

### NATIONAL FAMILY HEALTH SURVEY - 4

2015-16

# DISTRICT FACT SHEET MAMIT MIZORAM



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#### Introduction

The National Family Health Survey 2015-16 (NFHS-4), the fourth in the NFHS series, provides information on population, health and nutrition for India and each State / Union territory. NFHS-4, for the first time, provides district-level estimates for many important indicators.

The contents of previous rounds of NFHS are generally retained and additional components are added from one round to another. In this round, information on malaria prevention, migration in the context of HIV, abortion, violence during pregnancy etc. have been added. The scope of clinical, anthropometric, and biochemical testing (CAB) or Biomarker component has been expanded to include measurement of blood pressure and blood glucose levels. NFHS-4 sample has been designed to provide district and higher level estimates of various indicators covered in the survey. However, estimates of indicators of sexual behaviour, husband's background and woman's work, HIV/AIDS knowledge, attitudes and behaviour, and, domestic violence will be available at State and national level only.

As in the earlier rounds, the Ministry of Health and Family Welfare, Government of India designated International Institute for Population Sciences, Mumbai as the nodal agency to conduct NFHS-4. The main objective of each successive round of the NFHS has been to provide essential data on health and family welfare and emerging issues in this area. NFHS-4 data will be useful in setting benchmarks and examining the progress in health sector the country has made over time. Besides providing evidence for the effectiveness of the ongoing programmes, the data from NFHS-4 help in identifying need for new programmes with area specific focus.

Four Survey Schedules - Household, Woman's, Man's and Biomarker - were canvassed in local language using Computer Assisted Personal Interviewing (CAPI). In the Household Schedule, information was collected on all usual members of the household and visitors who stayed in the household the previous night as well as socio-economic characteristics of the household, water and sanitation, health insurance, number of deaths in the household in the three years preceding the survey etc. Information on the woman's characteristics, marriage, fertility, children's immunizations and childcare, nutrition, contraception, reproductive health, sexual behaviour, HIV/AIDS, domestic violence, etc. was canvassed in the Woman's Schedule. The Man's Schedule covered the man's characteristics, marriage, his number of children, contraception, fertility preferences, nutrition, sexual behaviour, attitudes towards gender roles, HIV/AIDS, etc. The Biomarker Schedule covered measurements of height, weight and haemoglobin levels for children; measurements of height, weight, haemoglobin levels, blood pressure, and random blood glucose level for women aged 15-49 years and men aged 15-54 years. In addition, women and men were requested to provide a few drops of blood from a finger prick for laboratory testing for HIV.

This fact sheet provides information on key indicators and trends for Mamit. NFHS-4 fieldwork for Mizoram was conducted from 3 February 2016 to 10 October 2016 by Research & Development Initiative (RDI). In Mamit, information was gathered from 869 households, 890 women, and 133 men. The fact sheet shows information for rural areas and the district as a whole because Mamit has more than 70% rural population, which provides a sufficiently large sample to produce reliable estimates of most indicators for rural areas.

Mamit, Mizoram - Key Indicators

Indicators	NFHS-4 (2015-16)	
Population and Household Profile	Rural	Total
1. Population (female) age 6 years and above who ever attended school (%)	78.5	82.0
2. Population below age 15 years (%)	33.2	33.0
3. Sex ratio of the total population (females per 1,000 males)	934	960
4. Sex ratio at birth for children born in the last five years (females per 1,000 males)	943	1,051
5. Children under age 5 years whose birth was registered (%)	97.8	97.6
6. Households with electricity (%)	83.3	86.0
7. Households with an improved drinking-water source <sup>1</sup> (%)	79.4	82.3
8. Households using improved sanitation facility <sup>2</sup> (%)	61.1	66.1
9. Households using clean fuel for cooking <sup>3</sup> (%)	28.7	38.0
10. Households using iodized salt (%)	97.3	97.6
11. Households with any usual member covered by a health scheme or health insurance (%)	51.8	50.7
Characteristics of Adults (age 15-49)		
12. Women who are literate (%)	77.0	80.4
13. Men who are literate (%)	91.1	91.5
14. Women with 10 or more years of schooling (%)	18.4	21.7
Marriage and Fertility		
15. Women age 20-24 years married before age 18 years (%)	18.6	17.8
16. Men age 25-29 years married before age 21 years (%)	*	*
17. Women age 15-19 years who were already mothers or pregnant at the time of the survey (%)	5.2	5.7
Current Use of Family Planning Methods (currently married women age 15-49 years)		
18. Any method⁴ (%)	33.2	34.3
19. Any modern method⁴ (%)	33.2	34.3
20. Female sterilization (%)	15.6	16.0
21. Male sterilization (%)	0.0	0.0
22. IUD/PPIUD (%)	2.2	2.4
23. Pill (%)	14.6	14.9
24. Condom (%)	0.8	1.0
Unmet Need for Family Planning (currently married women age 15–49 years) <sup>5</sup>		
25. Total unmet need (%)	22.7	23.5
26. Unmet need for spacing (%)	14.6	15.3
Quality of Family Planning Services		
27. Health worker ever talked to female non-users about family planning (%)	15.4	16.4
28. Current users ever told about side effects of current method <sup>6</sup> (%)	45.6	47.5

1 Piped water into dwelling/yard/plot, public tap/standpipe, tube well or borehole, protected dug well, protected spring, rainwater, community RO plant.

<sup>5</sup> Unmet need for family planning refers to fecund women who are not using contraception but who wish to postpone the next birth (spacing) or stop childbearing altogether (limiting). Specifically, women are considered to have unmet need for spacing if they are:

- At risk of becoming pregnant, not using contraception, and either do not want to become pregnant within the next two years, or are unsure if or when they want to become pregnant.
- Pregnant with a mistimed pregnancy.
  Postpartum amenorrheic for up to two years following a mistimed birth and not using contraception.

Women are considered to have unmet need for limiting if they are:

- · At risk of becoming pregnant, not using contraception, and want no (more) children.
- · Pregnant with an unwanted pregnancy.

· Postpartum amenorrheic for up to two years following an unwanted birth and not using contraception.

Women who are classified as infecund have no unmet need because they are not at risk of becoming pregnant. Unmet need for family planning is the sum of unmet need for spacing plus unmet need for limiting.

<sup>6</sup> Based on current users of female sterilization, IUD/PPIUD, injectables and pill who started using that method in the past 5 years.

<sup>&</sup>lt;sup>2</sup> Flush to piped sewer system, flush to septic tank, flush to pit latrine, ventilated improved pit (VIP)/biogas latrine, pit latrine with slab, twin pit/composting toilet, which is not shared with any other household. <sup>3</sup> Electricity, LPG/natural gas, biogas. <sup>4</sup> Includes other methods that are not shown separately

<sup>( )</sup> Based on 25-49 unweighted cases \* Percentage not shown; based on fewer than 25 unweighted cases

Mamit, Mizoram - Key Indicators

Maternity Care (for last birth in the 5 years before the survey)         Maternity Care (for last birth in the 5 years before the survey)           29. Mothers who had antenatal check-up in the first trimester (%)         59.1         60.7           30. Mothers who had at least 4 antenatal care visits (%)         75.4         77.5           31. Mothers who consumed iron folic acid for 100 days or more when they were pregnant (%)         46.4         50.4           32. Mothers who consumed iron folic acid for 100 days or more when they were pregnant (%)         46.4         50.4           34. Registered pregnancies for which the mother received Mother and Child Protection (MCP) card (%)         93.7         94.7           35. Mothers who received postnatal care from a doctor/muse/LHV/ANM/midwife/other health personnel within 2 days of delivery (%)         42.1         48.8           36. Mothers who received financial assistance under Janani Suraksha Yojana (JSY) for births delivered in an institution were taken to a health facility for check-up within 24 hours of birth (%)         2.907         2,986           37. Average out of pocket expenditure per delivery in public health facility (Rs.)         2.907         2,886           38. Children born at home who were taken to a health facility for check-up within 24 hours of birth (%)         1.0         1.1           39. Children who received a health check after birth from a doctor/muse/LHV/ANM/midwife/other health personnel within 2 days of birth (%)         4.9         58.0	Indicators	NFHS-4 (	2015-16)
Maternity Care (for last birth in the 5 years before the survey)   29. Mothers who had antenatal check-up in the lirst trimester (%)   36.3   44.6   30. Mothers who had at least 4 antenatal care visits (%)   36.3   44.6   31. Mothers whose last birth was protected against neoratal tetanus* (%)   75.4   75.6   75.4   75.6   32.6   32.6   33. Mothers who consumed into notic acid for 100 days or more when they were pregnant (%)   46.5   32.6   32.6   33. Mothers who consumed into notic acid for 100 days or more when they were pregnant (%)   46.5   32.6   32.6   33. Mothers who had full antenatal care (%)   47.7   47.5			
29. Mothers who had antenatal check-up in the first trimester (%)         36.3         60.7           30. Mothers who had at least at almental care visits (%)         36.3         64.7           31. Mothers whose last birth was protected against neonatal tetanus" (%)         75.4         77.5           32. Mothers who consumed iron folic acid for 100 days or more when they were pregnant (%)         26.5         32.6           33. Mothers who freely depost that a limit and care? (%)         93.7         94.7           34. Registered pregnancies for which the mother received Mother and Child Protection (MCP) card (%)         93.7         94.7           35. Mothers who received postnatal care from a doctor/nurse/LHV/ANM/midwife/other health personnel within 2 days of delivery (%)         60.4         60.4           36. Mothers who received Intancial assistance under Janani Suraksha Yojana (JSY) for births delivered in an institution (%)         60.4         60.4           37. Average out of pocket expenditure per delivery in public health facility (Rs.)         2.907         2.886           38. Children born at home who were taken to a health facility for check-up within 24 hours of birth (%)         10.0         0.0           39. Children who received a health check after birth from a doctor/nurse/LHV/ANM/midwife/other health personnel with 2 days of birth (%)         45.0         52.9           40. Institutional births (%)         45.0         52.9         45.0		Raidi	i Otai
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37. Average out of pocket expenditure per delivery in public health facility (Rs.)  38. Children born at home who were taken to a health facility for check-up within 24 hours of birth (%)  39. Children who received a health check after birth from a doctor/nurse/LHV/ANI/ midwife/other health personnel within 2 days of birth (%)  49. Children ger (for births in the 5 years before the survey)  40. Institutional births (%)  49. 9 58.0  41. Institutional births in public facility (%)  42. Home delivery conducted by skilled health personnel (out of total deliveries) (%)  41. Institutional births in public facility (%)  42. Home delivery conducted by skilled health personnel (out of total deliveries) (%)  41. Births assisted by a doctor/nurse/LHV/ANIM/other health personnel (%)  43. Births assisted by a doctor/nurse/LHV/ANIM/other health personnel (%)  45. Births in a private health facility delivered by caesarean section (%)  46. Births in a private health facility delivered by caesarean section (%)  47. Children age 12-23 months with a Supplementation  47. Children age 12-23 months will yimmunized (BCG, measles, and 3 doses each of poilo and DPT) (%)  48. Children age 12-23 months who have received BCG (%)  49. Children age 12-23 months who have received 3 doses of DPT vaccine (%)  50. Children age 12-23 months who have received 3 doses of DPT vaccine (%)  51. Children age 12-23 months who have received 3 doses of DPT vaccine (%)  52. Children age 12-23 months who have received 3 doses of DPT vaccine (%)  53. Children age 12-23 months who received measles vaccine (%)  54. 68. 84. 2  55. Children age 12-23 months who received measles vaccine (%)  56. Frevalence of diarrhoea in the last 2 weeks preceding the survey (%)  57. Children age 12-23 months who received most of the vaccinations in public health facility (%)  68. Prevalence of diarrhoea in the last 2 weeks who received rice (%)  57. Children with diarrhoea in the last 2 weeks who received gine they activate health facility (%)  58. Children with diarrhoea in t			
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Delivery Care (for births in the 5 years before the survey)		10.4	44.5
40. Institutional births (%)   49.9   58.0     41. Institutional births in public facility (%)   42. Home delivery conducted by skilled health personnel (out of total deliveries) (%)   12.4   10.1     42. Home delivery conducted by skilled health personnel (%)   61.7   67.6     43. Births assisted by a doctor/nurse/LHV/ANM/other health personnel (%)   61.7   67.6     44. Births delivered by caesarean section (%)   2.0   3.3     45. Births in a private health facility delivered by caesarean section (%)   2.6   4.0     45. Births in a public health facility delivered by caesarean section (%)   2.6   4.0     46. Births in a public health facility delivered by caesarean section (%)   2.6   4.0     47. Children age 12-23 months fully immunized (BCG, measles, and 3 doses each of polio and DPT) (%)   35.1   40.7     47. Children age 12-23 months who have received BCG (%)   35.1   40.7     49. Children age 12-23 months who have received 3 doses of polio vaccine (%)   51.2   55.4     50. Children age 12-23 months who have received a doses of DPT vaccine (%)   54.4   56.8     52. Children age 12-23 months who have received a doses of DPT vaccine (%)   54.4   56.8     52. Children age 12-23 months who have received a doses of Hepatitis B vaccine (%)   57.2   59.3     53. Children age 12-23 months who received a vitamin A dose in last 6 months (%)   57.2   59.3     54. Children age 12-23 months who received most of the vaccinations in public health facility (%)   60.0   1.8     Treatment of Childhood Diseases (children under age 5 years)   56. Prevalence of diarrhoad (reported) in the last 2 weeks preceding the survey (%)   62.0   (66.1)     58. Children with diarrhoea in the last 2 weeks who received oral rehydration salts (ORS) (%)   (62.0)   (66.1)     59. Children with diarrhoea in the last 2 weeks who received are health facility (%)   6.2   6.1     60. Non-breastfeeding practices and Nutritional Status of Children   62. Children under age 3 years breastfed within one hour of birth (%)   6.2   6.1     61. Children u		10.4	11.5
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Treatment of Childhood Diseases (children under age 5 years)  56. Prevalence of diarrhoea (reported) in the last 2 weeks preceding the survey (%) 9.5 9.4  57. Children with diarrhoea in the last 2 weeks who received oral rehydration salts (ORS) (%) (62.0) (66.1)  58. Children with diarrhoea in the last 2 weeks who received zinc (%) (13.1) (18.2)  59. Children with diarrhoea in the last 2 weeks taken to a health facility (%) (28.9) (31.1)  60. Prevalence of symptoms of acute respiratory infection (ARI) in the last 2 weeks preceding the survey (%) 0.3 0.8  61. Children with fever or symptoms of ARI in the last 2 weeks preceding the survey taken to a health facility (%)  62. Children with fever or symptoms of ARI in the last 2 weeks preceding the survey taken to a health facility (%)  63. Children under age 3 years breastfed within one hour of birth <sup>9</sup> (%) 86.2 85.5  63. Children under age 6 months exclusively breastfed (%) *  64. Children age 6-8 months exceiving solid or semi-solid food and breastmilk (%) *  65. Breastfeeding children age 6-23 months receiving an adequate diet (%) (%) 6.2 6.1  66. Non-breastfeeding children age 6-23 months receiving an adequate diet (%) (%) 5.3 5.2  68. Children under 5 years who are stunted (height-for-age) (%) 30.0 30.8  69. Children under 5 years who are wasted (weight-for-height) (%) 11.0 9.3  70. Children under 5 years who are severely wasted (weight-for-height) (%) 3.3 2.7	54. Children age 12-23 months who received most of the vaccinations in public health facility (%)	(97.9)	96.5
56. Prevalence of diarrhoea (reported) in the last 2 weeks preceding the survey (%) 57. Children with diarrhoea in the last 2 weeks who received oral rehydration salts (ORS) (%) 58. Children with diarrhoea in the last 2 weeks who received zinc (%) 59. Children with diarrhoea in the last 2 weeks taken to a health facility (%) 60. Prevalence of symptoms of acute respiratory infection (ARI) in the last 2 weeks preceding the survey (%) 61. Children with fever or symptoms of ARI in the last 2 weeks preceding the survey taken to a health facility (%) 62. Children under age 3 years breastfed within one hour of birth <sup>9</sup> (%) 63. Children under age 6 months exclusively breastfed <sup>10</sup> (%) 64. Children age 6-8 months receiving solid or semi-solid food and breastmilk <sup>10</sup> (%) 65. Breastfeeding children age 6-23 months receiving an adequate diet <sup>10,11</sup> (%) 66. Non-breastfeeding children age 6-23 months receiving an adequate diet <sup>10,11</sup> (%) 67. Total children age 6-23 months receiving an adequate diet <sup>10,11</sup> (%) 68. Children under 5 years who are stunted (height-for-age) <sup>12</sup> (%) 70. Children under 5 years who are severely wasted (weight-for-height) <sup>13</sup> (%) 70. Children under 5 years who are severely wasted (weight-for-height) <sup>13</sup> (%) 70. Children under 5 years who are severely wasted (weight-for-height) <sup>13</sup> (%)	55. Children age 12-23 months who received most of the vaccinations in private health facility (%)	(0.0)	1.8
56. Prevalence of diarrhoea (reported) in the last 2 weeks preceding the survey (%) 57. Children with diarrhoea in the last 2 weeks who received oral rehydration salts (ORS) (%) 58. Children with diarrhoea in the last 2 weeks who received zinc (%) 59. Children with diarrhoea in the last 2 weeks taken to a health facility (%) 60. Prevalence of symptoms of acute respiratory infection (ARI) in the last 2 weeks preceding the survey (%) 61. Children with fever or symptoms of ARI in the last 2 weeks preceding the survey taken to a health facility (%) 62. Children under age 3 years breastfed within one hour of birth <sup>9</sup> (%) 63. Children under age 6 months exclusively breastfed <sup>10</sup> (%) 64. Children age 6-8 months receiving solid or semi-solid food and breastmilk <sup>10</sup> (%) 65. Breastfeeding children age 6-23 months receiving an adequate diet <sup>10,11</sup> (%) 66. Non-breastfeeding children age 6-23 months receiving an adequate diet <sup>10,11</sup> (%) 67. Total children age 6-23 months receiving an adequate diet <sup>10,11</sup> (%) 68. Children under 5 years who are stunted (height-for-age) <sup>12</sup> (%) 70. Children under 5 years who are severely wasted (weight-for-height) <sup>13</sup> (%) 70. Children under 5 years who are severely wasted (weight-for-height) <sup>13</sup> (%) 70. Children under 5 years who are severely wasted (weight-for-height) <sup>13</sup> (%)	Treatment of Childhood Diseases (children under age 5 years)		
57. Children with diarrhoea in the last 2 weeks who received oral rehydration salts (ORS) (%) (62.0) (66.1)  58. Children with diarrhoea in the last 2 weeks who received zinc (%) (13.1) (18.2)  59. Children with diarrhoea in the last 2 weeks taken to a health facility (%) (28.9) (31.1)  60. Prevalence of symptoms of acute respiratory infection (ARI) in the last 2 weeks preceding the survey (%) 0.3 0.8  61. Children with fever or symptoms of ARI in the last 2 weeks preceding the survey taken to a health facility (%)  Child Feeding Practices and Nutritional Status of Children  62. Children under age 3 years breastfed within one hour of birth <sup>9</sup> (%) 86.2 85.5  63. Children under age 6 months exclusively breastfed <sup>10</sup> (%) *  64. Children age 6-8 months receiving solid or semi-solid food and breastmilk <sup>10</sup> (%) *  65. Breastfeeding children age 6-23 months receiving an adequate diet <sup>10,11</sup> (%) 6.2 6.1  66. Non-breastfeeding children age 6-23 months receiving an adequate diet <sup>10,11</sup> (%) 5.3 5.2  68. Children under 5 years who are stunted (height-for-age) <sup>12</sup> (%) 30.0 30.8  69. Children under 5 years who are wasted (weight-for-height) <sup>13</sup> (%) 3.3 2.7		9.5	9.4
58. Children with diarrhoea in the last 2 weeks who received zinc (%) (13.1) (18.2) 59. Children with diarrhoea in the last 2 weeks taken to a health facility (%) (28.9) (31.1) 60. Prevalence of symptoms of acute respiratory infection (ARI) in the last 2 weeks preceding the survey (%) 0.3 0.8 61. Children with fever or symptoms of ARI in the last 2 weeks preceding the survey taken to a health facility (%)  Child Feeding Practices and Nutritional Status of Children 62. Children under age 3 years breastfed within one hour of birth <sup>9</sup> (%) 86.2 85.5 63. Children under age 6 months exclusively breastfed <sup>10</sup> (%) * 64. Children age 6-8 months receiving solid or semi-solid food and breastmilk <sup>10</sup> (%) * 65. Breastfeeding children age 6-23 months receiving an adequate diet <sup>10,11</sup> (%) 6.2 6.1 66. Non-breastfeeding children age 6-23 months receiving an adequate diet <sup>10,11</sup> (%) 5.3 5.2 68. Children under 5 years who are stunted (height-for-age) <sup>12</sup> (%) 30.0 30.8 69. Children under 5 years who are wasted (weight-for-height) <sup>13</sup> (%) 3.3 2.7	57. Children with diarrhoea in the last 2 weeks who received oral rehydration salts (ORS) (%)	(62.0)	(66.1)
60. Prevalence of symptoms of acute respiratory infection (ARI) in the last 2 weeks preceding the survey (%) 61. Children with fever or symptoms of ARI in the last 2 weeks preceding the survey taken to a health facility (%)  Child Feeding Practices and Nutritional Status of Children  62. Children under age 3 years breastfed within one hour of birth <sup>9</sup> (%) 63. Children under age 6 months exclusively breastfed 10 (%) 64. Children age 6-8 months receiving solid or semi-solid food and breastmilk 10 (%) 65. Breastfeeding children age 6-23 months receiving an adequate diet 10.11 (%) 66. Non-breastfeeding children age 6-23 months receiving an adequate diet 10.11 (%) 67. Total children age 6-23 months receiving an adequate diet 10.11 (%) 68. Children under 5 years who are stunted (height-for-age) 12 (%) 69. Children under 5 years who are wasted (weight-for-height) 12 (%) 70. Children under 5 years who are severely wasted (weight-for-height) 13 (%) 3.3 3.7	58. Children with diarrhoea in the last 2 weeks who received zinc (%)		
survey (%) 61. Children with fever or symptoms of ARI in the last 2 weeks preceding the survey taken to a health facility (%)  Child Feeding Practices and Nutritional Status of Children  62. Children under age 3 years breastfed within one hour of birth <sup>9</sup> (%)  63. Children under age 6 months exclusively breastfed <sup>10</sup> (%)  64. Children age 6-8 months receiving solid or semi-solid food and breastmilk <sup>10</sup> (%)  65. Breastfeeding children age 6-23 months receiving an adequate diet <sup>10,11</sup> (%)  66. Non-breastfeeding children age 6-23 months receiving an adequate diet <sup>10,11</sup> (%)  67. Total children age 6-23 months receiving an adequate diet <sup>10,11</sup> (%)  68. Children under 5 years who are stunted (height-for-age) <sup>12</sup> (%)  69. Children under 5 years who are wasted (weight-for-height) <sup>12</sup> (%)  70. Children under 5 years who are severely wasted (weight-for-height) <sup>13</sup> (%)  3.3  2.7	59. Children with diarrhoea in the last 2 weeks taken to a health facility (%)	(28.9)	(31.1)
61. Children with fever or symptoms of ARI in the last 2 weeks preceding the survey taken to a health facility (%)  Child Feeding Practices and Nutritional Status of Children  62. Children under age 3 years breastfed within one hour of birth <sup>9</sup> (%)  63. Children under age 6 months exclusively breastfed <sup>10</sup> (%)  64. Children age 6-8 months receiving solid or semi-solid food and breastmilk <sup>10</sup> (%)  65. Breastfeeding children age 6-23 months receiving an adequate diet <sup>10,11</sup> (%)  66. Non-breastfeeding children age 6-23 months receiving an adequate diet <sup>10,11</sup> (%)  67. Total children age 6-23 months receiving an adequate diet <sup>10,11</sup> (%)  68. Children under 5 years who are stunted (height-for-age) <sup>12</sup> (%)  69. Children under 5 years who are wasted (weight-for-height) <sup>12</sup> (%)  70. Children under 5 years who are severely wasted (weight-for-height) <sup>13</sup> (%)  3.3  2.7			
facility (%)  Child Feeding Practices and Nutritional Status of Children  62. Children under age 3 years breastfed within one hour of birth <sup>9</sup> (%)  63. Children under age 6 months exclusively breastfed <sup>10</sup> (%)  64. Children age 6-8 months receiving solid or semi-solid food and breastmilk <sup>10</sup> (%)  65. Breastfeeding children age 6-23 months receiving an adequate diet <sup>10,11</sup> (%)  66. Non-breastfeeding children age 6-23 months receiving an adequate diet <sup>10,11</sup> (%)  67. Total children age 6-23 months receiving an adequate diet <sup>10,11</sup> (%)  68. Children under 5 years who are stunted (height-for-age) <sup>12</sup> (%)  69. Children under 5 years who are wasted (weight-for-height) <sup>12</sup> (%)  70. Children under 5 years who are severely wasted (weight-for-height) <sup>13</sup> (%)  3.3  2.7		0.3	0.8
Child Feeding Practices and Nutritional Status of Children  62. Children under age 3 years breastfed within one hour of birth <sup>9</sup> (%)  63. Children under age 6 months exclusively breastfed <sup>10</sup> (%)  64. Children age 6-8 months receiving solid or semi-solid food and breastmilk <sup>10</sup> (%)  65. Breastfeeding children age 6-23 months receiving an adequate diet <sup>10,11</sup> (%)  66. Non-breastfeeding children age 6-23 months receiving an adequate diet <sup>10,11</sup> (%)  67. Total children age 6-23 months receiving an adequate diet <sup>10,11</sup> (%)  68. Children under 5 years who are stunted (height-for-age) <sup>12</sup> (%)  69. Children under 5 years who are wasted (weight-for-height) <sup>12</sup> (%)  70. Children under 5 years who are severely wasted (weight-for-height) <sup>13</sup> (%)  3.3  2.7		*	(45.6)
62. Children under age 3 years breastfed within one hour of birth <sup>9</sup> (%)  63. Children under age 6 months exclusively breastfed <sup>10</sup> (%)  64. Children age 6-8 months receiving solid or semi-solid food and breastmilk <sup>10</sup> (%)  65. Breastfeeding children age 6-23 months receiving an adequate diet <sup>10,11</sup> (%)  66. Non-breastfeeding children age 6-23 months receiving an adequate diet <sup>10,11</sup> (%)  67. Total children age 6-23 months receiving an adequate diet <sup>10,11</sup> (%)  68. Children under 5 years who are stunted (height-for-age) <sup>12</sup> (%)  69. Children under 5 years who are wasted (weight-for-height) <sup>12</sup> (%)  70. Children under 5 years who are severely wasted (weight-for-height) <sup>13</sup> (%)  3.3  2.7			(43.0)
63. Children under age 6 months exclusively breastfed <sup>10</sup> (%)  64. Children age 6-8 months receiving solid or semi-solid food and breastmilk <sup>10</sup> (%)  65. Breastfeeding children age 6-23 months receiving an adequate diet <sup>10,11</sup> (%)  66. Non-breastfeeding children age 6-23 months receiving an adequate diet <sup>10,11</sup> (%)  67. Total children age 6-23 months receiving an adequate diet <sup>10,11</sup> (%)  68. Children under 5 years who are stunted (height-for-age) <sup>12</sup> (%)  69. Children under 5 years who are wasted (weight-for-height) <sup>12</sup> (%)  70. Children under 5 years who are severely wasted (weight-for-height) <sup>13</sup> (%)  3.3  2.7		96.2	0 <i>E E</i>
64. Children age 6-8 months receiving solid or semi-solid food and breastmilk¹0 (%)  65. Breastfeeding children age 6-23 months receiving an adequate diet¹0.11 (%)  66. Non-breastfeeding children age 6-23 months receiving an adequate diet¹0.11 (%)  67. Total children age 6-23 months receiving an adequate diet¹0.11 (%)  68. Children under 5 years who are stunted (height-for-age)¹2 (%)  69. Children under 5 years who are wasted (weight-for-height)¹2 (%)  70. Children under 5 years who are severely wasted (weight-for-height)¹3 (%)  3.3  2.7		00.Z *	oo.o *
65. Breastfeeding children age 6-23 months receiving an adequate diet <sup>10,11</sup> (%) 66. Non-breastfeeding children age 6-23 months receiving an adequate diet <sup>10,11</sup> (%) 67. Total children age 6-23 months receiving an adequate diet <sup>10,11</sup> (%) 68. Children under 5 years who are stunted (height-for-age) <sup>12</sup> (%) 69. Children under 5 years who are wasted (weight-for-height) <sup>12</sup> (%) 70. Children under 5 years who are severely wasted (weight-for-height) <sup>13</sup> (%) 3.3 2.7		*	*
66. Non-breastfeeding children age 6-23 months receiving an adequate diet <sup>10,11</sup> (%)  *  67. Total children age 6-23 months receiving an adequate diet <sup>10,11</sup> (%)  5.3  5.2  68. Children under 5 years who are stunted (height-for-age) <sup>12</sup> (%)  69. Children under 5 years who are wasted (weight-for-height) <sup>12</sup> (%)  70. Children under 5 years who are severely wasted (weight-for-height) <sup>13</sup> (%)  3.3  2.7		62	61
67. Total children age 6-23 months receiving an adequate diet <sup>10,11</sup> (%)  68. Children under 5 years who are stunted (height-for-age) <sup>12</sup> (%)  69. Children under 5 years who are wasted (weight-for-height) <sup>12</sup> (%)  70. Children under 5 years who are severely wasted (weight-for-height) <sup>13</sup> (%)  3.3  2.7		*	V. I *
68. Children under 5 years who are stunted (height-for-age) <sup>12</sup> (%)  69. Children under 5 years who are wasted (weight-for-height) <sup>12</sup> (%)  70. Children under 5 years who are severely wasted (weight-for-height) <sup>13</sup> (%)  30.0  30.8  9.3  2.7		53	5.2
69. Children under 5 years who are wasted (weight-for-height) <sup>12</sup> (%)  70. Children under 5 years who are severely wasted (weight-for-height) <sup>13</sup> (%)  3.3  2.7			
70. Children under 5 years who are severely wasted (weight-for-height) <sup>13</sup> (%) 3.3 2.7			
	, , , , , , , , , , , , , , , , , , , ,		
	71. Children under 5 years who are underweight (weight-for-age) <sup>12</sup> (%)	19.3	17.5

<sup>&</sup>lt;sup>7</sup> Includes mothers with two injections during the pregnancy of her last birth, or two or more injections (the last within 3 years of the last live birth), or fure or more injections (the last within 5 years of the last birth), or four or more injections (the last within 10 years of the last live birth), or five or more injections at any time prior to the last birth. Not exactly comparable with NFHS-3 due to differences in definition. <sup>8</sup> Full antenatal care is at least four antenatal visits, at least one tetanus toxoid (TT) injection and iron folic acid tablets or syrup taken for 100 or more days. <sup>9</sup> Based on the last child born in the 5 years before the survey. <sup>10</sup> Based on the youngest child living with the mother. <sup>11</sup> Breastfed children receiving 4 or more food groups and a minimum meal frequency, non-breastfed children fed with a minimum of 3 Infant and Young Child Feeding Practices (fed with other milk or milk products at least twice a day, a minimum meal frequency that is receiving solid or semi-solid food at least twice a day for breastfed infants 6-8 months and at least three times a day for breastfed children 9-23 months, and solid or semi-solid foods from at least four food groups not including the milk or milk products food group). <sup>12</sup> Below -2 standard deviations, based on the WHO standard. <sup>13</sup> Below -3 standard deviations, based on the WHO standard.

Mamit, Mizoram - Key Indicators

Indicators	NFHS-4 (2015-16)	
Nutritional Status of Adults (age 15-49 years)	Rural	Total
72. Women whose Body Mass Index (BMI) is below normal (BMI < 18.5 kg/m <sup>2</sup> ) <sup>14</sup> (%)	10.4	10.2
73. Men whose Body Mass Index (BMI) is below normal (BMI < 18.5 kg/m²) (%)	7.0	7.1
74. Women who are overweight or obese (BMI ≥ 25.0 kg/m²) <sup>14</sup> (%)	12.0	13.2
75. Men who are overweight or obese (BMI ≥ 25.0 kg/m²) (%)	11.1	11.6
Anaemia among Children and Adults <sup>15</sup>		
76. Children age 6-59 months who are anaemic (<11.0 g/dl) (%)	20.5	19.4
77. Non-pregnant women age 15-49 years who are anaemic (<12.0 g/dl) (%)	28.3	27.8
78. Pregnant women age 15-49 years who are anaemic (<11.0 g/dl) (%)	(25.1)	(23.7)
79. All women age 15-49 years who are anaemic (%)	28.2	27.6
80. Men age 15-49 years who are anaemic (<13.0 g/dl) (%)	14.4	12.1
Blood Sugar Level among Adults (age 15-49 years) <sup>16</sup>		
Women		
81. Blood sugar level - high (>140 mg/dl) (%)	7.5	6.5
82. Blood sugar level - very high (>160 mg/dl) (%)	3.0	2.6
Men		
83. Blood sugar level - high (>140 mg/dl) (%)	6.1	8.6
84. Blood sugar level - very high (>160 mg/dl) (%)	3.0	4.6
Hypertension among Adults (age 15-49 years)		
Women		
85. Slightly above normal (Systolic 140-159 mm of Hg and/or Diastolic 90-99 mm of Hg) (%)	6.4	6.5
86. Moderately high (Systolic 160-179 mm of Hg and/or Diastolic 100-109 mm of Hg) (%)	1.2	1.4
87. Very high (Systolic ≥180 mm of Hg and/or Diastolic ≥110 mm of Hg) (%)	0.4	0.4
Men		
88. Slightly above normal (Systolic 140-159 mm of Hg and/or Diastolic 90-99 mm of Hg) (%)	9.6	9.1
89. Moderately high (Systolic 160-179 mm of Hg and/or Diastolic 100-109 mm of Hg) (%)	3.1	2.4
90. Very high (Systolic ≥180 mm of Hg and/or Diastolic ≥110 mm of Hg) (%)	0.0	1.5
Women Age 15-49 Years Who Have Ever Undergone Examinations of:		
91. Cervix (%)	13.4	15.4
92. Breast (%)	3.6	4.5
93. Oral cavity (%)	9.1	10.7

<sup>&</sup>lt;sup>14</sup> Excludes pregnant women and women with a birth in the preceding 2 months. <sup>15</sup> Haemoglobin in grams per decilitre (g/dl). Among children, prevalence is adjusted for altitude. Among adults, prevalence is adjusted for altitude and for smoking status. <sup>16</sup> Random blood sugar measurement (including those under medication).

#### INTERNATIONAL INSTITUTE FOR POPULATION SCIENCES

Vision: "To position IIPS as a premier teaching and research institution in population sciences responsive to emerging

national and global needs based on values of inclusion, sensitivity and rights protection."

Mission: "The Institute will strive to be a centre of excellence on population, health and development issues through high

quality education, teaching and research. This will be achieved by (a) creating competent professionals, (b) generating and disseminating scientific knowledge and evidence, (c) collaboration and exchange of knowledge, and

(d) advocacy and awareness."

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