	87.5	89.1	91.0	10.4	11.0	11.2	11.6	13.8	13.9	14.1	14.5	9.1	8.0	7.5	9.0
4+	108	221	204	84	93.4	94.8	96.4	97.8	12.1	12.4	12.8	13.1	14.2	14.2	14.3	14.7	8.8	7.7	7.6	8.5
5+	92	143	199	70	99.2	100.5	101.6	101.5	13.4	13.8	13.8	14.0	14.5	14.6	14.5	14.9	8.5	7.3	7.7	8.3
6+	118	146	210	76	103.9	106.3	107.3	109.0	14.7	15.2	15.2	15.8	14.6	14.7	14.6	15.1	7.9	6.5	7.7	7.9
7+	95	133	199	76	111.7	111.7	112.9	112.7	16.8	16.5	16.7	16.8	15.0	15.0	14.9	15.3	7.3	6.1	7.4	7.8
8+	106	152	236	76	117.5	117.6	117.9	118.0	18.6	18.4	18.3	18.2	15.4	15.5	15.3	15.5	7.2	5.8	7.4	7.2
9+	92	122	195	93	121.7	122.5	123.2	124.9	20.1	20.5	20.4	21.5	15.9	16.2	15.9	16.6	7.0	6.1	7.6	7.9
10+	122	118	219	87	128.0	127.0	127.8	129.2	22.9	22.4	22.4	23.7	16.7	16.6	16.5	17.4	6.8	5.6	8.1	8.3
11+	65	63	172	69	134.6	131.5	133.1	132.1	25.2	24.0	25.2	24.7	17.0	17.0	17.2	17.4	6.5	5.6	8.5	8.3
12+	114	97	222	86	137.1	138.4	139.5	139.6	27.8	28.9	28.8	29.1	17.9	18.5	18.3	18.6	7.1	6.2	9.0	9.0
13+	78	70	195	82	143.7	145.9	145.3	143.8	32.1	33.0	32.8	32.8	19.2	19.4	19.3	19.7	7.7	6.3	9.8	9.3
14+	70	77	168	73	146.0	147.7	149.3	148.2	34.9	36.1	36.9	36.2	20.3	20.4	20.5	20.6	8.5	6.9	11.1	10.7
15+	60	38	111	102	148.2	148.3	150.8	149.5	38.3	40.1	37.8	38.7	21.5	22.1	20.8	21.3	10.2	8.2	11.2	11.8
16+	79	64	162	78	151.2	152.3	151.7	152.3	42.3	42.2	40.8	40.9	22.6	22.1	21.8	21.7	11.3	8.1	11.9	11.1
17+	31	32	76	80	151.1	153.0	152.4	152.2	41.0	43.1	43.2	42.0	22.4	22.5	22.4	22.7	9.6	8.2	12.6	12.5
18+	87	76	171	120	151.8	151.6	152.2	153.2	41.9	41.7	43.0	43.4	22.4	22.5	22.4	22.8	9.5	7.3	12.8	12.6
19+	52	65	81	78	152.7	152.4	153.6	152.2	39.1	45.0	43.1	42.9	22.8	23.0	21.9	22.6	10.4	7.8	12.0	12.0
20-25	215	306	552	440	151.2	151.4	152.8	153.2	41.9	42.8	43.2	45.5	22.2	22.3	22.1	23.1	8.9	6.8	11.6	12.1
25-30	261	377	717	440	151.8	151.6	152.8	152.5	42.6	42.5	42.9	45.4	22.6	22.4	22.3	23.7	8.9	6.8	11.6	12.4
30-35	204	195	412	373	151.8	151.7	152.5	152.9	42.7	42.9	43.2	47.2	22.9	22.7	22.6	24.1	8.9	6.8	11.9	13.7
35-40	195	140	368	401	152.3	150.8	152.4	152.3	41.8	43.8	43.6	48.3	22.5	23.4	22.8	24.5	8.6	7.8	12.4	13.8
40-45	103	83	214	303	151.6	152.6	151.8	152.7	42.0	43.9	43.0	48.4	22.7	23.0	22.6	24.4	8.9	7.2	12.3	13.7
45-50	87	79	236	311	151.0	151.5	152.3	152.1	41.4	43.5	44.1	50.4	22.6	23.1	23.0	25.2	9.1	8.1	12.7	15.4
50-55	85	71	202	240	150.2	151.2	151.2	151.3	41.0	45.6	42.4	48.2	22.4	24.0	22.7	24.5	9.2	9.2	11.8	14.6
55-60	59	78	132	190	150.0	149.8	151.6	150.6	40.8	42.2	42.9	47.0	22.6	22.7	22.8	24.3	9.5	8.1	12.2	13.7
>60	134	132	332	479	148.2	148.4	148.4	149.3	38.4	40.6	40.4	45.1	21.4	22.0	21.9	23.6	7.8	6.7	10.8	12.2

Table AN 17 : MEAN ANTHROPOMETRIC MEASUREMENTS

STATE: ANDHRA PRADESH

SEX: MALES

Age (Yrs)	Number			Height (cm)			Weight (kg)			Arm circumference (cm)			Fat fold at Triceps (mm)		
	1975-1979	1988-1990	2011-2012	1975-1979	1988-1990	2011-2012	1975-1979	1988-1990	2011-2012	1975-1979	1988-1990	2011-2012	1975-1979	1988-1990	2011-2012
0+	71	149	279	65.8	64.3	63.3	62	6.8	6.4	6.6	12.6	12.6	6.5	10.4	9.5
1+	61	213	264	73.4	74.5	74.8	7.7	8.4	8.4	9.0	12.8	13.2	6.4	9.2	8.6
2+	67	279	257	79.4	81.8	83.2	9.2	10.0	10.2	10.9	13.5	13.7	7.0	9.9	9.3
3+	98	310	265	85.9	88.8	90.1	10.8	11.3	11.5	12.5	13.7	14.1	7.2	9.5	8.8
4+	113	419	248	92.9	96.4	97.5	12.3	13.1	13.1	13.5	13.8	14.3	6.8	8.5	8.0
5+	88	245	193	99.8	102.5	104.0	13.9	14.4	14.7	15.1	14.0	14.4	6.1	7.6	7.2
6+	69	200	181	105.3	107.9	109.8	15.2	15.8	16.2	16.3	14.4	14.4	6.2	7.2	6.8
7+	104	191	166	111.4	113.7	116.2	16.9	17.4	18.2	17.8	14.6	14.7	5.7	6.6	6.5
8+	119	177	123	116.8	118.8	121.7	18.7	19.1	20.0	19.7	14.9	15.1	5.1	6.5	6.4
9+	94	143	103	120.8	123.5	124.6	20.1	20.6	20.7	21.0	15.4	15.5	5.1	6.4	6.5
10+	99	176	123	126.6	128.7	129.4	22.9	23.0	22.8	24.0	16.3	16.3	5.1	6.8	6.9
11+	64	161	63	129.8	133.2	132.9	23.0	24.8	25.4	25.5	16.0	16.7	5.0	6.6	6.8
12+	108	184	76	135.4	136.7	140.1	26.2	26.6	28.4	28.8	16.9	17.1	5.2	6.6	7.1
13+	75	126	55	140.0	143.0	144.3	28.7	30.3	32.1	30.5	17.6	18.1	5.7	6.8	7.4
14+	87	126	44	145.6	148.3	149.1	32.1	34.0	33.9	36.5	18.5	19.1	5.3	7.4	8.0
15+	69	98	25	149.7	155.0	155.9	34.6	38.8	39.3	41.1	19.3	20.4	5.7	6.7	6.3
16+	79	124	32	157.5	158.1	159.6	41.1	42.3	42.4	43.9	20.9	21.6	5.1	6.7	6.6
17+	55	56	23	159.6	161.7	159.8	41.1	42.3	43.2	46.2	21.4	22.7	5.1	7.8	7.2
18+	67	108	46	160.6	161.8	162.9	44.8	47.4	46.3	49.1	22.3	23.5	5.2	7.9	7.0
19+	48	62	28	161.9	162.1	164.8	46.2	46.4	46.4	50.8	22.8	23.3	5.4	6.9	7.2
20-25	189	279	159	163.4	163.9	162.8	48.5	50.2	49.0	54.5	23.4	24.5	5.4	7.9	9.5
25-30	154	258	331	164.0	164.0	163.4	50.1	50.8	50.4	56.8	24.0	24.8	5.5	7.8	7.8
30-35	152	249	306	163.1	163.4	163.6	49.8	51.3	50.3	59.1	23.9	25.3	5.4	8.1	7.7
35-40	160	205	219	162.7	163.1	163.0	51.0	51.2	51.8	58.8	24.2	25.0	5.9	8.0	8.5
40-45	127	148	139	162.5	163.9	163.5	49.7	52.5	51.5	56.7	23.8	25.1	5.6	8.7	8.5
45-50	107	126	92	162.6	163.3	163.3	49.8	50.3	51.1	55.8	23.5	24.5	5.5	8.1	8.5
50-55	69	93	89	164.0	163.7	162.4	50.4	50.8	51.3	56.0	23.4	24.3	6.1	8.3	9.1
55-60	55	69	72	161.8	163.0	162.1	47.9	50.0	50.6	56.9	22.7	23.7	5.6	8.2	8.6
>60	102	166	151	162.9	161.5	161.7	47.2	46.7	47.5	51.5	22.1	22.6	5.4	7.9	8.3

Table AN 18 : MEAN ANTHROPOMETRIC MEASUREMENTS

STATE: ANDHRA PRADESH

SEX: FEMALES

Age (Yrs)	Number				Height (cm)				Weight (kg)				Arm circumference (cm)				Fat fold at Triceps (mm)			
	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012
0+	56	129	239	112	65.4	62.6	60.9	61.3	6.1	6.1	5.6	6.1	12.6	12.2	12.4	13.0	7.1	10.1	9.1	9.1
1+	72	246	222	120	72.9	72.5	73.4	74.7	7.3	8.0	8.0	8.7	12.7	12.8	13.3	14.0	6.6	9.5	8.8	8.9
2+	56	232	223	107	78.7	80.8	82.3	83.5	8.9	9.6	9.7	10.1	13.3	13.4	13.7	14.2	7.2	10.1	9.2	9.4
3+	85	323	244	95	85.1	87.4	89.0	90.1	10.4	11.0	11.2	11.7	13.5	14.1	14.3	14.6	7.5	10.3	9.3	10.1
4+	95	366	239	88	92.8	95.2	95.7	97.2	12.3	12.5	12.7	13.4	14.2	14.3	14.5	15.3	7.5	9.6	9.0	9.7
5+	74	205	179	65	100.3	101.3	103.4	103.3	14.1	13.9	14.6	14.5	14.4	14.4	14.5	15.1	7.3	8.8	8.0	8.6
6+	80	188	166	72	105.0	106.0	109.3	107.9	14.9	15.1	16.0	16.1	14.5	14.5	14.9	15.4	6.4	8.2	7.6	9.0
7+	99	203	212	71	110.4	112.5	115.4	112.6	16.3	17.0	18.1	17.2	14.5	14.9	15.3	15.5	5.9	7.8	7.4	8.4
8+	104	178	171	69	115.8	118.3	120.5	120.7	18.1	18.9	19.6	19.8	15.3	15.4	15.8	16.3	5.7	7.4	7.5	8.3
9+	80	144	110	65	122.1	124.0	126.4	123.1	20.1	20.9	21.9	20.8	15.8	16.0	16.4	16.6	5.8	7.6	7.6	8.5
10+	100	144	117	79	127.3	129.1	131.7	130.7	22.7	23.5	23.9	24.8	16.5	16.9	17.0	17.9	6.5	8.1	7.8	9.4
11+	43	113	87	49	132.3	134.0	136.1	135.2	25.1	26.1	26.5	27.8	17.1	17.4	17.8	18.9	6.4	8.7	8.1	9.8
12+	76	135	80	95	137.1	139.4	141.1	141.6	27.9	29.0	30.4	30.5	18.3	18.2	18.9	19.2	6.9	8.5	9.0	9.9
13+	50	83	68	60	143.0	145.0	146.6	146.4	32.2	33.6	33.4	34.6	19.4	19.6	19.6	20.1	7.5	9.9	9.4	10.6
14+	54	91	55	77	146.7	147.9	148.1	150.1	36.1	35.7	36.4	37.5	20.5	20.2	20.5	21.0	8.0	10.6	9.8	11.5
15+	40	68	39	73	151.0	151.2	150.9	151.5	40.5	39.0	39.2	40.5	21.9	21.1	21.5	22.1	8.7	11.7	10.9	12.9
16+	56	70	46	73	150.2	151.5	153.1	153.4	40.2	40.9	40.7	41.9	21.8	22.0	21.7	22.6	9.1	13.1	12.2	13.1
17+	20	44	34	50	152.3	151.6	152.6	151.6	42.8	41.5	40.8	42.0	22.2	21.8	21.9	22.5	9.9	12.6	11.2	13.6
18+	72	97	89	82	151.0	151.7	150.8	151.1	42.0	41.4	39.9	42.2	22.0	21.9	21.7	22.7	8.9	11.8	10.7	13.5
19+	20	43	81	64	149.6	152.9	152.0	152.5	41.7	44.1	41.6	45.1	22.5	22.6	21.8	23.7	9.1	12.0	10.8	14.4
20-25	177	327	753	518	151.5	151.4	152.0	152.3	42.7	42.3	42.2	45.1	22.3	22.3	22.1	23.6	8.3	11.6	10.5	13.2
25-30	203	428	749	555	151.6	151.6	151.8	152.3	42.7	42.5	42.6	46.6	22.3	22.6	22.6	24.2	7.9	11.7	10.6	13.9
30-35	164	235	339	303	150.5	151.2	152.0	151.8	42.0	42.4	42.8	48.7	22.4	22.7	22.7	25.2	7.9	11.7	10.2	15.4
35-40	152	217	177	377	150.5	151.7	152.0	151.6	43.0	42.9	44.1	48.9	22.8	22.8	23.1	25.3	8.0	11.7	11.3	15.5
40-45	88	115	143	257	150.6	151.1	150.9	151.7	41.7	42.3	44.9	49.3	22.4	23.0	23.8	25.2	7.5	12.0	12.3	16.0
45-50	99	123	123	308	151.0	151.1	151.5	150.9	43.0	43.7	45.4	49.1	22.7	23.1	23.8	25.2	8.2	12.0	11.9	15.7
50-55	40	93	115	176	151.7	150.3	150.1	150.3	42.9	43.9	42.2	49.1	22.6	23.5	23.0	25.3	8.3	12.9	11.0	15.9
55-60	58	68	101	166	152.6	150.5	149.3	150.4	42.9	42.9	44.3	48.7	22.3	23.1	23.5	24.9	7.9	12.5	11.9	14.7
>60	781	72	192	412	148.0	148.5	147.6	148.1	40.4	40.7	40.5	44.3	21.7	22.0	22.2	23.7	6.6	10.6	10.2	13.2

Table AN 19 : MEAN ANTHROPOMETRIC MEASUREMENTS

STATE: MAHARASHTRA

SEX: MALES

Age (Yrs)	Number		Height (cm)			Weight (kg)			Arm circumference (cm)			Fat fold at Triceps (mm)								
	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012				
0+	100	130	101	108	62.8	65.1	64.0	64.4	6.1	6.9	6.7	6.8	12.5	13.6	12.8	13.2	9.4	8.2	9.1	9.1
1+	63	129	139	98	71.8	74.3	73.9	75.2	8.5	8.5	8.4	9.0	12.7	13.9	13.2	13.5	9.0	7.8	8.4	8.1
2+	85	177	144	106	78.1	80.9	81.7	85.0	9.1	10.0	10.1	10.8	13.3	13.8	13.8	14.2	7.7	9.2	9.2	9.0
3+	87	179	123	101	84.8	88.0	88.4	92.1	10.7	11.4	11.6	12.4	14.6	14.2	14.2	14.4	7.7	9.4	9.3	8.6
4+	116	287	123	92	90.3	95.8	95.0	97.1	11.8	12.7	13.1	13.5	14.7	14.2	14.2	14.7	7.3	8.6	8.6	8.4
5+	80	86	124	104	97.9	102.2	100.2	103.0	13.4	14.2	14.1	14.7	14.7	14.2	14.2	14.5	7.0	7.7	7.7	7.7
6+	82	182	111	82	103.3	106.0	105.4	108.7	14.5	15.2	15.3	16.3	13.8	14.7	14.2	14.8	7.1	6.6	6.7	7.3
7+	97	134	117	85	110.6	111.5	111.8	115.5	16.3	17.1	17.4	18.3	14.3	15.0	14.8	15.2	6.7	6.5	6.7	6.7
8+	111	157	119	75	115.2	117.5	116.3	119.9	18.2	18.6	18.4	19.6	14.5	15.5	14.8	15.3	6.0	6.5	6.1	6.8
9+	76	123	103	80	120.8	121.8	121.5	124.7	19.7	19.8	20.4	21.4	15.2	15.6	15.2	16.0	5.9	6.1	5.9	7.0
10+	97	164	115	96	125.5	126.1	126.8	130.7	21.7	21.6	22.4	24.2	15.6	16.2	15.7	16.5	6.2	6.3	6.3	7.2
11+	69	109	62	67	130.7	131.1	132.9	134.6	23.5	23.5	24.8	25.6	16.2	16.8	16.3	16.9	6.5	6.4	6.1	7.1
12+	99	144	86	97	134.0	136.6	135.6	140.1	25.3	26.3	26.4	30.1	16.6	17.5	16.8	18.4	5.7	6.3	5.7	7.9
13+	87	113	70	65	139.8	142.6	140.3	145.2	28.7	29.6	29.7	32.0	17.2	18.2	17.9	18.3	5.9	6.2	6.7	7.6
14+	90	123	75	77	145.3	149.7	145.9	150.4	32.4	34.4	32.6	36.0	18.2	19.6	18.6	19.4	6.0	6.2	6.2	7.2
15+	55	107	42	88	152.3	153.9	152.4	157.3	36.3	37.7	37.1	41.0	19.3	20.5	19.3	20.9	6.3	6.0	5.7	7.2
16+	70	97	54	74	156.4	157.3	156.1	161.9	39.8	41.0	40.6	45.1	20.2	21.6	20.6	21.7	6.3	6.0	6.1	7.3
17+	78	113	31	64	158.7	160.6	159.2	164.0	41.4	45.1	44.5	49.4	21.0	22.7	21.6	23.3	5.9	6.4	5.6	8.4
18+	87	102	57	96	159.9	161.1	162.4	165.5	45.1	46.1	47.6	49.3	22.1	23.3	22.6	23.4	5.7	6.4	6.4	7.7
19+	67	93	21	59	162.7	163.9	163.9	166.1	46.5	48.1	48.7	50.0	22.6	23.4	23.0	23.5	6.1	5.9	5.9	7.3
20-25	170	209	160	349	162.8	162.1	163.1	166.3	48.0	48.6	50.6	53.5	23.3	24.4	23.4	24.8	6.3	6.2	6.2	8.1
25-30	126	205	179	338	162.3	162.7	161.7	165.9	49.2	40.8	50.4	55.7	23.7	24.4	24.1	25.4	6.9	6.2	6.4	8.8
30-35	124	219	192	284	163.3	162.3	162.8	165.6	49.6	49.8	51.8	57.4	23.5	24.9	24.4	25.8	7.1	6.6	6.7	9.2
35-40	179	165	172	270	162.0	162.5	161.7	163.7	49.7	49.5	50.3	56.1	23.8	24.5	24.2	25.6	7.9	6.2	6.3	9.1
40-45	106	140	134	235	161.7	162.2	162.2	163.9	47.9	50.0	51.9	57.8	23.3	24.6	24.5	26.0	7.0	6.4	7.0	9.5
45-50	112	79	111	236	162.2	161.4	161.2	162.2	47.6	51.0	52.6	54.9	29.9	24.7	24.5	25.7	6.4	7.2	6.8	8.8
50-55	77	68	66	212	162.2	160.8	161.0	162.1	47.5	49.1	50.3	55.2	23.1	24.6	23.9	25.4	7.2	7.0	6.5	9.4
55-60	54	57	82	202	161.3	162.3	159.7	162.7	49.9	48.1	50.5	55.0	23.8	23.5	23.3	25.0	7.9	6.6	7.0	8.7
>60	120	86	175	582	160.4	160.5	159.5	160.6	47.1	47.7	48.7	51.8	22.4	23.1	22.9	24.1	7.2	6.5	6.9	8.7

Table AN 20 : MEAN ANTHROPOMETRIC MEASUREMENTS

STATE: MAHARASHTRA

SEX: FEMALES

Age (Yrs)	Number				Height (cm)				Weight (kg)				Arm circumference (cm)				Fat fold at Triceps (mm)			
	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012
0+	88	112	104	87	62.3	63.0	62.7	62.7	5.9	6.5	6.3	6.3	12.3	13.0	12.4	12.7	9.3	8.1	8.9	8.5
1+	40	105	111	81	70.5	72.0	70.9	74.4	7.2	8.0	7.7	8.6	12.5	13.4	12.9	13.4	8.8	7.7	8.6	8.4
2+	55	161	108	91	76.9	79.5	80.5	82.9	8.7	9.6	9.7	10.3	12.9	14.0	13.4	14.1	9.3	8.0	9.3	9.2
3+	90	205	151	80	82.6	86.9	87.0	89.9	10.0	11.1	11.0	11.6	13.3	14.6	13.9	14.7	9.3	7.9	9.6	9.7
4+	91	257	116	70	90.2	94.9	93.5	97.7	11.6	12.6	12.6	13.6	13.6	14.8	14.3	15.0	9.5	7.7	9.3	9.8
5+	53	80	129	77	97.1	100.6	99.3	102.1	13.0	13.6	13.8	14.2	14.4	14.7	14.4	14.7	9.3	7.4	9.0	8.8
6+	79	156	115	72	102.3	105.4	105.6	109.4	14.3	15.0	15.2	16.5	14.3	15.1	14.4	15.1	8.1	7.2	7.4	8.3
7+	98	172	114	91	109.5	111.5	111.0	114.4	16.3	16.6	17.1	17.4	14.8	15.1	14.9	15.1	7.7	6.8	7.2	7.5
8+	86	154	121	92	115.3	115.8	116.1	119.4	17.7	18.1	18.6	18.9	14.8	15.6	15.3	15.6	7.2	6.7	7.2	7.7
9+	65	120	114	87	119.7	121.5	121.4	123.2	19.3	19.8	20.9	20.6	15.5	16.0	15.8	15.9	7.2	6.9	7.0	7.9
10+	90	126	111	79	124.7	127.4	126.4	130.0	21.5	22.4	22.2	24.2	16.1	16.8	16.1	17.1	7.4	6.7	7.1	8.7
11+	49	90	89	79	131.0	130.9	129.8	134.6	23.5	24.1	24.2	26.3	16.7	17.3	17.0	17.3	6.8	7.1	7.4	8.2
12+	88	125	98	84	134.8	137.2	136.0	141.3	26.5	27.4	28.0	31.1	17.1	18.1	17.9	18.5	7.9	7.3	7.4	9.4
13+	51	105	86	89	141.7	141.6	141.3	146.4	30.8	30.4	30.9	35.3	18.5	19.1	18.7	19.8	8.2	7.6	8.0	10.2
14+	60	107	65	83	145.6	144.8	145.4	148.1	35.3	33.4	34.1	37.9	19.8	20.2	19.5	20.8	9.5	8.0	8.8	11.2
15+	38	87	59	105	145.7	148.1	147.4	150.5	38.2	38.2	37.2	39.7	20.9	21.7	20.2	20.9	10.8	8.6	8.9	11.4
16+	65	96	49	90	149.6	149.8	148.6	151.2	39.3	39.9	39.4	41.4	21.0	22.4	20.8	21.8	10.9	9.0	10.3	12.8
17+	35	62	33	83	149.8	148.8	148.7	152.3	39.5	39.6	40.5	41.2	21.8	22.4	21.3	21.9	11.6	9.1	9.8	12.3
18+	57	60	90	109	151.0	148.6	149.8	152.7	42.5	41.0	41.9	44.0	22.4	22.7	21.5	22.8	12.8	9.4	9.5	12.8
19+	27	36	24	74	150.0	148.8	149.7	151.2	42.7	40.1	40.7	43.5	22.3	21.6	21.3	22.7	13.0	8.8	10.2	12.1
20-25	172	315	319	504	150.3	149.7	150.6	152.7	41.3	41.3	42.4	44.4	21.9	22.7	21.6	22.8	10.6	8.4	9.1	11.9
25-30	168	345	418	472	150.6	149.9	150.2	151.8	41.6	41.5	42.2	45.3	22.1	22.8	21.7	23.4	10.5	8.7	9.2	12.2
30-35	185	242	309	340	150.1	149.9	149.9	151.4	40.0	40.8	42.2	46.4	22.0	22.7	22.1	23.9	10.2	8.3	9.4	12.9
35-40	124	150	227	383	150.0	149.2	149.5	151.4	41.1	41.5	42.5	46.2	22.2	23.0	22.2	23.9	10.4	8.7	9.7	12.8
40-45	114	84	179	280	149.1	149.5	149.5	151.3	39.6	41.5	42.8	47.9	22.1	23.2	22.5	24.5	10.0	9.6	10.0	13.9
45-50	94	81	106	345	148.6	148.5	148.9	150.4	39.0	40.6	43.9	47.5	21.8	23.2	22.9	24.6	9.8	9.1	10.7	14.1
50-55	73	93	100	255	148.0	148.2	148.4	149.6	39.1	40.8	43.4	47.0	21.9	23.2	22.9	24.5	10.8	9.3	11.1	14.1
55-60	49	36	81	220	147.7	148.9	148.4	149.4	40.4	41.5	44.0	46.4	22.3	22.6	23.1	24.4	12.3	8.5	11.3	14.3
>60	113	57	169	590	147.1	146.9	147.2	147.2	38.1	39.7	41.4	44.4	21.4	22.0	22.2	23.7	9.7	8.5	9.6	13.1

Table AN 21 : MEAN ANTHROPOMETRIC MEASUREMENTS

STATE: GUJARAT

SEX: MALES

Age (Yrs)	Number		Height (cm)			Weight (kg)			Arm circumference (cm)			Fat fold at Triceps (mm)				
	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012
0+	85	129	79	89	63.4	63.8	64.9	64.6	6.0	6.3	6.3	6.5	12.5	12.8	13.0	13.0
1+	65	134	86	122	73.0	72.6	73.5	73.9	8.1	7.9	7.7	8.2	13.0	13.0	13.5	13.6
2+	85	110	94	103	79.9	80.5	79.6	83.3	9.6	9.5	9.4	10.3	13.6	13.3	13.7	14.2
3+	71	129	73	119	85.5	88.8	89.2	91.1	10.7	11.2	11.6	11.8	13.8	13.9	14.5	14.2
4+	107	143	82	99	93.6	95.4	94.9	98.1	12.4	12.5	12.7	13.2	14.1	14.0	14.5	14.4
5+	45	123	73	56	99.4	101.2	101.4	102.5	13.5	13.9	14.1	14.3	14.3	14.1	14.6	14.5
6+	51	126	68	131	104.7	107.1	107.3	106.6	14.7	15.3	15.8	15.2	14.3	14.1	14.5	14.7
7+	80	131	72	101	110.1	112.5	114.7	114.1	16.1	16.8	17.5	17.5	14.4	14.2	14.7	15.0
8+	77	115	66	114	114.3	117.8	119.7	118.8	17.5	18.4	18.9	19.0	14.5	14.6	15.2	15.6
9+	53	87	52	93	118.6	123.0	123.3	125.6	18.4	20.1	21.0	21.5	14.8	15.1	15.7	16.2
10+	89	97	61	91	123.1	127.6	129.1	130.8	20.5	22.2	22.3	24.6	15.4	15.6	16.1	17.1
11+	48	95	42	108	128.4	132.0	133.2	134.7	22.8	23.6	24.8	25.9	16.0	15.9	16.4	17.2
12+	90	97	62	63	131.7	134.5	136.6	139.8	24.3	25.7	26.6	28.5	16.1	16.5	17.1	18.1
13+	86	130	24	103	136.4	140.9	145.3	145.3	26.0	28.2	30.3	32.6	16.8	17.1	17.6	19.1
14+	75	100	24	82	141.9	146.2	148.8	150.8	29.0	32.0	33.0	34.8	17.4	18.0	18.6	19.5
15+	56	68	48	86	149.1	152.5	155.2	157.4	33.6	36.2	37.8	41.5	18.8	19.0	20.3	21.0
16+	63	49	30	81	156.9	157.0	160.7	160.9	38.8	41.4	41.8	44.0	19.8	20.8	20.9	22.0
17+	52	54	19	83	159.2	161.6	164.8	162.3	42.4	43.5	46.8	46.0	21.1	21.4	22.7	22.6
18+	59	32	31	73	161.1	158.0	163.2	164.9	43.7	43.4	46.6	48.6	21.6	21.3	22.7	23.7
19+	47	27	15	65	163.9	163.6	166.4	163.5	48.5	49.1	47.0	49.1	22.0	22.2	23.0	23.8
20-25	145	126	165	342	163.5	163.2	164.8	165.6	46.8	48.0	47.9	50.6	22.7	23.1	23.5	24.3
25-30	133	121	160	337	163.6	163.6	164.3	165.0	48.5	49.1	49.4	53.2	23.7	23.6	24.2	24.8
30-35	102	114	118	333	163.9	163.4	163.1	164.9	47.4	49.0	49.4	55.2	23.3	23.6	23.9	25.5
35-40	153	119	108	321	162.9	163.7	164.9	163.6	48.4	48.6	50.6	53.9	23.6	23.6	24.6	25.3
40-45	99	66	100	262	163.2	164.3	164.5	164.2	47.2	49.2	52.1	54.9	23.3	23.5	24.9	25.3
45-50	113	58	103	261	162.0	163.6	163.0	163.2	45.9	48.5	48.0	54.7	22.7	23.1	23.7	25.2
50-55	46	37	86	221	163.3	161.4	163.1	163.6	48.5	46.4	48.7	54.0	23.4	22.7	24.0	25.0
55-60	49	30	51	145	162.4	162.3	162.7	163.1	47.1	45.6	48.9	55.3	23.0	22.3	23.0	25.2
>60	100	48	107	347	161.5	160.7	162.4	161.0	45.5	47.3	47.7	50.9	22.4	22.9	22.9	23.9

Table AN 22 : MEAN ANTHROPOMETRIC MEASUREMENTS

STATE: GUJARAT

SEX: FEMALES

Age (Yrs)	Number				Height (cm)				Weight (kg)				Arm circumference (cm)				Fat fold at Triceps (mm)			
	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012
0+	69	91	94	93	62.0	62.0	63.1	62.3	5.7	5.9	5.8	6.0	12.1	12.3	13.7	12.7	7.9	9.7	7.7	10.2
1+	65	113	47	100	71.4	71.9	72.1	73.4	7.3	7.5	7.5	8.0	12.6	12.6	13.2	13.2	7.4	9.0	6.8	9.7
2+	72	118	104	103	78.1	80.4	78.8	82.4	8.9	9.4	9.0	9.8	13.4	13.2	13.3	13.7	8.6	9.7	7.1	10.6
3+	68	126	88	122	85.2	86.8	87.8	89.8	10.4	10.7	10.8	11.2	13.8	13.7	13.9	14.1	8.7	10.2	7.0	10.4
4+	89	123	73	93	92.4	94.0	95.4	96.5	11.8	12.4	12.4	12.5	14.1	14.1	14.5	14.2	7.8	9.4	6.8	9.9
5+	51	143	79	54	99.3	100.9	101.6	101.4	13.3	13.6	14.1	13.6	14.2	14.2	14.7	14.2	7.9	8.6	6.6	9.1
6+	72	103	65	130	104.4	105.8	108.2	106.5	14.3	14.8	15.7	15.0	14.3	14.3	15.0	14.8	7.2	7.5	6.8	8.7
7+	56	116	76	90	109.6	111.3	112.0	114.0	16.0	16.4	16.4	17.1	14.7	14.6	14.8	15.1	6.9	7.2	6.0	8.2
8+	64	116	64	110	114.4	117.9	119.0	117.8	17.3	18.6	18.9	18.9	14.8	15.1	15.3	15.7	6.2	7.1	6.3	8.2
9+	42	92	47	95	119.6	123.2	125.6	123.9	19.3	20.9	21.3	21.1	15.4	15.9	16.1	16.4	6.2	7.1	6.2	8.4
10+	59	75	59	98	121.7	127.4	127.7	129.9	20.0	22.0	22.8	23.6	15.7	16.1	16.9	17.2	6.5	7.1	6.2	9.2
11+	39	72	50	94	125.9	130.9	134.9	134.6	21.7	23.9	25.8	26.0	16.1	16.4	17.4	17.4	6.2	7.1	6.4	8.6
12+	65	88	57	110	131.7	135.0	138.8	141.0	24.1	26.1	28.8	29.9	16.7	17.0	18.5	18.4	6.9	7.4	6.7	9.6
13+	53	73	39	94	137.6	141.4	143.4	146.2	27.1	29.6	31.2	35.0	17.6	18.1	18.8	20.0	7.1	7.9	7.0	11.0
14+	46	73	37	81	143.6	145.7	146.5	148.5	32.4	33.3	34.6	36.3	19.0	19.1	19.6	20.5	8.3	8.0	7.2	11.7
15+	43	43	46	120	147.5	148.6	152.2	150.9	34.7	35.7	40.7	39.4	19.8	19.8	21.8	21.3	8.4	9.2	8.2	12.2
16+	58	68	37	101	149.6	149.5	152.3	152.0	37.2	37.9	40.8	40.3	20.6	20.5	21.9	21.8	9.2	9.8	7.9	13.1
17+	35	41	34	107	149.9	151.7	153.6	152.5	38.9	41.0	43.1	41.2	21.3	21.6	22.7	21.9	10.5	10.5	8.4	12.9
18+	56	45	43	90	150.6	152.1	153.0	153.1	41.3	41.2	44.7	42.6	22.3	21.4	23.1	22.0	11.7	10.2	9.0	13.2
19+	37	35	33	74	150.8	150.8	155.0	153.2	41.6	42.4	45.4	42.5	21.9	22.1	22.8	22.1	11.3	11.0	7.9	13.0
20-25	173	199	322	483	151.7	151.8	152.8	152.7	43.1	42.6	42.8	44.1	22.5	22.1	22.3	22.4	10.7	10.9	8.2	12.6
25-30	139	163	268	430	151.2	151.5	152.4	152.3	41.3	42.2	42.7	44.1	22.1	22.1	22.6	22.7	9.6	10.1	8.5	12.6
30-35	137	184	234	412	150.5	151.8	152.7	152.1	42.5	43.1	43.7	45.8	22.6	22.3	22.5	23.5	10.0	10.6	8.7	13.9
35-40	129	115	201	394	151.0	152.1	153.5	152.2	42.1	42.9	44.7	46.6	22.5	22.4	23.1	23.7	9.5	10.6	9.0	14.6
40-45	108	83	161	341	149.7	150.9	153.6	152.0	41.4	42.4	44.5	48.4	22.5	22.4	23.7	24.2	10.0	10.7	9.3	15.6
45-50	86	57	150	357	150.9	150.5	151.7	151.8	41.5	41.2	44.5	47.8	22.4	21.8	23.5	24.1	9.8	9.9	9.4	15.4
50-55	38	47	84	217	149.9	150.1	150.7	151.0	44.2	42.5	42.3	47.7	23.6	22.6	24.2	24.2	11.6	11.5	9.5	15.4
55-60	45	28	70	194	149.9	149.6	151.4	150.3	41.0	43.2	43.7	46.0	22.1	22.3	22.9	23.6	10.2	11.9	8.4	14.5
>60	85	49	125	389	148.2	149.1	149.7	148.0	38.7	39.7	42.3	44.7	21.4	21.7	23.3	23.1	8.7	9.8	8.5	13.9

Table AN 23 : MEAN ANTHROPOMETRIC MEASUREMENTS

STATE: ORISSA

SEX: MALES

Age (Yrs)	Number				Height (cm)				Weight (kg)				Arm circumference (cm)				Fat fold at Triceps (mm)			
	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012
0+	30	93	179	93	63.8	62.5	62.1	62.2	6.4	6.1	6.1	6.2	12.7	12.0	12.3	12.4	8.0	4.1	5.0	8.5
1+	53	107	186	113	71.6	72.8	73.5	75.0	8.0	8.1	8.3	8.8	13.1	12.3	13.1	12.9	7.7	4.0	5.0	8.3
2+	47	119	193	105	80.3	79.8	82.5	84.4	9.9	9.8	10.1	10.7	13.4	13.0	13.6	13.2	7.9	4.4	5.1	8.6
3+	83	111	203	110	86.9	87.8	90.1	91.1	11.1	11.3	11.9	12.0	14.0	13.1	14.0	13.8	7.7	4.6	5.3	8.4
4+	69	116	248	89	93.3	99.8	97.3	97.6	12.7	14.3	13.5	13.7	14.3	13.4	14.2	14.1	7.4	4.6	5.2	7.9
5+	62	147	171	109	98.8	100.3	102.1	102.3	14.2	14.0	14.4	14.1	14.6	13.5	14.0	14.3	7.2	4.5	4.9	7.6
6+	73	84	183	114	106.2	106.4	108.2	107.9	15.9	15.7	16.1	15.6	14.5	13.8	14.6	15.0	6.4	4.9	4.9	6.9
7+	63	97	177	76	113.3	112.5	113.0	113.9	17.8	17.5	17.4	17.1	14.8	14.3	14.6	15.2	6.4	4.8	4.7	6.9
8+	67	78	187	105	118.9	116.5	118.5	118.9	19.4	18.6	19.3	18.7	15.4	14.8	15.1	15.8	6.8	4.9	4.8	6.4
9+	44	51	156	65	119.9	126.8	124.3	125.3	20.5	23.0	21.5	21.7	15.6	15.3	15.5	16.1	6.2	5.1	4.8	6.5
10+	71	87	144	86	127.4	126.3	127.1	129.6	23.2	22.7	23.1	24.0	16.3	15.9	16.1	16.8	6.7	5.3	4.9	6.6
11+	46	41	125	80	133.9	129.2	134.5	135.4	26.1	24.1	26.3	26.8	17.1	16.4	16.9	17.2	6.8	5.6	5.1	7.0
12+	68	55	219	89	136.0	134.8	136.7	140.9	27.6	26.5	27.5	31.1	17.7	17.2	17.1	18.3	6.8	6.3	5.1	7.0
13+	36	33	138	65	139.1	141.6	143.9	144.1	29.5	31.0	32.1	33.4	18.0	18.2	18.5	18.8	6.9	7.3	5.3	7.5
14+	46	41	150	70	147.7	146.9	149.5	149.6	34.3	34.3	35.7	37.1	19.2	18.7	19.5	20.5	6.4	6.9	5.3	7.4
15+	38	37	145	71	146.8	152.5	154.9	151.9	34.4	39.3	39.8	39.9	19.7	19.9	20.5	21.7	7.1	8.2	5.4	7.1
16+	39	23	120	53	154.6	155.4	160.0	158.2	41.7	40.7	44.2	44.4	21.3	21.6	21.6	22.4	8.2	9.1	5.6	6.5
17+	25	21	151	44	159.7	157.3	162.0	158.2	45.3	43.1	47.1	43.8	21.9	22.2	22.6	22.2	8.1	10.5	5.8	7.2
18+	34	53	102	77	160.6	159.2	161.4	161.3	46.1	46.4	47.5	48.7	22.7	22.7	22.9	22.4	8.0	10.3	5.8	7.0
19+	21	15	63	50	161.9	161.4	163.1	162.3	47.5	46.5	48.9	48.8	23.6	21.5	23.1	23.2	5.9	7.5	6.0	6.6
20-25	138	127	410	290	161.1	162.0	163.9	165.5	48.5	48.6	50.3	51.3	24.0	22.8	23.7	22.6	7.8	9.7	6.0	6.7
25-30	105	164	450	295	162.1	161.4	163.0	165.5	49.6	49.5	50.8	52.3	24.1	22.9	24.0	23.2	8.1	8.5	6.0	6.6
30-35	97	196	399	286	161.8	160.7	162.8	165.3	50.1	49.4	50.7	52.9	24.6	23.1	24.1	23.4	8.1	8.5	6.2	7.2
35-40	105	180	365	275	161.4	161.0	163.3	164.8	50.7	49.5	51.0	53.5	24.8	23.3	24.1	23.9	8.3	8.8	6.1	7.2
40-45	87	85	255	221	161.0	161.0	162.9	164.8	48.5	48.9	50.8	54.2	24.2	23.3	24.1	24.5	7.7	9.4	6.2	7.6
45-50	103	75	219	202	160.4	159.8	161.5	164.7	48.5	48.4	49.4	53.6	24.2	23.4	23.8	24.5	7.5	8.8	6.0	7.5
50-55	70	76	177	135	161.1	159.5	161.7	164.7	50.5	48.6	48.4	53.3	24.6	23.4	23.4	24.2	8.1	9.7	5.9	7.7
55-60	60	81	163	162	160.0	159.8	160.9	163.0	48.2	48.3	48.1	51.7	24.1	22.8	23.4	23.7	7.7	8.6	6.0	6.9
>60	115	157	324	214	160.2	158.2	159.7	162.6	48.2	47.0	46.5	49.8	23.6	22.2	22.6	23.2	8.1	7.8	6.0	7.2

Table AN 24 : MEAN ANTHROPOMETRIC MEASUREMENTS

SEX: FEMALES

STATE: ORISSA

Age (Yrs)	Number		Height (cm)			Weight (kg)			Arm circumference (cm)			Fat fold at Triceps (mm)				
	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012
0+	24	93	146	87	61.6	59.9	61.3	60.5	5.7	6.3	5.5	5.6	12.4	11.6	12.0	12.5
1+	34	95	184	89	72.5	71.4	72.6	73.9	8.4	7.8	7.6	7.8	13.1	12.1	12.7	12.9
2+	39	111	204	94	76.4	79.5	80.4	82.0	9.8	8.9	9.2	9.4	13.1	12.6	13.3	13.2
3+	61	129	203	106	86.4	85.2	88.4	89.6	11.4	10.9	10.4	11.1	13.9	13.1	13.7	13.8
4+	60	117	230	81	92.5	93.5	96.0	96.8	13.0	11.9	12.5	12.7	14.2	13.7	14.1	14.1
5+	63	123	186	114	98.9	99.0	101.2	100.3	13.8	13.6	13.8	13.8	14.5	13.5	13.9	14.3
6+	65	109	156	100	106.2	106.9	107.3	107.4	15.5	15.5	15.9	15.3	14.5	14.3	14.3	15.0
7+	65	120	146	87	113.3	110.7	112.5	113.3	17.2	17.3	16.7	17.2	14.8	14.2	14.8	15.2
8+	81	101	167	97	116.8	116.2	118.0	119.1	18.8	19.3	18.5	18.8	14.4	14.4	15.1	15.8
9+	45	56	166	72	121.9	122.8	122.8	123.5	20.7	20.9	21.2	20.7	16.3	15.4	15.7	16.1
10+	59	82	143	87	128.3	124.9	128.2	128.3	23.3	23.8	21.9	23.3	16.8	15.8	16.4	16.8
11+	41	48	129	80	132.5	129.9	135.1	132.4	26.3	26.3	24.5	26.9	17.6	16.2	17.3	17.2
12+	57	65	200	94	135.8	137.0	137.1	140.2	28.1	27.3	29.2	28.1	17.6	18.1	17.7	18.3
13+	35	35	149	65	142.3	142.8	144.8	144.2	33.8	33.8	33.8	34.2	19.7	18.4	19.2	18.8
14+	51	47	168	74	145.9	143.7	147.4	148.0	36.5	36.5	34.9	36.7	20.4	19.1	19.8	20.5
15+	47	55	149	60	147.0	147.1	149.5	149.0	38.7	38.7	38.6	38.9	21.5	20.2	20.5	21.7
16+	43	56	129	80	147.8	148.9	151.1	150.3	40.3	40.3	39.9	42.3	21.9	20.7	21.7	22.4
17+	38	24	127	52	150.8	150.1	151.8	150.3	42.7	43.0	42.7	42.7	22.5	22.1	21.7	22.2
18+	41	40	90	72	150.2	148.4	151.5	152.2	43.7	43.7	42.4	43.0	22.7	21.4	21.9	22.4
19+	16	24	59	24	148.8	149.8	152.1	150.7	42.1	42.1	44.1	44.2	22.8	21.9	22.1	23.2
20-25	133	280	444	406	149.4	150.0	151.5	152.1	43.5	43.5	42.7	42.9	22.5	20.5	21.8	22.6
25-30	129	298	540	381	149.0	150.3	151.6	152.0	42.0	42.0	42.6	42.7	22.3	20.8	21.8	23.2
30-35	113	247	428	379	148.5	149.5	151.3	152.0	42.4	42.4	41.8	42.4	22.6	20.9	21.9	23.4
35-40	114	122	336	284	148.3	150.6	151.4	152.6	41.4	42.7	42.7	42.4	22.4	21.2	22.0	23.9
40-45	112	77	263	281	149.4	149.6	151.9	152.5	41.6	41.8	41.8	43.0	22.8	22.3	22.2	24.5
45-50	87	87	238	272	149.6	149.4	150.7	152.1	42.8	41.0	41.0	43.1	23.1	21.7	22.4	24.5
50-55	52	100	199	167	147.9	148.4	149.7	151.4	42.0	41.2	41.2	41.0	23.4	21.1	21.6	24.2
55-60	55	76	167	171	147.2	147.8	149.1	151.5	38.8	40.7	40.3	40.3	22.1	20.7	21.6	23.7
>60	101	173	276	226	145.0	148.2	147.7	149.2	38.0	38.8	38.8	38.8	21.4	20.3	21.0	23.2

Table AN 25 : MEAN ANTHROPOMETRIC MEASUREMENTS

STATE: MADHYA PRADESH

SEX	MALES						FEMALES					
	Age (Yrs)	Number	Height (cm)	Weight (kg)	MUAC (cm)	FFT (mm)	Number	Height (cm)	Weight (kg)	MUAC (cm)	FFT (mm)	
		2011-12	2011-12	2011-12	2011-12	2011-12	2011-12	2011-12	2011-12	2011-12	2011-12	
0+	65	65.7	6.4	12.9	8.8	53	65.0	6.2	12.4	8.7		
1+	99	73.8	8.2	13.6	7.9	102	73.0	8.1	13.5	8.4		
2+	66	83.1	10.2	14.2	8.5	74	82.5	9.5	13.7	8.7		
3+	162	89.8	11.5	14.3	8.5	147	88.9	11.0	14.2	9.0		
4+	83	96.5	12.8	14.7	8.1	98	95.1	12.5	14.6	9.2		
5+	84	103.5	14.8	14.6	7.4	90	102.3	14.2	14.6	7.7		
6+	89	108.7	16.1	14.8	7.0	71	108.3	15.9	14.8	7.4		
7+	86	113.7	17.5	14.8	6.4	92	113.5	17.6	15.1	7.1		
8+	86	119.2	19.4	15.4	6.1	92	119.3	19.1	15.6	7.3		
9+	78	125.4	21.7	16.0	6.3	87	124.7	21.3	16.2	7.0		
10+	81	128.8	23.8	16.7	6.7	80	129.3	23.8	16.8	7.6		
11+	84	132.9	25.4	17.0	6.4	68	135.2	26.8	17.9	7.6		
12+	100	137.9	27.7	17.4	6.4	106	139.7	29.9	18.7	8.9		
13+	68	145.0	33.0	19.1	7.0	101	145.2	34.5	19.9	9.3		
14+	61	150.3	36.6	19.8	6.7	74	147.8	38.0	21.0	10.8		
15+	71	157.7	42.5	21.5	6.8	103	150.7	41.7	22.3	12.2		
16+	43	160.3	46.1	22.5	7.8	78	149.8	41.6	22.7	12.3		
17+	49	162.3	47.2	23.2	6.7	83	150.4	42.7	22.8	12.7		
18+	60	161.3	50.2	23.7	7.5	88	149.8	42.3	22.8	13.0		
19+	31	165.9	52.9	24.1	7.6	49	149.9	43.8	23.0	13.0		
20-25	200	163.0	52.0	24.6	7.5	386	150.6	43.4	22.8	11.6		
25-30	219	162.7	54.3	25.5	8.0	437	150.6	44.6	23.3	12.0		
30-35	254	162.6	54.0	25.5	8.1	406	150.7	45.2	23.7	12.4		
35-40	256	161.6	53.1	25.5	7.8	403	150.5	44.1	23.6	11.7		
40-45	295	161.4	52.3	25.0	7.4	318	150.5	45.2	23.9	12.7		
45-50	201	162.1	52.5	25.1	7.9	292	150.3	45.8	23.9	13.1		
50-55	184	161.5	52.4	25.2	7.9	225	150.0	45.1	24.1	13.0		
55-60	157	161.2	50.9	24.7	7.6	155	150.4	45.4	23.9	12.1		
>60	380	159.7	48.2	23.6	7.5	401	147.3	41.3	22.6	10.7		

Table AN 26 : MEAN ANTHROPOMETRIC MEASUREMENTS

STATE: WEST BENGAL

SEX	MALES						FEMALES					
	Age (Yrs)	Number	Height (cm)	Weight (kg)	MUAC (cm)	FFT (mm)	Number	Height (cm)	Weight (kg)	MUAC (cm)	FFT (mm)	
		2011-12	2011-12	2011-12	2011-12	2011-12	2011-12	2011-12	2011-12	2011-12	2011-12	
0+	67	66.9	7.6	13.7	8.7	66	63.2	6.1	12.6	8.5		
1+	95	76.6	9.1	13.6	7.8	67	74.7	8.2	13.1	8.2		
2+	89	84.4	10.6	13.7	8.3	85	83.5	9.9	13.5	8.4		
3+	87	92.2	12.4	14.1	8.2	80	90.9	11.6	14.0	8.6		
4+	85	98.8	13.8	14.5	7.8	86	96.4	12.9	14.4	8.5		
5+	102	104.4	15.1	14.6	6.8	90	104.0	14.4	14.5	7.7		
6+	93	109.3	16.4	14.7	6.2	99	108.9	15.8	14.8	7.2		
7+	81	115.0	18.0	14.8	6.0	65	113.6	17.2	15.1	6.8		
8+	96	118.5	19.3	15.3	6.0	84	121.6	20.2	15.9	7.1		
9+	75	124.4	22.3	16.3	6.2	61	125.7	22.0	16.7	7.8		
10+	113	130.7	24.5	16.6	6.4	100	129.2	24.1	17.0	7.3		
11+	68	135.7	26.8	17.3	6.4	67	135.9	27.9	18.2	8.3		
12+	102	140.3	29.0	17.8	6.1	96	141.5	31.6	19.0	8.3		
13+	58	146.3	33.6	18.9	6.4	81	146.3	35.4	20.1	9.5		
14+	65	152.2	38.7	20.3	6.6	85	147.9	38.0	20.9	10.6		
15+	65	159.5	43.8	21.4	6.3	87	149.0	39.9	21.5	10.7		
16+	58	162.0	46.0	22.4	6.3	70	151.1	42.4	21.8	12.0		
17+	50	162.6	48.4	23.1	6.2	67	150.8	43.2	22.3	11.8		
18+	82	162.4	49.0	23.6	6.2	96	149.8	41.7	21.7	10.8		
19+	56	162.7	50.5	24.0	6.8	86	149.6	42.7	22.1	11.5		
20-25	239	163.5	51.2	24.3	6.2	457	150.6	43.7	22.4	10.8		
25-30	214	163.6	52.1	24.5	6.5	438	150.1	44.7	23.2	11.7		
30-35	260	162.8	52.3	24.7	6.9	369	150.0	46.3	23.8	12.9		
35-40	238	161.7	53.5	25.3	7.1	421	149.9	46.4	23.8	12.9		
40-45	228	162.2	53.6	25.2	7.1	237	150.2	46.2	23.8	13.0		
45-50	201	161.8	53.8	25.2	7.6	257	150.1	46.8	24.1	13.6		
50-55	151	161.8	52.1	24.5	7.1	182	148.5	45.9	23.7	13.1		
55-60	117	161.4	50.8	24.0	6.7	150	148.1	43.5	23.1	11.6		
>60	324	159.3	48.9	23.3	7.4	357	145.6	40.9	22.1	10.7		

Table AN 27: MEAN ANTHROPOMETRIC MEASUREMENTS

STATE: UTTAR PRADESH

SEX	MALES						FEMALES					
	Age (Yrs)	Number	Height (cm)	Weight (kg)	MUAC (cm)	FFT (mm)	Number	Height (cm)	Weight (kg)	MUAC (cm)	FFT (mm)	
		2011-12	2011-12	2011-12	2011-12	2011-12	2011-12	2011-12	2011-12	2011-12	2011-12	
0+	110	64.1	6.1	12.6	9.1	107	62.6	5.5	12.1	8.7		
1+	126	75.5	8.7	13.7	8.7	111	73.4	8.0	13.1	8.3		
2+	103	83.2	10.6	14.1	8.9	90	80.3	9.4	13.5	8.7		
3+	127	88.4	11.6	14.3	8.7	124	87.6	11.1	14.1	8.8		
4+	102	95.2	13.0	14.5	7.8	94	93.1	12.3	14.4	8.4		
5+	158	101.9	14.6	14.7	6.9	166	99.9	13.8	14.5	7.2		
6+	135	107.8	15.9	14.7	6.2	148	107.4	15.6	15.1	6.6		
7+	134	113.6	17.7	15.2	5.7	116	113.3	17.1	15.4	6.3		
8+	141	121.3	19.9	15.8	5.6	136	118.5	19.0	15.9	6.3		
9+	94	124.7	21.8	16.2	5.7	85	124.8	21.8	16.8	6.6		
10+	169	130.0	23.9	16.8	5.6	157	129.4	23.5	17.0	6.5		
11+	71	133.0	25.5	17.1	5.9	69	134.7	25.9	18.1	7.0		
12+	164	139.8	29.1	18.2	6.1	151	140.6	30.7	19.2	8.3		
13+	107	144.7	31.5	18.8	6.2	97	143.4	32.5	19.9	9.1		
14+	104	153.2	38.3	20.4	6.9	118	147.7	37.7	21.4	11.0		
15+	107	155.7	40.6	21.1	5.8	124	150.1	39.3	21.9	11.2		
16+	82	160.7	44.0	21.8	6.5	141	150.1	41.4	23.0	13.1		
17+	74	164.1	47.6	23.2	7.1	97	150.4	41.7	22.8	12.0		
18+	123	164.3	49.5	23.7	7.0	162	150.6	43.3	23.1	13.1		
19+	43	163.6	50.7	24.3	8.2	55	152.1	44.8	23.7	14.1		
20-25	335	164.4	51.5	24.6	7.5	434	151.4	44.4	23.5	12.5		
25-30	274	163.3	52.1	24.9	7.9	393	151.1	44.7	23.7	12.6		
30-35	242	163.5	52.7	25.1	8.0	404	150.8	45.2	24.0	13.2		
35-40	288	163.9	52.6	24.9	7.7	368	150.8	46.1	24.5	14.1		
40-45	203	164.3	53.3	25.3	8.3	251	150.7	45.9	24.7	14.8		
45-50	195	163.9	52.5	24.9	7.7	217	151.5	47.0	24.6	14.4		
50-55	154	162.3	51.9	24.8	7.9	213	150.2	45.4	24.3	13.7		
55-60	135	162.3	50.5	24.1	7.9	179	149.6	44.2	23.8	12.2		
>60	451	161.9	48.6	23.3	7.1	417	148.0	41.7	22.9	11.0		

Table AN 28 : MEAN ANTHROPOMETRIC MEASUREMENTS*

Age (Yrs)	STATES POOLED												SEX: MALES											
	Number			Height (cm)			Weight (kg)			Arm circumference (cm)			Fat fold at Triceps (mm)											
	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012								
0+	624	904	1017	855	63.7	64.2	63.1	64.8	6.3	6.6	6.4	6.7	12.3	12.8	12.9	13.1	8.4	8.5	7.7	8.9				
1+	540	1140	1065	1031	72.5	73.9	74.6	75.5	8.0	8.3	8.5	8.8	12.7	13.2	13.6	13.7	8.0	7.8	7.4	8.4				
2+	610	1381	1068	914	79.9	82.1	82.9	84.6	9.5	10.1	10.3	10.7	13.3	13.7	14.0	14.2	8.1	8.3	7.7	8.9				
3+	736	1467	1138	995	85.9	89.5	90.4	91.3	10.9	11.5	11.9	12.1	13.6	14.2	14.4	14.3	8.3	8.4	7.8	8.7				
4+	899	1987	1193	806	92.9	96.5	97.2	97.9	12.3	13.0	13.4	13.5	13.8	14.3	14.5	14.6	7.9	7.9	7.4	8.2				
5+	619	978	921	876	99.8	101.8	102.5	103.7	13.9	14.3	14.6	14.8	14.1	14.3	14.6	14.7	7.2	7.0	6.9	7.4				
6+	659	1020	975	956	105.5	107.0	108.3	109.1	15.3	15.5	16.0	16.1	14.2	14.5	14.7	14.9	6.7	6.8	6.6	7.1				
7+	726	955	865	845	111.3	113.0	114.3	114.7	16.8	17.3	17.7	17.9	14.5	14.8	15.0	15.3	6.3	6.3	6.3	6.7				
8+	811	931	910	900	116.4	118.1	119.1	120.2	18.5	18.8	19.2	19.7	14.8	15.2	15.3	15.7	6.0	6.2	6.2	6.6				
9+	587	745	827	757	120.4	122.9	124.2	125.4	19.8	20.4	21.1	21.8	15.2	15.6	15.8	16.3	5.8	6.2	6.5	6.7				
10+	834	928	834	931	125.5	127.3	128.3	130.3	22.1	22.3	22.8	24.2	15.7	16.1	16.3	16.9	5.8	6.3	6.5	6.9				
11+	546	739	563	761	130.2	131.7	133.4	134.6	23.8	24.2	25.1	26.1	16.2	16.6	16.8	17.4	6.1	6.4	6.5	7.2				
12+	958	982	862	910	134.1	136.4	137.3	140.2	25.8	26.5	27.3	29.6	16.7	17.2	17.4	18.3	6.0	6.4	6.6	7.3				
13+	670	789	587	737	138.7	141.5	143.1	145.0	28.0	29.2	30.8	32.4	17.2	17.9	18.3	19.0	6.0	6.5	7.0	7.6				
14+	654	716	600	716	144.8	147.3	148.8	151.4	32.0	33.3	34.4	37.0	18.2	18.9	19.3	20.0	6.0	6.7	6.8	7.6				
15+	469	579	492	737	149.6	153.0	154.3	157.0	35.0	38.0	38.6	41.3	19.0	20.2	20.4	21.1	6.0	6.5	6.6	7.1				
16+	588	592	553	650	155.8	157.8	159.2	161.6	39.6	41.6	43.0	45.1	20.2	21.8	21.6	22.2	6.1	6.7	7.0	7.4				
17+	469	471	426	604	159.0	163.3	162.3	164.1	42.6	44.9	46.6	48.1	21.2	22.4	22.6	23.2	6.1	6.8	6.8	7.7				
18+	541	687	431	763	161.2	161.8	163.0	164.3	45.1	46.3	47.7	49.6	22.1	22.8	23.1	23.8	6.1	6.7	7.1	7.6				
19+	364	420	254	490	162.2	163.4	164.1	165.3	46.6	47.5	48.9	51.4	22.6	23.4	23.6	24.2	6.2	6.2	7.0	8.0				
20-25	1504	1498	1624	2747	163.1	163.4	164.0	165.6	48.2	49.5	50.2	52.8	23.2	24.0	24.1	24.9	6.1	6.2	7.1	8.0				
25-30	1138	1371	1871	2790	163.1	163.5	163.7	165.0	49.5	50.3	51.4	55.1	23.7	24.3	24.6	25.6	6.4	6.9	7.3	8.9				
30-35	985	1389	1724	2652	163.1	162.7	163.7	164.7	49.5	50.4	52.1	56.0	23.8	24.5	24.8	26.0	6.4	7.1	7.6	9.1				
35-40	1258	1275	1574	2680	162.8	163.0	163.4	164.0	49.8	50.6	52.1	56.1	23.7	24.4	24.9	26.0	6.7	7.1	7.7	9.0				
40-45	935	784	1172	2335	162.6	163.0	163.5	163.9	49.2	51.1	52.9	56.3	23.7	24.5	25.0	26.0	6.5	7.4	8.0	9.0				
45-50	888	666	987	2208	162.4	162.2	162.5	163.5	48.9	50.1	51.8	55.8	23.4	24.4	24.7	25.8	6.4	7.5	7.5	9.0				
50-55	593	505	781	1764	162.6	162.0	162.1	162.9	49.6	50.3	50.6	54.5	23.5	24.3	24.3	25.5	7.2	7.8	7.7	9.0				
55-60	489	503	723	1563	161.7	161.8	161.9	162.7	48.3	49.5	51.1	54.4	23.3	23.7	24.4	25.2	6.8	7.6	7.8	8.9				
>60	956	1067	1650	4138	161.3	160.3	160.4	161.1	47.1	47.8	48.3	51.3	23.4	23.1	23.2	24.2	7.0	7.6	7.6	8.7				

* 7 states pooled data

Table AN 29 : MEAN ANTHROPOMETRIC MEASUREMENTS*

STATES POOLED

SEX: FEMALES

Age (Yrs)	Number				Height (cm)				Weight (kg)				Arm circumference (cm)				Fat fold at Triceps (mm)			
	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012	1975-1979	1988-1990	1996-1997	2011-2012
0+	540	849	929	813	62.7	62.8	62.7	62.9	5.9	6.2	5.9	6.1	12.1	12.5	12.6	12.7	8.4	8.2	7.4	8.9
1+	500	954	945	918	71.7	72.5	73.2	74.4	7.6	7.9	8.0	8.4	12.5	12.9	13.2	13.4	7.8	8.0	7.3	8.6
2+	548	1257	1036	896	78.4	80.7	81.4	83.3	9.0	9.6	9.7	10.1	13.0	13.5	13.6	13.9	7.6	8.4	7.7	9.1
3+	710	1524	1125	986	85.2	87.8	89.6	90.2	10.5	11.1	11.3	11.5	13.5	14.1	14.1	14.3	8.6	8.8	8.0	9.2
4+	732	1770	1096	824	92.3	95.2	96.1	96.9	11.9	12.6	12.9	13.0	13.8	14.4	14.5	14.6	8.5	8.5	7.8	9.0
5+	534	874	945	827	99.6	100.9	101.9	102.1	13.7	13.9	15.1	14.1	14.3	14.4	14.5	14.6	8.0	7.8	7.4	8.1
6+	635	951	887	902	104.5	106.2	107.8	108.5	14.8	15.2	15.6	15.8	14.3	14.7	14.8	15.1	7.3	7.3	7.2	7.9
7+	839	991	906	799	110.5	111.5	113.5	113.9	16.5	16.7	17.3	17.3	14.6	14.9	15.1	15.4	6.9	7.0	7.0	7.5
8+	719	948	951	880	115.5	117.3	118.6	119.4	18.1	18.6	19.0	19.3	14.1	15.4	15.5	15.9	6.7	6.9	7.1	7.5
9+	525	771	820	773	120.5	122.5	123.8	124.6	19.8	20.5	21.1	21.4	15.5	16.0	16.1	16.5	6.8	7.2	7.2	8.0
10+	707	775	838	929	125.7	127.5	128.5	130.1	22.2	22.6	23.1	24.3	16.2	16.6	16.7	17.3	6.9	7.2	7.5	8.3
11+	414	562	698	713	130.6	139.1	133.6	134.9	24.3	24.8	25.7	26.6	16.6	17.0	17.4	17.9	7.2	7.5	7.6	8.6
12+	679	768	812	980	134.5	137.5	138.6	141.2	26.5	28.1	28.9	30.8	17.3	18.0	18.2	18.9	7.4	7.9	7.9	9.3
13+	450	558	726	797	140.4	143.2	144.3	145.9	30.5	31.9	32.9	34.6	18.5	19.1	19.2	19.9	7.8	8.6	8.6	10.1
14+	466	576	658	790	144.8	146.5	148.1	148.8	34.6	35.1	36.3	37.9	19.7	20.1	20.1	21.0	8.8	9.1	9.0	11.3
15+	392	416	560	892	147.6	148.6	150.3	150.6	37.9	38.4	39.1	39.9	20.8	21.1	20.9	21.7	9.6	10.1	9.4	11.8
16+	501	547	557	841	149.5	150.6	151.6	151.6	40.2	40.7	41.5	41.7	21.4	21.8	21.8	22.3	10.4	10.6	10.4	12.8
17+	291	337	434	740	150.4	151.2	152.1	152.1	41.1	41.9	42.9	42.6	22.9	22.4	22.3	22.5	10.9	11.2	10.3	12.9
18+	500	493	630	917	150.9	150.8	151.7	151.9	42.4	42.2	43.1	43.3	22.1	22.3	22.4	22.7	10.7	10.6	11.0	12.9
19+	230	298	376	631	150.3	151.6	152.5	152.3	42.5	43.6	43.5	44.1	22.2	22.6	22.4	23.0	10.9	11.3	10.6	13.4
20-25	1565	2367	3233	4371	150.9	151.0	152.1	152.3	42.7	42.9	43.5	45.0	22.1	22.3	22.4	23.2	9.8	10.3	10.3	12.7
25-30	1606	2442	3562	4379	150.8	152.2	151.9	152.0	42.5	43.1	43.8	46.2	22.1	22.6	22.7	23.9	9.4	10.2	10.4	13.3
30-35	1340	1683	2322	3727	150.3	151.0	151.7	151.7	42.5	43.0	44.4	47.7	22.4	22.7	23.1	24.5	9.4	10.2	10.6	14.4
35-40	1226	1236	1844	3786	150.5	150.8	151.5	151.6	42.5	43.6	45.0	48.2	22.4	23.1	23.4	24.7	9.4	11.0	11.1	14.6
40-45	872	738	1337	2928	149.8	150.2	151.1	151.7	41.7	42.9	45.3	49.1	22.4	23.2	23.6	25.1	9.6	11.1	11.3	15.4
45-50	772	711	1267	3034	149.9	149.9	150.8	151.2	41.9	43.0	45.7	49.1	22.3	23.1	23.8	25.1	9.6	11.1	11.6	15.3
50-55	501	654	970	2202	148.9	149.5	150.0	150.4	41.4	43.8	44.0	48.2	22.3	23.3	23.4	24.9	10.1	11.6	11.0	15.3
55-60	429	517	807	1908	149.1	149.2	149.5	150.1	40.8	42.7	44.3	47.6	22.0	23.0	23.5	24.7	9.8	11.1	11.4	14.5
>60	870	1046	1676	4412	147.3	147.7	147.4	147.7	39.0	40.4	41.7	44.6	21.4	22.2	22.6	23.7	8.4	10.0	10.3	13.1

* 7 states pooled data

