

# NATIONAL NUTRITION MONITORING BUREAU



## Diet and Nutritional Status of Urban Population & Prevalence of Overweight and Obesity, Hypertension, Diabetes and Hyperlipidaemia among Urban Men & Women

*-NNMB Urban Nutrition Report*



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INDIAN COUNCIL OF  
MEDICAL RESEARCH

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NATIONAL INSTITUTE  
OF NUTRITION

**ICMR-NATIONAL INSTITUTE OF NUTRITION**  
**(Indian Council of Medical Research)**  
**Hyderabad-500 007, Telangana, India**

2018

**NNMB Technical Report No: 28**

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**2018**

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### **Acknowledgements**

*We express our sincere gratitude to the Secretary, Department of Health Research, and the Director General, ICMR for their financial support and cooperation in facilitating this study. We extend our heartfelt thanks to Dr. G. S. Toteja, Scientist 'G' and Head (Nutrition), ICMR, for his continuous support and guidance, which greatly contributed to the smooth functioning of the NNMB units.*

*We also acknowledge with appreciation the support and cooperation extended by the District Medical & Health Officers across all NNMB states for their support during the survey. We are especially grateful to the members of the NNMB Steering Committee and the Scientific Advisory Committee for their valuable inputs in reviewing the study protocol and draft findings, which were instrumental in finalizing this report.*

*We would also like to extend our sincere thanks to Mr. K. Venkaiah, Scientist 'F', Dr. M. Vishnu Vardhana Rao, Scientist 'E', and Dr. M. S. Radhika, Scientist 'C' for their consistent support and valuable contributions in the preparation of the report.*

*We gratefully acknowledge the technical assistance provided by Mr. V. Chandrababu, Research Assistant; Mr. P. Satish Babu, Technician; Ms. D. Saritha, Mr. P. Nagendra, and Mr. K. Vijaya Venkata Krishna, Computer Assistants; Ms. D. Sarala and Ms. G. Madhavi, Tabulators; and Mr. P. Durga Kumar and Ms. A. Rajini, Data Entry Operators.*

*Last but not least, we are deeply thankful to the community for their wholehearted support and cooperation, without which this survey would not have been possible.*

**Authors**

## ***Executive Summary***

*Keeping in view the double burden of disease and the magnitude of NCDs, a comprehensive urban nutrition survey was carried out with the objective of assessing the "Diet and nutritional status of urban population and the prevalence of obesity, hypertension, diabetes and dyslipidaemia among adults in 16 states of India".*

**Coverage:** *A total of 1,72,010 individuals were covered for socio-demographic & economic particulars, anthropometry and clinical examination from 52,575 HHs in 1097 urban wards from 16 states in India. Food and nutrient intake information was collected for 47611 individuals from 12,841 HHs through 24 hr recall diet surveys. The coverage for NCDs was as follows: Blood Pressure: 93851, Fasting Blood Sugar: 81945 and Lipid Profile: 41334.*

**Socio-economic profile:** *The majority of the households belonged to the Hindu religion (82%), followed by Muslims (12%). In general, the majority of the HHs belonged to other communities (42%), followed by backward communities (40%), scheduled castes (16%), and scheduled tribes (2%). Majority (91%) of the adult men and women (80%) surveyed were literates and 47% of the adult men were engaged in service (29%) or business (18%), while about 15% were labourers. Over half (58%) of the adult women were housewives. The average family size was 4.3, with a range from a low of 3.6 in Kerala to a high of 4.9 in Uttar Pradesh. About 82% of the HHs possess sanitary latrines, and 86% of HHs possess a separate kitchen. Majority of the HHs (85%) were consuming protected drinking water, which included Tap/filtered drinking water (74%) & mineral water (11%). The majority of the households had a television (97%) and a mobile (94%) in their houses at the time of the survey. Andaman & Nicobar had the highest per capita income of Rs 96254, followed by Kerala (Rs 95338), while West Bengal had the lowest income of Rs 34504.*

**Food Intakes:** *Cereals and millet formed the bulk of the diets of the urban population. The average intake of cereals and millets was 313g/CU/day, which was higher than the recommended level of 275g/day. The average intake of millet was 7g and was observed to be higher in the states of Karnataka (35g), Maharashtra (31g), and Gujarat (14g). The mean intake of income-elastic foods like pulses & legumes and Milk & Milk Products (MMP) was grossly inadequate (pulses: 45g vs 80g; MMP: 146ml vs 300ml). The intake of protective foods such as GLV and other vegetables was also very low compared to the recommended levels. In general, the proportion of HHs consuming foods <50% of the recommended amount is highest for green leafy vegetables (83%), other vegetables (71%), milk and milk products (62%), and pulses (53%). The mean salt intake was 8g per day and was observed highest in the states of Odisha (14g) and Madhya Pradesh & Assam (11g each). The mean*

intake of fruits was 60g per day, and it was observed to be high in the states of Gujarat (94g), Tamil Nadu (87g), Kerala (85g) and Karnataka (81g), while it was lowest in the states of Bihar (22g) and West Bengal & Assam (30g).

**Nutrient Intakes:** In general, the median intake of all the nutrients was below the Recommended Daily Allowance (RDA) except for Protein. The proportion of HHs consuming nutrients <50% of RDA was found to be high for Calcium (62%), Vitamin A (88%), and Riboflavin (78%). The proportion of 1-3 yr children consuming energy in amounts less than 50% of the recommended was highest in New Delhi (51%). Similarly, the proportion of children consuming vitamins and minerals such as vitamin A (88%), niacin (52%), calcium (47%), vitamin C (43%), iron (43%) and riboflavin (80%) in amounts <50% of the recommended RDA in general was very high in all the states. The proportion of pregnant women consuming energy in amounts less than 70% of the recommended was high in the states of New Delhi (50%) and Uttar Pradesh (41%). Similarly, pregnant women consuming protein in amounts less than 70% of the RDA was high in the states of New Delhi & Rajasthan (66% each), Gujarat & Uttar Pradesh (54% each) and Tamil Nadu (53%). Almost all the pregnant women in all the states were found consuming Riboflavin to the level <50% of the RDA. The proportion of pregnant women consuming other vitamins and minerals such as vitamin A (87%), Dietary folate (78%), calcium (71%) and iron (60%) at the levels <50% of the RDA was very high in all the states.

**Food Frequency:** Rice was found to be the main staple food for Indians, followed by Wheat. The daily consumption of Plain Rice was highest in the southern states, whereas the daily consumption of Wheat was higher in the northern states. The daily consumption of Plain Dal was higher in the Northern states, while the consumption of Dal with GLV was higher in the Southern states. The daily consumption of GLV was highest in West Bengal, Gujarat, Karnataka, and Kerala. Nearly 37% of the men and 42% of the women did not consume eggs at all. More than three fourth of men and women were consuming tea daily and the daily intake of coffee was higher in the southern states. Only a third of the population (Men: 32% and Women: 29%) consumed curd at least once daily. The daily intake of curd was highest in Andhra Pradesh, followed by Rajasthan and Puducherry. The daily consumption of Ghee was highest in Rajasthan (66%) and Gujarat (58%). In general, 40% of the urban population was taking fruits daily, and more than a fourth (26%) were taking the same at least once a week. The daily intake of sweets was highest in West Bengal, followed by Rajasthan, and lowest in Odisha. About 10% of the population covered took pickles daily,

and pickle consumption was higher among the South Indian states than in the North Indian states.

**Nutritional Status:** The overall prevalence of underweight (low-weight-for age), stunting (low-height-for age) and wasting (low-weight-for height) among <5 yr children was 25%, 29% and 16%, respectively. The prevalence of underweight was significantly higher among 3-5 yr children (28.4%) compared to 0-3 yr children (22.5%). The prevalence of underweight was higher in the states of Uttar Pradesh (43.6%), followed by Madhya Pradesh (32.3%), Maharashtra (31.2%) and lowest in Puducherry (14.2%). The prevalence of overweight & obesity among <5yr children was highest in the states of Assam (7.9%), Andaman & Nicobar, and Tamil Nadu (6.8% each), and Puducherry (6.3%). The prevalence of stunting was marginally higher among boys (29.8%) as compared to girls (27.7%), while it was highest in the States of Uttar Pradesh (40.8%), Maharashtra (36.9%), New Delhi (36%) and West Bengal (34.4%). The prevalence of wasting was highest in the State of Uttar Pradesh (28.8%), followed by Madhya Pradesh (19.4%), Rajasthan (19.2%), and Andhra Pradesh (16.6%).

The prevalence of thinness was considerably higher among school age and adolescent boys compared to girls. Similarly, the prevalence of overweight & obesity was also higher among boys than that of girls.

The overall prevalence of chronic energy deficiency (CED) among men was 12.7%, and overweight/obesity was 33.8%. The proportion of CED ranged from a low of 7.7% in the State of Puducherry to a high of 21.7% in Uttar Pradesh. More than 35% of the men were measured to be overweight & obese in the states like Rajasthan, Puducherry, Tamil Nadu, Gujarat, Kerala, Andhra Pradesh, Andaman & Nicobar, and New Delhi. About 11.2% of adult women had chronic energy deficiency, and 44% were overweight & obese. More than 50% of the adult women were overweight & obese in states like Puducherry, Tamil Nadu, New Delhi, Gujarat, Kerala, and Rajasthan. The prevalence of CED was higher in the States of Uttar Pradesh (19.2%), followed by Madhya Pradesh (17%), West Bengal (14.1%), and Bihar (13.3%).

### **Hypertension**

In general, 1 in every 3 adult men and women were found hypertensive. The overall prevalence of hypertension (SBP $\geq$ 140 and /or DBP  $\geq$ 90 mmHg) among men and women was 37.5% and 29.4%, respectively. In comparison, prevalence of hypertension was higher among men in the States of Assam (46.9%) and Kerala (46.6%), and lowest in Madhya

Pradesh (28.2%). Among women, it was high in Kerala (38.2%), Assam (36.7%) and low in Bihar (20.9%). The prevalence of hypertension increased with an increase in age.

### **Diabetes**

In overall, 1 in every 4 adult men and women were found diabetic. The overall prevalence of Diabetes among men and women was 28.2% and 24.3%, respectively. Among men, the prevalence was higher in Bihar (36.6%), Kerala (35.1%), Andhra Pradesh (33.9%), Puducherry (32.7%), and Tamil Nadu (32.3%), and lowest in Uttar Pradesh (17.2%). Similarly, it was high among women in Kerala (32.2%) and low in Uttar Pradesh (12.5%). The prevalence of Diabetes among men and women tended to increase with the increase in age.

### **Dyslipidaemia**

In general, 22% of men and women were measured to have total cholesterol levels of  $\geq 200$  mg/dL. The percentage of men with 'cholesterol levels ( $\geq 200$  mg/dL)' was observed to be higher in the States of Kerala, Karnataka, and Maharashtra. About 23% of men and 25% of women were observed to have high LDL cholesterol levels ( $\geq 130$  mg/dl). About three-fourths of Men (73.6%) and women (82.1%) were observed to have low HDL cholesterol levels ( $< 40$  mg/dl). About 40% of men and 28% of women were observed to have high triglyceride levels of  $\geq 150$  mg/dl.

### **Bioelectric Impedance Analysis (BIA)**

The mean percentage of body fat as measured by Bioelectric Impedance Analysis (BIA) was considerably higher among adult women (35.7), as compared to adult men (22.3). The mean per cent body fat among men was higher in states like Maharashtra and Rajasthan. While among women, it was highest in Puducherry and Maharashtra. The prevalence of excess body fat was 35% for men and 56% for women.

More than half (55%) of men and 42% of women generally had 'good' muscle mass. In general, the BMR for men (1379) was found to be higher than that of women (1101). Among both men and women, the BMR decreased with an increase in age.

### **Lifestyle Practices**

In general, 28% of men and 15% of women had the habit of doing 'some exercise'. In both genders, the habit of doing any exercise was found highest in the state of Gujarat (Men 40% & Women 26%), followed by Maharashtra (Men 34% & Women 21%) and Rajasthan & Karnataka (Men 32% & Women 20%). The most preferred exercise in both genders was 'walking'. Only about 7% of men and 1% of women were found to have the habit of playing outdoor games.

*In general, 21% of the men and 26% of the women surveyed were vegetarians. The vegetarian population was found to be highest in Rajasthan and Gujarat and lowest in West Bengal. Most of the families were found using either sunflower oil or mustard oil (34%) for cooking, followed by soya bean oil (27%), Palmolein oil (17%), groundnut oil (8%), coconut oil (8%), cottonseed oil (5%), and other oils (8%).*

*About 16% of men and 0.2% of women were currently using tobacco in various forms like Cigarettes, Cigars, Beedis, etc. The use of tobacco products among men was found to be maximum in the state of West Bengal (40%), followed by Tamil Nadu (25%), Karnataka & New Delhi (23% each), Andhra Pradesh (20%), Kerala (19%), and Assam (18%). About 1% of women were found smoking Cigarettes in New Delhi.*

*About a third (29%) of the urban men and 0.3% of urban women were currently having the habit of consuming Alcohol, while the proportion among men was highest in the state of Andaman & Nicobar (51%), followed by Andhra Pradesh (38%), Tamil Nadu (37%), West Bengal (35%) and Karnataka (34%).*

#### ***Infant and Young Child Feeding (IYCF) Practices***

*Most pregnant women surveyed had attended the required number of ANC's (4 ANC's), and most had received and consumed the IFA tablets during the previous pregnancy. In general, as recorded from the available records, the percentage of Low Birth Weight was 20%. Information on breastfeeding and complementary feeding practices of mothers of < 12-month children revealed that only 41% of mothers initiated breastfeeding within 1 hour after delivery. About 26% of the women reportedly gave pre-lacteal feeds, such as cow/goat milk, honey, sugar/glucose water etc., to the newborn, and 86% of the mothers reportedly fed colostrum. About 35% of infants below 12 months were solely breastfed. The majority of the children (66%) were given complementary food either in the 6th month (30%) or in the 7th month (36%) of the child's age. More than 82% of the 12-24-month-old children were completely immunised, and 67% of the 12-36-month-old children received at least one massive dose of Vitamin A during the last year.*

*A majority (83%) of mothers with children under 3 years of age cared for their children at home. Only a small proportion (2%) took their children to their workplace, while just 0.1% left them at daycare centres when going to work. When their child fell ill, about 72% of mothers reported consulting a private practitioner, whereas 25% sought care from a government doctor. Majority of the mothers reported practicing good hygiene habits, with 95% washing their hands with soap after defecation and 61% doing so before feeding their child.*

## 1. INTRODUCTION

Indian Council of Medical Research (ICMR) established National Nutrition Monitoring Bureau (NNMB) in 1972 in 10 major States of India, viz., Kerala, Tamil Nadu, Karnataka, Andhra Pradesh, Maharashtra, Gujarat, Madhya Pradesh, Odisha, West Bengal, and Uttar Pradesh. To get a more spatial distribution of the sample, the NNMB was expanded to six more states: Assam, Andaman & Nicobar Islands, Bihar, Rajasthan, Puducherry and New Delhi.

NNMB, since its inception, has been conducting periodic surveys on the 'Diet and Nutritional Status of the population' among rural and tribal populations, as well as special surveys during intervening periods. The results of these studies were published as NNMB Technical Reports (Technical Reports No. 1-26), and the same were hosted on the NNMB website.([www.nnmbindia.org](http://www.nnmbindia.org)/<https://www.nin.res.in>) To study the time trends in the diet and nutritional status of rural and tribal communities, the NNMB has been regularly conducting surveys approximately every 10 years in the same villages covered during previous surveys. The First, Second, and Third repeat surveys were carried out among the rural population during 1988-1990<sup>1</sup>, 1996-1992<sup>2</sup>, and 2011-2012<sup>3</sup>, respectively. For the Tribal population, Baseline, First and Second repeat surveys were carried out in the Integrated Tribal Development Project Areas (ITDA) during 1985-1987<sup>4</sup>, 1998-1999<sup>5</sup>, and 2008-2009<sup>6</sup> respectively.

However, NNMB has not conducted periodic nutrition surveys among Indian urban population, except for a few sporadic surveys. NNMB conducted its first survey in urban areas during 1984 among high-income groups (HIG), middle-income groups (MIG), low-income groups (LIG), slums and industrial laborers in the cities of Trivandrum & Cochin (Kerala), Chennai (Tamil Nadu), Bangalore & Mysore (Karnataka), Hyderabad (Andhra Pradesh), and Nagpur & Pune (Maharashtra)<sup>7</sup>. Repeat surveys among urban slum population were also carried out during 1993-94 in the cities of Ahmadabad, Bangalore, Bhopal, Bhubaneswar/Cuttack, Hyderabad, Lucknow, Madras, Nagpur and Trivandrum, where the headquarters of the state units of NNMB are located<sup>8</sup>.

According to the Census of India (2011), there has been a steady increase in the proportion of the urban population. The increase was from 28% in the 2001<sup>9</sup> Census to 31% in 2011<sup>10</sup>. This has largely contributed to the migration of rural and tribal population to the urban areas.

Several studies carried out in developing countries, including India, have reported an increase in the prevalence of diet-related chronic Non-Communicable Diseases (NCDs) like overweight and obesity, insulin resistance, diabetes mellitus, hypertension, other cardiovascular

diseases (CVDs), cancers, etc., especially among the urban population. Major causes for the increasing incidence of NCDs may be attributed to the nutrition transition, sedentary behavior, unhealthy lifestyles and risk behaviors. The annual number of deaths from CVD in India is projected to rise from 2.26 million (1990) to 4.77 million (2020)<sup>11</sup>. Coronary heart disease prevalence rates in India has escalated from 1.6% to 7.4% in rural populations and from 1% to 13.2% in urban populations <sup>12</sup>.

In addition, CHD in Indians has been shown to occur prematurely, that is, at least a decade or two earlier than their counterparts in developed countries. Hypertension is an important risk factor for CVD, including overweight and obesity, and is a major public health problem in developing countries around the world<sup>13</sup>. It is one of the most important modifiable risk factors for cardiovascular diseases.

The World Health Organization (WHO) reported that hypertension (HTN) is called a "silent killer". An estimated 1.28 billion adults aged 30-79 years worldwide have hypertension, most (two-thirds) living in low- and middle-income countries<sup>13</sup>. The number of people with hypertension is expected to increase from 118.2 million in 2000 to 213.5 million in 2025, with nearly equal numbers of men and women<sup>14</sup>. The prevalence of Diabetes is also increasing in India's urban population and is an important risk factor for hypertension and CVD. According to the World Health Organization (WHO), non-communicable diseases (NCDs) accounted for 74% of deaths globally in 2019, of which Diabetes resulted in 1.6 million deaths, thus becoming the ninth leading cause of death globally<sup>15</sup>. The International Diabetes Federation (IDF) estimates the total number of diabetic subjects in India is around 40.9 million, expected to rise to 69.9 million by the year 2025<sup>16</sup>. The increase in the prevalence of Diabetes and CVDs is also due to ageing, consumption of high-calorie foods and cheaply available fast foods, especially in cities, among the rich and the poor, and a decrease in physical activity, contributing to overweight and obesity. In addition, paradoxically, a large proportion of the world's malnourished children live in India, causing a "double burden "of disease. Thus, alleviating the burden in the country alone will markedly influence the global prevalence. Undernutrition during the intrauterine and early childhood period also leads to the development of chronic degenerative diseases. Close relationships exist between patterns of intrauterine growth and the risk of abdominal fatness, obesity and their co-morbidities in later life<sup>17</sup>.

Therefore, considering the magnitude of the NCD problem, a comprehensive survey was conducted to assess the diet and nutritional status of the urban population, as well as the

prevalence of obesity, hypertension, Diabetes, and dyslipidemia among a representative urban population in 16 states of India.

## **2. OBJECTIVES**

### **2.1 Primary Objectives:**

To assess the diet and nutritional status of the urban population and prevalence of obesity, hypertension, diabetes mellitus and dyslipidemia among urban men and women in 16 States, viz., Andhra Pradesh, Gujarat, Karnataka, Kerala, Madhya Pradesh, Maharashtra, Odisha, Tamil Nadu, Uttar Pradesh, West Bengal, Assam, Andaman & Nicobar Islands, Bihar, Rajasthan, Puducherry and New Delhi

### **2.2. Secondary Objectives:**

- To assess the food and nutrient intakes among different age/gender/physiological/activity groups of the urban population
- To assess the nutritional status of the population in terms of anthropometry and clinical examination.
- To assess current morbidity during the previous fortnight among all the individuals covered for anthropometry,
- To assess the infant and young child feeding (IYCF) practices of the mothers of <3 Year children.
- To assess the prevalence and determinants of obesity, hypertension, diabetes mellitus and dyslipidemia among urban adult men and women,
- To assess body composition using body fat fold thickness at multiple sites and bio-electrical impedance assessment (BIA) among men and women covered for anthropometry, and
- To assess the knowledge on nutrition, etiology of obesity, hypertension, Diabetes and dyslipidemia, and to evaluate the lifestyles, practices and risk behaviours of men and women.

## **3. METHODOLOGY**

### **3.1. Study design**

It was a community-based cross-sectional study with multi-stage random sampling procedure.

## **3.2. Study Setting**

Five (5) cities were selected from each NNMB state. In each state, the capital city of the state was selected purposively. For the selection of the rest of the four cities/towns, all the cities/towns with more than one lakh population were arranged in descending order by population size, and four cities/towns were selected by systematic random sampling method.

A list of municipal wards of all the selected 5 cities was obtained from the respective city administration, and 15 municipal wards were selected randomly from each city. From each selected ward, 6 Census Enumeration Blocks (CEB)/Geographical areas (by dividing the ward into 6 areas based on streets/mohallas) were selected randomly.

The number of HHs was estimated in each CEB/GA, and an appropriate random number was taken from the random number tables. The number of HHs was counted from the CEB/GA's North East corner until the selected random number was reached. Corresponding HH with the random number was considered as the first HH. Starting from this household, consecutively 8HHs were covered for the investigations proposed in the protocol. If any house was found 'locked' or 'respondents not available' or 'unwilling to participate', that house was skipped from the study and the same was recorded in the non-response sheet. Thus, from each of the CEB/geographic areas (GA), 8HHs were covered contiguously, covering 48 HHs from each ward. All the available individuals in the selected HHs were recruited for various investigations. Thus, a total of 720 HHs per city/town and 3600HHs per state were covered for the present survey.

## **3.3. Sample size Estimation**

### **3.3.1. Nutritional status**

All the available subjects from the selected 3600 HHs were covered for the proposed survey. Taking the average family size in urban areas as 4 and the total family members from 3600 HHs will be around 14,400. Assuming that at least 75% of all the members were available at the time of the survey, the total number of individuals covered was about 10,800. Similarly, about 1080 preschool children (10% of the total) were covered from each state for their nutrition assessment, which is enough for the required sample size to estimate underweight among children. Likewise, a one day 24-hour recall method of dietary survey was carried out in every fourth HH covered for nutrition assessment, i.e. 900 HHs.

The sample size required for each state for various investigations among different target groups of individuals are given in the below table.

Investigations	No. of HHs	Age/Gender/ Physiological Group	Assumed Prevalence (%)	C.I (%)	Relative precision (%)	Sample size required	Design Effect	SE groups	Sample required per State*
Anthropometry	3600	All the available individuals in the selected 3600 HHs							
Clinical Examination									
History of morbidity									
Diet survey	900	All the individuals partaking meals in the selected HHs							
Diabetes Mellitus	3600	Men (≥18yrs)	12%	95%	20%	704	1.5	3	3484
		Women (≥18yrs)				704			
Blood pressure	3600	Men (≥18yrs)	20%	95%	20%	384	1.5	3	1899
		Women (≥18yrs)				384			
Lipid Profile	3600	Men (≥18yrs)	20%	95%	20%	384	1.5	3	1899
		Women (≥18yrs)				384			
K& P on HTN& DM and lifestyles	3600	Men (≥18yrs)	-	-	-	-	-	-	3484
		Women (≥18yrs)	-	-	-	-	-	-	3484
BIA	3600	Men (≥18yrs)	-	-	-	-	-	-	3484
		Women (≥18yrs)	-	-	-	-	-	-	3484

\*Inclusive of 10% non-response

### 3.3.2 Diabetes Mellitus

Assuming the prevalence of diabetes as 12%<sup>18</sup>, with 95% CI and 20% relative precision, with a design effect of 1.5 (intra-cluster correlation 0.03), the sample required in each gender was 1,056(704x1.5) adults. However, for estimating the prevalence of diabetes among adults of three socio-economic (SE) groups, the total sample required per state was 3,484 adults in each gender after considering 10% non-response.

### 3.3.3. Measurement of Blood Pressure

An earlier study conducted by NIN revealed that the overall prevalence of hypertension among urban men and women (≥18 years) was about 20-36%<sup>18</sup>. Assuming a minimum of 20% prevalence of hypertension among urban adults, with a 95% confidence interval, 20% relative precision and design effect 1.5 (intra-cluster correlation 0.03), the sample size required for each state was 576 (384X1.5) adults for each gender. With 10% non-response, the total number of adult subjects needed for the study was 633. For the estimation of the prevalence of hypertension among adults of three Socio-Economic groups, a sample size of 1,899 adults per state was required for each gender.

### **3.3.4. Lipid profile estimation**

An earlier study conducted at NIN has revealed that the overall prevalence of dyslipidemia among urban adults of  $\geq 18$  years was about 20%<sup>18</sup>. Assuming the prevalence of dyslipidemia as 20%, with 95% CI and 20% relative precision, with a design effect of 1.5, the sample size of 576 ( $384 \times 1.5$ ) adults was obtained for each gender and with 10% non-response, a total of 633 adults were needed for this study. For the estimation of the prevalence of dyslipidemia among adults of three Socio-Economic groups, the sample size of 1899 adults was required for each gender.

### **3.3.5. Knowledge & Practices in relation to HTN & DM and lifestyles**

Knowledge & Practices concerning hypertension, diabetes mellitus, dyslipidemia and lifestyles were assessed using pretested and validated questionnaire among all the adults covered for blood pressure and diabetes mellitus measurement.

## **3.4. Investigations**

The following investigations were carried out in the selected HHs/individuals:

1. Collection of household and Socio-demographic particulars,
2. Measurement of anthropometric parameters such as height, weight, mid-upper arm circumference (MUAC) & waist and hip circumference, and fat fold thickness at triceps, biceps, sub-scapular and supra-iliac sites,
3. Clinical examination for the presence of nutritional deficiency signs and symptoms and collection of information on the history of morbidity in all the subjects covered for anthropometry.
4. 24-hour recall method of diet survey in every 4th HH selected for anthropometry (2 diets per CEB/GA).
5. Food frequency information among all the available adults in the selected HHs.
6. Measurement of blood pressure among all the available adults in the selected HHs.
7. Estimation of fasting blood glucose among all the available adults in the selected HHs.
8. Estimation of lipid profile in one adult man or woman (alternatively) from each of the selected HHs in all nuclear families. In the case of joint families, at least one man/woman was covered for lipid profile.
9. To collect information on Infant & young child feeding (IYCF) practices among the mothers of <3 year children
10. Knowledge and practices of men and women on hypertension, diabetes, hyperlipidemia, health & nutrition and lifestyles, including 'risk behaviours.

### **3.4.1. Socio-economic and demographic particulars**

Socio-economic particulars like religion, community, family size, type of family, type of dwelling, number of rooms in the house, sanitation, literacy levels of individuals, presence of separate kitchen, type of cooking fuel used, electrification facility of the house, sources of drinking water, and possession of HH articles etc. were collected by using the pre-tested questionnaire. In addition, demographic particulars such as age, gender, occupation, annual family income etc. were also collected.

### **3.4.2. Nutritional Assessment**

All the available individuals in the selected HH were covered for the nutrition assessment, as follows:

#### ***Anthropometry***

Anthropometric measurements such as height, weight, mid-upper arm circumference (MUAC) and fat fold thickness at triceps, biceps, sub-scapular and supra-iliac were measured on all individuals using standard equipment and procedures<sup>19</sup>. In addition, waist and hip circumferences<sup>20</sup> on all the men and women (excluding pregnant women) were measured.

#### ***Clinical examination & History of morbidity***

All the individuals covered for the anthropometry were examined clinically for the presence of nutritional deficiency signs and/or symptoms<sup>20</sup>. During the previous fortnight, a history of current morbidities, such as fever, diarrhoea, dysentery, acute respiratory infections, measles, etc., was collected on all the individuals covered for anthropometry.

#### ***Food & Nutrient Intake***

One-day 24-hour recall method of diet survey was carried out in every fourth HH to assess the food and nutrient intakes of the individuals<sup>21</sup>. Information on the frequency of food consumption for various foods was collected from all the available adults (men and women) using a validated and pre-tested food frequency questionnaire (FFQ).

### **3.4.3. Measurement of blood pressure**

Systolic and diastolic blood pressure for all the men and women ( $\geq 18$  years) was measured in a sitting position using Omron Digital BP apparatus (ModelNo.7080). Three subsequent measurements were taken at 5 minutes intervals to avoid the white coat effect. The average of three readings was considered as the final Measurement during the analysis.

### **3.4.4. Estimation of Fasting Blood Glucose Levels**

Fasting blood glucose levels were measured on every man and woman ( $\geq 18$  years) covered for anthropometry with finger prick blood samples using *One Touch Glucometer (ACCU Chek Active)* after taking written individual consent

### **3.4.5. Estimation of Lipid Profile**

Lipid profile (total cholesterol, triglycerides, LDL, HDL etc.) was assessed on one adult member from each selected HH using ‘*Cholestech-LDX*’ equipment in the field itself. Alternate genders were covered in all the nuclear and extended families. In the case of joint families, at least one male and one female subject were covered for lipid profile. Efforts were made to cover a minimum of 1850 men and 1850 women in each state.

### **3.4.6. Estimation of Body Composition**

The body composition of the adults was measured using a Bio-electrical Impedance Analysis instrument (Tanita MC780 MA). It is the Measurement of body fat in relation to lean body mass. Research has shown that body composition is directly related to health. Excess fat concerning lean body mass: altered body composition can significantly increase the risks for cardiovascular disease, diabetes, and more. BIA allows for early detection of an improper balance in our body composition, which fosters earlier intervention and prevention.

### **3.4.7. Infant and young child feeding (IYCF) practices**

Information on ANC practices, infant and young child feeding (IYCF) practices like feeding of colostrum, information on breastfeeding within one hour of the delivery, exclusive breastfeeding, initiation of complementary feeding, coverage for national health and nutritional programmes etc., were collected from mothers of <3 Yr children. This information was collected in those HHs where mothers of <3 Yr children were found among the selected HHs.

### **3.4.8. Knowledge, lifestyle practices and risk behaviours of adults**

Information on Knowledge and practices of men and women about nutrition, hypertension, diabetes mellitus, dyslipidemia, lifestyles including leisure spending, physical activities, and risk behaviours, including their health-seeking behaviour, use of tobacco and alcohol consumption was collected.

## **3.5. Data Analysis**

### **3.5.1. Anthropometry**

The mean anthropometric measurements were computed for different age and gender groups and respective classifications were applied to assess nutritional status.

#### ***< 5 Yr Children (Standard Deviation Classification)***

The mean Anthropometric measurements of <5 years children were compared with the WHO growth standards<sup>22</sup>. They were categorized into different nutritional grades according to weight for age, height for age and weight for height by Standard Deviation (SD) Classification as described below:

The World Health Organization recommends using SD classification to categorize children into different grades of nutritional status. The per cent distribution of preschool children according to underweight (weight for age), stunting (height for age) and wasting (weight for height) was computed by WHO Growth Standards<sup>22</sup>, as given below:

SD Classification	Weight for age	Height for age	Weight for height
≥Median-2SD	Normal	Normal	Normal
<Median-2SD to Median-3SD	Moderate underweight	Moderate stunting	Moderate wasting
<Median-3SD	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 the WHO-BMI age/gender centiles as given below<sup>23</sup>.

BMI/Z- Scores (WHO)	Nutritional grade
<Median-3SD	Severe Thinness
-3SD to -2SD	Moderate Thinness
-2SD to +1SD	Normal
+1SD to +2SD	Overweight
≥Median to +2SD	Obesity

### ***Adults - Body Mass Index (BMI)***

The Body Mass Index (BMI) of adult men and women were calculated and categorized according to James et al classification<sup>24</sup> and WHO Asian Classification<sup>25</sup> as follows:

Nutrition Grades	BMI Cut-off levels	
	WHO (Global)	Asian Indians
III degree CED	<16.0	<16.0
II degree CED	≥16.0- < 17.0	≥16.0- < 17.0
I degree CED	≥17.0- < 18.5	≥17.0- < 18.5
Normal	18.5 -24.9	18.5-22.9
Overweight	25.0-29.9	23.0-27.5
Obese	≥30.0	≥27.5
Obese I	30.0-34.9	27.5-32.4
Obese II	35.0-39.9	32.5-37.4
Obese III	≥40	≥37.5

*CED: Chronic Energy Deficiency*

### ***Waist Circumference***

The waist circumference of adults was categorized into different grades of abdominal obesity by using WHO cut-off levels<sup>25</sup> (Men: ≥102cm & Women: ≥88cm) and Asian cut-off levels<sup>26</sup> (Men: ≥90 cm & Women: ≥80cm).

### **Waist Hip ratio (WHR)**

The adults were categorized into different grades of central obesity by using WHO cut-off levels<sup>25</sup> (Men:  $\geq 0.95$  & Women:  $\geq 0.8$ ) and Asian cut-off levels (Men:  $\geq 0.9$  & Women:  $\geq 0.8$ )<sup>26</sup>.

### **3.5.2. Diet and Nutrient Intakes**

#### ***Food and Nutrient Intakes of Individuals***

The individuals' average daily intake of different foods was collected by a one-day, 24-hour recall method of diet survey and calculated according to different age/gender, physiological status and physical activity groups. The median daily intake of various nutrients was computed using food composition tables in 'Nutritive value of Indian Foods'<sup>27</sup> and 'Indian Food Composition tables'<sup>28</sup>. The intakes were compared with 'Recommended Dietary Allowances for Indians' (RDA) suggested by the ICMR Expert Group.<sup>29, 30</sup>

### **3.5.3 Classification of NCDs**

#### ***Hypertension***

The average of the three blood pressure measurements was considered for classifying the individuals into different degrees of hypertension by using WHO cut-off levels of  $\geq 140$  mmHg for systolic and  $\geq 90$  mmHg for diastolic blood pressure. (WHO/ISH 1999)<sup>31</sup>.

<b>Blood Pressure</b>	<b>Systolic</b>	<b>Diastolic (mmHg)</b>
Normal	<130	<85
High Normal	130- 139	$\geq 85$ -89
Grade 1 Hypertension (Mild)	$\geq 140$ - 159	$\geq 90$ -99
Grade 2 Hypertension (Moderate)	$\geq 160$ - 179	$\geq 100$ - 109
Grade 3 Hypertension (Severe)	$\geq 180$	$\geq 110$

#### ***Diabetes***

The following ICMR/WHO cut-off levels were used to categorize individuals with diabetes mellitus/impaired glucose tolerance (IGT)<sup>32</sup>.

<b>Description</b>	<b>Fasting blood glucose (mg/dL)</b>
Normal	<110
Impaired glucose tolerance (IGT)	$\geq 110$ - <126
Diabetes Mellitus	$\geq 126$

#### ***Dyslipidemia***

The National Heart, Lung and Blood Institute published the third Report of the National Cholesterol Education Program (NCEP) Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in adults (Adult treatment panel III) in May, 2001. The ATP III report presents NCEP's updated clinical guidelines<sup>33</sup> and the following cholesterol and triglyceride testing and management classifications.

Type	Cut Off (mg/dl)	Classification
Total Cholesterol	<200	Desirable
	200-239	Borderline/High
	≥240	High
HDL Cholesterol	<40 (Men) <50 (Women)	Low
	≥60	High
LDL Cholesterol	<100	Optimal
	100-129	Near optimal/above optimal
	130-159	Borderline/High
	160-189	High
	≥190	Very High
Triglycerides	<150	Normal
	150-199	Borderline/High
	200-499	High
	≥500	Very high

### 3.6. Staff pattern:

Each NNMB State consists of the following staff:

ARS (Medical officer)	: One
Research Assistant (Nutritionist)	: One
Research Assistant (Social worker)	: One
Laboratory Technician	: One

### 3.7. Training and Standardization of Investigators

The Medical Officers, Nutritionists, Social Workers and Technicians of all the NNMB Units were given a three-week orientation-cum-standardization training at NIN, Hyderabad. During the training, focus was given on the techniques of collection of socio/economic and demographic information, diet surveys, anthropometry, identification of nutritional deficiency signs, blood pressure measurement, estimation of fasting blood sugar, Lipid profile and administration of different survey instruments to capture the required data from the select households/subjects.

During the training, emphasis was given to achieving the maximum intra and inter-observer agreement with respect to all the measurements. At the end of the training programme ‘a mock’ survey was also conducted and demonstrated to all the investigators. This has enabled them to know the practical way of following up on the sampling procedure in the field.

After the initial training, each team carried out ‘mock surveys’ in their respective states and came out with their field experiences. The survey ‘proformae’ were then finalized, considering their experiences and feedback.

Below is the table showing the improvement of investigators in anthropometry training. Below are the mean Inter-Individual differences (differences between the measurements of investigators and the Anthropologist of NIN)

## Training and Standardization of Investigators against various anthropometric measurements

Day of Training Programme	Mean Difference in Height (Cm)	Mean Difference in MUAC (Cm)	Mean Difference in FFT (mm)	Mean Difference in Waist Circumference (Cm)
Day 1	0.9	1.8	1.37	2.2
Day 2	1.0	0.9	0.70	1.76
Day 3	0.27	0.50	0.60	1.3
Day 4	0.26	0.35	0.57	1.34
Day 5	0.18	0.27	0.48	1.14
Day 6	0.17	0.28	0.67	0.64
Day 7	0.13	0.22	0.39	0.49

### 3.8. Quality Control

To ensure the quality of data collection, surprise visits were made by the scientists/Technical staff of NIN to all the NNMB states at periodical intervals. During these visits, the supervisory staff of NIN checked the data collection. It repeated some selective measurements like anthropometry, blood pressure and household and demographic information with the help of structured instruments to validate and check the data quality. It was observed that the Inter-Individual variation for different measurements was within acceptable limits. The Intra Class Correlation for anthropometry, clinical examination and blood pressure measurements are provided the below given **Table**.

**Intra Class Correlation of anthropometry, clinical examination and blood pressure measurements between standardized supervisors' data collection and measurements carried out by the investigators**

Measurements	Intra Class Correlation Co-efficient	N
Height	0.996	1594
Weight	0.999	
Upper Arm Circumference	0.997	
FFT at Triceps	0.986	
Clinical	0.950	
Waist Circumference	0.992	1181
Hip Circumference	0.983	1218
Systolic BP	0.924	
Diastolic BP	0.842	

### 3.9. Statistical Analysis

Data collection was done with the help of structured and validated (NNMB) schedules, and data entry was done at NNMB Central Reference Laboratory (CRL), ICMR-NIN, Hyderabad. The Excel data was screened for its inconsistencies and outliers. Only less than one per cent of data was found to be an outlier, which was not considered in the database preparation and final analysis.

Data analysis was done using SPSS Windows Version 19.035. In the descriptive analysis, continuous variables were expressed as mean  $\pm$  standard deviations (SD), categorical variables were expressed as count (percentages) and calculated 95% CIs for all outcome variables. The prevalence of various outcome variables by age group and gender is reported.

Age adjustment was carried out using the direct method with the 2011 Indian Census urban population as the standard for NCD variables. Univariate analyses comparing socio-demographic and economic status distributions and clinical/morbidity measures between groups were performed using unpaired student 't' test for normally distributed continuous variables and Mann–Whitney 'U' Test for non-normally distributed continuous variables. For categorical variables, the Pearson chi-square test was used. Prevalence (%) of various risk factors of subjects with different outcomes of present and absent is reported, and the significance of differences is evaluated using odds ratio (OR). Multiple logistic regression analysis was carried out to examine the risk estimate between various exposures and outcomes with unadjusted and adjusted odds ratios (ORs) calculated with 95% CI. P value of  $< 0.05$  was considered statistically significant.

#### **4. Ethical Issues**

##### ***4.1. Ethical Clearance***

The structured protocol was approved by the steering committee of the NNMB, which comprised health specialists, epidemiologists, biostatisticians, nutritionists etc. Ethical clearance was obtained from Institutional Ethical Review Board. (ICMR-National Institute of Nutrition, Hyderabad). Written permission was obtained from the Municipal Commissioners/health authorities of the selected cities/towns.

##### ***4.2. Informed Written Consent***

Each selected member in HH has explained the aims and objectives and possible risks and benefits of the study. Oral consent was obtained from the head of the selected HH to collect the socio-economic & demographic particulars and to carry out a 24-hour recall method of diet survey. Written consent was obtained from the subjects selected for measurement of blood pressure, fasting blood glucose, estimation of lipid profile and collection of DBS samples. Those tested and found with hypertension/diabetes/dyslipidemia were referred to their family physicians or the nearest health centre for confirmation diagnosis and treatment if required.

## **5. RESULTS**

### **5.1. COVERAGE**

A total of 1,72,010 individuals were covered for socio-demographic & economic particulars, anthropometry and clinical examination from 52,575 HHs in 1097 urban wards from 16 states in India. Food and nutrient intake information was collected for 47611 individuals from 12,841 HHs through 24 hr recall diet surveys. The coverage for NCDs was as follows: Blood Pressure: 93851, Fasting Blood Sugar: 81945 and Lipid Profile: 41334. A total of 5633 mothers of <3 Yr children were interviewed for IYCF practices such as ANC practices, coverage for immunization, iron & folic acid tablets and a massive dose of vitamin A supplementation. Around 47855 adults were covered for Bio-Electric Impedance Analysis, and 94352 adults were interviewed for their knowledge & practices about health & nutrition and lifestyle practices (**Table 1**).

### **5.2. SOCIO-ECONOMIC AND DEMOGRAPHIC PROFILE**

#### **5.2.1. Religion**

The majority of the households covered belonged to the Hindu religion (82%), followed by Muslims (12%), Christians (5%), Jains (1%), Sikhs (0.3%) and other religions (0.9%). The proportion of Hindus was highest in the State of Odisha (92%) and was lowest in Kerala (66%). The population of Muslims was highest in West Bengal & Maharashtra (20% each) and lowest in Puducherry (4%). About 19% of HHs covered in Kerala were Christians, followed by Tamil Nadu, Andaman & Nicobar and Puducherry (11% each). A considerable number of Jains were covered in Rajasthan (5%) and Gujarat (4%) (**Table 2**).

#### **5.2.2. Community**

In general, the majority of the HHs belonged to either Other Communities (42%), or backward communities (40%), and the rest belonged to scheduled castes (16%) and scheduled tribes (2%). The proportion of HHs belonging to OC communities was higher in Rajasthan & Andaman Nicobar (64% each), followed by Gujarat (55%), and the HHs with backward communities were higher in Puducherry (80%). The HHs of the scheduled caste population were higher in New Delhi (36%) and West Bengal (29%). At the same time, the coverage of the scheduled tribe population was more in Odisha (8%) compared to other states. (**Table 3**).

#### **5.2.3. Type of house**

The type of house was considered a proxy indicator of the household's economic status. About 69% of the families generally lived in *pucca* houses, 28% in semi-*pucca* and the rest in *kutch*a houses (3%). The proportion of HHs living in *pucca* houses was highest in Rajasthan (98%), followed by New Delhi (93%) and Uttar Pradesh (89%), while it was lowest in the State

of Andaman & Nicobar (35%). The proportion of *kutcha* houses was maximum in the States of Assam (13%), followed by Odisha (7%) and Bihar (5%) (**Table 4**).

#### **5.2.4. Type of family**

About two-thirds of (68%) of the families surveyed were nuclear, and the proportion ranged from a low of 56% in Gujarat to a high of 78% in Bihar. The rest were either extended nuclear families (18%) or joint families (14%). The proportion of joint families was highest in the States of Gujarat (24%), followed by Maharashtra (22%) and New Delhi & Madhya Pradesh (19% each). A higher number of extended nuclear families was observed in the states of Karnataka (24%), Kerala (22%) and Maharashtra (21%). (**Table 5**).

#### **5.2.5. Ownership of the House**

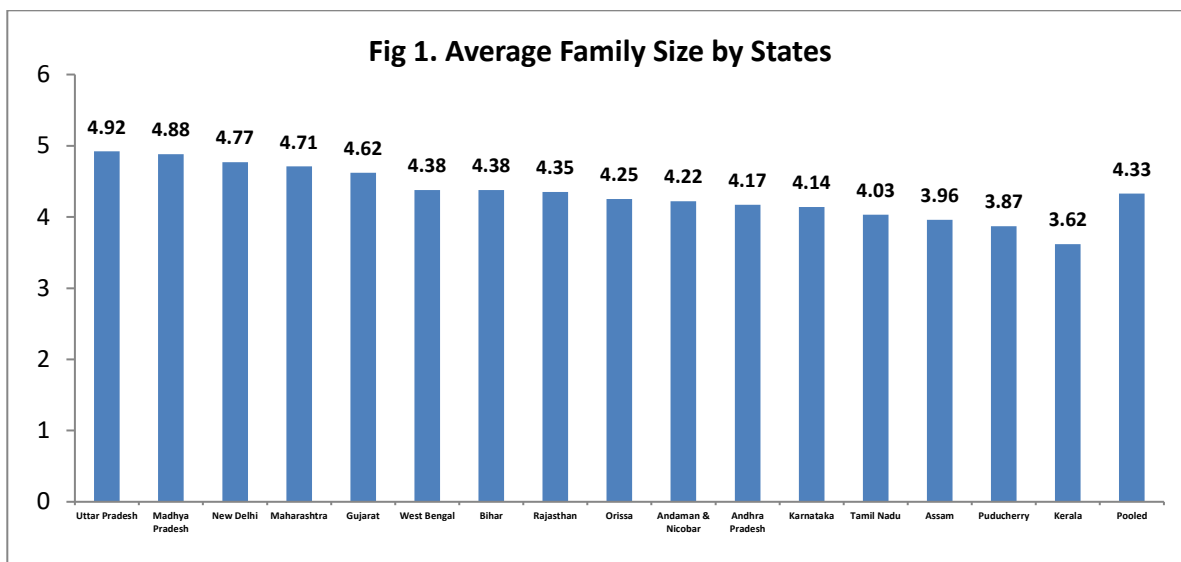
About 73% of the HHs were residing in their own house, and the rest were in rented houses (27%). The proportion of families having own houses was highest in the states of Rajasthan (90%), followed by Kerala, West Bengal and Uttar Pradesh (86% each). Around half of the families resided in rented houses in Andhra Pradesh, Tamil Nadu and Andaman & Nicobar (**Table 6**).

#### **5.2.6. Number of rooms in the house**

The majority of the HHs (61%) had  $\leq 3$  rooms in their houses, while 33% HHs had 4-5 rooms, and the rest (6%) had more than or equal to 6 rooms in their houses. The highest proportion of houses with less than 3 rooms was found in the state of West Bengal (83%), followed by Uttar Pradesh (78%) and Maharashtra (76%). The highest proportion of houses with more than 6 rooms was found in the state of Kerala (30%), and the lowest was 1% in Bihar (**Table 7**).

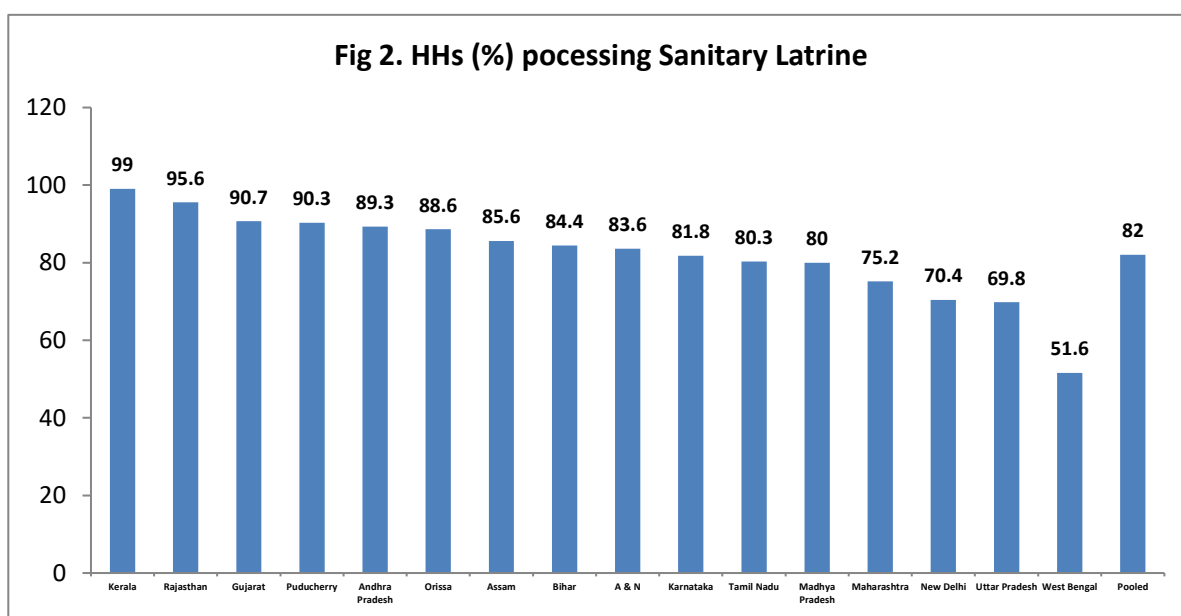
#### **5.2.7. Family Size**

In general, the average family size was 4.33, ranging from a low of 3.62 in the State of Kerala to a high of 4.92 in Uttar Pradesh and 4.88 in Madhya Pradesh. The family size was between 1-4 members in about 62% of HHs, while about 34% of the HHs had 5-7 members, and 5% of HHs had 8 members and above in their families. The percentage of large families ( $\geq 8$  members) was found to be highest in the state of Uttar Pradesh (9%), Madhya Pradesh (8%) and Maharashtra & Gujarat (7% each) (**Table 8 & Fig 1**).



### 5.2.8. Presence of Sanitary Latrine

About 82% of the HHs possess sanitary latrines in their HH; among the rest of the HHs, 10% had access to a ‘common latrine’, and 3% were using a ‘community/public latrine’. Around 5% of the HHs do not have access to sanitary latrines. The highest proportion of HHs with sanitary latrines was in the state of Kerala (99%) and the lowest (52%) in West Bengal. The proportion of HHs without sanitary latrine was highest in the state of Uttar Pradesh (13%) followed by Karnataka (12%) and Madhya Pradesh (10%). About 13% of the HHs in Maharashtra were using a ‘community/public latrine’ (Table 9 & Fig. 2).



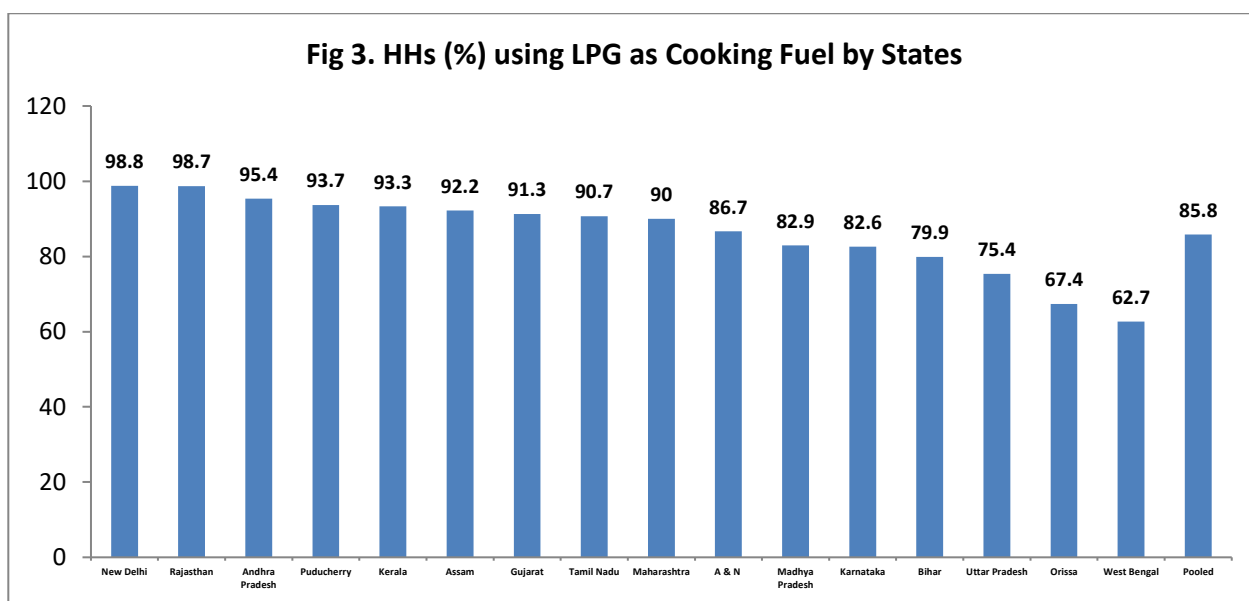
### 5.2.9. Presence of facilities like Electrification and Separate Kitchen in the House

Almost all the HHs in all the states surveyed (99%) were electrified. Comparatively, a lower proportion of HH was found electrified in Bihar (95%). Most HHs (86%) surveyed possess separate kitchens in their house. The proportion was observed to be highest in the state of Kerala

(99%), followed by Andaman & Nicobar (98%) and Odisha & Karnataka (97% each), and the lowest proportion was in New Delhi (55%). (Table 10).

### 5.2.10. Type of cooking fuel used for Cooking

The majority of the HHs (86%) were using LPG as cooking fuel, and the rest of the HHs were using firewood (9%) and Kerosene (4%). The proportion of HHs using LPG was highest in New Delhi and Rajasthan (99% each) and lowest in West Bengal (63%). About 26% of the HHs in West Bengal and 22% of the families in Odisha were found using firewood for cooking. Nearly 12% of the families in Andaman & Nicobar were using ‘Kerosene’ as cooking fuel (Table 11 & Fig 3).



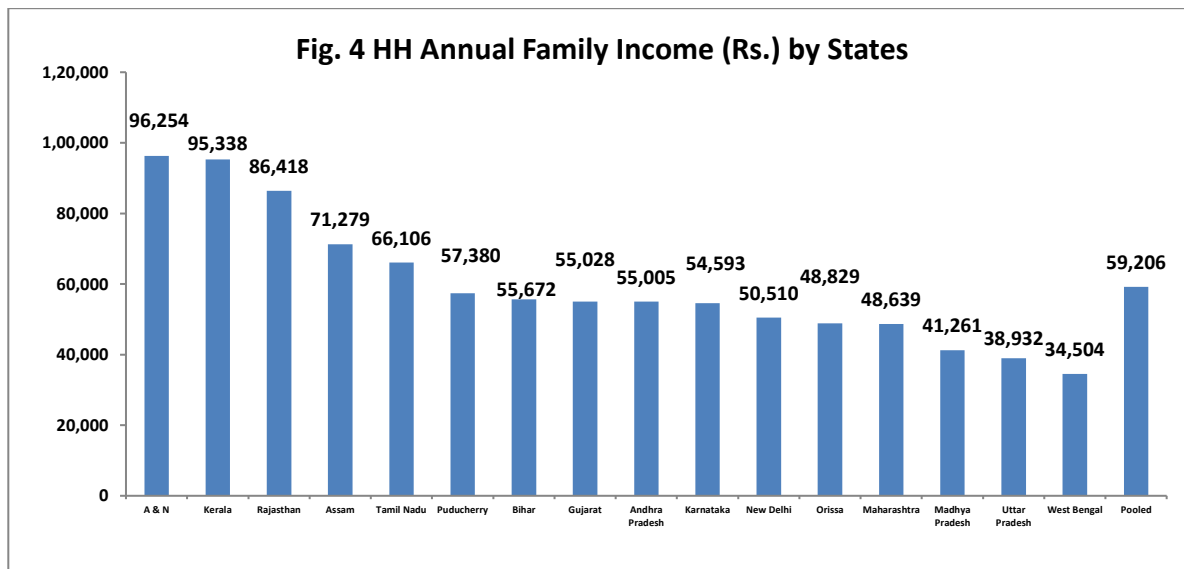
### 5.2.11. Source of Drinking water

The majority of the HHs (96%) were using protected drinking water which included Tap/filtered drinking water (74%), mineral/purchased & Tube Well water (11% each). The remaining HHs were using open well water (4%). The highest proportion of HHs using protected water was found in the state of Andaman & Nicobar (100%). Around 26% of the HHs in Kerala and 10% in Assam were using water from an ‘open well’ for drinking purpose. The use of ‘purchased drinking water’ was higher in the states of Gujarat (37%), followed by Tamil Nadu & Andhra Pradesh (26% each) (Table 12).

### 5.2.12. HH Average Annual Family Income

The HH Average Annual Family Income was Rs. 59,206/-. Andaman & Nicobar Islands had the highest average annual family income of Rs96254/- followed by Kerala Rs.95338/-. West Bengal had the lowest annual income of Rs. 34504. The percentile (quartiles) distribution of ‘HH average annual family income’ showed a higher number of HHs in the 1st quartile (Rs. <22000) in the states of Uttar Pradesh (49%) and West Bengal (47%). About half of the HHs were

categorized into the 4th quartile (Rs.  $\geq 74400$ ) in the states of Kerala (54%) and Andaman & Nicobar (49%). The lowest number of HHs in 4th quartile (Rs.  $\geq 74400$ ) was found in the state of West Bengal (9%). (Table 13 & Fig 4).

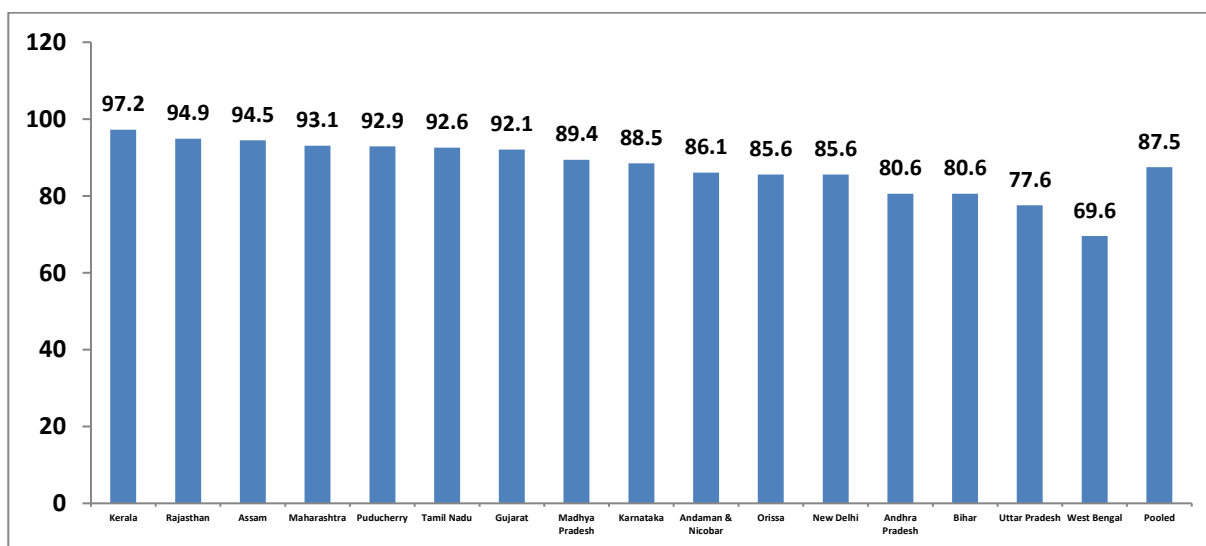


### 5.2.13. Education Status

#### *Education Status of Head of the HH*

The majority (88%) of the head of the HHs surveyed were literate. The proportion of literacy ranged from a high of 97% in Kerala to a low of 70% in the State of West Bengal. About 7% had primary education; 21% had secondary education; 38% had higher secondary education, and 23% had a college education. The overall illiteracy was 13% and was found to be highest in the states of West Bengal (30%) and Uttar Pradesh (22%). (Table 14 & Fig 5).

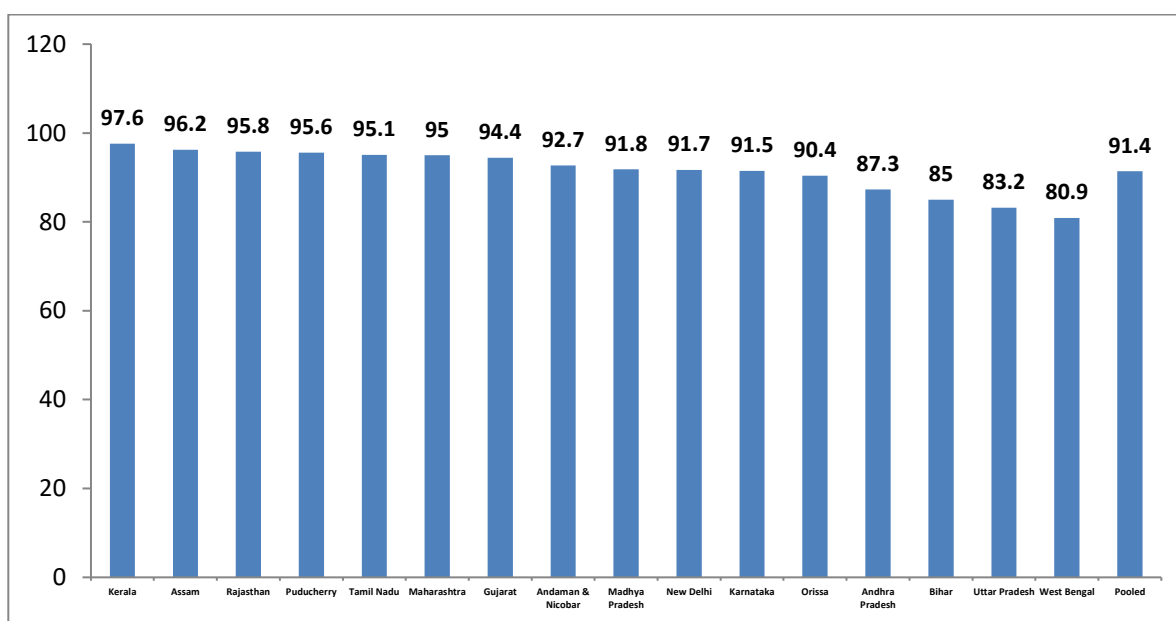
**Fig. 5 Literacy Status (%) of Heads of the HHs**



### ***Education Status of Adult Men ( $\geq 18$ Years)***

About 91% of the adult men in the HHs surveyed were literate. The proportion of literacy status ranged from a high of 98% in Kerala, 96% in Assam, Puducherry & Rajasthan, to a low of 80% in West Bengal. About 5% of men had primary education, 18% had secondary education, 39% had higher secondary education, and 30% had a college education. Illiterate men were found higher in West Bengal (19%), Uttar Pradesh (17%) and Bihar (15%). The proportion of adult men with an education level of ‘college & above’ was observed to be highest in the state of Rajasthan (45%), followed by Bihar & Odisha (36% each), and Andhra Pradesh & Assam (35% each). (Table 15 & Fig 6).

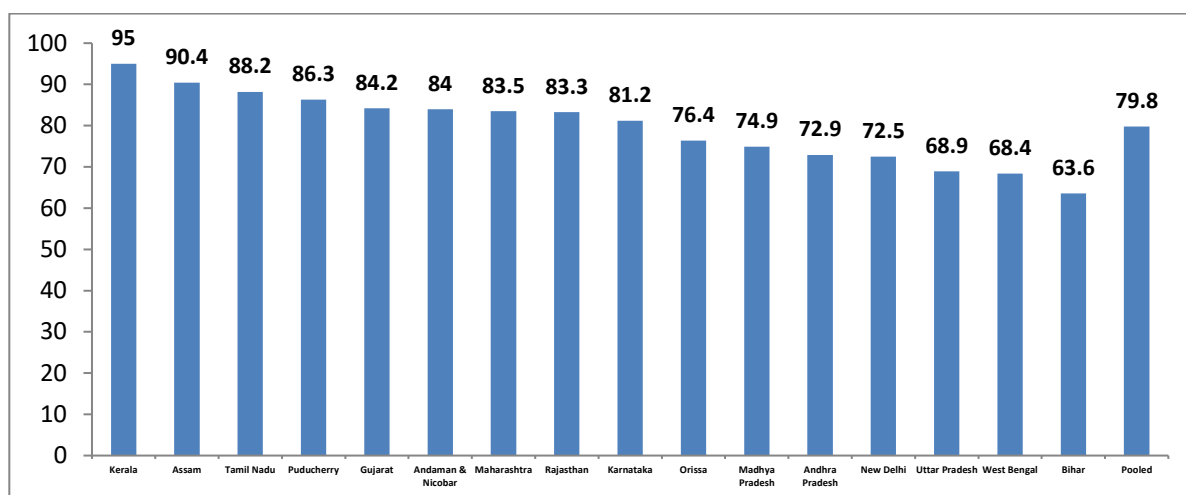
**Fig. 6 Literacy Status (%) of Adult Men**



### ***Education Status of Adult Women ( $\geq 18$ Years)***

In general, about 80% of the adult women in the HHs surveyed were literate. The proportion of literacy status ranged from a high of 95% in Kerala to a low of 64% in Bihar. About 6% of women had primary education; 20% had secondary education, 32% had higher secondary education, while 22% had a college education. The proportion of adult women with an education level of ‘college & above’ was observed to be highest in the state of Rajasthan (34%), followed by Assam (27%) and Tamil Nadu (26%). The educated women in college & above were lowest in West Bengal (9%). Higher illiterate women were found in the states of Bihar (36%), West Bengal (32%) and Uttar Pradesh (31%). Illiteracy among women was low in the state of Kerala (5%) (Table 16 & Fig 7).

**Fig. 7 Literacy Status (%) of Adult Women**



### 5.2.14. Major Occupation

#### *Major Occupation of Head of Household*

Nearly half of the heads of the HHs interviewed were engaged in service (30%) or business (20%). In addition, about 17% of the heads of the HHs were engaged in labour. The rest of them were engaged in either taxi driving (5%) or as artisans (3%). The proportion of heads of the HHs doing service was highest in Andaman & Nicobar (49%) and lowest in Tamil Nadu (15%). Head of the HHs, who was engaged in business, was found to be the highest in the states of Rajasthan (33%) and Bihar (32%). The proportion of labourers was highest in the States of Uttar Pradesh, Maharashtra, Karnataka, and West Bengal (24% each). The proportion of dependent individuals (dependent on other families for their daily needs) was highest in the state of West Bengal & New Delhi (12% each) and Kerala (11%). (**Table 17**).

#### *Major Occupation of Adult Men ( $\geq 18$ Years)*

Nearly a third of the men were engaged in service (29%), and about 18% were doing business. Around 15% of the men were doing labour work, and 4% were working as drivers. The percentage of adult men engaged in service was highest in Andaman & Nicobar (44%), followed by Gujarat (37%) and Puducherry & Rajasthan (34% each). The number of men who were engaged in business was higher in Assam & Rajasthan (28% each), followed by Bihar (27%) and Odisha (25%). Nearly 22% of the men were doing labour work in Uttar Pradesh, followed by West Bengal & Maharashtra (21% each) and Karnataka (20%). More number of dependents was observed in New Delhi (26%), followed by Bihar (24%) and Maharashtra (22%) (**Table 18**).

#### *Major Occupation of Adult Women ( $\geq 18$ Years)*

In general, more than half of the adult women were housewives (58%). Nearly 8% of the women were engaged in service, and another 8% were in other occupations. The number of

women engaged in service was higher in Kerala and Andaman & Nicobar (13% each), followed by Assam (11%). (Table 19).

### 5.2.15. Possession of Household Articles

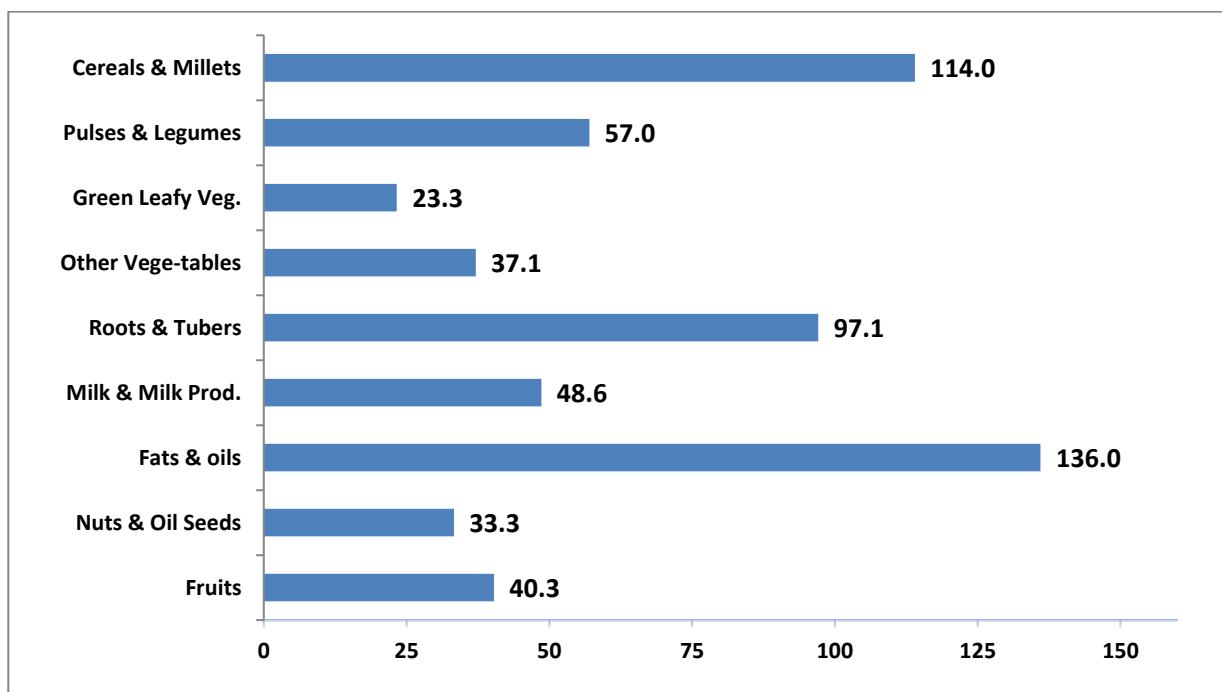
The majority of the HHs possess Television (97%) and cell phones (94%), followed by refrigerators (61%) and two-wheelers (57%). The highest proportion of HHs possessing cell phones was in the states of Rajasthan, Andaman & Nicobar and Gujarat (98% each) and the lowest in Bihar (82%). The highest proportion of HHs possessing Television was found in Kerala (98%), Tamil Nadu and Andaman & Nicobar and the lowest in Bihar (80%). Physical activity equipment was found in about 4% of HHs in Gujarat and 3% in Kerala. (Table 20).

### 5.3. CONSUMPTION OF FOOD STUFFS AT HH LEVEL

The State-wise average consumption levels of foodstuffs (g/CU/day) were presented in Table 21.1, and the distribution of HHs according to an average daily intake of foodstuffs as per cent RDI was presented in Table 21.2.

In general, cereals and millets formed the bulk of the diets of the urban population. The mean intake of cereals & millets, roots and tubers and fats and oils meet the recommended levels for foods as per ‘Nutrient Requirements for Indians 2020’ (Table 21.1). The average household consumption of foodstuffs as a percentage of the recommended amount was presented in Fig. 8.

**Fig. 8: Average Household Consumption of Foodstuffs as % of the recommended**



The proportion of HHs consuming foods <50% recommended was found to be highest for green leafy vegetables (83%), followed by other vegetables (71%), milk & milk products (62%) and fruits (45%). (Table 21.2).

### **5.3.1. Cereals & millets**

The average intake of cereals and millets was 313 g/CU/day, which ranged from a low of 207g in Rajasthan to a high of 513g in Assam. The average consumption of cereals & millets was more than the recommended level of 275g in most states except Gujarat, New Delhi and Rajasthan.

The average consumption of millets was 7g/CU/day. The consumption of Millet was observed to be high in the states of Karnataka (35g), Maharashtra (31g), and Gujarat (14g), while the consumption levels were less than 10g in all other states.

The proportion of HHs consuming cereals & millets in quantities  $\geq 70\%$  of the recommended ranged from a low 57% each in Rajasthan & Gujarat to a maximum of 99% in the States of Assam & Bihar. The proportion of HHs consuming  $< 50\%$  of the recommended cereals & millets was higher in Gujarat (15%).

### **5.3.2. Pulses & legumes**

Generally, the average consumption of pulses & legumes was 45g/CU/day, which was lower than the suggested 80g. The consumption was higher in the State of Assam (94g), followed by Tamil Nadu (58g) and Karnataka & Puducherry (50g each). The mean consumption of the same was lower in the states of Rajasthan (33g), West Bengal (34g), and Maharashtra (35g).

The proportion of HHs consuming pulses & legumes  $< 50\%$  of the recommended was higher in the states like West Bengal (70%), Rajasthan (67%), Maharashtra (65%) and Andhra Pradesh (63%). About 71% of the HHs in Assam were consuming Pulses & legumes  $> 70\%$  of the recommended levels.

### **5.3.3. Green leafy vegetables**

The average consumption of green leafy vegetables (GLV) (23g/CU/day) was much below the suggested level of 100g. The mean intake of GLV was lower than the suggested level in all the states. The lowest mean intake was observed in the states of Kerala (11g), Andhra Pradesh & Uttar Pradesh (15g) and New Delhi (16g).

The majority of the families in general (83%) were consuming GLV  $< 50\%$  of the recommended RDI. The percentage of HHs consuming  $< 50\%$  of RDI was highest in the states of Andhra Pradesh (92%), New Delhi, Uttar Pradesh & Kerala (90% each), Bihar (89%) and Karnataka (87%).

### **5.3.4. Other vegetables**

The average consumption of other vegetables was 74g per CU/day, which is lower than the suggested 200g/CU/day. The consumption of Other Vegetables was less than the suggested level in all the states, ranging from a low of 44g in Karnataka & Puducherry to a high of 178g in

Odisha. The consumption of other vegetables <50% of the recommended amount, was higher in states like Karnataka (87%), Puducherry (85%), Gujarat (83%), and Maharashtra (81%), and lowest in Odisha (35%).

### **5.3.5. Roots & tubers**

The average intake of roots & tubers (97g) was slightly lower than the suggested level of 100g. The intakes were higher in states like Odisha (197g), West Bengal (190g), Assam (143g), Bihar (113g), and Andaman & Nicobar (110g). The intakes were lowest in the States of Maharashtra (50g) and Andhra Pradesh (55g). The consumption of Roots & Tubers <50% of the recommended was highest in Andhra Pradesh & Maharashtra (62% each).

### **5.3.6. Fruits**

The mean intake of fruits was 60g per day against the recommended level of 150g. The mean intake of fruits was higher in the states of Gujarat (94g), Tamil Nadu (87g), Kerala (85g) and Karnataka (81g). The same was lowest in the states of Bihar (22g) and, West Bengal & Assam (30g each). The consumption of fruits <50% of the recommended amount was found to be higher in states like Bihar (77%), West Bengal (71%), Uttar Pradesh (67%), and Assam (64%). The consumption of fruits >70% of the recommended was higher in the southern states like Karnataka & Tamil Nadu (64% each), Gujarat & Puducherry (59%) and New Delhi (58%).

### **5.3.7. Milk & Milk Products**

The average consumption of milk & milk products (MMP) was 146ml/CU/day and was lower than the suggested level of 300ml in all the States except in Rajasthan (321 ml) and Gujarat (301 ml). The consumption of MMP was lowest in the states of New Delhi (50 ml), Andaman & Nicobar (67 ml), and Assam (70 ml).

In general, 62% of the HHs consumed < 50% of the recommended MMP, and 26% consumed  $\geq 70\%$  of RDI. The consumption of MMP <50% of the recommended was highest in the states of New Delhi (88%), West Bengal and Andaman & Nicobar (84% each), Assam (83%) and Odisha (80%). The consumption of MMP  $\geq 70\%$  of the recommended was higher in Rajasthan (67%), and Gujarat (61%), and the same was lowest in New Delhi (9%).

### **5.3.8. Fats & oils**

The average consumption of visible fats & oils was 34g, as against the suggested level of 25g/CU/day, and ranged from a low 24g in Kerala to a high 55g in Rajasthan. The consumption of Fats & Oils  $\geq 70\%$  of the recommended amount in states like Gujarat (97%), followed by Rajasthan and Assam (96% each).

### 5.3.9. Nuts & Oil Seeds

The mean intake of Nuts & Oil Seeds was 10g per day, which was only a third of the recommended level of 30g/CU/day. Higher intake of Nuts & Oil Seeds was observed in Karnataka (30g) and Kerala & Puducherry (26g each), and the lowest intake was in Bihar and New Delhi (< 1g).

### 5.3.10. Condiments & Spices

The mean consumption of condiments and spices was 17g per day, more than the recommended 10g/CU/day. More condiments and spices are being used in the states of Karnataka (25g), Kerala (22g), Odisha (21g), and Tamil Nadu & Madhya Pradesh (20g each). The consumption of condiments and spices was lowest in the states of New Delhi (9g) and Bihar and Uttar Pradesh (10g).

### 5.3.11. Other Categories of Foods

**Sugar & Jaggery:** The average consumption of sugar and jaggery was 18 g/day. The mean consumption ranged from a low of 11g in Odisha & Bihar to a high of 29g in Madhya Pradesh.

**Salt:** The mean intake of salt was 8g per day. The mean daily salt intake was highest in Odisha (14g) followed by Madhya Pradesh, and Assam (11g each). The mean salt intake was lowest in New Delhi (4g).

**Egg:** The mean intake of eggs was 6g per day. The average intake of eggs was higher in the states of Assam (19g), Andaman & Nicobar (14g) and West Bengal (10g). The intake was lowest in Bihar (1g) and Rajasthan & Gujarat (2g).

**Flesh Foods:** The mean intake of flesh foods was 15g per day, which showed a higher intake in Andaman & Nicobar (37g) and a lower intake in New Delhi (3g).

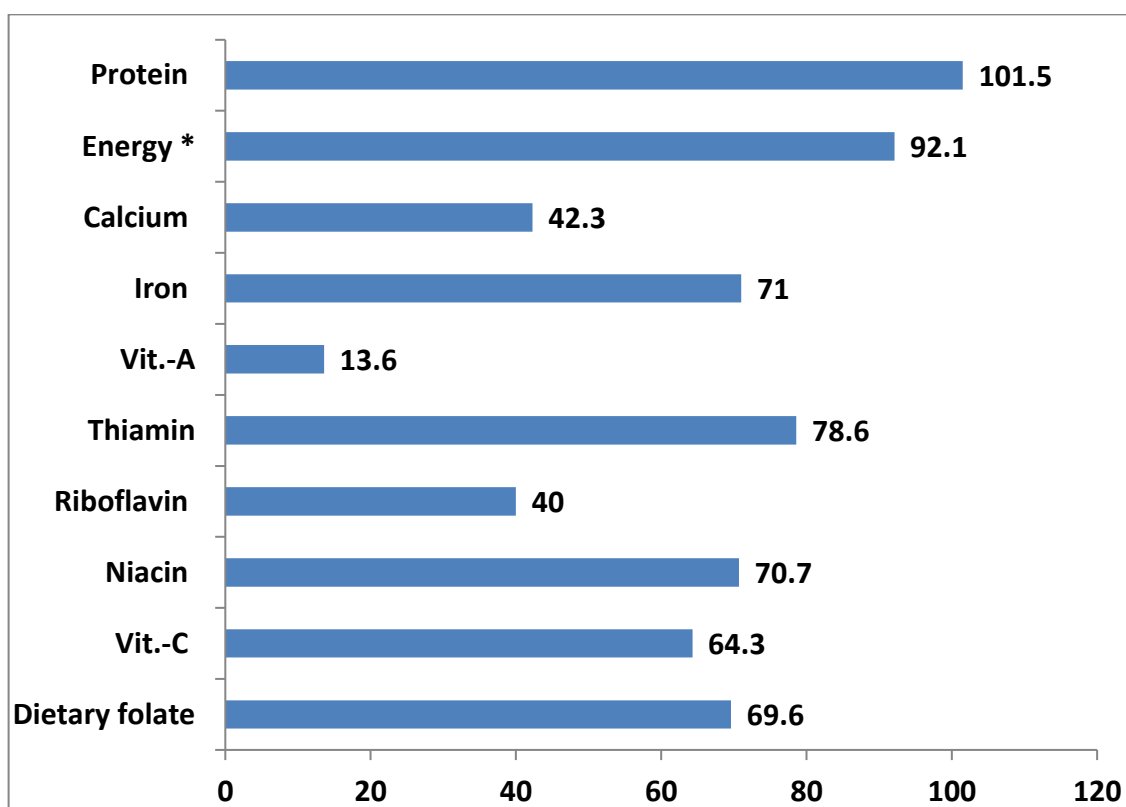
**Fish:** The mean intake of fish was 17g per day. The fish intake ranged from a high of 57g in Kerala to a low of <1g in Madhya Pradesh and Rajasthan.

## 5.4. NUTRIENT CONSUMPTION AT HH LEVEL

The state-wise mean and median intakes of various nutrients (CU/day) are presented in **Table 22.1**. The distribution of HHs according to the median daily intake of nutrients as per cent RDA was presented in **Table 22.2**.

In general, the median intake of all the nutrients was below the Recommended Daily Allowance (RDA) except for Protein. The proportion of HHs consuming nutrients <50% of RDA was found to be high for Calcium (62%), Vitamin A (88%), and Riboflavin (78%). The average household consumption of Nutrients as a percentage of Recommended Daily Allowance (RDA) was presented in **Figure 9**.

**Fig 9: Average Household Consumption of Nutrients as % RDA**



\*EAR

#### **5.4.1. Protein**

The median intake of protein was 55g/CU/day, which was more than the RDA of 54g per day. The median intake of protein was higher in the states of Assam (90g), Andaman & Nicobar (67g), Karnataka (64g), Odisha (63g), and Kerala (61g). The lowest median intake of protein was observed in New Delhi (38g) and Gujarat (45g).

In general, 86% of the HHs consumed  $\geq 70\%$  of the RDA for protein. The proportion of HHs consuming  $\geq 70\%$  of the RDA for protein ranged from a low of 51% in the State of New Delhi to a high of 100% in Assam. Nearly 14% of the HHs in New Delhi were consuming protein  $< 50\%$  to the recommended.

#### **5.4.2. Energy**

The median energy intake was 1944 Kcal, which was less than the recommended of 2110 Kcal in all the States except for the states of Assam (2951 Kcal), Karnataka (2282 Kcal), and Odisha (2242 Kcal). For the rest of the states, the lowest energy intake was observed in New Delhi (1495 kcal) and Bihar (1673 kcal).

In general, 83% of the HHs were consuming  $> 70\%$  of the EAR. The proportion of HHs consuming  $< 70\%$  of EAR was higher in the states of New Delhi (48%) and Bihar (32%).

### **5.4.3. Calcium**

The median daily calcium intake (423mg) was less than the RDA of 1000mg. In none of the states was the calcium intake near the level of the recommended RDA. Comparatively, higher average daily consumption was found in Puducherry (599mg), and the lowest was observed in New Delhi (184mg).

In general, 62% of the HHs were found consuming less than 50% of the daily requirement. The proportion of HHs consuming < 50% of EAR was highest in New Delhi (90%), Bihar (79%), Uttar Pradesh (78%), Maharashtra (77%) and West Bengal (72%). At the same time, the proportion of HHs consuming  $\geq 70\%$  of EAR was higher in Puducherry (37%), Rajasthan (30%), and Karnataka (28%).

### **5.4.4. Iron**

The median intake of iron was 13.5mg, which was higher than the recommended RDA of 19mg. The consumption was higher than RDA in the State of Assam (20mg) only, and in all the states the intake was below the RDA. Lowest intake of Iron was observed in Andhra Pradesh (9mg).

In general, 21% of the HHs were consuming Iron at the level of <50% of the RDA, and was found highest in Andhra Pradesh (54%), Tamil Nadu (39%) and Kerala (34%). The HHs consuming > 70% of the RDA was higher in the states of Madhya Pradesh (82%) and Assam (81%).

### **5.4.5. Vitamin A**

The median intake of vitamin A (136  $\mu\text{g}/\text{CU}/\text{day}$ ) was grossly deficient as compared to the RDA of 1000  $\mu\text{g}/\text{CU}/\text{day}$  in all the States. The consumption of Vitamin A ranged from a high of 188  $\mu\text{g}$  in Puducherry & 187  $\mu\text{g}$  in Rajasthan to a low of 38  $\mu\text{g}$  in Bihar.

In general, 88% of the HHs surveyed were consuming <50% of the RDA for Vitamin A, and the same was observed in almost all the states. In states like Odisha (18%) and Maharashtra (14%) only a considerable number of HHs were consuming Vitamin A >70% of the RDA.

### **5.4.6. Thiamine**

The median intake of thiamine was 1.1 mg, which was less to the RDA of 1.4mg/CU/day. The intake was higher than the RDA in Madhya Pradesh and Assam (1.6mg each) and Odisha (1.4mg). The proportion of HHs consuming <50% of RDA ranged from a low of 1% in Madhya Pradesh to a high of 33% in Andhra Pradesh. Majority (66%) of the HHs in general were consuming Thiamine >70% of the RDA.

#### **5.4.7. Riboflavin**

The overall median intake of riboflavin was low (0.8mg/CU/day) as against the recommended levels of 2mg in all the States. More than 78% of the HHs were consuming <50% of the RDA. The intakes were very low in almost all the states except for Assam where nearly 21% of the HHs were consuming >70% of RDA.

#### **5.4.8. Niacin**

The median intake of Niacin (9.9 mg/CU/day) was below the RDA of 14mg), and it was less than the RDA in all the States except for Assam (15mg). The proportion of HHs consuming Niacin in amounts of <50% RDA was higher in states like Gujarat (46%), Rajasthan (43%), and New Delhi (38%).

#### **5.4.9. Vitamin C**

The median intake of vitamin C was 51 mg/CU/day, which is below the RDA of 80 mg/CU/day. The intake was below the RDA in all states except Odisha, where it was 101 mg. Overall, 36% of households did not meet even <50% of the RDA for vitamin C and it was found highest in the states like Andhra Pradesh (51%), Maharashtra (50%), Kerala (46%) and Karnataka (45%).

#### **5.4.10. Dietary Folate**

The median intake of Dietary Folate was 209 µg/CU/day, which was less than the RDA of 300µg/CU/day. The intake of Dietary Folate was highest (329 µg) in Assam and was lowest (156 µg) in Andhra Pradesh. The proportion of HHs consuming <50% RDA of total folate ranged from 46% in Andhra Pradesh to 5% in Assam.

### **5.5. CONSUMPTION OF FOOD STUFFS BY AGE, GENDER & PHYSIOLOGICAL GROUPS**

The mean daily intake of foods by individuals by age/sex/physiological groups was presented in **Tables 23 to 40**.

#### ***6-12 months Children***

The mean intake of cereals & millets was 44g and ranged from a high of 87g in the State of Odisha to a low of 28g in Uttar Pradesh. The intake of pulses & legumes was 8g and ranged from a low of 2g Rajasthan to a high of 13g in Puducherry & Bihar. The intake of other protective foods, such as milk and milk products (146g), GLV (1g), fruits (14g), and other vegetables (5g), was grossly low. On average, the intake of other foods was as follows: roots and tubers (10 grams), fats and oils (4 grams), and sugar and jaggery (9 grams) (**Table 23**).

### ***1–3 year children***

The average intake of cereals & millets was 108g, which ranged from a high of 145g in Karnataka to a low of 66g in Gujarat. The average intake of pulses & legumes (17g) was found to be highest in the states of Odisha (26g) and Assam (25g). The mean intake of roots and tubers was 34g/day. The consumption of GLV and milk & milk products was grossly inadequate (5g and 159g, respectively). The consumption of GLV ranged from a low of 1.4g in Rajasthan to a high of 11g in Odisha, while the consumption of Milk & Milk Products was found to be lowest in Assam (55g) and highest in Rajasthan (340g). The average consumption of other vegetables was 19g, and that of fats & oils was 12g/day. The mean intake of sugar & Jaggery was 11g/day. **(Table 24).**

### ***4–6 year children***

The mean intake of cereals & millets among 4–6-year-old children was 163g, which ranged from a low of 104g in Gujarat to a high of 230g in Assam. The average consumption of protein-rich foods, such as pulses & legumes, was 26g, and milk & milk products were 135g per day. The consumption of protective foods, such as GLV, was 10g, which was grossly inadequate for their ages. **(Table 25).**

### ***7-9 year children***

The mean intake of cereals & millets was 197g and ranged from a low of 131g/day in the State of Gujarat to a high of 287g in Assam. The intake of pulses & legumes was 29g and ranged from a low of 18g in Rajasthan to a high of 48g in Assam. The intake of other protective foods, such as milk and milk products (121g), GLV (13g), and other vegetables (39g), was comparatively low. The mean intake of other foods was Roots & Tubers (65g), Fats & Oils (23g), and sugar & Jaggery (13g). **(Table 26).**

### ***10-12 year Boys***

The mean intake of cereals & millets was 242g, and the lowest mean intake was observed in the state of New Delhi (159g). Also, the average intake of pulses & Legumes was 35g. However, the intake of roots & tubers (79g) was better, and the consumption of milk & milk products (118g), green leafy vegetables (16g), other vegetables (49g), and fruits (46g) was grossly inadequate **(Table 27).**

### ***10-12 year Girls***

The mean intake of cereals & millets was 223g and the average intake of pulses & legumes was 33g. The intake of pulses and legumes ranged from a low of 26g each in Andhra Pradesh, Maharashtra, Gujarat, and West Bengal to a high of 53g in Assam. The intake of

calcium-rich foods like MMP was grossly inadequate (103g). The intake of GLV was very poor (14g). **(Table 28).**

### ***13-15 year Boys***

The mean intake of cereals & millets was 285g, ranging from a low of 202g in Gujarat to a high of 395g in Assam. The average daily intake of pulses & legumes was 39g, and ranged from a low of 24g in Gujarat to a high of 69g in Assam. The average daily intake of GLV was only 18g. The mean intake of milk and milk products was 117ml/day and ranged from a low of 42ml in West Bengal to a high of 304ml in Rajasthan. The intake of other foods such as fats & oils and sugar & jaggery was considerably low **(Table 29).**

### ***13-15 year Girls***

The mean intake of cereals & millets was 248g, which ranged from a low 169g in Rajasthan to a high 363g/day in Assam. The average daily intake of Pulses & legumes was about 36g and ranged from a low of 21g in Rajasthan to a high of 65g in Assam. The average consumption of GLV was 18 g and the intake was <10g in the States of Bihar and New Delhi. The mean intake of milk and milk products was 100ml, highest in Rajasthan (280ml) and lowest in Bihar (35ml) **(Table 30).**

### ***16-17 year Boys***

The mean intake of cereals & millets was 313g, with maximum consumption in the State of Assam (404g) and lowest in Rajasthan (215g). The mean intake of pulses & legumes was 40g and ranged from 25g in Rajasthan to a high of 73g in Assam. The mean intake of GLV was 20g and ranged from a low of 7g in Andhra Pradesh to a high of 61g in Odisha. The intake of milk & milk products was highest in Rajasthan (296ml) and lowest in West Bengal (38ml). The mean intake of non-vegetarian foods such as egg was 6g, flesh foods were 16g and fish was 13g. **(Table 31).**

### ***16-17 year Girls***

The mean consumption of cereals & millets was 255g, ranging from a low 164g in Rajasthan to a high 412g in Assam. The mean intake of pulses & legumes was 35g and ranged from a low 25g in Rajasthan to a high 57g in Assam. The mean intake of GLV was 16g and ranged from a low of 4-5g in New Delhi & Kerala to a high of 28g in Puducherry and West Bengal. The mean intake of milk & milk products was 98ml and ranged from a low of 33ml in New Delhi to a high of 288ml in Rajasthan. The mean intake of non-vegetarian foods, such as eggs, was 6g, flesh foods were 15g, and fish was 12g. **(Table 32).**

### ***Men (≥18 years) - Sedentary Activity***

The average intake of cereals & millets was 324g, which was higher than the recommended 275g. The mean intake was higher in the State of Assam (521g), while in the states like Rajasthan (224g), Gujarat (232g), and New Delhi (252g), the intake was less than the recommended levels. The average intake of pulses & legumes was 46g/day and was less than the recommended 80g/day. The intake was highest in the State of Assam (88g) and lowest in West Bengal (33g). The mean intake of GLV, MMP, nuts & oil seeds, and other vegetables was below the recommended. Contrastingly, the mean GLV intake was only 10g in the state of Kerala. The mean MMP intake was lowest in Andaman & Nicobar (41g), New Delhi (52g), West Bengal (55g), and Assam (56g). (**Table 33.1**).

The proportion of adult men consuming cereals & millets in amounts more than 70% of the recommended amount ranged from about 59% (Gujarat) to 99% (Bihar) in various States. The proportion of HHs consuming pulses & legumes in amounts <50% of the recommended was lowest in the State of Assam (24%), while it was highest in the State of West Bengal (69%). In general, 84% of men were found to be consuming GLV<50% of the recommended. This was >90% in the states like Kerala, Andhra Pradesh, and New Delhi. Nearly two-thirds (68%) of the men were consuming milk & milk products at amounts < 50% of the recommended level. The intake of other vegetables and fruits <50% to the recommended was 68% and 77% consecutively. (**Table 33.2**).

### ***Men (≥18 years) - Moderate Activity***

The average intake of cereals & millets was 357g, which was comparable to the recommended level of 360g. The intake was higher than recommended in the states of Assam (547g), Odisha (440g), and Madhya Pradesh (413g). The average intake of pulses & legumes was 43g/day and was much below the recommended of 120g/day in all the States. Barring roots & tubers and fats & oils, the intake of all other foods was lower than the suggested levels (**Table 34.1**).

The proportion of adult men (moderate activity) consuming cereals & millets in amounts more than >70% of the recommended amount ranged from about 45% in Rajasthan to 97% each in Odisha & Assam. The proportion of HHs consuming pulses & legumes in amounts <50% of the recommended was 74% and was found to be highest in states like Bihar (90%), Maharashtra (87%), West Bengal (86%), and Rajasthan (84%). In general, the proportion of men consuming protective foods such as GLV and other vegetables < 50% of the recommended was 84% and 76% respectively, below the recommended amount. The intake of milk & milk products in

amounts <50% of the recommended was 79% and found highest in Andaman & Nicobar and West Bengal (95% each) (**Table 34.2**).

#### ***Elderly Men ( $\geq 60$ years)***

The mean intake of cereals & millets was 305g, with maximum consumption in the State of Assam (542g) and lowest in Gujarat & Rajasthan (203g). The mean intake of pulses & legumes was 45g and ranged from 30g in West Bengal to a high of 90g in Assam. The mean intake of GLV was 25g and ranged from a low of 10g in Kerala to a high of 31g each in Puducherry & Assam. The intake of milk & milk products was highest in Rajasthan (325ml) and lowest in Andaman & Nicobar (36ml). The mean intake of non-vegetarian foods such as egg was 4g, flesh foods were 12g and fish was 19g. (**Table 35.1**)

More than half of the Elderly men (55%) were consuming pulses <50% of the recommended which was highest in West Bengal (71%). Most of the elderly were consuming the protective foods such as GLV (83%), Other Vegetables (68%) and Milk & Milk Products (61%) in amounts <50% to the recommended. (**Table 35.2**)

#### ***Women NPNL ( $\geq 18$ years) - Sedentary Activity***

The average intake of cereals & millets was 276g, and was higher than the recommended of 200g. The mean intake of cereals & millets was higher than the recommended amount in all the states except in Rajasthan (176g) and Gujarat (189g). The mean daily intake of pulses & legumes was 41g/day as against the recommended of 60g and ranged from a low 31g each in West Bengal and Rajasthan to a high of 84g in the State of Assam. The intake of fats & oils was much above the suggested level. However, the intake of GLV, other vegetables, and milk & milk products was grossly inadequate in all the states (**Table 36.1**).

The proportion of adult women consuming cereals & millets in amounts >70% of the recommended amount ranged from about 69% in Gujarat to 99% each in Assam and Bihar. The proportion of women consuming pulses & legumes in amounts <50% of the recommended was highest in the State of West Bengal (61%), Rajasthan (59%), Kerala (58%), and Andhra Pradesh & Maharashtra (56% each), and least in the State of Assam (20%). In general, the intake of milk & milk products in amounts <50% of the recommended was 68% and found highest in West Bengal (91%) and Andaman & Nicobar (89%). The proportion of women consuming protective foods such as GLV (83%), other vegetables (74%) and fruits (76%) <50% to the recommended was very high in almost all the states (**Table 36.2**).

#### ***Women NPNL ( $\geq 18$ years) - Moderate Activity***

The average intake of cereals & millets was 318g, and the intakes were higher than the recommended level of 300g. However, the mean daily intake of pulses & legumes was 36g/day

as against the recommended 90g and ranged from a low of 18g in Rajasthan to a high of 94g in Assam. The intake of other foodstuffs like roots & tubers and fats & oils was below the suggested levels. The mean intake of protective foods like GLV, other vegetables, nuts & oil seeds, and Milk & Milk Products was grossly inadequate. **(Table 37.1)**.

The proportion of adult women consuming cereals & millets in amounts more than 70% of the recommended ranged from 33% in Rajasthan to 100% in Assam. The proportion of women consuming pulses & legumes in amounts <50% of the recommended was highest in the State of Bihar (100%), West Bengal (84%), and Andhra Pradesh (80%), and was least in the State of Assam (24%). In general, the proportion of women consuming protective/income elastic foods such as GLV (84%), other vegetables (80%), milk & milk products (77%), and fruits (77%) in amounts <50% of the recommended varied between States. **(Table 37.2)**.

### ***Elderly Women (≥60 years)***

The mean intake of cereals & millets was 248g, with maximum consumption in the State of Assam (426g) and lowest in Rajasthan (155g). The mean intake of pulses & legumes was 37g and ranged from 25g in West Bengal to a high of 91g in Assam. The mean intake of GLV was 21g, ranging from a low of 11g in Kerala to a high of 46g in West Bengal. The intake of milk & milk products was highest in Rajasthan (295ml) and lowest in Andaman & Nicobar (42ml) and New Delhi (37g). The mean intake of non-vegetarian foods such as egg was 3g, flesh foods were 10g and fish was 15g. **(Table 38.1)**

Majority of the Elderly women (65%) were consuming pulses <50% of the recommended which was highest in Rajasthan (83%) and West Bengal (82%). Most of the elderly women were consuming the protective foods such as GLV (85%), Other Vegetables (75%) and Milk & Milk Products (61%) in amounts <50% to the recommended. **(Table 38.2)**

### ***Pregnant women***

The average intake of cereals & millets was 288g, and was lower than the recommended 325g. The mean intake of cereals & millets was lower than the recommended in the majority of the states except in Assam, Karnataka, Odisha, and Bihar. The mean daily intake of pulses & legumes was 41g/day, as against the recommended 90g, and ranged from a low of 18g in Rajasthan and to a high of 80g in the State of Assam. However, the intake of GLV, other vegetables, milk & milk products, and fruits was grossly inadequate in all the states **(Table 39.1)**.

The proportion of pregnant women consuming cereals & millets in amounts >70% of the recommended ranged from about 17% in Rajasthan to 100% in Assam. The proportion of pregnant women consuming pulses & legumes in amounts <50% of the recommended was 63% in total and was highest in the State of Rajasthan (92%), Kerala (81%) and Maharashtra (80%),

and least in the State of Assam (40%). In general, the intake of milk & milk products in amounts <50% of the recommended was 75%, and all the pregnant women surveyed in the states of New Delhi and Assam were consuming <50% of the recommended for MMP. The proportion of women consuming protective foods such as GLV (87%), other vegetables (78%) and fruits (68%) <50% to the recommended was very high in almost all the states (**Table 39.2**).

### ***Lactating women***

The average consumption of cereals & millets among lactating mothers was 311g. The intake was maximum in Karnataka (444g), followed by Odisha (380g), West Bengal (338g), and Bihar (329g), and least in Rajasthan (202g). The average consumption of pulses & legumes was 43g, with the lowest intake in the State of Rajasthan (17g) and the highest in Assam (113g). The intake of protective foods such as green leafy vegetables, other vegetables, Milk and milk products, etc., was, in general, low (**Table 40**).

## **5.6. CONSUMPTION OF NUTRIENTS BY AGE/GENDER/PHYSIOLOGICAL GROUPS**

The mean, median and SD of daily intake of nutrients of individuals by age/sex/physiological groups was presented in Tables 41 to 58.2. In these tables, the median intake of nutrients was compared with the RDA 2020, and was presented in the tables. However, for the readers feasibility, the median intakes were also compared with the EAR 2020 and was presented in **Annexure 1.1 to 1.18**.

### ***6-12 months Children***

In general, the median intakes of all the nutrients, except for protein, were less than the RDA. The median intake of energy was 425Kcal as against the recommended calories of 680, and ranged from a low of 183Kcal in New Delhi to a high of 657Kcal in Bihar. The average median intake of protein was 12.5g, as against the RDA of 10.5g, and ranged from a low of 4g in New Delhi to a high of 24g in Bihar. The median intake of important nutrients like vitamin A (9µg vs 350µg) and folate (29µg vs 85µg) was grossly inadequate (**Table 41**).

### ***1-3 year Children***

In general, the median intakes of all the nutrients, except protein, were less than the RDA. The median intake of energy was 865Kcal as against the recommended 1110Kcal, and ranged from a low of 554Kcal in New Delhi to a high of 1045Kcal in Karnataka. The average median intake of protein was 24g, as against the RDA of 12.5g, and ranged from a low of 14g in New Delhi to a high of 29g each in Karnataka & Puducherry. The median intake of other important nutrients like calcium, iron, and vitamin A was grossly inadequate. The median intakes of other B-Complex vitamins were also low compared to the recommended. (**Table 42.1**).

The proportion of children consuming energy in amounts less than 50% of the recommended was highest in New Delhi (51%). Similarly, the proportion of children consuming vitamins and minerals such as vitamin A (88%), niacin (52%), calcium (47%), vitamin C (43%), iron (43%) and riboflavin (80%) in amounts <50% of the recommended RDA in general was very high in all the states. (**Table 42.2**).

#### ***4–6 year Children***

The median intakes of all the nutrients except protein were less than the RDA. The median intake of energy was 1151 Kcal as against the recommended 1360 Kcal, and ranged from a low of 775 Kcal in New Delhi to a high of 1420 Kcal in the State of Karnataka. The median intake of protein was 33g, as against the RDA of 16g, and ranged from a low of 20g in New Delhi to a high of 40g in Assam. In general, the median intake of the important micronutrients like Vitamin A, calcium, and Riboflavin was < 50% of the RDA (**Table 43.1**).

In general, the proportion of children consuming energy in amounts less than 50% of the recommended ranged from a high of 36% in New Delhi to a low of 2% in Odisha. As a whole, almost all the children (98%) of the children were consuming protein >70% of the RDA. The proportion of children consuming <50% of the RDA of vitamins and minerals such as vitamin A (86%), Riboflavin (80%), calcium (48%), Niacin (39%), and Iron (32%) was, in general, very high with wide variations between the States (**Table 43.2**).

#### ***7–9 year Children***

All nutrient intakes except for protein were below the RDA. The median energy intake was 1,300 Kcal compared to the recommended of 1,700 Kcal, ranging from a low of 915 Kcal in New Delhi to a high of 1,688 Kcal in Assam. The average median protein intake was higher at 36g than the RDA of 23g. The average intakes of other key nutrients such as Iron (8mg vs. 15mg), calcium (279mg vs. 650mg), and Vitamin A (80µg vs. 630µg) were significantly inadequate (**Table 44.1**).

The proportion of children consuming energy in amounts more than 70% of the recommended ranged from a low of 19% in New Delhi followed by 41% in Bihar. The proportion of children consuming vitamins and minerals such as Riboflavin (88%), Vitamin A (87%), calcium (57%) and Iron (41%) at levels less than 50% of the RDA was high, with wide variations between the States. (**Table 44.2**).

#### ***10–12 year Boys***

The median intakes of all nutrients in general were less than the RDA, except for protein. The median intake of energy was 1499 Kcal against the recommended Calories of 2220, and ranged from a low of 1046 Kcal in New Delhi to a high of 1841 Kcal in the State of Karnataka.

The intake of protein was 42g, as against the RDA of 32g, and was found to be lowest in New Delhi (25g). The median intake of the vitamins & minerals like Calcium, Vitamin A, and Riboflavin was less than 50% of the RDA. The lowest intake of Calcium was observed in the states of New Delhi (122g) and Bihar (148g). The intake of Vitamin A was grossly inadequate in all the states, with the lowest being in Bihar (24µg). (**Table 45.1**).

In general, the proportion of children consuming energy in amounts more than 70% of recommended ranged from a high of 72% in Assam to a low of 5% in New Delhi. In general, more than 80% of the children in all the states were consuming >70% of the RDA for Protein except New Delhi (66%). The proportion of children consuming vitamins and minerals <50% of RDA was highest for riboflavin (94%) followed by vitamin A (89%), calcium (70%) and Iron (30%) (**Table 45.2**).

### ***10-12 year Girls***

The median intakes of all the nutrients, in general, were less than the RDA except for protein. The median intake of energy was 1413 Kcal as against the recommended of 2060 Kcal, and ranged from a low of 976 Kcal in New Delhi to a high of 1960 Kcal in the State of Assam. The intake of protein was 39g, as against the RDA of 33g. The intake of protein was higher than the recommended amount in all the states. The median intake of the vitamins & minerals like Calcium, Vitamin A, and Riboflavin was less than 50% of the RDA. The lowest intake of Calcium was observed in the states of New Delhi (114g). The intake of Vitamin A was grossly inadequate in all the states, with the lowest being in Bihar (30µg). (**Table 46.1**).

Nearly half (48%) of the 10-12 yr girls were consuming energy in amounts more than 70% of the recommended and ranged from a low of 17% in New Delhi to a high of 82% in Assam. With respect to protein, 92% of the children in general were consuming >70% of the RDA. Similarly, the proportion of children consuming vitamins and minerals such as riboflavin (94%), vitamin A (90%), iron (84%) and calcium (72%) less than 50% of RDA was high. (**Table 46.2**).

### ***13-15 year Boys***

The median intakes of all the nutrients in general were less than RDA except for protein. The median intake of energy was 1717Kcal against the recommended level of 2860Kcal. Lower intake of energy was observed in states like New Delhi (1304 K Cal) and Bihar (1476 Kcal). The intake of protein was 47g as against RDA of 45g. As observed in Energy, intake of Protein also was lower in New Delhi (32g). In general, the median intake of all the other vitamins and minerals was lesser than the RDA. (**Table 47.1**).

The proportion of young adolescent boys consuming energy in amounts more than 70% of the recommended ranged from a low of 8% in New Delhi to a high of 67% in Assam. The proportion of adolescents consuming vitamins and minerals such as riboflavin (96%), vitamin A (90%), and calcium (74%) at levels less than 50% of the RDA in general was very high. **(Table 47.2).**

### ***13-15 year Girls***

The median intakes of all the nutrients, in general, were less than the RDA. The median intake of energy was 1508 Kcal compared to the recommended level of 2400 Kcal, ranging from a low of 1159 Kcal in Bihar to a high of 1995 Kcal in the State of Assam. The intake of protein was 42g, which was slightly less than the recommended RDA of 43g. Lowest protein intake was observed in New Delhi (29g). The median intake of other nutrients like Vitamin A (104µg vs 890µg), calcium (287mg vs 1000mg), and Iron (11mg vs 30mg) in general was grossly inadequate. **(Table 48.1).**

Overall, nearly 64% of young adolescent girls were consuming energy in amounts less than 70% of the recommended and ranged from a high in Bihar (92%) followed by in New Delhi (91%), and was lowest in Assam (21%). With respect to protein, in general, more than 83% of the adolescents were consuming more than 70% of the recommended level of RDA. The proportion of adolescents consuming vitamins and minerals such as riboflavin (96%), vitamin A (90%) Iron (82%), and calcium (79%) at levels less than 50% of the RDA was, in general, high, with wide variations between the States. **(Table 48.2).**

### ***16-17 year Boys***

The median intakes of all the nutrients in general were less than the RDA. The median intake of energy was 1820 Kcal as against the recommended level of 3320 Kcal/day and ranged from a low of 1297 Kcal in New Delhi to a high of 2629 Kcal in the State of Assam. The intake of protein was 50g, as against the RDA of 55g. The intake of other vitamins and minerals like Vitamin A, Riboflavin, Vitamin C, Calcium, and Iron was very low in all the states. **(Table 49.1).**

Nearly 80% of the adolescent boys were consuming energy <70% of the recommended and was found highest in New Delhi, Bihar, Rajasthan, Maharashtra, Gujarat and Uttar Pradesh. With respect to protein, in general, more than 76% the adolescents were consuming >70% of the recommended level of the RDA and was lowest in New Delhi (33%). The proportion of adolescents consuming vitamins and minerals such as riboflavin (99%), vitamin A (89%), calcium (76%), and iron (50%) at levels less than 50% of the RDA was in general, very high. **(Table 49.2).**

### ***16-17 year Girls***

The median intakes of all the nutrients were less than the RDA. The median intake of energy was 1548 Kcal as against the recommended level of 2500 Kcal, and ranged from a low 1097 Kcal in New Delhi to a high 2189 Kcal in the State of Assam. The intake of protein was 43g, compared to the RDA of 46g, and was found lowest in New Delhi (27g) followed by Bihar (38g). The intake of other important nutrients like Vitamin A, Calcium, Iron, and Riboflavin was very low. **(Table 50.1).**

The proportion of adolescent girls consuming energy less than 70% of the recommended in general was 66% and found highest in Bihar (96%) and New Delhi (91%). The intake of protein in general was up to the level of RDA in all the states, and 79% of the adolescents were consuming >70% of the RDA. The proportion of adolescents consuming vitamins and minerals such as riboflavin (96%), vitamin A (92%), iron (85%) and calcium (84%) less than 50% of the RDA was high with wide variations between the States. **(Table 50.2).**

### ***Adult Men (≥ 18 to 59 Years) - Sedentary Activity***

The median intakes of all the nutrients in general were less than the RDA, except for protein. The median intake of energy was 1971 Kcal as against the recommended 2110 Kcal and ranged from a low of 1549 Kcal in New Delhi to a high of 2895 Kcal in the State of Assam. The median intake of protein was 55g, as against RDA of 54g, and the lower intake was observed in New Delhi (40g). The intake of Vitamin A (1000µg Vs 132µg), Calcium (1000 mg Vs 386mg) and Riboflavin (2 mg Vs 0.8mg) in general in all the states was grossly inadequate. **(Table 51.1).**

Majority of the adult men with sedentary activity were consuming energy (83%) and Protein (73%) in amounts more than 70% of the recommended. The proportion of adult men consuming vitamins and minerals such as riboflavin (94%), vitamin A (87%), and calcium (66%) at levels less than 50% of the RDA was, in general, high, with wide variations between the States. **(Table 51.2).**

### ***Adult Men (≥ 18 to 59 Years) - Moderate Activity***

The median intakes of all nutrients were generally less than the RDA, except for protein. The median intake of energy was 2026 Kcal as against the recommended level of 2710 Kcal, and ranged from a low of 1616 Kcal in Bihar to a high of 2975 Kcal in the State of Assam. The intake of protein was higher than the RDA (54g vs 57g) in almost all the states except for New Delhi (42g) **(Table 52.1).**

Majority of the adult men with moderate activity were consuming energy (84%) and Protein (75%) in amounts more than 70% of the recommended. The proportion of adults consuming vitamins and minerals such as riboflavin (94%), vitamin A (87%), and calcium (73%)

at levels less than <50% of the RDA was high, with wide variations between the States. (**Table 52.2**).

#### ***Elderly Men (> 60 Years)***

The median intakes of the macronutrients like energy and protein were comparable to the RDA, and the median intake of micronutrients were grossly inadequate when compared with the recommended RDA. The median intake of energy was 1838 Kcal, as against the recommended EAR 1700 Kcal and protein was 53g against the RDA of 54g. The intake of protein was lowest among the elderly in New Delhi (36g). The median intake of vitamins and minerals such as Calcium (418mg vs 1200mg), Vitamin A (123 µg vs 1000 µg), and Riboflavin (0.7mg vs 2mg) is grossly deficient. (**Table 53.1**).

Majority of the elderly men were consuming energy (79%) and Protein (71%) in amounts more than 70% of the recommended. The proportion of elderly men consuming energy and protein in amounts less than 70% of the recommended was highest in New Delhi (Energy: 52% & protein: 65%). The proportion of elderly consuming vitamins and minerals such as riboflavin (93%), vitamin A (85%) and calcium (62%) at levels<50% of RDA was high, with wide variations between the States. (**Table 53.2**).

#### ***Adult NPWL Women (≥ 18 to 59 Years) - Sedentary Activity***

The median intakes of energy and protein for the NPWL women were higher than the recommended levels. For the other nutrients, the median intakes were low compared to the suggested RDA. The median intake of energy was 1742 Kcal, compared to the EAR of 1660 Kcal, and ranged from a low of 1404 Kcal in New Delhi to 2538 Kcal in the State of Assam. The intake of protein was 49g, as against RDA of 46g, and ranged from a low of 35g in New Delhi to a high of 78g in the State of Assam. The median intake of vitamins and minerals like calcium (367mg vs 1000 mg), Vitamin A (119 µg vs 840 µg), and Riboflavin (0.7mg vs 1.9 mg) was grossly inadequate. (**Table 54.1**).

Majority of the adult women with sedentary activity were consuming energy (74%) and Protein (62%) in amounts more than 70% of the recommended. The proportion of the adult women consuming energy in amounts less than 70% of the recommended was highest in New Delhi (50%). The proportion of the adult women consuming protein in amounts less than 70% of RDA was highest in states of New Delhi (73%), Rajasthan (66%) and Gujarat (60%). The proportion of women consuming vitamins and minerals such as riboflavin (97%), vitamin A (87%) and calcium (69%) at levels <50% of RDA was high, with wide variations between the States. (**Table 54.2**).

### ***Adult NPNL Women ( $\geq 18$ to 59 Years) - Moderate Activity***

In general, the median intakes of all the nutrients except protein were less than the recommended. The median intake of energy was 1796 Kcal as against EAR of 2130 Kcal, and ranged from 1303 Kcal in Bihar to 3003 Kcal in the State of Assam. The intake of protein was 49g, as against the RDA of 46g. The median intake of all the vitamins and minerals was lower than the recommended levels of RDA. **(Table 55.1).**

The proportion of adult women consuming energy in amounts more than 70% of RDA ranged from 25% in Bihar to 100% in Assam. The proportion of women consuming less than 50% of RDA for riboflavin (97%), vitamin A (89%), calcium (75%), and iron (65%) was high with wide variations between the States **(Table 55.2).**

### ***Elderly Women (> 60 Years)***

The median intakes of energy (1540 kcal) for the elderly women were higher to the recommended level of 1500 kcal. The median intakes of other nutrients were less than the RDA. The median intake of energy was lower than the suggested in states like New Delhi (1214kcal) and Bihar (1306kcal). The intake of protein was comparable to the RDA (44g vs 46g). The median intake of vitamins and minerals such as Calcium (372mg vs 1200mg), Vitamin A (101 $\mu$ g vs 840 $\mu$ g), and Riboflavin (0.6mg Vs 1.9mg) is grossly deficient. **(Table 56.1).**

The proportion of elderly women consuming energy in amounts more than 70% of recommended ranged from 33% in the State of New Delhi to a high of 91% in the State of Assam. Nearly half of the elderly women were consuming < 50% of RDA for protein in the state of New Delhi. The proportion of elderly consuming vitamins and minerals such as riboflavin (97%), vitamin A (88%) and calcium (68%) to the levels <50% of RDA was very high in almost all the states. **(Table 56.2).**

### ***Pregnant Women***

The median intakes of all the nutrients were less than the suggested level of RDA. The median intake of energy was 1729 Kcal as against the EAR of 2010 Kcal and ranged from a low of 1354 Kcal in New Delhi to a high of 3293 Kcal in the State of Assam. The median intake of protein was 48g, as against the RDA of 62g, and ranged from a low of 34g in New Delhi to a high of 98g in the State of Assam. The median intake of calcium (355mg vs1000mg), Iron (12mg vs 27mg), Vitamin A (109 $\mu$ g vs 900 $\mu$ g), Riboflavin (0.7mg vs 2.7mg), and Dietary Folate (184 $\mu$ g vs570 $\mu$ g) was grossly inadequate in all the states. **(Table 57.1).**

The proportion of pregnant women consuming energy in amounts less than 70% of the recommended was high in the states of New Delhi (50%) and Uttar Pradesh (41%). Similarly, pregnant women consuming protein in amounts less than 70% of the RDA was high in the states

of New Delhi & Rajasthan (66% each), Gujarat & Uttar Pradesh (54% each) and Tamil Nadu (53%). Almost all the pregnant women in all the states were found consuming Riboflavin to the level <50% of the RDA. The proportion of pregnant women consuming other vitamins and minerals such as vitamin A (87%), Dietary folate (78%), calcium (71%) and iron (60%) at the levels <50% of the RDA was very high in all the states. (**Table 57.2**).

### ***Lactating mothers***

The median intakes of all the nutrients, in general, were less than the recommended. The median intake of energy was 1887 Kcal as against the EAR of 2200 Kcal, and ranged from a low of 1421 Kcal in Bihar to a high of 2514 Kcal in the State of Karnataka. The intake of protein was 53g as against the RDA of 61g and ranged from a low of 32g in New Delhi to a high of 74g in the State of Assam (**Table 58.1**).

The proportion of lactating mothers consuming energy in amounts less than 70% of the recommended was high in the state of Bihar (75%) and New Delhi (63%). Similarly, with respect to protein, the proportion of lactating women consuming less than 70% of RDA was high in New Delhi (78%), Rajasthan (72%) and Bihar & Uttar Pradesh (50% each). The proportion of lactating women consuming vitamins and minerals such as riboflavin (99%), vitamin A (88%) and calcium (80%) less than 50% of RDA was, in general high in almost all the States (**Table 58.2**).

## **5.7. CONSUMPTION OF VARIOUS RECIPIES (FOOD FREQUENCY)**

A total of 88078 adult men & women were interviewed for their frequency of consumption of different recipes of foods. The frequency of consumption of various food recipes, viz. cereals & millets, pulses & legumes, green leafy vegetables (GLV) and other vegetables, non-vegetarian foods, breakfast items, bakery items, milk and milk products, fruits and fruit juices, carbonated water beverages, and other foods was presented in **Tables 59.1 to 59.8 & Annexure 2.1 to 2.57** (state wise tables).

### **5.7.1. Cereal-Based Recipes**

Rice is found to be the main staple food for Indians, followed by Wheat. The daily consumption of Plain Rice was highest in the southern states, whereas the daily consumption of wheat was higher in the northern states.

Overall, 86% of both men and women were consuming Plain rice daily. The daily consumption of plain rice was highest in the states of Andhra Pradesh, Puducherry, Tamil Nadu, Andaman & Nicobar, Kerala, Odisha, West Bengal, and Assam (99% each), and the same was lowest in the state of Rajasthan (28%) and New Delhi (50%). Only a few men and women were consuming Fried Rice daily (1.3% each), while about 17% of the adult population consumed it at least once a month.

About 27% men & 25% women were consuming *Roti* (with oil) daily. The daily consumption of *roti* with oil was highest in the states of Bihar and Maharashtra. More than half of the adults from the southern states like Karnataka, Kerala, Tamil Nadu, Andhra Pradesh, and Puducherry were consuming *Roti* with oil at least once a week.

Nearly third of the adult men and women (31% each) were consuming *Pulka* (without oil) daily. The daily consumption of *Pulka* was highest in the states of Uttar Pradesh, Madhya Pradesh, Rajasthan, West Bengal, Assam, and Gujarat. The daily consumption of *Pulka* was very low in the south Indian states.

In general, very few adults were consuming *Parata* daily (4%). The daily consumption of *Parata* was higher in the states of Assam and Uttar Pradesh. The same was consumed occasionally in the majority of the states. The same findings were observed with regard to the stuffed *parata* also. Nearly a fourth of the adults were consuming stuffed *parata* at least once a week. The daily consumption of *Nan* and *Puri* was very low, occurring at least once a week or once a month.

Nearly 9% of the men and 11% of the women were consuming Puffed rice daily. The daily consumption was highest in the states of West Bengal (51% Men, 55% Women) and Gujarat (22% Men, 25% Women). The consumption of Puffed Rice was occasional in the rest of the states.

About 7% of the adults were consuming Rice Flakes daily. The daily consumption of Rice Flakes was highest in the states of Maharashtra (33% Men, 32% Women), Gujarat (16% Men, 18% Women), and Gujarat (14% Men, 15% Women). (Table 59.1)

### **5.7.2. Pulses based Recipes**

Overall, plain dhal was consumed daily by 46% and at least once in week by 20% of both men and women. The daily consumption of Plain Dal was higher in the Northern states than in the Southern states. The daily consumption of Plain Dal in both genders was highest in the states of Bihar & Assam, followed by Uttar Pradesh, Maharashtra, Rajasthan, Madhya Pradesh, Odisha, and New Delhi.

About 18% of the men and 17% of the women were consuming Dal with GLV daily. The daily consumption of the Dal with GLV was found to be highest in the states of Andhra Pradesh, Karnataka, Puducherry, Maharashtra, Rajasthan, and Tamil Nadu. In other states the same was consumed either at least once in a week or once in a month.

Nearly 15% of both men and women were consuming Dal with Vegetables daily. The daily consumption of dal with vegetables was highest in the states of Karnataka, followed by Tamil Nadu and Andhra Pradesh.

Regarding the ‘Sambar with Dal’, in general, 25% of men and 24% of women were consuming daily. The daily consumption of Sambar was highest in the South Indian states like Kerala, Tamil Nadu, and Puducherry. The consumption of sambar was at least once a week in the other South Indian states. **(Table 59.2)**

### **5.7.3. Recipes with Vegetables/GLV**

As a whole, more than half of men (59%) and women (58%) were consuming vegetables in the form of Boiled/Seasoned curry daily. The daily consumption of the Boiled/Seasoned Vegetable Curry was highest in the states of Bihar, Maharashtra, Madhya Pradesh, New Delhi, and Kerala. The daily consumption of vegetable curry was lowest in the states of Odisha and Andhra Pradesh.

In general, 24% of men and 23% of women were consuming Vegetable fry daily. Nearly half of the families were consuming Vegetable fry daily in the states of Andaman & Nicobar, Assam, and Rajasthan. The same was lowest in the states of Kerala and New Delhi.

About 27% of men and 30% of women were consuming GLV curry daily. The daily consumption of GLV curry was highest in the states of West Bengal, Gujarat, Karnataka, and Kerala. The daily consumption was lowest in the states of Uttar Pradesh, Assam, Andaman & Nicobar, and Bihar. **(Table 59.3)**

### **5.7.4. Recipes with Non-Vegetarian Foods**

More than half of the population overall (56% men and 50% women) used non-vegetarian foods such as eggs, meat, fish, and non-veg biryani. Among these non-veg dishes, fish was the most preferred for daily consumption among both men and women. Nearly 9% of men and 7% of women ate eggs daily. About 20% of both men and women consumed eggs at least once a week or once a month. Nearly 37% of men and 42% of women did not use eggs at all. The highest daily egg intake was in Tamil Nadu, followed by Puducherry and Karnataka. Three-fourths of the population in Rajasthan and Gujarat did not consume eggs at all.

About 10% of men and 8% of women consume non-veg curry with gravy (mutton/chicken) daily. The highest daily intake of non-veg gravy curry is observed in Maharashtra. Nearly a third of the population consumes non-veg gravy curry at least once a week. A small number of men and women eat non-veg fry daily.

Nearly 30% of the urban men and women were consuming fish daily, either in the form of ‘fish curry’ (19%) or ‘fish fry’ (12%). The daily consumption of fish in gravy form was highest in the states of Kerala, West Bengal, Assam, Andaman & Nicobar, and Puducherry. More than 10% of the men and women were consuming the fish fry daily. The daily consumption of fish fry was highest in the state of Andaman & Nicobar, followed by Kerala and Puducherry.

The majority of the population, both men (63%) and women (64%), were not consuming prawns. Among those who were consuming Prawns, majority were using them occasionally. The daily or weekly consumption of non-veg biriyani was very low. A third of the men and women were found consuming the non-veg biriyani occasionally. **(Table 59.4)**

#### **5.7.5. Breakfast Foods**

Nearly 15% of the men and women each were found consuming either *Idli* or *Dosa* daily as breakfast. And, about 30% were consuming the same at least once a week. The daily consumption of *Idli* and *Dosa* was highest in the southern states like Puducherry and Tamil Nadu. In the other southern states like Kerala, Karnataka, and Andhra Pradesh, the weekly intake of *Idli* and *Dosa* was higher.

As a whole, nearly 50% of the population covered was not consuming either *Upma* or *Vada*. A higher population in the southern states was consuming the same amount either weekly or monthly. *Bajji* (of all varieties) were found to be consumed by the population from southern states **(Table 59.5)**

#### **5.7.6. Milk-based Foods**

In general, more than 80% of men and women were consuming Tea daily. The frequency of tea intake was found to be the same in almost all the states. Around 14% of the men and women were taking coffee daily. The daily intake of coffee was higher in southern states such as Tamil Nadu, Karnataka, Andhra Pradesh, and Puducherry. Nearly 90% of the population in Maharashtra and Rajasthan does not consume coffee. Nearly 19% of men and 17% of women were consuming milk daily. The daily intake of milk was highest in the states of New Delhi, Rajasthan, and Gujarat. The majority of the population in Andaman & Nicobar, Assam, Karnataka, and Kerala did not consume milk.

A third of the population covered (Men: 32% and Women: 29%) were found consuming Curd daily. The daily consumption of curd was highest in Andhra Pradesh, followed by Rajasthan and Puducherry. Nearly 17% of the men and women had the habit of taking buttermilk daily. About 60% of the men and women in Gujarat were taking buttermilk daily. Only about 3% of the population covered in general were taking *Lassi* daily. The daily intake of *lassi* was highest in Rajasthan and New Delhi when compared with other states.

In general, about 18% of the men and women covered were using Ghee daily. The daily consumption of Ghee was highest among the men and women of Rajasthan (67% and 64%) followed by Gujarat (58% each). Very few people in Kerala were found using Ghee. Less than 10% of the population were consuming Ice cream either daily or at least once a week. The weekly consumption of Ice Creams was highest in Rajasthan and Uttar Pradesh. **(Table 59.6)**

### 5.7.7. Bakery Foods

In general, 8% of the population covered were taking bread daily, whereas 11% were consuming the same at least once a week. The daily usage of bread was observed among the people of Maharashtra (30% & 31%), New Delhi (27% & 22%), and Uttar Pradesh (21% & 22%). Among the southern states, the daily use of bread was higher among the population of Karnataka (10% & 12%) compared to other states.

In general, very few people were found consuming *Pizza/Burger/sandwich/Puffs*. Among the states, the people of Gujarat were found consuming more Pizza and sandwiches at different frequencies. It was observed that more than half of the population covered was taking Cakes/Pasties occasionally. In general, the population of Assam, Uttar Pradesh, West Bengal, and Karnataka was taking more Cakes/Pasties at different frequencies.

Around 10% of the population were consuming Fried Chips either daily or at least once a week. The intake of chips in all the frequencies was higher in Uttar Pradesh, Kerala, and Karnataka. Nearly 15% of men and women were consuming bakery biscuits daily, with the highest consumption in New Delhi, Uttar Pradesh, and Maharashtra.

A higher percentage of people from Uttar Pradesh (Men: 25%, Women: 17%) and Rajasthan (Men: 20%, Women: 10%) were consuming 'samosa' either daily or at least once a week. Daily/weekly intake of '*Kachori*' was highest among the men (34%) and women (15%) of Rajasthan when compared with the other states. The majority of the population covered in the southern states, reportedly, have not tasted the '*Kachori*' at all. More adults in Uttar Pradesh and Madhya Pradesh were consuming '*Panipuri*' at different frequencies compared to other states. A third of the population in general (Men & Women: 30% each) were found taking '*Papad*' at least once in a week. The daily/weekly intake of *papad* was higher in the southern Indian states like Tamil Nadu, Karnataka, Kerala, and the Andaman & Nicobar Islands. (Table 59.7)

### 5.7.8. Fruits, Sweets, Pickles and Other Foods

In general, 40% of urban men and women consumed fruits daily, and more than a quarter (26%) did so at least once a week. More than 50% of the populations interviewed were reportedly taking fruits daily in the southern states like Karnataka, Tamil Nadu, and Kerala. Among the northern states, the population in New Delhi, Gujarat, and Rajasthan was consuming fruits daily. The majority of the population contacted were found to have the habit of taking fruit juices occasionally.

Nearly 13% of the men and 17% of the women in Tamil Nadu were found taking dry fruits daily. Among the other states, the populations of Puducherry and Gujarat had the habit of taking more dry fruits.

The daily intake of sweets was found to be highest in West Bengal (35% Men & 33% Women), followed by Rajasthan (11% Men & 8% Women). The daily intake of sweets was lowest in Odisha (<1%).

Nearly 10% of the men and women covered were found taking pickle daily. In general, the use of pickle was more prevalent in the southern Indian states than in the northern Indian states. The habit of daily pickle usage was highest in Odisha (Men: 34% & Women: 37%), followed by Tamil Nadu (Men: 18% & Women: 16%). The weekly usage of pickle was highest in the states of Karnataka and Andhra Pradesh (**Table 59.8**)

## **5.8. NUTRITIONAL STATUS**

### **5.8.1. Clinical Signs of Nutritional Deficiencies**

The prevalence of clinical signs of nutritional deficiencies according to age and gender is presented in **Tables 60.1- 60.5**.

#### ***Infants***

In general, severe forms of protein energy malnutrition, such as marasmus and kwashiorkor among infants, were not found in the present survey across all 16 States, except in Andhra Pradesh (marasmus, 0.6%). The prevalence of emaciation was 0.8% in Odisha and 0.6% in Maharashtra. The prevalence of conjunctivitis due to vitamin A deficiency among infants was 5.2% in Odisha and 3.7% in Andhra Pradesh. (**Table 60.1**).

#### ***Preschool children (1-5 years)***

The most commonly observed clinical sign among preschool children was dental caries (5.2%), with higher rates in the State of Karnataka (13.3%), Puducherry (10.7%), Andaman & Nicobar Islands (9.7%), and Assam (8.4%). The prevalence of conjunctival xerosis was observed in States like Andhra Pradesh (3%), Odisha (2.7%), Assam (1.0%), Gujarat (1.4%), Uttar Pradesh (0.7%), and West Bengal (0.2%). The overall prevalence of Botot's spots, an objective sign of Vitamin A deficiency, was 0.1% and it was observed in Uttar Pradesh (0.7%) and Madhya Pradesh (0.1%). Phrynoderma was observed in Puducherry (1.0%), followed by Andaman & Nicobar Islands (0.5%) and Maharashtra (0.3%). (**Table 60.2**).

#### ***School age Children (5-12 years)***

Dental caries was most prevalent in the school-age boys (17.1%), and it was highest in Karnataka (33%). The prevalence of conjunctival xerosis was 1%, which ranged from 4.3% in Odisha to nil in Kerala, Madhya Pradesh, Andaman and Nicobar Islands, Bihar, New Delhi, Puducherry, and Rajasthan. The prevalence of Botot's spots was 0.3%, ranging from the highest in Uttar Pradesh (2.2%) to 'Nil' in states like Kerala, Tamil Nadu, Madhya Pradesh, Andaman

and Nicobar, Bihar, Odisha, New Delhi, Puducherry, and Rajasthan. The overall prevalence of angular stomatitis was 0.1%, and it was high in Bihar and West Bengal (0.3% each). The overall prevalence of Phrynoderma was 1.9%, with the highest rate found in Puducherry (17%). The prevalence of dental fluorosis was 0.4% and it was 2.7% in Karnataka. The prevalence of total goitre was 0.7% and it was highest in Puducherry (6.5%) (Table 60.3).

Dental caries was most prevalent among school-age girls (17.7%), and it was maximum in Karnataka (35.4%), followed by Puducherry (31.7%) and Andaman & Nicobar (29.8%). The overall prevalence of conjunctival xerosis (0.9%) was found to be highest in Andhra Pradesh (4.4%) and Odisha (3.7%). The prevalence of Botot's spots was 0.2%, and was found to be highest in Uttar Pradesh (1.9%). The overall prevalence of Angular Stomatitis was 0.1% and that of Phrynoderma was 1.1%. The prevalence of dental fluorosis was 0.4%, ranging from 2.2% in Karnataka to 'Nil' in most states. The total goitre rate was 0.7% and was found to be highest in Puducherry (2.9%), followed by Maharashtra (2.5%) (Table 60.3).

#### ***Adolescents (12-17 years)***

The overall prevalence of dental caries among the boys was 8.6% and it was observed to be highest in Karnataka (19.3%) and Assam (16.3%). The prevalence of Botot's spots was 0.1% and was found to be highest in Uttar Pradesh (0.8%). The prevalence of angular stomatitis was 0.1%. The prevalence of goitre was 0.6% and it was highest in the state of Puducherry (4.0%). (Table 60.4)

The overall prevalence of dental caries among girls was 9.8%, with the highest rate observed in Karnataka (25.7%), followed by Andaman and Nicobar (19.2%) and Puducherry (18.9%). The prevalence of conjunctival xerosis and Botot's spots was 0.7% and 0.1%, respectively. The prevalence of goitre was about 1.3%, and it was highest in the state of Kerala (5.9%), Tamil Nadu (3.7%), and Maharashtra (2.0%). (Table 60.4)

#### ***Adults ( $\geq 18$ years)***

Among the men, the prevalence of dental caries was about 16%, with the highest rates in Tamil Nadu (42.4%), Puducherry (38.8%), and West Bengal (38.4%). The prevalence of total goitre was 0.3%. (Tables 60.5).

Similarly, among the women, the prevalence of dental caries was about 21%, it was highest in the state of Karnataka (46.7%), Tamil Nadu (46.4%), Puducherry (39.8%), and West Bengal (32.7%). The prevalence of total goitre was 1.8% and it was highest in the state of Kerala (6.7%), Puducherry (4.8%), and West Bengal (3.6%) (Table 60.5).

## **5.8.2. Nutritional Status by Nutritional Anthropometry**

### **5.8.2.1. Mean anthropometric Measurements**

The age group-wise mean Heights, Weights, mid-upper arm Circumference (MUAC), and Fat Fold thickness at Triceps of males and females were presented in Tables **61.1&61.2**. The state-wise means of the anthropometric measurements were presented in **Annexures 3.1 to 3.17**.

In general, in all the age groups, males were taller and heavier when compared with their female counterparts (**Table 61.1**). As a whole, the mean MUAC of males was found to be better than that of females. However, regarding the FFT at Triceps, females were found to have significantly higher fat than their male counterparts in all the age groups (**Table 61.2**). The means by state, gender, and age group of the anthropometry measurements were presented in **Annexure 3.1 to 3.17**.

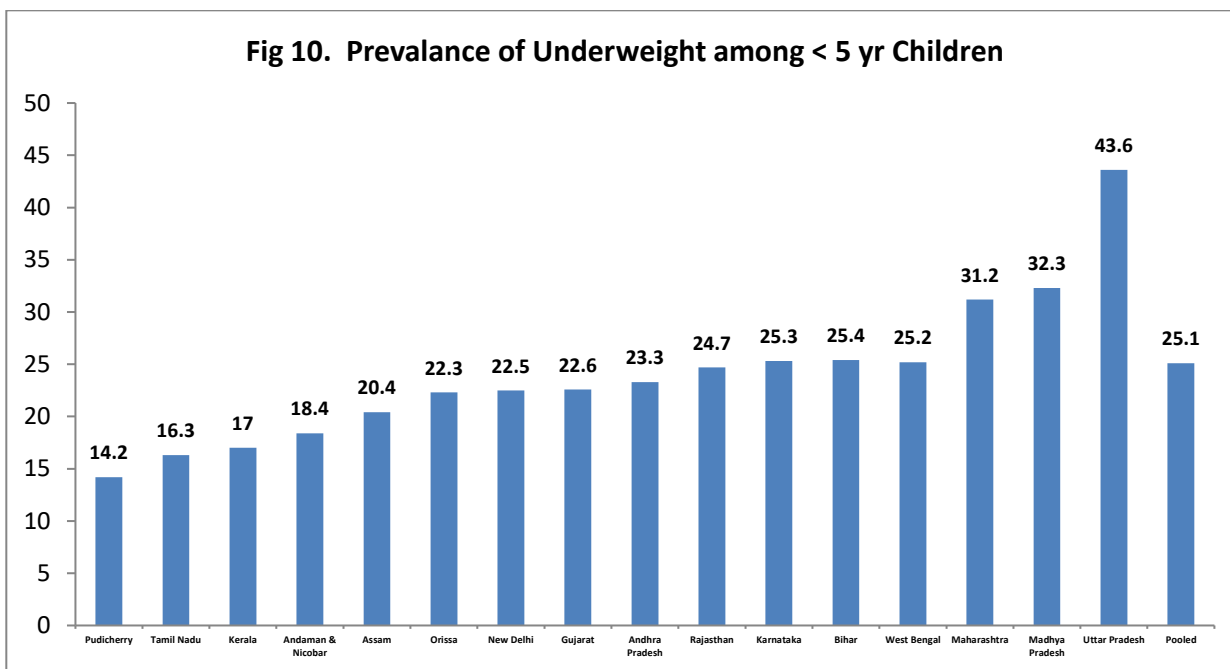
### **5.8.2.2. Nutritional Status of < 5-year Children**

The percent distribution of < 5-year-old children by age group and gender, categorized by different grades of nutritional status based on weight-for-age, height-for-age, and weight-for-height (SD classification) using WHO Growth Standards (2006), is presented in **Tables 62.1 – 62.3 and Annexure 4.1 to 6.3**.

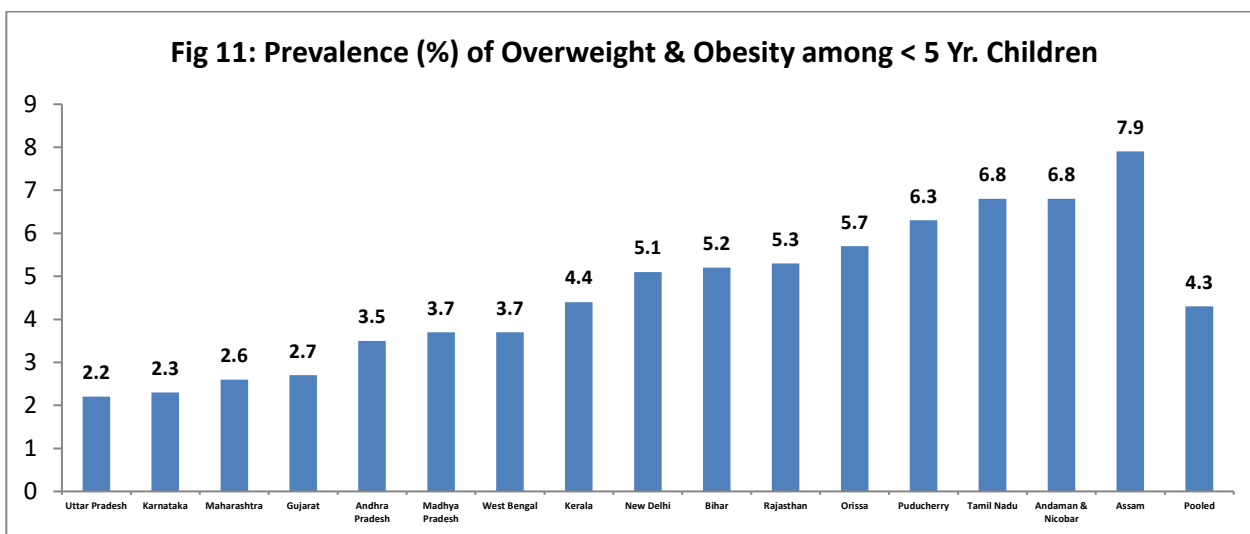
#### **0- 5-year(< 5Yr) Children**

##### ***Weight for Age***

The overall prevalence of underweight was about 25.1% and it was significantly higher among 3–5-year-olds (28%) compared to 0–3-year-olds (22.5%). The Prevalence of underweight among < 5yr children was highest in the states of Uttar Pradesh (43.6%), followed by Madhya Pradesh (32.3%), Maharashtra (31.2%), and lowest in Puducherry (14.2%). The prevalence of underweight was almost similar among the Boys (25.4%) & Girls (24.7%). The overall prevalence of severe underweight was 6.7%, highest in the State of Uttar Pradesh (19.1%), followed by Maharashtra (9.3%), and lowest in Puducherry (1.4%). (**Tables 62.1 to 62.3& Fig 10**)



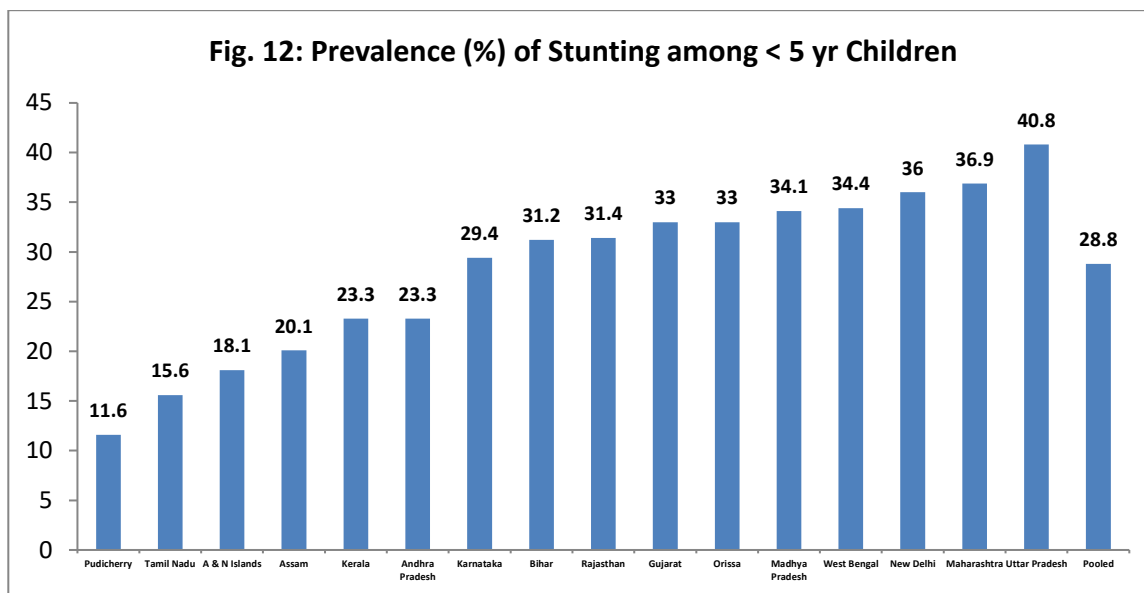
The overall prevalence of overweight & obesity was 4.3%, which was similar among boys and girls (4.3% each). The prevalence of overweight & obesity was higher in the states of Assam (7.9%), Andaman & Nicobar (6.8%), Tamil Nadu (6.8%), and Puducherry (6.3%). (**Fig. 11**).



### ***Height for Age***

The overall prevalence of stunting among < 5yr children was about 28.8% and the proportion was slightly higher among 0–3-year-old children (29.1%) compared to 3-5-year-old children (28.5%). Also, the prevalence of stunting was marginally higher among boys (29.8%) compared to girls (27.7%). The prevalence of stunting was highest in the States of Uttar Pradesh (40.8%), Maharashtra (36.9%), New Delhi (36%), and West Bengal (34.4%), and was lowest in Puducherry (11.6%) and Tamil Nadu (15.6%) (**Table 62.1 to 62.3& Fig 12**).

The overall prevalence of severe stunting (10.4%) was almost similar among 0-3-year-old (10.5%) and 3-5-year-old children (10.3%). The prevalence of severe stunting was higher in the States of Uttar Pradesh (16.1%), followed by Maharashtra (15.8%) and Madhya Pradesh (14.4%) and was lowest in Puducherry (2.7%)

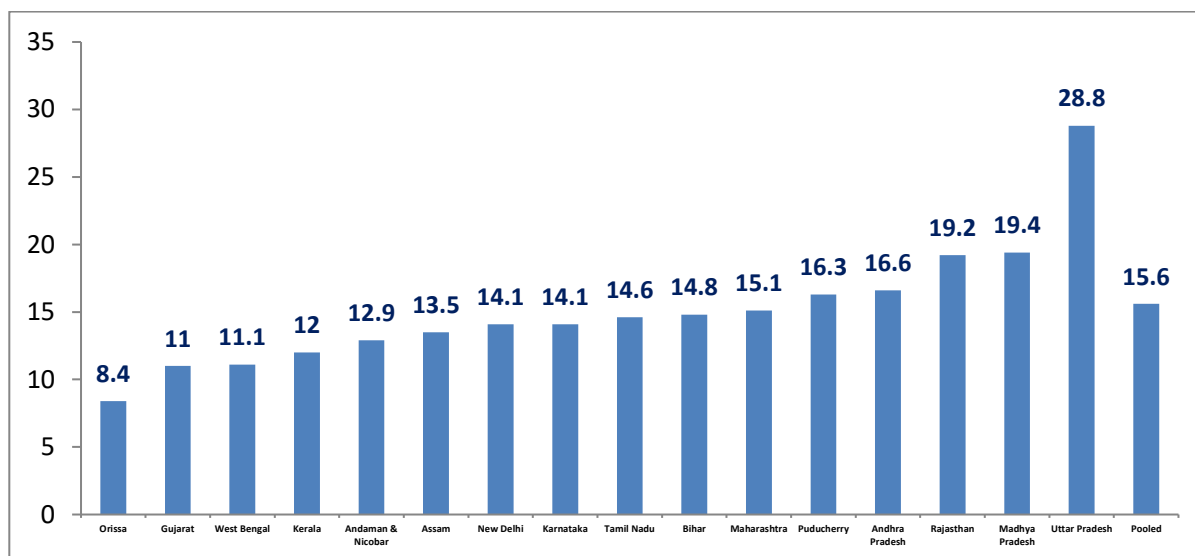


### ***Weight for Height***

The overall prevalence of wasting among < 5yr children was 15.6% and the proportion was comparable between the children of 3-5 yr. (15.8%) and 0- 3 years (15.3%). Also, the prevalence of wasting was slightly higher among boys (15.9%) when compared to the girls (15.2%). The proportion of wasting was highest in the States of Uttar Pradesh (28.8%), followed by Madhya Pradesh (19.4%), Rajasthan (19.2%), and Andhra Pradesh (16.6%), and was lowest in Odisha (8.4%).

The overall prevalence of severe wasting was 4.5% and it was marginally higher among 0-3-year-old children (5.1%) compared to 3-5-year-olds (3.7%). The prevalence of severe wasting was highest in Uttar Pradesh (13.1%), followed by Madhya Pradesh (6.9%) and Rajasthan (6.3%), and lowest in Gujarat (0.8%). The prevalence of severe wasting was marginally higher among boys (4.8%) compared to girls (4.1%). **(Table 62.1 to 62.3) (Fig 13)**

**Fig. 13 Prevalence (%) of wasting among < 5 yr children**



### **Infants (0-1 yr Children)**

#### ***Weight for Age***

The overall prevalence of underweight among infants was about 16.6%, while severe underweight was 4.6%. About 9.2% of the infants were observed to be overweight or obese, and 74.2% had a normal weight. The proportion of underweight among boys (17%) was marginally higher than that of girls (16.1%). The prevalence of underweight among infants was highest in the states of Uttar Pradesh (35.3%), followed by Bihar (24.1%) and Maharashtra (20.5%), and lowest in Kerala (8.4%).

The overall prevalence of overweight & obesity among infants was 9.2% which was found to be higher in the state of New Delhi (20.9%), followed by Tamil Nadu (18.4%) and Bihar (15.5%). The prevalence of overweight & obesity was comparatively higher among girls (9.6%) than among boys (8.7%). (Tables 62.1 to 62.3)

#### ***Height for Age***

The overall prevalence of stunting (height for age <Median-2SD) among infants was 19.6% and 80.4% of the infants were observed to be normal. The prevalence of stunting was considerably higher among boys (23.4%) as compared to girls (16.3%). The prevalence of stunting among infants was highest in the States of Kerala (30.2%), followed by Odisha (27.8%), Andhra Pradesh (26.1%), and Maharashtra (24.6%), and lowest in Puducherry (6.3%). The overall prevalence of severe stunting was 6.7% which was highest in states like Bihar (11.1%) and Andhra Pradesh (10.6%). (Table 62.1 to 62.3)

### ***Weight for Height***

The overall prevalence of wasting among infants was 18.5%, while severe wasting was 8%. The proportion of wasting was comparable among boys (18.3%) and girls (18.6%). The Prevalence of wasting among infants was highest in the states of Uttar Pradesh (31.3%), followed by Puducherry (28.2%) and Bihar (27.5%), and lowest in Odisha (8.7%). The severe wasting among the infants was found highest in the states of Uttar Pradesh (19.7%) and New Delhi (17.8%) (**Table 62.1 to 62.3**).

### **Preschool Children (1-5 Years)**

#### ***Weight for Age***

The overall prevalence of underweight was 26.7% and it was significantly higher among 3–5-year-olds (28.4%) compared to 1–3-year-olds (24.7%). The Prevalence of underweight among preschoolers was highest in the states of Uttar Pradesh (45.3%), followed by Madhya Pradesh (35%), Maharashtra (33.7%), and lowest in Puducherry (14.8%). No significant difference was observed among genders (Boys: 26.8% vs Girls: 26.4%). The overall prevalence of severe underweight was 7.1%, highest in the State of Uttar Pradesh (20.2%), followed by Maharashtra (10.3%), and lowest in Puducherry (1.4%). The overall prevalence of overweight & obesity was 3.4% which was comparable among boys (3.6%) and girls (3.3%). (**Table 62.1 to 62.3**)

#### ***Height for Age***

The overall prevalence of stunting among preschool children was about 30.4% and the proportion was comparably higher among 1-3-year-old children (32.7%) compared to 3-5-year-olds (28.5%). The prevalence of stunting was slightly higher among boys (31%) compared to girls (29.9%). The prevalence of stunting among preschool children was highest in the States of Uttar Pradesh (44.3%), followed by Maharashtra (39.5%), New Delhi (38.5%), Madhya Pradesh (37.7%), and West Bengal (36.9%), and lowest in Puducherry (12.3%). The overall prevalence of severe stunting was 10.4% and was marginally higher among 1–3-year-olds (11.9%) compared to 3–5-year-olds (10.3%). The prevalence of severe stunting was higher in the States of Uttar Pradesh (17.5%) and Maharashtra (17.3%), and lower in Puducherry (2.7%) and Tamil Nadu (4.6%). (**Table 62.1 to 62.3**).

#### ***Weight for Height***

The overall prevalence of wasting among preschool children was 15.0% and the proportion was marginally higher among 3-5-year-old children (15.8%) compared to 1-3-year-olds (14.1%). The proportion of wasting was maximum in the States of Uttar Pradesh (28.3%), followed by Rajasthan (19.4%), Madhya Pradesh (19%), and Andhra Pradesh (17.3%), and was

lowest in Odisha (8.4%). The overall prevalence of severe wasting was 3.8% and it was slightly higher in 1-3-year-old children (4%) compared to 3-5-year-olds (3.7%). The prevalence was highest in Uttar Pradesh (11.8%), followed by Rajasthan (6.8%) and Madhya Pradesh (6.2%), and lowest in Gujarat (0.6%). The prevalence of severe wasting was marginally higher among boys (4.2%) compared to girls (3.4%). (Table 62.1 to 62.3).

### **5.8.2.3. Nutritional Status of School age children and Adolescents**

The nutritional status of 5-9-year, 10-13-year, and 14–17-year children was analysed by age group and gender. The results were presented according to BMI-ZScores to know the prevalence of ‘thinness and overweight & obesity’ and by height/age to know the prevalence of ‘stunting’ by using SD Classification and WHO reference values.

#### **BMI-Z Scores**

The distribution of 5-9-year children, 10-13 year-olds, and 14–17-year-olds by gender according to nutritional status based on BMI Z-Scores is presented in Table 63.1 & 63.2 & Fig. 14.

#### ***5-9 yr Children***

The overall prevalence of thinness among 5-9-year-old boys was about 23.6%. The overall prevalence of thinness was highest in the State of Andhra Pradesh (36.2%), followed by Maharashtra (28.3%) and Uttar Pradesh (27.1%), and the lowest was in Assam (14.7%). The overall prevalence of overweight and obesity (> median+1SD) among this age group was 8.1% which was highest in the states of Assam (15.3%), followed by Odisha (12.7%) and Andaman & Nicobar (12.4%) (Table 63.1).

The overall prevalence of thinness among 5–9-year-old girls was 18.9%. The overall prevalence of thinness was highest in the States of Uttar Pradesh (25.4%), Madhya Pradesh (24.4%), and Andhra Pradesh (24%), and the lowest was observed in Assam (9.7%). The prevalence of overweight and obesity was 7.2% which was highest in the state of Assam (12.7%). (Table 63.2).

The prevalence of thinness among 5–9-year-old children was considerably higher among boys (23.6%) compared to girls (18.9%). And, the prevalence of overweight & obesity was slightly higher among boys (8.1%) than that of the girls (7.2%).

#### ***10–13-year-old Children***

The overall prevalence of thinness among 10-13-year-old boys was 26.8%. The proportion of thinness was highest in the State of Andhra Pradesh (36.6%), followed by Madhya Pradesh (35.2%), Uttar Pradesh (34.4%), Maharashtra (33.3%), and Karnataka (33.0%), and was

observed to be lowest in New Delhi (16.7%). The overall prevalence of overweight & obesity was 12.6% and was highest in the states of Kerala (20.4%), Puducherry (20.2%), and Rajasthan (18.9%) (**Table 63.1**).

The overall prevalence of thinness among 10-13-year-old girls was 19.3%. The proportion of thinness was highest in the States of Maharashtra (26.6%), followed by Uttar Pradesh (25.2%), Madhya Pradesh (24.7%), and Andhra Pradesh (22.8%), and lowest in New Delhi (11.6%). The prevalence of overweight & obesity was 10.8% and was found to be highest in the state of Puducherry (20.4%) (**Table 63.2**).

The prevalence of thinness was considerably higher among boys (26.8%) compared to girls (19.3%). Similarly, the prevalence of overweight & obesity was also higher among boys (12.6%) than that of girls (10.8%).

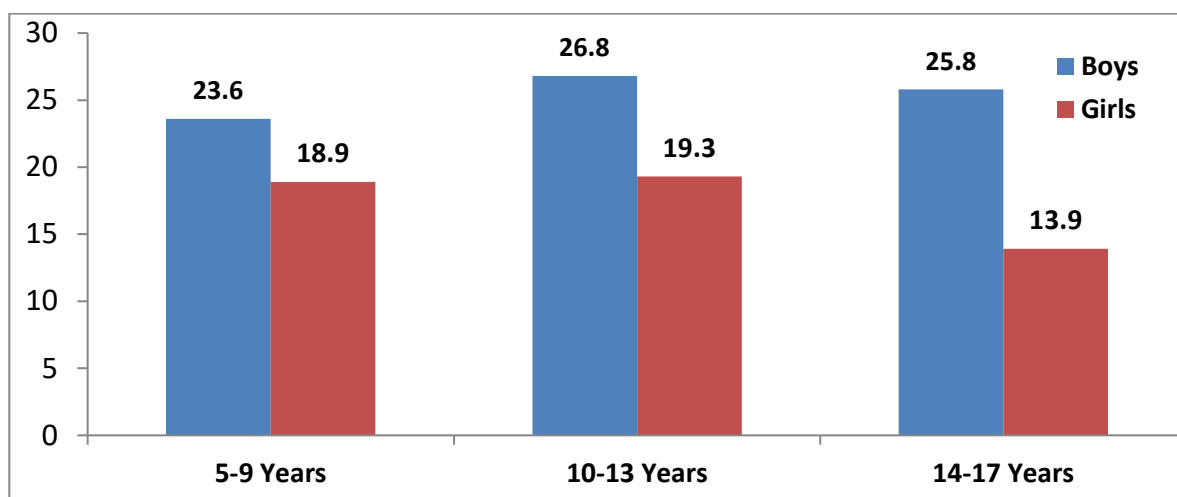
#### ***14-17-year-old Children***

About 26% of the 14-17-year-old boys were thin, and 64% were normal. The prevalence of thinness was highest in the State of Andhra Pradesh (36.7%), followed by Maharashtra (33.3%), Madhya Pradesh (30.8%), West Bengal (29.7%), Uttar Pradesh (28.6%), and Tamil Nadu (28.3%), and was observed to be lowest in Bihar (13.2%). The overall prevalence of overweight & obesity was 9.7% and was found to be highest in the states of Gujarat (18.5%) and Kerala (17.4%) (**Table 63.1**).

The overall prevalence of thinness among girls was 13.9%. The proportion of thinness was highest in the State of Andhra Pradesh (18.9%), followed by Tamil Nadu (18.5%), Gujarat (17.6%), Andaman & Nicobar (16.2%), Karnataka (15.5%) & Rajasthan (14.7%), and observed to be lowest in the State of Odisha (6.2%). The prevalence of overweight & obesity was 10.2% and was found to be highest in the state of Tamil Nadu (18.1) (**Table 63.2**).

The prevalence of thinness was significantly higher among boys (25.8%) compared to girls (13.9%), whereas the overweight & obesity in both genders were almost comparable (Boys: 9.7%, Girls: 10.2%).

**Fig 14. Prevalence (%) of Thinness among School-Age and Adolescents by gender**



### **Height / Age**

The distribution of 5-9-year-olds, 10-13-year-olds, and 14–17-year-olds by state and gender, based on height and age according to WHO reference values, is presented in **Table 64.1 & 64.2 & Fig. 15.**

#### ***5-9 Yr Children***

The overall prevalence of stunting among 5-9-year-old boys was 14.7%, and among girls it was 15.5%. A higher prevalence of stunting was observed in boys from Madhya Pradesh (22.3%), West Bengal (21.9%), and Uttar Pradesh (21.6%), while the lowest rates were in Puducherry (6.5%) and Kerala (7.4%). Among girls, a higher proportion of children were stunted in Uttar Pradesh (24.3%) and New Delhi (22.6%), with the lowest in Puducherry (5.3%).

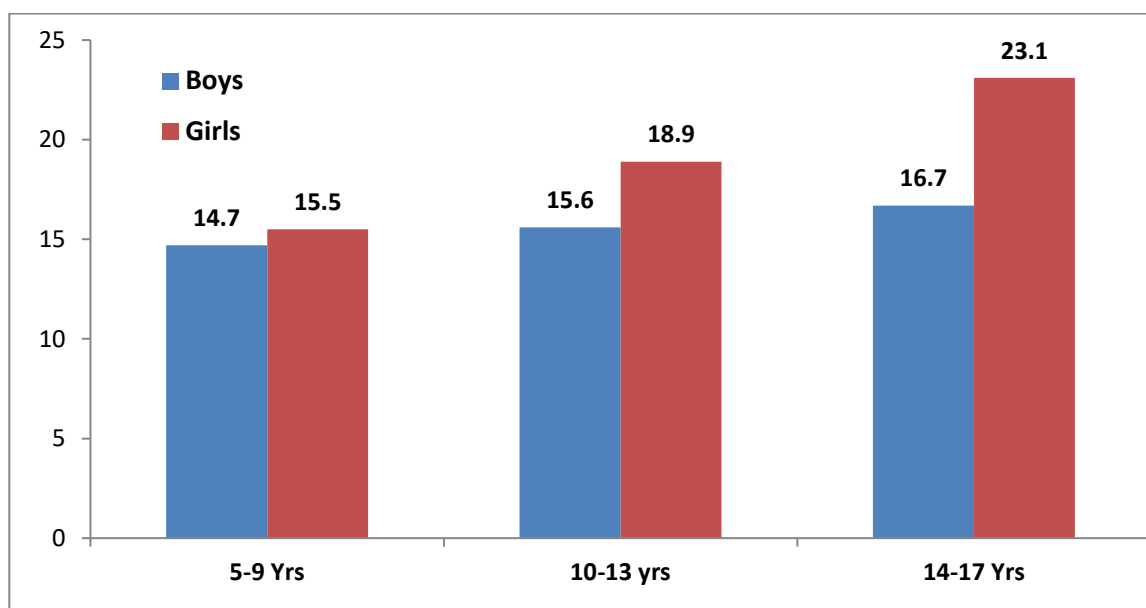
#### ***10-13 Yr Children (Younger Adolescents)***

About 16% of the boys and 19% of the girls of the 10-13-year age group were stunted. Among boys, a higher proportion of stunting was observed in Odisha (24.6%) and New Delhi (23.7%), and the lowest in Kerala (6.9%). Also, among the girls, stunting was observed to be highest in Uttar Pradesh (31.3%) and West Bengal (25.6%), and lowest was in Puducherry (9.1%).

#### ***14-17 Yr Children (Older Adolescents)***

Overall prevalence of stunting among 14-17-year-olds. The percentage of girls (23.1%) was significantly higher than that of the boys (16.7%). Among the boys, a higher proportion of stunting was observed in West Bengal (23.9%) and Bihar (23.2%), and the lowest was observed in Kerala & Rajasthan (8.9% each). Among the girls, a higher percentage of stunting was observed in Odisha (40.7%), Uttar Pradesh (37.2%), and West Bengal (34.9%).

**Fig: 15. Prevalence (%) of Stunting among School-Age and Adolescents**



#### **5.8.2.4. Nutritional Status of Adults ( $\geq 18$ Years)**

##### **Body Mass Index (BMI)**

The percent distribution of adult men and women according to body mass index (BMI) by using WHO Global Cut Offs and WHO Asian Cut Offs was presented in **Tables 65.1 to 65.2, 61 & Fig. 16.**

##### ***Adult Men***

The overall prevalence of chronic energy deficiency (CED) among men was 12.7%, while overweight/obesity was 33.8% and around half of the men were of normal grade. The proportion of CED ranged from a low of 7.7% in the State of Puducherry to a high of 21.7% in Uttar Pradesh and 19.4% in West Bengal. More than 35% of the men were measured as overweight/obese in states like Rajasthan, Puducherry, Tamil Nadu, Gujarat, Kerala, Andhra Pradesh, Andaman & Nicobar, and New Delhi. A lower percentage of overweight/obesity was observed in West Bengal and Uttar Pradesh (21% each). Nearly 10% of the men measured were Obese (BMI  $\geq 30$ ) in Puducherry and Rajasthan. Around 3-4% of the men were with CED III in Uttar Pradesh, West Bengal, Andhra Pradesh, and Assam. **(Table 65.1)**

According to WHO-Asian cut-offs ( $\geq 23$  BMI), the extent of overweight/obesity among men was 52.3%. The prevalence of overweight & obesity was found to be highest in the state of Rajasthan (62.8%), followed by Puducherry (62.3%), New Delhi (58%), Tamil Nadu (57.5%), and Kerala and Andaman & Nicobar (57.4% each) **(Table 66)**

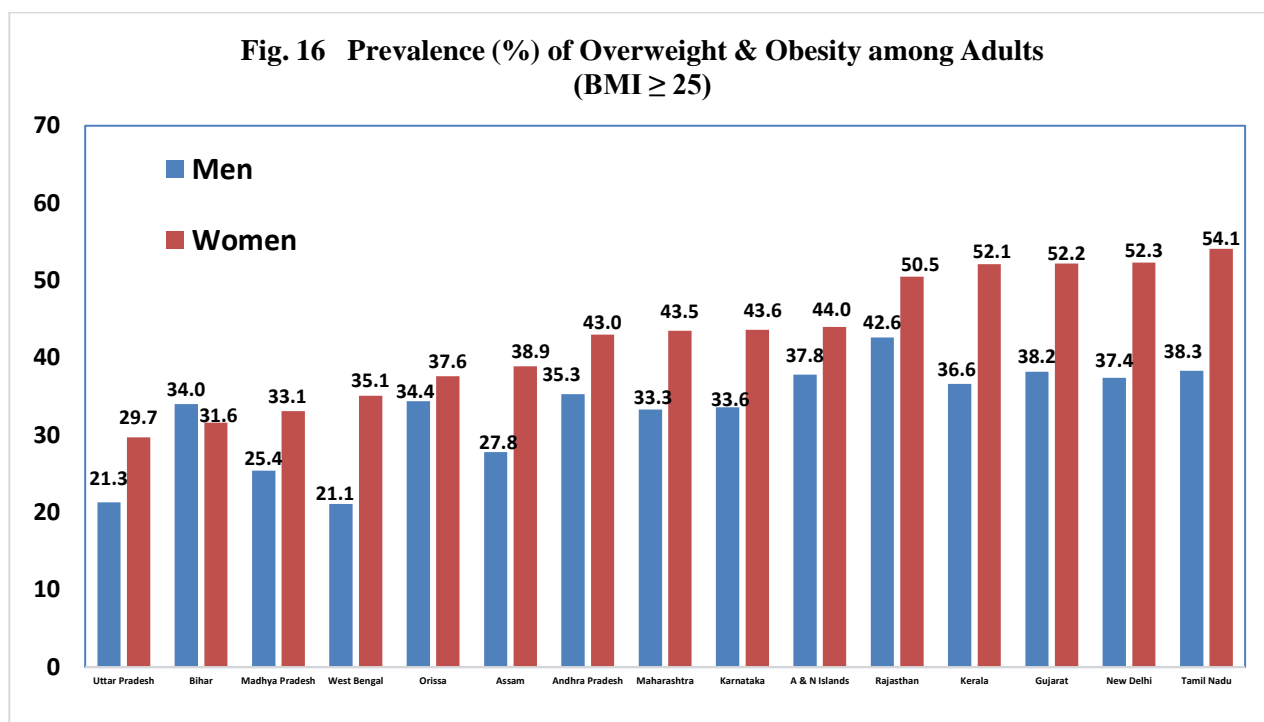
##### ***Adult Women***

About 11.2% of adult women had chronic energy deficiency, and 44% were overweight/obese. The prevalence of CED was highest in the States of Uttar Pradesh (19.2%),

followed by Madhya Pradesh (17%), West Bengal (14.1%), Bihar (13.3%), Andhra Pradesh and Maharashtra (12.4% each), Odisha (12%) and Karnataka (11.9%) and observed to be lowest in Puducherry (5.8%). Around 60% of the women were overweight/obese in the State of Puducherry. More than 50% of the adult women were overweight & obese in states like Puducherry, Tamil Nadu, New Delhi, Gujarat, Kerala, and Rajasthan. The prevalence of overweight/obesity was lowest in the states of Uttar Pradesh (29.7%) and Bihar (31.6%).(Table 65.2)

According to Asian cut-offs, the extent of overweight & obesity among adult women was 59.3%, and it ranged from a low of 44.1% in the State of Uttar Pradesh to a high of 74.4% in Puducherry. (Table 66)

When the nutritional status was compared among men and women, the prevalence of overweight & obesity was found to be higher among women (WHO: 44%, Asian: 59.3%) than that of the men (WHO: 33.8%, Asian: 52.3%). And, CED was found to be higher among men (12.7%) than among women (11.2%).



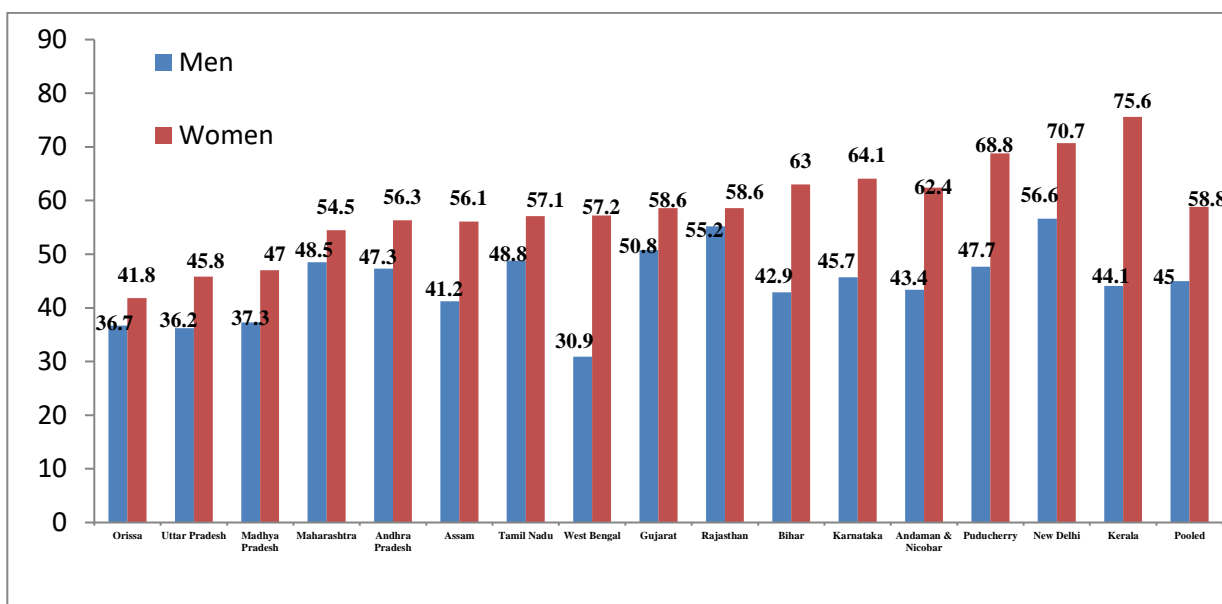
### Abdominal Obesity

The prevalence of abdominal obesity measured by waist and hip circumference (Asian cut-offs) among men and women is presented in Tables 67.1 to 67.2 & Figure 17.

The overall prevalence of abdominal obesity among men was 45%, which ranged from a high of 56.6% in New Delhi to a low of 30.9% in West Bengal. Similarly, the overall prevalence of abdominal obesity among women was 58.8% which showed the highest prevalence in Kerala (75.8%) and the lowest in Odisha (41.8%). (Table 67.1)

In general, abdominal obesity increased with age from a younger age to early old age (60 years) and then decreased with further aging. The prevalence of abdominal obesity was found to be highest (56.7%) among 60-70-year-olds. Men are the lowest (20.3%) among the 18-30-year age group. Also, among the women, abdominal obesity increased with age, rising from 31.3% in the 18-30-year age group to 74.5% in the 60-70-year age group, and then decreased to 62.2% in the  $\geq 80$ -year age group. (Table 67.2)

**Fig. 17 Prevalence of Abdominal Obesity (Waist Circumference)**



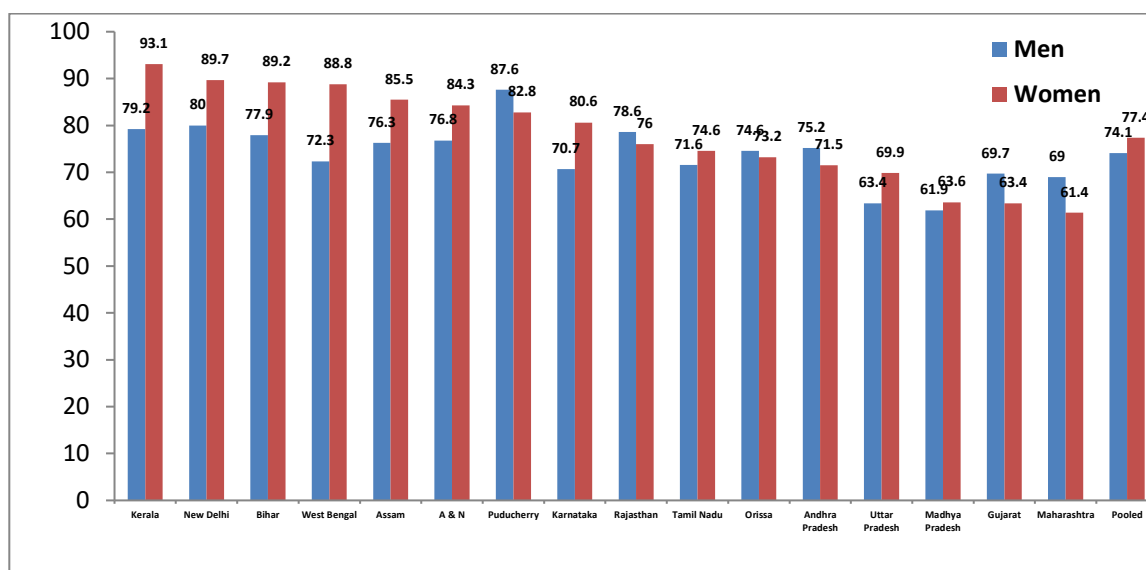
### Central (Abdominal) Obesity

The prevalence of central obesity, measured by the waist and hip ratio (Asian cut-offs), among men and women is presented in Tables 68.1 to 68.2 and Figure 18.

The overall prevalence of Central Obesity (Waist Hip Ratio) among men was 74.1% which ranged from a high of 87.6% in Puducherry to a low of 61.9% in Madhya Pradesh. Similarly, the overall prevalence of Central Obesity among women was 77.4% which showed the highest prevalence in Kerala (93.1%) and the lowest in Maharashtra (61.4%) (Table 68.1)

The prevalence of central adiposity was highest (88.4%) among men aged 60-70 years and lowest (39.3%) among those aged 18-30 years. The waist-hip ratio increased with age, from 39.3% in the 18-30-year age group to 88.4% in the 60-70-year age group, then decreased to 79.7% in the  $\geq 80$ -year age group. The prevalence of central adiposity was found to be highest (91.4%) among women aged 80 years and lowest (58.7%) in the 18-30-year age group. The waist-hip ratio increased with age, from 58.7% in the 18-30-year group to 91.4% in the  $\geq 80$ -year group. (Table 68.2)

**Fig 18. Prevalence of Central Obesity (Waist-Hip Ratio)**



### **Percent Body Fat**

The prevalence of percentage of body fat (measured with skin fold thickness) was considerably higher among adult women compared to adult men. About 48% of the adult men and 77% of the women were found to have a higher body fat percentage. The prevalence of higher percent body fat among men was found to be highest in the states of Tamil Nadu (64%) and Puducherry (63%), and was lowest in the state of West Bengal (25.6%). The prevalence of higher percent body fat among women was found to be highest in the state of Puducherry (89.6%), followed by Karnataka (85.9%), Kerala (85.6%), and Gujarat (84%), and was lowest in the state of Uttar Pradesh (60.2%). (**Table 69.1**)

Among men, higher body fat was more prevalent in middle-aged men (40-70 years of age) compared to other age groups. Among the women, a higher percentage was found in the age groups like 50-60 (96%), followed by 60-70 & 40-50 (92% each). (**Table 69.2**)

### **5.9 MORBIDITY**

The prevalence of morbidity in the previous 15 days among different age and physiological groups was presented in **Tables 70.1 to 70.5**.

#### ***Infants***

In general, 17% of the infants were suffering from one or more morbidities such as fever (8.5%), ARI (12.1%), Diarrhea (1.6%), Dysentery (0.7%), and Measles (0.2%).

#### ***Preschool Children (1-5 Year Children)***

In general, 16% of the preschool children were suffering from one or more morbidities, including ARI (11.6%), fever (7.7%), Diarrhea (0.9%), dysentery (0.5%), and measles (0.1%). No gender differentials were observed with respect to morbidity.

### ***School-age Children (5-12 Yr Children)***

In general, 10% of the school-age children were suffering from one or more morbidities, including ARI (7.2%), fever (4.3%), Diarrhea (0.5%), dysentery (0.2%), and measles (0.1%).

### ***Adolescents (12-17 Yr Children)***

In general, 8% of the adolescents had morbidities such as ARI (6.1%), fever (3.1%), Diarrhoea (0.4%), and dysentery (0.1%).

### ***Adults ( $\geq 18$ Years)***

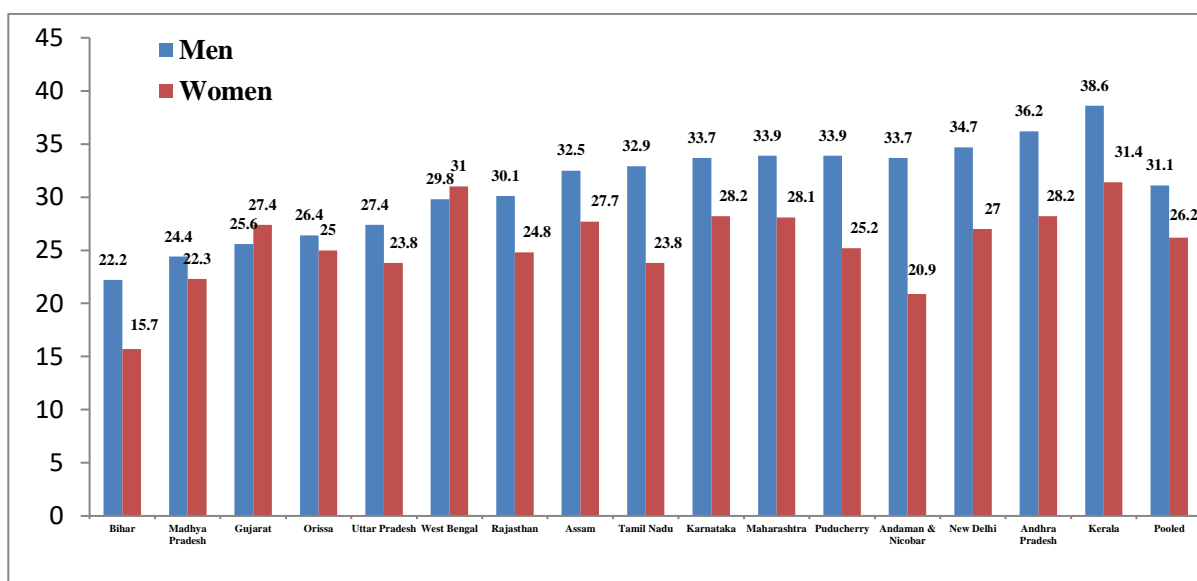
About 9% of the adults were suffering from different morbidities, including ARI (6.2%), Fever (3.3%), Diarrhoea (0.5%), and Dysentery (0.2%).

## **5.10. PREVALENCE OF HYPERTENSION**

According to the WHO classification, the overall prevalence (including known hypertensives) of hypertension among adult men and women in different States is provided in **Table 71.1**. The overall prevalence of hypertension among men and women was 37.5% and 29.4% respectively. The prevalence of hypertension among men was highest in the States of Assam (46.9%), followed by Kerala (46.6%) and Maharashtra (43.4%), and lowest in Madhya Pradesh (28.2%). Among women, hypertension was highest in Kerala (38.2%), followed by Assam (36.7%), and lowest of 20.9% in Bihar.

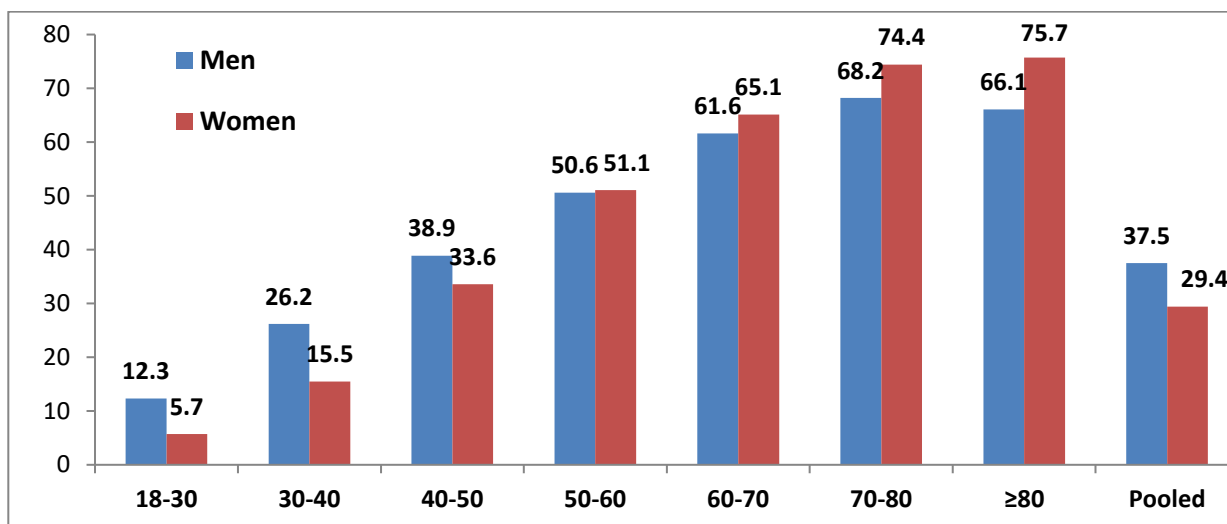
However, the prevalence of weighted population estimate for hypertension among men was 31.1% and among women was 26.2% respectively. Among both men and women, the weighted population estimate for hypertension was found to be highest in Kerala (38.6% for men and 31.4% for women) and lowest in Bihar (22.2% for men and 15.7% for women) (**Fig. 19**).

**Fig. 19 Prevalence (%) of Hypertension (Weighted Population Estimate)**



In general, the prevalence of hypertension was found to increase with an increase in age among both men and women. Higher prevalence of hypertension was observed among the men in the group of 70-80 years (68.2%) and lower in the 18-30 years group (12.3%). In case of women, the prevalence of hypertension was observed to be high in the group of  $\geq 80$  years (75.7%) and low in the 18-30 years group (5.7%) (Table 71.2) (Fig. 20).

**Fig 20 Prevalence (%) of Hypertension by Age Groups**



The mean ( $\pm$  SD) systolic and diastolic blood pressure of adult men and women by States is provided in **Table 71.3**. In general, the mean systolic blood pressure among men was 127.1 mmHg ( $\pm 18.2$ ), and ranged from a low of about 123.5 mmHg in Madhya Pradesh to a high of 132.7 mmHg in Kerala. The mean diastolic blood pressure was 84.2 mmHg ( $\pm 11.4$ ), ranging from a low 81.6 mmHg in Gujarat to a high 86.4 mmHg in New Delhi. Among women, the mean systolic blood pressure was 120.5 mmHg ( $\pm 19.5$ ), ranging from a low of 116.1 mmHg in Andaman & Nicobar to a high of 127 mmHg in Kerala. The mean diastolic blood pressure was 80.9 mmHg ( $\pm 11.4$ ), ranging from a low 79 mmHg in Tamil Nadu to a high 83.4 mmHg in New Delhi.

The means of systolic and diastolic blood pressure in both men and women increased with age and were observed to be highest among the elderly population (**Table 71.4**). The distribution of men and women by type of hypertension was presented in **Table 71.5**. In general, 15% of the men and 11% of the women were found to have both systolic and diastolic hypertension. The men and women with systolic and diastolic hypertension were found to be highest in Kerala (21% & 16%), and the same was lowest in Bihar (8% & 5%).

The age-wise prevalence of systolic and diastolic hypertension increased with an increase in age (**Table 71.6**). In both genders, elderly people (60-80 years) were found to have hypertension of both kinds, i.e., systolic as well as diastolic.

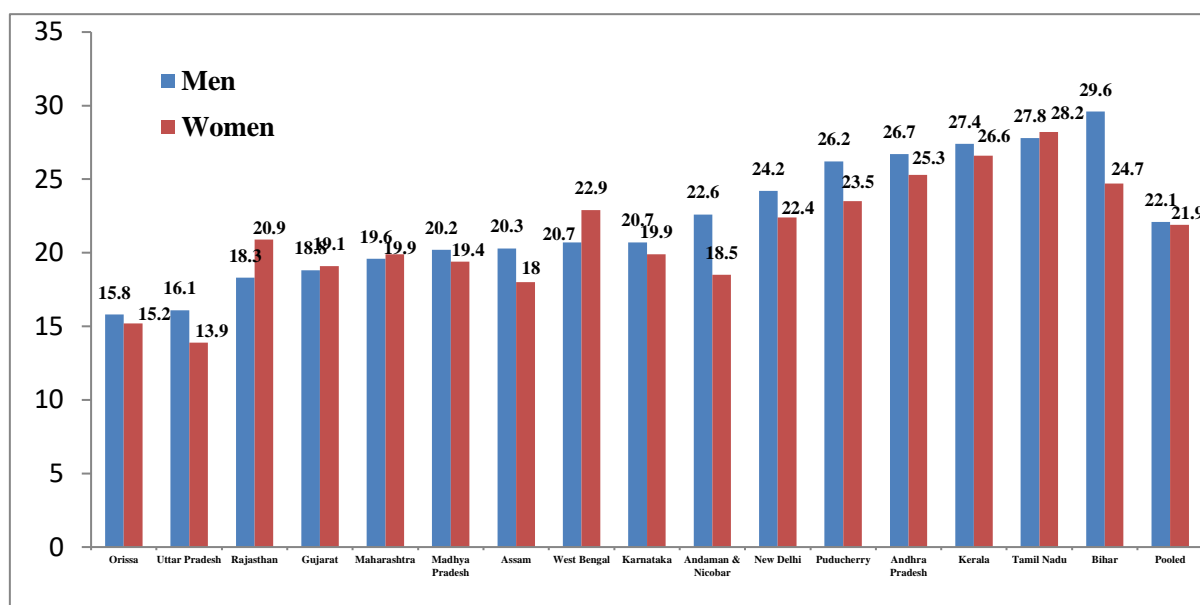
### 5.11. PREVALENCE OF DIABETES

The prevalence of diabetes, according to WHO/ICMR criteria (including known diabetics), among men and women in different states was presented in **Table 72.1**.

The overall prevalence of diabetes among men was 22.2%. The prevalence was higher in Bihar (36.6%), followed by Kerala (35.1%), Andhra Pradesh (33.9%), Puducherry (32.7%), and Tamil Nadu (32.3%). The prevalence was found to be lowest in Uttar Pradesh (17.2%).

Among women, the overall prevalence was 24.3% ranged from a high of 32.2% in Kerala and 28.5% in Tamil Nadu to a low of 12.5% in Uttar Pradesh. The overall weighted population estimate for diabetes among men and women was 22.1% and 21.9% respectively (**Fig. 21**).

**Fig. 21 Prevalence (%) of Diabetes (Weighted Population Estimate)**

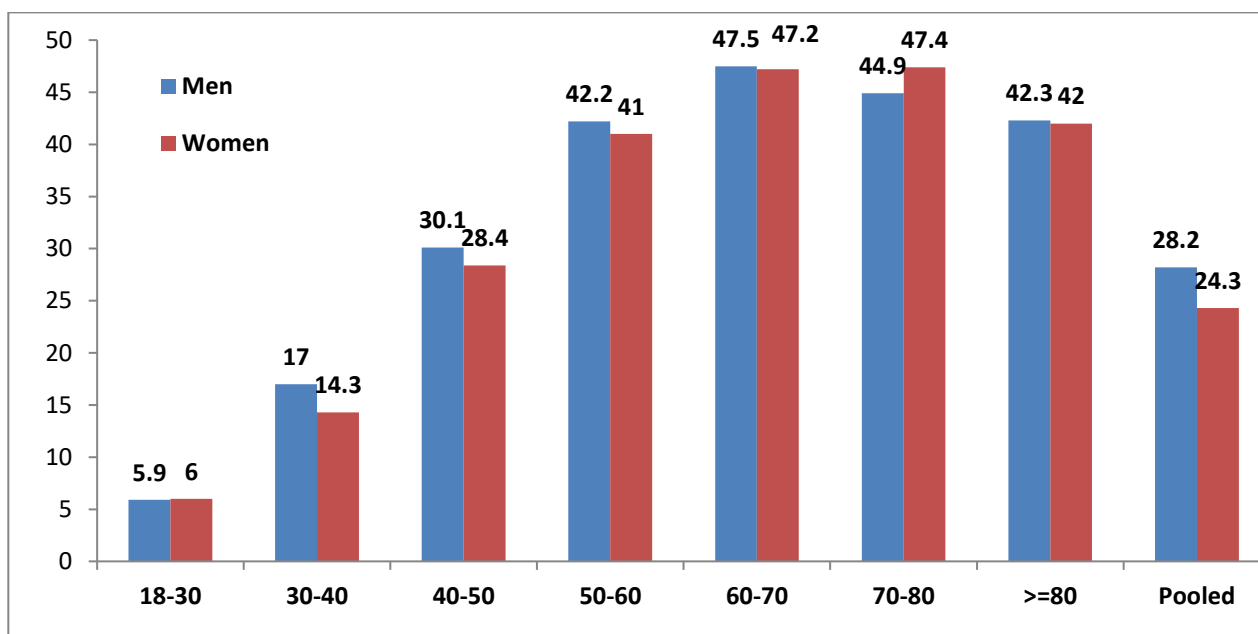


The prevalence of diabetes among men and women tended to increase with an increase in age. Among men, the prevalence of diabetes was found to be highest (47.5%) in the age group of 60-70 years and found to be lowest (5.9%) in the age group of 18-30 yrs. Among women, the prevalence of diabetes was found to be highest (47.4%) in the age group of 70-80 years and lowest (6%) in the age group of 18-30 years. The prevalence of diabetes among men increased with age from 5.9% in the 18-30 age group to 47.5% in the 60-70 age group, and then decreased to 42.3% in the  $\geq 80$  age group. Almost the same trend was observed among the female counterparts also. Thus, the prevalence of diabetes was relatively higher among older adults, compared to young adults, and was similar in men and women **Table 72.2**.

The prevalence of diabetes (fasting blood sugar) according to WHO/ICMR criteria among men and women in different states is presented in **Table 72.3**. Three different conditions were studied, namely, Normo-glycemia (FBS: <110 mg/dL), Impaired fasting glucose (FBS: 110 – 126 mg/dL), and Diabetes Mellitus (FBS:  $\geq$ 126 mg/dL). Overall, the prevalence of FBS  $\geq$  126mg/dl among men and women was 14.5% and 11% respectively. The prevalence of higher FBS among men was highest in the states of Puducherry (19.5%), followed by Karnataka (17.9%) and New Delhi (17.5%); while it was lowest in Uttar Pradesh (7%). Among women, the prevalence of higher FBS was highest in New Delhi (15.3%) and Puducherry (14.8%), while it was lowest in Uttar Pradesh (4.7%).

The prevalence of FBS  $\geq$  126 mg/dl among men and women was highest in the age group of 60-70 years (25.7% & 23.8% respectively), while it was lowest in the age group of 18- 30 years (1.9% & 1.5% respectively). (**Tables 72.4, Fig. 22**).

**Fig 22 Prevalence (%) of Diabetes by age groups**



## 5.12. PREVALENCE OF DYSLIPIDEMIA

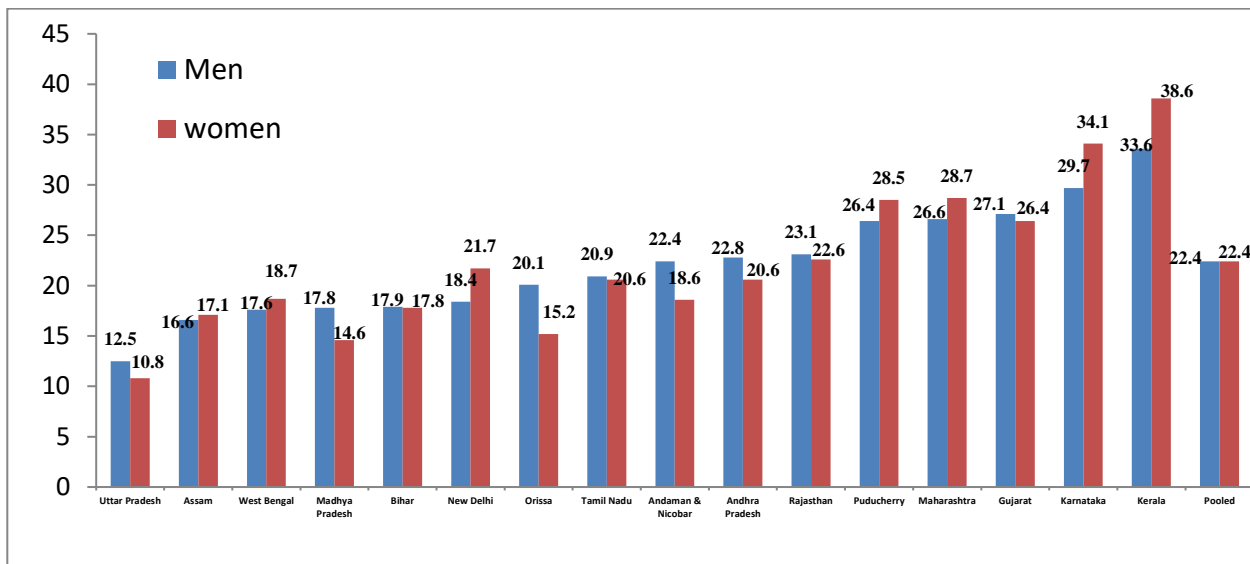
The distribution of adults according to the WHO classification for total cholesterol, HDL cholesterol, LDL cholesterol, and Triglycerides (mg/dL) in different States is presented in **Tables 73.1 to 76.2**.

### 5.12.1. Total Cholesterol

The distribution of adults by total cholesterol (mg/dL) in different States was provided in **Table 73.1, Fig. 23**. In general, about 22% each of both men and women were observed to have total cholesterol levels of  $\geq$ 200 (mg/dL). In comparison, about 78% were shown to have normal

levels. The percentage of men with total cholesterol levels  $\geq 200$  mg/dl was highest in Kerala (33.6%), followed by Karnataka (29.7%) and Maharashtra (26.6%), while it was lowest in Uttar Pradesh (12.5%). Similarly, the percent of women with total cholesterol levels  $\geq 200$  mg/dl was observed to be highest in the State of Kerala (38.6%), followed by Karnataka (34.1%) and Maharashtra (28.7%), and lowest in Uttar Pradesh (10.8%).

**Fig. 23 Prevalence (%) of Dyslipidemia (Total Cholesterol  $\geq 200$  mg/dl)**



The distribution of men and women by age groups and total cholesterol is provided in **Table 73.2**. The total cholesterol ( $\geq 200$  mg/dl) among men was highest (24.3%) in the 40-50 age group and lowest (13.8%) in the  $\geq 80$  age group. The total cholesterol ( $\geq 200$  mg/dl) among women was highest (36%) in the age group  $\geq 80$  years and lowest (9.9%) in the group aged 18-30. The percent of women with total cholesterol levels  $\geq 200$ mg/dl was observed to increase with increasing age.

### 5.12.2. LDL Cholesterol

The distribution of men and women according to the WHO classification, for LDL cholesterol (mg/dL) in different States is provided in **Table 74.1**. Overall, 23% of men and 25.3% of women were observed to have LDL cholesterol levels  $\geq 130$  mg/dl, while 77.0% of men and 74.7% of women were shown to have normal levels. LDL cholesterol levels  $\geq 130$  mg/dl among men were highest in the State of Kerala (40.6%), followed by Gujarat (30.2%) and Maharashtra (29.8%), while they were lowest in Uttar Pradesh (11%). Among women, LDL cholesterol levels ( $\geq 130$  mg/dl) were highest in the States of Kerala (51.4%) and Karnataka (37.9%), while they were low in Uttar Pradesh (8.9%).

The distribution of LDL cholesterol (mg/dL) levels among men and women by age groups was provided in **Table 74.2**. The LDL cholesterol ( $\geq 130$  mg/dl) among men was highest (24.8%)

in the age group 50-60 years and lowest (13.1%) in the group aged  $\geq 80$ . The LDL cholesterol ( $\geq 130$ ) among women was found to be highest (36.5%) in the age group 60-70 years and found to be lowest (12.8%) in the group aged 18-30. The percentage of adults, both men and women, with LDL Cholesterol  $\geq 130$  mg/dl was observed to increase with age from younger to middle ages and then decrease as age continued to rise.

### 5.12.3. HDL Cholesterol

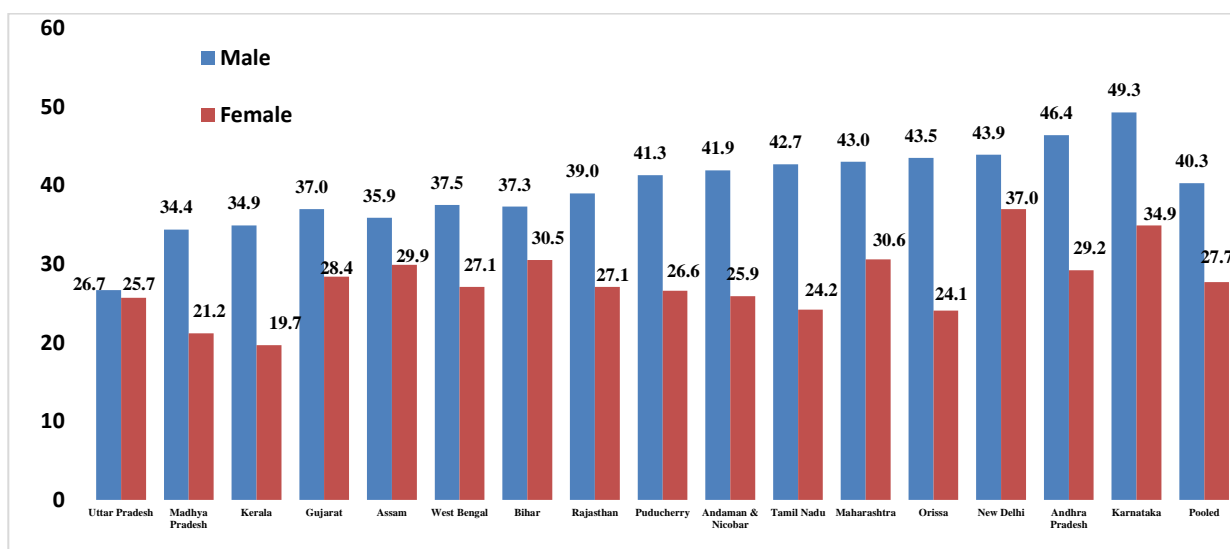
The distribution of men and women according to the WHO classification, for HDL cholesterol (mg/dL) in different States is provided in **Table 75.1**. Overall, 73.6% of men and 82.1% of women were observed to have low HDL cholesterol levels ( $<40$ mg/dl), while 26.4% of men and 17.9% of women were shown to have normal levels. Low HDL cholesterol levels among men were more prevalent in the States of Tamil Nadu (82.6%), followed by Andhra Pradesh (81.6%) and Puducherry (79.6%), while it was less prevalent in Uttar Pradesh (59%). Among women, low HDL cholesterol levels were more prevalent in the States of Tamil Nadu (88.2%) followed by Puducherry (87.6%), while it was low in Madhya Pradesh (64.3%).

The distribution of HDL cholesterol (mg/dL) levels among men and women by age groups was provided in **Table 75.2**. The low HDL cholesterol levels ( $<40$ mg/dl) were observed to gradually decrease with increasing age in both men and women. The low HDL cholesterol among men was highest (75.4%) in the 30-40 age group and lowest (62.1%) in those aged  $\geq 80$ . Similarly, low HDL cholesterol among women was highest (84.1%) in the age group 30-40 years and lowest (74.7%) in the group aged  $\geq 80$  years.

### 5.12.4. Triglycerides

The distribution of men and women according to WHO classification, for the triglyceride concentration (mg/dL) in different States was provided in **Table 76.1 & Fig. 24**. Overall, 40.3% of men and 27.7% of women were observed to have triglyceride levels of  $\geq 150$  mg/dl, while 59.7% of men and 72.3% of women were shown to have normal levels. Triglyceride levels ( $\geq 150$  mg/dl) among men were observed to be highest in the States of Karnataka (49.3%), followed by Andhra Pradesh (46.4%) and New Delhi (43.9%), while it was low in Uttar Pradesh (26.7%). Among women, triglyceride levels ( $\geq 150$ mg/dl) were observed to be highest in the States of New Delhi (37%), followed by Karnataka (34.9%), while it was low in Kerala (19.7%).

**Fig. 24 Prevalence (%) of Dyslipidemia (Triglycerides  $\geq$  150 mg/dl)**



The distribution of adults by triglyceride concentration (mg/dL) among men and women by age groups was provided in **Table 76.2**. The triglyceride levels ( $\geq$ 150 mg/dl) among men were highest (44.7%) in the 30-40 age group and lowest (21.2%) in the  $\geq$ 80 age group. The triglyceride levels ( $\geq$ 150mg/dl) among women were found to be highest (36.7%) in the age group of 60-70 years and lowest (19.7%) in the age group of 18-30 years.

### 5.13. BIOELECTRIC IMPEDANCE ANALYSIS (BIA)

Bio-electrical Impedance Analysis (BIA) is a method of assessing body composition using the 4-compartmental model, i.e., total body fat, muscle mass, bone mass, and body water. Research has shown that body composition is directly related to health.

A normal balance of body fat is associated with good health and longevity. Excess fat can greatly increase the risks for cardiovascular disease, diabetes, and other health issues. BIA allows for early detection of improper balance in the body composition, which hastens early intervention and prevention.

This non-invasive test involves the placement of two electrodes on the person's right hand and foot. A low-level, imperceptible electrical current is sent through the body. The flow of the current is affected by the amount of water in the body. The device measures how this signal is impeded through different types of tissue. Tissues that contain large amounts of fluid and electrolytes, such as blood, have high conductivity, but fat and bone slow the signal down.

All the adults covered for anthropometry were also covered for the BIA. The results were analysed in different domains like percent body fat, muscle mass, body water, visceral fat, BMR, and fat-free mass.

### 5.13.1. Percent Body Fat

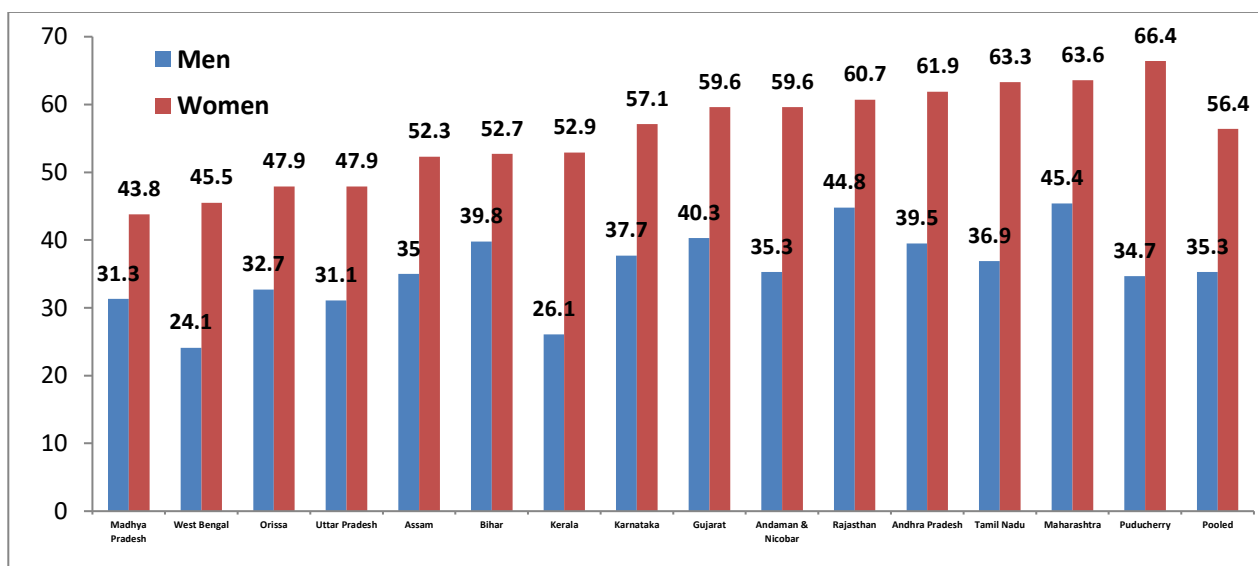
Percent Body Fat is the amount of fat in the body in proportion to the body weight. Reduced percent body fat is associated with reduced risk for many of the non-communicable diseases, like high blood pressure, heart disease, diabetes, cancer, etc. The mean percent body fat among men & women, and the distribution of men and women by different grades of percent body fat by states, are presented in Table 77.1& Figure25.

In general, the mean percent body fat for men was 22.3, and for women it was 35.7, showing that females have more body fat than men. The highest mean percent body fat was found among the men of Maharashtra (24.0), followed by Rajasthan (23.9) and Bihar (23.2). The lowest percent body fat was observed among the men of West Bengal (20.1) and Kerala (20.8). Whereas, the highest percent body fat was observed among the females of Puducherry (37.7), followed by Tamil Nadu, Maharashtra, Andhra Pradesh, and Gujarat. The lowest percent body fat was observed among the females of Madhya Pradesh and West Bengal (33.5 & 33.6).

More than half (52%) of the men were found in the healthy fat range. The majority of the men in Kerala (58%) were found in the healthy fat range, followed by the men in Andaman & Nicobar (57%) and West Bengal & Puducherry (55% each). In general, 35% of the men were found with excess fat. The men with excess fat were found highest in Maharashtra & Rajasthan (45% each), followed by Gujarat, Andhra Pradesh & Bihar (40% each), Karnataka (38%), and Tamil Nadu (37%). The lowest percentage of men with excess fat was observed in West Bengal (24.1%).

In general, the majority of the women (56%) were found with excess fat. The women with more excess fat were found in the states of Puducherry (66%), Maharashtra (64%), Tamil Nadu (63%), Andhra Pradesh (62%), Rajasthan (61%), and Andaman Nicobar & Gujarat (60% each).

**Fig 25 Prevalence (%) of excess fat among Adults by States**

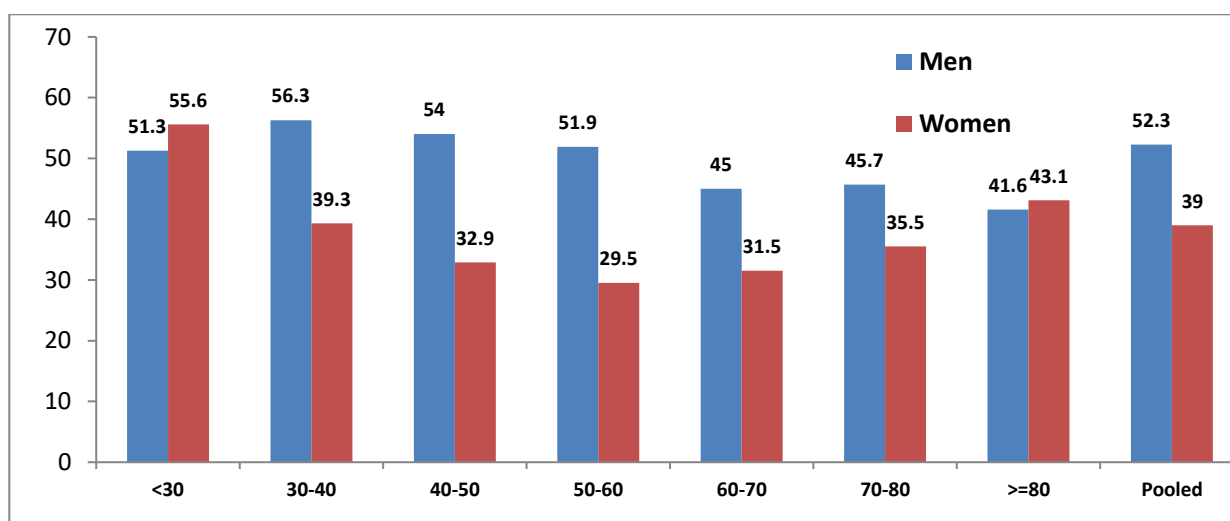


The mean percent body fat among men & women, and the distribution of men and women by different grades of percent body fat by age groups, are presented in Table 77.2.

Among men, the mean percent body fat increased with age from 18.9 in the < 30 years age group to 24.2 in the 70-80 years age group, and then decreased to 23.2 in the ≥ 80 years age group. The healthy fat decreased with an increase in age, while the excess fat increased.

Almost the same trend was observed among the women also. Healthy fat decreased with an increase in age, and the reverse trend was observed for the excess fat. The older adults were found to have a higher body fat percentage than those of the other age groups (Fig. 26).

**Fig 26: Prevalence (%) of Healthy fat among Adults by Age Groups (Yrs)**



### 5.13.2. Muscle Mass Percentage

The muscle mass percentage indicates the weight of the muscle in the body as a proportion of the body weight. The mean percent Muscle Mass among men & women, and the distribution of men and women by different grades of percent Muscle Mass by states, were presented in Table 78.1.

In general, the mean percent muscle mass was 74% for men and 61% for females. The mean percent muscle mass was higher among the men of West Bengal (76%), and Kerala & Madhya Pradesh (75% each). Among the females, the highest mean muscle mass was found in the states of Madhya Pradesh and West Bengal (63% each).

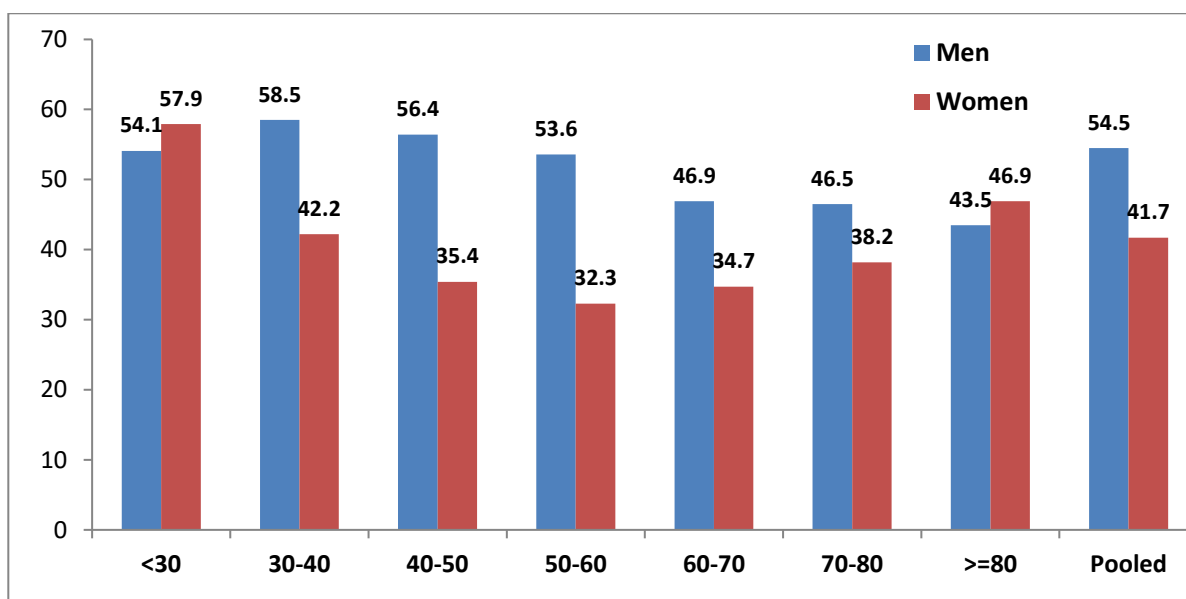
More than half (55%) of men and 42% of women in general were found to have ‘good’ muscle mass. The ‘good’ muscle mass was found to be higher among the men from the states of Kerala (60%), followed by Andaman Nicobar (59%), West Bengal (58%), and Puducherry (57%). Among the females, ‘good’ muscle mass was observed more in the states of West Bengal & Madhya Pradesh (51% each), followed by Odisha (50%) and Uttar Pradesh (48%).

The mean percent muscle mass among men & women, and the distribution of men and women by different grades of percent muscle mass by age groups were presented in **Table 78.2.** & **Fig 27.**

In general, among both men and women, the mean percentage of muscle mass decreased with an increase in age. The highest muscle mass was found in the <30 years age group (Men: 77% & Women: 65%).

The percentage of men and women with ‘low’ muscle mass increased with age. Similarly, the percentage of men and women with ‘good’ muscle mass decreased as age increased.

**Fig 27: Prevalence (%) of ‘GOOD’ muscle mass among Adults by Age Groups (Yrs)**



### 5.13.3. Body Water Percentage

Body water percentage is the total amount of fluid in the body expressed as the percentage of the total body weight. The mean percent body water among men & women, and the distribution of men and women by different grades of percent body water by states, is presented in **Table 79.1.**

The mean percent body water was 51% for men and 47% for women. The mean percent body water was found to be higher among the men of Kerala and West Bengal (53% each). Among the women, the highest percentage of water was observed in Kerala, Odisha, and Assam (48% each). The majority of the men (92%) and women (79%) were found in the range of ‘decreased water’. The percent body water in the ‘good range’ was found to be higher among females (16%) when compared with the males (6%).

The mean percent body water among men & women, and the distribution of men and women by different grades of percent body water by age groups, is presented in **Table 79.2.**

The mean percent body water among both men and women decreased with increase in age. The percentage of body water in the 'good' range for both genders was highest among the youngsters, specifically in the < 30 years age group, ranging from 12% to 26%.

#### **5.13.4. Visceral fat**

Visceral fat is the fat that surrounds the vital organs in the abdominal cavity. Research shows that healthy levels of visceral fat will reduce the risk of heart disease, hypertension, and the onset of Type-2 diabetes.

Distribution of men and women by grades of visceral fat is presented in **Table 80.1**.

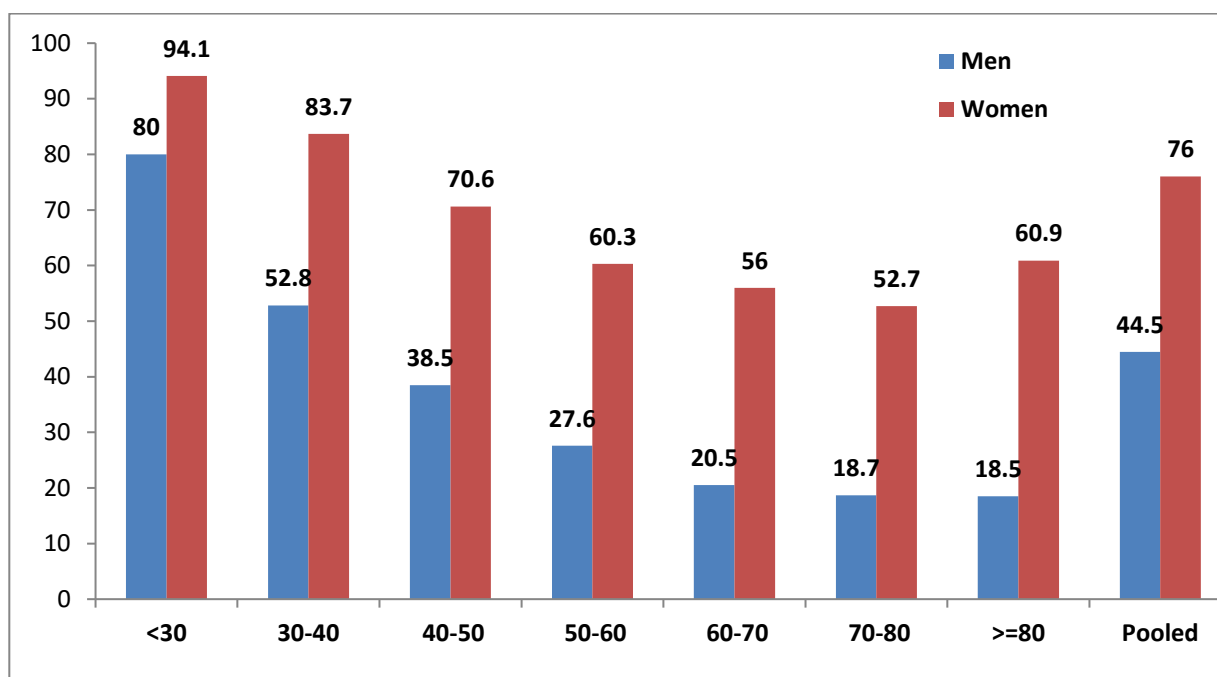
In general, less than half of the men (45%) and three-fourths of the women had healthy visceral fat. The men (60%) and women (88%) interviewed in the state of West Bengal were found with higher levels of healthy visceral fat, followed by the state of Uttar Pradesh (Men: 60% & Women: 84%). The lowest healthy visceral fat was observed among the men (32%) of Maharashtra and the women of Maharashtra and Puducherry (68% each).

More than half of the men (55%) and less than a fourth of women (24%) were found to have either increased or high visceral fat. Higher visceral fat was observed among the men from the states of Maharashtra (22%), Gujarat (21%), Andhra Pradesh & Puducherry (20% each), and Karnataka & Bihar (18% each).

The distribution of men and women by grades of visceral fat and by age groups is presented in **Table 80.2 and Fig 28**.

The men with healthy visceral fat decreased drastically with an increase in age. The highest proportions of men were found with healthy visceral fat in the age group of <30 years, and the lowest was found in > 80 years. However, the reverse trend was observed with respect to higher visceral fat. As age increased, the percentage of men with higher visceral fat increased. Among the women, though the percentage of women with healthy visceral fat decreased with age, the decrease was not in proportion to that of the men.

**Fig 28: Prevalence (%) of Good Visceral Fat by Age**



#### 5.13.5. Fat Free Mass

Fat-free mass is one of two human body components: Fat and everything else. Fat-free mass (FFM) includes internal organs, bone, muscle, water, and connective tissue. The state-wise and age-group-wise means and SD of the Fat Free Mass are presented in Tables **81.1** & **81.2**.

In general, the mean fat-free mass for men was 49.8 kg, and for women it was 36.1 kg. Among men, lower fat-free mass was observed in West Bengal (46.6kg) and the highest in Andaman & Nicobar (51.9 kg). Among women, the lowest was in Uttar Pradesh (34.3 kg) and the highest in Andhra Pradesh (37.5 kg).

The mean fat-free mass decreased with an increase in age in both genders. Higher fat-free mass was observed in the younger ages and decreased with an increase in age.

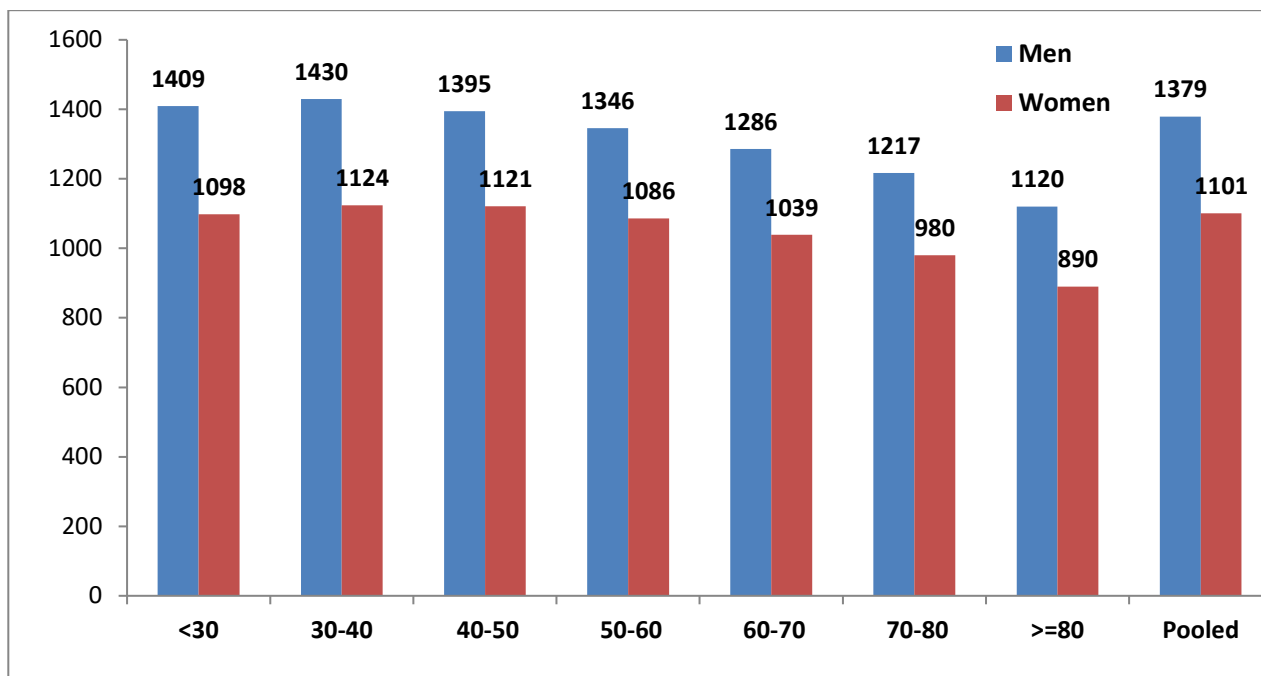
#### 5.13.6. Basal Metabolic Rate (BMR)

Basal Metabolic Rate (BMR) is the amount of energy the body burns at rest. In other words, BMR is the number of calories required to keep the body functioning while not doing any physical activity. In such a state, energy will be used only to maintain vital organs, which include the heart, lungs, kidneys, nervous system, intestines, liver, sex organs, muscles, and skin.

The state-wise mean BMR among men and women is given in **Table 82.1**. In general, the BMR for men (1379) was found to be higher than that of women (1101). Higher mean BMR was found among the men from the states like Andhra Pradesh (1454), Andaman Nicobar (1444), and Tamil Nadu (1415). The lower mean BMR was observed among the men in the state of Puducherry (1241). Among the women, a higher BMR was found in Andhra Pradesh (1171), and the lowest was in Puducherry (868).

The age group and gender wise mean BMR is presented in **Table 82.2** and **Fig 29**. Among both men and women, the BMR decreased with increase in age. The highest was found among the men and women of the 30-40-year age group (Men: 1430 & Women: 1124).

**Fig 29: Mean BMR by Age Groups**



#### **5.14. KNOWLEDGE & PRACTICES OF ADULTS ABOUT OBESITY, HYPERTENSION, DIABETES, AND RISK BEHAVIOURS**

##### **5.14.1. Workplace Activities**

The distribution of adult men and women by number of working days in a week and number of working hours per day is presented in **Table 83.1**. Among men, about 83% were working for 6-7 days a week, with the highest percentage in the state of Bihar (95%) and the lowest in Puducherry (60%). And, about 14% were working 4-5 days a week. Similarly, among women, 79% were working for 6-7 days a week, with the maximum in the state of Bihar (91%) and the minimum in Puducherry (61%).

About 63% of the men work for  $\geq 8$  hrs a day, which was maximum in Andhra Pradesh (77%) and minimum in West Bengal (46%), and 31% males work for 5-7 hrs a day. Among females, 41% work for 5-7 hrs a day, with a maximum in Bihar (56%) and a minimum in Gujarat (30%). And 31.5% were found to work for  $< 5$  hrs, while 27.7% worked for  $\geq 8$  hrs per day.

Distribution (%) of adults by average time (hrs) spent on different activities at work place/College was presented in **Table 83.2**. In general, men were found spending more time (3.22 hrs) in a sitting posture and 2.14 hrs in a standing position at the workplace. The time spent on other postures and activities was walking, 0.97 hrs; tea/snacks/lunch, 0.45 hrs; driving, 0.56 hrs;

and carrying/lifting weights, 0.41 hrs. Similarly, women were found spending an average time of 2.68 hours sitting, 1.43 hours standing, and 0.66 hours walking, among other activities.

Distribution (%) of adults by distance to the workplace and mode of transportation to the workplace from home is presented in **Table 83.3**. In general, men found travelling a greater distance to reach their workplace than women. About 39% males and 58% of females have their workplace located at a distance of <2 km from their residence. About 29% of men use a two-wheeler, 10% use public transport, and 9% use a bicycle to reach their workplace. Nearly 10% each were reaching the office by walking or by using public transport. Similarly, for women, 4.2% reach their workplace by walking, and another 3% use public transport to get to work.

#### **5.14.2. Leisure Time Activities**

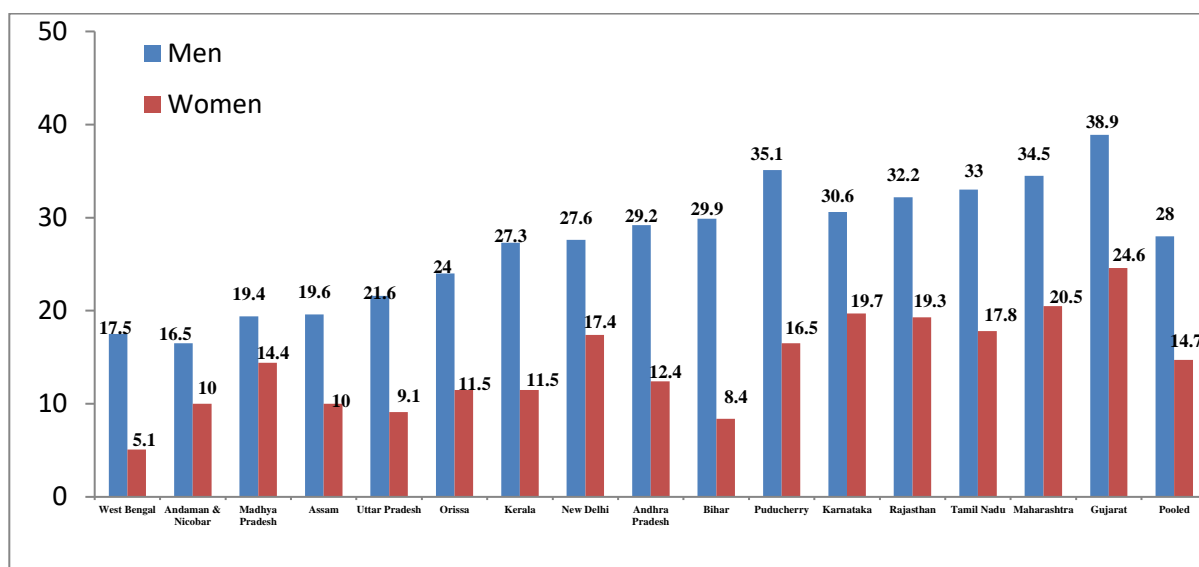
##### ***Physical Exercise***

Distribution of adults doing Physical Exercise, type of Exercise, and frequency of doing at least one exercise (walking/jogging/gym or floor exercise/cycling/yoga) is presented in Tables: **84.1 & 84.2** & Fig. **30**.

In general, about 28% of men and 15% of women had the habit of doing 'some exercise'. In both genders, the habit of doing any exercise was found highest in the state of Gujarat (40% & 26%), followed by Maharashtra (34% & 21%) and Rajasthan & Karnataka (32% & 20% each). The most preferred exercise in both genders was 'walking'. About 22% of men and 12% of women preferred to walk. In case of men, the 'other preferred exercises' were 'Yoga' (4%), 'Floor Exercise' (3%) & 'Gym Exercise' (2%), and 'Jogging & Cycling' (1% each). Among the women, 3% were doing 'Yoga', 1% 'Floor Exercise', and the number of women who were doing the other exercises was very small.

When the frequency of doing 'any physical exercises' was considered, 23% of the men and 12% of the women were doing it 'daily', followed by 'at least once a week' (3% & 2%), and 'at least once a month' (1% each). The adult men and women, who were exercising 'daily', were found highest in the state of Maharashtra (33% & 19%), followed by Gujarat (31% & 17%) and Rajasthan (29% & 17%).

**Fig. 30 Distribution (%) of adults doing any Physical Exercise by states**



### **Outdoor Games**

Distribution of adult men and women playing outdoor games, types of Games, and frequency of playing at least one game (basketball/football/volleyball/badminton/shuttle cock/TT/cricket/kabbaddi/kho-kho/other games) was presented in Tables **85.1 & 85.2**.

Only about 7% of men and 1% of women were found to have the habit of playing outdoor games. Among men, the habit of playing outdoor games was found to be highest in the state of Gujarat (14%), followed by Karnataka (12%) and Tamil Nadu (11%). The most preferred game for men was ‘badminton’. Similarly, among women, the percentage of women playing outdoor games was higher in Karnataka (4%) and Gujarat (2%).

When the frequency of playing any outdoor game was considered, 2% of the men and 0.1% of the women were playing daily, followed by ‘at least 5 times a week’ (2% & 0.1%) and ‘at least once in a week’ (4% & 0.5%). The adults who were playing ‘daily’ were found in higher numbers in the states of Odisha, Kerala, Rajasthan, Uttar Pradesh, and Gujarat.

### **Indoor Games**

Distribution of adults playing indoor games, type of Games, and frequency of playing at least one game (chess/caroms/computer games/video games/mobile games/ludo/Chinese checker/other games) is presented in Tables **86.1 & 86.2**.

About 11% of men and 6% of women were found to have the habit of playing indoor games. Among men, the habit of playing indoor games was found to be highest in the state of Gujarat (22%), followed by Tamil Nadu (19%) and West Bengal (17%). The most preferred game for man was ‘chess/caroms’ and ‘computer /video games. Similarly, the percentage of women playing indoor games was higher in Tamil Nadu (13%) and Karnataka (11%). In the case of women, the preferred games were ‘chess/caroms’ and ‘computer /video games’.

When the frequency of playing any indoor game was considered, about 4% of the men and 2% of the women were playing at least once a week' followed by 'at least 5 times a week' (4% & 2%) and 'at least once in a month' (3% & 2%). The adults who were playing 'daily' were found highest in the states of Gujarat, Tamil Nadu, Odisha and Karnataka.

### ***Household Activities***

Percent of adults involved in different HH chore activities, both moderate & sedentary, was presented in **Tables 87.1 - 87.3**.

Men were found to be actively involved in the HH activities, especially for shopping for vegetables and commodities. Nearly a fourth was also helping their wife in the cleaning of the house, cooking and washing of clothes. Similarly, most of the women are mainly involved in cleaning the house, cooking, washing clothes, and shopping for vegetables and commodities.

When the sedentary HH activities were considered, the majority of the men and women were involved in watching TV, reading newspapers, and praying. More of the women were involved in socialization and napping during the day than the men.

### **5.14.3. Perceptions, practices, and knowledge**

#### ***Perceptions on Body Size***

The men and women interviewed were asked about their perception of their own body size. Most of the men (74%) and women (62%) perceived their body size as 'normal', and it was highest in the state of Assam (90% & 87%) and lowest in Tamil Nadu (66% & 50%). Very few men, as well as women, considered their body size as 'lean'. But, when they were asked to make out for overweight & obese, more women (30%) than men (19%) perceived their body size as 'heavy'. This perception was found to be highest among the urban people in the states of Tamil Nadu, Karnataka, Andhra Pradesh, Andaman & Nicobar, and Rajasthan (**Table 88.1**).

About 74% of men and 62% of women preferred to maintain their body size only in their 'present position'. Nearly a fifth of the men (20%) and 7% of women showed their interest in 'slimming down' by reducing their weight. About 6% of the men and 30% of the women showed interest in putting on weight (**Table 88.2**).

#### ***Food Habits***

In general, 21% of the men and 26% of the women surveyed were vegetarians, and 77% of the men and 73% of the women were non-vegetarians. The vegetarian population was found to be highest in the states of Rajasthan and Gujarat, and was lowest in West Bengal. More non-vegetarians were found in the states of West Bengal, followed by Andaman & Nicobar, Assam, and Puducherry. (**Table 89.1**).

In general, 13% of men and women were reportedly practicing diet restrictions, which were found to be highest in the state of Puducherry, followed by Gujarat, and lowest in Karnataka. As per their response, the practice of 'diet control' was advised by the doctors (8%), 'self' (4%), and 'dietician' (0.4%). The advice of the Doctors for 'Diet restrictions' was highest in the states of Puducherry (15%) and Andaman & Nicobar and Rajasthan (14% each) (**Table 89.2**).

#### ***Knowledge on the use of Additional Salt***

It was observed that 65% each of men and women know the consequences of using 'additional salt' in the meal. This proportion was found to be high in the states of Kerala, Karnataka, and Tamil Nadu and low in Madhya Pradesh. The proportion of men and women (26% & 25%) using additional salt during the meal was found to be highest in the states of Andhra Pradesh, Rajasthan, and Uttar Pradesh. More women were found to be using more additional salt than men in Assam and Uttar Pradesh (**Table 90**).

#### ***Type of Cooking Oils used***

Most of the families (men & women) were found using either sunflower oil or mustard oil (34% each) for cooking in their homes, followed by soya bean oil (27%), Palmolein oil (17%), groundnut oil (8%), coconut oil (8%), cotton seed oil (5%) and other oils (8%). Use of Palmolive Oil was higher in the states of Odisha, Karnataka, and Tamil Nadu. Coconut Oil was found to be used by many people in Kerala. Use of Soya Bean oil was higher in Bihar, MP, West Bengal, New Delhi, and UP. Use of cottonseed oil was seen only in Gujarat. The use of Sunflower oil was more prevalent in the southern states than in the north. Mustard Seed oil was found to be used by the population in the Eastern parts of India, like Odisha, Assam, West Bengal, UP, and Bihar. (**Table 91**).

#### ***Consumption of Outside Foods***

About 38% men were reportedly going out for lunch/dinner occasionally, and the proportion was maximum in the state of Bihar (87%) and minimum in New Delhi (7%). About 10% go out for lunch/dinner once a month, and 36% men never go out for lunch/dinner. About 41% of women go out for lunch/dinner occasionally, with the highest proportion in the state of Bihar (85%) and the lowest in Madhya Pradesh (5%). About 8% women go out for lunch/dinner once a month, and 46% women never go out for lunch/dinner (**Table 92.1**).

Frequency of consuming major meals from outside/functions/festivals by adults was studied, and it was observed that 36% of males occasionally consume major meals from outside/functions/festivals, where it was maximum in the state of Andaman & Nicobar Islands (73%), and it was minimum in Madhya Pradesh (4%). About 8% consume once a month, 3%

consume once a fortnight, 3% consume weekly, and 48% never consume major meals from outside/functions/festivals. About 36% women occasionally consume major meals from outside/functions/festivals, and it was maximum in the state of Andaman & Nicobar Islands (73%) and minimum in Madhya Pradesh (2%). About 6% consume once a month, 2% consume once a fortnight, 2% consume weekly once, and 53% never consume major meals from outside/functions/festivals (**Table 92.2**).

### ***Knowledge on Unhealthy Foods***

Knowledge of unhealthy food consumption (foods high in salt, sugar, fat, empty calories, and others) among adults was assessed, and the results are presented in **Table 93**. Nearly half of the men (43%) and women (41%) opined that foods with 'high amounts of Fat' are unhealthy (junk) foods. Whereas the proportion was 28% & 27% for the foods with 'high amounts of Salt', 24% & 22% for the foods with 'high amounts of Sugar', and 11% & 9% for the foods which give 'empty calories. The proportion of adults who categorized the foods with 'high fat' as junk foods was highest in the state of Karnataka (around 74%), the foods with 'high salt' as junk foods in the state of Kerala (around 86%) and the foods with 'high sugar' as junk foods in the state of Karnataka (around 60%).

### ***Knowledge on Physical Activity***

Knowledge about the effect of physical inactivity and intake of energy-dense foods was assessed among adults. About half of the adults (Men: 52%, Women: 49%) were aware that the consumption of energy-dense foods and physical inactivity can lead to 'overweight/ obesity'. Less than one fourth of the adults know that consumption of energy-dense foods and physical inactivity leads to diabetes and/or hypertension (Men: 24%, Women: 21%) and dyslipidemia (Men: 14%, Women: 12%). The knowledge on the effect of physical inactivity and intake of energy-dense foods was found to be highest in the states of Karnataka, Tamil Nadu, and Kerala (**Table 94**).

### ***Knowledge on Hypertension***

Knowledge on awareness of hypertension, signs & symptoms, and risk factors of hypertension was assessed among adult men and women and presented in **Tables 95.1 & 95.2**. In general, the majority of the adults, both men & women (92%), were aware of hypertension. The awareness was found to be highest (more than 90%) in the majority of the states, and the same was found to be lowest in Bihar (around 41%). Regarding the signs & symptoms of hypertension, 56% of the adults cited 'giddiness', 33% cited 'headache', 22% cited 'palpitations', and 8% cited 'nausea & vomiting' as the main signs & symptoms of hypertension. Nearly 20% of the adults

were not aware of any signs & symptoms of hypertension, which was found to be highest (around 43%) in the state of Rajasthan (**Table 95.1**).

Overall, more than half of the adults (53%) have the knowledge of ‘high intake of salt& fat’ is the risk factor for hypertension followed by ‘stress & strain’ (around 45%), ‘overweight & obesity’ (14%), family history’ (around 13%), ‘physical inactivity’ (around 10%), ‘smoking’, ‘high intake of alcohol’, ‘dyslipidemia’ and ‘sleeplessness’ (around 4% each). More than 90% of the adults in Kerala and Karnataka know ‘high intake of salt/fat’ as the risk factor for hypertension. In almost all the states, ‘smoking’, ‘excess alcohol’, and ‘physical inactivity’ were considered as risk factors for hypertension by very few adults (**Table 95.2**).

### ***Knowledge on Diabetes***

Knowledge on awareness of diabetes, signs & symptoms and risk factors of diabetes was assessed among adult men and women and presented in **Tables 96.1 & 96.2**. In general, the majority of the adults (around 96%) were aware of diabetes. The awareness was found to be highest (more than 90%) in the majority of the states, and the same was found to be lowest in Bihar (around 69%). Regarding the signs & symptoms of diabetes, around 36% of the adults cited ‘delayed wound healing’, around 29% cited ‘polyurea’, around 29% cited ‘tiresomeness’, around 16% cited ‘loss of weight’ & ‘polyphagia’, and around 14% cited ‘polydipsia’ as the main signs & symptoms of diabetes. A third of the adults (around 30%) were not aware of any of the signs & symptoms of diabetes, which was found to be highest in the states of West Bengal, Rajasthan, and Andhra Pradesh. (**Table 96.1**).

In general, around 25% of the adults felt that ‘family history’ was the leading risk factor for diabetes, followed by ‘stress & strain’ (around 20%), ‘high fat diet’ (around 17%), ‘overweight & obesity’ (around 15%) and ‘physical inactivity’ (around 12%). (**Table 96.2**).

### ***Knowledge on Overweight & Obesity***

Overall, 81% of men and 77% of women were aware of the causes for overweight/obesity, which was more than 85% in the majority of the states. Nearly half of the adults believe that decreased physical activity (around 48%) and consumption of more junk foods (around 40%) lead to overweight/obesity, followed by family history (around 11%), thyroid problems (around 6%), sleeplessness (around 3%) and mental stress (around 3%). (**Table 97**).

#### **5.14.4. History and treatment of Chronic Diseases**

The history of chronic diseases with treatment among adult men and women ( $\geq 18$  years) is presented in **Tables 98.1 & 98.2**.

Among men, hypertension (14%) was found to be the most prevalent disease, followed by diabetes mellitus (11%), heart attack (1.8%), Arthritis (1.2%), asthma (1.1%), stroke &

hypothyroidism (0.5% each), kidney diseases (0.4%), COPD, epilepsy and osteoporosis (0.2% each), cancer (0.1%) and other diseases (4.8%). Also, treatment was given to the men mostly for Hypertension (12.6%) followed by Diabetes mellitus (10%), Heart attack (1.7%), Arthritis (0.9%), Asthma (1%), epilepsy (0.2%), Stroke (0.5%), hypo-thyroidism (0.5%), kidney diseases (0.3%), COPD (0.2%) and osteoporosis and cancer (0.1% each) and others (4.4%). (**Table 98.1**)

Among women, Hypertension (14.9%) was found to be the most prevalent disease followed by Diabetes mellitus (8.5%), hypo-thyroidism (3.5%), Arthritis (2.9%), Asthma (1.4%), Heart attack (0.8%), osteoporosis (0.6%), kidney diseases (0.3%), Stroke, epilepsy and cancer (0.2%) and others (5.6%). Contrarily, treatment was given to the women mostly with Hypertension (13.2%) followed by Diabetes mellitus (7.9%), hypo-thyroidism (3.3%), Arthritis (2.2%), Asthma (1.3%), Heart attack (0.7%), osteoporosis (0.6%), kidney diseases (0.3%), epilepsy, stroke and COPD (0.2%), cancer (0.1%) and others (4.9%) (**Table 98.2**).

In both genders, hypertension was found to be more prevalent ( $\geq 15\%$ ) among the adults of Assam, Kerala, West Bengal, and Maharashtra. Similarly, diabetes mellitus was more prevalent ( $\geq 14\%$ ) among the adults of Puducherry and Kerala. The prevalence of Hypo-Thyroidism was more among the females belonging to the states of Puducherry, Kerala, Rajasthan and Tamil Nadu.

#### **5.14.5. Consumption of Carbonated Water Beverages**

More than half of the men (57%) and women (53%) were reportedly consuming carbonated water beverages (CWB). The usage of CWB was found to be highest in the state of West Bengal (91%) and Uttar Pradesh (85%), and the least was observed in the state of Maharashtra (23% & 11%). About 27% men & 29% women were consuming CWB occasionally, and 8% men & 9% women were consuming the same once a month. Similarly, 7% men and 5% women consume once a fortnight. (**Table 99.1**).

Among those who are consuming the Carbonated Water Beverages, the majority of men (76%) and women (74%) were consuming the same for a period of 10 years or above. The duration of consumption of CWB,  $\geq 10$  years, was found highest in the states of West Bengal and Rajasthan (**Table 99.2**).

#### **5.14.6. Use of Tobacco & Alcohol**

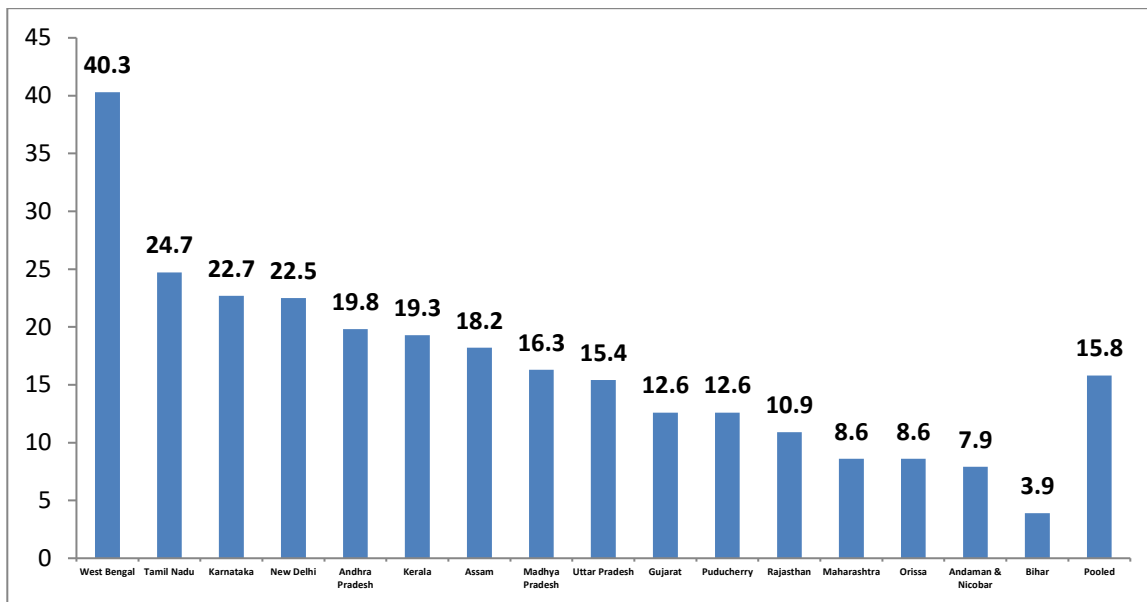
The percent of adults using tobacco products currently & in the past, and those who were taking alcohol currently & in the past, was presented in **Table 100.1 – 100.3**.

##### ***Use of Tobacco Products***

In general, 16% of men and 0.2% of women were currently using tobacco in various forms like Cigarettes, Cigars, Beedis, etc. The use of tobacco products among men was found to

be highest in the state of West Bengal (40%), followed by Tamil Nadu (25%), Karnataka & New Delhi (23% each), Andhra Pradesh (20%), Kerala (19%), and Assam (18%). About 1% of women were found smoking Cigarettes in New Delhi (**Table 100.1& Fig 31**).

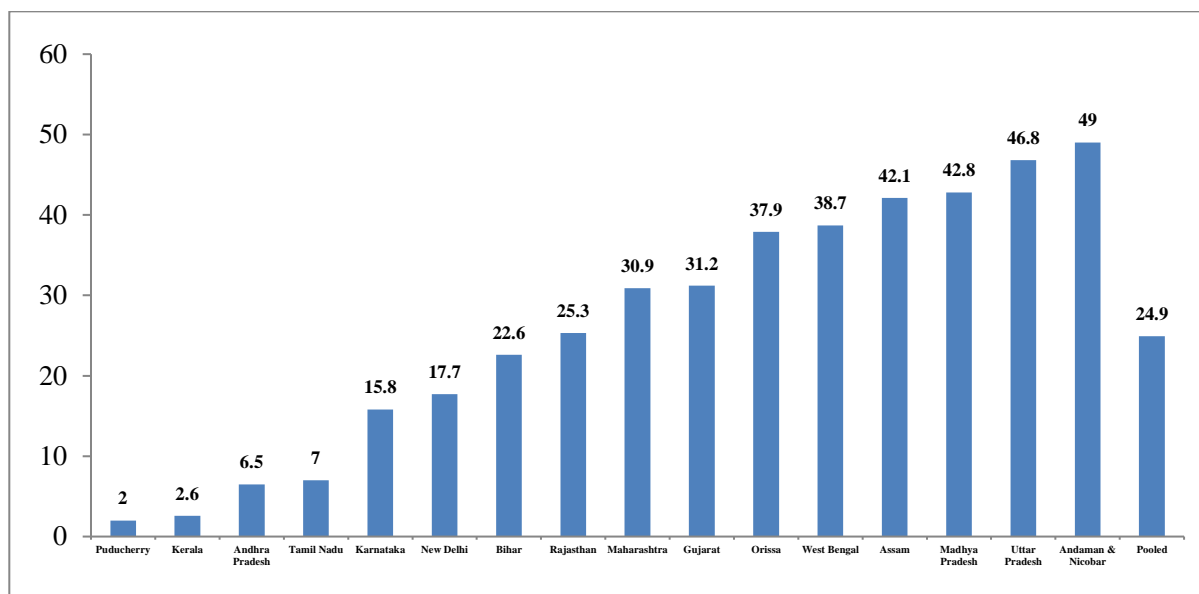
**Fig. 31: Tobacco smoking among Urban Men by States**



A fourth (25%) of men and 7% of women were observed to be using smokeless tobacco products like Gutka, Snuffing, and chewing of tobacco. In contrast, the use of these products among men was highest in the Andaman & Nicobar Islands (49%), followed by Uttar Pradesh (47%), Madhya Pradesh (43%), and West Bengal (39%). **Fig 32**.

Similarly, among the females, the usage of these products was highest in the states of Assam (21%), West Bengal & Odisha (17%), Andaman & Nicobar (15%), and Uttar Pradesh (14%). About 8% of the men and 0.1% of the women were found to be ex-smokers. The percent of ex-smokers was observed to be high in the states of West Bengal (17%), Tamil Nadu & Kerala (16% each), and Karnataka (13%) (**Table 100.1**).

**Fig. 32 Use of Smokeless Tobacco Products among Urban Men by States**

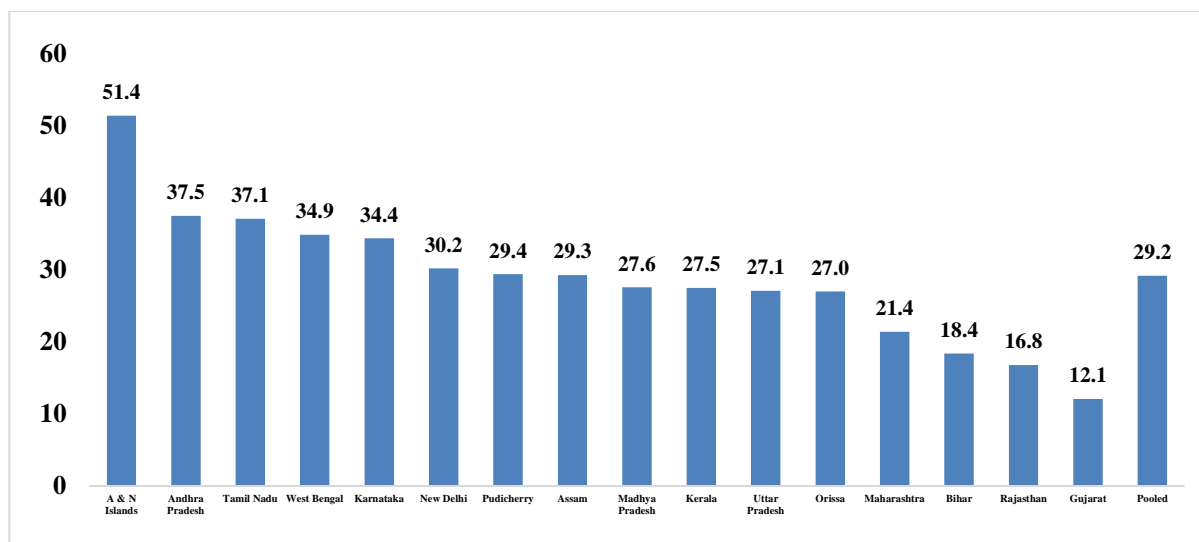


In general, the average number of tobacco products used per day was cigarettes 5.9, Cigars 7.9, and Beedies 13.5. More than 10% of the men were using Cigars in the states of Tamil Nadu, Karnataka, and West Bengal. Among those who were having the habit of smoking, the majority (76%) were smoking for more than 10 years. Similarly, in average men were using smokeless tobacco products 6.3 times in a day. Also, about 69% of the users were taking these products for more than 10 years (Table 100.2).

### ***Drinking Alcoholic Beverages***

Overall, about a third (29%) of the urban men and 0.3% of urban women were currently having the habit of taking Alcohol. Alcoholism among men was found to be highest in the state of Andaman & Nicobar (51%), followed by Andhra Pradesh (38%), Tamil Nadu (37%), West Bengal (35%), and Karnataka (34%). A considerable number of women were taking alcohol in Odisha and the Andaman & Nicobar Islands. The ex-alcoholics were found highest in the state of Tamil Nadu (14%) (Table 100.1 & Fig 33).

**Fig. 33: Consumption of Alcohol among Urban Men by States**



Among those who were having the habit of consuming alcohol, nearly 33% were consuming alcohol either daily (14%) or trice/twice a week (19%). Also, a fourth of men were taking occasional (27%). The daily consumption of alcohol was found to be maximum in the state of Puducherry (23%), followed by Andaman & Nicobar (17%), Maharashtra (16%), and Rajasthan, Andhra Pradesh, Kerala, Bihar, New Delhi & Karnataka (14-15% each). The average intake of alcohol was 204 ml per day. About 68% of the users of alcohol were having the habit for  $\geq 10$  years (Table 100.3).

### **5.15. INFANT AND YOUNG CHILD FEEDING (IYCF) PRACTICES**

A total of 5,633 mothers of less than 3 year children were interviewed for infant and young child feeding practices, of which 2889 were boys and 2744 were girls. Among the children covered, 1634 were below 12 months of age, 2078 were between 12 and 23 months, and 1921 were between 24 and 36 months of age (Table 101).

#### **5.15.1. Birth Order & Birth Interval**

About 47% of the children covered were of first birth order, 39% of second birth order, and 15% were of  $\geq 3$ rd birth order or higher. A higher proportion of children with birth order  $\geq 3$  was found in the state of Bihar (34%), followed by Uttar Pradesh (32%). When the birth interval between the index child and the preceding child was considered, 47% were of 'primi', around 10% children were between 12-23 months, 13% were between 24-35 months, and the rest of the children (31%) were reportedly having a gap of  $\geq 35$  months (Table 102.1).

#### **5.15.2. History of pregnancy (mothers of <12-month-old children)**

##### *History of the last pregnancy*

Almost all the (99%) mothers reportedly underwent antenatal check-ups (ANCs) during their last pregnancy, a rate comparatively low in Bihar and Uttar Pradesh (91% each). About 85%

of the women had undergone at least four ANCs during their gestational age, and it was high in Kerala, Andaman & Nicobar, Karnataka and Tamil Nadu (97%-100%), and low in Bihar (56%) & Uttar Pradesh (60%). About 86% of the pregnant women registered for ANC before 12 weeks of gestation (early registration), with early registration rates ranging from a low of 62% in New Delhi to a high of 97-98% in Karnataka and Puducherry (**Table 102.2**).

About 94% of mothers had ANCs either at private (48%) or in government hospitals (46%), and 4% of the mothers had ANCs at the govt. sub-centres. The use of the government setup for ANCs was high in the state of Puducherry, and Andaman & Nicobar. Whereas, the majority of pregnant women attended ANC in a private hospital in Gujarat (83%). In about 87% of mothers, the ANCs were conducted by either private doctors (47%) or by Govt doctors (40%). And only 10% of the women were attended to either by ANM (8%) or LHV (1%). (**Table 102.3**).

Major components of ANC included physical examination (97%), measuring blood pressure (96%), haemoglobin estimation, weight recording, and urine examination (96% each). About 86% of the women underwent an ultrasound examination during the last pregnancy, with the highest rate in Karnataka, Gujarat and A & N (97%), and the lowest in Odisha (67%). About 78-89% mothers received advice from health personnel to consume additional food, more green leafy vegetables, other vegetables, and fruits, to attend ANCs regularly, and to consume Iron & Folic Acid (IFA) tablets during pregnancy (**Table 102.4**).

The majority (97%) of mothers reportedly received immunization against Tetanus Toxoid (TT), with 91% receiving two doses. The coverage for TT immunization was found to be lowest in Odisha (93%). About 3% of the pregnant mothers did not receive TT immunization. The main reason for the non-coverage for TT immunization was 'not aware of the need', 'inconvenient timings' and 'fear of side effects' (**Tables 102.5**).

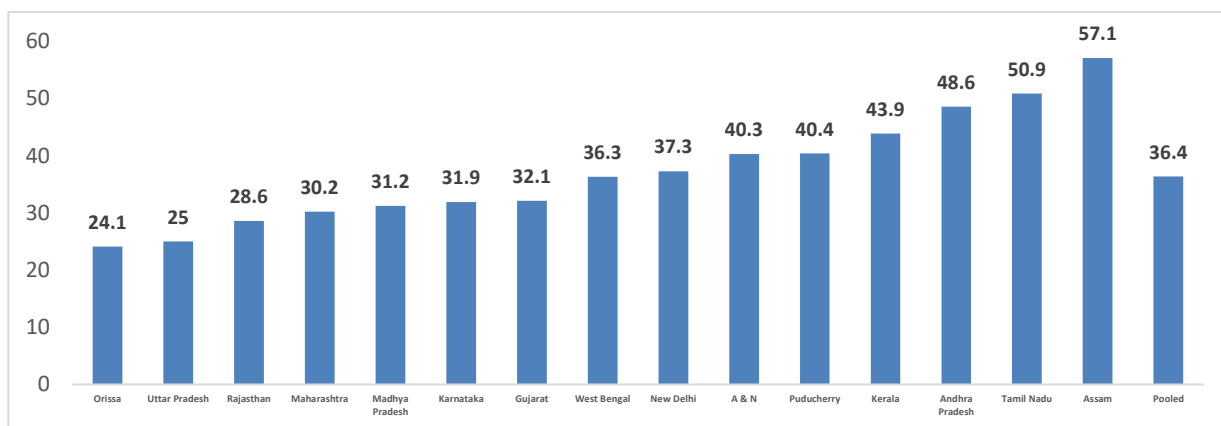
Almost all (94%) of the pregnant women reportedly received IFA tablets, ranging from a low 78% in Uttar Pradesh to a high in AP, Maharashtra, Tamil Nadu, Karnataka, Andhra Pradesh, Assam, and Puducherry. About 77% received IFA tablets either from a Private Doctor (43%) or a government doctor (34%). (**Table 102.6**). About 94% of the pregnant women received IFA tablets, which was lowest Bihar (86%). As a whole 62% of the pregnant have consumed  $\geq 90$  IFA tablets during the pregnancy. The main reason for not/insufficient consumption of IFA tablets was the side effects like 'vomiting & nausea' and 'fear of side effects' (**Tables 102.7**).

### **5.15.3. History of last delivery (mothers of < 12-month-old children)**

About 64% of deliveries were normal deliveries, and the remaining 36% mothers had a Caesarean section. More of the deliveries were of Caesarean sections in the state of Assam (57%), and Normal deliveries were common in Bihar (77%), Odisha (76%), and Uttar Pradesh

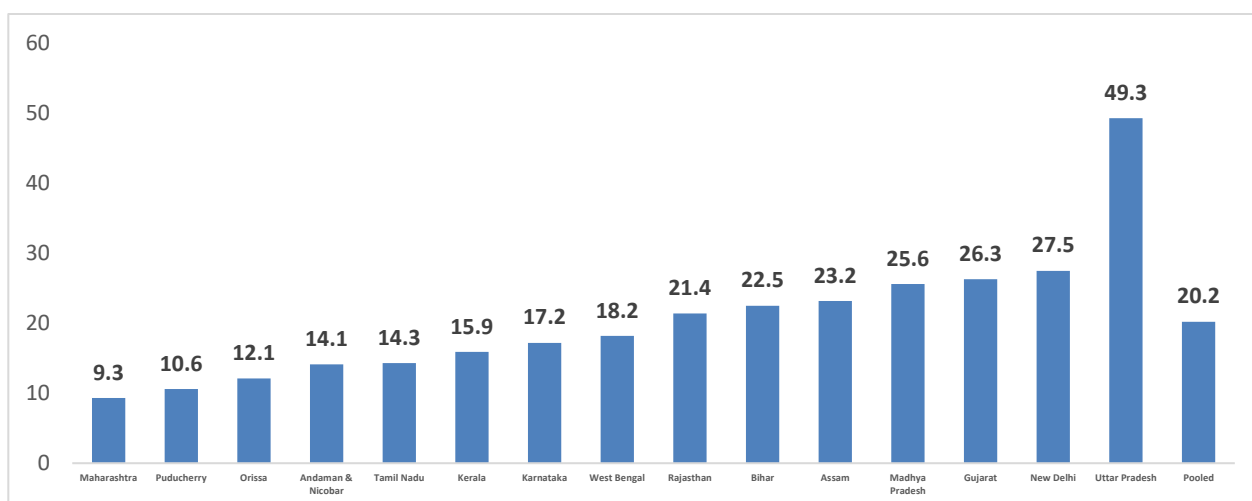
(75%) (**Fig 34**). Nearly half of the deliveries were conducted in Government hospitals, which ranged from a low 18% in Gujarat to a high of 87% in Andaman & Nicobar. The deliveries in Private Hospitals were found to be highest in the states of Gujarat (77%) and Kerala (70%). A majority of the deliveries were conducted either by Govt doctors (41%) or by Private Doctors (44%). (**Table 103.1**)

**Fig 34: Percent of women who underwent Caesarean Section during the previous delivery by States**



The majority (92%) of the mothers reported that the birth weight was recorded mostly on the same day of delivery. Overall, the mean birth weight of newborns across all states was 2.79 Kg, ranging from 2.44 Kg in Uttar Pradesh to 3.05 Kg in Puducherry. In general, the prevalence of Low Birth Weight was 20.2%, with the highest rates found in states like New Delhi (27.5%) and Uttar Pradesh (49.3%). The lowest prevalence was found in the states of Andhra Pradesh Puducherry, and Maharashtra (**Table 103.2**) (**Fig. 35**).

**Fig 35: Percent of Low Birth Weight by States**



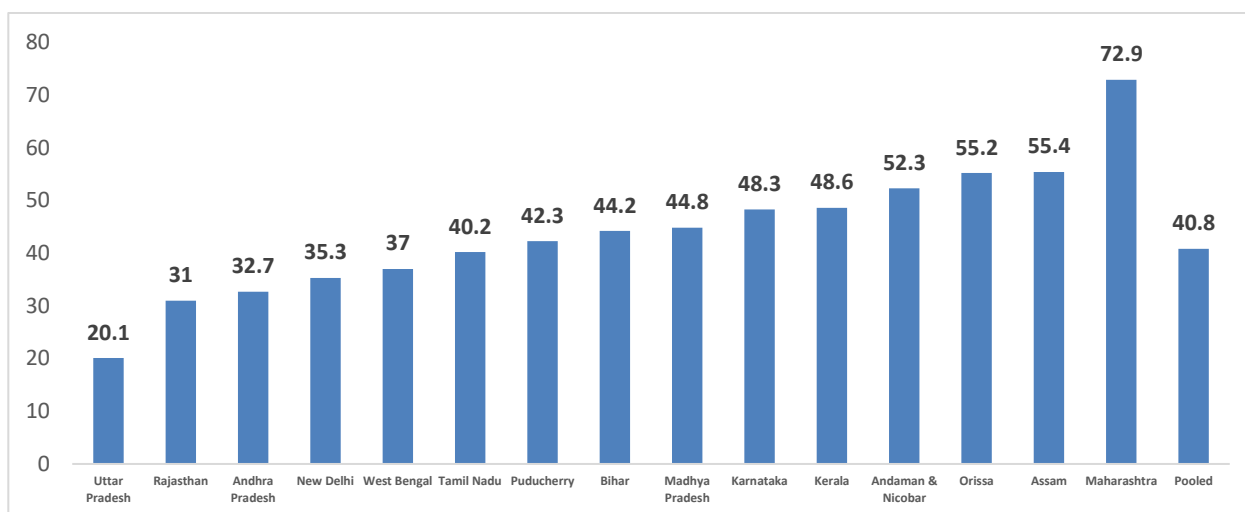
#### 5.15.4. Infant and Young Child Feeding Practices of <12-monthold children (IFCF)

Information on breastfeeding and complementary feeding practices of mothers of <12 months is provided in **Tables 104.1- 104.3**.

##### *Postnatal Care and Practices*

About 41% of mothers, initiated breastfeeding within 1 hour after delivery, ranging from 13% in Gujarat to 55% in Assam (**Fig. 36**), while 32% were fed between 1-3 hours after delivery (**Table 104.1**). About 26% of the mothers reportedly gave pre-lacteal feeds such as cow/goat milk, honey, sugar/glucose water, etc. to the newborn, which ranged from a low 6% in Puducherry to a high 56% in Gujarat (**Table 104.2**). About 86% of the mothers reportedly fed ‘colostrum’ to their newborns, with the percentage ranging from a low 64% in Gujarat to a high 98% in Kerala. The main reasons for not feeding the colostrum were ‘elders’ advice’, ‘difficult to digest’, and ‘child cannot suck’ (**Table 104.3**).

**Fig. 36: Time of initiation of Breastfeeding (within 1 hour after delivery) by States**



##### *Current Feeding Practices of the child (< 12 months old)*

The current feeding practices of the infants by state are presented in **Table 105.1**. Overall, about 35% of infants below 12 months were solely breastfed and they were on exclusive breastfeeding (EBF), 4% received water with breast milk, and 56% were receiving complementary food (CF) with breast milk. And, 5% were not breastfeeding at all and are on adult food. The children on EBF ranged from a low of 21% in Tamil Nadu to a high of 60% in Odisha.

Frequency of breastfeeding revealed that, in general, more than half (56%) of the <12 months were receiving 6-10 feeds a day, 34% were getting 1-5 times a day, and 6% were receiving  $\geq 11$  feeds a day. The children who were receiving  $\geq 11$  feeds a day were found highest in Assam (21%), Andaman & Nicobar (13%), and Madhya Pradesh & Bihar (12% each). (**Table 105.2**)

In general, the number of infants on exclusive breastfeeding decreased with an increase in age, whereas the number of children receiving breast milk and complementary food increased with an increase in age. When the 0-11 months old children together were considered, 35% were on only breastfeeding, 4% were receiving water, 56% were getting complementary food with breast milk, and 5% were on adult food (Table 105.3).

### **0-6 months Children**

About 65% of the 6 months children were on exclusive breastfeeding, 6% were fed water with breast milk, 28% were receiving complementary feeds with breast milk, and the remaining 1% were not breastfed at all (Table 105.3).

### **6-11 months Children**

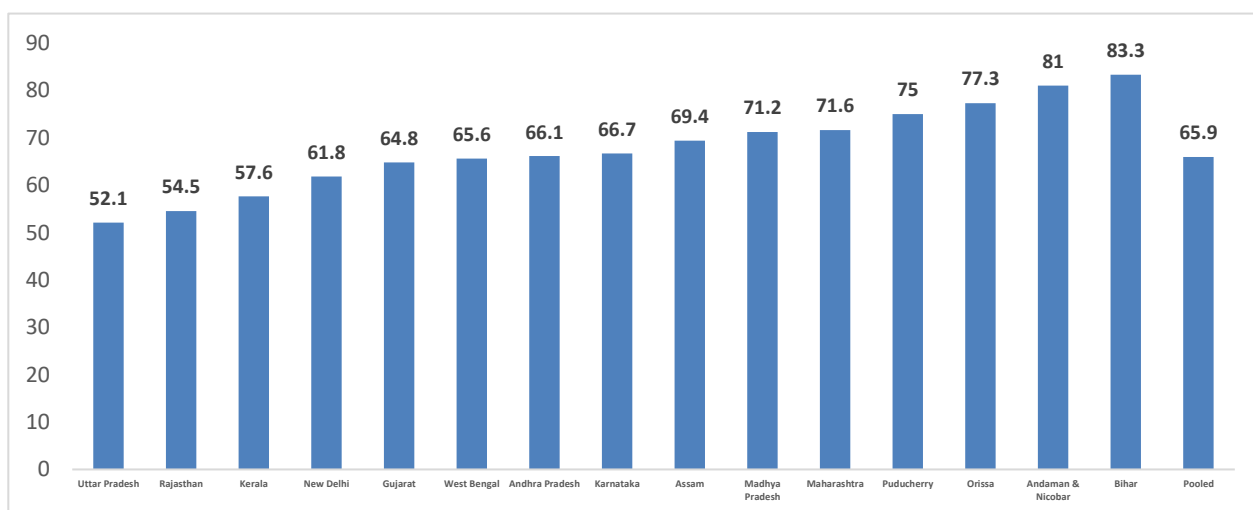
About 87% of the 6-11-month-old children were receiving complementary feeds with breast milk, 3% were still on exclusive breastfeeding, 1% were getting water with breast milk, and 9% were not being breastfed at all (Table 105.3).

Distribution of 6-11-month-old children by age of initiation of complementary food is given in Tables 105.4 & 105.5.

In general, the percentage of children receiving complementary food increased with age, from 1.9% at 0 months to 34.7% at 7 months, and then decreased to 1.8% at  $\geq 8$  months. It can be inferred that the majority of the children (66%) were given complementary food during 6-8<sup>th</sup> months. The initiation of complementary food during the 6<sup>th</sup> and 7<sup>th</sup> months of the child was highest in Bihar (83%), Andaman & Nicobar (81%), followed by Odisha (77%), and Maharashtra (72%). And the lowest was observed in Rajasthan (55%). (Fig 37)

The main reason for initiation of complementary food <6 months of age was ‘insufficient breast milk’ (8%), and mothers themselves took the decision to initiate the complementary food <6 months of age of the child (9%) for better growth of the child. (Table 105.6)

**Fig. 37 Initiation of Complementary Feeding during 6<sup>th</sup> and 7<sup>th</sup> months of age of the child**



The type of complementary foods, foods included in the homemade complementary foods, mode of feeding, and supervision of complementary feeding to children <12 months are presented in **Tables 105.7 to 105.10**.

The majority (79%) of children of 6-11 months received home-made semi-solids as complementary food, followed by cow/buffalo milk (49%), processed foods like biscuits (45%), home-made solids (45%), commercial baby foods (39%), and formula milk (22%). The use of commercial baby foods was highest in Tamil Nadu (67%) and Assam (58%), and lowest in Uttar Pradesh & Rajasthan (18%). The use of formula milk was highest in Assam (56%) and Andaman & Nicobar (51%) (**Table 105.7**).

The foods generally included in the home made complementary foods were cereals & millets (78%), pulses (74%), milk & milk products (67%), sugar & jaggery (58%), fruits (57%), roots & tubers (53%), fats & oils (49%), other vegetables (48%), GLV (45%), eggs (26%) and flesh foods (12%). Use of eggs as complementary foods was found to be high in Puducherry, Andaman & Nicobar and West Bengal. The flesh foods in complementary food was common in Puducherry and West Bengal. Use of eggs and flesh foods was lowest in Uttar Pradesh and Gujarat. (**Table 105.8**).

Most of the children (6-12 months) were fed by the mothers either with a spoon (44%) or with a hand (40%). The use of a spoon by the mothers was found to be high in Assam (67%) and New Delhi (65%). (**Table 105.9**). The feeding of complementary food was supervised mainly by the mother (88%). (**Table 105.10**).

#### **5.15.5. Children of 12-36 months**

##### ***Coverage for immunization under UIP (12-24 months)***

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: 106.1 & 106.2**.

The majority (82%) of the 12–24-month-old children were fully immunized, meaning they have received all the prescribed doses of immunization and 17% have received partial immunization. The coverage for fully immunization was found maximum in the states of Odisha and Karnataka (87% each).

The major source of information for the coverage of immunization was ‘Immunization Card’ and ‘MCP card’, together 76% followed by ‘parents’ (18%). Either the Immunization or the MCP card was found available with the majority of the mothers in Kerala and the Andaman & Nicobar Islands. The major reasons specified for the incomplete immunisation were ‘fear of side effects’ and ‘not offered’.

### ***Current Feeding Practices of 12-35-month-old children***

More than half (55%) of the children were breastfed along with other complementary foods, and another 45% were away from the breast completely and are on adult food. The percentage of children on breastfeeding and complementary food was found to be highest in Odisha (80%) and lowest in Puducherry (27%). Similarly, 'not breastfed' was highest in Puducherry and lowest in Odisha. Regarding the frequency of breastfeeding, the majority (37%) were getting 1-5 feeds a day, 18% were getting 6-10 feeds a day, and only 1% getting  $\geq 11$  feeds a day. **(Table 107.1).**

The type of complementary foods currently being given was home-made solids (89%), followed by home-made semi-solids (78%), Cow/Goat/ Buffalo Milk (75%), processed foods (70%), commercial baby foods (22%), and formula milk (15%). **(Table 107.2).**

The most commonly included food groups in the home made complementary foods were cereals & millets and pulses (99% each), fruits (96%), roots & tubers (94%), Milk & milk products (93%), fats & oils (93%), other vegetables (92%), GLV (90%), eggs (72%) and flesh foods (61%). **(Table 107.3).**

The majority (80%) of the 12-35-month-old children were being fed by their mothers only, either with a hand (66%) or with a spoon (15%). Only 19% of the children were taking the food on their own, mainly (16%) by hand. The feeding of complementary food was supervised mostly (95%) by mothers themselves. **(Table 107.4).**

### ***Massive dose of Vitamin A Supplementation***

The National Programme for the prevention and control of nutritional blindness due to vitamin A deficiency envisages that all children between 9 and 59 months should receive a massive biannual dose of vitamin A. The particulars of coverage of children for massive dose of Vitamin A during the previous one year are provided in **Tables 108.1& 108.2.**

Nearly three-fourths (67%) of 12-35-month-old children reportedly received at least one dose of vitamin A. The coverage ranged from a low 41% in Tamil Nadu to a high 92% in Odisha. About 37% of 12-35-month-old children received 2 doses, while 29% received one dose of vitamin A during the preceding year. More than a quarter of the children have not received/don't remember the dosage of Vitamin A. The major reasons for non-receipt of VAS were either that they were 'not offered' or 'unaware of the need' **(Table 108.1).** In a majority of cases, the Vitamin A was administered at a government setup (47%). The vitamin A dose was reportedly administered mostly either by ANM (32%) or AWW (15%). **(Table 108.2).**

### **5.15.6. Children of <36 months**

#### ***Care of the children***

The majority (83%) of children under 3 years were cared for at home by their mothers. Only a few (2%) were taken to the workplace by their mothers, and just 0.1% were left at childcare centres. Around 10% of the children were cared for at home by the mother-in-law when the mother went to work. The proportion of mothers who carried their children to work was observed to be higher in New Delhi (11%). **(Table 109.1).**

#### ***Personnel contacted during illness***

About 72% of mothers stated that they consulted a private practitioner when their child fell sick, while 25% consulted a government doctor. The proportion of mothers consulting a private practitioner was higher in the State of Uttar Pradesh (91%) and was observed to be lower in Andaman & Nicobar (23%). On the other hand, the proportion of mothers consulting a government doctor was higher in the State of Andaman & Nicobar (73%) and observed lowest in Andhra Pradesh (7%) **(Table 109.2).**

#### ***Personnel Hygiene***

About 61% of mothers washed their hands with soap and water before feeding their child. This was highest in the states of Karnataka (89%), Assam (84%), and Andaman & Nicobar (83%), and lowest (10%) in Uttar Pradesh. Also, the majority (95%) of the mothers washed their hands with soap and water after defecation, which showed the lowest (82%) in Tamil Nadu. Only less than half (45%) of the mothers were taking care to wash their children's hands with soap and water before they eat. This habit was found highest in Kerala (74%) and lowest in Uttar Pradesh (3%) and West Bengal (7%). **(Table 109.3).**

#### ***Oral rehydration therapy***

About 58% of mothers reportedly gave oral rehydration solution (ORS) during the episodes of diarrhoea. The proportion was highest in the state of Madhya Pradesh (85%), followed by Karnataka (80%), and lowest in Kerala (18%). The most commonly used ORS was the commercial ORS powders. **(Table 109.4).**

## 5.16. ASSOCIATIONS & REGRESSION ANALYSIS

### 5.16.1. Nutritional Status of < 5 yr children by Socio-Economic & Demographic Characteristics of HH

The association of nutritional status of < 5 years old children with socio-economic and demographic variables is presented in **Table 110 and Fig 38.1 to 38.3.**

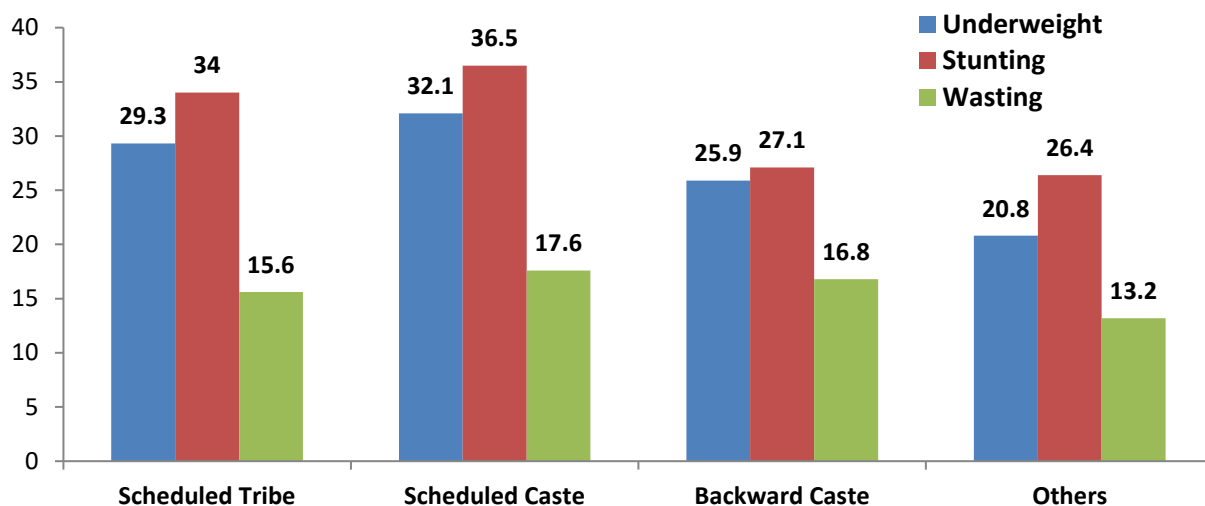
**Underweight:** The analysis for associations revealed that the prevalence of underweight was significantly ( $p<0.001$ ) associated with religion, community, type of family, type of house, monthly PCI, literacy status & occupation of the head of the HH and use of sanitary latrine. Higher percent of underweight was observed among the <5yr boys belonging to Muslims & Other Religions (Jains, Sikhs etc) (26% each), Scheduled Caste (32%), children from nuclear families (27%), children of bigger families (28%), children of *kutch*a houses (36%), lower family income (33%), illiterate (34%) and labourer (33%) fathers and from those HH where no access for sanitary latrine (35%).

**Stunting:** The prevalence of stunting among <5 years old was observed to be significantly ( $p<0.001$ ) associated with the religion, community, type of family, type of house, monthly PCI, occupation & literacy status of the father, and the presence of a sanitary latrine. Higher percent of stunting was observed among the <5yr children belonging to the religion like Other Religions (Jains, Sikhs) & Muslims (32%), Scheduled Caste (37%), illiterate fathers (37%), fathers doing 'labour' work (38%), and children from nuclear families (31%), *Kutch*a houses (41%), low income (37%) and having no access to sanitary latrine (40%).

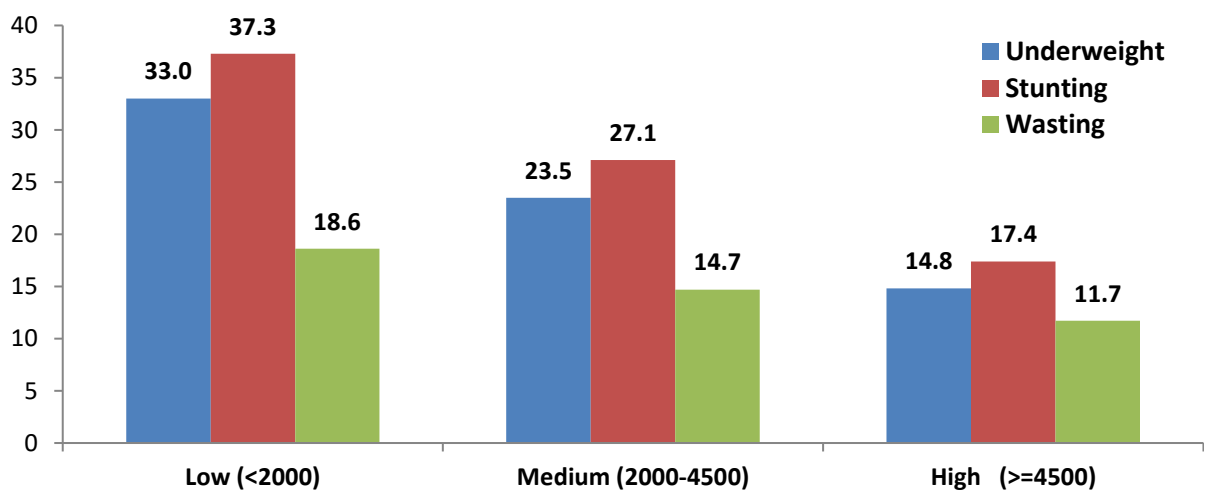
**Wasting:** Similarly, the prevalence of wasting was also significantly ( $p<0.001$ ) associated with the monthly PCI, occupation & literacy status of the head of HH, presence of sanitary latrine, community, and type of family ( $p<0.01$ ). Higher percent of wasting was observed among the <5yr boys belonging to Scheduled Caste (18%), low educated fathers (19%), labour fathers (18%); and children from nuclear families (16%), *Kutch*a houses (18%), low income (19%) and having no access to sanitary latrine (18%).

In general, the prevalence of underweight, stunting, and wasting was significantly higher among children < 5 years belonging to the families of underprivileged communities like SC and ST, with lower per capita income (<25<sup>th</sup> centile), with illiterate fathers, with fathers working as labor, and those who do not have access to the sanitary latrines.

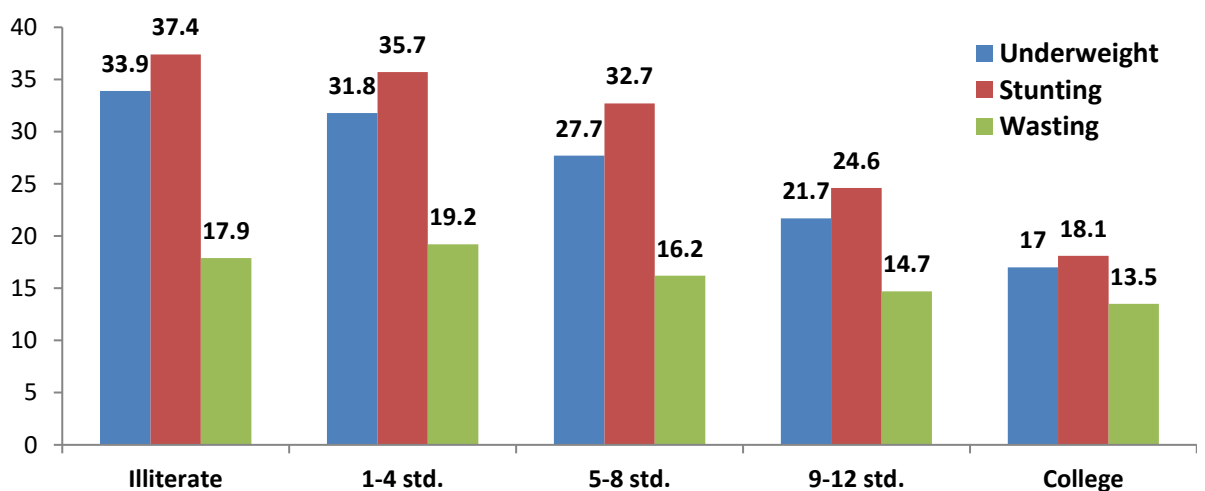
**Fig 38.1 Undernutrition among < 5yr Children by Community**



**Fig 38.2 Undernutrition among < 5yr Children by Per Capita Income**



**Fig 38.3 Undernutrition among < 5yr Children by Literacy status of head of the HH**

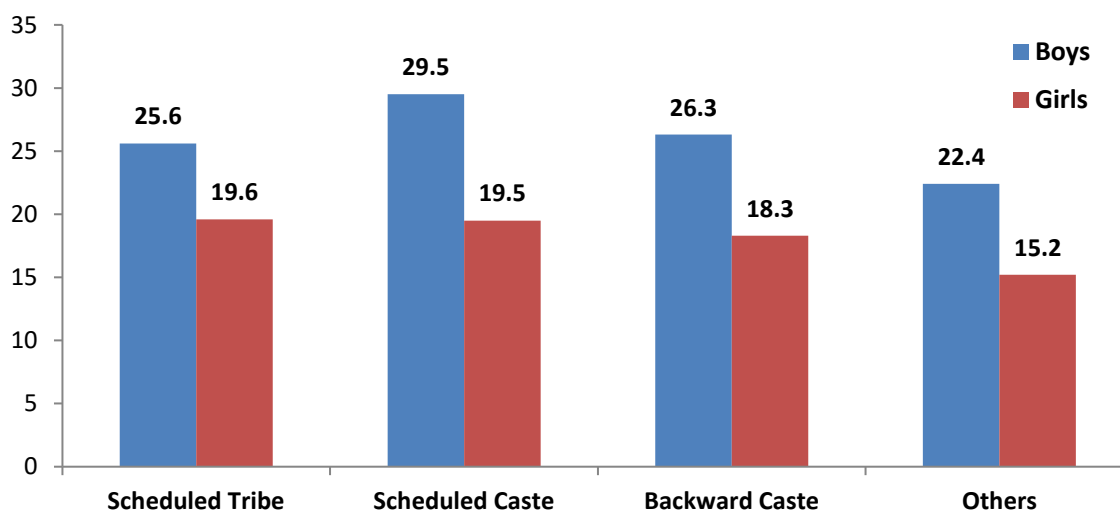


### 5.16.2. Nutritional Status of Adolescent Girls by Socio-Economic & Demographic Characteristics of HH

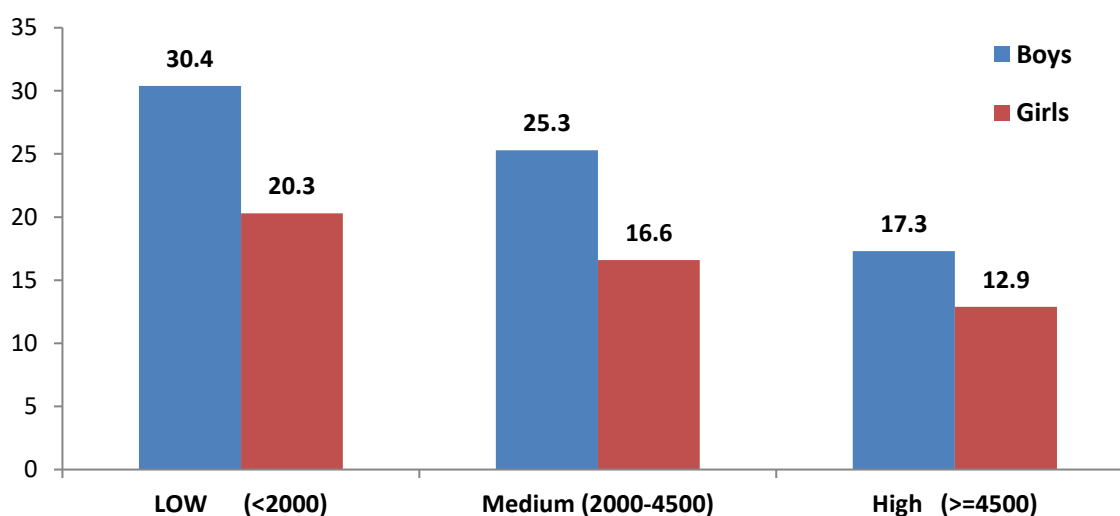
The association of nutritional status of adolescent boys and girls with socio-economic and demographic variables was presented in **Table 111** and **Fig 39.1 to 39.2**.

The prevalence of thinness (BMI Z Scores), **both among boys and girls**, was significantly ( $p < 0.001$ ) associated with community, type of house, family size, family PCI, literacy & occupation of the head of the HH, and access to the sanitary latrine. Higher proportion of adolescents were found thin from the families of SC communities (Boys: 30% Girls: 20%), low PCI (Boys: 30%; Girls: 20%), lower educated fathers (Boys: 31%), father doing labour work (Boys: 30%; Girls: 20%) and having no access to the sanitary latrine (Boys: 30%; Girls: 19%).

**Fig 39.1 Thinness among School-age and Adolescents by Community**



**Fig 39.2 Thinness among School age and Adolescents by Per Caput Income**

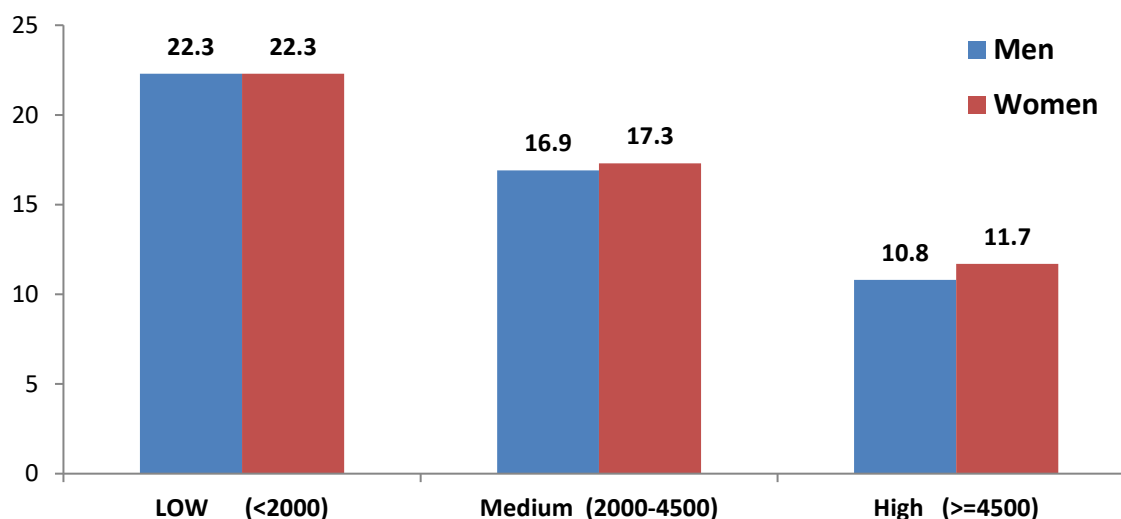


### 5.16.3. Nutritional Status of Adults (Males & Females) by Socio-Economic & Demographic Characteristics of HH

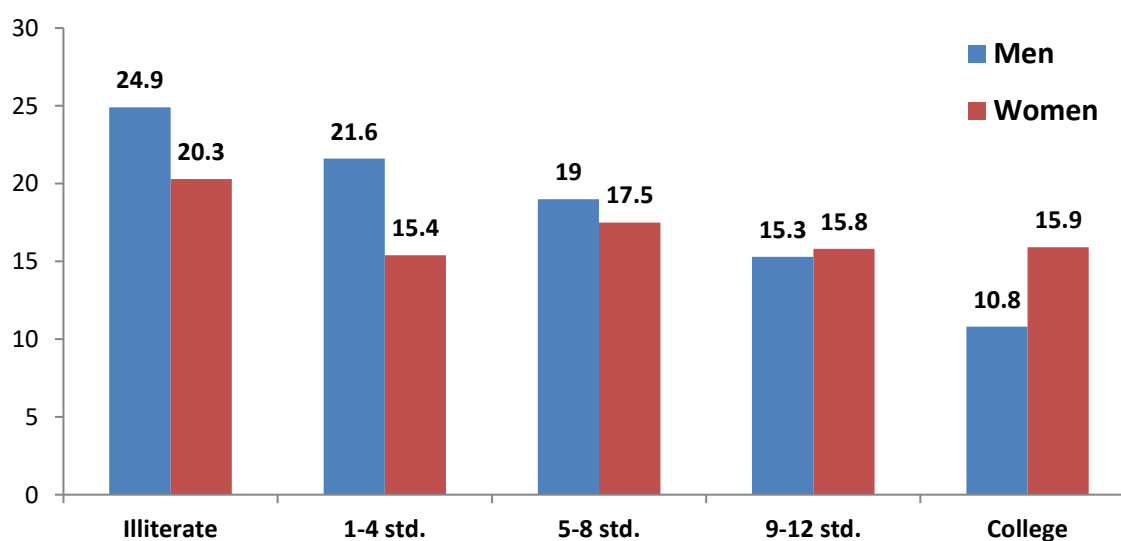
The association of nutritional status of adult men and women with socio-economic and demographic variables is presented in **Tables 112.1 & 112.2** and **Figs 40.1 to 40.4**.

The prevalence of CED (BMI<18.5), **both among men and women**, was significantly associated with religion, community, type of house, family size, family PCI, literacy & occupation of the head of the HH, and access to the sanitary latrine. Higher proportion of adults were found Energy Deficient from the families of SC and ST communities (Men: 21% & 18%; Women: 22% each), low PCI (Men & Women: 22% each), lower educated families, head of the HH doing labour work (Men: 22%; Women: 23%) and having no access to the sanitary latrine (Men & Women: 24% each).

**Fig 40.1 CED among Men & Women by Per Caput Income**



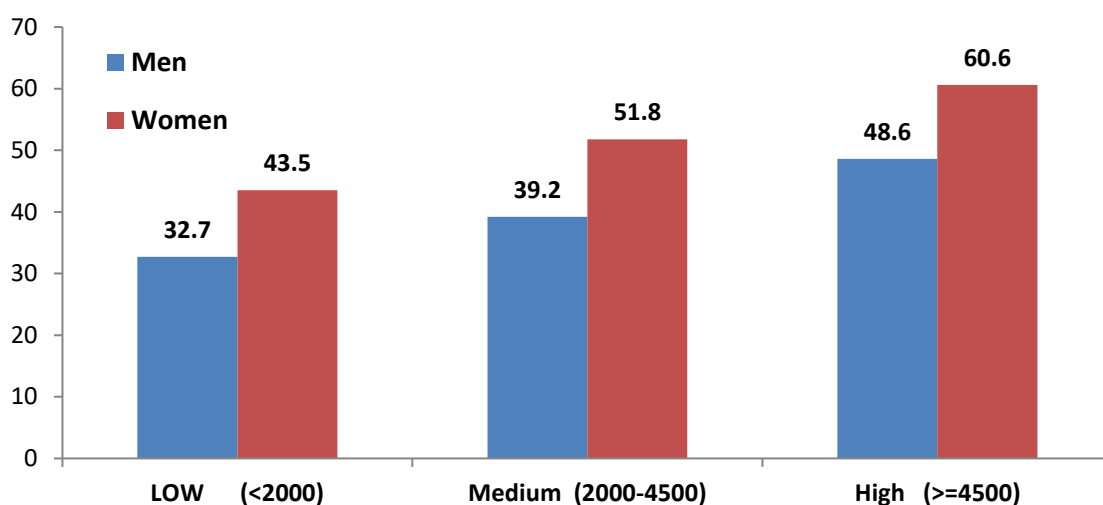
**Fig 40.2 CED among Men & Women by Literacy Status**



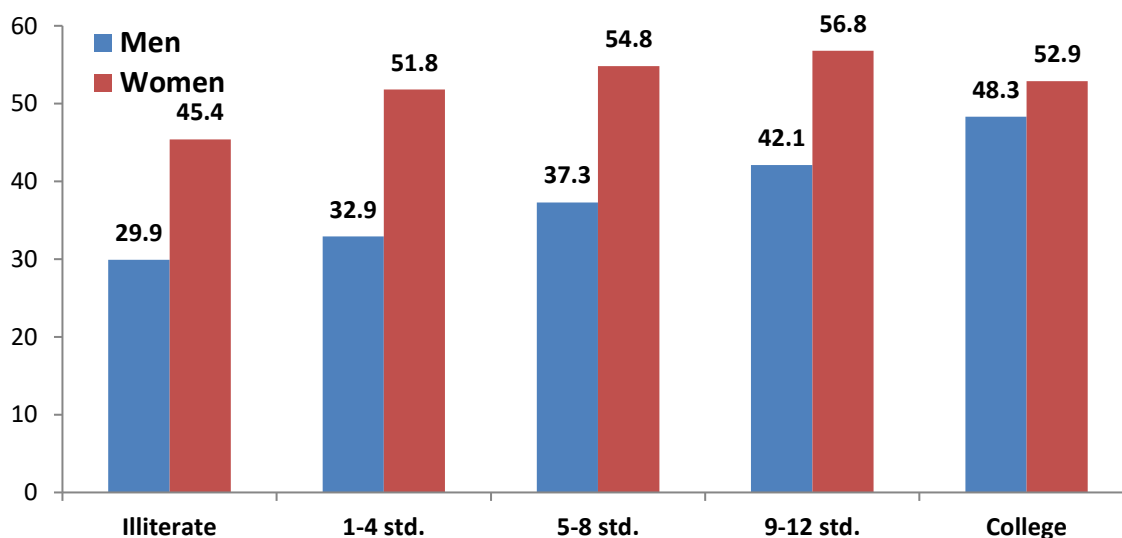
The prevalence of Overweight & Obesity (BMI  $\geq 25$ ) both among men and women was significantly associated with the HH & family characteristics like: religion, community, family size, type of family, type of house, access to the sanitary latrine, family PCI, and individual literacy & occupation status.

Higher proportion of adults were found with Overweight & Obesity from the families belonging to 'christan' (Men: 48% & Women: 61%), 'other communities' (Men: 44% & Women: 56%), 'pucca' houses (Men: 45% & Women: 57%), higher PCI (Men: 49% & Women: 61%), having access to the sanitary latrine (Men: 44% & Women: 55%), and higher educated adults (Men: 48% & Women: 57%) and doing business (Men: 50%; Women: 53%).

**Fig 40.3 Overweight & Obesity among Men & Women by Per Caput Income**



**Fig 40.4 Overweight & Obesity among Men & Women by Literacy Status**

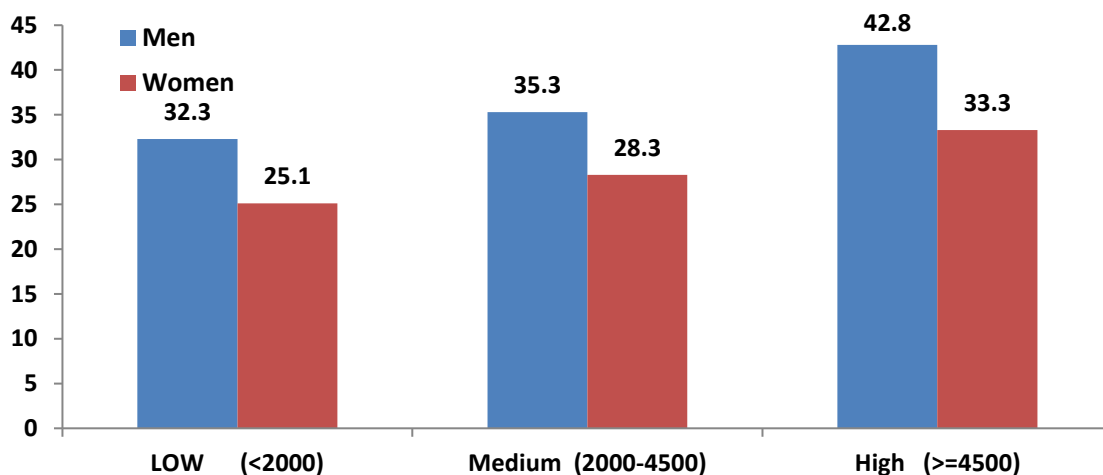


#### 5.16.4. Prevalence of Hypertension, Diabetes, and Dislipidemia (Males & Females) by Socio-Economic&Demographic Characteristics of HH

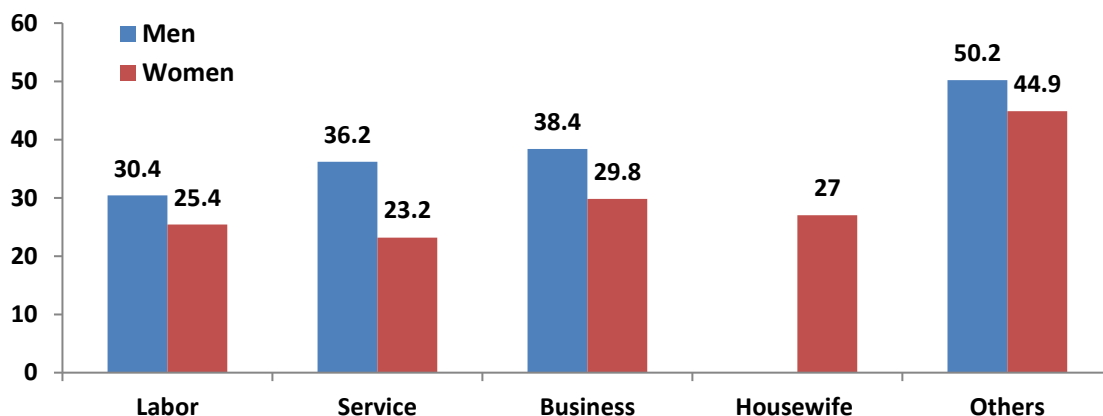
The association of prevalence of Hypertension, Diabetes, and Dyslipidemia (high Total Cholesterol) of adult men and women with socio-economic and demographic variables was presented in Tables 113, 114, and 115 and Figs 41.1 to 41.4.

The prevalence of Hypertension (HTN) both among men and women was significantly associated with religion, community, type of house, family size, family PCI, literacy & occupation of the head of the HH, and access to the sanitary latrine. Higher proportion of adults were found hypertensive from the families of ST communities (Men: 41% & Women: 29%), high PCI (Men: 43% & Women: 33%), and those who were engaged in ‘other’ occupations like dependents (aged) (Men: 50%; Women: 45%)(Table 113).

**Fig 41.1Hypertension among Men & Women by Per Caput Income**

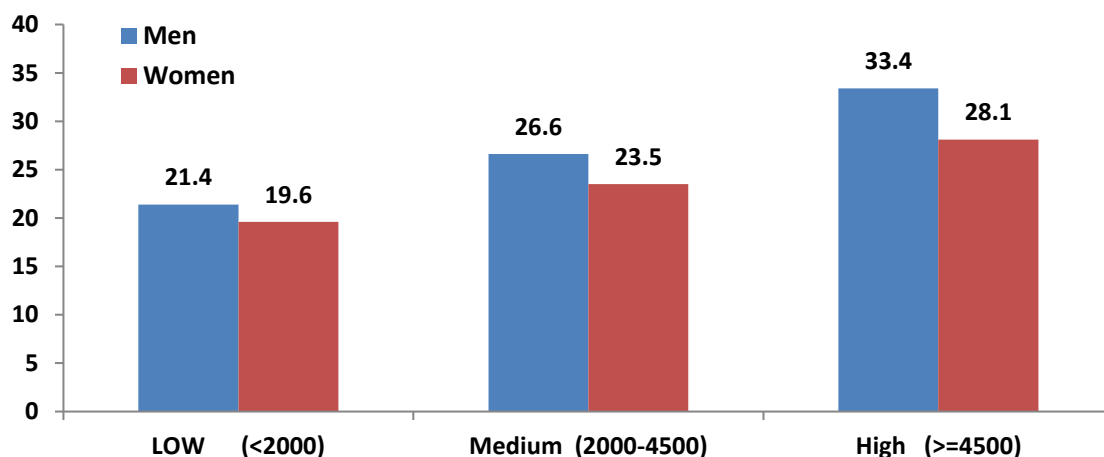


**Fig 41.2Hypertension among Men & Women by Occupation**



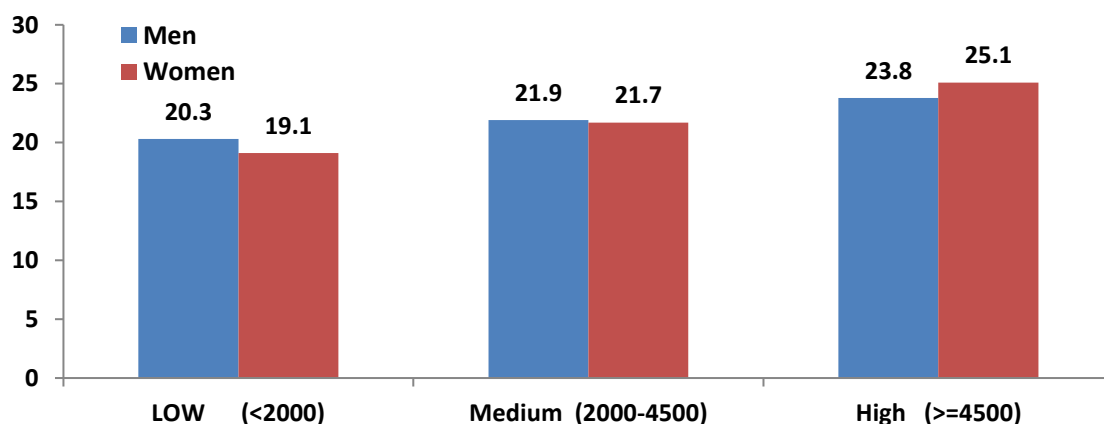
The prevalence of Diabetes, both among men and women, was significantly associated with HH & family characteristics such as religion, community, family size, type of family, type of house, access to a sanitary latrine, family PCI, and individual literacy & occupation status. Higher proportion of adults were found diabetic from the families belonging to ‘christan’ (Men: 34% & Women: 33%), ‘OC communities’ (Men: 30% & Women: 26%), higher PCI (Men: 33% & Women: 28%) and those who were aged and dependents (Men: 39%; Women: 35%). (Table 114).

**Fig 41.3 Diabetes among Men & Women by Per Caput Income**



The prevalence of High Total Cholesterol (TC) among both men and women was significantly associated with HH & family characteristics such as religion, community, family size, type of family, type of house, access to a sanitary latrine, family PCI, and individual literacy & occupation status. A higher proportion of adults were found with higher TC from the families belonging to ‘Christian’ (Men: 30% & Women: 29%), ‘BC & OC communities’ (Men: 23% & Women: 23%), and higher PCI (Men: 24% & Women: 25%) (Table 115).

**Fig 41.4 High Total Cholesterol among Men & Women by Per Caput Income**

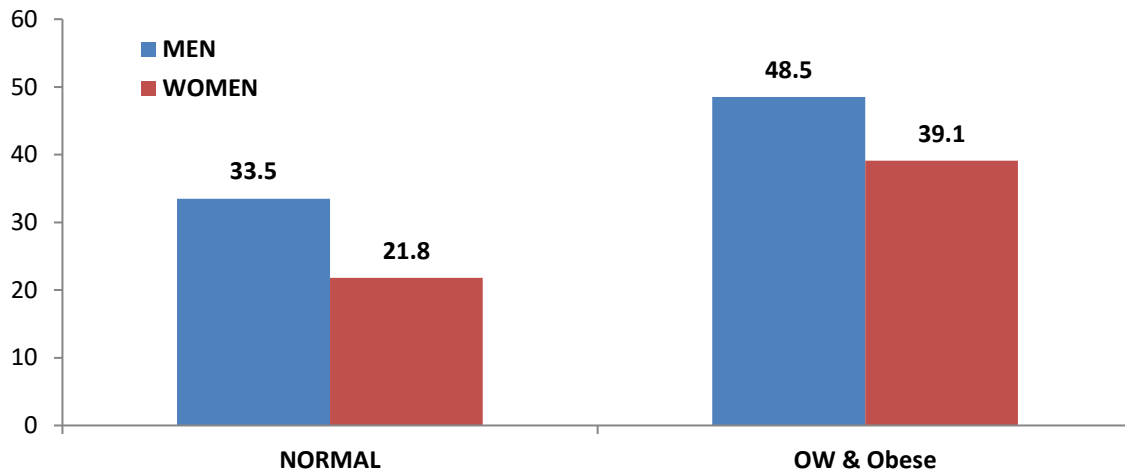


### 5.16.5. Correlation between Hypertension Vs Overweight& Obesity

The correlation between hypertension and overweight and obesity is provided in Table 116.

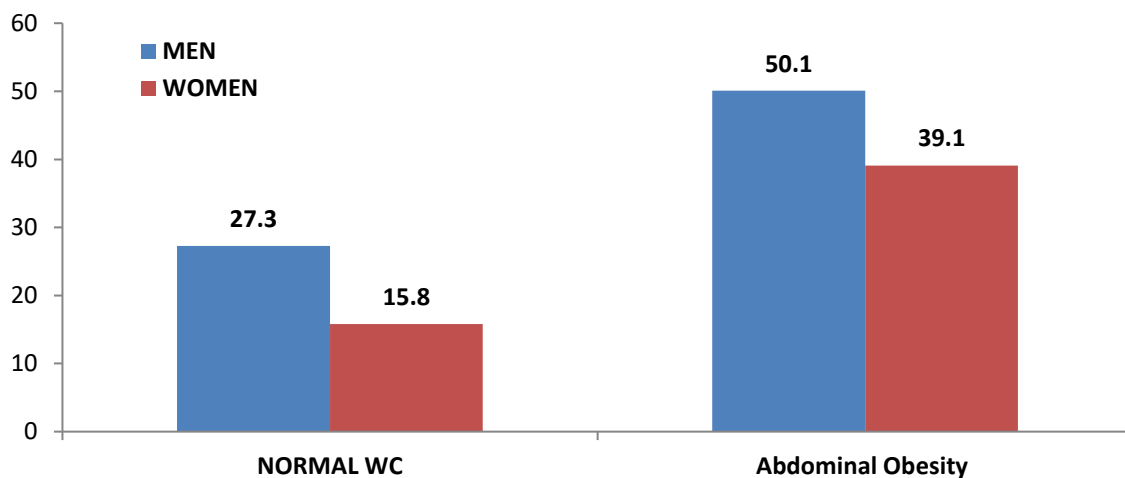
The prevalence of hypertension was significantly ( $p < 0.001$ ) higher among overweight/obese men (48.5%) and women (39.1%) when compared to the normal. The risk of hypertension was 1.8 times higher for men and 2.3 times higher for women with overweight/obese when compared with the normal persons (Fig 42.1).

**Fig. 42.1 Prevalence of Hypertension Vs Overweight & Obesity**

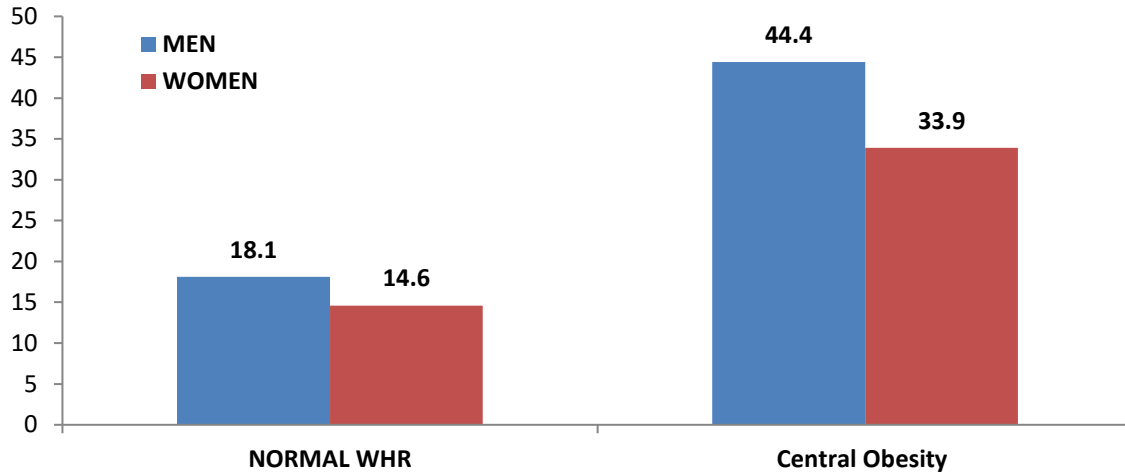


Similarly, the prevalence of hypertension was significantly ( $p < 0.001$ ) higher among men and women with abdominal obesity (Men: 50.1% & Women: 39.1%) and central obesity (Men: 44.4% & Women: 33.9%) compared to those with normal weight. The risk of hypertension was 2.7 times higher among men and 3.4 times higher among women with abdominal and central obesity (Figs. 42.2 & 42.3).

**Fig. 42.2 Prevalence of Hypertension Vs Waist Circumference**

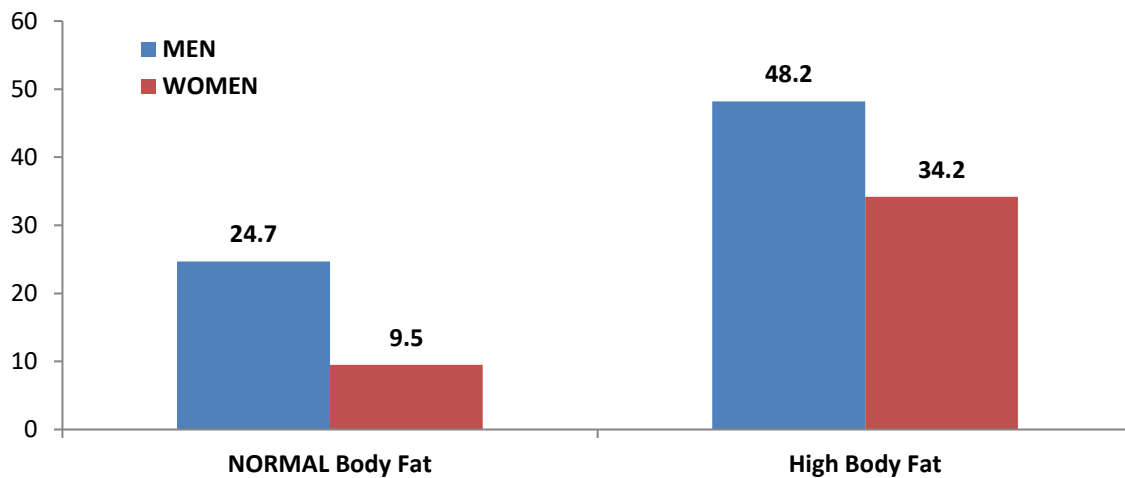


**Fig. 42.3 Prevalence of Hypertension Vs WHR**



The prevalence of hypertension was significantly ( $p < 0.001$ ) higher among men and women with higher body fat (Men: 48.2% & Women: 34.2%) compared to those with normal body fat. The risk of hypertension was 2.8 times higher among men and 4.9 times higher among women with higher body fat (Fig. 42.4).

**Fig. 42.4 Prevalence of Hypertension Vs High Body Fat**

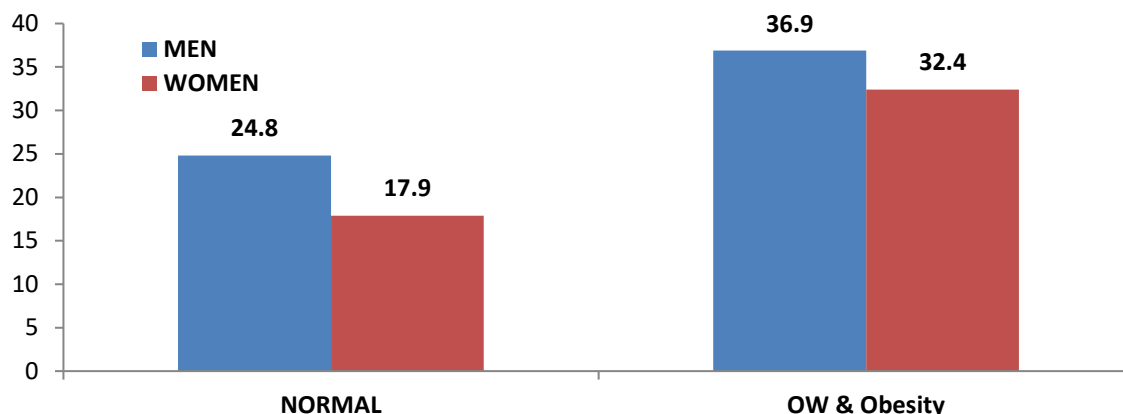


#### 5.16.6. Correlation between Diabetes Vs Overweight & Obesity

The correlation between Diabetes with Overweight & Obesity was provided in **Tables 117**.

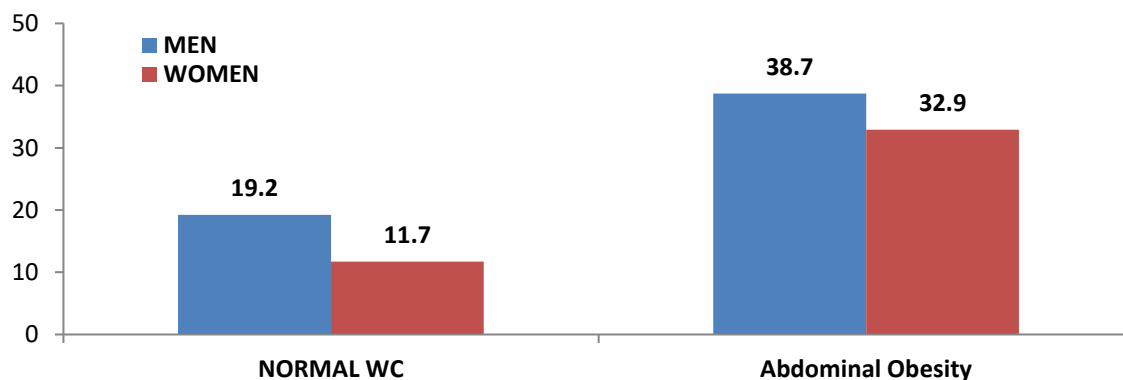
The prevalence of diabetes was significantly ( $p < 0.001$ ) higher among overweight/obese men (37%) and women (32%) when compared to the normal. The risk of diabetes was 1.8 times higher for men and 2.2 times higher for women with overweight/obese when compared with the normal persons (Fig 43.1).

**Fig. 43.1 Prevalence of Diabetes Vs OW & Obesity**

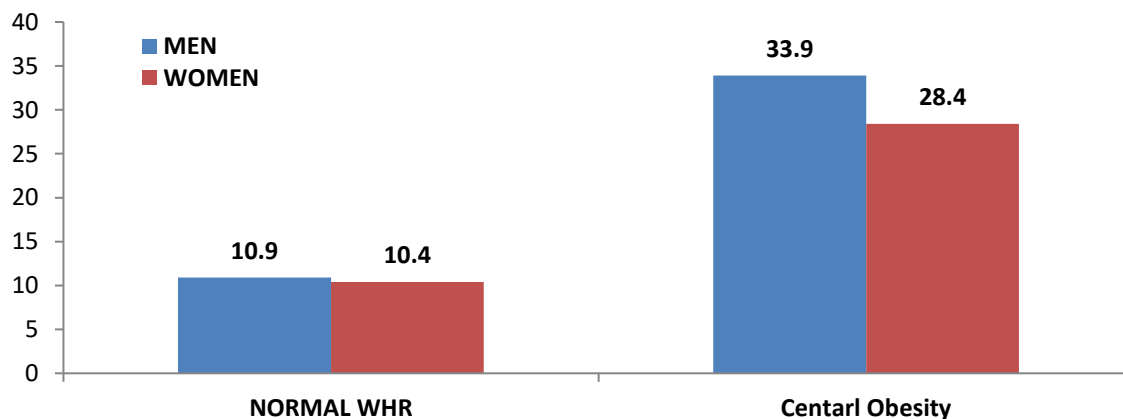


Similarly, the prevalence of diabetes was significantly ( $p < 0.001$ ) higher among men and women with abdominal obesity (Men: 39% & Women: 33%) and central obesity (Men: 34% & Women: 28%) compared to those with normal body shape. The risk of diabetes was 2.6 times higher among men and 3.7 times higher among women with abdominal obesity. The risk of diabetes was 4.2 times higher among men and 3.4 times higher among women with central obesity (Figs. 43.2 & 43.3).

**Fig. 43.2 Prevalence of Diabetes Vs Waist Circumference**

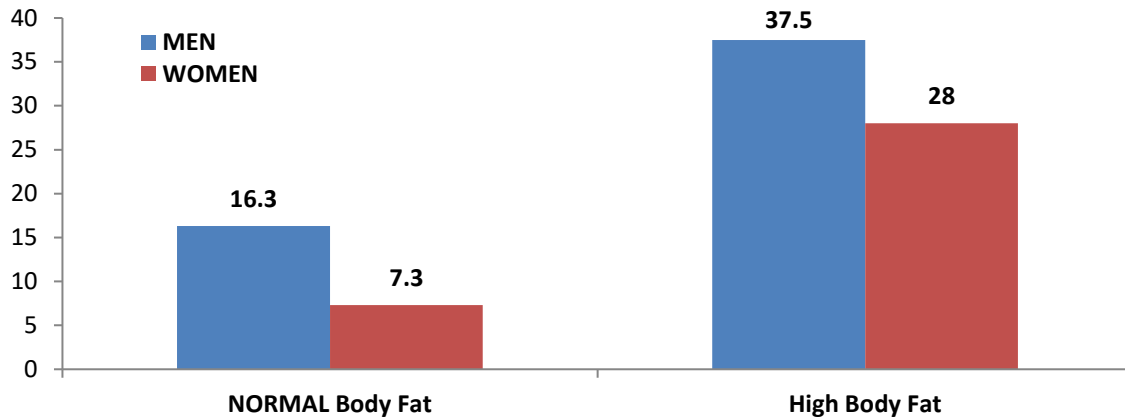


**Fig. 43.3 Prevalence of Diabetes Vs WHR**



The prevalence of diabetes was significantly ( $p < 0.001$ ) higher among men and women with higher body fat (Men: 38% & Women: 28%) compared to those with normal body fat. The risk of diabetes was 3.1 times higher among men and 5 times higher among women with higher body fat when compared with persons with normal body fat (Fig. 43.4).

**Fig. 43.4 Prevalence of Diabetes Vs High Body Fat**

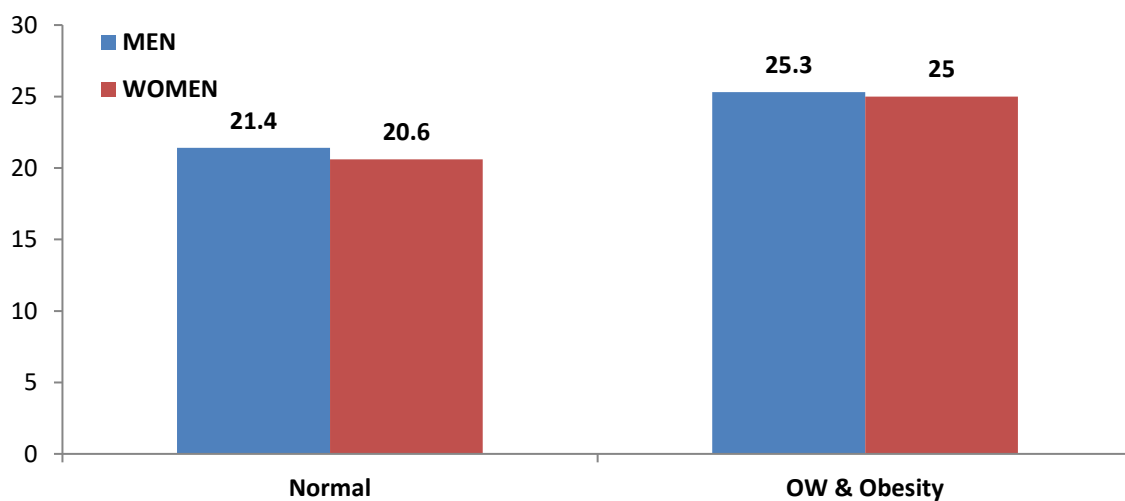


#### 5.16.7. Correlation between Higher Total Cholesterol Vs Overweight & Obesity

The correlation between Higher Total Cholesterol (TC) and Overweight & Obesity is presented in Table 118.

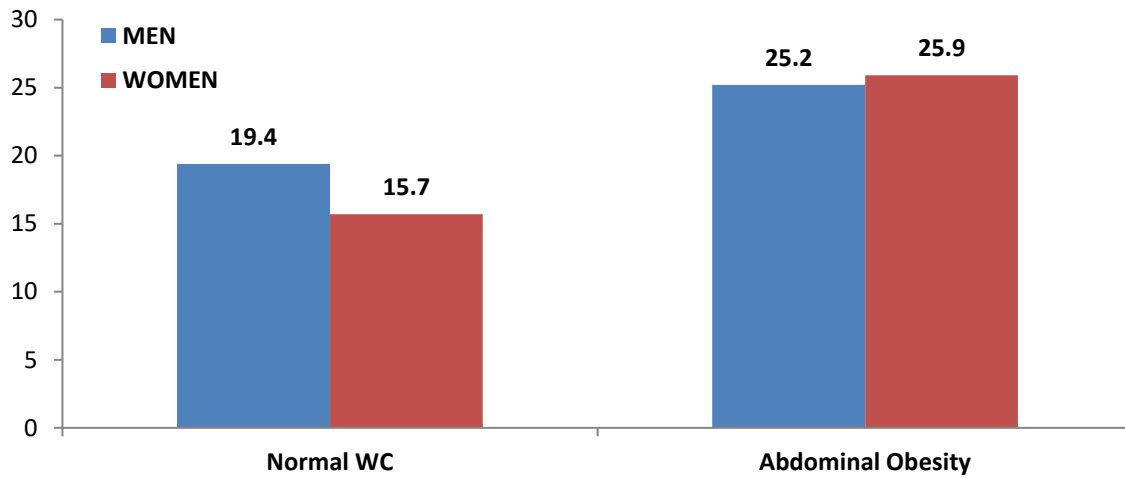
The prevalence of higher TC was significantly ( $p < 0.001$ ) higher among overweight/obese men (25.3%) and women (25%) when compared to the normal. The risk of higher TC was 1.3 times higher for men and 1.3 times higher for women with overweight/obese when compared with the normal persons (Fig. 44.1).

**Fig. 44.1 Prevalence of High Total Cholesterol Vs Overweight & Obesity**

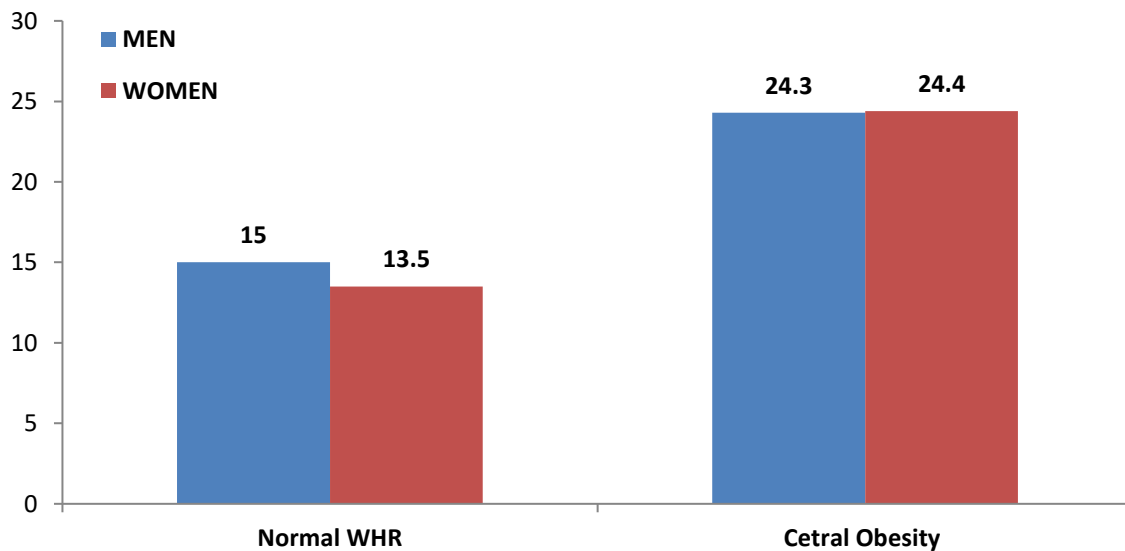


Similarly, the prevalence of higher TC was significantly ( $p < 0.001$ ) higher among men and women with abdominal obesity (Men: 25.2% & Women: 25.9%) and central obesity (Men: 24.3% & Women: 24.4%) compared to those with normal body. The risk of higher TC was 1.4 times higher among men and 1.9 times higher among women with abdominal obesity. And, the risk of higher TC was 1.8 times higher among men and 2.1 times higher among women with central obesity (Fig. 44.2 & 44.3).

**Fig. 44.2 Prevalence of High Total Cholesterol Vs Waist Circumference**

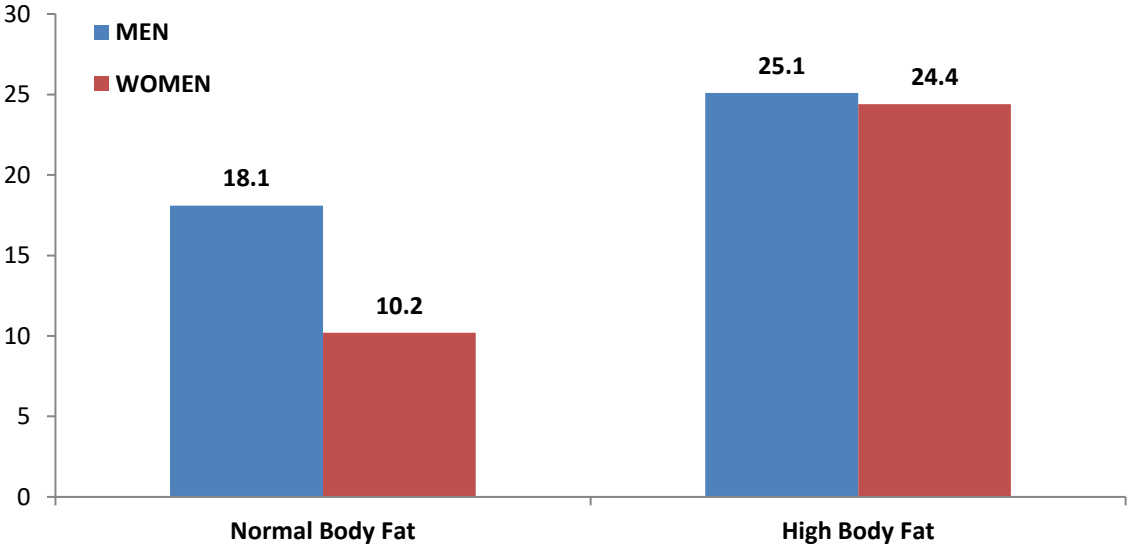


**Fig. 44.3 Prevalence of High Total Cholesterol Vs Waist-Hip Ratio**



The prevalence of higher TC was significantly ( $p < 0.001$ ) higher among men and women with higher body fat (Men: 25.1% & Women: 24.4%) compared to those with normal body fat. The risk of higher TC was 1.5 times higher among men and 2.8 times higher among women with higher body fat when compared with the persons with normal body fat (Fig 44.4).

**Fig. 44.4 Prevalence of High Total Cholesterol Vs Body Fat**



## 6. Conclusion & Discussion

India is a diverse country, and many states in India are passing through an epidemiological health transition with high rates of urbanization. Urbanization, though, led to economic improvement, there are adverse consequences also, which included, increased junk food consumption, more usage of tobacco & alcohol and decreased physical activity. One of the effects of this transition is a shift in the disease pattern from communicable to non-communicable diseases (NCDs) such as cardiovascular disease, hypertension, diabetes mellitus, and stroke, and has emerged as a major public-health problem in India. The morbidity and mortality due to these NCDs during the productive phase of life are posing serious challenges to the Indian economy and society. All NCDs have common risk factors, such as tobacco use, unhealthy diet, physical inactivity, and excess adiposity. Policies and programmes focusing on reducing the burden of these common risk factors are likely to make a substantial impact on mitigating the mortality and morbidity due to NCDs.

The present study is the first of its kind, a large epidemiological study on “Diet and Nutritional Status of Urban Population and Prevalence of Overweight & Obesity, Hypertension, Diabetes and Hyperlipidemia among Urban Men & Women” by the NNMB during 2015-17.

Socio-economic particulars of the urban HHs revealed that 17% of HHs were still dependent on labour and about half of the heads of the HHs were engaged either in service (30%) or business (20%). Nearly 20% of the Women and 9% of the men were still illiterate in the urban population. More than a fourth of the houses were semi-pucca in nature (28%). Most of the urban families (68%) were nuclear families, and more than 20% of the families in Maharashtra and Gujarat were joint families. The majority of the HHs (86%) were found using LPG as cooking fuel, while the use of ‘firewood’ was more prevalent in West Bengal and Odisha. About 82% of the HHs possess sanitary latrines, and 5% of the urban HHs still follow ‘open defecation’. Nearly 37% of the HHs in West Bengal and 23% in New Delhi were using a ‘common toilet’. The majority of the urban HHs have access to protected drinking water, and 26% of HHs in Kerala were using ‘open well’ water for drinking. The average annual per capita income (PCI) was Rs. 59206/- and was found to be highest in Andaman & Nicobar Islands, Kerala, and Rajasthan ( $\approx$  Rs 90000), while West Bengal had the lowest per capita income of Rs. 34504.

The average intake of foods like Cereals & Millets, Roots & Tubers, and Fats & Oils was above the recommended levels (RDI). And the intake of Pulses, Vegetables and Milk & Milk products was much below the RDI. The average intake of all the nutrients was well below the Recommended Dietary Allowances (RDA).

The average consumption of pulses & legumes was 45g/CU/day, which was lower than the suggested level of 80g and the proportion of HHs consuming pulses & legumes <50% of the recommended was higher in the states like West Bengal (70%), Rajasthan (67%), Maharashtra (65%) and Andhra Pradesh (63%). The average consumption of green leafy vegetables (GLV) was 23g/CU/day, which was much below the suggested level of 100g. The lowest mean intake was observed in the states of Kerala (11g), Andhra Pradesh & Uttar Pradesh (15g), and New Delhi (16g).

The mean intake of fruits was 60g per day against the recommended level of 150g and the consumption of fruits was <50% of the recommended was found to be higher in states like Bihar (77%), West Bengal (71%), Uttar Pradesh (67%), and Assam (64%). The average consumption of milk & milk products (MMP) was 146ml/CU/day and was lower than the suggested level of 300ml in almost all the States. The consumption of MMP was lowest in states like New Delhi (50 ml), Andaman & Nicobar (67 ml), and Assam (70 ml). The average consumption of visible fats & oils was 34g, as against the suggested level of 25g/CU/day, and ranged from a low 24g in Kerala to a high 55g in Rajasthan.

The mean intake of salt was 8g per day, with the highest intake in the states of Odisha (14g) and Madhya Pradesh & Assam (11g each), and the lowest in New Delhi (4g).

The mean intake of eggs was 6g per day, and the intake was lowest in Bihar (1g) and Rajasthan & Gujarat (2g). The mean intake of flesh foods was 15g per day, which showed the higher intake in Andaman & Nicobar (37g) and the lower intake in New Delhi (3g).

In general, the median intake of all the nutrients was below the 'Recommended Dietary Allowances (RDA)'. The proportion of HHs consuming nutrients <50% of RDA was found to be high for Vitamin A (88%), Riboflavin (78%) and Calcium (62%).

Rice is found to be the main staple food for Indians, followed by Wheat. Daily consumption of Plain Rice was highest in the southern states, whereas the daily consumption of wheat was higher in the northern states. Daily consumption of Plain Dal was higher in the Northern states than in the Southern states. More than half of the population covered, in general, were using non-vegetarian foods like egg, animal flesh, fish, and non-veg biriyani. Among the non-veg recipes, fish was preferred more in daily consumption among both men and women. In general, more than 80% of men and women were consuming Tea daily, and the frequency of intake of tea was found to be the same in almost all the states. Around 10% of the population were consuming Fried Chips either daily or at least once in a week. The intake of chips in all the frequencies was higher in Uttar Pradesh, Kerala, and Karnataka. In general, 40% of the urban men and women were taking fruits daily. Nearly 10% of the men and women covered were found taking pickle daily,

and the use was more common in the southern Indian states than in the northern Indian states. The habit of daily pickle usage was highest in Odisha and Tamil Nadu.

The overall prevalence of underweight, stunting, and wasting among <5Yr children was 25%, 29% and 16% respectively, and it was observed to be lower than that of their rural counterparts. (42%, 43% & 22% respectively). The prevalence of thinness was found to be significantly higher among school-age and adolescent boys compared to the girls, whereas overweight & obesity in both genders were almost comparable.

The prevalence of overweight and obesity (BMI>25) was high, with 34% among men and 44% in women, as compared to that reported as 10% and 14% among men and women of rural counterparts. About 48% of the adult men and 77% of the women have a higher percentage of body fat. The prevalence of higher body fat percent among men was found to be high in the state of Tamil Nadu & Puducherry, and was lowest in West Bengal (25.9%). The prevalence of higher percent body fat among women was found to be high in the state of Puducherry, followed by Kerala, Gujarat & and Karnataka.

The prevalence of abdominal obesity was 45% and 59% among men and women, respectively, and was higher compared to rural men and women (13.6% and 23% respectively). In general, it was observed that the prevalence of abdominal obesity increased with an increase in SE status. The waist circumference of men was maximum in the state of New Delhi (57%) and minimum in the state of West Bengal (31%). Similarly, among women, the prevalence was maximum in the state of New Delhi (71%) and minimum in the state of Odisha (42%).

Obesity is a condition in which excessive fat accumulation in the body occurs to the extent that health and well-being are adversely affected. The prevention and treatment of obesity are major issues in public health, because of the relationship with obesity and other chronic diseases, including diabetes, hypertension, cardiovascular diseases, and cancers.

The overall prevalence (old and new cases) of hypertension among adult men and women was 38% and 29% respectively, which was higher compared to 22% each reported for men and women of their rural counterparts. The prevalence of hypertension among men and women was high in the States of Kerala, followed by Assam. The overall prevalence of diabetes, including known cases among men and women, was 16% and 12% respectively, and was higher than that reported for rural men (8%) and women (7%). The prevalence of FBS among men and women was highest in the state of Puducherry, followed by New Delhi and Karnataka, while it was lowest in Madhya Pradesh.

Overall, about 22% of both men and women were observed to have total cholesterol levels of  $\geq 200$ mg/dl, while about 78% were shown to have normal levels. Overall, 23% of men and 25.2%

of women were observed to have LDL cholesterol levels of  $\geq 130$ mg/dl, while 77.0% of men and 75% of women were shown to have normal levels. About 73.7% of men and 82.2% of women were observed to have low HDL cholesterol levels. Similarly, 40.4% of men and 27.7% of women were observed to have triglyceride levels of  $\geq 150$ mg/dl, while 59.6% of men and 72.3% of women were shown to have normal triglyceride levels.

On average, more than a fourth of urban men (28%) were doing physical exercise, mainly 'walking' (21%), 'yoga' (4%), and 'floor exercise' (2%). Similarly, 15% of women were participating in physical exercise, which included walking (11%) and yoga (3%). Among those who have the habit of doing exercise, 23% of men and 12% of women were doing it daily.

In general, 21% of the men and 26% of the women surveyed were vegetarians, and 77% of the men and 73% of the women were non-vegetarians. The vegetarian population was found to be highest in the states of Rajasthan and Gujarat, and was lowest in West Bengal. Around 25% of the men and women were using 'additional salt' in plate.

In general, 16% of men and 0.2% of women were currently using tobacco in various forms like Cigarettes, Cigars, Beedis, etc. The use of tobacco products among men was found to be highest in the state of West Bengal (40%), followed by Tamil Nadu (25%), Karnataka & New Delhi (23% each), Andhra Pradesh (20%), Kerala (19%), and Assam (18%). About 1% of women were found smoking Cigarettes in New Delhi.

Overall, about a third (29%) of the urban men and 0.3% of urban women were currently having the habit of taking Alcohol. Alcoholism among men was found to be highest in the state of Andaman & Nicobar (51%), followed by Andhra Pradesh (38%), Tamil Nadu (37%), West Bengal (35%), and Karnataka (34%). A considerable number of women were taking alcohol in Odisha and Andaman & Nicobar Islands.

These behavioural and biological risk factors, with a predisposition to the development of NCDs, are use of tobacco and alcohol, physical inactivity, overweight and obesity, increased fat and sodium intake, low fruit and vegetable intake, raised blood pressure (BP), blood glucose, and cholesterol levels (WHO, 2013). The majority of NCD deaths occur in the low and middle-income countries, such as India, which can be attributable to epidemiological health transition owing to rapid urbanization, which in turn has led to an overall economic rise, but with certain associated downsides (risk factors) (Chakma and Gupta, 2014).

The underweight, stunting, and wasting among < 5Yr children were significantly associated with religion, community, type of family, family size, type of house, monthly PCI, literacy status & occupation of the head of the HH, and use of sanitary latrine. The prevalence of Overweight & Obesity (BMI  $\geq 25$ ), both among men and women, was significantly associated with the

household & family characteristics like: religion, community, family size, type of family, type of house, access to the sanitary latrine, family PCI, and individual literacy & occupation status.

The risk of hypertension was 1.8 times higher for men and 2.3 times higher for women who were overweight/obese when compared with normal persons. Also, the risk of hypertension was 2.8 times higher among men and 4.9 times higher among women with higher body fat. The risk of diabetes was 1.8 times higher for men and 2.2 times higher for women who were overweight/obese when compared with normal individuals. The risk of diabetes was 2.6 times higher among men and 3.7 times higher among women with abdominal obesity, and the risk of diabetes was 4.2 times higher among men and 3.4 times higher among women with central obesity. The risk of diabetes was 3.1 times higher among men and 5 times higher among women with higher body fat when compared with those with normal body fat.

## **7. RECOMMENDATIONS**

In conclusion, the Indian urban population is found to be suffering from ‘double burden of disease’ undernutrition and overnutrition. The prevalence of underweight, stunting, and wasting among children under five years and CED among men and women above 18 years was observed to be high. Non-communicable diseases like obesity, hypertension, diabetes, and dyslipidemia were also observed to be very high as compared to the figures of developed countries. Sedentary life styles, smoking, alcohol consumption, consumption of junk foods like high salt, high fat and high sugar foods were observed to be important riskfactors. Consumption of inadequate and imbalanced foods and nutrients, and lack of environmental, personal & water sanitation, and illiteracy are important reasons observed in the population.

Therefore, it is imperative to increase the awareness among communities about health consequences of obesity, diabetes, hypertension, dyslipidemia, and also on the risk behaviours like consumption of alcohol, tobacco smoking, eating of high salt, high sugar, and high fatty foods, etc. through health education and behavioural change communication for adoption and practice of healthy lifestyle and sound dietary habits for prevention of non-communicable diseases and for the promotion of overall health are essential prerequisites.

In general, there is a need to develop and implement a comprehensive range of well-targeted policy actions to provide an environment conducive to nutritious and healthy diets. National and state governments should monitor the implementation and effectiveness of policies that address nutrition and NCDs, following the indicators set in international frameworks. Steps may be taken to strengthen capacity building for effective policy development in governments, the development of a trained workforce of public health nutrition professionals, and advocacy in civil society organizations. Institutional capacity building for NCDs and nutrition should be strengthened to ensure that the country can manage the NCD problems. Enabling environment and effective policies to be developed and implemented to sustain and support the prioritization of nutrition and NCDs, especially in the urban areas.

The data generated in the current study would be useful for the planners and managers of nutrition policies in the country. Establishment of surveillance systems for non-communicable diseases and their risk factors is essential for developing prevention strategies and monitoring the impact of control programmes. The WHO's approach to Surveillance of NCD Risk Factors (STEPS) as part of a global surveillance strategy in response to the growing need for country-level trends in non-communicable diseases may be adopted for our country with needed changes.

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**Table 1: COVERAGE PARTICULARS**

State	No. of wards	No of HHS	Diet Survey (24 Hr Recall)		FFQ (Adults)	Nutritional Assessment				IYCF practices	Blood Pressure		FBS		Lipid Profile		BIA		K & P	
			HHS	Individuals		<5 Yr Children	School Age & Adolescents	Adults (≥18 Yrs)			Men	Women	Men	Women	Men	Women	Men	Women	Men	Women
								Men	Women											
Kerala	75	3584	888	2919	6531	659	1872	3332	4690	368	2710	4064	2598	3903	971	1383	1780	2788	2709	4070
Tamil Nadu	75	3598	893	3166	7176	889	2527	3781	4684	389	3130	4058	2855	3793	1331	1786	2603	3294	3136	4071
Karnataka	75	3604	893	3249	6555	932	2435	3644	4917	480	2240	3608	1934	3233	1109	1608	1525	2450	2260	3617
Andhra Pradesh	74	3550	870	3225	5292	951	2355	3738	4636	338	2863	3646	2279	2873	1228	1545	1371	1690	2876	3660
Maharashtra	74	3556	881	3525	6687	963	2644	4261	5185	369	3156	3777	2525	3005	1430	1243	1376	1661	3159	3778
Gujarat	73	3599	880	3288	6866	745	2240	3573	5017	452	2649	4353	2245	3870	1048	1581	1929	2929	2652	4357
Madhya Pradesh	73	3482	866	3380	4371	1053	2754	4145	4993	464	2583	3206	2068	2682	987	1128	1804	2256	2553	3164
Orissa	75	3601	896	3044	4163	772	2246	3008	4410	172	2540	3801	2326	3497	1209	1575	1382	2217	2554	3819
West Bengal	75	3599	896	3545	4817	955	2757	3412	4804	509	1695	3212	1279	2442	862	1666	888	1665	1701	3221
Uttar Pradesh	74	3537	880	3742	5409	1143	3826	3237	4600	582	2154	3150	1804	2625	827	1137	796	1282	2258	3294
Andaman & Nicobar	75	3584	849	3065	6513	928	2865	4314	4730	505	3025	3603	2888	3477	1680	1628	1668	1878	3064	3634
Assam	41	2079	459	1404	3050	314	708	1600	2518	172	1225	1897	1176	1828	788	1075	303	551	1237	1900
Bihar	52	2369	583	2282	3627	485	2745	2831	2873	175	2099	2233	1173	1204	1226	1266	322	357	2101	2211
New Delhi	57	2677	664	2747	4773	432	1370	2368	3521	180	1837	2987	1841	2977	1193	1635	-	-	1852	3009
Puducherry	75	3566	882	2962	7436	649	2100	3729	4698	402	3235	4209	3165	4112	1203	1394	1971	2737	3274	4229
Rajasthan	54	2590	561	2068	4812	247	1269	2676	3220	76	2274	2632	1968	2300	1285	1307	181	201	2285	2647
<b>Pooled</b>	<b>1097</b>	<b>52575</b>	<b>12841</b>	<b>47611</b>	<b>88078</b>	<b>12117</b>	36713	<b>53649</b>	<b>69496</b>	<b>5633</b>	<b>39415</b>	<b>54436</b>	<b>34124</b>	<b>47821</b>	<b>18377</b>	<b>22957</b>	<b>19907</b>	<b>27975</b>	<b>39671</b>	<b>54681</b>

**Table 2: DISTRIBUTION (%) OF HOUSEHOLDS BY RELIGION**

State	n	Religion					
		Hindu	Muslim	Christian	Sikh	Jain	Others
Kerala	3584	65.8	15.5	18.6	0	0.1	0
Tamil Nadu	3598	84.2	4.6	11.1	0	0.1	0
Karnataka	3604	80.7	15.5	3.6	0	0.2	0
Andhra Pradesh	3550	79.2	14.6	6.1	0	0.1	0
Maharashtra	3556	66.2	19.7	1.3	0.1	1.0	11.7
Gujarat	3599	81.0	14.1	0.4	0.3	3.5	0.7
Madhya Pradesh	3482	88.0	8.7	0.8	0.2	1.4	0.9
Orissa	3601	91.6	5.4	2.3	0.7	0	0
West Bengal	3599	79.9	19.9	0.1	0	0	0.1
Uttar Pradesh	3537	83.1	15.2	0.3	1.0	0.3	0.1
Andaman & Nicobar	3584	79.1	9.4	11.1	0.3	0	0.1
Assam	2079	88.3	10.9	0.6	0.1	0	0.1
Bihar	2369	84.4	15.4	0.2	0	0	0
New Delhi	2677	90.9	6.3	0.7	1.9	0.1	0.1
Puducherry	3566	85.1	3.8	10.8	0	0.3	0
Rajasthan	2590	83.5	10.0	0.3	1.0	5.2	0
<b>Pooled</b>	<b>52575</b>	<b>81.6</b>	<b>11.9</b>	<b>4.6</b>	<b>0.3</b>	<b>0.7</b>	<b>0.9</b>

**Table 3: DISTRIBUTION (%) OF HOUSEHOLDS BY COMMUNITY**

State	n	Community			
		Scheduled Tribe	Scheduled Caste	Backward Communities	Other Communities
Kerala	3584	0	3.6	56.6	39.8
Tamil Nadu	3598	0.6	11.9	63.9	23.6
Karnataka	3604	3.1	17.8	43.8	35.3
Andhra Pradesh	3550	1.7	12.7	51.1	34.5
Maharashtra	3556	5.0	21.9	20.1	53.0
Gujarat	3599	0.9	9.4	34.8	54.9
Madhya Pradesh	3482	3.1	22.1	39.3	35.5
Orissa	3601	8.4	15.8	29.8	46.0
West Bengal	3599	1.1	28.8	16.7	53.4
Uttar Pradesh	3537	0.6	20.0	44.3	35.1
Andaman & Nicobar	3584	3.3	5.5	27.7	63.5
Assam	2079	3.0	19.3	28.9	48.8
Bihar	2369	1.0	12.4	62.2	24.4
New Delhi	2677	0.9	35.8	10.5	52.8
Puducherry	3566	0.2	9.3	79.7	10.8
Rajasthan	2590	1.4	13.2	21.8	63.6
<b>Pooled</b>	<b>52575</b>	<b>2.2</b>	<b>15.9</b>	<b>40.0</b>	<b>41.9</b>

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

State	n	Type of House		
		<i>Pucca</i>	<i>Semi Pucca</i>	<i>Kutcha</i>
Kerala	3584	71.8	27.8	0.4
Tamil Nadu	3598	78.0	20.1	1.9
Karnataka	3604	53.5	46.0	0.5
Andhra Pradesh	3550	80.3	19.4	0.3
Maharashtra	3556	61.7	33.5	4.8
Gujarat	3599	87.6	12.3	0.1
Madhya Pradesh	3482	69.8	29.7	0.5
Orissa	3601	53.2	39.5	7.3
West Bengal	3599	40.2	56.4	3.4
Uttar Pradesh	3537	88.9	9.0	2.1
Andaman & Nicobar	3584	35.0	64.7	0.3
Assam	2079	46.3	40.4	13.3
Bihar	2369	74.9	19.7	5.4
New Delhi	2677	93.0	4.8	2.2
Puducherry	3566	84.3	12.2	3.5
Rajasthan	2590	98.1	1.9	0
<b>Pooled</b>	<b>52575</b>	<b>69.4</b>	<b>28.0</b>	<b>2.6</b>

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

State	n	Type of Family		
		Nuclear	Extended Nuclear	Joint
Kerala	3584	70.9	22.3	6.8
Tamil Nadu	3598	72.0	15.8	12.2
Karnataka	3604	66.0	23.8	10.2
Andhra Pradesh	3550	69.5	17.4	13.1
Maharashtra	3556	57.0	20.8	22.2
Gujarat	3599	55.9	20.2	23.9
Madhya Pradesh	3482	65.7	15.6	18.7
Orissa	3601	71.3	17.7	11.0
West Bengal	3599	64.8	18.4	16.8
Uttar Pradesh	3537	71.8	16.6	11.6
Andaman & Nicobar	3584	73.1	15.2	11.7
Assam	2079	70.5	18.1	11.4
Bihar	2369	77.6	16.9	5.5
New Delhi	2677	63.0	17.6	19.4
Puducherry	3566	69.8	20.3	9.9
Rajasthan	2590	72.2	11.3	16.5
<b>Pooled</b>	<b>52575</b>	<b>67.9</b>	<b>18.2</b>	<b>13.9</b>

**Table 6: DISTRIBUTION (%) OF HOUSEHOLDS BY OWNERSHIP OF THE HOUSE**

State	n	Ownership of the House	
		Own	Rented
Kerala	3584	86.3	13.7
Tamil Nadu	3598	49.9	50.1
Karnataka	3604	61.8	38.2
Andhra Pradesh	3550	48.7	51.3
Maharashtra	3556	80.8	19.2
Gujarat	3599	79.4	20.6
Madhya Pradesh	3482	79.2	20.8
Orissa	3601	70.8	29.2
West Bengal	3599	85.8	14.2
Uttar Pradesh	3537	85.9	14.1
Andaman & Nicobar	3584	52.2	47.8
Assam	2079	73.2	26.8
Bihar	2369	81.7	18.3
New Delhi	2677	80.8	19.2
Puducherry	3566	65.4	34.6
Rajasthan	2590	89.8	10.2
<b>Pooled</b>	<b>52575</b>	<b>72.6</b>	<b>27.4</b>

**Table 7: DISTRIBUTION (%) OF HOUSEHOLDS BY NUMBER OF ROOMS IN THE HOUSE**

State	n	Number of rooms in the House		
		≤ 3	4-5	≥6
Kerala	3584	7.8	62.4	29.8
Tamil Nadu	3598	71.9	25.5	2.6
Karnataka	3604	46.4	47.5	6.1
Andhra Pradesh	3550	66.8	31.8	1.4
Maharashtra	3556	75.6	19.7	4.7
Gujarat	3599	63.2	32.7	4.1
Madhya Pradesh	3482	68.1	25.1	6.8
Orissa	3601	67.7	29.7	2.6
West Bengal	3599	82.6	14.9	2.5
Uttar Pradesh	3537	77.9	18.5	3.6
Andaman & Nicobar	3584	65.8	28.8	5.4
Assam	2079	50.3	41.4	8.3
Bihar	2369	71.5	27.2	1.3
New Delhi	2677	58.6	37.5	3.9
Puducherry	3566	56.7	40.6	2.7
Rajasthan	2590	45.8	46.9	7.3
<b>Pooled</b>	<b>52575</b>	<b>61.4</b>	<b>32.7</b>	<b>5.9</b>

**Table 8: DISTRIBUTION (%) OF HOUSEHOLDS BY FAMILY SIZE**

State	n	Number of persons in the Family			Average Family Size
		1-4	5-7	≥ 8	
Kerala	3584	76.1	22.8	1.1	3.62
Tamil Nadu	3598	72.3	25.5	2.2	4.03
Karnataka	3604	65.4	31.7	2.9	4.14
Andhra Pradesh	3550	67.6	28.8	3.6	4.17
Maharashtra	3556	51.4	41.5	7.1	4.71
Gujarat	3599	55.1	37.8	7.1	4.62
Madhya Pradesh	3482	48.3	43.7	8.0	4.88
Orissa	3601	64.2	32.7	3.1	4.25
West Bengal	3599	60.8	33.1	6.1	4.38
Uttar Pradesh	3537	46.1	45.4	8.5	4.92
Andaman & Nicobar	3584	69.1	27.7	3.2	4.22
Assam	2079	72.6	24.7	2.7	3.96
Bihar	2369	55.1	40.7	4.2	4.38
New Delhi	2677	46.1	48.3	5.6	4.77
Puducherry	3566	73.3	24.9	1.8	3.87
Rajasthan	2590	59.5	36.1	4.4	4.35
<b>Pooled</b>	<b>52575</b>	<b>61.6</b>	<b>33.9</b>	<b>4.5</b>	<b>4.33</b>

**Table 9: DISTRIBUTION (%) OF HOUSEHOLDS BY PRESENCE OF SANITARY LATRINE**

State	n	Type of Sanitary Latrine Used			
		HH Sanitary Latrine	Common Toilet	Community/ Public toilet	Absent (Open Defecation)
Kerala	3584	99.0	0.3	0.3	0.4
Tamil Nadu	3598	80.3	15.8	1.1	2.8
Karnataka	3604	81.8	5.3	1.3	11.6
Andhra Pradesh	3550	89.3	7.2	0.7	2.8
Maharashtra	3556	75.2	4.6	13.3	6.9
Gujarat	3599	90.7	7.2	1.2	0.9
Madhya Pradesh	3482	80.0	8.8	1.1	10.1
Orissa	3601	88.6	2.2	0.9	8.3
West Bengal	3599	51.6	36.5	6.0	5.9
Uttar Pradesh	3537	69.8	16.3	1.3	12.6
Andaman & Nicobar	3584	83.6	11.9	3.4	1.1
Assam	2079	85.6	13.1	0.3	1.0
Bihar	2369	84.4	6.6	0.9	8.1
New Delhi	2677	70.4	23.0	4.9	1.7
Puducherry	3566	90.3	4.5	1.5	3.7
Rajasthan	2590	95.6	3.4	0.1	0.9
<b>Pooled</b>	<b>52575</b>	<b>82.0</b>	<b>10.4</b>	<b>2.5</b>	<b>5.1</b>

**Table 10: DISTRIBUTION (%) OF HOUSEHOLDS BY PRESENCE OF ELECTRIFICATION & SEPARATE KITCHEN**

State	n	Presence of	
		Electrification	Separate Kitchen
Kerala	3584	99.6	99.4
Tamil Nadu	3598	99.8	89.1
Karnataka	3604	99.5	96.9
Andhra Pradesh	3550	99.8	85.9
Maharashtra	3556	99.3	84.8
Gujarat	3599	99.9	89.8
Madhya Pradesh	3482	99.7	76.1
Orissa	3601	98.1	97.0
West Bengal	3599	99.0	92.6
Uttar Pradesh	3537	96.4	64.5
Andaman & Nicobar	3584	99.9	97.8
Assam	2079	98.8	87.2
Bihar	2369	95.3	65.2
New Delhi	2677	99.4	55.0
Puducherry	3566	99.8	89.3
Rajasthan	2590	99.7	88.5
<b>Pooled</b>	<b>52575</b>	<b>99.1</b>	<b>85.8</b>

**Table 11: DISTRIBUTION (%) OF HOUSEHOLDS BY TYPE OF COOKING FUEL USED FOR COOKING**

State	n	Type of cooking fuel				
		Fire wood	Kerosene	Bio-gas	LPG	Electricity
Kerala	3584	6.5	0.2	0.0	93.3	0.0
Tamil Nadu	3598	4.5	4.3	0.1	90.7	0.4
Karnataka	3604	8.3	9.0	0.0	82.6	0.1
Andhra Pradesh	3550	2.9	1.6	0.0	95.4	0.1
Maharashtra	3556	6.6	3.0	0.1	90.0	0.3
Gujarat	3599	4.6	3.8	0.0	91.3	0.3
Madhya Pradesh	3482	14.6	2.4	0.1	82.9	0.0
Orissa	3601	21.7	8.5	0.2	67.4	2.2
West Bengal	3599	26.2	7.0	0.1	62.7	4.0
Uttar Pradesh	3537	19.6	4.4	0.1	75.4	0.5
Andaman & Nicobar	3584	0.9	12.1	0.1	86.7	0.2
Assam	2079	5.5	2.0	0.1	92.2	0.2
Bihar	2369	17.5	0.5	2.0	79.9	0.1
New Delhi	2677	0.6	0.2	0.3	98.8	0.1
Puducherry	3566	4.1	1.6	0.1	93.7	0.5
Rajasthan	2590	1.2	0.1	0.0	98.7	0.0
<b>Pooled</b>	<b>52575</b>	<b>9.3</b>	<b>4.1</b>	<b>0.2</b>	<b>85.8</b>	<b>0.6</b>

**Table 12: DISTRIBUTION (%) OF HOUSEHOLDS BY  
SOURCE OF DRINKING WATER**

State	N	Source of Drinking water			
		Open well	Tube well	Tap/Filtered water	Mineral/ Purchased Water
Kerala	3584	25.9	1.5	72.4	0.2
Tamil Nadu	3598	0.7	2.6	70.4	26.3
Karnataka	3604	4.2	1.9	90.1	3.8
Andhra Pradesh	3550	0.8	0.5	73.1	25.6
Maharashtra	3556	1.3	4.4	92.3	2.0
Gujarat	3599	0.5	0.9	61.8	36.8
Madhya Pradesh	3482	0.5	13.4	85.9	0.2
Orissa	3601	5.0	12.4	66.2	16.4
West Bengal	3599	2.2	20.5	74.6	2.7
Uttar Pradesh	3537	0.3	41.3	58.2	0.2
Andaman & Nicobar	3584	0.4	0	99.3	0.3
Assam	2079	10.2	27.5	39.2	23.1
Bihar	2369	1.8	76.0	21.8	0.4
New Delhi	2677	0.4	0.3	89.9	9.4
Puducherry	3566	4.8	0.4	81.2	13.6
Rajasthan	2590	0.7	2.6	81.0	15.7
<b>Pooled</b>	<b>52575</b>	<b>3.7</b>	<b>11.4</b>	<b>74.0</b>	<b>10.9</b>

**Table 13: DISTRIBUTION (%) OF HOUSEHOLDS BY AVERAGE ANNUAL FAMILY INCOME (Percentile Distribution)**

State	n	Annual Family Income (Rs)				Average Annual Family Income (Rs)
		< 25 <sup>th</sup> percentile	25 <sup>th</sup> to 50 <sup>th</sup> Percentile	50 <sup>th</sup> to 75 <sup>th</sup> Percentile	>75 <sup>th</sup> Percentile	
		(<22000)	(220000-39750)	(39750-74400)	(≥74400)	
Kerala	3584	3.6	11.2	31.1	54.1	95,338
Tamil Nadu	3598	11.6	29.6	31.0	27.8	66,106
Karnataka	3604	23.3	30.3	25.6	20.8	54,593
Andhra Pradesh	3550	23.8	30.8	25.3	20.1	55,005
Maharashtra	3556	33.5	26.1	22.3	18.1	48,639
Gujarat	3599	24.2	23.9	29.4	22.5	55,028
Madhya Pradesh	3482	36.8	30.4	19.7	13.1	41,261
Orissa	3601	28.6	28.9	24.9	17.6	48,829
West Bengal	3599	46.5	29.0	15.9	8.6	34,504
Uttar Pradesh	3537	48.8	23.1	15.2	12.9	38,932
Andaman & Nicobar	3584	6.4	15.8	28.7	49.0	96,254
Assam	2079	17.3	21.5	27.5	33.7	71,279
Bihar	2369	27.3	25.2	26.6	20.9	55,672
New Delhi	2677	26.9	28.1	25.3	19.7	50,510
Puducherry	3566	27.9	27.5	23.6	21.0	57,380
Rajasthan	2590	6.6	15.8	30.6	47.0	86,418
<b>Pooled</b>	<b>52575</b>					<b>59,206</b>

**Table 14: DISTRIBUTION (%) OF HOUSEHOLDS BY EDUCATIONAL STATUS OF HEAD OF THE HOUSEHOLD**

State	n	Educational Status of Head of HH				
		Illiterate	1st – 4th Standard	5th-8th Standard	9th – 12th Standard	College & above
Kerala	3584	2.8	8.0	16.1	52.2	20.9
Tamil Nadu	3598	7.4	4.3	29.3	36.0	23.0
Karnataka	3604	11.5	8.7	23.4	39.2	17.2
Andhra Pradesh	3550	19.4	5.3	15.0	37.2	23.1
Maharashtra	3556	6.9	7.4	15.5	45.7	24.5
Gujarat	3599	7.9	7.1	19.8	41.3	23.9
Madhya Pradesh	3482	10.6	4.1	26.1	32.4	26.8
Orissa	3601	14.4	9.8	18.9	29.4	27.5
West Bengal	3599	30.4	12.2	28.0	21.1	8.3
Uttar Pradesh	3537	22.4	5.0	23.2	29.0	20.4
Andaman & Nicobar	3584	13.9	5.2	25.2	42.0	13.7
Assam	2079	5.5	5.1	16.3	42.9	30.2
Bihar	2369	19.4	7.0	13.5	30.5	29.6
New Delhi	2677	14.4	6.9	18.9	42.5	17.3
Puducherry	3566	7.1	4.1	24.5	42.1	22.2
Rajasthan	2590	5.1	2.5	15.7	34.6	42.1
<b>Pooled</b>	<b>52575</b>	<b>12.5</b>	<b>6.5</b>	<b>21.0</b>	<b>37.5</b>	<b>22.5</b>

**Table 15: DISTRIBUTION (%) OF ADULT MEN (≥ 18 Years) BY EDUCATIONAL STATUS**

State	n	Educational Status of adult Men				
		Illiterate	1 <sup>st</sup> – 4 <sup>th</sup> Standard	5 <sup>th</sup> -8 <sup>th</sup> Standard	9 <sup>th</sup> – 12 <sup>th</sup> Standard	College & above
Kerala	4804	2.4	6.1	12.6	54.3	24.6
Tamil Nadu	5214	4.9	3.2	23.0	34.7	34.2
Karnataka	5280	8.5	6.9	20.0	42.3	22.3
Andhra Pradesh	5322	12.7	3.9	12.0	36.3	35.1
Maharashtra	6020	5.0	5.6	12.9	44.5	32.0
Gujarat	6087	5.6	5.3	17.3	41.0	30.8
Madhya Pradesh	5905	8.2	3.4	23.0	32.2	33.2
Orissa	5410	9.6	7.7	17.4	28.9	36.4
West Bengal	5601	19.1	10.2	29.5	27.3	13.9
Uttar Pradesh	5634	16.8	4.7	21.2	31.5	25.8
Andaman & Nicobar	5427	7.3	3.7	19.4	47.7	21.9
Assam	3084	3.8	3.9	13.4	44.4	34.5
Bihar	3389	15.0	6.2	12.3	30.9	35.6
New Delhi	4546	8.3	5.1	17.0	43.9	25.7
Puducherry	5032	4.4	3.1	19.0	41.3	32.2
Rajasthan	4013	4.2	2.3	13.5	35.1	44.9
<b>Pooled</b>	<b>80768</b>	<b>8.6</b>	<b>5.1</b>	<b>18.1</b>	<b>38.5</b>	<b>29.7</b>

**Table 16: DISTRIBUTION (%) OF ADULT WOMEN (≥ 18 Years) BY EDUCATIONAL STATUS**

State	n	Educational Status of adult women				
		Illiterate	1 <sup>st</sup> – 4 <sup>th</sup> Standard	5 <sup>th</sup> -8 <sup>th</sup> Standard	9 <sup>th</sup> – 12 <sup>th</sup> Standard	College & above
Kerala	5174	5.0	9.8	13.0	48.4	23.8
Tamil Nadu	5263	11.8	4.0	26.6	31.2	26.4
Karnataka	5527	18.8	7.9	21.5	35.2	16.6
Andhra Pradesh	5352	27.1	4.7	14.4	30.1	23.7
Maharashtra	5986	16.5	7.0	18.7	36.0	21.8
Gujarat	5963	15.8	6.7	22.0	31.7	23.8
Madhya Pradesh	5768	25.1	3.6	23.3	23.1	24.9
Orissa	5377	23.6	9.9	17.0	24.2	25.3
West Bengal	5537	31.6	9.2	27.0	23.5	8.7
Uttar Pradesh	5375	31.1	4.3	19.6	23.0	22.0
Andaman & Nicobar	5362	16.0	3.9	18.2	41.8	20.1
Assam	3206	9.6	6.5	14.8	42.5	26.6
Bihar	3135	36.4	5.2	13.6	25.7	19.1
New Delhi	4465	27.5	6.9	16.6	28.9	20.1
Puducherry	5349	13.7	4.5	24.4	34.2	23.2
Rajasthan	3906	16.7	4.5	19.5	25.0	34.3
<b>Pooled</b>	<b>80745</b>	<b>20.2</b>	<b>6.2</b>	<b>19.8</b>	<b>31.5</b>	<b>22.3</b>

**Table 17: DISTRIBUTION (%) OF HOUSEHOLDS BY MAJOR OCCUPATION OF THE HEAD OF HOUSEHOLD**

State	n	Major Occupation									
		Labor	Cultivators	Artisans	Service	Professional	Business	Auto/Taxi driver	House wife	Other Occupants	Dependents/ Non earning members
Kerala	3584	11.8	1.2	1.4	26.8	0.3	18.0	5.2	2.6	21.5	11.2
Tamil Nadu	3598	19.5	1.0	4.7	15.2	3.5	16.6	7.0	2.0	22.6	7.9
Karnataka	3604	24.0	1.8	3.5	18.1	0.8	15.5	8.7	0.1	27.3	0.2
Andhra Pradesh	3550	15.8	0.7	4.9	31.8	0.3	19.2	5.9	0.5	14.4	6.5
Maharashtra	3556	24.4	1.4	1.0	32.6	1.3	14.3	3.5	0.9	13.0	7.6
Gujarat	3599	15.7	0.6	2.8	35.4	1.4	24.1	3.6	1.6	5.1	9.7
Madhya Pradesh	3482	21.2	4.4	3.2	35.2	5.1	16.8	3.5	0.3	8.5	1.8
Orissa	3601	17.4	0.6	5.2	29.9	0.9	27.4	6.2	0.6	8.2	3.6
West Bengal	3599	23.5	0.9	3.3	23.2	1.7	21.0	4.7	0.6	9.0	12.1
Uttar Pradesh	3537	24.4	1.8	4.4	26.8	1.5	20.7	2.7	0.2	12.0	5.5
Andaman & Nicobar	3584	4.2	0.2	3.0	48.7	1.2	11.4	4.7	0.8	16.0	9.8
Assam	2079	8.2	0.3	4.2	28.2	1.1	28.6	2.8	2.1	20.1	4.4
Bihar	2369	15.1	0.8	3.2	25.4	1.8	31.9	2.9	1.5	6.9	10.5
New Delhi	2677	18.9	0.8	1.4	33.9	0.5	14.2	7.9	0.6	9.9	11.9
Puducherry	3566	15.7	0.9	4.2	34.0	0.7	15.0	4.6	0.4	22.2	2.3
Rajasthan	2590	7.5	1.0	2.2	39.4	1.9	32.8	2.1	1.0	10.8	1.3
<b>Pooled</b>	<b>52575</b>	<b>17.1</b>	<b>1.2</b>	<b>3.3</b>	<b>30.4</b>	<b>1.5</b>	<b>19.8</b>	<b>4.8</b>	<b>0.9</b>	<b>14.4</b>	<b>6.6</b>

**Table 18: DISTRIBUTION (%) OF ADULT MEN (≥ 18 YEARS) BY MAJOR OCCUPATION**

State	n	Major Occupation								
		Labor	Cultivators	Artisan	Service	Professional	Business	Auto/Taxi driver	Other Occupants	Dependents/ Non earning members
Kerala	4804	11.1	1.1	1.4	29.3	0.3	16.0	5.3	17.1	18.4
Tamil Nadu	5214	16.3	0.8	4.2	15.2	5.4	14.6	6.9	22.5	14.1
Karnataka	5280	20.3	1.7	3.1	16.7	0.9	12.4	7.7	29.8	7.4
Andhra Pradesh	5322	13.6	0.7	4.3	33.1	0.3	17.1	5.3	9.2	16.4
Maharashtra	6020	20.9	1.2	0.8	30.0	1.1	12.3	2.7	9.3	21.7
Gujarat	6087	13.6	0.5	2.3	36.7	1.4	22.2	2.9	3.7	16.7
Madhya Pradesh	5905	17.0	3.7	2.6	31.5	4.2	14.8	3.1	6.5	16.6
Orissa	5410	14.0	0.4	4.2	28.9	0.8	24.5	5.9	7.1	14.2
West Bengal	5601	20.8	0.9	3.8	27.6	1.9	20.0	4.4	5.4	15.2
Uttar Pradesh	5634	22.0	1.6	3.7	23.5	1.5	18.7	2.7	8.3	18.0
Andaman & Nicobar	5427	3.8	0.2	2.8	44.1	1.2	9.9	5.1	15.3	17.6
Assam	3084	6.9	0.5	3.6	27.8	1.1	27.8	2.7	14.0	15.6
Bihar	3389	12.2	0.6	2.8	23.4	2.0	26.5	2.3	5.9	24.3
New Delhi	4546	13.7	0.5	1.1	32.2	0.5	11.5	6.8	7.5	26.2
Puducherry	5032	13.6	0.8	3.5	34.3	0.8	13.4	4.0	15.5	14.1
Rajasthan	4013	6.5	0.8	2.0	34.2	1.6	27.7	1.8	8.4	17.0
<b>Pooled</b>	<b>80768</b>	<b>14.7</b>	<b>1.1</b>	<b>2.9</b>	<b>29.4</b>	<b>1.6</b>	<b>17.5</b>	<b>4.4</b>	<b>11.5</b>	<b>16.9</b>

**Table 19: DISTRIBUTION (%) OF ADULT WOMEN (≥ 18 YEARS) BY MAJOR OCCUPATION**

State	n	Major Occupation									
		Labor	Cultivators	Artisan	Service	Professional	Business	Auto/Taxi driver	House wife	Other Occupants	Dependents/ Non earning members
Kerala	5174	0.7	0.1	0.1	13.3	0.2	1.4	0.1	55.0	12.9	16.2
Tamil Nadu	5263	4.5	0.3	1.4	5.8	1.7	3.1	0.2	58.7	7.8	16.5
Karnataka	5527	5.3	0.2	0.5	6.7	0.1	1.7	0.1	49.6	27.3	8.5
Andhra Pradesh	5352	5.3	0.2	2.3	7.9	0.1	2.8	0	54.8	9.3	17.3
Maharashtra	5986	5.6	0.2	0.2	7.6	0.4	1.4	0	56.7	3.6	24.3
Gujarat	5963	4.9	0.1	0.4	6.7	1.0	0.7	0.1	63.4	1.2	21.5
Madhya Pradesh	5768	3.1	0.2	1.3	6.2	0.8	1.2	0.1	56.0	6.6	24.5
Orissa	5377	5.8	0.1	0.8	8.7	0.1	2.7	0.1	57.6	3.5	20.6
West Bengal	5537	6.4	0.2	0.3	6.2	0.9	2.0	0.1	60.5	3.7	19.7
Uttar Pradesh	5375	2.8	0.4	0.6	5.6	0.2	2.0	0.0	58.5	4.6	25.3
Andaman & Nicobar	5362	0.4	0.3	0.5	12.7	0.6	1.8	0.1	55.9	8.8	18.9
Assam	3206	0.7	0.3	0.2	10.7	0.4	2.6	0.2	54.5	7.1	23.3
Bihar	3135	1.0	0.3	0.1	3.2	0.1	0.7	0	75.7	1.4	17.5
New Delhi	4465	1.5	0.3	0.2	4.8	0.2	0.4	0.2	57.2	3.6	31.6
Puducherry	5349	1.9	0.2	0.3	9.7	0.1	2.0	0	52.7	18.4	14.7
Rajasthan	3906	0.6	0.1	0.4	6.7	0.3	1.2	0	68.7	1.7	20.3
<b>Pooled</b>	<b>80745</b>	<b>3.4</b>	<b>0.2</b>	<b>0.6</b>	<b>7.7</b>	<b>0.5</b>	<b>1.7</b>	<b>0.1</b>	<b>57.9</b>	<b>7.9</b>	<b>20.0</b>

**Table 20: HOUSEHOLDS (%) POSSESSING DIFFERENT HH ARTICLES**

State	N	Household Articles (%)																	
		Radio	Television	Refrigerator	Washing Machine	Two Wheeler	Four Wheeler (Car)	Telephone	Cell Phone	Computer	Lap Top	Internet	DVD Player	Home Theatre	Exercise Equipment	Air Conditioner	Air Cooler	Vacuum Cleaner	Microwave Oven
Kerala	3584	73.0	98.1	89.9	41.2	62.0	22.2	36.6	95.9	18.8	14.1	16.9	53.7	1.5	3.8	3.1	1.3	1.7	3.8
Tamil Nadu	3598	15.3	97.7	62.4	39.2	64.9	9.9	8.8	96.6	17.4	19.3	13.7	49.0	10.6	3.3	11.6	1.8	4.3	4.1
Karnataka	3604	12.3	95.2	42.0	22.0	52.6	8.2	5.9	96.8	8.9	6.4	5.1	38.7	9.3	1.1	1.2	1.1	2.1	2.7
Andhra Pradesh	3550	4.7	94.2	64.9	24.2	70.6	5.0	8.6	94.4	17.1	6.6	13.5	38.7	2.2	1.7	5.7	28.6	0.6	1.3
Maharashtra	3556	29.2	92.8	62.6	21.7	60.6	6.6	7.4	93.8	16.0	6.4	9.9	14.9	3.1	1.1	2.4	28.1	1.2	2.9
Gujarat	3599	12.0	94.8	75.7	35.8	77.9	16.6	15.9	97.6	19.2	15.1	16.1	43.1	8.4	4.3	12.7	5.1	3.7	5.8
Madhya Pradesh	3482	8.4	88.5	47.2	18.8	62.8	7.2	5.0	94.3	11.2	5.5	6.5	18.4	1.4	0.6	1.8	64.6	1.2	1.7
Orissa	3601	9.8	92.1	46.9	21.7	55.5	4.6	6.4	92.6	10.8	8.6	9.8	21.2	0.9	2.9	6.3	25.0	2.0	3.3
West Bengal	3599	30.4	89.6	28.4	2.5	17.8	1.9	1.9	90.0	4.9	2.5	3.3	19.9	0.7	0.1	1.6	0.4	0.4	1.9
Uttar Pradesh	3537	6.5	83.9	50.2	19.7	37.8	4.8	2.8	88.2	7.9	6.1	5.9	19.1	1.6	0.8	2.9	43.3	1.6	3.5
Andaman & Nicobar	3584	8.7	97.6	78.0	39.9	55.9	14.4	4.4	97.5	12.6	9.0	11.6	45.6	15.2	1.6	3.9	0.9	0.7	3.3
Assam	2079	11.2	94.0	50.8	22.8	43.5	19.5	11.1	94.2	21.1	15.9	15.0	29.0	3.2	2.4	1.4	3.6	2.4	12.7
Bihar	2369	8.7	79.6	32.6	13.8	35.1	5.8	0.9	81.6	5.3	5.3	6.2	6.8	1.2	0.2	1.6	11.8	0.5	0.6
New Delhi	2677	2.8	96.5	84.1	51.2	45.5	6.9	2.5	96.3	10.8	5.8	8.4	7.8	1.7	1.0	8.0	74.6	1.1	2.6
Puducherry	3566	14.7	96.7	81.6	49.6	76.9	10.0	22.4	96.1	19.8	12.2	15.3	38.8	4.8	3.0	23.7	1.6	4.3	4.8
Rajasthan	2590	24.4	96.7	90.5	57.9	89.3	25.3	16.5	98.0	20.9	18.1	23.0	53.3	13.1	2.2	16.4	89.8	2.3	24.1
<b>Pooled</b>	<b>52575</b>	<b>16.8</b>	<b>96.9</b>	<b>61.4</b>	<b>29.5</b>	<b>56.9</b>	<b>10.0</b>	<b>9.5</b>	<b>94.1</b>	<b>13.6</b>	<b>9.5</b>	<b>10.9</b>	<b>30.9</b>	<b>4.9</b>	<b>1.9</b>	<b>6.4</b>	<b>23.9</b>	<b>1.9</b>	<b>4.5</b>

**Table 21.1: AVERAGE HOUSEHOLD CONSUMPTION OF FOODSTUFFS (g/CU/day)**

STATES		Cereals	Millets	Cereals & Millets	Puls. & Legu.	Leafy Veg.	Other Veg.	Roots & Tubers	Nuts & Oils	Condi. & Spices	Salt	Fruit	Fish	Egg	Flesh Food	Milk & Milk Prod.	Fats & oils	Sugar & Jaggery
Kerala (n=888)	Mean	295.2	1.5	296.7	39.2	10.9	66.5	77.0	25.7	22.0	7.5	84.8	56.7	4.3	23.1	188.5	23.7	16.9
	SD	85.9	11.2	86.1	38.6	27.9	77.5	68.6	20.3	12.3	3.4	100.2	71.0	12.5	60.7	129.8	14.7	12.3
Tamil Nadu (n=893)	Mean	293.9	7.9	301.8	57.5	17.8	58.0	80.1	17.4	19.6	8.8	86.3	10.8	7.0	17.2	134.3	25.6	15.9
	SD	84.9	28.4	86.7	39.7	34.8	65.4	60.5	20.2	11.6	4.1	80.5	39.6	17.6	49.4	136.1	16.8	11.9
Karnataka (n=893)	Mean	341.5	35.3	376.8	50.1	19.3	44.1	70.9	30.0	24.5	8.8	80.9	15.9	5.5	24.8	185.0	28.3	17.0
	SD	101.7	59.5	116.7	40.8	35.7	64.4	56.7	29.6	14.0	4.3	77.7	49.0	17.4	63.9	140.6	20.1	13.6
Andhra Pradesh (n=870)	Mean	311.4	4.2	315.6	36.0	14.6	49.8	55.2	11.5	18.4	8.8	71.6	2.4	6.8	19.0	127.3	28.1	12.5
	SD	94.0	17.5	94.5	36.3	34.0	69.3	53.9	19.2	11.6	4.5	81.4	20.6	19.4	51.6	115.7	18.6	11.0
Maharashtra (n=881)	Mean	253.6	30.5	284.2	34.8	32.3	49.0	49.5	8.6	16.0	7.5	56.1	3.9	4.7	13.3	123.7	30.8	26.3
	SD	92.1	58.9	84.6	28.3	56.5	62.8	43.2	12.8	8.3	3.9	72.9	23.9	15.5	35.8	85.4	16.0	15.6
Gujarat (n=880)	Mean	204.3	14.4	218.7	39.3	22.9	51.2	63.7	3.7	19.1	7.1	93.8	3.8	1.5	7.8	301.4	50.0	24.5
	SD	90.0	35.8	87.5	35.5	39.8	58.3	56.7	13.8	11.5	3.5	105.9	19.3	7.6	30.6	193.6	21.8	16.6
Madhya Pradesh (n=866)	Mean	334.5	4.5	339.0	44.2	28.5	63.4	76.9	2.7	20.0	10.7	48.1	0.6	2.5	4.3	160.1	39.8	29.3
	SD	114.5	35.1	111.5	43.1	55.5	76.9	60.8	7.6	14.5	6.0	60.2	7.2	11.6	22.3	137.4	22.4	18.7
Orissa (n=896)	Mean	387.0	0.4	387.3	51.7	45.6	178.0	196.8	2.4	20.5	14.4	41.8	19.3	6.7	13.9	83.0	32.8	10.8
	SD	84.5	4.5	84.6	42.3	75.6	145.5	91.0	10.0	17.3	5.8	57.3	56.0	21.8	51.2	102.3	17.1	10.9
West Bengal (n=896)	Mean	328.1	1.0	329.1	33.7	34.1	98.4	190.3	2.1	11.4	5.3	30.2	35.0	10.4	19.5	67.5	33.0	13.9
	SD	76.0	11.5	76.3	32.8	62.3	99.8	86.1	7.8	7.1	3.0	55.3	59.2	23.4	50.9	99.5	20.0	13.5
Uttar Pradesh (n=880)	Mean	292.9	0.4	293.3	45.4	14.5	52.0	97.3	1.2	9.9	5.8	38.6	1.3	1.9	6.7	132.9	33.2	20.4
	SD	88.5	5.5	88.7	38.2	39.9	71.0	69.6	4.9	7.8	3.3	70.7	11.9	9.6	29.3	121.0	21.0	16.0
Andaman & Nicobar (n=849)	Mean	316.3	0.3	316.6	45.6	26.0	93.7	109.5	11.8	16.9	6.3	46.6	52.8	13.6	36.7	66.8	35.8	11.9
	SD	84.8	3.4	84.8	43.1	52.2	101.3	75.3	24.6	10.6	4.0	52.7	78.5	24.3	73.8	93.3	19.0	10.0
Assam (n=459)	Mean	512.6	0.5	513.2	94.2	24.5	93.0	143.1	2.6	15.6	10.9	30.1	39.0	19.2	20.7	70.4	47.0	15.7
	SD	172.9	7.8	173.1	69.2	47.9	92.2	87.6	12.1	12.8	8.6	41.3	60.9	33.6	59.2	97.9	23.5	14.7
Bihar (n=583)	Mean	318.0	0.2	318.2	41.1	18.3	127.4	112.8	0.2	9.9	5.3	21.7	2.5	1.0	14.0	119.2	24.5	10.7
	SD	79.6	4.0	79.6	26.7	54.2	108.1	65.5	1.1	6.7	3.9	45.2	20.0	10.0	55.9	112.9	14.6	7.8
New Delhi (n=664)	Mean	231.4	0.7	232.2	47.9	16.4	77.7	83.7	0.9	9.4	3.6	74.3	1.6	2.9	3.4	50.2	42.8	21.2
	SD	73.8	7.0	75.0	44.2	55.7	86.6	63.3	6.8	4.2	1.9	75.5	16.1	13.9	21.0	117.6	19.4	11.3
Puducherry (n=882)	Mean	315.4	5.5	320.9	49.5	24.0	44.0	84.7	25.8	17.3	7.7	76.6	27.9	7.5	12.1	196.4	26.8	12.6
	SD	102.3	30.8	104.9	35.7	49.5	58.6	61.8	36.8	10.0	4.1	71.0	56.1	19.5	40.7	141.5	15.2	10.3
Rajasthan (n=561)	Mean	204.8	1.9	206.8	33.3	18.6	64.0	76.1	1.2	15.4	5.1	59.9	0.7	1.5	5.5	320.7	55.0	24.2
	SD	55.4	13.1	55.0	37.6	44.3	76.7	60.6	7.9	10.2	2.5	80.9	9.3	9.9	25.4	194.1	25.3	15.8
Pooled (n=12841)	Mean	305.9	7.4	313.3	45.3	23.3	74.2	97.1	10.0	17.0	7.8	60.4	17.4	5.9	15.4	145.8	34.0	17.7
	SD	112.2	30.8	112.3	41.2	50.0	91.7	80.0	20.7	12.1	5.0	76.9	48.3	18.1	48.6	148.4	21.0	14.6
	RDI	-	-	275	80	100	200	100	30	10	-	150	-	-	-	300	25	-

**Table 21.2: DISTRIBUTION (%) OF HOUSEHOLDS BY INTAKE OF FOODSTUFFS AS PERCENT OF RECOMMENDED**

FOODS	% RDI	STATES																
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	A & N	Assam	Bihar	New Delhi	Pudu-cherry	Raja-sthan	Pooled
<b>n</b>		<b>888</b>	<b>893</b>	<b>893</b>	<b>870</b>	<b>881</b>	<b>880</b>	<b>866</b>	<b>896</b>	<b>896</b>	<b>880</b>	<b>849</b>	<b>459</b>	<b>583</b>	<b>664</b>	<b>882</b>	<b>561</b>	<b>12841</b>
<b>Cereals &amp; Millets</b>	<b>&lt;50</b>	1.2	0.3	0.4	0.8	3.2	15.3	0.7	0.0	0.6	2.6	0.8	0.0	0.0	6.5	1.9	8.2	2.6
	<b>50-70</b>	6.1	7.3	2.8	5.4	9.5	27.6	4.5	0.7	2.6	9.0	5.1	0.9	1.2	25.9	7.4	35.3	9.0
	<b>≥70</b>	92.7	92.4	96.8	93.8	87.3	57.0	94.8	99.3	96.9	88.4	94.1	99.1	98.8	67.6	90.7	56.5	88.4
<b>Pulses</b>	<b>&lt;50</b>	59.5	36.4	46.6	62.5	64.6	60.8	53.2	45.4	69.5	51.5	53.8	21.1	59.3	49.7	42.1	66.5	53.2
	<b>50-70</b>	13.1	17.8	17.2	13.8	17.9	14.8	16.6	17.0	12.6	17.7	15.5	8.1	20.6	15.7	19.7	16.2	16.0
	<b>≥70</b>	27.5	45.8	36.2	23.7	17.5	24.4	30.1	37.6	17.9	30.8	30.6	70.8	20.1	34.6	38.2	17.3	30.7
<b>GLV</b>	<b>&lt;50</b>	90.4	85.1	86.5	92.1	77.0	83.1	80.0	69.1	74.4	89.8	80.3	81.0	89.0	90.1	81.9	85.2	83.2
	<b>50-70</b>	3.2	4.5	5.7	2.5	2.8	6.0	4.7	3.0	3.9	2.5	3.1	4.1	1.0	1.5	3.5	3.0	3.5
	<b>≥70</b>	6.4	10.4	7.8	5.4	20.2	10.9	15.2	27.9	21.7	7.7	16.6	14.8	9.9	8.4	14.6	11.8	13.3
<b>Other Vege-tables</b>	<b>&lt;50</b>	74.7	78.7	87.1	79.7	80.5	82.6	73.8	34.8	58.3	79.1	61.8	63.4	46.1	66.9	85.1	72.0	71.1
	<b>50-70</b>	11.3	9.9	5.8	8.0	10.2	9.2	9.7	11.8	15.5	9.2	9.3	14.4	17.2	12.8	7.3	15.2	10.7
	<b>≥70</b>	14.1	11.4	7.1	12.3	9.3	8.2	16.5	53.3	26.2	11.7	28.9	22.2	36.7	20.3	7.6	12.8	18.3
<b>Roots &amp; Tubers</b>	<b>&lt;50</b>	45.5	37.4	44.1	61.5	62.2	46.6	39.8	4.2	3.0	25.8	21.3	12.9	17.3	36.7	33.4	42.1	34.1
	<b>50-70</b>	13.9	16.1	13.8	10.3	13.1	15.5	14.2	3.5	3.3	12.3	14.4	8.3	10.5	14.2	14.3	11.4	11.9
	<b>≥70</b>	40.7	46.5	42.1	28.2	24.7	38.0	46.0	92.3	93.6	61.9	64.3	78.9	72.2	49.1	52.3	46.5	54.0
<b>Milk &amp; Milk Products</b>	<b>&lt;50</b>	43.1	60.7	49.7	65.7	71.5	23.9	60.0	79.8	84.2	66.0	84.1	82.6	69.3	88.1	39.5	19.6	61.5
	<b>50-70</b>	14.8	13.4	18.1	13.8	15.3	15.0	14.8	7.8	6.4	12.7	6.0	8.7	11.0	2.9	18.0	13.0	12.2
	<b>≥70</b>	42.1	25.9	32.1	20.5	13.2	61.1	25.2	12.4	9.5	21.3	9.9	8.7	19.7	9.0	42.5	67.4	26.3
<b>Fats &amp; Oils</b>	<b>&lt;50</b>	21.5	21.7	19.6	16.6	6.5	1.4	6.2	7.8	9.8	10.6	5.5	1.3	17.0	2.4	14.7	1.1	10.8
	<b>50-70</b>	16.0	15.1	13.4	16.1	10.3	2.2	8.2	11.6	10.6	12.3	9.0	3.1	19.6	5.0	13.9	2.5	10.9
	<b>≥70</b>	62.5	63.2	67.0	67.4	83.2	96.5	85.6	80.6	79.6	77.2	85.5	95.6	63.5	92.6	71.3	96.4	78.3
<b>Fruits</b>	<b>&lt;50</b>	39.2	25.4	27.7	32.5	45.4	31.5	49.7	56.4	71.0	66.5	47.1	64.1	77.2	29.4	30.6	48.1	45.3
	<b>50-70</b>	7.3	10.9	8.3	11.7	13.6	9.7	11.4	9.8	6.8	10.3	15.2	9.6	9.1	12.7	10.7	12.3	10.6
	<b>≥70</b>	53.5	63.7	64.1	55.7	41.0	58.9	38.9	33.8	22.2	23.2	37.7	26.4	13.7	58.0	58.7	39.6	44.1

Table 22.1: AVERAGE HOUSEHOLD CONSUMPTION OF NUTRIENTS (CU/day)

STATES		Protein (g)	Total Fat (g)	Energy (Kcal)	Calcium (mg)	Iron (mg)	Vit.-A (µg)	Thiamine (mg)	Ribo-flavin (mg)	Niacin (mg)	Vit.-C (mg)	Dietary Folate (µg)
Kerala (n=888)	Median	60.8	50.1	1920	523.8	11.4	117.1	0.9	0.8	10.3	42.5	261.4
	Mean	65.4	53.6	2000	618.1	12.4	226.9	1.0	0.8	11.0	51.9	709.2
	SD	24.5	23.0	538.7	413.0	5.8	339.1	0.4	0.3	4.2	46.1	1067.4
Tamil Nadu (n=893)	Median	56.0	46.7	1949	490.1	10.7	176.4	1.0	0.7	10.1	47.5	211.7
	Mean	58.6	50.9	2012	560.7	12.5	287.4	1.0	0.7	10.8	60.9	268.3
	SD	18.2	22.5	490.5	326.5	7.6	485.5	0.3	0.2	3.6	46.7	355.6
Karnataka (n=893)	Median	63.8	54.8	2282	507.9	13.4	176.9	1.0	0.8	10.4	43.9	238.6
	Mean	66.8	59.8	2340	603.9	14.4	319.1	1.1	0.9	11.3	54.6	316.6
	SD	21.3	28.6	640.4	363.6	6.2	497.9	0.4	0.3	4.1	43.3	281.1
Andhra Pradesh (n=870)	Median	50.1	44.3	1862	379.8	9.1	165.6	0.8	0.6	8.8	39.4	156.3
	Mean	52.7	48.9	1920	418.1	9.7	252.9	0.9	0.7	9.8	48.1	182.1
	SD	18.1	24.3	536.4	211.6	4.0	393.5	0.3	0.3	4.5	35.0	157.8
Maharashtra (n=881)	Median	50.4	47.3	1796	352.5	15.1	104.4	1.3	0.7	9.3	40.1	196.3
	Mean	52.7	51.3	1847	407.7	16.2	307.3	1.3	0.8	9.8	50.1	213.4
	SD	17.0	21.0	477.0	222.8	6.4	501.2	0.4	0.2	3.3	38.1	126.1
Gujarat (n=880)	Median	44.9	69.7	1774	475.8	13.4	150.3	1.1	0.7	7.2	54.7	187.1
	Mean	47.5	73.2	1826	525.7	13.9	257.6	1.2	0.7	7.8	65.2	226.0
	SD	15.5	26.9	514.4	292.0	5.0	464.5	0.4	0.3	3.1	47.1	226.5
Madhya Pradesh (n=866)	Median	55.4	56.5	2046	418.1	18.3	119.1	1.6	0.9	10.0	50.0	216.9
	Mean	57.6	60.8	2096	464.6	19.7	242.2	1.6	0.9	10.5	61.9	234.0
	SD	17.4	28.3	604.5	231.4	8.0	396.7	0.5	0.3	3.3	49.9	98.2
Orissa (n=896)	Median	63.4	46.1	2242	385.8	17.4	146.4	1.4	0.9	13.7	101.2	263.5
	Mean	66.4	48.7	2276	509.2	18.9	460.7	1.4	0.9	14.1	114.1	292.7
	SD	19.1	22.2	466.9	428.4	8.6	764.0	0.4	0.3	3.5	65.4	181.5
West Bengal (n=896)	Median	56.1	44.2	1981	331.5	13.7	103.2	1.2	0.6	12.1	77.3	182.8
	Mean	60.7	49.7	2041	426.7	14.7	216.2	1.2	0.7	12.8	87.0	247.3
	SD	22.2	26.0	509.7	341.9	6.5	329.3	0.4	0.3	3.7	49.0	366.1
Uttar Pradesh (n=880)	Median	47.7	46.0	1743	313.5	13.1	71.9	1.3	0.7	8.5	45.4	171.3
	Mean	49.5	50.3	1809	370.8	14.1	167.7	1.3	0.7	8.9	56.0	192.2
	SD	15.1	26.4	507.7	226.9	6.9	435.9	0.4	0.3	2.8	43.2	97.5
Andaman & Nicobar (n=849)	Median	66.5	51.9	2012	474.6	13.5	167.4	1.0	0.8	10.6	53.3	254.5
	Mean	70.4	56.7	2081	613.9	14.7	309.5	1.0	0.8	11.5	65.1	574.9
	SD	24.2	25.8	511.5	556.2	6.8	445.7	0.4	0.3	4.5	50.4	916.0
Assam (n=459)	Median	89.7	64.8	2951	445.5	20.0	160.4	1.6	1.0	14.9	60.2	328.6
	Mean	93.3	68.2	3045	555.5	21.9	274.9	1.7	1.1	15.6	69.2	376.7
	SD	31.1	29.3	883.8	421.0	9.9	362.6	0.7	0.4	5.3	40.6	319.8
Bihar (n=583)	Median	49.8	34.1	1673	309.2	14.7	38.3	1.2	0.8	9.7	56.0	206.0
	Mean	52.6	38.3	1747	350.7	15.4	85.3	1.3	0.8	10.3	66.1	241.5
	SD	17.1	19.5	484.4	198.9	5.0	167.2	0.4	0.3	3.5	41.9	200.8
New Delhi (n=664)	Median	37.9	48.2	1495	184.2	12.8	125.8	1.1	0.6	7.5	52.3	179.8
	Mean	40.9	52.1	1558	257.3	13.5	223.0	1.1	0.6	7.9	68.7	204.0
	SD	14.7	22.2	440.0	197.6	4.9	344.6	0.4	0.3	2.8	61.7	109.9
Puducherry (n=882)	Median	61.4	53.5	2070	598.6	12.3	187.6	1.1	0.8	10.7	44.7	229.9
	Mean	64.2	57.4	2109	704.8	14.0	400.7	1.1	0.8	11.3	56.4	315.0
	SD	21.5	23.6	561.3	428.0	9.0	651.6	0.5	0.4	4.2	45.6	310.1
Rajasthan (n=561)	Median	45.8	75.7	1755	550.1	13.2	187.2	1.1	0.9	7.3	50.4	191.0
	Mean	47.5	78.5	1808	606.5	13.8	256.3	1.2	0.9	7.6	62.6	209.1
	SD	14.6	28.5	451.3	378.2	3.8	240.2	0.4	0.4	2.2	48.9	88.1
Pooled (n=12841)	Median	54.8	51.1	1944	422.5	13.5	135.9	1.1	0.8	9.9	51.4	208.8
	Mean	58.8	55.7	2020	502.7	14.8	273.2	1.2	0.8	10.7	64.8	302.6
	SD	22.3	26.5	604.6	362.1	7.3	468.6	0.5	0.3	4.2	50.4	449.1
RDA-2020		54	-	2110	1000	19	1000	1.4	2	14	80	300

Table 22.2: DISTRIBUTION (%) OF HOUSEHOLDS BY INTAKE OF NUTRIENTS AS PERCENT OF RDA

FOODS	% RDA	STATES																
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Guj arat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	A&N	Assam	Bihar	New Delhi	Pudu-cherry	Raja-sthan	Pooled
<b>n</b>		888	893	893	870	881	880	866	896	896	880	849	459	583	664	882	561	12841
<b>Protein</b>	<50	1.1	0.4	0.3	3	1.8	4.8	1.3	0.2	0.7	4.2	0.7	0	0.7	13.9	0.6	2.5	2.2
	50-70	6.5	10.1	4.1	16.5	12.7	23.5	9.1	2.6	7.7	17.5	3.3	0.4	16.5	35.4	6.9	20.7	11.8
	≥70	92.4	89.5	95.6	80.5	85.5	71.7	89.6	97.2	91.6	78.3	96	99.6	82.8	50.7	92.5	76.8	86
<b>Energy</b>	<50	1.2	0.7	0.3	1.8	2.5	3.3	0.6	0	0.9	3.9	0.9	0	3.3	9.5	0.6	1.2	1.8
	50-70	12.8	11.8	6.3	19.2	17.9	24.1	14.7	2.3	9	23.1	7.7	2	28.8	38.9	12.4	23	15.4
	≥70	86	87.5	93.4	79	79.6	72.6	84.7	97.7	90.1	73	91.4	98	67.9	51.6	87	75.8	82.8
<b>Calcium</b>	<50	45.9	51.5	48.9	70.2	76.8	56.1	66.4	63.2	72.2	78	53.9	58.2	79.4	89.6	36.4	43.9	61.6
	50-70	27.4	24.4	22.7	20.6	15.6	27.8	19.9	18.5	13.7	13.2	19.3	19.6	14.4	6.2	26.2	25.8	19.9
	≥70	26.7	24.1	28.4	9.2	7.6	16.1	13.7	18.3	14.1	8.8	26.8	22.2	6.2	4.2	37.4	30.3	18.5
<b>Iron</b>	<50	34.1	38.6	20.3	53.8	9.9	18	3.5	7.1	18.4	16.9	19.2	5.7	9.6	17.3	30.2	9.8	20.5
	50-70	32	31.2	29	30.6	25	31.5	14.9	17.9	27.9	34.9	29.8	13.7	27.3	38.1	28	41.2	28.3
	≥70	33.9	30.2	50.7	15.6	65.1	50.5	81.6	75	53.7	48.2	51	80.6	63.1	44.6	41.8	49	51.2
<b>Vitamin-A</b>	<50	88.4	89.4	84.7	91.3	83	88	89.4	79.4	90.3	92.8	83.6	87.4	97.1	91	82	87.3	87.6
	50-70	6	3.7	4.5	3.8	3.2	6.5	3	3.1	3.9	3.1	5.4	5.4	1.2	2.8	6	7.5	4.3
	≥70	5.6	6.9	10.8	4.9	13.8	5.5	7.6	17.5	5.8	4.1	11	7.2	1.7	6.2	12	5.2	8.1
<b>Thiamine</b>	<50	24.2	13.5	17.4	32.9	4.8	9.1	1	2.7	3.5	4.1	17.8	2	2.2	9.3	15.8	4.5	10.9
	50-70	36.7	34.3	27.8	33.4	15.7	25.8	7.2	9.4	25.1	17.7	28.9	10.7	22.3	27.1	26.4	23.2	23.6
	≥70	39.1	52.2	54.8	33.7	79.5	65.1	91.8	87.9	71.4	78.2	53.3	87.3	75.5	63.6	57.8	72.3	65.5
<b>Riboflavin</b>	<50	79.4	87.5	69.1	87.9	86.8	84.9	65	68.1	89.2	85.3	78.7	46	76.9	91.3	75.3	66.1	78.4
	50-70	17.7	11.2	23.7	10.7	12.3	11.8	29.6	26.9	9.5	13.3	17.9	33.5	18.5	7.2	17.6	27.5	17.5
	≥70	2.9	1.3	7.2	1.4	0.9	3.3	5.4	5	1.3	1.4	3.4	20.5	4.6	1.5	7.1	6.4	4.1
<b>Niacin</b>	<50	11	10	9.7	25.6	17.3	45.9	12.8	0.6	1.8	24	10.2	2	11.8	37.9	11	43.1	16.7
	50-70	31.9	35.6	31.1	37.6	40.6	34.6	34.1	7.5	16.1	44	30.6	7.8	40.3	45.5	29.7	44.2	32
	≥70	57.1	54.4	59.2	36.8	42.1	19.5	53.1	91.9	82.1	32	59.2	90.2	47.9	16.6	59.3	12.7	51.3
<b>Vitamin-C</b>	<50	46	39	44.8	51	49.9	33.8	38.2	9.7	12.7	41.8	36.9	26.1	29.9	36.9	43.6	35.3	36.4
	50-70	21.6	19.6	19.8	18.4	18.3	18.2	18	9.5	15.3	20.2	16.3	18.5	20.2	15.8	22.2	20.3	18.2
	≥70	32.4	41.4	35.4	30.6	31.8	48	43.8	80.8	72	38	46.8	55.4	49.9	47.3	34.2	44.4	45.4
<b>Dietary Folate</b>	<50	18.1	21.4	13.4	46.2	27.7	30.2	17.4	9	34.2	38.2	17	5	22	36	18.5	27.1	24.2
	50-70	18	27.9	25.3	27.5	30.4	31.8	29.7	21.3	27	32.4	21.7	14.4	29.2	26.7	23.6	30.8	26.3
	≥70	63.9	50.7	61.3	26.3	41.9	38	52.9	69.7	38.8	29.4	61.3	80.6	48.8	37.3	57.9	42.1	49.5

**Table 23: AVERAGE INTAKE OF FOODSTUFFS (g/day) AMONG 6-12 MONTHS INFANT CHILDREN**

STATES		Cereals	Millets	Cereals & Millets	Puls. & Legu.	Leafy Veg.	Other Veg.	Roots & Tubers	Nuts & Oils	Condi. & Spices	Fruits	Total Salt	Fish	Egg	Flesh Food	Milk & Milk Prod.	Fats & oils	Sugar & Jaggery
Kerala (n=6)	Mean	30.2	13.2	43.4	12.2	0.1	12.0	12.1	2.7	1.5	72.5	4.9	3.7	0.0	0.0	49.5	1.4	14.9
	SD	29.4	19.6	26.1	24.5	0.1	8.2	13.3	4.5	3.1	59.1	2.5	9.2	0.0	0.0	121.2	1.3	19.2
Tamil Nadu (n=15)	Mean	44.7	0.0	44.7	11.6	3.2	7.8	8.3	0.8	1.8	7.8	5.8	0.0	2.9	0.0	43.7	1.1	7.3
	SD	30.1	0.0	30.1	12.2	7.7	21.1	15.5	1.3	2.2	11.3	3.1	0.0	11.1	0.0	101.5	1.6	11.8
Karnataka (n=13)	Mean	53.8	9.9	63.8	8.5	0.5	1.9	4.0	1.8	1.2	1.9	6.3	0.0	0.0	1.0	136.4	2.4	4.8
	SD	37.5	13.4	36.2	8.3	1.7	3.7	7.1	2.5	1.5	3.3	3.8	0.0	0.0	3.5	135.6	3.0	5.1
Andhra Pradesh (n=14)	Mean	54.7	0.0	54.7	4.6	4.2	3.1	1.3	0.2	1.5	10.3	6.0	0.0	0.0	1.3	52.4	2.5	2.1
	SD	38.8	0.0	38.8	4.9	9.0	9.0	3.1	0.7	2.0	22.3	3.2	0.0	0.0	3.4	87.1	2.8	4.1
Maharashtra (n=17)	Mean	43.0	0.0	43.0	9.1	0.4	0.3	1.1	0.3	1.8	18.6	4.8	0.5	0.0	0.5	119.0	6.6	10.8
	SD	21.8	0.0	21.8	7.9	0.6	1.2	2.2	0.5	1.6	26.0	2.9	2.1	0.0	2.1	106.5	5.8	13.3
Gujarat (n=10)	Mean	32.5	0.0	32.5	6.6	0.6	1.0	9.3	2.4	1.4	29.4	4.5	0.0	0.0	0.0	189.8	5.1	4.0
	SD	32.4	0.0	32.4	5.0	1.6	2.2	18.0	6.9	2.2	58.4	3.4	0.0	0.0	0.0	215.9	6.5	4.5
Madhya Pradesh (n=18)	Mean	47.3	1.3	48.7	9.8	3.0	6.6	11.0	0.4	1.2	5.4	6.9	0.0	0.0	0.3	259.3	3.9	14.9
	SD	44.6	5.6	44.6	11.9	8.2	21.9	14.0	1.0	1.6	8.3	4.1	0.0	0.0	1.0	239.7	3.8	11.1
Orissa (n=2)	Mean	86.9	0.0	86.9	13.0	0.0	34.8	53.3	0.5	5.1	0.0	10.2	26.3	6.6	0.0	0.0	6.1	0.0
	SD	94.6	0.0	94.6	4.2	0.0	13.8	32.9	0.7	7.3	0.0	4.7	37.2	9.3	0.0	0.0	8.6	0.0
West Bengal (n=15)	Mean	38.4	0.0	38.4	7.4	2.3	9.5	7.3	0.0	0.9	1.7	3.8	0.0	2.9	0.0	152.2	1.5	1.5
	SD	29.2	0.0	29.2	8.1	6.3	21.9	13.5	0.2	0.9	6.4	2.7	0.0	11.4	0.0	184.6	2.9	2.4
Uttar Pradesh (n=21)	Mean	27.8	0.1	27.9	6.7	0.2	2.6	15.5	0.0	0.9	4.4	4.1	0.0	0.0	1.5	253.5	3.4	14.9
	SD	35.1	0.7	35.2	15.7	0.8	6.6	38.4	0.0	1.5	11.1	2.4	0.0	0.0	7.1	221.9	5.3	18.7
Andaman & Nicobar (n=15)	Mean	51.0	0.0	51.0	9.6	1.9	6.8	14.2	0.2	1.0	23.6	4.1	2.5	1.2	0.9	109.5	3.7	1.8
	SD	24.8	0.0	24.8	10.5	6.9	14.8	15.0	0.3	1.3	48.8	2.8	9.8	4.7	3.6	167.6	7.3	5.3
Assam (n=4)	Mean	36.9	0.0	36.9	1.9	0.0	4.0	10.5	0.0	0.6	2.4	5.4	0.0	0.0	5.0	37.5	4.7	3.8
	SD	55.3	0.0	55.3	2.8	0.0	8.0	11.8	0.0	1.2	4.9	4.7	0.0	0.0	10.1	68.5	9.1	7.5
Bihar (n=4)	Mean	48.6	0.0	48.6	12.6	0.0	1.4	7.5	0.0	2.0	0.0	3.4	0.0	0.0	0.0	328.8	3.0	22.5
	SD	46.2	0.0	46.2	19.9	0.0	2.7	15.0	0.0	3.6	0.0	2.2	0.0	0.0	0.0	316.7	4.9	5.0
New Delhi (n=12)	Mean	33.9	0.0	33.9	4.0	0.0	8.8	17.1	0.0	0.9	24.9	2.3	0.0	0.0	0.0	0.0	6.5	9.3
	SD	35.9	0.0	35.9	8.0	0.0	24.3	33.8	0.0	1.5	25.5	1.5	0.0	0.0	0.0	0.0	11.0	7.3
Puducherry (n=8)	Mean	54.1	0.0	54.1	12.7	0.7	0.7	9.4	0.1	1.9	20.5	5.2	0.0	8.3	0.0	178.3	2.3	11.0
	SD	48.0	0.0	48.0	19.4	1.4	1.3	8.4	0.3	2.6	31.5	3.0	0.0	16.4	0.0	174.6	4.6	6.6
Rajasthan (n=5)	Mean	41.5	0.0	41.5	2.1	0.0	0.0	30.9	0.0	1.2	15.6	3.3	0.0	0.0	0.0	377.3	25.3	22.3
	SD	59.3	0.0	59.3	4.6	0.0	0.0	69.1	0.0	2.7	34.8	2.4	0.0	0.0	0.0	237.9	45.9	16.1
Pooled (n=179)	Mean	43.1	1.3	44.4	8.2	1.4	5.0	10.3	0.5	1.3	13.7	5.1	0.7	1.0	0.6	145.7	4.1	8.7
	SD	36.5	6.1	36.5	11.5	5.1	14.5	22.7	2.1	1.9	30.0	3.6	5.1	6.1	3.4	188.8	9.5	12.0

Table 24: AVERAGE INTAKE OF FOODSTUFFS (g/day) AMONG 1-3 YEAR CHILDREN

STATES		Cereals	Millets	Cereals & Millets	Puls. & Legu.	Leafy Veg.	Other Veg.	Roots & Tubers	Nuts & Oils	Condi. & Spices	Fruits	Total Salt	Fish	Egg	Flesh Food	Milk & Milk Prod.	Fats & oils	Sugar & Jaggery
Kerala (n=86)	Mean	105.1	2.1	107.2	12.2	5.7	16.9	25.8	7.8	6.5	38.9	2.8	18.1	5.8	9.5	171.3	9.6	10.6
	SD	47.1	9.6	47.3	13.6	14.6	29.5	32.0	9.1	6.3	55.8	2.3	31.1	13.3	23.7	137.2	9.3	7.7
Tamil Nadu (n=149)	Mean	108.3	1.3	109.6	22.4	5.2	16.7	32.7	5.1	6.7	42.8	3.2	3.4	5.5	4.3	161.0	10.8	12.3
	SD	51.2	6.6	50.3	19.1	15.0	26.1	41.9	10.3	6.0	59.0	2.2	16.1	13.6	14.9	170.9	10.0	10.0
Karnataka (n=138)	Mean	142.4	2.2	144.6	18.7	4.7	13.8	28.6	10.2	8.7	40.2	3.5	3.2	4.5	9.9	191.2	12.1	11.2
	SD	59.2	7.3	59.1	15.0	9.2	21.5	31.0	15.2	8.2	54.2	2.5	14.0	14.7	25.9	175.8	8.3	9.8
Andhra Pradesh (n=150)	Mean	115.0	0.7	115.6	12.3	5.4	11.9	20.4	1.9	6.0	34.0	3.1	0.5	3.8	7.1	101.9	12.0	7.8
	SD	55.5	6.4	56.1	16.0	13.8	24.0	28.5	4.5	5.8	50.6	2.4	5.5	11.5	18.8	129.8	11.3	8.8
Maharashtra (n=130)	Mean	93.1	6.0	99.1	15.1	5.5	9.4	13.9	2.0	4.3	34.7	2.5	0.2	2.4	5.1	143.5	11.3	15.7
	SD	45.9	16.5	46.7	17.4	13.9	20.9	19.9	4.5	3.4	46.6	1.7	2.4	10.0	13.1	118.2	11.6	11.1
Gujarat (n=127)	Mean	64.0	1.9	65.9	13.8	3.9	11.4	15.3	0.6	4.7	40.9	2.2	1.3	1.0	1.8	224.8	13.6	12.0
	SD	45.1	8.9	46.6	16.7	9.7	21.4	23.0	3.2	4.5	58.1	1.8	9.0	5.2	8.1	178.8	12.0	11.2
Madhya Pradesh (n=128)	Mean	112.6	1.2	113.8	13.3	7.0	17.2	28.6	0.7	5.3	19.6	3.5	0.0	2.3	0.2	162.2	13.5	19.1
	SD	55.6	8.5	55.5	15.2	16.2	29.7	34.3	1.9	5.8	40.6	3.2	0.0	10.0	1.1	165.9	9.8	17.4
Orissa (n=110)	Mean	129.8	0.0	129.8	25.5	10.8	60.9	88.3	0.9	7.1	16.4	6.1	6.9	2.2	4.5	107.8	15.0	6.1
	SD	52.7	0.0	52.7	24.3	23.8	61.8	61.9	4.2	5.5	31.8	3.6	21.4	9.2	18.8	145.1	12.5	9.7
West Bengal (n=142)	Mean	113.1	0.3	113.5	16.4	8.6	31.6	69.1	0.7	3.6	10.7	2.1	9.5	5.6	4.7	144.3	11.2	5.4
	SD	52.4	3.0	52.0	17.9	20.0	45.9	55.7	3.6	3.8	25.5	1.7	18.9	15.7	18.7	182.8	9.6	6.0
Uttar Pradesh (n=177)	Mean	109.6	0.0	109.6	17.6	2.4	12.9	35.3	0.6	3.4	18.2	2.2	1.6	1.6	2.4	200.6	12.0	14.9
	SD	56.0	0.0	56.0	19.2	9.0	22.7	33.5	2.6	4.0	39.1	1.8	11.1	8.4	11.0	203.8	9.5	11.6
Andaman & Nicobar (n=151)	Mean	112.7	0.7	113.4	17.8	4.4	22.0	40.0	3.5	5.0	28.7	2.1	17.8	7.2	10.6	102.3	13.1	6.2
	SD	50.1	6.5	50.7	20.8	11.3	38.6	40.4	9.4	4.4	48.7	1.7	31.0	17.8	27.4	136.4	11.0	7.7
Assam (n=36)	Mean	127.2	0.5	127.7	24.7	2.3	27.0	27.2	0.2	2.2	8.5	2.1	9.6	4.4	6.5	55.1	10.7	4.7
	SD	66.6	3.2	67.4	22.8	8.9	38.5	22.9	0.6	3.5	19.8	2.5	26.0	12.8	19.3	88.4	9.3	5.8
Bihar (n=45)	Mean	103.2	0.3	103.5	17.2	5.1	28.3	36.9	0.4	2.7	5.3	2.0	0.4	2.2	2.7	183.4	8.8	6.0
	SD	49.9	2.3	49.4	11.7	15.9	33.2	31.8	2.5	2.3	16.5	1.4	2.9	10.4	15.1	156.7	6.8	7.5
New Delhi (n=93)	Mean	82.3	0.2	82.5	13.9	4.4	20.2	23.6	0.0	2.6	47.0	1.2	1.2	0.0	2.0	60.3	14.3	11.4
	SD	47.0	1.6	47.1	16.1	13.6	29.3	30.8	0.0	1.9	55.5	0.8	8.6	0.0	11.5	161.4	12.2	8.8
Puducherry (n=91)	Mean	104.0	3.6	107.6	14.8	4.2	8.2	23.5	6.8	5.5	39.0	2.3	10.0	7.7	3.7	218.3	9.7	13.0
	SD	44.1	20.7	51.0	14.0	9.3	15.3	27.5	13.7	11.5	43.9	1.6	22.9	15.9	14.4	165.1	8.0	7.6
Rajasthan (n=67)	Mean	65.6	1.1	66.7	8.9	1.4	13.4	21.8	0.2	5.0	31.6	1.6	0.0	0.2	4.8	340.0	17.9	15.7
	SD	36.3	8.6	37.4	10.5	9.0	22.9	27.8	1.3	4.8	47.2	1.0	0.0	1.3	14.6	198.4	12.7	9.3
Pooled (n=1820)	Mean	106.7	1.4	108.1	16.5	5.2	19.3	33.9	2.8	5.2	29.7	2.7	5.1	3.6	5.1	159.4	12.3	11.1
	SD	54.9	8.7	55.3	17.9	14.2	33.9	41.3	7.9	5.8	48.0	2.4	17.7	12.1	17.6	172.4	10.6	10.9

Table 25: AVERAGE INTAKE OF FOODSTUFFS (g/day) AMONG 4-6 YEAR CHILDREN

STATES		Cereals	Millets	Cereals & Millets	Puls. & Legu.	Leafy Veg.	Other Veg.	Roots & Tubers	Nuts & Oils	Condi. & Spices	Fruits	Total Salt	Fish	Egg	Flesh Food	Milk & Milk Prod.	Fats & oils	Sugar & Jaggery
Kerala (n=92)	Mean	157.3	0.8	158.1	23.3	5.5	24.4	45.2	14.8	10.6	77.2	4.0	31.6	3.9	16.3	157.7	15.3	11.8
	SD	60.2	5.2	60.1	23.6	16.9	34.6	54.8	12.7	7.8	102.4	2.2	47.5	11.7	45.2	130.6	12.2	16.9
Tamil Nadu(n=174)	Mean	153.9	2.8	156.7	34.5	9.2	28.9	44.3	9.7	10.2	57.3	4.6	2.8	6.5	16.7	125.9	17.9	12.4
	SD	61.2	12.2	62.8	26.3	21.0	40.0	47.3	13.7	6.8	71.7	2.4	16.2	17.6	45.0	141.6	15.1	9.2
Karnataka (n=181)	Mean	202.4	7.1	209.6	29.2	8.0	23.9	37.8	17.4	14.0	57.3	5.1	7.5	3.9	17.3	175.0	18.2	12.3
	SD	75.1	23.5	79.0	26.0	16.0	38.4	38.1	19.1	9.7	73.0	3.3	29.9	13.4	44.7	158.5	13.6	11.2
Andhra Pradesh (n=190)	Mean	166.6	1.6	168.2	19.0	6.2	23.4	31.0	6.0	9.8	47.8	5.0	1.5	5.2	8.8	125.4	18.8	9.6
	SD	66.1	8.6	66.8	21.8	14.3	39.2	38.3	12.1	6.8	60.2	3.0	10.3	14.2	27.1	120.1	15.5	9.4
Maharashtra (n=174)	Mean	142.2	8.8	151.0	23.6	14.8	19.7	24.7	3.3	8.3	40.4	4.1	1.6	3.6	8.5	128.7	18.2	16.6
	SD	59.9	24.0	61.9	25.4	34.6	29.4	29.1	4.9	6.7	58.9	2.5	13.4	13.4	25.1	111.0	13.3	11.6
Gujarat (n=125)	Mean	99.2	4.3	103.5	20.4	8.8	19.8	28.2	1.4	8.1	51.0	3.6	2.5	1.1	6.1	251.4	23.9	15.0
	SD	56.8	13.4	55.9	22.0	16.1	29.3	31.6	5.0	7.4	59.5	2.5	13.4	6.3	19.9	171.7	15.3	16.1
Madhya Pradesh (n=155)	Mean	166.6	4.9	171.5	23.8	10.0	31.3	40.9	0.9	9.2	18.0	5.2	0.0	0.6	1.0	135.2	21.2	24.2
	SD	73.0	29.5	74.2	39.1	22.9	54.4	45.3	2.5	8.0	26.2	3.4	0.4	5.8	6.5	121.1	16.0	21.8
Orissa (n=137)	Mean	189.9	0.8	190.6	31.1	24.0	99.4	120.3	1.7	12.0	27.3	8.6	8.2	5.6	9.0	80.0	20.7	5.2
	SD	59.6	5.4	60.4	27.6	41.6	84.7	61.4	5.9	10.0	45.4	3.4	29.0	16.6	24.5	128.3	12.3	7.5
West Bengal (n=166)	Mean	177.1	0.4	177.5	21.1	15.6	43.3	111.2	0.9	6.0	22.9	3.2	18.6	8.4	10.4	107.2	19.7	8.8
	SD	50.1	4.9	50.2	23.2	36.0	52.4	67.1	4.5	4.1	42.9	2.2	35.2	19.3	28.6	161.4	13.8	9.4
Uttar Pradesh (n=226)	Mean	179.5	0.3	179.8	27.9	5.8	25.2	57.6	0.5	6.4	28.1	3.8	1.1	1.3	6.5	144.2	20.7	16.4
	SD	71.3	4.4	71.6	27.0	17.9	37.5	47.6	2.1	7.4	57.9	2.4	9.5	6.5	23.0	177.2	13.6	13.3
A & N (n=177)	Mean	160.2	0.1	160.3	23.7	9.9	42.8	68.9	4.8	8.0	28.2	3.3	22.2	12.4	16.8	83.8	20.2	7.2
	SD	65.6	0.6	65.6	23.7	23.0	56.9	64.0	11.3	5.5	45.6	2.5	41.2	24.3	38.5	127.6	15.1	9.1
Assam (n=47)	Mean	228.5	1.0	229.5	46.0	10.2	35.3	53.6	0.3	4.3	23.6	4.2	17.9	6.8	10.8	88.8	21.5	8.9
	SD	98.7	6.9	99.5	38.3	28.8	46.2	35.0	1.1	3.7	37.8	3.9	30.9	14.8	28.6	127.2	14.1	7.8
Bihar (n=100)	Mean	172.8	0.6	173.4	24.1	7.1	52.5	71.4	0.5	5.5	15.1	3.1	0.0	0.6	9.6	93.6	14.2	4.3
	SD	45.9	6.1	46.0	13.1	21.7	45.8	46.3	2.6	4.0	41.7	1.9	0.0	5.2	39.7	110.5	8.9	5.3
New Delhi (n=1218)	Mean	115.4	0.1	115.5	25.7	5.6	33.6	46.3	0.4	4.5	42.4	2.0	0.0	0.9	2.4	31.3	20.8	13.7
	SD	52.7	0.9	52.7	26.1	22.2	48.3	42.4	2.5	2.5	49.9	1.3	0.0	5.9	14.6	97.3	12.7	8.2
Puducherry (n=140)	Mean	149.6	0.6	150.3	28.9	9.1	18.6	42.5	16.6	8.1	52.2	3.6	15.6	5.7	8.2	170.9	14.3	11.5
	SD	57.3	3.9	57.2	24.9	19.4	28.5	40.0	29.3	4.9	68.4	1.9	34.1	14.0	22.3	122.8	9.2	9.1
Rajasthan (n=103)	Mean	103.8	0.3	104.1	17.3	7.7	20.0	40.1	0.2	8.0	27.1	2.6	0.0	1.0	8.5	267.7	30.1	14.9
	SD	47.7	2.4	47.7	23.2	19.8	33.4	32.8	1.0	6.7	45.0	1.6	0.0	7.4	26.3	175.0	17.1	9.6
Pooled (n=2315)	Mean	160.4	2.4	162.7	25.6	9.9	33.2	53.8	5.2	8.6	38.8	4.2	7.4	4.4	9.8	134.7	19.6	12.4
	SD	69.3	13.7	70.1	26.5	24.7	49.3	54.2	12.9	7.3	60.0	2.9	25.5	14.2	30.9	149.8	14.2	12.7

Table 26: AVERAGE INTAKE OF FOODSTUFFS (g/day) AMONG 7-9 YEAR CHILDREN

STATES		Cereals	Millets	Cereals & Millets	Puls. & Legu.	Leafy Veg.	Other Veg.	Roots & Tubers	Nuts & Oils	Condi. & Spices	Total Salt	Fruits	Fish	Egg	Flesh Food	Milk & Milk Prod.	Fats & oils	Sugar & Jaggery
Kerala (n=114)	Mean	185.8	1.1	187.0	26.5	12.4	28.2	58.2	14.2	11.8	4.7	60.7	27.2	6.9	14.2	188.7	16.3	13.8
	SD	70.5	8.2	70.1	25.3	26.2	32.4	57.1	13.4	7.9	2.5	83.4	48.8	17.6	46.1	143.6	12.8	12.8
Tamil Nadu(n=176)	Mean	180.0	2.6	182.6	36.7	8.4	30.3	55.8	10.2	12.8	5.5	65.1	13.0	8.6	13.6	116.1	20.0	13.0
	SD	66.1	11.0	66.4	29.6	19.4	38.8	46.7	14.3	9.9	2.9	78.5	44.0	20.6	41.5	140.4	15.2	10.8
Karnataka (n=154)	Mean	239.7	11.6	251.4	36.3	9.2	32.6	50.1	18.2	15.9	6.0	54.5	8.7	4.0	15.3	146.5	20.5	12.2
	SD	93.9	25.1	93.9	29.7	23.9	43.7	44.2	18.6	10.9	3.6	70.1	28.8	14.3	42.1	125.8	15.8	12.1
Andhra Pradesh (n=178)	Mean	202.7	1.5	204.2	21.4	11.3	28.0	40.6	5.8	11.6	5.7	50.8	1.2	5.4	15.4	106.6	21.3	9.1
	SD	70.8	9.1	71.0	26.1	25.2	44.2	43.1	10.5	8.6	3.1	64.6	9.1	16.0	36.5	124.0	14.9	10.6
Maharashtra (n=161)	Mean	157.1	11.2	168.3	23.4	18.3	19.1	36.3	4.3	9.6	4.6	45.9	1.7	5.0	6.3	118.9	20.2	16.2
	SD	74.5	31.4	69.5	21.3	39.9	33.5	45.1	7.1	5.4	2.9	67.6	9.0	15.5	18.5	121.5	13.4	10.5
Gujarat (n=148)	Mean	124.5	6.8	131.3	22.5	14.4	23.7	35.2	3.4	10.3	4.3	79.0	1.9	0.2	3.5	256.4	27.2	16.3
	SD	69.1	19.5	69.8	24.7	28.0	32.6	32.1	13.8	6.7	3.7	99.2	10.9	2.1	15.1	196.1	13.7	13.4
Madhya Pradesh (n=172)	Mean	209.5	3.5	213.1	27.9	17.1	32.4	51.1	1.7	11.1	6.5	26.8	0.0	1.6	1.7	116.4	26.5	24.4
	SD	92.8	25.2	90.4	30.8	37.4	44.0	46.5	7.1	8.5	3.9	42.3	0.0	9.7	9.3	120.5	16.9	15.9
Orissa (n=139)	Mean	237.9	0.8	238.7	33.9	36.2	106.7	137.5	0.9	12.7	9.4	33.8	9.8	6.4	6.8	77.5	24.4	5.6
	SD	76.1	6.8	76.7	31.0	59.4	85.2	66.7	3.4	12.1	4.8	54.6	28.4	19.4	25.3	121.0	16.2	7.0
West Bengal (n=166)	Mean	229.8	0.9	230.7	28.9	18.1	48.5	131.4	0.9	7.1	3.9	28.6	20.7	7.2	16.3	88.6	24.2	10.7
	SD	69.6	7.7	69.8	35.6	33.1	65.3	78.4	4.4	5.0	2.8	58.5	35.1	23.3	37.9	149.3	16.5	15.9
Uttar Pradesh (n=232)	Mean	225.6	0.0	225.6	30.3	7.7	33.2	64.8	0.4	6.0	4.0	22.3	0.5	1.7	5.5	102.6	23.7	17.3
	SD	80.4	0.0	80.4	25.8	25.0	48.5	50.0	2.7	4.8	2.3	48.5	7.0	7.5	20.7	129.9	15.2	14.8
Andaman & Nicobar (n=175)	Mean	199.2	0.5	199.7	29.2	14.9	47.9	69.9	7.4	9.8	4.0	32.4	33.5	11.9	27.7	94.4	24.8	7.9
	SD	83.7	6.1	83.6	30.8	36.4	77.3	57.7	16.0	7.2	2.6	44.2	65.2	20.5	56.3	144.6	16.7	11.0
Assam (n=52)	Mean	285.7	0.9	286.6	47.7	12.4	31.5	79.7	0.2	6.7	5.6	16.2	22.4	15.5	18.5	93.4	26.6	11.1
	SD	116.4	6.5	116.7	35.4	30.8	29.7	48.0	0.8	4.9	4.5	25.3	30.7	20.6	41.4	124.1	13.7	13.9
Bihar (n=134)	Mean	209.2	0.0	209.2	28.2	9.6	61.6	76.9	0.1	6.2	3.3	11.9	0.0	0.0	6.0	61.0	14.0	2.8
	SD	59.5	0.0	59.5	17.7	27.7	51.2	46.7	0.9	3.7	2.1	29.1	0.0	0.0	25.6	99.1	8.1	5.0
New Delhi (n=161)	Mean	139.2	1.1	140.2	29.8	8.9	43.1	54.8	0.2	5.2	2.2	52.4	0.0	1.6	1.6	20.0	26.3	13.8
	SD	62.7	6.6	63.7	27.7	32.3	53.8	43.1	2.0	2.6	1.4	56.6	0.0	9.2	11.5	73.4	14.1	9.4
Puducherry (n=143)	Mean	177.1	3.7	180.8	32.4	5.2	25.5	57.6	16.1	11.0	4.8	52.7	16.6	9.9	9.7	161.9	18.1	10.7
	SD	70.4	26.2	76.4	25.3	12.7	37.8	44.9	23.7	7.0	2.7	62.4	39.0	34.5	27.6	126.7	11.1	8.5
Rajasthan (n=110)	Mean	130.3	1.4	131.7	18.4	7.6	28.6	46.8	2.0	9.4	2.8	39.6	0.0	0.0	6.3	247.7	37.3	14.9
	SD	55.0	10.9	58.2	22.0	17.8	35.3	47.1	19.6	9.8	1.4	63.2	0.0	0.0	27.1	170.2	23.2	11.2
Pooled (n=2415)	Mean	194.2	3.0	197.2	29.0	13.1	38.6	64.6	5.4	9.8	4.8	42.5	9.0	5.0	10.3	121.4	23.0	12.8
	SD	84.6	16.2	84.4	28.2	32.1	54.3	58.5	13.3	8.1	3.4	64.7	31.4	17.2	33.0	145.7	15.8	12.9

Table 27: AVERAGE INTAKE OF FOODSTUFFS (g/day) AMONG 10-12 YEAR BOYS

STATES		Cereals	Millets	Cereals & Millets	Puls. & Legu.	Leafy Veg.	Other Veg.	Roots & Tubers	Nuts & Oils	Condi. & Spices	Total Salt	Fruits	Fish	Egg	Flesh Food	Milk & Milk Prod.	Fats & oils	Sugar & Jaggery
Kerala (n=60)	Mean	234.0	0.0	234.0	29.6	11.3	29.2	57.5	14.4	14.4	5.6	67.3	31.4	4.9	24.5	160.4	21.1	15.3
	SD	76.1	0.0	76.1	33.3	33.1	34.4	55.1	11.4	8.0	3.0	116.4	52.4	12.1	56.6	127.8	13.4	14.7
Tamil Nadu (n=87)	Mean	234.0	0.6	234.6	48.4	10.4	33.3	57.1	14.7	14.6	7.0	71.6	4.9	9.0	17.4	97.6	23.5	13.7
	SD	85.0	4.3	84.5	35.1	21.2	45.9	46.0	23.1	10.6	3.8	106.1	22.9	22.8	51.4	116.7	15.8	12.0
Karnataka (n=88)	Mean	272.2	26.7	298.9	42.4	13.8	38.0	58.2	19.8	18.7	7.4	63.8	15.3	5.6	18.8	138.4	25.6	11.3
	SD	99.1	55.5	112.5	31.7	23.9	50.0	45.4	18.7	12.2	4.2	60.7	49.8	16.7	52.2	116.6	18.8	8.0
Andhra Pradesh (n=70)	Mean	255.8	0.3	256.1	25.6	12.4	20.2	58.9	8.3	14.7	7.1	60.3	0.0	7.8	16.7	114.6	22.4	11.5
	SD	98.1	2.0	98.0	33.1	28.9	37.1	59.0	13.8	10.7	3.5	61.3	0.0	22.9	34.5	122.9	17.0	13.9
Maharashtra (n=91)	Mean	206.9	14.4	221.3	28.8	22.1	29.6	40.1	7.8	11.8	5.4	64.3	1.3	4.6	6.9	118.4	23.5	20.7
	SD	94.8	39.4	97.0	25.3	39.6	57.5	41.7	23.2	7.0	3.2	94.0	6.8	14.7	19.3	109.1	14.1	13.7
Gujarat (n=79)	Mean	168.3	8.8	177.2	29.4	13.4	33.7	54.3	2.6	12.3	4.8	80.0	2.9	1.8	6.0	280.5	36.7	16.3
	SD	82.1	29.4	80.1	28.8	27.4	41.7	52.7	11.2	8.1	2.8	118.6	15.0	9.1	18.6	178.1	20.7	12.3
Madhya Pradesh (n=106)	Mean	260.0	5.4	265.4	36.3	20.0	38.4	60.5	1.1	15.4	8.0	32.4	0.5	2.5	4.9	129.0	30.0	21.9
	SD	104.8	37.3	101.3	36.5	45.2	52.3	50.7	2.7	12.7	4.9	66.9	4.9	12.6	21.8	132.5	17.9	14.6
Orissa (n=96)	Mean	280.5	0.9	281.4	47.3	35.4	111.8	151.2	1.4	13.6	11.4	29.9	7.9	7.9	12.4	66.0	27.6	5.6
	SD	76.1	7.3	76.9	36.9	58.5	95.5	70.2	7.9	8.5	5.3	46.1	29.7	20.6	48.5	118.0	15.8	8.2
West Bengal (n=103)	Mean	263.2	0.0	263.2	29.0	31.3	60.7	152.0	1.1	7.8	3.9	22.3	26.5	8.7	9.6	71.2	25.4	10.7
	SD	77.4	0.0	77.4	25.5	56.1	62.0	76.4	6.0	5.1	2.6	49.2	49.3	18.3	29.1	117.0	21.2	13.9
Uttar Pradesh (n=137)	Mean	253.6	0.4	254.0	28.7	12.2	45.9	83.1	0.8	8.0	4.5	28.9	0.8	0.3	4.8	110.7	26.7	15.7
	SD	98.7	4.7	98.5	25.4	31.2	62.7	62.0	3.7	7.6	2.5	57.4	6.7	3.5	19.7	129.3	17.6	13.5
Andaman & Nicobar (n=79)	Mean	240.5	0.0	240.5	39.1	9.5	64.9	88.5	8.3	14.1	5.4	32.6	44.4	13.2	29.3	72.0	33.0	8.8
	SD	90.4	0.0	90.4	37.2	21.5	79.7	62.9	18.9	9.0	3.7	38.7	71.8	25.7	61.6	108.8	17.1	11.7
Assam (n=32)	Mean	280.2	0.0	280.2	57.0	14.7	55.6	109.1	1.9	6.8	5.1	19.9	19.1	10.4	8.9	74.5	26.5	11.3
	SD	111.4	0.0	111.4	46.6	29.4	61.6	81.4	6.8	4.7	5.0	33.1	36.1	21.4	29.2	108.2	12.5	13.9
Bihar (n=86)	Mean	259.6	0.0	259.6	34.6	13.9	78.1	89.1	0.1	7.0	3.3	12.4	0.0	0.0	8.0	37.3	16.9	2.0
	SD	68.2	0.0	68.2	22.3	41.4	60.6	54.2	0.5	4.3	1.7	26.4	0.0	0.0	36.2	81.7	10.0	5.6
New Delhi (n=76)	Mean	159.0	0.0	159.0	28.2	2.0	56.1	60.3	0.0	5.9	2.4	68.1	0.0	2.0	0.0	38.1	29.5	13.7
	SD	60.1	0.0	60.1	25.7	7.9	75.1	50.4	0.2	2.6	1.5	72.0	0.0	12.9	0.0	80.8	15.6	9.7
Puducherry (n=76)	Mean	244.4	1.5	245.8	40.3	19.3	25.3	63.4	22.5	12.2	6.2	54.3	17.9	7.7	10.7	155.8	19.6	12.1
	SD	84.9	9.0	84.8	38.9	35.1	31.6	58.6	36.8	7.2	3.9	65.6	42.0	15.7	45.6	140.3	13.2	20.2
Rajasthan (n=67)	Mean	172.8	0.0	172.8	27.3	10.0	43.7	55.8	0.4	11.4	4.0	42.1	0.0	2.4	6.4	268.7	47.1	17.8
	SD	66.6	0.0	66.6	43.5	25.2	58.8	48.8	1.7	7.3	4.0	58.1	0.0	11.2	21.8	172.7	28.1	12.2
Pooled (n=1333)	Mean	238.0	3.9	241.9	35.0	16.4	48.7	78.7	6.2	11.8	5.8	45.9	9.9	5.2	11.1	118.4	27.1	13.2
	SD	94.0	23.1	95.0	33.2	37.2	63.9	66.6	16.6	9.1	4.2	74.1	34.5	16.3	37.8	140.3	18.5	13.7

**Table 28: AVERAGE INTAKE OF FOODSTUFFS (g/day) AMONG 10-12 YEAR GIRLS**

STATES		Cereals	Millets	Cereal & Millets	Puls. & Legu.	Leafy Veg.	Other Veg.	Roots & Tubers	Nuts & Oils	Condi. & Spices	Total Salt	Fruits	Fish	Egg	Flesh Food	Milk & Milk Prod	Fats & oils	Sugar & Jaggery
Kerala (n=63)	Mean	207.0	0.8	207.8	37.6	6.7	29.1	75.0	15.2	14.9	5.2	75.2	30.8	4.1	20.0	145.1	20.9	12.5
	SD	66.1	6.6	65.7	27.0	15.3	37.6	72.1	13.9	8.6	1.9	102.7	46.6	12.7	50.9	144.8	15.9	9.7
Tamil Nadu (n=89)	Mean	206.3	9.6	215.9	43.3	7.6	36.1	53.8	13.8	12.8	5.7	74.0	6.9	8.7	12.5	97.7	20.1	12.6
	SD	70.8	50.1	92.4	33.8	20.0	38.2	52.1	19.0	8.5	2.9	104.3	22.1	20.6	43.0	120.2	16.8	11.3
Karnataka (n=81)	Mean	258.7	18.7	277.4	40.3	14.7	36.5	55.7	19.0	17.6	6.1	52.5	8.9	7.3	15.7	109.2	23.3	11.7
	SD	93.7	37.6	103.0	32.4	25.8	44.9	47.7	19.7	10.5	3.6	47.0	28.0	19.6	40.2	116.6	18.2	9.7
Andhra Pradesh (n=75)	Mean	234.8	0.6	235.4	25.6	11.9	33.6	48.1	7.7	13.6	6.1	57.5	0.9	6.7	17.4	115.3	22.0	7.5
	SD	87.8	2.8	87.9	26.7	24.6	53.4	51.0	14.0	8.3	3.0	64.1	7.4	15.8	35.7	118.0	16.7	7.1
Maharashtra (n=69)	Mean	195.1	11.9	207.1	25.8	14.7	19.3	30.0	5.1	10.6	4.5	44.8	4.1	1.9	13.2	91.4	19.3	17.6
	SD	70.8	31.6	77.2	24.6	31.4	34.2	33.1	7.6	8.3	2.9	45.5	19.5	7.4	27.6	87.1	8.8	12.1
Gujarat (n=57)	Mean	152.8	16.3	169.1	25.7	13.9	28.3	62.4	3.4	12.3	4.9	63.4	0.0	0.8	10.7	237.3	37.4	16.5
	SD	83.7	40.5	91.1	26.1	24.6	35.0	58.7	6.9	9.2	3.8	86.8	0.0	4.4	31.1	185.6	18.9	14.5
Madhya Pradesh (n=81)	Mean	235.8	0.0	235.8	29.6	19.1	35.8	61.5	2.3	11.8	7.1	23.2	0.0	2.3	3.5	133.5	28.6	19.7
	SD	94.0	0.0	94.0	33.5	36.7	62.1	54.6	8.7	9.4	3.7	31.7	0.0	10.1	14.4	123.6	15.0	14.5
Orissa (n=69)	Mean	277.8	0.0	277.8	38.8	35.3	150.4	160.7	1.1	15.4	10.7	22.2	5.3	4.7	14.6	56.9	26.3	5.3
	SD	71.3	0.0	71.3	29.7	53.4	120.7	66.8	3.9	17.3	3.9	26.7	21.6	16.3	42.9	94.4	13.1	7.3
West Bengal (n=81)	Mean	232.0	0.3	232.3	25.7	18.8	55.4	147.8	2.3	8.2	4.1	20.9	24.8	6.9	19.4	42.5	28.1	10.4
	SD	58.0	3.0	58.1	30.7	34.9	58.3	66.3	10.2	5.9	3.0	34.3	39.0	16.3	43.6	79.4	20.8	10.5
Uttar Pradesh (n=127)	Mean	236.9	1.1	238.0	33.1	8.6	31.1	71.9	1.6	6.1	4.2	33.9	0.4	0.8	5.9	91.6	24.0	18.1
	SD	74.4	7.3	75.2	27.1	23.9	51.0	54.4	7.0	5.3	2.1	71.3	4.2	7.2	22.2	108.0	16.3	11.7
Andaman & Nicobar (n=83)	Mean	223.5	0.0	223.5	31.8	20.7	57.7	81.0	11.6	11.7	3.8	40.2	35.2	14.0	25.0	55.2	27.1	6.4
	SD	80.1	0.0	80.1	26.8	47.3	84.5	82.7	19.8	8.1	2.4	60.2	54.6	27.1	60.8	97.6	14.9	8.8
Assam (n=17)	Mean	320.0	0.0	320.0	52.9	18.7	37.6	85.6	1.5	9.9	6.0	10.4	29.7	24.3	8.6	84.5	29.8	18.1
	SD	88.8	0.0	88.8	38.5	33.0	46.5	45.9	5.6	9.7	5.0	14.2	44.4	25.4	27.8	123.5	15.1	16.9
Bihar (n=70)	Mean	221.1	0.9	221.9	34.4	11.6	70.2	90.8	0.1	6.6	3.9	14.3	1.1	0.0	11.0	41.8	15.1	2.5
	SD	52.9	7.3	53.6	27.2	41.7	52.9	54.5	0.6	4.4	2.8	27.4	9.1	0.0	38.9	85.0	8.5	4.9
New Delhi (n=76)	Mean	159.5	1.6	161.2	34.5	6.6	52.8	53.0	0.7	5.8	2.6	57.9	1.4	1.4	3.8	23.6	29.8	14.6
	SD	62.0	9.1	62.5	28.1	26.0	71.0	42.9	5.8	2.8	1.6	65.4	12.1	8.5	24.0	68.1	18.2	10.1
Puducherry (n=77)	Mean	208.3	1.1	209.4	34.4	8.6	32.2	68.6	21.9	10.9	5.2	55.3	21.1	7.9	18.8	163.8	20.6	11.9
	SD	80.9	5.3	80.4	26.3	20.1	56.0	52.6	34.3	5.4	2.5	55.0	43.2	17.7	54.1	119.0	12.7	10.5
Rajasthan (n=49)	Mean	159.8	0.3	160.2	29.6	9.6	35.3	49.7	4.3	11.1	3.4	39.2	0.0	0.0	5.0	242.7	50.0	13.6
	SD	61.8	2.4	61.7	39.9	20.2	44.8	48.1	29.3	7.3	1.5	48.1	0.0	0.0	20.2	190.8	26.9	10.6
Pooled (n=1164)	Mean	218.8	4.0	222.9	33.2	13.8	46.2	74.5	7.3	11.0	5.2	43.9	9.7	5.0	12.9	103.3	25.5	12.4
	SD	82.7	21.9	85.6	29.9	32.1	66.5	65.9	17.1	9.1	3.4	65.2	29.7	15.5	38.9	129.5	17.8	11.7

Table 29: AVERAGE INTAKE OF FOODSTUFFS (g/day) AMONG 13-15 YEAR BOYS

STATES		Cereals	Millets	Cereals & Millets	Puls. & Legu.	Leafy Veg.	Other Veg.	Roots & Tubers	Nuts & Oils	Condi. & Spices	Total Salt	Fruits	Fish	Egg	Flesh Food	Milk & Milk Prod.	Fats & oils	Sugar & Jaggery
Kerala (n=63)	Mean	303.3	0.2	303.5	39.4	6.4	48.4	58.7	19.3	18.5	7.0	68.2	59.1	8.2	27.9	140.1	22.8	11.4
	SD	109.5	1.8	109.3	40.8	17.4	65.7	56.1	16.5	11.1	3.3	104.3	73.9	16.4	85.9	106.7	17.2	9.2
Tamil Nadu (n=96)	Mean	264.6	4.7	269.3	46.9	10.7	36.0	67.9	16.2	17.1	7.6	93.0	9.4	11.6	26.1	93.7	25.7	15.1
	SD	98.9	25.2	100.1	34.8	27.9	51.4	55.9	17.4	11.1	4.0	97.1	41.3	25.9	62.9	126.6	17.2	14.5
Karnataka (n=92)	Mean	334.8	11.3	346.1	47.1	13.1	39.4	72.6	25.5	20.1	7.6	66.5	9.2	3.1	21.1	133.3	30.0	14.1
	SD	119.5	33.1	123.1	38.0	27.5	47.3	68.3	22.1	12.3	3.6	71.2	36.8	11.5	47.0	133.4	18.8	13.3
Andhra Pradesh (n=82)	Mean	297.8	0.8	298.7	31.4	10.9	28.9	52.6	7.1	15.2	7.8	63.6	0.0	6.2	18.1	114.8	22.8	11.3
	SD	99.2	4.0	98.9	33.1	20.8	49.4	57.3	13.4	9.9	4.5	69.3	0.0	19.0	53.3	141.5	17.6	14.7
Maharashtra (n=85)	Mean	240.7	13.3	254.0	28.0	31.7	38.4	48.0	7.5	13.3	6.6	40.1	3.6	3.7	16.0	124.6	28.0	22.4
	SD	95.6	33.4	98.9	28.1	49.1	53.8	55.4	11.0	7.7	3.6	54.3	22.2	14.0	36.8	99.2	15.1	18.6
Gujarat (n=88)	Mean	182.6	19.4	201.9	23.9	22.7	37.7	53.3	2.6	14.5	5.4	84.6	2.3	0.9	6.2	267.1	42.6	21.4
	SD	86.9	48.5	91.4	23.5	43.7	43.4	51.7	7.5	10.0	3.2	117.5	13.9	4.4	26.1	181.1	23.2	22.4
Madhya Pradesh (n=92)	Mean	305.3	2.9	308.2	32.8	21.2	47.0	59.5	1.8	14.2	8.8	33.8	1.6	1.0	2.5	129.8	30.6	21.4
	SD	126.9	18.4	127.8	37.9	42.1	69.5	46.4	8.5	11.6	5.2	43.1	15.1	6.6	17.7	132.7	17.2	14.4
Orissa (n=82)	Mean	350.6	0.0	350.6	55.8	39.9	171.9	189.9	3.1	17.7	12.8	36.9	22.9	7.8	7.2	79.3	30.5	7.6
	SD	97.5	0.0	97.5	59.1	80.1	127.7	91.2	16.7	16.7	5.3	60.1	59.8	21.5	37.2	134.2	18.4	16.0
West Bengal (n=104)	Mean	297.3	1.9	299.3	26.8	30.5	71.5	174.1	1.2	10.2	4.4	18.0	24.6	6.0	29.3	42.2	31.5	12.0
	SD	104.7	17.3	106.4	27.0	51.9	67.9	84.6	6.8	6.5	2.3	31.2	46.3	14.7	66.1	91.5	21.0	11.6
Uttar Pradesh (n=130)	Mean	298.5	0.0	298.5	40.1	11.3	43.7	92.7	1.1	8.7	4.9	33.9	2.9	0.9	3.8	97.8	30.3	17.0
	SD	96.9	0.0	96.9	33.5	27.4	54.8	72.1	4.7	8.5	2.6	76.2	16.5	5.3	16.2	118.8	18.2	12.8
Andaman & Nicobar (n=91)	Mean	294.7	0.1	294.8	44.7	22.8	55.0	99.6	13.3	16.6	6.6	45.1	41.0	14.3	43.0	85.9	33.3	9.6
	SD	120.7	1.2	120.7	41.6	45.2	69.4	70.4	30.3	12.6	5.5	50.2	70.0	24.8	83.2	124.0	21.0	12.5
Assam (n=27)	Mean	394.8	0.0	394.8	68.8	33.9	70.2	137.5	3.4	9.8	5.8	23.9	23.5	19.8	22.5	67.4	38.0	10.7
	SD	172.3	0.0	172.3	52.2	77.5	76.9	96.3	8.3	7.5	4.9	44.1	42.9	36.5	62.3	125.7	26.8	10.5
Bihar (n=81)	Mean	314.8	0.0	314.8	44.0	14.8	108.3	94.1	0.1	8.5	4.5	21.7	1.8	0.5	12.2	69.1	19.0	4.4
	SD	96.6	0.0	96.6	32.1	49.6	77.0	57.0	0.6	5.1	3.3	42.6	11.4	4.1	47.6	104.0	12.2	7.3
New Delhi (n=104)	Mean	210.5	0.0	210.5	34.7	5.4	61.2	65.4	1.1	6.8	2.9	56.1	4.9	2.3	3.1	46.0	37.3	17.5
	SD	78.3	0.0	78.3	40.9	22.1	70.1	50.0	7.0	2.8	1.7	52.5	36.8	14.0	14.9	117.1	18.3	10.9
Puducherry (n=80)	Mean	274.8	1.2	276.0	46.0	12.1	35.3	70.6	21.5	14.1	6.8	54.9	22.1	12.9	10.4	135.2	27.3	9.8
	SD	102.5	6.3	101.8	35.1	23.1	41.8	46.7	35.8	6.5	3.3	51.2	44.2	24.8	36.4	111.9	19.7	8.2
Rajasthan (n=61)	Mean	208.6	1.7	210.3	30.0	13.7	51.7	88.1	0.4	15.0	4.6	50.9	2.0	1.2	11.4	304.4	56.2	21.1
	SD	79.7	13.3	82.5	33.9	37.0	70.5	70.2	2.2	14.2	2.3	61.3	15.6	9.6	37.4	206.7	26.6	15.1
Pooled (n=1358)	Mean	281.6	3.7	285.3	38.7	18.1	57.9	87.9	7.7	13.6	6.4	49.8	13.2	5.5	15.7	116.7	31.1	14.5
	SD	113.9	20.7	113.9	38.0	42.6	74.6	76.5	18.0	10.8	4.4	71.5	41.8	17.3	49.8	144.7	20.6	14.8

Table 30: AVERAGE INTAKE OF FOODSTUFFS (g/day) AMONG 13-15 YEAR GIRLS

STATES		Cereals	Millets	Cereals & Millets	Puls. & Legu.	Leafy Veg.	Other Veg.	Roots & Tubers	Nuts & Oils	Condi. & Spices	Total Salt	Fruits	Fish	Egg	Flesh Food	Milk & Milk Prod.	Fats & oils	Sugar & Jaggery
Kerala (n=67)	Mean	235.0	0.0	235.0	34.6	11.3	36.0	57.8	14.3	14.5	5.5	57.6	32.8	7.1	15.1	118.7	19.2	10.2
	SD	78.5	0.0	78.5	30.3	30.0	47.0	58.6	12.9	7.0	3.0	98.2	49.3	18.8	40.9	123.7	14.3	9.7
Tamil Nadu(n=91)	Mean	251.6	1.8	253.4	43.6	10.5	46.5	64.4	15.0	15.5	7.3	75.0	8.9	9.1	19.5	104.7	25.3	13.2
	SD	93.0	8.0	92.5	40.2	21.5	52.4	57.3	22.7	9.1	3.1	74.4	33.2	24.0	60.0	112.9	19.0	10.5
Karnataka (n=78)	Mean	300.4	10.7	311.2	41.9	14.3	32.9	58.2	21.3	19.6	6.8	74.1	15.6	5.1	11.2	113.2	22.7	13.3
	SD	100.9	30.2	104.2	36.0	27.5	47.7	47.8	37.9	12.8	3.0	68.0	45.4	16.5	40.0	102.0	14.9	15.2
Andhra Pradesh (n=64)	Mean	263.3	3.1	266.4	29.3	12.2	33.8	41.1	8.5	16.4	6.7	58.5	1.0	3.4	12.6	101.0	19.9	9.4
	SD	88.3	12.4	86.2	30.5	26.3	60.6	46.0	16.4	15.2	4.2	93.7	8.0	12.0	32.6	101.0	19.1	10.3
Maharashtra (n=85)	Mean	222.9	12.4	235.3	25.6	33.1	32.0	39.1	6.8	13.4	6.1	51.1	1.7	5.0	14.9	105.1	26.7	21.2
	SD	102.2	36.8	98.4	23.8	55.9	51.9	37.4	9.2	7.4	3.6	67.0	9.8	13.2	37.7	112.1	12.9	15.7
Gujarat (n=67)	Mean	175.3	14.3	189.6	34.9	17.6	36.4	60.9	4.9	13.8	5.8	103.3	0.0	0.3	5.9	232.7	40.1	16.4
	SD	92.0	35.5	87.2	29.9	37.6	44.2	61.9	24.7	9.2	3.2	141.5	0.0	2.3	28.1	182.5	16.5	15.4
Madhya Pradesh (n=87)	Mean	247.3	3.2	250.5	30.9	26.6	43.3	52.5	1.1	15.7	8.3	34.7	0.6	1.1	6.0	99.6	28.6	20.7
	SD	84.7	26.5	85.2	35.6	53.1	66.2	44.0	3.2	10.9	4.2	43.5	5.4	6.5	25.5	91.0	16.8	15.5
Orissa (n=71)	Mean	293.4	0.0	293.4	38.6	39.9	138.6	158.2	2.2	13.8	10.7	47.1	12.0	4.7	21.6	49.4	25.9	5.9
	SD	82.8	0.0	82.8	36.6	55.0	119.0	74.9	7.4	8.5	3.6	68.8	40.1	16.6	66.7	79.7	13.5	12.2
West Bengal (n=97)	Mean	272.9	0.3	273.2	31.0	26.6	66.8	160.6	2.1	9.6	4.4	20.2	19.5	7.1	28.6	40.8	27.3	15.1
	SD	79.0	3.2	78.8	35.7	43.8	68.0	73.6	7.7	6.1	3.3	35.2	38.8	15.5	62.0	76.7	17.3	19.9
Uttar Pradesh (n=125)	Mean	260.0	1.0	261.0	38.8	14.8	37.9	85.3	0.9	7.8	5.1	33.6	0.7	0.2	8.2	76.5	26.0	17.8
	SD	96.7	6.6	96.9	37.4	36.9	53.7	68.6	4.3	7.5	2.7	63.4	8.3	2.5	28.7	88.4	18.3	13.0
Andaman & Nicobar (n=87)	Mean	258.2	0.2	258.4	42.4	15.6	62.2	80.1	15.6	13.9	5.0	40.9	47.3	11.9	27.4	88.4	28.7	8.2
	SD	85.7	1.6	85.6	42.1	37.9	83.6	60.9	29.3	10.2	3.4	51.2	71.8	24.5	62.4	120.3	15.4	11.0
Assam (n=28)	Mean	360.9	1.8	362.7	65.3	20.1	54.9	105.3	4.3	10.9	8.0	18.1	29.4	17.0	7.9	41.6	37.4	11.9
	SD	108.6	9.5	108.3	52.9	33.3	70.9	55.6	14.4	9.5	6.2	29.5	44.0	23.2	23.7	74.9	22.7	12.2
Bihar (n=79)	Mean	238.8	0.0	238.8	34.7	7.2	85.4	95.1	0.1	7.2	3.4	13.8	2.7	0.0	5.0	34.6	17.5	3.0
	SD	57.5	0.0	57.5	18.6	24.3	65.9	52.2	0.4	4.7	2.3	28.9	23.9	0.0	31.3	65.9	12.9	4.7
New Delhi (n=67)	Mean	180.0	0.0	180.0	40.2	5.4	38.9	68.6	1.5	6.6	2.9	52.8	0.0	3.9	2.2	41.1	31.2	15.5
	SD	60.1	0.0	60.1	37.3	18.7	48.3	49.4	8.6	3.3	2.0	51.0	0.0	16.2	14.7	102.7	15.2	10.5
Puducherry (n=65)	Mean	209.8	5.4	215.2	36.7	16.2	27.1	75.0	15.9	12.2	5.9	49.2	25.1	7.8	9.3	108.2	20.9	9.3
	SD	73.0	20.0	70.5	24.0	34.7	40.8	66.2	23.3	6.6	3.1	45.8	45.3	16.9	29.8	116.3	11.5	8.5
Rajasthan (n=62)	Mean	168.6	0.5	169.0	20.7	11.1	42.9	67.8	0.6	12.2	4.0	37.9	0.0	2.6	3.3	279.9	52.7	16.6
	SD	54.4	3.8	55.1	25.2	25.3	50.1	50.3	3.8	7.4	2.0	46.3	0.0	14.7	11.5	182.8	29.8	10.9
Pooled (n=1220)	Mean	244.7	3.4	248.0	35.9	17.8	50.9	79.9	7.1	12.6	5.9	47.7	11.6	4.9	13.1	99.8	27.4	13.3
	SD	93.9	18.2	93.1	34.6	38.5	68.2	67.9	18.6	9.5	3.8	71.3	36.4	15.7	42.7	126.1	18.7	13.9

Table 31: AVERAGE INTAKE OF FOODSTUFFS (g/day) AMONG 16-17 YEAR BOYS

STATES		Cereals	Millets	Cereals & Millets	Puls. & Legu.	Leafy Veg.	Other Veg.	Roots & Tubers	Nuts & Oils	Condi. & Spices	Total Salt	Fruits	Fish	Egg	Flesh Food	Milk & Milk Prod.	Fats & oils	Sugar & Jaggery
Kerala (n=48)	Mean	325.6	0.0	325.6	38.7	13.3	54.3	92.5	19.6	20.3	6.9	35.0	39.4	6.8	38.9	169.9	26.1	17.4
	SD	113.6	0.0	113.6	33.7	32.0	61.5	94.6	17.8	10.8	3.5	51.3	48.0	14.9	112.6	124.8	16.5	14.6
Tamil Nadu (n=60)	Mean	324.2	6.7	330.8	52.4	23.6	38.6	82.7	17.5	20.5	8.9	76.3	6.0	8.9	31.9	109.6	28.7	12.2
	SD	105.6	34.4	107.7	41.9	45.2	47.2	56.8	19.0	10.9	3.7	70.1	28.1	25.0	77.6	112.0	20.2	11.0
Karnataka (n=47)	Mean	348.4	12.5	360.9	46.3	13.1	30.9	71.8	21.9	22.3	8.7	91.4	17.7	7.0	46.0	117.3	29.7	13.2
	SD	115.1	39.0	122.9	43.8	32.5	42.3	58.6	27.2	15.4	7.1	82.4	64.0	19.7	91.0	102.8	19.1	10.3
Andhra Pradesh (n=52)	Mean	306.6	0.5	307.0	40.2	6.8	35.8	57.6	17.2	18.2	9.0	86.4	4.0	11.0	15.0	72.0	26.5	10.1
	SD	72.2	2.9	72.1	37.7	10.8	50.4	60.8	51.4	13.1	5.3	88.0	28.9	29.1	48.4	87.7	17.9	9.8
Maharashtra (n=72)	Mean	270.0	25.5	295.5	30.3	23.9	41.1	43.9	6.6	15.6	7.3	39.1	0.7	2.8	15.4	98.1	27.5	21.9
	SD	89.6	55.3	96.7	28.4	42.0	57.2	37.6	8.1	8.6	4.2	45.9	5.9	12.1	34.7	94.9	14.9	13.7
Gujarat (n=58)	Mean	234.6	12.9	247.5	38.7	18.0	46.4	62.9	1.8	15.0	6.3	80.1	1.5	2.3	3.8	289.2	51.8	20.4
	SD	103.6	30.2	101.5	34.3	27.4	60.1	55.3	5.8	8.3	2.6	100.7	11.2	10.7	16.5	224.2	21.3	17.2
Madhya Pradesh (n=67)	Mean	331.6	8.1	339.7	33.9	18.4	54.3	62.4	1.3	16.8	9.7	48.8	1.1	1.4	3.7	151.4	32.4	24.4
	SD	146.2	49.7	137.2	38.4	35.7	72.3	57.7	3.0	11.4	5.5	79.8	9.2	8.3	21.3	154.1	21.2	16.5
Orissa (n=54)	Mean	389.0	0.0	389.0	52.1	61.1	178.2	190.2	3.5	22.3	13.7	46.1	7.7	11.2	8.4	66.0	32.3	8.6
	SD	104.3	0.0	104.3	36.5	107.9	127.5	76.2	9.8	20.8	5.9	53.2	27.6	30.1	39.0	105.1	14.8	14.7
West Bengal (n=57)	Mean	368.4	0.0	368.4	35.2	28.5	86.2	177.7	0.6	11.0	4.9	24.2	43.0	10.4	17.7	37.9	34.9	11.7
	SD	108.5	0.0	108.5	34.5	63.6	85.1	90.7	1.6	7.9	3.2	48.2	77.8	27.7	61.8	71.4	25.1	8.9
Uttar Pradesh (n=92)	Mean	308.4	0.6	309.0	44.6	12.2	49.9	89.2	1.5	9.0	5.9	32.7	1.4	3.2	7.9	96.1	31.3	17.0
	SD	109.7	5.8	109.7	37.9	32.3	71.7	75.7	5.6	8.0	3.8	60.8	10.6	13.9	30.5	93.5	21.1	13.1
Andaman & Nicobar (n=40)	Mean	327.6	0.5	328.1	42.3	15.6	100.2	86.0	17.7	14.1	5.8	42.8	60.5	20.4	31.7	50.1	31.3	9.3
	SD	104.4	3.4	104.6	35.8	35.0	115.7	48.0	36.8	7.9	3.0	44.9	118.5	34.8	71.0	101.4	14.8	12.4
Assam (n=16)	Mean	404.4	0.0	404.4	73.0	27.9	60.1	120.6	1.7	8.8	7.4	32.5	59.0	26.1	25.8	66.5	43.4	15.6
	SD	111.8	0.0	111.8	54.5	38.9	58.0	91.6	4.0	4.7	5.2	24.8	96.1	27.0	52.1	117.2	20.9	11.9
Bihar (n=65)	Mean	329.5	0.0	329.5	36.3	14.2	111.5	94.6	0.1	7.2	3.9	18.4	4.2	0.8	17.6	40.5	19.1	4.1
	SD	75.2	0.0	75.2	21.4	47.6	82.9	61.6	0.3	4.6	2.8	34.5	33.7	6.2	62.0	74.1	13.4	5.8
New Delhi (n=75)	Mean	223.5	0.6	224.1	36.8	12.1	55.7	78.2	1.4	6.7	3.0	52.9	2.4	4.6	4.8	50.9	35.8	15.0
	SD	97.3	5.2	97.2	32.6	47.9	70.2	63.6	11.5	2.8	1.5	53.5	20.8	20.4	18.5	132.9	17.8	10.8
Puducherry (n=37)	Mean	336.8	2.3	339.1	44.8	25.8	33.2	103.0	16.9	15.9	6.4	74.5	31.8	8.6	4.0	171.1	23.1	10.2
	SD	130.7	13.2	129.0	36.7	46.1	38.9	89.8	23.8	7.8	4.4	83.9	50.8	18.6	24.2	140.9	13.8	8.6
Rajasthan (n=51)	Mean	215.1	0.0	215.1	24.8	11.0	61.1	67.5	0.5	12.5	4.6	54.4	2.4	0.0	5.4	295.6	55.1	19.1
	SD	68.8	0.0	68.8	28.3	32.9	70.1	53.4	2.5	8.0	3.3	74.1	17.1	0.0	31.4	204.0	26.8	14.5
Pooled (n=891)	Mean	307.8	4.9	312.7	40.2	19.6	64.4	89.8	7.2	14.5	6.9	51.2	13.0	6.3	15.8	116.1	32.6	14.8
	SD	115.7	26.7	115.1	36.1	48.1	81.5	77.1	20.1	11.4	4.9	68.8	47.2	20.4	54.9	147.7	21.0	13.6

**Table 32: AVERAGE INTAKE OF FOODSTUFFS (g/day) AMONG 16-17 YEAR GIRLS**

STATES		Cereals	Millets	Cereals & Millets	Puls. & Legu.	Leafy Veg.	Other Veg.	Roots & Tubers	Nuts & Oils	Condi. & Spices	Total Salt	Fruits	Fish	EGG	Flesh Food	Milk & Milk Prod	Fats & oils	Sugar & Jaggery
Kerala (n=44)	Mean	220.1	0.0	220.1	28.5	4.7	31.5	51.0	12.1	17.4	5.4	40.8	62.2	8.6	37.2	130.2	22.1	9.7
	SD	49.1	0.0	49.1	29.4	14.1	43.5	43.7	12.0	11.1	2.0	63.5	68.2	26.2	72.0	109.5	16.5	9.0
Tamil Nadu (n=58)	Mean	235.1	6.5	241.6	45.9	9.9	52.5	56.5	12.8	14.1	7.1	68.0	8.3	9.7	22.0	68.1	22.9	10.9
	SD	67.3	27.6	69.7	40.2	23.2	66.8	44.2	21.6	7.8	3.2	73.8	51.0	22.7	53.8	99.6	17.7	10.1
Karnataka (n=60)	Mean	297.6	18.2	315.8	42.3	12.6	30.0	53.7	27.7	18.9	6.9	76.4	8.2	4.1	15.6	107.1	24.5	13.3
	SD	102.9	44.3	115.3	33.8	19.7	40.8	43.6	40.8	10.8	2.9	76.7	37.4	12.4	48.7	95.7	15.3	10.2
Andhra Pradesh (n=52)	Mean	278.5	0.4	278.9	26.2	11.4	46.5	39.3	8.3	16.1	8.3	80.1	1.6	7.4	13.1	85.6	21.5	8.0
	SD	94.9	3.2	94.5	31.5	21.4	71.6	39.6	16.0	14.4	4.2	99.1	11.9	20.6	31.0	101.7	15.2	9.1
Maharashtra (n=56)	Mean	221.3	21.2	242.4	26.5	18.9	49.3	49.5	6.7	13.3	5.8	74.2	3.3	1.6	12.6	90.6	28.2	23.2
	SD	80.8	65.9	83.5	20.3	32.0	68.7	50.2	9.3	6.7	2.6	134.5	16.4	7.8	29.1	89.8	14.0	15.1
Gujarat (n=43)	Mean	155.4	18.2	173.6	36.9	13.2	31.0	65.1	1.4	13.2	5.6	56.1	5.1	1.1	4.4	270.6	40.4	18.5
	SD	72.5	45.3	72.3	35.2	30.1	41.0	63.6	3.8	8.0	3.1	80.0	20.6	5.3	16.5	195.4	21.2	18.0
Madhya Pradesh (n=59)	Mean	274.0	0.9	274.9	32.9	16.2	42.4	72.0	2.1	15.9	8.7	34.5	2.5	0.8	9.5	93.3	35.1	24.4
	SD	124.4	5.0	125.0	36.7	32.7	59.3	56.3	5.6	10.7	5.2	41.0	18.9	6.5	33.9	85.2	20.6	18.2
Orissa (n=41)	Mean	318.2	0.0	318.2	39.1	37.5	159.3	196.2	3.5	16.8	11.8	28.2	10.0	7.8	21.0	36.3	29.4	4.2
	SD	81.9	0.0	81.9	29.4	74.5	125.9	89.7	19.5	9.1	4.4	28.1	32.9	22.2	64.5	86.0	14.4	6.5
West Bengal (n=64)	Mean	261.5	0.9	262.4	30.2	28.3	72.7	182.9	0.6	9.6	4.7	29.9	22.8	11.6	25.4	37.1	28.9	11.4
	SD	92.3	4.9	92.4	29.1	46.3	69.3	101.1	3.0	5.2	3.4	51.6	40.6	27.1	47.7	86.5	15.5	10.9
Uttar Pradesh (n=81)	Mean	275.0	1.0	276.0	43.3	8.8	45.7	95.6	2.4	8.5	5.4	25.9	0.7	1.5	4.0	90.6	29.9	17.1
	SD	82.8	6.6	83.5	39.7	23.1	70.8	65.0	13.4	6.7	3.0	44.5	6.6	9.7	17.5	96.7	16.9	11.8
Andaman & Nicobar (n=48)	Mean	237.1	0.0	237.1	27.6	17.9	70.0	89.6	5.4	13.2	4.8	36.4	28.5	18.2	40.5	56.8	29.3	6.8
	SD	49.5	0.0	49.5	29.4	47.4	91.8	59.9	12.9	11.7	4.2	47.0	50.0	30.7	75.2	106.4	17.7	6.9
Assam (n=17)	Mean	411.5	0.0	411.5	57.1	15.3	66.8	125.9	0.7	11.5	7.6	27.0	18.7	22.4	31.2	63.7	35.3	9.9
	SD	201.1	0.0	201.1	32.1	20.6	61.0	96.6	1.7	8.1	6.3	30.5	29.8	33.2	64.6	79.4	18.5	7.7
Bihar (n=69)	Mean	253.2	0.0	253.2	33.6	11.5	103.0	95.7	0.2	7.5	4.1	17.5	4.0	0.0	1.1	48.5	18.5	5.6
	SD	60.7	0.0	60.7	19.6	31.1	84.7	54.0	0.7	4.2	2.7	30.0	23.5	0.0	8.9	62.2	10.0	6.9
New Delhi (n=35)	Mean	187.4	0.0	187.4	32.0	4.4	54.8	56.2	0.0	6.6	2.8	45.1	0.0	3.1	2.9	32.9	34.2	16.9
	SD	83.9	0.0	83.9	32.3	18.4	62.7	53.5	0.1	2.5	1.4	46.8	0.0	18.6	16.9	72.8	16.7	11.5
Puducherry (n=50)	Mean	258.4	2.1	260.5	38.8	28.0	28.4	60.3	15.9	13.0	5.7	62.2	24.3	7.3	6.6	117.9	25.8	7.3
	SD	100.2	15.1	101.7	27.5	46.8	40.7	41.2	22.9	10.3	2.1	70.7	42.9	16.9	23.0	142.4	12.5	6.7
Rajasthan (n=42)	Mean	156.8	7.3	164.1	25.1	10.3	43.7	70.4	0.6	13.1	3.9	49.5	0.0	7.6	7.9	288.0	46.0	19.1
	SD	61.9	26.5	65.9	30.8	27.7	63.8	62.3	2.2	8.6	1.7	70.8	0.0	22.3	27.2	231.0	24.6	17.5
Pooled (n=819)	Mean	250.1	5.0	255.1	34.9	15.5	57.3	84.4	6.6	12.9	6.1	46.9	11.5	6.1	14.8	98.0	28.6	13.1
	SD	99.4	26.5	100.2	32.3	35.5	75.6	75.3	17.9	9.5	3.9	70.8	36.4	19.2	43.5	131.5	17.9	13.2

**Table 33.1: AVERAGE INTAKE OF FOODSTUFFS (g/day) AMONG ≥18 YEAR MEN (SEDENTARY ACTIVITY)**

STATES		Cereals	Millets	Cereal & Millets	Puls. & Legu.	Leafy Veg.	Other Veg.	Roots & Tubers	Nuts & Oils	Condi. & Spices	Total Salt	Fruits	Fish	Egg	Flesh Food	Milk & Milk Prod	Fats & oils	Sugar & Jaggery
Kerala (n=563)	Mean	307.6	1.5	309.0	43.8	9.8	61.7	79.3	25.0	22.3	7.7	72.3	52.9	4.4	25.6	165.7	22.8	14.8
	SD	114.4	13.2	114.1	42.3	25.7	74.5	73.9	19.7	13.5	3.9	97.5	78.3	13.0	68.0	119.4	15.0	11.1
Tamil Nadu (n=580)	Mean	304.6	9.3	313.8	59.0	16.6	64.0	84.7	18.0	20.7	9.0	83.1	8.9	6.0	17.3	114.3	25.6	12.6
	SD	113.2	32.1	114.2	44.3	34.1	75.0	67.3	20.9	13.9	4.7	79.7	37.0	17.5	54.5	127.0	18.1	12.7
Karnataka (n=393)	Mean	338.2	39.9	378.0	47.1	22.3	50.6	68.3	30.7	23.8	8.6	66.2	15.3	5.2	29.5	158.3	29.6	15.2
	SD	136.3	68.5	147.7	45.0	43.4	82.8	63.5	31.1	16.2	5.1	80.5	50.3	17.5	72.3	136.1	23.4	15.1
Andhra Pradesh (n=672)	Mean	314.1	4.1	318.2	36.5	14.4	53.5	54.1	11.2	17.8	8.5	61.2	3.1	6.9	22.6	111.2	26.7	9.9
	SD	125.7	20.2	126.2	36.9	34.3	75.9	59.4	19.8	12.6	5.0	78.8	27.2	21.8	63.3	114.7	18.7	11.2
Maharashtra (n=653)	Mean	279.9	33.7	313.5	37.9	33.8	56.2	51.2	9.3	17.2	8.2	51.9	2.6	5.3	9.6	113.2	33.1	24.7
	SD	119.5	71.1	113.1	31.6	60.0	67.4	47.6	13.7	9.2	4.6	70.6	21.1	19.2	31.5	92.0	18.9	17.8
Gujarat (n=876)	Mean	219.3	12.6	232.0	39.7	21.4	51.8	63.8	3.4	18.0	6.9	83.4	3.3	1.8	7.6	257.2	50.5	21.4
	SD	114.5	39.6	112.7	39.1	41.8	59.9	62.7	13.0	12.0	3.8	105.5	20.1	11.4	33.7	193.8	25.5	17.7
Madhya Pradesh (n=815)	Mean	351.9	1.9	353.8	45.0	27.3	67.7	75.9	2.9	20.4	10.8	47.5	0.8	3.2	6.4	138.1	40.4	25.5
	SD	146.2	20.2	144.9	44.2	55.2	83.5	64.1	8.0	14.6	6.5	57.6	10.7	16.5	32.8	134.2	24.8	19.1
Orissa (n=573)	Mean	400.1	0.5	400.6	56.5	43.4	201.8	202.0	2.7	22.0	14.7	43.3	20.0	7.8	13.2	83.4	33.9	11.5
	SD	102.0	5.9	102.2	43.8	74.4	155.8	89.8	10.5	21.4	5.8	59.6	60.8	25.1	50.6	104.9	16.9	12.6
West Bengal (n=805)	Mean	342.8	1.1	344.0	33.3	35.2	107.7	191.6	1.8	12.0	5.5	27.6	35.8	11.1	23.0	55.4	34.5	13.4
	SD	104.2	11.8	105.1	34.7	63.9	107.3	100.7	6.7	8.5	3.5	53.6	63.7	24.4	63.3	99.1	21.9	14.5
Uttar Pradesh (n=622)	Mean	309.0	0.5	309.5	47.5	16.4	58.5	103.7	1.3	10.1	6.0	37.7	1.7	2.4	6.4	128.9	36.3	18.9
	SD	116.5	5.8	116.5	43.2	46.6	76.9	76.3	5.7	9.3	3.5	70.8	14.4	11.3	30.3	126.3	22.9	18.6
Andaman & Nicobar (n=885)	Mean	337.8	0.3	338.2	46.4	27.2	98.0	110.1	12.1	17.7	6.8	44.3	56.5	13.7	42.7	41.3	36.0	10.1
	SD	118.7	4.7	118.7	45.1	59.3	110.7	78.0	27.7	12.9	5.1	54.1	90.2	28.4	87.5	78.9	21.6	8.9
Assam (n=358)	Mean	519.7	0.7	520.5	88.1	24.1	96.6	138.4	2.8	14.6	9.3	29.4	39.2	21.7	21.2	55.7	44.5	12.8
	SD	200.1	9.8	200.5	68.0	50.6	100.9	87.4	12.5	12.9	7.4	43.9	61.1	40.4	53.6	90.2	23.7	11.9
Bihar (n=573)	Mean	364.4	0.2	364.6	44.4	20.8	132.9	121.3	0.2	10.1	5.5	22.9	2.9	1.0	14.0	124.2	26.2	12.0
	SD	93.0	5.1	93.0	29.8	57.8	103.6	64.6	0.9	6.1	3.7	42.8	22.7	10.6	56.8	111.8	15.0	9.5
New Delhi (n=670)	Mean	251.4	0.4	251.8	45.2	13.7	84.8	81.9	0.8	8.9	3.6	69.5	2.0	3.5	2.8	52.2	44.5	18.4
	SD	89.9	4.6	90.1	43.5	48.2	94.3	67.8	6.7	5.5	2.0	70.0	22.5	18.0	21.6	124.9	22.0	13.0
Puducherry (n=527)	Mean	329.7	3.2	332.9	54.2	21.7	43.5	86.6	27.1	17.3	8.4	75.6	27.5	8.0	9.9	155.1	26.7	9.5
	SD	118.7	22.8	119.1	36.9	46.6	59.3	60.9	34.8	9.8	4.7	71.1	61.2	18.9	39.1	126.3	15.0	9.1
Rajasthan (n=572)	Mean	222.1	2.0	224.1	33.7	19.8	62.2	77.9	1.2	15.3	5.1	53.3	0.7	1.1	5.6	272.0	57.3	20.8
	SD	73.2	15.4	72.1	37.2	46.5	76.5	67.0	8.4	9.9	2.5	83.6	10.4	8.0	27.2	182.1	26.6	15.2
Pooled (n=10137)	Mean	317.3	6.4	323.6	45.7	23.3	80.5	99.1	8.5	16.6	7.7	54.4	16.9	6.2	16.1	126.4	36.0	16.0
	SD	133.7	30.8	132.9	42.8	51.9	98.3	84.2	19.5	12.9	5.2	74.8	51.7	20.4	53.7	144.0	23.1	15.2
Recommended		-	-	275	80	100	200	100	30	10	-	150	-	-	-	300	25	-

**Table 33.2: DISTRIBUTION (%) OF ≥18 YEAR MEN (SEDENTARY ACTIVITY) BY INTAKE OF FOODSTUFFS AS PERCENT OF RECOMMENDED**

FOODS	% of RDI	STATES																
		Kerala	TamilNadu	Kar-nataka	AndhraPradesh	Maha-rashtra	Gujarat	MadhyaPra-desh	Orissa	WestBenga-l	UttarPrade-sh	A&N	Assam	Bihar	NewDelhi	Pudu-cherry	Rajasthan	Pooled
<b>n</b>		<b>563</b>	<b>580</b>	<b>393</b>	<b>672</b>	<b>653</b>	<b>876</b>	<b>815</b>	<b>573</b>	<b>805</b>	<b>622</b>	<b>927</b>	<b>439</b>	<b>358</b>	<b>670</b>	<b>527</b>	<b>572</b>	<b>10137</b>
<b>Cereals &amp; Millets</b>	<b>&lt;50</b>	6.4	6.0	3.3	6.1	6.0	17.4	4.8	0.0	2.1	4.5	3.7	1.1	.3	8.5	3.6	9.4	5.6
	<b>50-70</b>	5.9	6.2	6.9	7.1	7.7	23.7	5.9	1.2	4.1	10.3	7.1	1.7	.7	19.3	9.3	23.4	9.3
	<b>≥70</b>	87.7	87.8	89.8	86.8	86.4	58.9	89.3	98.8	93.8	85.2	89.2	97.2	99.0	72.2	87.1	67.1	85.1
<b>Pulses</b>	<b>&lt;50</b>	53.3	39.1	52.7	61.0	62.2	62.1	54.4	38.7	69.3	49.0	52.3	24.3	55.5	53.0	38.3	67.0	53.6
	<b>50-70</b>	16.2	17.2	13.0	13.8	17.6	13.4	13.9	19.2	11.9	16.9	14.4	6.7	21.8	12.5	19.7	14.3	15.2
	<b>≥70</b>	30.6	43.6	34.4	25.1	20.2	24.5	31.8	42.1	18.8	34.1	33.3	69.0	22.7	34.5	41.9	18.7	31.3
<b>GLV</b>	<b>&lt;50</b>	92.9	86.9	85.5	92.1	76.6	85.6	82.0	69.5	74.7	88.9	80.6	81.8	87.6	91.3	83.1	84.3	83.8
	<b>50-70</b>	2.3	5.0	4.3	2.2	3.1	4.3	3.6	3.0	3.5	2.3	2.4	5.3	1.7	2.1	3.8	3.0	3.2
	<b>≥70</b>	4.8	8.1	10.2	5.7	20.4	10.0	14.5	27.6	21.9	8.8	17.1	12.8	10.6	6.6	13.1	12.8	13.1
<b>OtherVegetables</b>	<b>&lt;50</b>	78.2	74.3	82.2	79.0	77.9	81.4	70.9	29.0	53.8	77.3	60.2	61.5	41.9	66.1	86.0	71.3	68.1
	<b>50-70</b>	9.4	11.2	7.9	8.5	10.0	9.7	11.2	10.8	15.8	8.7	10.8	13.7	17.8	10.7	6.1	13.6	11.0
	<b>≥70</b>	12.4	14.5	9.9	12.5	12.1	8.9	17.9	60.2	30.4	14.0	28.9	24.9	40.3	23.1	8.0	15.0	20.9
<b>Roots&amp;Tubers</b>	<b>&lt;50</b>	45.5	37.2	46.6	63.7	62.5	50.5	42.6	3.1	6.0	25.7	25.4	14.8	12.6	40.1	33.8	41.6	34.9
	<b>50-70</b>	13.1	14.8	16.5	11.0	12.4	13.8	12.4	2.3	4.1	8.5	11.8	9.5	8.2	12.8	13.7	11.9	11.0
	<b>≥70</b>	41.4	47.9	36.9	25.3	25.1	35.7	45.0	94.6	89.9	65.8	62.8	75.7	79.2	47.0	52.6	46.5	54.1
<b>Milk&amp; MilkProducts</b>	<b>&lt;50</b>	47.6	67.1	58.5	71.7	76.4	36.4	69.2	81.0	89.2	70.1	90.1	86.0	73.8	87.2	52.2	31.8	68.4
	<b>50-70</b>	23.8	10.2	15.0	10.9	10.4	12.7	12.9	5.9	2.6	8.8	5.8	5.9	9.4	3.6	17.5	14.5	10.3
	<b>≥70</b>	28.6	22.8	26.5	17.4	13.2	50.9	17.9	13.1	8.2	21.1	4.2	8.1	16.8	9.3	30.4	53.7	21.3
<b>Fats&amp;Oils</b>	<b>&lt;50</b>	25.6	25.3	20.4	21.7	8.1	4.2	8.1	5.4	10.8	10.0	8.8	4.5	11.2	4.2	14.2	.7	11.0
	<b>50-70</b>	15.3	14.1	13.7	15.5	8.7	2.7	8.2	9.6	10.6	10.8	9.6	3.4	20.1	4.5	16.7	1.9	10.1
	<b>≥70</b>	59.1	60.5	65.9	62.8	83.2	93.0	83.7	85.0	78.6	79.3	81.6	92.2	68.8	91.3	69.1	97.4	78.9
<b>Fruits</b>	<b>&lt;50</b>	67.1	60.5	68.4	72.5	78.6	66.1	80.6	83.8	89.6	87.5	83.4	91.1	94.2	67.8	61.7	82.0	77.3
	<b>50-70</b>	9.4	11.2	12.0	9.1	5.4	7.4	9.0	5.2	5.2	3.7	8.0	5.0	3.1	9.7	11.0	5.1	7.4
	<b>≥70</b>	23.4	28.3	19.6	18.5	16.1	26.5	10.4	11.0	5.2	8.8	8.6	3.9	2.6	22.5	27.3	12.9	15.3

**Table 34.1: AVERAGE INTAKE OF FOODSTUFFS (g/day) AMONG ≥18 YEAR MEN (MODERATE ACTIVITY)**

STATES		Cereals	Millets	Cereals & Millets	Puls. & Legu.	Leafy Veg.	Other Veg.	Roots & Tubers	Nuts & Oils	Condi. & Spices	Total Salt	Fruits	Fish	Egg	Flesh Food	Milk & Milk Prod	Fats & oils	Sugar & Jaggery
Kerala (n=232)	Mean	327.0	0.9	327.9	33.2	9.9	58.9	67.7	23.4	23.3	6.8	53.5	78.1	4.4	21.8	130.4	23.0	15.9
	SD	116.3	9.2	115.9	38.7	26.4	66.4	67.4	19.7	12.5	3.5	75.7	85.6	14.3	58.2	103.3	14.3	11.2
Tamil Nadu (n=337)	Mean	336.2	10.8	347.0	58.5	19.4	49.0	79.9	17.5	23.0	9.9	74.6	18.3	7.7	27.7	87.7	25.2	12.2
	SD	129.6	40.9	133.2	45.9	38.3	64.9	68.1	22.5	16.7	5.6	73.9	60.7	19.1	75.9	104.4	19.2	11.1
Karnataka (n=553)	Mean	334.3	41.0	375.3	46.5	16.4	36.5	63.7	27.3	23.1	8.7	67.7	18.1	5.9	27.9	134.4	25.8	14.6
	SD	141.0	71.7	155.1	42.7	32.4	59.0	58.7	30.6	14.6	5.7	68.0	54.6	19.6	67.1	112.2	20.1	13.3
Andhra Pradesh (n=303)	Mean	347.3	5.2	352.5	35.1	15.9	36.1	49.0	9.8	19.3	9.5	64.2	1.4	7.1	20.3	88.8	25.9	11.9
	SD	124.1	23.9	126.6	40.0	35.1	54.7	52.1	17.6	14.1	5.9	75.0	11.7	23.1	63.3	97.4	20.1	11.8
Maharashtra (n=469)	Mean	289.9	38.2	328.1	31.7	34.0	46.2	47.7	8.3	16.4	7.7	44.4	3.7	4.9	22.3	80.7	31.0	23.9
	SD	120.8	75.8	109.7	27.1	64.2	66.8	46.5	13.6	9.3	3.9	57.3	23.3	16.9	52.7	67.4	16.8	16.5
Gujarat (n=201)	Mean	243.9	28.2	272.1	34.6	18.4	39.3	63.1	2.1	20.5	7.7	61.2	12.8	3.0	8.7	245.1	53.3	21.5
	SD	115.4	61.2	115.1	36.3	40.2	54.0	59.0	8.4	14.2	4.0	90.5	39.6	14.3	29.7	187.7	24.3	18.2
Madhya Pradesh (n=286)	Mean	400.3	12.8	413.2	38.0	24.7	61.2	75.1	1.5	20.4	11.9	39.5	0.3	3.6	3.1	121.6	37.6	25.4
	SD	166.7	72.2	156.8	41.6	54.1	93.7	68.2	4.3	16.8	7.6	55.6	5.7	17.9	21.0	133.3	24.0	16.2
Orissa (n=442)	Mean	440.0	0.3	440.3	47.0	46.7	151.0	197.3	1.3	20.7	13.9	33.2	25.3	7.7	18.2	55.6	30.4	9.6
	SD	103.2	4.3	103.2	39.9	78.6	133.5	92.5	6.1	18.5	5.8	45.0	64.5	24.6	60.5	87.1	16.6	10.6
West Bengal (n=344)	Mean	364.9	0.1	365.1	30.2	32.1	77.7	194.4	2.6	10.8	4.9	20.5	29.4	11.7	19.5	34.2	28.0	11.9
	SD	114.2	2.3	114.1	35.3	61.3	88.5	87.1	20.7	7.7	3.2	37.2	60.3	32.0	51.3	86.5	19.7	10.4
Uttar Pradesh (n=413)	Mean	336.9	0.7	337.6	43.5	13.8	52.5	98.3	0.6	9.1	6.0	23.4	1.4	2.0	7.7	68.9	29.0	17.5
	SD	118.9	10.5	119.3	37.8	39.4	81.0	70.9	3.6	7.3	3.4	45.9	14.5	11.7	34.1	73.6	19.2	14.1
Andaman & Nicobar (n=106)	Mean	388.9	0.5	389.4	41.6	16.1	85.0	98.8	8.7	17.2	6.3	47.7	74.6	11.2	33.9	21.2	32.3	9.8
	SD	136.9	4.7	137.4	47.8	41.3	99.9	72.2	22.6	10.8	3.9	52.7	105.2	22.4	76.4	55.3	17.1	9.5
Assam (n=87)	Mean	547.2	0.0	547.2	95.1	22.5	83.4	135.2	1.2	14.9	11.7	24.6	40.2	17.2	22.2	22.9	42.6	13.2
	SD	186.1	0.0	186.1	75.0	44.6	79.1	74.6	4.7	11.5	8.1	34.5	57.7	24.9	62.9	48.8	20.6	12.8
Bihar (n=133)	Mean	354.6	0.0	354.6	36.9	10.1	101.9	108.8	0.1	9.9	4.7	18.9	5.1	0.8	13.1	55.0	19.5	11.1
	SD	105.5	0.0	105.5	25.9	34.6	92.4	73.7	0.5	7.9	3.6	43.3	26.6	6.8	55.8	77.3	12.1	7.9
New Delhi (n=200)	Mean	257.2	2.1	259.3	51.7	23.1	61.4	100.3	0.6	9.9	3.8	61.1	0.0	3.1	8.5	30.4	48.0	19.7
	SD	98.9	14.3	98.8	48.2	60.9	80.7	84.6	5.0	5.0	1.9	73.0	0.0	19.1	36.3	101.4	22.4	12.8
Puducherry (n=327)	Mean	353.1	3.7	356.8	51.8	20.3	34.6	80.6	26.8	18.8	8.1	65.9	36.3	7.5	18.1	134.4	28.2	9.8
	SD	124.0	22.0	126.2	35.8	47.3	50.4	59.3	38.3	10.8	4.5	63.3	65.1	20.2	53.9	116.1	16.5	10.2
Rajasthan (n=62)	Mean	243.2	3.2	246.4	33.4	13.7	51.5	80.7	0.1	17.3	5.1	32.9	0.0	5.4	10.1	160.2	52.5	20.2
	SD	86.7	18.2	80.5	39.1	34.9	70.6	72.1	0.3	14.6	2.1	41.7	0.0	21.9	29.6	136.0	28.9	15.6
Pooled (n=4475)	Mean	345.7	12.9	358.6	42.8	23.0	61.9	95.7	10.2	17.7	8.3	48.1	18.9	6.1	18.4	93.4	30.9	15.6
	SD	137.7	47.1	136.5	41.4	51.3	86.3	84.8	22.0	13.8	5.6	64.0	54.1	20.4	55.6	114.0	20.8	14.0
<b>RECOMMENDED</b>		-	-	360	120	100	200	100	30	10	-	150	-	-	-	300	30	-

Table 34.2 : DISTRIBUTION (%) OF ≥18 YEAR MEN (MODERATE ACTIVITY) ACCORDING TO DAILY INTAKE OF FOODSTUFFS AS PERCENT OF RECOMMENDED

FOODS	% RDI	STATES																
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	A & N	Assam	Bihar	New Delhi	Pudu-cherry	Raja-sthan	Pooled
<b>n</b>		<b>232</b>	<b>337</b>	<b>553</b>	<b>303</b>	<b>469</b>	<b>201</b>	<b>286</b>	<b>422</b>	<b>344</b>	<b>443</b>	<b>106</b>	<b>87</b>	<b>133</b>	<b>200</b>	<b>327</b>	<b>62</b>	<b>4475</b>
Cereals & Millets	<50	8.2	12.8	10.1	6.6	9.4	22.9	5.9	0.2	6.7	6.8	7.5	0.0	0.8	18.0	4.6	22.6	8.3
	50-70	19.0	11.0	13.9	16.5	15.6	25.9	8.4	2.6	7.3	20.1	8.5	3.4	4.5	35.0	15.9	32.3	14.2
	≥70	72.8	76.3	75.9	76.9	75.1	51.2	85.7	97.2	86.0	73.1	84.0	96.6	94.7	47.0	79.5	45.2	77.5
Pulses	<50	78.9	58.8	68.5	80.9	87.4	81.1	75.2	68.5	85.8	74.6	71.7	32.2	90.2	67.5	63.0	83.9	73.8
	50-70	8.6	16.9	14.6	7.9	7.5	10.0	14.3	15.2	7.3	12.8	15.1	20.7	5.3	11.5	20.8	6.5	12.4
	≥70	12.5	24.3	16.8	11.2	5.1	9.0	10.5	16.4	7.0	12.6	13.2	47.1	4.5	21.0	16.2	9.7	13.8
GLV	<50	91.4	83.4	88.2	90.8	78.0	87.1	84.3	69.0	75.3	90.3	87.7	80.5	92.5	86.0	84.7	88.7	83.8
	50-70	3.4	6.2	4.3	3.0	2.3	6.5	1.7	2.4	4.9	2.9	1.9	4.6	0.0	0.5	2.8	1.6	3.3
	≥70	5.2	10.4	7.4	6.3	19.6	6.5	14.0	28.7	19.8	6.8	10.4	14.9	7.5	13.5	12.5	9.7	12.9
Other Vegetables	<50	77.2	82.8	88.6	87.1	81.2	86.1	76.9	39.3	65.7	81.4	67.9	62.1	56.4	73.5	91.4	82.3	76.2
	50-70	8.6	8.0	6.0	7.9	8.5	9.0	7.0	15.4	16.9	6.1	10.4	20.7	12.8	10.5	4.3	9.7	9.3
	≥70	14.2	9.2	5.4	5.0	10.2	5.0	16.1	45.3	17.4	12.6	21.7	17.2	30.8	16.0	4.3	8.1	14.4
Roots & Tubers	<50	51.7	36.8	52.6	65.3	62.7	50.7	48.6	4.5	3.5	28.6	28.3	10.3	23.3	35.0	37.9	43.5	38.2
	50-70	15.5	17.2	13.4	9.6	15.6	10.4	10.5	3.8	2.3	11.6	11.3	5.7	11.3	10.0	11.9	9.7	10.9
	≥70	32.8	46.0	34.0	25.1	21.7	38.8	40.9	91.7	94.2	59.8	60.4	83.9	65.4	55.0	50.2	46.8	50.9
Milk & Milk Products	<50	62.1	76.9	64.6	75.9	89.6	40.3	76.6	90.0	94.5	89.8	95.3	94.3	92.5	92.5	62.1	61.3	78.6
	50-70	21.6	11.0	17.0	13.5	5.3	7.5	8.4	4.3	0.6	3.9	0.0	4.6	0.8	3.0	18.3	11.3	8.9
	≥70	16.4	12.2	18.4	10.6	5.1	52.2	15.0	5.7	4.9	6.3	4.7	1.1	6.8	4.5	19.6	27.4	12.4
Fats & Oils	<50	32.3	32.9	36.0	31.7	15.1	3.0	19.2	15.4	26.2	22.8	15.1	5.7	36.8	4.0	22.0	8.1	22.7
	50-70	18.1	19.9	14.8	17.5	12.2	1.5	10.8	16.1	16.9	19.1	13.2	6.9	27.8	8.5	17.1	3.2	15.0
	≥70	49.6	47.2	49.2	50.8	72.7	95.5	69.9	68.5	57.0	58.1	71.7	87.4	35.3	87.5	60.9	88.7	62.3
Fruits	<50	75.4	67.7	63.8	71.3	82.5	76.1	85.7	86.5	93.3	93.7	80.2	93.1	94.0	75.5	64.8	91.9	79.1
	50-70	6.5	10.4	14.6	9.2	6.2	6.0	7.3	7.1	3.5	3.1	10.4	4.6	0.0	8.0	15.3	1.6	8.0
	≥70	18.1	22.0	21.5	19.5	11.3	17.9	7.0	6.4	3.2	3.1	9.4	2.3	6.0	16.5	19.9	6.5	12.9

Table 35.1: AVERAGE INTAKE OF FOODSTUFFS (g/day) AMONG ELDERLY MEN (≥60 years)

STATES		Cereals	Millets	Cereals & Millets	Puls. & Legu.	Leafy Veg.	Other Veg.	Roots & Tubers	Nuts & Oils	Condi. & Spices	Total Salt	Fruits	Fish	Egg	Flesh Food	Milk & Milk Prod	Fats & oils	Sugar & Jaggery
Kerala (n=229)	Mean	276.4	0.9	277.3	38.0	10.1	80.3	71.3	27.7	21.2	7.4	85.4	57.6	2.8	17.3	193.0	21.8	16.6
	SD	106.0	8.2	105.9	41.9	28.0	96.0	75.7	23.2	14.3	4.1	109.2	76.3	10.1	59.7	147.5	15.3	14.4
Tamil Nadu (n=116)	Mean	291.2	9.3	300.4	59.3	21.4	54.3	77.4	14.9	17.4	8.3	74.6	10.8	2.7	9.6	132.1	22.1	13.1
	SD	112.6	34.1	117.2	41.1	42.3	61.1	61.2	17.6	10.4	4.4	67.3	36.4	10.7	33.3	133.8	14.9	12.9
Karnataka (n=117)	Mean	324.1	65.2	389.3	48.2	21.4	40.7	65.8	34.0	24.5	8.4	73.7	20.8	3.8	22.2	186.8	24.3	15.1
	SD	126.2	96.9	159.0	39.4	35.6	60.5	54.4	33.3	16.0	4.1	80.3	55.3	12.3	64.5	154.8	18.6	15.5
Andhra Pradesh (n=123)	Mean	300.4	8.4	308.9	38.3	18.4	49.6	54.3	15.7	17.4	9.0	58.4	7.1	5.5	14.4	117.6	26.3	10.2
	SD	116.5	29.5	116.6	42.2	49.2	73.1	52.0	30.2	11.1	5.0	88.3	44.1	16.4	41.6	111.3	19.7	10.4
Maharashtra (n=161)	Mean	241.6	41.6	283.2	38.9	28.0	53.8	47.3	6.7	15.8	7.4	58.3	4.6	3.8	12.1	127.4	28.1	26.6
	SD	104.8	76.6	96.0	28.4	53.1	65.3	42.4	7.9	8.8	3.9	88.8	26.3	14.3	36.8	95.9	14.1	16.0
Gujarat (n=165)	Mean	186.4	16.4	202.7	40.2	28.0	61.3	57.9	3.3	20.0	7.1	85.3	0.9	1.5	8.9	290.1	48.6	23.5
	SD	84.4	43.8	84.8	34.8	49.0	70.6	57.9	7.2	13.5	3.7	104.1	8.4	8.5	32.7	195.8	25.6	17.7
Madhya Pradesh (n=114)	Mean	312.1	5.9	318.0	45.3	39.2	61.6	69.8	2.8	19.2	9.7	52.8	0.0	1.2	2.9	146.4	33.1	27.1
	SD	143.7	46.6	141.4	41.2	64.4	76.9	60.5	8.7	12.5	5.3	66.4	0.0	6.9	18.1	139.2	17.0	19.3
Orissa (n=95)	Mean	370.0	0.3	370.3	44.2	60.1	168.7	181.1	2.6	20.2	15.0	39.5	14.4	5.1	9.6	102.3	31.0	13.5
	SD	106.2	3.1	105.9	37.7	87.1	127.6	91.2	10.5	11.8	6.5	45.7	45.7	16.8	41.2	125.2	16.4	11.3
West Bengal (n=143)	Mean	318.2	1.0	319.2	30.0	28.8	127.1	170.8	2.2	11.5	5.2	30.7	37.8	8.9	18.4	84.7	29.2	14.3
	SD	117.9	11.9	118.1	28.9	66.2	115.9	95.9	6.8	8.1	3.8	61.1	67.2	25.7	52.9	140.2	20.2	12.7
Uttar Pradesh (n=134)	Mean	281.8	0.0	281.8	43.7	14.1	66.8	82.6	0.8	9.7	5.7	31.7	0.7	1.7	8.1	127.9	29.1	19.4
	SD	115.6	0.0	115.6	42.1	45.3	87.5	70.8	2.2	8.0	4.3	59.1	7.1	10.5	33.1	141.2	22.3	16.8
Andaman & Nicobar (n=43)	Mean	306.5	0.0	306.5	50.2	21.8	88.0	86.7	8.8	16.6	6.1	48.5	49.5	10.1	39.8	35.8	27.8	12.5
	SD	116.4	0.0	116.4	47.7	42.3	97.4	77.2	18.0	13.5	4.8	53.6	79.6	21.6	83.4	69.0	15.6	9.5
Assam (n=89)	Mean	541.5	0.0	541.5	89.6	30.7	98.9	129.2	2.0	17.1	10.2	29.7	44.4	18.2	19.8	62.3	47.9	17.3
	SD	183.6	0.0	183.6	69.7	47.7	96.3	96.6	11.0	12.5	7.9	42.5	71.7	33.4	55.9	95.3	24.6	17.9
Bihar (n=125)	Mean	312.3	0.0	312.3	42.6	20.9	164.5	107.7	0.1	10.6	5.5	25.0	1.0	2.3	12.7	144.5	24.6	11.8
	SD	83.6	0.0	83.6	30.0	51.8	141.0	65.6	0.5	8.1	4.4	50.7	11.6	18.2	52.9	129.9	13.3	6.4
New Delhi (n=99)	Mean	221.3	1.5	222.8	54.0	17.1	83.8	72.2	0.9	9.3	3.6	70.5	0.5	1.1	1.7	51.2	40.5	23.8
	SD	88.3	10.8	91.0	53.1	66.1	77.5	51.3	6.2	3.7	2.3	74.3	5.2	7.8	12.7	112.9	18.8	14.7
Puducherry (n=143)	Mean	328.5	4.3	332.8	48.2	30.9	47.7	84.4	25.1	17.4	8.0	78.7	33.0	4.6	5.4	197.3	24.6	9.9
	SD	118.6	21.3	116.8	34.3	61.9	55.5	75.4	39.0	12.0	4.0	72.3	62.5	16.0	26.8	155.0	15.7	8.9
Rajasthan (n=74)	Mean	202.6	0.5	203.0	31.9	23.7	82.2	66.6	0.7	15.4	4.6	80.8	0.0	0.7	0.0	325.0	46.0	23.4
	SD	73.2	3.9	73.1	34.4	50.3	90.3	61.9	2.8	11.1	2.2	142.2	0.0	5.8	0.1	204.8	27.8	16.9
Pooled (n=1970)	Mean	294.3	10.7	305.0	44.9	24.9	80.6	86.5	10.6	16.7	7.5	59.9	18.5	4.2	12.1	153.5	30.7	17.5
	SD	133.7	42.6	135.0	41.8	54.0	96.3	78.6	21.8	12.2	5.1	84.1	51.2	16.0	44.5	157.3	20.8	15.4
Recommended		-	-	275	80	100	200	100	30	10	-	150	-	-	-	300	25	-

**Table 35.2 : DISTRIBUTION (%) OF ELDERLY MEN (≥60 years) ACCORDING TO DAILY INTAKE OF FOODSTUFFS AS PERCENT OF RECOMMENDED**

FOODS	% RDI	STATES																
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	A & N	Assam	Bihar	New Delhi	Pudu-cherry	Raja-sthan	Pooled
<b>n</b>		<b>229</b>	<b>16</b>	<b>117</b>	<b>123</b>	<b>161</b>	<b>165</b>	<b>114</b>	<b>95</b>	<b>143</b>	<b>134</b>	<b>43</b>	<b>89</b>	<b>125</b>	<b>99</b>	<b>143</b>	<b>74</b>	<b>1970</b>
Cereals & Millets	<50	6.1	6.9	1.7	4.9	6.8	24.8	5.3	0.0	3.5	10.4	4.7	0.0	0.0	14.1	3.5	20.3	7.3
	50-70	17.0	9.5	6.8	9.8	9.9	23.0	9.6	3.2	4.9	11.9	7.0	1.1	1.6	33.3	7.7	24.3	11.6
	≥70	76.9	83.6	91.5	85.4	83.2	52.1	85.1	96.8	91.6	77.6	88.4	98.9	98.4	52.5	88.8	55.4	81.1
Pulses	<50	61.1	37.1	47.9	59.3	57.8	60.0	50.9	56.8	71.3	56.7	46.5	27.0	59.2	46.5	47.6	66.2	54.6
	50-70	11.4	12.9	12.8	16.3	19.9	12.1	20.2	10.5	11.2	15.7	23.3	10.1	20.8	16.2	14.0	14.9	14.7
	≥70	27.5	50.0	39.3	24.4	22.4	27.9	28.9	32.6	17.5	27.6	30.2	62.9	20.0	37.4	38.5	18.9	30.7
GLV	<50	91.3	81.9	82.9	91.1	80.7	80.0	71.9	62.1	80.4	91.8	81.4	77.5	84.8	91.9	79.7	81.1	82.7
	50-70	4.4	6.0	4.3	2.4	1.9	6.1	5.3	4.2	4.9	3.0	4.7	5.6	2.4	1.0	1.4	4.1	3.8
	≥70	4.4	12.1	12.8	6.5	17.4	13.9	22.8	33.7	14.7	5.2	14.0	16.9	12.8	7.1	18.9	14.9	13.5
Other Vegetables	<50	66.8	79.3	84.6	79.7	78.9	76.4	75.4	36.8	51.7	69.4	62.8	58.4	37.6	63.6	80.4	66.2	67.8
	50-70	13.1	12.9	9.4	8.9	8.7	10.9	7.9	10.5	9.8	15.7	7.0	16.9	14.4	11.1	10.5	8.1	11.2
	≥70	20.1	7.8	6.0	11.4	12.4	12.7	16.7	52.6	38.5	14.9	30.2	24.7	48.0	25.3	9.1	25.7	21.0
Roots & Tubers	<50	50.2	40.5	45.3	58.5	61.5	53.3	44.7	9.5	7.7	43.3	37.2	24.7	20.0	39.4	41.3	48.6	40.6
	50-70	16.6	13.8	13.7	13.0	14.3	10.3	18.4	3.2	3.5	7.5	11.6	7.9	10.4	14.1	16.8	9.5	11.9
	≥70	33.2	45.7	41.0	28.5	24.2	36.4	36.8	87.4	88.8	49.3	51.2	67.4	69.6	46.5	42.0	41.9	47.5
Milk & Milk Products	<50	40.6	59.5	55.6	74.0	72.0	29.7	68.4	75.8	80.4	70.9	90.7	86.5	68.0	86.9	44.1	23.0	61.4
	50-70	23.6	14.7	11.1	10.6	8.7	13.9	11.4	8.4	4.2	9.7	7.0	5.6	7.2	6.1	14.7	13.5	11.6
	≥70	35.8	25.9	33.3	15.4	19.3	56.4	20.2	15.8	15.4	19.4	2.3	7.9	24.8	7.1	41.3	63.5	27.0
Fats & Oils	<50	27.9	24.1	29.1	18.7	10.6	.6	7.0	10.5	16.8	20.1	14.0	3.4	14.4	1.0	21.0	6.8	15.2
	50-70	18.3	23.3	17.9	24.4	9.3	7.3	8.8	14.7	14.0	14.2	14.0	3.4	21.6	7.1	12.6	5.4	14.0
	≥70	53.7	52.6	53.0	56.9	80.1	92.1	84.2	74.7	69.2	65.7	72.1	93.3	64.0	91.9	66.4	87.8	70.9
Fruits	<50	61.1	66.4	62.4	73.2	76.4	61.2	78.1	87.4	85.3	85.8	83.7	89.9	91.2	67.7	58.7	70.3	73.4
	50-70	6.1	12.1	13.7	11.4	3.7	11.5	7.9	3.2	6.3	6.0	7.0	5.6	4.0	8.1	9.1	8.1	7.7
	≥70	32.8	21.6	23.9	15.4	19.9	27.3	14.0	9.5	8.4	8.2	9.3	4.5	4.8	24.2	32.2	21.6	18.9

**Table 36.1: AVERAGE INTAKE OF FOODSTUFFS (g/day) AMONG ≥ 18 YEAR NPWL WOMEN (SEDENTARY ACTIVITY)**

STATES		Cereals	Millets	Cereals & Millets	Puls. & Legu.	Leafy Veg.	Other Veg.	Roots & Tubers	Nuts & Oils	Condi. & Spices	Total Salt	Fruits	Fish	Egg	Flesh Food	Milk & Milk Prod	Fats & oils	Sugar & Jaggery
Kerala (n=888)	Mean	259.5	1.5	260.9	32.4	10.2	58.9	67.2	22.6	19.6	6.3	72.7	52.4	3.4	21.0	158.0	20.6	15.5
	SD	89.5	14.9	89.6	35.5	28.4	66.3	66.1	19.3	11.5	3.3	94.5	68.6	12.1	55.3	117.5	13.8	11.6
Tamil Nadu(n=915)	Mean	269.2	7.4	276.6	52.4	17.5	54.8	71.4	16.0	18.0	7.9	81.8	8.4	4.9	15.4	122.6	22.8	16.3
	SD	86.0	28.7	88.9	37.8	36.1	63.9	58.6	20.7	10.9	4.0	82.0	33.8	15.3	46.4	133.5	16.3	12.6
Karnataka (n=875)	Mean	326.7	35.3	361.9	48.3	20.6	43.9	68.7	29.3	22.9	8.4	83.6	15.8	4.8	25.8	171.8	27.3	17.2
	SD	109.9	62.7	123.3	46.3	42.2	63.0	58.0	30.0	13.5	4.7	81.4	50.5	17.0	67.6	135.0	20.9	15.0
Andhra Pradesh (n=907)	Mean	282.4	3.2	285.6	33.8	13.8	48.7	50.5	9.8	17.0	8.1	65.0	3.4	6.1	16.0	113.0	25.8	12.5
	SD	102.4	17.0	102.9	35.4	32.3	65.6	52.8	17.2	12.3	4.6	83.5	28.1	19.1	48.4	114.2	17.7	12.8
Maharashtra (n=935)	Mean	225.3	26.3	251.6	31.6	30.9	46.2	45.2	8.0	14.4	6.7	48.6	3.0	4.0	12.4	104.4	27.3	26.6
	SD	89.7	55.0	86.7	26.9	54.4	59.5	40.3	12.4	7.6	3.7	69.3	19.1	14.2	33.7	80.5	15.1	18.4
Gujarat (n=962)	Mean	176.5	12.9	189.4	36.1	22.5	44.7	59.4	3.5	18.0	6.4	93.4	3.0	1.2	7.3	275.8	44.1	23.3
	SD	89.2	33.9	88.3	34.8	42.4	53.7	58.4	15.3	12.0	3.3	116.2	17.9	6.5	31.9	198.4	22.1	17.6
Madhya Pradesh (n=999)	Mean	294.5	3.5	298.1	40.2	27.9	57.9	70.9	2.4	18.2	9.6	43.4	0.7	1.7	4.4	136.0	35.1	26.8
	SD	120.8	30.8	119.8	40.3	56.2	73.2	59.5	6.8	13.7	5.7	56.1	8.1	10.7	23.9	123.4	20.8	17.9
Orissa (n=889)	Mean	365.0	0.3	365.3	49.0	45.3	174.3	182.3	2.6	19.2	13.2	38.9	19.1	6.4	12.4	72.2	30.1	10.8
	SD	97.4	4.3	97.5	39.9	72.6	135.0	84.6	10.6	16.9	5.2	56.9	55.3	20.8	48.5	99.9	15.5	11.8
West Bengal (n=1025)	Mean	301.1	1.4	302.5	30.5	34.0	92.4	175.9	2.1	10.5	4.8	30.6	31.8	9.4	18.0	47.1	30.2	14.3
	SD	86.6	17.0	87.6	32.6	62.2	97.3	91.8	10.7	7.9	2.9	65.0	57.4	23.4	49.2	82.1	19.5	19.6
Uttar Pradesh (n=973)	Mean	257.1	0.4	257.5	41.4	13.0	48.6	91.2	1.0	9.0	5.2	33.8	1.1	1.5	6.0	98.6	30.1	18.3
	SD	97.2	5.9	97.6	36.3	36.7	68.0	69.4	4.7	7.3	3.0	64.1	11.0	8.9	27.8	99.2	19.9	14.9
Andaman & Nicobar (n=959)	Mean	277.1	0.4	277.4	39.5	25.8	87.4	98.0	11.1	15.1	5.5	41.9	43.9	10.4	33.5	44.9	31.5	12.4
	SD	92.9	4.8	92.9	42.5	53.7	98.4	74.6	26.3	10.9	4.0	52.6	71.4	22.0	71.1	78.9	18.9	10.9
Assam (n=493)	Mean	436.1	0.7	436.7	83.8	24.7	80.5	124.5	2.1	12.9	8.8	26.9	34.3	16.8	16.9	52.8	39.8	14.5
	SD	153.9	8.9	154.4	61.6	47.3	79.9	77.4	10.0	10.5	7.2	37.9	53.1	28.1	49.8	85.2	20.4	12.1
Bihar (n=610)	Mean	271.2	0.2	271.3	38.4	17.0	112.6	101.0	0.1	9.1	4.9	19.9	2.8	0.8	13.7	106.9	21.7	11.8
	SD	78.3	4.3	78.4	26.4	54.2	93.2	59.3	0.8	6.4	3.7	40.6	20.2	9.2	52.5	97.7	13.1	8.4
New Delhi (n=783)	Mean	207.6	0.6	208.3	43.6	16.2	74.7	78.5	1.2	8.8	3.3	69.5	1.5	3.0	3.8	45.7	40.6	22.5
	SD	76.3	7.1	76.8	40.4	54.1	87.2	64.7	9.7	4.2	1.9	75.0	14.4	16.3	21.6	104.0	19.3	14.5
Puducherry (n=943)	Mean	292.9	4.2	297.1	45.2	21.4	40.5	76.7	25.6	15.8	7.2	67.7	24.0	5.6	12.1	173.6	24.9	12.3
	SD	109.4	23.4	110.2	32.8	43.9	53.7	56.7	38.1	9.6	3.9	68.0	51.9	16.7	42.7	138.3	15.0	10.8
Rajasthan (n=662)	Mean	174.5	1.8	176.3	30.6	16.7	58.7	68.2	1.0	13.7	4.5	52.3	0.4	1.3	4.2	267.0	48.5	24.2
	SD	58.7	13.1	58.1	34.0	39.9	75.2	57.6	6.3	9.8	2.5	78.8	8.0	9.6	21.4	172.1	24.4	17.4
Pooled (n=13818)	Mean	273.3	6.6	279.9	41.2	22.7	69.0	88.9	9.1	15.4	7.0	55.5	15.4	4.9	14.0	124.7	30.9	17.6
	SD	113.1	29.5	114.1	39.3	49.5	86.1	76.8	20.5	11.6	4.7	76.8	45.1	16.8	46.4	138.8	20.0	15.6
<b>RECOMMENDED</b>		-	-	200	60	100	200	100	30	10	-	150	-	-	-	300	15	-

**Table 36.2: DISTRIBUTION (%) OF ≥ 18 YEAR NPWL WOMEN (SEDENTARY ACTIVITY) BY DAILY INTAKE OF FOODSTUFFS AS PERCENT OF RECOMMENDED**

FOODS	% RDI	STATES																
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	A & N	Assam	Bihar	New Delhi	Pudu-cherry	Raja-sthan	Pooled
<b>n</b>		<b>888</b>	<b>915</b>	<b>875</b>	<b>907</b>	<b>935</b>	<b>962</b>	<b>999</b>	<b>889</b>	<b>1025</b>	<b>973</b>	<b>959</b>	<b>493</b>	<b>610</b>	<b>783</b>	<b>943</b>	<b>662</b>	<b>13818</b>
Cereals & Millets	<50	2.4	0.8	0.6	2.2	3.1	12.6	1.8	0.0	1.2	3.9	1.5	0.2	0.2	4.5	0.8	6.6	2.7
	50-70	3.9	2.8	1.7	3.5	6.1	18.4	3.7	0.3	1.2	5.2	4.7	0.4	0.8	14.6	4.2	20.5	5.7
	≥70	93.7	96.4	97.7	94.3	90.8	69.0	94.5	99.7	97.7	90.9	93.8	99.4	99.0	81.0	94.9	72.8	91.6
Pulses	<50	57.9	30.4	42.7	55.7	55.7	52.3	47.5	31.9	60.6	42.2	48.6	19.7	43.1	42.1	35.9	58.8	46.1
	50-70	12.5	14.8	10.6	12.0	19.8	14.4	14.9	17.3	16.1	17.5	14.3	4.9	26.4	15.3	13.8	14.5	15.0
	≥70	29.6	54.9	46.6	32.3	24.5	33.3	37.5	50.7	23.3	40.3	37.1	75.5	30.5	42.5	50.3	26.7	38.9
GLV	<50	91.1	85.5	85.5	92.2	76.5	84.2	81.0	67.8	74.1	90.4	80.1	80.9	90.2	90.0	83.6	85.6	83.4
	50-70	3.2	5.0	5.1	2.9	3.3	5.9	3.5	2.9	4.9	2.3	3.2	5.7	0.7	2.3	4.1	3.5	3.7
	≥70	5.7	9.5	9.4	5.0	20.2	9.9	15.5	29.2	21.0	7.3	16.7	13.4	9.2	7.7	12.3	10.9	12.9
Other Vegetables	<50	77.3	79.6	86.2	80.7	82.4	87.3	76.5	34.4	61.4	82.2	64.7	69.4	52.3	69.6	87.3	75.2	73.5
	50-70	10.9	9.2	7.0	8.7	9.0	6.9	10.4	11.8	15.2	7.4	9.8	13.4	15.4	10.5	6.0	11.9	10.0
	≥70	11.8	11.3	6.9	10.6	8.7	5.8	13.1	53.8	23.4	10.4	25.5	17.2	32.3	19.9	6.7	12.8	16.5
Roots & Tubers	<50	53.0	44.3	46.9	64.3	66.2	53.0	44.6	5.2	5.6	30.8	29.4	16.6	21.1	42.9	37.6	47.1	38.7
	50-70	13.2	15.4	14.7	9.8	13.2	14.1	13.7	3.8	5.0	11.3	14.2	11.0	13.1	12.5	17.2	10.3	12.0
	≥70	33.8	40.3	38.4	25.9	20.6	32.8	41.6	91.0	89.5	57.9	56.4	72.4	65.7	44.6	45.2	42.6	49.3
Milk & Milk Products	<50	50.5	64.6	53.1	69.8	82.2	31.8	68.2	83.6	90.7	81.0	88.7	87.4	79.3	88.4	45.5	30.2	68.3
	50-70	23.8	12.5	17.3	13.5	8.7	13.5	13.6	6.5	2.6	6.6	5.8	6.1	8.0	4.2	17.1	16.5	11.1
	≥70	25.8	23.0	29.6	16.8	9.1	54.7	18.2	9.9	6.6	12.4	5.4	6.5	12.6	7.4	37.4	53.3	20.6
Fats & Oils	<50	39.8	37.3	31.9	30.2	19.3	4.8	15.7	15.6	20.1	22.2	17.3	4.5	33.8	7.2	27.8	5.9	21.3
	50-70	22.6	17.6	14.9	19.1	18.5	7.4	13.2	16.3	16.5	16.3	14.2	12.4	28.9	8.6	19.9	6.0	15.8
	≥70	37.6	45.1	53.3	50.7	62.2	87.8	71.1	68.1	63.4	61.5	68.5	83.2	37.4	84.3	52.3	88.1	62.9
Fruits	<50	65.4	62.3	55.9	70.0	79.7	60.0	83.5	86.6	88.2	87.9	84.4	92.3	94.4	67.6	67.7	80.1	76.0
	50-70	7.2	10.3	16.0	11.5	7.2	8.4	5.7	4.3	4.2	3.9	6.0	3.7	3.3	8.9	10.1	5.1	7.4
	≥70	27.4	27.4	28.1	18.5	13.2	31.6	10.8	9.1	7.6	8.2	9.6	4.1	2.3	23.5	22.3	14.8	16.6

Table 37.1: AVERAGE INTAKE OF FOODSTUFFS (g/day) AMONG ≥18 YEAR NPWL WOMEN (MODERATE ACTIVITY)

STATES		Cereals	Millets	Cereals & Millets	Pulses & Legume	Leafy Veg.	Other Veg.	Roots & Tubers	Nuts & Oils	Condi. & Spices	Total Salt	Fruits	Fish	Egg	Flesh Food	Milk & Milk Prod	Fats & oils	Sugar & Jaggery
Kerala (n=46)	Mean	236.8	2.5	239.3	24.8	7.7	36.7	67.4	19.0	17.6	5.6	89.9	46.7	5.8	15.5	134.8	17.7	17.2
	SD	90.5	11.6	88.2	30.2	22.8	48.1	70.9	18.2	10.8	3.7	103.5	78.6	15.8	44.2	101.4	12.8	9.2
Tamil Nadu (n=78)	Mean	272.6	17.1	289.8	42.2	17.4	42.1	74.1	12.2	17.2	8.3	55.3	5.8	6.7	18.5	105.9	19.0	16.2
	SD	87.7	48.4	89.3	36.9	34.4	50.2	61.1	12.4	11.9	5.4	58.8	24.9	19.2	48.9	107.0	13.0	10.8
Karnataka (n=158)	Mean	323.9	31.9	355.9	43.9	17.1	34.7	67.2	27.3	24.0	7.9	78.5	20.1	5.4	18.6	137.9	23.7	18.6
	SD	108.0	61.4	127.9	37.7	39.8	59.9	64.0	29.1	14.2	3.9	88.6	61.5	18.5	56.5	126.8	17.4	15.2
Andhra Pradesh (n=122)	Mean	309.9	5.7	315.6	25.1	13.0	31.1	40.7	11.0	19.0	8.6	73.1	2.7	5.4	16.6	99.9	23.9	15.4
	SD	108.3	19.3	108.5	29.8	34.4	55.3	45.1	22.8	11.3	4.6	77.9	21.8	18.3	43.3	92.2	19.4	13.1
Maharashtra (n=129)	Mean	242.6	37.7	280.3	29.4	35.0	34.7	39.8	7.8	15.7	6.9	46.3	8.4	4.1	12.0	99.9	26.8	27.9
	SD	97.2	63.9	86.0	26.2	54.5	53.1	42.5	11.1	8.6	2.6	51.9	38.6	13.1	36.4	95.0	15.1	15.4
Gujarat (n=56)	Mean	200.2	23.4	223.7	34.9	13.3	34.8	64.2	0.9	18.1	7.0	72.9	11.6	0.0	6.8	225.7	50.0	25.1
	SD	105.2	46.7	102.1	31.5	25.8	41.3	59.8	1.4	13.4	4.2	110.1	36.8	0.0	22.4	154.1	23.3	17.0
Madhya Pradesh (n=59)	Mean	348.6	1.4	350.0	31.9	25.7	70.6	58.4	2.7	21.7	10.6	39.8	2.1	0.0	0.0	101.9	27.7	30.6
	SD	141.3	10.7	139.5	34.2	48.1	87.6	47.3	8.4	15.8	5.9	41.8	15.8	0.0	0.0	119.7	16.5	18.0
Orissa (n=100)	Mean	425.6	0.0	425.6	36.0	46.2	136.5	180.7	0.5	16.9	12.9	27.1	15.8	5.0	6.7	46.2	24.7	9.5
	SD	94.5	0.0	94.5	36.1	84.9	122.9	91.6	1.9	10.2	6.1	33.1	46.7	17.2	30.2	66.1	15.8	9.8
West Bengal (n=57)	Mean	331.5	0.0	331.5	27.3	33.5	67.7	183.0	1.2	9.8	4.2	13.1	33.7	2.4	2.8	13.6	24.1	10.2
	SD	79.2	0.0	79.2	41.5	59.5	88.2	74.6	4.7	7.5	2.5	25.7	55.6	8.7	16.3	28.0	16.7	6.5
Uttar Pradesh (n=54)	Mean	275.0	0.0	275.0	41.4	18.0	67.3	82.2	0.8	7.9	5.1	26.6	0.0	0.0	2.6	59.5	27.7	15.2
	SD	102.2	0.0	102.2	28.9	43.6	75.2	63.0	3.5	6.2	2.9	47.9	0.0	0.0	13.4	79.6	19.5	11.0
Andaman & Nicobar (n=24)	Mean	286.3	0.0	286.3	43.4	22.9	49.4	53.0	17.6	17.8	4.7	56.3	93.8	10.8	15.4	24.1	28.5	12.8
	SD	85.8	0.0	85.8	42.6	64.8	87.2	37.4	28.2	13.3	3.2	77.0	114.9	22.1	60.0	52.7	20.1	10.3
Assam (n=21)	Mean	486.5	0.0	486.5	93.5	15.6	105.6	136.2	0.9	16.1	11.4	19.5	26.0	20.6	22.6	26.8	43.6	18.7
	SD	153.3	0.0	153.3	55.6	35.5	91.7	94.1	3.2	11.8	6.8	26.3	37.6	23.1	74.7	53.1	18.8	20.8
Bihar (n=8)	Mean	277.0	0.0	277.0	14.9	18.8	80.5	77.9	0.0	8.2	2.9	10.8	0.0	0.0	0.0	53.0	19.8	12.8
	SD	49.0	0.0	49.0	17.0	38.0	76.1	46.7	0.0	3.4	1.3	15.0	0.0	0.0	0.0	58.6	11.9	7.5
New Delhi (n=12)	Mean	255.9	0.0	255.9	50.3	7.0	51.1	87.6	0.0	9.4	3.2	54.3	0.0	0.0	0.0	38.6	47.8	20.7
	SD	169.9	0.0	169.9	44.0	17.9	86.1	64.2	0.0	5.6	0.9	50.8	0.0	0.0	0.0	73.6	22.3	9.5
Puducherry (n=55)	Mean	272.9	1.0	273.9	31.3	18.5	36.8	63.1	23.9	16.2	6.3	64.8	30.3	6.9	6.3	147.9	19.8	12.9
	SD	103.0	6.2	101.9	28.0	35.5	43.3	58.1	43.4	9.8	3.7	60.0	58.2	15.6	27.7	125.5	10.9	9.3
Rajasthan (n=3)	Mean	203.1	0.0	203.1	18.4	27.6	23.3	27.6	0.0	16.6	3.2	17.8	0.0	14.9	44.5	104.5	31.0	20.8
	SD	83.7	0.0	83.7	31.9	47.8	40.3	10.8	0.0	15.1	1.3	19.7	0.0	25.9	38.7	84.9	24.3	8.7
Pooled (n=982)	Mean	304.0	13.8	317.8	35.6	22.9	53.7	80.4	10.8	17.5	7.8	54.2	16.2	4.7	11.6	100.9	26.2	18.2
	SD	121.5	41.5	121.0	35.7	49.5	77.9	78.0	21.6	12.1	4.9	71.2	50.0	15.6	40.3	112.8	18.5	14.6
RECOMMENDED		-	-	300	90	100	200	100	30	10	-	150	-	-	-	300	20	-

Table 37.2: DISTRIBUTION (%) OF ≥18 YEAR NPWL WOMEN (MODERATE ACTIVITY) BY 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	A & N	Assam	Bihar	New Delhi	Pudu-cherry	Raja-sthan	Pooled
<b>n</b>		<b>46</b>	<b>78</b>	<b>158</b>	<b>122</b>	<b>129</b>	<b>56</b>	<b>59</b>	<b>100</b>	<b>57</b>	<b>54</b>	<b>24</b>	<b>21</b>	<b>8</b>	<b>12</b>	<b>55</b>	<b>3</b>	<b>982</b>
Cereals & Millets	<50	19.6	3.8	2.5	3.3	5.4	21.4	0.0	0.0	0.0	7.4	4.2	0.0	0.0	25.0	7.3	33.3	5.3
	50-70	19.6	15.4	7.6	11.5	16.3	28.6	13.6	1.0	7.0	18.5	8.3	0.0	12.5	16.7	23.6	33.3	12.8
	≥70	60.9	80.8	89.9	85.2	78.3	50.0	86.4	99.0	93.0	74.1	87.5	100	87.5	58.3	69.1	33.3	81.9
Pulses	<50	69.6	55.1	60.1	80.3	78.3	73.2	71.2	67.0	84.2	59.3	58.3	23.8	100	50.0	70.9	66.7	68.5
	50-70	19.6	21.8	10.8	8.2	13.2	8.9	15.3	16.0	5.3	22.2	16.7	14.3	0.0	16.7	9.1	33.3	13.2
	≥70	10.9	23.1	29.1	11.5	8.5	17.9	13.6	17.0	10.5	18.5	25.0	61.9	0.0	33.3	20.0	0.0	18.2
GLV	<50	93.5	84.6	91.1	93.4	72.1	87.5	79.7	73.0	77.2	85.2	87.5	85.7	87.5	91.7	83.6	66.7	83.9
	50-70	2.2	3.8	1.9	0.8	3.1	5.4	5.1	2.0	1.8	3.7	0.0	0.0	0.0	8.3	1.8	0.0	2.5
	≥70	4.3	11.5	7.0	5.7	24.8	7.1	15.3	25.0	21.1	11.1	12.5	14.3	12.5	0.0	14.5	33.3	13.5
Other Vegetables	<50	82.6	87.2	87.3	90.2	83.7	92.9	71.2	48.0	75.4	72.2	83.3	52.4	62.5	83.3	90.9	100	79.9
	50-70	13.0	7.7	7.6	6.6	10.9	5.4	11.9	11.0	10.5	7.4	4.2	23.8	25.0	0.0	5.5	0.0	9.0
	≥70	4.3	5.1	5.1	3.3	5.4	1.8	16.9	41.0	14.0	20.4	12.5	23.8	12.5	16.7	3.6	0.0	11.1
Roots & Tubers	<50	52.2	48.7	53.8	73.8	73.6	48.2	52.5	10.0	0.0	33.3	66.7	19.0	37.5	33.3	50.9	100	48.5
	50-70	17.4	12.8	13.9	8.2	9.3	12.5	16.9	0.0	3.5	18.5	8.3	4.8	12.5	8.3	12.7	0.0	10.5
	≥70	30.4	38.5	32.3	18.0	17.1	39.3	30.5	90.0	96.5	48.1	25.0	76.2	50.0	58.3	36.4	0.0	41.0
Milk & Milk Products	<50	67.4	67.9	66.5	73.8	87.6	41.1	76.3	94.0	100	88.9	95.8	95.2	100	83.3	52.7	66.7	76.5
	50-70	15.2	14.1	12.7	12.3	3.9	10.7	13.6	2.0	0.0	5.6	0.0	0.0	0.0	8.3	25.5	33.3	9.5
	≥70	17.4	17.9	20.9	13.9	8.5	48.2	10.2	4.0	0.0	5.6	4.2	4.8	0.0	8.3	21.8	0.0	14.1
Fats & Oils	<50	37.0	28.2	23.4	28.7	9.3	0.0	8.5	13.0	8.8	11.1	8.3	0.0	12.5	0.0	21.8	0.0	17.0
	50-70	8.7	15.4	11.4	8.2	7.0	1.8	13.6	7.0	15.8	9.3	20.8	0.0	25.0	0.0	18.2	33.3	10.3
	≥70	54.3	56.4	65.2	63.1	83.7	98.2	78.0	80.0	75.4	79.6	70.8	100	62.5	100	60.0	66.7	72.7
Fruits	<50	58.7	75.6	64.6	63.9	77.5	69.6	84.7	92.0	96.5	88.9	83.3	95.2	100.0	83.3	74.5	100	76.6
	50-70	8.7	10.3	10.8	14.8	7.0	3.6	5.1	4.0	1.8	3.7	8.3	0	0	0	5.5	0	7.4
	≥70	32.6	14.1	24.7	21.3	15.5	26.8	10.2	4.0	1.8	7.4	8.3	4.8	0	16.7	20.0	0	16.0

**Table 38.1: AVERAGE INTAKE OF FOODSTUFFS (g/day) AMONG ELDERLY WOMEN (≥60 years)**

STATES		Cereals	Millets	Cereals & Millets	Puls. & Legu.	Leafy Veg.	Other Veg.	Roots & Tubers	Nuts & Oils	Condi. & Spices	Total Salt	Fruits	Fish	Egg	Flesh Food	Milk & Milk Prod	Fats & oils	Sugar & Jaggery
Kerala (n=280)	Mean	225.5	0.9	226.5	31.7	10.6	67.7	66.2	22.9	17.7	6.0	69.3	40.8	2.7	14.6	179.4	17.4	16.3
	SD	79.5	8.0	79.7	33.4	29.9	82.8	65.7	18.8	11.8	3.0	98.6	59.4	10.6	47.3	134.4	11.2	12.5
Tamil Nadu (n=107)	Mean	230.0	6.2	236.2	47.3	21.4	38.9	60.6	15.4	14.9	6.6	63.9	9.4	5.2	7.7	128.9	16.6	16.2
	SD	98.6	23.7	100.8	33.8	40.4	47.4	52.4	18.3	9.8	3.5	75.0	28.1	13.3	30.0	137.6	10.9	13.7
Karnataka (n=166)	Mean	278.8	50.2	329.0	38.6	14.3	37.8	53.4	24.2	20.9	6.8	54.0	12.4	4.7	21.2	169.0	20.2	14.2
	SD	102.3	89.0	137.3	35.3	26.8	58.0	45.6	26.5	15.0	3.6	60.1	34.4	16.2	62.9	146.8	17.2	11.6
Andhra Pradesh (n=115)	Mean	255.0	4.3	259.3	30.1	15.4	46.8	47.3	10.9	15.1	7.1	60.6	3.9	3.6	16.0	132.5	23.2	11.3
	SD	92.8	12.0	93.5	31.3	33.8	68.6	45.6	21.0	9.7	3.6	82.8	21.0	11.9	50.3	137.0	16.2	10.1
Maharashtra (n=192)	Mean	175.6	37.6	213.2	29.6	28.4	44.3	41.6	6.6	13.4	5.9	43.5	3.6	2.3	8.3	114.5	23.9	26.4
	SD	87.4	64.7	78.1	23.9	55.9	62.5	40.7	9.4	6.8	3.0	62.0	20.6	9.4	27.5	85.1	14.4	20.4
Gujarat (n=178)	Mean	151.9	14.0	165.8	31.8	20.3	51.2	46.1	2.9	15.5	5.4	61.9	1.3	0.2	4.4	254.9	34.1	22.3
	SD	81.6	35.7	82.3	28.5	35.2	56.0	52.3	9.2	10.6	3.0	72.3	9.6	3.3	20.3	169.3	17.6	16.4
Madhya Pradesh (n=91)	Mean	262.5	1.9	264.4	34.7	16.6	57.1	54.4	1.5	14.7	8.5	34.1	1.1	2.3	1.3	164.4	28.7	29.0
	SD	123.3	16.0	120.7	37.3	33.8	66.1	52.2	5.1	12.5	5.7	46.2	10.5	10.4	9.5	141.6	18.1	18.9
Orissa (n=109)	Mean	328.9	1.2	330.1	38.2	37.4	160.1	154.9	3.3	17.1	11.7	37.2	14.7	1.2	10.8	80.5	24.5	12.1
	SD	93.9	7.5	93.6	36.9	57.1	111.4	78.8	10.8	10.4	4.7	52.6	47.5	7.2	41.9	99.2	11.9	11.2
West Bengal (n=129)	Mean	258.7	0.4	259.1	24.5	45.5	115.0	149.4	2.1	9.0	4.5	38.4	37.2	4.6	7.1	62.0	27.8	15.4
	SD	86.2	3.5	86.3	24.2	82.0	110.7	80.7	9.3	5.6	3.1	81.5	63.3	15.0	29.2	96.9	18.7	13.0
Uttar Pradesh (n=134)	Mean	243.5	0.4	243.9	41.8	13.8	56.5	70.3	1.5	8.5	4.5	25.0	1.7	0.7	4.5	113.8	24.6	19.4
	SD	104.3	4.5	104.1	34.5	46.4	84.2	60.9	7.1	7.1	3.3	48.5	11.4	5.6	20.5	110.6	17.9	16.2
Andaman & Nicobar (n=68)	Mean	281.5	0.8	282.4	38.3	15.1	72.0	82.0	6.7	14.2	5.2	34.4	36.3	9.2	37.6	41.6	25.6	13.3
	SD	123.6	6.8	123.8	37.7	39.8	84.5	60.0	15.4	11.1	4.1	32.9	64.8	23.3	73.4	80.5	16.1	9.6
Assam (n=70)	Mean	425.5	0.0	425.5	90.6	19.4	85.3	112.7	4.3	12.3	9.4	26.7	31.2	12.8	12.0	71.5	39.9	14.8
	SD	161.9	0.0	161.9	62.8	34.0	85.6	68.6	13.9	9.7	9.5	36.5	48.0	25.5	41.0	113.9	24.5	16.8
Bihar (n=89)	Mean	236.2	0.0	236.2	39.9	18.6	113.3	88.0	0.1	8.4	4.2	15.0	0.0	1.1	10.1	117.5	19.7	11.7
	SD	90.3	0.0	90.3	27.8	45.2	89.9	52.3	0.7	6.1	2.9	29.4	0.0	7.1	41.5	99.1	10.7	6.6
New Delhi (n=122)	Mean	181.9	0.5	182.5	43.7	18.8	66.4	74.6	0.4	8.7	2.9	74.2	1.8	0.9	1.8	37.2	35.2	22.4
	SD	65.9	4.2	66.9	46.4	80.2	70.5	58.6	4.3	3.8	1.4	81.0	15.4	7.0	12.6	89.9	17.7	12.8
Puducherry (n=173)	Mean	251.9	7.2	259.1	37.8	27.8	38.3	61.7	19.0	12.6	6.1	61.2	23.7	4.7	9.5	206.8	19.9	12.7
	SD	99.9	38.6	107.3	33.7	53.6	52.0	59.6	25.8	6.8	3.4	69.0	42.1	12.9	37.2	155.7	12.7	13.3
Rajasthan (n=60)	Mean	154.9	0.3	155.2	29.7	14.6	70.1	53.2	0.2	13.2	4.1	54.6	1.4	0.8	2.0	294.7	42.3	23.1
	SD	52.0	2.5	52.4	39.2	34.5	75.9	45.3	0.9	9.0	2.2	79.0	10.5	6.5	11.3	184.8	22.0	14.1
Pooled (n=2083)	Mean	237.6	10.2	247.8	37.2	21.0	65.9	72.2	9.7	14.0	6.1	50.6	15.2	3.2	10.4	143.0	25.0	17.7
	SD	111.1	39.5	113.9	36.4	48.9	81.8	66.7	18.0	10.3	4.2	72.0	40.8	12.3	39.5	144.0	17.2	15.1
<b>RECOMMENDED</b>		-	-	200	60	100	200	100	30	10	-	150	-	-	-	300	15	-

**Table 38.2: DISTRIBUTION (%) OF ELDERLY WOMEN (≥60 years) BY 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	A & N	Assam	Bihar	New Delhi	Pudu-cherry	Raja-sthan	Pooled
<b>n</b>		<b>280</b>	<b>107</b>	<b>166</b>	<b>115</b>	<b>192</b>	<b>178</b>	<b>91</b>	<b>109</b>	<b>129</b>	<b>134</b>	<b>68</b>	<b>70</b>	<b>89</b>	<b>122</b>	<b>173</b>	<b>60</b>	<b>2083</b>
Cereals & Millets	<50	11.1	14.0	5.4	4.3	18.8	41.0	14.3	.9	7.8	12.7	2.9	2.9	6.7	31.1	12.7	40.0	14.6
	50-70	24.6	24.3	6.6	20.0	26.0	28.1	16.5	4.6	11.6	23.1	17.6	2.9	23.6	34.4	15.0	33.3	20.1
	≥70	64.3	61.7	88.0	75.7	55.2	30.9	69.2	94.5	80.6	64.2	79.4	94.3	69.7	34.4	72.3	26.7	65.3
Pulses	<50	69.3	46.7	60.8	71.3	78.1	73.6	65.9	64.2	82.2	55.2	58.8	21.4	61.8	57.4	57.8	83.3	64.7
	50-70	10.7	20.6	14.5	13.0	10.9	10.7	9.9	10.1	9.3	18.7	19.1	8.6	13.5	13.9	14.5	6.7	12.7
	≥70	20.0	32.7	24.7	15.7	10.9	15.7	24.2	25.7	8.5	26.1	22.1	70.0	24.7	28.7	27.7	10.0	22.6
GLV	<50	90.4	80.4	89.2	90.4	80.2	84.3	87.9	67.9	71.3	91.8	88.2	82.9	86.5	91.0	79.8	88.3	84.5
	50-70	4.6	8.4	4.8	4.3	4.2	5.6	2.2	2.8	5.4	3.0	1.5	7.1	1.1	.8	3.5	0.0	4.0
	≥70	5.0	11.2	6.0	5.2	15.6	10.1	9.9	29.4	23.3	5.2	10.3	10.0	12.4	8.2	16.8	11.7	11.5
Other Vegetables	<50	74.3	90.7	89.2	84.3	83.9	85.4	75.8	32.1	57.4	80.6	70.6	70.0	51.7	66.4	89.0	68.3	75.3
	50-70	12.1	6.5	5.4	4.3	7.8	7.3	12.1	14.7	12.4	5.2	8.8	8.6	20.2	18.9	4.6	20.0	9.9
	≥70	13.6	2.8	5.4	11.3	8.3	7.3	12.1	53.2	30.2	14.2	20.6	21.4	28.1	14.8	6.4	11.7	14.8
Roots & Tubers	<50	52.5	54.2	58.4	64.3	68.8	61.8	53.8	8.3	9.3	42.5	39.7	20.0	25.8	41.0	57.2	60.0	47.7
	50-70	10.7	10.3	13.9	8.7	12.5	12.9	15.4	2.8	4.7	16.4	14.7	11.4	14.6	15.6	13.9	6.7	11.7
	≥70	36.8	35.5	27.7	27.0	18.8	25.3	30.8	89.0	86.0	41.0	45.6	68.6	59.6	43.4	28.9	33.3	40.6
Milk & Milk Products	<50	42.9	59.8	52.4	62.6	77.1	29.2	63.7	80.7	86.0	73.9	91.2	80.0	69.7	91.8	38.2	21.7	61.0
	50-70	20.0	15.9	15.7	15.7	9.9	16.3	17.6	6.4	3.1	9.0	2.9	7.1	10.1	.8	17.3	20.0	12.6
	≥70	37.1	24.3	31.9	21.7	13.0	54.5	18.7	12.8	10.9	17.2	5.9	12.9	20.2	7.4	44.5	58.3	26.4
Fats & Oils	<50	39.3	40.2	38.0	29.6	16.7	9.6	18.7	15.6	19.4	26.9	20.6	2.9	29.2	9.8	31.2	3.3	24.2
	50-70	19.6	17.8	19.3	17.4	19.3	6.7	12.1	20.2	14.0	17.2	14.7	15.7	16.9	8.2	17.9	1.7	15.7
	≥70	41.1	42.1	42.8	53.0	64.1	83.7	69.2	64.2	66.7	56.0	64.7	81.4	53.9	82.0	50.9	95.0	60.1
Fruits	<50	65.7	71.0	74.7	72.2	82.3	69.7	86.8	89.0	85.3	90.3	91.2	91.4	96.6	64.8	68.8	75.0	77.3
	50-70	8.6	10.3	9.0	9.6	4.2	9.0	3.3	2.8	3.9	4.5	4.4	7.1	1.1	9.8	9.2	8.3	6.9
	≥70	25.7	18.7	16.3	18.3	13.5	21.3	9.9	8.3	10.9	5.2	4.4	1.4	2.2	25.4	22.0	16.7	15.7

**Table 39.1: AVERAGE INTAKE OF FOODSTUFFS (g/day) AMONG PREGNANT WOMEN**

STATES		Cereals	Millets	Cereals & Millets	Puls. & Legu.	Leafy Veg.	Other Veg.	Roots & Tubers	Nuts & OilSeeds	Condi. & Spices	Total Salt	Fruits	Fish	Egg	Flesh Food	Milk & Milk Prod	Fats & oils	Sugar & Jaggery
Kerala (n=23)	Mean	282.9	0.0	282.9	21.5	8.1	47.5	57.4	21.6	22.2	6.4	125.9	86.7	0.2	15.7	158.1	21.6	11.2
	SD	75.5	0.0	75.5	18.5	26.9	57.3	49.7	14.3	14.4	3.1	227.5	83.6	1.2	34.8	116.6	13.9	5.8
TamilNadu (n=18)	Mean	250.9	14.1	264.9	47.3	11.7	67.2	99.1	17.3	17.0	9.0	116.5	0.0	4.6	13.1	110.2	22.8	10.0
	SD	63.8	35.0	77.0	43.6	30.6	70.2	73.3	13.9	10.4	5.6	125.6	0.0	13.5	38.1	104.8	17.6	6.1
Karnataka (n=37)	Mean	355.5	33.7	389.2	50.1	17.9	48.7	72.4	32.6	27.4	9.0	88.1	12.9	8.5	9.3	183.8	24.6	15.0
	SD	120.0	51.3	129.6	38.7	36.0	65.2	57.4	38.8	16.7	4.1	85.7	37.3	20.0	38.6	136.9	15.2	10.0
AndhraPradesh (n=33)	Mean	304.3	2.7	306.9	28.9	18.2	34.3	49.6	12.8	16.6	8.6	87.4	4.5	3.1	18.5	104.9	25.5	11.5
	SD	98.5	7.1	96.9	30.8	65.1	62.2	49.5	35.8	9.4	5.1	105.8	25.8	10.5	55.9	134.7	17.9	12.1
Maharashtra (n=31)	Mean	230.5	25.9	256.4	32.5	38.8	41.1	49.9	8.3	14.6	8.6	85.2	0.0	1.0	9.1	124.1	27.5	25.8
	SD	95.9	41.6	79.6	29.8	53.5	56.4	41.6	11.5	8.0	4.1	138.0	0.0	5.8	26.8	96.3	12.6	14.0
Gujarat (n=27)	Mean	171.5	5.9	177.4	46.8	12.6	33.4	60.2	1.4	15.9	7.0	123.9	7.3	3.7	3.4	280.1	47.3	20.6
	SD	85.8	15.1	82.5	39.7	17.8	43.0	47.4	2.9	8.9	3.1	105.9	21.4	11.9	12.4	205.1	22.3	11.9
MadhyaPradesh (n=36)	Mean	306.6	2.3	309.0	50.5	13.5	52.7	56.3	3.6	19.4	9.7	38.4	0.0	8.5	5.2	155.5	33.8	28.0
	SD	110.0	14.1	109.6	44.1	21.1	70.9	57.7	10.1	17.9	6.6	54.6	0.0	25.5	21.5	187.9	19.5	24.0
Orissa (n=26)	Mean	367.4	0.0	367.4	46.7	22.9	101.8	186.7	0.4	17.3	14.3	54.7	29.0	9.3	20.2	62.7	28.8	9.1
	SD	85.7	0.0	85.7	30.5	43.7	105.7	90.0	0.9	10.9	7.4	66.5	69.9	27.2	80.9	107.3	17.5	12.0
WestBengal (n=23)	Mean	282.3	0.0	282.3	38.5	22.5	129.1	187.4	0.4	9.2	4.3	17.9	13.2	6.8	2.8	32.2	22.8	8.9
	SD	96.2	0.0	96.2	50.8	38.4	108.8	75.8	0.7	3.6	2.5	34.1	32.9	18.1	13.3	65.2	12.7	7.0
UttarPradesh (n=40)	Mean	250.8	0.0	250.8	45.8	14.1	33.2	84.2	0.5	11.0	5.5	60.1	2.8	0.0	15.3	105.2	24.9	17.1
	SD	99.1	0.0	99.1	41.4	46.3	46.5	55.7	2.0	9.1	4.1	98.0	17.2	0.0	47.2	143.9	15.8	11.7
Andaman&Nicobar (n=16)	Mean	270.4	0.0	270.4	45.6	24.7	103.7	125.1	10.9	18.2	5.3	68.4	55.3	11.1	9.2	84.7	28.6	11.2
	SD	92.0	0.0	92.0	51.4	45.8	127.0	96.6	20.5	11.2	2.5	95.2	105.8	20.4	25.3	188.1	16.1	13.9
Assam (n=5)	Mean	560.4	0.0	560.4	80.0	0.0	92.2	187.8	2.7	27.3	11.8	22.6	24.7	10.0	17.8	49.0	51.0	19.5
	SD	114.4	0.0	114.4	69.6	0.0	98.9	70.2	6.0	26.1	5.4	30.9	55.3	22.4	39.8	59.5	14.6	16.5
Bihar (n=12)	Mean	332.0	0.0	332.0	52.0	18.9	85.6	111.9	0.1	9.8	5.2	28.2	0.0	3.1	0.0	85.3	24.3	7.2
	SD	137.0	0.0	137.0	42.3	58.7	71.7	60.5	0.3	5.8	3.6	45.2	0.0	10.7	0.0	129.4	13.3	6.9
NewDelhi (n=18)	Mean	203.3	0.0	203.3	39.6	5.5	82.5	105.9	0.0	9.2	2.8	67.2	0.0	15.3	6.1	14.7	41.6	27.2
	SD	57.2	0.0	57.2	43.0	21.9	88.5	66.1	0.0	3.9	1.2	74.7	0.0	45.5	25.7	47.6	18.3	16.7
Puducherry (n=13)	Mean	308.9	0.0	308.9	33.6	32.0	14.9	47.1	17.4	12.7	6.5	131.1	26.6	10.1	19.6	184.4	22.3	14.5
	SD	70.5	0.0	70.5	27.9	44.0	29.1	31.8	28.9	6.3	2.6	106.4	43.9	26.2	43.1	143.8	9.8	11.1
Rajasthan (n=12)	Mean	176.0	1.6	177.6	17.9	19.5	62.4	86.1	0.0	17.9	4.6	44.9	0.0	0.0	16.3	298.1	57.1	27.0
	SD	62.4	5.4	60.7	17.4	46.4	58.7	74.1	0.0	12.8	1.7	41.0	0.0	0.0	39.7	171.6	21.6	16.0
Pooled (n=370)	Mean	281.1	7.2	288.3	41.3	18.2	59.0	89.2	9.0	16.6	7.6	75.0	14.4	5.4	11.1	130.6	29.7	16.8
	SD	114.1	25.0	115.3	39.4	41.6	77.6	76.1	21.3	12.6	5.2	108.3	46.2	19.1	39.7	153.8	18.7	14.8
RECOMMENDED		-	-	325	90	100	200	40	10	-	150	-	-	-	400	40	-	-

**Table 39.2: DISTRIBUTION (%) PREGNANT WOMEN BY INTAKE OF FOODSTUFFS AS PERCENT RDI**

FOODS	% RDI	STATES																
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	UttarP radesh	A&N	Assam	Bihar	New Delhi	Pudu-cherry	Raja-sthan	Pooled
<b>n</b>		<b>23</b>	<b>18</b>	<b>37</b>	<b>33</b>	<b>31</b>	<b>27</b>	<b>36</b>	<b>26</b>	<b>23</b>	<b>40</b>	<b>16</b>	<b>5</b>	<b>12</b>	<b>18</b>	<b>13</b>	<b>12</b>	<b>370</b>
Cereals & Millets	<50	4.3	5.6	2.7	6.1	12.9	51.9	11.1	0.0	13.0	22.5	12.5	0.0	8.3	27.8	0.0	41.7	14.1
	50-70	26.1	27.8	5.4	12.1	19.4	25.9	8.3	3.8	8.7	20.0	25.0	0.0	16.7	44.4	23.1	41.7	17.8
	≥70	69.6	66.7	91.9	81.8	67.7	22.2	80.6	96.2	78.3	57.5	62.5	100.0	75.0	27.8	76.9	16.7	68.1
Pulses	<50	82.6	61.1	48.6	66.7	80.6	55.6	58.3	42.3	73.9	60.0	62.5	40.0	58.3	61.1	69.2	91.7	63.0
	50-70	17.4	11.1	24.3	18.2	9.7	11.1	5.6	26.9	8.7	10.0	12.5	0.0	16.7	16.7	23.1	8.3	14.3
	≥70	0.0	27.8	27.0	15.2	9.7	33.3	36.1	30.8	17.4	30.0	25.0	60.0	25.0	22.2	7.7	0.0	22.7
GLV	<50	91.3	94.4	89.2	93.9	67.7	92.6	91.7	80.8	78.3	92.5	75.0	100.0	91.7	94.4	61.5	83.3	86.5
	50-70	4.3	0.0	5.4	3.0	3.2	7.4	8.3	3.8	8.7	2.5	6.3	0.0	0.0	0.0	15.4	0.0	4.6
	≥70	4.3	5.6	5.4	3.0	29.0	0.0	0.0	15.4	13.0	5.0	18.8	0.0	8.3	5.6	23.1	16.7	8.9
OtherVegetables	<50	87.0	66.7	83.8	93.9	83.9	92.6	75.0	61.5	47.8	92.5	62.5	60.0	58.3	61.1	100.0	58.3	77.6
	50-70	8.7	22.2	10.8	3.0	9.7	3.7	13.9	3.8	13.0	2.5	6.3	20.0	25.0	16.7	0.0	41.7	10.3
	≥70	4.3	11.1	5.4	3.0	6.5	3.7	11.1	34.6	39.1	5.0	31.3	20.0	16.7	22.2	0.0	0.0	12.2
Roots&Tubers	<50	47.8	33.3	45.9	63.6	61.3	40.7	58.3	3.8	0.0	27.5	18.8	0.0	25.0	22.2	53.8	50.0	38.1
	50-70	26.1	11.1	13.5	6.1	12.9	25.9	11.1	0.0	0.0	12.5	6.3	0.0	8.3	16.7	15.4	0.0	11.4
	≥70	26.1	55.6	40.5	30.3	25.8	33.3	30.6	96.2	100.0	60.0	75.0	100.0	66.7	61.1	30.8	50.0	50.5
Milk & Milk Products	<50	69.6	77.8	64.9	75.8	80.6	55.6	80.6	80.8	91.3	85.0	87.5	100.0	75.0	100.	46.2	25.0	75.4
	50-70	17.4	16.7	5.4	15.2	12.9	0.0	5.6	11.5	8.7	10.0	6.3	0.0	16.7	0.0	30.8	33.3	10.8
	≥70	13.0	5.6	29.7	9.1	6.5	44.4	13.9	7.7	0.0	5.0	6.3	0.0	8.3	0.0	23.1	41.7	13.8
Fats&Oils	<50	26.1	33.3	16.2	30.3	12.9	0.0	13.9	11.5	26.1	20.0	6.3	0.0	8.3	5.6	23.1	0.0	16.2
	50-70	17.4	16.7	18.9	12.1	12.9	7.4	11.1	26.9	13.0	22.5	18.8	0.0	8.3	5.6	0.0	0.0	14.1
	≥70	56.5	50.0	64.9	57.6	74.2	92.6	75.0	61.5	60.9	57.5	75.0	100.0	83.3	88.9	76.9	100.0	69.7
Fruits	<50	65.2	44.4	56.8	63.6	67.7	37.0	83.3	76.9	91.3	82.5	75.0	100.0	83.3	66.7	38.5	75.0	68.4
	50-70	4.3	22.2	10.8	0.0	6.5	14.8	8.3	0.0	4.3	0.0	6.3	0.0	8.3	5.6	0.0	16.7	6.5
	≥70	30.4	33.3	32.4	36.4	25.8	48.1	8.3	23.1	4.3	17.5	18.8	0.0	8.3	27.8	61.5	8.3	25.1

**Table 40: AVERAGE INTAKE OF FOODSTUFFS (g/day) AMONG LACTATING WOMEN**

STATES		Cereals	Millets	Cereals & Millets	Puls. & Legu.	Leafy Veg.	Other Veg.	Roots & Tubers	Nuts & Oils	Condi. & Spices	Total Salt	Fruits	Fish	Egg	Flesh Food	Milk & Milk Prod	Fats & oils	Sugar & Jaggery
Kerala (n=21)	Mean	<b>300.9</b>	<b>1.4</b>	<b>302.4</b>	<b>47.2</b>	<b>7.8</b>	<b>75.4</b>	<b>78.4</b>	<b>37.9</b>	<b>27.1</b>	<b>7.5</b>	<b>79.9</b>	<b>87.6</b>	<b>1.3</b>	<b>18.6</b>	<b>142.1</b>	<b>24.5</b>	<b>15.5</b>
	SD	112.3	4.9	111.0	57.0	20.9	72.6	61.2	30.7	14.5	4.6	115.8	110.1	6.0	49.3	134.3	18.1	10.2
Tamil Nadu (n=26)	Mean	<b>301.0</b>	<b>1.3</b>	<b>302.2</b>	<b>57.4</b>	<b>17.6</b>	<b>63.9</b>	<b>75.2</b>	<b>14.2</b>	<b>22.8</b>	<b>9.1</b>	<b>86.2</b>	<b>15.2</b>	<b>10.5</b>	<b>9.2</b>	<b>141.4</b>	<b>25.3</b>	<b>15.1</b>
	SD	88.8	6.4	87.8	34.1	30.9	61.8	65.2	15.3	13.5	4.2	80.6	49.1	28.8	24.6	158.4	13.0	9.2
Karnataka (n=25)	Mean	<b>407.0</b>	<b>37.2</b>	<b>444.1</b>	<b>50.0</b>	<b>20.5</b>	<b>28.4</b>	<b>86.6</b>	<b>20.2</b>	<b>25.8</b>	<b>11.3</b>	<b>87.4</b>	<b>3.3</b>	<b>5.5</b>	<b>41.6</b>	<b>215.1</b>	<b>27.9</b>	<b>19.1</b>
	SD	98.2	61.4	98.4	39.6	25.7	49.8	78.1	24.4	20.2	5.9	81.6	16.4	19.9	79.1	133.3	18.0	18.9
Andhra Pradesh (n=34)	Mean	<b>321.4</b>	<b>3.4</b>	<b>324.8</b>	<b>43.5</b>	<b>19.5</b>	<b>51.0</b>	<b>52.7</b>	<b>12.8</b>	<b>21.9</b>	<b>10.0</b>	<b>62.0</b>	<b>0.0</b>	<b>3.6</b>	<b>17.4</b>	<b>100.6</b>	<b>31.0</b>	<b>14.0</b>
	SD	103.1	17.5	104.9	37.6	42.6	76.0	58.7	23.8	12.9	5.5	65.5	0.0	12.2	45.2	121.9	19.7	12.1
Maharashtra (n=32)	Mean	<b>247.4</b>	<b>29.1</b>	<b>276.5</b>	<b>26.4</b>	<b>28.5</b>	<b>52.2</b>	<b>41.4</b>	<b>8.6</b>	<b>14.3</b>	<b>7.1</b>	<b>31.2</b>	<b>1.4</b>	<b>9.5</b>	<b>24.6</b>	<b>109.9</b>	<b>26.7</b>	<b>25.2</b>
	SD	105.9	57.0	85.6	24.8	47.9	51.5	34.3	14.4	5.7	2.9	33.5	8.0	27.6	51.0	96.7	11.3	14.1
Gujarat (n=31)	Mean	<b>238.9</b>	<b>20.8</b>	<b>259.7</b>	<b>41.1</b>	<b>16.2</b>	<b>54.1</b>	<b>63.5</b>	<b>1.6</b>	<b>16.6</b>	<b>6.8</b>	<b>44.2</b>	<b>3.2</b>	<b>1.9</b>	<b>15.0</b>	<b>231.6</b>	<b>49.7</b>	<b>18.4</b>
	SD	128.6	63.3	123.8	35.9	20.2	57.5	64.2	3.9	10.0	3.5	66.8	15.5	7.5	52.5	196.0	20.6	12.5
Madhya Pradesh (n=32)	Mean	<b>293.5</b>	<b>10.2</b>	<b>303.7</b>	<b>35.2</b>	<b>16.2</b>	<b>46.0</b>	<b>75.5</b>	<b>1.7</b>	<b>14.9</b>	<b>8.2</b>	<b>33.2</b>	<b>0.0</b>	<b>3.4</b>	<b>0.1</b>	<b>149.3</b>	<b>35.9</b>	<b>25.6</b>
	SD	119.2	45.0	119.9	46.8	36.9	66.8	61.0	4.2	10.0	5.4	32.6	0.0	13.6	0.2	102.0	23.3	18.2
Orissa (n=29)	Mean	<b>379.7</b>	<b>0.0</b>	<b>379.7</b>	<b>51.7</b>	<b>55.0</b>	<b>195.0</b>	<b>198.4</b>	<b>0.6</b>	<b>19.1</b>	<b>14.7</b>	<b>33.8</b>	<b>12.0</b>	<b>6.9</b>	<b>15.6</b>	<b>47.5</b>	<b>33.4</b>	<b>9.0</b>
	SD	87.6	0.0	87.6	45.0	92.5	194.3	86.0	1.5	11.3	5.6	40.8	37.0	22.9	41.5	71.0	22.3	10.6
West Bengal (n=38)	Mean	<b>338.2</b>	<b>0.0</b>	<b>338.2</b>	<b>32.7</b>	<b>32.6</b>	<b>55.1</b>	<b>199.3</b>	<b>1.5</b>	<b>10.0</b>	<b>4.6</b>	<b>14.9</b>	<b>33.2</b>	<b>4.6</b>	<b>21.3</b>	<b>56.8</b>	<b>25.2</b>	<b>11.0</b>
	SD	91.9	0.0	91.9	30.0	81.6	69.0	89.4	5.0	6.5	2.4	24.7	60.7	13.5	54.7	71.0	12.6	5.4
Uttar Pradesh (n=45)	Mean	<b>294.9</b>	<b>0.1</b>	<b>295.0</b>	<b>39.0</b>	<b>8.1</b>	<b>66.8</b>	<b>77.4</b>	<b>1.4</b>	<b>9.7</b>	<b>5.5</b>	<b>27.4</b>	<b>0.0</b>	<b>4.4</b>	<b>5.6</b>	<b>70.7</b>	<b>28.2</b>	<b>16.1</b>
	SD	101.1	0.9	101.1	28.0	21.2	88.4	57.3	7.5	6.6	3.1	53.1	0.0	17.4	22.5	84.2	17.2	11.9
Andaman & Nicobar (n=32)	Mean	<b>305.2</b>	<b>0.0</b>	<b>305.2</b>	<b>46.0</b>	<b>14.5</b>	<b>69.2</b>	<b>119.5</b>	<b>4.3</b>	<b>14.1</b>	<b>6.3</b>	<b>36.4</b>	<b>52.6</b>	<b>3.6</b>	<b>30.0</b>	<b>29.0</b>	<b>33.5</b>	<b>12.7</b>
	SD	90.0	0.0	90.0	45.6	43.1	75.4	84.0	11.6	9.7	4.2	32.0	71.8	12.5	57.1	61.5	21.5	8.6
Assam (n=8)	Mean	<b>325.6</b>	<b>0.0</b>	<b>325.6</b>	<b>113.0</b>	<b>5.0</b>	<b>92.9</b>	<b>146.5</b>	<b>1.7</b>	<b>8.7</b>	<b>4.6</b>	<b>63.8</b>	<b>16.0</b>	<b>11.3</b>	<b>44.9</b>	<b>52.6</b>	<b>38.3</b>	<b>13.6</b>
	SD	130.3	0.0	130.3	61.3	13.8	77.1	66.2	4.0	5.3	4.8	107.9	45.3	21.2	66.0	76.4	15.0	9.2
Bihar (n=4)	Mean	<b>328.7</b>	<b>0.0</b>	<b>328.7</b>	<b>37.6</b>	<b>39.4</b>	<b>154.9</b>	<b>94.3</b>	<b>2.5</b>	<b>7.7</b>	<b>7.5</b>	<b>14.6</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>73.3</b>	<b>20.1</b>	<b>5.5</b>
	SD	177.9	0.0	177.9	16.8	78.9	80.9	67.4	5.0	2.6	6.0	14.6	0.0	0.0	0.0	133.8	8.6	6.2
New Delhi (n=27)	Mean	<b>238.5</b>	<b>0.0</b>	<b>238.5</b>	<b>37.8</b>	<b>13.4</b>	<b>108.4</b>	<b>84.6</b>	<b>0.1</b>	<b>9.1</b>	<b>4.0</b>	<b>63.5</b>	<b>0.0</b>	<b>1.7</b>	<b>0.1</b>	<b>10.4</b>	<b>51.4</b>	<b>20.0</b>
	SD	105.8	0.0	105.8	37.1	48.2	111.0	63.2	0.4	4.6	2.4	72.3	0.0	8.6	0.6	40.9	27.4	13.7
Puducherry (n=21)	Mean	<b>316.3</b>	<b>2.5</b>	<b>318.9</b>	<b>48.3</b>	<b>29.3</b>	<b>28.4</b>	<b>88.9</b>	<b>21.8</b>	<b>16.3</b>	<b>6.3</b>	<b>56.3</b>	<b>52.3</b>	<b>10.5</b>	<b>10.8</b>	<b>202.8</b>	<b>28.3</b>	<b>10.9</b>
	SD	97.3	8.1	99.7	29.3	47.7	42.7	84.0	26.2	6.0	2.4	61.1	81.9	19.2	36.7	164.8	12.8	7.5
Rajasthan (n=11)	Mean	<b>201.8</b>	<b>0.0</b>	<b>201.8</b>	<b>17.0</b>	<b>20.3</b>	<b>84.1</b>	<b>70.6</b>	<b>0.4</b>	<b>11.1</b>	<b>4.4</b>	<b>28.4</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>271.5</b>	<b>43.6</b>	<b>26.3</b>
	SD	77.6	0.0	77.6	28.5	51.7	57.2	57.4	1.2	5.9	1.7	35.0	0.0	0.0	0.0	176.4	18.8	15.7
Pooled (n=416)	Mean	<b>303.1</b>	<b>7.4</b>	<b>310.5</b>	<b>42.6</b>	<b>21.1</b>	<b>70.4</b>	<b>97.1</b>	<b>7.8</b>	<b>15.9</b>	<b>7.5</b>	<b>46.6</b>	<b>16.8</b>	<b>5.0</b>	<b>15.8</b>	<b>112.5</b>	<b>32.7</b>	<b>16.5</b>
	SD	112.7	32.7	111.8	39.7	49.4	93.7	83.7	17.4	11.6	4.9	63.5	50.2	17.2	45.1	134.6	20.2	13.2

**Table 41: AVERAGE DAILY INTAKE OF NUTRIENTS AMONG 6-12 MONTHS CHILDREN**

STATES		Protein (g)	Total Fat (g)	Energy (Kcal)	Calcium (mg)	Iron (mg)	Vit.-A (µg)	Thiamine (mg)	Ribo-flavin (mg)	Niacin (mg)	Vit.-C (mg)	Dietary Folate (µg)
Kerala (n=6)	Median	11.2	9.0	541.8	139.3	2.4	144.8	0.3	0.2	1.8	14.0	45.8
	Mean	13.0	10.9	516.4	257.5	2.4	121.0	0.4	0.2	1.8	15.1	100.7
	SD	4.9	6.2	141.5	322.8	1.7	85.1	0.3	0.2	1.2	12.3	114.1
Tamil Nadu (n=15)	Median	12.6	6.9	419.5	53.2	1.7	20.2	0.2	0.1	1.6	5.1	29.1
	Mean	14.0	8.8	434.6	110.7	2.2	43.6	0.2	0.1	1.5	6.1	29.9
	SD	7.0	5.4	211.6	123.1	2.5	55.8	0.1	0.1	0.9	6.9	21.0
Karnataka (n=13)	Median	13.9	10.9	504.0	245.4	1.8	6.3	0.2	0.3	1.5	4.1	37.9
	Mean	14.1	12.2	475.5	224.8	2.2	19.9	0.2	0.3	1.5	4.2	52.7
	SD	6.3	7.7	190.5	148.5	1.2	32.8	0.1	0.2	0.7	3.8	47.1
Andhra Pradesh (n=14)	Median	8.0	7.8	314.4	27.8	1.1	12.4	0.1	0.1	1.5	3.5	14.8
	Mean	9.9	10.9	401.7	89.9	1.3	24.9	0.2	0.1	1.4	5.1	21.3
	SD	6.7	10.9	253.4	113.9	1.1	43.4	0.1	0.1	0.9	5.4	16.8
Maharashtra (n=17)	Median	12.8	16.3	467.3	175.3	1.9	15.1	0.3	0.2	1.0	4.1	31.9
	Mean	12.3	17.1	480.1	169.4	1.9	26.5	0.3	0.2	1.2	6.3	35.5
	SD	5.7	9.7	230.6	128.8	1.0	31.1	0.1	0.1	0.5	5.3	17.6
Gujarat (n=10)	Median	9.4	11.4	356.1	170.8	1.3	5.8	0.2	0.1	0.9	5.8	20.2
	Mean	13.2	19.8	452.9	272.6	2.2	29.7	0.3	0.3	1.3	15.5	46.4
	SD	9.0	15.2	277.9	262.7	2.3	56.3	0.2	0.2	1.0	21.2	55.3
Madhya Pradesh (n=18)	Median	14.6	15.2	524.7	284.1	2.3	13.7	0.3	0.3	1.3	9.9	48.0
	Mean	18.9	21.9	629.3	346.8	2.9	27.6	0.4	0.3	1.5	12.1	50.6
	SD	11.6	15.0	342.2	301.0	2.2	36.7	0.2	0.3	1.2	9.5	32.1
Orissa (n=2)	Median	22.0	13.1	624.2	118.3	7.9	25.2	0.6	0.3	3.7	19.8	132.2
	Mean	22.0	13.1	624.2	118.3	7.9	25.2	0.6	0.3	3.7	19.8	132.2
	SD	18.4	13.7	517.9	143.1	10.2	26.1	0.7	0.4	3.7	10.1	150.2
West Bengal (n=15)	Median	13.0	12.0	364.5	86.3	1.4	0.5	0.1	0.2	1.1	2.3	18.7
	Mean	17.2	14.9	476.7	260.8	2.0	65.7	0.2	0.2	1.3	6.0	30.1
	SD	11.6	10.9	257.0	349.9	1.7	128.2	0.1	0.2	1.0	8.1	29.1
Uttar Pradesh (n=21)	Median	13.6	20.8	497.9	300.7	1.6	0.2	0.2	0.3	0.8	8.1	34.1
	Mean	14.8	20.5	510.8	319.8	1.7	11.2	0.3	0.3	1.2	11.0	39.9
	SD	7.9	10.6	240.0	264.1	1.4	20.9	0.2	0.2	1.0	9.3	28.0
Andaman & Nicobar (n=15)	Median	13.1	12.7	425.9	33.8	1.4	10.2	0.1	0.1	1.3	4.4	29.4
	Mean	16.3	13.6	485.4	318.5	2.1	28.7	0.2	0.3	1.7	10.4	43.2
	SD	10.5	13.2	226.9	470.6	1.7	54.8	0.2	0.3	1.2	12.2	50.1
Assam (n=4)	Median	16.6	11.4	469.1	8.6	0.2	0.1	0.0	0.0	0.4	2.6	4.3
	Mean	16.2	13.3	534.6	56.0	1.7	40.9	0.1	0.1	1.2	4.4	25.7
	SD	8.2	11.1	360.6	100.8	3.1	81.7	0.1	0.2	1.8	5.8	45.6
Bihar (n=4)	Median	24.4	24.5	657.1	459.4	2.6	0.6	0.1	0.5	1.3	12.0	52.5
	Mean	20.5	20.4	618.2	414.4	3.0	4.6	0.2	0.4	1.6	9.3	44.6
	SD	11.7	14.0	318.2	361.1	2.2	8.5	0.2	0.3	1.4	6.2	26.8
New Delhi (n=12)	Median	4.3	3.3	182.7	10.0	0.7	3.2	0.1	0.0	0.7	3.1	14.3
	Mean	5.0	7.2	256.6	18.4	1.5	9.9	0.1	0.1	1.1	8.2	19.7
	SD	4.5	11.5	208.6	23.2	1.7	14.2	0.2	0.1	1.1	14.1	22.1
Puducherry (n=8)	Median	14.7	14.2	452.8	239.8	1.4	38.8	0.1	0.3	1.2	7.4	33.5
	Mean	17.0	15.5	572.5	254.8	1.8	47.7	0.3	0.4	1.9	6.8	102.5
	SD	8.6	9.7	326.5	196.6	1.3	40.5	0.4	0.3	1.6	3.8	120.3
Rajasthan (n=5)	Median	9.6	20.9	282.5	330.8	0.8	30.3	0.1	0.3	0.4	5.6	19.6
	Mean	18.7	43.0	763.2	463.2	3.1	139.0	0.2	0.5	1.7	17.0	61.8
	SD	14.9	52.2	830.1	300.0	3.9	246.4	0.3	0.3	2.3	23.8	80.4
Pooled (n=179)	Median	12.5	12.0	424.8	121.9	1.5	9.0	0.2	0.2	1.2	5.6	27.9
	Mean	14.4	15.8	491.2	230.9	2.1	35.3	0.2	0.2	1.4	8.9	43.9
	SD	9.2	14.7	290.3	271.3	2.1	70.6	0.2	0.2	1.1	10.6	51.2
<b>RDA-2020</b>		<b>10.5</b>	<b>-</b>	<b>680*</b>	<b>300</b>	<b>3.0</b>	<b>350</b>	<b>0.4</b>	<b>0.6</b>	<b>5.0</b>	<b>30.0</b>	<b>85.0</b>

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**Table 42.1: 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)	Thiamine (mg)	Ribo-flavin (mg)	Niacin (mg)	Vit.-C (mg)	Dietary Folate (µg)
Kerala (n=86)	Median	25.1	22.8	826.6	318.9	4.0	36.8	0.3	0.4	3.5	15.8	82.8
	Mean	28.0	26.1	885.6	342.0	4.9	91.6	0.3	0.4	4.0	20.8	277.8
	SD	12.9	15.6	346.5	222.9	3.5	157.9	0.2	0.2	2.1	17.2	496.2
Tamil Nadu (n=149)	Median	27.0	25.2	946.4	375.2	3.9	78.3	0.4	0.4	3.8	20.0	80.4
	Mean	27.9	28.4	951.2	401.1	4.8	127.6	0.4	0.4	4.2	28.0	119.2
	SD	10.7	15.0	332.9	223.8	4.0	181.5	0.2	0.2	1.9	26.3	170.9
Karnataka (n=138)	Median	29.2	30.7	1045.3	277.4	4.9	62.8	0.4	0.4	4.1	17.8	96.8
	Mean	30.6	32.3	1095.5	339.0	5.2	111.1	0.4	0.5	4.3	27.2	125.4
	SD	11.0	16.4	355.3	228.8	2.3	137.8	0.2	0.3	1.9	29.7	104.4
Andhra Pradesh (n=150)	Median	21.6	21.7	788.3	248.7	3.4	61.8	0.3	0.3	3.0	13.7	59.2
	Mean	22.3	25.3	838.7	260.8	3.5	97.3	0.4	0.3	3.3	19.1	65.4
	SD	10.0	17.0	378.5	173.0	2.0	112.5	0.2	0.2	1.8	18.1	41.6
Maharashtra (n=130)	Median	22.4	23.7	824.3	226.2	4.4	23.6	0.5	0.3	3.0	12.3	68.2
	Mean	23.1	26.1	843.0	244.5	5.1	73.4	0.5	0.3	3.4	16.4	74.0
	SD	10.9	15.7	332.9	151.4	3.2	144.0	0.2	0.2	1.7	14.2	47.5
Gujarat (n=127)	Median	18.9	28.0	719.5	273.6	3.4	31.3	0.4	0.3	2.1	15.2	60.1
	Mean	20.1	30.3	750.4	320.8	4.1	129.8	0.4	0.3	2.5	20.5	72.7
	SD	9.6	16.1	344.0	209.2	2.7	724.3	0.2	0.2	1.6	19.3	56.8
Madhya Pradesh (n=128)	Median	22.4	26.7	859.8	207.0	5.6	27.1	0.6	0.4	3.5	16.7	74.8
	Mean	24.1	30.4	926.2	278.4	6.2	69.9	0.6	0.4	3.4	25.7	86.1
	SD	10.6	18.7	408.3	221.1	3.2	134.2	0.3	0.2	1.5	33.4	62.0
Orissa (n=110)	Median	27.8	25.0	980.1	229.4	6.2	48.6	0.5	0.4	5.1	33.8	115.5
	Mean	29.0	26.5	994.5	285.5	7.3	148.4	0.6	0.4	5.2	43.5	139.0
	SD	11.6	15.4	363.7	233.4	4.6	296.7	0.2	0.2	2.4	35.5	147.7
West Bengal (n=142)	Median	25.8	21.7	875.8	183.3	4.8	46.3	0.5	0.3	4.5	26.6	68.1
	Mean	26.9	24.4	877.0	307.6	5.3	80.4	0.5	0.4	4.7	31.5	81.2
	SD	13.1	16.1	361.0	317.2	3.6	99.0	0.3	0.3	3.0	24.0	62.8
Uttar Pradesh (n=177)	Median	24.9	30.2	956.2	266.2	4.7	28.4	0.6	0.4	3.2	19.5	71.0
	Mean	25.3	30.3	930.3	318.9	5.0	48.5	0.6	0.4	3.3	24.8	78.5
	SD	10.2	16.2	343.6	254.4	2.7	72.1	0.3	0.2	1.6	25.4	44.4
Andaman & Nicobar (n=151)	Median	26.7	20.4	827.8	288.9	4.3	48.7	0.4	0.3	3.6	20.0	84.4
	Mean	29.2	24.8	867.1	324.5	5.0	98.0	0.4	0.4	4.0	23.1	237.8
	SD	13.6	15.7	335.8	224.2	2.7	116.3	0.2	0.2	2.0	19.6	447.9
Assam (n=36)	Median	25.1	16.5	798.8	115.8	5.0	24.9	0.5	0.3	3.9	9.0	113.3
	Mean	26.9	19.6	852.6	168.5	5.2	56.7	0.5	0.4	4.0	15.3	119.5
	SD	14.0	13.4	347.2	129.3	3.3	77.5	0.2	0.2	2.0	15.4	69.7
Bihar (n=45)	Median	21.6	20.8	800.1	299.1	4.9	7.8	0.4	0.4	3.3	15.3	71.5
	Mean	22.7	21.5	748.8	286.7	5.1	34.2	0.4	0.4	3.3	19.2	78.4
	SD	9.8	11.5	325.2	196.5	2.7	68.1	0.2	0.2	1.6	15.5	47.0
New Delhi (n=93)	Median	13.6	17.3	553.7	62.4	4.0	25.5	0.4	0.2	2.3	16.5	61.2
	Mean	15.3	20.1	612.1	132.9	4.4	70.2	0.4	0.3	2.7	21.7	69.0
	SD	8.5	15.0	302.9	195.4	2.4	100.2	0.2	0.2	1.4	24.1	47.0
Puducherry (n=91)	Median	28.8	29.6	943.0	457.2	4.0	76.7	0.4	0.4	3.8	15.5	99.5
	Mean	29.3	30.5	959.6	457.2	4.6	120.1	0.5	0.5	3.9	19.6	123.4
	SD	10.0	12.0	300.3	233.2	2.6	158.2	0.3	0.2	1.8	13.5	95.2
Rajasthan (n=67)	Median	24.1	36.8	824.9	441.2	4.6	46.5	0.4	0.5	2.7	18.6	68.9
	Mean	23.8	38.3	852.5	458.0	4.7	62.2	0.4	0.5	2.7	19.6	76.3
	SD	8.0	15.3	286.2	229.5	2.0	66.1	0.3	0.2	1.2	11.3	34.4
Pooled (n=1820)	Median	24.3	24.6	864.8	269.6	4.4	41.6	0.4	0.3	3.4	17.7	75.6
	Mean	25.5	27.6	886.6	311.8	5.0	92.4	0.5	0.4	3.7	24.3	113.1
	SD	11.6	16.2	360.9	235.5	3.2	236.7	0.3	0.2	2.0	24.3	195.1
<b>RDA-2020</b>		<b>12.5</b>		<b>1110*</b>	<b>500</b>	<b>8</b>	<b>390</b>	<b>0.7</b>	<b>1.1</b>	<b>7.0</b>	<b>30</b>	<b>120</b>

\*EAR

**Table 42.2: DISTRIBUTION (%) OF 1-3 YEAR CHILDREN BY INTAKE OF NUTRIENTS AS PERCENT RDA**

FOODS	% RDA	STATES																
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	A & N	Assam	Bihar	New Delhi	Pudu-cherry	Raja-sthan	Pooled
<b>n</b>		<b>86</b>	<b>149</b>	<b>138</b>	<b>150</b>	<b>130</b>	<b>127</b>	<b>128</b>	<b>110</b>	<b>142</b>	<b>177</b>	<b>151</b>	<b>36</b>	<b>45</b>	<b>93</b>	<b>91</b>	<b>67</b>	<b>1820</b>
<b>Protein</b>	<50	2.3	1.3	0.0	2.0	0.8	4.7	0.0	0.9	0.0	1.7	0.0	2.8	2.2	10.8	0.0	0.0	1.6
	50-70	0.0	0.0	0.0	6.0	3.8	4.7	3.1	1.8	2.8	0.6	0.0	2.8	6.7	15.1	1.1	3.0	2.9
	≥70	97.7	98.7	100.0	92.0	95.4	90.6	96.9	97.3	97.2	97.7	100.0	94.4	91.1	74.2	98.9	97.0	95.5
<b>Energy</b>	<50	16.3	12.1	1.4	26.7	17.7	29.9	21.9	10.0	19.7	16.4	15.2	16.7	33.3	50.5	8.8	13.4	18.6
	50-70	23.3	18.8	18.8	23.3	23.1	26.8	22.7	15.5	20.4	16.4	26.5	27.8	15.6	25.8	17.6	26.9	21.5
	≥70	60.5	69.1	79.7	50.0	59.2	43.3	55.5	74.5	59.9	67.2	58.3	55.6	51.1	23.7	73.6	59.7	59.8
<b>Calcium</b>	<50	43.0	24.8	42.8	50.7	56.2	43.3	58.6	53.6	54.9	48.6	43.7	72.2	40.0	86.0	20.9	19.4	47.1
	50-70	10.5	22.1	18.1	22.7	20.0	21.3	16.4	18.2	11.3	9.0	18.5	16.7	33.3	1.1	14.3	16.4	16.5
	≥70	46.5	53.0	39.1	26.7	23.8	35.4	25.0	28.2	33.8	42.4	37.7	11.1	26.7	12.9	64.8	64.2	36.4
<b>Iron</b>	<50	48.8	53.0	34.8	62.7	43.1	59.8	24.2	22.7	37.3	38.4	42.4	36.1	35.6	49.5	47.3	40.3	42.9
	50-70	23.3	21.5	28.3	19.3	20.8	18.1	25.8	15.5	21.8	27.7	27.8	19.4	24.4	25.8	26.4	25.4	23.4
	≥70	27.9	25.5	37.0	18.0	36.2	22.0	50.0	61.8	40.8	33.9	29.8	44.4	40.0	24.7	26.4	34.3	33.7
<b>Vitamin-A</b>	<50	87.2	81.9	85.5	87.3	92.3	92.1	90.6	86.4	86.6	96.0	84.8	88.9	93.3	86.0	84.6	94.0	88.4
	50-70	4.7	8.1	5.1	7.3	1.5	2.4	5.5	2.7	5.6	1.1	4.0	8.3	4.4	8.6	6.6	4.5	4.8
	≥70	8.1	10.1	9.4	5.3	6.2	5.5	3.9	10.9	7.7	2.8	11.3	2.8	2.2	5.4	8.8	1.5	6.8
<b>Thiamine</b>	<50	58.1	39.6	46.4	52.0	31.5	40.2	17.2	20.9	37.3	18.6	44.4	25.0	37.8	46.2	41.8	41.8	37.1
	50-70	19.8	22.8	31.2	22.7	15.4	25.2	22.7	21.8	22.5	18.1	24.5	16.7	22.2	24.7	23.1	14.9	22.2
	≥70	22.1	37.6	22.5	25.3	53.1	34.6	60.2	57.3	40.1	63.3	31.1	58.3	40.0	29.0	35.2	43.3	40.7
<b>Riboflavin</b>	<50	76.7	77.2	69.6	94.0	89.2	82.7	78.1	74.5	80.3	79.1	84.1	86.1	84.4	89.2	71.4	58.2	80.1
	50-70	20.9	14.8	19.6	4.0	10.0	14.2	16.4	20.0	14.1	15.3	7.9	8.3	13.3	7.5	22.0	37.3	14.7
	≥70	2.3	8.1	10.9	2.0	0.8	3.1	5.5	5.5	5.6	5.6	7.9	5.6	2.2	3.2	6.6	4.5	5.2
<b>Niacin</b>	<50	48.8	39.6	37.0	63.3	63.1	77.2	50.0	21.8	31.7	58.2	48.3	44.4	53.3	78.5	46.2	76.1	51.8
	50-70	24.4	29.5	34.1	20.7	20.8	17.3	35.2	26.4	26.1	24.9	24.5	25.0	31.1	12.9	34.1	19.4	25.4
	≥70	26.7	30.9	29.0	16.0	16.2	5.5	14.8	51.8	42.3	16.9	27.2	30.6	15.6	8.6	19.8	4.5	22.8
<b>Vitamin-C</b>	<50	46.5	35.6	39.9	54.7	59.2	49.6	45.3	19.1	26.1	38.4	39.7	66.7	46.7	47.3	48.4	44.8	42.7
	50-70	14.0	18.1	21.7	12.7	16.9	17.3	16.4	10.9	15.5	15.8	15.9	5.6	22.2	14.0	19.8	13.4	16.0
	≥70	39.5	46.3	38.4	32.7	23.8	33.1	38.3	70.0	58.5	45.8	44.4	27.8	31.1	38.7	31.9	41.8	41.3
<b>Dietary Folate</b>	<50	34.9	28.2	18.1	50.7	43.1	49.6	40.6	15.5	40.1	35.6	29.8	27.8	37.8	49.5	26.4	37.3	35.6
	50-70	16.3	23.5	20.3	25.3	20.0	18.9	15.6	17.3	21.8	26.6	19.2	5.6	24.4	21.5	17.6	26.9	20.8
	≥70	48.8	48.3	61.6	24.0	36.9	31.5	43.8	67.3	38.0	37.9	51.0	66.7	37.8	29.0	56.0	35.8	43.6

**Table 43.1: 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)	Thiamine (mg)	Ribo-flavin (mg)	Niacin (mg)	Vit.-C (mg)	Dietary Folate (µg)
Kerala (n=92)	<b>Median</b>	<b>36.8</b>	<b>32.9</b>	<b>1168.5</b>	<b>384.8</b>	<b>6.2</b>	<b>70.0</b>	<b>0.5</b>	<b>0.5</b>	<b>5.5</b>	<b>23.8</b>	<b>180.5</b>
	Mean	39.8	36.3	1228.1	423.5	7.0	132.2	0.5	0.5	6.3	32.1	405.3
	SD	17.4	18.9	451.8	272.5	3.7	170.3	0.2	0.2	3.1	29.9	847.2
Tamil Nadu (n=174)	<b>Median</b>	<b>34.1</b>	<b>32.9</b>	<b>1188.9</b>	<b>361.3</b>	<b>5.9</b>	<b>123.9</b>	<b>0.5</b>	<b>0.4</b>	<b>5.4</b>	<b>27.4</b>	<b>125.9</b>
	Mean	36.6	37.9	1272.9	388.9	6.8	167.8	0.6	0.5	6.2	36.7	170.7
	SD	14.8	20.7	445.6	195.2	3.7	172.3	0.3	0.2	3.1	38.1	321.7
Karnataka (n=181)	<b>Median</b>	<b>39.0</b>	<b>36.5</b>	<b>1420.2</b>	<b>338.1</b>	<b>7.5</b>	<b>106.2</b>	<b>0.5</b>	<b>0.5</b>	<b>5.9</b>	<b>26.9</b>	<b>140.7</b>
	Mean	41.4	42.3	1463.1	394.6	8.1	164.3	0.6	0.6	6.6	31.8	177.5
	SD	15.6	22.5	484.3	260.5	3.6	174.0	0.3	0.2	3.0	25.2	163.8
Andhra Pradesh (n=190)	<b>Median</b>	<b>31.0</b>	<b>31.4</b>	<b>1115.2</b>	<b>285.4</b>	<b>5.1</b>	<b>88.3</b>	<b>0.5</b>	<b>0.4</b>	<b>4.8</b>	<b>21.8</b>	<b>97.0</b>
	Mean	31.2	35.4	1174.7	312.8	5.4	154.2	0.5	0.4	5.3	28.8	116.5
	SD	11.1	19.7	402.1	172.9	2.3	212.4	0.2	0.2	2.8	28.9	143.2
Maharashtra (n=174)	<b>Median</b>	<b>30.6</b>	<b>31.1</b>	<b>1093.1</b>	<b>248.5</b>	<b>8.1</b>	<b>47.6</b>	<b>0.7</b>	<b>0.5</b>	<b>5.0</b>	<b>19.1</b>	<b>100</b>
	Mean	32.4	34.4	1146.1	291.1	8.8	175.5	0.7	0.5	5.2	28.3	115.7
	SD	13.3	18.0	404.0	190.4	4.9	356.1	0.3	0.2	2.3	26.6	69.0
Gujarat (n=125)	<b>Median</b>	<b>25.3</b>	<b>41.6</b>	<b>1008.2</b>	<b>352.8</b>	<b>6.0</b>	<b>73.6</b>	<b>0.6</b>	<b>0.4</b>	<b>3.7</b>	<b>24.7</b>	<b>90.9</b>
	Mean	27.3	42.9	1029.7	377.8	6.7	152.6	0.6	0.5	4.0	28.9	114.6
	SD	11.1	18.5	383.0	193.1	3.7	462.0	0.3	0.2	2.6	21.8	96.0
Madhya Pradesh (n=155)	<b>Median</b>	<b>29.7</b>	<b>31.6</b>	<b>1138.2</b>	<b>242.3</b>	<b>8.4</b>	<b>51.4</b>	<b>0.8</b>	<b>0.5</b>	<b>4.8</b>	<b>21.7</b>	<b>100.3</b>
	Mean	31.6	36.8	1207.7	292.3	10.1	85.6	0.9	0.5	5.2	27.5	114.0
	SD	13.5	21.5	480.3	159.7	5.9	120.1	0.3	0.2	2.2	25.3	63.4
Orissa (n=137)	<b>Median</b>	<b>37.3</b>	<b>31.8</b>	<b>1276.0</b>	<b>247.0</b>	<b>9.4</b>	<b>113.6</b>	<b>0.7</b>	<b>0.5</b>	<b>7.2</b>	<b>60.8</b>	<b>143.9</b>
	Mean	37.8	33.2	1301.2	381.6	10.0	350.4	0.7	0.5	7.3	69.1	165.7
	SD	13.2	15.5	341.9	478.0	4.5	538.4	0.3	0.2	2.0	40.3	74.7
West Bengal (n=166)	<b>Median</b>	<b>33.6</b>	<b>29.5</b>	<b>1212.0</b>	<b>232.0</b>	<b>7.1</b>	<b>57.2</b>	<b>0.6</b>	<b>0.4</b>	<b>6.9</b>	<b>45.8</b>	<b>99.3</b>
	Mean	37.9	33.5	1250.6	351.6	7.9	106.6	0.7	0.5	7.1	50.1	126.5
	SD	17.4	19.1	384.0	435.3	3.9	147.1	0.3	0.3	2.4	32.5	132.3
Uttar Pradesh (n=226)	<b>Median</b>	<b>32.7</b>	<b>32.8</b>	<b>1239.4</b>	<b>227.3</b>	<b>7.6</b>	<b>47.4</b>	<b>0.8</b>	<b>0.5</b>	<b>5.1</b>	<b>29.4</b>	<b>103.6</b>
	Mean	33.8	36.7	1251.6	310.4	8.2	102.7	0.8	0.5	5.4	38.4	122.2
	SD	12.2	20.3	401.2	245.6	3.6	161.4	0.3	0.2	2.2	44.4	68.4
Andaman & Nicobar (n=177)	<b>Median</b>	<b>35.1</b>	<b>30.5</b>	<b>1133.8</b>	<b>296.8</b>	<b>6.6</b>	<b>106.0</b>	<b>0.5</b>	<b>0.4</b>	<b>5.4</b>	<b>26.0</b>	<b>125.5</b>
	Mean	38.1	34.1	1170.8	400.4	7.6	147.6	0.6	0.5	5.8	32.7	231.4
	SD	15.2	18.4	410.4	373.5	4.0	162.0	0.2	0.2	2.5	23.7	368.7
Assam (n=47)	<b>Median</b>	<b>40.1</b>	<b>29.9</b>	<b>1363.6</b>	<b>267.5</b>	<b>6.8</b>	<b>58.8</b>	<b>0.7</b>	<b>0.5</b>	<b>6.8</b>	<b>23.4</b>	<b>160.3</b>
	Mean	44.5	35.0	1481.3	387.1	8.7	91.8	0.8	0.6	6.9	30.8	179.3
	SD	18.6	19.7	604.7	481.8	4.8	106.8	0.4	0.3	2.9	23.9	102.8
Bihar (n=100)	<b>Median</b>	<b>29.8</b>	<b>21.4</b>	<b>1005.0</b>	<b>166.9</b>	<b>8.3</b>	<b>18.4</b>	<b>0.7</b>	<b>0.5</b>	<b>5.3</b>	<b>28.3</b>	<b>109.3</b>
	Mean	30.5	25.1	1044.7	223.2	8.2	49.3	0.7	0.5	5.7	34.7	120.6
	SD	11.0	14.4	331.2	157.9	2.6	93.0	0.2	0.2	2.2	23.8	61.6
New Delhi (n=128)	<b>Median</b>	<b>19.8</b>	<b>22.0</b>	<b>774.6</b>	<b>86.4</b>	<b>6.3</b>	<b>45.1</b>	<b>0.6</b>	<b>0.3</b>	<b>3.9</b>	<b>23.6</b>	<b>85.2</b>
	Mean	21.3	25.7	799.8	128.5	6.8	105.0	0.6	0.3	4.0	34.8	98.1
	SD	13.1	14.0	288.8	131.0	3.8	159.3	0.2	0.2	1.7	38.1	57.6
Puducherry (n=140)	<b>Median</b>	<b>35.0</b>	<b>33.9</b>	<b>1179.7</b>	<b>434.9</b>	<b>6.5</b>	<b>104.4</b>	<b>0.5</b>	<b>0.5</b>	<b>5.5</b>	<b>22.6</b>	<b>126.8</b>
	Mean	37.4	37.1	1217.1	459.6	7.6	210.7	0.6	0.5	6.2	32.1	175.1
	SD	13.5	17.1	365.2	239.1	5.0	333.0	0.3	0.2	4.0	38.4	178.4
Rajasthan (n=103)	<b>Median</b>	<b>28.1</b>	<b>48.0</b>	<b>1065.2</b>	<b>355.4</b>	<b>6.9</b>	<b>81.9</b>	<b>0.6</b>	<b>0.6</b>	<b>3.9</b>	<b>27.6</b>	<b>97.0</b>
	Mean	28.6	48.6	1089.2	415.2	7.1	122.5	0.7	0.6	4.2	28.3	107.2
	SD	10.5	20.2	381.6	218.1	2.7	135.3	0.3	0.2	1.9	15.4	52.0
Pooled (n=2315)	<b>Median</b>	<b>32.5</b>	<b>32.2</b>	<b>1151.0</b>	<b>285.5</b>	<b>7.0</b>	<b>70.6</b>	<b>0.6</b>	<b>0.5</b>	<b>5.2</b>	<b>26.8</b>	<b>110.8</b>
	Mean	34.3	36.1	1197.8	344.0	7.8	148.2	0.7	0.5	5.7	35.6	153.0
	SD	14.7	19.6	432.9	285.2	4.2	260.4	0.3	0.2	2.8	33.2	244.5
<b>RDA-2020</b>		<b>16</b>	<b>-</b>	<b>1360*</b>	<b>550</b>	<b>11</b>	<b>510</b>	<b>0.9</b>	<b>1.3</b>	<b>9</b>	<b>35</b>	<b>135</b>

**Table 43.2: DISTRIBUTION (%) OF 4-6 YEAR CHILDREN BY INTAKE OF NUTRIENTS AS PERCENT RDA**

FOODS	% RDA	STATES																
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	A & N	Assam	Bihar	New Delhi	Pudu-cherry	Raja-sthan	Pooled
<b>n</b>		<b>92</b>	<b>174</b>	<b>181</b>	<b>190</b>	<b>174</b>	<b>125</b>	<b>155</b>	<b>137</b>	<b>166</b>	<b>226</b>	<b>177</b>	<b>47</b>	<b>100</b>	<b>128</b>	<b>140</b>	<b>103</b>	<b>2315</b>
<b>Protein</b>	<b>&lt;50</b>	0.0	0.0	0.0	0.0	0.0	1.6	0.0	0.0	0.0	0.4	0.0	0.0	0.0	3.9	0.0	0.0	0.3
	<b>50-70</b>	1.1	0.0	0.0	2.6	1.1	2.4	0.6	0.0	0.0	0.4	0.6	0.0	0.0	9.4	0.7	3.9	1.3
	<b>≥70</b>	98.9	100.0	100.0	97.4	98.9	96.0	99.4	100.0	100.0	99.1	99.4	100.0	100.0	86.7	99.3	96.1	98.3
<b>Energy</b>	<b>&lt;50</b>	5.4	7.5	3.3	8.4	11.5	20.0	7.1	1.5	4.2	5.8	10.2	4.3	10.0	35.9	5.0	14.6	9.3
	<b>50-70</b>	18.5	20.1	10.5	20.0	23.6	24.0	26.5	12.4	15.7	17.7	23.2	17.0	34.0	36.7	18.6	27.2	21.1
	<b>≥70</b>	76.1	72.4	86.2	71.6	64.9	56.0	66.5	86.1	80.1	76.5	66.7	78.7	56.0	27.3	76.4	58.3	69.6
<b>Calcium</b>	<b>&lt;50</b>	32.6	28.7	35.9	47.9	55.7	33.6	58.7	51.8	56.6	58.4	42.4	51.1	62.0	92.2	20.7	32.0	47.7
	<b>50-70</b>	17.4	25.9	26.5	24.7	19.5	25.6	16.1	14.6	14.5	11.5	20.9	14.9	23.0	1.6	17.9	21.4	18.7
	<b>≥70</b>	50.0	45.4	37.6	27.4	24.7	40.8	25.2	33.6	28.9	30.1	36.7	34.0	15.0	6.3	61.4	46.6	33.6
<b>Iron</b>	<b>&lt;50</b>	39.1	43.7	26.0	60.0	28.2	44.0	13.5	13.9	25.9	21.2	33.3	25.5	21.0	40.6	40.0	27.2	31.8
	<b>50-70</b>	30.4	25.3	24.3	27.4	19.0	21.6	25.8	17.5	30.7	30.1	27.7	31.9	24.0	29.7	27.9	32.0	26.3
	<b>≥70</b>	30.4	31.0	49.7	12.6	52.9	34.4	60.6	68.6	43.4	48.7	39.0	42.6	55.0	29.7	32.1	40.8	41.9
<b>Vitamin-A</b>	<b>&lt;50</b>	88.0	79.9	81.2	87.4	85.1	88.8	92.9	70.8	90.4	88.9	87.0	95.7	97.0	88.3	80.0	90.3	86.3
	<b>50-70</b>	6.5	9.8	9.9	7.9	1.1	5.6	3.2	5.1	4.2	4.9	6.8	2.1	1.0	3.9	5.7	3.9	5.4
	<b>≥70</b>	5.4	10.3	8.8	4.7	13.8	5.6	3.9	24.1	5.4	6.2	6.2	2.1	2.0	7.8	14.3	5.8	8.3
<b>Thiamine</b>	<b>&lt;50</b>	35.9	33.9	33.1	42.6	20.1	31.2	8.4	8.8	18.7	10.6	34.5	19.1	11.0	31.3	31.4	24.3	24.9
	<b>50-70</b>	39.1	27.6	28.2	28.9	20.7	24.0	13.5	26.3	27.1	18.6	29.4	21.3	30.0	32.8	31.4	31.1	26.3
	<b>≥70</b>	25.0	38.5	38.7	28.4	59.2	44.8	78.1	65.0	54.2	70.8	36.2	59.6	59.0	35.9	37.1	44.7	48.7
<b>Riboflavin</b>	<b>&lt;50</b>	78.3	81.0	68.5	87.4	82.2	79.2	80.6	75.2	83.1	81.9	82.5	68.1	85.0	92.2	83.6	62.1	80.3
	<b>50-70</b>	13.0	13.8	21.0	9.5	13.2	17.6	16.8	20.4	12.0	11.9	11.9	19.1	14.0	5.5	12.1	34.0	14.7
	<b>≥70</b>	8.7	5.2	10.5	3.2	4.6	3.2	2.6	4.4	4.8	6.2	5.6	12.8	1.0	2.3	4.3	3.9	5.0
<b>Niacin</b>	<b>&lt;50</b>	28.3	32.8	24.3	43.7	39.1	70.4	43.2	6.6	10.2	35.4	32.2	25.5	30.0	69.5	27.9	64.1	35.9
	<b>50-70</b>	32.6	28.7	31.5	32.1	34.5	17.6	31.6	25.5	31.3	34.5	32.8	19.1	42.0	21.9	40.7	26.2	30.9
	<b>≥70</b>	39.1	38.5	44.2	24.2	26.4	12.0	25.2	67.9	58.4	30.1	35.0	55.3	28.0	8.6	31.4	9.7	33.2
<b>Vitamin-C</b>	<b>&lt;50</b>	33.7	31.6	29.8	35.8	46.6	34.4	36.8	6.6	14.5	25.2	28.2	31.9	27.0	36.7	31.4	27.2	29.8
	<b>50-70</b>	18.5	14.9	14.9	19.5	16.1	15.2	16.8	5.1	10.2	18.6	16.4	25.5	13.0	15.6	25.7	19.4	16.2
	<b>≥70</b>	47.8	53.4	55.2	44.7	37.4	50.4	46.5	88.3	75.3	56.2	55.4	42.6	60.0	47.7	42.9	53.4	54.0
<b>Dietary Folate</b>	<b>&lt;50</b>	9.8	17.2	10.5	29.5	28.7	24.0	16.1	2.9	25.3	17.3	14.7	8.5	18.0	35.9	9.3	21.4	18.7
	<b>50-70</b>	16.3	19.5	12.2	19.5	16.1	28.0	27.1	10.2	21.7	22.1	15.8	12.8	15.0	23.4	20.0	26.2	19.3
	<b>≥70</b>	73.9	63.2	77.3	51.1	55.2	48.0	56.8	86.9	53.0	60.6	69.5	78.7	67.0	40.6	70.7	52.4	62.0

**Table 44.1: 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)	Thiamine (mg)	Ribo-flavin (mg)	Niacin (mg)	Vit.-C (mg)	Dietary Folate (µg)
Kerala (n=114)	Median	40.1	35.7	1298.4	406.0	7.0	70.5	0.6	0.5	6.2	29.5	149.3
	Mean	42.9	37.9	1373.4	443.2	8.1	166.5	0.6	0.6	6.8	34.4	453.0
	SD	17.2	19.7	457.2	266.6	4.4	248.4	0.3	0.2	3.3	25.3	856.3
Tamil Nadu (n=176)	Median	38.0	36.1	1340.2	379.3	7.0	125.8	0.6	0.5	6.1	30.1	141.3
	Mean	40.8	40.1	1381.5	436.0	8.0	182.2	0.7	0.5	6.9	38.0	219.8
	SD	16.0	20.5	431.1	356.0	5.2	171.9	0.2	0.2	3.1	34.5	565.2
Karnataka (n=154)	Median	42.9	37.6	1573.7	344.1	8.4	107.0	0.7	0.6	7.1	30.5	156.1
	Mean	45.4	43.5	1641.6	391.0	9.2	246.2	0.7	0.6	7.7	35.6	192.8
	SD	16.6	21.5	536.7	212.9	4.2	720.0	0.3	0.3	3.3	26.3	164.2
Andhra Pradesh (n=178)	Median	36.2	35.0	1337.5	284.2	6.0	117.3	0.6	0.5	6.0	26.9	104.9
	Mean	35.8	37.2	1322.1	317.6	6.4	179.7	0.6	0.5	6.5	35.7	130.9
	SD	11.5	18.9	375.0	189.7	2.9	205.6	0.3	0.2	2.9	32.8	130.6
Maharashtra (n=161)	Median	32.1	33.2	1173.7	237.9	8.3	62.5	0.8	0.5	5.5	24.5	111.6
	Mean	34.5	36.9	1216.2	293.9	9.7	192.8	0.8	0.5	5.9	33.4	139.0
	SD	13.4	18.4	394.0	198.5	4.9	357.8	0.3	0.2	2.4	26.9	113.6
Gujarat (n=148)	Median	29.8	42.2	1161.9	344.6	7.6	69.9	0.7	0.5	4.4	31.6	112.9
	Mean	31.0	46.6	1191.9	395.2	8.3	206.6	0.7	0.5	5.1	43.3	148.4
	SD	13.1	20.7	450.2	243.4	4.2	689.0	0.3	0.2	3.8	41.5	183.0
Madhya Pradesh (n=172)	Median	35.2	38.7	1306.9	265.1	11.2	69.3	1.0	0.6	6.0	28.9	128.0
	Mean	36.9	42.3	1391.4	312.4	12.4	151.9	1.0	0.6	6.5	38.9	143.7
	SD	13.2	22.0	488.9	181.8	6.9	234.7	0.4	0.2	2.9	42.0	74.8
Orissa (n=139)	Median	39.5	30.9	1435.1	242.6	10.1	91.1	0.9	0.5	8.3	68.1	175.2
	Mean	42.3	36.7	1507.7	346.2	11.6	320.8	0.9	0.6	8.8	79.1	191.2
	SD	16.7	21.9	493.9	288.1	6.5	518.9	0.3	0.3	2.9	46.2	95.6
West Bengal (n=166)	Median	40.0	36.0	1471.0	266.0	9.0	84.8	0.8	0.4	8.5	45.4	110.6
	Mean	46.1	39.6	1527.8	359.1	10.4	141.4	0.9	0.5	9.1	60.3	165.5
	SD	20.3	23.2	443.4	376.3	5.5	165.0	0.3	0.3	3.2	48.0	273.4
Uttar Pradesh (n=232)	Median	35.5	32.6	1331.8	196.8	8.8	47.2	0.9	0.5	6.3	31.9	113.6
	Mean	36.4	37.2	1384.4	263.1	9.4	103.5	0.9	0.5	6.5	38.6	127.6
	SD	11.5	20.1	424.2	198.9	3.9	178.0	0.3	0.2	2.2	41.8	61.9
Andaman & Nicobar (n=175)	Median	44.7	38.7	1382.8	313.9	8.9	111.2	0.7	0.5	6.5	28.6	145.6
	Mean	47.6	42.3	1428.4	437.6	9.6	195.2	0.7	0.6	7.5	41.5	422.0
	SD	20.5	21.7	517.1	357.5	5.0	260.5	0.3	0.3	3.6	44.5	799.8
Assam (n=52)	Median	54.2	40.4	1688.0	341.1	9.8	101.4	0.9	0.6	8.7	32.3	201.9
	Mean	54.9	42.3	1796.7	399.0	11.4	142.2	1.0	0.7	8.9	34.9	210.8
	SD	18.6	16.7	621.9	422.9	5.2	154.0	0.4	0.4	4.4	18.3	102.9
Bihar (n=134)	Median	32.1	20.2	1095.7	142.8	9.3	22.0	0.8	0.5	6.5	34.1	128.4
	Mean	33.3	23.0	1131.4	205.6	9.9	49.7	0.8	0.5	6.5	37.8	133.8
	SD	9.7	10.8	292.1	149.1	3.8	81.7	0.3	0.2	1.9	21.9	59.8
New Delhi (n=161)	Median	22.1	28.8	915.4	94.5	7.3	59.1	0.6	0.3	4.4	36.0	103.5
	Mean	24.0	31.0	946.1	131.7	7.8	134.3	0.7	0.4	4.7	50.5	115.9
	SD	10.3	15.7	326.6	111.8	3.4	218.5	0.3	0.2	1.8	48.8	67.2
Puducherry (n=143)	Median	40.6	37.3	1315.8	423.3	7.3	115.8	0.6	0.5	6.4	29.0	159.7
	Mean	41.6	41.3	1364.6	473.2	8.0	201.7	0.7	0.5	7.1	35.3	188.1
	SD	14.8	18.1	427.8	284.0	4.0	276.9	0.3	0.2	3.7	31.9	141.8
Rajasthan (n=110)	Median	30.1	54.5	1204.7	373.3	7.9	103.1	0.7	0.6	4.4	27.6	105.2
	Mean	30.6	54.8	1216.5	407.7	8.3	132.4	0.8	0.6	4.8	32.6	121.7
	SD	10.9	25.2	437.8	218.8	3.6	106.5	0.3	0.2	2.1	22.7	59.6
Pooled (n=2415)	Median	35.8	35.0	1300.4	278.5	8.3	79.7	0.7	0.5	6.2	32.2	127.0
	Mean	38.4	39.2	1349.9	344.1	9.2	171.4	0.8	0.5	6.8	42.2	189.5
	SD	16.3	20.9	475.3	273.9	4.9	346.3	0.3	0.2	3.2	38.9	356.4
<b>RDA-2020</b>		<b>23</b>	<b>-</b>	<b>1700*</b>	<b>650</b>	<b>15</b>	<b>630</b>	<b>1.1</b>	<b>1.6</b>	<b>11</b>	<b>45</b>	<b>170</b>

**Table 44.2: DISTRIBUTION (%) OF 7-9 YEAR CHILDREN BY INTAKE OF NUTRIENTS AS PERCENT RDA**

FOODS	% RDA	STATES																
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	A & N	Assa m	Biha r	New Delhi	Pudu-cherry	Raja-sathan	Pooled
<b>n</b>		<b>114</b>	<b>176</b>	<b>154</b>	<b>178</b>	<b>161</b>	<b>148</b>	<b>172</b>	<b>139</b>	<b>166</b>	<b>232</b>	<b>175</b>	<b>52</b>	<b>134</b>	<b>161</b>	<b>143</b>	<b>110</b>	<b>2415</b>
<b>Protein</b>	<b>&lt;50</b>	0.0	0.0	0.6	0.6	0.6	2.7	1.2	0.0	0.0	0.4	0.0	0.0	0.0	4.3	0.0	0.9	0.7
	<b>50-70</b>	0.9	1.1	1.3	5.1	4.3	6.1	3.5	0.0	0.0	2.2	1.7	0.0	2.2	11.8	0.0	8.2	3.1
	<b>≥70</b>	99.1	98.9	98.1	94.4	95.0	91.2	95.3	100.0	100.0	97.4	98.3	100.0	97.8	83.9	100.0	90.9	96.1
<b>Energy</b>	<b>&lt;50</b>	7.0	9.7	5.8	11.8	17.4	26.4	10.5	5.0	3.0	6.5	12.6	3.8	16.4	44.7	8.4	24.5	13.4
	<b>50-70</b>	28.9	29.5	13.6	24.7	37.3	25.0	27.3	23.0	19.9	25.9	24.0	17.3	42.5	36.6	26.6	23.6	26.9
	<b>≥70</b>	64.0	60.8	80.5	63.5	45.3	48.6	62.2	71.9	77.1	67.7	63.4	78.8	41.0	18.6	65.0	51.8	59.7
<b>Calcium</b>	<b>&lt;50</b>	36.0	40.3	46.8	55.6	64.6	48.0	63.4	61.2	60.8	73.7	50.3	44.2	74.6	94.4	30.8	41.8	57.0
	<b>50-70</b>	25.4	26.7	22.1	21.3	18.6	16.9	17.4	12.2	18.1	12.1	16.0	30.8	19.4	2.5	25.2	19.1	18.2
	<b>≥70</b>	38.6	33.0	31.2	23.0	16.8	35.1	19.2	26.6	21.1	14.2	33.7	25.0	6.0	3.1	44.1	39.1	24.8
<b>Iron</b>	<b>&lt;50</b>	57.0	55.1	33.1	72.5	38.5	48.6	18.0	25.9	30.1	33.2	34.9	25.0	26.9	52.8	53.8	42.7	41.0
	<b>50-70</b>	23.7	26.7	36.4	16.3	24.2	31.8	27.3	28.8	36.1	35.8	32.0	32.7	38.8	29.8	27.3	35.5	30.1
	<b>≥70</b>	19.3	18.2	30.5	11.2	37.3	19.6	54.7	45.3	33.7	31.0	33.1	42.3	34.3	17.4	18.9	21.8	29.0
<b>Vitamin-A</b>	<b>&lt;50</b>	83.3	84.1	83.8	87.6	85.7	85.1	86.6	73.4	86.7	93.1	86.3	90.4	96.3	88.8	82.5	95.5	86.8
	<b>50-70</b>	7.9	5.7	7.1	3.9	1.9	4.7	3.5	7.9	6.6	3.0	3.4	5.8	3.7	5.6	8.4	1.8	4.9
	<b>≥70</b>	8.8	10.2	9.1	8.4	12.4	10.1	9.9	18.7	6.6	3.9	10.3	3.8	0.0	5.6	9.1	2.7	8.3
<b>Thiamine</b>	<b>&lt;50</b>	45.6	36.9	31.8	48.3	22.4	31.8	9.3	12.9	12.0	12.5	34.3	13.5	14.2	39.8	38.5	23.6	26.9
	<b>50-70</b>	32.5	33.5	35.7	31.5	29.8	27.7	15.1	26.6	30.1	23.3	28.0	13.5	20.9	30.4	25.9	28.2	27.5
	<b>≥70</b>	21.9	29.5	32.5	20.2	47.8	40.5	75.6	60.4	57.8	64.2	37.7	73.1	64.9	29.8	35.7	48.2	45.6
<b>Riboflavin</b>	<b>&lt;50</b>	82.5	90.3	80.5	93.8	90.1	89.9	84.3	80.6	89.2	89.7	86.3	71.2	94.8	96.9	86.7	78.2	87.6
	<b>50-70</b>	12.3	9.1	16.2	5.6	8.7	8.1	13.4	16.5	8.4	9.1	8.0	21.2	5.2	2.5	11.2	19.1	10.1
	<b>≥70</b>	5.3	0.6	3.2	0.6	1.2	2.0	2.3	2.9	2.4	1.3	5.7	7.7	0.0	0.6	2.1	2.7	2.2
<b>Niacin</b>	<b>&lt;50</b>	35.1	38.1	26.0	39.9	49.7	69.6	41.3	10.1	8.4	37.1	31.4	19.2	29.1	70.8	36.4	70.9	38.7
	<b>50-70</b>	36.8	33.0	31.8	36.0	32.9	20.9	30.8	26.6	27.1	37.9	32.6	15.4	50.7	21.7	33.6	19.1	31.3
	<b>≥70</b>	28.1	29.0	42.2	24.2	17.4	9.5	27.9	63.3	64.5	25.0	36.0	65.4	20.1	7.5	30.1	10.0	30.0
<b>Vitamin-C</b>	<b>&lt;50</b>	38.6	40.3	33.1	39.9	46.0	35.1	43.0	4.3	12.7	34.1	38.9	28.8	29.9	32.9	41.3	42.7	34.2
	<b>50-70</b>	13.2	11.9	18.8	18.0	16.1	14.2	11.0	8.6	12.7	15.5	17.7	21.2	17.9	12.4	12.6	18.2	14.7
	<b>≥70</b>	48.2	47.7	48.1	42.1	37.9	50.7	45.9	87.1	74.7	50.4	43.4	50.0	52.2	54.7	46.2	39.1	51.1
<b>Dietary Folate</b>	<b>&lt;50</b>	14.0	17.0	12.3	30.9	28.6	31.1	20.3	8.6	26.5	23.7	17.1	7.7	23.1	39.8	15.4	28.2	22.4
	<b>50-70</b>	17.5	18.2	15.6	30.9	26.7	23.6	22.7	9.4	28.9	31.5	19.4	13.5	19.4	23.0	15.4	30.0	22.4
	<b>≥70</b>	68.4	64.8	72.1	38.2	44.7	45.3	57.0	82.0	44.6	44.8	63.4	78.8	57.5	37.3	69.2	41.8	55.2

**Table 45.1: 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)	Thiamine (mg)	Ribo-flavin (mg)	Niacin (mg)	Vit.-C (mg)	Dietary Folate (µg)
Kerala (n=60)	Median	48.6	42.4	1556.3	340.5	9.6	89.4	0.7	0.6	8.0	31.7	205.5
	Mean	51.6	43.3	1597.3	425.8	10.0	154.9	0.7	0.6	8.5	36.1	467.2
	SD	18.3	18.0	404.7	335.6	4.8	263.1	0.3	0.2	3.4	32.2	775.5
Tamil Nadu (n=87)	Median	45.0	40.6	1598.2	328.6	7.7	114.8	0.7	0.5	8.0	33.6	151.1
	Mean	46.9	45.3	1653.2	357.7	8.6	191.5	0.8	0.5	9.0	43.8	223.7
	SD	18.2	23.8	494.8	183.3	4.2	253.0	0.3	0.2	5.1	35.5	419.7
Karnataka (n=88)	Median	51.1	47.2	1840.7	346.0	10.4	159.8	0.8	0.7	8.6	34.1	193.5
	Mean	53.9	50.5	1888.8	480.7	11.4	369.4	0.8	0.7	8.9	44.2	229.1
	SD	19.4	27.2	586.8	358.0	4.9	973.2	0.3	0.3	3.7	30.6	171.1
Andhra Pradesh (n=70)	Median	43.3	38.1	1521.2	298.2	6.9	143.0	0.7	0.5	7.2	34.2	116.0
	Mean	43.1	42.6	1610.9	332.2	7.4	190.6	0.7	0.6	8.0	42.5	141.7
	SD	14.9	22.5	492.0	171.6	3.3	177.6	0.3	0.2	3.7	33.2	93.1
Maharashtra (n=91)	Median	39.1	38.7	1416.8	268.5	12.3	82.9	1.0	0.6	7.0	32.2	151.7
	Mean	40.9	41.7	1493.3	324.4	12.0	231.1	1.0	0.6	7.5	41.9	172.1
	SD	14.9	19.4	475.9	205.3	5.3	401.7	0.4	0.2	3.5	37.8	94.6
Gujarat (n=79)	Median	35.8	50.6	1440.6	398.5	10.2	107.7	0.9	0.6	5.7	38.8	136.1
	Mean	38.5	57.2	1470.2	456.6	10.8	204.2	1.0	0.7	6.3	48.4	178.9
	SD	13.7	23.8	467.1	292.7	5.2	304.8	0.4	0.4	3.3	43.4	237.7
Madhya Pradesh (n=106)	Median	41.5	41.7	1553.9	278.7	13.6	81.7	1.2	0.7	7.6	33.3	159.7
	Mean	45.2	47.4	1643.0	349.9	14.7	170.5	1.3	0.7	8.1	44.8	177.4
	SD	14.8	24.9	517.5	204.0	7.2	287.7	0.4	0.3	2.7	42.8	78.8
Orissa (n=96)	Median	46.5	37.3	1685.5	228.7	13.4	94.4	1.0	0.7	10.2	73.9	203.9
	Mean	50.3	40.4	1723.8	312.7	13.7	305.3	1.1	0.7	10.4	81.6	217.9
	SD	18.5	21.0	462.2	201.1	5.9	572.0	0.4	0.2	2.9	44.9	85.9
West Bengal (n=103)	Median	42.2	31.9	1532.1	229.9	10.1	65.8	0.9	0.5	9.6	56.0	138.1
	Mean	47.4	38.8	1630.9	370.4	11.2	130.9	0.9	0.5	9.8	68.3	174.7
	SD	18.1	26.6	507.5	411.3	6.2	181.1	0.3	0.2	2.9	41.4	164.8
Uttar Pradesh (n=137)	Median	38.1	36.8	1439.6	241.0	10.4	51.7	1.0	0.6	6.9	33.5	127.7
	Mean	40.5	41.2	1519.8	319.6	10.9	134.8	1.1	0.6	7.3	43.5	145.2
	SD	15.1	23.8	495.8	237.3	4.3	236.9	0.4	0.2	2.7	31.5	69.0
Andaman & Nicobar (n=79)	Median	52.3	46.7	1606.4	376.6	10.9	135.4	0.8	0.6	7.9	35.6	212.1
	Mean	57.1	51.2	1680.9	526.4	11.3	182.7	0.9	0.7	8.8	46.1	491.5
	SD	27.2	22.2	555.5	540.2	5.1	174.9	0.5	0.5	4.2	45.5	787.4
Assam (n=32)	Median	51.4	43.5	1676.4	333.7	10.9	85.3	1.0	0.7	8.5	37.5	241.4
	Mean	55.0	42.6	1827.3	412.0	12.0	109.2	1.1	0.7	8.8	47.2	256.4
	SD	17.6	16.6	571.5	336.6	4.6	100	0.5	0.3	3.0	31.8	148.1
Bihar (n=86)	Median	38.3	21.3	1299.9	148.2	12.2	23.7	1.0	0.6	7.9	36.1	156.5
	Mean	39.5	25.1	1308.0	198.2	11.9	64.6	1.0	0.6	8.0	45.5	165.0
	SD	11.4	12.3	327.9	139.3	3.6	148.4	0.3	0.2	2.6	29.5	68.5
New Delhi (n=76)	Median	25.0	33.1	1046.1	121.6	8.0	67.6	0.7	0.4	5.1	37.3	113.0
	Mean	25.7	34.9	1039.5	162.7	8.2	116.2	0.7	0.4	5.1	53.5	121.5
	SD	8.3	17.2	336.3	121.8	3.0	127.4	0.3	0.2	1.7	58.2	61.1
Puducherry (n=76)	Median	45.7	41.9	1583.8	385.8	9.2	144.5	0.8	0.6	7.9	34.8	172.1
	Mean	49.8	45.1	1659.2	510.7	11.1	274.4	0.9	0.6	8.9	43.9	243.6
	SD	18.7	22.6	542.7	323.5	7.9	482.3	0.4	0.3	4.1	43.6	264.5
Rajasthan (n=67)	Median	38.5	61.9	1363.5	503.2	9.9	154.4	0.9	0.8	6.1	38.7	140.4
	Mean	39.6	66.9	1509.1	508.8	11.0	232.6	1.0	0.8	6.2	43.5	168.5
	SD	14.4	31.8	515.4	275.2	4.3	255.2	0.4	0.3	2.1	27.9	107.1
Pooled (n=1333)	Median	41.6	39.7	1498.9	295.6	10.3	90.5	0.9	0.6	7.6	38.4	151.9
	Mean	44.9	44.2	1572.8	370.6	11.1	192.8	1.0	0.6	8.1	49.1	214.0
	SD	18.3	24.3	520.0	302.2	5.5	389.4	0.4	0.3	3.6	40.5	315.0
RDA-2022		32	-	2220*	850	16	770	1.5	2.1	15	55	220

**Table 45.2: DISTRIBUTION (%) OF 10-12 YEAR BOYS BY INTAKE OF NUTRIENTS AS PERCENT RDA**

FOODS	% RDA	STATES																
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Guja rat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	A & N	Assam	Bihar	New Delhi	Pudu-cherry	Raja-sthan	Pooled
<b>n</b>		<b>60</b>	<b>87</b>	<b>88</b>	<b>70</b>	<b>91</b>	<b>79</b>	<b>106</b>	<b>96</b>	<b>103</b>	<b>137</b>	<b>79</b>	<b>32</b>	<b>86</b>	<b>76</b>	<b>76</b>	<b>67</b>	<b>1333</b>
Protein	<50	0.0	0.0	0.0	0.0	1.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	7.9	0.0	1.5	0.6
	50-70	5.0	2.3	2.3	8.6	3.3	11.4	3.8	2.1	1.0	5.1	1.3	0.0	4.7	26.3	5.3	6.0	5.4
	≥70	95.0	97.7	97.7	91.4	95.6	88.6	96.2	97.9	99.0	94.9	98.7	100.0	95.3	65.8	94.7	92.5	94.0
Energy	<50	11.7	14.9	5.7	14.3	22.0	26.6	11.3	4.2	9.7	22.6	13.9	6.3	30.2	61.8	13.2	20.9	18.2
	50-70	38.3	32.2	27.3	38.6	41.8	32.9	38.7	36.5	42.7	35.8	30.4	21.9	45.3	32.9	35.5	35.8	36.1
	≥70	50.0	52.9	67.0	47.1	36.3	40.5	50.0	59.4	47.6	41.6	55.7	71.9	24.4	5.3	51.3	43.3	45.7
Calcium	<50	60.0	71.3	62.5	75.7	76.9	53.2	78.3	74.0	74.8	76.6	55.7	62.5	93.0	93.4	51.3	43.3	70.3
	50-70	28.3	18.4	12.5	15.7	17.6	32.9	9.4	16.7	9.7	11.7	21.5	21.9	5.8	6.6	18.4	17.9	15.7
	≥70	11.7	10.3	25.0	8.6	5.5	13.9	12.3	9.4	15.5	11.7	22.8	15.6	1.2	0.0	30.3	38.8	14.0
Iron	<50	33.3	56.3	25.0	60.0	23.1	38.0	12.3	15.6	28.2	27.0	22.8	15.6	17.4	50.0	34.2	20.9	29.6
	50-70	31.7	19.5	38.6	25.7	22.0	19.0	17.9	18.8	32.0	32.8	35.4	34.4	22.1	40.8	31.6	41.8	28.4
	≥70	35.0	24.1	36.4	14.3	54.9	43.0	69.8	65.6	39.8	40.1	41.8	50.0	60.5	9.2	34.2	37.3	42.0
Vitamin-A	<50	91.7	90.8	77.3	88.6	84.6	87.3	88.7	84.4	93.2	92.0	91.1	96.9	96.5	93.4	92.1	83.6	89.3
	50-70	5.0	3.4	8.0	5.7	4.4	7.6	5.7	3.1	1.9	2.2	2.5	3.1	2.3	5.3	1.3	6.0	4.1
	≥70	3.3	5.7	14.8	5.7	11.0	5.1	5.7	12.5	4.9	5.8	6.3	0.0	1.2	1.3	6.6	10.4	6.6
Thiamine	<50	65.0	51.7	42.0	51.4	27.5	31.6	7.5	18.8	34.0	23.4	41.8	21.9	19.8	60.5	47.4	25.4	34.2
	50-70	25.0	32.2	38.6	38.6	28.6	38.0	30.2	31.3	33.0	32.1	34.2	28.1	32.6	30.3	27.6	32.8	32.3
	≥70	10.0	16.1	19.3	10.0	44.0	30.4	62.3	50.0	33.0	44.5	24.1	50.0	47.7	9.2	25.0	41.8	33.5
Riboflavin	<50	98.3	98.9	88.6	98.6	93.4	91.1	89.6	95.8	98.1	94.9	93.7	81.3	100.0	98.7	89.5	80.6	93.8
	50-70	1.7	1.1	10.2	1.4	5.5	6.3	8.5	3.1	1.9	5.1	5.1	15.6	0.0	1.3	9.2	16.4	5.3
	≥70	0.0	0.0	1.1	0.0	1.1	2.5	1.9	1.0	0.0	0.0	1.3	3.1	0.0	0.0	1.3	3.0	0.9
Niacin	<50	48.3	43.7	43.2	52.9	56.0	74.7	49.1	12.5	20.4	59.9	44.3	34.4	44.2	97.4	44.7	74.6	49.6
	50-70	28.3	32.2	28.4	25.7	31.9	20.3	32.1	45.8	47.6	26.3	30.4	46.9	45.3	0.0	26.3	22.4	30.7
	≥70	23.3	24.1	28.4	21.4	12.1	5.1	18.9	41.7	32.0	13.9	25.3	18.8	10.5	2.6	28.9	3.0	19.7
Vitamin-C	<50	46.7	37.9	31.8	40.0	42.9	32.9	39.6	6.3	8.7	38.0	32.9	31.3	33.7	34.2	39.5	34.3	32.6
	50-70	18.3	20.7	23.9	20.0	11.0	13.9	17.9	11.5	17.5	19.0	21.5	21.9	18.6	17.1	15.8	14.9	17.6
	≥70	35.0	41.4	44.3	40.0	46.2	53.2	42.5	82.3	73.8	43.1	45.6	46.9	47.7	48.7	44.7	50.7	49.8
Dietary Folate	<50	30.0	21.8	15.9	45.7	20.9	24.1	14.2	9.4	32.0	38.7	17.7	9.4	22.1	48.7	22.4	37.3	26.0
	50-70	6.7	28.7	18.2	28.6	31.9	40.5	33.0	14.6	27.2	25.5	21.5	15.6	26.7	31.6	15.8	20.9	25.0
	≥70	63.3	49.4	65.9	25.7	47.3	35.4	52.8	76.0	40.8	35.8	60.8	75.0	51.2	19.7	61.8	41.8	49.1

Table 46.1: 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)	Thiamine (mg)	Riboflavin (mg)	Niacin (mg)	Vit.-C (mg)	Dietary Folate (µg)
Kerala (n=63)	Median	43.5	39.0	1504.0	346.4	9.0	103.3	0.7	0.6	7.6	28.4	150.7
	Mean	47.3	41.5	1497.6	448.3	9.2	165.4	0.7	0.6	8.1	36.3	372.4
	SD	16.7	20.0	436.9	303.5	3.7	176.6	0.2	0.2	3.2	25.6	619.0
Tamil Nadu (n=89)	Median	40.1	37.2	1420.7	339.9	7.8	107.3	0.7	0.5	6.9	33.3	165.6
	Mean	42.8	40.0	1503.1	394.7	8.5	213.9	0.8	0.5	7.8	42.7	178.6
	SD	15.6	20.8	467.2	277.9	4.9	431.8	0.3	0.2	3.9	39.4	97.9
Karnataka (n=81)	Median	46.5	42.2	1706.7	313.6	9.7	134.4	0.7	0.5	7.9	32.8	181.0
	Mean	48.6	46.3	1759.8	394.3	10.4	203.6	0.8	0.6	8.2	36.8	220.9
	SD	16.4	25.1	536.6	270.7	4.7	191.0	0.3	0.3	2.8	24.5	168.8
Andhra Pradesh (n=75)	Median	38.9	34.6	1404.0	288.4	6.9	130.6	0.6	0.5	6.6	29.9	114.8
	Mean	40.5	38.8	1474.1	331.8	7.0	183.2	0.7	0.5	7.4	39.9	130.3
	SD	13.8	19.5	440.9	186.2	2.5	181.6	0.2	0.2	3.4	43.9	54.4
Maharashtra (n=69)	Median	36.9	33.7	1282.9	216.0	10.1	63.6	0.8	0.5	6.5	21.1	115.7
	Mean	39.1	35.4	1354.3	282.9	10.5	177.2	0.9	0.5	6.7	26.0	153.3
	SD	15.2	15.2	409.0	201.2	4.4	317.1	0.3	0.2	2.4	22.6	170.7
Gujarat (n=57)	Median	33.2	55.1	1348.8	339.0	8.8	116.7	0.8	0.5	5.3	37.3	127.7
	Mean	35.9	58.2	1428.4	394.6	10.2	175.2	0.9	0.6	6.1	49.1	144.9
	SD	14.0	25.2	541.7	268.4	5.0	161.7	0.4	0.3	2.9	41.8	65.5
Madhya Pradesh (n=81)	Median	38.7	41.7	1499.9	320.2	12.7	72.7	1.0	0.6	6.9	35.7	137.5
	Mean	39.8	45.0	1484.0	341.1	13.0	177.3	1.1	0.6	7.3	40.2	155.2
	SD	12.6	19.6	438.2	175.1	5.1	278.7	0.4	0.2	2.6	31.6	69.3
Orissa (n=6)	Median	46.7	39.9	1678.9	235.7	12.7	134.2	1.1	0.6	10.0	85.2	193.8
	Mean	48.1	39.5	1684.6	354.1	14.5	369.5	1.1	0.7	10.6	92.3	224.6
	SD	13.9	18.7	373.9	320.3	6.1	548.6	0.2	0.2	3.0	53.8	158.8
West Bengal (n=81)	Median	41.8	35.6	1479.4	195.4	9.4	68.4	0.9	0.5	9.2	57.2	136.8
	Mean	44.7	41.2	1518.7	266.0	10.3	120.8	0.9	0.5	9.4	60.2	244.9
	SD	15.1	24.7	401.6	207.9	4.3	176.2	0.3	0.2	2.7	30.7	518.1
Uttar Pradesh (n=127)	Median	35.9	31.6	1390.9	182.3	9.0	51.2	0.9	0.5	6.6	32.4	113.8
	Mean	37.8	36.9	1419.5	253.8	9.8	128.2	0.9	0.5	6.7	40.6	137.9
	SD	11.9	20.6	405.9	174.2	4.0	198.2	0.3	0.2	2.3	33.2	78.2
Andaman & Nicobar (n=83)	Median	46.0	41.6	1447.4	328.2	9.7	126.6	0.7	0.6	7.3	28.1	184.0
	Mean	49.6	44.3	1506.7	432.5	10.3	252.1	0.7	0.6	8.2	45.6	381.3
	SD	16.6	21.0	438.2	315.4	4.4	375.4	0.3	0.2	4.0	42.5	669.3
Assam (n=17)	Median	61.4	47.4	1959.5	385.8	11.7	118.3	1.0	0.7	8.7	33.1	207.2
	Mean	59.7	47.8	2008.5	423.0	12.2	173.8	1.0	0.7	9.1	41.5	262.2
	SD	15.8	20.9	511.0	271.6	5.4	242.4	0.4	0.3	2.8	24.6	185.1
Bihar (n=70)	Median	34.4	20.4	1195.0	134.1	9.8	29.6	0.9	0.5	7.1	41.2	135.3
	Mean	36.7	23.7	1197.8	199.1	10.6	64.4	0.9	0.5	7.3	45.1	150.5
	SD	11.9	11.9	304.3	142.4	3.8	121.4	0.3	0.2	2.4	27.0	73.6
New Delhi (n=76)	Median	26.7	29.3	976.1	113.8	8.3	69.4	0.7	0.4	4.8	39.4	110.4
	Mean	27.5	35.6	1079.3	155.8	8.6	117.2	0.7	0.4	5.3	48.0	135.2
	SD	10.0	20.9	386.4	130.0	3.3	124.8	0.3	0.2	2.0	42.5	76.0
Puducherry (n=77)	Median	41.5	41.6	1434.4	428.4	8.1	142.6	0.8	0.6	7.6	29.1	173.0
	Mean	46.2	45.4	1537.0	468.9	9.0	230.6	0.8	0.6	8.0	34.6	270.5
	SD	17.9	20.7	521.4	248.0	6.8	295.7	0.3	0.2	3.6	22.8	300.4
Rajasthan (n=49)	Median	33.4	63.4	1358.2	409.9	9.7	179.7	0.9	0.6	5.5	26.8	143.4
	Mean	36.4	67.9	1453.5	437.5	10.7	202.8	0.9	0.7	5.8	36.9	166.3
	SD	13.0	29.7	482.1	227.9	3.9	173.4	0.3	0.3	2.0	26.9	92.3
Pooled (n=1164)	Median	39.2	37.2	1413.0	274.7	9.3	93.0	0.8	0.5	7.1	34.3	142.2
	Mean	41.8	41.8	1469.5	338.9	10.2	182.8	0.9	0.6	7.6	44.7	203.8
	SD	15.6	22.7	471.0	250.9	4.9	284.3	0.3	0.2	3.2	37.5	302.2
RDA-2020		33	-	2060*	850	28	790	1.4	1.9	14	50	225

**Table 46.2: DISTRIBUTION (%) OF 10-12 YEAR GIRLS BY INTAKE OF NUTRIENTS AS PERCENT RDA**

FOODS	% RDA	STATES																
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	A & N	Assam	Bihar	New Delhi	Pudu-cherry	Raja-sthan	Pooled
<b>n</b>		<b>63</b>	<b>89</b>	<b>81</b>	<b>75</b>	<b>69</b>	<b>57</b>	<b>81</b>	<b>69</b>	<b>81</b>	<b>127</b>	<b>83</b>	<b>17</b>	<b>70</b>	<b>76</b>	<b>77</b>	<b>49</b>	<b>1164</b>
<b>Protein</b>	<50	0.0	0.0	0.0	0.0	0.0	3.5	0.0	0.0	1.2	0.0	0.0	0.0	0.0	10.5	0.0	0.0	0.9
	50-70	3.2	9.0	1.2	10.7	7.2	15.8	7.4	1.4	1.2	7.9	0.0	0.0	8.6	28.9	2.6	10.2	7.4
	≥70	96.8	91.0	98.8	89.3	92.8	80.7	92.6	98.6	97.5	92.1	100.0	100.0	91.4	60.5	97.4	89.8	91.7
<b>Energy</b>	<50	14.3	19.1	6.2	13.3	21.7	29.8	14.8	1.4	9.9	18.9	13.3	0.0	40.0	55.3	11.7	18.4	18.6
	50-70	30.2	33.7	22.2	40.0	40.6	26.3	30.9	29.0	35.8	37.0	34.9	17.6	40.0	27.6	40.3	42.9	33.8
	≥70	55.6	47.2	71.6	46.7	37.7	43.9	54.3	69.6	54.3	44.1	51.8	82.4	20.0	17.1	48.1	38.8	47.5
<b>Calcium</b>	<50	60.3	65.2	70.4	72.0	78.3	68.4	70.4	71.0	85.2	83.5	60.2	58.8	91.4	93.4	48.1	51.0	72.0
	50-70	15.9	19.1	11.1	20.0	14.5	19.3	21.0	14.5	8.6	11.8	14.5	5.9	5.7	5.3	33.8	22.4	15.4
	≥70	23.8	15.7	18.5	8.0	7.2	12.3	8.6	14.5	6.2	4.7	25.3	35.3	2.9	1.3	18.2	26.5	12.6
<b>Iron</b>	<50	93.7	93.3	86.4	98.7	81.2	82.5	63.0	58.0	84.0	85.0	84.3	58.8	87.1	92.1	89.6	81.6	83.8
	50-70	3.2	3.4	8.6	1.3	14.5	10.5	29.6	27.5	12.3	13.4	14.5	35.3	10.0	7.9	7.8	14.3	12.3
	≥70	3.2	3.4	4.9	0.0	4.3	7.0	7.4	14.5	3.7	1.6	1.2	5.9	2.9	0.0	2.6	4.1	3.9
<b>Vitamin-A</b>	<50	88.9	85.4	85.2	90.7	89.9	87.7	87.7	76.8	96.3	92.1	86.7	88.2	97.1	97.4	88.3	91.8	89.5
	50-70	1.6	7.9	7.4	5.3	2.9	10.5	2.5	2.9	0.0	3.9	1.2	5.9	1.4	1.3	5.2	4.1	3.9
	≥70	9.5	6.7	7.4	4.0	7.2	1.8	9.9	20.3	3.7	3.9	12.0	5.9	1.4	1.3	6.5	4.1	6.6
<b>Thiamine</b>	<50	58.7	43.8	45.7	65.3	37.7	31.6	11.1	10.1	32.1	21.3	54.2	23.5	27.1	47.4	44.2	34.7	36.9
	50-70	30.2	37.1	28.4	24.0	30.4	38.6	30.9	29.0	38.3	39.4	30.1	35.3	41.4	34.2	31.2	28.6	33.2
	≥70	11.1	19.1	25.9	10.7	31.9	29.8	58.0	60.9	29.6	39.4	15.7	41.2	31.4	18.4	24.7	36.7	29.9
<b>Riboflavin</b>	<50	92.1	96.6	85.2	96.0	98.6	93.0	93.8	88.4	98.8	96.9	92.8	64.7	98.6	100.0	96.1	79.6	93.8
	50-70	7.9	3.4	9.9	4.0	1.4	3.5	6.2	10.1	1.2	3.1	7.2	35.3	1.4	0.0	3.9	20.4	5.6
	≥70	0.0	0.0	4.9	0.0	0.0	3.5	0.0	1.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6
<b>Niacin</b>	<50	39.7	51.7	39.5	56.0	58.0	70.2	53.1	5.8	17.3	58.3	45.8	29.4	48.6	82.9	40.3	71.4	48.6
	50-70	41.3	29.2	34.6	28.0	34.8	21.1	25.9	40.6	42.0	33.1	34.9	41.2	40.0	13.2	40.3	24.5	32.6
	≥70	19.0	19.1	25.9	16.0	7.2	8.8	21.0	53.6	40.7	8.7	19.3	29.4	11.4	3.9	19.5	4.1	18.8
<b>Vitamin-C</b>	<50	38.1	36.0	38.3	42.7	62.3	35.1	32.1	7.2	11.1	33.9	39.8	29.4	22.9	38.2	42.9	40.8	34.5
	50-70	30.2	19.1	17.3	18.7	14.5	7.0	17.3	5.8	16.0	20.5	21.7	23.5	12.9	6.6	15.6	16.3	16.4
	≥70	31.7	44.9	44.4	38.7	23.2	57.9	50.6	87.0	72.8	45.7	38.6	47.1	64.3	55.3	41.6	42.9	49.1
<b>Dietary Folate</b>	<50	19.0	29.2	19.8	46.7	46.4	43.9	32.1	8.7	35.8	47.2	18.1	17.6	32.9	52.6	20.8	32.7	32.6
	50-70	33.3	16.9	22.2	25.3	23.2	19.3	33.3	13.0	28.4	29.9	27.7	17.6	27.1	18.4	24.7	24.5	24.7
	≥70	47.6	53.9	58.0	28.0	30.4	36.8	34.6	78.3	35.8	22.8	54.2	64.7	40.0	28.9	54.5	42.9	42.7

**Table 47.1: 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)	Thiamine (mg)	Ribo-flavin (mg)	Niacin (mg)	Vit.-C (mg)	Dietary Folate (µg)
Kerala (n=63)	Median	59.5	43.8	1733.1	447.3	10.9	98.1	0.9	0.7	10.7	26.4	292.1
	Mean	65.4	49.5	1911.9	573.2	11.8	139.2	0.9	0.8	11.0	36.4	747.1
	SD	28.4	29.6	666.2	440.4	5.5	134.0	0.3	0.4	5.3	27.7	1242.6
Tamil Nadu (n=96)	Median	46.4	43.0	1679.6	377.1	9.5	161.3	0.9	0.6	8.8	35.7	179.0
	Mean	53.2	48.8	1828.9	467.1	11.2	405.2	0.9	0.6	10.2	47.9	198.6
	SD	20.7	24.9	592.8	376.9	7.2	1192.0	0.3	0.3	4.6	33.8	116.3
Karnataka (n=92)	Median	54.3	55.8	2096.9	341.9	11.8	141.7	0.9	0.7	9.6	39.8	190.7
	Mean	58.5	57.2	2174.7	441.0	12.1	463.8	0.9	0.8	10.4	50.4	255.9
	SD	21.9	25.6	669.4	307.2	5.3	1434.2	0.4	0.3	4.7	68.2	221.7
Andhra Pradesh (n=82)	Median	44.8	36.9	1656.2	291.0	7.2	123.9	0.7	0.6	7.7	33.6	121.7
	Mean	46.4	40.2	1738.7	326.3	7.9	210.9	0.7	0.6	8.3	41.7	136.8
	SD	17.1	22.2	512.3	212.9	3.5	221.3	0.3	0.3	4.0	31.5	59.1
Maharashtra (n=85)	Median	45.2	43.3	1526.4	299.2	13.7	91.4	1.2	0.7	8.4	39.1	183.6
	Mean	52.1	47.3	1681.4	402.9	15.8	301.6	1.2	0.8	9.1	47.2	196.8
	SD	27.9	20.6	537.8	247.4	9.5	462.9	0.4	0.3	3.5	41.7	112.7
Gujarat (n=88)	Median	37.0	57.7	1522.3	398.0	11.2	125.0	1.0	0.6	6.5	44.7	157.3
	Mean	39.9	63.0	1585.0	440.9	12.2	222.7	1.0	0.7	6.7	56.4	209.3
	SD	13.8	25.9	505.4	219.2	5.8	309.6	0.4	0.3	2.8	45.9	290.0
Madhya Pradesh (n=92)	Median	43.6	45.7	1639.8	326.6	14.9	97.2	1.3	0.7	8.1	38.8	170.1
	Mean	48.6	48.1	1783.8	384.5	16.6	184.3	1.4	0.8	9.1	53.0	183.6
	SD	17.2	22.2	570.0	225.1	7.4	319.9	0.6	0.3	3.6	65.8	86.0
Orissa (n=82)	Median	58.9	40.0	2058.4	332.0	16.8	129.8	1.3	0.8	12.7	96.9	258.7
	Mean	63.2	46.8	2105.8	484.5	17.5	389.7	1.4	0.8	13.0	111.5	285.8
	SD	23.5	27.7	599.9	394.5	7.3	673.5	0.5	0.3	3.4	64.9	137.2
West Bengal (n=104)	Median	47.3	40.9	1787.3	248.6	12.2	75.9	1.0	0.5	10.7	65.6	157.6
	Mean	55.0	45.8	1852.3	318.9	13.4	158.9	1.1	0.6	11.8	74.0	214.9
	SD	29.8	25.9	590.9	253.7	7.6	293.1	0.4	0.3	4.8	39.1	272.0
Uttar Pradesh (n=130)	Median	44.4	39.5	1662.3	246.8	12.2	59.6	1.2	0.6	8.5	41.0	168.3
	Mean	46.2	44.0	1713.2	315.4	13.4	133.5	1.2	0.7	8.6	45.9	182.6
	SD	13.4	23.2	480.4	207.8	8.1	202.3	0.4	0.3	2.7	33.9	92.8
Andaman & Nicobar (n=91)	Median	63.5	48.7	1901.6	504.0	12.6	154.1	0.9	0.7	9.6	37.3	226.1
	Mean	66.9	55.7	1959.1	576.1	13.5	242.2	1.0	0.7	10.9	54.7	375.7
	SD	24.3	28.8	610.6	399.6	5.9	267.6	0.5	0.3	5.0	43.4	429.0
Assam (n=27)	Median	74.0	43.0	2273.0	393.3	14.5	100.9	1.4	0.9	12.6	56.7	299.9
	Mean	75.7	55.6	2372.2	437.8	16.7	227.7	1.3	0.9	12.4	62.8	287.2
	SD	42.0	34.2	980.9	206.8	10.1	308.9	0.6	0.5	6.0	39.7	132.9
Bihar (n=81)	Median	45.7	25.9	1476.2	217.5	13.7	32.7	1.2	0.7	8.9	47.9	184.0
	Mean	49.7	29.5	1585.0	274.5	14.5	58.5	1.2	0.8	9.6	57.8	218.6
	SD	15.9	15.7	467.1	177.6	4.7	72.4	0.4	0.3	3.3	37.8	143.2
New Delhi (n=104)	Median	31.5	42.0	1304.1	140.9	10.1	97.1	0.9	0.5	6.0	41.4	131.8
	Mean	35.3	45.4	1363.3	206.3	10.9	134.7	0.9	0.5	6.8	52.1	150.7
	SD	14.3	22.4	411.4	173.7	4.1	154.1	0.3	0.2	2.5	47.4	77.9
Puducherry (n=80)	Median	49.4	45.4	1828.7	393.1	9.7	155.3	0.8	0.6	9.2	38.6	177.5
	Mean	52.8	52.2	1826.6	461.1	10.3	232.4	0.9	0.6	9.4	39.2	299.6
	SD	17.3	26.8	521.7	274.2	4.3	215.6	0.4	0.2	3.3	21.8	327.3
Rajasthan (n=61)	Median	45.2	75.7	1745.0	479.5	12.1	164.2	1.1	0.9	7.3	50.2	191.9
	Mean	46.3	78.7	1792.2	545.1	13.3	219.6	1.2	0.9	7.6	57.0	204.9
	SD	13.9	29.9	519.4	282.8	4.2	180.6	0.4	0.3	2.6	39.8	94.1
Pooled (n=1358)	Median	47.0	44.1	1717.4	324.2	11.8	109.6	1.0	0.6	8.7	43.6	177.0
	Mean	52.0	49.6	1797.6	404.0	13.1	231.7	1.1	0.7	9.5	55.2	246.1
	SD	23.0	26.7	599.8	301.4	6.9	574.3	0.5	0.3	4.2	47.8	354.7
<b>RDA-2020</b>		<b>45</b>	<b>-</b>	<b>2860*</b>	<b>1000</b>	<b>22</b>	<b>930</b>	<b>1.9</b>	<b>2.7</b>	<b>19</b>	<b>70</b>	<b>285</b>

Table 47.2: DISTRIBUTION (%) OF 13-15 YEAR BOYS BY INTAKE OF NUTRIENTS AS PERCENT RDA

FOODS	% RDA	STATES																
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	A&N	Assam	Bihar	New Delhi	Pudu-cherry	Raja-sthan	Pooled
<b>n</b>		<b>63</b>	<b>96</b>	<b>92</b>	<b>82</b>	<b>85</b>	<b>88</b>	<b>92</b>	<b>82</b>	<b>104</b>	<b>130</b>	<b>91</b>	<b>27</b>	<b>81</b>	<b>104</b>	<b>80</b>	<b>61</b>	<b>1358</b>
<b>Protein</b>	<50	1.6	1.0	1.1	2.4	0.0	1.1	0.0	0.0	1.9	0.8	0.0	0.0	0.0	11.5	1.3	1.6	1.7
	50-70	1.6	3.1	3.3	17.1	9.4	29.5	13.0	2.4	11.5	11.5	5.5	3.7	7.4	38.5	5.0	14.8	11.9
	≥70	96.8	95.8	95.7	80.5	90.6	69.3	87.0	97.6	86.5	87.7	94.5	96.3	92.6	50.0	93.8	83.6	86.5
<b>Energy</b>	<50	22.2	28.1	9.8	28.0	41.2	44.3	37.0	8.5	23.1	29.2	23.1	22.2	44.4	61.5	22.5	34.4	30.6
	50-70	46.0	40.6	37.0	47.6	37.6	34.1	30.4	35.4	45.2	46.9	37.4	11.1	37.0	30.8	41.3	29.5	38.1
	≥70	31.7	31.3	53.3	24.4	21.2	21.6	32.6	56.1	31.7	23.8	39.6	66.7	18.5	7.7	36.3	36.1	31.2
<b>Calcium</b>	<50	58.7	70.8	68.5	87.8	69.4	70.5	79.3	69.5	84.6	84.6	48.4	66.7	90.1	93.3	67.5	52.5	74.2
	50-70	19.0	14.6	17.4	6.1	22.4	19.3	7.6	13.4	10.6	10.0	18.7	14.8	7.4	3.8	18.8	18.0	13.4
	≥70	22.2	14.6	14.1	6.1	8.2	10.2	13.0	17.1	4.8	5.4	33.0	18.5	2.5	2.9	13.8	29.5	12.4
<b>Iron</b>	<50	50.8	66.7	44.6	80.5	30.6	47.7	23.9	20.7	43.3	35.4	40.7	29.6	24.7	62.5	61.3	36.1	44.3
	50-70	30.2	19.8	32.6	17.1	28.2	33.0	29.3	20.7	28.8	40.0	25.3	22.2	38.3	25.0	26.3	36.1	28.7
	≥70	19.0	13.5	22.8	2.4	41.2	19.3	46.7	58.5	27.9	24.6	34.1	48.1	37.0	12.5	12.5	27.9	27.0
<b>Vitamin-A</b>	<50	98.4	86.5	84.8	89.0	81.2	88.6	93.5	79.3	91.3	94.6	84.6	85.2	100.0	97.1	87.5	86.9	89.6
	50-70	0.0	4.2	4.3	4.9	1.2	5.7	2.2	2.4	7.7	2.3	5.5	3.7	0.0	1.9	5.0	8.2	3.7
	≥70	1.6	9.4	10.9	6.1	17.6	5.7	4.3	18.3	1.0	3.1	9.9	11.1	0.0	1.0	7.5	4.9	6.7
<b>Thiamine</b>	<50	55.6	61.5	59.8	81.7	35.3	44.3	22.8	17.1	42.3	26.2	51.6	29.6	28.4	59.6	60.0	34.4	44.7
	50-70	30.2	32.3	25.0	14.6	30.6	35.2	30.4	36.6	36.5	36.9	29.7	11.1	37.0	29.8	30.0	36.1	31.1
	≥70	14.3	6.3	15.2	3.7	34.1	20.5	46.7	46.3	21.2	36.9	18.7	59.3	34.6	10.6	10.0	29.5	24.2
<b>Riboflavin</b>	<50	93.7	97.9	93.5	98.8	95.3	95.5	92.4	95.1	99.0	98.5	95.6	81.5	97.5	100.0	98.8	93.4	96.2
	50-70	3.2	2.1	5.4	1.2	3.5	4.5	7.6	4.9	1.0	0.8	3.3	14.8	2.5	0.0	1.3	6.6	3.2
	≥70	3.2	0.0	1.1	0.0	1.2	0.0	0.0	0.0	0.0	0.8	1.1	3.7	0.0	0.0	0.0	0.0	0.5
<b>Niacin</b>	<50	44.4	63.5	47.8	76.8	68.2	83.0	64.1	17.1	35.6	67.7	47.3	29.6	59.3	87.5	58.8	77.0	59.6
	50-70	30.2	18.8	31.5	17.1	18.8	15.9	22.8	42.7	33.7	24.6	28.6	29.6	29.6	10.6	28.8	21.3	24.9
	≥70	25.4	17.7	20.7	6.1	12.9	1.1	13.0	40.2	30.8	7.7	24.2	40.7	11.1	1.9	12.5	1.6	15.5
<b>Vitamin-C</b>	<50	61.9	49.0	45.7	52.4	45.9	39.8	43.5	4.9	14.4	43.8	44.0	29.6	28.4	42.3	41.3	34.4	39.0
	50-70	15.9	14.6	20.7	15.9	20.0	13.6	25.0	7.3	10.6	16.9	9.9	11.1	23.5	20.2	32.5	14.8	17.2
	≥70	22.2	36.5	33.7	31.7	34.1	46.6	31.5	87.8	75.0	39.2	46.2	59.3	48.1	37.5	26.3	50.8	43.7
<b>Dietary Folate</b>	<50	14.3	32.3	27.2	62.2	31.8	36.4	37.0	9.8	42.3	35.4	24.2	7.4	23.5	57.7	27.5	29.5	33.1
	50-70	15.9	33.3	28.3	25.6	30.6	34.1	26.1	19.5	29.8	36.2	18.7	25.9	32.1	23.1	33.8	24.6	27.9
	≥70	69.8	34.4	44.6	12.2	37.6	29.5	37.0	70.7	27.9	28.5	57.1	66.7	44.4	19.2	38.8	45.9	39.0

Table 48.1: 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)	Thiamine (mg)	Ribo-flavin (mg)	Niacin (mg)	Vit.-C (mg)	Dietary Folate (µg)
Kerala (n=67)	Median	44.7	34.6	1420	355.3	8.7	98.6	0.7	0.6	7.9	28.1	197.6
	Mean	47.7	38.2	1504	399.3	8.9	189.2	0.7	0.6	8.2	35.4	422.7
	SD	15.3	18.1	435	279.6	3.5	370.4	0.3	0.2	3.0	32.1	666.9
Tamil Nadu (n=91)	Median	41.7	41.7	1605	339.9	7.7	129.8	0.8	0.5	8.1	35.1	158.7
	Mean	48.5	46.5	1732	384.5	9.0	259.8	0.8	0.6	9.2	48.8	226.4
	SD	21.5	25.7	585	225.2	5.1	531.4	0.3	0.2	4.2	37.2	248.5
Karnataka (n=78)	Median	49.6	41.2	1854	329.7	10.9	146.8	0.9	0.6	8.6	36.5	170.5
	Mean	52.7	45.4	1892	384.9	10.8	219.1	0.8	0.6	9.0	40.6	239.4
	SD	17.3	21.8	543	246.4	4.5	219.9	0.3	0.2	3.2	22.3	196.1
Andhra Pradesh (n=64)	Median	43.1	30.5	1532	311.1	7.5	138.3	0.7	0.6	7.2	27.8	126.0
	Mean	42.2	36.3	1552	345.9	7.7	213.4	0.7	0.6	8.0	36.6	143.2
	SD	12.4	24.0	413	176.4	2.8	228.7	0.3	0.2	3.8	34.6	75.6
Maharashtra (n=85)	Median	40.1	41.0	1437	283.9	11.8	110.0	0.9	0.6	7.6	33.5	146.3
	Mean	45.5	44.2	1533	340.2	13.9	320.1	1.0	0.7	8.2	41.5	170.1
	SD	25.4	16.4	453	199.4	9.3	549.4	0.4	0.3	3.2	38.1	98.0
Gujarat (n=67)	Median	38.1	52.4	1496	343.4	11.2	105.2	0.9	0.5	6.2	45.6	149.2
	Mean	39.4	59.0	1524	410.8	11.3	191.7	1.0	0.6	7.2	66.6	178.0
	SD	15.9	22.9	501	282.9	3.9	282.2	0.3	0.3	6.0	75.9	102.0
Madhya Pradesh (n=87)	Median	39.4	37.8	1473	289.9	14.2	93.4	1.1	0.6	7.2	33.8	154.5
	Mean	41.8	43.2	1516	318.4	14.5	173.2	1.2	0.6	7.7	42.9	165.9
	SD	11.7	20.2	374	144.5	6.5	288.5	0.3	0.2	2.5	35.6	63.7
Orissa (n=71)	Median	46.7	35.3	1750	268.2	14.6	144.9	1.1	0.7	10.5	87.5	192.9
	Mean	51.1	38.5	1753	403.3	15.8	478.2	1.1	0.7	11.2	102.2	226.6
	SD	16.8	18.1	420	315.4	9.1	772.1	0.3	0.2	3.3	64.4	106.3
West Bengal (n=97)	Median	46.6	34.8	1653	213.9	11.4	87.3	0.9	0.5	10.1	63.6	143.0
	Mean	50.1	41.4	1717	287.2	12.3	154.6	1.0	0.5	11.0	66.0	202.0
	SD	19.7	22.8	451	198.5	5.5	184.1	0.3	0.2	4.1	30.9	419.9
Uttar Pradesh (n=125)	Median	40.4	32.3	1417	209.7	10.7	57.7	1.0	0.6	7.1	37.4	131.3
	Mean	41.4	37.9	1527	258.2	11.5	239.3	1.1	0.6	7.8	47.1	164.3
	SD	14.7	21.3	488	157.2	5.0	1000.9	0.4	0.2	3.0	37.8	130.1
Andaman & Nicobar (n=87)	Median	54.7	46.3	1684	437.9	11.3	143.0	0.8	0.6	8.0	42.0	230.3
	Mean	59.6	50.6	1769.6	574.1	12.6	215.4	0.9	0.7	9.2	55.9	561.6
	SD	22.4	25.1	535.0	571.8	8.1	315.4	0.4	0.3	4.4	60.4	875.1
Assam (n=28)	Median	61.2	44.5	1995	299.3	14.3	147.2	1.2	0.7	10.4	41.2	239.4
	Mean	66.3	51.7	2191	363.4	15.8	247.8	1.3	0.8	11.0	46.3	263.2
	SD	22.8	24.6	682	241.0	8.4	338.8	0.6	0.4	3.6	26.7	120.0
Bihar (n=79)	Median	34.5	20.6	1159	153.5	10.3	18.7	0.9	0.5	6.8	39.8	146.2
	Mean	37.4	25.0	1246	192.6	11.3	58.6	1.0	0.6	7.7	47.0	156.9
	SD	10.3	14.5	300	130.6	3.9	143.3	0.3	0.2	2.8	28.4	63.7
New Delhi (n=67)	Median	29.3	34.8	1161	129.3	8.8	78.9	0.8	0.4	5.9	35.1	130.4
	Mean	31.0	38.8	1110	182.3	9.5	122.8	0.8	0.5	6.2	44.2	140.6
	SD	10.5	17.4	344	142.4	3.4	181.9	0.3	0.2	2.5	36.8	70.4
Puducherry (n=65)	Median	43.3	40.0	1479	426.7	8.3	141.5	0.7	0.5	7.6	30.2	170.6
	Mean	45.3	41.7	1484	485.3	9.4	267.0	0.8	0.6	7.8	38.5	246.2
	SD	14.9	15.5	379	321.1	6.4	407.5	0.3	0.3	2.7	26.3	274.3
Rajasthan (n=62)	Median	34.8	66.8	1400	445.0	10.1	140.6	0.9	0.7	5.7	41.5	146.3
	Mean	37.2	72.7	1525	492.5	10.4	194.4	1.0	0.8	6.0	46.6	155.9
	SD	9.8	30.4	420	238.3	2.8	148.3	0.3	0.3	1.6	25.7	58.7
Pooled (n=1220)	Median	42.3	38.8	1508	286.6	10.5	103.9	0.9	0.6	7.6	39.7	155.3
	Mean	45.5	43.6	1587	357.8	11.5	220.5	0.9	0.6	8.5	50.7	227.5
	SD	18.5	23.4	499	280.5	6.2	483.8	0.4	0.3	3.8	43.8	347.4
RDA-2020		43	-	2400*	1000	30	890	1.6	2.2	16	65	245

Table 48.2: DISTRIBUTION (%) OF 13-15 YEAR GIRLS BY INTAKE OF NUTRIENTS AS PERCENT RDA

FOODS	% RDA	STATES																
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	A & N	Assam	Bihar	New Delhi	Pudu-cherry	Raja-sthan	Pooled
<b>n</b>		<b>67</b>	<b>91</b>	<b>78</b>	<b>64</b>	<b>85</b>	<b>67</b>	<b>87</b>	<b>71</b>	<b>97</b>	<b>125</b>	<b>87</b>	<b>28</b>	<b>79</b>	<b>67</b>	<b>65</b>	<b>62</b>	<b>1220</b>
<b>Protein</b>	<50	0.0	1.1	1.3	1.6	1.2	1.5	2.3	1.4	0.0	3.2	0.0	0.0	0.0	16.4	1.5	3.2	2.1
	50-70	9.0	15.4	5.1	20.3	15.3	29.9	11.5	2.8	7.2	18.4	3.4	3.6	25.3	41.8	16.9	19.4	15.3
	≥70	91.0	83.5	93.6	78.1	83.5	68.7	86.2	95.8	92.8	78.4	96.6	96.4	74.7	41.8	81.5	77.4	82.5
<b>Energy</b>	<50	23.9	18.7	9.0	20.3	27.1	23.9	21.8	5.6	8.2	28.8	10.3	7.1	53.2	59.7	23.1	22.6	23.0
	50-70	46.3	37.4	24.4	43.8	37.6	50.7	43.7	36.6	47.4	42.4	37.9	14.3	39.2	31.3	56.9	43.5	40.5
	≥70	29.9	44.0	66.7	35.9	35.3	25.4	34.5	57.7	44.3	28.8	51.7	78.6	7.6	9.0	20.0	33.9	36.5
<b>Calcium</b>	<50	68.7	74.7	78.2	81.3	83.5	76.1	87.4	73.2	88.7	92.8	60.9	75.0	96.2	97.0	61.5	53.2	79.3
	50-70	23.9	16.5	9.0	15.6	9.4	16.4	11.5	14.1	7.2	4.0	13.8	14.3	2.5	0.0	23.1	25.8	12.1
	≥70	7.5	8.8	12.8	3.1	7.1	7.5	1.1	12.7	4.1	3.2	25.3	10.7	1.3	3.0	15.4	21.0	8.6
<b>Iron</b>	<50	95.5	90.1	84.6	100.0	72.9	86.6	59.8	53.5	77.3	84.0	80.5	60.7	87.3	94.0	95.4	91.9	82.3
	50-70	3.0	7.7	11.5	0.0	17.6	10.4	33.3	32.4	15.5	11.2	13.8	21.4	10.1	6.0	1.5	8.1	12.9
	≥70	1.5	2.2	3.8	0.0	9.4	3.0	6.9	14.1	7.2	4.8	5.7	17.9	2.5	0.0	3.1	0.0	4.8
<b>Vitamin-A</b>	<50	91.0	87.9	91.0	85.9	82.4	94.0	94.3	70.4	95.9	89.6	89.7	89.3	98.7	94.0	89.2	90.3	89.8
	50-70	4.5	3.3	3.8	6.3	3.5	1.5	1.1	12.7	1.0	4.0	2.3	3.6	0.0	4.5	0.0	9.7	3.7
	≥70	4.5	8.8	5.1	7.8	14.1	4.5	4.6	16.9	3.1	6.4	8.0	7.1	1.3	1.5	10.8	0.0	6.6
<b>Thiamine</b>	<50	62.7	49.5	43.6	67.2	32.9	34.3	9.2	15.5	27.8	23.2	48.3	14.3	30.4	47.8	63.1	22.6	36.6
	50-70	29.9	36.3	44.9	23.4	30.6	44.8	41.4	42.3	42.3	41.6	31.0	21.4	46.8	38.8	23.1	50.0	37.7
	≥70	7.5	14.3	11.5	9.4	36.5	20.9	49.4	42.3	29.9	35.2	20.7	64.3	22.8	13.4	13.8	27.4	25.7
<b>Riboflavin</b>	<50	95.5	95.6	96.2	96.9	92.9	92.5	98.9	95.8	99.0	97.6	93.1	78.6	100.0	100.0	96.9	88.7	95.7
	50-70	4.5	4.4	3.8	3.1	5.9	6.0	1.1	4.2	1.0	2.4	5.7	14.3	0.0	0.0	1.5	11.3	3.8
	≥70	0.0	0.0	0.0	0.0	1.2	1.5	0.0	0.0	0.0	0.0	1.1	7.1	0.0	0.0	1.5	0.0	0.5
<b>Niacin</b>	<50	55.2	47.3	38.5	65.6	55.3	86.6	65.5	15.5	17.5	61.6	49.4	25.0	64.6	85.1	58.5	87.1	54.8
	50-70	31.3	31.9	39.7	25.0	30.6	6.0	26.4	42.3	52.6	28.0	33.3	32.1	27.8	9.0	33.8	12.9	29.7
	≥70	13.4	20.9	21.8	9.4	14.1	7.5	8.0	42.3	29.9	10.4	17.2	42.9	7.6	6.0	7.7	0.0	15.5
<b>Vitamin-C</b>	<50	56.7	44.0	44.9	59.4	45.9	37.3	48.3	11.3	13.4	43.2	35.6	39.3	36.7	47.8	50.8	35.5	40.2
	50-70	20.9	22.0	15.4	14.1	24.7	11.9	17.2	7.0	21.6	16.8	20.7	25.0	24.1	17.9	21.5	17.7	18.6
	≥70	22.4	34.1	39.7	26.6	29.4	50.7	34.5	81.7	64.9	40.0	43.7	35.7	39.2	34.3	27.7	46.8	41.2
<b>Dietary Folate</b>	<50	22.4	33.0	15.4	50.0	34.1	32.8	26.4	11.3	41.2	48.0	18.4	3.6	39.2	49.3	27.7	38.7	32.3
	50-70	19.4	28.6	38.5	26.6	28.2	34.3	41.4	29.6	30.9	25.6	12.6	32.1	26.6	29.9	24.6	32.3	28.6
	≥70	58.2	38.5	46.2	23.4	37.6	32.8	32.2	59.2	27.8	26.4	69.0	64.3	34.2	20.9	47.7	29.0	39.1

**Table 49.1: 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)	Thia Mine (mg)	Ribo-flavin (mg)	Niacin (mg)	Vit.-C (mg)	Dietary Folate (µg)
Kerala (n=48)	Median	61.8	50.2	2007	478.1	11.3	143.9	0.9	0.8	11	33.8	231.5
	Mean	64.8	54.7	2035	534.8	12.2	289.5	1	0.8	12.1	43.4	513.4
	SD	26	27.4	574	297.5	5.6	339.9	0.4	0.3	6.4	31.2	678.3
Tamil Nadu (n=60)	Median	55.2	45.2	2083	393.7	11.3	170	1	0.6	10.8	44.4	183.9
	Mean	59.5	52.6	2052	460.6	12.4	461.7	1	0.7	11.8	53	219.3
	SD	21.6	27.5	586	310.7	8.3	1319.8	0.4	0.2	4.9	35.2	125
Karnataka (n=47)	Median	65.9	46	2162	352.4	12.2	192.1	1	0.7	11.2	37.6	215.7
	Mean	65.5	57.3	2229	456.9	12.6	261	1	0.8	11.8	49.9	269.9
	SD	27.5	31.9	747	366.3	5.6	248.7	0.4	0.3	5.5	38.3	223.3
Andhra Pradesh (n=52)	Median	47.8	37.1	1805	274.4	8.7	167.2	0.8	0.6	8.6	38.5	154
	Mean	49.9	44.1	1835	305.6	9.4	257.4	0.8	0.6	9.4	45	219.1
	SD	15.5	22.1	447	156.8	4.2	362	0.3	0.2	3.9	38.1	423.9
Maharashtra (n=72)	Median	49.9	42	1740	281.2	15	84.5	1.3	0.7	9.5	29.5	170.9
	Mean	50.7	45.9	1765	330	15.6	213.4	1.3	0.7	9.9	39.6	181.8
	SD	17.1	19.7	463	180.7	6.1	355.7	0.4	0.3	3.1	33.4	84.7
Gujarat (n=58)	Median	43.3	68.5	1794	402.8	13.1	113.9	1.2	0.7	7.4	46	168.8
	Mean	46.1	72.6	1839	443.9	13.8	195.5	1.2	0.7	8	56.3	183.2
	SD	15.5	25.7	545	224.7	5.1	216.3	0.5	0.3	2.9	42.8	75.6
Madhya Pradesh (n=67)	Median	50	48.2	1699	347.7	16.2	124	1.4	0.8	9	36.2	179.2
	Mean	53.8	51.6	1950	421	18.4	203	1.5	0.9	9.8	57.4	214.6
	SD	20.3	28.9	726	263.6	7.6	283.3	0.6	0.3	4.1	73.7	112.4
Orissa (n=54)	Median	59.9	44.7	2194	363.4	18.4	177.5	1.4	0.9	13.1	106.3	268
	Mean	62.6	47.6	2215	437.2	19.8	433.7	1.4	0.9	13.8	115.3	290.6
	SD	15.8	18.6	462	254	6.9	657.8	0.3	0.2	3.5	57.6	111.6
West Bengal (n=57)	Median	56.1	40.4	2060	293.2	13.6	94.7	1.3	0.7	12.6	72.7	207.3
	Mean	62.7	48.6	2097	385.4	15.1	166.8	1.3	0.7	13.5	89.8	305
	SD	24.3	30.6	637	341.6	6.4	183.3	0.5	0.3	4.5	78.4	639.2
Uttar Pradesh (n=92)	Median	46.5	39.5	1668	274.4	13.2	74.9	1.2	0.7	8.3	41.8	172
	Mean	49.5	46.7	1766	331	14.7	156.7	1.3	0.7	9	48.7	186.8
	SD	16	26.5	505	202	9.6	259.5	0.4	0.3	3	33.7	95.6
Andaman & Nicobar (n=40)	Median	65.3	44.8	1914	355.9	12.3	165.3	1	0.8	10.2	45	228.5
	Mean	74	53.7	2048	545	14.7	264.4	1	0.8	11.5	67.3	494.4
	SD	41.8	24.9	619	412.6	9.4	377.2	0.4	0.3	5.2	67.6	714.5
Assam (n=16)	Median	82.3	65.3	2629	377.8	15	199.3	1.1	0.8	12.5	50.1	222.9
	Mean	81.3	63.4	2524	395.6	15.4	304.7	1.3	0.9	13	53.6	266.9
	SD	25.5	24.2	572	198.5	5.9	300	0.5	0.3	4.4	26	152
Bihar (n=65)	Median	46.6	23.2	1535	190.1	14.2	32.5	1.2	0.7	9.3	45.1	180.5
	Mean	49.7	28.6	1625	232.3	14.4	68.7	1.3	0.8	10.2	51.6	194.7
	SD	15.2	16.1	457	139.6	4.1	143	0.4	0.2	3.6	34.3	99.7
New Delhi (n=75)	Median	33.2	42.4	1297	145.2	10.5	107.6	0.9	0.5	6.6	34.9	141.8
	Mean	36.7	44.9	1405	244.2	11.5	205	1	0.6	7.1	51.4	172.3
	SD	15.5	22	491	254.4	5.5	339.6	0.5	0.3	2.7	48.4	118.5
Puducherry (n=37)	Median	61.8	49.4	1999	536.8	12.5	196.6	1	0.7	10.1	46.1	225.2
	Mean	62.1	47.5	2061	624.5	13.5	446.9	1.1	0.8	11.1	55	351.7
	SD	20.3	19.2	652	365.7	8.8	671.3	0.5	0.3	4.4	39.2	378.5
Rajasthan (n=51)	Median	43.3	79.4	1683	522	12.5	168.6	1.1	0.8	7.2	41	167.2
	Mean	44	76.9	1729	548.9	13	217.8	1.2	0.9	7.4	51.4	191.6
	SD	12.2	29.9	444	277.9	3.8	180.5	0.3	0.3	2.5	34.4	90
Pooled (n=891)	Median	49.6	45.9	1820	324	13.1	121.1	1.1	0.7	9.4	45	182
	Mean	54.5	51	1891	400.7	14.2	244.5	1.2	0.8	10.3	57.4	249.9
	SD	22.7	27.2	603	286.2	7.1	486	0.5	0.3	4.5	50.6	328.3
<b>RDA-2020</b>		<b>55</b>	<b>-</b>	<b>3320*</b>	<b>1050</b>	<b>26</b>	<b>1000</b>	<b>2.2</b>	<b>3.1</b>	<b>22</b>	<b>85</b>	<b>340</b>

**Table 49.2: DISTRIBUTION(%) OF 16-17 YEAR BOYS BY INTAKE OF NUTRIENTS AS PERCENT RDA**

FOODS	% RDA	STATES																
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	A & N	Assam	Bihar	New Delhi	Pudu-cherry	Rajasthan	Pooled
<b>n</b>		<b>48</b>	<b>60</b>	<b>47</b>	<b>52</b>	<b>72</b>	<b>58</b>	<b>67</b>	<b>54</b>	<b>57</b>	<b>92</b>	<b>40</b>	<b>16</b>	<b>65</b>	<b>75</b>	<b>37</b>	<b>51</b>	<b>891</b>
Protein	<50	0.0	1.7	10.6	3.8	4.2	1.7	4.5	0.0	0.0	1.1	2.5	0.0	0.0	29.3	0.0	5.9	4.7
	50-70	8.3	16.7	4.3	19.2	19.4	27.6	20.9	0.0	8.8	26.1	12.5	0.0	27.7	37.3	13.5	33.3	19.3
	≥70	91.7	81.7	85.1	76.9	76.4	70.7	74.6	100.0	91.2	72.8	85.0	100.0	72.3	33.3	86.5	60.8	76.0
Energy	<50	22.9	28.3	21.3	28.8	38.9	39.7	44.8	7.4	21.1	50.0	25.0	0.0	60.0	74.7	29.7	49.0	37.8
	50-70	54.2	43.3	40.4	51.9	48.6	48.3	29.9	61.1	59.6	35.9	40.0	43.8	32.3	18.7	43.2	41.2	42.2
	≥70	22.9	28.3	38.3	19.2	12.5	12.1	25.4	31.5	19.3	14.1	35.0	56.3	7.7	6.7	27.0	9.8	20.0
Calcium	<50	58.3	70.0	74.5	88.5	84.7	74.1	76.1	63.0	80.7	89.1	62.5	81.3	89.2	89.3	48.6	51.0	75.8
	50-70	29.2	21.7	10.6	11.5	11.1	20.7	11.9	29.6	12.3	7.6	10.0	12.5	10.8	6.7	18.9	21.6	14.8
	≥70	12.5	8.3	14.9	0.0	4.2	5.2	11.9	7.4	7.0	3.3	27.5	6.3	0.0	4.0	32.4	27.5	9.4
Iron	<50	64.6	65.0	61.7	84.6	38.9	48.3	22.4	13.0	42.1	48.9	55.0	31.3	40.0	68.0	51.4	54.9	49.5
	50-70	22.9	25.0	23.4	11.5	33.3	36.2	37.3	37.0	29.8	33.7	20.0	56.3	43.1	24.0	35.1	35.3	30.9
	≥70	12.5	10.0	14.9	3.8	27.8	15.5	40.3	50.0	28.1	17.4	25.0	12.5	16.9	8.0	13.5	9.8	19.6
Vitamin-A	<50	81.3	85.0	83.0	88.5	84.7	93.1	92.5	81.5	94.7	95.7	87.5	75.0	96.9	92.0	75.7	94.1	89.0
	50-70	8.3	5.0	12.8	7.7	5.6	3.4	1.5	3.7	3.5	1.1	10.0	12.5	0.0	0.0	8.1	2.0	4.4
	≥70	10.4	10.0	4.3	3.8	9.7	3.4	6.0	14.8	1.8	3.3	2.5	12.5	3.1	8.0	16.2	3.9	6.6
Thiamine	<50	60.4	55.0	63.8	75.0	36.1	39.7	22.4	16.7	36.8	38.0	67.5	43.8	40.0	66.7	62.2	41.2	46.5
	50-70	29.2	38.3	27.7	25.0	38.9	43.1	43.3	55.6	36.8	39.1	25.0	31.3	40.0	20.0	18.9	43.1	35.6
	≥70	10.4	6.7	8.5	0.0	25.0	17.2	34.3	27.8	26.3	22.8	7.5	25.0	20.0	13.3	18.9	15.7	18.0
Riboflavin	<50	97.9	100.0	100.0	100.0	98.6	98.3	94.0	100.0	100.0	98.9	95.0	93.8	100.0	98.7	100.0	100.0	98.7
	50-70	2.1	0.0	0.0	0.0	1.4	1.7	6.0	0.0	0.0	0.0	5.0	6.3	0.0	1.3	0.0	0.0	1.2
	≥70	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1
Niacin	<50	50.0	51.7	48.9	75.0	66.7	87.9	70.1	16.7	28.1	80.4	52.5	31.3	70.8	92.0	64.9	92.2	64.4
	50-70	31.3	23.3	34.0	17.3	30.6	8.6	19.4	61.1	49.1	16.3	35.0	43.8	21.5	6.7	18.9	5.9	24.7
	≥70	18.8	25.0	17.0	7.7	2.8	3.4	10.4	22.2	22.8	3.3	12.5	25.0	7.7	1.3	16.2	2.0	10.9
Vitamin-C	<50	56.3	48.3	55.3	59.6	63.9	44.8	55.2	5.6	21.1	51.1	50.0	37.5	46.2	57.3	43.2	52.9	47.8
	50-70	18.8	15.0	17.0	17.3	18.1	25.9	16.4	14.8	17.5	13.0	12.5	31.3	20.0	9.3	29.7	13.7	17.1
	≥70	25.0	36.7	27.7	23.1	18.1	29.3	28.4	79.6	61.4	35.9	37.5	31.3	33.8	33.3	27.0	33.3	35.1
Dietary Folate	<50	31.3	40.0	36.2	59.6	50.0	51.7	46.3	5.6	36.8	48.9	27.5	25.0	44.6	66.7	29.7	52.9	43.2
	50-70	18.8	30.0	23.4	25.0	33.3	29.3	22.4	27.8	29.8	35.9	25.0	31.3	30.8	12.0	24.3	23.5	26.6
	≥70	50.0	30.0	40.4	15.4	16.7	19.0	31.3	66.7	33.3	15.2	47.5	43.8	24.6	21.3	45.9	23.5	30.2

**Table 50.1: 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)	Thiamine (mg)	Riboflavin (mg)	Niacin (mg)	Vit.-C (mg)	Dietary Folate (µg)
Kerala (n=44)	Median	50.6	43.3	1488	370.3	8.5	64.8	0.7	0.6	7.8	22.4	209.8
	Mean	56	44.5	1533	565.2	9.5	88.1	0.7	0.6	9.1	26.2	673.2
	SD	19.8	22.6	400	633.2	4	80.9	0.2	0.2	4	18.1	914.6
Tamil Nadu (n=58)	Median	42.4	35.8	1497	300.1	8.4	116.5	0.8	0.5	8.2	40.4	156.4
	Mean	47.1	41.2	1588	406.1	10.2	157.5	0.8	0.5	9.1	44.8	187.5
	SD	18.4	22.7	426	379.7	7.5	137.1	0.3	0.2	3.8	32.8	140.5
Karnataka (n=60)	Median	50.2	42.6	1867	299.1	10.5	169.5	0.8	0.6	8.7	37	203.7
	Mean	53.3	49.5	1951	374.9	11	220.3	0.8	0.7	9	41.5	230.8
	SD	18.7	21.6	581	234.4	4.9	198.5	0.3	0.3	3.6	22.1	227
Andhra Pradesh (n=52)	Median	42.8	34.9	1552	267.2	7.2	141.5	0.7	0.5	7.5	35.4	126.6
	Mean	43	37.5	1618	297.3	7.6	177.7	0.7	0.6	8.3	39.8	144.7
	SD	15.2	19.4	491	170.1	3.3	137.7	0.2	0.2	3.9	27.3	73.8
Maharashtra (n=56)	Median	44.1	44.1	1598	283.6	12.6	88.2	1	0.6	7.8	30	159.9
	Mean	44.3	45.3	1599	315.3	13	177.6	1	0.6	8.2	46.6	177.2
	SD	14.2	18.4	428	178.7	5.4	294.5	0.3	0.2	2.7	47.9	92.5
Gujarat (n=43)	Median	36.5	52.6	1448	375.9	10.6	108.5	0.9	0.5	5.8	43.3	145.8
	Mean	39.5	59.6	1495	446.9	10.8	157	0.9	0.6	6	48.2	217.4
	SD	17.8	26.4	515	406.7	4.5	147.4	0.3	0.2	2.3	44	401.7
Madhya Pradesh (n=59)	Median	40.6	47.6	1528	289.9	13.6	85.8	1.2	0.7	7.4	39.1	156.7
	Mean	45.9	50.8	1705	310.6	14.7	153.5	1.2	0.7	8.5	43.9	173.5
	SD	19.8	24.5	649	151.1	6.1	217.9	0.5	0.3	4	30	82.5
Orissa (n=41)	Median	50.9	38.3	1836	268.9	15.3	142.1	1.2	0.7	11.1	91.4	230
	Mean	54.6	42.4	1859	356.6	17.2	331.3	1.3	0.7	12.4	99	250.9
	SD	18.2	22.6	434	246.6	9.4	484.9	0.4	0.3	4.4	55.3	80.7
West Bengal (n=64)	Median	47.4	42.2	1707	208.4	11.1	97.7	1	0.5	10.3	74.9	157.6
	Mean	50.1	43.4	1714	283.8	11.7	195.5	1	0.5	10.9	79.9	171.9
	SD	19.7	22.4	494	214.2	5.1	240.3	0.3	0.2	3.8	45.7	92.3
Uttar Pradesh (n=81)	Median	41.3	38.8	1579	236.5	10.9	55.6	1.1	0.6	8	42.3	141.9
	Mean	43.4	42.9	1622	278	11.4	107.7	1.1	0.6	8.3	47.3	160.4
	SD	12.8	21	433	170.4	3.8	143.4	0.4	0.2	3.4	29.3	71.5
Andaman & Nicobar (n=48)	Median	51.8	44.1	1594	341.9	10.3	162.4	0.7	0.6	7.3	34.2	201.2
	Mean	52.8	47	1605	443	10.5	239.2	0.8	0.6	8.6	52.2	297.8
	SD	18	22.3	406	329.6	3.8	261.7	0.3	0.2	4.3	46.4	333.2
Assam (n=17)	Median	64.2	47.8	2189	302.7	13.5	163.5	1.2	0.8	11.5	56.9	202
	Mean	70.6	54.5	2407	342.1	16	184	1.3	0.8	12.8	62.3	241.1
	SD	23.4	24.3	871	130.2	6.1	145.6	0.5	0.3	5	51.8	114.4
Bihar (n=69)	Median	37.5	23.2	1296	195.6	12.1	27.7	1	0.6	7.6	44.5	161.6
	Mean	38.7	26	1307	227	12	46.1	1	0.6	7.7	52	198.8
	SD	9.2	11.2	299	130.1	2.9	58.9	0.3	0.2	1.7	31.4	235.9
New Delhi (n=35)	Median	27.2	37.4	1097	145.8	8.7	71.8	0.7	0.4	5.6	40.5	127.4
	Mean	30	40.6	1204	175.4	9.8	135.4	0.8	0.5	5.8	53.4	139.6
	SD	10.6	16	372	103.7	4.2	223.9	0.3	0.2	2.1	57.2	67.8
Puducherry (n=50)	Median	45.4	44.3	1574	426.5	9.1	147.6	0.8	0.6	8.2	32.8	178.8
	Mean	52.1	47.2	1692	619.9	10.5	331.4	0.9	0.8	8.7	45.8	236.1
	SD	24.8	19.5	543	622.8	5	568.8	0.5	0.7	3	34.8	186.5
Rajasthan (n=42)	Median	39.9	64.1	1498	454.6	10.5	150	1	0.7	6.2	39.4	133.3
	Mean	39.8	66.9	1504	539.6	11	220.3	1	0.8	6.2	49	166.6
	SD	12.1	24.4	427	344.9	3.8	213.6	0.3	0.4	2.3	38	80.1
Pooled (n=819)	Median	43.4	40.9	1548	279.7	10.7	95.5	0.9	0.6	7.9	40.5	160.3
	Mean	46.7	45.1	1624	365.6	11.5	176.3	1	0.6	8.6	51.2	221.6
	SD	18.5	22.8	519	331.3	5.5	260.7	0.4	0.3	3.8	40.8	295.4
<b>RDA-2020</b>		<b>46</b>	<b>-</b>	<b>2500*</b>	<b>1050</b>	<b>32</b>	<b>860</b>	<b>1.7</b>	<b>2.3</b>	<b>17</b>	<b>70</b>	<b>270</b>

**Table 50.2: DISTRIBUTION (%) OF 16-17 YEAR GIRLS BY INTAKE OF NUTRIENTS AS PERCENT RDA**

FOODS	% RDA	STATES																
		Kerala	Tamil Nadu	Karnataka	Andhra Pradesh	Maharashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	A & N	Assam	Bihar	New Delhi	Puducherry	Rajasthan	Pooled
<b>n</b>		<b>44</b>	<b>58</b>	<b>60</b>	<b>52</b>	<b>56</b>	<b>43</b>	<b>59</b>	<b>41</b>	<b>64</b>	<b>81</b>	<b>48</b>	<b>17</b>	<b>69</b>	<b>35</b>	<b>50</b>	<b>42</b>	<b>819</b>
<b>Protein</b>	<50	0.0	0.0	3.3	5.8	3.6	14.0	6.8	0.0	4.7	2.5	2.1	0.0	0.0	14.3	0.0	4.8	3.7
	50-70	6.8	12.1	10.0	25.0	17.9	23.3	20.3	2.4	7.8	14.8	8.3	0.0	27.5	60.0	14.0	31.0	17.5
	≥70	93.2	87.9	86.7	69.2	78.6	62.8	72.9	97.6	87.5	82.7	89.6	100.0	72.5	25.7	86.0	64.3	78.9
<b>Energy</b>	<50	27.3	24.1	11.7	25.0	25.0	32.6	25.4	2.4	17.2	19.8	16.7	5.9	42.0	62.9	18.0	33.3	24.4
	50-70	50.0	41.4	31.7	44.2	39.3	44.2	32.2	43.9	35.9	44.4	60.4	17.6	53.6	28.6	48.0	42.9	42.2
	≥70	22.7	34.5	56.7	30.8	35.7	23.3	42.4	53.7	46.9	35.8	22.9	76.5	4.3	8.6	34.0	23.8	33.3
<b>Calcium</b>	<50	70.5	81.0	81.7	90.4	85.7	79.1	89.8	80.5	90.6	91.4	70.8	94.1	97.1	100.0	64.0	64.3	83.6
	50-70	6.8	10.3	10.0	7.7	12.5	14.0	8.5	9.8	3.1	4.9	10.4	5.9	1.4	0.0	12.0	9.5	7.8
	≥70	22.7	8.6	8.3	1.9	1.8	7.0	1.7	9.8	6.3	3.7	18.8	0.0	1.4	0.0	24.0	26.2	8.5
<b>Iron</b>	<50	93.2	86.2	81.7	98.1	76.8	93.0	67.8	56.1	84.4	93.8	91.7	64.7	92.8	88.6	86.0	92.9	85.3
	50-70	6.8	8.6	16.7	1.9	17.9	4.7	25.4	26.8	12.5	4.9	8.3	17.6	7.2	11.4	12.0	4.8	11.4
	≥70	0.0	5.2	1.7	0.0	5.4	2.3	6.8	17.1	3.1	1.2	0.0	17.6	0.0	0.0	2.0	2.4	3.3
<b>Vitamin-A</b>	<50	100.0	98.3	88.3	92.3	91.1	90.7	91.5	80.5	85.9	96.3	83.3	88.2	100.0	94.3	86.0	88.1	91.5
	50-70	0.0	0.0	6.7	5.8	0.0	9.3	3.4	2.4	7.8	1.2	12.5	11.8	0.0	0.0	2.0	4.8	3.8
	≥70	0.0	1.7	5.0	1.9	8.9	0.0	5.1	17.1	6.3	2.5	4.2	0.0	0.0	5.7	12.0	7.1	4.8
<b>Thiamine</b>	<50	77.3	65.5	58.3	82.7	30.4	41.9	20.3	9.8	34.4	22.2	66.7	11.8	24.6	62.9	60.0	45.2	44.3
	50-70	20.5	27.6	26.7	11.5	41.1	37.2	33.9	36.6	37.5	42.0	29.2	29.4	49.3	22.9	20.0	31.0	32.1
	≥70	2.3	6.9	15.0	5.8	28.6	20.9	45.8	53.7	28.1	35.8	4.2	58.8	26.1	14.3	20.0	23.8	23.6
<b>Riboflavin</b>	<50	97.7	98.3	96.7	98.1	98.2	100.0	96.6	95.1	98.4	97.5	97.9	82.4	100.0	100.0	88.0	81.0	96.2
	50-70	2.3	1.7	1.7	1.9	1.8	0.0	3.4	4.9	1.6	2.5	2.1	17.6	0.0	0.0	6.0	16.7	3.2
	≥70	0.0	0.0	1.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	6.0	2.4	0.6
<b>Niacin</b>	<50	54.5	53.4	46.7	61.5	57.1	86.0	62.7	17.1	28.1	63.0	62.5	17.6	68.1	88.6	58.0	83.3	57.6
	50-70	22.7	31.0	36.7	26.9	32.1	11.6	22.0	41.5	42.2	28.4	25.0	35.3	29.0	8.6	22.0	16.7	27.6
	≥70	22.7	15.5	16.7	11.5	10.7	2.3	15.3	41.5	29.7	8.6	12.5	47.1	2.9	2.9	20.0	0.0	14.8
<b>Vitamin-C</b>	<50	79.5	43.1	48.3	48.1	57.1	41.9	44.1	7.3	14.1	38.3	52.1	29.4	34.8	48.6	56.0	45.2	42.9
	50-70	9.1	20.7	16.7	23.1	14.3	16.3	25.4	4.9	12.5	19.8	12.5	11.8	24.6	20.0	8.0	16.7	16.7
	≥70	11.4	36.2	35.0	28.8	28.6	41.9	30.5	87.8	73.4	42.0	35.4	58.8	40.6	31.4	36.0	38.1	40.4
<b>Dietary Folate</b>	<50	31.8	39.7	25.0	57.7	33.9	46.5	39.0	9.8	39.1	40.7	35.4	5.9	26.1	54.3	28.0	54.8	36.4
	50-70	13.6	34.5	23.3	19.2	32.1	30.2	32.2	9.8	28.1	35.8	6.3	29.4	42.0	25.7	24.0	11.9	26.1
	≥70	54.5	25.9	51.7	23.1	33.9	23.3	28.8	80.5	32.8	23.5	58.3	64.7	31.9	20.0	48.0	33.3	37.5

**Table 51.1: AVERAGE DAILY INTAKE OF NUTRIENTS AMONG ADULT (≥18 Yr to 59 Yrs) MEN (SEDENTARY ACTIVITY)**

STATES		Protein (g)	Total Fat (g)	Energy (Kcal)	Calcium (mg)	Iron (mg)	Vit.-A (µg)	Thiamine (mg)	Riboflavin (mg)	Niacin (mg)	Vit.-C (mg)	Dietary Folate (µg)
Kerala (n=563)	Median	<b>61.6</b>	<b>49.1</b>	<b>1980</b>	<b>488</b>	<b>12</b>	<b>113.4</b>	<b>0.9</b>	<b>0.8</b>	<b>10.6</b>	<b>42</b>	<b>236.2</b>
	Mean	65.4	51.4	1998	596	12.7	214.9	1	0.8	11.2	48.6	616
	SD	27.2	24	627	446	6.1	274.8	0.4	0.3	4.8	38	1034
Tamil Nadu (n=580)	Median	<b>56</b>	<b>45.1</b>	<b>1989</b>	<b>444.1</b>	<b>10.8</b>	<b>161.6</b>	<b>1</b>	<b>0.7</b>	<b>10.4</b>	<b>47.7</b>	<b>210.9</b>
	Mean	58	48.7	2003	507.4	12.6	271.9	1.1	0.7	11.1	60	261.9
	SD	21.7	24.1	631	324.7	7.8	432.9	0.4	0.3	4.5	47.6	314.3
Karnataka (n=393)	Median	<b>62.7</b>	<b>52.8</b>	<b>2211</b>	<b>476.1</b>	<b>13.8</b>	<b>166.9</b>	<b>1</b>	<b>0.8</b>	<b>10.8</b>	<b>40</b>	<b>231</b>
	Mean	66	59.9	2295	586.5	15	326.7	1.1	0.9	11.6	52.8	305
	SD	25	31.8	773	408.4	7.2	507.1	0.5	0.4	5	49.6	278.7
Andhra Pradesh (n=672)	Median	<b>49.8</b>	<b>40.8</b>	<b>1824</b>	<b>342.2</b>	<b>9</b>	<b>146.3</b>	<b>0.8</b>	<b>0.7</b>	<b>9</b>	<b>35.6</b>	<b>157.6</b>
	Mean	52.6	45.7	1871	387	9.8	234.6	0.9	0.7	10.1	44.4	184.9
	SD	21.6	24.8	662	217.1	4.6	289	0.4	0.3	5.4	37.3	273.7
Maharashtra (n=653)	Median	<b>52.7</b>	<b>48.4</b>	<b>1890</b>	<b>349.1</b>	<b>16.6</b>	<b>105.1</b>	<b>1.4</b>	<b>0.8</b>	<b>10.1</b>	<b>41.4</b>	<b>207.7</b>
	Mean	54.5	53.2	1934	405.6	17.5	308.2	1.4	0.8	10.5	52	225.2
	SD	17.5	24.1	566	208.9	7.2	493.9	0.5	0.3	4	41.8	117.7
Gujarat (n=876)	Median	<b>44.6</b>	<b>67.6</b>	<b>1737</b>	<b>418.1</b>	<b>13.2</b>	<b>142</b>	<b>1.1</b>	<b>0.7</b>	<b>7.3</b>	<b>50</b>	<b>187.4</b>
	Mean	47.2	71.2	1809	482	14.2	248.9	1.2	0.7	8	61.7	235.2
	SD	18.2	30.7	642	322.3	6.1	463.1	0.5	0.3	3.6	46.7	321.8
Madhya Pradesh (n=815)	Median	<b>56.7</b>	<b>53.5</b>	<b>2042</b>	<b>395.5</b>	<b>19.6</b>	<b>125.7</b>	<b>1.6</b>	<b>0.9</b>	<b>10.7</b>	<b>48.2</b>	<b>225.4</b>
	Mean	58.6	59.8	2104	444.4	20.1	234.7	1.7	0.9	11	59.6	237.6
	SD	20.3	30.2	714	231.8	8.5	385.9	0.6	0.3	4.2	50.3	103.5
Orissa (n=573)	Median	<b>66.5</b>	<b>47.3</b>	<b>2294</b>	<b>394.2</b>	<b>18.6</b>	<b>157.3</b>	<b>1.5</b>	<b>0.9</b>	<b>14.4</b>	<b>108.6</b>	<b>288.7</b>
	Mean	69.5	50.2	2346	543.1	20.2	439.7	1.5	0.9	14.6	119	311.9
	SD	20	21.8	494	505.4	8.2	706.6	0.4	0.3	3.6	66	181
West Bengal (n=805)	Median	<b>58.3</b>	<b>44.9</b>	<b>2034</b>	<b>326.1</b>	<b>14.4</b>	<b>104.9</b>	<b>1.3</b>	<b>0.7</b>	<b>12.6</b>	<b>78.5</b>	<b>190.5</b>
	Mean	62.5	51	2082	418.3	15.4	207	1.3	0.7	13.4	88.6	253.7
	SD	24.6	27.9	614	325.1	6.9	299.6	0.5	0.3	4.8	52.4	353.5
Uttar Pradesh (n=622)	Median	<b>50.7</b>	<b>48.2</b>	<b>1837</b>	<b>303.1</b>	<b>14.7</b>	<b>80</b>	<b>1.4</b>	<b>0.7</b>	<b>9.3</b>	<b>47.1</b>	<b>184.6</b>
	Mean	52.1	53.4	1890	388.3	15.9	168	1.4	0.8	9.5	59.2	207.3
	SD	18.4	28.1	612	269.1	10.6	273.6	0.5	0.3	3.5	46.8	108.6
Andaman & Nicobar (n=927)	Median	<b>68.8</b>	<b>50.9</b>	<b>2096</b>	<b>430.5</b>	<b>14.4</b>	<b>157.9</b>	<b>1.1</b>	<b>0.8</b>	<b>11.2</b>	<b>51.4</b>	<b>252.4</b>
	Mean	73.2	56.5	2129	587	15.6	327.9	1.1	0.8	12.4	66.4	607.1
	SD	31.2	29.9	689	669.2	8.3	509	0.5	0.3	5.9	58	1042.3
Assam (n=439)	Median	<b>87.2</b>	<b>60.6</b>	<b>2895</b>	<b>400.7</b>	<b>19.1</b>	<b>171.4</b>	<b>1.6</b>	<b>1</b>	<b>15</b>	<b>61</b>	<b>314.3</b>
	Mean	92.1	64.8	2991	531.8	21.3	291.3	1.7	1.1	15.7	70.2	385.6
	SD	33.7	30.2	1012	474.5	10.2	423.2	0.7	0.5	5.8	46.1	435.4
Bihar (n=358)	Median	<b>56.2</b>	<b>35.7</b>	<b>1919</b>	<b>326.3</b>	<b>16.5</b>	<b>44.9</b>	<b>1.4</b>	<b>0.9</b>	<b>11.1</b>	<b>58.6</b>	<b>231</b>
	Mean	58.3	40.7	1932	379.7	17	100.3	1.5	0.9	11.5	70.9	267.3
	SD	18.3	19.2	492	212.9	5	214.7	0.4	0.3	3.5	41.6	218.8
New Delhi (n=670)	Median	<b>40</b>	<b>51.3</b>	<b>1549</b>	<b>190.4</b>	<b>13.6</b>	<b>129.2</b>	<b>1.2</b>	<b>0.6</b>	<b>8</b>	<b>50.5</b>	<b>183.6</b>
	Mean	42.2	54	1610	262.2	14.1	208.9	1.2	0.7	8.3	64.8	204.8
	SD	15.4	24.7	502	202.2	5	310.6	0.4	0.3	3.2	57.4	101.6
Puducherry (n=527)	Median	<b>62</b>	<b>51.8</b>	<b>2102</b>	<b>532.1</b>	<b>12.2</b>	<b>194.3</b>	<b>1.1</b>	<b>0.8</b>	<b>11.2</b>	<b>44.7</b>	<b>226</b>
	Mean	63.6	55	2097	625.9	14.1	386	1.2	0.8	11.5	55.4	313.1
	SD	22.7	23	594	413.3	9	577.8	0.4	0.4	4.3	45.1	333.3
Rajasthan (n=572)	Median	<b>46.6</b>	<b>75.1</b>	<b>1807</b>	<b>474.8</b>	<b>14</b>	<b>190.2</b>	<b>1.2</b>	<b>0.9</b>	<b>7.6</b>	<b>47.9</b>	<b>194</b>
	Mean	47.2	78.5	1819	542.8	14.4	264.6	1.3	0.9	7.9	60.1	210.2
	SD	14	28.7	480	276.9	4.6	247.1	0.4	0.3	2.9	47.5	93.4
Pooled (n=10137)	Median	<b>55.3</b>	<b>50.8</b>	<b>1971</b>	<b>386</b>	<b>14.3</b>	<b>132.2</b>	<b>1.2</b>	<b>0.8</b>	<b>10.3</b>	<b>51.4</b>	<b>212.2</b>
	Mean	59.1	55.9	2021	473.8	15.5	260.9	1.3	0.8	11	64.8	301.1
	SD	24.6	28.3	682	380.5	7.9	425.5	0.5	0.3	4.8	51.9	474.3
<b>RDA-2020</b>		<b>54</b>	<b>-</b>	<b>2110*</b>	<b>1000</b>	<b>19</b>	<b>1000</b>	<b>1.4</b>	<b>2</b>	<b>14</b>	<b>80</b>	<b>300</b>

**Table 51.2: DISTRIBUTION OF MEN (≥18 Yr to 59 Yrs) (SEDENTARY ACTIVITY) BY INTAKE OF NUTRIENTS AS PERCENT RDA**

FOODS	% RDA	STATES																
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	A & N	Assam	Bihar	New Delhi	Pudu-cherry	Rajast han	Pooled
<b>n</b>		<b>563</b>	<b>580</b>	<b>393</b>	<b>672</b>	<b>653</b>	<b>876</b>	<b>815</b>	<b>573</b>	<b>805</b>	<b>622</b>	<b>927</b>	<b>439</b>	<b>358</b>	<b>670</b>	<b>527</b>	<b>572</b>	<b>10137</b>
<b>Protein</b>	<50	6.9	7.8	6.1	14.1	7.4	17.4	8.0	0.0	4.2	12.4	5.2	2.0	1.9	21.3	4.7	9.6	8.5
	50-70	12.6	16.4	12.0	22.3	16.5	30.6	14.8	4.4	14.3	21.5	10.2	5.0	19.2	37.6	15.7	30.6	18.4
	≥70	80.5	75.9	81.9	63.5	76.1	52.1	77.2	95.6	81.5	66.1	84.6	93.0	78.9	41.0	79.5	59.8	73.1
<b>Energy</b>	<50	5.5	5.2	3.6	7.9	4.0	8.2	4.5	0.0	2.9	6.3	4.3	1.7	0.9	9.3	2.5	2.8	4.6
	50-70	9.8	10.5	7.9	16.4	12.4	20.1	11.9	1.4	8.9	15.4	9.8	3.1	12.6	27.3	10.6	17.0	12.8
	≥70	84.7	84.3	88.5	75.7	83.6	71.7	83.6	98.6	88.2	78.3	85.9	95.3	86.6	63.4	86.9	80.2	82.7
<b>Calcium</b>	<50	52.4	59.3	54.2	73.5	74.4	66.3	69.0	62.3	71.9	75.1	59.8	62.0	77.3	89.1	45.7	52.8	66.2
	50-70	23.8	21.7	18.1	18.5	16.8	20.3	18.2	17.8	14.3	13.3	16.4	19.0	14.5	7.0	24.5	22.7	17.7
	≥70	23.8	19.0	27.7	8.0	8.7	13.4	12.9	19.9	13.8	11.6	23.8	19.0	8.2	3.9	29.8	24.5	16.1
<b>Iron</b>	<50	61.5	69.3	47.8	82.0	29.9	51.3	21.0	18.3	44.1	40.2	45.4	24.3	24.4	49.6	58.4	45.1	44.8
	50-70	25.8	18.4	26.7	14.3	35.4	29.0	25.3	33.0	29.9	37.0	27.5	24.9	45.2	36.6	24.7	40.4	29.6
	≥70	12.8	12.2	25.4	3.7	34.8	19.7	53.7	48.7	26.0	22.8	27.1	50.8	30.4	13.9	16.9	14.5	25.6
<b>Vitamin-A</b>	<50	86.3	88.1	81.7	89.9	82.5	87.3	89.4	77.8	88.7	92.0	80.7	83.8	96.2	91.3	79.1	85.0	86.5
	50-70	5.7	3.3	4.8	4.6	2.3	7.1	4.0	4.2	4.7	2.7	4.3	8.4	1.7	3.4	6.6	7.2	4.6
	≥70	8.0	8.6	13.5	5.5	15.2	5.6	6.5	18.0	6.6	5.3	15.0	7.8	2.1	5.2	14.2	7.9	8.9
<b>Thiamine</b>	<50	57.0	46.9	46.6	66.7	19.1	38.9	13.4	10.5	25.8	19.6	44.7	14.5	14.1	32.5	38.9	26.0	32.5
	50-70	29.8	32.8	27.5	24.7	31.5	30.4	22.5	28.4	35.5	30.9	29.6	25.4	32.5	37.6	32.6	42.7	30.9
	≥70	13.1	20.3	26.0	8.6	49.3	30.7	64.2	61.1	38.6	49.5	25.6	60.1	53.4	29.9	28.5	31.3	36.6
<b>Riboflavin</b>	<50	96.3	97.1	90.1	97.9	97.5	95.4	89.3	91.1	96.3	95.8	93.2	76.3	90.1	97.5	94.5	90.4	93.6
	50-70	3.4	2.9	8.7	1.9	2.3	4.2	9.8	8.6	3.7	3.4	6.1	20.1	9.4	2.4	3.8	9.1	5.8
	≥70	0.4	0.0	1.3	0.1	0.2	0.3	0.9	0.3	0.0	0.8	0.7	3.6	0.5	0.1	1.7	0.5	0.6
<b>Niacin</b>	<50	12.3	10.7	14.2	24.6	12.3	38.6	12.4	0.2	3.7	19.0	10.3	4.5	1.7	27.9	10.4	29.0	15.2
	50-70	21.8	24.3	21.1	26.2	25.7	30.8	21.0	4.2	12.8	28.0	20.0	7.3	21.5	39.9	19.7	45.8	23.6
	≥70	65.9	65.0	64.6	49.3	62.0	30.6	66.6	95.6	83.5	53.1	69.7	88.3	76.8	32.2	69.8	25.2	61.2
<b>Vitamin-C</b>	<50	46.7	39.3	49.9	56.4	49.2	38.4	39.3	8.4	14.4	40.8	38.6	25.1	24.1	37.9	43.8	39.5	36.9
	50-70	21.3	20.0	20.6	16.5	16.7	18.0	20.7	7.2	14.2	16.2	15.7	18.4	22.5	17.6	20.5	19.1	17.6
	≥70	32.0	40.7	29.5	27.1	34.2	43.6	40.0	84.5	71.4	42.9	45.6	56.4	53.4	44.5	35.7	41.4	45.4
<b>Dietary Folate</b>	<50	60.7	74.5	63.9	90.6	79.8	82.2	74.4	48.9	80.2	82.5	58.3	43.0	70.2	82.5	65.8	83.0	72.7
	50-70	9.9	16.0	18.3	7.0	14.7	10.7	18.3	34.4	9.4	12.2	13.9	24.3	21.3	13.7	16.9	12.8	15.2
	≥70	29.3	9.5	17.8	2.4	5.5	7.1	7.4	16.8	10.3	5.3	27.8	32.7	8.6	3.7	17.3	4.2	12.1

**Table 52.1: AVERAGE DAILY INTAKE OF NUTRIENTS AMONG ADULT (≥18 Yr to 59 Yrs) MEN (MODERATE ACTIVITY)**

STATES		Protein (g)	Total Fat (g)	Energy (Kcal)	Calcium (mg)	Iron (mg)	Vit.-A (µg)	Thiamine (mg)	Riboflavin (mg)	Niacin (mg)	Vit.-C (mg)	Dietary Folate (µg)
Kerala (n=232)	Median	65.3	46.3	2013	436.6	11.1	94.9	0.9	0.7	11.1	34.9	250.8
	Mean	66.6	49.3	2006	618.6	11.7	176.7	1	0.8	11.7	43.1	832.1
	SD	25.5	22.3	608	510.6	5.2	225	0.4	0.3	4.6	38.3	1273.9
Tamil Nadu (n=337)	Median	58.4	42.3	2096	410.4	11.6	162.8	1.1	0.7	11.8	42.7	201.6
	Mean	62.7	48.4	2108	522.8	13.5	280.3	1.1	0.7	12.4	54.6	289.9
	SD	26.7	27.1	708	455.1	8.6	620.3	0.4	0.3	5.5	39.8	485.7
Karnataka (n=553)	Median	61.3	46.1	2157	425.1	12.7	156.6	1	0.8	10.4	38	221.7
	Mean	64.2	53.1	2221	541.4	13.8	268	1.1	0.8	11.2	45.8	297.7
	SD	26.3	30.6	806	407.5	7.1	346	0.5	0.4	4.9	38.3	294.7
Andhra Pradesh (n=303)	Median	50	36	1892	295.1	8.7	154.2	0.8	0.6	9.1	38.7	144
	Mean	52.6	43.5	1953	332.3	9.3	234	0.9	0.7	10.3	42.1	166.5
	SD	21.4	28	669	201.5	4.5	389	0.4	0.3	5.4	27.9	115.8
Maharashtra (n=469)	Median	54.1	45.8	1911	310.1	16.6	99.2	1.4	0.8	10.9	33.3	195.5
	Mean	56.4	49.5	1946	370.6	17.5	310.5	1.4	0.8	11.1	47	211.6
	SD	21.2	22.1	595	244.8	7.3	553.8	0.5	0.3	4.3	41	115.5
Gujarat (n=201)	Median	48.5	69.2	1875	410.5	15.1	125	1.2	0.8	7.9	44.6	181.6
	Mean	50.8	73.8	1931	444.9	15.6	197.9	1.3	0.8	8.7	50.1	297.1
	SD	18.2	29.8	629	219.6	6.1	226.6	0.5	0.3	3.8	37.2	528.7
Madhya Pradesh (n=286)	Median	61.5	53.4	2137	376.7	21.5	91.5	1.8	1	11.5	44.7	232.4
	Mean	62.1	56.3	2201	418.5	22.6	198.4	1.9	1	11.9	53.6	240.7
	SD	21.3	29.6	731	216.2	9.7	332.9	0.7	0.4	4.4	41.6	100
Orissa (n=422)	Median	67.5	41.4	2389	351	17	132.4	1.5	0.9	15.3	92.8	244.8
	Mean	69.4	44.6	2386	475.7	18.4	508.9	1.5	0.9	15.6	108.4	278.4
	SD	19.2	21	468	366	8.2	876.1	0.5	0.3	4.1	64	201.5
West Bengal (n=344)	Median	55.5	36.5	1957	251.2	13.2	72.7	1.2	0.6	12.8	72.3	167.5
	Mean	59.4	41.3	2022	330	14.4	209.2	1.3	0.7	13.5	80.2	216
	SD	27	24.5	609	289.2	7.7	385.5	0.5	0.3	4.5	43.2	407.5
Uttar Pradesh (n=443)	Median	49.5	35.4	1755	242.5	14.1	53.5	1.3	0.7	9.4	40.7	170.9
	Mean	50.6	41.5	1797	290.3	14.9	136.2	1.4	0.7	9.7	48.4	184.3
	SD	16.2	23.1	538	179	5.6	259.6	0.5	0.3	3.3	35.4	79.8
Andaman & Nicobar (n=106)	Median	72.4	49.9	2229	373.9	13.6	120	1	0.7	11.6	46.6	284.8
	Mean	75.2	50	2226	613.2	14.5	216.1	1	0.8	12.3	57.9	687
	SD	28.3	22.9	664	677.5	7.8	295.2	0.6	0.3	4.7	42.9	979.3
Assam (n=87)	Median	93.1	55.2	2975	347.7	18.4	148.1	1.6	1	15.3	53.5	303.4
	Mean	92.9	59.7	3029	466.8	20.7	224.7	1.7	1	16	61.3	343.3
	SD	29.4	25.1	871	355.6	10.2	315.4	0.7	0.4	5.3	36.7	189.3
Bihar (n=133)	Median	45.1	24.9	1616	207.9	13.1	24.4	1.1	0.7	9.5	48.9	164.1
	Mean	52.7	30.3	1779	253.1	15.2	52.7	1.3	0.8	10.9	56.1	246.2
	SD	17.7	16.8	534	150.1	5.9	94.7	0.5	0.3	3.7	36.2	350.8
New Delhi (n=200)	Median	41.8	55.3	1633	193.1	14.3	102.8	1.2	0.6	8.4	47.2	182.3
	Mean	44.7	56.9	1700	243.7	14.9	256.3	1.2	0.7	8.9	66.4	216.5
	SD	17.1	24.9	554	165.1	5.4	445.5	0.4	0.3	3.3	55.8	119.1
Puducherry (n=327)	Median	63.4	52.2	2165	506.1	12	160.4	1.1	0.7	11.8	40.2	219.3
	Mean	67.1	56.1	2187	659.1	14.1	302.4	1.1	0.8	12.4	47.8	316.3
	SD	23.7	24.8	654	470.1	8.9	504.9	0.4	0.4	4.6	37.1	337.2
Rajasthan (n=62)	Median	45.3	60.5	1680	332	15.2	147.4	1.3	0.8	8.6	41.5	190
	Mean	47	67.6	1727	420.2	15.2	215.1	1.3	0.9	8.6	49.5	194
	SD	13.6	31.4	473	297.8	4	243.6	0.4	0.4	2.5	36.7	74.9
Pooled (n=4475)	Median	56.9	44.8	2026	339.1	13.9	112.3	1.2	0.7	11.1	46.2	199.9
	Mean	60.3	49.9	2071	439.4	15.3	257.6	1.3	0.8	11.7	57.7	289.5
	SD	24.2	26.9	683	364.5	7.9	479.9	0.5	0.3	4.8	46.4	451
<b>RDA-2020</b>		<b>54</b>	<b>-</b>	<b>2710*</b>	<b>1000</b>	<b>19</b>	<b>1000</b>	<b>1.8</b>	<b>2.5</b>	<b>18</b>	<b>80</b>	<b>300</b>

Table 52.2: DISTRIBUTION OF MEN (≥18 Yr to 59 Yrs) (MODERATE ACTIVITY) BY INTAKE OF NUTRIENTS AS PERCENT RDA

FOODS	% RDA	STATES																
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	A & N	Assam	Bihar	New Delhi	Pudu-cherry	Rajastha n	Pooled
<b>n</b>		<b>232</b>	<b>337</b>	<b>553</b>	<b>303</b>	<b>469</b>	<b>201</b>	<b>286</b>	<b>422</b>	<b>344</b>	<b>413</b>	<b>106</b>	<b>87</b>	<b>133</b>	<b>200</b>	<b>327</b>	<b>62</b>	<b>4475</b>
<b>Protein</b>	<50	6.5	9.5	9.4	13.9	6.2	11.4	6.6	0.5	7.6	10.7	2.8	0.0	1.5	19.5	2.8	11.3	7.7
	50-70	13.4	13.4	13.2	23.4	19.0	31.3	13.6	5.2	17.7	25.4	10.4	4.6	38.3	36.0	11.3	32.3	17.7
	≥70	80.2	77.2	77.4	62.7	74.8	57.2	79.7	94.3	74.7	63.9	86.8	95.4	60.2	44.5	85.9	56.5	74.6
<b>Energy</b>	<50	4.7	6.5	4.9	7.3	4.3	3.5	3.8	0.0	5.2	5.3	4.7	0.0	0.8	6.5	1.8	1.6	4.2
	50-70	12.9	10.7	12.1	12.2	13.0	20.4	10.1	1.2	5.8	19.4	4.7	3.4	20.3	26.5	8.6	25.8	12.0
	≥70	82.3	82.8	83.0	80.5	82.7	76.1	86.0	98.8	89.0	75.3	90.6	96.6	78.9	67.0	89.6	72.6	83.8
<b>Calcium</b>	<50	56.5	64.7	60.2	83.5	81.2	68.2	72.4	69.0	82.8	90.6	62.3	73.6	91.0	93.5	49.2	72.6	72.7
	50-70	13.8	18.7	17.7	12.5	11.3	25.4	17.8	14.2	9.6	6.3	9.4	10.3	8.3	3.0	17.7	19.4	13.7
	≥70	29.7	16.6	22.1	4.0	7.5	6.5	9.8	16.8	7.6	3.1	28.3	16.1	0.8	3.5	33.0	8.1	13.6
<b>Iron</b>	<50	65.9	65.0	55.3	83.2	29.6	40.8	16.1	29.9	51.5	46.0	49.1	24.1	54.1	39.0	55.7	33.9	47.3
	50-70	26.3	18.7	24.8	13.2	34.1	32.8	23.8	29.6	28.5	33.7	33.0	28.7	23.3	40.0	27.5	45.2	27.8
	≥70	7.8	16.3	19.9	3.6	36.2	26.4	60.1	40.5	20.1	20.3	17.9	47.1	22.6	21.0	16.8	21.0	24.9
<b>Vitamin-A</b>	<50	89.7	89.0	84.4	90.4	83.8	90.0	89.5	77.0	88.4	92.7	89.6	87.4	98.5	85.0	85.9	90.3	87.2
	50-70	4.7	2.7	5.1	4.3	1.7	2.5	2.1	3.8	3.5	2.9	2.8	5.7	0.8	4.5	5.5	4.8	3.6
	≥70	5.6	8.3	10.5	5.3	14.5	7.5	8.4	19.2	8.1	4.4	7.5	6.9	0.8	10.5	8.6	4.8	9.3
<b>Thiamin</b>	<50	57.8	38.6	52.6	69.0	20.5	35.3	8.0	14.0	33.4	19.1	55.7	14.9	24.8	28.5	42.5	17.7	33.9
	50-70	31.5	37.4	23.7	20.8	31.6	27.9	19.6	28.9	32.6	36.1	27.4	26.4	46.6	41.0	35.8	41.9	30.7
	≥70	10.8	24.0	23.7	10.2	48.0	36.8	72.4	57.1	34.0	44.8	17.0	58.6	28.6	30.5	21.7	40.3	35.3
<b>Riboflavin</b>	<50	97.0	98.8	91.3	98.7	96.8	96.0	80.8	91.9	97.4	97.6	95.3	82.8	92.5	97.5	94.5	93.5	94.4
	50-70	3.0	0.9	8.0	1.0	3.2	3.0	17.8	7.6	2.0	2.4	3.8	12.6	7.5	2.5	4.0	4.8	5.0
	≥70	0.0	0.3	0.7	0.3	0.0	1.0	1.4	0.5	0.6	0.0	0.9	4.6	0.0	0.0	1.5	1.6	0.6
<b>Niacin</b>	<50	10.8	12.5	15.7	19.1	12.2	34.3	9.1	0.2	4.9	15.3	10.4	3.4	2.3	23.5	5.8	11.3	12.0
	50-70	21.1	15.4	20.3	30.0	21.3	27.4	19.6	2.8	7.8	31.0	16.0	5.7	38.3	37.5	19.9	54.8	20.8
	≥70	68.1	72.1	64.0	50.8	66.5	38.3	71.3	96.9	87.2	53.8	73.6	90.8	59.4	39.0	74.3	33.9	67.3
<b>Vitamin-C</b>	<50	54.7	46.6	53.0	52.8	58.0	46.8	45.1	10.4	15.1	48.4	37.7	33.3	41.4	44.5	49.8	46.8	43.2
	50-70	19.8	13.9	17.7	23.1	11.7	15.4	17.8	9.7	16.9	18.4	20.8	23.0	15.0	10.0	24.8	19.4	16.7
	≥70	25.4	39.5	29.3	24.1	30.3	37.8	37.1	79.9	68.0	33.2	41.5	43.7	43.6	45.5	25.4	33.9	40.1
<b>Dietary Folate</b>	<50	56.5	76.6	69.4	91.7	84.6	85.1	73.8	63.7	88.1	89.6	50.0	44.8	85.0	78.0	67.0	87.1	76.1
	50-70	6.5	11.6	15.4	5.9	11.5	7.5	18.9	23.9	8.1	8.2	16.0	24.1	8.3	13.0	15.0	12.9	12.8
	≥70	37.1	11.9	15.2	2.3	3.8	7.5	7.3	12.3	3.8	2.2	34.0	31.0	6.8	9.0	18.0	0.0	11.0

**Table 53.1: AVERAGE DAILY INTAKE OF NUTRIENTS AMONG ELDERLY MEN (≥60 years)**

STATES		Protein (g)	Total Fat (g)	Energy (Kcal)	Calcium (mg)	Iron (mg)	Vit.-A (µg)	Thiamine (mg)	Ribo-flavin (mg)	Niacin (mg)	Vit.-C (mg)	Dietary Folate (µg)
Kerala (n=229)	Median	<b>58</b>	<b>47.9</b>	<b>1836</b>	<b>510.3</b>	<b>11.3</b>	<b>111.1</b>	<b>0.9</b>	<b>0.7</b>	<b>9.5</b>	<b>41</b>	<b>253.5</b>
	Mean	62.5	52	1899	615.5	12.1	239.3	0.9	0.8	10.3	51.7	739.1
	SD	27.8	25.3	665	471.5	6.4	383.5	0.4	0.3	4.8	47.4	1149.7
Tamil Nadu (n=116)	Median	<b>54.3</b>	<b>37.6</b>	<b>1827</b>	<b>464.4</b>	<b>11</b>	<b>139.6</b>	<b>1</b>	<b>0.6</b>	<b>10.1</b>	<b>41.9</b>	<b>198.4</b>
	Mean	56	44.1	1882	549	13.3	239.2	1	0.7	10.3	54.8	255.7
	SD	19	20.5	546	359.1	11.8	320.2	0.4	0.3	3.6	40.1	272.4
Karnataka (n=117)	Median	<b>63.4</b>	<b>48.7</b>	<b>2209</b>	<b>540.7</b>	<b>14.4</b>	<b>140.6</b>	<b>1.1</b>	<b>0.8</b>	<b>10</b>	<b>39.6</b>	<b>242.6</b>
	Mean	67.5	56.1	2323	703.9	15.7	248.9	1.2	0.9	11.3	52.2	351.8
	SD	24.5	28.2	740	564.1	7.7	333.8	0.7	0.4	4.7	43.1	325.1
Andhra Pradesh (n=123)	Median	<b>48.1</b>	<b>43.4</b>	<b>1782</b>	<b>346.1</b>	<b>9</b>	<b>155</b>	<b>0.8</b>	<b>0.6</b>	<b>8.6</b>	<b>33.5</b>	<b>157.3</b>
	Mean	52.9	46.9	1861	409	9.9	337.1	0.9	0.7	9.8	45.6	200.7
	SD	21.9	25.8	652	251.1	4.7	1044.1	0.4	0.3	5.1	44.5	295.9
Maharashtra (n=161)	Median	<b>52.4</b>	<b>44.4</b>	<b>1822</b>	<b>336.1</b>	<b>15.9</b>	<b>90.8</b>	<b>1.3</b>	<b>0.7</b>	<b>9.3</b>	<b>37</b>	<b>197.1</b>
	Mean	53.1	47.7	1818	423.4	16.4	273.6	1.3	0.8	9.5	47.5	219.7
	SD	15.9	19.8	518	277.7	6.6	480.3	0.4	0.3	3.2	41	119.8
Gujarat (n=165)	Median	<b>44.8</b>	<b>65.5</b>	<b>1726</b>	<b>471.4</b>	<b>12.6</b>	<b>148.9</b>	<b>1.1</b>	<b>0.7</b>	<b>7.2</b>	<b>53.3</b>	<b>186.3</b>
	Mean	45.5	70.5	1739	525.8	13.8	245.6	1.1	0.7	7.3	66.8	201.4
	SD	16.3	30.8	579	302.6	5.6	322.4	0.4	0.3	3	53.9	94.2
Madhya Pradesh (n=114)	Median	<b>52.2</b>	<b>45.6</b>	<b>1800</b>	<b>399.5</b>	<b>18.4</b>	<b>130.2</b>	<b>1.5</b>	<b>0.8</b>	<b>9.5</b>	<b>51.1</b>	<b>222.7</b>
	Mean	54.8	51.9	1910	447.7	19.6	269.9	1.6	0.9	10.1	60.3	240
	SD	18.1	22.7	624	218.3	8.3	403.5	0.6	0.3	3.9	46.7	102.2
Orissa (n=95)	Median	62.6	46.6	2155.0	531.5	19.6	597.2	1.4	0.9	13.4	119.9	271.8
	Mean	17.5	20.7	476.7	363.0	9.5	1076.3	0.4	0.4	3.4	76.8	120.5
	SD	143.0	143.0	143.0	143.0	143.0	143.0	143.0	143.0	143.0	143.0	143.0
West Bengal (n=143)	Median	<b>56.7</b>	<b>42.1</b>	<b>1877</b>	<b>299.1</b>	<b>14.5</b>	<b>83.7</b>	<b>1.2</b>	<b>0.7</b>	<b>11.6</b>	<b>71.3</b>	<b>197.6</b>
	Mean	61.7	47.7	1990	467.1	15.6	203.4	1.2	0.7	12.4	85.7	231.5
	SD	27.6	28.9	689	439.5	7.4	265.1	0.5	0.3	4.9	53.5	163.8
Uttar Pradesh(n=134)	Median	<b>43.7</b>	<b>36.6</b>	<b>1575</b>	<b>286.9</b>	<b>13</b>	<b>65.1</b>	<b>1.2</b>	<b>0.7</b>	<b>8.4</b>	<b>39.9</b>	<b>166.6</b>
	Mean	47.7	44.5	1684	354.9	14.5	156	1.3	0.7	8.7	53.4	189.2
	SD	17.5	27.3	606	276.9	9.5	341.5	0.5	0.3	3.5	59	91.6
Andaman & Nicobar (n=43)	Median	<b>64.1</b>	<b>39.8</b>	<b>1945</b>	<b>446.1</b>	<b>13.6</b>	<b>148.4</b>	<b>1</b>	<b>0.7</b>	<b>10.4</b>	<b>43.6</b>	<b>250.7</b>
	Mean	69.2	46.1	1916	554.5	14.9	299.6	1.1	0.8	11.6	54.2	643.9
	SD	30.5	24.4	636	462.7	6.9	317.9	0.4	0.3	5.6	37.4	1162.4
Assam (n=89)	Median	<b>90.3</b>	<b>66.2</b>	<b>3056</b>	<b>466.5</b>	<b>21</b>	<b>207.3</b>	<b>1.6</b>	<b>1</b>	<b>15.5</b>	<b>55.3</b>	<b>321</b>
	Mean	95.3	69.1	3113	583.2	23.5	311.8	1.7	1.1	16.1	67.2	377.7
	SD	29.9	28.7	882	386.1	10.4	342.8	0.8	0.5	5.5	40.9	295.5
Bihar (n=125)	Median	<b>48.2</b>	<b>35.2</b>	<b>1651</b>	<b>339.1</b>	<b>14.5</b>	<b>35.8</b>	<b>1.2</b>	<b>0.9</b>	<b>9.2</b>	<b>62</b>	<b>229.7</b>
	Mean	53.1	38.8	1753	387.7	16.1	83.7	1.3	0.9	10.3	73.4	242.2
	SD	15.6	17.6	474	196.1	5.4	130.9	0.4	0.3	3.3	48.9	94.2
New Delhi (n=99)	Median	<b>36.3</b>	<b>46.7</b>	<b>1394</b>	<b>180.3</b>	<b>13.3</b>	<b>122.7</b>	<b>1.1</b>	<b>0.6</b>	<b>7.3</b>	<b>47.1</b>	<b>187.3</b>
	Mean	40.9	49.9	1510	257.8	14	230.3	1.2	0.6	7.6	65.2	214.4
	SD	17.7	20.9	493	189.7	5.5	365.8	0.5	0.3	2.8	74.2	122.4
Puducherry (n=143)	Median	<b>62.3</b>	<b>47.6</b>	<b>2029</b>	<b>613.8</b>	<b>12.4</b>	<b>174.4</b>	<b>1.2</b>	<b>0.8</b>	<b>10.6</b>	<b>42.6</b>	<b>236.2</b>
	Mean	64.7	54.3	2088	754.3	15	400	1.2	0.9	11	57.3	322.7
	SD	24.5	23.3	620	459	12.4	569.2	0.5	0.4	4.3	47.7	302.7
Rajasthan (n=74)	Median	<b>44.9</b>	<b>62.1</b>	<b>1651</b>	<b>582.1</b>	<b>14</b>	<b>211.9</b>	<b>1.2</b>	<b>0.9</b>	<b>7.3</b>	<b>58.4</b>	<b>203.8</b>
	Mean	48	69.2	1697	699.3	14.1	318.9	1.2	1	7.3	72.8	225.9
	SD	20.9	32.3	494	697	4.4	297.9	0.4	0.8	2.2	59.7	94.2
Pooled (n=1970)	Median	<b>53</b>	<b>47</b>	<b>1838</b>	<b>418.2</b>	<b>13.8</b>	<b>122.7</b>	<b>1.1</b>	<b>0.7</b>	<b>9.4</b>	<b>47.8</b>	<b>211.6</b>
	Mean	57.7	52.1	1938	516.5	15.2	269	1.2	0.8	10.3	62.8	315.1
	SD	24.5	26.6	689	404.5	8.5	504.5	0.5	0.4	4.5	54	495.2
<b>RDA-2020</b>		<b>54</b>	<b>-</b>	<b>1700*</b>	<b>1200</b>	<b>19</b>	<b>1000</b>	<b>1.4</b>	<b>2.0</b>	<b>14</b>	<b>80</b>	<b>300</b>

**Table 53.2: DISTRIBUTION (%) OF ELDERLY MEN (≥60 years) BY INTAKE OF NUTRIENTS AS PERCENT RDA**

FOODS	% RDA	STATES																
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	A & N	Assam	Bihar	New Delhi	Pudu-cherry	Rajasth an	Pooled
n		229	116	117	123	161	165	114	95	143	134	43	89	125	99	143	74	1970
Protein	<50	8.3	7.8	2.6	13.0	8.1	20.6	11.4	1.1	8.4	14.9	11.6	1.1	0.8	30.3	3.5	12.2	9.7
	50-70	19.2	16.4	11.1	17.9	21.1	25.5	11.4	10.5	14.0	32.8	7.0	1.1	32.8	34.3	16.1	35.1	19.7
	≥70	72.5	75.9	86.3	69.1	70.8	53.9	77.2	88.4	77.6	52.2	81.4	97.8	66.4	35.4	80.4	52.7	70.6
Energy	<50	7.9	5.2	0.9	7.3	6.2	8.5	6.1	0.0	5.6	11.9	7.0	1.1	0.8	12.1	0.7	4.1	5.6
	50-70	13.1	7.8	3.4	17.1	11.8	21.8	12.3	5.3	12.6	23.9	16.3	1.1	24.8	40.4	12.6	24.3	15.4
	≥70	79.0	87.1	95.7	75.6	82.0	69.7	81.6	94.7	81.8	64.2	76.7	97.8	74.4	47.5	86.7	71.6	79.0
Calcium	<50	48.9	56.0	46.2	74.0	74.5	55.2	67.5	58.9	71.3	82.8	60.5	51.7	76.8	89.9	35.0	39.2	61.7
	50-70	24.0	22.4	17.9	13.0	14.9	26.1	19.3	17.9	8.4	9.7	18.6	21.3	15.2	5.1	21.7	24.3	17.7
	≥70	27.1	21.6	35.9	13.0	10.6	18.8	13.2	23.2	20.3	7.5	20.9	27.0	8.0	5.1	43.4	36.5	20.6
Iron	<50	67.2	66.4	41.9	82.1	32.9	55.8	22.8	24.2	45.5	52.2	48.8	12.4	36.0	51.5	55.2	43.2	48.2
	50-70	20.5	20.7	30.8	12.2	39.8	26.7	29.8	33.7	28.7	24.6	20.9	27.0	40.8	30.3	27.3	44.6	28.2
	≥70	12.2	12.9	27.4	5.7	27.3	17.6	47.4	42.1	25.9	23.1	30.2	60.7	23.2	18.2	17.5	12.2	23.6
Vitamin-A	<50	85.6	89.7	88.0	91.1	83.9	84.2	84.2	72.6	86.7	94.0	74.4	79.8	96.8	90.9	76.2	70.3	85.2
	50-70	5.2	1.7	1.7	2.4	3.1	9.1	4.4	3.2	3.5	1.5	9.3	9.0	1.6	2.0	6.3	16.2	4.6
	≥70	9.2	8.6	10.3	6.5	13.0	6.7	11.4	24.2	9.8	4.5	16.3	11.2	1.6	7.1	17.5	13.5	10.2
Thiamine	<50	66.4	50.0	41.0	70.7	23.0	41.8	16.7	14.7	30.1	30.6	51.2	13.5	24.0	40.4	37.1	33.8	38.1
	50-70	23.6	31.9	29.9	22.0	36.0	34.5	21.1	32.6	39.9	32.1	27.9	22.5	44.8	35.4	33.6	32.4	31.4
	≥70	10.0	18.1	29.1	7.3	41.0	23.6	62.3	52.6	30.1	37.3	20.9	64.0	31.2	24.2	29.4	33.8	30.6
Riboflavin	<50	93.9	99.1	84.6	95.1	97.5	97.6	93.9	88.4	96.5	94.8	97.7	76.4	92.8	97.0	91.6	89.2	93.4
	50-70	5.7	0.9	12.8	4.9	2.5	1.8	5.3	11.6	2.8	4.5	2.3	19.1	7.2	2.0	6.3	8.1	5.7
	≥70	0.4	0.0	2.6	0.0	0.0	0.6	0.9	0.0	0.7	0.7	0.0	4.5	0.0	1.0	2.1	2.7	0.9
Niacin	<50	21.0	10.3	8.5	19.5	17.4	40.6	15.8	1.1	5.6	27.6	18.6	4.5	2.4	41.4	13.3	37.8	18.1
	50-70	27.1	28.4	26.5	37.4	29.2	38.8	24.6	8.4	16.1	29.9	18.6	2.2	42.4	34.3	21.7	44.6	27.6
	≥70	52.0	61.2	65.0	43.1	53.4	20.6	59.6	90.5	78.3	42.5	62.8	93.3	55.2	24.2	65.0	17.6	54.4
Vitamin-C	<50	48.9	46.6	50.4	57.7	52.2	35.2	43.9	7.4	16.8	50.0	46.5	29.2	26.4	44.4	46.9	35.1	40.7
	50-70	21.8	19.0	17.9	19.5	19.3	17.0	14.0	14.7	18.2	18.7	11.6	22.5	18.4	10.1	17.5	12.2	17.7
	≥70	29.3	34.5	31.6	22.8	28.6	47.9	42.1	77.9	65.0	31.3	41.9	48.3	55.2	45.5	35.7	52.7	41.6
Dietary Folate	<50	54.1	75.0	58.1	89.4	82.0	87.9	72.8	68.4	77.6	86.6	58.1	42.7	72.8	81.8	65.0	78.4	72.4
	50-70	9.2	13.8	16.2	7.3	11.2	7.9	18.4	16.8	14.0	9.7	11.6	23.6	21.6	11.1	15.4	16.2	13.4
	≥70	36.7	11.2	2	3.3	6.8	4.2	8.8	14.7	8.4	3.7	30.2	33.7	5.6	7.1	19.6	5.4	14.2

**Table 54.1: AVERAGE INTAKE OF NUTRIENTS AMONG ADULT (≥18 Yr to 59 Yrs) NPWL WOMEN (SEDENTARY ACTIVITY)**

STATES		Protein (g)	Total Fat (g)	Energy (Kcal)	Calcium (mg)	Iron (mg)	Vit.-A (µg)	Thiamine (mg)	Ribo-flavin (mg)	Niacin (mg)	Vit.-C (mg)	Dietary Folate (µg)
Kerala (n=888)	Median	53.4	42.9	1712	443.5	10.1	92.7	0.8	0.7	9.1	36.9	226.2
	Mean	57.8	46.6	1749	537.3	10.9	199.9	0.8	0.7	9.8	45.2	677.5
	SD	23.2	21.4	507	401.3	5.5	314.8	0.3	0.3	3.8	36.9	1069.2
Tamil Nadu (n=915)	Median	50.6	42.9	1803	442.3	9.7	160	0.9	0.6	9.2	44	188.2
	Mean	53.1	45.6	1836	511.7	11.5	262	0.9	0.6	9.8	57.5	233.9
	SD	17.2	21.4	493	299.4	7.9	503.3	0.3	0.2	3.5	49.1	277.2
Karnataka (n=875)	Median	61.4	51.2	2169	483.6	12.9	175.2	1	0.8	10.1	43.2	228.3
	Mean	64.4	57	2245	580.9	14	319.5	1	0.9	11	55.4	311.8
	SD	22.9	29.2	677	349.1	6.6	446.7	0.4	0.3	4.5	47.1	305.6
Andhra Pradesh (n=907)	Median	45.2	39.7	1690	336.4	8.2	150.1	0.8	0.6	7.8	34.8	144.6
	Mean	48.1	44.3	1746	385.9	8.9	227.3	0.8	0.6	8.9	44.6	170.7
	SD	18.9	23.1	570	229.4	4.2	309.4	0.3	0.3	4.5	35.3	171.4
Maharashtra (n=935)	Median	45.1	41.3	1604	306.8	13.5	95.3	1.1	0.7	8.3	36.5	174.1
	Mean	46.6	45.2	1645	357.8	14.4	287.4	1.1	0.7	8.8	46	191.3
	SD	16.5	19.4	464	191.8	6.4	476.7	0.4	0.2	3.2	35.2	118.3
Gujarat (n=962)	Median	39	59.7	1547	405.8	11.3	127.9	1	0.6	6.3	50.5	166.2
	Mean	41.9	64.3	1615	465.6	12.2	240.9	1	0.7	6.8	62.5	200
	SD	15.8	27.2	539	297.1	5.2	405.8	0.4	0.3	2.9	51.6	192.8
Madhya Pradesh (n=999)	Median	48.8	49.2	1833	364.1	16.3	106.9	1.4	0.8	9	44.7	194.1
	Mean	50.9	52.9	1855	409.8	17.4	230.3	1.4	0.8	9.4	56	211.8
	SD	17.8	25.8	612	222.1	7.8	413.7	0.5	0.3	3.5	48.8	94.7
Orissa (n=889)	Median	59.2	42.1	2091	361.5	16.3	143.9	1.3	0.8	13	96.6	249.1
	Mean	62.4	44.7	2131	486.5	18	445.3	1.4	0.8	13.4	108.9	274.9
	SD	17.8	20.1	455	415	8.1	727.3	0.4	0.3	3.5	61.9	163.3
West Bengal (n=1025)	Median	50.9	39.2	1787	285.4	12.5	88.2	1.1	0.6	11.1	73.6	166.1
	Mean	55	44.5	1865	376	13.5	217.3	1.1	0.6	11.8	81.9	232.2
	SD	21.7	24.9	526	308.2	6.5	382.5	0.4	0.2	3.9	51.2	431.2
Uttar Pradesh(n=973)	Median	41.3	37.6	1524	248.7	11.9	61	1.1	0.6	7.5	40.9	149.9
	Mean	42.9	43.4	1573	306.2	12.5	133.8	1.1	0.6	7.9	50.9	170.2
	SD	14.9	24.6	511	200.3	6.7	211.5	0.4	0.3	2.9	41.6	92.8
Andaman & Nicobar (n=959)	Median	57.4	44	1769	398.9	11.7	134.2	0.9	0.7	9.2	46.7	215.5
	Mean	61.1	49.1	1822	529.5	12.8	299.3	0.9	0.7	10.1	60.6	492.3
	SD	24.1	25.9	556	483.1	6.8	539.8	0.4	0.3	4.5	51.5	843
Assam (n=493)	Median	77.6	52.8	2538	372.6	17.1	134.8	1.4	0.9	12.7	51.7	278
	Mean	80.1	57.5	2607	478.8	18.6	248.5	1.5	0.9	13.4	61.7	325.5
	SD	26.9	25.2	774	408.8	8.4	348	0.6	0.4	4.7	39.9	268.8
Bihar (n=610)	Median	44.2	30.3	1493	277.1	12.9	34.2	1.1	0.7	8.6	49.1	184.7
	Mean	46.6	33.9	1531	312.8	13.5	76.9	1.1	0.7	9.1	58.8	218.6
	SD	16.1	17.2	454	177.4	5.5	154.7	0.5	0.3	4.1	38.4	198.5
New Delhi (n=783)	Median	34.9	46.4	1404	176.2	11.5	113.3	1	0.5	6.8	48	164.9
	Mean	37.2	49.2	1446	239.8	12.2	214	1	0.6	7.2	65.7	188.6
	SD	13.9	22	454	192.8	4.5	341.4	0.4	0.2	3.2	58.7	103
Puducherry (n=943)	Median	55.4	49.2	1896	524.5	10.9	164.2	1	0.7	9.8	40.3	202.8
	Mean	58.4	53	1940	623.9	12.7	363.1	1	0.8	10.4	50.9	276.6
	SD	22	24	587	398.5	8.5	578.4	0.5	0.3	4.3	41.6	277.8
Rajasthan (n=662)	Median	38.5	65.2	1513	438.9	11.5	153.6	1	0.7	6.3	43.8	163.8
	Mean	40.5	68.4	1577	505.9	12	227	1	0.8	6.5	57.1	184.5
	SD	13	27.8	462	257.4	4	219.5	0.3	0.3	2.3	51	86.9
Pooled (n=13818)	Median	48.9	45.3	1742	366.6	12.1	118.6	1	0.7	8.9	47.1	187.5
	Mean	52.5	49.8	1812	445.6	13.3	253.2	1.1	0.7	9.6	60.3	272.9
	SD	21.5	25.2	600	333	7	439.4	0.4	0.3	4.2	49.6	429.1
RDA-2020	-	46	-	1660*	1000	29	840	1.4	1.9	11	65	220

Table 54.2: DISTRIBUTION OF NPWL WOMEN (≥18 Yr to 59 Yrs) (SEDENTARY ACTIVITY BY INTAKE OF NUTRIENTS AS PERCENT RDA

FOODS	% RDA	STATES																
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	A & N	Assam	Bihar	New Delhi	Pudu-cherry	Rajas than	Pooled
<b>n</b>		<b>888</b>	<b>915</b>	<b>875</b>	<b>907</b>	<b>935</b>	<b>962</b>	<b>999</b>	<b>889</b>	<b>1025</b>	<b>973</b>	<b>959</b>	<b>493</b>	<b>610</b>	<b>783</b>	<b>943</b>	<b>662</b>	<b>13818</b>
<b>Protein</b>	<50	8.2	6.2	3.9	16.9	12.3	24.3	12.1	0.4	6.7	20.2	6.6	1.4	12.6	36.9	6.8	22.5	12.3
	50-70	18.1	24.9	12.6	28.6	32.7	35.2	24.8	9.9	24.5	34.9	17.3	6.7	35.4	35.9	19.9	44.0	25.4
	≥70	73.6	68.9	83.5	54.6	55.0	40.4	63.1	89.7	68.8	44.8	76.1	91.9	52.0	27.2	73.3	33.5	62.3
<b>Energy</b>	<50	4.8	3.2	2.4	7.1	7.5	9.7	5.7	0.2	2.5	11.8	4.9	0.4	8.0	14.3	3.0	6.6	5.8
	50-70	20.3	14.6	7.2	21.8	23.1	30.5	19.9	3.4	13.8	28.8	17.7	5.7	34.6	36.0	16.0	32.5	20.2
	≥70	74.9	82.2	90.4	71.1	69.4	59.9	74.4	96.4	83.7	59.4	77.4	93.9	57.4	49.7	81.0	60.9	74.0
<b>Calcium</b>	<50	59.6	57.6	52.2	75.4	82.6	68.3	74.4	67.8	76.1	86.1	62.3	68.8	87.5	90.9	46.3	58.5	69.4
	50-70	21.1	24.0	19.5	16.9	12.0	21.0	16.0	14.3	13.9	8.0	16.1	15.0	9.0	5.2	23.9	21.8	16.2
	≥70	19.4	18.4	28.2	7.7	5.5	10.7	9.6	17.9	10.0	5.9	21.7	16.2	3.4	3.8	29.8	19.8	14.3
<b>Iron</b>	<50	76.0	77.7	53.8	88.1	50.3	64.8	32.6	29.9	57.3	65.5	63.5	29.6	55.6	69.1	67.8	71.3	60.1
	50-70	16.8	12.9	26.9	9.8	33.7	25.9	31.1	35.4	26.7	26.1	24.3	30.0	33.0	23.2	19.3	22.8	24.6
	≥70	7.2	9.4	19.3	2.1	16.0	9.4	36.2	34.6	16.0	8.4	12.2	40.4	11.5	7.7	12.9	5.9	15.2
<b>Vitamin-A</b>	<50	89.4	89.6	81.5	90.7	82.4	86.7	88.7	78.0	87.7	93.3	84.0	85.4	96.7	89.4	81.4	87.6	86.9
	50-70	3.3	4.9	5.8	4.2	3.4	6.4	3.1	3.1	5.0	3.0	4.7	7.3	1.5	3.6	5.9	7.3	4.5
	≥70	7.3	5.5	12.7	5.1	14.2	6.9	8.2	18.9	7.3	3.7	11.3	7.3	1.8	7.0	12.6	5.1	8.6
<b>Thiamine</b>	<50	73.4	62.0	52.0	75.3	36.3	53.1	20.1	15.9	43.7	38.6	65.0	21.3	42.6	54.0	53.6	50.2	47.9
	50-70	20.6	29.1	27.9	19.7	42.4	31.9	31.0	41.5	37.8	39.1	25.4	28.8	39.8	31.3	29.6	37.2	32.0
	≥70	6.0	9.0	20.1	5.0	21.4	15.0	48.8	42.6	18.5	22.3	9.6	49.9	17.5	14.7	16.9	12.7	20.1
<b>Riboflavin</b>	<50	98.2	99.3	91.3	98.6	99.7	97.3	95.5	97.2	99.2	98.9	96.2	88.4	97.7	98.9	95.1	95.8	97.0
	50-70	1.5	0.7	7.8	1.4	0.2	2.6	4.4	2.8	0.8	0.9	2.5	10.1	2.1	1.1	4.0	3.9	2.7
	≥70	0.3	0.0	0.9	0.0	0.1	0.1	0.1	0.0	0.0	0.2	1.3	1.4	0.2	0.0	0.8	0.3	0.3
<b>Niacin</b>	<50	15.8	13.2	11.1	31.3	22.5	52.5	19.7	0.4	4.1	32.8	18.4	5.9	19.2	44.3	15.3	53.5	22.3
	50-70	34.6	35.3	26.4	33.2	37.9	30.6	31.6	7.0	17.2	37.8	30.2	9.5	41.3	37.3	25.7	38.2	29.7
	≥70	49.7	51.5	62.5	35.5	39.7	16.9	48.6	92.6	78.7	29.4	51.4	84.6	39.5	18.4	59.1	8.3	47.9
<b>Vitamin-C</b>	<50	54.6	44.2	45.7	56.3	55.3	38.6	43.9	10.2	18.9	49.2	42.8	32.9	39.3	42.0	49.7	44.3	41.9
	50-70	18.8	18.4	18.2	17.6	16.1	18.1	18.7	9.1	14.0	16.0	16.2	21.9	18.0	14.0	20.0	17.5	16.9
	≥70	26.6	37.5	36.1	26.0	28.6	43.3	37.3	80.7	67.0	34.7	41.1	45.2	42.6	43.9	30.2	38.2	41.2
<b>Dietary Folate</b>	<50	58.1	82.0	65.3	92.8	89.4	87.1	79.9	62.8	83.5	90.2	64.7	51.7	83.6	86.0	73.2	87.0	77.9
	50-70	7.8	12.0	17.9	4.7	7.6	7.7	14.9	25.9	9.7	7.6	12.4	24.3	10.8	10.0	12.2	10.3	11.9
	≥70	34.1	6.0	16.8	2.4	3.0	5.2	5.2	11.4	6.8	2.2	22.9	23.9	5.6	4.1	14.6	2.7	10.2

**Table 55.1: AVERAGE INTAKE OF NUTRIENTS AMONG ADULT (≥18 Yr to 59 Yrs) NPWL WOMEN (MODERATE ACTIVITY)**

STATES		Protein (g)	Total Fat (g)	Energy (Kcal)	Calcium (mg)	Iron (mg)	Vit.-A (µg)	Thiamine (mg)	Ribo-flavin (mg)	Niacin (mg)	Vit.-C (mg)	Total Folic acid (µg)
Kerala (n=46)	Median	43.5	37.7	1605	361.7	8.2	90.5	0.7	0.5	8	34.9	157.3
	Mean	48.5	39.6	1579	489.5	8.5	137.7	0.7	0.6	8.7	42	532.2
	SD	20.7	19.7	502	397.8	3.2	159.3	0.2	0.2	3.8	31.1	1327.5
Tamil Nadu (n=78)	Median	46.2	34.4	1691	406.7	9.3	111.6	0.9	0.6	9.2	38.6	167.6
	Mean	48.6	38	1757	444.5	10.4	371.9	0.9	0.6	10	43.8	248.8
	SD	17	20.7	542	243.2	6	1214	0.3	0.2	4.1	31.3	482.3
Karnataka (n=158)	Median	57.6	46.8	2059	370.9	11.5	144.8	0.9	0.7	10.1	36.9	227.6
	Mean	61.4	50.9	2132	508.5	12.9	243.6	1	0.8	10.5	49.4	321.8
	SD	22.6	27.4	646	395.8	6.1	340.9	0.4	0.3	3.9	42.3	324.6
Andhra Pradesh (n=122)	Median	44.2	36.4	1753	283.3	7.6	146.8	0.7	0.6	8.3	39.2	136.3
	Mean	46.2	40.6	1763	321.9	8.3	189.5	0.8	0.6	8.9	46.2	168.8
	SD	13.6	23	489	156.1	3.4	175.2	0.3	0.2	3.5	34.7	284.1
Maharashtra (n=129)	Median	47.6	41.1	1666	293.6	14	81.5	1.1	0.7	9	38.3	175.2
	Mean	49.5	45	1763	369	14.7	290.1	1.2	0.7	9.3	44.6	196
	SD	15.7	20.1	501	255.1	5.5	495.6	0.4	0.2	3.2	32.9	112.9
Gujarat (n=56)	Median	43.6	65.2	1627	394.8	12.7	112.7	1	0.6	7.1	39.4	178.9
	Mean	44.9	68.3	1737	412.3	13.1	217.6	1.1	0.7	7.3	54	215.9
	SD	16.4	26.5	558	135.2	5	237.5	0.4	0.2	2.9	51.7	271.2
Madhya Pradesh (n=59)	Median	46.8	41.7	1792	372.1	17	92.8	1.4	0.8	9.4	45.5	192
	Mean	53.1	43.5	1893	389.2	20	168.7	1.6	0.9	10.2	51.1	212.5
	SD	19.1	22.1	637	203.2	10.2	266.7	0.6	0.3	3.9	45.1	89.1
Orissa (n=100)	Median	56	31.6	2155	272.6	12.5	96	1.2	0.7	12.9	82.5	211
	Mean	58.7	35.1	2196	360	14.1	370.3	1.2	0.7	13.4	97.9	250
	SD	14.3	18.1	424	267.1	6.9	811.9	0.4	0.2	3.4	60.6	236
West Bengal (n=57)	Median	46.7	29	1706	218.3	10.3	48.6	1	0.5	11.4	58.1	142.1
	Mean	49.6	33.1	1780	299.3	12.3	164.2	1.1	0.5	11.7	69.6	253.5
	SD	16	18.7	409	282.4	6.5	339.7	0.3	0.2	2.4	34.2	580.9
Uttar Pradesh(n=54)	Median	39	30	1528	225.8	11.8	57.6	1.1	0.6	8	40.1	156.5
	Mean	42.4	38	1552	292.3	14.2	181.5	1.2	0.7	8.3	45.9	169.7
	SD	12.5	23	426	214.2	14	345.7	0.4	0.3	2.7	33.6	70.4
Andaman & Nicobar (n=24)	Median	56.5	46.4	1740	393	9.2	127.8	0.9	0.7	8.3	33.8	279.4
	Mean	65.9	47	1861	700.7	11.4	244.8	0.8	0.7	9.2	45.6	706.2
	SD	27.7	27.5	511	759.3	4.7	329.5	0.3	0.4	3.8	45.1	928.3
Assam (n=21)	Median	92.1	60.9	3003	395.1	21.7	196.8	1.9	1	16.4	44.8	332.7
	Mean	86.2	61.3	2828	475.8	21.4	353.3	1.7	1	15	65	316
	SD	31	21.7	825	307.9	9.3	458.5	0.7	0.4	5	40.1	119
Bihar (n=8)	Median	31.7	23.1	1303	201.6	9.9	51.9	0.8	0.5	7.3	33.6	136.3
	Mean	36	27	1356	247.9	13.3	96.8	1	0.6	7.7	42.8	135.4
	SD	9.7	14.4	291	168.5	9.4	111.5	0.3	0.2	1.3	26.2	42.2
New Delhi (n=12)	Median	36.3	54.8	1474	214.9	11.4	107.5	1	0.6	6.6	40	189.3
	Mean	41.1	56.1	1615	250.6	14.9	200	1.3	0.7	8.3	41.9	222.3
	SD	25.2	23.2	703	171.4	10.5	167.7	0.9	0.4	5	23.9	159
Puducherry (n=55)	Median	50.7	40.3	1715	465.5	8.9	136.8	0.8	0.6	8.9	39.5	190
	Mean	51.7	45.5	1736	571.2	11	301.4	0.9	0.6	9.5	46.7	259.2
	SD	19.6	21.5	525	353.6	9.1	477	0.4	0.2	3.7	31.9	241.5
Rajasthan (n=3)	Median	44.4	37.1	1339	283.6	8	87.6	0.5	0.7	8.2	9.6	139
	Mean	41.8	44.8	1336	270.7	9.7	89.5	0.8	0.7	7.8	20.3	120.1
	SD	6.2	27.4	361	80.3	5	76.7	0.5	0	0.9	25.4	51.9
Pooled (n=982)	Median	48.7	39.4	1796	333.5	11.1	108	1	0.6	9.4	43.1	176.4
	Mean	52.5	44.1	1870	410.7	12.8	250.5	1	0.7	10	53.7	260.5
	SD	19.8	24	588	313.3	7.6	532.6	0.5	0.3	3.9	43.4	439.1
<b>RDA-2020</b>		<b>46</b>	<b>-</b>	<b>2130*</b>	<b>1000</b>	<b>29</b>	<b>840</b>	<b>1.7</b>	<b>2.4</b>	<b>14</b>	<b>65</b>	<b>220</b>

**Table 55.2: DISTRIBUTION OF NPWL WOMEN (≥18 Yr to 59 Yrs) (MODERATE ACTIVITY) BY INTAKE OF NUTRIENTS AS PERCENT RDA**

FOODS	% RDA	STATES																
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	A & N	Assam	Bihar	New Delhi	Pudu-cherry	Rajast-han	Pooled
<b>n</b>		<b>46</b>	<b>78</b>	<b>158</b>	<b>122</b>	<b>129</b>	<b>56</b>	<b>59</b>	<b>100</b>	<b>57</b>	<b>54</b>	<b>24</b>	<b>21</b>	<b>8</b>	<b>12</b>	<b>55</b>	<b>3</b>	<b>982</b>
<b>Protein</b>	<50	19.6	14.1	5.1	13.1	9.3	17.9	6.8	1.0	7.0	11.1	4.2	0.0	37.5	33.3	10.9	0.0	9.7
	50-70	28.3	24.4	19.0	34.4	29.5	32.1	25.4	10.0	31.6	51.9	16.7	4.8	37.5	33.3	27.3	33.3	26.4
	≥70	52.2	61.5	75.9	52.5	61.2	50.0	67.8	89.0	61.4	37.0	79.2	95.2	25.0	33.3	61.8	66.7	64.0
<b>Energy</b>	<50	17.4	3.8	2.5	6.6	6.2	3.6	3.4	0.0	0.0	7.4	0.0	0.0	0.0	8.3	7.3	33.3	4.6
	50-70	19.6	21.8	9.5	18.0	14.7	28.6	18.6	4.0	17.5	31.5	16.7	0.0	75.0	41.7	21.8	33.3	17.1
	≥70	63.0	74.4	88.0	75.4	79.1	67.9	78.0	96.0	82.5	61.1	83.3	100.0	25.0	50.0	70.9	33.3	78.3
<b>Calcium</b>	<50	71.7	61.5	65.2	84.4	78.3	76.8	81.4	82.0	86.0	88.9	66.7	66.7	87.5	91.7	56.4	100.0	75.4
	50-70	15.2	24.4	14.6	13.9	15.5	19.6	8.5	6.0	8.8	5.6	4.2	14.3	12.5	8.3	23.6	0.0	13.7
	≥70	13.0	14.1	20.3	1.6	6.2	3.6	10.2	12.0	5.3	5.6	29.2	19.0	0.0	0.0	20.0	0.0	10.9
<b>Iron</b>	<50	93.5	79.5	62.7	89.3	41.9	58.9	28.8	56.0	71.9	68.5	75.0	33.3	75.0	66.7	80.0	66.7	64.8
	50-70	6.5	14.1	20.3	10.7	38.8	33.9	30.5	26.0	12.3	24.1	12.5	9.5	12.5	16.7	12.7	33.3	21.2
	≥70	0.0	6.4	17.1	0.0	19.4	7.1	40.7	18.0	15.8	7.4	12.5	57.1	12.5	16.7	7.3	0.0	14.1
<b>Vitamin-A</b>	<50	93.5	87.2	90.5	93.4	82.9	87.5	93.2	86.0	91.2	90.7	83.3	81.0	100.0	91.7	85.5	100.0	88.8
	50-70	2.2	5.1	3.2	2.5	2.3	5.4	3.4	2.0	3.5	0.0	8.3	9.5	0.0	8.3	3.6	0.0	3.3
	≥70	4.3	7.7	6.3	4.1	14.7	7.1	3.4	12.0	5.3	9.3	8.3	9.5	0.0	0.0	10.9	0.0	7.9
<b>Thiamine</b>	<50	89.1	62.8	56.3	81.1	30.2	46.4	18.6	36.0	45.6	42.6	66.7	19.0	62.5	58.3	67.3	66.7	51.9
	50-70	10.9	30.8	27.2	14.8	46.5	41.1	22.0	37.0	42.1	31.5	33.3	19.0	37.5	16.7	21.8	33.3	29.9
	≥70	0.0	6.4	16.5	4.1	23.3	12.5	59.3	27.0	12.3	25.9	0.0	61.9	0.0	25.0	10.9	0.0	18.1
<b>Riboflavin</b>	<50	100.0	100.0	93.0	100.0	100.0	98.2	89.8	100.0	100.0	98.1	95.8	76.2	100.0	91.7	100.0	100.0	97.4
	50-70	0.0	0.0	7.0	0.0	0.0	1.8	6.8	0.0	0.0	0.0	0.0	23.8	0.0	0.0	0.0	0.0	2.1
	≥70	0.0	0.0	0.0	0.0	0.0	0.0	3.4	0.0	0.0	1.9	4.2	0.0	0.0	8.3	0.0	0.0	0.5
<b>Niacin</b>	<50	30.4	19.2	10.8	21.3	19.4	44.6	11.9	0.0	0.0	29.6	20.8	0.0	12.5	50.0	18.2	0.0	17.0
	50-70	34.8	28.2	27.2	38.5	34.9	41.1	35.6	6.0	14.0	35.2	33.3	14.3	75.0	25.0	38.2	100.0	29.9
	≥70	34.8	52.6	62.0	40.2	45.7	14.3	52.5	94.0	86.0	35.2	45.8	85.7	12.5	25.0	43.6	0.0	53.1
<b>Vitamin-C</b>	<50	60.9	55.1	53.2	50.0	51.2	51.8	47.5	15.0	14.0	50.0	70.8	28.6	87.5	50.0	50.9	66.7	46.3
	50-70	8.7	23.1	12.7	21.3	17.1	14.3	23.7	14.0	31.6	16.7	8.3	23.8	0.0	25.0	21.8	33.3	17.9
	≥70	30.4	21.8	34.2	28.7	31.8	33.9	28.8	71.0	54.4	33.3	20.8	47.6	12.5	25.0	27.3	0.0	35.7
<b>Dietary Folate</b>	<50	73.9	85.9	66.5	96.7	89.9	89.3	84.7	78.0	87.7	90.7	50.0	42.9	100.0	83.3	78.2	100.0	81.7
	50-70	2.2	9.0	12.7	1.6	2.3	8.9	8.5	16.0	5.3	7.4	12.5	23.8	0.0	0.0	3.6	0.0	7.7
	≥70	23.9	5.1	20.9	1.6	7.8	1.8	6.8	6.0	7.0	1.9	37.5	33.3	0.0	16.7	18.2	0.0	10.6

**Table 56.1: AVERAGE DAILY INTAKE OF NUTRIENTS AMONG ELDERLY WOMEN (≥60 years)**

STATES		Protein (g)	Total Fat (g)	Energy (Kcal)	Calcium (mg)	Iron (mg)	Vit.-A (µg)	Thiamine (mg)	Ribo-flavin (mg)	Niacin (mg)	Vit.-C (mg)	Dietary Folate (µg)
Kerala (n=280)	Median	48	40	1504	463.7	9.1	78.6	0.7	0.6	8	36.7	203.5
	Mean	50.9	43	1589	523.7	9.9	199.3	0.8	0.7	8.6	50	526.7
	SD	20.6	19.2	482	338.3	5.4	471.5	0.4	0.3	3.8	62	775.1
Tamil Nadu (n=107)	Median	47.4	33.2	1524	431.4	9.3	143.5	0.8	0.6	8	35.8	167.8
	Mean	46.9	38.2	1574	511.3	11.6	222.7	0.8	0.6	8.2	45	201.6
	SD	17.4	19.8	519	323.2	10.3	289.6	0.4	0.3	3.3	33.4	158.3
Karnataka (n=166)	Median	52.5	40.4	1842	449	11.3	122.4	0.9	0.7	8.7	32.4	192.7
	Mean	55.9	46.9	1936	578.3	12.6	214.5	1	0.8	9.6	42	268
	SD	22.5	27.8	674	438.3	7.2	256.7	0.6	0.4	4.2	33.6	217.6
Andhra Pradesh (n=115)	Median	42.8	40.5	1563	352.1	7.9	145.6	0.7	0.6	7.4	37.4	138.7
	Mean	45	41.8	1595	401.9	8.5	212	0.8	0.6	8.3	42.9	154.9
	SD	17.2	20.7	484	218.9	3.7	242.6	0.3	0.3	4.3	34.9	80.1
Maharashtra (n=192)	Median	39.9	37.5	1388	306.2	12.6	78.7	1	0.6	7.1	35.1	169
	Mean	41.7	40.7	1454	367.2	13.1	258.7	1.1	0.6	7.5	45.5	185.5
	SD	12.4	18.6	430	256.8	5	528.7	0.3	0.2	2.5	42.9	101.1
Gujarat (n=178)	Median	34.8	51.5	1347	395.4	10.3	118.8	0.9	0.5	5.5	41.1	144.1
	Mean	38	52.9	1393	479.2	11	169.2	0.9	0.6	6	46.4	161
	SD	14.9	21.8	474	341.2	4.9	166.6	0.4	0.3	2.9	33.6	75.6
Madhya Pradesh (n=91)	Median	43.2	43.2	1556	370.5	14.4	86.4	1.3	0.7	8	33.1	169.5
	Mean	45.5	46.3	1648	401.2	15.3	167.1	1.3	0.7	7.9	41.6	177.1
	SD	17.4	23.8	612	209.2	8.3	236.5	0.5	0.3	3.2	32.4	84.8
Orissa (n=109)	Median	54.8	34.5	1859	361.1	15.3	125.3	1.1	0.7	11.8	97	212.2
	Mean	55.4	37.9	1899	426.1	16.3	427	1.2	0.8	11.8	99.1	241
	SD	16.5	17.1	450	271.2	7.1	662.5	0.4	0.3	3.1	52.5	132.5
West Bengal (n=129)	Median	46.7	38.1	1640	337.5	11.5	103.1	1	0.5	9.7	71.2	164.1
	Mean	48.9	41.7	1686	423.4	12.6	271.5	1	0.6	10	84.9	272.7
	SD	18.2	24.2	512	334	7	522.9	0.3	0.3	3.1	56.6	646.6
Uttar Pradesh(n=134)	Median	39.4	34.7	1399	262.4	11.2	49.7	1.1	0.6	7.1	32.1	139
	Mean	41.7	38	1464	302.1	12	121.1	1.1	0.6	7.5	41.5	170.5
	SD	15.7	21.6	480	170.8	5.4	218.9	0.4	0.2	2.9	33.5	127.2
Andaman & Nicobar (n=68)	Median	54	36.2	1667	317.1	10.2	108.7	0.8	0.6	9	34.6	199
	Mean	58.6	41.3	1737	409.9	11.1	182.3	0.8	0.7	10.1	42.8	523.9
	SD	24.3	23.3	570	319.2	5.1	198.6	0.3	0.2	4.5	31.9	863.3
Assam (n=70)	Median	81.1	53.5	2670	436.6	18.1	141.1	1.5	0.9	12.6	51.9	277.4
	Mean	79.4	59.5	2592	533.7	19.6	260.9	1.5	0.9	12.8	54.8	321.5
	SD	25.4	28.8	762	376.8	8.7	319.6	0.7	0.4	4.4	30.9	171.7
Bihar (n=89)	Median	38.5	29.1	1306	285.3	11.1	26.8	0.9	0.7	7.4	47.9	185.3
	Mean	42.2	31	1382	312.2	12.7	52.3	1	0.7	8	55.9	187.4
	SD	14.9	13.6	475	165.9	6.3	75.5	0.4	0.3	3	33.7	80.5
New Delhi (n=122)	Median	30.8	40.1	1214	153.6	11.1	89.7	0.9	0.5	6.2	41.1	161.2
	Mean	34	42.7	1283	215.1	11.9	216.5	1	0.5	6.5	62.8	191.6
	SD	13.7	20.1	402	165.6	5	373.3	0.4	0.2	2.1	76	131.7
Puducherry (n=173)	Median	51.3	45.3	1675	591.9	10.1	132.6	0.9	0.7	8	36.8	207.6
	Mean	54	46.5	1725	667.7	11.4	398.7	1	0.8	8.8	52.2	253.1
	SD	18.6	17.7	507	359.6	6.2	747.4	0.5	0.4	3.7	51.9	181.9
Rajasthan (n=60)	Median	37.2	55.6	1378	478.1	10.7	176	0.8	0.7	5.7	44.7	160.1
	Mean	42	62.5	1483	614.6	11.4	210.5	0.9	0.9	5.9	52	180.9
	SD	23.8	29.1	525	733.3	4.3	177.1	0.4	0.8	1.9	33.8	88.6
Pooled (n=2083)	Median	44.4	40.1	1540	372.4	10.9	101	0.9	0.6	7.8	40.2	176.4
	Mean	48	43.9	1624	455.6	12.2	228.4	1	0.7	8.4	53	263.5
	SD	20.2	22.3	573	345.3	6.6	427.9	0.5	0.3	3.7	48.8	400.1
<b>RDA-2020</b>		<b>46</b>	<b>-</b>	<b>1500*</b>	<b>1200</b>	<b>19</b>	<b>840</b>	<b>1.4</b>	<b>1.9</b>	<b>11</b>	<b>65</b>	<b>200</b>

**Table 56.2: DISTRIBUTION (%) OF ELDERLY WOMEN (≥60 years) BY INTAKE OF NUTRIENTS AS PERCENT RDA**

FOODS	% RDA	STATES																
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	A & N	Assam	Bihar	New Delhi	Pudu-cherry	Rajasth an	Pooled
n		280	107	166	115	192	178	91	109	129	134	68	70	89	122	173	60	2083
Protein	<50	13.9	18.7	7.8	19.1	18.8	32.0	23.1	6.4	17.1	26.1	5.9	1.4	19.1	50.8	10.4	26.7	18.7
	50-70	27.5	23.4	23.5	33.9	41.1	37.6	27.5	17.4	24.0	33.6	26.5	10.0	44.9	32.0	19.1	40.0	29.1
	≥70	58.6	57.9	68.7	47.0	40.1	30.3	49.5	76.1	58.9	40.3	67.6	88.6	36.0	17.2	70.5	33.3	52.1
Energy	<50	11.4	15.0	6.6	11.3	13.5	20.8	16.5	1.8	9.3	17.2	5.9	1.4	15.7	26.2	5.8	15.0	12.3
	50-70	24.3	25.2	13.9	24.3	38.0	33.7	18.7	8.3	17.8	32.8	22.1	7.1	46.1	41.0	23.1	36.7	26.2
	≥70	64.3	59.8	79.5	64.3	48.4	45.5	64.8	89.9	72.9	50.0	72.1	91.4	38.2	32.8	71.1	48.3	61.5
Calcium	<50	55.0	62.6	58.4	73.9	82.8	69.1	73.6	71.6	70.5	89.6	75.0	57.1	87.6	94.3	38.2	55.0	68.4
	50-70	24.6	17.8	15.1	14.8	8.9	17.4	16.5	16.5	14.0	6.7	11.8	15.7	9.0	4.9	23.1	20.0	15.5
	≥70	20.4	19.6	26.5	11.3	8.3	13.5	9.9	11.9	15.5	3.7	13.2	27.1	3.4	0.8	38.7	25.0	16.1
Iron	<50	82.1	77.6	62.7	91.3	59.4	74.7	47.3	38.5	62.8	67.9	75.0	24.3	67.4	72.1	71.7	73.3	67.7
	50-70	13.2	10.3	23.5	7.8	30.2	18.0	24.2	29.4	25.6	23.9	19.1	30.0	21.3	20.5	18.5	18.3	20.5
	≥70	4.6	12.1	13.9	0.9	10.4	7.3	28.6	32.1	11.6	8.2	5.9	45.7	11.2	7.4	9.8	8.3	11.9
Vitamin-A	<50	87.9	89.7	88.0	92.2	85.9	93.3	92.3	76.1	84.5	95.5	89.7	84.3	100.0	87.7	79.8	90.0	88.2
	50-70	4.3	2.8	5.4	1.7	4.2	4.5	3.3	5.5	7.8	0.7	4.4	5.7	0.0	4.1	5.2	8.3	4.2
	≥70	7.9	7.5	6.6	6.1	9.9	2.2	4.4	18.3	7.8	3.7	5.9	10.0	0.0	8.2	15.0	1.7	7.6
Thiamine	<50	80.4	77.6	59.6	75.7	49.0	66.3	31.9	30.3	57.4	43.3	70.6	24.3	58.4	62.3	60.1	63.3	59.3
	50-70	15.0	15.0	21.7	18.3	33.3	21.9	26.4	40.4	31.8	36.6	23.5	24.3	28.1	29.5	23.7	23.3	25.2
	≥70	4.6	7.5	18.7	6.1	17.7	11.8	41.8	29.4	10.9	20.1	5.9	51.4	13.5	8.2	16.2	13.3	15.5
Riboflavin	<50	98.9	97.2	89.2	98.3	100.0	96.6	97.8	99.1	97.7	100.0	98.5	82.9	96.6	99.2	93.1	95.0	96.6
	50-70	0.4	2.8	10.2	1.7	0.0	3.4	2.2	0.9	1.6	0.0	1.5	15.7	3.4	0.8	4.6	3.3	2.9
	≥70	0.7	0.0	0.6	0.0	0.0	0.0	0.0	0.0	0.8	0.0	0.0	1.4	0.0	0.0	2.3	1.7	0.5
Niacin	<50	27.1	39.3	21.7	35.7	40.1	68.5	38.5	3.7	14.0	41.0	23.5	7.1	31.5	57.4	28.9	61.7	34.2
	50-70	37.9	24.3	33.1	40.0	33.9	18.5	27.5	14.7	24.8	32.1	27.9	11.4	43.8	30.3	31.8	31.7	30.0
	≥70	35.0	36.4	45.2	24.3	26.0	12.9	34.1	81.7	61.2	26.9	48.5	81.4	24.7	12.3	39.3	6.7	35.9
Vitamin-C	<50	55.4	53.3	62.0	59.1	60.4	48.3	57.1	11.9	17.1	60.4	60.3	40.0	42.7	45.9	52.0	48.3	49.7
	50-70	18.6	15.9	12.0	21.7	16.7	24.7	19.8	15.6	14.7	14.9	8.8	12.9	11.2	14.8	19.1	15.0	16.8
	≥70	26.1	30.8	25.9	19.1	22.9	27.0	23.1	72.5	68.2	24.6	30.9	47.1	46.1	39.3	28.9	36.7	33.6
Dietary Folate	<50	62.1	83.2	70.5	94.8	88.0	94.9	89.0	70.6	79.8	90.3	69.1	52.9	87.6	86.1	69.4	91.7	79.3
	50-70	7.5	11.2	11.4	4.3	8.9	4.5	9.9	25.7	11.6	5.2	8.8	17.1	12.4	8.2	19.7	5.0	10.4
	≥70	30.4	5.6	18.1	0.9	3.1	0.6	1.1	3.7	8.5	4.5	22.1	30.0	0.0	5.7	11.0	3.3	10.3

**Table 57.1: AVERAGE DAILY INTAKE OF NUTRIENTS AMONG PREGNANT WOMEN**

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=23)	Median	63.5	47.3	1792.5	564.5	9.9	73.6	0.8	0.7	10.6	30.5	348.6
	Mean	62.9	47.7	1836.0	665.4	11.4	187.5	0.8	0.8	10.7	43.7	874.5
	SD	24.1	21.3	476.2	576.9	5.2	352.9	0.3	0.2	3.6	41.1	1138.6
TamilNadu (n=18)	Median	42.3	40.5	1663.9	387.1	9.4	157.8	0.8	0.5	8.1	55.4	174.2
	Mean	48.5	44.0	1705.8	453.8	9.8	253.2	0.9	0.6	9.2	102.6	220.8
	SD	16.8	17.3	416.7	248.7	4.4	294.4	0.3	0.2	2.8	148.8	116.3
Karnataka (n=37)	Median	65.5	47.6	2232.5	427.6	13.7	197.6	1.1	0.8	10.5	49.5	251.9
	Mean	65.3	57.0	2376.5	566.8	13.7	237.6	1.1	0.9	10.7	54.6	308.0
	SD	20.5	31.2	796.9	321.7	4.8	194.9	0.4	0.4	3.6	36.2	220.3
AndhraPradesh (n=33)	Median	43.0	37.9	1753.0	317.4	7.6	132.1	0.8	0.6	7.8	37.7	136.1
	Mean	49.7	43.4	1791.4	398.4	8.6	196.3	0.8	0.6	9.2	46.7	148.9
	SD	21.8	28.1	600.5	289.8	3.2	176.0	0.3	0.2	4.3	30.6	59.5
Maharashtra (n=31)	Median	43.1	44.1	1600.3	333.9	14.4	120.9	1.2	0.7	8.7	43.6	183.8
	Mean	49.7	46.1	1672.6	405.1	16.0	449.4	1.2	0.7	9.4	62.3	211.8
	SD	24.1	18.2	493.8	236.3	8.4	556.1	0.5	0.3	3.8	63.6	154.6
Gujarat (n=27)	Median	41.3	64.6	1647.6	389.5	11.3	150.7	0.9	0.5	6.3	50.5	172.3
	Mean	42.6	65.5	1636.7	429.3	11.2	186.9	1.0	0.6	6.5	56.7	255.9
	SD	10.9	26.9	438.1	203.0	3.8	194.2	0.3	0.3	2.1	46.0	374.6
MadhyaPradesh(n=36)	Median	53.3	56.2	1865.2	337.5	16.4	93.2	1.4	0.7	9.4	32.5	208.6
	Mean	54.8	54.5	1930.8	408.1	17.3	137.1	1.5	0.8	9.7	46.0	219.6
	SD	17.7	27.1	615.2	233.5	6.3	150.9	0.5	0.3	3.2	44.9	109.0
Orissa (n=26)	Median	62.1	38.3	2158.1	307.3	16.1	109.9	1.3	0.7	12.4	78.3	231.6
	Mean	65.4	43.7	2174.8	424.8	16.3	406.6	1.3	0.7	13.3	86.0	241.0
	SD	30.2	24.5	635.6	393.9	7.1	753.5	0.5	0.3	4.0	45.9	137.4
WestBengal (n=23)	Median	46.7	28.4	1676.8	197.5	12.8	72.3	1.2	0.6	10.3	83.0	171.0
	Mean	46.7	32.2	1612.1	261.5	12.9	221.1	1.1	0.6	10.8	82.5	196.7
	SD	16.0	15.6	484.9	165.7	5.5	319.2	0.3	0.2	3.2	29.2	87.6
UttarPradesh (n=40)	Median	43.1	35.2	1480.0	255.7	11.1	46.1	1.0	0.6	7.5	38.9	143.5
	Mean	44.2	39.4	1569.5	316.3	11.8	197.1	1.1	0.6	8.1	54.9	160.2
	SD	14.7	20.2	498.9	202.2	4.4	399.9	0.4	0.2	3.2	48.4	83.3
Andaman&Nicobar (n=16)	Median	53.4	46.7	1673.6	386.5	9.4	141.3	0.7	0.7	8.8	58.0	231.2
	Mean	59.0	48.9	1844.2	423.4	11.9	198.6	0.8	0.7	9.2	67.9	1135.2
	SD	23.9	23.5	553.2	251.0	5.0	211.5	0.3	0.3	3.1	38.7	2298.0
Assam (n=5)	Median	98.3	70.2	3293.0	375.2	22.9	119.1	1.9	0.9	17.1	86.3	347.3
	Mean	91.0	69.6	3152.7	388.7	23.0	118.6	1.9	1.0	16.9	89.5	303.3
	SD	13.3	13.1	408.3	125.1	6.7	56.1	0.2	0.3	2.4	9.6	91.6
Bihar (n=12)	Median	54.1	31.5	1692.5	230.5	13.7	26.4	1.2	0.8	9.8	51.4	226.9
	Mean	51.0	35.4	1724.5	315.7	15.7	94.6	1.3	0.8	10.0	62.4	235.2
	SD	21.8	20.6	638.9	277.7	7.8	210.6	0.6	0.4	3.5	33.3	154.4
NewDelhi (n=18)	Median	34.1	53.4	1353.6	171.7	11.9	119.3	0.9	0.5	6.7	53.9	157.7
	Mean	37.2	48.5	1441.0	187.1	12.1	211.2	1.0	0.5	7.2	56.9	202.3
	SD	12.0	19.5	396.3	80.7	3.4	248.3	0.3	0.2	2.3	35.2	116.1
Puducherry (n=13)	Median	66.6	48.1	1884.4	572.2	12.6	178.4	1.1	0.8	10.3	66.4	203.8
	Mean	59.5	49.0	1916.4	638.0	12.0	560.3	1.1	0.8	10.8	71.7	294.3
	SD	15.6	15.4	430.7	315.7	5.8	898.1	0.3	0.3	3.0	70.8	281.8
Rajasthan (n=12)	Median	41.3	79.1	1680.6	553.2	11.1	111.5	1.0	0.8	6.5	55.2	152.1
	Mean	43.4	79.6	1665.5	552.5	12.5	194.0	1.0	0.8	7.2	56.9	164.9
	SD	11.1	25.6	367.0	209.7	3.4	222.0	0.5	0.2	3.0	34.0	67.2
Pooled (n=370)	Median	48.1	44.0	1728.7	354.6	12.1	109.2	1.1	0.7	9.0	49.7	183.9
	Mean	52.9	48.8	1834.4	424.2	13.1	243.0	1.1	0.7	9.6	61.6	299.8
	SD	21.6	25.3	619.1	305.1	6.0	393.8	0.4	0.3	3.8	55.1	613.2
<b>RDA-2020</b>		<b>62</b>	<b>-</b>	<b>2010*</b>	<b>1000</b>	<b>27</b>	<b>900</b>	<b>2.0</b>	<b>2.7</b>	<b>13</b>	<b>80</b>	<b>570</b>

**Table 57.2: DISTRIBUTION (%) OF PREGNANT WOMEN BY INTAKE OF NUTRIENTS AS PERCENT RDA**

FOODS	% RDA	STATES																
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	A & N	Assam	Biha r	New Delhi	Pudu-cherry	Rajastha n	Pooled
n		23	18	37	33	31	27	36	26	23	40	16	5	12	18	13	12	370
Protein	<50	4.8	5.9	2.8	15.2	16.7	15.4	5.6	3.8	4.8	15.4	6.3	0.0	18.2	38.9	0.0	8.3	10.6
	50-70	23.8	47.1	8.3	36.4	33.3	38.5	19.4	15.4	33.3	38.5	25.0	0.0	18.2	27.8	23.1	58.3	28.3
	≥70	71.4	47.1	88.9	48.5	50.0	46.2	75.0	80.8	61.9	46.2	68.8	100.0	63.6	33.3	76.9	33.3	61.1
Energy	<50	4.8	0.0	2.8	12.1	13.3	7.7	5.6	0.0	4.8	10.3	0.0	0.0	18.2	5.6	0.0	8.3	6.4
	50-70	14.3	29.4	2.8	12.1	13.3	26.9	16.7	7.7	14.3	30.8	18.8	0.0	18.2	44.4	7.7	8.3	17.2
	≥70	81.0	70.6	94.4	75.8	73.3	65.4	77.8	92.3	81.0	59.0	81.3	100.0	63.6	50.0	92.3	83.3	76.4
Calcium	<50	52.4	58.8	63.9	72.7	73.3	69.2	75.0	65.4	85.7	82.1	75.0	80.0	81.8	100.0	46.2	41.7	71.1
	50-70	28.6	29.4	2.8	15.2	16.7	26.9	16.7	26.9	9.5	15.4	12.5	20.0	9.1	0.0	23.1	41.7	17.2
	≥70	19.0	11.8	33.3	12.1	10.0	3.8	8.3	7.7	4.8	2.6	12.5	0.0	9.1	0.0	30.8	16.7	11.7
Iron	<50	71.4	94.1	47.2	90.9	43.3	76.9	25.0	38.5	71.4	71.8	62.5	0.0	45.5	72.2	61.5	58.3	60.0
	50-70	19.0	0.0	38.9	9.1	30.0	19.2	38.9	30.8	19.0	15.4	31.3	20.0	18.2	22.2	30.8	33.3	24.2
	≥70	9.5	5.9	13.9	0.0	26.7	3.8	36.1	30.8	9.5	12.8	6.3	80.0	36.4	5.6	7.7	8.3	15.8
Vitamin-A	<50	90.5	88.2	86.1	90.9	66.7	96.2	94.4	84.6	90.5	87.2	87.5	100.0	90.9	94.4	61.5	83.3	86.9
	50-70	0.0	0.0	5.6	6.1	0.0	0.0	2.8	3.8	0.0	2.6	6.3	0.0	0.0	0.0	15.4	8.3	3.1
	≥70	9.5	11.8	8.3	3.0	33.3	3.8	2.8	11.5	9.5	10.3	6.3	0.0	9.1	5.6	23.1	8.3	10.0
Thiamine	<50	81.0	70.6	41.7	72.7	36.7	65.4	13.9	19.2	28.6	51.3	62.5	0.0	36.4	55.6	46.2	50.0	46.7
	50-70	9.5	11.8	36.1	21.2	40.0	23.1	38.9	38.5	47.6	28.2	31.3	0.0	27.3	33.3	30.8	33.3	30.3
	≥70	9.5	17.6	22.2	6.1	23.3	11.5	47.2	42.3	23.8	20.5	6.3	100.0	36.4	11.1	23.1	16.7	23.1
Riboflavin	<50	100.0	100.0	91.7	100.0	96.7	100.0	88.9	92.3	100.0	100.0	100.0	100.0	90.9	100.0	92.3	100.0	96.7
	50-70	0.0	0.0	5.6	0.0	3.3	0.0	11.1	7.7	0.0	0.0	0.0	0.0	9.1	0.0	7.7	0.0	3.1
	≥70	0.0	0.0	2.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3
Niacin	<50	9.5	11.8	5.6	27.3	23.3	57.7	13.9	3.8	4.8	33.3	18.8	0.0	9.1	50.0	0.0	50.0	21.1
	50-70	28.6	47.1	27.8	42.4	30.0	26.9	33.3	3.8	14.3	38.5	37.5	0.0	27.3	33.3	30.8	33.3	30.0
	≥70	61.9	41.2	66.7	30.3	46.7	15.4	52.8	92.3	81.0	28.2	43.8	100.0	63.6	16.7	69.2	16.7	48.9
Vitamin-C	<50	61.9	23.5	30.6	54.5	36.7	42.3	63.9	19.2	4.8	53.8	18.8	0.0	27.3	27.8	30.8	33.3	38.1
	50-70	23.8	29.4	27.8	15.2	26.7	15.4	8.3	15.4	23.8	10.3	25.0	0.0	27.3	33.3	15.4	16.7	19.4
	≥70	14.3	47.1	41.7	30.3	36.7	42.3	27.8	65.4	71.4	35.9	56.3	100.0	45.5	38.9	53.8	50.0	42.5
Dietary Folate	<50	47.6	64.7	61.1	97.0	86.7	80.8	83.3	69.2	85.7	94.9	62.5	40.0	81.8	77.8	69.2	91.7	77.8
	50-70	4.8	17.6	22.2	3.0	3.3	15.4	11.1	23.1	9.5	0.0	18.8	60.0	9.1	16.7	23.1	8.3	12.2
	≥70	47.6	17.6	16.7	0.0	10.0	3.8	5.6	7.7	4.8	5.1	18.8	0.0	9.1	5.6	7.7	0.0	10.0

**Table 58.1: AVERAGE DAILY INTAKE OF NUTRIENTS AMONG LACTATING MOTHERS**

STATES		Protein (g)	Total Fat (g)	Energy (Kcal)	Calcium (mg)	Iron (mg)	Vit.-A (µg)	Thiamine (mg)	Ribo-flavin (mg)	Niacin (mg)	Vit.-C (mg)	Dietary Folate (µg)
Kerala (n=21)	Median	64.4	54.7	1990.3	464.3	10.7	133.2	0.8	0.7	10.8	38.8	243.1
	Mean	73.3	57.6	2110.6	922.5	12.9	234.3	0.9	0.8	11.3	48.4	540.0
	SD	33.9	28.0	764.1	948.5	7.1	256.6	0.4	0.3	4.2	33.5	652.6
TamilNadu (n=26)	Median	56.6	40.0	1993.4	551.3	10.1	198.9	1.0	0.6	10.7	53.1	225.4
	Mean	59.0	48.6	1978.5	607.6	12.2	333.6	1.0	0.7	10.7	64.0	240.6
	SD	20.1	18.3	493.5	410.1	7.1	409.8	0.3	0.3	2.8	48.4	126.3
Karnataka (n=28)	Median	63.0	50.1	2513.9	596.9	12.9	238.8	1.1	0.9	11.2	42.8	235.1
	Mean	71.7	56.8	2540.1	614.0	15.5	333.7	1.2	1.0	12.5	48.5	256.6
	SD	21.8	24.4	555.8	293.6	6.8	286.5	0.5	0.3	4.8	27.4	123.2
AndhraPradesh(n=37)	Median	47.7	42.0	1967.3	292.8	9.4	187.3	0.8	0.6	9.6	43.2	154.5
	Mean	51.7	49.9	1988.2	322.6	9.8	246.6	0.9	0.6	10.4	51.8	173.8
	SD	20.8	33.3	653.6	174.6	4.4	255.8	0.4	0.2	6.6	34.4	87.2
Maharashtra (n=32)	Median	48.5	46.8	1717.7	347.1	14.1	90.0	1.2	0.7	9.3	32.5	168.1
	Mean	54.3	48.5	1782.8	350.7	15.9	237.3	1.2	0.7	9.6	35.0	175.2
	SD	25.5	17.0	386.0	148.4	7.1	399.8	0.3	0.3	2.9	23.2	64.5
Gujarat (n=31)	Median	46.6	68.3	1826.5	425.1	14.8	134.0	1.2	0.8	8.1	47.3	187.1
	Mean	50.1	70.7	1851.6	439.3	14.9	200.9	1.3	0.8	8.5	47.3	190.1
	SD	20.0	27.9	635.2	205.5	5.8	212.3	0.5	0.3	4.0	27.8	76.5
MadhyaPradesh(n=33)	Median	48.2	46.1	1737.7	338.4	16.2	93.8	1.5	0.8	8.6	43.4	162.9
	Mean	49.1	52.7	1799.8	375.6	16.2	147.1	1.5	0.8	8.9	50.5	182.4
	SD	15.6	25.6	494.3	161.2	5.5	254.7	0.5	0.3	2.6	37.6	64.0
Orissa (n=29)	Median	65.0	38.0	2194.0	402.7	14.9	183.6	1.4	0.9	14.1	99.9	250.7
	Mean	63.3	46.5	2242.9	472.2	19.8	629.3	1.4	0.9	14.2	121.1	281.4
	SD	15.2	24.4	427.1	320.1	12.6	1075.0	0.5	0.3	2.9	68.8	143.0
WestBengal (n=39)	Median	58.1	40.3	1889.1	282.6	12.4	55.5	1.3	0.6	12.9	58.0	139.9
	Mean	57.6	39.0	1929.9	392.8	13.6	176.8	1.2	0.6	13.0	69.2	179.8
	SD	17.0	15.9	435.7	342.5	5.8	374.0	0.4	0.2	3.4	38.6	120.4
UttarPradesh(n=46)	Median	42.4	31.0	1548.7	246.7	13.5	48.4	1.2	0.6	8.5	32.0	161.2
	Mean	44.7	40.0	1637.4	248.9	13.5	98.6	1.2	0.7	8.7	45.2	173.6
	SD	15.3	21.8	488.2	129.3	5.6	125.3	0.5	0.2	3.3	39.9	80.5
Andaman&Nicobar(n=32)	Median	59.4	43.2	1863.8	407.0	11.1	102.2	0.9	0.7	9.2	39.8	206.9
	Mean	65.2	47.7	1929.7	683.0	12.4	194.1	1.0	0.7	10.6	48.1	498.4
	SD	24.2	24.0	516.6	1241.7	5.5	279.3	0.4	0.2	4.2	34.8	674.2
Assam (n=8)	Median	74.0	60.3	2297.0	308.9	16.2	134.0	1.5	0.8	15.2	80.2	233.0
	Mean	77.4	60.5	2278.4	335.5	15.8	173.3	1.4	0.8	13.2	100.2	289.0
	SD	26.0	22.0	546.9	204.5	5.7	140.9	0.5	0.3	4.4	68.2	183.2
Bihar (n=4)	Median	40.8	29.0	1420.5	251.3	12.5	43.8	0.9	0.7	7.6	66.1	216.9
	Mean	47.1	30.2	1619.0	283.7	15.1	160.0	1.2	0.8	9.2	58.5	262.0
	SD	14.8	10.7	449.1	162.2	6.0	241.7	0.7	0.4	3.4	19.8	114.8
NewDelhi (n=27)	Median	32.1	47.8	1432.3	151.7	11.5	118.3	1.0	0.5	7.1	53.5	165.8
	Mean	36.6	57.2	1572.6	195.5	12.6	165.5	1.0	0.6	7.5	68.2	185.2
	SD	13.6	28.4	543.9	115.9	4.7	187.5	0.4	0.2	2.6	50.5	86.6
Puducherry (n=21)	Median	66.5	58.2	2243.4	723.5	12.5	182.6	1.0	0.8	11.3	34.0	267.5
	Mean	67.9	56.8	2078.6	779.4	17.1	351.0	1.0	0.8	11.1	43.4	531.8
	SD	17.5	18.9	502.8	479.0	14.8	380.6	0.3	0.3	2.8	35.0	717.1
Rajasthan (n=11)	Median	35.6	59.8	1443.2	432.1	11.3	160.6	1.0	0.9	5.5	44.9	155.7
	Mean	39.7	62.0	1533.4	506.2	11.9	185.6	1.0	0.8	6.5	55.8	166.2
	SD	16.7	19.5	502.7	263.7	3.3	173.4	0.3	0.3	2.4	34.8	65.4
Pooled (n=425)	Median	52.8	46.9	1886.7	343.3	12.7	115.7	1.1	0.7	9.8	45.5	190.3
	Mean	56.0	50.9	1927.9	458.6	14.2	241.3	1.2	0.7	10.4	57.5	256.9
	SD	22.5	25.1	578.4	498.7	7.5	407.9	0.4	0.3	4.2	44.7	318.7
<b>RDA-2020</b>		<b>61</b>		<b>2200*</b>	<b>1200</b>	<b>23</b>	<b>950</b>	<b>2.1</b>	<b>4.9</b>	<b>16</b>	<b>115</b>	<b>330</b>

**Table 58.2: DISTRIBUTION (%) OF LACTATING MOTHERS BY INTAKE OF NUTRIENTS AS PERCENT RDA**

FOODS	% RDA	STATES																
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	A & N	Assam	Bihar	New Delhi	Pudu-cherry	Rajasth an	Pooled
n		21	26	28	37	32	31	33	29	39	46	32	8	4	27	21	11	425
Protein	<50	4.8	3.8	0.0	13.5	3.1	16.1	12.1	0.0	5.1	17.4	3.1	0.0	0.0	44.4	0.0	27.3	10.1
	50-70	9.5	15.4	0.0	24.3	25.0	19.4	21.2	6.9	15.4	32.6	12.5	12.5	50.0	33.3	4.8	45.5	19.1
	≥70	85.7	80.8	100.0	62.2	71.9	64.5	66.7	93.1	79.5	50.0	84.4	87.5	50.0	22.2	95.2	27.3	70.8
Energy	<50	9.5	3.8	0.0	5.4	0.0	9.7	12.1	0.0	2.6	8.7	3.1	0.0	0.0	22.2	4.8	18.2	6.4
	50-70	19.0	11.5	0.0	16.2	31.3	29.0	18.2	6.9	12.8	41.3	9.4	12.5	75.0	40.7	14.3	36.4	20.9
	≥70	71.4	84.6	100.0	78.4	68.8	61.3	69.7	93.1	84.6	50.0	87.5	87.5	25.0	37.0	81.0	45.5	72.7
Calcium	<50	57.1	61.5	50.0	94.6	96.9	83.9	87.9	79.3	84.6	95.7	75.0	87.5	100.0	100.0	38.1	63.6	80.0
	50-70	4.8	23.1	35.7	2.7	3.1	9.7	12.1	10.3	5.1	4.3	9.4	12.5	0.0	0.0	19.0	27.3	10.4
	≥70	38.1	15.4	14.3	2.7	0.0	6.5	0.0	10.3	10.3	0.0	15.6	0.0	0.0	0.0	42.9	9.1	9.6
Iron	<50	52.4	61.5	32.1	59.5	18.8	35.5	21.2	13.8	41.0	34.8	50.0	25.0	25.0	48.1	38.1	63.6	38.8
	50-70	19.0	23.1	28.6	32.4	43.8	25.8	27.3	37.9	30.8	37.0	21.9	25.0	50.0	33.3	33.3	27.3	30.8
	≥70	28.6	15.4	39.3	8.1	37.5	38.7	51.5	48.3	28.2	28.3	28.1	50.0	25.0	18.5	28.6	9.1	30.4
Vitamin-A	<50	85.7	80.8	82.1	89.2	87.5	87.1	97.0	79.3	92.3	97.8	87.5	100.0	75.0	96.3	66.7	90.9	88.2
	50-70	0.0	7.7	3.6	5.4	3.1	6.5	0.0	0.0	0.0	2.2	6.3	0.0	25.0	0.0	19.0	9.1	4.0
	≥70	14.3	11.5	14.3	5.4	9.4	6.5	3.0	20.7	7.7	0.0	6.3	0.0	0.0	3.7	14.3	0.0	7.8
Thiamine	<50	61.9	57.7	42.9	70.3	21.9	45.2	24.2	24.1	30.8	39.1	62.5	37.5	75.0	66.7	57.1	63.6	45.9
	50-70	33.3	30.8	35.7	24.3	62.5	19.4	24.2	34.5	41.0	37.0	31.3	12.5	0.0	22.2	33.3	27.3	32.5
	≥70	4.8	11.5	21.4	5.4	15.6	35.5	51.5	41.4	28.2	23.9	6.3	50.0	25.0	11.1	9.5	9.1	21.6
Riboflavin	<50	100.0	92.3	89.3	100.0	100.0	100.0	100.0	96.6	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	98.6
	50-70	0.0	7.7	10.7	0.0	0.0	0.0	0.0	3.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.4
	≥70	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Niacin	<50	23.8	11.5	14.3	43.2	31.3	48.4	30.3	0.0	7.7	47.8	25.0	12.5	75.0	70.4	19.0	72.7	30.8
	50-70	33.3	50.0	35.7	24.3	43.8	29.0	51.5	13.8	23.1	34.8	43.8	25.0	0.0	22.2	28.6	27.3	32.7
	≥70	42.9	38.5	50.0	32.4	25.0	22.6	18.2	86.2	69.2	17.4	31.3	62.5	25.0	7.4	52.4	0.0	36.5
Vitamin-C	<50	66.7	61.5	67.9	62.2	87.5	74.2	63.6	10.3	48.7	76.1	71.9	37.5	25.0	55.6	66.7	72.7	62.4
	50-70	19.0	3.8	17.9	21.6	3.1	12.9	12.1	31.0	20.5	4.3	15.6	12.5	75.0	11.1	23.8	0.0	14.8
	≥70	14.3	34.6	14.3	16.2	9.4	12.9	24.2	58.6	30.8	19.6	12.5	50.0	0.0	33.3	9.5	27.3	22.8
Dietary Folate	<50	28.6	23.1	10.7	56.8	46.9	41.9	54.5	27.6	61.5	54.3	25.0	12.5	0.0	48.1	19.0	54.5	40.2
	50-70	14.3	26.9	35.7	18.9	31.3	25.8	24.2	17.2	12.8	23.9	34.4	37.5	75.0	33.3	14.3	36.4	25.2
	≥70	57.1	50.0	53.6	24.3	21.9	32.3	21.2	55.2	25.6	21.7	40.6	50.0	25.0	18.5	66.7	9.1	34.6

**Table 59.1: Frequency of Consumption (%) of Cereal based Recipes**

Cereal based Recipes	Men					Women				
	Daily*	Weekly**	Monthly***	Occasional	Never	Daily*	Weekly**	Monthly***	Occasional	Never
Rice	85.5	6.9	3.4	1.8	2.4	86.1	6.6	2.8	2.2	2.3
Fried Rice	1.3	6.6	16.9	34.3	41.1	1.3	6.9	16.3	32.5	43
Roti/Chapati (With Oil)	27.2	24.2	5.1	9.6	33.9	25.4	24.6	5.2	8	36.8
Roti/Pulka (Without oil)	31.2	4.6	2.4	6.1	55.7	31.3	4.8	2.7	6.3	54.9
Parota	4.2	16	17.8	26.3	35.7	4.3	14.9	17.7	25.9	37.2
Stuffed Parota	0.4	4.7	10.4	18.7	65.8	0.3	4.2	10.5	17.9	67.1
Nan	0.4	0.5	2.2	18.8	78.1	0.3	0.2	1.5	17.9	80.1
Puri	0.7	14.5	32.5	37.2	15.1	0.6	13.7	33.1	38	14.6
Puffed Rice	9.0	11.7	15.1	31.9	32.3	10.5	12.5	14.9	32.6	29.5
Rice Flakes	7.3	13.2	18.5	33.9	27.1	7.2	14.6	19	34.4	24.8

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month.

**Table 59.2: Frequency of Consumption (%) of Pulse based Recipes**

Pulse based Recipes	Men					Women				
	Daily*	Weekly**	Monthly***	Occasional	Never	Daily*	Weekly**	Monthly***	Occasional	Never
Plain Dhal	46.4	19.6	5.8	11.8	16.4	45.7	20.1	6.1	11.5	16.6
Dhal with GLV	18.0	19.9	13.1	14.6	34.4	16.4	18.3	14.2	13.8	37.3
Dhal with any other Vegetable	14.7	14.5	8.3	17.3	45.2	14.8	14.6	9.5	16.2	44.9
Sambar with Dhal	25.0	17.0	9.5	20.1	28.4	23.9	16.4	10.3	20.2	29.2

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month.

**Table 59.3: Frequency of Consumption (%) of Vegetable based Recipes**

Vegetable based Recipes	Men					Women				
	Daily*	Weekly**	Monthly***	Occasional	Never	Daily*	Weekly**	Monthly***	Occasional	Never
Boiled/Seasoned Vegetable curry	58.6	31.1	2.7	3.7	3.9	58.2	32.3	2.6	3.3	3.6
Vegetable Fry	23.8	24.6	12.4	11.2	28.0	22.9	23.8	14.2	9.9	29.2
Vegetable Manchuria	1.2	2.7	7.1	12.4	76.6	1.0	2.8	7.3	12.3	76.6
GLV Curry	26.9	29.4	9.0	13.3	21.4	30.0	29.3	8.6	11.9	20.2

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month.

**Table 59.4: Frequency of Consumption (%) of Non-Vegetarian Recipes**

Non-Vegetarian Recipes	Men					Women				
	Daily*	Weekly**	Monthly***	Occasional	Never	Daily*	Weekly**	Monthly***	Occasional	Never
Egg	8.7	19.7	19.9	15.0	36.7	7.4	17.5	19.3	14.2	41.6
Non-Veg.Curry (Gravy Type)	9.6	30.9	23.6	8.9	27.0	7.9	29.6	22.1	8.3	32.1
Non-Veg.Fry	3.0	13.1	15.8	19.2	48.9	2.2	12.1	14.6	18.6	52.5
Fish Curry (Gravy Type)	19.4	18.3	15.9	12.1	34.3	19.3	18.4	14.4	10.5	37.4
Fish Fry	11.5	15.5	10.9	18.7	43.4	10.9	15.2	10.5	17.5	45.9
Prawns	1.0	2.3	6.1	27.7	62.9	0.8	2.3	6.0	27.0	63.9
Non-Veg Biryani	1.4	5.8	17.8	31.7	43.3	0.7	4.7	15.6	31.9	47.1

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month.

**Table 59.5: Frequency of Consumption (%) of Breakfast Recipes**

Breakfast Recipes	Men					Women				
	Daily*	Weekly**	Monthly***	Occasional	Never	Daily*	Weekly**	Monthly***	Occasional	Never
Idly	8.7	30.6	14.6	15.8	30.3	7.9	29.7	14.4	15.6	32.4
Dosa	7.4	30.3	11.0	20.0	31.3	6.8	29.7	10.1	21.3	32.1
Upma	0.3	19.9	14.9	19.6	45.3	0.3	21.4	14.6	18.8	44.9
Vada	1.6	6.7	9.8	28.9	53.0	0.6	4.6	10.7	29.9	54.2
Bajji (All varieties)	1.0	7.1	10.5	23.7	57.7	0.7	5.1	11.0	21.9	61.3

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month.

**Table 59.6: Frequency of Consumption of (%) Milk based Recipes**

Milk based Recipes	Men					Women				
	Daily*	Weekly**	Monthly***	Occasional	Never	Daily*	Weekly**	Monthly***	Occasional	Never
Tea	83.9	1.4	0.6	2.7	11.4	82.6	1.3	0.6	3.3	12.2
Coffee	14.2	2.8	3.2	21.2	58.6	14.4	2.2	3.4	20.4	59.6
Milk	18.7	4.2	3.5	17.0	56.6	17.2	4.0	3.2	18.4	57.2
Curd	32.3	21.2	14.0	19.9	12.6	29.1	20.5	15.3	21.1	14.0
Butter Milk	17.3	11.7	7.4	20.8	42.8	17.4	10.9	7.9	20.9	42.9
Lassi	3.0	4.3	5.9	27.1	59.7	2.3	3.3	6.0	25.5	62.9
Ghee	18.3	4.6	7.3	28.2	41.6	17.7	4.6	7.2	29.5	41.0
Butter/Chees	2.3	1.5	2.7	16.9	76.6	1.9	1.4	2.9	15.7	78.1
Ice Creams	1.8	4.3	15.0	48.0	30.9	1.7	4.0	16.3	49.7	28.3

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month.

**Table 59.7: Frequency of Consumption of Bakery/Chat Recipes**

Bakery/Chat Recipes	Men					Women				
	Daily*	Weekly**	Monthly***	Occasional	Never	Daily*	Weekly**	Monthly***	Occasional	Never
Bread	8.0	10.7	18.9	35.9	26.5	7.9	10.9	20.8	35.9	24.5
Burger	0.2	0.7	2.5	6.6	90.0	0.1	0.4	2.0	5.5	92.0
Pizza	0.1	0.4	2.1	6.2	91.2	0.0	0.2	1.8	5.9	92.1
Sandwich	0.3	0.6	3.1	7.9	88.1	0.2	0.5	3.3	7.6	88.4
Veg Puffs	0.8	2.7	9.0	19.2	68.3	0.4	2.0	8.7	18.3	70.6
Non-Veg Puffs	0.7	2.0	6.6	13.4	77.3	0.3	1.4	6.3	12.1	79.9
Cakes/Pastries	0.6	1.6	6.5	52.0	39.3	0.5	1.3	6.6	52.1	39.5
Fried Chips	3.4	7.2	14.9	26.8	47.7	3.0	7.3	16.1	26.9	46.7
Bakery Biscuits	14.0	9.7	11.8	25.0	39.5	14.5	9.9	12.8	24.8	38.0
Samosa	3.1	6.5	17.3	25.6	47.6	1.3	4.7	17.3	27.1	49.7
Kachori	1.6	4.1	14.1	24.0	56.2	0.6	2.7	13.9	26.6	56.2
Panipuri	2.7	8.6	15.0	22.6	51.1	1.8	7.5	16.6	24.7	49.4
Papad	4.0	24.9	21.4	31.9	17.8	3.8	25.1	21.4	32.1	17.6

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month.

**Table 59.8: Frequency of Consumption of Fruits, Sweets and Pickles**

Fruits/Sweets/ Pickles	Men					Women				
	Daily*	Weekly**	Monthly***	Occasional	Never	Daily*	Weekly**	Monthly***	Occasional	Never
Fruits	39.7	26.0	12.2	14.0	8.1	39.5	25.6	12.7	15.0	7.2
Fruit Juices	3.4	5.5	8.8	43.4	38.9	2.6	4.3	8.7	42.6	41.8
Dry Fruits	3.6	3.1	7.4	44.3	41.6	3.7	3.0	7.5	43.8	42.0
Sweets	6.9	12.7	27.9	44.8	7.7	5.8	11.3	31.1	44.4	7.4
Pickles	9.3	26.4	16.6	28.3	19.4	9.8	26.6	16.7	28.7	18.2

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month.

**Table 60.1: PREVALENCE (%) OF NUTRITIONAL DEFICIENCY SIGNS (INFANTS)**

State	Gender	N	Nutritional Deficiency Signs			
			NAD	Emaciation	Marasmus	Conjunctival Xerosis
Kerala	Boys	54	100	0	0	0
	Girls	66	100	0	0	0
	Pooled	120	100	0	0	0
Tamil Nadu	Boys	62	100	0	0	0
	Girls	75	100	0	0	0
	Pooled	137	100	0	0	0
Karnataka	Boys	61	100	0	0	0
	Girls	81	100	0	0	0
	Pooled	142	100	0	0	0
Andhra Pradesh	Boys	76	98.7	0	1.3	5.3
	Girls	86	100	0	0	0
	Pooled	162	99.4	0	0.6	3.7
Maharashtra	Boys	91	100	0	0	0
	Girls	85	98.8	1.2	0	0
	Pooled	176	98.9	0.6	0	0
Gujarat	Boys	58	100	0	0	0
	Girls	50	100	0	0	0
	Pooled	108	100	0	0	0
Madhya Pradesh	Boys	84	100	0	0	0
	Girls	78	98.7	0	0	0
	Pooled	162	99.4	0	0	0
Orissa	Boys	61	98.4	1.6	0	4.9
	Girls	54	94.4	0	0	5.6
	Pooled	115	99.1	0.8	0	5.2
West Bengal	Boys	63	100	0	0	0
	Girls	84	100	0	0	0
	Pooled	147	100	0	0	0
Uttar Pradesh	Boys	96	100	0	0	0
	Girls	103	100	0	0	0
	Pooled	199	100	0	0	0
Andaman & Nicobar	Boys	70	100	0	0	0
	Girls	74	100	0	0	0
	Pooled	144	100	0	0	0
Assam	Boys	29	100	0	0	0
	Girls	26	100	0	0	0
	Pooled	55	100	0	0	0
Bihar	Boys	24	100	0	0	0
	Girls	37	100	0	0	0
	Pooled	61	100	0	0	0
New Delhi	Boys	21	100	0	0	0
	Girls	27	100	0	0	0
	Pooled	48	100	0	0	0
Puducherry	Boys	39	97.4	0	0	0
	Girls	43	100	0	0	0
	Pooled	82	98.8	0	0	0
Rajasthan	Boys	16	100	0	0	0
	Girls	8	100	0	0	0
	Pooled	24	100	0	0	0
<b>Pooled</b>	<b>Boys</b>	<b>901</b>	<b>99.3</b>	<b>0.1</b>	<b>0.1</b>	<b>1.0</b>
	<b>Girls</b>	<b>977</b>	<b>99.5</b>	<b>0.1</b>	<b>0</b>	<b>0.5</b>
	<b>Pooled</b>	<b>1882</b>	<b>99.4</b>	<b>0.1</b>	<b>0.1</b>	<b>0.7</b>

**Table 60.2: Prevalence (%) of Nutritional Deficiency Signs (1-5 Yr Children)**

State	Gender	N	Nutritional Deficiency Signs							
			NAD	Night Blindness	Conjunctival Xerosis	Bitot Spots	Angular Stomatitis	Glossitis	Phryno-derma	Dental Carries
Kerala	Boys	277	94.2	0	0	0	0	0	0	6.4
	Girls	264	93.6	0	0	0	0	0	0	6.4
	Pooled	541	93.9	0	0	0	0	0	0	5.9
Tamil Nadu	Boys	397	91.9	0	0	0	0	0.3	0	8.1
	Girls	360	92.8	0	0	0	0	0	0.3	7.2
	Pooled	757	92.3	0	0	0	0	0.1	0.1	7.7
Karnataka	Boys	396	86.9	0	0	0	0	0	0	14.9
	Girls	394	88.6	0	0	0	0	0	0.3	11.7
	Pooled	790	87.7	0	0	0	0	0	0.1	13.3
Andhra Pradesh	Boys	421	97.4	0	2.6	0	0.2	0	0	2.9
	Girls	373	97.1	0	3.5	0	0	0	0	2.7
	Pooled	794	97.2	0	3.0	0	0.1	0	0	2.8
Maharashtra	Boys	409	98.3	0	0	0	0	0	0	1.7
	Girls	382	97.9	0	0	0	0	0	0.5	1.6
	Pooled	791	98.1	0	0	0	0	0	0.3	1.6
Gujarat	Boys	366	96.2	0	1.4	0	0	0	0.3	3.3
	Girls	272	95.6	0	1.5	0	0	0	0	4.4
	Pooled	638	95.9	0	1.4	0	0	0	0.2	3.8
Madhya Pradesh	Boys	482	99.8	0	0	0.2	0	0	0	0
	Girls	408	100	0	0	0	0	0	0	0
	Pooled	890	99.9	0	0	0.1	0	0	0	0
Orissa	Boys	361	96.4	0	2.8	0	0.3	0	0	3.3
	Girls	295	97.3	0	2.7	0	0	0	0	3.1
	Pooled	656	96.8	0	2.7	0	0.2	0	0	3.2
West Bengal	Boys	403	91.8	0	0.2	0	0.5	0.2	0.2	6.7
	Girls	406	94.1	0	0.2	0	0	0.7	0	6.4
	Pooled	809	93.0	0	0.2	0	0.2	0.5	0.1	6.6
Uttar Pradesh	Boys	507	94.9	0.6	1.4	1.4	0	0	0.2	3.9
	Girls	443	97.1	0	0	0	0	0	0	2.9
	Pooled	950	95.9	0.3	0.7	0.7	0	0	0.1	3.5
Andaman & Nicobar	Boys	408	88.7	0	0	0	0	0	0.2	11.3
	Girls	386	91.2	0	0	0	0	0	0.8	8.0
	Pooled	794	89.9	0	0	0	0	0	0.5	9.7
Assam	Boys	141	90.1	0	2.1	0	0	0	0	8.5
	Girls	121	90.9	0	0	0	0.8	0	0	8.3
	Pooled	262	90.5	0	1.0	0	0.4	0	0	8.4
Bihar	Boys	222	100	0	0	0	0	0	0	0
	Girls	209	99.5	0	0	0	0	0	0	0.5
	Pooled	431	99.8	0	0	0	0	0	0	0.2
New Delhi	Boys	180	96.7	0	0	0	0	0	0	3.3
	Girls	206	97.1	0	0	0	0	0	0	2.9
	Pooled	386	96.9	0	0	0	0	0	0	3.1
Puducherry	Boys	3.6	89.3	0	0	0	0	0	1.3	9.8
	Girls	266	88.1	0	0	0	0	0	0.8	11.7
	Pooled	572	88.3	0	0	0	0	0	1.0	10.7
Rajasthan	Boys	139	100	0	0	0	0	0	0	0
	Girls	88	100	0	0	0	0	0	0	0
	Pooled	227	100	0	0	0	0	0	0	0
Pooled	Boys	5415	93.9	0.1	0.6	0.1	0.1	0	0.1	5.4
	Girls	4873	94.6	0	0.5	0	0	0.1	0.2	5.0
	Pooled	10288	94.2	0.1	0.6	0.1	0.1	0.1	0.2	5.2

**Table 60.3: Prevalence (%) of Nutritional Deficiency Signs (6-12 Yr Children)**

State	Gender	N	Nutritional Deficiency Signs											
			NAD	Conjunctival Xerosis	Bitot Spots	Angular Stomatitis	Cheilosis	Glossitis	Phryno-derma	Dental Carries	Dental Fluorosis	Goitre-I	Goitre-II	
Kerala	Boys	493	79.3	0	0	0	0	0	0	0	20.5	0.2	0	0
	Girls	448	76.3	0	0	0	0	0	0	1.1	21.9	0.2	0.7	0
	Pooled	941	77.9	0	0	0	0	0	0	0.5	21.1	0.2	0.3	0
Tamil Nadu	Boys	709	69.0	0	0	0	0	0	0.3	2.7	28.3	0.3	0.4	0.7
	Girls	676	71.2	0.1	0	0	0	0	0	1.8	27.4	0.1	0.6	1.2
	Pooled	1385	70.0	0.1	0	0	0	0	0.1	2.2	27.9	0.2	0.5	0.9
Karnat aka	Boys	663	63.2	0.2	0.3	0	0	0.3	0	2.3	33.0	2.7	0.6	0
	Girls	681	61.2	0	0	0	0	0	0	2.2	35.4	2.2	0.7	0.3
	Pooled	1344	62.2	0.1	0.1	0	0	0.1	0	2.2	34.2	2.5	0.7	0.1
Andhra Pradesh	Boys	649	88.1	3.7	0.3	0.2	0	0	0	1.2	9.2	0.9	0.5	0
	Girls	614	89.4	4.4	0.3	0.8	0	0	0	0.5	8.5	0.7	0	0
	Pooled	1263	88.8	4.0	0.3	0.5	0	0	0	0.9	8.9	0.8	0.2	0
Mahar ashtra	Boys	736	85.9	0.3	0.1	0.3	0.1	0	0	0.5	12.9	0.3	1.9	0.1
	Girls	633	86.1	0	0	0	0	0	0	0.3	10.7	0.2	1.9	0.6
	Pooled	1369	84.9	0.1	0.1	0.1	0.1	0	0	0.4	11.9	0.2	1.9	0.4
Gujarat	Boys	658	82.2	2.4	0	0	0	0	0	1.1	15.3	1.1	0	0
	Girls	538	84.6	2.2	0	0	0	0	0	0.4	13.0	1.9	0	0
	Pooled	1196	83.3	2.3	0	0	0	0	0	0.8	14.3	1.4	0	0
Madhya Pradesh	Boys	778	99.7	0	0	0	0	0	0	0	0.3	0	0	0
	Girls	665	99.1	0	0	0	0	0	0	0.2	0.3	0.2	0	0
	Pooled	1443	99.4	0	0	0	0	0	0	0.1	0.3	0.1	0	0
Orissa	Boys	692	85.4	4.3	0	0.1	1.0	0	0	0.3	13.3	0	0	0
	Girls	621	87.8	3.7	0	0.2	1.0	0	0	0	11.1	0.2	0	0
	Pooled	1313	86.5	4.0	0	0.2	1.0	0	0	0.2	12.3	0.1	0	0
West Bengal	Boys	734	73.9	0.3	0.3	0.3	0	0	0.1	1.6	24.3	0	0.1	0
	Girls	779	72.5	0.4	0.3	0	0	0	0.1	1.0	24.9	0.4	0.5	0
	Pooled	1513	73.2	0.3	0.3	0.1	0	0	0.1	1.3	24.6	0.2	0.3	0
Uttar Pradesh	Boys	1021	76.2	2.2	2.2	0	0	0	0	0.7	21.6	0	0	0
	Girls	917	79.5	1.9	1.9	0	0	0	0	0.5	18.5	0.1	0	0
	Pooled	1938	77.8	2.0	2.0	0	0	0	0	0.6	20.2	0.1	0	0
Andaan & Nicoba	Boys	782	70.7	0	0	0	0	0	0	3.5	26.6	0	0	0
	Girls	736	68.5	0	0	0	0	0	0	2.4	29.8	0	0	0.3
	Pooled	1518	69.6	0	0	0	0	0	0	3.0	28.0	0	0	0.1
Assam	Boys	221	81.9	0.5	0.5	0	0	0	0	0	17.2	0.5	0	0
	Girls	187	75.4	0	0	0	0	0	0	0	24.6	0	0	0
	Pooled	408	78.9	0.2	0.2	0	0	0	0	0	20.6	0.2	0	0
Bihar	Boys	728	98.5	0	0	0.3	0	0	0	0	0.8	0.4	0.1	0
	Girls	575	98.6	0	0	0.2	0	0	0	0	0.9	0	0.3	0
	Pooled	1303	98.6	0	0	0.2	0	0	0	0	0.8	0.2	0.2	0
New Delhi	Boys	372	86.0	0	0	0.3	0	0	0	0	13.7	0	0	0
	Girls	337	86.9	0	0	0	0	0	0	0	12.2	0	0.6	0.3
	Pooled	709	86.5	0	0	0.1	0	0	0	0	13.0	0	0.3	0.1
Puduc herry	Boys	565	56.3	0	0	0	0	0	0	17.0	28.1	0	6.5	0.2
	Girls	578	62.5	0	0	0	0	0	0	5.7	31.7	0.3	2.4	0.5
	Pooled	1143	59.4	0	0	0	0	0	0	11.3	29.9	0.2	4.5	0.3
Rajast han	Boys	309	100	0	0	0	0	0	0	0	0	0	0	0
	Girls	288	100	0	0	0	0	0	0	0	0	0	0	0
	Pooled	597	100	0	0	0	0	0	0	0	0	0	0	0
Pooled	Boys	10110	80.1	1.0	0.3	0.1	0.1	0	0	1.9	17.1	0.4	0.6	0.1
	Girls	9273	80.2	0.9	0.2	0.1	0.1	0	0	1.1	17.7	0.4	0.5	0.2
	Pooled	19383	80.2	0.9	0.3	0.1	0.1	0.1	0	1.6	17.4	0.4	0.6	0.1

**Table 60.4: Prevalence (%) of Nutritional Deficiency Signs (12-17 Yr Adolescents)**

State	Gender	N	Nutritional Deficiency Signs								
			NAD	Conjunctival Xerosis	Bitot Spots	Angular Stomatitis	Phryno derma	Dental Carries	Dental Fluorosis	Goitre - I	Goitre- II
Kerala	Boys	444	87.6	0	0	0	0.7	11.9	0	0.5	0
	Girls	489	81.4	0	0	0	1.4	12.3	0	5.9	0
	Pooled	933	84.4	0	0	0	1.1	12.1	0	3.3	0
Tamil Nadu	Boys	569	81.2	0	0.2	0.2	3.5	16.2	0.7	0.7	0.2
	Girls	582	79.4	0	0	0	1.2	17.4	0.5	2.2	1.5
	Pooled	1151	80.3	0	0.1	0.1	2.3	16.8	0.6	1.2	1.1
Karnataka	Boys	538	76.4	0.2	0.2	0	0.7	19.3	3.7	1.1	0
	Girls	564	66.5	0.2	0.2	0.2	2.7	25.7	3.7	1.6	0.5
	Pooled	1102	71.3	0.2	0.2	0.1	1.7	22.6	3.7	1.4	0.3
Andhra Pradesh	Boys	549	90.5	4.0	0	0.5	0.2	6.0	2.6	0.2	0.2
	Girls	557	91.2	3.9	0	0.5	0.5	4.1	2.7	1.1	0.4
	Pooled	1106	90.9	4.0	0	0.5	0.4	5.1	2.6	0.6	0.3
Maharashtra	Boys	666	96.2	0	0	0.6	0.6	1.5	0	1.4	0
	Girls	612	96.4	0	0	0	0.2	1.1	0.3	1.5	0.5
	Pooled	1278	96.3	0	0	0.3	0.4	1.3	0.2	1.4	0.2
Gujarat	Boys	540	89.3	1.1	0	0	2.0	5.9	3.0	0	0.2
	Girls	504	94.2	2.8	0	0	0.2	4.4	1.0	0	0
	Pooled	1044	91.7	1.9	0	0	1.1	5.2	2.0	0	0.1
Madhya Pradesh	Boys	661	99.4	0	0	0	0	0.3	0.3	0	0
	Girls	655	99.2	0	0	0	0	0.3	0.5	0	0
	Pooled	1316	99.3	0	0	0	0	0.3	0.4	0	0
Orissa	Boys	437	97.3	3.2	0.2	0	0	3.0	0	0	0
	Girls	496	92.9	2.6	0	0	0.2	5.6	0.4	0.2	0.2
	Pooled	933	95.0	2.9	0.1	0	0.1	4.4	0.2	0.1	0.1
West Bengal	Boys	612	83.5	0.5	0.2	0.2	1.1	14.9	0	0.7	0
	Girls	641	85.4	0.2	0.2	0	1.4	13.9	0.2	1.1	0.3
	Pooled	1253	84.4	0.3	0.2	0.1	1.3	14.4	0.1	0.9	0.2
Uttar Pradesh	Boys	874	87.5	1.0	0.8	0.2	0.2	11.2	0	0	0
	Girls	1019	86.7	0.6	0.7	0	0.1	12.1	0	0.1	0.2
	Pooled	1893	87.1	0.8	0.7	0.1	0.2	11.7	0	0.1	0.1
Andaman & Nicobar	Boys	705	85.7	0	0	0	2.7	11.8	0	0.1	0.1
	Girls	665	75.5	0	0	0	5.4	19.2	0	0.8	0.2
	Pooled	1370	80.7	0	0	0	4.0	15.4	0	0.4	0.1
Assam	Boys	153	83.7	0	0	0	0	16.3	0	0	0
	Girls	157	86.6	0	0	0	0	12.1	0	0	0.6
	Pooled	310	85.2	0	0	0	0	14.2	0	0	0.3
Bihar	Boys	740	99.4	0	0	0.1	0	0.4	0	0.1	0
	Girls	707	99.8	0	0	0	0.1	0.1	0	0	0
	Pooled	1447	99.5	0	0	0.1	0.1	0.3	0	0.1	0
New Delhi	Boys	357	90.5	0	0	0	0	9.2	0.3	0	0
	Girls	313	92.7	0	0	0	0	6.7	0.6	0	1.0
	Pooled	670	91.0	0	0	0	0	8.1	0.4	0	0.4
Puducherry	Boys	502	64.7	0	0	0	18.1	14.9	0	3.6	0.4
	Girls	461	79.0	0	0	0.2	0.9	18.9	0	0.9	0.9
	Pooled	963	71.5	0	0	0.1	9.9	16.8	0	2.3	0.6
Rajasthan	Boys	348	100	0	0	0	0	0	0	0	0
	Girls	354	99.7	0.3	0	0	0	0	0	0	0
	Pooled	702	99.9	0.1	0	0	0	0	0	0	0
Pooled	Boys	<b>8695</b>	<b>88.3</b>	<b>0.6</b>	<b>0.1</b>	<b>0.1</b>	<b>1.9</b>	<b>8.6</b>	<b>0.7</b>	<b>0.5</b>	<b>0.1</b>
	Girls	<b>8776</b>	<b>87.2</b>	<b>0.7</b>	<b>0.1</b>	<b>0.1</b>	<b>1.0</b>	<b>9.8</b>	<b>0.6</b>	<b>0.9</b>	<b>0.4</b>
	Pooled	<b>17471</b>	<b>87.7</b>	<b>0.6</b>	<b>0.1</b>	<b>0.1</b>	<b>1.4</b>	<b>9.2</b>	<b>0.6</b>	<b>0.7</b>	<b>0.3</b>

**Table 60.5: Prevalence (%) of Nutritional Deficiency Signs (Adults)**

State	Gender	N	Nutritional Deficiency Signs										
			NAD	Angular Stomatitis	Glossitis	Phrynoderma	Koilonychia	Bleeding Gums	Dental Carries	Dental Fluorosis	Goitre I	Goitre II	Pallor
Kerala	Male	3342	89.6	0	0	0	0	0	10.2	0	0.1	0	0
	Female	4714	68.1	0	0	3.9	0	0	24.9	0	5.4	1.3	0
	Pooled	8056	77.0	0	0	2.3	0	0	18.8	0	3.2	0.7	0
Tamil Nadu	Male	3808	57.6	0.2	0.2	0.6	0	0	42.4	0.4	0.1	0.2	0
	Female	4704	52.3	0.2	0	0.8	0	0	46.4	0.6	1.4	1.1	0.3
	Pooled	8512	54.6	0.2	0.1	0.7	0	0	44.6	0.5	0.8	0.7	0.2
Karnataka	Male	3659	58.6	0.1	0.2	1.0	0.4	0.1	37.3	3.0	0.4	0.1	0.6
	Female	4931	46.3	0.1	0	4.9	0.2	0	46.7	2.8	2.0	0.4	2.7
	Pooled	8590	51.5	0.1	0.1	3.2	0.3	0	42.7	2.9	1.3	0.3	1.8
Andhra Pradesh	Male	3772	86.5	0	0	0.1	0	0.1	12.4	1.2	0.2	0	0.2
	Female	4678	79.7	0.1	0	0.4	0	0	16.8	2.9	1.9	0.2	0.2
	Pooled	8450	82.8	0	0	0.3	0	0	14.8	2.1	1.1	0.1	0.2
Maharashtra	Male	4264	98.6	0	0.2	0	0.1	0	0.3	0	0	0	0.8
	Female	5195	95.4	0.1	0.5	0.2	0.2	0	0.3	0	0.2	0.4	2.9
	Pooled	9459	96.8	0.1	0.4	0.1	0.1	0	0.3	0	0.1	0.2	2.0
Gujarat	Male	3579	91.0	0	0	0.1	0	0	6.8	2.1	0	0	0.2
	Female	5022	87.0	0	0	0.1	0	0	11.0	1.8	0	0.1	0.1
	Pooled	8601	89.7	0	0	0.1	0	0	9.2	1.9	0	0	0.1
Madhya Pradesh	Male	4155	99.7	0	0	0	0	0	0.1	0	0	0	0.2
	Female	5013	98.5	0	0	0	0	0	0.4	0.2	0.1	0.2	0.6
	Pooled	9168	99.1	0	0	0	0	0	0.3	0.1	0	0.1	0.4
Orissa	Male	3015	97.6	0.2	0	0.1	0.1	0	2.2	0	0	0	0.9
	Female	4495	90.1	0.1	0.1	0.3	0	0.1	3.9	0.1	0.2	0.1	5.7
	Pooled	7430	93.2	0.1	0.1	0.2	0	0	3.2	0	0.2	0.1	3.7
West Bengal	Male	3453	59.3	0.1	0.3	0.3	0	0	38.4	0.4	0.7	0	3.0
	Female	4838	57.0	0.1	0.6	0.5	0	0	32.7	0.3	3.3	0.3	13.2
	Pooled	8291	57.9	0.1	0.5	0.4	0	0	35.0	0.3	2.2	0.2	8.9
Uttar Pradesh	Male	3241	85.0	0	0	0.1	0	0	14.9	0	0	0	0
	Female	4609	77.5	0	0	0.1	0	0	22.5	0	0	0.2	0.1
	Pooled	7850	80.4	0	0	0.1	0	0	19.4	0	0	0.1	0.1
Andaman & Nicobar	Male	4372	81.7	0	0	3.7	0	0.1	15.0	0	0.1	0.1	0.1
	Female	4779	69.9	0	0	10.6	0	0	21.6	0	0.7	0.7	0.1
	Pooled	9151	75.5	0	0	7.3	0	0	18.4	0	0.4	0.4	0.1
Assam	Male	1624	81.7	0	0	0	0	1.4	17.1	0	0	0.1	0.2
	Female	2541	72.1	0	0	0	0	2.0	25.3	0	0.8	1.0	0.4
	Pooled	4165	75.9	0	0	0	0	1.8	22.1	0	0.5	0.6	0.3
Bihar	Male	2836	99.8	0	0	0	0	0	0.1	0	0	0	0.1
	Female	2879	99.6	0	0	0	0	0	0.1	0	0.1	0.1	0.1
	Pooled	5715	99.7	0	0	0	0	0	0.1	0	0	0.1	0.1
New Delhi	Male	2393	79.1	0	0	0	0	0	20.9	0	0	0.1	0.4
	Female	3557	69.4	0	0	0	0	0	29.4	0	0.4	0.7	0.2
	Pooled	5950	72.9	0	0	0	0	0	26.0	0	0.3	0.5	0.3
Puducherry	Male	3758	53.9	0.1	0	8.1	0	0.1	38.8	0.1	0.8	0.2	2.4
	Female	4719	56.6	0	0	1.8	0	0	39.8	0	3.3	1.5	0.9
	Pooled	8477	55.4	0	0	4.6	0	0	39.4	0	2.2	0.9	1.6
Rajasthan	Male	2710	100	0	0	0	0	0	0	0	0	0	0
	Female	3263	100	0	0	0	0	0	0	0	0	0	0
	Pooled	5973	100	0	0	0	0	0	0	0	0	0	0
Pooled	Male	53981	82.0	0.1	0.1	1.0	0	0.1	16.3	0.5	0.2	0.1	0.6
	Female	69857	75.4	0.1	0.1	1.6	0	0.1	20.6	0.6	1.3	0.5	1.9
	Pooled	123838	78.2	0.1	0.1	1.4	0	0.1	18.8	0.5	0.8	0.3	1.3

**Table 61.1: Mean Anthropometric Measurements by age groups**

States	N	Height (cm)							Weight (kg)							
		Age Groups (Yrs)	<1yr	1-4 yrs	5-11 yrs	12-17 yrs	18-34 yrs	35-60 yrs	60+ yrs	<1yr	1-4 yrs	5-11 yrs	12-17 yrs	18-34 yrs	35-60 yrs	60+ yrs
Kerala	10565		63.7	89.6	126.7	157.2	161.0	158.1	154.0	6.9	12.2	25.1	47.8	60.5	64.3	57.6
Tamil Nadu	11892		67.7	91.4	126.3	156.9	160.4	158.5	156.5	7.4	12.5	24.9	46.6	60.8	65.0	60.7
Karnataka	11932		65.7	89.1	123.7	154.7	159.2	157.4	155.4	6.8	11.8	22.9	43.6	57.5	62.4	58.2
Andhra Pradesh	11685		64.1	90.4	125.0	157.3	160.8	159.2	157.9	6.9	12.0	23.4	44.6	58.4	64.3	60.5
Maharashtra	13065		65.2	88.3	123.4	154.7	159.4	157.1	155.3	6.7	11.6	22.7	44.0	56.8	62.1	58.9
Gujarat	11577		66.2	89.3	125.2	155.9	159.9	158.2	155.7	7.1	12.0	24.4	46.8	58.8	65.7	62.2
Madhya Pradesh	12961		65.3	88.3	122.9	154.3	159.2	158.0	156.6	6.9	11.6	22.3	43.0	54.8	60.6	56.9
Odisha	10443		63.4	89.2	123.3	151.6	155.5	155.5	153.4	6.9	12.2	24.0	43.8	55.2	59.5	55.1
West Bengal	11955		65.9	88.7	122.2	151.9	155.8	155.2	153.6	7.0	11.9	22.7	42.3	53.8	57.0	52.1
Uttar Pradesh	12810		64.2	87.7	121.8	151.4	156.7	155.8	154.9	6.3	11.3	21.6	41.0	52.3	57.8	53.7
Andaman & Nicobar	12864		66.3	91.6	126.2	155.5	159.5	159.3	158.1	7.1	12.7	25.3	46.1	58.8	64.1	60.7
Assam	5160		65.7	91.0	124.0	153.5	155.3	155.5	155.1	7.0	12.4	24.5	45.3	55.0	58.6	55.6
Bihar	8938		65.5	89.8	123.2	152.1	157.9	156.9	156.3	7.0	12.1	22.3	41.6	54.5	59.8	58.1
New Delhi	7711		67.9	88.7	122.8	153.8	157.4	156.2	155.1	7.3	12.0	24.1	45.5	57.8	64.2	59.1
Puducherry	11184		67.9	93.6	127.4	156.6	160.4	157.8	154.8	7.3	13.0	25.7	47.2	62.8	65.7	60.8
Rajasthan	7411		67.5	91.9	126.5	157.8	161.2	159.3	159.5	7.1	12.5	25.0	47.6	60.4	66.3	66.2
Pooled	Males	78726	66.1	90.2	124.6	157.8	167.1	165.0	162.4	7.2	12.3	23.7	45.6	62.5	66.1	61.9
	Females	93427	64.8	89.1	123.8	151.2	153.0	151.6	148.5	6.7	11.8	23.5	43.2	53.6	59.7	55.3
	States Pooled	172153	65.4	89.7	124.2	154.5	158.8	157.5	155.5	6.9	12.0	23.6	44.4	57.3	62.5	58.6

**Table 61.2: Mean Anthropometric Measurements by age groups**

States	N	MUAC (cm)							FFT at Triceps (mm)							
		Age Groups (Yrs)	<1yr	1-4 yrs	5-11 yrs	12-17 yrs	18-34 yrs	35-60 yrs	60+ yrs	<1yr	1-4 yrs	5-11 yrs	12-17 yrs	18-34 yrs	35-60 yrs	60+ yrs
Kerala	10565		13.8	15.0	18.2	23.6	27.8	29.2	26.9	8.9	8.1	10.0	13.9	17.2	18.3	15.5
Tamil Nadu	11892		13.9	15.3	18.3	23.2	28.1	29.5	27.9	9.0	8.4	10.2	13.0	17.5	18.5	16.4
Karnataka	11932		13.6	14.7	17.4	22.3	26.9	28.5	26.9	9.0	8.6	9.3	12.1	15.8	17.5	14.9
Andhra Pradesh	11685		13.4	14.6	17.3	22.3	26.8	28.7	27.0	8.7	8.9	10.0	12.9	17.6	19.7	16.5
Maharashtra	13065		13.4	14.7	17.4	22.5	26.6	28.4	27.1	9.4	9.4	9.6	12.5	15.9	18.2	15.8
Gujarat	11577		13.7	14.7	17.7	23.0	26.8	29.0	27.9	9.4	8.8	10.0	13.5	17.5	21.1	18.0
Madhya Pradesh	12961		13.5	14.7	16.9	21.9	25.8	27.5	26.3	10.0	9.4	9.0	11.9	15.0	17.2	15.1
Odisha	10443		13.3	14.4	17.2	22.0	25.7	26.8	25.2	10.4	9.7	10.5	13.3	16.7	17.8	14.5
West Bengal	11955		13.2	14.3	16.8	21.3	24.6	25.6	23.8	9.4	9.3	8.8	10.0	12.2	13.4	10.9
Uttar Pradesh	12810		13.3	14.6	16.7	21.7	25.6	27.5	25.6	8.1	8.1	7.8	11.0	14.7	17.2	13.4
Andaman & Nicobar	12864		13.6	14.9	17.9	22.6	26.5	27.9	26.9	8.6	9.1	10.7	13.3	16.0	16.7	14.7
Assam	5160		13.8	14.7	17.7	22.4	25.6	26.6	25.1	9.1	8.7	10.1	12.5	15.1	15.5	13.2
Bihar	8938		13.3	14.5	16.5	21.2	24.8	26.3	25.7	9.8	9.6	9.7	12.3	15.1	16.9	15.3
New Delhi	7711		12.5	14.3	17.1	22.3	26.2	28.0	26.3	8.8	9.1	9.3	12.1	16.2	19.3	16.0
Puducherry	11184		13.2	14.5	17.6	22.4	27.1	28.3	26.6	7.7	8.3	10.6	14.0	19.7	20.7	17.7
Rajasthan	7411		13.8	14.8	17.4	23.0	26.8	28.6	28.0	9.3	8.5	9.7	13.2	17.2	19.6	17.0
Pooled	Males	78726	13.7	14.8	17.2	22.3	27.2	27.9	26.4	9.1	8.7	9.0	10.3	12.2	13.1	12.4
	Females	93427	13.2	14.6	17.4	22.2	25.8	28.0	26.7	9.1	9.1	10.3	14.6	18.9	21.9	18.6
	States Pooled	172153	13.5	14.7	17.3	22.3	26.4	28.0	26.6	9.1	8.9	9.6	12.5	16.1	18.0	15.5

**Table 62.1: Distribution (%) of <5 Yr. Children (Boys+Girls) by different forms of Undernutrition\***

State	Age Group	n	Weight for Age			Height for Age		Weight for Height	
			Underweight	Normal	OW & Obesity	Stunting	Normal	Wasting	Normal
Kerala	0-12	120	8.4	86.6	5.0	30.2	69.8	10.3	89.7
	12-36	281	18.8	76.6	4.6	29.0	71.0	10.0	90.0
	36-60	258	19.0	77.1	3.9	13.9	86.1	15.1	84.9
	0-36	401	15.7	79.6	4.7	29.3	70.7	10.0	90.0
	12-60	539	18.9	76.8	4.3	21.8	78.2	12.4	87.6
	<b>0-60</b>	<b>659</b>	<b>17.0</b>	<b>78.6</b>	<b>4.4</b>	<b>23.3</b>	<b>76.7</b>	<b>12.0</b>	<b>88.0</b>
Tamil Nadu	0-12	136	8.8	72.8	18.4	8.1	91.9	17.8	82.2
	12-36	366	18.9	75.7	5.4	23.3	76.7	13.5	86.5
	36-60	387	16.6	79.5	3.9	10.9	89.1	14.5	85.5
	0-36	502	16.1	74.9	9.0	19.3	80.7	14.6	85.4
	12-60	753	17.7	77.6	4.7	16.9	83.1	14.0	86.0
	<b>0-60</b>	<b>889</b>	<b>16.3</b>	<b>76.9</b>	<b>6.8</b>	<b>15.6</b>	<b>84.4</b>	<b>14.6</b>	<b>85.4</b>
Karnataka	0-12	141	19.1	78.1	2.8	18.4	81.6	20.8	79.2
	12-36	390	21.8	75.6	2.6	34.5	65.5	9.0	91.0
	36-60	401	30.7	67.4	1.9	28.3	71.7	16.8	83.2
	0-36	531	21.1	76.2	2.7	30.2	69.8	12.1	87.9
	12-60	791	26.3	71.5	2.2	31.3	68.7	12.9	87.1
	<b>0-60</b>	<b>932</b>	<b>25.3</b>	<b>72.4</b>	<b>2.3</b>	<b>29.4</b>	<b>70.6</b>	<b>14.1</b>	<b>85.9</b>
Andhra Pradesh	0-12	163	11.7	80.3	8.0	26.1	73.9	13.0	87.0
	12-36	382	22.5	74.6	2.9	26.9	73.1	10.8	89.2
	36-60	406	28.8	68.7	2.5	18.9	81.1	23.4	76.6
	0-36	545	19.3	76.3	4.4	26.7	73.3	11.4	88.6
	12-60	788	25.8	71.5	2.7	22.8	77.2	17.3	82.7
	<b>0-60</b>	<b>951</b>	<b>23.3</b>	<b>73.2</b>	<b>3.5</b>	<b>23.3</b>	<b>76.7</b>	<b>16.6</b>	<b>83.4</b>
Maharashtra	0-12	175	20.5	72.1	7.4	24.6	75.4	17.0	83.0
	12-36	369	33.0	65.1	1.9	40.5	59.5	14.3	85.7
	36-60	419	34.1	64.7	1.2	38.7	61.3	14.9	85.1
	0-36	544	29.1	67.2	3.7	35.4	64.6	15.2	84.8
	12-60	788	33.7	64.6	1.7	39.5	60.5	14.7	85.3
	<b>0-60</b>	<b>963</b>	<b>31.2</b>	<b>66.2</b>	<b>2.6</b>	<b>36.9</b>	<b>63.1</b>	<b>15.1</b>	<b>84.9</b>
Gujarat	0-12	108	13.0	78.7	8.3	15.0	85.0	14.0	86.0
	12-36	284	22.6	75.6	1.8	38.6	61.4	10.0	90.0
	36-60	353	25.5	72.8	1.7	33.7	66.3	11.0	89.0
	0-36	392	19.9	76.5	3.6	32.4	67.6	11.1	88.9
	12-60	637	24.2	74.1	1.7	35.9	64.1	10.6	89.4
	<b>0-60</b>	<b>745</b>	<b>22.6</b>	<b>74.7</b>	<b>2.7</b>	<b>33.0</b>	<b>67.0</b>	<b>11.0</b>	<b>89.0</b>
Madhya Pradesh	0-12	163	17.8	69.3	12.9	14.1	85.9	22.0	78.0
	12-36	461	32.9	64.2	2.9	38.5	61.5	21.1	78.9
	36-60	429	37.0	61.8	1.2	36.8	63.2	16.8	83.2
	0-36	624	29.1	65.4	5.5	32.1	67.9	21.3	78.7
	12-60	890	35.0	63.0	2.0	37.7	62.3	19.0	81.0
	<b>0-60</b>	<b>1053</b>	<b>32.3</b>	<b>64.0</b>	<b>3.7</b>	<b>34.1</b>	<b>65.9</b>	<b>19.4</b>	<b>80.6</b>
Orissa	0-12	115	9.5	80.9	9.6	27.8	72.2	8.7	91.3
	12-36	323	20.4	74.1	5.5	34.4	65.6	6.5	93.5
	36-60	334	28.5	67.0	4.5	33.6	66.4	10.2	89.8
	0-36	438	17.6	75.8	6.6	32.7	67.3	7.1	92.9
	12-60	657	24.5	70.5	5.0	34.0	66.0	8.4	91.6
	<b>0-60</b>	<b>772</b>	<b>22.3</b>	<b>72.0</b>	<b>5.7</b>	<b>33.0</b>	<b>67.0</b>	<b>8.4</b>	<b>91.6</b>
West Bengal	0-12	145	15.8	75.2	9.0	21.2	78.8	15.2	84.8
	12-36	378	23.8	73.0	3.2	43.0	57.0	8.6	91.4
	36-60	432	29.6	68.1	2.3	31.5	68.5	12.0	88.0
	0-36	523	21.6	73.6	4.8	36.9	63.1	10.5	89.5
	12-60	810	26.9	70.4	2.7	36.9	63.1	10.4	89.6
	<b>0-60</b>	<b>955</b>	<b>25.2</b>	<b>71.1</b>	<b>3.7</b>	<b>34.4</b>	<b>65.6</b>	<b>11.1</b>	<b>88.9</b>

\*WHO Standards

(Contd....)

**Table 62.1: Distribution (%) of <5 Yr. Children (Boys+ Girls) by different forms of Undernutrition\***  
(Contd.)

State	Age Group	n	Weight for Age			Height for Age		Weight for Height	
			Underweight	Normal	OW & Obesity	Stunting	Normal	Wasting	Normal
Uttar Pradesh	0-12	198	35.3	61.2	3.5	24.1	75.9	31.3	68.7
	12-36	437	41.8	56.2	2.0	42.4	57.6	30.7	69.3
	36-60	508	48.2	49.8	2.0	45.9	54.1	26.2	73.8
	0-36	635	39.9	57.5	2.6	36.7	63.3	30.9	69.1
	12-60	945	45.3	52.7	2.0	44.3	55.7	28.3	71.7
	<b>0-60</b>	<b>1143</b>	<b>43.6</b>	<b>54.2</b>	<b>2.2</b>	<b>40.8</b>	<b>59.2</b>	<b>28.8</b>	<b>71.2</b>
Andaman & Nicobar	0-12	138	14.4	76.9	8.7	14.7	85.3	12.1	87.9
	12-36	371	18.9	74.6	6.5	19.9	80.1	13.6	86.4
	36-60	419	19.3	74.3	6.4	17.6	82.4	12.5	87.5
	0-36	509	17.7	75.2	7.1	18.6	81.4	13.2	86.8
	12-60	790	19.1	74.5	6.4	18.6	81.4	13.0	87.0
	<b>0-60</b>	<b>928</b>	<b>18.4</b>	<b>74.8</b>	<b>6.8</b>	<b>18.1</b>	<b>81.9</b>	<b>12.9</b>	<b>87.1</b>
Assam	0-12	54	11.1	74.0	14.9	12.6	87.4	22.9	77.1
	12-36	136	24.2	69.2	6.6	21.3	78.7	14.0	86.0
	36-60	124	20.2	73.3	6.5	21.9	78.1	9.3	90.7
	0-36	190	20.5	70.5	9.0	18.9	81.1	16.5	83.5
	12-60	260	22.3	71.1	6.6	21.5	78.5	11.6	88.4
	<b>0-60</b>	<b>314</b>	<b>20.4</b>	<b>71.7</b>	<b>7.9</b>	<b>20.1</b>	<b>79.9</b>	<b>13.5</b>	<b>86.5</b>
Bihar	0-12	58	24.1	60.4	15.5	24.1	75.9	27.5	72.5
	12-36	147	28.6	65.3	6.1	36.8	63.2	14.9	85.1
	36-60	280	23.9	73.6	2.5	29.6	70.4	12.5	87.5
	0-36	205	27.3	63.9	8.8	33.3	66.7	18.3	81.7
	12-60	427	25.6	70.7	3.7	32.1	67.9	13.3	86.7
	<b>0-60</b>	<b>485</b>	<b>25.4</b>	<b>69.4</b>	<b>5.2</b>	<b>31.2</b>	<b>68.8</b>	<b>14.8</b>	<b>85.2</b>
New Delhi	0-12	48	14.6	64.5	20.9	15.2	84.8	22.2	77.8
	12-36	183	16.9	77.1	6.0	31.6	68.4	14.4	85.6
	36-60	201	29.4	70.1	0.5	44.6	55.4	12.0	88.0
	0-36	231	16.5	74.4	9.1	28.3	71.7	16.0	84.0
	12-60	384	23.4	73.5	3.1	38.5	61.5	13.1	86.9
	<b>0-60</b>	<b>432</b>	<b>22.5</b>	<b>72.4</b>	<b>5.1</b>	<b>36.0</b>	<b>64.0</b>	<b>14.1</b>	<b>85.9</b>
Puducherry	0-12	80	10.0	81.2	8.8	6.3	93.7	28.2	71.8
	12-36	239	12.6	79.5	7.9	12.6	87.4	11.0	89.0
	36-60	330	16.4	79.1	4.5	12.1	87.9	17.2	82.8
	0-36	319	11.9	80.0	8.1	11.0	89.0	15.3	84.7
	12-60	569	14.8	79.2	6.0	12.3	87.7	14.6	85.4
	<b>0-60</b>	<b>649</b>	<b>14.2</b>	<b>79.5</b>	<b>6.3</b>	<b>11.6</b>	<b>88.4</b>	<b>16.3</b>	<b>83.7</b>
Rajasthan	0-12	24	12.5	75.0	12.5	16.7	83.3	16.7	83.3
	12-36	80	22.6	72.4	5.0	37.6	62.4	21.5	78.5
	36-60	143	28.0	67.8	4.2	29.9	70.1	18.2	81.8
	0-36	104	20.2	73.0	6.8	33.7	66.3	20.6	79.4
	12-60	223	26.0	69.5	4.5	32.6	67.4	19.4	80.6
	<b>0-60</b>	<b>247</b>	<b>24.7</b>	<b>70.0</b>	<b>5.3</b>	<b>31.4</b>	<b>68.6</b>	<b>19.2</b>	<b>80.8</b>
Pooled	<b>0-12</b>	<b>1866</b>	<b>16.6</b>	<b>74.2</b>	<b>9.2</b>	<b>19.6</b>	<b>80.4</b>	<b>18.5</b>	<b>81.5</b>
	<b>12-36</b>	<b>4827</b>	<b>24.7</b>	<b>71.3</b>	<b>4.0</b>	<b>32.7</b>	<b>67.3</b>	<b>14.1</b>	<b>85.9</b>
	<b>36-60</b>	<b>5424</b>	<b>28.4</b>	<b>68.7</b>	<b>2.9</b>	<b>28.5</b>	<b>71.5</b>	<b>15.8</b>	<b>84.2</b>
	<b>0-36</b>	<b>6693</b>	<b>22.5</b>	<b>72.1</b>	<b>5.4</b>	<b>29.1</b>	<b>70.9</b>	<b>15.3</b>	<b>84.7</b>
	<b>12-60</b>	<b>10251</b>	<b>26.7</b>	<b>69.9</b>	<b>3.4</b>	<b>30.4</b>	<b>69.6</b>	<b>15.0</b>	<b>85.0</b>
	<b>0-60</b>	<b>12117</b>	<b>25.1</b>	<b>70.6</b>	<b>4.3</b>	<b>28.8</b>	<b>71.2</b>	<b>15.6</b>	<b>84.4</b>

\*WHO Standards

**Table 62.2: Distribution (%) of <5 Yr. Children (Boys) by different forms of Undernutrition\***

State	Age Group	n	Weight for Age			Height for Age		Weight for Height	
			Underweight	Normal	OW & Obesity	Stunting	Normal	Wasting	Normal
Kerala	0-12	54	9.3	83.2	7.5	31.5	68.5	11.1	88.9
	12-36	148	20.9	73.7	5.4	34.5	65.5	10.2	89.8
	36-60	129	16.3	78.2	5.5	12.4	87.6	16.3	83.7
	0-36	202	17.9	76.1	6.0	33.7	66.3	10.4	89.6
	12-60	277	18.7	75.9	5.4	24.2	75.8	13.0	87.0
	<b>0-60</b>	<b>331</b>	<b>17.2</b>	<b>77.1</b>	<b>5.7</b>	<b>25.4</b>	<b>74.6</b>	<b>12.7</b>	<b>87.3</b>
Tamil Nadu	0-12	61	9.9	77.0	13.1	8.2	91.8	23.3	76.7
	12-36	193	20.7	73.1	6.2	24.6	75.4	15.5	84.5
	36-60	203	13.3	82.3	4.4	9.4	90.6	11.9	88.1
	0-36	254	18.1	74.0	7.9	20.7	79.3	17.4	82.6
	12-60	396	16.9	77.8	5.3	16.8	83.2	13.7	86.3
	<b>0-60</b>	<b>457</b>	<b>15.9</b>	<b>77.7</b>	<b>6.4</b>	<b>15.7</b>	<b>84.3</b>	<b>14.9</b>	<b>85.1</b>
Karnataka	0-12	60	28.3	70.0	1.7	30.0	70.0	20.4	79.6
	12-36	194	24.2	74.8	1.0	35.9	64.1	10.8	89.2
	36-60	202	34.1	65.4	0.5	29.5	70.5	17.0	83.0
	0-36	254	25.2	73.6	1.2	34.5	65.5	13.1	86.9
	12-60	396	29.3	69.9	0.8	32.7	67.3	14.0	86.0
	<b>0-60</b>	<b>456</b>	<b>29.1</b>	<b>70.0</b>	<b>0.9</b>	<b>32.3</b>	<b>67.7</b>	<b>14.7</b>	<b>85.3</b>
Andhra Pradesh	0-12	77	11.7	76.6	11.7	30.6	69.4	10.7	89.3
	12-36	202	27.3	71.2	1.5	29.5	70.5	15.0	85.0
	36-60	216	26.8	70.0	3.2	20.2	79.8	23.1	76.9
	0-36	279	23.0	72.7	4.3	29.8	70.2	13.9	86.1
	12-60	418	27.1	70.5	2.4	24.6	75.4	19.3	80.7
	<b>0-60</b>	<b>495</b>	<b>24.7</b>	<b>71.5</b>	<b>3.8</b>	<b>25.5</b>	<b>74.5</b>	<b>17.9</b>	<b>82.1</b>
Maharashtra	0-12	91	22.0	69.2	8.8	27.2	72.8	17.1	82.9
	12-36	184	37.0	60.9	2.1	44.6	55.4	15.8	84.2
	36-60	224	35.3	63.4	1.3	40.5	59.5	17.6	82.4
	0-36	275	32.0	63.6	4.4	39.0	61.0	16.2	83.8
	12-60	408	36.0	62.3	1.7	42.4	57.6	16.7	83.3
	<b>0-60</b>	<b>499</b>	<b>33.4</b>	<b>63.6</b>	<b>3.0</b>	<b>39.7</b>	<b>60.3</b>	<b>16.8</b>	<b>83.2</b>
Gujarat	0-12	58	12.1	75.9	12.0	12.7	87.3	14.5	85.5
	12-36	170	22.9	74.7	2.4	38.9	61.1	12.0	88.0
	36-60	196	25.5	72.5	2.0	33.7	66.3	10.2	89.8
	0-36	228	20.2	75.0	4.8	32.5	67.5	12.6	87.4
	12-60	366	24.3	73.5	2.2	36.0	64.0	11.0	89.0
	<b>0-60</b>	<b>424</b>	<b>22.7</b>	<b>73.7</b>	<b>3.6</b>	<b>33.0</b>	<b>67.0</b>	<b>11.5</b>	<b>88.5</b>
Madhya Pradesh	0-12	84	22.6	71.4	6.0	21.4	78.6	23.8	76.2
	12-36	257	32.7	63.8	3.5	39.7	60.3	21.4	78.6
	36-60	225	32.0	66.7	1.3	32.5	67.5	16.9	83.1
	0-36	341	30.2	65.7	4.1	35.2	64.8	22.0	78.0
	12-60	482	32.4	65.1	2.5	36.3	63.7	19.3	80.7
	<b>0-60</b>	<b>566</b>	<b>30.9</b>	<b>66.0</b>	<b>3.1</b>	<b>34.1</b>	<b>65.9</b>	<b>20.0</b>	<b>80.0</b>
Orissa	0-12	61	9.9	78.6	11.5	32.8	67.2	6.6	93.4
	12-36	174	18.4	76.4	5.2	36.2	63.8	6.9	93.1
	36-60	188	26.6	68.0	5.4	33.5	66.5	10.1	89.9
	0-36	235	16.2	77.0	6.8	35.3	64.7	6.8	93.2
	12-60	362	22.7	72.0	5.3	34.8	65.2	8.6	91.4
	<b>0-60</b>	<b>423</b>	<b>20.8</b>	<b>73.1</b>	<b>6.1</b>	<b>34.5</b>	<b>65.5</b>	<b>8.3</b>	<b>91.7</b>
West Bengal	0-12	62	12.9	80.7	6.4	27.5	72.5	12.9	87.1
	12-36	181	25.4	70.1	4.5	45.0	55.0	9.4	90.6
	36-60	223	28.2	70.0	1.8	27.4	72.6	12.1	87.9
	0-36	243	22.2	72.8	5.0	40.5	59.5	10.3	89.7
	12-60	404	27.0	70.1	2.9	35.2	64.8	10.9	89.1
	<b>0-60</b>	<b>466</b>	<b>25.1</b>	<b>71.4</b>	<b>3.5</b>	<b>34.2</b>	<b>65.8</b>	<b>11.2</b>	<b>88.8</b>

\*WHO Standards

(Contd....)

**Table 62.2: Distribution (%) of <5 Yr. Children (Boys) by different forms of Undernutrition\* (Contd)**

State	Age Group	n	Weight for Age			Height for Age		Weight for Height	
			Underweight	Normal	OW& Obesity	Stunting	Normal	Wasting	Normal
Uttar Pradesh	0-12	95	34.8	64.1	1.1	28.1	71.9	35.8	64.2
	12-36	227	41.4	55.6	3.0	42.9	57.1	31.4	68.6
	36-60	276	42.7	54.4	2.9	42.9	57.1	21.8	78.2
	0-36	322	39.4	58.1	2.5	38.5	61.5	32.7	67.3
	12-60	503	42.2	54.8	3.0	42.9	57.1	26.2	73.8
	<b>0-60</b>	<b>598</b>	<b>40.9</b>	<b>56.4</b>	<b>2.7</b>	<b>40.6</b>	<b>59.4</b>	<b>27.7</b>	<b>72.3</b>
Andaman & Nicobar	0-12	67	16.4	77.6	6.0	20.0	80.0	10.6	89.4
	12-36	187	19.8	74.3	5.9	23.1	76.9	14.0	86.0
	36-60	216	20.4	72.6	7.0	16.3	83.7	14.5	85.5
	0-36	254	18.9	75.2	5.9	22.3	77.7	13.1	86.9
	12-60	403	20.1	73.4	6.5	19.4	80.6	14.2	85.8
	<b>0-60</b>	<b>470</b>	<b>19.5</b>	<b>74.1</b>	<b>6.4</b>	<b>19.5</b>	<b>80.5</b>	<b>13.7</b>	<b>86.3</b>
Assam	0-12	29	6.8	79.4	13.8	7.2	92.8	17.9	82.1
	12-36	81	29.6	61.8	8.6	22.6	77.4	13.4	86.6
	36-60	60	23.3	68.4	8.3	24.6	75.4	8.8	91.2
	0-36	110	23.7	66.3	10.0	18.5	81.5	14.6	85.4
	12-60	141	26.9	64.6	8.5	23.5	76.5	11.3	88.7
	<b>0-60</b>	<b>170</b>	<b>23.5</b>	<b>67.1</b>	<b>9.4</b>	<b>20.6</b>	<b>79.4</b>	<b>12.5</b>	<b>87.5</b>
Bihar	0-12	23	17.4	60.9	21.7	30.4	69.6	27.2	72.8
	12-36	77	28.6	66.2	5.2	36.4	63.6	13.0	87.0
	36-60	144	25.7	72.9	1.4	30.6	69.4	13.2	86.8
	0-36	100	26.0	65.0	9.0	35.0	65.0	16.2	83.8
	12-60	221	26.7	70.5	2.8	32.5	67.5	13.1	86.9
	<b>0-60</b>	<b>244</b>	<b>25.8</b>	<b>69.7</b>	<b>4.5</b>	<b>32.4</b>	<b>67.6</b>	<b>14.4</b>	<b>85.6</b>
New Delhi	0-12	21	9.5	76.2	14.3	9.6	90.4	15.0	85.0
	12-36	88	15.9	78.5	5.6	33.7	66.3	16.3	83.7
	36-60	90	25.6	73.3	1.1	42.4	57.6	8.9	91.1
	0-36	109	14.7	78.0	7.3	29.0	71.0	16.0	84.0
	12-60	178	20.8	75.9	3.3	38.2	61.8	12.5	87.5
	<b>0-60</b>	<b>199</b>	<b>19.6</b>	<b>75.9</b>	<b>4.5</b>	<b>35.2</b>	<b>64.8</b>	<b>12.7</b>	<b>87.3</b>
Puducherry	0-12	39	5.1	79.5	15.4	10.8	89.2	18.9	81.1
	12-36	126	14.3	77.7	8.0	11.4	88.6	14.8	85.2
	36-60	178	17.5	78.0	4.5	11.2	88.8	16.9	83.1
	0-36	165	12.1	78.2	9.7	11.3	88.7	15.7	84.3
	12-60	304	16.1	78.0	5.9	11.3	88.7	16.0	84.0
	<b>0-60</b>	<b>343</b>	<b>14.9</b>	<b>78.2</b>	<b>6.9</b>	<b>11.3</b>	<b>88.7</b>	<b>16.4</b>	<b>83.6</b>
Rajasthan	0-12	16	12.5	74.9	12.6	16.6	83.4	25.0	75.0
	12-36	51	25.5	72.5	2.0	42.3	57.7	23.5	76.5
	36-60	86	32.6	62.7	4.7	34.4	65.6	18.6	81.4
	0-36	67	22.4	73.1	4.5	37.5	62.5	23.8	76.2
	12-60	137	29.9	66.5	3.6	37.4	62.6	20.4	79.6
	<b>0-60</b>	<b>153</b>	<b>28.1</b>	<b>67.3</b>	<b>4.6</b>	<b>35.8</b>	<b>64.2</b>	<b>20.8</b>	<b>79.2</b>
Pooled	<b>0-12</b>	<b>898</b>	<b>17.0</b>	<b>74.3</b>	<b>8.7</b>	<b>23.4</b>	<b>76.6</b>	<b>18.3</b>	<b>81.7</b>
	<b>12-36</b>	<b>2540</b>	<b>26.2</b>	<b>69.7</b>	<b>4.1</b>	<b>34.5</b>	<b>65.5</b>	<b>15.5</b>	<b>84.5</b>
	<b>36-60</b>	<b>2856</b>	<b>27.5</b>	<b>69.4</b>	<b>3.1</b>	<b>27.7</b>	<b>72.3</b>	<b>15.5</b>	<b>84.5</b>
	<b>0-36</b>	<b>3438</b>	<b>23.7</b>	<b>71.0</b>	<b>5.3</b>	<b>31.6</b>	<b>68.4</b>	<b>16.2</b>	<b>83.8</b>
	<b>12-60</b>	<b>5396</b>	<b>26.8</b>	<b>69.6</b>	<b>3.6</b>	<b>31.0</b>	<b>69.0</b>	<b>15.5</b>	<b>84.5</b>
	<b>0-60</b>	<b>6294</b>	<b>25.4</b>	<b>70.3</b>	<b>4.3</b>	<b>29.8</b>	<b>70.2</b>	<b>15.9</b>	<b>84.1</b>

\*WHO Standards

**Table 62.3: Distribution (%) of <5 Yr. Children (Girls) by different forms of Undernutrition\***

State	Age Group	n	Weight for Age			Height for Age		Weight for Height	
			Underweight	Normal	OW & Obesity	Stunting	Normal	Wasting	Normal
Kerala	0-12	66	7.6	89.4	3.0	29.2	70.8	9.5	90.5
	12-36	133	16.5	79.7	3.8	22.9	77.1	9.8	90.2
	36-60	129	21.7	75.9	2.4	15.6	84.4	14.0	86.0
	0-36	199	13.6	82.9	3.5	25.0	75.0	9.7	90.3
	12-60	262	19.0	78.0	3.0	19.3	80.7	11.8	88.2
	0-60	328	16.8	80.2	3.0	21.3	78.7	11.4	88.6
Tamil Nadu	0-12	75	8.0	69.3	22.7	8.0	92.0	13.3	86.7
	12-36	173	16.7	78.7	4.6	22.0	78.0	11.1	88.9
	36-60	184	20.1	76.7	3.2	12.5	87.5	17.4	82.6
	0-36	248	14.1	75.8	10.1	17.7	82.3	11.7	88.3
	12-60	357	18.5	77.5	4.0	17.0	83.0	14.4	85.6
	<b>0-60</b>	<b>432</b>	<b>16.7</b>	<b>76.1</b>	<b>7.2</b>	<b>15.4</b>	<b>84.6</b>	<b>14.2</b>	<b>85.8</b>
Karnataka	0-12	81	12.4	83.9	3.7	9.9	90.1	21.0	79.0
	12-36	196	19.4	76.5	4.1	33.0	67.0	7.3	92.7
	36-60	199	27.1	69.4	3.5	27.1	72.9	16.6	83.4
	0-36	277	17.3	78.8	3.9	26.2	73.8	11.2	88.8
	12-60	395	23.3	72.9	3.8	30.0	70.0	12.0	88.0
	<b>0-60</b>	<b>476</b>	<b>21.5</b>	<b>74.7</b>	<b>3.8</b>	<b>26.6</b>	<b>73.4</b>	<b>13.5</b>	<b>86.5</b>
Andhra Pradesh	0-12	86	11.7	83.6	4.7	22.1	77.9	15.2	84.8
	12-36	180	17.2	78.4	4.4	24.2	75.8	6.1	93.9
	36-60	190	31.1	67.3	1.6	17.5	82.5	23.8	76.2
	0-36	266	15.5	80.0	4.5	23.5	76.5	9.1	90.9
	12-60	370	24.3	72.8	2.9	20.7	79.3	15.2	84.8
	<b>0-60</b>	<b>456</b>	<b>21.9</b>	<b>74.8</b>	<b>3.3</b>	<b>21.0</b>	<b>79.0</b>	<b>15.2</b>	<b>84.8</b>
Maharashtra	0-12	84	19.1	74.9	6.0	21.7	78.3	17.0	83.0
	12-36	185	29.2	69.2	1.6	36.3	63.7	12.9	87.1
	36-60	195	32.8	66.2	1.0	36.6	63.4	11.9	88.1
	0-36	269	26.1	70.9	3.0	31.7	68.3	14.2	85.8
	12-60	380	31.1	67.6	1.3	36.5	63.5	12.3	87.7
	<b>0-60</b>	<b>464</b>	<b>28.9</b>	<b>68.9</b>	<b>2.2</b>	<b>33.8</b>	<b>66.2</b>	<b>13.1</b>	<b>86.9</b>
Gujarat	0-12	50	14.0	82.0	4.0	17.7	82.3	13.3	86.7
	12-36	114	21.9	77.2	0.9	38.0	62.0	7.1	92.9
	36-60	157	25.5	73.3	1.2	33.8	66.2	12.1	87.9
	0-36	164	19.5	78.7	1.8	32.3	67.7	8.9	91.1
	12-60	271	24.0	74.9	1.1	35.5	64.5	10.1	89.9
	<b>0-60</b>	<b>321</b>	<b>22.5</b>	<b>76.0</b>	<b>1.5</b>	<b>33.0</b>	<b>67.0</b>	<b>10.5</b>	<b>89.5</b>
Madhya Pradesh	0-12	79	12.7	67.0	20.3	6.3	93.7	20.3	79.7
	12-36	204	33.3	64.7	2.0	37.0	63.0	20.7	79.3
	36-60	204	42.7	56.3	1.0	41.7	58.3	16.7	83.3
	0-36	283	27.6	65.4	7.0	28.4	71.6	20.6	79.4
	12-60	408	38.0	60.5	1.5	39.3	60.7	18.7	81.3
	<b>0-60</b>	<b>487</b>	<b>33.9</b>	<b>61.6</b>	<b>4.5</b>	<b>34.0</b>	<b>66.0</b>	<b>18.9</b>	<b>81.1</b>
Orissa	0-12	54	9.3	83.2	7.5	22.3	77.7	11.1	88.9
	12-36	149	22.8	71.1	6.1	32.3	67.7	6.0	94.0
	36-60	146	30.8	65.8	3.4	33.6	66.4	10.3	89.7
	0-36	203	19.2	74.4	6.4	29.5	70.5	7.4	92.6
	12-60	295	26.8	68.4	4.8	32.9	67.1	8.2	91.8
	<b>0-60</b>	<b>349</b>	<b>24.0</b>	<b>70.8</b>	<b>5.2</b>	<b>31.2</b>	<b>68.8</b>	<b>8.5</b>	<b>91.5</b>
West Bengal	0-12	83	18.1	71.1	10.8	16.7	83.3	16.8	83.2
	12-36	197	22.3	75.7	2.0	41.1	58.9	7.8	92.2
	36-60	209	31.1	66.0	2.9	35.9	64.1	11.9	88.1
	0-36	280	21.1	74.3	4.6	33.7	66.3	10.5	89.5
	12-60	406	26.9	70.6	2.5	38.4	61.6	10.0	90.0
	<b>0-60</b>	<b>489</b>	<b>25.3</b>	<b>70.9</b>	<b>3.8</b>	<b>34.7</b>	<b>65.3</b>	<b>11.2</b>	<b>88.8</b>

\*WHO Standards

(Contd....)

**Table 62.3: Distribution (%) of <5 Yr. Children (Girls) by different forms of Undernutrition\* (Contd)**

State	Age Group	n	Weight for Age			Height for Age		Weight for Height	
			Underweight	Normal	OW & Obesity	Stunting	Normal	Wasting	Normal
Uttar Pradesh	0-12	103	36.0	58.2	5.8	20.4	79.6	27.2	72.8
	12-36	210	42.4	56.6	1.0	41.9	58.1	30.0	70.0
	36-60	232	54.7	44.5	0.8	49.5	50.5	31.5	68.5
	0-36	313	40.2	57.2	2.6	34.8	65.2	29.1	70.9
	12-60	442	48.8	50.3	0.9	45.9	54.1	30.8	69.2
	<b>0-60</b>	<b>545</b>	<b>46.4</b>	<b>51.7</b>	<b>1.9</b>	<b>41.1</b>	<b>58.9</b>	<b>30.1</b>	<b>69.9</b>
Andaman & Nicobar	0-12	71	12.7	76.0	11.3	10.1	89.9	13.5	86.5
	12-36	184	17.9	75.1	7.0	16.6	83.4	13.2	86.8
	36-60	203	18.3	75.8	5.9	18.9	81.1	10.5	89.5
	0-36	255	16.5	75.3	8.2	14.8	85.2	13.2	86.8
	12-60	387	18.1	75.4	6.5	17.8	82.2	11.7	88.3
	<b>0-60</b>	<b>458</b>	<b>17.3</b>	<b>75.5</b>	<b>7.2</b>	<b>16.6</b>	<b>83.4</b>	<b>12.0</b>	<b>88.0</b>
Assam	0-12	25	16.0	68.0	16.0	20.0	80.0	30.0	70.0
	12-36	55	16.3	80.1	3.6	19.2	80.8	14.9	85.1
	36-60	64	17.2	78.1	4.7	19.3	80.7	9.7	90.3
	0-36	80	16.3	76.2	7.5	19.4	80.6	19.4	80.6
	12-60	119	16.8	79.0	4.2	19.3	80.7	12.0	88.0
	<b>0-60</b>	<b>144</b>	<b>16.7</b>	<b>77.0</b>	<b>6.3</b>	<b>19.4</b>	<b>80.6</b>	<b>14.8</b>	<b>85.2</b>
Bihar	0-12	35	28.6	59.9	11.5	19.4	80.6	27.6	72.4
	12-36	70	28.5	64.4	7.1	37.5	62.5	17.2	82.8
	36-60	136	22.0	74.3	3.7	28.6	71.4	11.8	88.2
	0-36	105	28.6	62.8	8.6	31.5	68.5	20.5	79.5
	12-60	206	24.3	70.9	4.8	31.5	68.5	13.5	86.5
	<b>0-60</b>	<b>241</b>	<b>24.9</b>	<b>69.3</b>	<b>5.8</b>	<b>29.9</b>	<b>70.1</b>	<b>15.3</b>	<b>84.7</b>
New Delhi	0-12	27	18.5	55.6	25.9	20.0	80.0	28.0	72.0
	12-36	95	17.9	75.7	6.4	29.7	70.3	12.7	87.3
	36-60	111	32.4	67.6	0.0	46.3	53.7	14.5	85.5
	0-36	122	18.1	71.2	10.7	27.7	72.3	16.0	84.0
	12-60	206	25.6	71.5	2.9	38.7	61.3	13.7	86.3
	<b>0-60</b>	<b>233</b>	<b>24.9</b>	<b>69.5</b>	<b>5.6</b>	<b>36.7</b>	<b>63.3</b>	<b>15.3</b>	<b>84.7</b>
Puducherry	0-12	41	14.6	83.0	2.4	2.4	97.6	36.6	63.4
	12-36	113	10.6	81.4	8.0	14.0	86.0	6.6	93.4
	36-60	152	15.2	80.2	4.6	13.1	86.9	17.8	82.2
	0-36	154	11.6	81.9	6.5	10.7	89.3	14.8	85.2
	12-60	265	13.2	80.8	6.0	13.5	86.5	13.1	86.9
	<b>0-60</b>	<b>306</b>	<b>13.4</b>	<b>81.0</b>	<b>5.6</b>	<b>12.0</b>	<b>88.0</b>	<b>16.3</b>	<b>83.7</b>
Rajasthan	0-12	8	12.5	75.0	12.5	16.7	83.3	0.0	100.0
	12-36	29	17.2	72.5	10.3	28.6	71.4	17.9	82.1
	36-60	57	21.0	75.5	3.5	22.8	77.2	17.6	82.4
	0-36	37	16.2	73.0	10.8	26.4	73.6	14.7	85.3
	12-60	86	19.8	74.4	5.8	24.7	75.3	17.6	82.4
	<b>0-60</b>	<b>94</b>	<b>19.2</b>	<b>74.4</b>	<b>6.4</b>	<b>24.2</b>	<b>75.8</b>	<b>16.5</b>	<b>83.5</b>
Pooled	<b>0-12</b>	<b>968</b>	<b>16.1</b>	<b>74.3</b>	<b>9.6</b>	<b>16.3</b>	<b>83.7</b>	<b>18.6</b>	<b>81.4</b>
	<b>12-36</b>	<b>2287</b>	<b>23.2</b>	<b>72.8</b>	<b>4.0</b>	<b>30.6</b>	<b>69.4</b>	<b>12.6</b>	<b>87.4</b>
	<b>36-60</b>	<b>2568</b>	<b>29.4</b>	<b>67.9</b>	<b>2.7</b>	<b>29.3</b>	<b>70.7</b>	<b>16.1</b>	<b>83.9</b>
	<b>0-36</b>	<b>3255</b>	<b>21.1</b>	<b>73.3</b>	<b>5.6</b>	<b>26.4</b>	<b>73.6</b>	<b>14.4</b>	<b>85.6</b>
	<b>12-60</b>	<b>4855</b>	<b>26.4</b>	<b>70.3</b>	<b>3.3</b>	<b>29.9</b>	<b>70.1</b>	<b>14.4</b>	<b>85.6</b>
	<b>0-60</b>	<b>5823</b>	<b>24.7</b>	<b>71.0</b>	<b>4.3</b>	<b>27.7</b>	<b>72.3</b>	<b>15.2</b>	<b>84.8</b>

\*WHO Standards

**Table 63.1: Distribution (%) of School Age and Adolescents (Boys) according to BMI-ZScores by SDClassification (with 95% C.I)**

States	Age (Yrs)	n	Nutritional Grades by BMI-ZScores			
			Thinness (< -2SD)	Normal (-2SD to +1SD)	Overweight (+1SD to +2SD)	Obese (≥ +2SD)
Kerala	5-9	340	22.9 (18.4-27.4)	65.9	5.9	5.3
	10-13	303	22.1 (17.4-26.8)	57.5	14.5	5.9
	14-17	293	21.5 (16.8-26.2)	61.1	14.0	3.4
Tamil Nadu	5-9	505	24.4 (20.7-28.1)	66.3	5.7	3.6
	10-13	394	24.1 (19.9-28.3)	58.9	10.9	6.1
	14-17	375	28.3 (23.7-32.9)	62.7	6.9	2.1
Karnataka	5-9	491	25.9 (22.0-29.8)	67.8	4.5	1.8
	10-13	364	33.0 (28.2-37.8)	56.0	7.4	3.6
	14-17	337	26.1 (21.4-30.8)	67.3	4.5	2.1
Andhra Pradesh	5-9	467	36.2 (31.8-40.6)	57.4	4.9	1.5
	10-13	361	36.6 (31.6-41.6)	52.6	6.4	4.4
	14-17	362	36.7 (31.7-41.7)	56.9	5.0	1.4
Maharashtra	5-9	523	28.3 (24.4-32.2)	67.0	3.4	1.3
	10-13	453	33.3 (29.0-37.6)	56.3	8.4	2.0
	14-17	423	33.3 (28.8-37.8)	56.5	7.8	2.4
Gujarat	5-9	455	23.7 (19.8-27.6)	68.8	3.5	4.0
	10-13	387	22.0 (17.9-26.1)	59.9	11.4	6.7
	14-17	356	23.0 (18.6-27.4)	58.5	14.3	4.2
Madhya Pradesh	5-9	546	24.7 (21.1-28.3)	71.7	2.0	1.6
	10-13	454	35.2 (30.8-39.6)	59.5	3.5	1.8
	14-17	435	30.8 (26.5-35.1)	64.4	3.7	1.1
Orissa	5-9	488	19.7 (16.2-23.2)	67.6	6.1	6.6
	10-13	366	21.3 (17.1-25.5)	64.5	9.8	4.4
	14-17	276	19.6 (14.9-24.3)	69.9	8.3	2.2
West Bengal	5-9	515	22.3 (18.7-25.9)	67.4	5.8	4.5
	10-13	446	29.4 (25.2-33.6)	60.1	6.7	3.8
	14-17	377	29.7 (25.1-34.3)	63.4	4.5	2.4
Uttar Pradesh	5-9	686	27.1 (23.8-30.4)	70.1	2.5	0.3
	10-13	657	34.4 (30.8-38.0)	61.3	3.5	0.8
	14-17	549	28.6 (24.8-32.4)	67.4	3.6	0.4
Andaman & Nicobar	5-9	574	19.3 (16.1-22.5)	68.3	7.7	4.7
	10-13	456	20.2 (16.5-23.9)	61.0	13.8	5.0
	14-17	445	25.2 (21.2-29.2)	61.1	9.9	3.8
Assam	5-9	163	14.7 (9.3-20.1)	70.0	10.4	4.9
	10-13	119	17.6 (10.8-24.4)	63.9	16.0	2.5
	14-17	88	21.6 (13.0-30.2)	64.7	11.4	2.3
Bihar	5-9	497	15.3 (12.1-18.5)	78.9	4.2	1.6
	10-13	461	19.5 (15.9-23.1)	75.9	3.3	1.3
	14-17	508	13.2 (10.3-16.1)	82.1	3.7	1.0
New Delhi	5-9	262	16.0 (11.6-20.4)	72.9	6.9	4.2
	10-13	209	16.7 (11.6-21.8)	67.6	12.4	3.3
	14-17	254	18.9 (14.1-23.7)	65.3	13.8	2.0
Puducherry	5-9	399	26.3 (22.0-30.6)	61.9	8.5	3.3
	10-13	381	22.6 (18.4-26.8)	57.2	13.4	6.8
	14-17	285	26.3 (21.2-31.4)	62.1	7.7	3.9
Rajasthan	5-9	209	19.1 (13.8-24.4)	73.8	3.3	3.8
	10-13	196	19.4 (13.9-24.9)	61.7	14.3	4.6
	14-17	235	23.0 (17.6-28.4)	60.8	12.8	3.4
<b>Pooled</b>	<b>5-9</b>	<b>7120</b>	<b>23.6 (22.6-24.6)</b>	<b>68.3</b>	<b>5.0</b>	<b>3.1</b>
	<b>10-13</b>	<b>6007</b>	<b>26.8 (25.7-27.9)</b>	<b>60.6</b>	<b>8.8</b>	<b>3.8</b>
	<b>14-17</b>	<b>5598</b>	<b>25.8 (24.7-26.9)</b>	<b>64.5</b>	<b>7.5</b>	<b>2.2</b>

\*WHO Standards

**Table 63.2: Distribution (%) of School age and Adolescents (Girls) according to BMI-ZScores by SDClassification (with 95% C.I)**

States	Age (Yrs)	n	Nutritional Grades by BMI-Z Scores			
			Thinness (< -2SD)	Normal (-2SD to +1SD)	Overweight (+1SD to +2SD)	Obese (≥ +2SD)
Kerala	5-9	327	18.0 (13.8-22.2)	70.9	8.0	3.1
	10-13	312	18.6 (14.3-22.9)	66.3	11.9	3.2
	14-17	297	14.8 (10.8-18.8)	73.1	8.4	3.7
Tamil Nadu	5-9	483	16.6 (13.3-19.9)	75.3	5.4	2.7
	10-13	387	20.7 (16.7-24.7)	65.1	10.6	3.6
	14-17	383	18.5 (14.6-22.4)	63.4	13.1	5.0
Karnataka	5-9	487	22.6 (18.9-26.3)	70.7	5.1	1.6
	10-13	381	20.2 (16.2-24.2)	72.7	6.3	0.8
	14-17	375	15.5 (11.8-19.2)	74.9	8.0	1.6
Andhra Pradesh	5-9	466	24.0 (20.1-27.9)	69.8	4.3	1.9
	10-13	329	22.8 (18.3-27.3)	65.4	8.8	3.0
	14-17	370	18.9 (14.9-22.9)	72.8	5.9	2.4
Maharashtra	5-9	436	23.2 (19.2-27.2)	73.8	2.3	0.7
	10-13	394	26.6 (22.2-31.0)	65.0	6.6	1.8
	14-17	415	14.0 (10.7-17.3)	74.2	9.6	2.2
Gujarat	5-9	385	17.4 (13.6-21.2)	75.0	4.7	2.9
	10-13	316	15.8 (11.8-19.8)	71.2	11.1	1.9
	14-17	341	17.6 (13.6-21.6)	69.5	7.9	5.0
Madhya Pradesh	5-9	484	24.4 (20.6-28.2)	71.3	3.1	1.2
	10-13	393	24.7 (20.4-29.0)	67.6	6.4	1.3
	14-17	442	14.5 (11.2-17.8)	78.4	5.7	1.4
Orissa	5-9	424	16.5 (13.0-20.0)	74.1	6.6	2.8
	10-13	369	13.6(10.1-17.1)	74.7	8.7	3.0
	14-17	323	6.2 (3.6-8.8)	80.8	9.6	3.4
West Bengal	5-9	551	16.9 (13.8-20.0)	77.6	4.0	1.5
	10-13	438	18.9 (15.2-22.6)	72.2	6.6	2.3
	14-17	430	10.7 (7.8-20.0)	80.7	7.0	1.6
Uttar Pradesh	5-9	672	25.4 (22.1-28.7)	71.3	2.7	0.6
	10-13	572	25.2 (21.6-28.8)	69.4	4.5	0.9
	14-17	690	14.2 (11.6-16.8)	80.6	4.5	0.7
Andaman & Nicobar	5-9	506	13.0 (10.1-15.9)	75.3	7.7	4.0
	10-13	453	12.4 (9.4-15.4)	71.5	11.9	4.2
	14-17	431	16.2 (12.7-19.7)	74.1	7.4	2.3
Assam	5-9	134	9.7 (4.7-14.7)	77.6	11.2	1.5
	10-13	95	18.9(11.0-26.8)	63.2	13.7	4.2
	14-17	109	7.3 (2.4-12.2)	79.9	11.9	0.9
Bihar	5-9	396	17.7 (13.9-21.5)	78.5	2.5	1.3
	10-13	416	17.5 (13.8-21.2)	77.0	4.3	1.2
	14-17	467	10.9 (8.1-13.7)	84.2	4.3	0.6
New Delhi	5-9	225	9.8 (5.9-13.7)	76.0	9.8	4.4
	10-13	215	11.6 (7.3-15.2)	76.3	11.2	0.9
	14-17	205	9.8 (5.7-13.9)	78.9	9.3	2.0
Puducherry	5-9	415	15.7 (12.2-19.2)	73.2	8.7	2.4
	10-13	309	16.5 (12.4-20.6)	63.1	15.5	4.9
	14-17	311	10.9 (7.4-14.4)	73.0	10.0	6.1
Rajasthan	5-9	196	14.8 (9.8-19.8)	77.0	4.6	3.6
	10-13	181	17.7 (12.1-23.3)	74.0	7.7	0.6
	14-17	252	14.7 (10.3-19.1)	74.2	8.3	2.8
Pooled	5-9	6587	18.9 (18.0-19.8)	73.9	5.1	2.1
	10-13	5560	19.3 (18.3-20.3)	69.9	8.5	2.3
	14-17	5841	13.9 (13.0-14.8)	75.9	7.7	2.5

\*WHO Standards

**Table 64.1: Distribution (%) of School age and Adolescents (Boys) according to Height/Age by SDClassification (with 95% C.I)**

State	Age (Yrs)	n	Height for Age	
			< Median – 2SD (Stunted)	≥Median –2SD (Normal)
Kerala	5-9	340	7.4(4.6-10.2)	92.6
	10-13	303	6.9(4.0-9.8)	93.1
	14-17	293	8.9(5.6-12.2)	91.1
Tamil Nadu	5-9	506	8.5(6.1-10.9)	91.5
	10-13	395	12.2(9.0-15.4)	87.8
	14-17	377	13.8(10.3-17.3)	86.2
Karnataka	5-9	494	11.5(8.7-14.3)	88.5
	10-13	366	16.1(12.3-19.9)	83.9
	14-17	339	17.7(13.6-21.8)	82.3
Andhra Pradesh	5-9	470	8.9(6.3-11.5)	91.1
	10-13	362	8.3(5.5-11.1)	91.7
	14-17	366	11.2(8.0-14.4)	88.8
Maharashtra	5-9	523	18.7(15.4-22.0)	81.3
	10-13	453	15.9(12.5-19.3)	84.1
	14-17	424	17.5(13.9-21.1)	82.5
Gujarat	5-9	455	11.9(8.9-14.9)	88.1
	10-13	388	14.4(10.9-17.9)	85.6
	14-17	357	11.5(8.2-14.8)	88.5
Madhya Pradesh	5-9	547	22.3(18.8-25.8)	77.7
	10-13	454	22.0(18.2-25.8)	78.0
	14-17	435	17.9(14.3-21.5)	82.1
Orissa	5-9	488	20.3(16.7-23.9)	79.7
	10-13	366	24.6(20.2-29.0)	75.4
	14-17	276	17.4(12.9-21.9)	82.6
West Bengal	5-9	515	21.9(18.3-25.5)	78.1
	10-13	446	21.3(17.5-25.1)	78.7
	14-17	377	23.9(19.6-28.2)	76.1
Uttar Pradesh	5-9	686	21.6(18.5-24.7)	78.4
	10-13	657	20.7(17.6-23.8)	79.3
	14-17	549	22.6(19.1-26.1)	77.4
Andaman & Nicobar	5-9	574	8.4(6.1-10.7)	91.6
	10-13	456	12.5(9.5-15.5)	87.5
	14-17	447	15.4(12.1-18.7)	84.6
Assam	5-9	163	17.8(11.9-23.7)	82.2
	10-13	119	14.3(8.0-20.6)	85.7
	14-17	89	16.9(9.1-24.7)	83.1
Bihar	5-9	497	14.7(11.6-17.8)	85.3
	10-13	461	11.9(8.9-14.9)	88.1
	14-17	509	23.2(19.5-26.9)	76.8
New Delhi	5-9	263	17.5(12.9-22.1)	82.5
	10-13	211	23.7(18.0-29.4)	76.3
	14-17	255	18.8(14.0-23.6)	81.2
Puducherry	5-9	399	6.5(4.1-8.9)	93.5
	10-13	381	7.6 (4.9-10.3)	92.4
	14-17	287	10.8(7.2-14.4)	89.2
Rajasthan	5-9	211	12.3(7.9-16.7)	87.7
	10-13	196	11.2(6.8-15.6)	88.8
	14-17	235	8.9(5.3-12.5)	91.1
<b>Pooled</b>	<b>5-9</b>	<b>7131</b>	<b>14.7(13.9-15.5)</b>	<b>85.3</b>
	<b>10-13</b>	<b>6014</b>	<b>15.6(14.7-16.5)</b>	<b>84.4</b>
	<b>14-17</b>	<b>5615</b>	<b>16.7(15.7-17.7)</b>	<b>83.3</b>

\*WHO Standards

**Table 64.2: Distribution (%) of School age and Adolescents (Girls) according to Height/Age by SDClassification (with 95% C.I)**

State	Age (Yrs)	n	Height for Age	
			< Median – 2SD (Stunted)	≥Median –2SD (Normal)
Kerala	5-9	327	8.6(5.6-11.6)	91.4
	10-13	312	10.6(7.2-14.0)	89.4
	14-17	297	11.1(7.5-14.7)	88.9
Tamil Nadu	5-9	485	8.5(6.0-11.0)	91.5
	10-13	390	12.6(9.3-15.9)	87.4
	14-17	383	15.7(12.1-19.3)	84.3
Karnataka	5-9	487	15.8(12.6-19.0)	84.2
	10-13	381	19.9(15.9-23.9)	80.1
	14-17	375	20.5(16.4-24.6)	79.5
Andhra Pradesh	5-9	467	10.3(7.5-13.1)	89.7
	10-13	331	11.2(7.8-14.6)	88.8
	14-17	373	13.1(9.7-16.5)	86.9
Maharashtra	5-9	436	16.5(13.0-20.0)	83.5
	10-13	394	21.1(17.1-25.1)	78.9
	14-17	415	18.6(14.9-22.3)	81.4
Gujarat	5-9	385	11.7(8.5-14.9)	88.3
	10-13	316	14.9(11.0-18.8)	85.1
	14-17	341	19.6(15.4-23.8)	80.4
Madhya Pradesh	5-9	484	23.3(19.5-27.1)	76.7
	10-13	393	21.6(17.5-25.7)	78.4
	14-17	443	21.4(17.6-25.2)	78.6
Orissa	5-9	424	19.3(15.5-23.1)	80.7
	10-13	369	24.9(21.4-28.4)	75.1
	14-17	324	40.7(35.4-46.0)	59.3
West Bengal	5-9	551	21.8(18.4-25.2)	78.2
	10-13	438	25.6(21.5-29.7)	74.4
	14-17	430	34.9(30.4-39.4)	65.1
Uttar Pradesh	5-9	672	24.3(21.1-27.5)	75.7
	10-13	572	31.3(27.5-35.1)	68.7
	14-17	691	37.2(33.6-40.8)	62.8
Andaman & Nicobar	5-9	506	9.5(6.9-12.1)	90.5
	10-13	453	11.9(8.9-14.9)	88.1
	14-17	433	18.9(15.2-22.6)	81.1
Assam	5-9	134	14.2(8.3-20.1)	85.8
	10-13	95	25.3(16.6-34.0)	74.7
	14-17	109	24.8(16.7-32.9)	75.2
Bihar	5-9	396	17.4(13.7-21.1)	82.6
	10-13	416	18.0(14.3-21.7)	82.0
	14-17	467	22.3(18.5-26.1)	77.7
New Delhi	5-9	226	22.6(17.1-28.1)	77.4
	10-13	215	21.9(16.4-27.4)	78.1
	14-17	205	28.8(22.6-35.0)	71.2
Puducherry	5-9	416	5.3(3.1-7.5)	94.7
	10-13	309	9.1(5.9-12.3)	90.9
	14-17	312	15.7(11.7-19.7)	84.3
Rajasthan	5-9	198	12.6(8.0-17.2)	87.4
	10-13	181	16.0(10.7-21.3)	84.0
	14-17	252	12.3(8.2-16.4)	87.7
<b>Pooled</b>	<b>5-9</b>	<b>6594</b>	<b>15.5(14.6-16.4)</b>	<b>84.5</b>
	<b>10-13</b>	<b>5565</b>	<b>18.9(17.9-19.9)</b>	<b>81.1</b>
	<b>14-17</b>	<b>5850</b>	<b>23.1(22.0-24.2)</b>	<b>76.9</b>

\*WHO Standards

**Table 65.1: Distribution (%) of Adults (≥ 18 Years) according to BMI Grades (Men)**

State	N	Chronic Energy Deficiency (CED)			Normal		Overweight/Obesity		Overall BMI Grades		
		< 16.0 (CED III)	16-17 (CED II)	17-18.5 (CED I)	18.5-20 (Low Normal)	20-25 (Normal)	25-30 (Obese I)	≥ 30 (Obese II)	CED (< 18.5)	Normal (18.5-25)	OW&Obesity (≥ 25)
Kerala	3332	1.5	2.1	5.3	8.5	46.0	30.1	6.5	8.9	54.5	36.6
Tamil Nadu	3781	1.8	2.1	6.0	8.1	43.7	30.0	8.3	9.9	51.8	38.3
Karnataka	3644	2.7	3.4	7.3	9.3	43.7	27.7	5.9	13.4	53.0	33.6
Andhra Pradesh	3738	3.2	3.3	7.1	8.3	42.8	28.5	6.8	13.6	51.1	35.3
Maharashtra	4261	2.6	3.8	7.8	9.8	42.7	27.4	5.9	14.2	52.5	33.3
Gujarat	3573	2.8	3.0	7.2	8.9	39.9	28.5	9.7	13.0	48.8	38.2
Madhya Pradesh	4145	2.6	4.1	10.3	13.8	43.8	20.7	4.7	17.0	57.6	25.4
Orissa	3008	1.8	2.7	7.0	11.6	42.5	28.0	6.4	11.5	54.1	34.4
West Bengal	3412	3.4	4.4	11.6	13.6	45.9	18.6	2.5	19.4	59.5	21.1
Uttar Pradesh	3237	4.4	5.3	12.0	14.8	42.2	17.6	3.7	21.7	57.0	21.3
Andaman & Nicobar	4314	1.7	2.1	5.6	8.4	44.4	31.5	6.3	9.4	52.8	37.8
Assam	1600	2.9	2.6	7.4	10.4	48.9	23.6	4.2	12.9	59.3	27.8
Bihar	2831	1.7	2.2	6.6	11.1	44.4	28.5	5.5	10.5	55.5	34.0
New Delhi	2368	1.9	1.6	5.7	7.4	46.0	29.5	7.9	9.2	53.4	37.4
Puducherry	3729	1.6	1.8	4.3	7.5	42.3	32.4	10.1	7.7	49.8	42.5
Rajasthan	2676	1.0	2.2	5.2	7.8	41.2	33.0	9.6	8.4	49.0	42.6
<b>Pooled</b>	<b>53649</b>	<b>2.4</b>	<b>3.0</b>	<b>7.3</b>	<b>10.0</b>	<b>43.5</b>	<b>27.3</b>	<b>6.5</b>	<b>12.7</b>	<b>53.5</b>	<b>33.8</b>

**Table 65.2: Distribution (%) of Adults (≥ 18 Years) according to BMI Grades (Women)**

State	N	Chronic Energy Deficiency (CED)			Normal		Overweight/Obesity		Overall BMI Grades		
		< 16.0 (CED III)	16-17 (CED II)	17-18.5 (CED I)	18.5-20 (Low Normal)	20-25 (Normal)	25-30 (Obese I)	≥ 30 (Obese II)	CED (< 18.5)	Normal (18.5-25)	OW&Obesity (≥ 25)
Kerala	4690	1.9	1.8	3.9	6.4	33.9	35.1	17.0	7.6	40.3	52.1
Tamil Nadu	4684	2.0	1.8	4.4	6.1	31.6	34.9	19.2	8.2	37.7	54.1
Karnataka	4917	2.6	2.7	6.6	8.2	36.3	29.6	14.0	11.9	44.5	43.6
Andhra Pradesh	4636	2.8	2.9	6.7	8.9	35.7	28.6	14.4	12.4	44.6	43.0
Maharashtra	5185	2.9	3.2	6.3	9.1	35.0	29.3	14.2	12.4	44.1	43.5
Gujarat	5017	1.7	2.0	4.8	6.7	32.6	31.3	20.9	8.5	39.3	52.2
Madhya Pradesh	4993	3.2	4.0	9.8	12.2	37.7	22.6	10.5	17.0	49.9	33.1
Orissa	4410	2.3	2.4	7.3	10.8	39.6	26.9	10.7	12.0	50.4	37.6
West Bengal	4804	3.3	2.8	8.0	10.6	40.2	27.0	8.1	14.1	50.8	35.1
Uttar Pradesh	4600	4.4	4.8	10.0	12.3	38.8	22.4	7.3	19.2	51.1	29.7
Andaman & Nicobar	4730	2.2	2.1	5.2	7.5	39.0	31.0	13.0	9.5	46.5	44.0
Assam	2518	2.1	2.4	6.0	9.1	41.5	28.8	10.1	10.5	50.6	38.9
Bihar	2873	2.5	3.0	7.8	13.5	41.6	22.7	8.9	13.3	55.1	31.6
New Delhi	3521	1.5	1.5	4.1	6.4	34.2	34.4	17.9	7.1	40.6	52.3
Puducherry	4698	1.3	1.4	3.1	4.6	29.9	35.7	24.0	5.8	34.5	59.7
Rajasthan	3220	1.6	2.0	4.8	7.4	33.7	32.0	18.5	8.4	41.1	50.5
<b>Pooled</b>	<b>69496</b>	<b>2.4</b>	<b>2.6</b>	<b>6.2</b>	<b>8.7</b>	<b>36.1</b>	<b>29.6</b>	<b>14.4</b>	<b>11.2</b>	<b>44.8</b>	<b>44.0</b>

**Table 66: Distribution (%) of Adults (≥ 18 Years) according to BMI Grades (Asian Cut Offs)**

State	Gender	N	BMI Grades (Asian Cut Offs)		
			CED (< 18.5)	Normal (18.5-23)	Overweight & Obesity(≥ 23)
Kerala	Males	3332	8.9	33.7	57.4 (55.7-59.1)
	Females	4690	7.6	24.1	68.3 (67.0-69.6)
Tamil Nadu	Males	3781	10.0	32.5	57.5(56.0-59.2)
	Females	4684	8.2	23.0	68.8 (67.5-70.1)
Karnataka	Males	3644	13.4	33.9	52.7(51.0-54.2)
	Females	4917	11.9	29.0	59.1 (57.7-60.5)
Andhra Pradesh	Males	3738	13.6	32.6	53.8(52.1-55.3)
	Females	4636	12.4	28.9	58.7(57.2-60.0)
Maharashtra	Males	4261	14.1	34.9	51.0 (49.5-52.5)
	Females	5185	12.4	29.6	58.0 (56.7-59.3)
Gujarat	Males	3573	13.0	31.7	55.3(53.6-56.8)
	Females	5017	8.5	25.2	66.3 (65.0-67.6)
Madhya Pradesh	Males	4145	16.9	41.3	41.8(40.3-43.3)
	Females	4993	16.9	35.8	47.3 (45.9-48.7)
Orissa	Males	3008	11.5	37.0	51.5 (49.7-53.3)
	Females	4410	12.0	34.1	53.9 (52.4-55.4)
West Bengal	Males	3412	19.5	42.4	38.1(36.6-39.8)
	Females	4804	14.1	35.2	50.7(49.4-52.2)
Uttar Pradesh	Males	3237	21.7	41.3	37.0 (35.3-38.7)
	Females	4600	19.3	36.6	44.1 (42.7-45.5)
Andaman & Nicobar	Males	4314	9.4	33.2	57.4 (55.9-58.9)
	Females	4730	9.5	29.6	60.9 (59.5-62.3)
Assam	Males	1600	12.9	38.1	49.0 (46.6-51.4)
	Females	2518	10.6	32.8	56.6 (54.7-58.5)
Bihar	Males	2831	10.5	36.2	53.3 (51.5-55.1)
	Females	2873	13.4	40.2	46.4 (44.7-48.3)
New Delhi	Males	2368	9.2	32.8	58.0 (56.0-60.0)
	Females	3521	7.2	25.4	67.4 (65.9-68.9)
Puducherry	Males	3729	7.7	30.0	62.3 (60.7-63.9)
	Females	4698	5.8	19.8	74.4 (73.2-75.6)
Rajasthan	Males	2676	8.4	28.8	62.8 (60.9-64.5)
	Females	3220	8.4	26.9	64.7 (62.9-66.3)
<b>Pooled</b>	<b>Males</b>	<b>53649</b>	<b>12.7</b>	<b>35.0</b>	<b>52.3 (52.0-52.8)</b>
	<b>Females</b>	<b>69496</b>	<b>11.2</b>	<b>29.5</b>	<b>59.3 (58.9-59.7)</b>

**Table 67.1: Disrtibution (%) of Adults (≥18 Yeras) by Central Obesity (waist Circumference) (Asian Cut Offs)**

State	Men (≥ 90 cm)			Women (≥ 80 cm)		
	N	Normal	Abdominal Adiposity	N	Normal	Abdominal Adiposity
Kerala	2659	55.9	44.1 (42.2 - 46)	3981	24.4	75.6 (74.2 - 76.9)
Tamil Nadu	3037	51.2	48.8 (47.0 - 50.5)	3872	42.9	57.1 (55.6 - 58.7)
Karnataka	2184	54.3	45.7 (43.6 - 47.8)	3448	35.9	64.1 (62.5 - 65.7)
Andhra Pradesh	2739	52.7	47.3 (45.4 - 49.1)	3423	43.7	56.3 (54.6 - 57.9)
Maharashtra	3080	51.5	48.5 (46.7 - 50.3)	3637	45.5	54.5 (52.9 - 56.1)
Gujarat	2600	49.2	50.8 (48.9 - 52.7)	4191	41.4	58.6 (57.1 - 60.1)
Madhya Pradesh	2445	62.7	37.3 (35.4 - 39.3)	3050	53.0	47.0 (45.2 - 48.8)
Orissa	2390	63.3	36.7 (34.7 - 38.6)	3615	58.2	41.8 (40.2 - 43.4)
West Bengal	1635	69.1	30.9 (28.7 - 33.2)	3138	42.8	57.2 (55.4 - 58.9)
Uttar Pradesh	2059	63.8	36.2 (34.2 - 38.3)	3068	54.2	45.8 (44.0 - 47.5)
Andaman & Nicobar	2880	56.6	43.4 (41.6 - 45.2)	3445	37.6	62.4 (60.8 - 64.0)
Assam	1156	58.8	41.2 (38.3 - 44)	1798	43.9	56.1 (53.8 - 58.4)
Bihar	1989	57.1	42.9 (40.8 - 45.1)	2086	37.0	63.0 (60.9 - 65.1)
New Delhi	1739	43.4	56.6 (54.3 - 58.9)	2857	29.3	70.7 (69.0 - 72.4)
Puducherry	3152	52.3	47.7 (46.0 - 49.5)	4079	31.2	68.8 (67.4 - 70.2)
Rajasthan	2211	44.8	55.2 (53.1 - 57.3)	2520	41.4	58.6 (56.7 - 60.5)
<b>Pooled</b>	<b>37955</b>	<b>55.0</b>	<b>45.0 (44.5 - 45.5)</b>	<b>52208</b>	<b>41.2</b>	<b>58.8 (58.4 - 59.3)</b>

**Table 67.2: Disrtibution (%) of Adults (≥18 Yeras) bywaist Circumference (Asian Cut Offs)**

Age Groups (Years)	Men (≥ 90 cm)			Women (≥ 80 cm)		
	n	Normal	Abdominal Obesity	n	Normal	Abdominal Obesity
<b>18-30</b>	6370	79.7	20.3(19.3 - 21.3)	10926	68.7	31.3(30.4 - 32.1)
<b>30-40</b>	9116	57.4	42.6(41.6 - 43.6)	14207	44.1	55.9(55.1 - 56.7)
<b>40-50</b>	9451	49.4	50.6(49.6 - 51.6)	12783	31.7	68.3(67.5 - 69.1)
<b>50-60</b>	6822	44.4	55.6(54.4 - 56.7)	8277	24.5	75.5(74.5 - 76.4)
<b>60-70</b>	4282	43.3	56.7(55.2 - 58.2)	4416	25.5	74.5(73.2 - 75.7)
<b>70-80</b>	1578	51.0	49.0 (46.5 - 51.5)	1321	30.7	69.3(66.8 - 71.8)
<b>≥80</b>	336	59.5	40.5(35.2 - 45.7)	278	37.8	62.2(56.5 - 67.9)
<b>Pooled</b>	<b>37955</b>	<b>55.0</b>	<b>45.0 (44.5 - 45.5)</b>	<b>52208</b>	<b>41.2</b>	<b>58.8 (58.4 - 59.3)</b>

**Table 68.1: Disrtibution (%) of Adults (≥18 Yeras) by Truncal Obesity (Waist Hip Ratio) (Asian Cut Offs)**

State	Men (≥ 0.90)			Females (≥ 0.80)		
	N	Normal	Central Adiposity	N	Normal	Central Adiposity
Kerala	2659	20.8	79.2 (77.6 - 80.7)	3981	6.9	93.1 (92.4 - 93.9)
Tamil Nadu	3035	28.4	71.5 (69.9 - 73.1)	3871	25.4	74.6 (73.2 - 76.0)
Karnataka	2180	29.3	70.7 (68.8 - 72.6)	3448	19.4	80.6 (79.3 - 81.9)
Andhra Pradesh	2737	24.8	75.2 (73.5 - 76.8)	3423	28.5	71.5 (69.9 - 73.0)
Maharashtra	3080	31.0	68.9 (67.3 - 70.5)	3635	38.6	61.4 (59.8 - 63.0)
Gujarat	2600	30.3	69.7 (67.9 - 71.5)	4191	36.6	63.4 (61.9 - 64.8)
Madhya Pradesh	2444	38.1	61.9 (60.0 - 63.9)	3050	36.4	63.6 (61.9 - 65.3)
Orissa	2390	25.4	74.6 (72.8 - 76.3)	3615	26.8	73.2 (71.8 - 74.6)
West Bengal	1634	27.7	72.3 (70.1 - 74.4)	3138	11.2	88.8 (87.7 - 89.9)
Uttar Pradesh	2059	36.6	63.4 (61.3 - 65.5)	3068	30.1	69.9 (68.3 - 71.5)
Andaman & Nicobar	2859	23.2	76.8 (75.3 - 78.4)	3416	15.7	84.3 (83.1 - 85.5)
Assam	1156	23.7	76.3 (73.8 - 78.7)	1797	14.5	85.5 (83.9 - 87.2)
Bihar	1989	22.1	77.8 (76.0 - 79.7)	2085	10.8	89.2 (87.8 - 90.5)
New Delhi	1738	20.0	80.0 (78.2 - 81.9)	2851	10.3	89.7 (88.6 - 90.8)
Puducherry	3151	12.4	87.6 (86.5 - 88.8)	4078	17.2	82.8 (81.7 - 84.0)
Rajasthan	2210	21.4	78.6 (76.9 - 80.3)	2518	24.0	76.0 (74.3 - 77.7)
<b>Pooled</b>	<b>37921</b>	<b>25.9</b>	<b>74.1 (73.7 - 74.6)</b>	<b>52165</b>	<b>22.6</b>	<b>77.4 (77.0 - 77.7)</b>

**Table 68.2: Disrtibution (%) of Adults (≥18 Yeras) by Waist Hip Ratio (Asian Cut Offs)**

Age (Years)	Men (≥ 0.90)			Females (≥ 0.80)		
	N	Normal	Central Adiposity	N	Normal	Central Adiposity
<b>18-30</b>	6366	60.7	39.3 (38.1 - 40.5)	10913	41.3	58.7 (57.8 - 59.7)
<b>30-40</b>	9099	27.8	72.2 (71.3 - 73.1)	14189	25.4	74.6 (73.9 - 75.3)
<b>40-50</b>	9444	18.4	81.6 (80.8 - 82.3)	12778	17.2	82.8 (82.1 - 83.4)
<b>50-60</b>	6820	12.9	87.1 (86.3 - 87.8)	8271	11.3	88.7 (88.0 - 89.4)
<b>60-70</b>	4280	11.5	88.4 (87.5 - 89.4)	4415	9.4	90.6 (89.8 - 91.5)
<b>70-80</b>	1577	14.5	85.5 (83.7 - 87.2)	1321	10.3	89.7 (88.1 - 91.3)
<b>≥80</b>	335	20.3	79.7 (75.4 - 84.0)	278	8.6	91.4 (88.1 - 94.7)
<b>Pooled</b>	<b>37921</b>	<b>25.9</b>	<b>74.1 (73.7 - 74.6)</b>	<b>52165</b>	<b>22.6</b>	<b>77.4 (77.0 - 77.7)</b>

**Table 69.1: Distribution (%) of Adults (≥ 18 Years) by Percent Body Fat**

State	Men			Females		
	N	Normal Body Fat	Higher Body Fat	N	Normal Body Fat	Higher Body Fat
Kerala	3320	57.0	43.0	4624	14.4	85.6
Tamil Nadu	3747	36.4	63.6	4534	20.1	79.9
Karnataka	3621	43.7	56.3	4692	14.1	85.9
Andhra Pradesh	3750	44.5	55.5	4497	21.9	78.1
Maharashtra	4235	56.4	43.6	4794	22.1	77.9
Gujarat	3559	44.1	55.9	4882	16.0	84.0
Madhya Pradesh	4104	62.5	37.5	4791	33.5	66.5
Orissa	2999	54.8	45.2	4345	27.4	72.6
West Bengal	3407	74.4	25.6	4727	36.6	63.4
Uttar Pradesh	3228	71.5	28.5	4480	39.8	60.2
Andaman & Nicobar	4254	46.9	53.1	4530	21.5	78.5
Assam	1551	54.9	45.1	2430	19.5	80.5
Bihar	2819	48.0	52.0	2818	25.5	74.5
New Delhi	2371	58.5	41.5	3508	19.4	80.6
Puducherry	3726	36.7	63.3	4631	10.4	89.6
Rajasthan	2667	48.1	51.9	3170	21.6	78.4
<b>Pooled</b>	53358	52.0	48.0	67453	22.8	77.2

**Table 69.2: Distribution (%) of Adults (≥ 18 Years) by Percent Body Fat**

Age (Years)	Men		Women	
	n	Higher Body Fat	n	Higher Body Fat
<30	13873	13.7	18631	50.0
30-40	11931	39.7	16349	78.5
40-50	11238	66.6	14435	91.6
50-60	8215	74.5	9611	95.5
60-70	5428	69.9	5809	91.8
70-80	2118	62.0	2011	85.6
>=80	555	47.9	607	76.9
<b>Pooled</b>	53358	48.0	67453	77.2

**Table 70.1: Prevalence (%) of Morbidity among Infants**

State	Gender	N	Morbidity					
			No Morbidity	Fever	Diarrhoea	Dysentery	ARI	Measles
Kerala	Boys	54	77.8	20.4	0	0	5.6	0
	Girls	66	86.4	9.1	0	0	6.1	0
	Pooled	120	82.5	14.2	0	0	5.8	0
Tamil Nadu	Boys	62	53.2	16.1	8.1	0	37.1	0
	Girls	75	66.7	13.3	9.3	0	22.7	0
	Pooled	137	60.6	14.6	8.8	0	29.2	0
Karnataka	Boys	61	85.2	6.6	3.3	1.6	6.6	0
	Girls	81	86.4	7.4	2.5	0	6.2	0
	Pooled	142	85.9	7.0	2.8	0.7	6.3	0
Andhra Pradesh	Boys	76	90.8	3.9	2.6	0	5.3	0
	Girls	86	87.2	3.5	2.3	0	8.1	1.2
	Pooled	162	88.9	3.7	2.5	0	6.8	0.6
Maharashtra	Boys	91	93.4	4.4	1.1	0	2.2	1.1
	Girls	85	89.4	9.4	1.2	0	2.4	1.2
	Pooled	176	91.5	6.8	1.1	0	2.3	1.1
Gujarat	Boys	58	94.8	3.4	1.7	0	3.4	0
	Girls	50	96.0	2.0	2.0	0	0	0
	Pooled	108	95.4	2.8	1.9	0	1.9	0
Madhya Pradesh	Boys	84	76.2	19.0	0	1.2	20.2	0
	Girls	78	84.6	5.1	0	2.6	14.1	0
	Pooled	162	80.2	12.3	0	1.9	17.3	0
Orissa	Boys	61	91.8	0	1.6	0	6.6	0
	Girls	54	94.4	0	0	0	5.6	0
	Pooled	115	93.0	0	0.9	0	6.1	0
West Bengal	Boys	63	50.8	19.0	0	1.6	46.0	0
	Girls	84	56.0	21.4	0	4.8	36.9	0
	Pooled	147	53.7	20.4	0	3.4	40.8	0
Uttar Pradesh	Boys	96	89.6	9.4	2.1	1.0	0	0
	Girls	103	93.2	4.9	0	2.9	0	0
	Pooled	199	91.5	7.0	1.0	2.0	0	0
Andaman & Nicobar	Boys	70	91.4	2.9	0	0	7.1	0
	Girls	74	87.8	5.4	0	0	10.8	0
	Pooled	144	89.6	4.2	0	0	9.0	0
Assam	Boys	29	93.1	3.4	0	0	6.9	0
	Girls	26	92.3	7.7	0	0	3.8	0
	Pooled	55	92.7	5.5	0	0	5.5	0
Bihar	Boys	24	91.7	4.2	4.2	0	4.2	0
	Girls	37	83.8	16.2	2.7	0	8.1	0
	Pooled	61	86.9	11.5	3.3	0	6.6	0
New Delhi	Boys	21	100	0	0	0	0	0
	Girls	27	88.9	7.4	0	0	7.4	0
	Pooled	48	93.8	4.2	0	0	4.2	0
Puducherry	Boys	39	48.7	10.3	0	0	51.3	0
	Girls	43	60.5	11.6	0	2.3	37.2	0
	Pooled	82	54.9	11.0	0	1.2	43.9	0
Rajasthan	Boys	16	93.8	6.3	6.3	0	0	0
	Girls	8	87.5	0	0	0	12.5	0
	Pooled	24	91.7	4.2	4.2	0	4.2	0
Pooled	Boys	905	82.0	8.8	1.8	0.4	12.8	0.1
	Girls	977	83.2	8.2	1.4	1.0	11.4	0.2
	Pooled	1882	82.6	8.5	1.6	0.7	12.1	0.2

**Table 70.2: Prevalence (%) of Morbidity among 1-5 Yr Children**

State	Gender	N	Morbidity					
			No Morbidity	Fever	Diarrhoea	Dysentery	ARI	Measles
Kerala	Boys	277	76.5	15.2	0	0	12.3	0
	Girls	264	76.5	14.8	0	0	12.5	0
	Pooled	541	76.5	15.0	0	0	12.4	0
Tamil Nadu	Boys	397	64.5	11.3	1.8	0	31.7	0
	Girls	360	73.3	9.7	1.4	0.3	23.9	0
	Pooled	757	68.7	10.6	1.6	0.1	28.0	0
Karnataka	Boys	396	82.1	10.6	3.5	0.5	7.3	0
	Girls	394	83.2	8.9	3.6	0.3	5.3	0
	Pooled	790	82.7	9.7	3.5	0.4	6.3	0
Andhra Pradesh	Boys	421	90.5	3.6	1.4	0	5.2	0
	Girls	373	88.2	4.8	1.6	0.3	5.9	0
	Pooled	794	89.4	4.2	1.5	0.1	5.5	0
Maharashtra	Boys	409	90.0	8.8	1.7	0	2.0	0
	Girls	382	93.7	5.8	1.0	0.3	0.5	0
	Pooled	791	91.8	7.3	1.4	0.1	1.3	0
Gujarat	Boys	366	92.6	2.7	0.3	0.3	4.9	0.3
	Girls	272	91.2	4.4	0	0	7.7	0
	Pooled	638	92.0	3.4	0.2	0.2	6.1	0.2
Madhya Pradesh	Boys	482	80.7	11.6	0.4	2.1	16.6	0
	Girls	408	81.9	11.0	0.2	1.5	15.2	0
	Pooled	890	81.2	11.3	0.3	1.8	16.0	0
Orissa	Boys	361	94.2	0.3	0.6	0	5.0	0
	Girls	295	94.6	0.7	0.7	0	4.1	0
	Pooled	656	94.4	0.5	0.6	0	4.6	0
West Bengal	Boys	403	57.8	18.4	0.2	2.0	35.5	0
	Girls	406	57.4	21.2	0.5	2.2	35.7	0.2
	Pooled	809	57.6	19.8	0.4	2.1	35.6	0.1
Uttar Pradesh	Boys	507	95.7	3.7	0.2	0.4	0.2	0
	Girls	443	95.0	4.1	0.7	1.1	0	0
	Pooled	950	95.4	3.9	0.4	0.7	0.1	0
Andaman & Nicobar	Boys	408	90.2	4.4	0.5	0	7.8	0
	Girls	386	89.6	6.7	0.5	0	7.5	0
	Pooled	794	89.9	5.5	0.5	0	7.7	0
Assam	Boys	141	96.5	0.7	0	0	3.5	0
	Girls	121	93.4	5.8	0	0	6.6	0
	Pooled	262	95.0	3.1	0	0	5.0	0
Bihar	Boys	222	90.5	4.1	0	0	8.1	0
	Girls	209	90.4	4.3	0.5	0	8.1	0
	Pooled	431	90.5	4.2	0.2	0	8.1	0
New Delhi	Boys	180	94.4	5.0	0	0	1.7	0
	Girls	206	97.1	1.5	0.5	0	1.9	0
	Pooled	386	95.9	3.1	0.3	0	1.8	0
Puducherry	Boys	306	60.1	8.2	1.0	0	36.9	1.3
	Girls	266	67.7	10.9	1.1	0	27.1	0.4
	Pooled	572	63.6	9.4	1.0	0	32.3	0.9
Rajasthan	Boys	139	91.4	4.3	0.7	0	3.6	0
	Girls	88	97.7	2.3	0	0	0	0
	Pooled	227	93.8	3.5	0.4	0	2.2	0
Pooled	Boys	<b>5415</b>	<b>83.4</b>	<b>7.5</b>	<b>0.9</b>	<b>0.4</b>	<b>12.1</b>	<b>0.1</b>
	Girls	<b>4873</b>	<b>84.3</b>	<b>8.0</b>	<b>0.9</b>	<b>0.5</b>	<b>11.0</b>	<b>0</b>
	Pooled	<b>10288</b>	<b>83.8</b>	<b>7.7</b>	<b>0.9</b>	<b>0.5</b>	<b>11.6</b>	<b>0.1</b>

**Table 70.3: Prevalence (%) of Morbidity among 5-12 Yr Children**

State	Gender	N	Morbidity					
			No Morbidity	Fever	Diarrhoea	Dysentery	ARI	Measles
Kerala	Boys	493	86.6	7.9	0.4	0	6.7	0
	Girls	448	83.7	10.7	0	0	6.7	0
	Pooled	941	85.2	9.2	0.2	0	6.7	0
Tamil Nadu	Boys	709	75.2	8.3	1.3	0.8	19.5	0
	Girls	676	80.2	7.0	1.8	0.1	15.5	0
	Pooled	1385	77.6	7.7	1.5	0.5	17.5	0
Karnataka	Boys	663	87.8	6.2	2.0	0	4.8	0
	Girls	681	89.7	5.0	2.2	0.1	3.5	0
	Pooled	1344	88.8	5.6	2.1	0.1	4.2	0
Andhra Pradesh	Boys	649	91.5	2.5	1.8	0	4.6	0
	Girls	614	94.6	1.5	1.1	0	3.3	0
	Pooled	1263	93.0	2.0	1.5	0	4.0	0
Maharashtra	Boys	736	96.5	3.0	0.3	0	0.5	0
	Girls	633	97.3	2.1	0.6	0	0.3	0.2
	Pooled	1369	96.9	2.6	0.4	0	0.4	0.1
Gujarat	Boys	658	94.4	3.2	0.3	0.2	3.8	0.2
	Girls	538	96.1	1.5	0	0	3.3	0
	Pooled	1196	95.2	2.4	0.2	0.1	3.6	0.1
Madhya Pradesh	Boys	778	86.2	7.8	0	0.5	11.8	0
	Girls	665	88.4	5.9	0	0.5	9.3	0
	Pooled	1443	87.2	6.9	0	0.5	10.7	0
Orissa	Boys	692	94.1	0.3	0.3	0	5.3	0
	Girls	621	95.3	0.5	0.3	0	3.9	0
	Pooled	1313	94.7	0.4	0.3	0	4.6	0
West Bengal	Boys	734	76.2	10.6	0.4	1.6	17.7	0.1
	Girls	779	73.2	10.7	0.3	1.0	21.7	0.1
	Pooled	1513	74.6	10.6	0.3	1.3	19.8	0.1
Uttar Pradesh	Boys	1021	97.4	2.2	0.2	0.1	0.3	0
	Girls	917	96.9	2.7	0.3	0.2	0	0
	Pooled	1938	97.2	2.4	0.3	0.2	0.2	0
Andaman & Nicobar	Boys	782	93.1	3.7	0.3	0.1	4.0	0
	Girls	736	92.7	4.3	0	0	5.4	0
	Pooled	1518	92.9	4.0	0.1	0.1	4.7	0
Assam	Boys	221	95.4	1.4	0	0	2.7	0
	Girls	187	95.2	3.7	0	0	3.2	0.5
	Pooled	408	95.8	2.5	0	0	2.9	0.2
Bihar	Boys	728	95.2	2.3	0	0.1	3.3	0
	Girls	575	95.1	2.3	0.5	0	3.7	0
	Pooled	1303	95.2	2.3	0.2	0.1	3.5	0
New Delhi	Boys	372	96.5	3.2	0	0	0.3	0
	Girls	337	97.6	2.1	0	0	0.6	0
	Pooled	709	97.0	2.7	0	0	0.4	0
Puducherry	Boys	565	67.3	3.5	0.5	0	30.6	0.7
	Girls	578	77.9	3.1	0.7	0.2	18.7	1.7
	Pooled	1143	72.6	3.3	0.6	0.1	24.6	1.2
Rajasthan	Boys	309	97.4	1.6	0	0.3	1.0	0
	Girls	288	97.9	1.0	0.3	0	0.7	0
	Pooled	597	97.7	1.3	0.2	0.2	0.8	0
Pooled	Boys	<b>10110</b>	<b>89.2</b>	<b>4.4</b>	<b>0.5</b>	<b>0.3</b>	<b>7.5</b>	<b>0.1</b>
	Girls	<b>9273</b>	<b>90.0</b>	<b>4.2</b>	<b>0.6</b>	<b>0.2</b>	<b>6.8</b>	<b>0.1</b>
	Pooled	<b>19383</b>	<b>89.6</b>	<b>4.3</b>	<b>0.5</b>	<b>0.2</b>	<b>7.2</b>	<b>0.1</b>

**Table 70.4: Prevalence (%) of Morbidity among 12-17Yr Children**

State	Gender	N	Morbidity					
			No Morbidity	Fever	Diarrhoea	Dysentery	ARI	Measles
Kerala	Boys	444	89.6	6.3	0	0	4.5	0
	Girls	489	89.2	6.7	0	0	4.3	0
	Pooled	933	89.4	6.5	0	0	4.4	0
Tamil Nadu	Boys	569	81.5	3.7	2.1	0.4	15.3	0
	Girls	582	78.9	5.5	1.0	0.3	16.8	0
	Pooled	1151	80.2	4.6	1.6	0.3	16.1	0
Karnataka	Boys	538	91.4	3.7	2.0	0	3.7	0
	Girls	564	89.9	4.6	1.1	0	5.3	0
	Pooled	1102	90.7	4.2	1.5	0	4.5	0
Andhra Pradesh	Boys	549	93.6	2.4	0.4	0	3.8	0
	Girls	557	91.9	2.3	0.4	0	5.6	0.2
	Pooled	1106	92.8	2.4	0.4	0	4.7	0.1
Maharashtra	Boys	666	98.8	1.2	0	0	0	0
	Girls	612	98.9	1.1	0.2	0	0	0
	Pooled	1278	98.8	1.2	0.1	0	0	0
Gujarat	Boys	540	97.0	1.5	0	0	1.9	0
	Girls	504	96.8	0.6	0	0	2.6	0
	Pooled	1044	96.9	1.1	0	0	2.2	0
Madhya Pradesh	Boys	661	86.4	6.7	0	0	12.0	0.2
	Girls	655	81.1	6.7	0.8	0	16.0	0
	Pooled	1316	83.7	6.7	0.4	0	14.0	0.1
Orissa	Boys	437	95.0	0.2	1.4	0	3.4	0
	Girls	496	96.4	0	1.0	0	2.6	0
	Pooled	933	95.7	0.1	1.2	0	3.0	0
West Bengal	Boys	612	74.2	10.3	0.3	1.8	20.8	0.2
	Girls	641	79.3	6.7	0.3	0.9	16.2	0
	Pooled	1253	76.8	8.5	0.3	1.4	18.4	0.1
Uttar Pradesh	Boys	874	97.5	2.4	0.1	0	0	0
	Girls	1019	96.6	2.9	0.3	0.5	0.1	0
	Pooled	1893	97.0	2.7	0.2	0.3	0.1	0
Andaman & Nicobar	Boys	705	96.6	1.7	0	0	2.4	0
	Girls	665	93.2	3.5	0	0	4.4	0
	Pooled	1370	95.0	2.6	0	0	3.4	0
Assam	Boys	153	97.4	1.3	0	0	2.0	0
	Girls	157	97.3	0.6	0.6	0	1.9	0
	Pooled	310	97.4	1.0	0.3	0	1.9	0
Bihar	Boys	740	97.7	1.2	0.1	0	1.5	0
	Girls	707	98.6	0.7	0	0	0.8	0
	Pooled	1447	98.1	1.0	0.1	0	1.2	0
New Delhi	Boys	357	98.6	1.1	0	0	0.6	0
	Girls	313	98.4	1.0	0	0	0.6	0
	Pooled	670	98.5	1.0	0	0	0.6	0
Puducherry	Boys	502	69.1	2.4	0	0	29.5	1.0
	Girls	461	90.0	1.5	0.2	0	7.2	1.7
	Pooled	963	79.1	2.0	0.1	0	18.8	1.3
Rajasthan	Boys	348	97.4	1.4	0	0	1.4	0
	Girls	354	98.3	1.1	0	0	0.8	0
	Pooled	702	97.9	1.3	0	0	1.1	0
Pooled	Boys	<b>8695</b>	<b>91.2</b>	<b>3.1</b>	<b>0.4</b>	<b>0.1</b>	<b>6.5</b>	<b>0.1</b>
	Girls	<b>8776</b>	<b>91.7</b>	<b>3.1</b>	<b>0.4</b>	<b>0.1</b>	<b>5.6</b>	<b>0.1</b>
	Pooled	<b>17471</b>	<b>91.5</b>	<b>3.1</b>	<b>0.4</b>	<b>0.1</b>	<b>6.1</b>	<b>0.1</b>

**Table 70.5: Prevalence (%) of Morbidity among Adults (≥ 18 Years)**

State	Gender	N	Morbidity					
			No Morbidity	Fever	Diarrhoea	Dysentery	ARI	Measles
Kerala	Boys	3342	96.0	2.7	0.1	0	1.5	0
	Girls	4714	91.7	5.0	0	0	3.8	0
	Pooled	8056	93.5	4.1	0	0	2.8	0
Tamil Nadu	Boys	3808	82.7	3.3	2.2	0.4	13.7	0
	Girls	4704	83.2	3.8	1.3	0.4	13.2	0
	Pooled	8512	83.0	3.6	1.7	0.4	13.4	0
Karnataka	Boys	3659	91.4	3.8	1.8	0.1	3.9	0
	Girls	4931	89.4	5.5	1.8	0.1	4.8	0
	Pooled	8590	90.2	4.8	1.8	0.1	4.4	0
Andhra Pradesh	Boys	3772	93.2	2.2	0.9	0	4.0	0
	Girls	4678	91.9	2.3	1.3	0	5.1	0.1
	Pooled	8450	92.5	2.3	1.1	0	4.6	0
Maharashtra	Boys	4264	99.4	0.5	0.1	0	0.1	0
	Girls	5195	98.9	1.0	0.1	0	0	0
	Pooled	9459	99.1	0.8	0.1	0	0.1	0
Gujarat	Boys	3579	97.1	0.8	0.1	0	2.4	0
	Girls	5022	95.2	1.7	0.1	0	3.7	0
	Pooled	8601	96.0	1.3	0.1	0	3.2	0
Madhya Pradesh	Boys	4155	87.7	5.9	0.1	0.3	10.5	0
	Girls	5013	80.3	9.3	0.6	0.3	16.7	0
	Pooled	9168	83.6	7.8	0.4	0.3	13.9	0
Orissa	Boys	3015	93.5	0.8	1.3	0	4.7	0
	Girls	4415	93.9	0.8	1.0	0	4.3	0
	Pooled	7430	93.7	0.8	1.1	0	4.5	0
West Bengal	Boys	3453	76.2	10.1	0.4	1.9	18.8	0
	Girls	4838	74.6	12.0	0.4	0.9	20.0	0
	Pooled	8291	75.3	11.2	0.4	1.3	19.5	0
Uttar Pradesh	Boys	3241	98.0	1.8	0.1	0.2	0.1	0
	Girls	4609	95.8	3.6	0.2	0.5	0.1	0
	Pooled	7850	96.7	2.8	0.1	0.4	0.1	0
Andaman & Nicobar	Boys	4372	97.8	1.1	0.1	0	1.3	0
	Girls	4779	95.6	2.5	0	0	2.7	0
	Pooled	9151	96.6	1.8	0	0	2.1	0
Assam	Boys	1624	95.9	1.8	0.4	0	3.1	0
	Girls	2541	93.2	4.1	0.2	0.2	5.4	0
	Pooled	4165	94.3	3.2	0.3	0.1	4.5	0
Bihar	Boys	2836	99.0	0.6	0.1	0	0.6	0
	Girls	2879	98.4	0.9	0.1	0	1.0	0
	Pooled	5715	98.7	0.7	0.1	0	0.8	0
New Delhi	Boys	2393	97.5	1.2	0	0	1.5	0
	Girls	3557	96.0	2.2	0.1	0	2.0	0
	Pooled	5950	96.6	1.8	0.1	0	1.8	0
Puducherry	Boys	3758	67.8	2.1	0.4	0.1	30.2	1.2
	Girls	4719	90.0	1.7	0.2	0.1	7.8	1.3
	Pooled	8477	80.2	1.9	0.3	0.1	17.7	1.2
Rajasthan	Boys	2710	98.6	0.7	0	0	0.8	0
	Girls	3263	97.9	1.7	0.1	0	0.5	0
	Pooled	5973	98.2	1.3	0.1	0	0.6	0
<b>Pooled</b>	<b>Boys</b>	<b>53981</b>	<b>91.5</b>	<b>2.6</b>	<b>0.5</b>	<b>0.2</b>	<b>6.5</b>	<b>0.1</b>
	<b>Girls</b>	<b>69857</b>	<b>91.2</b>	<b>3.8</b>	<b>0.5</b>	<b>0.2</b>	<b>6.0</b>	<b>0.1</b>
	<b>Pooled</b>	<b>123838</b>	<b>91.3</b>	<b>3.3</b>	<b>0.5</b>	<b>0.2</b>	<b>6.2</b>	<b>0.1</b>

**TABLE 71.1: Prevalence (%) of Hypertension among Adults (≥ 18 Years) by Gender (WHO Classification)**

STATE	Men			Women		
	n	Hypertension* (95 CI)	Weighted Population Estimate	n	Hypertension* (95 CI)	Weighted Population Estimate
Kerala	2710	46.6 (44.7 - 48.5)	38.6	4064	38.2 (36.7 - 39.7)	31.4
Tamil Nadu	3130	36.6 (34.9 - 38.3)	32.9	4058	23.3 (22 - 24.6)	23.8
Karnataka	2240	41.9 (39.9 - 43.9)	33.7	3608	34.2 (32.7 - 35.7)	28.2
Andhra Pradesh	2863	42.3 (40.5 - 44.1)	36.2	3646	30.2 (28.7 - 31.7)	28.2
Maharashtra	3156	43.4 (41.7 - 45.1)	33.9	3777	34.9 (33.4 - 36.4)	28.1
Gujarat	2649	33.1 (31.3 - 34.9)	25.6	4353	31.9 (30.5 - 33.3)	27.4
Madhya Pradesh	2583	28.2 (26.5 - 29.9)	24.4	3206	23.6 (22.1 - 25.1)	22.3
Orissa	2540	29.8 (28 - 31.6)	26.4	3801	25.7 (24.3 - 27.1)	25.0
West Bengal	1695	37.8 (35.5 - 40.1)	29.8	3212	34.3 (32.7 - 35.9)	31.0
Uttar Pradesh	2154	28.7 (26.8 - 30.6)	27.4	3150	21.5 (20.1 - 22.9)	23.8
Andaman & Nicobar	3025	38.2 (36.5 - 39.9)	33.7	3603	21.4 (20.1 - 22.7)	20.9
Assam	1225	46.9 (44.1 - 49.7)	32.5	1897	36.7 (34.5 - 38.9)	27.7
Bihar	2099	30.7 (28.7 - 32.7)	22.2	2233	20.9 (19.2 - 22.6)	15.7
New Delhi	1837	40.6 (38.4 - 42.8)	34.7	2987	33.5 (31.8 - 35.2)	27.0
Puducherry	3235	40.2 (38.5 - 41.9)	33.9	4209	30.1 (28.7 - 31.5)	25.2
Rajasthan	2274	35.9 (33.9 - 37.9)	30.1	2632	28.8 (27.1 - 30.5)	24.8
<b>Pooled</b>	<b>39415</b>	<b>37.5 (37.0 - 38.0)</b>	<b>31.1</b>	<b>54436</b>	<b>29.4 (29.0 - 29.8)</b>	<b>26.2</b>

\*Including known cases

**Table 71.2: Prevalence (%) of Hypertension among Urban Adults(≥18 Years) by age groups**

Age (Years)	Men		Women	
	n	Hypertension*(95 CI)	n	Hypertension*(95 CI)
18-30	6590	12.3 (11.5 - 13.1)	11676	5.7 (5.3 - 6.1)
30-40	9497	26.2 (25.3 - 27.1)	14708	15.5 (14.9 - 16.1)
40-50	9797	38.9 (37.9 - 39.9)	13192	33.6 (32.8 - 34.4)
50-60	7101	50.6 (49.4 - 51.8)	8550	51.1 (50 - 52.2)
60-70	4442	61.6 (60.2 - 63)	4600	65.1 (63.7 - 66.5)
70-80	1637	68.2 (65.9 - 70.5)	1406	74.4 (72.1 - 76.7)
≥80	351	66.1 (61.1 - 71.1)	304	75.7 (70.9 - 80.5)
<b>Pooled</b>	<b>39415</b>	<b>37.5(37.0 - 38.0)</b>	<b>54436</b>	<b>29.4 (29.0 - 29.8)</b>

\* Including known cases

**Table 71.3: MEAN ± SD of BLOOD PRESSURE (mm Hg) AMONG ADULTS (≥18 YEARS) BY GENDER**

		Kerala	Tamil Nadu	Karnataka	Andhra Pradesh	Maharashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	Andaman & Nicobar	Assam	Bihar	New Delhi	Puducherry	Rajasthan	Pooled	
<b>Men</b>	N	2708	3127	2235	2861	3158	2648	2549	2540	1696	2151	3024	1223	2067	1834	3241	2273	39335	
	SBP	Mean	132.7	125.8	128.5	127.6	127.9	124.5	123.5	127.4	128.3	124.5	127.2	131.6	127.8	127.2	126.3	125.7	127.1
		SD	20.3	17.4	19.2	18.1	19.0	18.0	17.6	16.7	20.1	17.2	17.5	21.8	11.3	18.8	18.3	17.6	18.2
	DBP	Mean	84.9	83.5	85.5	85.0	84.9	81.6	83.6	82.7	82.6	82.6	86.1	82.6	86.2	86.4	84.1	83.6	84.2
		SD	11.9	11.9	12.4	11.7	11.7	11.4	10.9	9.6	11.8	10.7	11.1	11.8	9.2	11.5	11.9	11.2	11.4
<b>Women</b>	N	4059	4057	3608	3646	3772	4350	3162	3801	3208	3151	3601	1898	2191	2989	4204	2630	54327	
	SBP	Mean	126.9	116.6	121.9	119.0	122.3	119.9	118.3	121.9	124.9	118.3	116.1	124.7	122.1	122.3	116.9	118.8	120.5
		SD	22.9	17.8	20.9	18.5	19.5	19.5	18.9	17.3	21.4	18.5	17.6	22.4	13.2	19.8	18.9	18.1	19.5
	DBP	Mean	81.2	79.0	82.0	81.2	82.4	79.9	81.2	80.6	82.5	79.2	80.0	79.9	81.6	83.4	79.8	81.4	80.9
		SD	11.8	11.1	12.6	11.4	11.4	11.3	11.3	10.1	11.7	11.1	10.8	11.5	10.1	11.8	10.8	11.5	11.4

SBP: Systolic Blood pressure

DBP: Diastolic Blood Pressure

**Table 71.4: MEAN (SD) BLOOD PRESSURE (mm Hg) AMONG ADULTS (≥18 YEARS)  
BY GENDER & AGE GROUPS**

Blood Pressure	Age group (Years)								
		18- 30	30-40	40-50	50-60	60-70	70-80	≥ 80	Pooled
<b>Men</b>									
<b>n</b>		6590	9476	9768	7078	4437	1637	349	39335
SBP	<b>Mean</b>	118.1	122.2	127.2	132.4	136.8	140.0	139.0	127.1
	<b>SD</b>	11.6	13.8	17.1	19.9	21.0	22.3	22.9	18.2
DBP	<b>Mean</b>	79.0	83.6	86.2	86.8	85.3	83.2	80.0	84.2
	<b>SD</b>	9.3	10.5	11.6	11.9	11.8	12.4	12.7	11.4
<b>Women</b>									
<b>n</b>		11681	14687	13146	8518	4594	1402	299	54327
SBP	<b>Mean</b>	108.5	114.4	123.1	130.6	136.9	140.5	142.3	120.5
	<b>SD</b>	11.9	14.2	18.0	20.5	21.7	22.8	25.0	19.5
DBP	<b>Mean</b>	74.7	7159.1	83.4	85.5	85.6	84.2	82.6	80.9
	<b>SD</b>	9.0	10.0	11.2	11.7	11.9	12.2	12.3	11.4

SBP: Systolic Blood pressure

DBP: Diastolic Blood Pressure

**Table 71.5: DISTRIBUTION (%) OF ADULTS (≥18 YEARS) ACCORDING TO TYPE OF HYPERTENSION\***

		Kerala	Tamil Nadu	Karna-taka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	Andaman & Nicobar	Assam	Bihar	New Delhi	Puducherry	Rajasthan	pooled
<b>Men</b>	n	2708	3127	2238	2861	3158	2647	2550	2540	1696	2152	3026	1224	2067	1834	3241	2274	39343
	SBP&DBP Normal	60.5	69.5	63.0	64.7	63.8	74.3	74.0	75.0	69.4	73.5	65.8	64.0	72.5	62.6	68.4	69.1	68.2
	SBP Normal & DBPHTN	9.7	12.3	13.5	14.2	15.2	7.9	12.3	7.8	7.3	11.2	16.4	7.2	17.1	18.3	13.1	13.4	12.5
	SBPHTN & DBPNormal	9.2	4.0	4.2	5.3	5.3	5.2	1.7	4.3	7.0	4.5	2.5	10.9	2.7	3.2	4.3	3.8	4.7
	SBP & DBP Hypertension	20.6	14.1	19.3	15.8	15.7	12.5	12.0	13.0	16.3	10.8	15.3	18.0	7.7	15.9	14.2	13.7	14.6
<b>Women</b>	n	4065	4058	3608	3646	3773	4351	3161	3801	3209	3151	3601	1898	2191	2989	4203	2631	54336
	SBP&DBP Normal	69.5	82.8	72.9	76.5	73.5	78.0	78.8	80.1	72.3	82.2	82.1	71.8	81.9	71.5	81.2	76.2	77.1
	SBP Normal & DBPHTN	5.9	7.3	9.8	10.9	10.9	7.4	9.9	6.6	7.0	7.1	8.4	5.0	11.8	12.8	7.7	12.0	8.7
	SBPHTN & DBPNormal	8.4	2.3	4.0	2.5	3.7	4.6	1.7	3.0	5.1	2.9	1.7	9.6	1.2	3.2	2.9	1.9	3.6
	SBP & DBP Hypertension	16.3	7.6	13.2	10.1	12.0	10.0	9.6	10.3	15.6	7.8	7.8	13.6	5.1	12.5	8.3	9.9	10.6

\* WHO Classification

**Table 71.6: DISTRIBUTION (%) OF ADULTS (≥18 YEARS) ACCORDING TO TYPE OF HYPERTENSION\* BY GENDER AND AGE GROUP**

Category	Age group (Years)							
	18-30	30-40	40-50	50-60	60-70	70-80	≥ 80	Pooled
<b>Men</b>								
N	6590	9479	9768	7082	4437	1638	349	39343
<b>SBP &amp; DBP Normal</b>	87.8	75.1	65.5	58.6	53.4	49.2	52.4	68.2
<b>SBP Normal &amp; DBP HTN</b>	8.5	16.0	16.2	12.2	7.4	4.0	2.6	12.5
<b>SBP HTN &amp; DBP Normal</b>	1.0	1.0	1.9	5.9	13.7	23.2	27.2	4.7
<b>SBP &amp; DBP Hypertension</b>	2.7	7.9	16.4	23.3	25.5	23.6	17.8	14.6
<b>Women</b>								
N	11680	14690	13148	8517	4596	1404	301	54336
<b>SBP &amp; DBP Normal</b>	94.9	86.8	72.8	61.6	53.5	47.3	44.9	77.1
<b>SBP Normal &amp; DBP HTN</b>	4.0	8.8	12.0	10.6	8.0	6.3	3.3	8.7
<b>SBP HTN &amp; DBP Normal</b>	0.2	0.5	2.4	6.4	13.5	20.9	27.9	3.6
<b>SBP &amp; DBP Hypertension</b>	0.9	3.9	12.8	21.4	25.0	25.5	23.9	10.6

\*WHO Classification.

**TABLE 72.1: Prevalence (%) of Diabetes Mellitus\*among adults (≥18 Years) by Gender**

STATE	MEN			WOMEN		
	n	Diabetes Mellitus (95 CI)	Weighted Population Estimate	n	Diabetes Mellitus (95 CI)	Weighted Population Estimate
Kerala	<b>2598</b>	35.1 (33.3-36.9)	27.4	<b>3903</b>	32.1 (30.6-33.6)	26.6
Tamil Nadu	<b>2855</b>	32.3 (30.6-34.0)	27.8	<b>3793</b>	28.5 (27.1- 29.0)	28.2
Karnataka	<b>1934</b>	28.7 (26.7-30.7)	20.7	<b>3233</b>	23.8 (22.3- 25.3)	19.9
Andhra Pradesh	<b>2279</b>	33.9 (32.0-35.2)	26.7	<b>2873</b>	28.1 (26.5- 29.7)	25.3
Maharashtra	<b>2525</b>	28.4 (26.6-30.2)	19.6	<b>3005</b>	26.5 (24.9- 28.1)	19.9
Gujarat	<b>2245</b>	25.2 (23.4-27.0)	18.8	<b>3870</b>	23.8 (22.5- 25.1)	19.1
Madhya Pradesh	<b>2068</b>	24.0 (22.2-25.8)	20.2	<b>2682</b>	21.7 (20.1- 23.3)	19.4
Orissa	<b>2326</b>	18.5 (16.9-20.1)	15.8	<b>3497</b>	15.2 (14.0- 16.4)	15.2
West Bengal	<b>1279</b>	27.0 (24.6-29.4)	20.7	<b>2442</b>	26.4 (24.7- 28.1)	22.9
Uttar Pradesh	<b>1804</b>	17.2 (15.5-18.9)	16.1	<b>2625</b>	12.5 (11.2- 13.8)	13.9
Andaman & Nicobar	<b>2888</b>	26.8 (25.2- 28.4)	22.6	<b>3477</b>	18.6 (17.3- 19.9)	18.5
Assam	<b>1176</b>	29.3 (26.7- 31.9)	20.3	<b>1828</b>	22.3 (20.4- 24.2)	18.0
Bihar	<b>1173</b>	36.6 (33.8- 39.4)	29.6	<b>1204</b>	27.8 (25.3- 30.3)	24.7
New Delhi	<b>1841</b>	30.7 (28.6- 32.8)	24.2	<b>2977</b>	28.4 (26.8- 30.0)	22.4
Puducherry	<b>3165</b>	32.7 (31.1- 34.8)	26.2	<b>4112</b>	27.9 (26.5- 29.3)	23.5
Rajasthan	<b>1968</b>	23.7 (21.8- 25.6)	18.3	<b>2300</b>	23.0 (21.3- 24.7)	20.9
<b>Pooled</b>	<b>34124</b>	<b>28.2 (27.7- 28.7)</b>	<b>22.1</b>	<b>47821</b>	<b>24.3 (23.9- 24.7)</b>	<b>21.9</b>

\* Including known cases

**TABLE 72.2: Prevalence (%) of Diabetes Mellitus\*among adults (≥18 Years) by Age Group**

Age (Years)	MEN		WOMEN	
	n	Diabetes Mellitus (95 CI)	N	Diabetes Mellitus (95 CI)
<b>18-30</b>	5355	5.9 (5.3- 6.5)	9773	6.0 (5.5 - 6.5)
<b>30-40</b>	8075	17.0 (16.2-17.8)	12876	14.3 (13.7- 14.9)
<b>40-50</b>	8613	30.1 (29.1-31.1)	11711	28.4 (27.6- 29.2)
<b>50-60</b>	6280	42.2 (41.0- 43.4)	7727	41.0 (39.9- 42.1)
<b>60-70</b>	4005	47.5 (46.0- 49.0)	4186	47.2 (45.7- 48.7)
<b>70-80</b>	1491	44.9 (42.4- 47.4)	1272	47.4 (44.7- 50.1)
<b>&gt;=80</b>	305	42.3 (36.8- 47.8)	276	42.0 (36.2- 47.8)
<b>Pooled</b>	<b>34124</b>	<b>28.2 (27.7- 28.7)</b>	<b>47821</b>	<b>24.3 (23.9- 24.7)</b>

**Table 72.3: Distribution (%) of Adults (≥18 Years) by Fasting Blood Sugar by Gender**

STATE	Fasting Blood Sugar (mg/dL)							
	MEN				WOMEN			
	n	<110	110-126	≥126	n	<110	110-126	≥126
Kerala	<b>2586</b>	70.1	12.6	17.3	<b>3883</b>	72.7	13.1	14.2
Tamil Nadu	<b>2810</b>	71.5	10.6	17.9	<b>3762</b>	73.9	12.9	13.2
Karnataka	<b>1911</b>	74.8	9.7	15.5	<b>3210</b>	78.8	10.2	11.0
Andhra Pradesh	<b>2200</b>	72.0	11.8	16.2	<b>2817</b>	75.0	12.6	12.4
Maharashtra	<b>2482</b>	74.5	10.7	14.7	<b>2961</b>	76.1	12.7	11.2
Gujarat	<b>2228</b>	77.2	10.6	12.1	<b>3845</b>	78.1	12.1	9.8
Madhya Pradesh	<b>2052</b>	77.2	12.5	10.2	<b>2674</b>	79.5	12.4	8.2
Orissa	<b>2319</b>	84.0	6.0	10.0	<b>3489</b>	86.3	6.6	7.1
West Bengal	<b>1259</b>	77.3	10.7	12.0	<b>2408</b>	75.4	13.2	11.4
Uttar Pradesh	<b>1773</b>	86.3	6.7	7.0	<b>2597</b>	89.6	5.6	4.7
Andaman & Nicobar	<b>2870</b>	76.4	10.5	13.1	<b>3467</b>	83.9	7.7	8.4
Assam	<b>1170</b>	74.4	10.4	15.1	<b>1822</b>	80.5	9.8	9.7
Bihar	<b>1105</b>	70.2	12.9	16.9	<b>1164</b>	76.0	11.9	12.1
New Delhi	<b>1835</b>	72.2	10.4	17.5	<b>2973</b>	73.5	11.2	15.3
Puducherry	<b>3144</b>	71.7	8.8	19.5	<b>4086</b>	76.3	9.0	14.8
Rajasthan	<b>1946</b>	79.0	8.7	12.3	<b>2274</b>	78.8	11.6	9.6
<b>Pooled</b>	<b>33690</b>	<b>75.4</b>	<b>10.2</b>	<b>14.5</b>	<b>47432</b>	<b>78.3</b>	<b>10.7</b>	<b>11.0</b>

**Table 72.4: Distribution (%) of Adults (≥18 Years) by Fasting Blood Sugar by Age Groups**

Age (Years)	Fasting Blood Sugar (mg/dL)							
	MEN				WOMEN			
	n	<110	110-126	≥126	N	<110	110-126	≥126
<b>18-30</b>	<b>5351</b>	94.2	3.9	1.9	<b>9765</b>	94.2	4.3	1.5
<b>30-40</b>	<b>8040</b>	84.0	8.4	7.6	<b>12846</b>	86.5	8.4	5.1
<b>40-50</b>	<b>8510</b>	72.8	11.0	16.2	<b>11614</b>	73.7	13.3	13.0
<b>50-60</b>	<b>6149</b>	63.1	13.7	23.2	<b>7611</b>	63.6	15.1	21.3
<b>60-70</b>	<b>3887</b>	61.1	13.2	25.7	<b>4089</b>	60.3	15.9	23.8
<b>70-80</b>	<b>1454</b>	65.3	15.4	19.3	<b>1237</b>	62.3	16.3	21.3
<b>≥80</b>	<b>299</b>	66.2	10.4	23.4	<b>270</b>	72.2	13.7	14.1
<b>Pooled</b>	<b>33690</b>	<b>75.4</b>	<b>10.2</b>	<b>14.5</b>	<b>47432</b>	<b>78.3</b>	<b>10.7</b>	<b>11.0</b>

**TABLE 73.1: Distribution (%) of Adults (≥18 Years) by Total Cholesterol (mg/dL) by Gender**

STATE	MEN			WOMEN		
	n	<200	≥200 (95 CI)	n	<200	≥200(95 CI)
Kerala	971	66.4	33.6 (30.6 - 36.5)	1383	61.4	38.6 (36.0 - 41.2)
Tamil Nadu	1331	79.1	20.9 (18.7 - 23.1)	1786	79.4	20.6 (18.7 - 22.5)
Karnataka	1109	70.3	29.7 (27.0 - 32.4)	1608	65.9	34.1 (31.8 - 36.5)
Andhra Pradesh	1228	77.2	22.8 (20.5 - 25.1)	1545	79.4	20.6 (18.6 - 22.6)
Maharashtra	1430	73.4	26.6 (24.4 - 28.9)	1243	71.3	28.7 (26.2 - 31.2)
Gujarat	1048	72.9	27.1 (24.4 - 29.8)	1581	73.6	26.4 (24.2 - 28.5)
Madhya Pradesh	987	82.2	17.8 (15.4 - 20.2)	1128	85.4	14.6 (12.6 - 16.7)
Orissa	1209	79.9	20.1 (17.8 - 22.4)	1575	84.8	15.2 (13.5 - 17)
West Bengal	862	82.4	17.6 (15.1 - 20.2)	1666	81.3	18.7 (16.9 - 20.6)
Uttar Pradesh	827	87.5	12.5 (10.2 - 14.7)	1137	89.2	10.8 (9.0 - 12.6)
Andaman & Nicobar	1680	77.6	22.4 (20.4 - 24.4)	1628	81.4	18.6 (16.7 - 20.4)
Assam	788	83.4	16.6 (14.0 - 19.2)	1075	82.9	17.1 (14.9 - 19.4)
Bihar	1226	82.1	17.9 (15.8 - 20.1)	1266	82.2	17.8 (15.7 - 19.9)
New Delhi	1193	81.6	18.4 (16.2 - 20.6)	1635	78.3	21.7 (19.7 - 23.6)
Puducherry	1203	73.6	26.4 (23.9 - 28.8)	1394	71.5	28.5 (26.1 - 30.8)
Rajasthan	1285	76.9	23.1 (20.8 - 25.4)	1307	77.4	22.6 (20.4 - 24.9)
<b>Pooled</b>	<b>18377</b>	<b>77.6</b>	<b>22.4 (21.8 - 23)</b>	<b>22957</b>	<b>77.6</b>	<b>22.4 (21.9 - 22.9)</b>

**TABLE 73.2: Distribution (%) of Adults (≥18 Years) by Total Cholesterol (mg/dL) by Age Group**

Age (Years)	MEN			WOMEN		
	n	<200	≥200 (95 CI)	N	<200	≥200 (95 CI)
18-30	1903	85.1	14.9(13.3 - 16.5)	3482	90.1	9.9(8.9 - 10.9)
30-40	4587	77.7	22.3(21.1 - 23.5)	6375	85.6	14.4(13.6 - 15.3)
40-50	5126	75.7	24.3(23.1 - 25.5)	6442	75.6	24.4(23.4 - 25.5)
50-60	3612	75.9	24.1(22.7 - 25.5)	4119	65.8	34.2(32.7 - 35.6)
60-70	2269	77.9	22.1(20.4 - 23.8)	1954	64.1	35.9(33.8 - 38.1)
70-80	750	77.7	22.3(19.3 - 25.2)	510	67.3	32.7(28.7 - 36.8)
≥80	130	86.2	13.8(7.9 - 19.8)	75	64.0	36.0 (25.1 - 46.9)
<b>Pooled</b>	<b>18377</b>	<b>77.6</b>	<b>22.4(21.8 - 23)</b>	<b>22957</b>	<b>77.6</b>	<b>22.4(21.9 - 22.9)</b>

**TABLE 74.1: Distribution (%) of Adults (≥18 Years) by LDLCholesterol (mg/dL) by Gender**

STATE	MEN			WOMEN		
	n	<130	≥130 (95 CI)	n	<130	≥130 (95 CI)
Kerala	906	59.4	40.6 (37.4 - 43.8)	1302	48.6	51.4(48.7 - 54.1)
Tamil Nadu	1221	75.8	24.2 (21.8 - 26.6)	1686	73.8	26.2(24.1 - 28.3)
Karnataka	974	70.9	29.1 (26.2 - 31.9)	1523	62.1	37.9(35.4 - 40.3)
Andhra Pradesh	1118	76.2	23.8 (21.3 - 26.3)	1436	75.1	24.9(22.7 - 27.2)
Maharashtra	1287	70.2	29.8 (27.3 - 32.3)	1165	67.4	32.6(29.9 - 35.3)
Gujarat	970	69.8	30.2 (27.3 - 33.1)	1456	70.4	29.6(27.3 - 31.9)
Madhya Pradesh	905	76.1	23.9 (21.1 - 26.6)	1028	79.6	20.4(18.0 - 22.9)
Orissa	1047	82.8	17.2 (14.9 - 19.5)	1451	81.5	18.5(16.5 - 20.5)
West Bengal	785	85.9	14.1 (11.7 - 16.6)	1581	83.0	17.0 (15.1 - 18.8)
Uttar Pradesh	712	89.0	11.0 (8.7 - 13.2)	981	91.1	8.9(7.1 - 10.6)
Andaman & Nicobar	1549	78.6	21.4 (19.3 - 23.4)	1546	77.6	22.4(20.4 - 24.5)
Assam	698	85.7	14.3 (11.7 - 16.9)	1007	83.8	16.2(13.9 - 18.5)
Bihar	1095	85.6	14.4 (12.3 - 16.5)	1161	84.5	15.5(13.4 - 17.6)
New Delhi	1091	84.5	15.5 (13.3 - 17.6)	1545	81.9	18.1(16.1 - 20.0)
Puducherry	1099	71.9	28.1 (25.5 - 30.8)	1323	64.4	35.6(33.0 - 38.2)
Rajasthan	1173	75.4	24.6 (22.1 - 27)	1201	77.0	23.0 (20.6 - 25.4)
<b>Pooled</b>	16630	77.0	23.0 (22.4 - 23.7)	21392	74.7	25.3(24.7 - 25.9)

**TABLE 74.2: Distribution (%) of Adults (≥18 Years) by LDLCholesterol (mg/dL) by Age Group**

Age (Years)	MEN			WOMEN		
	n	<130	≥130 (95 CI)	n	<130	≥130 (95 CI)
18-30	1685	84.6	15.4 (13.6 - 17.1)	3018	87.2	12.8 (11.6 - 14)
30-40	4131	77.4	22.6 (21.3 - 23.8)	5890	81.8	18.2 (17.2 - 19.2)
40-50	4623	75.3	24.7 (23.5 - 25.9)	6109	72.7	27.3 (26.2 - 28.4)
50-60	3314	75.2	24.8 (23.3 - 26.2)	3939	64.0	36.0 (34.5 - 37.5)
60-70	2070	76.1	23.9 (22.1 - 25.8)	1872	63.5	36.5 (34.3 - 38.7)
70-80	685	76.1	23.9 (20.7 - 27.1)	494	68.6	31.4 (27.3 - 35.5)
≥80	122	86.9	13.1 (7.1 - 19.1)	70	65.7	34.3 (23.2 - 45.4)
<b>Pooled</b>	16630	77.0	23.0 (22.4 - 23.7)	21392	74.7	25.3 (24.7 - 25.9)

**TABLE 75.1: Distribution (%) of Adults (≥18 Years) by HDL Cholesterol (mg/dL) by Gender**

STATE	MEN			WOMEN		
	n	Normal (> 40mg/dl)	Low(95 CI) (< 40mg/dl)	n	Normal (> 40mg/dl)	Low(95 CI) (< 40mg/dl)
Kerala	963	24.4	75.6(72.9 - 78.3)	1382	15.1	84.9(83.0 - 86.8)
Tamil Nadu	1313	17.4	82.6(80.5 - 84.6)	1786	11.8	88.2(86.7 - 89.7)
Karnataka	1074	20.8	79.2(76.8 - 81.7)	1603	15.2	84.8(83.0 - 86.5)
Andhra Pradesh	1213	18.4	81.6(79.4 - 83.8)	1542	13.0	87.0 (85.4 - 88.7)
Maharashtra	1421	22.0	78.0 (75.8 - 80.1)	1241	14.0	86.0 (84.0 - 87.9)
Gujarat	1036	27.0	73.0 (70.3 - 75.7)	1574	23.8	76.2(74.1 - 78.3)
Madhya Pradesh	1072	39.7	60.3(57.3 - 63.2)	1228	35.7	64.3(61.6 - 66.9)
Orissa	1190	22.0	78.0 (75.6 - 80.3)	1572	14.6	85.4(83.6 - 87.1)
West Bengal	861	31.1	68.9(65.8 – 72.0)	1666	22.5	77.5(75.5 - 79.5)
Uttar Pradesh	871	41.0	59.0 (55.7 - 62.3)	1165	21.3	78.7(76.4 - 81.1)
Andaman & Nicobar	1667	27.1	72.9(70.8 - 75.1)	1632	12.6	87.4(85.8 – 89.0)
Assam	788	24.1	75.9(72.9 - 78.9)	1069	13.6	86.4(84.4 - 88.5)
Bihar	1214	31.8	68.2(65.6 - 70.8)	1260	16.0	84.0 (82.0 - 86.1)
New Delhi	1172	32.4	67.6(64.9 - 70.3)	1627	21.5	78.5(76.5 - 80.5)
Puducherry	1187	20.4	79.6(77.3 - 81.9)	1388	12.4	87.6(85.9 - 89.3)
Rajasthan	1278	29.6	70.4(67.9 - 72.9)	1304	25.8	74.2(71.9 - 76.6)
<b>Pooled</b>	<b>18320</b>	<b>26.4</b>	<b>73.6(72.9 - 74.2)</b>	<b>23039</b>	<b>17.9</b>	<b>82.1(81.6 - 82.6)</b>

**TABLE 75.2: Distribution (%) of Adults (≥18 Years) by HDL Cholesterol (mg/dL) by Age Group**

Age (Years)	MEN			WOMEN		
	n	Normal	Low(95 CI)	N	Normal	Low(95 CI)
18-30	1928	26.5	73.5 (71.6 - 75.5)	3537	20.3	79.7 (78.4 - 81.1)
30-40	4578	24.6	75.4 (74.1 - 76.6)	6408	15.9	84.1 (83.3 - 85)
40-50	5083	25.5	74.5 (73.3 - 75.7)	6448	16.7	83.3 (82.4 - 84.2)
50-60	3585	26.4	73.6 (72.1 - 75)	4113	19.0	81.0 (79.8 - 82.2)
60-70	2262	29.1	70.9 (69 - 72.7)	1951	19.4	80.6 (78.8 - 82.3)
70-80	752	33.2	66.8 (63.4 - 70.1)	507	24.3	75.7 (72.0 - 79.5)
≥80	132	37.9	62.1 (53.8 - 70.4)	75	25.3	74.7 (64.8 - 84.5)
<b>Pooled</b>	<b>18320</b>	<b>26.4</b>	<b>73.6 (72.9 - 74.2)</b>	<b>23039</b>	<b>17.9</b>	<b>82.1 (81.6 - 82.6)</b>

**TABLE 76.1: Distribution (%) of Adults (≥18 Years) by Tryglyserides (mg/dL) by Gender**

STATE	MEN			WOMEN		
	n	<150	≥150(95 CI)	n	<150	≥150(95 CI)
Kerala	972	65.1	34.9(31.9 - 37.9)	1378	80.3	19.7(17.6 - 21.8)
Tamil Nadu	1325	57.3	42.7(40.1 - 45.4)	1770	75.8	24.2(22.2 - 26.2)
Karnataka	1108	50.7	49.3(46.3 - 52.2)	1607	65.1	34.9(32.6 - 37.2)
Andhra Pradesh	1224	53.6	46.4(43.6 - 49.2)	1529	70.8	29.2(27.0 - 31.5)
Maharashtra	1431	57.0	43.0 (40.4 - 45.5)	1240	69.4	30.6(28.0 - 33.1)
Gujarat	1049	63.0	37.0 (34.1 - 39.9)	1576	71.6	28.4(26.1 - 30.6)
Madhya Pradesh	983	65.6	34.4(31.4 - 37.4)	1120	78.8	21.2(18.8 - 23.6)
Orissa	1202	56.5	43.5(40.7 - 46.3)	1563	75.9	24.1(21.9 - 26.2)
West Bengal	867	62.5	37.5(34.3 - 40.7)	1666	72.9	27.1(24.9 - 29.2)
Uttar Pradesh	827	73.3	26.7(23.7 - 29.7)	1136	74.3	25.7(23.2 - 28.2)
Andaman & Nicobar	1676	58.1	41.9(39.6 - 44.3)	1627	74.1	25.9(23.7 - 28)
Assam	789	64.1	35.9(32.5 - 39.2)	1072	70.1	29.9(27.1 - 32.6)
Bihar	1226	62.7	37.3(34.6 - 40)	1261	69.5	30.5(28 - 33.1)
New Delhi	1190	56.1	43.9(41.0 - 46.7)	1633	63.0	37.0 (34.6 - 39.3)
Puducherry	1202	58.7	41.3(38.5 - 44.0)	1392	73.4	26.6(24.3 - 28.9)
Rajasthan	1281	61.0	39.0 (36.4 - 41.7)	1290	72.9	27.1(24.6 - 29.5)
<b>Pooled</b>	<b>18352</b>	<b>59.7</b>	<b>40.3(39.6 - 41.0)</b>	<b>22860</b>	<b>72.3</b>	<b>27.7(27.1 - 28.3)</b>

**TABLE 76.2: Distribution (%) of Adults (≥18 Years) by Tryglyserides (mg/dL) by Age Group**

Age (Years)	MEN			WOMEN		
	n	<150	≥150(95 CI)	N	<150	≥150(95 CI)
18-30	1906	68.7	31.3(29.2 - 33.4)	3444	80.3	19.7(18.4 - 21.0)
30-40	4571	55.3	44.7(43.3 - 46.2)	6344	76.8	23.2(22.1 - 24.2)
40-50	5118	56.1	43.9(42.5 - 45.2)	6423	70.9	29.1(28.0 - 30.2)
50-60	3606	59.3	40.7(39.1 - 42.3)	4108	65.3	34.7(33.2 - 36.1)
60-70	2267	65.0	35.0 (33.0 - 36.9)	1954	63.3	36.7(34.6 - 38.9)
70-80	752	71.7	28.3(25.1 - 31.5)	511	68.3	31.7(27.7 - 35.7)
≥80	132	78.8	21.2(14.2 - 28.2)	76	77.6	22.4(13.0 - 31.7)
<b>Pooled</b>	<b>18352</b>	<b>59.7</b>	<b>40.3(39.6 - 41.0)</b>	<b>22860</b>	<b>72.3</b>	<b>27.7(27.1 - 28.3)</b>

**Table 77.1: State wise distribution (%) of adult Men & Women by Percent Body Fat**

States	Men					Women				
	N	Mean Percent body fat	Grades of Percent body fat			N	Mean Percent body fat	Grades of Percent body fat		
			Low Fat	Healthy Fat	Excess Fat			Low Fat	Healthy Fat	Excess Fat
Kerala	1780	20.81	15.6	58.3	26.1	2788	34.95	5.6	41.5	52.9
Tamil Nadu	2603	22.62	11.5	51.6	36.9	3294	36.85	3.2	33.5	63.3
Karnataka	1525	22.75	10.9	51.3	37.7	2450	35.74	4.0	38.9	57.1
Andhra Pradesh	1371	23.21	9.4	51.1	39.5	1690	36.77	3.8	34.3	61.9
Maharashtra	1376	24.00	7.1	47.5	45.4	1661	36.95	3.4	33.0	63.6
Gujarat	1929	22.85	14.3	45.4	40.3	2929	36.67	4.4	36.0	59.6
Madhya Pradesh	1804	21.39	15.0	53.7	31.3	2256	33.47	7.4	48.9	43.8
Orissa	1382	21.69	14.1	53.2	32.7	2217	34.06	5.8	46.3	47.9
West Bengal	888	20.13	20.8	55.1	24.1	1665	33.57	6.3	48.2	45.5
Uttar Pradesh	796	21.10	19.6	49.2	31.1	1282	34.04	5.8	46.3	47.9
Andaman & Nicobar	1668	22.83	7.9	56.7	35.3	1878	36.11	3.1	37.3	59.6
Assam	303	22.29	11.2	53.8	35.0	551	34.61	5.3	42.5	52.3
Bihar	322	23.16	10.9	49.4	39.8	357	34.69	7.0	40.3	52.7
Puducherry	1971	22.35	10.5	54.7	34.7	2737	37.69	2.5	31.1	66.4
Rajasthan	181	23.93	7.2	48.1	44.8	201	35.97	3.5	35.8	60.7
<b>Pooled</b>	<b>19907</b>	<b>22.29</b>	<b>12.4</b>	<b>52.3</b>	<b>35.3</b>	<b>27975</b>	<b>35.68</b>	<b>4.6</b>	<b>39.0</b>	<b>56.4</b>

**Table 77.2: Age group wise distribution (%) of adult Men & Women by Percent Body Fat**

Age Groups	Men					Women				
	N	Mean Percent body fat	Grades of Percent body Fat			N	Mean Percent body fat	Grades of Percent body Fat		
			Low Fat	Healthy Fat	Excess Fat			Low Fat	Healthy Fat	Excess Fat
<30	3608	18.91	27.3	51.3	21.3	6108	31.75	9.1	55.6	35.3
30-40	4749	22.22	10.7	56.3	32.9	7540	35.44	4.5	39.3	56.2
40-50	4901	22.85	9.2	54.0	36.7	6861	37.23	2.5	32.9	64.6
50-60	3635	23.60	7.4	51.9	40.7	4410	38.05	2.3	29.5	68.2
60-70	2100	24.11	8.1	45.0	46.9	2240	37.71	3.0	31.5	65.5
70-80	748	24.22	8.6	45.7	45.7	656	36.42	4.4	35.5	60
>=80	166	23.16	15.1	41.6	43.4	160	34.31	6.3	43.1	50.7
<b>Pooled</b>	<b>19907</b>	<b>22.29</b>	<b>12.4</b>	<b>52.3</b>	<b>35.3</b>	<b>27975</b>	<b>35.68</b>	<b>4.6</b>	<b>39.0</b>	<b>56.4</b>

**Table 78.1: State wise distribution (%) of adult Men & Women by Muscle Mass**

States	Men						Women					
	N	Mean % Muscle mass	Grades of % of Muscle Mass				N	Mean % Muscle mass	Grades of % of Muscle Mass			
			Low	Decreased	Good	Increased			Low	Decreased	Good	Increased
Kerala	1780	75.0	7.9	17.5	60.3	14.3	2788	61.4	24.6	26.1	43.7	5.5
Tamil Nadu	2605	73.3	11.4	24.1	54.1	10.4	3294	59.6	31.6	28.5	36.6	3.2
Karnataka	1525	73.2	11.9	24.5	53.5	10.0	2450	60.8	25.6	28.6	41.7	4.1
Andhra Pradesh	1371	72.8	13.7	24.3	53.0	9.0	1690	59.7	31.9	27.9	36.6	3.7
Maharashtra	1376	72.0	13.6	30.4	49.6	6.4	1661	59.6	34.2	27.3	35.1	3.4
Gujarat	1929	73.0	15.9	23.4	47.2	13.4	2929	59.7	33.1	24.5	37.9	4.4
Madhya Pradesh	1804	74.5	8.7	21.6	56.4	13.2	2256	62.9	19.4	21.7	51.2	7.7
Orissa	1382	74.2	8.4	23.1	55.9	12.6	2217	62.4	19.9	24.6	49.5	6.0
West Bengal	888	75.6	6.3	16.7	57.9	19.1	1664	62.9	17.4	24.8	51.1	6.7
Uttar Pradesh	795	73.3	14.5	19.0	50.3	16.2	1282	61.3	24.3	22.4	48.0	5.3
Andaman & Nicobar	1684	73.1	9.0	25.5	58.5	7.1	1921	60.3	27.4	29.2	40.5	2.9
Assam	299	73.6	7.4	25.8	57.5	9.4	550	61.8	19.6	28.2	46.5	5.6
Bihar	356	72.3	14.6	28.1	49.2	8.1	387	61.6	24.8	24.8	43.9	6.5
Puducherry	1885	73.7	10.4	22.5	57.4	9.7	2610	58.9	34.3	29.2	34.1	2.4
Rajasthan	181	71.9	15.5	27.6	50.3	6.6	201	60.6	31.3	26.4	38.8	3.5
<b>Pooled</b>	<b>19868</b>	<b>73.6</b>	<b>11.1</b>	<b>23.2</b>	<b>54.5</b>	<b>11.2</b>	<b>27919</b>	<b>60.7</b>	<b>27.2</b>	<b>26.4</b>	<b>41.7</b>	<b>4.6</b>

**Table 78.2: Age Group wise distribution (%) of adult Men & Women by Muscle Mass**

Age Groups	Men						Women					
	N	Mean % Muscle mass	Grades of % of Muscle Mass				N	Mean % Muscle mass	Grades of % of Muscle Mass			
			Low	Decreased	Good	Increased			Low	Decreased	Good	Increased
<30	3596	76.7	6.1	14.7	54.1	25.1	6091	64.5	13.4	19.6	57.9	9.2
30-40	4735	73.6	9.1	22.6	58.5	9.8	7529	60.9	24.4	29.0	42.2	4.4
40-50	4901	73.1	10.4	25.0	56.4	8.2	6845	59.2	33.0	29.0	35.4	2.6
50-60	3628	72.4	13.2	26.7	53.6	6.5	4405	58.5	37.9	27.4	32.3	2.3
60-70	2101	71.9	18.5	27.6	46.9	7.1	2234	58.9	35.3	26.9	34.7	3.0
70-80	746	71.7	19.0	26.5	46.5	7.9	655	60.2	30.7	26.7	38.2	4.4
>=80	161	72.8	20.5	22.4	43.5	13.7	160	62.2	21.9	25.6	46.9	5.6
<b>Pooled</b>	<b>19868</b>	<b>73.6</b>	<b>11.1</b>	<b>23.2</b>	<b>54.5</b>	<b>11.2</b>	<b>27919</b>	<b>60.7</b>	<b>27.2</b>	<b>26.4</b>	<b>41.7</b>	<b>4.6</b>

**Table 79.1: State wise distribution (%) of adult Men & Women by Body water**

States	Men					Women				
	N	Mean Body water	Grades of Body water			N	Mean Body water	Grades of Body water		
			Decreased	Good	Increased			Decreased	Good	Increased
Kerala	1780	53.0	87.7	8.5	3.8	2788	47.6	72.5	21.0	6.5
Tamil Nadu	2605	50.4	92.7	5.2	2.1	3295	45.6	84.9	12.3	2.9
Karnataka	1525	50.1	93.6	5.6	.8	2450	46.0	82.4	13.3	4.2
Andhra Pradesh	1371	50.3	93.1	5.3	1.5	1690	45.8	82.1	14.6	3.4
Maharashtra	1376	49.4	95.4	3.4	1.2	1661	45.8	83.1	13.2	3.7
Gujarat	1929	50.4	90.5	7.1	2.4	2929	46.0	79.6	15.9	4.5
Madhya Pradesh	1804	50.6	93.2	5.5	1.3	2256	47.1	73.6	19.6	6.8
Orissa	1382	51.9	89.4	8.1	2.5	2217	47.5	71.2	21.4	7.4
West Bengal	888	52.8	84.8	12.6	2.6	1665	47.7	71.5	21.4	7.1
Uttar Pradesh	795	51.6	88.2	9.1	2.8	1282	47.0	73.9	19.6	6.5
Andaman & Nicobar	1684	51.2	93.6	5.0	1.4	1921	46.4	81.8	15.0	3.2
Assam	303	51.6	90.4	7.6	2.0	551	47.5	72.6	21.1	6.4
Bihar	356	49.8	94.7	4.2	1.1	387	47.0	74.7	17.6	7.8
Puducherry	1971	51.6	91.7	6.2	2.0	2737	45.8	84.6	12.3	3.1
Rajasthan	181	49.1	95.6	4.4	0.0	201	45.9	81.6	14.4	4.0
<b>Pooled</b>	<b>19958</b>	<b>51.0</b>	<b>91.6</b>	<b>6.4</b>	<b>2.0</b>	<b>28049</b>	<b>46.5</b>	<b>78.7</b>	<b>16.4</b>	<b>4.9</b>

**Table 79.2: Age Group wise distribution (%) of adult Men & Women by Muscle Mass**

Age Groups	Men					Women				
	N	Mean Body water	Grades of Body water			N	Mean Body water	Grades of Body water		
			Decreased	Good	Increased			Decreased	Good	Increased
<30	3610	53.3	83.3	12.2	4.5	6116	48.2	65.3	26.3	8.5
30-40	4758	50.9	92.9	6.0	1.2	7565	46.7	79.1	15.9	5.0
40-50	4917	50.7	93.7	5.1	1.1	6877	45.8	84.3	12.6	3.1
50-60	3645	50.3	94.5	4.0	1.5	4426	45.2	85.6	11.6	2.8
60-70	2111	49.9	93.0	4.9	2.0	2247	45.5	84.0	12.4	3.6
70-80	751	49.8	93.1	5.1	1.9	657	46.2	77.3	16.0	6.7
>=80	166	51.2	86.7	7.2	6.0	161	47.3	71.4	22.4	6.2
<b>Pooled</b>	<b>19958</b>	<b>51.0</b>	<b>91.6</b>	<b>6.4</b>	<b>2.0</b>	<b>28049</b>	<b>46.5</b>	<b>78.7</b>	<b>16.4</b>	<b>4.9</b>

**Table 80.1: State wise distribution (%) of adult Men & Women by Visceral fat**

States	Men				Women			
	N	Grades of visceral Fat			N	Grades of visceral Fat		
		Good	Increased	High		Good	Increased	High
Kerala	1744	43.0	41.2	15.8	2765	74.4	22.5	3.1
Tamil Nadu	2571	42.3	40.0	17.7	3288	72.7	22.4	5.0
Karnataka	1513	42.8	39.3	18.0	2444	76.2	19.6	4.2
Andhra Pradesh	1353	37.3	42.4	20.3	1683	70.7	22.6	6.7
Maharashtra	1362	31.7	46.2	22.1	1652	68.4	26.9	4.7
Gujarat	1882	42.7	36.5	20.8	2910	68.7	23.0	8.3
Madhya Pradesh	1782	61.2	28.6	10.2	2239	84.6	12.6	2.9
Orissa	1377	51.1	35.8	13.1	2213	85.1	12.9	1.9
West Bengal	877	60.2	32.2	7.6	1661	87.7	11.1	1.2
Uttar Pradesh	784	59.9	26.5	13.5	1274	84.4	13.6	2.0
Andaman & Nicobar	1676	40.0	44.9	15.1	1920	79.0	18.2	2.8
Assam	303	38.6	48.8	12.5	550	81.8	16.5	1.6
Bihar	354	40.1	41.5	18.4	386	79.0	17.4	3.6
Puducherry	1944	38.0	42.1	19.9	2730	68.1	26.2	5.7
Rajasthan	179	46.4	40.8	12.8	200	72.5	26.5	1.0
<b>Pooled</b>	19709	44.5	38.9	16.6	27934	76.0	19.8	4.2

**Table 80.2: Age Group wise distribution (%) of adult Men & Women by Visceral fat**

Age Groups	Men				Women			
	N	Good	Increased	High	N	Good	Increased	High
<30	3512	80.0	17.5	2.5	6079	94.1	5.1	0.8
30-40	4706	52.8	38.9	8.4	7537	83.7	14.1	2.2
40-50	4878	38.5	46.4	15.0	6856	70.6	24.7	4.7
50-60	3617	27.6	46.6	25.7	4411	60.3	31.4	8.3
60-70	2090	20.5	43.6	35.9	2237	56.0	34.5	9.5
70-80	744	18.7	39.5	41.8	653	52.7	38.6	8.7
>=80	162	18.5	41.4	40.1	161	60.9	33.5	5.6
<b>Pooled</b>	19709	44.5	38.9	16.6	27934	76.0	19.8	4.2

**Table 81.1: State wise Mean ( $\pm$ SD) Fat Free Mass**

States	Men			Women		
	n	Mean	SD	n	Mean	SD
Kerala	1780	50.7	7.6	2788	37.0	4.6
Tamil Nadu	2605	50.8	7.1	3295	36.8	4.4
Karnataka	1525	49.1	7.4	2450	35.4	4.6
Andhra Pradesh	1371	51.7	7.3	1690	37.5	4.6
Maharashtra	1376	49.9	6.8	1661	36.4	4.4
Gujarat	1929	50.1	7.2	2929	36.8	4.2
Madhya Pradesh	1804	48.0	6.9	2256	34.9	4.4
Orissa	1382	47.8	7.0	2217	34.6	4.4
West Bengal	888	46.6	7.0	1665	34.4	4.3
Uttar Pradesh	796	47.0	7.3	1282	34.3	4.3
Andaman & Nicobar	1684	51.9	7.0	1921	37.3	4.4
Assam	303	47.9	7.7	551	35.0	4.2
Bihar	356	48.3	7.2	387	34.9	4.7
Puducherry	1971	51.4	7.1	2737	37.1	4.3
Rajasthan	181	48.6	7.2	201	35.9	4.8
<b>Pooled</b>	19959	49.8	7.3	28049	36.1	4.5

**Table 81.2: Age Groupwise Mean ( $\pm$ SD) Fat Free Mass**

Age Group	Men			Women		
	n	Mean	SD	n	Mean	SD
<30	3610	49.5	7.2	6116	35.2	4.6
30-40	4758	51.4	7.3	7565	36.9	4.4
40-50	4917	50.8	7.2	6877	37.0	4.3
50-60	3646	49.4	7.1	4426	36.1	4.4
60-70	2111	47.6	6.8	2247	34.8	4.3
70-80	751	44.9	6.7	657	33.3	4.3
$\geq$ 80	166	42.2	6.1	161	30.8	4.1
<b>Pooled</b>	19959	49.8	7.3	28049	36.1	4.5

**Table 82.1: State wise Mean ( $\pm$ SD) Basal Metabolic Rate (BMR)**

States	Men			Women		
	n	Mean	SD	n	Mean	SD
Kerala	1780	1394	232	2788	1118	162
Tamil Nadu	2605	1415	218	3295	1131	157
Karnataka	1525	1349	225	2450	1068	157
Andhra Pradesh	1371	1454	226	1690	1171	166
Maharashtra	1376	1379	206	1661	1111	149
Gujarat	1929	1396	218	2929	1131	151
Madhya Pradesh	1804	1341	208	2256	1068	147
Orissa	1382	1328	207	2217	1055	146
West Bengal	888	1287	209	1665	1048	144
Uttar Pradesh	796	1305	206	1282	1049	141
Andaman & Nicobar	1684	1444	211	1921	1144	148
Assam	303	1242	198	551	1039	155
Bihar	356	1350	229	387	1080	180
Puducherry	1971	1241	170	2737	868	145
Rajasthan	181	1362	208	201	1097	161
<b>Pooled</b>	19959	<b>1379</b>	220	28049	<b>1101</b>	157

**Table 82.2: Age Group wise Mean ( $\pm$ SD) Basal Metabolic Rate (BMR)**

Age Group	Men			Women		
	n	Mean	SD	n	Mean	SD
<30	3610	1409	213	6116	1098	150
30-40	4758	1430	218	7565	1124	155
40-50	4917	1395	218	6877	1121	155
50-60	3646	1346	212	4426	1086	157
60-70	2111	1286	197	2247	1039	151
70-80	751	1217	194	657	980	145
$\geq$ 80	166	1120	168	161	890	121
<b>Pooled</b>	19959	1379	220	28049	1101	157

**Table 83.1: Distribution (%) of adults by number of working days per week and Working Hours per Day**

State	Gender	N	Number of working days per week				Working hours per day		
			< 2 Days	2–3 Days	4–5 Days	6-7 Days	< 5 Hours	5 – 7 Hours	≥ 8 Hours
Kerala	Males	2015	0.3	2.7	15.9	81.0	5.4	32.8	61.8
	Females	904	0.6	4.3	21.7	73.5	21.9	51.0	27.1
Tamil Nadu	Males	2750	0.3	3.1	22.9	73.7	5.0	26.0	68.9
	Females	1031	1.0	5.2	25.5	68.3	29.3	38.2	32.5
Karnataka	Males	1958	0.2	1.4	11.0	87.4	4.3	27.0	68.7
	Females	992	0.6	3.7	12.5	83.2	28.8	45.7	25.5
Andhra Pradesh	Males	2435	1.8	2.0	9.7	86.5	4.1	19.1	76.9
	Females	951	1.5	4.1	9.3	85.2	21.8	34.0	44.3
Maharashtra	Males	2512	0.7	2.8	13.4	83.1	6.0	26.2	67.8
	Females	704	1.3	4.8	11.2	82.7	32.0	33.7	34.4
Gujarat	Males	2170	0.6	2.4	6.4	90.6	11.3	35.4	53.2
	Females	699	2.0	5.4	9.7	82.8	59.8	30.0	10.2
Madhya Pradesh	Males	2471	0.3	3.0	11.4	85.3	5.1	26.1	68.8
	Females	489	0	9.2	12.5	78.3	26.8	40.1	33.1
Orissa	Males	2235	4.4	1.1	9.1	85.4	6.0	32.3	61.7
	Females	771	3.8	1.8	12.8	81.6	28.7	45.0	26.3
West Bengal	Males	1353	0.1	6.1	20.0	73.8	11.7	42.9	45.5
	Females	588	0.7	5.6	13.8	79.9	45.9	38.9	15.1
Uttar Pradesh	Males	2035	1.5	5.2	14.6	78.7	11.9	37.0	51.1
	Females	677	3.2	9.3	7.5	79.9	45.3	38.1	16.5
Andaman & Nicobar	Males	2822	0.4	0.7	8.2	90.8	3.1	27.8	69.1
	Females	863	0.7	2.4	16.7	80.2	20.3	44.7	35.0
Assam	Males	1057	1.2	0.9	4.7	93.1	6.1	30.8	63.1
	Females	377	1.1	3.2	5.3	90.5	34.5	47.5	18.0
Bihar	Males	1821	0.3	0.4	4.4	94.9	5.7	42.6	51.7
	Females	163	0	1.2	7.4	91.4	34.4	56.4	9.2
New Delhi	Males	1458	1.9	3.2	13.0	82.0	9.4	28.4	62.2
	Females	276	8.3	3.6	11.6	76.4	34.1	44.2	21.7
Puducherry	Males	2596	0.3	8.0	31.6	60.1	6.4	22.3	71.3
	Females	788	1.4	6.9	30.7	61.0	27.3	34.4	38.3
Rajasthan	Males	1968	0.1	1.2	14.9	83.8	8.4	45.3	46.3
	Females	285	0.7	1.8	12.3	85.3	33.0	49.8	17.2
<b>Pooled</b>	<b>Males</b>	<b>33656</b>	<b>0.9</b>	<b>2.8</b>	<b>13.7</b>	<b>82.7</b>	<b>6.6</b>	<b>30.5</b>	<b>62.9</b>
	<b>Females</b>	<b>10558</b>	<b>1.5</b>	<b>4.7</b>	<b>15.1</b>	<b>78.7</b>	<b>31.5</b>	<b>40.7</b>	<b>27.7</b>

**Table 83.2: Distribution (%) of Adults by average time (hrs) spent on different activities/postures at work place/College**

State	Gender	N	Standing	Sitting	Walking	Carrying/Lifting weights	Driving Vehicle	Sports and Games	Tea/Snacks/Lunch	Cattle care	Nap (short sleep)
Kerala	Males	2015	1.75	3.02	0.91	0.54	0.70	0.01	0.41	0.01	0.02
	Females	904	1.37	2.81	0.69	0.09	0.01	0	0.52	0	0.01
Tamil Nadu	Males	2750	2.57	3.16	0.86	0.41	0.83	0.01	0.54	0.02	0.13
	Females	1031	1.71	3.13	0.60	0.18	0.01	0	0.40	0.01	0.02
Karnataka	Males	1958	2.40	2.53	1.16	0.45	0.76	0.01	0.68	0.01	0.04
	Females	992	1.35	2.31	0.70	1.19	0	0.01	0.79	0.03	0.01
Andhra Pradesh	Males	2435	1.94	3.16	0.50	0.21	0.88	0.01	0.93	0.02	0.02
	Females	951	1.18	2.40	0.34	0.14	0.01	0	1.25	0.03	0.01
Maharashtra	Males	2512	2.18	2.69	1.16	0.41	0.60	0.01	0.55	0.02	0.04
	Females	704	1.53	2.13	0.82	0.16	0.02	0.01	0.69	0.01	0.01
Gujarat	Males	2170	1.91	3.48	1.20	0.27	0.56	0.01	0.31	0.01	0.09
	Females	699	1.04	2.60	0.56	0.07	0.02	0	0.19	0.01	0.03
Madhya Pradesh	Males	2471	2.43	2.82	1.46	0.78	0.46	0.02	0.25	0.01	0
	Females	489	1.78	2.31	1.13	0.49	0.03	0.01	0.31	0	0.02
Orissa	Males	2235	2.23	3.0	0.78	0.45	0.51	0.02	0.36	0.03	0.17
	Females	771	1.66	2.64	0.60	0.55	0.02	0.01	0.25	0.02	0.08
West Bengal	Males	1353	1.20	3.03	0.87	0.54	0.49	0.02	0.61	0.03	0.09
	Females	588	0.50	1.72	0.43	0.15	0	0	1.18	0.01	0.03
Uttar Pradesh	Males	2035	2.08	3.17	1.31	0.49	0.32	0.01	0.25	0.01	0.06
	Females	677	1.17	2.98	0.78	0.13	0.02	0.01	0.14	0	0.02
Andaman & Nicobar	Males	2822	2.25	3.35	1.08	0.35	0.61	0.02	0.43	0.01	0.06
	Females	863	1.69	3.32	0.91	0.16	0.02	0.01	0.30	0	0.03
Assam	Males	1057	1.78	3.79	0.61	0.65	0.28	0.01	0.34	0.01	0.01
	Females	377	1.32	2.99	0.55	0.17	0.01	0.00	0.30	0.00	0.01
Bihar	Males	1821	1.94	4.00	0.71	0.37	0.30	0.02	0.30	0.02	0.06
	Females	163	1.39	2.86	0.63	0.20	0.01	0	0.26	0	0.02
New Delhi	Males	1458	2.37	3.47	1.33	0.26	0.47	0.02	0.31	0.02	0.05
	Females	276	1.39	2.98	1.02	0.08	0.03	0.01	0.24	0.01	0.02
Puducherry	Males	2596	2.51	3.25	0.65	0.31	0.56	0.01	0.49	0.02	0.05
	Females	788	1.97	2.97	0.52	0.11	0.01	0	0.38	0.06	0.01
Rajasthan	Males	1968	1.95	4.13	0.85	0.18	0.29	0.01	0.19	0	0.01
	Females	285	1.78	2.85	0.67	0.06	0.02	0.01	0.18	0	0
<b>Pooled</b>	<b>Males</b>	<b>33656</b>	<b>2.14</b>	<b>3.22</b>	<b>0.97</b>	<b>0.41</b>	<b>0.56</b>	<b>0.02</b>	<b>0.45</b>	<b>0.02</b>	<b>0.06</b>
	<b>Females</b>	<b>10558</b>	<b>1.43</b>	<b>2.68</b>	<b>0.66</b>	<b>0.18</b>	<b>0.01</b>	<b>0.01</b>	<b>0.52</b>	<b>0.01</b>	<b>0.02</b>

**Table 83.3: Distribution (%) of Adults by Distance to the workplace and mode of transportation to the Work Place from Home**

State	Gender	N	Distance from residence to work place (Kms)				Mode of transport							
			< 2	2-5	5-11	≥ 12	Office Transport	Public transport	Four Wheeler	Two Wheeler	Auto/ Taxi	Bicycle	Walking	Others
Kerala	Males	1980	27.7	29.3	37.3	5.7	0.7	15.0	4.5	29.1	0.9	2.2	4.8	0.3
	Females	889	39.1	28.5	27.9	4.4	0.4	8.1	0.7	2.1	0.6	0.0	2.8	0.2
Tamil Nadu	Males	2723	35.1	23.6	23.1	18.1	3.4	12.1	1.8	32.1	1.4	10.0	4.6	1.0
	Females	1011	59.1	20.2	13.1	7.6	0.6	4.3	0.1	2.4	0.9	0.6	3.7	0.6
Karnataka	Males	1936	32.2	27.6	23.8	16.4	0.7	20.1	1.2	27.4	3.5	6.0	10.5	0.8
	Females	984	64.9	20.7	9.7	7.7	0.2	5.3	0.2	1.1	0.4	0.3	6.0	0.2
Andhra Pradesh	Males	2428	46.5	23.1	20.7	9.8	0.9	8.6	1.1	30.2	4.5	5.5	6.8	2.0
	Females	946	66.8	17.1	11.5	4.5	0.3	2.5	0.1	1.8	2.7	0.2	3.9	1.0
Maharashtra	Males	2480	35.4	28.4	22.1	14.0	0.2	7.6	1.5	27.6	7.1	7.1	18.5	0.6
	Females	688	53.2	28.1	14.4	4.4	0.1	1.4	0.3	2.0	1.1	0.2	8.8	0.3
Gujarat	Males	2145	39.0	25.5	22.6	12.9	3.1	4.1	2.8	36.1	5.2	4.9	5.2	0.3
	Females	674	68.4	16.5	12.2	2.9	0.2	0.7	0.1	2.5	1.3	0.0	2.0	0.3
Madhya Pradesh	Males	2449	27.6	35.9	23.8	12.7	0.7	7.8	1.3	35.4	2.8	16.0	16.0	1.9
	Females	485	47.0	35.5	12.2	5.3	0.1	1.8	0.1	1.8	0.7	0.3	6.1	0.2
Orissa	Males	2196	36.3	27.7	25.8	10.2	0.6	4.0	0.7	24.4	2.9	28.1	10.1	1.2
	Females	764	55.6	27.4	12.6	4.4	0.1	1.1	0.1	1.8	1.6	1.6	8.7	0.1
West Bengal	Males	1314	56.9	16.4	14.5	12.3	0.2	10.2	1.0	6.2	0.9	17.5	5.5	2.1
	Females	568	80.3	10.6	5.8	3.4	0.0	1.6	0.0	0.0	0.2	0.3	2.7	0.1
Uttar Pradesh	Males	2020	53.5	22.1	16.7	7.7	0.8	3.8	0.6	14.5	6.0	16.2	11.3	0.7
	Females	671	68.6	19.7	7.2	4.6	0.2	1.0	0.1	0.7	2.3	0.6	4.1	0.4
Andaman & Nicobar	Males	2811	37.2	47.4	13.8	1.7	0.4	20.0	3.4	38.2	1.5	0.2	16.8	0.2
	Females	863	45.8	41.0	11.4	1.9	0.0	5.4	1.6	5.0	1.7	0.0	5.5	0.1
Assam	Males	1043	39.3	48.5	9.0	3.2	0.1	3.6	5.8	17.1	1.7	16.7	9.0	0.6
	Females	369	62.1	28.7	7.0	2.2	0.0	1.8	0.7	1.2	1.3	0.1	4.1	0.0
Bihar	Males	1792	62.6	25.7	8.7	3.1	0.3	2.9	1.3	14.2	8.8	3.0	22.0	0.4
	Females	157	70.1	21.7	3.8	4.4	0.0	0.4	0.0	0.3	1.7	0.0	1.8	0.0
New Delhi	Males	1443	44.2	14.5	22.7	18.6	0.5	18.6	2.2	16.0	0.8	3.8	5.4	0.4
	Females	266	56.0	13.5	19.5	10.9	0.1	3.0	0.1	0.3	0.1	0.0	0.9	0.2
Puducherry	Males	2584	39.0	28.0	20.6	12.4	1.3	5.8	0.9	38.8	1.1	6.2	2.1	0.5
	Females	791	52.2	24.8	14.7	8.3	0.8	3.4	0.0	3.0	0.6	0.9	2.4	0.5
Rajasthan	Males	1924	21.6	31.3	31.7	15.4	0.4	6.6	7.9	45.7	0.7	6.0	6.1	0.0
	Females	280	36.8	28.9	20.0	14.3	0.2	2.1	0.5	2.2	0.4	0.1	1.7	0.0
Pooled	Males	<b>33268</b>	<b>38.8</b>	<b>28.7</b>	<b>21.5</b>	<b>11.0</b>	<b>1.0</b>	<b>9.6</b>	<b>2.3</b>	<b>28.6</b>	<b>3.1</b>	<b>8.8</b>	<b>9.7</b>	<b>0.8</b>
	Females	<b>10406</b>	<b>57.8</b>	<b>24.1</b>	<b>13.0</b>	<b>5.1</b>	<b>0.2</b>	<b>2.9</b>	<b>0.3</b>	<b>1.9</b>	<b>1.1</b>	<b>0.4</b>	<b>4.2</b>	<b>0.3</b>

**Table 84.1: Distribution (%) of adults performing Physical Exercise**

State	Men										Women									
	N	Doing Physical Exercise	Type of Physical Exercise*							Not doing any Exercise	N	Doing Physical Exercise	Type of Physical Exercise*							Not doing any Exercise
			Walking	Jagging	Cycling	Gym Exercises	Floor Exercises	Yoga	Other Exercises				Walking	Jagging	Cycling	Gym Exercises	Floor Exercises	Yoga	Other Exercises	
Kerala	2709	27.3	20.3	1.0	0.8	1.7	2.5	1.9	1.1	72.7	4070	11.5	13.5	0.1	0.5	0.2	1.4	2.2	0.8	88.5
Tamil Nadu	3136	33.0	22.8	1.5	3.2	2.8	4.3	3.6	1.3	67.0	4071	17.8	13.8	0.1	0.8	0.1	1.7	2.6	0.8	82.2
Karnataka	2260	30.6	25.4	1.7	0.4	1.7	4.3	2.3	1.6	69.4	3617	19.7	18.1	0.0	0.2	0.2	1.1	2.0	0.4	80.3
Andhra Pradesh	2876	29.2	22.8	1.8	0.6	2.0	1.7	4.0	1.1	70.8	3660	12.4	10.4	0.2	0.3	0.1	0.5	2.0	0.4	87.6
Maharashtra	3159	34.5	28.6	1.1	0.6	2.3	1.0	5.8	0.7	65.5	3778	20.5	17.8	0.0	0.1	0.1	0.4	4.4	0.1	79.5
Gujarat	2652	38.9	30.1	1.0	1.0	2.2	5.6	7.0	2.6	61.1	4357	24.6	19.2	0.2	0.2	0.3	3.1	4.6	2.1	75.4
Madhya Pradesh	2553	19.4	14.4	1.3	1.7	1.7	0.9	3.8	0.7	80.6	3164	14.4	12.5	0.0	0.1	0.3	0.5	2.7	0.3	85.6
Orissa	2554	24.0	17.1	2.2	0.8	2.4	3.0	5.7	1.1	76.0	3819	11.5	8.6	0.1	0.1	0.1	0.8	3.6	0.5	88.5
West Bengal	1701	17.5	10.8	0.5	0.1	0.9	6.1	1.9	0.5	82.5	3221	5.1	3.8	0.0	0.0	0.1	0.9	0.4	0.2	94.9
Uttar Pradesh	2258	21.6	16.4	1.0	0.6	1.6	2.5	4.6	0.8	78.4	3294	9.1	7.3	0.2	0.0	0.2	0.7	1.8	0.5	90.9
Andaman & Nicobar	3064	16.5	12.3	1.8	0.1	1.8	0.9	2.3	0.9	83.5	3634	10.0	7.5	0.2	0.1	0.1	0.5	2.4	0.3	90.0
Assam	1237	19.6	12.1	1.5	0.2	1.5	1.6	6.7	0.6	80.4	1900	10.0	6.1	0.2	0.0	0.1	0.5	4.9	0.2	90.0
Bihar	2101	29.9	26.7	1.7	0.2	0.7	1.6	6.2	0.4	70.1	2211	8.4	7.2	0.1	0.0	0.0	0.5	2.0	0.0	91.6
New Delhi	1852	27.6	22.3	0.8	0.5	1.9	2.3	3.7	0.5	72.4	3009	17.4	15.2	0.0	0.0	0.1	1.4	2.1	0.4	82.6
Puducherry	3274	35.1	27.8	1.3	1.4	3.0	2.9	3.8	1.7	64.9	4229	16.5	13.0	0.1	0.5	0.3	0.8	2.5	0.8	83.5
Rajasthan	2285	32.2	25.6	1.2	0.9	2.2	2.8	4.0	0.6	67.8	2647	19.3	16.1	0.1	0.2	0.3	1.9	3.5	0.3	80.7
<b>Pooled</b>	39671	28.0	21.6	1.4	0.9	2.0	2.7	4.1	1.1	72.0	54681	14.7	11.9	0.1	0.2	0.2	1.1	2.7	0.6	85.3

\*Multiple Answers

**Table 84.2: Distribution (%) of adults by Frequency of doing any Physical Exercise**

States	Men					Women				
	N	Doing any Exercise	Frequency of doing any Exercise			N	Doing any Exercise	Frequency of doing any Exercise		
			Daily	At least once a Week	At least once in a Month			Daily	At least once a Week	At least once in a Month
Kerala	2709	27.3	24.9	2.1	0.3	4070	11.5	10.1	1.2	0.2
Tamil Nadu	3136	33.0	25.0	5.9	2.1	4071	17.8	13.6	3.1	1.1
Karnataka	2260	30.6	25.5	4.4	0.7	3617	19.7	14.7	4.8	0.2
Andhra Pradesh	2876	29.2	25.5	3.0	0.7	3660	12.4	10.5	1.5	0.4
Maharashtra	3159	34.5	32.7	1.3	0.5	3778	20.5	18.9	1.3	0.3
Gujarat	2652	38.9	31.1	6.2	1.6	4357	24.6	17.0	5.8	1.8
Madhya Pradesh	2553	19.4	15.2	2.4	1.8	3164	14.4	10.9	2.3	1.2
Orissa	2554	24.0	20.8	2.1	1.1	3819	11.5	9.9	0.8	0.8
West Bengal	1701	17.5	13.9	1.8	1.8	3221	5.1	4.3	0.5	0.3
Uttar Pradesh	2258	21.6	19.8	1.8	0	3294	9.1	7.7	1.1	0.3
Andaman & Nicobar	3064	16.5	13.7	2.4	0.4	3634	10.0	7.2	2.4	0.4
Assam	1237	19.6	14.2	4.4	1.0	1900	10.0	6.4	2.4	1.2
Bihar	2101	29.9	19.9	4.4	5.6	2211	8.4	5.4	1.0	2.0
New Delhi	1852	27.6	24.9	1.9	0.8	3009	17.4	14.4	2.1	0.9
Puducherry	3274	35.1	27.1	3.5	4.5	4229	16.5	11.9	1.5	3.1
Rajasthan	2285	32.2	29.0	3.1	0.1	2647	19.3	17.0	2.0	0.3
<b>Pooled</b>	39671	28.0	23.3	3.2	1.5	54681	14.7	11.6	2.2	0.9

**Table 85.1: Distribution (%) of adults Playing Outdoor Games**

State	Men							Women						
	N	Playing Outdoor Games	Type of Outdoor Game*				Not Playing Outdoor Games	N	Playing Outdoor Games	Type of Outdoor Game*				Not Playing Outdoor Games
			Basket Ball/ Foot Ball/ Volley Ball	Cricket/ Kabbaddi/ Kho-Kho	Badminton/ Shuttle Cook /TT	Other Games				Basket Ball/ Foot Ball/ Volley Ball	Cricket/ Kabbaddi/ Kho-Kho	Badminton/ Shuttle Cook /TT	Other Games	
Kerala	2709	4.7	1.9	1.9	1.0	0.0	95.3	4070	0.2	0.0	0.2	0.0	0.0	99.8
Tamil Nadu	3136	11.2	2.1	2.4	7.1	0.3	88.8	4071	1.1	0.0	0.9	0.0	0.0	98.9
Karnataka	2260	11.7	2.8	2.9	7.4	0.4	88.3	3617	4.1	0.3	3.9	0.1	0.1	95.9
Andhra Pradesh	2876	7.4	1.2	2.1	4.8	0.0	92.6	3660	1.0	0.2	0.7	0.2	0.0	99.0
Maharashtra	3159	3.1	0.9	0.3	2.3	0.0	96.9	3778	0.3	0.0	0.2	0.0	0.0	99.7
Gujarat	2652	13.8	2.0	1.5	11.8	0.0	86.2	4357	1.7	0.0	1.5	0.2	0.0	98.3
Madhya Pradesh	2553	3.2	0.7	0.6	2.1	0.0	96.8	3164	0.4	0.0	0.3	0.0	0.0	99.6
Orissa	2554	8.5	2.2	0.9	5.9	0.0	91.5	3819	0.2	0.1	0.2	0.0	0.0	99.8
West Bengal	1701	5.0	2.2	0.8	2.8	0.1	95.0	3221	0.1	0.0	0.0	0.0	0.0	99.9
Uttar Pradesh	2258	7.9	0.7	1.3	6.0	0.2	92.1	3294	1.5	0.1	1.4	0.1	0.1	98.5
Andaman & Nicobar	3064	4.8	1.8	1.2	2.7	0.1	95.2	3634	0.7	0.2	0.5	0.0	0.0	99.3
Assam	1237	1.4	0.3	0.4	1.0	0.0	98.6	1900	0.0	0.0	0.0	0.0	0.0	100.0
Bihar	2101	4.4	0.1	0.2	2.2	2.2	95.6	2211	0.1	0.0	0.0	0.0	0.0	99.9
New Delhi	1852	4.9	0.9	0.8	3.5	0.0	95.1	3009	1.0	0.0	0.7	0.0	0.1	99.0
Puducherry	3274	9.1	1.7	2.5	5.4	0.3	90.9	4229	0.5	0.0	0.5	0.0	0.0	99.5
Rajasthan	2285	8.2	2.1	1.7	4.9	0.0	91.8	2647	0.7	0.1	0.6	0.0	0.0	99.3
<b>Pooled</b>	39671	7.1	<b>1.6</b>	<b>1.4</b>	<b>4.7</b>	<b>0.3</b>	92.9	54681	0.9	<b>0.1</b>	0.8	<b>0.1</b>	<b>0.1</b>	99.1

\*Multiple Answers

**Table 85.2: Distribution (%) of adults by frequency of Playing any Outdoor Game**

States	Men					Women				
	N	Playing Outdoor Games	Frequency of Playing Outdoor Game			N	Playing Outdoor Games	Frequency of Playing Outdoor Game		
			Daily	At least once a Week	At least once in a Month			Daily	At least once a Week	At least once in a Month
Kerala	2709	4.8	2.8	1.7	0.3	4070	0.2	0.1	0.1	0
Tamil Nadu	3136	12.3	1.7	7.2	3.4	4071	1.4	0.3	0.6	0.5
Karnataka	2260	11.5	1.5	6.2	3.8	3617	4.6	0.3	1.9	2.4
Andhra Pradesh	2876	7.5	1.4	4.3	1.8	3660	1.1	0.2	0.5	0.4
Maharashtra	3159	3.5	1.1	1.6	0.8	3778	0.3	0.1	0.1	0.1
Gujarat	2652	14.9	1.9	8.1	4.9	4357	2.5	0.2	0.7	1.6
Madhya Pradesh	2553	5.2	1.1	1.6	2.5	3164	0.7	0.2	0.2	0.3
Orissa	2554	10.4	3.9	3.9	2.6	3819	0.6	0.1	0.2	0.3
West Bengal	1701	6.2	0.8	2	3.4	3221	0.2	0.1	0	0.1
Uttar Pradesh	2258	8.3	2	3.6	2.7	3294	1.8	0.2	1.1	0.5
Andaman & Nicobar	3064	5.0	1.3	2.8	0.9	3634	0.7	0.2	0.4	0.1
Assam	1237	1.9	0.5	0.8	0.6	1900	0.0	0	0	0
Bihar	2101	5.0	2.2	1.1	1.7	2211	0.2	0.1	0	0.1
New Delhi	1852	4.9	1.2	2.1	1.6	3009	1.1	0.2	0.4	0.5
Puducherry	3274	10.9	2.3	6	2.6	4229	1.0	0.1	0.3	0.6
Rajasthan	2285	8.0	2.5	4.2	1.3	2647	0.7	0.2	0.3	0.2
<b>Pooled</b>	39671	7.8	1.8	3.8	2.2	54681	1.1	0.1	0.5	0.5

**Table 86.1: Percent (%) of adults (Men & Women) Playing Indoor Games with Type of Game**

State	Men							Women						
	N	Playing Indoor Games	Type of Indoor Game*				Not Playing Indoor Games	N	Playing Outdoor Games	Type of Outdoor Game*				Not Playing Indoor Games
			Chess/Caroms	Computer/Video Games	Ludo/Chinese Checker	Other Games				Chess/Caroms	Computer/Video Games	Ludo/Chinese Checker	Other Games	
Kerala	2709	1.5	0.7	0.8	0.0	0.2	98.5	4070	0.4	0.2	0.2	0.0	0.0	99.6
Tamil Nadu	3136	19.2	12.3	9.8	0.1	0.9	80.8	4071	13.1	8.1	6.2	0.7	0.5	86.9
Karnataka	2260	16.4	12.3	7.0	0.4	0.4	83.6	3617	11.4	7.6	5.5	0.7	0.6	88.6
Andhra Pradesh	2876	8.1	4.5	4.4	0.1	0.0	91.9	3660	4.1	2.4	1.7	0.5	0.2	95.9
Maharashtra	3159	4.3	1.6	2.8	0.2	0.2	95.7	3778	1.5	0.7	0.9	0.2	0.1	98.5
Gujarat	2652	22.2	8.3	16.2	0.3	0.7	77.8	4357	10.1	3.0	7.3	0.9	0.8	89.9
Madhya Pradesh	2553	4.2	1.0	3.1	0.1	0.1	95.8	3164	2.1	1.0	0.9	0.6	0.0	97.9
Orissa	2554	14.2	8.8	5.0	2.3	3.3	85.8	3819	7.1	2.5	2.1	5.0	0.6	92.9
West Bengal	1701	16.8	9.9	1.2	5.2	6.3	83.2	3221	8.1	0.3	0.2	7.9	0.2	91.9
Uttar Pradesh	2258	10.8	6.2	3.5	2.6	1.4	89.2	3294	9.9	4.9	2.1	6.4	0.9	90.1
Andaman & Nicobar	3064	7.2	5.0	2.8	0.8	0.3	92.8	3634	7.8	3.6	2.1	4.5	0.1	92.2
Assam	1237	3.6	2.3	1.5	0.1	0.5	96.4	1900	0.7	0.3	0.5	0.2	0.0	99.3
Bihar	2101	3.9	2.1	1.0	0.4	1.0	96.1	2211	1.1	0.6	0.2	0.7	0.0	98.9
New Delhi	1852	8.9	4.4	4.1	1.5	0.8	91.1	3009	6.0	3.4	1.3	3.1	0.1	94.0
Puducherry	3274	16.4	13.6	4.2	0.0	0.2	83.6	4229	8.7	6.3	2.2	0.4	1.1	91.3
Rajasthan	2285	9.5	1.5	8.1	0.3	0.0	90.5	2647	3.2	1.2	2.0	0.4	0.0	96.8
<b>Pooled</b>	39671	10.7	6.1	4.9	0.8	0.9	89.3	54681	6.4	3.1	2.4	2.0	0.4	93.6

\*Multiple Answers

**Table 86.2: Distribution (%) of adults by frequency of Playing Indoor Games**

States	Men					Women				
	N	Playing Indoor Games	Frequency of Playing Indoor Games			N	Playing Indoor Games	Frequency of Playing Indoor Games		
			Daily	At least once a Week	At least once in a Month			Daily	At least once a Week	At least once in a Month
Kerala	2709	1.5	0.8	0.4	0.3	4070	0.4	0.2	0.1	0.1
Tamil Nadu	3136	19.2	7.4	6.6	5.2	4071	13.1	4.1	5.2	3.8
Karnataka	2260	16.4	3.5	7.8	5.1	3617	11.4	2.9	5.1	3.4
Andhra Pradesh	2876	8.1	2.4	3.8	1.9	3660	4.1	1.2	1.7	1.2
Maharashtra	3159	4.3	2	1.6	0.7	3778	1.5	0.8	0.4	0.3
Gujarat	2652	22.2	8.3	8.4	5.5	4357	10.1	3.1	3.8	3.2
Madhya Pradesh	2553	4.2	1.3	1.2	1.7	3164	2.1	0.4	0.4	1.3
Orissa	2554	14.2	5.3	4.7	4.2	3819	7.1	1.7	2.4	3
West Bengal	1701	16.8	3.7	6.6	6.5	3221	8.1	0.8	1.9	5.4
Uttar Pradesh	2258	10.8	2.3	4.9	3.6	3294	9.9	1.6	4.4	3.9
Andaman & Nicobar	3064	7.2	2.9	3	1.3	3634	7.8	2.1	3.8	1.9
Assam	1237	3.6	1.3	0.5	1.8	1900	0.7	0.5	0.1	0.1
Bihar	2101	3.9	1.5	0.6	1.8	2211	1.1	0.2	0.3	0.6
New Delhi	1852	8.9	3.5	2.8	2.6	3009	6.0	1.4	2.3	2.3
Puducherry	3274	16.4	3.2	5.7	7.5	4229	8.7	1.9	2.7	4.1
Rajasthan	2285	9.5	5.8	2.6	1.1	2647	3.2	1.4	1.3	0.5
<b>Pooled</b>	39671	10.7	3.5	3.9	3.3	54681	6.4	1.6	2.4	2.3

**Table 87.1: Percent (%) of adult Men participating in different House Hold Activities**

State	N	House Hold Activities*									
		General Manual Cleaning	Washing clothes manually	Cooking	Ironing	Gardening	Child/ Dependent care	Animal Care	Shopping for Vegetables	Shopping for Essentials Commodities	Other HH activities
Kerala	2709	17.5	14.5	21.4	13.7	5.5	99.9	99.9	98.6	81.1	99.8
Tamil Nadu	3136	19.1	10.7	8.0	15.4	4.8	99.7	99.7	97.9	94.7	97.9
Karnataka	2260	27.8	11.8	15.5	28.1	4.0	100.0	100.0	98.1	77.3	100.0
Andhra Pradesh	2876	5.1	3.4	5.6	4.1	0.6	100.0	100.0	99.4	97.8	100.0
Maharashtra	3159	19.1	4.6	6.5	3.7	2.5	99.6	99.7	98.0	96.7	99.5
Gujarat	2652	26.7	6.8	13.0	7.4	3.8	99.8	100.0	97.1	84.4	100.0
Madhya Pradesh	2553	30.8	32.4	25.2	9.7	2.9	99.6	99.6	83.6	86.2	99.8
Orissa	2554	34.5	53.8	24.5	11.4	8.6	98.4	98.4	90.6	73.0	98.2
West Bengal	1701	65.7	66.7	42.0	0.6	5.6	99.5	99.7	90.4	85.9	99.8
Uttar Pradesh	2258	98.2	37.4	15.5	18.7	3.5	100.0	100.0	98.2	86.8	100.0
Andaman & Nicobar	3064	6.5	7.7	9.8	24.5	3.1	99.8	99.8	98.5	98.0	95.9
Assam	1237	65.7	47.8	25.2	3.6	5.0	99.9	100.0	94.5	91.7	99.8
Bihar	2101	14.4	72.5	22.7	7.8	1.7	99.9	99.9	97.6	96.0	100.0
New Delhi	1852	9.5	4.8	6.3	5.6	0.2	99.8	99.8	99.5	99.2	99.8
Puducherry	3274	28.0	12.8	7.6	21.7	6.8	99.9	99.2	92.0	93.1	94.1
Rajasthan	2285	9.6	13.6	12.8	5.6	5.9	99.9	100.0	98.0	97.8	99.8
<b>Pooled</b>	39671	27.2	22.1	15.1	12.1	4.1	99.7	99.7	95.8	90.2	98.8

\*Multiple Answers

**Table 87.2: Percent (%) of adult Women participating in different House Hold Activities**

State	N	House Hold Activities*									
		General Manual Cleaning	Washing clothes manually	Cooking	Ironing	Gardening	Child/ Dependent care	Animal Care	Shopping for Vegetables	Shopping for Essentials Commodities	Other HH activities
Kerala	4070	87.7	83.9	97.0	8.6	9.3	100.0	99.9	95.2	72.5	100.0
Tamil Nadu	4071	91.5	76.0	90.1	14.9	8.4	99.9	99.9	98.4	93.9	98.5
Karnataka	3617	94.6	89.1	94.1	24.6	5.5	100.0	100.0	97.3	67.0	100.0
Andhra Pradesh	3660	86.4	76.3	92.2	4.9	1.1	100.0	100.0	99.6	98.4	99.9
Maharashtra	3778	86.0	78.6	88.3	6.5	1.7	100.0	100.0	98.7	97.3	99.9
Gujarat	4357	92.1	81.8	92.4	29.2	5.6	99.7	100.0	98.1	88.3	100.0
Madhya Pradesh	3164	97.2	92.2	96.2	15.2	3.9	100.0	99.6	55.1	58.6	97.2
Orissa	3819	94.7	91.3	89.8	15.3	7.7	98.7	98.4	80.3	53.5	98.4
West Bengal	3221	96.9	94.5	93.8	1.2	3.4	99.8	99.9	76.7	71.0	99.8
Uttar Pradesh	3294	99.9	95.7	95.2	41.4	3.2	100.0	100.0	98.3	83.0	100.0
Andaman & Nicobar	3634	91.4	82.1	95.5	47.2	4.0	100.0	99.9	95.5	95.7	94.6
Assam	1900	96.1	94.9	93.2	11.8	2.8	100.0	99.9	89.4	85.6	99.8
Bihar	2211	93.0	96.2	94.5	20.7	1.1	100.0	99.8	95.7	93.1	99.8
New Delhi	3009	83.1	59.8	83.9	21.1	0.6	100.0	100.0	99.9	99.6	99.6
Puducherry	4229	88.2	70.9	89.5	15.3	10.9	99.9	99.6	93.5	94.0	95.3
Rajasthan	2647	80.0	79.3	94.3	25.2	5.3	100.0	100.0	98.2	97.2	99.6
<b>Pooled</b>	54681	91.1	83.1	92.4	18.9	5.0	99.9	99.8	92.2	84.0	98.8

\*Multiple Answers

**Table 87.3: Percent (%) of adults participating in different Sedentary Activities\***

State	Men								Women							
	N	News Paper Reading	Watching TV	Using Computer at Home	Doing official work at home	Prayer	Nap during the Day	Socialization	N	News Paper Reading	Watching TV	Using Computer at Home	Doing official work at home	Prayer	Nap during the Day	Socialization
Kerala	2709	93.9	98.0	5.6	11.3	76.9	33.7	69.4	4070	86.5	98.2	2.7	10.0	81.5	65.9	52.8
Tamil Nadu	3136	75.5	96.2	17.7	9.9	73.1	53.2	65.8	4071	50.5	95.9	8.9	12.2	87.7	58.8	66.9
Karnataka	2260	69.2	97.6	5.3	2.2	92.7	50.4	98.9	3617	45.0	97.1	2.2	4.1	97.3	67.7	98.9
Andhra Pradesh	2876	59.5	93.8	7.7	4.4	63.7	49.5	64.2	3660	35.0	93.1	3.1	4.0	88.2	62.7	70.7
Maharashtra	3159	74.0	90.9	4.1	11.4	73.7	35.1	25.7	3778	47.0	91.2	0.8	17.6	86.8	50.1	24.2
Gujarat	2652	79.2	92.9	13.9	19.4	88.0	64.6	81.0	4357	56.1	91.6	3.8	26.0	92.0	85.1	80.4
Madhya Pradesh	2553	68.1	94.8	11.8	9.3	94.1	36.7	84.8	3164	38.6	94.9	2.7	11.0	97.1	74.4	81.4
Orissa	2554	74.0	96.1	16.0	16.2	83.6	73.8	63.9	3819	42.3	95.6	5.5	19.6	93.2	86.0	75.0
West Bengal	1701	40.6	94.5	3.5	2.3	75.1	87.9	88.5	3221	20.6	94.6	0.6	5.1	89.6	92.2	90.4
Uttar Pradesh	2258	63.6	82.9	7.9	9.0	70.2	46.5	91.9	3294	40.3	85.6	2.4	6.8	86.6	74.2	96.2
Andaman & Nicobar	3064	29.2	97.7	6.6	6.0	70.3	39.9	75.5	3634	21.5	97.6	3.8	21.3	90.2	66.9	79.1
Assam	1237	55.5	95.9	4.2	2.1	84.7	75.3	88.1	1900	40.2	95.9	1.6	3.1	96.6	92.6	92.6
Bihar	2101	53.5	82.2	2.8	5.6	92.4	86.3	91.5	2211	26.1	80.6	0.5	2.5	97.3	92.5	92.3
New Delhi	1852	45.1	88.2	4.8	1.5	79.8	40.6	48.4	3009	16.7	87.4	1.6	2.0	89.2	71.1	51.1
Puducherry	3274	75.0	96.7	8.1	6.7	34.8	58.0	64.4	4229	47.6	96.8	3.5	4.0	64.0	62.0	57.6
Rajasthan	2285	87.8	93.7	14.4	5.9	78.9	40.0	37.8	2647	59.0	92.4	3.4	6.0	85.3	81.7	44.4
<b>Pooled</b>	39671	66.5	93.5	8.8	8.2	75.4	52.6	69.5	54681	43.4	93.5	3.1	10.5	88.2	72.5	70.9

\*Multiple Answers

**Table 88.1: Distribution (%) of adults by the perception about their Body Size**

State	Gender	n	Perception about their body Size			
			Normal	Lean	Overweight/ Obese	No Response
Kerala	Male	2212	81.7	2.2	14.4	1.7
	Female	2869	70.5	2.7	22.8	4.0
Tamil Nadu	Male	2053	65.6	8.9	23.9	1.7
	Female	2017	49.6	8.5	40.9	0.9
Karnataka	Male	1545	68.4	6.3	24.8	0.5
	Female	1980	54.8	7.7	36.1	1.4
Andhra Pradesh	Male	1907	66.4	6.6	26.9	0.2
	Female	2084	57.0	7.8	34.8	0.3
Maharashtra	Male	2469	78.2	3.7	18.1	0.1
	Female	2492	66.0	3.5	30.4	0.1
Gujarat	Male	1873	70.7	7.6	21.7	0.0
	Female	2491	57.2	6.5	36.2	0.1
Madhya Pradesh	Male	1774	69.5	12.5	17.9	0.0
	Female	1616	51.1	18.1	30.6	0.1
Orissa	Male	2266	88.8	6.3	4.9	0.1
	Female	3272	85.7	6.2	7.9	0.3
West Bengal	Male	1168	68.7	10.2	17.7	3.4
	Female	2020	62.7	6.4	24.8	6.1
Uttar Pradesh	Male	1633	72.3	14.0	13.6	0.0
	Female	1966	59.7	14.3	25.9	0.1
Andaman & Nicobar	Male	2244	73.4	6.1	20.4	0.1
	Female	2213	61.0	7.1	31.8	0.2
Assam	Male	1113	90.1	2.1	6.7	1.1
	Female	1653	87.0	2.6	9.6	0.7
Bihar	Male	1822	86.7	1.2	6.2	5.8
	Female	1716	77.6	2.0	9.2	11.1
New Delhi	Male	1355	73.2	8.5	18.2	0.1
	Female	1743	57.9	7.8	34.1	0.1
Puducherry	Male	2219	67.9	7.5	24.2	0.4
	Female	2230	52.7	6.3	40.3	0.6
Rajasthan	Male	1546	67.7	3.3	28.9	0.1
	Female	1434	54.2	5.2	40.6	0.0
<b>Pooled</b>	<b>Male</b>	29199	73.7	6.8	18.7	0.8
	<b>Female</b>	33796	61.8	7.2	29.6	1.4

**Table 88.2: Distribution (%) of adults by the Idea about their future Body Size**

State	Gender	n	Perception about their future body size				
			Present Size	Want to slim down	Want to put on weight	Don't Know	No response
Kerala	Male	2708	83.9	13.0	1.3	0.3	1.4
	Female	4070	70.5	2.7	22.8	4.0	0.0
Tamil Nadu	Male	3135	63.5	26.8	7.9	0.0	1.8
	Female	4067	49.6	8.5	40.9	0.9	0.0
Karnataka	Male	2260	68.4	25.0	6.2	0.0	0.4
	Female	3613	54.8	7.7	36.1	1.4	0.0
Andhra Pradesh	Male	2875	64.8	29.5	5.4	0.1	0.2
	Female	3654	57.0	7.8	34.8	0.3	0.0
Maharashtra	Male	3159	78.9	18.5	2.6	0.0	0.1
	Female	3776	66.0	3.5	30.4	0.1	0.0
Gujarat	Male	2652	65.6	25.5	8.8	0.0	0.0
	Female	4354	57.2	6.5	36.2	0.1	0.0
Madhya Pradesh	Male	2553	69.1	18.8	12.1	0.0	0.0
	Female	3163	51.1	18.1	30.6	0.1	0.0
Orissa	Male	2553	88.5	5.7	4.7	0.1	0.9
	Female	3819	85.7	6.2	7.9	0.3	0.0
West Bengal	Male	1701	68.8	18.0	9.6	0.2	3.4
	Female	3220	62.7	6.4	24.8	6.1	0.0
Uttar Pradesh	Male	2258	73.4	14.1	12.4	0.0	0.0
	Female	3294	59.7	14.3	25.9	0.1	0.0
Andaman & Nicobar	Male	3063	74.0	20.8	5.0	0.0	0.2
	Female	3630	61.0	7.1	31.8	0.2	0.0
Assam	Male	1235	89.1	6.8	1.8	1.8	0.6
	Female	1899	87.0	2.6	9.6	0.7	0.0
Bihar	Male	2101	89.9	5.9	1.0	0.5	2.7
	Female	2211	77.6	2.0	9.2	11.1	0.0
New Delhi	Male	1852	74.5	18.6	6.7	0.1	0.1
	Female	3008	57.9	7.8	34.1	0.1	0.0
Puducherry	Male	3274	71.0	24.8	3.6	0.2	0.4
	Female	4228	52.7	6.3	40.3	0.6	0.0
Rajasthan	Male	2285	68.2	28.6	3.1	0.0	0.0
	Female	2646	54.2	5.2	40.6	0.0	0.0
<b>Pooled</b>	<b>Male</b>	39664	73.8	19.6	5.7	0.2	0.7
	<b>Female</b>	54652	61.8	7.2	29.6	1.4	0.0

**Table 89.1: Distribution (%) of adults by Type of Diet they take**

STATE	Gender	n	Type of Diet		
			Vegetarian	Non-Vegetarian	Vegetarian +Egg
Kerala	Male	2709	10.9	88.7	0.4
	Female	4070	10.3	88.8	0.9
Tamil Nadu	Male	3135	13.0	85.8	1.2
	Female	4071	14.2	84.1	1.7
Karnataka	Male	2260	15.7	81.9	2.4
	Female	3617	17.7	79.7	2.6
Andhra Pradesh	Male	2875	8.1	90.2	1.6
	Female	3657	9.7	88.7	1.6
Maharashtra	Male	3159	21.6	78.2	0.3
	Female	3778	27.2	72.3	0.4
Gujarat	Male	2650	60.3	35.4	4.3
	Female	4357	66.7	31.6	1.7
Madhya Pradesh	Male	2553	40.7	54.4	4.9
	Female	3163	53.7	41.3	5.0
Orissa	Male	2554	7.9	91.9	0.2
	Female	3819	10.6	89.3	0.2
West Bengal	Male	1701	1.8	98.1	0.2
	Female	3221	2.7	97.1	0.2
Uttar Pradesh	Male	2258	32.5	61.8	5.7
	Female	3294	43.7	50.8	5.5
Andaman & Nicobar	Male	3063	2.4	97.4	0.3
	Female	3633	2.9	96.6	0.6
Assam	Male	1236	5.7	94.0	0.2
	Female	1899	6.5	93.0	0.5
Bihar	Male	2101	22.5	77.2	0.3
	Female	2211	27.1	72.5	0.4
New Delhi	Male	1851	34.3	61.7	4.1
	Female	3009	48.1	48.2	3.7
Puducherry	Male	3274	7.4	91.7	0.9
	Female	4229	8.3	90.8	0.9
Rajasthan	Male	2284	61.3	35.2	3.5
	Female	2646	74.0	24.2	1.8
<b>Pooled</b>	<b>Male</b>	39663	21.4	76.8	1.9
	<b>Female</b>	54674	25.9	72.4	1.7

**Table 89.2: Distribution (%) of adults practicing Diet Control**

State	Gender	N	On Diet Control	Diet Control advised by						Not on Diet control
				Doctor	Dietician	Peer group	Influence of Mass Media	Self	Others	
Kerala	Male	2709	12.1	8.27	0.41	0.04	0.07	3.25	0.07	87.9
	Female	4070	13.6	9.19	0.25	0.07	0.02	4.08	0.02	86.4
Tamil Nadu	Male	3135	15.2	8.96	0.22	0.03	0.06	5.81	0.06	84.8
	Female	4071	14.9	8.62	0.37	0.05	0.00	5.82	0.05	85.1
Karnataka	Male	2260	4.2	1.68	0.04	0.04	0.04	2.39	0.04	95.8
	Female	3617	4.7	1.66	0.08	0.08	0.00	2.85	0.00	95.3
Andhra Pradesh	Male	2875	8.7	4.63	0.31	0.07	0.49	2.99	0.17	91.3
	Female	3657	7.8	4.43	0.44	0.08	0.30	2.52	0.05	92.2
Maharashtra	Male	3159	9.8	7.72	0.85	0.00	0.00	1.23	0.00	90.2
	Female	3778	10.6	8.73	0.71	0.03	0.00	1.11	0.03	89.4
Gujarat	Male	2652	21.1	10.22	0.34	0.04	0.11	10.37	0.04	78.9
	Female	4357	22.6	12.14	0.34	0.05	0.07	9.89	0.09	77.4
Madhya Pradesh	Male	2553	4.7	1.61	0.43	0.08	0.16	2.43	0.04	95.3
	Female	3163	3.5	1.74	0.32	0.00	0.22	1.14	0.06	96.5
Orissa	Male	2554	7.4	2.00	1.61	0.04	0.08	3.52	0.20	92.6
	Female	3819	11.0	2.36	1.39	0.00	0.05	7.10	0.08	89.0
West Bengal	Male	1701	12.6	10.29	0.18	0.06	0.00	1.88	0.18	87.4
	Female	3221	11.5	9.44	0.22	0.03	0.00	1.74	0.06	88.5
Uttar Pradesh	Male	2258	13.8	5.71	0.27	0.09	0.00	7.66	0.09	86.2
	Female	3294	13.1	5.71	0.21	0.12	0.09	6.95	0.03	86.9
Andaman & Nicobar	Male	3063	16.1	14.76	0.42	0.00	0.03	0.88	0.00	83.9
	Female	3633	14.3	13.21	0.25	0.00	0.03	0.74	0.03	85.7
Assam	Male	1236	7.1	4.13	0.00	0.00	0.00	2.99	0.00	92.9
	Female	1899	6.8	2.16	0.05	0.00	0.05	4.48	0.05	93.2
Bihar	Male	2101	14.6	10.09	0.19	0.00	0.00	4.33	0.00	85.4
	Female	2211	10.8	6.56	0.32	0.05	0.00	3.84	0.00	89.2
New Delhi	Male	1852	12.7	10.64	0.16	0.05	0.00	1.78	0.05	87.3
	Female	3009	18.2	14.92	0.23	0.00	0.00	2.99	0.07	81.8
Puducherry	Male	3274	23.1	14.87	0.34	0.06	0.18	7.48	0.15	76.9
	Female	4228	24.8	14.92	0.21	0.02	0.07	9.53	0.07	75.2
Rajasthan	Male	2285	17.2	14.84	0.13	0.04	0.09	2.06	0.00	82.8
	Female	2647	14.9	14.13	0.23	0.00	0.00	0.57	0.00	85.1
Pooled	Male	39667	12.9	8.38	0.40	0.04	0.09	3.94	0.07	87.1
	Female	54674	13.2	8.35	0.37	0.04	0.06	4.33	0.05	86.8

**Table 90: Percent (%) of adults by usage and knowledge on  
Consequences of using additionalSalt**

State	Males			Females		
	N	Know the consequences of using additional salt	Using additional salt	N	Know the consequences of using additional salt	Using additional salt
Kerala	2708	97.0	4.3	4070	96.3	3.4
Tamil Nadu	3135	92.2	21.9	4071	94.4	19.5
Karnataka	2260	94.2	22.6	3617	94.2	19.9
Andhra Pradesh	2875	71.9	60.5	3657	73.0	60.5
Maharashtra	3159	46.7	10.3	3778	44.9	6.0
Gujarat	2652	75.8	10.7	4357	74.8	9.1
Madhya Pradesh	2553	24.8	13.8	3162	16.0	9.0
Orissa	2554	55.7	23.6	3819	60.4	23.5
West Bengal	1701	75.4	30.6	3220	70.8	33.7
Uttar Pradesh	2257	64.6	45.2	3294	65.8	50.5
Andaman & Nicobar	3063	62.2	39.9	3632	60.7	39.4
Assam	1236	76.3	25.2	1899	74.7	33.5
Bihar	2101	28.1	4.3	2211	20.0	3.2
New Delhi	1852	46.3	24.8	3009	47.2	22.3
Puducherry	3274	60.6	28.7	4229	66.7	21.5
Rajasthan	2285	64.7	56.5	2646	51.1	50.9
<b>Pooled</b>	<b>39665</b>	<b>64.9</b>	<b>26.4</b>	<b>54671</b>	<b>65.3</b>	<b>24.7</b>

**Table 91: Distribution (%) of adults by type of Oil generally used for cooking at Home**

STATE	Gender	n	Type of Cooking Oils*										
			Groundnut Oil	Palmolein Oil	Coconut Oil	Soya Bean Oil	Cotton Seed Oil	Sunflower Oil	Mustard oil	Rice bran Oil	Safflower Oil	Blended Oil	Other Oils
Kerala	Male	2708	0.6	12.6	85.9	0.0	0.1	21.1	0.3	1.1	0.0	0.1	2.0
	Female	4070	0.6	16.4	85.3	0.1	0.0	21.7	0.2	1.3	0.1	0.3	2.1
Tamil Nadu	Male	3134	7.4	38.3	2.8	0.1	0.3	75.2	0.3	1.3	1.1	0.1	40.0
	Female	4071	7.4	39.6	3.2	0.1	0.2	74.6	0.3	1.8	0.8	0.1	42.9
Karnataka	Male	2260	15.9	40.5	14.6	0.2	0.0	66.4	0.4	0.4	0.8	0.0	1.2
	Female	3616	14.5	42.0	15.6	0.1	0.1	65.7	0.3	0.2	0.7	0.0	1.1
Andhra Pradesh	Male	2875	30.5	35.6	0.2	0.4	0.3	56.7	0.4	2.9	1.1	0.2	0.6
	Female	3658	32.7	35.1	0.2	0.3	0.5	56.2	0.3	3.0	0.8	0.1	0.8
Maharashtra	Male	3159	10.6	7.0	0.3	48.6	9.6	20.1	0.7	1.0	6.9	0.3	0.5
	Female	3778	10.8	7.7	0.5	46.3	10.7	21.3	0.8	1.0	6.3	0.1	0.6
Gujarat	Male	2652	26.6	1.5	0.5	1.5	61.9	10.6	1.7	0.6	1.0	0.0	2.1
	Female	4356	24.6	1.5	0.3	1.5	64.2	9.7	1.4	0.7	1.3	0.1	2.4
Madhya Pradesh	Male	2553	2.8	0.2	0.5	78.8	1.1	3.0	20.0	0.4	0.1	0.2	8.2
	Female	3163	2.9	0.1	0.5	77.7	1.2	3.4	20.6	0.5	0.2	0.2	8.0
Orissa	Male	2554	0.5	75.0	0.5	0.3	0.3	28.2	89.5	0.8	0.8	0.1	0.3
	Female	3819	0.8	74.7	0.7	0.7	0.3	31.4	87.2	1.0	1.2	0.1	0.2
West Bengal	Male	1701	0.5	13.2	0.2	72.8	0.3	11.1	98.8	5.5	0.7	0.4	1.5
	Female	3221	0.7	13.8	0.5	75.7	0.3	7.7	98.2	4.5	0.7	0.3	1.8
Uttar Pradesh	Male	2258	0.1	0.1	0.2	54.5	0.3	19.3	96.8	2.4	1.8	0.1	5.0
	Female	3293	0.3	0.1	0.2	58.5	0.2	19.5	96.9	2.7	1.6	0.1	5.6
Andaman & Nicobar	Male	3053	0.9	3.9	1.4	0.0	0.1	60.7	30.5	0.4	2.6	5.3	19.6
	Female	3622	1.0	3.9	1.4	0.1	0.1	60.5	31.2	0.4	2.7	5.5	20.4
Assam	Male	1235	0.3	1.1	0.5	40.2	0.3	47.3	97.9	0.7	1.5	0.0	2.0
	Female	1899	0.3	1.4	0.2	36.3	0.3	50.7	98.4	0.6	1.2	0.1	1.8
Bihar	Male	2101	0.4	0.1	0.4	85.5	0.3	1.6	98.5	0.4	0.2	0.0	0.7
	Female	2210	0.3	0.2	0.4	84.9	0.5	1.3	98.1	0.6	0.3	0.1	0.5
New Delhi	Male	1852	0.5	0.4	0.5	56.8	0.3	2.9	88.6	0.9	0.9	0.3	3.0
	Female	3009	0.4	0.2	0.3	58.6	0.3	2.1	89.7	0.7	1.0	0.3	3.7
Puducherry	Male	3271	5.7	16.1	5.1	0.1	0.1	79.2	0.6	1.8	0.6	0.4	16.6
	Female	4229	6.1	16.7	6.0	0.1	0.2	78.4	0.3	2.1	0.7	0.4	19.2
Rajasthan	Male	2285	21.6	0.1	0.1	58.7	0.1	4.6	25.1	0.6	1.1	1.1	4.3
	Female	2646	22.8	0.1	0.2	56.8	0.3	4.1	23.8	0.8	1.2	1.4	4.8
Pooled	Male	39651	8.4	16.5	7.7	27.2	5.1	34.3	33.3	1.3	1.4	0.6	7.9
	Female	54660	8.4	17.6	8.4	26.6	6.1	33.7	34.7	1.4	1.3	0.6	8.0

\* Multiple Answers

**Table 92.1: Distribution (%) of adults by frequency of going out for lunch/dinner**

STATE	Gender	n	Frequency of going out for lunch/dinner							
			Daily	4-6 times/ week	2-3 times/ week	Weekly once	Once in fortnight	Once a month	Occasionally	Never
Kerala	Male	2709	3.0	5.1	7.8	6.1	2.8	6.3	36.5	32.3
	Female	4070	0.1	0.6	0.6	1.9	1.4	8.1	30.0	57.2
Tamil Nadu	Male	3135	4.1	2.2	8.3	12.8	6.7	18.0	27.2	20.9
	Female	4071	0.8	0.3	1.9	7.5	4.4	20.9	32.0	32.2
Karnataka	Male	2260	4.2	11.5	16.2	7.4	9.0	7.8	40.4	3.4
	Female	3616	0.2	0.6	1.0	2.9	4.1	9.0	72.3	9.8
Andhra Pradesh	Male	2875	2.3	1.4	3.6	6.3	4.1	12.1	20.0	50.2
	Female	3660	0.4	0.2	0.5	0.9	1.0	4.4	17.6	75.1
Maharashtra	Male	3159	0.6	0.7	1.2	2.9	2.2	9.4	17.1	66.0
	Female	3778	0.3	0.3	0.1	0.7	0.5	4.8	12.5	80.7
Gujarat	Male	2652	0.4	0.6	1.7	5.1	6.2	18.9	39.6	27.6
	Female	4357	0.1	0.2	0.3	2.3	3.2	14.6	43.9	35.4
Madhya Pradesh	Male	2553	0.3	0.8	0.7	1.1	1.3	3.1	12.2	80.5
	Female	3164	0.2	0.5	0.2	0.5	0.4	2.1	5.2	91.0
Orissa	Male	2554	0.9	1.6	2.5	1.9	3.4	3.8	50.0	36.0
	Female	3819	0.2	0.8	0.4	0.3	0.7	1.0	56.3	40.3
West Bengal	Male	1701	0.3	1.5	4.4	2.9	4.1	13.6	55.4	17.8
	Female	3221	0.2	0.5	1.4	0.8	2.4	12.7	66.4	15.6
Uttar Pradesh	Male	2258	0.9	1.3	2.6	3.9	2.6	8.5	58.4	21.8
	Female	3294	0.2	0.3	0.3	0.5	0.7	4.2	64.2	29.7
Andaman & Nicobar	Male	3063	1.3	1.1	2.8	3.1	4.2	9.9	21.4	56.1
	Female	3634	0.3	0.8	0.5	1.5	2.8	8.6	19.6	66.0
Assam	Male	1237	1.1	1.2	1.4	1.5	0.9	2.0	76.0	15.9
	Female	1900	0.2	0.4	0.3	0.4	0.5	1.3	77.4	19.5
Bihar	Male	2101	0.0	0.5	0.4	0.4	0.4	1.2	86.5	10.5
	Female	2211	0.0	0.5	0.2	0.0	0.0	0.4	85.4	13.5
New Delhi	Male	1852	2.4	1.3	3.9	4.7	4.4	8.0	7.1	68.1
	Female	3009	0.2	0.6	0.3	1.2	1.0	3.8	5.4	87.5
Puducherry	Male	3273	3.5	1.4	5.2	6.1	2.8	6.1	55.9	19.0
	Female	4228	0.6	0.2	0.8	2.0	1.8	5.3	56.2	33.2
Rajasthan	Male	2285	0.4	0.5	2.3	4.2	7.7	25.8	38.0	21.0
	Female	2647	0.2	0.5	0.1	2.0	5.0	15.4	39.0	37.8
Pooled	Male	39667	1.7	2.0	4.1	4.7	4.0	10.0	37.9	35.6
	Female	54679	0.3	0.5	0.6	1.7	1.9	7.7	40.9	46.4

**Table 92.2: Distribution (%) of adults by frequency consuming major meals from outside/functions/festivals**

STATE	Gender	n	Frequency of consuming major meals from outside/functions/festivals							
			Daily	4-6 times/ week	2-3 times/ week	Weekly once	Once in fortnight	Once a month	Occasion ally	Never
Kerala	Male	2709	0.3	0.3	0.4	0.7	2.5	9.9	58.4	27.5
	Female	4069	0.1	0.1	0.0	0.3	0.7	7.1	46.6	45.2
Tamil Nadu	Male	3135	0.7	0.2	1.2	3.0	5.3	22.8	54.5	12.3
	Female	4071	0.7	0.0	0.4	1.4	2.7	18.0	58.0	18.7
Karnataka	Male	2260	0.5	0.8	4.6	14.4	15.4	11.5	14.5	38.4
	Female	3617	0.3	0.2	3.9	12.4	13.8	10.5	17.9	41.0
Andhra Pradesh	Male	2875	0.9	0.3	1.8	4.8	2.7	10.4	21.0	58.0
	Female	3660	0.4	0.2	0.9	2.7	2.2	7.4	16.1	70.1
Maharashtra	Male	3159	0.6	0.2	0.9	6.4	4.7	6.6	17.1	63.6
	Female	3775	0.2	0.2	0.4	4.3	2.7	4.3	12.6	75.5
Gujarat	Male	2652	0.3	0.1	0.5	2.4	3.7	11.3	30.6	51.1
	Female	4357	0.2	0.0	0.3	1.8	2.8	10.3	31.1	53.5
Madhya Pradesh	Male	2553	0.1	0.3	0.2	0.2	0.3	0.8	3.6	94.5
	Female	3164	0.0	0.1	0.1	0.0	0.3	0.9	1.9	96.8
Orissa	Male	2554	0.6	0.4	0.4	0.7	1.4	2.8	62.5	31.3
	Female	3819	0.4	0.3	0.1	0.2	0.5	1.7	68.3	28.5
West Bengal	Male	1701	0.3	0.1	0.4	2.2	1.9	8.0	60.0	27.0
	Female	3220	0.5	0.2	0.4	1.0	1.2	9.0	62.8	25.0
Uttar Pradesh	Male	2258	0.2	0.1	0.2	0.7	1.2	4.9	38.4	54.3
	Female	3294	0.2	0.1	0.1	1.0	0.9	3.9	35.7	58.1
Andaman & Nicobar	Male	3063	0.4	0.1	0.5	0.9	1.5	5.8	72.4	18.3
	Female	3634	0.3	0.1	0.2	0.5	1.2	4.6	72.8	20.4
Assam	Male	1237	0.1	1.9	1.8	0.5	0.2	1.1	21.5	72.8
	Female	1900	0.1	0.3	0.1	0.1	0.2	0.7	20.7	77.9
Bihar	Male	2101	0.1	0.0	0.1	0.1	0.1	0.3	4.1	95.2
	Female	2211	0.0	0.0	0.0	0.1	0.0	0.1	3.1	96.6
New Delhi	Male	1852	0.9	0.2	1.1	1.9	1.9	3.9	16.3	73.6
	Female	3009	0.0	0.0	0.1	1.1	1.3	3.6	8.6	85.3
Puducherry	Male	3274	0.5	0.3	1.0	1.8	5.3	10.7	65.6	14.7
	Female	4229	0.4	0.1	0.2	0.7	2.4	5.8	66.5	23.9
Rajasthan	Male	2285	0.1	0.0	0.2	0.8	2.2	4.6	10.2	81.8
	Female	2647	0.1	0.0	0.3	0.5	1.8	3.8	7.6	85.8
Pooled	Male	39668	0.4	0.3	0.9	2.7	3.3	7.8	36.3	48.2
	Female	54676	0.3	0.1	0.5	1.9	2.3	6.3	35.8	52.9

**Table 93: Distribution (%) of adults by knowledge about the unhealthy (junk) foods**

STATE	Gender	n	Unhealthy foods* are with high amounts of.....				
			Salt	Sugar	Fat	Empty Calories	Other foods
Kerala	Male	2709	88.0	57.6	20.8	4.3	8.8
	Female	4070	84.9	50.5	22.9	4.3	10.3
Tamil Nadu	Male	3135	58.9	31.8	64.3	7.7	24.8
	Female	4070	65.5	34.3	70.3	5.9	26.5
Karnataka	Male	2260	59.4	59.5	76.1	16.9	5.0
	Female	3617	61.1	57.8	71.7	15.0	4.5
Andhra Pradesh	Male	2876	17.7	15.3	25.4	10.3	1.3
	Female	3658	12.4	9.9	19.3	7.5	1.0
Maharashtra	Male	3158	40.9	16.9	64.2	8.4	6.0
	Female	3778	35.2	15.1	60.5	7.1	5.1
Gujarat	Male	2652	20.1	16.6	36.3	6.2	10.0
	Female	4356	19.2	15.2	33.8	4.9	10.1
Madhya Pradesh	Male	2551	18.4	10.7	13.2	6.5	2.5
	Female	3163	12.5	5.3	7.3	3.0	2.1
Orissa	Male	2554	21.6	37.9	59.7	39.5	4.8
	Female	3819	23.4	34.5	53.4	36.4	2.2
West Bengal	Male	1701	10.5	6.2	21.8	4.1	4.6
	Female	3221	8.0	3.5	14.7	2.0	2.2
Uttar Pradesh	Male	2258	3.9	23.2	71.6	6.6	6.1
	Female	3293	3.7	27.3	65.9	5.8	4.9
Andaman & Nicobar	Male	3063	30.4	11.8	37.1	3.2	5.5
	Female	3633	27.9	10.5	36.3	2.8	6.2
Assam	Male	1237	6.1	43.7	35.6	4.9	30.7
	Female	1900	5.6	47.8	39.1	5.4	27.2
Bihar	Male	2100	8.5	17.0	32.9	14.7	0.4
	Female	2211	6.4	12.5	28.6	11.9	0.1
New Delhi	Male	1849	2.7	2.7	19.7	5.2	17.5
	Female	3009	3.0	2.4	16.9	4.6	13.8
Puducherry	Male	3273	15.3	12.5	57.0	6.9	12.3
	Female	4229	18.5	15.2	58.0	7.8	10.2
Rajasthan	Male	2284	14.2	20.0	34.7	21.8	2.2
	Female	2647	17.2	9.4	27.9	17.0	1.5
Pooled	Male	<b>39660</b>	<b>28.4</b>	<b>23.6</b>	<b>43.3</b>	<b>10.5</b>	<b>8.5</b>
	Female	<b>54674</b>	<b>27.8</b>	<b>22.2</b>	<b>40.5</b>	<b>8.9</b>	<b>7.9</b>

\* Multiple Answers

**Table 94: Distribution (%) of adults by knowledge about the effect of low physical activity with high intake of energy dense foods on Human Health**

STATE	Gender	n	Consumption of energy dense foods and lack of* Physical activity leads to.....			
			Overweight & obesity	Diabetes	Hypertension	Dyslipidemia
Kerala	Male	2707	71.3	67.5	42.5	28.2
	Female	4069	69.5	64.3	44.9	31.4
Tamil Nadu	Male	3136	83.0	31.3	31.8	25.4
	Female	4070	86.4	31.0	31.9	21.9
Karnataka	Male	2259	86.6	41.9	37.9	20.0
	Female	3617	87.6	37.2	33.8	16.8
Andhra Pradesh	Male	2875	38.8	22.3	21.8	15.2
	Female	3658	31.5	14.4	14.4	9.8
Maha-rashtra	Male	3159	58.7	16.6	25.1	14.8
	Female	3778	55.4	11.9	20.4	12.9
Gujarat	Male	2652	50.6	13.0	13.1	15.2
	Female	4357	52.9	10.1	11.9	13.0
Madhya Pradesh	Male	2553	24.7	16.8	20.4	3.5
	Female	3161	14.9	8.9	9.8	1.7
Orissa	Male	2553	5.5	28.3	42.9	7.2
	Female	3818	4.0	25.6	38.3	5.3
West Bengal	Male	1700	26.8	7.2	9.4	5.2
	Female	3218	19.2	3.2	5.3	1.9
Uttar Pradesh	Male	2258	83.3	10.4	9.3	18.9
	Female	3294	80.5	5.0	4.4	22.4
Andaman & Nicobar	Male	3061	40.5	26.0	33.0	14.0
	Female	3632	40.3	24.8	30.8	14.2
Assam	Male	1237	39.7	47.9	35.3	1.2
	Female	1900	39.9	51.8	39.5	0.7
Bihar	Male	2100	39.3	9.5	12.2	6.2
	Female	2211	32.7	5.2	7.9	1.9
New Delhi	Male	1851	42.7	8.0	8.5	2.9
	Female	3009	43.9	5.8	6.6	1.8
Puducherry	Male	3274	70.4	18.5	14.8	15.8
	Female	4228	68.7	17.1	13.7	11.4
Rajasthan	Male	2285	41.6	12.7	13.2	8.0
	Female	2647	30.8	5.7	6.8	5.1
<b>Pooled</b>	<b>Male</b>	39660	51.7	23.7	23.7	13.7
	<b>Female</b>	54667	49.3	20.5	20.6	11.9

\* Multiple Answers

**Table 95.1: Distribution (%) of adults by knowledge about Signs & symptoms of Hypertension**

State	Gender	n	Aware of Hypertension	Signs & Symptoms of Hypertension(Multiple Answers)					
				Do not know	Giddiness	Headache	Nausea/ Vomiting	Palpitation	Others
Kerala	Male	2709	99.0	2.1	93.6	64.5	13.1	15.3	2.4
	Female	4070	99.5	1.8	94.0	63.9	17.1	13.9	3.6
Tamil Nadu	Male	3136	96.8	8.2	69.1	10.6	4.2	31.1	25.8
	Female	4071	97.6	6.7	78.6	11.4	6.9	30.4	22.2
Karnataka	Male	2260	99.4	7.4	71.4	23.9	6.5	11.2	62.8
	Female	3617	99.8	8.2	74.9	28.9	8.3	11.5	56.8
Andhra Pradesh	Male	2876	97.1	37.3	52.7	30.6	4.7	10.8	8.3
	Female	3660	96.9	37.3	54.9	32.3	5.5	10.0	5.1
Maharashtra	Male	3159	96.9	30.5	51.9	33.0	16.7	41.3	15.7
	Female	3778	96.6	27.9	55.5	35.3	18.8	41.0	16.6
Gujarat	Male	2652	98.7	29.9	54.6	24.3	4.8	15.8	26.1
	Female	4357	98.7	21.3	66.5	33.0	7.9	18.0	26.1
Madhya Pradesh	Male	2553	93.8	37.3	46.0	18.6	15.0	41.8	8.1
	Female	3164	83.8	38.9	36.9	15.2	11.5	33.2	4.9
Orissa	Male	2554	96.5	4.0	47.8	83.0	10.6	15.2	4.5
	Female	3819	94.3	4.6	49.2	79.4	8.7	14.5	3.6
West Bengal	Male	1701	98.6	36.7	32.0	41.2	13.0	35.1	19.8
	Female	3221	98.4	38.7	27.5	37.6	15.8	35.0	20.5
Uttar Pradesh	Male	2258	97.1	23.1	54.5	28.5	3.7	48.2	7.2
	Female	3294	97.0	20.3	54.7	29.2	5.3	53.3	8.7
Andaman & Nicobar	Male	3064	92.9	16.3	71.5	51.6	6.6	8.6	12.8
	Female	3634	92.0	18.3	69.1	43.7	6.7	8.4	12.3
Assam	Male	1237	98.7	4.9	89.0	23.0	3.2	10.8	1.7
	Female	1900	98.1	5.3	86.9	21.7	2.8	11.3	1.4
Bihar	Male	2101	46.8	6.2	30.1	19.5	2.4	27.6	1.9
	Female	2211	35.9	8.0	21.0	12.3	1.0	19.2	0.9
New Delhi	Male	1852	74.0	32.6	24.8	27.1	3.0	18.5	3.4
	Female	3009	75.4	27.1	31.9	33.1	6.0	23.3	2.9
Puducherry	Male	3274	78.4	7.1	54.7	12.1	2.8	17.1	13.8
	Female	4229	80.6	4.9	62.9	15.8	4.1	14.5	13.3
Rajasthan	Male	2285	97.9	40.8	21.8	32.9	6.6	12.3	20.1
	Female	2647	96.8	45.7	26.6	23.3	6.3	13.3	12.5
Pooled	Male	<b>39671</b>	<b>91.7</b>	<b>20.1</b>	<b>54.9</b>	<b>32.9</b>	<b>7.5</b>	<b>22.6</b>	<b>15.0</b>
	Female	<b>54681</b>	<b>91.4</b>	<b>19.2</b>	<b>57.5</b>	<b>33.5</b>	<b>8.7</b>	<b>22.0</b>	<b>14.2</b>

**Table 95.2: Distribution (%) of adults by knowledge about risk factors for Hypertension**

STATE	Gender	N	Risk factors of Hypertension (Multiple Answers)									
			Overweight & Obesity	Use of Excess salt/oil	Physical inactivity	Smoking	Excess alcohol	Dyslipidemia	Familial history	Stress and strain	Sleeplessness	Others
Kerala	Male	2683	54.0	96.4	14.7	3.7	2.9	17.0	32.4	13.6	3.9	0.8
	Female	4050	51.7	97.0	13.1	4.6	3.9	21.4	34.6	13.4	4.2	1.5
Tamil Nadu	Male	3037	10.3	49.3	24.5	9.6	10.2	6.1	6.8	57.9	4.1	9.0
	Female	3973	8.8	55.6	22.2	5.2	5.1	5.4	6.5	55.7	4.0	9.7
Karnataka	Male	2247	18.3	91.7	22.2	3.9	2.0	5.9	22.0	62.0	3.7	1.2
	Female	3608	19.8	92.4	18.5	2.4	0.8	5.5	19.3	59.6	3.6	1.3
Andhra Pradesh	Male	2792	6.6	49.6	4.7	1.9	1.3	1.6	8.9	34.3	1.9	1.6
	Female	3546	5.1	49.6	2.7	0.4	0.4	1.0	9.4	31.9	1.5	1.3
Maharashtra	Male	3060	11.8	57.6	5.8	5.9	4.4	2.1	10.2	46.4	4.5	2.1
	Female	3650	11.6	58.8	3.8	2.9	2.1	1.6	9.1	45.3	4.0	1.8
Gujarat	Male	2618	5.0	28.0	4.8	1.0	1.0	3.6	3.3	38.4	3.9	7.9
	Female	4299	3.9	32.1	2.7	0.3	0.5	1.7	2.2	41.1	4.4	5.7
Madhya Pradesh	Male	2394	22.1	34.6	18.9	9.1	4.9	3.5	8.9	50.6	8.9	2.3
	Female	2652	18.4	30.3	12.5	3.2	1.8	2.4	7.3	42.3	4.4	2.1
Orissa	Male	2465	6.2	35.7	17.9	11.7	8.8	8.4	30.4	60.7	9.2	4.6
	Female	3600	4.5	35.0	14.8	7.9	5.4	4.9	22.8	66.1	7.4	4.2
West Bengal	Male	1678	20.7	29.7	6.8	3.5	2.9	2.4	4.8	33.3	3.8	0.9
	Female	3169	16.2	24.4	4.1	0.9	1.0	1.5	2.8	29.2	3.0	0.4
Uttar Pradesh	Male	2192	13.8	62.1	7.5	5.4	2.2	2.3	4.7	62.9	1.8	1.7
	Female	3196	10.1	62.2	4.0	1.5	0.3	1.0	2.6	65.8	1.8	1.9
Andaman & Nicobar	Male	2845	21.5	62.8	16.3	6.5	10.7	5.1	32.5	56.6	2.6	0.8
	Female	3344	20.4	61.3	15.7	4.5	6.8	4.4	28.1	52.5	2.6	0.7
Assam	Male	1221	12.1	64.6	6.1	1.3	13.7	3.1	12.6	47.2	3.4	10.9
	Female	1864	9.4	64.5	5.3	0.8	11.8	3.4	12.9	45.2	4.2	13.1
Bihar	Male	983	9.8	63.7	8.7	16.2	16.7	2.6	24.7	64.0	17.5	0.4
	Female	794	5.3	58.7	5.9	9.2	8.7	2.1	15.6	55.8	17.4	1.3
New Delhi	Male	1371	3.2	29.3	3.6	0.7	1.5	1.4	1.6	31.7	1.3	1.0
	Female	2269	2.3	31.5	2.6	0.4	0.4	0.6	1.1	32.2	1.5	1.0
Puducherry	Male	2567	4.9	37.6	8.7	1.4	2.1	8.4	8.0	51.6	2.3	4.4
	Female	3408	4.2	42.8	5.1	0.4	0.6	7.2	9.4	44.2	2.6	3.6
Rajasthan	Male	2236	10.4	43.7	7.0	1.9	1.6	1.9	4.0	47.8	4.2	0.7
	Female	2561	5.7	38.1	2.3	0.3	0.4	1.4	2.3	34.9	1.8	0.4
Pooled	Male	36389	14.9	52.6	11.8	5.1	5.0	5.1	13.8	47.2	4.4	3.2
	Female	49983	13.3	52.9	9.0	2.7	2.7	4.6	12.0	44.3	3.7	3.1

**Table 96.1: Distribution (%) of adults by awareness and knowledge about signs & symptoms of Diabetes**

STATE	Gender	N	Awareness of Diabetes Mellitus	Knowledge about signs & symptoms of Diabetes (Multiple Answers)							
				Do not know	Polydypsia	Polyphagia	Polyurea	Loss of weight	Tiredness	Delay in wound healing	Others
Kerala	Male	2682	99.7	1.7	69.1	53.1	13.2	18.6	34.0	76.1	2.6
	Female	4049	99.7	1.7	62.4	47.2	16.5	25.6	40.9	74.6	3.7
Tamil Nadu	Male	3037	98.7	7.3	4.1	8.1	27.2	26.5	34.5	58.2	35.4
	Female	3972	98.9	7.4	4.2	11.9	27.3	26.4	33.7	56.3	42.7
Karnataka	Male	2247	99.6	13.9	17.4	15.7	28.7	21.4	58.6	68.6	15.9
	Female	3608	99.8	16.5	16.6	14.7	27.5	23.1	63.2	64.6	13.9
Andhra Pradesh	Male	2792	97.3	53.9	5.4	10.5	17.7	11.9	25.9	21.0	2.8
	Female	3546	96.1	61.2	4.4	8.0	12.9	9.0	21.6	14.3	2.7
Maharashtra	Male	3060	97.8	41.1	25.1	18.5	35.2	10.4	20.0	23.9	12.5
	Female	3650	97.3	43.0	23.7	19.7	32.9	9.5	18.3	20.1	15.0
Gujarat	Male	2618	99.0	38.5	2.6	6.0	12.3	9.9	27.5	27.6	25.8
	Female	4299	98.4	40.7	2.8	7.0	11.1	9.4	27.2	22.0	26.2
Madhya Pradesh	Male	2394	98.3	49.0	8.0	15.6	32.1	13.5	13.4	31.2	7.4
	Female	2652	97.6	58.2	8.2	12.7	21.6	9.6	12.1	22.2	6.2
Orissa	Male	2465	97.7	8.2	22.5	57.7	74.5	30.2	35.0	36.5	7.7
	Female	3599	96.7	10.9	17.4	50.3	71.3	27.7	31.6	32.7	5.0
West Bengal	Male	1676	98.9	53.5	4.0	4.3	25.4	14.2	28.6	20.3	4.6
	Female	3169	99.3	60.4	3.5	3.6	21.7	11.8	22.8	16.4	3.3
Uttar Pradesh	Male	2192	98.8	30.7	7.4	5.4	33.1	11.8	45.4	45.3	6.6
	Female	3196	97.8	32.9	5.6	4.0	28.8	10.1	42.2	41.2	7.4
Andaman & Nicobar	Male	2844	93.4	23.2	8.6	14.8	48.5	26.3	21.7	58.7	7.2
	Female	3341	93.0	27.3	8.0	15.4	40.5	22.8	21.5	50.6	10.9
Assam	Male	1221	98.4	23.5	5.6	8.6	50.5	13.7	31.0	29.2	1.8
	Female	1863	98.5	25.7	5.4	8.9	49.5	11.8	25.1	28.5	1.0
Bihar	Male	983	69.1	14.9	32.3	32.1	44.4	6.0	14.9	18.5	2.1
	Female	794	69.9	22.8	25.9	23.9	36.6	3.4	13.5	19.6	1.8
New Delhi	Male	1371	80.8	48.7	5.6	7.4	17.4	6.9	16.3	10.9	3.4
	Female	2269	75.6	45.4	5.6	7.7	17.6	5.4	14.9	7.0	4.1
Puducherry	Male	2567	87.7	6.2	5.4	9.0	20.3	14.7	33.0	20.4	31.2
	Female	3408	86.6	5.2	7.6	11.0	22.4	16.8	34.3	17.9	29.8
Rajasthan	Male	2235	98.6	47.8	3.1	5.5	24.1	7.8	26.8	16.4	5.1
	Female	2561	97.8	60.2	2.5	4.8	13.6	7.0	20.3	8.1	3.6
Pooled	Male	36384	95.9	28.3	14.4	17.4	30.8	16.2	29.7	37.4	12.2
	Female	49976	95.6	31.3	13.2	16.3	27.4	15.6	29.5	33.5	12.8

**Table 96.2: Distribution (%) of adults by Awareness about risk factors of Diabetes**

STATE	Gender	n	Risk factors of Diabetes Mellitus (Multiple Answers)					
			Overweight & obesity	High fat diet	Stress and strain	Family history	Physical inactivity	Others
Kerala	Male	2683	59.3	28.1	14.9	84.4	20.5	2.8
	Female	4050	58.0	26.0	18.3	86.5	19.7	3.7
Tamil Nadu	Male	3037	11.3	34.6	12.2	34.5	29.9	37.0
	Female	3971	10.4	27.4	12.1	33.3	24.7	40.7
Karnataka	Male	2247	25.1	53.3	40.7	28.8	17.5	6.1
	Female	3608	24.7	54.6	37.8	23.1	14.3	7.2
Andhra Pradesh	Male	2792	10.9	21.6	13.0	22.3	9.9	1.5
	Female	3546	6.7	16.3	10.3	17.3	5.9	1.2
Maharashtra	Male	3060	20.5	7.2	28.1	18.3	9.3	31.5
	Female	3649	19.3	5.4	27.7	16.2	7.9	32.1
Gujarat	Male	2618	2.8	7.1	15.6	9.2	12.8	63.3
	Female	4299	2.5	5.5	18.1	7.0	8.3	59.9
Madhya Pradesh	Male	2394	14.8	11.3	32.2	8.6	22.4	9.8
	Female	2651	10.4	8.3	20.4	6.2	12.7	9.2
Orissa	Male	2465	5.0	15.5	35.8	35.2	21.6	14.5
	Female	3600	4.0	10.8	30.8	26.6	17.2	14.0
West Bengal	Male	1678	11.8	9.7	26.9	7.6	6.3	8.7
	Female	3169	8.3	5.6	20.4	5.1	3.0	7.4
Uttar Pradesh	Male	2191	18.9	16.2	20.8	4.8	8.9	56.3
	Female	3196	11.9	15.6	21.1	3.0	4.7	58.7
Andaman & Nicobar	Male	2844	20.0	16.1	18.4	39.5	12.1	1.8
	Female	3344	18.5	15.5	15.8	35.0	11.6	1.2
Assam	Male	1221	37.2	15.5	4.0	56.6	7.7	23.8
	Female	1863	37.5	15.0	3.0	57.2	7.4	24.2
Bihar	Male	983	9.3	15.0	35.1	24.1	6.9	7.4
	Female	794	5.7	10.3	28.6	13.6	3.9	8.9
New Delhi	Male	1371	3.1	4.5	7.8	4.7	5.0	1.4
	Female	2269	2.2	3.3	7.4	3.7	2.7	1.7
Puducherry	Male	2567	3.8	27.5	9.6	29.3	15.2	15.7
	Female	3407	4.2	23.7	10.8	31.5	9.3	13.7
Rajasthan	Male	2235	4.4	5.3	21.7	10.6	13.8	47.5
	Female	2560	2.5	3.0	15.2	7.3	5.6	40.2
<b>Pooled</b>	<b>Male</b>	36386	16.3	18.9	21.0	26.9	14.8	21.6
	<b>Female</b>	49976	14.8	16.5	18.9	24.5	10.9	21.6

**Table 97: Distribution (%) of adults by knowledge about causes of Overweight & Obesity**

STATE	Gender	N	Aware of causes for overweight & Obesity	Causes of overweight & obesity (Multiple Answers)							
				Consumption of junk foods	Decreased physical activity	Mental stress	Due to thyroid problems	Consumption of more foods	Family history	Sleeplessness	Others
Kerala	Male	2683	99.4	79.7	68.7	3.4	6.2	52.2	50.7	4.0	0.4
	Female	4050	99.4	76.6	61.9	2.8	8.9	57.6	51.4	4.0	0.6
Tamil Nadu	Male	3037	95.8	47.9	64.4	3.4	4.6	63.0	12.6	2.5	17.5
	Female	3973	96.0	45.4	65.7	2.3	8.7	67.0	11.3	3.3	21.0
Karnataka	Male	2247	99.9	65.5	79.2	2.2	6.0	76.3	14.8	2.4	3.7
	Female	3608	99.8	63.0	72.0	2.5	6.7	81.2	11.6	2.7	4.0
Andhra Pradesh	Male	2792	50.1	21.9	24.9	1.4	2.0	39.0	5.6	1.0	0.9
	Female	3546	41.0	16.8	20.1	1.1	3.1	29.4	3.6	0.7	0.8
Maharashtra	Male	3060	92.6	63.5	49.4	1.3	2.9	79.4	4.4	1.5	2.4
	Female	3650	92.1	59.9	46.2	0.9	2.8	79.2	3.8	0.8	2.9
Gujarat	Male	2618	70.1	22.7	39.6	1.6	2.6	34.7	2.0	2.8	20.2
	Female	4299	67.2	20.8	34.9	2.0	3.7	34.3	2.3	2.8	21.7
Madhya Pradesh	Male	2394	76.1	47.5	35.2	11.1	5.1	51.7	3.9	24.9	0.8
	Female	2652	72.9	48.6	24.1	6.9	6.1	47.0	3.9	22.9	0.8
Orissa	Male	2465	60.5	10.4	18.0	6.0	10.0	25.2	25.8	3.5	1.4
	Female	3600	51.3	8.9	16.0	4.0	6.8	24.9	16.3	2.4	0.9
West Bengal	Male	1678	75.0	15.2	30.3	4.6	12.3	70.7	2.9	1.4	1.7
	Female	3169	72.4	9.3	23.6	2.5	11.8	69.5	1.4	0.8	1.0
Uttar Pradesh	Male	2192	89.4	67.7	69.9	0.9	5.3	35.2	2.7	1.8	3.9
	Female	3196	90.4	66.2	68.6	0.4	4.4	44.2	1.7	1.4	6.1
Andaman & Nicobar	Male	2845	74.4	32.4	55.3	1.8	8.2	70.0	14.0	0.8	0.7
	Female	3344	71.5	33.4	51.9	1.7	11.7	67.1	13.6	0.9	0.6
Assam	Male	1221	91.3	16.9	54.8	1.3	16.6	64.8	6.4	1.0	0.2
	Female	1864	90.6	15.9	54.3	1.2	20.7	63.8	6.5	0.3	0.2
Bihar	Male	983	82.7	58.1	57.4	5.5	23.7	40.6	17.7	1.8	0.2
	Female	794	80.9	52.1	47.9	3.1	24.1	37.0	8.6	1.3	0.5
New Delhi	Male	1371	57.4	31.6	29.2	1.4	2.6	34.5	1.2	0.7	0.1
	Female	2269	49.8	27.0	23.3	1.0	3.9	29.7	1.5	0.8	0.3
Puducherry	Male	2567	92.2	20.3	53.4	1.7	3.2	61.6	9.7	1.1	5.5
	Female	3408	88.7	20.9	49.8	2.4	4.9	56.2	7.0	1.3	5.0
Rajasthan	Male	2236	80.3	41.6	64.7	2.5	3.2	33.1	4.7	4.5	0.6
	Female	2561	66.5	30.2	43.1	1.6	3.4	27.1	2.8	2.0	0.9
Pooled	Male	36389	80.8	41.0	49.9	3.1	6.1	52.9	11.8	3.6	4.4
	Female	49983	77.4	37.6	44.5	2.2	7.1	52.2	10.2	3.0	5.2

**Table 98.1: Percent (%) of adult Men suffering and on treatment for chronic diseases**

STATE		N	Chronic Diseases												
			Hypertension	Diabetes Miletus	Stroke	Heart attack	Osteoporosis	Arthritis	Kidney diseases	Cancer	Asthma	COPD	Epilepsy	Hypothyroidism	Others
Kerala	Prevalence	2683	18.1	17.3	1.0	5.3	0.3	0.1	0.6	0.2	2.5	0.1	0.4	0.7	10.2
	Treatment		16.4	15.8	0.9	5.1	0.2	0.1	0.6	0.2	2.4	0.1	0.4	0.7	9.4
Tamil Nadu	Prevalence	3037	12.9	14.6	0.3	1.8	0.2	1.9	0.7	0.1	0.9	0.0	0.2	0.8	6.9
	Treatment		11.1	13.5	0.2	1.6	0.1	1.3	0.5	0.1	0.7	0.0	0.2	0.7	5.6
Karnataka	Prevalence	2247	13.3	11.9	1.0	1.3	0.0	1.4	0.4	0.0	1.6	0.2	0.2	0.4	2.2
	Treatment		12.6	11.4	0.8	1.2	0.0	1.1	0.4	0.0	1.5	0.2	0.2	0.3	2.0
Andhra Pradesh	Prevalence	2792	17.0	15.0	0.3	2.2	0.1	1.3	0.4	0.0	0.8	0.4	0.5	0.5	2.1
	Treatment		16.1	14.5	0.3	2.1	0.1	1.3	0.4	0.0	0.8	0.4	0.5	0.5	1.9
Maharashtra	Prevalence	3060	16.1	8.5	0.5	2.6	0.1	0.4	0.3	0.0	0.8	0.1	0.2	0.4	3.1
	Treatment		15.4	8.2	0.3	2.3	0.1	0.3	0.2	0.0	0.7	0.1	0.2	0.4	2.5
Gujarat	Prevalence	2618	14.4	8.5	0.5	2.4	0.2	0.8	0.3	0.3	1.1	0.1	0.2	0.4	3.9
	Treatment		13.6	8.1	0.5	2.4	0.2	0.6	0.2	0.2	1.1	0.1	0.2	0.2	3.7
Madhya Pradesh	Prevalence	2394	6.1	3.8	0.1	0.6	0.1	0.5	0.3	0.1	0.4	0.3	0.1	0.2	2.5
	Treatment		4.6	3.2	0.1	0.5	0.0	0.3	0.2	0.0	0.3	0.3	0.1	0.2	2.1
Orissa	Prevalence	2465	10.7	8.0	0.5	0.8	0.0	1.3	0.1	0.1	0.8	0.2	0.1	0.4	4.0
	Treatment		9.8	7.2	0.4	0.7	0.0	1.2	0.1	0.1	0.6	0.2	0.1	0.4	3.0
West Bengal	Prevalence	1678	17.1	9.1	1.3	1.2	1.0	2.6	0.6	0.0	0.7	1.9	0.0	1.3	14.7
	Treatment		14.9	7.7	1.1	1.2	0.8	1.9	0.5	0.0	0.7	1.5	0.0	1.3	13.5
Uttar Pradesh	Prevalence	2192	6.0	5.5	0.1	0.9	0.3	0.7	0.3	0.0	0.7	0.0	0.1	0.3	3.9
	Treatment		4.3	4.4	0.1	0.8	0.2	0.3	0.2	0.0	0.6	0.0	0.0	0.3	3.3
Andaman & Nicobar	Prevalence	2845	12.2	10.3	0.3	0.7	0.0	0.2	0.2	0.1	0.7	0.0	0.1	0.4	5.1
	Treatment		9.7	8.8	0.2	0.6	0.0	0.2	0.2	0.1	0.7	0.0	0.1	0.4	4.1
Assam	Prevalence	1221	25.3	13.7	2.2	2.0	0.2	0.7	0.8	0.1	0.8	0.0	0.0	1.1	4.5
	Treatment		22.8	11.6	2.2	2.0	0.2	0.5	0.8	0.1	0.7	0.0	0.0	0.8	4.0
Bihar	Prevalence	983	17.8	12.8	0.1	0.8	0.0	0.6	0.0	0.0	0.3	0.2	0.0	0.2	3.1
	Treatment		16.7	11.4	0.1	0.6	0.0	0.4	0.0	0.0	0.3	0.2	0.0	0.2	2.7
New Delhi	Prevalence	1371	13.0	12.7	0.1	1.2	0.0	1.8	0.1	0.1	1.8	0.6	0.4	0.4	4.6
	Treatment		11.2	11.6	0.0	1.2	0.0	1.5	0.1	0.1	1.6	0.4	0.3	0.3	3.6
Puducherry	Prevalence	2567	20.6	21.1	0.4	2.0	0.3	5.2	0.7	0.2	2.5	0.3	0.2	0.6	6.9
	Treatment		18.2	18.9	0.3	1.9	0.3	2.7	0.4	0.2	2.2	0.2	0.2	0.4	6.0
Rajasthan	Prevalence	2236	10.4	8.4	0.4	1.6	0.1	0.2	0.2	0.0	1.2	0.0	0.2	0.7	3.0
	Treatment		10.1	7.9	0.4	1.6	0.1	0.2	0.1	0.0	1.2	0.0	0.2	0.7	3.0
Pooled	Prevalence	36389	14.1	11.3	0.5	1.8	0.2	1.2	0.4	0.1	1.1	0.3	0.2	0.5	5.0
	Treatment		12.6	10.3	0.5	1.7	0.1	0.9	0.3	0.1	1.0	0.2	0.2	0.5	4.4

**Table 98.2: Percent (%) of adult Women suffering and on treatment for chronic diseases**

STATE		N	Chronic Diseases												
			Hypertension	Diabetes Miletus	Stroke	Heart attack	Osteoporosis	Arthritis	Kidney diseases	Cancer	Asthma	COPD	Epilepsy	Hypothyroidism	Others
Kerala	Prevalence	4050	19.7	14.7	0.4	2.3	1.5	1.5	0.5	0.4	2.8	0.1	0.3	5.3	11.1
	Treatment		18.5	13.6	0.4	2.2	1.4	1.5	0.4	0.3	2.7	0.1	0.3	5.1	10.1
Tamil Nadu	Prevalence	3973	11.4	10.4	0.2	1.0	1.0	4.3	0.4	0.3	1.5	0.0	0.2	5.0	7.2
	Treatment		9.8	9.6	0.1	0.8	0.5	3.2	0.3	0.2	1.4	0.0	0.2	4.6	6.6
Karnataka	Prevalence	3608	15.6	8.1	0.1	0.6	0.4	5.4	0.2	0.2	2.4	0.3	0.1	2.1	2.5
	Treatment		14.6	7.8	0.1	0.6	0.4	4.4	0.2	0.2	2.4	0.3	0.1	2.1	2.4
Andhra Pradesh	Prevalence	3546	14.9	9.2	0.2	0.9	0.2	3.0	0.4	0.1	1.1	0.3	0.4	3.2	2.5
	Treatment		14.0	9.1	0.1	0.8	0.2	2.8	0.3	0.1	1.0	0.3	0.4	3.1	2.4
Maharashtra	Prevalence	3650	17.0	6.6	0.1	1.3	0.1	1.3	0.3	0.1	0.5	0.1	0.1	1.8	3.0
	Treatment		16.1	6.5	0.1	1.1	0.1	1.1	0.2	0.1	0.4	0.1	0.1	1.8	2.7
Gujarat	Prevalence	4299	17.7	7.0	0.2	0.7	0.8	3.0	0.3	0.2	1.2	0.1	0.2	3.5	4.1
	Treatment		15.7	6.5	0.2	0.6	0.7	2.3	0.2	0.1	1.0	0.1	0.2	3.2	3.7
Madhya Pradesh	Prevalence	2652	7.9	3.4	0.0	0.3	0.1	0.9	0.6	0.0	0.6	0.3	0.1	0.5	5.1
	Treatment		5.9	2.7	0.0	0.2	0.1	0.6	0.3	0.0	0.6	0.2	0.1	0.5	3.9
Orissa	Prevalence	3600	11.8	5.1	0.1	0.4	0.2	2.5	0.2	0.2	1.3	0.3	0.1	1.6	5.1
	Treatment		9.7	4.8	0.1	0.3	0.2	1.9	0.2	0.1	1.0	0.2	0.1	1.4	4.1
West Bengal	Prevalence	3169	18.7	7.2	0.7	0.3	1.8	4.2	0.3	0.1	0.7	1.0	0.1	5.1	14.6
	Treatment		15.3	6.2	0.7	0.3	1.6	3.3	0.2	0.1	0.6	0.9	0.1	4.7	13.0
Uttar Pradesh	Prevalence	3196	8.7	3.2	0.0	0.2	0.8	1.7	0.1	0.1	0.9	0.1	0.1	1.0	4.5
	Treatment		6.7	2.8	0.0	0.2	0.6	1.3	0.1	0.1	0.8	0.1	0.1	0.9	3.7
Andaman & Nicobar	Prevalence	3344	8.7	7.2	0.1	0.1	0.1	0.7	0.4	0.1	1.4	0.0	0.0	3.1	4.7
	Treatment		7.1	6.3	0.1	0.1	0.1	0.6	0.4	0.1	1.3	0.0	0.0	2.8	4.1
Assam	Prevalence	1864	20.7	9.4	0.4	1.1	1.0	1.9	0.4	0.2	0.4	0.2	0.1	5.1	3.5
	Treatment		18.6	8.6	0.3	1.1	1.0	1.6	0.4	0.2	0.3	0.2	0.1	4.6	3.3
Bihar	Prevalence	794	16.8	9.2	0.1	0.4	0.6	2.8	0.3	0.1	0.3	0.4	0.0	1.6	2.3
	Treatment		15.6	8.2	0.1	0.3	0.5	2.3	0.1	0.1	0.3	0.4	0.0	1.6	2.3
New Delhi	Prevalence	2269	16.5	11.2	0.1	0.4	0.0	2.6	0.1	0.0	1.5	0.1	0.2	5.5	4.1
	Treatment		14.1	10.5	0.1	0.4	0.0	2.0	0.1	0.0	1.4	0.1	0.2	5.2	2.9
Puducherry	Prevalence	3408	21.2	16.6	0.1	1.1	1.0	7.4	0.6	0.2	2.7	0.2	0.4	6.4	6.2
	Treatment		19.3	15.4	0.1	1.0	0.8	3.7	0.5	0.2	2.6	0.2	0.3	5.9	5.5
Rajasthan	Prevalence	2561	11.4	5.9	0.2	0.7	0.5	1.2	0.1	0.2	1.8	0.0	0.1	5.2	3.9
	Treatment		10.5	5.8	0.2	0.7	0.5	1.2	0.1	0.2	1.7	0.0	0.1	5.1	3.6
Pooled	Prevalence	49983	14.9	8.5	0.2	0.8	0.6	2.9	0.3	0.2	1.4	0.2	0.2	3.5	5.6
	Treatment		13.2	7.9	0.2	0.7	0.6	2.2	0.3	0.1	1.3	0.2	0.2	3.3	4.9

**Table 99.1: Distribution (%) of adults by frequency of consumption of Carbonated Water Beverages (CWB)**

STATE	Gender	N	Consuming CWB	Frequency of consumption of CWB						Not consuming CWB
				Daily	2-6 days/week	Once a week	Once in fortnight	Once a month	Occasional	
Kerala	Male	2709	26.2	0.9	7.5	4.7	1.3	3.4	8.4	73.8
	Female	4070	19.3	0.2	0.8	1.7	1.2	4.1	11.3	80.7
Tamil Nadu	Male	3135	59.7	2.2	8.5	13.1	5.2	13.8	16.8	40.3
	Female	4071	61.0	1.3	4.8	10.4	5.6	17.8	21.0	39.0
Karnataka	Male	2260	68.9	0.5	9.1	14.7	14.1	10.7	19.8	31.1
	Female	3617	60.3	0.2	3.6	8.7	11.3	12.4	24.1	39.7
Andhra Pradesh	Male	2876	58.8	1.3	5.5	11.4	7.6	13.3	19.7	41.2
	Female	3660	55.3	0.5	3.3	10.1	5.2	12.7	23.5	44.7
Maharashtra	Male	3159	23.4	0.4	0.9	2.5	1.9	3.7	14.0	76.6
	Female	3778	10.8	0.1	0.3	0.7	0.3	1.8	7.5	89.2
Gujarat	Male	2652	74.7	3.1	6.1	10.1	7.9	18.3	29.1	25.3
	Female	4357	73.7	1.0	2.9	7.2	6.7	18.0	37.9	26.3
Madhya Pradesh	Male	2553	51.7	0.9	1.7	3.9	4.1	3.7	37.4	48.3
	Female	3164	24.8	0.2	0.6	2.0	1.2	1.9	19.0	75.2
Orissa	Male	2554	79.2	1.6	3.3	10.2	7.1	2.9	54.1	20.8
	Female	3819	78.8	0.7	1.0	5.4	4.4	2.9	64.6	21.2
West Bengal	Male	1701	90.8	0.3	3.6	5.1	13.3	17.0	51.3	9.2
	Female	3221	90.8	0.4	1.5	2.5	10.6	19.5	56.2	9.2
Uttar Pradesh	Male	2258	87.3	2.7	18.5	13.1	8.0	11.5	33.5	12.7
	Female	3294	82.5	0.9	9.2	9.9	8.2	13.3	40.9	17.5
Andaman & Nicobar	Male	3063	58.8	1.3	5.9	6.9	9.5	10.7	24.5	41.2
	Female	3634	53.5	0.4	3.9	4.8	6.7	10.6	27.3	46.5
Assam	Male	1237	53.1	0.0	1.0	2.1	4.1	2.5	43.3	46.9
	Female	1900	48.5	0.2	0.9	0.6	2.4	2.2	42.2	51.5
Bihar	Male	2101	41.7	0.2	4.1	4.2	4.1	4.7	24.4	58.3
	Female	2211	25.2	0.0	0.5	0.8	1.6	2.6	19.6	74.8
New Delhi	Male	1852	68.0	3.3	13.4	13.4	13.9	9.2	14.8	32.0
	Female	3009	59.4	1.7	7.7	12.4	11.8	11.4	14.3	40.6
Puducherry	Male	3274	43.7	1.3	3.0	5.2	1.0	2.5	30.7	56.3
	Female	4229	41.1	0.7	1.7	3.1	1.0	2.2	32.3	58.9
Rajasthan	Male	2285	54.4	1.5	6.1	5.7	7.9	5.9	27.2	45.6
	Female	2647	56.0	0.7	3.1	4.5	9.6	8.5	29.7	44.0
Pooled	Male	39669	57.2	1.4	6.0	8.0	6.5	8.4	26.9	42.8
	Female	54681	53.0	0.6	2.9	5.5	5.4	9.2	29.3	47.0

**Table 99.2: Distribution (%) of adults by duration (Years) of consumption of Carbonated Water Beverages (CWB)**

STATE	Gender	n	Duration of consumption of CWB	
			<10 Years	≥10 Years
Kerala	Male	711	35.6	64.4
	Female	787	42.6	57.4
Tamil Nadu	Male	1873	44.4	55.6
	Female	2484	46.2	53.8
Karnataka	Male	1557	31.5	68.5
	Female	2180	46.4	53.6
Andhra Pradesh	Male	1691	24.0	76.0
	Female	2024	26.6	73.4
Maharashtra	Male	739	27.1	72.9
	Female	408	23.3	76.7
Gujarat	Male	1981	20.9	79.1
	Female	3210	21.2	78.8
Madhya Pradesh	Male	1321	22.5	77.5
	Female	786	33.5	66.5
Orissa	Male	2022	18.3	81.7
	Female	3010	18.4	81.6
West Bengal	Male	1544	3.2	96.8
	Female	2925	5.0	95.0
Uttar Pradesh	Male	1972	17.6	82.4
	Female	2717	20.8	79.2
Andaman & Nicobar	Male	1801	30.0	70.0
	Female	1946	34.8	65.2
Assam	Male	657	18.3	81.7
	Female	922	20.7	79.3
Bihar	Male	877	46.5	53.5
	Female	557	64.6	35.4
New Delhi	Male	1259	11.7	88.3
	Female	1786	12.8	87.2
Puducherry	Male	1431	30.7	69.3
	Female	1738	33.5	66.5
Rajasthan	Male	1243	8.0	92.0
	Female	1481	12.0	88.0
Pooled	Male	22679	23.9	76.1
	Female	28961	26.1	73.9

**Table 100.1: Distribution (%) of adults by habit of using Tobacco products and Consumption of Alcoholic Beverages (Present & Past)**

State	Gender	N	Present Users			Past users	
			Smoking Tobacco Products (Cigarettes, Beedies, Cigars etc)	Use of Smokeless Tobacco (Gutka, Chewing Tobacco, Snuffing)	Consuming Alcohol	Past Smokers	Past Alcoholics
Kerala	Males	2709	19.3	2.6	27.5	15.6	11.7
	Females	4070	0.0	0.7	0.1	0.0	0.1
Tamil Nadu	Males	3136	24.7	7.0	37.1	16.1	14.1
	Females	4071	0.0	1.8	0.0	0.1	0.0
Karnataka	Males	2260	22.7	15.8	34.4	13.3	11.6
	Females	3617	0.1	5.4	0.4	0.1	0.1
Andhra Pradesh	Males	2876	19.8	6.5	37.5	9.8	11.6
	Females	3660	0.1	1.0	0.7	0.1	0.1
Maharashtra	Males	3159	8.6	30.9	21.4	4.0	6.4
	Females	3778	0.1	5.3	0.1	0.1	0.0
Gujarat	Males	2652	12.6	31.2	12.1	5.1	3.4
	Females	4357	0.0	5.0	0.0	0.1	0.0
Madhya Pradesh	Males	2553	16.3	42.8	27.6	4.2	4.5
	Females	3164	0.1	7.5	0.1	0.2	0.0
Orissa	Males	2554	8.6	37.9	27.0	3.2	5.2
	Females	3819	0.1	16.7	1.4	0.2	0.0
West Bengal	Males	1701	40.3	38.7	34.9	16.9	6.5
	Females	3221	0.4	17.0	0.3	0.3	0.1
Uttar Pradesh	Males	2258	15.4	46.8	27.1	4.7	3.4
	Females	3294	0.3	13.8	0.2	0.3	0.1
Andaman & Nicobar	Males	3063	7.9	49.0	51.4	6.4	11.6
	Females	3634	0.2	14.5	0.6	0.1	0.1
Assam	Males	1237	18.2	42.1	29.3	9.3	8.6
	Females	1900	0.3	20.6	0.3	0.3	0.2
Bihar	Males	2101	3.9	22.6	18.4	1.4	1.6
	Females	2211	0.2	0.6	0.1	0.0	0.1
New Delhi	Males	1852	22.5	17.7	30.2	10.2	7.6
	Females	3009	0.8	2.0	0.1	0.1	0.0
Puducherry	Males	3274	12.6	2.0	29.4	8.5	6.4
	Females	4229	0.0	1.5	0.2	0.0	0.0
Rajasthan	Males	2285	10.9	25.3	16.8	1.9	2.4
	Females	2647	0.3	3.6	0.2	0.1	0.1
Pooled	Males	39670	15.8	24.9	29.2	7.7	7.1
	Females	54681	0.2	6.9	0.3	0.1	0.1

**Table 100.2: Distribution (%) of Adults (Males\*) by habit of Smoking and use of Smokeless Tobacco Products**

State	Smoking Tobacco Products (type) and Duration of smoking							Use of smokeless Tobacco products and Duration of usage			
	N	Average number of Tobacco products used per day				Duration of Smoking (Yrs)		N	Average number of times used/day	Duration (Yrs)	
		Cigarettes	Cigars	Beedies	Others	<10	≥10			< 10	≥ 10
Kerala	524	7.3	8.0	12.1	4.0	18.3	81.7	71	6.7	21.4	78.6
Tamil Nadu	776	5.9	10.5	14.3	17.0	28.7	71.3	218	6.8	51.4	48.6
Karnataka	514	5.7	10.0	15.8	5.1	20.4	79.6	358	5.2	50.0	50.0
Andhra Pradesh	569	6.4	9.2	16.4	1.3	20.7	79.3	186	5.0	45.7	54.3
Maharashtra	272	5.5	7.5	10.5	11.0	25.7	74.3	975	5.3	33.3	66.7
Gujarat	333	4.1	9.7	14.7	4.3	19.5	80.5	828	4.4	30.7	69.3
Madhya Pradesh	415	4.5	3.1	12.5	1.5	25.8	74.2	1092	6.2	26.7	73.3
Orissa	220	4.2	4.6	9.2	2.0	30.0	70.0	969	7.4	29.8	70.2
West Bengal	686	6.2	10.8	12.5	6.0	19.1	80.9	659	6.9	30.3	69.7
Uttar Pradesh	348	5.7	5.7	10.3	2.3	30.2	69.8	1057	7.3	39.6	60.4
Andaman & Nicobar	241	6.2	6.0	13.0	4.5	29.5	70.5	1500	7.1	29.3	70.7
Assam	225	4.7	4.3	7.1	2.5	16.0	84.0	521	6.5	7.9	92.1
Bihar	82	4.3	7.3	13.1	43.0	15.9	84.1	475	6.2	22.9	77.1
New Delhi	416	4.0	7.2	15.4	4.0	26.7	73.3	328	4.7	50.3	49.7
Puducherry	414	6.3	7.2	10.2	6.8	26.3	73.7	64	5.9	46.9	53.1
Rajasthan	249	5.1	8.1	18.2	2.5	24.5	75.5	578	6.0	29.1	70.9
<b>Pooled</b>	6284	5.9	7.9	13.5	6.5	23.7	76.3	9879	6.3	31.6	68.4

\*The percent of female smokers are very less. Hence state wise distribution of female smokers was not incorporated.

**Table 100.3: Distribution (%) of adults (men) by frequency, quantity & Duration of Alcohol Consumption**

State	N	Frequency of Alcohol Consumption							Average drink per Day (ml)	Duration of Alcohol consumption(Yr)	
		Daily	5-6 Times/ week	2-4 Times/ week	Once a Week	Fort-nightly	Monthly	Occa-sional		<10	≥ 10
Kerala	745	13.7	5.7	14.6	24.0	11.1	8.9	22.1	110.3	19.1	80.9
Tamil Nadu	1164	10.0	1.7	16.0	24.0	5.7	17.0	25.6	258.0	39.3	60.7
Karnataka	777	14.4	10.0	19.8	18.7	7.5	10.9	18.7	176.8	33.6	66.4
Andhra Pradesh	1077	14.8	1.1	14.2	26.3	7.7	18.7	17.1	247.9	34.2	65.8
Maharashtra	677	15.9	1.2	12.7	27.7	8.6	13.6	20.3	173.0	26.4	73.6
Gujarat	322	7.5	2.5	6.5	13.0	5.6	19.9	45.0	151.8	39.6	60.4
Madhya Pradesh	704	8.4	1.3	8.7	15.3	17.5	14.0	34.8	150.8	34.0	66.0
Orissa	689	10.8	3.5	8.9	13.6	19.4	9.6	34.2	235.7	32.9	67.1
West Bengal	594	10.8	4.1	10.5	9.8	10.0	12.9	42.0	221.3	28.9	71.1
Uttar Pradesh	611	9.7	4.1	13.4	14.7	6.7	12.1	39.3	175.3	44.9	55.1
Andaman & Nicobar	1573	17.4	3.0	18.9	19.3	9.5	10.5	21.4	225.2	34.7	65.3
Assam	362	10.8	8.8	34.0	14.6	7.2	7.7	16.9	119.9	9.4	90.6
Bihar	387	14.0	2.6	9.3	17.6	15.8	5.4	35.2	176.9	23.8	76.2
New Delhi	560	14.1	3.4	15.2	14.6	10.5	13.2	28.9	156.2	31.8	68.2
Puducherry	963	23.3	2.1	15.1	19.9	3.0	6.2	30.5	280.0	30.0	70.0
Rajasthan	385	15.1	3.1	23.5	19.6	9.9	9.7	19.1	195.7	34.1	65.9
Pooled	11590	13.9	3.4	15.1	19.3	9.4	12.1	26.8	203.5	32.1	67.9

\*The percent of female alcoholics are very less. Hence state wise distribution of female alcoholics was not given.

**Table 101: Coverage particulars for Mothers of < 3yr children for IYCF Practices**

States	Gender		Age Group			Total
	Boys	Girls	0-11 m	12-23	24-35	
Kerala	191	177	107	143	118	368
Tamil Nadu	183	206	114	148	127	389
Karnataka	230	250	117	170	193	480
Andhra Pradesh	175	163	107	121	110	338
Maharashtra	186	183	109	137	123	369
Gujarat	264	188	138	173	141	452
Madhya Pradesh	252	212	125	162	177	464
Orissa	90	82	58	70	44	172
West Bengal	243	266	147	199	163	509
Uttar Pradesh	297	285	164	209	209	582
Andaman & Nicobar	251	254	149	179	177	505
Assam	99	73	56	46	70	172
Bihar	86	89	43	87	45	175
New Delhi	90	90	52	71	57	180
Puducherry	214	188	105	145	152	402
Rajasthan	38	38	43	18	15	76
<b>Pooled</b>	2889	2744	1634	2078	1921	5633

**Table 102.1: Distribution (%) of Children by Birth Order and Birth Interval**

State	n	Birth Order				Birth Interval			
		1	2	3-4	≥5	12-24	24-35	≥ 35	NA (First Child)
Kerala	368	50.5	39.9	9.5	0.0	8.2	7.3	34.0	50.5
Tamil Nadu	389	47.0	47.8	5.1	0.0	8.7	11.3	32.6	47.3
Karnataka	480	46.7	41.5	11.0	0.8	12.9	14.2	26.3	46.7
Andhra	338	41.4	50.9	7.1	0.6	16.3	14.8	27.5	41.4
Maharashtra	369	47.2	37.4	13.6	1.9	8.9	17.3	26.6	47.2
Gujarat	452	47.8	35.4	15.3	1.5	6.6	10.8	34.7	47.8
Madhya	464	42.2	40.1	15.1	2.6	10.8	15.9	31.0	42.2
Orissa	172	65.1	23.8	11.0	0.0	3.5	4.7	26.7	65.1
West Bengal	509	48.1	35.0	15.1	1.8	5.9	12.4	33.6	48.1
Uttar Pradesh	582	39.7	28.4	24.2	7.7	11.5	18.2	30.6	39.7
Andaman & Nicobar	505	50.7	39.6	8.9	0.8	9.9	9.1	30.3	50.7
Assam	172	59.3	34.3	6.4	0.0	5.2	9.9	25.0	59.9
Bihar	175	36.0	29.7	28.6	5.7	15.4	20.6	28.0	36.0
New Delhi	180	40.6	40.6	18.3	0.6	12.8	12.2	34.4	40.6
Puducherry	402	48.5	47.3	4.0	0.2	7.2	13.2	31.1	48.5
Rajasthan	76	38.2	43.4	17.1	1.3	7.9	11.8	42.1	38.2
<b>Pooled</b>	5633	46.6	38.7	12.9	1.8	9.6	13.1	30.7	46.6

**Table 102.2: Particulars (%) of ANC during Last Pregnancy and Early registration for ANC (Mothers <12 Month Children)**

State	n	Attended ANC	No. of ANCs during last pregnancy				Not attended ANC	First ANC at ≤12weeks of Gestation
			One	Two	Three	≥ Four		
Kerala	107	100.0	0.0	0.0	0.0	100.0	0.0	93.5
Tamil Nadu	112	100.0	1.8	0.0	0.9	97.3	0.0	92.9
Karnataka	116	100.0	0.0	2.6	0.0	97.4	0.0	98.3
Andhra Pradesh	107	100.0	2.8	0.9	5.6	90.7	0.0	90.7
Maharashtra	107	100.0	0.0	0.9	5.6	93.5	0.0	90.7
Gujarat	137	98.5	0.7	0.7	5.8	91.2	1.5	94.2
Madhya Pradesh	125	100.0	8.0	9.6	11.2	71.2	0.0	76.8
Orissa	58	100.0	0.0	3.4	12.1	84.5	0.0	82.8
West Bengal	146	97.3	0.7	6.8	23.3	66.4	2.7	78.8
Uttar Pradesh	164	95.1	7.9	10.4	16.5	60.4	4.9	70.7
Andaman & Nicobar	149	100.0	0.7	0.0	0.7	98.7	0.0	89.3
Assam	56	100.0	0.0	0.0	12.5	87.5	0.0	89.3
Bihar	43	90.7	4.7	11.6	18.6	55.8	9.3	79.1
New Delhi	52	94.2	0.0	3.8	5.8	84.6	5.8	61.5
Puducherry	104	100.0	0.0	1.9	2.9	95.2	0.0	97.1
Rajasthan	42	100.0	2.4	2.4	4.8	90.5	0.0	78.6
<b>Pooled</b>	1625	98.7	2.1	3.5	7.8	85.3	1.3	86.1

**Table 102.3: Particulars (place & conducted by) of ANC during last pregnancy (Mothers of <12-month children)**

State	n	Place of ANC					ANC conducted by					Not attended ANC
		Home	AWC	Sub center	Govt. hospital	Private hospital	ANM	LHV	Govt. doctor	Pvt. doctor	Others	
Kerala	107	0	0	0	29.0	71	0.0	0.0	28.0	72.0	0.0	0.0
Tamil Nadu	112	0	0	3.6	41.0	55.4	0.9	0.0	42.0	54.5	2.7	0.0
Karnataka	116	0	0	0	36.2	63.8	0.9	0.0	32.8	66.4	0.0	0.0
Andhra Pradesh	107	0.9	1.9	0.9	32.7	63.6	2.8	0.0	24.3	63.6	9.3	0.0
Maharashtra	107	0	0	0	41.1	58.9	4.7	0.0	32.7	62.6	0.0	0.0
Gujarat	137	0	0	0	15.3	83.2	0.7	0.0	12.4	82.5	2.9	1.5
Madhya Pradesh	125	0	1.6	0.8	52.0	45.6	1.6	0.0	48.8	48.8	.8	0.0
Orissa	58	0	0	0	53.4	46.6	0.0	3.4	51.7	44.8	0.0	0.0
West Bengal	146	0.7	4.1	16.4	48.0	28.1	16.4	0.0	50.7	28.1	2.1	2.7
Uttar Pradesh	164	0.6	0	0.6	53.7	40.2	3.0	1.8	51.8	37.8	.6	4.9
Andaman & Nicobar	149	0	1.3	24.8	65.8	8.1	53.0	10.1	29.5	6.7	.7	0.0
Assam	56	0	0	3.6	46.4	50	12.5	0.0	42.9	42.9	1.8	0.0
Bihar	43	0	0	0	34.9	55.8	4.7	0.0	30.2	55.8	0.0	9.3
New Delhi	52	0	0	0	65.4	28.8	5.8	1.9	61.5	23.1	1.9	5.8
Puducherry	104	0	0	1.0	69.2	29.8	1.0	0.0	71.2	27.9	0.0	0.0
Rajasthan	42	0	0	2.4	52.4	45.2	4.8	0.0	50.0	45.2	0.0	0.0
<b>Pooled</b>	1625	0.2	0.7	4.4	45.5	47.8	8.4	1.3	40.1	47.4	1.5	1.3

**Table 102.4: Particulars of Components of ANC during Last Pregnancy (Mothers of <12-month children)**

State	N	Components of ANC*						Advice During Pregnancy*					
		Physical Examination	Weight Recording	Urine Examination	Haemoglobin	Blood Pressure	Ultra Sound	Regular ANC Checkup	Consume GLVs	Consume milk & egg	Consume veg. & fruits	IFA tablets for 100 days	Consume additional food
Kerala	107	100.0	100.0	100.0	100.0	100.0	95.3	98.1	98.1	97.2	98.1	98.1	97.2
Tamil Nadu	112	100.0	100.0	99.1	99.1	100.0	89.3	93.8	96.4	94.6	96.4	98.2	83.9
Karnataka	116	100.0	100.0	100.0	100.0	100.0	97.4	100.0	100.0	100.0	100.0	100.0	100.0
Andhra Pradesh	107	100.0	99.1	99.1	98.1	100.0	87.9	87.9	93.5	84.1	90.7	95.3	80.4
Maharashtra	107	100.0	99.1	99.1	99.1	99.1	78.5	78.5	77.6	54.2	51.4	92.5	72.0
Gujarat	137	97.1	95.6	94.2	94.9	97.8	97.1	68.6	54.7	40.1	62.0	73.0	44.5
Madhya Pradesh	125	99.2	98.4	97.6	98.4	96.8	79.2	86.4	85.6	73.6	84.8	89.6	82.4
Orissa	58	100.0	100.0	98.3	98.3	98.3	67.2	81.0	93.1	91.4	91.4	86.2	67.2
West Bengal	146	97.3	97.3	95.2	95.2	97.3	77.4	94.5	93.8	93.8	93.8	94.5	92.5
Uttar Pradesh	164	84.1	75.0	79.9	82.9	79.9	74.4	75.6	71.3	61.6	70.1	77.4	67.1
Andaman & Nicobar	149	100.0	100.0	99.3	99.3	100.0	96.6	96.0	91.9	89.9	91.9	96.0	89.9
Assam	56	100.0	100.0	98.2	98.2	100.0	83.9	89.3	87.5	85.7	85.7	96.4	82.1
Bihar	43	86.0	83.7	79.1	83.7	83.7	74.4	79.1	51.2	72.1	58.1	74.4	48.8
New Delhi	52	90.4	92.3	92.3	92.3	94.2	90.4	63.5	75.0	63.5	63.5	73.1	57.7
Puducherry	104	98.1	99.0	99.0	99.0	99.0	91.3	91.3	94.2	90.4	92.3	92.3	88.5
Rajasthan	42	100.0	97.6	100.0	97.6	97.6	88.1	54.8	73.8	38.1	52.4	52.4	28.6
<b>Pooled</b>	1625	97.0	95.8	95.6	96.1	96.4	86.2	85.7	84.8	78.0	82.3	88.9	77.5

\*Multiple Answers

**Table 102.5: Particulars of Mothers Received TT Immunization during Last Pregnancy  
(Mothers of <12 month children)**

State	n	Received TT	No of Doses of TT		Not received TT	Reasons for not receiving TT immunization *		
			One	Two		Not Aware	Inconvenient Timings	Fear of side Effects
Kerala	107	100.0	2.8	97.2	0.0	0.0	0.0	0
Tamil Nadu	112	98.2	8.0	90.2	1.8	0.9	0.0	1.6
Karnataka	116	98.3	6.0	92.2	1.7	1.7	0.0	1.8
Andhra Pradesh	107	99.1	2.8	96.3	0.9	0.0	0.0	0
Maharashtra	107	95.3	4.7	90.7	4.7	3.7	0.0	2.6
Gujarat	137	96.4	5.1	91.2	3.6	3.6	0.0	2.7
Madhya Pradesh	125	98.4	4.0	94.4	1.6	1.6	.8	0.7
Orissa	58	93.1	1.7	91.4	6.9	6.9	0.0	3.2
West Bengal	146	95.9	2.1	93.8	4.1	3.4	0.0	1.9
Uttar Pradesh	164	95.1	5.5	89.6	4.9	3.7	.6	0.6
Andaman & Nicobar	149	99.3	12.8	86.6	0.7	0.7	0.0	0
Assam	56	96.4	8.9	87.5	3.6	3.6	0.0	3.4
Bihar	43	97.7	7.0	90.7	2.3	2.3	0.0	0
New Delhi	52	94.2	17.3	76.9	5.8	1.9	1.9	0
Puducherry	104	98.1	4.8	93.3	1.9	1.9	0.0	1.5
Rajasthan	42	97.6	19.0	78.6	2.4	0.0	0.0	0
<b>Pooled</b>	1625	97.2	6.2	91.0	2.8	2.2	0.2	1.2

\*Multiple Answers

**Table 102.6: Particulars of receipt of IFA Tablets during Last Pregnancy  
(Mothers of <12 month children)**

State	N	Received IFA Tablets	IFA tablets received from					Not Received IFA Tablets
			ANM	AWW	Govt. Doctor	Private doctor	Others	
Kerala	107	93.5	1.9	0.0	26.2	65.4	0.0	6.5
Tamil Nadu	112	99.1	8.9	0.9	30.4	53.6	5.4	0.9
Karnataka	116	100.0	4.3	0.9	31.9	62.9	0.0	0.0
Andhra Pradesh	107	100.0	8.4	0.0	20.6	63.6	7.5	0.0
Maharashtra	107	98.1	21.5	0.0	29.9	46.7	0.0	1.9
Gujarat	137	95.6	0.7	1.5	13.1	80.3	0.0	4.4
Madhya Pradesh	125	94.4	0.8	12.0	41.6	40.0	0.0	5.6
Orissa	58	94.8	13.8	19.0	27.6	31.0	3.4	5.2
West Bengal	146	89.7	19.2	4.8	37.7	21.2	6.8	10.3
Uttar Pradesh	164	78.0	4.9	2.4	41.5	28.7	0.6	22.0
Andaman & Nicobar	149	97.3	61.7	0.0	28.2	7.4	0.0	2.7
Assam	56	98.2	8.9	8.9	37.5	39.3	3.6	1.8
Bihar	43	86.0	9.3	2.3	25.6	48.8	0.0	14.0
New Delhi	52	90.4	13.5	1.9	51.9	23.1	0.0	9.6
Puducherry	104	100.0	2.9	1.0	64.4	29.8	1.9	0.0
Rajasthan	42	88.1	4.8	2.4	38.1	38.1	4.8	11.9
<b>Pooled</b>	1625	94.0	12.8	3.1	33.6	42.5	2.0	6.0

**Table 102.7: Particulars of receipt & consumption of IFA Tablets during Last Pregnancy  
(Mothers of <12 month children)**

State	N	Received IFA Tablets	Number of IFA Tablets received					Number of IFA Tablets Consumed					Not Received IFA Tablets	Reasons for not consuming the IFA Tablets			
			<30	30-60	60-90	≥90	Don't Know	<30	30-60	60-90	≥90	Don't Know		Vomiting & Nausea	Fear of Side Effects	No Need	Others
Kerala	107	93.5	0.0	10.3	14.0	1.9	67.3	0.0	2.0	6.0	20.0	72.0	6.5	3.7	1.9	3.7	0.9
Tamil Nadu	112	99.1	3.6	25.9	40.2	25.0	3.6	4.5	10.8	9.9	71.2	3.6	0.9	18.8	2.7	2.7	11.6
Karnataka	116	100.0	1.7	19.8	56.0	21.6	.9	1.7	3.4	7.8	86.2	0.9	0.0	34.5	15.5	.9	0.0
Andhra Pradesh	107	100.0	5.6	22.4	62.6	2.8	6.5	5.6	5.6	1.9	80.4	6.5	0.0	5.6	2.8	.9	0.0
Maharashtra	107	98.1	3.7	39.3	51.4	2.8	0.0	3.8	16.3	4.8	75.0	0.0	1.9	15.9	2.8	1.9	1.9
Gujarat	137	95.6	3.6	28.5	35.8	25.5	2.2	3.8	5.4	8.5	80.0	2.3	4.4	23.4	.7	6.6	2.2
Madhya Pradesh	125	94.4	2.4	64.8	17.6	6.4	1.6	4.2	5.1	4.2	84.7	1.7	5.6	11.2	1.6	.8	5.6
Orissa	58	94.8	1.7	34.5	46.6	0.0	10.3	3.6	21.8	10.9	52.7	10.9	5.2	31.0	3.4	3.4	1.7
West Bengal	146	89.7	11.6	38.4	17.8	0.0	21.9	13.0	19.8	16.8	26.0	24.4	10.3	34.2	4.1	2.7	6.8
Uttar Pradesh	164	78.0	16.5	43.3	14.0	.6	3.0	21.9	21.9	7.8	44.5	3.9	22.0	36.0	4.3	7.9	9.8
Andaman & Nicobar	149	97.3	3.4	32.9	46.3	10.7	2.0	5.5	2.8	6.2	83.4	2.1	2.7	16.8	0.7	1.3	2.7
Assam	56	98.2	3.6	21.4	12.5	3.6	57.1	3.7	7.4	5.6	25.9	57.4	1.8	17.9	5.4	1.8	1.8
Bihar	43	86.0	9.3	48.8	23.3	0.0	4.7	10.8	18.9	18.9	45.9	5.4	14.0	34.9	2.3	14.0	9.3
New Delhi	52	90.4	3.8	25.0	38.5	7.7	15.4	4.3	10.6	6.4	61.7	17.0	9.6	3.8	1.9	13.5	5.8
Puducherry	104	100.0	2.9	18.3	34.6	22.1	21.2	2.9	5.9	6.9	62.7	21.6	0.0	17.3	1.9	1.0	1.0
Rajasthan	42	88.1	7.1	35.7	23.8	9.5	9.5	10.8	5.4	27.0	45.9	10.8	11.9	26.2	9.5	2.4	9.5
<b>Pooled</b>	1625	94.0	5.4	32.3	33.6	9.5	12.5	6.4	9.7	8.3	62.4	13.3	6.0	21.0	3.6	3.6	4.3

**Table 103.1: Particulars of Last Delivery (Mothers of <12 month children)**

State	n	Type of Delivery		Place of Delivery					Delivery Conducted by						
		Normal	Caesarean	Home	Sub-center	Govt. hospital	Pvt. hospital	Others	Elders	Un trained Dai	TBA	ANM/LHV	Govt. doctor	Pvt. doctor	Others
Kerala	107	56.1	43.9	0.9	0.0	28.0	70.1	0.9	0.9	0.0	0.9	0.9	27.1	70.1	0.0
Tamil Nadu	112	49.1	50.9	0.9	0.0	40.2	55.4	3.6	1.8	0.0	.9	3.6	36.6	55.4	1.8
Karnataka	116	68.1	31.9	0.9	0.0	40.5	58.6	0.0	0.0	0.0	.9	4.3	36.2	58.6	0.0
Andhra Pradesh	107	51.4	48.6	2.8	0.9	24.3	61.7	10.3	2.8	0.0	2.8	1.9	23.4	61.7	7.5
Maharashtra	106	69.8	30.2	0.0	0.0	39.3	57.9	1.9	0.9	0.0	0.9	8.4	29.9	57.9	1.9
Gujarat	137	67.9	32.1	4.4	0.0	18.2	77.4	0.0	0.0	0.0	4.4	2.2	16.8	76.6	0.0
Madhya Pradesh	125	68.8	31.2	2.4	0.0	64.0	33.6	0.0	0.0	1.6	0.8	10.4	53.6	33.6	0.0
Orissa	58	75.9	24.1	1.7	0.0	65.5	29.3	3.4	3.4	0.0	0.0	17.2	48.3	29.3	1.7
West Bengal	146	63.7	36.3	7.5	0.7	62.3	29.5	0.0	0.0	6.8	0.0	3.4	59.6	29.5	0.7
Uttar Pradesh	164	75.0	25.0	18.9	0.6	48.2	31.7	0.6	5.5	6.1	6.7	9.1	40.2	32.3	0.0
A & N	149	59.7	40.3	0.7	0.0	86.6	12.8	0.0	0.0	0.0	0.7	25.5	59.7	12.8	1.3
Assam	56	42.9	57.1	5.4	1.8	41.1	48.2	3.6	3.6	0.0	5.4	10.7	32.1	48.2	0.0
Bihar	43	76.7	23.3	11.6	0.0	34.9	51.2	2.3	2.3	9.3	2.3	0.0	34.9	51.2	0.0
New Delhi	51	62.7	37.3	7.8	0.0	56.9	35.3	0.0	0.0	2.0	5.9	0.0	56.9	35.3	0.0
Puducherry	104	59.6	40.4	1.0	0.0	72.1	25.0	1.9	0.0	0.0	1.0	1.0	71.2	25.0	1.9
Rajasthan	42	71.4	28.6	4.8	0.0	52.4	40.5	2.4	2.4	2.4	2.4	7.1	45.2	40.5	0.0
<b>Pooled</b>	<b>1623</b>	<b>63.6</b>	<b>36.4</b>	<b>4.6</b>	<b>0.2</b>	<b>49.0</b>	<b>44.5</b>	<b>1.7</b>	<b>1.4</b>	<b>1.7</b>	<b>2.2</b>	<b>7.1</b>	<b>42.1</b>	<b>44.5</b>	<b>1.1</b>

**Table 103.2: Particulars of Last Delivery-Birth Weights  
(Mothers of <12 month children)**

State	n	Birth Weight Recorded	Birth weight taken on				Birth Weight Not Recorded	% of Low Birth Weight	Mean Birth weight (kg)
			Same day	2 <sup>nd</sup> day	3 <sup>rd</sup> day	≥4 <sup>th</sup> day			
Kerala	107	100.0	94.4	2.8	0.0	2.8	0.0	15.9	2.97
Tamil Nadu	112	100.0	100.0	0.0	0.0	0.0	0.0	14.3	2.88
Karnataka	116	100.0	99.1	0.9	0.0	0.0	0.0	17.2	2.84
Andhra Pradesh	107	100.0	97.2	2.8	0.0	0.0	0.0	8.4	2.84
Maharashtra	107	100.0	99.1	0.9	0.0	0.0	0.0	9.3	2.71
Gujarat	137	100.0	94.9	4.4	0.0	0.0	0.0	26.3	2.76
Madhya Pradesh	125	100.0	91.2	3.2	1.6	4.0	0.0	25.6	2.70
Orissa	58	100.0	96.6	1.7	1.7	0.0	0.0	12.1	2.83
West Bengal	146	97.9	91.1	6.2	0.0	0.0	1.4	18.2	2.79
Uttar Pradesh	164	91.5	61.0	30.5	0.0	0.0	8.5	49.3	2.44
Andaman & Nicobar	149	100.0	94.0	2.7	1.3	0.0	0.0	14.1	2.78
Assam	56	100.0	98.2	0.0	1.8	0.0	0.0	23.2	2.84
Bihar	43	93.0	81.4	9.3	0.0	0.0	7.0	22.5	2.57
New Delhi	51	100.0	98.0	2.0	0.0	0.0	0.0	27.5	2.73
Puducherry	104	100.0	98.1	1.0	0.0	1.0	0.0	10.6	3.05
Rajasthan	42	100.0	95.2	4.8	0.0	0.0	0.0	21.4	2.79
<b>Pooled</b>	1624	98.8	91.9	5.5	0.4	0.6	1.2	20.2	2.79

**Table 104.1: Distribution (%) of <12 month Children according to time of Initiation of Breast Feeding after delivery (Mothers of <12 month children)**

State	n	Time of Initiation of Breast Feeding (Hrs)							
		<1 hour	1-3 hour	4-11 hour	12-23 hour	24-35 hour	36-47 hour	≥48 hour	
Kerala	107	48.6	26.2	12.1	7.5	4.7	0.0	0.9	
Tamil Nadu	112	40.2	30.4	10.7	4.5	9.8	0.0	4.5	
Karnataka	116	48.3	25.9	12.1	5.2	6.9	0.0	1.7	
Andhra Pradesh	107	32.7	23.4	13.1	6.5	11.2	0.9	12.1	
Maharashtra	107	72.9	15.9	2.8	.9	2.8	1.9	2.8	
Gujarat	137	13.1	40.9	13.1	8.0	12.4	4.4	8.0	
Madhya Pradesh	125	44.8	24.8	4.8	3.2	6.4	3.2	12.8	
Orissa	58	55.2	32.8	3.4	1.7	3.4	0.0	3.4	
West Bengal	146	37.0	41.1	8.9	5.5	4.8	1.4	1.4	
Uttar Pradesh	164	20.1	37.8	11.0	6.7	6.7	4.9	12.8	
Andaman & Nicobar	149	52.3	32.2	5.4	2.0	0.7	1.3	6.0	
Assam	56	55.4	35.7	7.1	1.8	0.0	0.0	0.0	
Bihar	43	44.2	37.2	4.7	2.3	7.0	2.3	2.3	
New Delhi	51	35.3	39.2	7.8	3.9	5.9	0.0	7.8	
Puducherry	104	42.3	32.7	14.4	5.8	0.0	1.9	2.9	
Rajasthan	42	31.0	35.7	26.2	4.8	0.0	2.4	0.0	
<b>Pooled</b>	<b>1624</b>	<b>40.8</b>	<b>31.7</b>	<b>9.7</b>	<b>4.7</b>	<b>5.6</b>	<b>1.8</b>	<b>5.7</b>	

**Table 104.2: Distribution (%) of <12 months Children according to use of Pre-Lacteals  
(Mothers of <12 month children)**

State	n	Pre lacteals given	Type of pre-lacteals given *							
			Plain water	Glucose water	Honey	Cow/buffalo milk	Goat Milk	Donkey milk	Other Woman's milk	Formula Milk
Kerala	107	26.2	3.7	2.8	4.7	0.0	0.0	0.0	0.9	15.7
Tamil Nadu	112	17.0	0.9	4.5	0.9	3.6	0.0	0.0	1.8	6.1
Karnataka	116	28.4	1.7	4.3	13.8	2.6	0.0	0.0	0.0	7.6
Andhra Pradesh	107	36.4	0.9	10.3	10.3	5.6	0.0	0.0	1.9	11.2
Maharashtra	107	16.8	3.7	1.9	2.8	5.6	0.9	0.9	3.7	4.5
Gujarat	137	55.5	8.8	4.4	21.9	5.8	0.7	0.0	0.0	15.8
Madhya Pradesh	125	32.8	6.4	1.6	2.4	13.6	0.8	0.0	3.2	9.5
Orissa	58	20.7	1.7	0.0	10.3	1.7	0.0	0.0	0.0	6.8
West Bengal	146	13.7	5.5	1.4	0.7	0.7	0.7	0.0	0.0	8.2
Uttar Pradesh	164	42.1	7.3	1.2	12.2	18.9	3.0	0.0	1.8	4.1
Andaman & Nicobar	149	12.8	2.0	0.7	4.7	0.0	0.0	0.0	0.0	6.7
Assam	56	16.1	3.6	7.1	1.8	3.6	1.8	1.8	5.4	5.2
Bihar	43	23.3	4.7	0.0	11.6	4.7	0.0	0.0	0.0	7.0
New Delhi	51	21.6	3.9	3.9	9.8	7.8	0.0	0.0	0.0	5.9
Puducherry	104	5.8	0.0	0.0	0.0	0.0	0.0	0.0	1.9	3.8
Rajasthan	42	19.0	2.4	0.0	9.5	2.4	0.0	0.0	0.0	4.7
<b>Pooled</b>	<b>1624</b>	<b>25.7</b>	<b>3.9</b>	<b>2.8</b>	<b>7.3</b>	<b>5.3</b>	<b>0.6</b>	<b>0.1</b>	<b>1.3</b>	<b>8.0</b>

\*Multiple answers

**Table 104.3: Distribution (%) of <12 months Children according to Feeding of Colostrum to the New Born (Mothers of <12 month children)**

State	n	Fed Colostrum	Reasons for not feeding Colostrum				
			Difficult to digest	Not good for health	Child could not suck	Elders advise	Others
Kerala	107	98.1	1.9	0.0	0.0	0.0	0.0
Tamil Nadu	112	88.4	0.0	0.0	7.1	0.0	4.5
Karnataka	116	94.8	0.0	0.0	1.7	1.7	1.7
Andhra Pradesh	107	84.1	3.7	1.9	3.7	3.7	2.8
Maharashtra	107	86.0	4.7	1.9	7.5	0.0	0.0
Gujarat	137	64.2	2.2	0.7	1.5	29.9	1.5
Madhya Pradesh	125	76.8	3.2	3.2	8.8	.8	7.2
Orissa	58	89.7	5.2	0.0	3.4	0.0	1.7
West Bengal	146	86.3	3.4	0.0	5.5	0.7	3.4
Uttar Pradesh	164	85.4	0.6	3.7	6.1	3.0	1.2
Andaman & Nicobar	149	90.6	3.4	0.0	3.4	1.3	1.3
Assam	56	96.4	1.8	1.8	0.0	0.0	0.0
Bihar	43	88.4	0.0	0.0	7.0	2.3	2.3
New Delhi	51	82.4	0.0	3.9	3.9	0.0	9.8
Puducherry	104	91.3	1.9	1.0	3.8	0.0	1.9
Rajasthan	42	73.8	2.4	0.0	4.8	16.7	2.4
<b>Pooled</b>	1624	85.8	2.2	1.2	4.4	3.9	2.5

**Table 105.1: Distribution (%) of Children according to Current Feeding Practices  
(Mothers of <12 month children)**

State	N	Current Feeding Practices			
		Only breast feeding	Breast Milk & Water	Breast Milk and Complimentary Food	Not breast fed
Kerala	107	29.9	0.9	66.4	2.8
Tamil Nadu	112	21.4	2.7	68.8	7.1
Karnataka	117	26.5	0.9	67.5	5.1
Andhra Pradesh	107	30.8	3.7	59.8	5.6
Maharashtra	108	46.3	1.9	49.1	2.8
Gujarat	138	36.2	8.7	51.4	3.6
Madhya Pradesh	125	42.4	9.6	44.0	4.0
Orissa	58	60.3	3.4	36.2	0.0
West Bengal	146	28.8	2.1	67.1	2.1
Uttar Pradesh	164	31.1	4.9	53.7	10.4
Andaman & Nicobar	149	38.9	4.0	49.7	7.4
Assam	56	26.8	1.8	71.4	0.0
Bihar	43	37.2	0.0	62.8	0.0
New Delhi	52	32.7	5.8	51.9	9.6
Puducherry	105	41.9	1.0	51.4	5.7
Rajasthan	42	47.6	4.8	45.2	2.4
<b>Pooled</b>	<b>1629</b>	<b>35.1</b>	<b>3.7</b>	<b>56.4</b>	<b>4.8</b>

**Table 105.2: Distribution (%) of mothers of <12 months Children according to frequency of Breast Feeding**

State	n	No. of times breast feed given to the child			
		1- 5 Times	6-10 Times	≥ 11 Times	No Breast Feeding
Kerala	107	44.9	51.4	0.9	2.8
Tamil Nadu	112	29.5	58.0	5.4	7.1
Karnataka	117	34.2	53.8	6.8	5.1
Andhra Pradesh	107	41.1	50.5	2.8	5.6
Maharashtra	108	37.0	59.3	0.9	2.8
Gujarat	138	23.2	67.4	5.8	3.6
Madhya Pradesh	125	36.0	48.0	12.0	4.0
Orissa	58	22.4	75.9	1.7	0.0
West Bengal	146	62.8	35.2	0.0	2.1
Uttar Pradesh	164	26.8	56.7	6.1	10.4
Andaman & Nicobar	149	26.8	53.0	12.8	7.4
Assam	56	14.3	64.3	21.4	0.0
Bihar	43	25.6	62.8	11.6	0.0
New Delhi	51	32.7	53.8	3.8	9.6
Puducherry	105	28.6	62.9	2.9	5.7
Rajasthan	42	31.0	64.3	2.4	2.4
<b>Pooled</b>	<b>1628</b>	<b>33.7</b>	<b>55.6</b>	<b>5.8</b>	<b>4.8</b>

**Table 105.3: Distribution (%) of <12 months Children according to Current Feeding Practices by Age - States Pooled (Mothers of <12 month children)**

AGE (Months)	N	Current feeding practices			
		Only Breast feeding	Breast Milk & Water	Breast Milk and Complimentary Food	Not breast fed at all
0	53	100.0	0.0	0.0	0.0
1	87	92.0	4.6	2.3	1.1
2	128	86.7	1.6	11.7	0.0
3	131	87.8	1.5	10.7	0.0
4	147	60.5	11.6	25.9	2.0
5	147	49.7	12.2	36.1	2.0
6	157	17.2	5.1	75.2	2.5
<b>0-6 months</b>	<b>850</b>	<b>64.5</b>	<b>6.0</b>	<b>28.2</b>	<b>1.3</b>
7	151	11.3	4.6	80.1	4.0
8	145	4.1	2.1	85.5	8.3
9	175	0.0	0.0	94.3	5.7
10	165	0.0	0.0	83.6	16.4
11	143	0.0	0.0	90.9	9.1
<b>7-11 months</b>	<b>779</b>	<b>3.0</b>	<b>1.3</b>	<b>87.0</b>	<b>8.7</b>
<b>0-11 months</b>	<b>1629</b>	<b>35.1</b>	<b>3.7</b>	<b>56.4</b>	<b>4.8</b>

**Table 105.4: Distribution (%) of 6-11 months Children according to Initiation of Complementary Feeding by age (month wise)**

State	n	Initiation of Complementary Feeding at										
		0 Month	1 Month	2 Month	3 Month	4 Month	5 Month	6 Month	7 Month	8 Month		Still on EBF
Kerala	59	1.7	1.7	1.7	0.0	10.2	25.4	18.6	37.3	1.7		1.7
Tamil Nadu	74	1.4	5.4	2.7	5.4	8.1	18.9	32.4	18.9	0.0		6.8
Karnataka	78	0.0	1.3	1.3	5.1	5.1	17.9	57.7	7.7	1.3		2.6
Andhra Pradesh	62	1.6	0.0	1.6	1.6	8.1	19.4	33.9	32.3	0.0		1.6
Maharashtra	67	0.0	1.5	0.0	0.0	3.0	4.5	11.9	58.2	1.5		19.4
Gujarat	71	2.8	4.2	2.8	1.4	2.8	15.5	29.6	33.8	1.4		5.6
Madhya Pradesh	66	0.0	0.0	1.5	4.5	3.0	7.6	54.5	15.2	1.5		12.1
Orissa	22	0.0	0.0	0.0	4.5	4.5	0.0	9.1	63.6	4.5		13.6
West Bengal	90	1.1	5.6	1.1	8.9	8.9	4.4	18.9	45.6	1.1		4.4
Uttar Pradesh	94	8.5	5.3	5.3	10.6	7.4	4.3	29.8	20.2	2.1		6.4
Andaman & Nicobar	79	1.3	0.0	1.3	2.5	3.8	3.8	19.0	59.5	2.5		6.3
Assam	36	0.0	0.0	0.0	2.8	2.8	16.7	47.2	22.2	0.0		8.3
Bihar	30	0.0	0.0	0.0	0.0	3.3	0.0	26.7	50.0	6.7		13.3
New Delhi	34	5.9	5.9	0.0	2.9	2.9	8.8	11.8	44.1	5.9		11.8
Puducherry	52	0.0	3.8	0.0	3.8	0.0	15.4	26.9	50.0	0.0		0.0
Rajasthan	22	4.5	0.0	0.0	4.5	0.0	13.6	22.7	22.7	9.1		22.7
<b>Pooled</b>	936	1.9	2.6	1.6	4.2	5.2	11.2	29.5	34.7	1.8		7.3

**Table 105.5: Distribution (%) of 6–11-month children according to Initiation of Complementary Feeding (Consolidated) by Age**

State	n	Age of Initiation of Complementary Feeding			Still on EBF
		< 6 months	6-8 Months	≥ 9 months	
Kerala	59	40.7	57.6	0.0	1.7
Tamil Nadu	74	41.9	51.4	0.0	6.8
Karnataka	78	30.7	66.7	0.0	2.6
Andhra Pradesh	62	32.3	66.1	0.0	1.6
Maharashtra	67	9	71.6	0.0	19.4
Gujarat	71	29.5	64.8	0.0	5.6
Madhya Pradesh	66	16.6	71.2	0.0	12.1
Orissa	22	9	77.3	0.0	13.6
West Bengal	90	30	65.6	0.0	4.4
Uttar Pradesh	94	41.4	52.1	0.0	6.4
Andaman & Nicobar	79	12.7	81.0	0.0	6.3
Assam	36	22.3	69.4	0.0	8.3
Bihar	30	3.3	83.3	0.0	13.3
New Delhi	34	26.4	61.8	0.0	11.8
Puducherry	52	23	75.0	0.0	1.9
Rajasthan	22	22.6	54.5	0.0	22.7
<b>Pooled</b>	<b>936</b>	<b>26.7</b>	<b>65.9</b>	<b>0.0</b>	<b>7.4</b>

**Table 105.6: Particulars of reasons for initiation of Complementary Feeding before 6 months of age of the Child**

State	n	Reasons for Initiation of Complementary Feeding < 6 months of age						Children initiated CF on/after 6 months of age
		Advice received from					Insufficient Breast milk	
		Medical Officer	ANM	Elders	On my own	Others		
Kerala	59	8.5	1.7	3.4	18.6	0.0	10.2	59.8
Tamil Nadu	74	10.8	0.0	6.8	4.1	0.0	20.3	54.7
Karnataka	78	5.1	0.0	9.0	7.7	0.0	10.3	67.1
Andhra Pradesh	62	6.5	0.0	4.8	8.1	0.0	12.9	58.8
Maharashtra	67	4.5	0.0	3.0	3.0	0.0	0.0	81.9
Gujarat	71	5.6	1.4	1.4	11.3	0.0	11.3	81.2
Madhya Pradesh	66	1.5	0.0	0.0	6.1	0.0	10.6	84.4
Orissa	22	0.0	0.0	0.0	4.5	0.0	9.1	90.5
West Bengal	90	10.0	0.0	4.4	4.4	0.0	12.2	55.6
Uttar Pradesh	94	2.1	1.1	5.3	13.8	0.0	21.3	64.1
Andaman & Nicobar	79	0.0	1.3	5.1	1.3	0.0	7.6	76.9
Assam	36	2.8	0.0	2.8	5.6	0.0	11.1	76.7
Bihar	30	10.0	0.0	0.0	0.0	0.0	0.0	86.3
New Delhi	34	17.6	0.0	5.9	5.9	0.0	2.9	75.0
Puducherry	52	3.8	0.0	7.7	9.6	0.0	3.8	58.7
Rajasthan	22	13.6	0.0	4.5	4.5	0.0	9.1	86.7
<b>Pooled</b>	<b>936</b>	<b>5.9</b>	<b>0.4</b>	<b>4.4</b>	<b>7.3</b>	<b>0.0</b>	<b>10.7</b>	<b>70.1</b>

**Table 105.7: Distribution (%) of 6-11 months Children according to type of Complementary Food currently given**

State	n	Type of Complementary Foods*					
		Cow/Goat/ Buffalo Milk	Formula Milk	Commercial Baby Foods	Homemade semi-solids	Homemade solids	Processed foods
Kerala	59	35.6	16.9	37.3	91.5	61.0	47.5
Tamil Nadu	74	32.9	23.7	67.1	76.3	51.3	18.4
Karnataka	78	73.1	19.2	35.9	89.7	51.3	61.5
Andhra Pradesh	62	24.2	12.9	48.4	72.6	32.3	41.9
Maharashtra	67	48.5	10.6	22.7	68.2	24.2	30.3
Gujarat	71	71.8	14.1	32.4	83.1	60.6	74.6
Madhya Pradesh	66	75.8	13.6	31.8	83.3	75.8	74.2
Orissa	22	45.5	22.7	54.5	72.7	54.5	27.3
West Bengal	90	47.8	37.8	45.6	75.6	36.7	17.8
Uttar Pradesh	94	60.6	7.4	18.1	71.3	27.7	45.7
Andaman & Nicobar	79	27.8	50.6	53.2	79.7	45.6	72.2
Assam	36	19.4	55.6	58.3	72.2	16.7	30.6
Bihar	30	63.3	13.3	26.7	66.7	23.3	20.0
New Delhi	34	37.5	15.6	43.8	75.0	25.0	53.1
Puducherry	52	53.8	13.5	36.5	94.2	78.8	26.9
Rajasthan	22	45.5	13.6	18.2	68.2	36.4	40.9
<b>Pooled</b>	<b>936</b>	49.1	21.6	39.4	78.5	45.0	44.6

\*Multiple Answers

**Table 105.8: Distribution (%) of 6-11 month children according to food groups used in the home-made Complementary Foods**

State	n	Foods generally included in homemade foods*										
		Cereals & Millets	Pulses	GLV	Roots & Tubers	Other Vegetables	Fruits	Flesh foods	Eggs	Milk & Milk Products	Fats & Oils	Sugar & Jaggery
Kerala	59	89.8	72.9	59.3	64.4	61.0	74.6	16.9	20.3	55.9	52.5	71.2
Tamil Nadu	74	78.9	68.4	42.1	48.7	43.4	36.8	7.9	26.3	57.9	43.4	57.9
Karnataka	78	89.7	76.9	66.7	67.9	69.2	79.5	7.7	15.4	84.6	61.5	80.8
Andhra Pradesh	62	87.1	69.4	22.6	19.4	25.8	54.8	6.5	29.0	61.3	33.9	32.3
Maharashtra	67	66.7	65.2	27.3	25.8	19.7	40.9	7.6	18.2	53.0	27.3	36.4
Gujarat	71	81.7	77.5	42.3	56.3	52.1	74.6	5.6	4.2	77.5	64.8	67.6
Madhya Pradesh	66	77.3	81.8	74.2	78.8	74.2	77.3	21.2	30.3	78.8	75.8	80.3
Orissa	22	68.2	59.1	31.8	59.1	40.9	31.8	13.6	13.6	31.8	13.6	18.2
West Bengal	90	76.7	74.4	45.6	53.3	48.9	44.4	23.3	44.4	73.3	38.9	43.3
Uttar Pradesh	94	66.0	77.7	36.2	44.7	39.4	47.9	3.2	8.5	67.0	46.8	59.6
Andaman & Nicobar	79	78.5	78.5	34.2	62.0	49.4	62.0	17.7	46.8	78.5	63.3	74.7
Assam	36	66.7	63.9	47.2	36.1	36.1	41.7	11.1	16.7	61.1	30.6	41.7
Bihar	30	70.0	63.3	40.0	43.3	26.7	33.3	6.7	26.7	63.3	46.7	63.3
New Delhi	34	65.6	71.9	21.9	50.0	34.4	59.4	9.4	21.9	65.6	53.1	53.1
Puducherry	52	92.3	86.5	69.2	82.7	78.8	76.9	23.1	55.8	61.5	48.1	50.0
Rajasthan	22	68.2	59.1	45.5	59.1	59.1	54.5	13.6	13.6	59.1	54.5	59.1
<b>Pooled</b>	936	77.8	73.6	45.0	53.4	48.4	57.3	12.2	25.5	67.2	49.0	58.0

\*Multiple Answers

**Table 105.9: Distribution of 6-11 months Children according to mode of feeding of Complementary Food**

State	n	Mode of Feeding Complementary food					
		With spoon	With bottle	With hand	Self by spoon	Self by hand	On EBF & Not taking CF
Kerala	59	47.5	3.4	47.5	0.0	0.0	1.7
Tamil Nadu	74	39.2	1.4	52.7	0.0	0.0	6.8
Karnataka	78	39.7	1.3	56.4	0.0	0.0	2.6
Andhra Pradesh	62	46.8	8.1	43.5	0.0	0.0	1.6
Maharashtra	67	52.2	1.5	26.9	0.0	0.0	19.4
Gujarat	71	36.6	0.0	57.7	0.0	0.0	5.6
Madhya Pradesh	66	33.3	3.0	45.5	6.1	0.0	12.1
Orissa	22	72.7	4.5	9.1	0.0	0.0	13.6
West Bengal	90	51.1	28.9	15.6	0.0	0.0	4.4
Uttar Pradesh	94	35.1	28.7	28.7	0.0	1.1	6.4
Andaman & Nicobar	79	48.1	0.0	45.6	0.0	0.0	6.3
Assam	36	66.7	0.0	25.0	0.0	0.0	8.3
Bihar	30	40.0	6.7	36.7	3.3	0.0	13.3
New Delhi	34	64.7	8.8	14.7	0.0	0.0	11.8
Puducherry	52	19.2	3.8	75.0	1.9	0.0	0.0
Rajasthan	22	45.5	0.0	31.8	0.0	0.0	22.7
<b>Pooled</b>	936	43.9	7.8	40.3	.6	.1	7.3

**Table 105.10: Distribution of 6-11 months children according to feeding/supervision of Complementary Food**

State	n	Supervision of Complementary Feeding					
		Mother	Father	Siblings	Grand Parents	Other family members	On EBF & Not taking CF
Kerala	59	91.5	1.7	0.0	3.4	1.7	1.7
Tamil Nadu	74	83.8	1.4	0.0	6.8	1.4	6.8
Karnataka	78	97.4	0.0	0.0	0.0	0.0	2.6
Andhra Pradesh	62	91.9	0.0	0.0	6.5	0.0	1.6
Maharashtra	67	79.1	0.0	0.0	1.5	0.0	19.4
Gujarat	71	90.1	0.0	0.0	2.8	1.4	5.6
Madhya Pradesh	66	81.8	1.5	0.0	4.5	0.0	12.1
Orissa	22	86.4	0.0	0.0	0.0	0.0	13.6
West Bengal	90	94.4	0.0	0.0	1.1	0.0	4.4
Uttar Pradesh	94	88.3	1.1	1.1	3.2	0.0	6.4
Andaman & Nicobar	79	88.6	0.0	0.0	5.1	0.0	6.3
Assam	36	88.9	0.0	0.0	2.8	0.0	8.3
Bihar	30	86.7	0.0	0.0	0.0	0.0	13.3
New Delhi	34	85.3	0.0	0.0	2.9	0.0	11.8
Puducherry	52	96.2	0.0	0.0	3.8	0.0	0.0
Rajasthan	22	59.1	0.0	9.1	9.1	0.0	22.7
<b>Pooled</b>	936	88.4	0.4	0.3	3.3	0.3	7.3

**Table 106.1: Distribution (%) of 12-24 month children according to coverage for Immunization101**

State	n	Full Immunized	Partially immunized	Not immunized	Vaccine wise Coverage of Immunization							
					BCG	OPV1	OPV2	OPV3	DPT1	DPT2	DPT3	MEASLES
Kerala	142	71.8	28.2	0	100.0	96.5	84.5	75.4	98.6	94.4	80.3	91.5
Tamil Nadu	147	84.4	15.6	0	100.0	99.3	89.1	88.4	100.0	99.3	98.0	96.6
Karnataka	170	92.4	7.6	0	100.0	98.8	94.1	92.9	100.0	99.4	98.2	97.6
Andhra Pradesh	121	86.0	14.0	0	100.0	99.2	89.3	89.3	100.0	100.0	99.2	96.7
Maharashtra	137	77.4	21.9	0	99.3	94.9	81.0	79.6	97.1	96.4	94.2	97.1
Gujarat	172	84.3	15.1	0	98.3	98.8	90.1	89.0	97.7	96.5	94.2	95.3
Madhya Pradesh	162	79.0	21.0	0	100.0	99.4	89.5	84.6	99.4	98.1	88.9	92.6
Orissa	70	87.1	12.9	0	100.0	100.0	88.6	88.6	100.0	100.0	100.0	98.6
West Bengal	198	84.8	15.2	0	100.0	98.0	91.9	88.9	100.0	98.0	95.5	93.4
Uttar Pradesh	207	74.9	19.8	0	93.7	91.3	83.6	83.1	88.9	86.5	85.5	81.6
Andaman & Nicobar	179	87.2	12.3	0	99.4	99.4	91.1	90.5	99.4	98.9	98.3	95.5
Assam	46	80.4	19.6	0	100.0	97.8	84.8	84.8	97.8	97.8	97.8	95.7
Bihar	86	81.4	18.6	0	100.0	98.8	87.2	87.2	100.0	98.8	97.7	93.0
New Delhi	71	69.0	31.0	0	98.6	98.6	80.3	76.1	98.6	98.6	94.4	91.5
Puducherry	143	87.4	12.6	0	99.3	99.3	90.9	90.2	100.0	100.0	99.3	97.9
Rajasthan	18	72.2	27.8	0	100.0	94.4	83.3	72.2	100.0	88.9	77.8	100.0
<b>Pooled</b>	2069	82.2	17.2	0	99.0	97.7	88.3	86.2	98.2	97.0	94.0	93.9

**Table 106.2: Distribution (%) of 12-24 month children according to source of information for Immunization and reasons for non/partial Immunization**

State	N	Source of Information				Reasons for non/partial Immunization							
		MCP Card	Immunization card	AWW record	Parents	Unaware of the need	No faith	Time & place not known/inconvenient	Fear of side effects	Not offered	Mother was busy	Child was sick	Others
Kerala	142	0.0	97.9	0.0	2.1	0.0	0.0	0	26.8	0.7	0	0	0.7
Tamil Nadu	147	11.6	64.6	.7	22.4	0.0	.7	0	12.9	0	0	0.7	1.4
Karnataka	170	7.1	76.5	.6	11.8	0.0	0.0	0	5.9	0	0.6	1.2	0
Andhra Pradesh	121	9.9	62.8	1.7	22.3	.8	0.0	0	10.7	0	0.8	1.7	0
Maharashtra	137	5.1	67.2	9.5	13.1	.7	0.0	1.5	17.5	0.7	0.7	0	1.5
Gujarat	172	12.8	41.3	.6	44.8	1.7	.6	0.6	11.0	0	0.0	1.7	0.0
Madhya Pradesh	162	3.1	56.2	40.7	0.0	0.0	0.0	0	16.0	4.3	0	0.6	0
Orissa	70	20.0	54.3	0.0	25.7	0.0	0.0	0	11.4	1.4	0	0	0
West Bengal	198	4.5	77.8	.5	15.7	.5	0.0	0	9.6	1.5	1.0	1.5	1.1
Uttar Pradesh	207	3.9	62.8	0.0	32.9	5.3	1.4	1.4	7.7	5.5	2.9	1.0	0
Andaman & Nicobar	179	3.4	93.9	.6	2.2	.6	.6	0.6	11.2	0	0	0	0
Assam	46	2.2	84.8	0.0	13.0	0.0	0.0	0	15.2	0	0	0	2.2
Bihar	86	1.2	38.4	0.0	60.5	0.0	2.3	1.2	12.8	2.3	0	0	0
New Delhi	71	1.4	71.8	9.9	11.3	1.4	1.4	0	28.2	0	0	0	0
Puducherry	143	2.1	89.5	0.0	4.9	.7	0.0	0	11.9	0	0	0	0
Rajasthan	18	11.1	66.7	5.6	16.7	0.0	0.0	5.6	22.2	0	0	0	0
<b>Pooled</b>	2069	5.8	69.9	4.5	18.1	1.0	.4	<b>0.4</b>	13.1	<b>1.3</b>	<b>0.5</b>	<b>0.7</b>	<b>0.4</b>

**Table 107.1: Distribution of (%) 12-35 month children according current Feeding Practices**

State	n	Feeding practices		No. of times breast feed given to the child		
		BF+CF	Not breast fed	1- 5 Times	6-10 Times	≥ 11 Times
Kerala	261	59.8	40.2	46.5	13.1	0.8
Tamil Nadu	275	28.7	71.3	15.0	14.6	0.4
Karnataka	363	49.6	50.4	32.3	22.1	0.6
Andhra Pradesh	231	54.1	45.9	36.8	16.9	0.4
Maharashtra	260	52.3	47.7	34.7	21.6	1.2
Gujarat	314	40.1	59.9	29.7	10.2	0.3
Madhya Pradesh	339	57.2	42.8	35.8	19.2	2.1
Orissa	114	79.8	20.2	62.8	17.7	0.9
West Bengal	362	71.3	28.7	59.9	9.7	1.7
Uttar Pradesh	418	60.0	40.0	39.9	19.2	1.7
Andaman & Nicobar	356	56.5	43.5	39.2	14.6	2.8
Assam	116	76.7	23.3	36.8	41.2	0.9
Bihar	132	77.3	22.7	57.6	18.9	1.5
New Delhi	128	67.2	32.8	28.9	47.7	3.9
Puducherry	297	26.9	73.1	16.8	9.8	1.7
Rajasthan	33	75.8	24.2	57.6	12.1	6.1
<b>Pooled</b>	3999	54.5	45.5	<b>37.2</b>	<b>17.5</b>	<b>1.4</b>

**Table 107.2: Distribution of (%) 12-35 month children according to type of Complementary Foods currently given**

State	n	Type of food currently being given*					
		Cow/Goat/ Buffalo Milk	Formula Milk	Commercial Baby Foods	Homemade semi- solids	Home Made solids	Processed foods
Kerala	261	85.8	6.9	23.0	3.1	98.9	88.1
Tamil Nadu	275	71.6	20.0	15.6	56.7	90.9	34.2
Karnataka	363	90.4	3.9	20.7	48.8	98.9	97.2
Andhra Pradesh	231	59.3	11.7	13.0	51.9	75.3	62.3
Maharashtra	260	75.0	5.8	6.9	51.5	86.5	45.8
Gujarat	314	92.4	12.7	23.9	9.6	96.5	90.4
Madhya Pradesh	339	87.0	3.2	23.0	5.3	99.4	89.7
Orissa	114	40.4	25.4	40.4	7.9	86.0	49.1
West Bengal	362	64.9	25.7	41.4	29.3	74.6	32.6
Uttar Pradesh	418	81.3	6.0	11.7	3.3	90.7	81.1
Andaman & Nicobar	356	42.4	50.3	35.4	3.4	91.6	94.9
Assam	116	61.2	35.3	38.8	19.8	85.3	65.5
Bihar	132	88.6	10.6	19.7	6.8	90.2	50.0
New Delhi	128	68.0	10.2	15.6	17.2	58.6	82.0
Puducherry	297	87.5	11.1	15.2	11.4	91.2	46.1
Rajasthan	33	90.9	12.1	15.2	6.1	69.7	66.7
<b>Pooled</b>	3999	75.1	15.3	22.3	21.9	89.2	69.6

\*Multiple Answers

**Table 107.3: Distribution of (%) 12-35 month children according to the Food Groups included in homemade Complementary Food**

State	n	Foods generally included in homemade Complementary Foods *										
		Cereals & Millets	Pulses	GLV	Roots & Tubers	Other Vegetables	Fruits	Flesh foods	Eggs	Milk & Milk Products	Fats& Oils	Sugar & Jaggery
Kerala	261	100.0	99.2	98.5	64.4	61.0	74.6	16.9	20.3	55.9	52.5	71.2
Tamil Nadu	275	97.5	97.8	91.6	47.3	41.9	35.1	5.4	25.7	56.8	41.9	56.8
Karnataka	363	100.0	100.0	100.0	67.9	69.2	79.5	7.7	15.4	84.6	61.5	80.8
Andhra Pradesh	231	98.7	97.4	88.7	19.4	25.8	54.8	6.5	29.0	61.3	33.9	32.3
Maharashtra	260	99.6	98.5	86.5	25.4	19.4	40.3	7.5	17.9	52.2	26.9	35.8
Gujarat	314	99.7	97.5	80.9	56.3	52.1	74.6	5.6	4.2	77.5	64.8	67.6
Madhya Pradesh	339	99.7	99.4	97.3	78.8	74.2	77.3	21.2	30.3	78.8	75.8	80.3
Orissa	114	93.0	97.4	84.2	59.1	40.9	31.8	13.6	13.6	31.8	13.6	18.2
West Bengal	362	98.1	98.3	93.9	53.3	48.9	44.4	23.3	44.4	73.3	38.9	43.3
Uttar Pradesh	418	98.8	98.8	88.3	44.7	39.4	47.9	3.2	8.5	67.0	46.8	59.6
Andaman & Nicobar	356	99.2	98.9	84.8	62.0	49.4	62.0	17.7	46.8	78.5	63.3	74.7
Assam	116	98.3	97.4	94.0	36.1	36.1	41.7	11.1	16.7	61.1	30.6	41.7
Bihar	132	95.5	98.5	74.2	43.3	26.7	33.3	6.7	26.7	63.3	46.7	63.3
New Delhi	128	97.7	96.1	71.1	47.1	32.4	58.8	8.8	20.6	64.7	50.0	50.0
Puducherry	297	100.0	99.3	96.6	82.7	78.8	76.9	23.1	55.8	61.5	48.1	50.0
Rajasthan	33	97.0	97.0	84.8	59.1	59.1	54.5	13.6	13.6	59.1	54.5	59.1
<b>Pooled</b>	3999	98.8	98.5	90.2	53.1	48.2	57.2	12.0	25.3	67.0	48.7	57.7

\*Multiple Answers

**Table 107.4: Distribution (%) of 12-35 month children according to mode of feeding and supervision of Complementary Food**

State	n	Mode of feeding				Supervision of Complementary Feeding				
		With spoon	With hand	Self with spoon	Self by hand	Mother	Father	Elder siblings	Grand Parents	Others
Kerala	261	6.5	80.5	0.4	12.3	95.8	0.0	0	3.8	0.4
Tamil Nadu	275	10.9	73.5	0.7	14.9	90.9	2.2	0	5.1	1.5
Karnataka	363	7.4	72.7	0.8	19.0	97.8	0.3	0.3	1.1	0.6
Andhra Pradesh	231	9.5	73.6	3.0	13.9	95.2	0.4	0.4	3.9	0.0
Maharashtra	260	8.5	78.5	1.9	11.2	97.3	0.0	0	2.3	0.4
Gujarat	314	14.3	59.9	2.2	23.6	96.8	1.0	0	2.2	0.0
Madhya Pradesh	339	12.1	40.7	13.3	33.6	99.7	0.0	0	.3	0.0
Orissa	114	35.1	43.0	1.8	18.4	96.5	0.9	0	.9	1.8
West Bengal	362	26.5	57.7	0.6	13.8	98.6	0.0	0	1.1	0.3
Uttar Pradesh	418	11.5	60.8	1.7	25.8	87.3	0.5	6.7	5.3	0.2
Andaman & Nicobar	356	15.7	78.7	0.6	4.8	95.8	2.0	0.3	1.7	0.3
Assam	116	19.8	70.7	3.4	6.0	94.8	3.4	0	.9	0.9
Bihar	132	19.7	61.4	9.8	9.1	99.2	0.0	0	.8	0.0
New Delhi	128	48.4	34.4	7.8	9.4	92.2	1.6	0.8	2.3	3.1
Puducherry	297	6.4	80.8	2.0	10.8	94.9	0.3	0.3	3.4	1.0
Rajasthan	33	24.2	51.5	3.0	21.2	97.0	3.0	0	0.0	0.0
<b>Pooled</b>	3999	14.6	65.8	2.9	16.4	95.4	0.7	<b>0.8</b>	2.5	0.5

**Table 108.1: Distribution (%) of 12-35 month children according to receipt of massive dose of Vitamin A and reasons for no/incomplete dosage**

State	n	No. of doses of Vitamin A received during The past one year				Reasons for not/incomplete receipt of Vitamin A						
		One dose	Two doses	Not received	Don't Remember	Unaware of the need	Not Offered	Child was Sick	Time & place inconvenient	Mother was busy	Fear of Side effects	Child <18 months
Kerala	261	27.6	16.1	55.9	.4	28.4	38.3	1.1	1.1	2.7	0.0	12.3
Tamil Nadu	275	24.4	16.4	58.2	1.1	29.5	41.8	.7	.7	.7	0.0	10.2
Karnataka	363	31.4	50.4	18.2	0.0	8.0	18.2	2.8	.3	.6	.3	19.6
Andhra Pradesh	231	31.2	35.1	33.8	0.0	10.8	29.4	.4	1.3	2.2	.4	20.3
Maharashtra	260	38.8	45.8	15.0	.4	1.9	24.6	0.0	.8	0.0	0.0	26.9
Gujarat	314	22.3	38.9	37.3	1.6	10.8	33.8	.6	.6	.3	0.0	15.0
Madhya Pradesh	339	23.6	57.2	18.0	1.2	3.5	18.0	0.0	0.0	0.0	0.0	21.2
Orissa	114	49.1	42.1	8.8	0.0	4.4	14.0	0.0	.9	.9	0.0	37.7
West Bengal	362	34.5	39.5	25.7	.3	3.9	31.2	1.1	3.3	1.9	.3	18.8
Uttar Pradesh	417	28.1	23.3	47.7	1.0	12.9	40.3	.2	1.0	2.9	2.9	16.5
Andaman & Nicobar	356	34.3	53.1	12.6	0.0	.8	23.3	0.0	.6	0.0	.3	21.9
Assam	116	28.4	42.2	27.6	1.7	6.9	40.5	0.0	0.0	0.0	.9	9.5
Bihar	132	32.6	34.1	32.6	.8	6.1	30.3	0.0	0.0	0.0	0.0	29.5
New Delhi	128	32.0	29.7	36.7	1.6	5.5	50.0	0.0	1.6	0.0	0.0	13.3
Puducherry	297	15.5	28.6	53.9	2.0	8.1	53.5	0.0	1.0	0.0	.3	8.4
Rajasthan	33	33.3	30.3	36.4	0.0	18.2	21.2	0.0	3.0	3.0	0.0	24.2
<b>Pooled</b>	3998	29.3	37.3	32.7	.8	9.7	31.9	.6	1.0	1.0	.5	18.1

**Table 108.2: Distribution (%) of 12-35 month children according to place of administration of Vitamin A**

State	n	Place of the last dose administered					Vitamin A dose administered by				
		Home	AWC	Sub Center	Govt. Hospital	Vitamin A not received	AWW	ANM	LHV	Govt. Doctor	Vitamin A not received
Kerala	261	1.5	21.8	6.1	13.4	55.9	19.2	16.9	0.4	6.5	55.9
Tamil Nadu	275	13.8	10.5	6.5	4.0	58.2	7.6	24.7	4.4	2.2	58.2
Karnataka	363	1.7	49.3	0.0	29.5	18.2	32.2	44.9	0.3	2.8	18.2
Andhra Pradesh	231	2.6	18.6	6.1	35.5	33.8	4.8	45.0	0.4	13.4	33.8
Maharashtra	260	1.2	12.3	1.9	47.3	15.0	5.8	20.8	0.4	36.2	15.0
Gujarat	314	7.0	26.1	.3	23.6	37.3	16.6	27.1	0.0	13.4	37.3
Madhya Pradesh	339	.6	64.3	1.5	12.4	18.0	45.1	20.1	2.7	10.9	18.0
Orissa	114	2.6	46.5	.9	39.5	8.8	22.8	55.3	0.9	10.5	8.8
West Bengal	362	.6	15.7	45.6	9.1	25.7	9.7	51.7	2.2	8.0	25.7
Uttar Pradesh	417	4.1	6.2	8.2	28.5	47.7	8.4	20.6	2.4	16.5	47.7
Andaman & Nicobar	356	2.0	30.6	7.6	46.1	12.6	11.5	61.8	3.4	9.8	12.6
Assam	116	1.7	45.7	.9	14.7	27.6	17.2	42.2	0.0	5.2	27.6
Bihar	132	17.4	14.4	.8	33.3	32.6	18.9	20.5	0.0	25.0	32.6
New Delhi	128	1.6	10.2	5.5	38.3	36.7	6.3	17.2	0.0	32.0	36.7
Puducherry	297	4.0	2.4	2.0	31.6	53.9	.7	9.4	0.0	29.3	53.9
Rajasthan	33	0.0	21.2	3.0	36.4	36.4	15.2	15.2	0.0	33.3	36.4
<b>Pooled</b>	3998	3.7	24.6	7.6	26.3	32.7	15.4	31.8	1.4	14.0	32.7

**Table 109.1: Distribution (%) of <36 month children according to care of the Child  
(Mothers of <36 month children)**

State	n	Mother herself at home	Care of the child when mother goes out for work						
			Mother-in-law	Father-in-law	Elder Siblings	Child care Centre	Carry the child to work spot	AWC	Others
Kerala	368	88.0	7.6	0.5	0.3	0.3	0	0.3	3
Tamil Nadu	389	87.9	5.1	0.6	1.5	0	0.3	0.5	4.1
Karnataka	480	93.3	2.9	0.4	0.4	0	0.6	0.5	1.9
Andhra Pradesh	338	89.3	7.7	0	0.3	0.3	1.5	0.3	0.6
Maharashtra	369	85.1	10.3	0.5	1.4	0	0.8	0	1.9
Gujarat	452	82.5	10	1.3	2	0.2	1.8	0.2	2
Madhya Pradesh	464	75.0	12.9	1.4	1.5	0	7.3	0	1.9
Orissa	172	77.9	11.6	1.7	1.2	0	3.5	0.6	3.5
West Bengal	509	96.3	2.2	1.1	0.2	0	0	0	0.2
Uttar Pradesh	582	93.1	2.9	0.2	0.9	0.5	1.2	0	1.2
Andaman & Nicobar	505	78.0	12.7	0.6	1.4	0.4	1.2	1	4.7
Assam	171	61.4	17.5	1.8	1.2	0	2.3	0	15.8
Bihar	175	79.4	18.3	0.6	0.6	0	0	0	1.1
New Delhi	180	69.4	13.3	1.1	2.2	0	11.2	0	2.8
Puducherry	402	54.2	31.8	1.2	1.7	0	1.4	0	9.7
Rajasthan	76	69.7	21.1	0	0	0	3.9	0	5.3
<b>Pooled</b>	5632	82.6	10.2	0.8	1.1	0.1	1.8	0.2	3.2

**Table 109.2: Distribution (%) of mothers of <36 month children -seeking medical attention  
(Mothers of <36 month children)**

State	n	Consultation during sickness of child							
		None	AWW	ANM /LHV	Govt doctor	Pvt Practitioner	TBA	Others	
Kerala	368	1.9	0.5	0.3	17.4	79.1	0.0	0.8	
Tamil Nadu	389	1.8	1.3	0.3	11.3	83.5	0.0	1.5	
Karnataka	480	0.2	0.0	0.0	16.0	83.8	0.0	0.0	
Andhra Pradesh	338	4.4	0.0	0.0	6.5	87.0	0.3	1.5	
Maharashtra	369	1.1	2.7	1.9	28.7	65.0	0.0	0.0	
Gujarat	452	0.4	0.4	0.0	10.0	88.9	0.2	0.0	
Madhya Pradesh	464	1.7	1.3	0.2	31.5	65.1	0.0	0.2	
Orissa	172	1.7	2.9	0.6	51.2	43.6	0.0	0.0	
West Bengal	509	1.0	0.0	0.4	11.8	86.2	0.4	0.2	
Uttar Pradesh	582	0.3	0.2	0.9	7.2	90.9	0.3	0.2	
Andaman & Nicobar	505	2.0	1.6	0.0	73.1	23.4	0.0	0.0	
Assam	171	0.6	0.6	0.0	47.4	51.5	0.0	0.0	
Bihar	175	0.0	1.7	0.0	18.9	78.9	0.0	0.0	
New Delhi	180	1.7	1.1	0.6	42.8	53.3	0.0	0.6	
Puducherry	402	1.0	0.2	0.0	29.1	68.7	0.0	1.0	
Rajasthan	76	2.6	0.0	0.0	30.3	63.2	0.0	1.3	
<b>Pooled</b>	5632	1.3	0.8	0.3	24.8	72.1	0.1	0.4	

**Table 109.3: Distribution (%) of mothers of <36 month children by Personal Hygiene**

State	n	Washing hands with soap		
		Before feeding child	After defecation	Before child eats
Kerala	368	83.2	94.3	82.2
Tamil Nadu	389	49.1	81.7	30.2
Karnataka	480	89.2	95.4	73.9
Andhra Pradesh	338	71.3	83.1	65.5
Maharashtra	369	80.8	98.4	74.3
Gujarat	452	41.2	97.8	37.4
Madhya Pradesh	464	79.1	98.3	77.5
Orissa	172	44.2	92.4	18.4
West Bengal	509	18.1	94.9	8
Uttar Pradesh	582	9.8	99.0	3.3
Andaman & Nicobar	505	83.0	97.8	66.7
Assam	171	85.4	96.5	63.6
Bihar	175	75.4	94.3	45.1
New Delhi	180	77.8	95.6	71
Puducherry	402	76.9	97.8	64.5
Rajasthan	76	39.5	89.5	30.9
<b>Pooled</b>	5632	60.7	94.8	50.3

**Table 109.4: Distribution (%) of children by receipt of ORS during diarrhea**

State	n	ORS given	ORS/Liquids given during Diarrhea*					
			Homemade ORS	Commercial ORS	Rice Gruel	ORS given by AWW/ANM	Coconut Water	Others
Kerala	368	17.7	2.2	9.5	1.6	1.4	0.5	6.8
Tamil Nadu	389	53.2	4.9	42.4	6.7	6.9	5.1	10.5
Karnataka	480	79.6	6.7	69.6	6.0	3.3	17.1	15.0
Andhra Pradesh	338	60.9	5.3	58.3	3.3	3.0	15.4	3.6
Maharashtra	369	55.3	5.7	39.6	3.0	14.1	3.0	5.1
Gujarat	452	70.4	11.1	57.1	4.6	21.5	2.4	10.0
Madhya Pradesh	464	84.9	63.4	75.9	12.7	25.9	3.9	14.7
Orissa	172	52.3	6.4	43.0	1.7	6.4	1.2	1.2
West Bengal	509	36.5	24.8	34.4	3.1	2.9	2.9	1.0
Uttar Pradesh	582	71.3	29.6	59.8	1.2	2.1	0.3	.9
Andaman & Nicobar	505	52.9	8.5	35.2	21.8	22.6	11.5	4.0
Assam	171	60.2	14.6	55.0	3.5	8.8	0.6	.6
Bihar	175	54.9	41.1	49.1	9.1	1.7	0.0	.6
New Delhi	180	55.0	17.8	44.4	3.3	3.9	2.2	7.2
Puduchery	402	44.3	3.2	38.8	19.9	1.7	4.7	1.7
Rajasthan	76	67.1	14.5	57.9	7.9	10.5	2.6	2.6
<b>Pooled</b>	5632	57.9	16.8	48.3	7.3	9.2	5.3	6.0

\*Multiple Answers

**Table 110: Association between Nutritional Status of <5 Year Children and Socio-Economic & Demographic Characteristics of HH**

Particulars	N	Weight for Age			Height for Age			Weight for Height		
		Under weight	Normal	$\chi^2$	Stunting	Normal	$\chi^2$	Wasting	Normal	$\chi^2$
<b>Religion</b>										
Hindu	9238	25.3	74.7	12.0 p<0.001	28.6	71.4	37.3 p<0.001	15.9	84.1	4.3 NS
Muslim	1936	26.1	73.9		32.0	68.0		14.7	85.3	
Christian	500	18.8	81.2		18.5	81.5		13.4	86.6	
Others	234	26.5	73.5		32.3	67.7		13.4	86.6	
<b>Community</b>										
Scheduled Tribe	331	29.3	70.7	106.7 p<0.001	34.0	66.0	86.3 p<0.001	15.6	84.4	31.3 p<0.001
Scheduled Caste	2212	32.1	67.9		36.5	63.5		17.6	82.4	
Backward Caste	4828	25.9	74.1		27.1	72.9		16.8	83.2	
Others	4537	20.8	79.2		26.4	73.6		13.2	86.8	
<b>Type of Family</b>										
Nuclear	6374	26.8	73.2	23.8 p<0.001	30.6	69.4	25.3 p<0.001	16.4	83.6	10.9 p<0.01
Extended Nuclear	2412	24.5	75.5		27.8	72.2		15.4	84.6	
Joint	3122	22.3	77.7		25.8	74.2		13.8	86.2	
<b>Type of House</b>										
Pucca	7842	22.9	77.1	72.5 p<0.001	26.1	73.9	91.4 p<0.001	15.9	84.1	5.6 NS
Semi Pucca	3703	28.9	71.1		33.4	66.6		14.5	85.5	
Kutcha	363	36.4	63.6		41.1	58.9		18.1	81.9	
<b>Per Capita Income</b>										
Low (<2000)	4690	33.0	67.0	322.4 P<0.001	37.3	62.7	351.8 P<0.001	18.6	81.4	68.0 P<0.001
Medium (2000-4500)	4348	23.5	76.5		27.1	72.9		14.7	85.3	
High (>=4500)	2862	14.8	85.2		17.4	82.6		11.7	88.3	
<b>Occupation of Head of the HH</b>										
Laborer	3975	32.5	67.5	165.9 P<0.001	37.6	62.4	213.7 P<0.001	18.0	82.0	32.9 P<0.001
Service	3643	21.8	78.2		24.5	75.5		14.6	85.4	
Business	2258	20.4	79.6		24.0	76.0		12.8	87.2	
Others	1340	22.8	77.2		24.8	75.2		15.9	84.1	
<b>Literacy Status of Head of the HH</b>										
Illiterate	1141	33.9	66.1	150 P<0.001	37.4	62.6	192 P<0.001	17.9	82.1	18.4 P<0.001
1-4 std.	516	31.8	68.2		35.7	64.3		19.2	80.8	
5-8 std.	1889	27.7	72.3		32.7	67.3		16.2	83.8	
9-12 std.	3296	21.7	78.3		24.6	75.4		14.7	85.3	
College	1808	17.0	83.0		18.1	81.9		13.5	86.5	
<b>Family Size</b>										
1-4	5293	24.0	76.0	9.1 P<0.01	27.5	72.5	7.9 NS	15.4	84.6	1.4 NS
5-7	5098	25.7	74.3		29.8	70.2		15.4	84.6	
≥8	1517	27.5	72.5		29.9	70.1		16.6	83.4	
<b>Sanitary Latrine</b>										
Present	9159	22.3	77.7	173.9 p<0.001	25.3	74.7	229.3 P<0.001	14.9	85.1	13.0 P<0.001
Absent	2749	34.7	65.3		40.3	59.7		17.7	82.3	
<b>Morbidity</b>										
Absent	10132	25.0	75.0	0.7 NS	29.0	71.0	1.6 NS	15.4	84.6	0.5 NS
Present	1985	25.8	74.2		27.6	72.4		16.0	84.0	

**Table 111: Association between Nutritional Status of Adolescents and Socio-Economic & Demographic Characteristics of HH**

Particulars	Male				Female			
	n	Thin	Normal	$\chi^2$	n	Thin	Normal	$\chi^2$
<b>Religion</b>								
Hindu	14705	25.1	74.9	12.2, NS	13893	17.2	82.8	2.9, NS
Muslim	2726	27.0	73.0		2840	18.5	81.5	
Christian	691	21.7	78.3		705	16.9	83.1	
Others	362	29.3	70.7		317	17.4	82.6	
<b>Community</b>								
Scheduled Tribe	441	25.6	74.4	66.7, p<0.001	429	19.6	80.4	37.8, p<0.001
Scheduled Caste	3233	29.5	70.5		3201	19.5	80.5	
Backward Caste	7674	26.3	73.7		7360	18.3	81.7	
Others	7136	22.4	77.6		6765	15.2	84.8	
<b>Type of Family</b>								
Nuclear	12571	25.4	74.6	5.6, NS	12148	17.9	82.1	8.0, p<0.05
Ext.Nuclear	3631	26.2	73.8		3457	16.0	84.0	
Joint	2282	23.5	76.5		2150	16.5	83.5	
<b>Type of House</b>								
Pucca	12358	23.6	76.4	60.5, P<0.001	11634	16.6	83.4	14.3, p<0.001
Semi Pucca	5534	29.0	71.0		5572	18.8	81.2	
Kutchha	592	27.7	72.3		549	19.5	80.5	
<b>Per Capita Income (Rs./Month)</b>								
LOW (<2000)	7257	30.4	69.6	250.9, p<0.001	7675	20.3	79.7	102.2, p<0.001
Medium (2000-4500)	6654	25.3	74.7		6098	16.6	83.4	
High (>=4500)	4554	17.3	82.7		3969	12.9	87.1	
<b>Occupation of Head of the HH</b>								
Labourer	6030	30.3	69.7	141.6, P<0.001	6181	20.3	79.7	54.2, p<0.001
Service	5964	23.1	76.9		5388	15.6	84.4	
Business	3875	20.6	79.4		3766	15.8	84.2	
Others	1806	25.7	74.3		1670	17.4	82.6	
<b>Literacy Status of Head of HH</b>								
Illiterate	1926	28.6	71.4	106.3,p< 0.001	1950	18.0	82.0	41.1 p<0.001
1-4 std.	920	31.2	68.8		926	18.1	81.9	
5-8 std.	3055	27.8	72.2		3009	19.9	80.1	
9-12 std.	5359	24.4	75.6		4744	16.4	83.6	
College	2820	18.7	81.3		2536	13.7	86.3	
<b>Family Size</b>								
1-4	7890	23.9	76.1	17.1, P<0.001	6586	15.9	84.1	16.4, p<0.001
5-7	9026	26.6	73.4		9378	18.3	81.7	
≥8	1568	25.2	74.8		1791	18.3	81.7	
<b>Sanitary Latrine</b>								
Present	14533	24.1	75.9	57.5, P<0.001	13863	16.9	83.1	12.4, p<0.001
Absent	3951	30.0	70.0		3892	19.3	80.7	
<b>Morbidity</b>								
Absent	16874	25.1	74.9	2.7, NS	16340	17.3	82.7	1.2, NS
Present	1851	26.9	73.1		1648	18.4	81.6	

**Table 112.1: Association between Nutritional Status of Adults and Socio-Economic & Demographic Characteristics of HH**

Particulars	Male				Female			
	n	CED	Normal	$\chi^2$	n	CED	Normal	$\chi^2$
<b>Religion</b>								
Hindu	19618	16.1	83.9	14.41 P<0.002	22516	17.4	82.6	15.10 P<0.002
Muslim	2501	18.6	81.4		3132	17.3	82.7	
Christian	1004	13.8	86.2		1095	13.0	87.0	
Others	546	15.4	84.6		514	16.0	84.0	
<b>Community</b>								
Scheduled Tribe	516	18.0	82.0	123.8 P<0.000	730	21.6	78.4	137.2 P<0.000
Scheduled Caste	3889	21.3	78.7		4866	21.8	78.2	
Backward Caste	9863	16.7	83.3		11185	17.4	82.6	
Others	9480	13.6	86.4		10592	14.5	85.5	
<b>Family Size</b>								
1-4	13836	15.6	84.4	11.21 P<0.004	15328	16.6	83.4	8.335 P<0.015
5-7	8522	17.2	82.8		10336	17.8	82.2	
≥8	1311	17.5	82.5		1593	18.5	81.5	
<b>Type of Family</b>								
Nuclear	15735	16.4	83.6	5.990 P<0.050	17271	17.9	82.1	17.653 P<0.000
Ext. Nuclear	3908	17.0	83.0		5787	16.5	83.5	
Joint	4105	15.1	84.9		4315	15.3	84.7	
<b>Type of House</b>								
Pucca	16172	14.0	86.0	203.98 P<0.000	17762	15.5	84.5	122.28 P<0.000
Semi Pucca	6854	20.4	79.6		8652	19.6	80.4	
Kutchra	722	26.7	73.3		959	26.0	74.0	
<b>Access to Sanitary Latrine</b>								
Present	19409	14.5	85.5	247.2 P<0.000	21463	15.4	84.6	227.8 P<0.000
Absent	4260	24.3	75.7		5794	23.8	76.2	
<b>Per Capita Income (Rs./Month)</b>								
LOW (<2000)	6605	22.3	77.7	357.5 P<0.000	8812	22.3	77.7	339.9 P<0.000
Medium (2000-4500)	8763	16.9	83.1		10137	17.3	82.7	
High (≥4500)	8273	10.8	89.2		8281	11.7	88.3	
<b>Literacy (Individual)</b>								
Illiterate	2305	24.9	75.1	319.853 P<0.000	6317	20.3	79.7	66.472 P<0.000
1-4 std.	1509	21.6	78.4		1843	15.4	84.6	
5-8 std.	4710	19.0	81.0		5845	17.5	82.5	
9-12 std.	9239	15.3	84.7		8329	15.8	84.2	
College	5905	10.8	89.2		4920	15.9	84.1	
<b>Occupation (Individual)</b>								
Labor	6453	21.6	78.4	331.583 P<0.000	1673	23.0	77.0	65.698 P<0.000
Service	6978	11.2	88.8		1868	14.5	85.5	
Business	4037	11.7	88.3		520	13.7	86.3	
Housewife	-	-	-		17644	15.7	84.3	
Others	3324	14.5	85.5		2104	16.3	83.7	

**Table 112.2: Association between Nutritional Status of Adults and Socio-Economic & Demographic Characteristics of HH**

Particulars	Male				Female			
	n	OW & Obese	Normal	$\chi^2$	n	OW & Obese	Normal	$\chi^2$
<b>Religion</b>								
Hindu	27911	41.1	58.9	40.09 P<0.000	38941	52.3	47.7	91.7 P<0.000
Muslim	3593	43.3	56.7		5723	54.7	45.3	
Christian	1666	48.1	51.9		2453	61.1	38.9	
Others	840	45.0	55.0		1032	58.1	41.9	
<b>Community</b>								
Scheduled Tribe	719	41.2	58.8	116.0 P<0.000	1003	43.0	57.0	261.0 P<0.000
Scheduled Caste	4765	35.8	64.2		7086	46.3	53.7	
Backward Caste	13902	40.9	59.1		19515	52.7	47.3	
Others	14724	44.4	55.6		20736	56.3	43.7	
<b>Family Size</b>								
1-4	20107	41.9	58.1	2.011 P<0.366	27849	54.1	45.9	26.159 P<0.000
5-7	12016	58.7	41.3		17633	51.8	48.2	
≥8	1887	42.7	57.3		2667	51.3	48.7	
<b>Type of Family</b>								
Nuclear	22298	41.0	59.0	13.312 P<0.001	30054	52.8	47.2	23.990 P<0.000
Ext. Nuclear	5686	43.0	57.0		10079	52.1	47.9	
Joint	6126	43.1	56.9		8207	55.5	44.5	
<b>Type of House</b>								
Pucca	25174	44.8	55.2	383.00 P<0.000	34677	56.7	43.3	692.45 P<0.000
Semi Pucca	8206	33.5	66.5		12584	44.7	55.3	
Kutcha	730	27.5	72.5		1079	34.2	65.8	
<b>Access to Sanitary Latrine</b>								
Present	29354	43.5	56.5	266.6 P<0.000	40686	55.4	44.6	532.7 P<0.000
Absent	4656	30.8	69.2		7463	40.9	59.1	
<b>Per Capita Income (Rs./Month)</b>								
Low (<2000)	7620	32.7	67.3	571.3 P<0.000	12112	43.5	56.5	885.5 P<0.000
Medium (2000-4500)	11983	39.2	60.8		17400	51.8	48.2	
High (≥4500)	14362	48.6	51.4		18582	60.6	39.4	
<b>Literacy (Individual)</b>								
Illiterate	2467	29.9	70.1	431.409 P<0.000	9219	45.4	54.6	323.609 P<0.000
1-4 std.	1764	32.9	67.1		3234	51.8	48.2	
5-8 std.	6079	37.3	62.7		10670	54.8	45.2	
9-12 std.	13509	42.1	57.9		16244	56.8	43.2	
College	10191	48.3	51.7		8782	52.9	47.1	
<b>Occupation (Individual)</b>								
Labor	7506	32.6	67.4	508.953 P<0.000	2162	40.4	59.6	174.65 P<0.000
Service	11236	44.9	55.1		3456	53.8	46.2	
Business	7174	50.3	49.7		1029	56.4	43.6	
Housewife	-	-	-		32932	54.9	45.1	
Others	4835	41.2	58.8		3758	53.1	46.9	

**Table 113: Association between Hypertension among Adults and Socio-Economic & Demographic Characteristics of HH**

Particulars	Male				Female			
	n	HTN	Normal	$\chi^2$	n	HTN	Normal	$\chi^2$
<b>Religion</b>								
Hindu	31010	37.4	62.6	33.325 P<0.000	42783	28.4	71.6	100.535 P<0.000
Muslim	4032	36.1	63.9		6229	32.7	67.3	
Christian	1808	42.9	57.1		2596	34.6	65.4	
Others	922	41.9	58.1		1117	34.5	65.5	
<b>Community</b>								
Scheduled Tribe	850	40.5	59.5	55.747 P<0.000	1185	28.5	71.5	139.33 P<0.000
Scheduled Caste	5822	34.4	65.6		8366	26.1	73.9	
Backward Caste	16129	36.7	63.3		22006	28.0	72.0	
Others	16610	39.3	60.7		22873	32.0	68.0	
<b>Family Size</b>								
1-4	22248	38.4	61.6	16.458 P<0.000	30387	29.7	70.3	4.558 P<0.102
5-7	13417	36.7	63.3		19391	28.8	71.2	
≥8	2107	35.1	64.9		2947	29.1	70.9	
<b>Type of Family</b>								
Nuclear	25749	37.0	63.0	29.894 P<0.000	33863	26.6	73.4	350.460 P<0.000
Ext. Nuclear	6598	36.8	63.2		11389	34.8	65.2	
Joint	7064	40.4	59.6		9178	33.1	66.9	
<b>Type of House</b>								
Pucca	28457	39.1	60.9	115.609 P<0.000	38412	30.3	69.7	52.417 P<0.000
Semi Pucca	10001	34.1	65.9		14653	27.6	72.4	
Kutchra	953	28.1	71.9		1365	24.7	75.3	
<b>Access to Sanitary Latrine</b>								
Present	32109	38.8	61.2	135.937 P<0.000	43931	30.2	69.8	108.943 P<0.000
Absent	5663	30.7	69.3		8794	24.7	75.3	
<b>Per Capita Income (Rs./Month)</b>								
Low (<2000)	9036	32.3	67.7	312.487 P<0.000	13983	25.1	74.9	273.797 P<0.000
Medium (2000-4500)	13441	35.3	64.7		19133	28.3	71.7	
High (≥4500)	15245	42.8	57.2		19548	33.3	66.7	
<b>Literacy (Individual)</b>								
Illiterate	3159	37.8	62.2	9.986 P<0.041	10747	37.6	62.4	1173.05 P<0.000
1-4 std.	2168	40.6	59.4		3602	41.3	58.7	
5-8 std.	7207	37.4	62.6		11922	31.6	68.4	
9-12 std.	15325	37.4	62.6		17825	25.9	74.1	
College	11148	37.1	62.9		9732	19.7	80.3	
<b>Occupation (Individual)</b>								
Labor	9130	30.4	69.6	590.48 P<0.000	2577	25.4	74.6	668.20 P<0.000
Service	12396	36.2	63.8		3790	23.2	76.8	
Business	7904	38.4	61.6		1117	29.8	70.2	
Housewife	-	-	-		36303	27.0	73.0	
Others	5496	50.2	49.8		4233	44.9	55.1	

**Table 114: Association between Diabetes among Adults and Socio-Economic & Demographic Characteristics of HH**

Particulars	Male				Female			
	n	Diabetic	Normal	$\chi^2$	n	Diabetic	Normal	$\chi^2$
<b>Religion</b>								
Hindu	27034	27.9	72.1	34.821 P < 0.000	37749	23.4	76.6	136.624 P<0.000
Muslim	3316	28.6	71.4		5255	26.6	73.4	
Christian	1665	34.1	65.9		2402	33.3	66.7	
Others	791	24.7	75.3		961	23.2	76.8	
<b>Scheduled Tribe</b>								
Scheduled Tribe	712	24.4	75.6	102.292 P < 0.000	1017	17.8	82.2	99.786 P<0.000
Scheduled Caste	4926	23.1	76.9		7168	20.7	79.3	
Backward Caste	13945	28.0	72.0		19399	24.3	75.7	
Others	14537	30.4	69.6		20231	25.9	74.1	
<b>Family Size</b>								
1-4	19556	28.9	71.1	13.851 P < 0.001	26845	24.6	75.4	4.481 P<0.106
5-7	11501	27.0	73.0		16966	23.8	76.2	
≥8	1749	29.0	71.0		2556	23.7	76.3	
<b>Type of Family</b>								
Nuclear	22397	28.1	71.9	29.072 P<0.000	29728	22.6	77.4	124.321
Ext. Nuclear	5667	26.2	73.8		10018	26.5	73.5	
Joint	6056	30.6	69.4		8069	27.8	72.2	
<b>Type of House</b>								
Pucca	24771	30.3	69.7	199.770 P<0.000	33902	25.6	74.4	121.262 P<0.000
Semi Pucca	8580	23.2	76.8		12762	21.3	78.7	
Kutchra	769	18.2	81.8		1151	18.2	81.8	
<b>Access to Sanitary Latrine</b>								
Present	28119	29.4	70.6	136.631 P<0.001	38913	25.2	74.8	117.3 P<0.001
Absent	4687	21.1	78.9		7454	19.4	80.6	
<b>Per Capita Income (Rs./Month)</b>								
Low (<2000)	7570	21.4	78.6	370.129 P<0.000	12003	19.6	80.4	288.551 P<0.000
Medium (2000-4500)	11565	26.6	73.4		16747	23.5	76.5	
High (≥4500)	13634	33.4	66.6		17567	28.1	71.9	
<b>Literacy (Individual)</b>								
Illiterate	2527	27.0	73.0	3.390 P<0.495	9113	29.5	70.5	494.445 P < 0.000
1-4 std.	1848	28.4	71.6		3196	31.7	68.3	
5-8 std.	6200	28.1	71.9		10610	26.0	74.0	
9-12 std.	13530	28.7	71.3		15883	22.4	77.6	
College	9656	28.0	72.0		8458	17.4	82.6	
<b>Occupation (Individual)</b>								
Labor	7769	21.5	78.5	450.593 P<0.000	2154	18.6	81.4	329.408 P<0.000
Service	10782	27.3	72.7		3315	20.6	79.4	
Business	6747	30.6	69.4		965	23.8	76.2	
Housewife	-	-	-		31920	23.3	76.7	
Others	4968	38.5	61.5		3876	35.2	64.8	

**Table 115: Association between High Total Cholesterol among Adults and Socio-Economic & Demographic Characteristics of HH**

Particulars	Male				Female			
	n	High TC	Normal	$\chi^2$	n	High TC	Normal	$\chi^2$
<b>Religion</b>								
Hindu	14717	21.7	78.3	34.585 P<0.000	18197	21.4	78.6	58.640 P<0.000
Muslim	1821	24.7	75.3		2551	25.6	74.4	
Christian	783	29.9	70.1		1114	29.4	70.6	
Others	441	22.0	78.0		435	25.3	74.7	
<b>Community</b>								
Scheduled Tribe	408	23.0	77.0	14.899 P<0.002	453	17.4	82.6	32.577 P<0.000
Scheduled Caste	2724	19.5	80.5		3488	19.3	80.7	
Backward Caste	7052	23.0	77.0		8910	23.5	76.5	
Others	8206	22.7	77.3		10134	22.7	77.3	
<b>Family Size</b>								
1-4	10707	22.7	77.3	1.865 P<0.394	13515	23.2	76.8	13.722 P<0.001
5-7	6164	22.0	78.0		7758	21.1	78.9	
≥8	891	21.2	78.8		1024	21.2	78.8	
<b>Type of Family</b>								
Nuclear	12310	22.1	77.9	1.035 P<0.596	15064	21.4	78.6	24.490 P<0.000
Ext. Nuclear	3018	22.9	77.1		4557	24.4	75.6	
Joint	3062	22.7	77.3		3364	24.2	75.8	
<b>Type of House</b>								
Pucca	13353	22.6	77.4	4.816 P<0.090	16147	22.7	77.3	5.871 P<0.053
Semi Pucca	4610	22.0	78.0		6261	22.1	77.9	
Kutchra	427	18.3	81.7		577	18.5	81.5	
<b>Access to Sanitary Latrine</b>								
Present	15203	22.8	77.2	12.090 P<0.001	18486	23.0	77.0	27.818 P<0.000
Absent	2559	19.7	80.3		3811	19.1	80.9	
<b>Per Capita Income (Rs./Month)</b>								
Low (<2000)	3973	20.3	79.7	19.746 P<0.000	5642	19.1	80.9	74.337 P<0.000
Medium (2000-4500)	6169	21.9	78.1		8121	21.7	78.3	
High (≥4500)	7601	23.8	76.2		8506	25.1	74.9	
<b>Literacy (Individual)</b>								
Illiterate	1394	19.7	80.3	8.159 P<0.086	4843	24.6	75.4	83.567 P<0.000
1-4 std.	985	23.2	76.8		1540	26.6	73.4	
5-8 std.	3298	21.8	78.2		5236	23.2	76.8	
9-12 std.	7227	22.9	77.1		7452	21.8	78.2	
College	5317	22.5	77.5		3681	17.5	82.5	
<b>Occupation (Individual)</b>								
Labor	4033	21.3	78.7	17.924 P<0.000	1100	20.8	79.2	127.10 P<0.000
Service	6079	21.8	78.2		1600	18.5	81.5	
Business	4043	24.9	75.1		534	21.5	78.5	
Housewife	-	-	-		15699	21.1	78.9	
Others	2602	22.7	77.3		1939	31.8	68.2	

**Table 116: Association of hypertension Vs Overweight & Obesity**

Particulars		Men				Women			
		n	HTN	Normal	Odds ratio	n	HTN	Normal	Odds ratio
Nutritional Grades	Normal	19754	33.5	66.5	1.869	22526	21.8	78.2	2.311
	OW & Obesity	14153	48.5	51.5		25563	39.1	60.9	
Waist Circumference	Normal	20764	27.3	72.7	2.680	21320	15.8	84.2	3.420
	Abdominal Obesity	17121	50.1	49.9		30663	39.1	60.9	
Waist Hip Ratio (WHR)	Normal	9751	18.1	81.9	3.604	11704	14.6	85.4	3.009
	Central Obesity	28134	44.4	55.6		40279	33.9	66.1	
Body Fat	Normal Body fat	17173	24.7	75.3	2.833	9651	9.5	90.5	4.934
	Higher Body Fat	20546	48.2	51.8		41974	34.2	65.8	

**Table 117: Association of Diabetes Vs Overweight & Obesity**

Particulars		Men				Women			
		n	Diabetes	Normal	Odds ratio	n	Diabetes	Normal	Odds ratio
Nutritional Grades	Normal	17104	24.8	75.2	1.766	19449	17.9	82.1	2.197
	OW & Obesity	12520	36.9	63.1		23096	32.4	67.6	
Waist Circumference	Normal	17732	19.2	80.8	2.653	18331	11.7	88.3	3.716
	Abdominal Obesity	15193	38.7	61.3		27564	32.9	67.1	
Waist Hip Ratio (WHR)	Normal	8118	10.9	89.1	4.196	10079	10.4	89.6	3.407
	Central Obesity	24807	33.9	66.1		35816	28.4	71.6	
Body Fat	Normal Body fat	14444	16.3	83.7	3.074	8030	7.3	92.7	4.963
	Higher Body Fat	18362	37.5	62.5		37601	28.0	72.0	

**Table 118: Association of High Total Cholesterol Vs Overweight & Obesity**

Particulars		Men				Women			
		n	High TC	Normal	Odds ratio	n	High TC	Normal	Odds ratio
Nutritional Grades	Normal	8826	21.4	78.6	1.247	8633	20.6	79.4	1.283
	OW & Obesity	7608	25.3	74.7		12238	25.0	75.0	
Waist Circumference	Normal	8603	19.4	80.6	1.393	7586	15.7	84.3	1.885
	Abdominal Obesity	9234	25.2	74.8		14609	25.9	74.1	
Waist Hip Ratio (WHR)	Normal	3598	15.0	85.0	1.814	4030	13.5	86.5	2.063
	Abdominal Obesity	14239	24.3	75.7		18165	24.4	75.6	
Body Fat	Normal Body fat	6877	18.1	81.9	1.517	3192	10.2	89.8	2.844
	Higher Body Fat	10885	25.1	74.9		18867	24.4	75.6	

Annexure 1.1: DISTRIBUTION (%) OF HOUSEHOLDS ACCORDING TO DAILY INTAKE OF NUTRIENTS AS PERCENT OF EAR

FOODS	% RDA	STATES																
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Guj arat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	A&N	Assam	Bihar	New Delhi	Pudu-cherry	Raja-sthan	Pooled
<b>n</b>		888	893	893	870	881	880	866	896	896	880	849	459	583	664	882	561	12841
<b>Protein</b>	<50	0.1	0.0	0.0	0.2	0.2	0.8	0.5	0.0	0.3	0.5	0.1	0.0	0.0	3.8	0.1	0.0	0.4
	50-70	2.1	2.2	1.1	6.6	3.4	8.6	2.0	0.6	2.0	7.3	1.2	0.0	3.1	19.7	1.0	5.3	4.0
	≥70	97.7	97.8	98.9	93.2	96.4	90.6	97.6	99.4	97.7	92.3	98.7	100	96.9	76.5	98.9	94.7	95.6
<b>Energy</b>	<50	1.2	0.7	0.3	1.8	2.5	3.3	0.6	0.0	0.9	3.9	0.9	0.0	3.3	9.5	0.6	1.2	1.8
	50-70	12.8	11.9	6.3	19.2	17.9	24.1	14.7	2.3	9.0	23.1	7.7	2.0	28.8	38.9	12.4	23.0	15.4
	≥70	85.9	87.5	93.4	79.0	79.6	72.6	84.8	97.7	90.1	73.1	91.4	98.0	67.9	51.7	87.1	75.8	82.7
<b>Calcium</b>	<50	31.1	33.5	32.7	53.9	60.2	33.3	47.0	51.9	60.2	65.2	39.6	42.3	67.2	85.1	21.0	26.6	46.5
	50-70	23.6	26.8	25.9	26.3	23.0	34.3	27.1	17.9	17.1	18.4	22.4	24.8	19.7	6.6	24.0	25.1	22.9
	≥70	45.3	39.8	41.4	19.8	16.8	32.4	25.9	30.2	22.8	16.4	38.0	32.9	13.0	8.3	55.0	48.3	30.7
<b>Iron</b>	<50	4.8	4.1	2.7	12.1	0.8	0.9	0.2	0.6	2.0	1.3	1.6	0.4	0.0	1.4	4.0	0.4	2.5
	50-70	12.6	14.8	5.9	22.2	3.2	7.6	0.6	2.5	6.5	6.3	7.3	1.3	1.7	5.3	11.7	1.8	7.4
	≥70	82.5	81.1	91.4	65.7	96.0	91.5	99.2	97.0	91.5	92.5	91.0	98.3	98.3	93.4	84.4	97.9	90.1
<b>Vitamin-A</b>	<50	71.3	62.8	62.3	67.2	74.3	65.3	75.1	65.1	71.7	82.8	64.2	64.7	92.5	74.4	59.3	61.9	69.4
	50-70	8.8	14.6	10.9	13.3	4.8	11.8	8.3	6.9	9.6	4.2	10.8	10.5	2.1	9.0	10.9	14.8	9.5
	≥70	19.9	22.6	26.9	19.4	20.9	22.8	16.6	28.0	18.8	13.0	25.0	24.8	5.5	16.6	29.8	23.4	21.1
<b>Thiamine</b>	<50	11.8	4.8	9.4	21.1	2.3	3.9	0.5	0.9	1.2	2.5	9.5	0.9	0.3	4.5	7.7	2.3	5.6
	50-70	29.3	25.0	21.4	29.9	9.9	16.9	2.3	6.4	10.9	8.5	22.5	5.4	11.1	18.4	20.3	10.3	16.0
	≥70	58.9	70.2	69.2	49.0	87.9	79.2	97.2	92.7	87.8	89.0	68.0	93.7	88.5	77.1	72.0	87.3	78.4
<b>Riboflavin</b>	<50	54.3	68.4	44.5	70.1	61.4	64.2	37.4	41.2	73.1	66.3	53.0	27.2	48.4	78.9	53.2	40.5	56.2
	50-70	33.3	24.7	33.0	23.4	31.8	26.6	39.8	38.8	20.3	26.9	34.7	32.0	35.5	16.7	29.8	38.7	30.2
	≥70	12.4	6.8	22.5	6.4	6.8	9.2	22.7	20.0	6.6	6.8	12.2	40.7	16.1	4.4	17.0	20.9	13.6
<b>Niacin</b>	<50	4.7	3.9	3.1	13.3	8.9	30.5	5.0	0.1	0.3	11.9	4.9	1.1	1.9	21.4	4.4	21.9	8.4
	50-70	21.3	21.7	20.8	33.0	26.6	36.6	23.1	2.1	5.5	36.3	20.5	3.9	27.6	45.2	19.8	51.9	24.3
	≥70	74.0	74.4	76.0	53.7	64.6	33.0	71.9	97.8	94.2	51.8	74.6	95.0	70.5	33.4	75.7	26.2	67.3
<b>Vitamin-C</b>	<50	33.8	27.9	33.7	38.7	41.1	25.5	27.5	5.9	7.3	32.0	27.3	16.1	21.1	28.9	31.9	24.4	26.9
	50-70	20.8	18.6	18.1	19.4	15.4	14.3	17.8	6.5	10.6	18.3	15.7	15.9	17.2	13.6	19.4	18.5	16.2
	≥70	45.4	53.5	48.2	41.8	43.5	60.2	54.7	87.6	82.1	49.7	57.0	68.0	61.7	57.5	48.8	57.0	56.9
<b>Dietary Folate</b>	<50	10.9	12.1	7.7	29.7	16.0	17.2	9.1	4.2	21.9	21.6	10.5	3.1	13.6	22.3	8.7	14.3	14.1
	50-70	16.3	21.9	15.9	28.6	25.0	26.4	20.3	12.7	24.2	31.0	14.7	8.5	23.0	26.2	18.1	27.5	21.4
	≥70	72.7	66.0	76.4	41.7	59.0	56.5	70.6	83.0	53.9	47.4	74.8	88.5	63.5	51.5	73.1	58.3	64.5

**Annexure 1.2: DISTRIBUTION (%) OF 1-3 YEAR CHILDREN ACCORDING TO DAILY INTAKE OF NUTRIENTS AS PERCENT RDA**

FOODS	% RDA	STATES																
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	A & N	Assam	Bihar	New Delhi	Pudu-cherry	Raja-sthan	Pooled
<b>n</b>		<b>86</b>	<b>149</b>	<b>138</b>	<b>150</b>	<b>130</b>	<b>127</b>	<b>128</b>	<b>110</b>	<b>142</b>	<b>177</b>	<b>151</b>	<b>36</b>	<b>45</b>	<b>93</b>	<b>91</b>	<b>67</b>	<b>1820</b>
<b>Protein</b>	<50	1.2	0.0	0.0	2.0	0.0	1.6	0.0	0.0	0.0	0.6	0.0	0.0	0.0	7.5	0.0	0.0	0.8
	50-70	1.2	1.3	0.0	1.3	0.8	4.7	0.8	0.9	0.0	1.7	0.0	2.8	4.4	6.5	0.0	1.5	1.5
	≥70	97.7	98.7	100	96.7	99.2	93.7	99.2	99.1	100	97.7	100	97.2	95.6	86.0	100	98.5	97.7
<b>Energy</b>	<50	16.3	12.1	1.4	26.7	17.7	29.9	21.9	10.0	19.7	16.4	15.2	16.7	33.3	50.5	8.8	13.4	18.6
	50-70	23.3	18.8	18.8	23.3	23.1	26.8	22.7	15.5	20.4	16.4	26.5	27.8	15.6	25.8	17.6	26.9	21.5
	≥70	60.5	69.1	79.7	50.0	59.2	43.3	55.5	74.5	59.9	67.2	58.3	55.6	51.1	23.7	73.6	59.7	59.8
<b>Calcium</b>	<50	36.0	16.8	36.2	39.3	43.8	31.5	47.7	45.5	52.8	42.9	30.5	66.7	33.3	84.9	12.1	13.4	38.9
	50-70	9.3	14.8	13.8	18.7	20.8	20.5	15.6	11.8	2.8	9.0	18.5	8.3	15.6	2.2	13.2	9.0	13.2
	≥70	54.7	68.5	50.0	42.0	35.4	48.0	36.7	42.7	44.4	48.0	51.0	25.0	51.1	12.9	74.7	77.6	47.9
<b>Iron</b>	<50	27.9	29.5	18.8	46.7	23.8	42.5	14.8	11.8	23.2	23.2	23.2	27.8	24.4	30.1	28.6	17.9	26.2
	50-70	24.4	26.2	17.4	19.3	22.3	18.1	12.5	12.7	15.5	18.6	23.8	16.7	13.3	23.7	24.2	26.9	19.8
	≥70	47.7	44.3	63.8	34.0	53.8	39.4	72.7	75.5	61.3	58.2	53.0	55.6	62.2	46.2	47.3	55.2	54.0
<b>Vitamin-A</b>	<50	69.8	56.4	65.9	66.0	81.5	76.4	78.9	63.6	67.6	87.6	64.9	80.6	88.9	78.5	56.0	77.6	71.5
	50-70	7.0	10.1	6.5	8.7	6.2	6.3	8.6	10.0	9.9	3.4	12.6	8.3	4.4	2.2	15.4	6.0	8.0
	≥70	23.3	33.6	27.5	25.3	12.3	17.3	12.5	26.4	22.5	9.0	22.5	11.1	6.7	19.4	28.6	16.4	20.5
<b>Thiamine</b>	<50	45.3	32.9	34.8	42.0	22.3	30.7	12.5	13.6	28.9	14.1	36.4	13.9	28.9	35.5	30.8	35.8	28.7
	50-70	25.6	20.8	26.8	24.0	16.2	23.6	14.1	20.0	16.2	14.7	24.5	16.7	26.7	30.1	22.0	14.9	20.8
	≥70	29.1	46.3	38.4	34.0	61.5	45.7	73.4	66.4	54.9	71.2	39.1	69.4	44.4	34.4	47.3	49.3	50.5
<b>Riboflavin</b>	<50	58.1	56.4	46.4	74.0	65.4	65.4	57.8	49.1	63.4	56.5	61.6	61.1	55.6	84.9	40.7	29.9	58.8
	50-70	19.8	20.8	24.6	20.7	25.4	18.1	21.1	28.2	18.3	23.7	22.5	25.0	31.1	5.4	30.8	31.3	22.3
	≥70	22.1	22.8	29.0	5.3	9.2	16.5	21.1	22.7	18.3	19.8	15.9	13.9	13.3	9.7	28.6	38.8	18.8
<b>Niacin</b>	<50	40.7	26.2	23.9	50.0	50.0	70.1	45.3	17.3	23.2	43.5	33.1	36.1	44.4	65.6	28.6	59.7	40.3
	50-70	22.1	28.9	33.3	24.0	24.6	18.1	23.4	21.8	20.4	29.9	27.8	19.4	28.9	18.3	34.1	28.4	25.5
	≥70	37.2	45.0	42.8	26.0	25.4	11.8	31.3	60.9	56.3	26.6	39.1	44.4	26.7	16.1	37.4	11.9	34.2
<b>Vitamin-C</b>	<50	39.5	30.2	28.3	38.7	47.7	41.7	38.3	14.5	20.4	31.1	32.5	63.9	33.3	41.9	35.2	23.9	33.7
	50-70	11.6	12.8	15.9	20.0	16.2	16.5	13.3	8.2	12.0	13.0	11.9	5.6	28.9	8.6	17.6	23.9	14.4
	≥70	48.8	57.0	55.8	41.3	36.2	41.7	48.4	77.3	67.6	55.9	55.6	30.6	37.8	49.5	47.3	52.2	51.9
<b>Dietary Folate</b>	<50	26.7	15.4	9.4	42.7	33.1	40.9	28.9	10.9	27.5	22.6	17.9	11.1	24.4	39.8	14.3	20.9	24.8
	50-70	15.1	18.8	17.4	15.3	16.9	15.7	17.2	8.2	21.8	23.2	17.2	16.7	24.4	18.3	16.5	28.4	18.0
	≥70	58.1	65.8	73.2	42.0	50.0	43.3	53.9	80.9	50.7	54.2	64.9	72.2	51.1	41.9	69.2	50.7	57.2

**Annexure 1.3: DISTRIBUTION (%) OF 4-6 YEAR CHILDREN ACCORDING TO DAILY INTAKE OF NUTRIENTS AS PERCENT EAR**

FOODS	% RDA	STATES																
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	A & N	Assam	Bihar	New Delhi	Pudu-cherry	Raja-sthan	Pooled
<b>n</b>		<b>92</b>	<b>174</b>	<b>181</b>	<b>190</b>	<b>174</b>	<b>125</b>	<b>155</b>	<b>137</b>	<b>166</b>	<b>226</b>	<b>177</b>	<b>47</b>	<b>100</b>	<b>128</b>	<b>140</b>	<b>103</b>	<b>2315</b>
<b>Protein</b>	<b>&lt;50</b>	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.8	0.0	0.0	0.0
	<b>50-70</b>	0.0	0.0	0.0	0.5	0.6	2.4	0.0	0.0	0.0	0.9	0.0	0.0	0.0	3.9	0.0	1.9	0.6
	<b>≥70</b>	100	100	100	99.5	99.4	97.6	100	100	100	100	99.1	100	100	100	95.3	100	98.1
<b>Energy</b>	<b>&lt;50</b>	5.4	7.5	3.3	8.4	11.5	20.0	7.1	1.5	4.2	5.8	10.2	4.3	10.0	35.9	5.0	14.6	9.3
	<b>50-70</b>	18.5	20.1	10.5	20.0	23.6	24.0	26.5	12.4	15.7	17.7	23.2	17.0	34.0	36.7	18.6	27.2	21.1
	<b>≥70</b>	76.1	72.4	86.2	71.6	64.9	56.0	66.5	86.1	80.1	76.5	66.7	78.7	56.0	27.3	76.4	58.3	69.6
<b>Calcium</b>	<b>&lt;50</b>	22.8	20.1	23.8	32.6	47.1	24.0	41.9	46.7	48.2	49.6	31.1	42.6	58.0	87.5	15.7	23.3	38.2
	<b>50-70</b>	19.6	19.5	20.4	23.7	17.2	20.0	21.9	12.4	12.7	12.4	21.5	19.1	10.0	5.5	12.1	17.5	16.8
	<b>≥70</b>	57.6	60.3	55.8	43.7	35.6	56.0	36.1	40.9	39.2	38.1	47.5	38.3	32.0	7.0	72.1	59.2	45.0
<b>Iron</b>	<b>&lt;50</b>	14.1	23.6	11.0	28.9	8.6	20.8	5.2	3.6	12.7	8.4	14.7	12.8	1.0	18.0	18.6	11.7	13.7
	<b>50-70</b>	27.2	21.3	16.6	34.7	20.1	26.4	9.0	10.2	15.1	13.3	19.8	12.8	22.0	23.4	21.4	15.5	19.4
	<b>≥70</b>	58.7	55.2	72.4	36.3	71.3	52.8	85.8	86.1	72.3	78.3	65.5	74.5	77.0	58.6	60.0	72.8	67.0
<b>Vitamin-A</b>	<b>&lt;50</b>	67.4	49.4	56.9	58.9	78.2	72.0	80.0	51.1	70.5	77.0	54.2	72.3	90.0	78.9	58.6	64.1	66.7
	<b>50-70</b>	8.7	16.1	9.9	12.6	3.4	8.8	8.4	10.9	10.2	7.1	14.7	12.8	3.0	6.3	12.1	13.6	9.9
	<b>≥70</b>	23.9	34.5	33.1	28.4	18.4	19.2	11.6	38.0	19.3	15.9	31.1	14.9	7.0	14.8	29.3	22.3	23.4
<b>Thiamine</b>	<b>&lt;50</b>	28.3	23.6	24.9	33.2	13.2	24.0	7.1	3.6	12.0	7.1	26.6	14.9	2.0	27.3	22.9	17.5	18.2
	<b>50-70</b>	32.6	31.0	26.5	27.9	19.0	21.6	6.5	22.6	21.7	13.3	26.6	21.3	25.0	21.9	30.0	27.2	23.0
	<b>≥70</b>	39.1	45.4	48.6	38.9	67.8	54.4	86.5	73.7	66.3	79.6	46.9	63.8	73.0	50.8	47.1	55.3	58.8
<b>Riboflavin</b>	<b>&lt;50</b>	64.1	69.0	54.1	71.6	69.0	68.8	61.9	62.8	75.9	67.3	68.4	51.1	72.0	89.8	61.4	44.7	66.7
	<b>50-70</b>	21.7	23.6	24.3	23.2	20.7	20.8	29.0	24.8	13.9	22.6	23.2	27.7	24.0	5.5	28.6	35.9	22.7
	<b>≥70</b>	14.1	7.5	21.5	5.3	10.3	10.4	9.0	12.4	10.2	10.2	8.5	21.3	4.0	4.7	10.0	19.4	10.6
<b>Niacin</b>	<b>&lt;50</b>	14.1	24.7	16.6	33.7	31.6	55.2	27.7	1.5	5.4	25.2	27.1	17.0	16.0	56.3	19.3	54.4	26.4
	<b>50-70</b>	37.0	27.6	27.6	31.1	32.2	31.2	38.1	21.2	23.5	32.7	27.1	17.0	40.0	29.7	32.9	28.2	30.1
	<b>≥70</b>	48.9	47.7	55.8	35.3	36.2	13.6	34.2	77.4	71.1	42.0	45.8	66.0	44.0	14.1	47.9	17.5	43.5
<b>Vitamin-C</b>	<b>&lt;50</b>	25.0	23.0	19.3	23.7	34.5	29.6	27.1	4.4	6.6	18.1	19.2	21.3	12.0	29.7	17.9	15.5	20.5
	<b>50-70</b>	13.0	11.5	12.2	18.9	14.4	5.6	14.8	2.9	9.6	10.6	11.3	19.1	17.0	9.4	16.4	13.6	12.3
	<b>≥70</b>	62.0	65.5	68.5	57.4	51.1	64.8	58.1	92.7	83.7	71.2	69.5	59.6	71.0	60.9	65.7	70.9	67.2
<b>Dietary Folate</b>	<b>&lt;50</b>	4.3	7.5	6.1	18.9	15.5	12.0	10.3	1.5	13.9	8.8	7.9	6.4	10.0	23.4	5.0	10.7	10.5
	<b>50-70</b>	9.8	16.7	11.6	15.8	19.0	24.8	14.8	2.9	19.3	14.2	10.7	12.8	17.0	21.1	9.3	19.4	14.9
	<b>≥70</b>	85.9	75.9	82.3	65.3	65.5	63.2	74.8	95.6	66.9	77.0	81.4	80.9	73.0	55.5	85.7	69.9	74.6

**Annexure 1.4: DISTRIBUTION(%) OF 7-9 YEAR CHILDREN ACCORDING TO DAILY INTAKE OF NUTRIENTS AS PERCENT RDA**

FOODS	% RDA	STATES																
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	A & N	Assa m	Biha r	New Delhi	Pudu-cherry	Raja-sathan	Pooled
<b>n</b>		<b>114</b>	<b>176</b>	<b>154</b>	<b>178</b>	<b>161</b>	<b>148</b>	<b>172</b>	<b>139</b>	<b>166</b>	<b>232</b>	<b>175</b>	<b>52</b>	<b>134</b>	<b>161</b>	<b>143</b>	<b>110</b>	<b>2415</b>
<b>Protein</b>	<50	0.0	0.0	0.6	0.0	0.6	2.0	0.6	0.0	0.0	0.0	0.0	0.0	0.0	1.9	0.0	0.9	0.4
	50-70	0.0	0.0	0.0	2.2	0.6	1.4	0.6	0.0	0.0	1.3	0.0	0.0	0.7	6.8	0.0	2.7	1.1
	≥70	100	100	99.4	97.8	98.8	96.6	98.8	100	100	98.7	100	100	99.3	91.3	100	96.4	98.5
<b>Energy</b>	<50	7.0	9.7	5.8	11.8	17.4	26.4	10.5	5.0	3.0	6.5	12.6	3.8	16.4	44.7	8.4	24.5	13.4
	50-70	28.9	29.5	13.6	24.7	37.3	25.0	27.3	23.0	19.9	25.9	24.0	17.3	42.5	36.6	26.6	23.6	26.9
	≥70	64.0	60.8	80.5	63.5	45.3	48.6	62.2	71.9	77.1	67.7	63.4	78.8	41.0	18.6	65.0	51.8	59.7
<b>Calcium</b>	<50	21.1	25.6	28.6	42.7	50.9	31.8	47.1	51.1	47.6	67.7	36.6	40.4	71.6	89.4	14.7	29.1	44.9
	50-70	19.3	19.3	24.0	18.0	19.9	19.6	20.3	10.8	16.3	9.1	16.6	11.5	5.2	5.6	20.3	16.4	15.8
	≥70	59.6	55.1	47.4	39.3	29.2	48.6	32.6	38.1	36.1	23.3	46.9	48.1	23.1	5.0	65.0	54.5	39.3
<b>Iron</b>	<50	23.7	23.3	11.7	34.8	11.8	20.3	3.5	7.2	7.8	7.3	16.6	7.7	4.5	19.9	21.7	12.7	14.9
	50-70	25.4	26.1	17.5	32.0	23.6	19.6	12.2	15.1	17.5	19.4	13.1	11.5	18.7	26.1	23.1	26.4	20.7
	≥70	50.9	50.6	70.8	33.1	64.6	60.1	84.3	77.7	74.7	73.3	70.3	80.8	76.9	54.0	55.2	60.9	64.4
<b>Vitamin-A</b>	<50	70.2	55.7	63.0	60.7	75.2	70.3	76.2	56.8	63.9	82.8	62.3	69.2	91.0	78.3	58.7	61.8	68.8
	50-70	5.3	16.5	12.3	14.6	5.0	6.8	4.7	8.6	13.9	4.3	15.4	7.7	3.0	4.3	11.2	19.1	9.5
	≥70	24.6	27.8	24.7	24.7	19.9	23.0	19.2	34.5	22.3	12.9	22.3	23.1	6.0	17.4	30.1	19.1	21.7
<b>Thiamine</b>	<50	35.1	29.5	24.7	39.3	15.5	23.0	6.4	6.5	7.2	7.8	26.3	11.5	7.5	30.4	32.9	18.2	20.2
	50-70	39.5	29.0	33.1	33.7	26.1	28.4	14.5	20.9	25.9	17.7	24.6	15.4	17.9	31.7	24.5	25.5	25.6
	≥70	25.4	41.5	42.2	27.0	58.4	48.6	79.1	72.7	66.9	74.6	49.1	73.1	74.6	37.9	42.7	56.4	54.2
<b>Riboflavin</b>	<50	70.2	75.6	60.4	79.8	76.4	78.4	64.5	66.9	75.9	77.2	71.4	50.0	78.4	93.8	74.1	59.1	73.5
	50-70	18.4	19.9	29.2	16.9	18.6	15.5	25.6	22.3	17.5	17.2	17.7	32.7	20.1	5.0	15.4	27.3	19.2
	≥70	11.4	4.5	10.4	3.4	5.0	6.1	9.9	10.8	6.6	5.6	10.9	17.3	1.5	1.2	10.5	13.6	7.4
<b>Niacin</b>	<50	23.7	29.0	15.6	31.5	41.6	62.8	30.8	5.0	5.4	27.2	22.9	13.5	23.1	63.4	27.3	63.6	30.6
	50-70	41.2	30.1	31.8	35.4	32.3	24.3	29.1	20.1	19.9	35.3	32.0	17.3	42.5	27.3	33.6	22.7	30.3
	≥70	35.1	40.9	52.6	33.1	26.1	12.8	40.1	74.8	74.7	37.5	45.1	69.2	34.3	9.3	39.2	13.6	39.1
<b>Vitamin-C</b>	<50	29.8	24.4	24.7	28.1	29.8	27.7	30.8	1.4	8.4	23.7	32.0	23.1	19.4	28.0	29.4	29.1	24.5
	50-70	13.2	18.2	16.2	19.1	21.7	12.8	14.5	6.5	8.4	14.7	12.6	7.7	14.9	8.7	16.1	18.2	14.3
	≥70	57.0	57.4	59.1	52.8	48.4	59.5	54.7	92.1	83.1	61.6	55.4	69.2	65.7	63.4	54.5	52.7	61.2
<b>Dietary Folate</b>	<50	7.9	9.1	9.7	20.2	19.9	19.6	13.4	5.0	12.7	10.8	9.7	1.9	14.2	27.3	9.8	15.5	13.5
	50-70	12.3	16.5	7.1	27.0	14.3	21.6	18.6	6.5	27.1	24.6	14.9	11.5	14.2	20.5	8.4	25.5	17.6
	≥70	79.8	74.4	83.1	52.8	65.8	58.8	68.0	88.5	60.2	64.7	75.4	86.5	71.6	52.2	81.8	59.1	69.0

Annexure 1.5: DISTRIBUTION (%) OF 10-12 YEAR BOYS ACCORDING TO DAILY INTAKE OF NUTRIENTS AS PERCENT RDA

FOODS	% RDA	STATES																
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Guja rat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	A & N	Assam	Bihar	New Delhi	Pudu-cherry	Raja-sthan	Pooled
<b>n</b>		<b>60</b>	<b>87</b>	<b>88</b>	<b>70</b>	<b>91</b>	<b>79</b>	<b>106</b>	<b>96</b>	<b>103</b>	<b>137</b>	<b>79</b>	<b>32</b>	<b>86</b>	<b>76</b>	<b>76</b>	<b>67</b>	<b>1333</b>
Protein	<50	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	5.3	0.0	0.0	0.3
	50-70	0.0	0.0	1.1	1.4	2.2	1.3	0.0	0.0	0.0	1.5	0.0	0.0	1.2	14.5	2.6	4.5	1.8
	≥70	100	100	98.9	98.6	97.8	98.7	100	100	100	98.5	100	100	98.8	80.3	97.4	95.5	97.9
Energy	<50	11.7	14.9	5.7	14.3	22.0	26.6	11.3	4.2	9.7	22.6	13.9	6.3	30.2	61.8	13.2	20.9	18.2
	50-70	38.3	32.2	27.3	38.6	41.8	32.9	38.7	36.5	42.7	35.8	30.4	21.9	45.3	32.9	35.5	35.8	36.1
	≥70	50.0	52.9	67.0	47.1	36.3	40.5	50.0	59.4	47.6	41.6	55.7	71.9	24.4	5.3	51.3	43.3	45.7
Calcium	<50	41.7	49.4	40.9	52.9	61.5	30.4	59.4	65.6	59.2	65.0	43.0	50.0	83.7	89.5	32.9	28.4	54.8
	50-70	28.3	25.3	23.9	28.6	22.0	31.6	20.8	9.4	19.4	14.6	21.5	12.5	10.5	5.3	21.1	16.4	19.3
	≥70	30.0	25.3	35.2	18.6	16.5	38.0	19.8	25.0	21.4	20.4	35.4	37.5	5.8	5.3	46.1	55.2	25.9
Iron	<50	23.3	28.7	9.1	32.9	7.7	13.9	1.9	5.2	10.7	10.2	12.7	6.3	4.7	19.7	18.4	4.5	12.6
	50-70	13.3	32.2	20.5	27.1	16.5	24.1	13.2	13.5	17.5	20.4	16.5	15.6	15.1	38.2	22.4	20.9	20.3
	≥70	63.3	39.1	70.5	40.0	75.8	62.0	84.9	81.3	71.8	69.3	70.9	78.1	80.2	42.1	59.2	74.6	67.1
Vitamin-A	<50	75.0	66.7	58.0	61.4	70.3	68.4	79.2	66.7	76.7	81.0	64.6	87.5	93.0	82.9	63.2	56.7	72.1
	50-70	11.7	14.9	10.2	20.0	8.8	6.3	4.7	10.4	9.7	7.3	13.9	3.1	1.2	3.9	11.8	14.9	9.5
	≥70	13.3	18.4	31.8	18.6	20.9	25.3	16.0	22.9	13.6	11.7	21.5	9.4	5.8	13.2	25.0	28.4	18.5
Thiamine	<50	45.0	36.8	29.5	42.9	18.7	21.5	3.8	10.4	19.4	11.7	29.1	18.8	12.8	35.5	32.9	16.4	22.7
	50-70	31.7	32.2	31.8	34.3	23.1	25.3	18.9	21.9	31.1	26.3	31.6	25.0	18.6	43.4	31.6	26.9	28.0
	≥70	23.3	31.0	38.6	22.9	58.2	53.2	77.4	67.7	49.5	62.0	39.2	56.3	68.6	21.1	35.5	56.7	49.4
Riboflavin	<50	88.3	90.8	70.5	85.7	89.0	81.0	74.5	81.3	91.3	85.4	84.8	71.9	90.7	97.4	78.9	58.2	83.1
	50-70	11.7	9.2	26.1	14.3	9.9	13.9	18.9	17.7	7.8	12.4	12.7	25.0	9.3	1.3	14.5	26.9	14.0
	≥70	0.0	0.0	3.4	0.0	1.1	5.1	6.6	1.0	1.0	2.2	2.5	3.1	0.0	1.3	6.6	14.9	2.9
Niacin	<50	26.7	27.6	22.7	37.1	31.9	51.9	25.5	1.0	6.8	35.0	29.1	12.5	23.3	72.4	30.3	47.8	29.7
	50-70	28.3	27.6	26.1	21.4	38.5	29.1	34.0	25.0	26.2	35.0	27.8	34.4	38.4	25.0	26.3	38.8	30.2
	≥70	45.0	44.8	51.1	41.4	29.7	19.0	40.6	74.0	67.0	29.9	43.0	53.1	38.4	2.6	43.4	13.4	40.1
Vitamin-C	<50	35.0	29.9	21.6	27.1	30.8	25.3	34.0	1.0	2.9	24.8	24.1	15.6	23.3	23.7	34.2	28.4	23.6
	50-70	15.0	14.9	26.1	18.6	18.7	10.1	12.3	7.3	10.7	23.4	15.2	18.8	19.8	17.1	9.2	10.4	15.6
	≥70	50.0	55.2	52.3	54.3	50.5	64.6	53.8	91.7	86.4	51.8	60.8	65.6	57.0	59.2	56.6	61.2	60.8
Dietary Folate	<50	16.7	14.9	4.5	27.1	14.3	13.9	9.4	5.2	19.4	15.3	7.6	6.3	15.1	40.8	13.2	13.4	14.8
	50-70	16.7	16.1	19.3	28.6	20.9	24.1	16.0	7.3	22.3	34.3	16.5	3.1	16.3	18.4	13.2	25.4	19.7
	≥70	66.7	69.0	76.1	44.3	64.8	62.0	74.5	87.5	58.3	50.4	75.9	90.6	68.6	40.8	73.7	61.2	65.6

**Annexure 1.6: DISTRIBUTION (%) OF 10-12 YEAR GIRLS ACCORDING TO DAILY INTAKE OF NUTRIENTS AS PERCENT RDA**

FOODS	% RDA	STATES																
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	A & N	Assam	Bihar	New Delhi	Pudu-cherry	Raja-sthan	Pooled
<b>n</b>		<b>63</b>	<b>89</b>	<b>81</b>	<b>75</b>	<b>69</b>	<b>57</b>	<b>81</b>	<b>69</b>	<b>81</b>	<b>127</b>	<b>83</b>	<b>17</b>	<b>70</b>	<b>76</b>	<b>77</b>	<b>49</b>	<b>1164</b>
<b>Protein</b>	<50	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.6	0.0	0.0	0.2
	50-70	1.6	0.0	0.0	4.0	2.9	7.0	0.0	0.0	1.2	1.6	0.0	0.0	0.0	17.1	2.6	2.0	2.5
	≥70	98.4	100	100	96.0	97.1	93.0	100	100	98.8	98.4	100	100	100	80.3	97.4	98.0	97.3
<b>Energy</b>	<50	14.3	19.1	6.2	13.3	21.7	29.8	14.8	1.4	9.9	18.9	13.3	0.0	40.0	55.3	11.7	18.4	18.6
	50-70	30.2	33.7	22.2	40.0	40.6	26.3	30.9	29.0	35.8	37.0	34.9	17.6	40.0	27.6	40.3	42.9	33.8
	≥70	55.6	47.2	71.6	46.7	37.7	43.9	54.3	69.6	54.3	44.1	51.8	82.4	20.0	17.1	48.1	38.8	47.5
<b>Calcium</b>	<50	42.9	48.3	53.1	58.7	69.6	49.1	53.1	63.8	74.1	74.8	49.4	47.1	81.4	90.8	23.4	40.8	59.1
	50-70	20.6	22.5	19.8	20.0	15.9	26.3	22.2	7.2	12.3	11.8	15.7	11.8	11.4	3.9	36.4	16.3	17.2
	≥70	36.5	29.2	27.2	21.3	14.5	24.6	24.7	29.0	13.6	13.4	34.9	41.2	7.1	5.3	40.3	42.9	23.7
<b>Iron</b>	<50	44.4	51.7	30.9	66.7	31.9	42.1	12.3	10.1	35.8	33.1	37.3	29.4	27.1	48.7	49.4	28.6	36.7
	50-70	34.9	27.0	39.5	29.3	33.3	24.6	29.6	14.5	30.9	41.7	25.3	17.6	31.4	34.2	28.6	32.7	30.8
	≥70	20.6	21.3	29.6	4.0	34.8	33.3	58.0	75.4	33.3	25.2	37.3	52.9	41.4	17.1	22.1	38.8	32.5
<b>Vitamin-A</b>	<50	68.3	70.8	65.4	66.7	79.7	63.2	77.8	56.5	77.8	79.5	66.3	82.4	92.9	81.6	61.0	51.0	71.6
	50-70	14.3	5.6	8.6	10.7	1.4	10.5	4.9	11.6	12.3	3.9	9.6	5.9	1.4	5.3	15.6	24.5	8.7
	≥70	17.5	23.6	25.9	22.7	18.8	26.3	17.3	31.9	9.9	16.5	24.1	11.8	5.7	13.2	23.4	24.5	19.7
<b>Thiamine</b>	<50	36.5	29.2	32.1	46.7	26.1	17.5	7.4	4.3	14.8	10.2	31.3	5.9	12.9	35.5	28.6	16.3	22.8
	50-70	41.3	32.6	24.7	29.3	27.5	36.8	19.8	17.4	30.9	30.7	38.6	29.4	27.1	34.2	33.8	32.7	30.3
	≥70	22.2	38.2	43.2	24.0	46.4	45.6	72.8	78.3	54.3	59.1	30.1	64.7	60.0	30.3	37.7	51.0	46.9
<b>Riboflavin</b>	<50	84.1	89.9	80.2	93.3	92.8	87.7	84.0	78.3	92.6	92.1	84.3	64.7	95.7	96.1	80.5	67.3	86.9
	50-70	11.1	10.1	14.8	6.7	7.2	7.0	12.3	17.4	6.2	6.3	13.3	29.4	4.3	3.9	18.2	26.5	10.8
	≥70	4.8	0.0	4.9	0.0	0.0	5.3	3.7	4.3	1.2	1.6	2.4	5.9	0.0	0.0	1.3	6.1	2.2
<b>Niacin</b>	<50	20.6	38.2	22.2	36.0	40.6	57.9	34.6	2.9	7.4	40.9	30.1	11.8	37.1	73.7	32.5	59.2	34.7
	50-70	41.3	31.5	35.8	40.0	40.6	22.8	35.8	13.0	33.3	41.7	38.6	29.4	38.6	19.7	29.9	28.6	33.3
	≥70	38.1	30.3	42.0	24.0	18.8	19.3	29.6	84.1	59.3	17.3	31.3	58.8	24.3	6.6	37.7	12.2	32.0
<b>Vitamin-C</b>	<50	31.7	31.5	34.6	38.7	55.1	35.1	30.9	7.2	6.2	28.3	36.1	17.6	18.6	36.8	32.5	30.6	29.9
	50-70	27.0	12.4	8.6	14.7	17.4	1.8	13.6	1.4	16.0	17.3	19.3	23.5	12.9	5.3	18.2	24.5	14.2
	≥70	41.3	56.2	56.8	46.7	27.5	63.2	55.6	91.3	77.8	54.3	44.6	58.8	68.6	57.9	49.4	44.9	55.9
<b>Dietary Folate</b>	<50	4.8	18.0	13.6	24.0	34.8	22.8	16.0	2.9	28.4	26.8	12.0	5.9	18.6	34.2	10.4	20.4	19.3
	50-70	22.2	16.9	12.3	32.0	26.1	29.8	28.4	10.1	13.6	30.7	18.1	23.5	28.6	25.0	20.8	24.5	22.7
	≥70	73.0	65.2	74.1	44.0	39.1	47.4	55.6	87.0	58.0	42.5	69.9	70.6	52.9	40.8	68.8	55.1	58.0

Annexure 1.7: DISTRIBUTION (%) OF 13-15 YEAR BOYS ACCORDING TO DAILY INTAKE OF NUTRIENTS AS PERCENT RDA

FOODS	% RDA	STATES																
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	A&N	Assam	Bihar	New Delhi	Pudu-cherry	Raja-sthan	Pooled
<b>n</b>		<b>63</b>	<b>96</b>	<b>92</b>	<b>82</b>	<b>85</b>	<b>88</b>	<b>92</b>	<b>82</b>	<b>104</b>	<b>130</b>	<b>91</b>	<b>27</b>	<b>81</b>	<b>104</b>	<b>80</b>	<b>61</b>	<b>1358</b>
<b>Protein</b>	<b>&lt;50</b>	0.0	0.0	0.0	1.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.8	0.0	0.0	0.4
	<b>50-70</b>	1.6	1.0	3.3	2.4	1.2	10.2	4.3	0.0	3.8	1.5	1.1	0.0	0.0	17.3	1.3	4.9	3.7
	<b>≥70</b>	98.4	99.0	96.7	96.3	98.8	89.8	95.7	100	96.2	98.5	98.9	100	100	78.8	98.8	95.1	95.9
<b>Energy</b>	<b>&lt;50</b>	22.2	28.1	9.8	28.0	41.2	44.3	37.0	8.5	23.1	29.2	23.1	22.2	44.4	61.5	22.5	34.4	30.6
	<b>50-70</b>	46.0	40.6	37.0	47.6	37.6	34.1	30.4	35.4	45.2	46.9	37.4	11.1	37.0	30.8	41.3	29.5	38.1
	<b>≥70</b>	31.7	31.3	53.3	24.4	21.2	21.6	32.6	56.1	31.7	23.8	39.6	66.7	18.5	7.7	36.3	36.1	31.2
<b>Calcium</b>	<b>&lt;50</b>	39.7	54.2	56.5	73.2	63.5	51.1	65.2	58.5	76.0	73.8	46.2	59.3	76.5	86.5	51.3	32.8	62.0
	<b>50-70</b>	25.4	20.8	21.7	17.1	12.9	28.4	16.3	15.9	11.5	15.4	8.8	18.5	17.3	8.7	22.5	21.3	17.2
	<b>≥70</b>	34.9	25.0	21.7	9.8	23.5	20.5	18.5	25.6	12.5	10.8	45.1	22.2	6.2	4.8	26.3	45.9	20.8
<b>Iron</b>	<b>&lt;50</b>	23.8	31.3	21.7	54.9	7.1	15.9	7.6	4.9	19.2	11.5	15.4	11.1	3.7	16.3	27.5	1.6	17.4
	<b>50-70</b>	25.4	32.3	18.5	25.6	21.2	27.3	13.0	13.4	21.2	19.2	20.9	18.5	17.3	35.6	27.5	31.1	23.0
	<b>≥70</b>	50.8	36.5	59.8	19.5	71.8	56.8	79.3	81.7	59.6	69.2	63.7	70.4	79.0	48.1	45.0	67.2	59.6
<b>Vitamin-A</b>	<b>&lt;50</b>	82.5	64.6	67.4	69.5	70.6	71.6	79.3	68.3	77.9	83.1	67.0	66.7	93.8	84.6	63.8	62.3	74.1
	<b>50-70</b>	4.8	8.3	9.8	11.0	8.2	9.1	7.6	4.9	9.6	6.2	9.9	14.8	3.7	5.8	12.5	14.8	8.4
	<b>≥70</b>	12.7	27.1	22.8	19.5	21.2	19.3	13.0	26.8	12.5	10.8	23.1	18.5	2.5	9.6	23.8	23.0	17.5
<b>Thiamine</b>	<b>&lt;50</b>	41.3	35.4	38.0	64.6	18.8	34.1	8.7	4.9	26.9	11.5	41.8	25.9	11.1	42.3	42.5	21.3	29.0
	<b>50-70</b>	25.4	38.5	32.6	26.8	29.4	35.2	28.3	28.0	37.5	31.5	29.7	11.1	29.6	29.8	31.3	31.1	30.9
	<b>≥70</b>	33.3	26.0	29.3	8.5	51.8	30.7	63.0	67.1	35.6	56.9	28.6	63.0	59.3	27.9	26.3	47.5	40.1
<b>Riboflavin</b>	<b>&lt;50</b>	82.5	94.8	90.2	95.1	88.2	89.8	84.8	84.1	93.3	93.1	82.4	70.4	91.4	100	96.3	83.6	90.1
	<b>50-70</b>	12.7	4.2	6.5	3.7	9.4	9.1	9.8	14.6	6.7	6.2	16.5	25.9	6.2	0.0	3.8	14.8	8.2
	<b>≥70</b>	4.8	1.0	3.3	1.2	2.4	1.1	5.4	1.2	0.0	0.8	1.1	3.7	2.5	0.0	0.0	1.6	1.7
<b>Niacin</b>	<b>&lt;50</b>	28.6	34.4	34.8	59.8	47.1	70.5	45.7	3.7	22.1	45.4	29.7	29.6	33.3	76.0	35.0	60.7	41.8
	<b>50-70</b>	27.0	38.5	30.4	23.2	30.6	23.9	30.4	26.8	34.6	42.3	37.4	7.4	46.9	15.4	41.3	31.1	31.7
	<b>≥70</b>	44.4	27.1	34.8	17.1	22.4	5.7	23.9	69.5	43.3	12.3	33.0	63.0	19.8	8.7	23.8	8.2	26.5
<b>Vitamin-C</b>	<b>&lt;50</b>	55.6	38.5	38.0	42.7	41.2	35.2	34.8	3.7	6.7	40.8	37.4	18.5	24.7	37.5	35.0	29.5	32.9
	<b>50-70</b>	17.5	20.8	14.1	20.7	12.9	10.2	21.7	3.7	13.5	10.8	13.2	14.8	17.3	13.5	31.3	11.5	15.3
	<b>≥70</b>	27.0	40.6	47.8	36.6	45.9	54.5	43.5	92.7	79.8	48.5	49.5	66.7	58.0	49.0	33.8	59.0	51.8
<b>Dietary Folate</b>	<b>&lt;50</b>	11.1	18.8	17.4	48.8	22.4	23.9	26.1	4.9	25.0	24.6	20.9	7.4	12.3	36.5	17.5	16.4	22.1
	<b>50-70</b>	9.5	24.0	19.6	24.4	23.5	29.5	21.7	14.6	30.8	24.6	6.6	7.4	25.9	32.7	25.0	18.0	22.3
	<b>≥70</b>	79.4	57.3	63.0	26.8	54.1	46.6	52.2	80.5	44.2	50.8	72.5	85.2	61.7	30.8	57.5	65.6	55.6

**Annexure 1.8: DISTRIBUTION (%) OF 13-15 YEAR GIRLS ACCORDING TO DAILY INTAKE OF NUTRIENTS AS PERCENT RDA**

FOODS	% RDA	STATES																
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	A & N	Assam	Bihar	New Delhi	Pudu-cherry	Raja-sthan	Pooled
<b>n</b>		<b>67</b>	<b>91</b>	<b>78</b>	<b>64</b>	<b>85</b>	<b>67</b>	<b>87</b>	<b>71</b>	<b>97</b>	<b>125</b>	<b>87</b>	<b>28</b>	<b>79</b>	<b>67</b>	<b>65</b>	<b>62</b>	<b>1220</b>
Protein	<50	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.6	0.0	0.0	0.0	1.5	0.0	0.0	0.2
	50-70	3.0	4.4	2.6	1.6	5.9	11.9	4.6	1.4	2.1	7.2	0.0	0.0	1.3	23.9	4.6	3.2	4.9
	≥70	97.0	95.6	97.4	98.4	94.1	88.1	95.4	98.6	97.9	91.2	100	100	98.7	74.6	95.4	96.8	94.8
Energy	<50	23.9	18.7	9.0	20.3	27.1	23.9	21.8	5.6	8.2	28.8	10.3	7.1	53.2	59.7	23.1	22.6	23.0
	50-70	46.3	37.4	24.4	43.8	37.6	50.7	43.7	36.6	47.4	42.4	37.9	14.3	39.2	31.3	56.9	43.5	40.5
	≥70	29.9	44.0	66.7	35.9	35.3	25.4	34.5	57.7	44.3	28.8	51.7	78.6	7.6	9.0	20.0	33.9	36.5
Calcium	<50	61.2	62.6	73.1	65.6	70.6	59.7	73.6	62.0	78.4	84.0	44.8	60.7	92.4	91.0	47.7	40.3	68.2
	50-70	17.9	17.6	10.3	20.3	17.6	22.4	17.2	15.5	13.4	10.4	23.0	17.9	6.3	6.0	27.7	19.4	16.0
	≥70	20.9	19.8	16.7	14.1	11.8	17.9	9.2	22.5	8.2	5.6	32.2	21.4	1.3	3.0	24.6	40.3	15.8
Iron	<50	46.3	59.3	35.9	64.1	18.8	29.9	10.3	12.7	25.8	28.8	24.1	14.3	22.8	44.8	50.8	29.0	32.2
	50-70	35.8	20.9	32.1	26.6	31.8	35.8	25.3	18.3	28.9	33.6	31.0	21.4	44.3	37.3	35.4	43.5	31.5
	≥70	17.9	19.8	32.1	9.4	49.4	34.3	64.4	69.0	45.4	37.6	44.8	64.3	32.9	17.9	13.8	27.4	36.3
Vitamin-A	<50	82.1	67.0	66.7	73.4	72.9	74.6	81.6	59.2	76.3	77.6	72.4	67.9	92.4	89.6	75.4	62.9	74.9
	50-70	6.0	14.3	11.5	7.8	2.4	11.9	5.7	7.0	4.1	7.2	11.5	10.7	2.5	3.0	7.7	14.5	7.8
	≥70	11.9	18.7	21.8	18.8	24.7	13.4	12.6	33.8	19.6	15.2	16.1	21.4	5.1	7.5	16.9	22.6	17.3
Thiamine	<50	41.8	34.1	30.8	40.6	14.1	17.9	3.4	8.5	11.3	10.4	29.9	7.1	10.1	23.9	43.1	11.3	20.7
	50-70	37.3	28.6	24.4	42.2	31.8	34.3	16.1	18.3	35.1	26.4	32.2	21.4	36.7	37.3	27.7	32.3	30.1
	≥70	20.9	37.4	44.9	17.2	54.1	47.8	80.5	73.2	53.6	63.2	37.9	71.4	53.2	38.8	29.2	56.5	49.2
Riboflavin	<50	94.0	89.0	89.7	93.8	91.8	91.0	94.3	90.1	94.8	93.6	87.4	67.9	96.2	98.5	92.3	79.0	91.3
	50-70	6.0	9.9	9.0	6.3	4.7	4.5	5.7	9.9	5.2	6.4	6.9	17.9	3.8	1.5	6.2	17.7	7.0
	≥70	0.0	1.1	1.3	0.0	3.5	4.5	0.0	0.0	0.0	0.0	5.7	14.3	0.0	0.0	1.5	3.2	1.6
Niacin	<50	31.3	23.1	17.9	31.3	28.2	56.7	35.6	1.4	4.1	40.0	18.4	7.1	38.0	65.7	29.2	71.0	31.1
	50-70	40.3	35.2	38.5	46.9	43.5	31.3	37.9	23.9	34.0	35.2	48.3	25.0	41.8	26.9	43.1	22.6	36.6
	≥70	28.4	41.8	43.6	21.9	28.2	11.9	26.4	74.6	61.9	24.8	33.3	67.9	20.3	7.5	27.7	6.5	32.4
Vitamin-C	<50	46.3	29.7	29.5	50.0	36.5	31.3	35.6	9.9	10.3	37.6	28.7	25.0	30.4	38.8	40.0	25.8	31.5
	50-70	16.4	27.5	21.8	17.2	24.7	11.9	24.1	2.8	10.3	14.4	17.2	21.4	16.5	14.9	23.1	17.7	17.5
	≥70	37.3	42.9	48.7	32.8	38.8	56.7	40.2	87.3	79.4	48.0	54.0	53.6	53.2	46.3	36.9	56.5	51.0
Dietary Folate	<50	11.9	18.7	5.1	29.7	17.6	17.9	11.5	5.6	23.7	24.8	12.6	0.0	22.8	29.9	15.4	16.1	17.4
	50-70	16.4	26.4	23.1	32.8	29.4	26.9	25.3	16.9	25.8	31.2	9.2	10.7	26.6	29.9	27.7	29.0	24.8
	≥70	71.6	54.9	71.8	37.5	52.9	55.2	63.2	77.5	50.5	44.0	78.2	89.3	50.6	40.3	56.9	54.8	57.8

**Annexure 1.9: DISTRIBUTION (%) OF 16-17 YEAR BOYS ACCORDING TO DAILY INTAKE OF NUTRIENTS AS PERCENT RDA**

FOODS	% RDA	STATES																
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	A & N	Assam	Bihar	New Delhi	Pudu-cherry	Rajasthan	Pooled
<b>n</b>		<b>48</b>	<b>60</b>	<b>47</b>	<b>52</b>	<b>72</b>	<b>58</b>	<b>67</b>	<b>54</b>	<b>57</b>	<b>92</b>	<b>40</b>	<b>16</b>	<b>65</b>	<b>75</b>	<b>37</b>	<b>51</b>	<b>891</b>
Protein	<50	0.0	0.0	2.1	1.9	1.4	0.0	1.5	0.0	0.0	0.0	0.0	0.0	0.0	13.3	0.0	2.0	1.7
	50-70	4.2	5.0	8.5	9.6	8.3	12.1	4.5	0.0	3.5	8.7	5.0	0.0	0.0	29.3	2.7	11.8	8.0
	≥70	95.8	95.0	89.4	88.5	90.3	87.9	94.0	100	96.5	91.3	95.0	100	100	57.3	97.3	86.3	90.3
Energy	<50	22.9	28.3	21.3	28.8	38.9	39.7	44.8	7.4	21.1	50.0	25.0	0.0	60.0	74.7	29.7	49.0	37.8
	50-70	54.2	43.3	40.4	51.9	48.6	48.3	29.9	61.1	59.6	35.9	40.0	43.8	32.3	18.7	43.2	41.2	42.2
	≥70	22.9	28.3	38.3	19.2	12.5	12.1	25.4	31.5	19.3	14.1	35.0	56.3	7.7	6.7	27.0	9.8	20.0
Calcium	<50	41.7	53.3	68.1	80.8	75.0	55.2	65.7	59.3	71.9	76.1	55.0	56.3	87.7	85.3	35.1	33.3	65.2
	50-70	31.3	28.3	10.6	13.5	15.3	29.3	17.9	16.7	17.5	15.2	10.0	31.3	10.8	8.0	18.9	27.5	18.0
	≥70	27.1	18.3	21.3	5.8	9.7	15.5	16.4	24.1	10.5	8.7	35.0	12.5	1.5	6.7	45.9	39.2	16.8
Iron	<50	31.3	40.0	29.8	57.7	9.7	13.8	7.5	1.9	15.8	12.0	30.0	6.3	3.1	36.0	32.4	5.9	20.3
	50-70	27.1	20.0	25.5	26.9	26.4	27.6	14.9	9.3	21.1	35.9	22.5	25.0	35.4	30.7	18.9	45.1	26.4
	≥70	41.7	40.0	44.7	15.4	63.9	58.6	77.6	88.9	63.2	52.2	47.5	68.8	61.5	33.3	48.6	49.0	53.3
Vitamin-A	<50	62.5	61.7	63.8	80.8	84.7	74.1	76.1	66.7	73.7	83.7	67.5	56.3	93.8	80.0	56.8	70.6	74.4
	50-70	10.4	8.3	8.5	5.8	0.0	10.3	11.9	7.4	10.5	3.3	12.5	18.8	3.1	8.0	13.5	9.8	7.9
	≥70	27.1	30.0	27.7	13.5	15.3	15.5	11.9	25.9	15.8	13.0	20.0	25.0	3.1	12.0	29.7	19.6	17.7
Thiamine	<50	52.1	38.3	48.9	65.4	22.2	24.1	13.4	5.6	26.3	17.4	50.0	25.0	24.6	53.3	45.9	19.6	32.0
	50-70	33.3	40.0	23.4	25.0	33.3	39.7	25.4	31.5	31.6	44.6	32.5	31.3	32.3	29.3	27.0	51.0	33.8
	≥70	14.6	21.7	27.7	9.6	44.4	36.2	61.2	63.0	42.1	38.0	17.5	43.8	43.1	17.3	27.0	29.4	34.2
Riboflavin	<50	93.8	100	87.2	100	95.8	94.8	88.1	96.3	96.5	97.8	90.0	87.5	98.5	94.7	89.2	86.3	94.3
	50-70	6.3	0.0	12.8	0.0	2.8	3.4	9.0	3.7	3.5	1.1	10.0	6.3	1.5	5.3	10.8	13.7	5.1
	≥70	0.0	0.0	0.0	0.0	1.4	1.7	3.0	0.0	0.0	1.1	0.0	6.3	0.0	0.0	0.0	0.0	0.7
Niacin	<50	29.2	38.3	31.9	65.4	48.6	70.7	58.2	7.4	14.0	67.4	42.5	18.8	52.3	85.3	45.9	82.4	50.7
	50-70	43.8	31.7	40.4	19.2	33.3	25.9	28.4	50.0	47.4	20.7	30.0	56.3	35.4	10.7	32.4	15.7	30.5
	≥70	27.1	30.0	27.7	15.4	18.1	3.4	13.4	42.6	38.6	12.0	27.5	25.0	12.3	4.0	21.6	2.0	18.7
Vitamin-C	<50	52.1	38.3	44.7	40.4	58.3	37.9	47.8	1.9	10.5	40.2	37.5	12.5	35.4	52.0	32.4	39.2	38.3
	50-70	14.6	18.3	14.9	25.0	15.3	19.0	13.4	13.0	17.5	18.5	20.0	31.3	21.5	10.7	24.3	19.6	17.6
	≥70	33.3	43.3	40.4	34.6	26.4	43.1	38.8	85.2	71.9	41.3	42.5	56.3	43.1	37.3	43.2	41.2	44.1
Dietary Folate	<50	18.8	18.3	23.4	42.3	38.9	36.2	32.8	1.9	26.3	32.6	17.5	18.8	33.8	53.3	18.9	37.3	30.1
	50-70	22.9	38.3	21.3	32.7	30.6	34.5	22.4	18.5	19.3	40.2	27.5	18.8	27.7	22.7	21.6	29.4	27.8
	≥70	58.3	43.3	55.3	25.0	30.6	29.3	44.8	79.6	54.4	27.2	55.0	62.5	38.5	24.0	59.5	33.3	42.1

Annexure 1.10: DISTRIBUTION (%) OF 16-17 YEAR GIRLS ACCORDING TO DAILY INTAKE OF NUTRIENTS AS PERCENT RDA

FOODS	% RDA	STATES																
		Kerala	Tamil Nadu	Karnataka	Andhra Pradesh	Maharashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	A & N	Assam	Bihar	New Delhi	Puducherry	Rajasthan	Pooled
<b>n</b>		<b>44</b>	<b>58</b>	<b>60</b>	<b>52</b>	<b>56</b>	<b>43</b>	<b>59</b>	<b>41</b>	<b>64</b>	<b>81</b>	<b>48</b>	<b>17</b>	<b>69</b>	<b>35</b>	<b>50</b>	<b>42</b>	<b>819</b>
<b>Protein</b>	<50	0.0	0.0	0.0	0.0	0.0	2.3	0.0	0.0	1.6	0.0	2.1	0.0	0.0	11.4	0.0	0.0	0.9
	50-70	0.0	5.2	6.7	9.6	8.9	18.6	10.2	0.0	4.7	3.7	2.1	0.0	5.8	28.6	6.0	14.3	7.4
	≥70	100	94.8	93.3	90.4	91.1	79.1	89.8	100	93.8	96.3	95.8	100	94.2	60.0	94.0	85.7	91.7
<b>Energy</b>	<50	27.3	24.1	11.7	25.0	25.0	32.6	25.4	2.4	17.2	19.8	16.7	5.9	42.0	62.9	18.0	33.3	24.4
	50-70	50.0	41.4	31.7	44.2	39.3	44.2	32.2	43.9	35.9	44.4	60.4	17.6	53.6	28.6	48.0	42.9	42.2
	≥70	22.7	34.5	56.7	30.8	35.7	23.3	42.4	53.7	46.9	35.8	22.9	76.5	4.3	8.6	34.0	23.8	33.3
<b>Calcium</b>	<50	63.6	69.0	71.7	84.6	76.8	60.5	84.7	78.0	82.8	86.4	60.4	76.5	92.8	97.1	50.0	47.6	75.0
	50-70	11.4	15.5	13.3	9.6	10.7	27.9	10.2	9.8	10.9	9.9	12.5	17.6	5.8	2.9	18.0	19.0	12.3
	≥70	25.0	15.5	15.0	5.8	12.5	11.6	5.1	12.2	6.3	3.7	27.1	5.9	1.4	0.0	32.0	33.3	12.7
<b>Iron</b>	<50	59.1	60.3	36.7	75.0	25.0	30.2	11.9	7.3	32.8	27.2	29.2	5.9	15.9	54.3	50.0	31.0	34.8
	50-70	18.2	24.1	35.0	17.3	25.0	37.2	33.9	24.4	37.5	37.0	47.9	29.4	47.8	22.9	24.0	47.6	32.6
	≥70	22.7	15.5	28.3	7.7	50.0	32.6	54.2	68.3	29.7	35.8	22.9	64.7	36.2	22.9	26.0	21.4	32.6
<b>Vitamin-A</b>	<50	93.2	74.1	60.0	69.2	82.1	69.8	83.1	68.3	65.6	86.4	58.3	70.6	97.1	85.7	56.0	66.7	75.0
	50-70	2.3	12.1	13.3	15.4	3.6	11.6	5.1	9.8	9.4	4.9	14.6	11.8	0.0	8.6	14.0	9.5	8.7
	≥70	4.5	13.8	26.7	15.4	14.3	18.6	11.9	22.0	25.0	8.6	27.1	17.6	2.9	5.7	30.0	23.8	16.4
<b>Thiamine</b>	<50	50.0	37.9	40.0	65.4	16.1	30.2	8.5	4.9	17.2	8.6	43.8	5.9	11.6	34.3	42.0	21.4	27.0
	50-70	38.6	43.1	30.0	26.9	32.1	37.2	25.4	22.0	35.9	23.5	41.7	23.5	33.3	42.9	28.0	31.0	32.1
	≥70	11.4	19.0	30.0	7.7	51.8	32.6	66.1	73.2	46.9	67.9	14.6	70.6	55.1	22.9	30.0	47.6	40.9
<b>Riboflavin</b>	<50	95.5	96.6	86.7	94.2	96.4	95.3	83.1	75.6	96.9	96.3	87.5	70.6	97.1	100	84.0	66.7	90.4
	50-70	4.5	1.7	11.7	5.8	3.6	4.7	15.3	19.5	3.1	3.7	10.4	23.5	2.9	0.0	10.0	26.2	8.1
	≥70	0.0	1.7	1.7	0.0	0.0	0.0	1.7	4.9	0.0	0.0	2.1	5.9	0.0	0.0	6.0	7.1	1.6
<b>Niacin</b>	<50	36.4	27.6	28.3	44.2	41.1	74.4	40.7	4.9	9.4	30.9	45.8	5.9	37.7	80.0	36.0	69.0	37.6
	50-70	36.4	36.2	36.7	32.7	33.9	23.3	32.2	22.0	31.3	53.1	27.1	35.3	58.0	14.3	36.0	21.4	35.0
	≥70	27.3	36.2	35.0	23.1	25.0	2.3	27.1	73.2	59.4	16.0	27.1	58.8	4.3	5.7	28.0	9.5	27.4
<b>Vitamin-C</b>	<50	70.5	39.7	30.0	36.5	44.6	41.9	37.3	2.4	6.3	28.4	33.3	29.4	23.2	42.9	42.0	35.7	33.2
	50-70	11.4	8.6	25.0	21.2	17.9	4.7	15.3	9.8	12.5	18.5	27.1	5.9	17.4	5.7	16.0	14.3	15.4
	≥70	18.2	51.7	45.0	42.3	37.5	53.5	47.5	87.8	81.3	53.1	39.6	64.7	59.4	51.4	42.0	50.0	51.4
<b>Dietary Folate</b>	<50	11.4	19.0	18.3	40.4	26.8	34.9	25.4	0.0	25.0	23.5	29.2	0.0	8.7	42.9	12.0	23.8	21.9
	50-70	34.1	29.3	18.3	23.1	21.4	25.6	23.7	12.2	23.4	34.6	8.3	17.6	34.8	25.7	26.0	33.3	25.3
	≥70	54.5	51.7	63.3	36.5	51.8	39.5	50.8	87.8	51.6	42.0	62.5	82.4	56.5	31.4	62.0	42.9	52.9

Annexure 1.11: DISTRIBUTION ≥18 YEAR MEN (SEDENTARY ACTIVITY) ACCORDING TO DAILY INTAKE OF NUTRIENTS AS PERCENT RDA

FOODS	% RDA	STATES																
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	A & N	Assam	Bihar	New Delhi	Pudu-cherry	Rajast-han	Pooled
<b>n</b>		<b>563</b>	<b>580</b>	<b>393</b>	<b>672</b>	<b>653</b>	<b>876</b>	<b>815</b>	<b>573</b>	<b>805</b>	<b>622</b>	<b>927</b>	<b>439</b>	<b>358</b>	<b>670</b>	<b>527</b>	<b>572</b>	<b>10137</b>
<b>Protein</b>	<50	2.1	2.1	1.7	4.0	1.1	4.8	2.6	0.0	1.0	3.2	0.8	0.2	0.3	5.7	0.8	1.7	2.1
	50-70	4.6	4.8	3.4	8.6	5.7	11.6	4.6	0.0	3.1	8.8	4.5	1.4	0.9	14.1	3.4	7.2	5.7
	≥70	93.4	93.1	94.9	87.4	93.1	83.6	92.8	100	95.9	88.0	94.7	98.4	98.8	80.2	95.8	91.1	92.1
<b>Energy</b>	<50	6.1	5.7	3.8	8.9	5.1	9.4	4.9	0.0	3.3	7.3	5.4	1.8	1.0	10.2	2.6	3.7	5.3
	50-70	11.4	11.6	8.2	17.4	13.5	20.7	13.2	2.2	10.8	18.6	11.1	3.2	15.0	31.0	10.5	20.1	14.2
	≥70	82.4	82.7	88.0	73.7	81.4	69.8	81.9	97.8	85.9	74.1	83.5	95.0	84.0	58.8	86.9	76.2	80.5
<b>Calcium</b>	<50	38.0	44.1	38.0	61.3	63.0	47.2	52.5	51.1	62.4	69.0	47.1	49.7	67.3	84.0	31.1	37.9	53.4
	50-70	26.5	24.1	21.7	19.5	19.6	28.7	25.8	18.2	15.3	12.6	19.8	21.0	17.2	9.0	22.6	21.9	20.4
	≥70	35.5	31.7	40.3	19.2	17.4	24.1	21.7	30.7	22.2	18.5	33.0	29.4	15.5	7.0	46.3	40.1	26.2
<b>Iron</b>	<50	8.1	7.5	4.4	16.2	1.7	2.9	1.3	0.0	2.8	3.3	4.9	1.6	0.1	3.3	6.0	1.2	4.1
	50-70	13.0	14.5	7.4	19.1	3.4	8.2	3.1	1.4	6.9	7.0	7.9	2.5	0.3	4.8	11.7	3.6	7.3
	≥70	78.9	78.1	88.2	64.7	94.9	88.9	95.6	98.6	90.3	89.7	87.3	95.9	99.6	91.9	82.3	95.2	88.5
<b>Vitamin-A</b>	<50	72.2	65.6	64.6	70.0	73.0	68.3	74.5	63.8	72.4	81.8	64.6	62.2	91.5	75.6	58.8	60.8	70.4
	50-70	7.4	14.5	11.2	11.2	6.4	10.8	8.6	7.1	7.0	4.6	10.6	11.6	2.3	8.8	10.2	13.1	9.0
	≥70	20.4	20.0	24.3	18.8	20.6	20.9	16.9	29.0	20.6	13.7	24.8	26.2	6.1	15.6	31.1	26.1	20.6
<b>Thiamine</b>	<50	17.2	10.0	12.2	24.4	3.6	7.5	2.5	0.6	4.3	4.7	13.8	3.4	0.4	5.7	11.1	3.4	7.9
	50-70	25.7	21.0	21.3	25.6	8.7	16.8	5.9	2.8	9.7	8.3	18.9	5.9	2.6	16.0	14.8	10.1	13.6
	≥70	57.1	69.0	66.5	50.0	87.8	75.7	91.6	96.6	86.0	87.0	67.3	90.7	96.9	78.2	74.2	86.5	78.5
<b>Riboflavin</b>	<50	55.9	68.3	45.4	66.4	53.8	62.2	38.8	36.6	65.7	57.8	51.5	29.4	37.2	74.4	54.5	40.1	53.6
	50-70	30.3	23.7	29.1	23.8	35.5	27.2	36.1	37.4	25.5	28.7	30.2	30.3	41.0	18.8	30.5	36.9	30.1
	≥70	13.8	8.0	25.5	9.8	10.7	10.6	25.1	25.9	8.9	13.5	18.3	40.3	21.9	6.8	15.1	23.0	16.3
<b>Niacin</b>	<50	12.5	8.5	11.0	19.1	10.6	31.5	9.2	0.2	3.6	15.4	8.5	3.6	0.9	20.7	7.7	23.5	12.3
	50-70	15.6	18.6	16.7	24.9	20.6	30.8	18.5	2.0	8.1	24.6	15.2	4.1	17.2	37.1	18.8	41.8	20.1
	≥70	71.9	72.9	72.4	56.1	68.8	37.7	72.2	97.8	88.3	60.0	76.3	92.3	81.9	42.2	73.5	34.7	67.6
<b>Vitamin-C</b>	<50	37.2	29.7	38.2	46.3	39.9	27.8	29.7	4.3	9.5	31.9	29.6	18.2	14.6	30.6	33.2	28.3	28.2
	50-70	18.3	18.0	18.6	15.9	15.5	16.2	17.0	6.2	9.3	17.1	15.6	13.2	18.4	14.3	18.6	18.2	15.6
	≥70	44.5	52.3	43.2	37.9	44.5	56.1	53.3	89.4	81.2	51.0	54.8	68.6	67.1	55.0	48.2	53.5	56.2
<b>Dietary Folate</b>	<50	15.5	13.6	12.4	32.5	13.2	21.0	11.8	2.6	19.2	20.6	13.6	4.6	6.0	19.4	11.1	14.6	15.2
	50-70	16.3	22.2	16.5	25.1	20.0	22.3	17.4	8.5	22.6	25.1	14.1	11.8	17.3	26.0	19.1	25.5	19.7
	≥70	68.3	64.2	71.1	42.4	66.8	56.7	70.8	88.8	58.2	54.3	72.3	83.6	76.7	54.6	69.8	59.9	65.2

**Annexure 1.12: DISTRIBUTION (%) OF ≥18 YEAR MEN (MODERATE ACTIVITY) ACCORDING TO DAILY INTAKE OF NUTRIENTS AS PERCENT RDA**

FOODS	% RDA	STATES																
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	A & N	Assam	Bihar	New Delhi	Pudu-cherry	Rajastha n	Pooled
<b>n</b>		<b>232</b>	<b>337</b>	<b>553</b>	<b>303</b>	<b>469</b>	<b>201</b>	<b>286</b>	<b>422</b>	<b>344</b>	<b>413</b>	<b>106</b>	<b>87</b>	<b>133</b>	<b>200</b>	<b>327</b>	<b>62</b>	<b>4475</b>
<b>Protein</b>	<50	1.3	3.0	2.2	5.9	1.9	1.0	1.4	0.0	2.3	0.7	0.0	0.0	0.8	4.0	0.9	1.6	1.8
	50-70	3.9	5.9	5.8	6.6	3.6	8.0	4.2	0.2	4.7	8.0	2.8	0.0	0.8	14.0	1.5	8.1	4.9
	≥70	94.8	91.1	92.0	87.5	94.5	91.0	94.4	99.8	93.0	91.3	97.2	100	98.5	82.0	97.6	90.3	93.3
<b>Energy</b>	<50	14.2	15.7	15.2	17.5	14.7	20.4	9.8	0.2	10.5	20.6	7.5	3.4	12.8	28.0	8.3	24.2	13.6
	50-70	28.9	21.1	21.3	33.0	35.2	30.3	30.1	16.1	34.9	39.5	23.6	6.9	59.4	41.0	25.4	41.9	29.5
	≥70	56.9	63.2	63.5	49.5	50.1	49.3	60.1	83.6	54.7	40.0	68.9	89.7	27.8	31.0	66.4	33.9	56.9
<b>Calcium</b>	<50	45.3	48.4	45.4	71.9	69.9	47.3	53.5	57.8	74.4	80.4	55.7	55.2	85.0	87.5	35.8	62.9	60.2
	50-70	14.2	24.6	21.9	17.8	16.6	30.8	26.6	17.1	13.1	12.8	8.5	20.7	8.3	7.5	20.8	17.7	18.1
	≥70	40.5	27.0	32.7	10.2	13.4	21.9	19.9	25.1	12.5	6.8	35.8	24.1	6.8	5.0	43.4	19.4	21.7
<b>Iron</b>	<50	8.6	6.8	8.3	18.5	2.1	1.5	0.3	0.5	5.5	1.0	5.7	1.1	0.0	3.0	4.0	1.6	4.7
	50-70	15.9	13.1	9.9	20.1	2.6	4.5	2.8	3.3	10.5	5.6	7.5	5.7	0.0	2.0	13.8	0.0	8.1
	≥70	75.4	80.1	81.7	61.4	95.3	94.0	96.9	96.2	84.0	93.5	86.8	93.1	100	95.0	82.3	98.4	87.2
<b>Vitamin-A</b>	<50	80.6	67.4	66.4	71.6	77.8	79.6	78.3	66.1	75.3	87.2	78.3	70.1	94.7	76.0	67.0	74.2	74.5
	50-70	5.2	12.8	10.8	11.9	4.5	7.0	8.4	6.6	5.2	2.4	6.6	12.6	1.5	4.5	11.3	12.9	7.6
	≥70	14.2	19.9	22.8	16.5	17.7	13.4	13.3	27.3	19.5	10.4	15.1	17.2	3.8	19.5	21.7	12.9	17.9
<b>Thiamin</b>	<50	34.1	20.8	29.7	39.9	8.3	11.9	2.4	2.8	10.8	5.3	32.1	8.0	1.5	10.0	16.8	6.5	15.6
	50-70	27.2	22.3	27.1	33.3	15.1	25.4	7.7	13.3	27.3	18.9	28.3	10.3	34.6	23.0	32.7	17.7	22.6
	≥70	38.8	57.0	43.2	26.7	76.5	62.7	89.9	83.9	61.9	75.8	39.6	81.6	63.9	67.0	50.5	75.8	61.9
<b>Riboflavin</b>	<50	85.8	88.4	76.7	89.1	82.5	84.6	54.9	71.6	89.8	90.1	81.1	55.2	83.5	91.5	82.3	77.4	81.2
	50-70	13.4	11.0	17.7	10.2	16.0	11.9	32.2	24.4	8.4	8.7	16.0	34.5	14.3	6.5	13.5	19.4	15.4
	≥70	0.9	0.6	5.6	0.7	1.5	3.5	12.9	4.0	1.7	1.2	2.8	10.3	2.3	2.0	4.3	3.2	3.4
<b>Niacin</b>	<50	19.4	18.1	22.8	32.0	18.8	46.8	15.7	0.7	7.3	27.4	17.0	5.7	8.3	36.5	11.3	25.8	19.2
	50-70	23.3	19.6	27.7	28.7	28.6	27.4	25.5	8.3	13.7	36.6	18.9	5.7	52.6	38.0	25.1	53.2	25.5
	≥70	57.3	62.3	49.5	39.3	52.7	25.9	58.7	91.0	79.1	36.1	64.2	88.5	39.1	25.5	63.6	21.0	55.4
<b>Vitamin-C</b>	<50	47.0	35.0	43.9	40.6	49.0	37.3	33.9	6.2	10.5	38.7	27.4	20.7	30.8	35.0	39.4	32.3	34.1
	50-70	16.4	16.9	15.7	22.4	13.2	13.9	16.4	6.9	9.9	15.5	20.8	19.5	16.5	13.0	16.8	21.0	14.9
	≥70	36.6	48.1	40.3	37.0	37.7	48.8	49.7	87.0	79.7	45.8	51.9	59.8	52.6	52.0	43.7	46.8	51.0
<b>Dietary Folate</b>	<50	20.3	17.5	16.8	35.3	17.7	19.9	12.2	6.6	31.1	22.8	14.2	5.7	25.6	21.5	9.8	22.6	18.7
	50-70	12.5	19.6	15.7	32.7	22.6	24.4	16.1	13.5	22.7	29.5	17.0	11.5	27.8	24.5	19.6	19.4	20.8
	≥70	67.2	62.9	67.5	32.0	59.7	55.7	71.7	79.9	46.2	47.7	68.9	82.8	46.6	54.0	70.6	58.1	60.6

Annexure 1.13: DISTRIBUTION (%) OF ELDERLY MEN (≥60 years) ACCORDING TO DAILY INTAKE OF NUTRIENTS AS PERCENT RDA

FOODS	% RDA	STATES																
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	A & N	Assam	Bihar	New Delhi	Pudu-cherry	Rajasth an	Pooled
n		229	116	117	123	161	165	114	95	143	134	43	89	125	99	143	74	1970
Protein	<50	2.2	4.3	0.9	3.3	1.9	5.5	1.8	0.0	3.5	5.2	0.0	0.0	0.0	8.1	0.0	0.0	2.5
	50-70	6.1	3.4	0.9	9.8	5.6	13.9	7.9	0.0	4.2	9.0	11.6	1.1	0.0	22.2	2.8	10.8	6.6
	≥70	91.7	92.2	98.3	87.0	92.5	80.6	90.4	100	92.3	85.8	88.4	98.9	100	69.7	97.2	89.2	90.9
Energy	<50	3.9	4.3	0.9	5.7	3.7	6.1	1.8	0.0	2.1	7.5	4.7	0.0	0.0	5.1	0.0	0.0	3.0
	50-70	10.0	4.3	1.7	8.1	8.1	10.3	9.6	1.1	8.4	12.7	9.3	2.2	4.0	23.2	4.2	14.9	8.2
	≥70	86.0	91.4	97.4	86.2	88.2	83.6	88.6	98.9	89.5	79.9	86.0	97.8	96.0	71.7	95.8	85.1	88.7
Calcium	<50	48.9	56.0	46.2	74.0	74.5	55.2	67.5	58.9	71.3	82.8	60.5	51.7	76.8	89.9	35.0	39.2	61.7
	50-70	24.0	22.4	17.9	13.0	14.9	26.1	19.3	17.9	8.4	9.7	18.6	21.3	15.2	5.1	21.7	24.3	17.7
	≥70	27.1	21.6	35.9	13.0	10.6	18.8	13.2	23.2	20.3	7.5	20.9	27.0	8.0	5.1	43.4	36.5	20.6
Iron	<50	10.9	8.6	2.6	14.6	1.2	4.2	0.9	0.0	3.5	5.2	7.0	2.2	0.0	2.0	4.9	1.4	4.7
	50-70	15.7	17.2	9.4	17.1	4.3	7.3	1.8	2.1	10.5	11.2	9.3	0.0	0.0	8.1	16.8	2.7	9.1
	≥70	73.4	74.1	88.0	68.3	94.4	88.5	97.4	97.9	86.0	83.6	83.7	97.8	100	89.9	78.3	95.9	86.2
Vitamin-A	<50	69.4	75.0	73.5	74.0	78.9	69.1	71.1	63.2	70.6	85.1	62.8	58.4	92.8	77.8	58.7	52.7	71.8
	50-70	9.2	12.1	10.3	8.1	1.9	9.7	8.8	7.4	6.3	6.7	9.3	13.5	0.0	7.1	8.4	13.5	7.9
	≥70	21.4	12.9	16.2	17.9	19.3	21.2	20.2	29.5	23.1	8.2	27.9	28.1	7.2	15.2	32.9	33.8	20.3
Thiamine	<50	21.4	10.3	14.5	23.6	4.3	9.1	1.8	2.1	5.6	7.5	16.3	3.4	0.8	6.1	12.6	4.1	9.6
	50-70	25.3	21.6	17.9	28.5	9.3	17.0	7.9	0.0	14.0	10.4	16.3	5.6	5.6	19.2	11.9	13.5	14.7
	≥70	53.3	68.1	67.5	48.0	86.3	73.9	90.4	97.9	80.4	82.1	67.4	91.0	93.6	74.7	75.5	82.4	75.7
Riboflavin	<50	57.6	73.3	47.0	74.0	64.6	63.0	43.9	47.4	67.8	68.7	53.5	27.0	44.8	78.8	54.5	36.5	57.9
	50-70	27.9	21.6	29.1	18.7	27.3	27.3	32.5	30.5	22.4	20.1	32.6	36.0	36.0	14.1	26.6	37.8	27.0
	≥70	14.4	5.2	23.9	7.3	8.1	9.7	23.7	22.1	9.8	11.2	14.0	37.1	19.2	7.1	18.9	25.7	15.1
Niacin	<50	18.3	10.3	3.4	18.7	13.7	35.8	11.4	1.1	4.9	21.6	14.0	3.4	1.6	32.3	7.7	31.1	14.7
	50-70	18.3	19.0	25.6	28.5	23.6	31.5	20.2	5.3	9.8	29.1	16.3	2.2	32.0	35.4	21.0	39.2	22.5
	≥70	63.3	70.7	70.9	52.8	62.7	32.7	68.4	93.7	85.3	49.3	69.8	94.4	66.4	32.3	71.3	29.7	62.8
Vitamin-C	<50	38.9	33.6	42.7	48.0	45.3	27.3	31.6	4.2	11.9	39.6	34.9	20.2	13.6	36.4	36.4	25.7	31.6
	50-70	17.9	17.2	12.0	14.6	15.5	15.2	16.7	6.3	12.6	20.1	16.3	13.5	20.0	13.1	16.8	16.2	15.5
	≥70	43.2	49.1	45.3	37.4	39.1	57.6	51.8	89.5	75.5	40.3	48.8	66.3	66.4	50.5	46.9	58.1	52.9
Dietary Folate	<50	15.7	15.5	7.7	30.1	13.7	20.6	10.5	6.3	18.2	26.9	18.6	5.6	8.0	20.2	10.5	8.1	15.2
	50-70	14.4	25.0	16.2	30.1	25.5	23.6	14.0	13.7	24.5	25.4	9.3	6.7	18.4	26.3	21.7	25.7	20.6
	≥70	69.9	59.5	76.1	39.8	60.9	55.8	75.4	80.0	57.3	47.8	72.1	87.6	73.6	53.5	67.8	66.2	64.2

Annexure 1.14: DISTRIBUTION(%) OF ≥18 YEAR NPWL WOMEN (SEDENTARY ACTIVITY) ACCORDING TO DAILY INTAKE OF NUTRIENTS AS PERCENT RDA

FOODS	% RDA	STATES																
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	A & N	Assam	Bihar	New Delhi	Pudu-cherry	Rajas than	Pooled
<b>n</b>		<b>888</b>	<b>915</b>	<b>875</b>	<b>907</b>	<b>935</b>	<b>962</b>	<b>999</b>	<b>889</b>	<b>1025</b>	<b>973</b>	<b>959</b>	<b>493</b>	<b>610</b>	<b>783</b>	<b>943</b>	<b>662</b>	<b>13818</b>
<b>Protein</b>	<50	0.2	0.3	0.2	1.5	1.2	2.1	0.9	0.0	0.4	2.6	0.7	0.0	0.0	4.2	0.3	1.7	1.0
	50-70	2.7	1.2	1.1	6.0	4.2	9.6	3.2	0.2	1.7	7.5	2.6	0.4	2.0	13.9	1.2	5.1	4.0
	≥70	97.1	98.5	98.6	92.5	94.7	88.4	95.9	99.8	98.0	89.9	96.7	99.6	98.0	81.9	98.5	93.2	95.0
<b>Energy</b>	<50	1.6	0.8	0.6	2.9	3.0	3.8	2.1	0.0	1.0	5.0	2.6	0.0	1.8	6.5	0.8	3.2	2.3
	50-70	8.6	5.8	3.0	11.4	10.1	15.9	10.7	0.7	4.9	15.5	6.6	1.6	21.1	22.1	6.7	13.6	9.7
	≥70	89.9	93.4	96.5	85.8	87.0	80.2	87.2	99.3	94.1	79.4	90.8	98.4	77.0	71.4	92.5	83.2	88.0
<b>Calcium</b>	<50	43.0	41.3	36.6	61.3	70.1	49.1	57.0	55.7	66.0	77.0	50.4	54.2	78.4	86.3	30.2	43.1	55.9
	50-70	25.0	25.5	23.0	20.7	18.3	27.2	24.6	17.1	16.0	12.5	18.8	20.9	12.8	7.3	25.0	22.8	20.0
	≥70	32.0	33.2	40.5	18.0	11.7	23.7	18.4	27.2	18.0	10.5	30.9	24.9	8.9	6.4	44.8	34.1	24.1
<b>Iron</b>	<50	27.7	27.2	12.8	42.2	8.7	16.7	4.7	2.2	13.9	15.1	18.8	4.3	5.1	11.4	23.1	9.2	15.8
	50-70	26.4	30.3	18.9	29.4	16.5	24.9	11.2	9.1	19.4	23.0	22.9	9.9	24.1	28.1	22.5	27.3	21.6
	≥70	45.9	42.5	68.3	28.3	74.9	58.3	84.1	88.6	66.7	61.9	58.3	85.8	70.8	60.5	54.4	63.4	62.6
<b>Vitamin-A</b>	<50	73.0	60.8	55.4	65.7	72.2	64.4	74.1	60.3	70.4	82.4	65.7	62.3	92.6	71.8	57.3	60.0	67.9
	50-70	7.7	13.4	12.8	13.7	5.0	9.4	7.7	8.5	6.6	4.5	8.6	11.2	1.8	9.8	10.6	15.0	9.1
	≥70	19.4	25.8	31.8	20.6	22.8	26.2	18.2	31.2	22.9	13.1	25.8	26.6	5.6	18.4	32.1	25.1	23.0
<b>Thiamine</b>	<50	16.7	7.5	10.1	25.4	4.6	8.7	2.4	0.4	3.8	6.3	15.7	2.8	2.0	7.8	12.4	5.7	8.6
	50-70	32.9	24.5	20.3	27.2	11.0	19.6	6.4	4.7	10.9	11.4	23.5	5.7	16.9	18.8	18.3	17.2	17.0
	≥70	50.5	68.0	69.6	47.4	84.4	71.6	91.2	94.8	85.3	82.3	60.8	91.5	81.1	73.4	69.2	77.0	74.4
<b>Riboflavin</b>	<50	67.7	76.8	48.3	75.2	76.4	76.2	54.5	49.6	79.6	78.8	66.2	40.4	67.0	85.3	63.2	59.8	67.5
	50-70	27.3	19.2	32.6	20.6	20.3	18.4	30.8	37.0	17.3	18.0	24.4	34.5	24.4	11.2	24.7	28.5	23.9
	≥70	5.1	3.9	19.1	4.2	3.3	5.4	14.7	13.4	3.1	3.2	9.4	25.2	8.5	3.4	12.1	11.6	8.6
<b>Niacin</b>	<50	3.6	1.2	2.4	9.0	6.2	19.0	5.5	0.0	1.0	9.2	4.8	0.4	0.5	11.7	3.1	14.0	5.8
	50-70	9.8	10.4	7.4	19.5	13.7	30.5	12.7	0.4	2.5	20.0	11.3	4.5	15.7	28.4	11.0	36.1	14.4
	≥70	86.6	88.4	90.2	71.4	80.1	50.5	81.8	99.6	96.5	70.7	83.9	95.1	83.8	59.9	85.9	49.8	79.8
<b>Vitamin-C</b>	<50	33.7	26.2	28.8	35.4	35.4	24.6	28.5	4.5	9.6	30.3	28.2	16.6	18.9	25.0	31.0	24.6	25.4
	50-70	18.9	16.0	15.7	19.4	17.3	11.9	14.4	5.2	8.4	16.4	12.9	15.4	16.7	14.9	16.6	17.1	14.7
	≥70	47.4	57.8	55.5	45.2	47.3	63.5	57.1	90.3	82.0	53.2	58.9	68.0	64.4	60.0	52.4	58.3	59.9
<b>Dietary Folate</b>	<50	7.0	4.6	2.1	16.3	8.1	10.5	4.9	1.0	11.0	11.9	7.5	1.8	6.1	12.1	5.2	7.3	7.6
	50-70	11.4	13.4	7.4	21.1	17.1	16.5	13.2	3.4	18.8	21.6	12.6	5.1	14.3	18.4	11.9	20.7	14.4
	≥70	81.6	82.0	90.5	62.6	74.8	73.0	81.9	95.6	70.1	66.5	79.9	93.1	79.7	69.5	82.9	72.1	78.0

Annexure 1.15: DISTRIBUTION (%) OF ≥18 YEAR NPWL WOMEN (MODERATE ACTIVITY) ACCORDING TO DAILY INTAKE OF NUTRIENTS AS PERCENT RDA

FOODS	% RDA	STATES																
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	A & N	Assam	Bihar	New Delhi	Pudu-cherry	Rajast-han	Pooled
<b>n</b>		<b>46</b>	<b>78</b>	<b>158</b>	<b>122</b>	<b>129</b>	<b>56</b>	<b>59</b>	<b>100</b>	<b>57</b>	<b>54</b>	<b>24</b>	<b>21</b>	<b>8</b>	<b>12</b>	<b>55</b>	<b>3</b>	<b>982</b>
<b>Protein</b>	<50	2.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	8.3	0.0	0.0	0.2
	50-70	6.5	2.6	3.2	1.6	4.7	3.6	1.7	0.0	3.5	5.6	0.0	0.0	0.0	8.3	1.8	0.0	2.9
	≥70	91.3	97.4	96.8	98.4	95.3	96.4	98.3	100	96.5	94.4	100	100	100	83.3	98.2	100	96.9
<b>Energy</b>	<50	17.4	6.4	2.5	7.4	6.2	5.4	5.1	0.0	0.0	11.1	0.0	0.0	12.5	8.3	9.1	33.3	5.5
	50-70	21.7	24.4	14.6	23.0	22.5	33.9	25.4	6.0	28.1	37.0	25.0	0.0	62.5	41.7	25.5	33.3	22.0
	≥70	60.9	69.2	82.9	69.7	71.3	60.7	69.5	94.0	71.9	51.9	75.0	100	25.0	50.0	65.5	33.3	72.5
<b>Calcium</b>	<50	56.5	47.4	54.4	73.8	69.0	51.8	57.6	76.0	80.7	79.6	54.2	52.4	87.5	91.7	36.4	100	63.2
	50-70	17.4	25.6	17.7	18.0	14.7	37.5	25.4	8.0	10.5	11.1	12.5	19.0	0.0	0.0	23.6	0.0	17.6
	≥70	26.1	26.9	27.8	8.2	16.3	10.7	16.9	16.0	8.8	9.3	33.3	28.6	12.5	8.3	40.0	0.0	19.1
<b>Iron</b>	<50	34.8	33.3	17.1	46.7	8.5	10.7	1.7	9.0	19.3	9.3	16.7	4.8	0.0	8.3	30.9	33.3	19.7
	50-70	43.5	28.2	22.2	31.1	14.0	14.3	10.2	24.0	31.6	31.5	41.7	4.8	50.0	33.3	40.0	33.3	25.3
	≥70	21.7	38.5	60.8	22.1	77.5	75.0	88.1	67.0	49.1	59.3	41.7	90.5	50.0	58.3	29.1	33.3	55.1
<b>Vitamin-A</b>	<50	84.8	65.4	62.7	64.8	76.7	60.7	78.0	77.0	80.7	81.5	70.8	47.6	87.5	58.3	63.6	100	70.6
	50-70	0.0	15.4	16.5	18.9	4.7	12.5	6.8	6.0	3.5	3.7	12.5	14.3	0.0	8.3	18.2	0.0	10.7
	≥70	15.2	19.2	20.9	16.4	18.6	26.8	15.3	17.0	15.8	14.8	16.7	38.1	12.5	33.3	18.2	0.0	18.7
<b>Thiamine</b>	<50	63.0	26.9	29.7	44.3	10.1	17.9	3.4	9.0	5.3	11.1	37.5	4.8	0.0	8.3	38.2	66.7	23.2
	50-70	21.7	33.3	24.7	35.2	20.2	23.2	11.9	26.0	40.4	25.9	29.2	14.3	62.5	41.7	29.1	0.0	26.8
	≥70	15.2	39.7	45.6	20.5	69.8	58.9	84.7	65.0	54.4	63.0	33.3	81.0	37.5	50.0	32.7	33.3	50.0
<b>Riboflavin</b>	<50	93.5	91.0	77.2	94.3	93.0	91.1	74.6	83.0	96.5	90.7	95.8	42.9	100	91.7	94.5	100	87.5
	50-70	6.5	9.0	16.5	5.7	7.0	7.1	18.6	17.0	3.5	7.4	0.0	38.1	0.0	0.0	5.5	0.0	10.3
	≥70	0.0	0.0	6.3	0.0	0.0	1.8	6.8	0.0	0.0	1.9	4.2	19.0	0.0	8.3	0.0	0.0	2.2
<b>Niacin</b>	<50	21.7	11.5	8.2	18.9	15.5	37.5	8.5	0.0	0.0	16.7	16.7	0.0	12.5	33.3	12.7	0.0	12.8
	50-70	34.8	34.6	24.7	32.8	23.3	39.3	33.9	5.0	7.0	38.9	37.5	4.8	50.0	41.7	29.1	66.7	26.6
	≥70	43.5	53.8	67.1	48.4	61.2	23.2	57.6	95.0	93.0	44.4	45.8	95.2	37.5	25.0	58.2	33.3	60.6
<b>Vitamin-C</b>	<50	34.8	33.3	37.3	31.1	41.9	26.8	32.2	7.0	7.0	33.3	45.8	14.3	0.0	33.3	23.6	66.7	29.4
	50-70	23.9	16.7	13.9	18.9	8.5	21.4	11.9	7.0	7.0	14.8	12.5	9.5	75.0	8.3	21.8	0.0	14.5
	≥70	41.3	50.0	48.7	50.0	49.6	51.8	55.9	86.0	86.0	51.9	41.7	76.2	25.0	58.3	54.5	33.3	56.1
<b>Dietary Folate</b>	<50	23.9	15.4	6.3	17.2	6.2	3.6	3.4	3.0	24.6	3.7	8.3	0.0	25.0	16.7	3.6	33.3	9.6
	50-70	13.0	15.4	7.6	28.7	19.4	25.0	6.8	9.0	19.3	27.8	16.7	0.0	12.5	16.7	21.8	0.0	16.5
	≥70	63.0	69.2	86.1	54.1	74.4	71.4	89.8	88.0	56.1	68.5	75.0	100	62.5	66.7	74.5	66.7	73.9

Annexure 1.16: DISTRIBUTION (%) OF ELDERLY WOMEN (≥60 years) ACCORDING TO DAILY INTAKE OF NUTRIENTS AS PERCENT RDA

FOODS	% RDA	STATES																
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	A & N	Assam	Bihar	New Delhi	Pudu-cherry	Rajasth an	Pooled
n		280	107	166	115	192	178	91	109	129	134	68	70	89	122	173	60	2083
Protein	<50	0.0	1.9	1.2	3.5	1.0	6.7	2.2	0.0	2.3	3.0	0.0	0.0	2.2	5.7	1.2	1.7	2.1
	50-70	6.4	8.4	1.8	5.2	5.7	9.6	12.1	0.9	3.9	6.7	1.5	1.4	5.6	18.0	4.0	13.3	6.4
	≥70	93.6	89.7	97.0	91.3	93.2	83.7	85.7	99.1	93.8	90.3	98.5	98.6	92.1	76.2	94.8	85.0	91.5
Energy	<50	1.1	5.6	1.2	3.5	2.6	7.9	6.6	0.0	2.3	6.7	1.5	0.0	2.2	5.7	1.7	5.0	3.3
	50-70	11.1	10.3	5.4	8.7	13.5	16.3	11.0	3.7	7.8	10.4	5.9	1.4	20.2	25.4	5.8	10.0	10.8
	≥70	87.9	84.1	93.4	87.8	83.9	75.8	82.4	96.3	89.9	82.8	92.6	98.6	77.5	68.9	92.5	85.0	86.0
Calcium	<50	55.0	62.6	58.4	73.9	82.8	69.1	73.6	71.6	70.5	89.6	75.0	57.1	87.6	94.3	38.2	55.0	68.4
	50-70	24.6	17.8	15.1	14.8	8.9	17.4	16.5	16.5	14.0	6.7	11.8	15.7	9.0	4.9	23.1	20.0	15.5
	≥70	20.4	19.6	26.5	11.3	8.3	13.5	9.9	11.9	15.5	3.7	13.2	27.1	3.4	0.8	38.7	25.0	16.1
Iron	<50	19.3	19.6	11.4	23.5	2.1	8.4	7.7	0.9	7.0	7.5	7.4	1.4	3.4	2.5	9.8	3.3	9.5
	50-70	19.3	17.8	13.3	22.6	10.4	19.1	6.6	7.3	13.2	14.9	17.6	4.3	7.9	9.0	20.2	11.7	14.5
	≥70	61.4	62.6	75.3	53.9	87.5	72.5	85.7	91.7	79.8	77.6	75.0	94.3	88.8	88.5	69.9	85.0	76.0
Vitamin-A	<50	74.6	68.2	68.1	68.7	79.2	70.8	78.0	58.7	65.1	85.1	72.1	61.4	95.5	72.1	60.7	58.3	71.5
	50-70	6.4	15.0	8.4	10.4	4.7	11.2	4.4	8.3	8.5	4.5	13.2	8.6	0.0	7.4	9.8	16.7	8.2
	≥70	18.9	16.8	23.5	20.9	16.1	18.0	17.6	33.0	26.4	10.4	14.7	30.0	4.5	20.5	29.5	25.0	20.3
Thiamine	<50	23.9	23.4	14.5	28.7	5.7	14.6	8.8	5.5	10.9	5.2	17.6	5.7	10.1	7.4	16.8	11.7	14.0
	50-70	32.1	25.2	27.7	32.2	13.0	23.6	8.8	3.7	17.8	15.7	32.4	2.9	19.1	17.2	21.4	26.7	21.0
	≥70	43.9	51.4	57.8	39.1	81.3	61.8	82.4	90.8	71.3	79.1	50.0	91.4	70.8	75.4	61.8	61.7	65.0
Riboflavin	<50	71.4	86.9	60.2	82.6	85.9	81.5	64.8	63.3	84.5	82.1	72.1	40.0	71.9	91.8	57.8	61.7	73.7
	50-70	24.6	8.4	21.7	11.3	11.5	12.9	24.2	22.9	10.9	11.9	22.1	32.9	21.3	5.7	27.7	21.7	18.0
	≥70	3.9	4.7	18.1	6.1	2.6	5.6	11.0	13.8	4.7	6.0	5.9	27.1	6.7	2.5	14.5	16.7	8.4
Niacin	<50	8.2	14.0	4.8	14.8	8.3	33.1	12.1	0.9	3.9	15.7	2.9	1.4	4.5	14.8	6.4	20.0	10.8
	50-70	16.1	20.6	12.0	16.5	29.7	30.9	20.9	2.8	9.3	20.9	19.1	5.7	24.7	38.5	20.2	36.7	20.3
	≥70	75.7	65.4	83.1	68.7	62.0	36.0	67.0	96.3	86.8	63.4	77.9	92.9	70.8	46.7	73.4	43.3	68.9
Vitamin-C	<50	34.3	43.9	42.2	33.9	42.7	32.0	45.1	5.5	5.4	41.0	38.2	20.0	20.2	27.9	41.0	28.3	32.6
	50-70	18.2	8.4	19.3	22.6	15.6	14.6	11.0	5.5	10.1	17.2	19.1	20.0	19.1	15.6	9.2	20.0	15.2
	≥70	47.5	47.7	38.6	43.5	41.7	53.4	44.0	89.0	84.5	41.8	42.6	60.0	60.7	56.6	49.7	51.7	52.1
Dietary Folate	<50	9.6	14.0	10.2	18.3	10.9	14.0	12.1	1.8	12.4	14.2	8.8	2.9	10.1	11.5	6.4	8.3	10.6
	50-70	11.4	17.8	10.2	19.1	18.2	25.8	17.6	8.3	21.7	28.4	16.2	2.9	18.0	19.7	11.0	15.0	16.5
	≥70	78.9	68.2	79.5	62.6	70.8	60.1	70.3	89.9	65.9	57.5	75.0	94.3	71.9	68.9	82.7	76.7	72.9

Annexure 1.17: DISTRIBUTION (%) OF PREGNANT WOMEN ACCORDING TO DAILY INTAKE OF NUTRIENTS AS PERCENT RDA

FOODS	% RDA	STATES																
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	A & N	Assam	Biha r	New Delhi	Pudu-cherry	Rajastha n	Pooled
n		19	16	33	32	29	26	35	24	21	39	16	5	11	18	13	12	349
Protein	<50	5.3	0.0	3.0	9.4	3.4	0.0	2.9	0.0	4.8	7.7	0.0	0.0	9.1	16.7	0.0	0.0	4.3
	50-70	0.0	6.3	0.0	9.4	20.7	23.1	11.4	0.0	9.5	12.8	12.5	0.0	18.2	33.3	0.0	33.3	11.7
	≥70	94.7	93.8	97.0	81.3	75.9	76.9	85.7	100	85.7	79.5	87.5	100	72.7	50.0	100	66.7	84.0
Energy	<50	5.3	0.0	3.0	12.5	13.8	7.7	5.7	0.0	4.8	10.3	0.0	0.0	18.2	5.6	0.0	8.3	6.6
	50-70	10.5	31.3	3.0	9.4	13.8	26.9	17.1	4.2	14.3	30.8	18.8	0.0	18.2	44.4	7.7	8.3	16.9
	≥70	84.2	68.8	93.9	78.1	72.4	65.4	77.1	95.8	81.0	59.0	81.3	100	63.6	50.0	92.3	83.3	76.5
Calcium	<50	31.6	56.3	48.5	65.6	55.2	53.8	62.9	54.2	81.0	74.4	56.3	60.0	72.7	100	15.4	25.0	59.0
	50-70	15.8	0.0	15.2	12.5	24.1	26.9	20.0	20.8	14.3	15.4	31.3	40.0	9.1	0.0	30.8	25.0	17.8
	≥70	52.6	43.8	36.4	21.9	20.7	19.2	17.1	25.0	4.8	10.3	12.5	0.0	18.2	0.0	53.8	50.0	23.2
Iron	<50	52.6	68.8	33.3	71.9	27.6	46.2	11.4	25.0	23.8	43.6	62.5	0.0	18.2	33.3	46.2	33.3	38.7
	50-70	26.3	25.0	24.2	25.0	24.1	42.3	22.9	12.5	47.6	30.8	0.0	0.0	27.3	44.4	30.8	50.0	27.8
	≥70	21.1	6.3	42.4	3.1	48.3	11.5	65.7	62.5	28.6	25.6	37.5	100	54.5	22.2	23.1	16.7	33.5
Vitamin-A	<50	73.7	75.0	54.5	65.6	58.6	76.9	77.1	58.3	71.4	82.1	75.0	100	90.9	55.6	61.5	83.3	70.2
	50-70	5.3	0.0	21.2	15.6	3.4	3.8	11.4	8.3	9.5	0.0	6.3	0.0	0.0	33.3	0.0	0.0	8.6
	≥70	21.1	25.0	24.2	18.8	37.9	19.2	11.4	33.3	19.0	17.9	18.8	0.0	9.1	11.1	38.5	16.7	21.2
Thiamine	<50	57.9	43.8	27.3	56.3	17.2	30.8	8.6	12.5	14.3	17.9	56.3	0.0	18.2	27.8	23.1	33.3	27.8
	50-70	26.3	43.8	33.3	25.0	34.5	38.5	14.3	12.5	28.6	41.0	31.3	0.0	27.3	44.4	30.8	16.7	29.5
	≥70	15.8	12.5	39.4	18.8	48.3	30.8	77.1	75.0	57.1	41.0	12.5	100	54.5	27.8	46.2	50.0	42.7
Riboflavin	<50	89.5	100	87.9	96.9	93.1	100	82.9	87.5	100	97.4	87.5	60.0	72.7	100	84.6	91.7	91.7
	50-70	10.5	0.0	6.1	3.1	6.9	0.0	14.3	8.3	0.0	2.6	12.5	40.0	18.2	0.0	15.4	8.3	6.9
	≥70	0.0	0.0	6.1	0.0	0.0	0.0	2.9	4.2	0.0	0.0	0.0	0.0	9.1	0.0	0.0	0.0	1.4
Niacin	<50	5.3	0.0	3.0	9.4	10.3	34.6	11.4	0.0	0.0	20.5	18.8	0.0	0.0	22.2	0.0	33.3	11.5
	50-70	21.1	43.8	15.2	37.5	27.6	38.5	14.3	0.0	9.5	33.3	18.8	0.0	27.3	38.9	15.4	25.0	24.1
	≥70	73.7	56.3	81.8	53.1	62.1	26.9	74.3	100	90.5	46.2	62.5	100	72.7	38.9	84.6	41.7	64.5
Vitamin-C	<50	47.4	25.0	27.3	34.4	34.5	38.5	48.6	4.2	0.0	41.0	12.5	0.0	18.2	27.8	30.8	25.0	29.5
	50-70	21.1	6.3	12.1	28.1	24.1	3.8	17.1	20.8	9.5	15.4	25.0	0.0	18.2	11.1	7.7	8.3	15.8
	≥70	31.6	68.8	60.6	37.5	41.4	57.7	34.3	75.0	90.5	43.6	62.5	100	63.6	61.1	61.5	66.7	54.7
Dietary Folate	<50	47.4	68.8	48.5	96.9	75.9	69.2	74.3	54.2	76.2	89.7	56.3	40.0	54.5	72.2	61.5	91.7	70.5
	50-70	0.0	18.8	27.3	0.0	13.8	15.4	17.1	33.3	14.3	5.1	12.5	0.0	36.4	16.7	15.4	8.3	14.6
	≥70	52.6	12.5	24.2	3.1	10.3	15.4	8.6	12.5	9.5	5.1	31.3	60.0	9.1	11.1	23.1	0.0	14.9

Annexure 1.18: DISTRIBUTION (%) OF LACTATING MOTHERS ACCORDING TO DAILY INTAKE OF NUTRIENTS AS PERCENT RDA

FOODS	% RDA	STATES																
		Kerala	Tamil Nadu	Kar-nataka	Andhra Pradesh	Maha-rashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh	A & N	Assam	Bihar	New Delhi	Pudu-cherry	Rajasth an	Pooled
n		21	26	25	34	32	31	32	29	38	45	32	8	4	27	21	11	416
Protein	<50	4.8	0.0	0.0	2.9	0.0	6.5	0.0	0.0	2.6	2.2	3.1	0.0	0.0	3.7	0.0	18.2	2.4
	50-70	0.0	3.8	0.0	11.8	3.1	16.1	21.9	3.4	0.0	17.8	0.0	0.0	0.0	51.9	0.0	27.3	10.6
	≥70	95.2	96.2	100	85.3	96.9	77.4	78.1	96.6	97.4	80.0	96.9	100	100	44.4	100	54.5	87.0
Energy	<50	9.5	3.8	0.0	5.9	0.0	9.7	12.5	0.0	2.6	8.9	3.1	0.0	0.0	22.2	4.8	18.2	6.5
	50-70	19.0	11.5	0.0	14.7	31.3	29.0	15.6	6.9	10.5	40.0	9.4	12.5	75.0	40.7	14.3	36.4	20.4
	≥70	71.4	84.6	100	79.4	68.8	61.3	71.9	93.1	86.8	51.1	87.5	87.5	25.0	37.0	81.0	45.5	73.1
Calcium	<50	57.1	42.3	40.0	82.4	87.5	64.5	75.0	58.6	78.9	93.3	65.6	87.5	100	96.3	23.8	63.6	70.2
	50-70	0.0	30.8	32.0	14.7	9.4	25.8	25.0	31.0	7.9	6.7	15.6	0.0	0.0	3.7	23.8	9.1	16.1
	≥70	42.9	26.9	28.0	2.9	3.1	9.7	0.0	10.3	13.2	0.0	18.8	12.5	0.0	0.0	52.4	27.3	13.7
Iron	<50	28.6	15.4	8.0	41.2	3.1	6.5	6.3	6.9	5.3	17.8	18.8	0.0	0.0	3.7	4.8	9.1	12.5
	50-70	23.8	46.2	24.0	17.6	15.6	29.0	12.5	6.9	28.9	15.6	31.3	25.0	0.0	44.4	33.3	36.4	24.5
	≥70	47.6	38.5	68.0	41.2	81.3	64.5	81.3	86.2	65.8	66.7	50.0	75.0	100	51.9	61.9	54.5	63.0
Vitamin-A	<50	76.2	76.9	68.0	79.4	84.4	87.1	93.8	72.4	89.5	91.1	84.4	87.5	75.0	96.3	66.7	81.8	83.2
	50-70	9.5	3.8	16.0	11.8	3.1	3.2	3.1	6.9	2.6	6.7	3.1	12.5	0.0	0.0	0.0	9.1	5.5
	≥70	14.3	19.2	16.0	8.8	12.5	9.7	3.1	20.7	7.9	2.2	12.5	0.0	25.0	3.7	33.3	9.1	11.3
Thiamine	<50	52.4	26.9	32.0	52.9	9.4	19.4	9.4	10.3	15.8	24.4	37.5	12.5	25.0	33.3	19.0	36.4	25.7
	50-70	23.8	50.0	28.0	23.5	43.8	29.0	21.9	20.7	28.9	28.9	34.4	25.0	50.0	48.1	61.9	36.4	33.2
	≥70	23.8	23.1	40.0	23.5	46.9	51.6	68.8	69.0	55.3	46.7	28.1	62.5	25.0	18.5	19.0	27.3	41.1
Riboflavin	<50	85.7	92.3	72.0	97.1	93.8	87.1	96.9	93.1	100	95.6	96.9	87.5	75.0	96.3	95.2	81.8	92.5
	50-70	14.3	7.7	24.0	2.9	6.3	12.9	3.1	3.4	0.0	4.4	3.1	12.5	25.0	3.7	4.8	18.2	7.0
	≥70	0.0	0.0	4.0	0.0	0.0	0.0	0.0	0.0	3.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5
Niacin	<50	9.5	3.8	0.0	26.5	9.4	32.3	18.8	0.0	2.6	22.2	12.5	12.5	0.0	33.3	4.8	63.6	15.4
	50-70	19.0	19.2	20.0	23.5	37.5	29.0	34.4	3.4	5.3	48.9	37.5	0.0	75.0	44.4	23.8	9.1	26.9
	≥70	71.4	76.9	80.0	50.0	53.1	38.7	46.9	96.6	92.1	28.9	50.0	87.5	25.0	22.2	71.4	27.3	57.7
Vitamin-C	<50	57.1	46.2	56.0	52.9	84.4	51.6	50.0	10.3	36.8	68.9	59.4	25.0	25.0	44.4	61.9	72.7	52.4
	50-70	19.0	19.2	24.0	14.7	6.3	25.8	21.9	20.7	21.1	11.1	18.8	12.5	25.0	14.8	14.3	0.0	17.1
	≥70	23.8	34.6	20.0	32.4	9.4	22.6	28.1	69.0	42.1	20.0	21.9	62.5	50.0	40.7	23.8	27.3	30.5
Dietary Folate	<50	19.0	15.4	8.0	38.2	31.3	29.0	21.9	17.2	50.0	35.6	15.6	0.0	0.0	33.3	9.5	36.4	26.2
	50-70	14.3	26.9	32.0	23.5	28.1	29.0	40.6	10.3	13.2	31.1	28.1	25.0	25.0	33.3	14.3	27.3	25.5
	≥70	66.7	57.7	60.0	38.2	40.6	41.9	37.5	72.4	36.8	33.3	56.3	75.0	75.0	33.3	76.2	36.4	48.3

**Annexure 2.1: Distribution (%) of Adults by frequency of consumption of Rice**

States	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	98.6	0	0	0.1	1.3	3906	98.1	0	0	0.1	1.8
Tamil Nadu	3136	99.4	0.3	0.1	0.1	0.1	4040	99.1	0.4	0.2	0.1	0.2
Karnataka	2532	83.7	1.6	3.6	10.5	0.6	4023	80.7	1.7	2.9	14	0.7
Andhra Pradesh	2129	99.6	0	0.1	0	0.3	3163	99.1	0.1	0.1	0.2	0.5
Maharashtra	3055	91.9	5.6	0.7	0.5	1.3	3632	92.7	4.8	0.7	0.5	1.3
Gujarat	2617	64.7	22.8	4.1	3.8	4.6	4249	65.8	22.5	3.2	4.4	4.1
Madhya Pradesh	1663	66.5	20.4	7.9	4.1	1.1	2708	76.4	9.6	7.2	4.6	2.2
Orissa	1507	98.9	0.4	0.1	0.3	0.3	2656	99	0.4	0.1	0.1	0.4
West Bengal	1692	98.6	0.6	0.4	0.1	0.3	3125	99.1	0.4	0.1	0	0.4
Uttar Pradesh	2208	84.6	8.9	2.9	2.1	1.5	3201	88.8	7.3	1.7	1	1.2
Andaman & Nicobar	2969	99.3	0.1	0.2	0	0.4	3544	99.1	0.2	0.1	0	0.6
Assam	1243	98.5	0.2	0.1	0.5	0.7	1807	98.8	0.3	0.1	0.4	0.4
Bihar	1807	93.4	3.3	0.8	1.2	1.3	1820	94.2	3	0.6	1.2	1
New Delhi	1836	50.4	23.3	8.8	2.4	15.1	2937	51.2	23.3	8	2.4	15.1
Puducherry	3256	99.5	0.2	0.1	0.1	0.1	4180	99.6	0.2	0	0.1	0.1
Rajasthan	2223	28.0	29.0	27.7	3.2	12.1	2589	29.1	36	24.9	2.8	7.2
<b>Pooled</b>	36498	85.5	6.9	3.4	1.8	2.4	51580	86.1	6.6	2.8	2.2	2.3

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.2: Distribution (%) of Adults by frequency of consumption of Fried Rice**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	0.1	2.0	21.7	65.7	10.6	3906	0.1	1.9	18.9	63.6	15.5
Tamil Nadu	3136	1.6	12.6	25.3	18.2	42.4	4040	1.2	13.9	25.3	16.8	42.9
Karnataka	2532	2.7	19.3	25.3	25.5	27.4	4023	2.1	19.8	21.6	22.6	34.1
Andhra Pradesh	2128	1.0	6.0	14.8	36.7	41.6	3163	0.7	5.6	14.6	35.8	43.4
Maharashtra	3055	2.1	6.5	9.8	6.8	75.0	3632	2.1	6.8	10.0	7.2	74.1
Gujarat	2617	1.4	9.0	29.9	22.3	37.4	4249	1.9	10.9	29.4	22.9	35.1
Madhya Pradesh	1663	0.7	0.5	2.6	78.7	17.6	2708	1.2	1.0	3.1	45.2	49.5
Orissa	1507	0.1	2.0	11.1	57.4	29.6	2656	0.0	1.0	6.5	60.8	31.8
West Bengal	1692	0.1	0.4	4.4	47.2	48.0	3125	0.1	0.2	3.1	45.7	51.0
Uttar Pradesh	2208	1.6	10.3	38.6	34.6	15.1	3201	1.3	11.2	41.6	34.4	11.6
Andaman & Nicobar	2969	1.1	3.9	20.4	40.9	33.9	3544	1.2	3.9	21.4	40.1	33.5
Assam	1243	0.2	0.3	2.6	45.3	51.7	1807	0.2	0.6	1.9	45.0	52.4
Bihar	1807	0.2	1.6	8.7	56.1	33.5	1820	0.3	2.3	8.5	53.8	35.2
New Delhi	1836	0.6	2.1	11.2	3.0	83.3	2937	0.7	1.9	13.2	3.1	81.3
Puduchery	3256	0.8	8.0	11.4	38.8	41.1	4180	0.6	7.8	9.7	36.2	45.8
Rajasthan	2223	5.0	8.8	10.5	6.5	69.3	2589	5.5	11.8	12.1	5.6	65.2
Pooled	36497	1.3	6.6	16.9	34.3	41.1	51580	1.3	7.0	16.3	32.5	43.0

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.3: Distribution (%) of Adults by frequency of consumption of Roti (with oil)**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	21.9	58.7	9.9	5.4	4.1	3906	18.7	56.4	14.0	6.4	4.5
Tamil Nadu	3136	15.1	54.0	17.0	5.7	8.2	4040	13.3	57.9	15.5	5.6	7.7
Karnataka	2532	18.7	66.5	10.0	2.7	2.1	4023	19.3	65.5	10.4	2.4	2.4
Andhra Pradesh	2129	18.9	56.4	8.0	7.5	9.2	3163	19.2	56.0	9.0	7.5	8.3
Maharashtra	3055	85.3	2.5	0.3	1.5	10.4	3632	85.9	2.7	0.3	1.2	9.9
Gujarat	2617	60.8	12.0	2.3	6.1	18.8	4249	60.6	13.8	2.6	5.0	18.0
Madhya Pradesh	1663	4.7	0.2	0.2	67.2	27.7	2707	3.2	0.1	0.3	20.2	76.2
Orissa	1507	1.8	1.9	7.9	9.3	79.1	2655	1.5	1.2	5.2	7.6	84.5
West Bengal	1692	0.9	0.6	1.3	22.3	74.9	3125	0.7	0.7	0.9	24.1	73.6
Uttar Pradesh	2208	6.0	0.3	1.6	16.7	75.4	3201	6.0	0.3	1.6	18.5	73.6
Andaman & Nicobar	2969	15.0	13.9	4.1	3.6	63.4	3544	15.6	16.5	3.4	3.0	61.5
Assam	1243	2.0	0.5	0.4	0.9	96.2	1807	1.6	0.9	0.4	2.0	95.1
Bihar	1807	87.9	0.3	0.4	2.0	9.4	1820	87.5	0.3	0.3	2.5	9.4
New Delhi	1836	51.9	2.1	1.7	0.5	43.8	2937	52.3	2.1	1.4	0.6	43.6
Puduchery	3256	11.6	56.1	6.6	15.7	10.0	4180	12.5	55.2	6.0	16.6	9.7
Rajasthan	2223	6.8	0.4	0.4	2.3	90.1	2589	7.8	0.5	0.3	1.5	89.9
Pooled	36498	27.2	24.2	5.1	9.6	33.9	51578	25.4	24.6	5.2	8.0	36.8

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.4: Distribution (%) of Adults by frequency of consumption of Roti/Pulka (without oil)**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2624	0.6	0.8	0.1	3.0	95.5	3906	0.3	0.6	0.4	2.5	96.2
Tamil Nadu	3136	0.6	2.1	1.1	1.6	94.6	4040	0.3	1.7	1.2	1.5	95.3
Karnataka	2532	1.3	7.0	5.1	20.9	65.7	4023	1.4	5.9	3.5	17.5	71.7
Andhra Pradesh	2129	5.0	3.7	2.0	13.6	75.7	3163	4.9	3.3	1.6	12.4	77.8
Maharashtra	3055	4.3	0.4	0.1	0.9	94.3	3632	3.8	0.3	0.2	1.0	94.7
Gujarat	2617	49.6	2.9	1.3	9.1	37.1	4249	51.7	2.1	1.1	8.7	36.4
Madhya Pradesh	1663	90.9	0.3	0.6	4.9	3.3	2707	90.3	1.6	0.4	3.6	4.1
Orissa	1507	3.3	3.9	5.7	19.0	68.1	2656	2.1	2.9	6.6	17.2	71.2
West Bengal	1692	64.9	13.6	14.0	5.8	1.7	3125	55.4	18.1	15.9	8.9	1.7
Uttar Pradesh	2208	92.8	1.2	1.8	3.2	1.0	3201	92.7	0.8	2.2	2.9	1.4
Andaman & Nicobar	2969	40.4	23.9	3.7	2.1	29.9	3544	37.7	24.8	3.5	3.0	31.0
Assam	1243	62.7	10.1	5.3	15.1	6.8	1807	62.8	9.0	4.7	15.8	7.7
Bihar	1807	10.2	0.5	0.7	1.7	86.9	1820	11.0	0.4	0.6	1.7	86.3
New Delhi	1836	45.7	3.3	2.4	0.6	48.0	2937	46.2	3.9	2.5	1.1	46.3
Puducherry	3256	0.4	1.1	0.6	3.2	94.7	4180	0.3	0.8	0.4	2.6	95.9
Rajasthan	2223	91.6	0.7	0.6	4.2	2.9	2589	91.0	0.4	0.8	4.1	3.7
Pooled	36497	31.2	4.6	2.4	6.1	55.7	51579	31.3	4.8	2.7	6.3	54.9

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.5: Distribution (%) of Adults by frequency of consumption of Parota**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	0.3	3.6	4.3	44.4	47.4	3906	0.2	1.6	4.5	51.1	42.6
Tamil Nadu	3136	1.7	21.6	25.1	18.3	33.3	4040	0.5	12.8	26.7	19.3	40.7
Karnataka	2532	0.3	6.6	11.8	33.7	47.6	4023	0.1	3.8	6.6	24.8	64.7
Andhra Pradesh	2129	0.5	1.9	2.5	12.3	82.8	3163	0.2	0.9	1.3	11.1	86.5
Maharashtra	3055	6.9	5.2	2.0	6.2	79.7	3632	6.7	4.9	2.1	6.1	80.2
Gujarat	2617	6.5	22.1	14.4	29.3	27.7	4249	7.3	25.4	15.3	28.9	23.1
Madhya Pradesh	1663	4.5	4.6	6.9	76.4	7.6	2707	6.3	12.5	7.4	65.5	8.3
Orissa	1507	1.9	10.4	24.8	41.0	21.9	2656	1.8	9.5	26.1	47.3	15.3
West Bengal	1692	1.4	21.9	48.7	23.0	5.0	3125	1.3	20.5	50.5	22.2	5.5
Uttar Pradesh	2208	13.7	42.2	31.1	11.4	1.6	3201	16.1	44.1	29.9	9.0	0.9
Andaman & Nicobar	2969	2.3	12.2	17.1	19.0	49.4	3544	1.2	6.5	15.4	16.9	60.0
Assam	1243	20.7	11.1	30.4	30.2	7.6	1807	21.2	10.2	32.0	30.1	6.5
Bihar	1807	0.9	16.9	43.3	29.3	9.6	1820	0.8	16.6	43.9	28.3	10.4
New Delhi	1836	7.8	45.7	16.7	4.1	25.7	2937	8.2	46.3	17.5	4.4	23.6
Puduchery	3256	0.5	5.8	7.7	37.4	48.6	4180	0.1	2.5	5.3	33.7	58.4
Rajasthan	2223	5.2	33.7	26.0	22.2	12.9	2589	6.7	32.6	28.0	20.2	12.5
Pooled	36498	4.2	16.0	17.8	26.3	35.7	51579	4.3	14.9	17.7	25.9	37.2

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.6: Distribution (%) of Adults by frequency of consumption of Stuffed Parota**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	0.1	0.0	0.0	2.0	97.9	3906	0.1	0.0	0.1	1.9	97.9
Tamil Nadu	3136	0.2	0.8	0.9	1.6	96.5	4040	0.1	0.3	0.7	1.4	97.5
Karnataka	2532	0.1	2.5	3.9	23.0	70.5	4023	0.0	1.0	2.0	15.6	81.4
Andhra Pradesh	2129	0.5	0.3	0.6	9.7	88.9	3163	0.2	0.2	0.8	7.6	91.2
Maharashtra	3055	0.2	2.4	2.1	3.3	92.0	3632	0.4	3.1	2.4	3.8	90.3
Gujarat	2617	0.2	6.4	19.5	29.4	44.5	4249	0.2	7.3	22.0	30.6	39.9
Madhya Pradesh	1663	0.7	1.1	4.9	79.4	13.9	2707	0.5	2.2	3.1	65.5	28.7
Orissa	1507	0.2	1.7	3.4	19.1	75.6	2656	0.0	1.1	3.6	16.3	79.0
West Bengal	1692	0.0	0.3	1.7	28.2	69.8	3125	0.0	0.1	1.7	24.2	74.0
Uttar Pradesh	2208	0.3	6.8	39.8	50.3	2.8	3201	0.4	7.6	42.4	47.7	1.9
Andaman & Nicobar	2969	0.2	1.6	4.6	5.1	88.5	3544	0.2	1.3	4.9	4.3	89.3
Assam	1243	0.9	0.6	1.3	40.5	56.7	1807	0.4	0.3	1.2	39.6	58.5
Bihar	1807	0.2	12.9	44.0	31.5	11.4	1820	0.4	11.7	44.6	29.9	13.4
New Delhi	1836	1.2	14.3	29.6	10.0	44.9	2937	1.5	17.3	30.4	10.7	40.1
Puduchery	3256	0.3	0.3	0.8	2.8	95.8	4180	0.3	0.2	0.5	2.3	96.7
Rajasthan	2223	1.1	27.6	24.5	15.5	31.3	2589	0.9	21.1	28.3	17.9	31.8
Pooled	36498	0.4	4.7	10.4	18.7	65.8	51579	0.3	4.2	10.5	17.9	67.1

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.7: Distribution (%) of Adults by frequency of consumption of Nan**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	0.1	0.1	0.1	5.5	94.2	3635	0.0	0.0	0.3	6.7	93.0
Tamil Nadu	3136	0.3	0.6	4.4	7.1	87.6	3697	0.2	0.3	2.9	5.1	91.5
Karnataka	2532	0.3	1.5	3.1	18.0	77.1	3446	0.0	0.4	1.0	12.9	85.7
Andhra Pradesh	2129	0.2	0.6	2.2	12.5	84.5	2771	0.0	0.4	1.2	10.8	87.6
Maharashtra	3055	2.7	0.8	0.6	4.0	91.9	3363	2.9	0.6	0.6	3.3	92.6
Gujarat	2617	0.0	0.3	3.9	17.7	78.1	3320	0.2	0.2	2.7	18.8	78.1
Madhya Pradesh	1663	0.1	0.0	0.3	33.1	66.5	1398	0.1	0.0	0.8	47.5	51.6
Orissa	1507	0.1	0.8	4.7	34.7	59.7	1908	0.0	0.5	2.0	25.7	71.8
West Bengal	1692	0.0	0.4	1.0	30.8	67.8	2262	0.0	0.0	1.0	26.6	72.4
Uttar Pradesh	2208	0.5	0.5	2.9	80.3	15.8	643	0.0	0.1	1.4	78.4	20.1
Andaman & Nicobar	2969	0.1	0.2	2.2	4.0	93.5	3358	0.1	0.1	1.8	3.2	94.8
Assam	1243	0.3	0.3	1.8	16.9	80.7	1542	0.1	0.2	1.3	13.1	85.3
Bihar	1807	0.1	0.3	1.5	42.5	55.6	1137	0.3	0.2	1.0	36.2	62.3
New Delhi	1836	0.4	0.9	3.4	4.1	91.2	2722	0.2	0.6	1.9	4.7	92.6
Puduchery	3256	0.1	0.7	1.4	8.2	89.6	3887	0.1	0.2	1.1	5.6	93.0
Rajasthan	2223	0.3	0.3	1.5	16.7	81.2	2227	0.1	0.3	1.8	11.8	86.0
Pooled	36498	0.4	0.5	2.2	18.8	78.1	41316	0.3	0.2	1.5	17.9	80.1

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.8: Distribution (%) of Adults by frequency of consumption of Puri**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	0.2	3.5	3.7	49.6	43.0	3906	0.0	4.1	4.6	51.8	39.5
Tamil Nadu	3136	0.7	29.0	35.3	19.0	16.0	4040	0.2	25.2	39.0	18.5	17.1
Karnataka	2532	0.4	14.9	54.9	26.5	3.3	4023	0.1	13.8	50.7	30.8	4.6
Andhra Pradesh	2129	0.6	22.5	36.5	24.1	16.3	3163	0.3	19.0	36.9	27.2	16.6
Maharashtra	3055	0.3	1.0	12.3	64.6	21.8	3632	0.4	1.1	12.1	65.3	21.1
Gujarat	2617	0.7	6.1	42.8	42.4	8.0	4249	0.2	5.7	42.6	44.4	7.1
Madhya Pradesh	1663	0.9	33.5	39.6	21.1	4.9	2707	1.1	40.0	24.4	27.9	6.6
Orissa	1507	1.6	7.2	59.1	24.2	7.9	2656	1.0	4.6	56.0	31.3	7.1
West Bengal	1692	1.3	19.8	53.6	19.2	6.1	3125	1.0	17.5	54.7	20.9	5.9
Uttar Pradesh	2208	2.0	40.3	39.8	14.8	3.1	3201	2.3	39.4	43.8	12.4	2.1
Andaman & Nicobar	2969	0.3	18.0	40.1	20.8	20.8	3544	0.2	15.0	42.5	21.1	21.2
Assam	1243	0.8	1.9	4.2	87.5	5.6	1807	0.9	3.2	4.1	86.8	5.0
Bihar	1807	0.5	10.1	64.7	21.5	3.2	1820	0.6	7.7	66.3	21.9	3.5
New Delhi	1836	0.6	3.0	23.9	53.7	18.8	2937	0.4	2.5	25.0	54.9	17.2
Puduchery	3256	0.7	13.5	13.9	52.0	19.9	4180	0.5	11.6	13.1	49.4	25.4
Rajasthan	2223	0.8	5.5	15.6	57.1	21.0	2589	0.7	5.5	19.7	57.6	16.5
Pooled	36498	0.7	14.5	32.5	37.2	15.1	51579	0.6	13.7	33.1	38.0	14.6

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.9: Distribution (%) of Adults by frequency of consumption of Puffed Rice**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	0.1	0.9	1.9	78.5	18.6	3906	0.1	0.7	2.4	75	21.8
Tamil Nadu	3136	2.2	7.6	13.3	41.2	35.7	4040	3.5	8.4	16.6	40.5	31
Karnataka	2532	9.8	15	30.3	38.2	6.7	4023	9.3	14.8	27.2	39.6	9.1
Andhra Pradesh	2129	9.1	9.6	8.6	26.5	46.2	3163	8.3	9	10.1	26	46.6
Maharashtra	3055	10.1	11.1	12.6	18.9	47.3	3632	10.9	10.7	12	19.6	46.8
Gujarat	2617	22	28.2	18.7	15.2	15.9	4249	24.7	30.5	17.8	15.2	11.8
Madhya Pradesh	1663	8.5	12.2	54.8	18.8	5.7	2708	3.4	5.6	44.9	34.2	11.9
Orissa	1507	12	47.1	23	12.9	5	2656	16.3	47.5	16.6	15.8	3.8
West Bengal	1692	50.9	31.8	6.6	9.5	1.2	3125	55.1	30.2	6.2	7.1	1.4
Uttar Pradesh	2208	2.6	8.8	31.7	53.5	3.4	3201	2.9	6.9	30.5	56.9	2.8
Andaman & Nicobar	2969	7.5	3.4	9.4	11.5	68.2	3544	8.6	3.8	11	14.3	62.3
Assam	1243	12.5	9.7	24.8	44.6	8.4	1807	12.8	11.4	24.5	44.3	7
Bihar	1807	8.5	20.4	24.1	20.9	26.1	1820	8.9	21.8	24.6	19.6	25.1
New Delhi	1836	0.3	0.1	0.5	2.5	96.6	2937	0.2	0.6	1	1.6	96.6
Puduchery	3256	1.9	2.2	2.1	76.4	17.4	4180	2.2	2.6	2.6	76.2	16.4
Rajasthan	2223	1.4	1.9	2.6	5.7	88.4	2589	0.8	2	1.9	6.3	89
Pooled	36498	9.0	11.7	15.1	31.9	32.3	51580	10.5	12.5	14.9	32.6	29.5

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.10: Distribution (%) of Adults by frequency of consumption of Rice Flakes**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	0.2	1.5	3	82.8	12.5	3906	0.2	1.3	3.2	80	15.3
Tamil Nadu	3136	2.4	8.1	13.6	39.8	36.1	4040	4	9.5	17.3	39.3	29.9
Karnataka	2532	9.3	28.4	37.4	18.6	6.3	4023	9.2	29	35.3	18.3	8.2
Andhra Pradesh	2129	1.7	5.3	6.5	24.4	62.1	3163	1.9	6.1	6.7	25.3	60
Maharashtra	3055	33.2	32.5	17	8.3	9	3632	31.8	34.4	16.1	9	8.7
Gujarat	2617	14.1	28.9	27.6	13.6	15.8	4249	14.5	31.4	30.3	12.6	11.2
Madhya Pradesh	1663	9.2	19.6	47.9	17.6	5.7	2708	6.7	40.6	25	21	6.7
Orissa	1507	3.6	18.9	56.8	16.1	4.6	2656	2.4	15.8	55.2	20.6	6
West Bengal	1692	0.9	1.1	16.8	73.5	7.7	3125	0.6	1.2	16.2	75.5	6.5
Uttar Pradesh	2208	1.6	6.2	28.6	59.3	4.3	3201	2.1	5.1	27.4	61.9	3.5
Andaman & Nicobar	2969	2.1	1.3	6	8.2	82.4	3544	2.3	1.8	7	9.7	79.2
Assam	1243	2.6	8.5	26.8	52.7	9.4	1807	2.8	9.1	28.6	52.2	7.3
Bihar	1807	8.6	23.6	20.3	21.5	26	1820	9.6	23.2	22.5	19.3	25.4
New Delhi	1836	0.5	1.6	2.3	2.4	93.2	2937	1.2	2.4	4	2.3	90.1
Puduchery	3256	2.4	2.8	2.8	75.5	16.5	4180	2.9	3.5	3.5	74.2	15.9
Rajasthan	2223	16.0	20.8	15.4	20.1	27.7	2589	18.0	23.6	20.3	15.9	22.2
Pooled	36498	7.3	13.2	18.5	33.9	27.1	51580	7.2	14.6	19	34.4	24.8

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.11: Distribution (%) of Adults by frequency of consumption of Plain Dal**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	2.0	2.9	3.2	81.0	10.9	3906	1.8	3.0	4.0	76.7	14.5
Tamil Nadu	3136	10.4	25.8	13.6	9.5	40.7	4040	12.6	25.9	13.4	9.2	38.9
Karnataka	2532	28.8	38.2	25.3	6.4	1.3	4023	29.3	36.1	26.1	7.2	1.3
Andhra Pradesh	2129	12.6	10.0	15.6	41.6	20.2	3163	11.6	10.1	17.2	40.4	20.7
Maharashtra	3055	82.2	10.4	2.1	0.9	4.4	3632	81.4	10.4	2.5	0.7	5.0
Gujarat	2617	52.9	35.7	3.7	4.9	2.8	4249	52.6	34.3	3.8	5.5	3.8
Madhya Pradesh	1663	61.6	13.6	4.1	17.9	2.8	2708	65.4	5.0	1.9	5.9	21.8
Orissa	1507	60.6	26.1	7.5	0.9	4.9	2656	56.8	31.8	5.2	1.2	5.0
West Bengal	1692	41.5	53.8	1.5	2.0	1.2	3125	44.6	51.7	1.3	1.6	0.8
Uttar Pradesh	2208	85.0	13.4	0.9	0.6	0.1	3201	83.2	15.0	1.0	0.5	0.3
Andaman & Nicobar	2969	47.1	28.7	3.4	3.9	16.9	3544	46.1	28.6	3.3	4.9	17.1
Assam	1243	96.3	2.3	0.8	0.4	0.2	1807	94.9	4.0	0.5	0.4	0.2
Bihar	1807	96.6	2.3	0.4	0.4	0.3	1820	96.2	2.7	0.3	0.3	0.5
New Delhi	1836	61.0	12.1	0.8	0.4	25.7	2937	65.8	13.2	1.5	0.5	19.0
Puduchery	3256	6.6	5.5	1.3	6.9	79.7	4180	6.3	5.4	1.1	5.6	81.6
Rajasthan	2223	63.6	30.7	2.7	2.1	0.9	2589	63.1	30.2	3.8	1.8	1.1
Pooled	36498	46.4	19.6	5.8	11.8	16.4	51580	45.7	20.1	6.1	11.5	16.6

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.12: Distribution (%) of Adults by frequency of consumption of Dal with GLV**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	0.2	0.4	0.3	5.8	93.3	3906	0.1	0.5	0.4	6.4	92.6
Tamil Nadu	3136	23.2	43.3	13.9	5.5	14.1	4040	25.3	44.9	12.1	4.8	12.9
Karnataka	2532	50.6	27.1	17.4	4.3	0.6	4023	47.0	26.2	20.4	5.8	0.6
Andhra Pradesh	2129	51.5	35.9	6.5	3.7	2.4	3163	51.0	36.5	5.7	4.8	2.0
Maharashtra	3055	30.8	17.6	9.9	5.4	36.3	3632	30.9	17.3	9.9	5.3	36.6
Gujarat	2617	0.5	6.2	7.8	19.2	66.3	4249	0.6	6.4	8.2	18.3	66.5
Madhya Pradesh	1663	1.6	2.7	2.2	60.7	32.8	2708	0.8	0.8	1.1	28.6	68.7
Orissa	1507	5.8	11.4	8.8	6.3	67.7	2656	2.6	7.7	9.0	6.0	74.7
West Bengal	1692	6.0	3.9	23.0	46.7	20.4	3125	4.4	4.1	23.2	46.5	21.8
Uttar Pradesh	2208	11.4	17.3	27.8	35.2	8.3	3201	9.6	16.9	31.5	35.2	6.8
Andaman & Nicobar	2969	4.0	14.4	21.9	6.4	53.3	3544	4.4	14.4	22.4	6.2	52.6
Assam	1243	7.2	10.2	64.3	14.0	4.3	1807	4.8	10.8	68.7	11.1	4.6
Bihar	1807	1.6	1.6	1.9	29.8	65.1	1820	1.4	2.0	2.2	27.8	66.6
New Delhi	1836	3.4	5.7	16.7	8.0	66.2	2937	3.4	3.6	17.7	9.9	65.4
Puducherry	3256	37.6	45.7	4.6	7.6	4.5	4180	35.3	47.2	5.1	8.2	4.2
Rajasthan	2223	23.8	40.3	7.2	6.9	21.8	2589	15.6	29.3	12.2	10.1	32.8
Pooled	36498	18.0	19.9	13.1	14.6	34.4	51580	16.4	18.3	14.2	13.8	37.3

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.13: Distribution (%) of Adults by frequency of consumption of Dal with Vegetables**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	0.6	0.2	0.2	3.3	95.7	3906	0.3	0.2	0.1	4.4	95.0
Tamil Nadu	3136	38.2	33.0	6.5	4.2	18.1	4040	39.3	33.3	6.4	4.3	16.7
Karnataka	2532	52.2	44.7	2.6	0.1	0.4	4023	51.7	45.4	2.4	0.3	0.2
Andhra Pradesh	2129	26.8	49.7	6.3	6.7	10.5	3163	26.8	49.4	7.5	6.2	10.1
Maharashtra	3055	11.2	2.5	3.7	2.2	80.4	3632	12.0	3.2	3.7	2.0	79.1
Gujarat	2617	3.5	3.4	6.1	23.7	63.3	4249	4.3	3.9	6.4	23.4	62.0
Madhya Pradesh	1663	0.3	1.2	0.4	65.2	32.9	2708	0.3	0.4	0.5	24.1	74.7
Orissa	1507	6.6	8.1	10.1	25.8	49.4	2656	3.9	6.0	11.1	31.7	47.3
West Bengal	1691	3.0	4.7	27.2	45.0	20.1	3125	3.2	5.5	27.5	43.5	20.3
Uttar Pradesh	2208	0.9	2.9	15.2	53.4	27.6	3201	0.7	3.1	15.9	54.5	25.8
Andaman & Nicobar	2968	20.7	21.4	8.0	5.3	44.6	3544	22.0	21.3	8.4	5.2	43.1
Assam	1243	3.1	9.3	53.6	30.3	3.7	1806	2.5	9.5	55.1	28.6	4.3
Bihar	1807	0.4	0.3	2.7	34.5	62.1	1819	0.6	0.2	3.1	33.1	63.0
New Delhi	1836	19.5	11.0	20.3	3.7	45.5	2937	16.4	10.3	24.7	3.8	44.8
Puduchery	3256	19.2	18.9	2.2	10.6	49.1	4180	21.5	19.8	2.0	10.2	46.5
Rajasthan	2223	0.7	0.8	0.9	12.6	85.0	2589	0.4	0.7	1.3	12.0	85.6
Pooled	36496	14.7	14.5	8.3	17.3	45.2	51578	14.8	14.6	9.5	16.2	44.9

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.14: Distribution (%) of Adults by frequency of consumption of Sambar with Dal**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	89.0	7.5	1.0	0.9	1.6	3906	87.1	8.6	1.2	0.7	2.4
Tamil Nadu	3136	69.7	29.0	0.5	0.2	0.6	4040	73.2	25.2	0.7	0.2	0.7
Karnataka	2532	28.1	61.6	9.4	0.6	0.3	4023	28.2	58.5	12.6	0.4	0.3
Andhra Pradesh	2129	14.3	46.5	10.3	24.0	4.9	3163	13.9	46.4	10.6	23.9	5.2
Maharashtra	3055	2.2	3.6	20.2	19.1	54.9	3632	2.3	4.0	21.4	20.1	52.2
Gujarat	2617	2.2	7.1	35.8	28.3	26.6	4249	1.6	6.2	37.6	29.6	25.0
Madhya Pradesh	1663	1.0	1.0	2.0	73.0	23.0	2708	1.7	0.7	3.5	61.6	32.5
Orissa	1507	2.8	5.4	5.6	69.1	17.1	2656	1.2	3.7	4.1	74.3	16.7
West Bengal	1691	1.5	0.6	3.4	29.8	64.7	3125	1.0	0.7	1.9	24.8	71.6
Uttar Pradesh	2208	1.4	3.1	17.1	28.4	50.0	3201	0.8	2.0	14.3	28.9	54.0
Andaman & Nicobar	2968	38.5	31.8	13.5	3.8	12.4	3544	37.3	33.4	13.5	3.6	12.2
Assam	1243	0.6	0.6	0.5	38.3	60.0	1806	0.3	0.3	0.8	34.3	64.3
Bihar	1807	0.8	0.3	1.0	45.4	52.5	1819	0.6	0.2	1.1	42.2	55.9
New Delhi	1836	1.2	1.3	5.6	8.9	83.0	2937	1.1	1.2	5.5	8.8	83.4
Puduchery	3256	64.8	31.3	1.0	1.4	1.5	4180	63.6	32.6	1.2	1.3	1.3
Rajasthan	2223	3.1	2.6	12.9	20.2	61.2	2589	2.2	3.7	23.0	17.6	53.5
Pooled	36496	25.0	17.0	9.5	20.1	28.4	51578	23.9	16.4	10.3	20.2	29.2

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.15: Distribution (%) of Adults by frequency of consumption of Boiled/Seasoned Vegetable Curry**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	77.2	19.6	0.4	1.2	1.6	3906	76.3	19.9	0.7	1.3	1.8
Tamil Nadu	3136	54.0	38.4	1.3	2.6	3.7	4040	53.8	39.8	1.5	2.0	2.9
Karnataka	2532	61.0	35.1	2.8	1.0	0.1	4023	57.3	37.6	3.7	1.1	0.3
Andhra Pradesh	2129	34.8	63.2	0.4	0.5	1.1	3163	38.5	59.3	0.3	0.5	1.4
Maharashtra	3055	84.9	6.7	1.1	0.5	6.8	3632	84.2	7.2	1.0	0.5	7.1
Gujarat	2617	48.1	49.8	0.4	0.9	0.8	4249	44.6	53.0	0.5	0.8	1.1
Madhya Pradesh	1663	84.0	12.6	0.7	1.9	0.8	2708	87.9	7.7	0.8	1.9	1.7
Orissa	1507	28.3	54.5	14.3	1.4	1.5	2656	30.8	55.0	11.4	1.1	1.7
West Bengal	1691	50.2	44.0	2.1	1.7	2.0	3125	54.8	40.5	2.5	1.0	1.2
Uttar Pradesh	2208	61.1	36.5	1.0	0.3	1.1	3201	59.6	38.3	0.8	0.5	0.8
Andaman & Nicobar	2968	35.7	31.0	9.2	2.8	21.3	3544	37.7	30.8	8.7	2.6	20.2
Assam	1243	46.2	4.3	15.8	29.3	4.4	1806	50.0	6.0	14.9	25.7	3.4
Bihar	1807	94.7	2.8	0.1	0.9	1.5	1819	94.7	3.1	0.1	1.0	1.1
New Delhi	1836	82.5	13.8	0.4	0.2	3.1	2937	81.1	14.9	0.4	0.2	3.4
Puduchery	3256	38.0	38.9	0.6	18.6	3.9	4180	36.3	40.0	0.5	17.9	5.3
Rajasthan	2223	64.5	33.8	0.3	0.2	1.2	2589	63.9	34.6	0.2	0.2	1.1
Pooled	36496	58.6	31.1	2.7	3.7	3.9	51578	58.2	32.3	2.6	3.3	3.6

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.16: Distribution (%) of Adults by frequency of consumption of Vegetable Fry**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	0.3	0.4	0.1	2.9	96.3	3906	0.5	0.3	0.1	3.3	95.8
Tamil Nadu	3136	16.9	20.2	9.3	10.1	43.5	4040	16.7	21.5	8.9	9.5	43.4
Karnataka	2532	27.8	42.7	19.9	6.7	2.9	4023	25.6	38.6	23.2	8.8	3.8
Andhra Pradesh	2129	29.3	42.4	12.7	8.4	7.2	3163	29.2	42.9	12.8	7.6	7.5
Maharashtra	3055	24.2	11.1	8.0	7.7	49.0	3632	24.3	10.9	8.4	7.1	49.3
Gujarat	2617	19.4	29.3	12.2	18.5	20.6	4249	19.8	28.7	13.5	16.7	21.3
Madhya Pradesh	1663	12.8	6.5	1.8	35.5	43.4	2708	21.9	4.3	1.5	16.9	55.4
Orissa	1507	14.9	26.6	50.8	2.0	5.7	2656	14.3	27.0	51.6	2.5	4.6
West Bengal	1691	37.9	30.1	15.3	13.6	3.1	3125	37.8	33.9	14.8	10.2	3.3
Uttar Pradesh	2208	3.0	10.1	57.5	27.5	1.9	3201	3.0	10.3	61.4	23.4	1.9
Andaman & Nicobar	2968	55.2	27.7	1.1	1.2	14.8	3544	55.4	28.2	0.9	1.4	14.1
Assam	1243	48.2	6.7	21.4	20.9	2.8	1806	42.1	6.1	24.9	23.5	3.4
Bihar	1807	15.9	30.6	4.7	27.8	21.0	1819	15.7	32.0	5.4	27.4	19.5
New Delhi	1836	8.8	19.9	6.1	3.0	62.2	2937	5.9	18.9	6.6	4.1	64.5
Puduchery	3256	21.9	32.5	1.6	9.6	34.4	4180	18.2	28.8	1.4	8.2	43.4
Rajasthan	2223	44.7	50.2	1.5	1.6	2.0	2589	49.3	46.3	1.8	0.7	1.9
Pooled	36496	23.8	24.6	12.4	11.2	28.0	51578	22.9	23.8	14.2	9.9	29.2

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.17: Distribution (%) of Adults by frequency of consumption of Vegetable Manchuria**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	0.5	0.3	0.3	3.8	95.1	3906	0.3	0.4	0.2	3.9	95.2
Tamil Nadu	3136	2.0	5.2	10.6	14.6	67.6	4040	1.5	6.0	10.2	12.6	69.7
Karnataka	2532	4.1	14.2	25.4	29.4	26.9	4023	3.5	12.3	23.2	29.4	31.6
Andhra Pradesh	2129	2.4	7.3	8.6	23.7	58.0	3163	1.3	5.2	7.3	21.6	64.6
Maharashtra	3055	0.7	0.6	0.8	0.8	97.1	3632	1.0	0.5	0.8	0.8	96.9
Gujarat	2617	1.1	2.5	14.4	24.4	57.6	4249	0.8	1.5	11.0	24.9	61.8
Madhya Pradesh	1663	0.2	0.2	0.3	8.8	90.5	2708	0.4	0.3	0.2	9.5	89.6
Orissa	1507	1.8	6.3	36.1	24.7	31.1	2656	0.9	5.5	36.6	26.2	30.8
West Bengal	1691	1.4	2.5	16.2	22.8	57.1	3125	1.8	2.7	13.8	17.3	64.4
Uttar Pradesh	2208	0.2	0.2	2.0	15.8	81.8	3201	0.1	0.3	1.6	12.0	86.0
Andaman & Nicobar	2968	0.2	0.3	0.3	0.5	98.7	3544	0.5	0.5	0.3	0.6	98.1
Assam	1243	0.8	0.2	3.4	7.4	88.2	1806	0.2	0.7	4.4	6.3	88.4
Bihar	1807	0.4	0.3	1.1	17.9	80.3	1819	0.4	0.9	1.1	17.8	79.8
New Delhi	1836	1.0	1.7	1.2	1.3	94.8	2937	0.8	2.1	1.3	1.0	94.8
Puduchery	3256	0.4	1.4	0.9	7.4	89.9	4180	0.3	1.2	0.7	5.4	92.4
Rajasthan	2223	0.8	0.3	0.6	5.3	93.0	2589	1.1	0.7	0.5	5.8	91.9
Pooled	36496	1.2	2.7	7.1	12.4	76.6	51578	1.0	2.8	7.3	12.3	76.6

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.18: Distribution (%) of Adults by frequency of consumption of GLV Curry**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	48.2	36.8	7.0	5.9	2.1	3906	45.6	36.2	8.7	6.9	2.6
Tamil Nadu	3136	16.4	41.9	11.9	7.9	21.9	4040	19.0	41.5	11.8	8.2	19.5
Karnataka	2532	50.4	41.6	4.5	2.4	1.1	4023	51.4	39.9	5.7	2.2	0.8
Andhra Pradesh	2129	12.1	53.6	19.2	10.2	4.9	3163	12.0	54.3	19.1	10.6	4.0
Maharashtra	3055	32.2	10.0	3.7	6.0	48.1	3632	34.7	10.7	3.2	5.8	45.6
Gujarat	2617	54.4	32.4	7.6	2.6	3.0	4249	57.2	32.0	6.2	2.3	2.3
Madhya Pradesh	1663	25.0	34.8	7.6	29.7	2.9	2708	50.3	17.4	5.9	22.0	4.4
Orissa	1507	9.3	52.5	5.6	5.1	27.5	2656	5.2	49.5	3.9	5.6	35.8
West Bengal	1691	84.3	9.5	2.2	2.6	1.4	3125	84.7	9.6	2.4	2.3	1.0
Uttar Pradesh	2208	0.6	0.7	0.7	13.8	84.2	3201	0.7	0.5	0.3	9.6	88.9
Andaman & Nicobar	2968	5.5	12.3	5.9	2.8	73.5	3544	5.6	12.2	7.0	2.9	72.3
Assam	1243	4.0	8.0	17.2	66.1	4.7	1806	3.8	10.3	16.4	65.7	3.8
Bihar	1807	5.0	11.4	41.3	21.5	20.8	1819	3.4	12.3	42.8	21.7	19.8
New Delhi	1836	26.2	54.7	11.5	0.8	6.8	2937	24.2	55.4	11.7	1.3	7.4
Puduchery	3256	12.9	38.0	6.2	37.3	5.6	4180	13.2	39.4	6.9	34.8	5.7
Rajasthan	2223	41.6	27.8	3.4	21.9	5.3	2589	38.4	29.0	4.2	19.9	8.5
Pooled	36496	26.9	29.4	9.0	13.3	21.4	51578	30.0	29.3	8.6	11.9	20.2

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.19: Distribution (%) of Adults by frequency of consumption of Egg**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	3.0	21.6	20.5	37.7	17.3	3906	2.3	16.8	24.7	35.8	20.5
Tamil Nadu	3136	15.7	25.0	13.8	7.8	37.8	4040	11.9	23.7	12.9	8.0	43.5
Karnataka	2532	14.6	25.3	25.8	12.6	21.7	4023	14.1	23.7	25.1	11.8	25.4
Andhra Pradesh	2129	10.4	25.9	19.0	21.7	22.9	3163	9.4	24.9	18.2	21.7	25.8
Maharashtra	3055	6.5	16.8	13.7	3.9	59.2	3632	6.5	14.8	12.5	3.7	62.5
Gujarat	2617	4.9	8.2	9.3	8.0	69.5	4249	4.1	6.4	6.6	6.0	76.9
Madhya Pradesh	1663	4.9	9.6	34.0	14.8	36.7	2708	6.6	10.5	16.0	13.0	54.0
Orissa	1507	2.1	18.9	48.8	9.4	20.8	2656	1.1	11.9	47.3	12.4	27.4
West Bengal	1692	11.2	25.1	33.4	19.3	11.0	3125	10.7	25.4	35.7	17.5	10.7
Uttar Pradesh	2208	6.5	15.4	24.3	15.7	38.1	3201	3.9	10.6	22.3	16.0	47.2
Andaman & Nicobar	2969	13.2	28.3	17.1	9.4	31.9	3544	11.9	27.7	17.3	9.5	33.7
Assam	1243	3.3	25.7	46.1	16.3	8.7	1807	2.1	23.9	46.6	16.0	11.4
Bihar	1807	3.9	17.6	27.8	23.8	26.9	1820	3.2	15.7	27.2	21.3	32.5
New Delhi	1836	13.1	15.7	10.4	2.2	58.6	2937	8.6	10.7	9.3	1.9	69.6
Puducherry	3256	14.7	25.9	6.6	28.1	24.8	4180	11.9	25.4	6.1	26.7	29.9
Rajasthan	2223	2.0	5.2	7.7	8.3	76.8	2589	1.3	3.4	5.2	5.9	84.1
Pooled	36498	8.7	19.7	19.9	15.0	36.7	51580	7.4	17.5	19.3	14.2	41.6

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.20: Distribution (%) of Adults by frequency of consumption of Non-Veg Curry**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	2.8	17.9	45.1	21.2	13.0	3906	2.0	19.5	39.3	21.9	17.3
Tamil Nadu	3136	10.1	51.2	19.3	3.3	16.1	4040	7.2	49.7	19.7	4.2	19.2
Karnataka	2532	13.7	38.1	24.2	5.6	18.4	4023	10.4	38.0	24.2	6.8	20.6
Andhra Pradesh	2129	14.3	55.0	14.9	3.1	12.7	3163	11.7	55.1	16.3	2.8	14.1
Maharashtra	3055	25.4	24.8	18.6	2.5	28.7	3632	23.5	23.2	17.5	2.4	33.4
Gujarat	2617	6.8	9.6	10.9	5.3	67.4	4249	6.5	9.1	8.5	4.1	71.8
Madhya Pradesh	1663	2.3	5.4	18.5	31.5	42.3	2708	2.8	6.6	19.0	12.1	59.5
Orissa	1507	1.4	9.4	39.0	20.5	29.7	2656	0.8	7.8	37.7	25.1	28.6
West Bengal	1692	13.7	55.6	19.0	6.3	5.4	3125	9.7	55.5	20.0	6.4	8.4
Uttar Pradesh	2208	5.8	12.1	27.3	14.1	40.7	3201	6.7	10.2	22.2	10.8	50.1
Andaman & Nicobar	2969	9.0	48.1	28.3	6.3	8.3	3544	8.3	48.5	28.1	6.2	8.9
Assam	1243	5.9	46.8	29.5	7.3	10.5	1807	4.6	46.0	28.4	7.6	13.4
Bihar	1807	11.1	9.7	41.3	14.9	23.0	1820	12.0	9.3	39.2	11.5	28.0
New Delhi	1836	10.7	17.9	26.1	2.8	42.5	2937	7.8	12.7	21.0	2.9	55.6
Puduchery	3256	6.5	57.3	15.3	7.4	13.5	4180	5.3	54.5	15.5	8.2	16.5
Rajasthan	2223	7.1	10.3	13.1	3.8	65.7	2589	5.0	7.2	9.0	2.1	76.7
<b>Pooled</b>	36498	9.6	30.9	23.6	8.9	27.0	51580	7.9	29.6	22.1	8.3	32.1

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.21: Distribution (%) of Adults by frequency of consumption of Non-Veg Fry**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	2.8	8.5	41.3	32.1	15.3	3906	2.0	8.8	33.7	34.8	20.7
Tamil Nadu	3136	5.3	26.9	16.4	10.3	41.1	4040	3.2	26.0	16.3	8.9	45.6
Karnataka	2532	8.8	25.7	31.0	13.8	20.7	4023	7.1	24.3	28.4	16.9	23.3
Andhra Pradesh	2129	2.5	11.9	10.3	30.5	44.8	3163	1.7	10.5	10.1	31.2	46.5
Maharashtra	3055	1.7	3.0	2.4	3.0	89.9	3632	1.6	2.9	2.4	2.3	90.8
Gujarat	2617	0.9	3.9	9.0	7.9	78.3	4249	0.7	3.4	6.8	7.0	82.1
Madhya Pradesh	1663	1.9	4.1	17.5	32.6	43.9	2708	2.4	6.1	19.0	11.8	60.7
Orissa	1507	1.4	12.9	44.6	12.8	28.3	2656	1.0	10.0	42.7	18.3	28.0
West Bengal	1692	1.2	1.7	2.7	63.8	30.6	3125	1.3	1.6	1.7	62.4	33.0
Uttar Pradesh	2208	0.4	2.0	6.1	20.0	71.5	3201	0.4	1.0	5.7	16.2	76.7
Andaman & Nicobar	2969	3.5	9.1	9.2	14.8	63.4	3544	2.9	9.4	7.9	15.5	64.3
Assam	1243	3.5	39.6	35.2	10.4	11.3	1807	2.7	38.9	33.7	10.6	14.1
Bihar	1807	0.1	3.7	15.6	46.8	33.8	1820	0.5	3.8	15.1	40.9	39.7
New Delhi	1836	0.8	1.2	3.5	2.4	92.1	2937	0.5	0.6	2.5	1.9	94.5
Puduchery	3256	4.7	40.2	11.6	22.5	21.0	4180	3.4	37.2	11.6	22.6	25.2
Rajasthan	2223	3.9	5.7	10.9	5.3	74.2	2589	2.0	2.5	5.3	2.9	87.3
<b>Pooled</b>	36498	3.0	13.1	15.8	19.2	48.9	51580	2.2	12.1	14.6	18.6	52.5

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.22: Distribution (%) of Adults by frequency of consumption of Fish Curry**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	64.5	18.0	2.9	2.8	11.8	3906	59.7	21.6	3.0	3.4	12.3
Tamil Nadu	3136	11.8	30.7	30.0	7.4	20.1	4040	11.1	30.7	28.3	7.7	22.2
Karnataka	2532	8.9	18.4	27.1	19.6	26.0	4023	8.2	17.3	24.1	19.2	31.2
Andhra Pradesh	2129	1.0	5.2	26.7	40.7	26.4	3163	1.0	4.0	25.8	41.0	28.2
Maharashtra	3055	5.4	6.8	15.2	17.5	55.1	3632	6.3	6.6	13.4	14.8	58.9
Gujarat	2617	4.8	3.8	6.7	8.7	76.0	4249	5.5	3.8	5.1	7.9	77.7
Madhya Pradesh	1663	1.1	2.7	15.2	35.4	45.6	2708	1.8	4.6	18.3	13.6	61.7
Orissa	1507	8.2	50.7	22.8	3.1	15.2	2656	9.7	50.9	20.3	3.6	15.5
West Bengal	1692	53.3	31.3	7.1	4.1	4.2	3125	53.5	31.6	5.7	4.5	4.7
Uttar Pradesh	2208	1.3	5.9	23.9	22.2	46.7	3201	1.2	4.9	19.9	19.0	55.0
Andaman & Nicobar	2969	47.8	30.1	8.7	5.9	7.5	3544	47.6	29.7	9.0	5.2	8.5
Assam	1243	52.8	32.7	6.4	2.1	6.0	1807	54.5	31.0	6.2	1.8	6.5
Bihar	1807	2.5	11.2	44.2	18.2	23.9	1820	2.9	10.5	42.3	15.5	28.8
New Delhi	1836	0.7	2.1	9.8	4.1	83.3	2937	0.5	1.8	7.7	3.3	86.7
Puducherry	3256	38.5	40.3	8.6	2.8	9.8	4180	38.3	39.9	8.1	2.9	10.8
Rajasthan	2223	0.8	1.4	3.0	4.9	89.9	2589	0.3	0.8	2.9	3.8	92.2
<b>Pooled</b>	36498	19.4	18.3	15.9	12.1	34.3	51580	19.3	18.4	14.4	10.5	37.4

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.23: Distribution (%) of Adults by frequency of consumption of Fish Fry**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	36.6	12.0	6.2	32.0	13.2	3906	39.0	10.6	8.4	27.4	14.6
Tamil Nadu	3136	9.1	26.1	27.0	8.8	29.0	4040	8.4	25.4	25.8	9.2	31.2
Karnataka	2532	10.0	16.4	25.8	20.2	27.6	4023	9.1	15.5	22.9	19.5	33.0
Andhra Pradesh	2129	0.2	1.4	8.9	29.6	59.9	3163	0.3	1.3	7.9	29.7	60.8
Maharashtra	3055	0.5	1.8	3.6	6.6	87.5	3632	0.7	2.0	2.6	5.8	88.9
Gujarat	2617	0.5	3.0	7.5	11.8	77.2	4249	0.5	2.8	5.4	11.1	80.2
Madhya Pradesh	1663	0.7	1.9	11.2	37.0	49.2	2708	1.5	3.8	16.2	14.0	64.5
Orissa	1507	4.6	57.0	18.6	5.4	14.4	2656	4.8	54.6	20.9	5.7	14.0
West Bengal	1692	1.5	2.1	4.4	75.2	16.8	3125	1.0	1.7	3.6	75.4	18.3
Uttar Pradesh	2208	0.3	1.6	8.5	28.1	61.5	3201	0.3	1.0	7.0	24.7	67.0
Andaman & Nicobar	2969	48.4	27.7	8.4	6.7	8.8	3544	47.7	27.8	8.4	6.0	10.1
Assam	1243	12.2	59.7	15.4	6.3	6.4	1807	11.7	61.7	13.6	5.5	7.5
Bihar	1807	4.6	10.7	17.5	36.3	30.9	1820	5.2	10.5	17.3	30.8	36.2
New Delhi	1836	0.1	0.4	1.4	1.2	96.9	2937	0.2	0.2	0.5	0.8	98.3
Puducherry	3256	26.7	37.4	8.5	13.1	14.3	4180	26.4	37.5	7.8	13.1	15.2
Rajasthan	2223	0.1	0.3	1.2	3.8	94.6	2589	0.2	0.2	0.6	2.6	96.4
<b>Pooled</b>	36498	11.5	15.5	10.9	18.7	43.4	51580	10.9	15.2	10.5	17.5	45.9

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.24: Distribution (%) of Adults by frequency of consumption of Prawns**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	0.4	2.4	6.0	62.2	29.0	3906	0.4	2.2	8.9	57.1	31.4
Tamil Nadu	3136	1.5	4.9	17.1	17.4	59.1	4040	1.1	4.6	17.0	17.6	59.7
Karnataka	2532	1.1	2.6	5.1	15.3	75.9	4023	0.6	2.4	5.9	15.4	75.7
Andhra Pradesh	2129	0.6	0.3	2.1	17.2	79.8	3163	0.5	0.3	1.9	17.2	80.1
Maharashtra	3055	0.9	1.6	2.1	5.3	90.1	3632	1.0	1.7	1.9	4.6	90.8
Gujarat	2617	1.2	2.0	3.2	10.2	83.4	4249	0.8	2.2	3.8	8.9	84.3
Madhya Pradesh	1663	0.6	0.6	3.7	28.7	66.4	2708	0.3	0.5	3.1	7.4	88.7
Orissa	1507	0.9	6.2	7.5	61.9	23.5	2656	0.4	6.0	8.8	65.6	19.2
West Bengal	1692	0.0	0.5	5.7	70.9	22.9	3125	0.1	0.3	4.8	73.3	21.5
Uttar Pradesh	2208	0.1	0.6	1.1	8.2	90.0	3201	0.1	0.2	1.2	7.4	91.1
Andaman & Nicobar	2969	1.1	1.5	16.7	53.2	27.5	3544	0.9	1.5	16.3	52.5	28.8
Assam	1243	0.1	1.0	0.8	27.4	70.7	1807	0.4	1.5	0.7	26.7	70.7
Bihar	1807	0.4	0.5	0.6	7.8	90.7	1820	0.3	0.5	1.3	7.4	90.5
New Delhi	1836	0.2	0.3	0.4	0.5	98.6	2937	0.2	0.0	0.4	0.1	99.3
Puduchery	3256	3.6	7.7	11.5	57.7	19.5	4180	3.8	8.8	9.8	55.4	22.2
Rajasthan	2223	0.1	0.0	0.4	1.3	98.2	2589	0.1	0.1	0.1	0.6	99.1
<b>Pooled</b>	36498	1.0	2.3	6.1	27.7	62.9	51580	0.8	2.3	6.0	27.0	63.9

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.25: Distribution (%) of Adults by frequency of consumption of Non-Veg Biryani**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	0.5	2.3	21.6	61.5	14.1	3906	0.1	2.6	18.8	60.7	17.8
Tamil Nadu	3136	1.9	12.8	36.6	25.6	23.1	4040	0.8	10.4	34	27.2	27.6
Karnataka	2532	3.7	13.6	27.7	28	27	4023	2.2	12.2	24.7	30.6	30.3
Andhra Pradesh	2129	2.1	7.9	25.7	35.2	29.1	3163	0.8	5.9	21.1	40.4	31.8
Maharashtra	3055	3.5	9.4	19.5	13.9	53.7	3632	3	8.5	19.5	15.1	53.9
Gujarat	2617	1.2	3.8	8.5	11.6	74.9	4249	0.7	3.4	8.1	10.7	77.1
Madhya Pradesh	1663	0.2	0.2	1.7	13.6	84.3	2708	0.2	0.4	1.2	11.1	87.1
Orissa	1507	0.4	4.7	13.1	49	32.8	2656	0.4	2.1	8.2	44.9	44.4
West Bengal	1691	0.4	1.1	8.4	68.2	21.9	3125	0.2	0.6	6	68.1	25.1
Uttar Pradesh	2208	2	5.7	14.9	16.7	60.7	3201	0.8	3.7	12.6	16.4	66.5
Andaman & Nicobar	2969	1.1	4.1	29	58.2	7.6	3544	0.7	3.7	26.4	59.2	10
Assam	1243	0.2	0.4	2.5	29.5	67.4	1807	0	0.5	2.5	29.8	67.2
Bihar	1807	0.1	0.9	2.9	55.6	40.5	1820	0.2	0.8	3.3	48.4	47.3
New Delhi	1836	0.8	1.2	3.6	1.4	93	2937	0.2	0.7	2.8	1.1	95.2
Puduchery	3256	1.4	10.6	30.3	40.3	17.4	4180	0.6	8.4	28.5	42.2	20.3
Rajasthan	2223	0.3	0.7	1.3	1.6	96.1	2588	0.1	0.5	2.2	1.7	95.5
<b>Pooled</b>	36497	1.4	5.8	17.8	31.7	43.3	51579	0.7	4.7	15.6	31.9	47.1

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.26: Distribution (%) of Adults by frequency of consumption of Idly**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	2.4	92.5	1.6	1.3	2.2	3906	2.4	92.7	2.0	0.6	2.3
Tamil Nadu	3136	36.8	55.9	2.6	1.6	3.1	4040	36.7	56.3	3.0	1.4	2.6
Karnataka	2532	1.6	85.0	9.8	2.5	1.1	4023	1.2	81.3	12.6	3.1	1.8
Andhra Pradesh	2129	4.0	48.3	7.5	8.6	31.6	3163	3.8	47.9	6.8	8.6	32.9
Maharashtra	3055	0.6	7.0	38.4	21.8	32.2	3632	0.5	7.2	37.1	21.7	33.5
Gujarat	2617	0.7	8.3	39.7	31.6	19.7	4249	0.2	7.0	40.5	33.0	19.3
Madhya Pradesh	1663	0.3	0.5	5.9	70.2	23.1	2708	0.2	1.0	5.4	53.0	40.4
Orissa	1507	3.3	7.4	56.8	22.5	10.0	2656	1.8	5.3	53.7	31.2	8.0
West Bengal	1692	0.3	0.7	4.3	32.8	61.9	3125	0.2	0.2	2.4	26.3	70.9
Uttar Pradesh	2208	0.2	0.5	6.3	20.4	72.6	3201	0.1	0.3	5.3	22.0	72.3
Andaman & Nicobar	2969	1.6	63.6	20.3	5.5	9.0	3544	1.6	62.7	21.1	5.8	8.8
Assam	1243	0.2	0.0	1.5	5.6	92.7	1807	0.3	0.2	1.6	5.1	92.8
Bihar	1807	0.1	0.2	1.0	34.8	63.9	1819	0.1	0.1	0.9	31.5	67.4
New Delhi	1836	0.1	1.1	8.5	9.3	81.0	2937	0.0	0.9	6.0	7.5	85.6
Puduchery	3256	51.5	37.5	0.9	3.4	6.7	4180	52.2	35.9	1.3	3.3	7.3
Rajasthan	2223	0.2	5.6	26.8	12.4	55.0	2589	0.0	4.2	21.8	13.7	60.3
<b>Pooled</b>	36498	8.7	30.6	14.6	15.8	30.3	51579	7.9	29.7	14.4	15.6	32.4

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.27: Distribution (%) of Adults by frequency of consumption of Dosa**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	3.5	89.6	2.1	1.1	3.7	3906	3.1	89.6	2.6	0.8	3.9
Tamil Nadu	3136	31.4	58.2	2.5	2.7	5.2	4040	33.8	56.3	2.7	2.0	5.2
Karnataka	2532	1.4	80.2	14.1	1.1	3.2	4023	1.3	78.8	14.8	2.0	3.1
Andhra Pradesh	2129	1.3	67.8	13.1	7.8	10.0	3163	0.9	70.0	11.9	8.6	8.6
Maharashtra	3055	0.3	2.5	21.4	19.2	56.6	3632	0.2	2.5	19.8	18.8	58.7
Gujarat	2617	0.3	3.3	28.5	36.7	31.2	4249	0.1	2.5	26.5	40.0	30.9
Madhya Pradesh	1663	0.0	0.6	2.6	48.9	47.9	2708	0.3	0.6	4.5	48.4	46.2
Orissa	1507	0.2	2.1	7.7	60.8	29.2	2655	0.0	1.6	6.3	70.8	21.3
West Bengal	1692	0.2	0.6	4.9	32.7	61.6	3125	0.1	0.2	2.9	24.7	72.1
Uttar Pradesh	2208	0.1	1.4	14.5	31.1	52.9	3201	0.2	0.8	10.7	32.2	56.1
Andaman & Nicobar	2969	1.3	55.6	23.4	7.8	11.9	3544	1.5	55.3	24.0	7.9	11.3
Assam	1243	0.1	0.2	0.6	61.7	37.4	1807	0.1	0.3	0.7	58.5	40.4
Bihar	1807	0.1	0.0	0.9	49.8	49.2	1820	0.1	0.1	0.5	45.8	53.5
New Delhi	1836	0.2	1.2	10.5	8.7	79.4	2937	0.0	0.9	7.4	7.8	83.9
Puduchery	3256	44.8	44.8	1.6	4.9	3.9	4180	44.7	44.1	1.5	4.8	4.9
Rajasthan	2223	0.0	2.9	14.0	12.4	70.7	2589	0.0	2.3	12.0	21.2	64.5
<b>Pooled</b>	36498	7.4	30.3	11.0	20.0	31.3	51579	6.8	29.7	10.1	21.3	32.1

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.28: Distribution (%) of Adults by frequency of consumption of Upma**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	0.1	35.8	6.3	49.9	7.9	3906	0.1	45.7	7.9	39.6	6.7
Tamil Nadu	3136	0.8	35.6	23.1	14.5	26.0	4040	0.6	40.9	21.3	13.5	23.7
Karnataka	2532	0.2	54.5	27.6	13.2	4.5	4023	0.3	57.0	26.2	11.6	4.9
Andhra Pradesh	2129	0.9	56.4	11.1	12.7	18.9	3163	0.9	58.9	11.9	13.5	14.8
Maharashtra	3055	0.6	25.5	31.5	7.0	35.4	3632	0.6	24.8	31.0	6.7	36.9
Gujarat	2617	0.0	2.2	8.6	25.5	63.7	4249	0.0	2.4	8.8	24.6	64.2
Madhya Pradesh	1662	0.1	0.5	1.5	63.5	34.4	2708	0.2	0.7	1.4	58.4	39.3
Orissa	1507	1.7	10.4	57.7	16.7	13.5	2656	1.0	12.6	58.8	19.4	8.2
West Bengal	1692	0.0	0.5	2.1	12.0	85.4	3125	0.0	0.2	1.3	10.7	87.8
Uttar Pradesh	2208	0.0	0.1	0.7	4.0	95.2	3201	0.1	0.1	1.0	5.1	93.7
Andaman & Nicobar	2969	0.1	20.4	24.6	16.2	38.7	3544	0.1	22.2	25.8	14.9	37.0
Assam	1243	0.1	0.0	0.9	5.2	93.8	1807	0.1	0.0	1.6	3.8	94.5
Bihar	1807	0.1	0.2	1.8	8.8	89.1	1820	0.2	0.1	2.4	9.6	87.7
New Delhi	1836	0.0	0.3	0.4	1.2	98.1	2937	0.0	0.1	0.7	1.3	97.9
Puduchery	3256	0.5	27.5	7.6	41.7	22.7	4180	0.8	26.8	7.2	40.7	24.5
Rajasthan	2223	0.2	5.4	18.8	10.0	65.6	2589	0.1	6.9	16.8	12.9	63.3
<b>Pooled</b>	36497	0.3	19.9	14.9	19.6	45.3	51580	0.3	21.4	14.6	18.8	44.9

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.29: Distribution (%) of Adults by frequency of consumption of Vada**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	0.5	5.8	4.0	74.7	15.0	3906	0.1	3.8	5.1	73.7	17.3
Tamil Nadu	3136	14.0	31.0	20.7	21.0	13.3	4040	4.6	23.3	29.8	27.8	14.5
Karnataka	2532	0.3	10.3	22.2	40.9	26.3	4023	0.4	8.8	20.4	38.4	32.0
Andhra Pradesh	2129	0.3	10.7	10.3	34.9	43.8	3161	0.0	7.6	10.0	38.9	43.5
Maharashtra	3055	0.0	0.6	1.1	3.5	94.8	3632	0.1	0.5	0.9	2.7	95.8
Gujarat	2617	0.0	1.2	9.4	32.7	56.7	4249	0.0	1.0	8.3	33.2	57.5
Madhya Pradesh	1662	0.2	0.3	0.9	51.4	47.2	2708	0.1	0.3	0.6	32.3	66.7
Orissa	1507	0.9	10.4	56.2	18.0	14.5	2656	0.9	8.8	57.0	23.5	9.8
West Bengal	1692	0.0	0.3	2.3	14.8	82.6	3125	0.1	0.1	0.9	12.0	86.9
Uttar Pradesh	2208	0.0	0.2	0.8	13.6	85.4	3201	0.0	0.1	0.7	14.2	85.0
Andaman & Nicobar	2969	0.8	7.8	17.8	36.3	37.3	3544	0.4	4.2	17.4	40.4	37.6
Assam	1243	0.0	0.0	1.4	9.5	89.1	1807	0.0	0.0	1.3	7.9	90.8
Bihar	1807	0.0	0.0	0.0	6.5	93.5	1820	0.0	0.1	0.2	4.5	95.2
New Delhi	1836	0.0	0.2	1.3	1.0	97.5	2937	0.1	0.1	0.7	1.5	97.6
Puduchery	3256	1.4	11.5	6.0	62.5	18.6	4180	0.9	5.2	5.5	66.9	21.5
Rajasthan	2223	0.0	0.8	4.0	7.1	88.1	2589	0.0	0.5	3.1	13.6	82.8
<b>Pooled</b>	36497	1.6	6.7	9.8	28.9	53.0	51578	0.6	4.6	10.7	29.9	54.2

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.30: Distribution (%) of Adults by frequency of consumption of Bajji (All Varieties)**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	0.0	1.7	0.5	12.9	84.9	3906	0.3	1.0	0.5	11.3	86.9
Tamil Nadu	3136	4.0	21.1	17.8	21.1	36.0	4040	1.2	12.7	22.0	24.2	39.9
Karnataka	2532	1.3	30.4	37.3	28.0	3.0	4023	0.9	25.2	36.5	33.4	4.0
Andhra Pradesh	2129	1.1	14.3	14.2	30.7	39.7	3163	0.6	9.6	13.6	34.5	41.7
Maharashtra	3055	1.6	1.3	12.4	50.6	34.1	3632	1.3	1.3	12.4	51.6	33.4
Gujarat	2617	0.8	3.0	22.5	25.4	48.3	4249	0.7	3.3	23.6	27.2	45.2
Madhya Pradesh	1663	0.2	0.9	3.4	55.2	40.3	2707	0.2	0.5	0.5	5.8	93.0
Orissa	1507	0.3	3.6	7.9	6.1	82.1	2656	0.2	1.5	6.9	5.0	86.4
West Bengal	1692	0.2	0.2	0.3	1.4	97.9	3125	0.0	0.2	0.4	1.2	98.2
Uttar Pradesh	2208	0.3	0.0	0.3	0.4	99.0	3201	0.2	0.1	0.1	0.5	99.1
Andaman & Nicobar	2969	0.6	3.9	12.5	26.2	56.8	3544	0.3	3.5	13.1	27.8	55.3
Assam	1243	0.3	0.3	0.6	0.4	98.4	1807	0.0	0.1	0.5	0.9	98.5
Bihar	1807	1.0	0.3	4.8	9.0	84.9	1820	1.0	0.6	4.7	10.0	83.7
New Delhi	1836	0.7	0.3	0.6	1.2	97.2	2937	0.6	0.2	0.4	1.9	96.9
Puduchery	3256	1.0	13.0	6.1	58.7	21.2	4180	0.8	7.9	6.1	59.2	26.0
Rajasthan	2223	0.4	3.1	8.7	7.8	80.0	2589	0.2	2.4	16.0	15.3	66.1
<b>Pooled</b>	36498	1.0	7.1	10.5	23.7	57.7	51579	0.7	5.1	11.0	21.9	61.3

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.31: Distribution (%) of Adults by frequency of consumption of Tea**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	92.2	0.4	0.7	2.4	4.3	3906	90.3	0.3	0.8	3.0	5.6
Tamil Nadu	3136	74.9	2.6	0.6	2.5	19.4	4040	67.5	2.5	1.2	3.1	25.7
Karnataka	2532	80.6	4.3	1.9	5.3	7.9	4023	74.8	4.0	1.9	8.2	11.1
Andhra Pradesh	2129	76.8	1.9	0.8	3.6	16.9	3163	72.9	1.5	0.8	4.7	20.1
Maharashtra	3055	88.2	0.6	0.1	0.5	10.6	3632	90.3	0.3	0.0	0.5	8.9
Gujarat	2617	87.7	0.4	0.2	1.0	10.7	4249	85.5	0.5	0.1	1.4	12.5
Madhya Pradesh	1663	90.5	0.1	0.1	1.9	7.4	2708	87.5	0.0	0.7	5.9	5.9
Orissa	1507	77.1	4.6	2.3	7.1	8.9	2656	75.6	2.6	1.8	7.5	12.5
West Bengal	1692	82.3	3.6	1.5	2.7	9.9	3125	87.0	2.2	0.8	2.4	7.6
Uttar Pradesh	2208	91.8	1.3	0.3	3.4	3.2	3201	91.3	1.0	0.5	3.5	3.7
Andaman & Nicobar	2969	84.2	0.8	0.5	0.9	13.6	3544	84.1	0.9	0.3	0.8	13.9
Assam	1243	92.3	0.3	0.4	1.1	5.9	1807	94.6	0.1	0.2	0.9	4.2
Bihar	1807	90.2	0.3	0.2	4.2	5.1	1820	87.8	0.6	0.2	4.2	7.2
New Delhi	1836	87.5	1.2	0.8	0.4	10.1	2937	90.6	0.7	0.3	0.3	8.1
Puduchery	3255	70.6	1.8	0.0	5.6	22.0	4180	70.4	1.0	0.0	5.2	23.4
Rajasthan	2223	85.4	0.2	0.0	0.9	13.5	2589	86.1	0.4	0.1	0.5	12.9
<b>Pooled</b>	36497	83.9	1.4	0.6	2.7	11.4	51580	82.6	1.3	0.6	3.3	12.2

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.32: Distribution (%) of Adults by frequency of consumption of Coffee**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	11.5	0.9	4.1	21.1	62.4	3906	10.3	0.8	6.9	24.2	57.8
Tamil Nadu	3136	44.6	5.2	3.0	6.5	40.7	4040	49.8	4.4	2.2	4.7	38.9
Karnataka	2532	39.6	11.8	11.2	20.4	17.0	4023	37.1	7.5	11.3	21.2	22.9
Andhra Pradesh	2129	31.6	5.2	2.5	15.0	45.7	3163	31.3	3.7	2.4	13.2	49.4
Maharashtra	3055	3.0	0.9	0.9	3.5	91.7	3632	3.1	0.6	1.1	2.8	92.4
Gujarat	2617	4.7	1.1	3.3	20.4	70.5	4249	4.3	1.2	2.7	20.6	71.2
Madhya Pradesh	1663	2.3	0.2	0.9	46.5	50.1	2708	1.9	0.4	0.4	28.5	68.8
Orissa	1507	2.2	3.7	3.8	43.5	46.8	2655	1.6	1.2	2.5	41.2	53.5
West Bengal	1692	4.4	0.4	1.2	28.5	65.5	3125	2.7	0.2	0.6	26.1	70.4
Uttar Pradesh	2208	3.3	4.0	4.9	65.9	21.9	3201	2.9	3.2	5.7	60.4	27.8
Andaman & Nicobar	2969	7.0	2.0	4.2	5.9	80.9	3544	8.7	2.5	4.1	6.3	78.4
Assam	1243	1.0	0.5	2.4	54.6	41.5	1807	1.2	0.5	2.3	49.2	46.8
Bihar	1807	1.0	0.7	2.4	21.7	74.2	1820	1.2	0.7	1.3	17.6	79.2
New Delhi	1836	4.9	4.8	6.2	3.0	81.1	2937	3.9	4.1	5.6	3.1	83.3
Puduchery	3256	29.6	1.3	0.3	21.5	47.3	4180	33.5	1.1	0.1	19.2	46.1
Rajasthan	2223	2.7	0.6	0.7	6.7	89.3	2589	2.9	0.5	1.1	7.6	87.9
<b>Pooled</b>	36498	14.2	2.8	3.2	21.2	58.6	51579	14.4	2.2	3.4	20.4	59.6

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.33: Distribution (%) of Adults by frequency of consumption of Milk**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	2.5	0.2	0.4	16.9	80.0	3906	3.1	0.3	0.6	21.8	74.2
Tamil Nadu	3136	23.8	4.2	2.7	11.8	57.5	4040	25.4	3.2	2.2	10.2	59.0
Karnataka	2532	14.9	7.9	5.6	18.4	53.2	4023	13.8	7.0	3.8	14.2	61.2
Andhra Pradesh	2129	11.0	1.2	1.4	8.7	77.7	3163	12.1	1.1	1.7	7.8	77.3
Maharashtra	3055	8.5	1.1	0.4	2.9	87.1	3632	7.8	1.0	0.2	2.5	88.5
Gujarat	2617	39.9	6.4	3.6	16.1	34.0	4249	33.0	7.6	3.9	19.7	35.8
Madhya Pradesh	1663	2.9	0.4	0.9	56.1	39.7	2708	7.4	0.5	0.3	41.9	49.9
Orissa	1507	12.9	4.1	6.2	45.2	31.6	2656	9.5	3.6	5.5	53.5	27.9
West Bengal	1692	10.6	1.3	2.3	13.5	72.3	3125	11.1	2.3	2.1	15.3	69.2
Uttar Pradesh	2208	27.0	9.0	8.0	33.2	22.8	3201	18.8	8.2	9.2	41.2	22.6
Andaman & Nicobar	2969	6.7	1.0	0.8	1.3	90.2	3544	10.6	1.9	1.2	1.5	84.8
Assam	1243	4.4	1.4	1.0	11.2	82.0	1807	4.8	1.2	1.4	13.2	79.4
Bihar	1807	17.8	19.9	23.9	26.5	11.9	1820	13.4	13.7	24.7	31.6	16.6
New Delhi	1836	49.9	11.0	3.7	0.9	34.5	2937	43.6	11.6	3.2	1.1	40.5
Puduchery	3256	19.7	0.8	0.1	21.9	57.5	4180	18.8	1.0	0.1	21.2	58.9
Rajasthan	2223	43.3	2.5	1.0	12.9	40.3	2589	37.0	2.6	1.3	12.8	46.3
<b>Pooled</b>	36498	18.7	4.2	3.5	17.0	56.6	51580	17.2	4.0	3.2	18.4	57.2

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.34: Distribution (%) of Adults by frequency of consumption of Curd**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	21.1	37.8	26.4	12.5	2.2	3906	15.3	32.8	35.5	12.4	4.0
Tamil Nadu	3136	46.4	18.9	7.4	7.9	19.4	4040	43.4	17.2	7.4	8.3	23.7
Karnataka	2532	45.2	34.8	11.7	4.7	3.6	4023	41.0	35.3	12.5	5.3	5.9
Andhra Pradesh	2129	69.9	7.6	4.4	10.4	7.7	3163	68.1	8.3	4.4	11.9	7.3
Maharashtra	3055	27.6	19.8	12.2	7.1	33.3	3632	27.7	19.6	10.9	6.6	35.2
Gujarat	2617	22.9	39.8	15.2	12.5	9.6	4249	21.3	40.3	14.1	14.6	9.7
Madhya Pradesh	1663	3.1	2.8	20.4	70.3	3.4	2708	5.6	2.9	20.3	61.8	9.4
Orissa	1507	2.4	12.7	53.8	20.8	10.3	2656	1.6	9.0	50.4	26.5	12.5
West Bengal	1691	4.0	2.8	5.4	68.2	19.6	3125	2.9	1.5	4.8	68.3	22.5
Uttar Pradesh	2208	31.1	33.0	21.5	11.1	3.3	3201	27.2	31.7	27.4	10.7	3.0
Andaman & Nicobar	2969	24.4	13.8	14.2	18.3	29.3	3544	23.5	13.0	14.1	18.0	31.4
Assam	1243	4.3	3.9	5.3	81.5	5.0	1807	3.5	3.7	6.9	81.3	4.6
Bihar	1807	16.7	31.3	24.5	21.5	6.0	1820	15.8	31.3	22.9	24.6	5.4
New Delhi	1836	45.2	26.3	12.4	2.0	14.1	2937	41.5	25.9	13.1	2.1	17.4
Puduchery	3256	52.4	16.5	2.2	19.5	9.4	4180	50.5	15.3	2.6	19.4	12.2
Rajasthan	2223	55.9	18.4	4.0	14.4	7.3	2589	49.9	22.8	4.7	12.3	10.3
<b>Pooled</b>	36497	32.3	21.2	14.0	19.9	12.6	51580	29.1	20.5	15.3	21.1	14.0

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.35: Distribution (%) of Adults by frequency of consumption of Buttermilk**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	12.6	36.5	11.4	30.7	8.8	3906	9.2	30.1	12.9	34.9	12.9
Tamil Nadu	3136	30.2	14.1	7.4	9.3	39.0	4040	28.1	11.6	6.4	8.9	45.0
Karnataka	2532	44.0	34.4	9.6	7.0	5.0	4023	42.7	32.3	9.6	8.2	7.2
Andhra Pradesh	2128	40.0	5.3	2.3	24.6	27.8	3163	40.0	4.8	3.0	24.7	27.5
Maharashtra	3055	7.3	6.2	2.4	4.8	79.3	3632	7.3	6.2	2.9	4.3	79.3
Gujarat	2617	58.9	18.5	8.0	8.4	6.2	4249	56.8	19.1	8.1	9.0	7.0
Madhya Pradesh	1663	2.6	2.4	17.8	72.8	4.4	2708	3.1	3.2	14.0	70.9	8.8
Orissa	1507	0.2	4.9	26.9	15.0	53.0	2656	0.2	3.2	28.0	17.8	50.8
West Bengal	1692	0.0	0.1	0.4	6.7	92.8	3125	0.3	0.0	0.3	6.1	93.3
Uttar Pradesh	2208	2.8	7.2	22.1	51.0	16.9	3201	2.0	7.2	25.3	51.4	14.1
Andaman & Nicobar	2969	1.8	1.6	1.9	3.7	91.0	3544	1.4	1.3	1.5	3.6	92.2
Assam	1243	0.2	0.2	1.2	1.5	96.9	1807	0.1	0.1	1.5	1.2	97.1
Bihar	1807	1.9	3.0	9.3	56.8	29.0	1820	0.6	1.5	6.5	58.9	32.5
New Delhi	1836	1.2	1.0	0.5	2.0	95.3	2937	1.2	1.1	0.7	3.2	93.8
Puduchery	3256	25.0	12.3	1.8	41.7	19.2	4180	24.1	10.3	1.4	38.4	25.8
Rajasthan	2223	13.6	17.8	4.4	8.3	55.9	2589	20.4	21.1	7.5	10.1	40.9
<b>Pooled</b>	36497	17.3	11.7	7.4	20.8	42.8	51580	17.4	10.9	7.9	20.9	42.9

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.36: Distribution (%) of Adults by frequency of consumption of Lassi**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	3.4	7.2	9.3	62.4	17.7	3906	2.8	6.9	10.1	60.9	19.3
Tamil Nadu	3136	1.1	1.2	2.7	6.8	88.2	4040	0.8	0.9	2.0	5.2	91.1
Karnataka	2532	0.6	1.8	3.1	18.9	75.6	4023	0.7	1.4	2.2	10.8	84.9
Andhra Pradesh	2129	0.6	0.6	0.5	15.3	83.0	3163	0.7	0.4	0.4	13.8	84.7
Maharashtra	3055	2.2	2.2	4.2	9.2	82.2	3632	1.9	1.9	3.5	7.7	85.0
Gujarat	2616	1.1	1.5	3.6	34.1	59.7	4249	1.1	1.3	2.9	33.6	61.1
Madhya Pradesh	1663	0.8	0.2	2.5	75.8	20.7	2708	1.6	1.0	7.2	56.1	34.1
Orissa	1507	0.3	1.6	7.5	38.4	52.2	2656	0.0	1.4	6.7	38.4	53.5
West Bengal	1692	0.4	0.2	1.9	28.6	68.9	3125	0.3	0.2	1.0	25.0	73.5
Uttar Pradesh	2208	4.1	13.2	24.0	53.2	5.5	3201	2.9	8.7	24.1	58.7	5.6
Andaman & Nicobar	2969	1.2	1.8	3.0	5.4	88.6	3544	1.1	1.4	2.9	3.7	90.9
Assam	1243	0.1	0.3	0.5	14.7	84.4	1807	0.2	0.1	0.8	12.0	86.9
Bihar	1807	1.8	4.0	11.8	63.5	18.9	1820	0.6	1.8	9.4	65.9	22.3
New Delhi	1836	13.0	19.9	21.4	3.8	41.9	2937	10.7	17.2	20.7	4.6	46.8
Puduchery	3256	0.8	0.7	0.7	11.2	86.6	4180	0.7	0.5	0.4	7.7	90.7
Rajasthan	2223	19.2	14.3	3.3	28.4	34.8	2589	11.8	9.7	6.7	30.4	41.4
<b>Pooled</b>	36497	3.0	4.3	5.9	27.1	59.7	51580	2.3	3.3	6.0	25.5	62.9

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.37: Distribution (%) of Adults by frequency of consumption of Ghee**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	0.2	1.0	23.5	60.3	15.0	3906	0.3	0.9	17.8	61.7	19.3
Tamil Nadu	3136	7.7	7.5	7.8	17.6	59.4	4040	10.1	7.6	8.5	15.4	58.4
Karnataka	2532	12.0	13.4	12.0	38.2	24.4	4023	12.0	13.5	10.7	33.9	29.9
Andhra Pradesh	2128	4.0	1.7	2.5	51.3	40.5	3163	4.3	1.9	2.7	50.0	41.1
Maharashtra	3055	17.3	6.4	7.8	12.3	56.2	3632	18.1	6.7	6.9	12.4	55.9
Gujarat	2617	58.3	4.7	3.7	15.8	17.5	4249	58.5	5.1	3.6	15.5	17.3
Madhya Pradesh	1663	20.6	1.1	1.5	40.7	36.1	2708	27.7	0.7	3.3	42.3	26.0
Orissa	1507	0.9	2.9	11.3	36.3	48.6	2656	0.5	1.9	8.6	38.3	50.7
West Bengal	1692	4.4	2.3	8.8	48.7	35.8	3125	3.7	1.9	8.6	50.7	35.1
Uttar Pradesh	2208	33.0	10.2	11.5	32.3	13.0	3201	28.8	8.5	13.0	38.3	11.4
Andaman & Nicobar	2969	5.5	5.5	8.4	9.3	71.3	3544	5.8	6.1	10.1	9.9	68.1
Assam	1243	2.0	0.4	1.6	28.6	67.4	1807	1.4	0.6	0.7	27.4	69.9
Bihar	1807	24.4	6.0	7.6	45.7	16.3	1820	20.8	5.8	7.4	46.7	19.3
New Delhi	1836	29.1	2.0	4.1	1.2	63.6	2937	23.9	2.5	4.6	1.6	67.4
Puduchery	3256	4.4	2.2	1.1	30.0	62.3	4180	3.9	3.6	1.1	30.4	61.0
Rajasthan	2223	66.7	1.1	0.8	4.1	27.3	2589	63.8	1.6	1.6	6.9	26.1
<b>Pooled</b>	36497	18.3	4.6	7.3	28.2	41.6	51580	17.7	4.6	7.2	29.5	41.0

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.38: Distribution (%) of Adults by frequency of consumption of Butter**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	0.8	0.1	0.7	16.3	82.1	3906	0.5	0.1	0.5	19.9	79.0
Tamil Nadu	3136	1.2	0.8	1.8	4.8	91.4	4040	1.0	0.8	1.4	3.7	93.1
Karnataka	2532	1.3	3.2	4.0	29.7	61.8	4023	1.7	2.6	3.4	23.0	69.3
Andhra Pradesh	2129	0.5	0.2	0.1	4.2	95.0	3163	0.9	0.1	0.4	3.4	95.2
Maharashtra	3055	2.1	0.1	0.4	0.9	96.5	3632	2.2	0.3	0.2	0.6	96.7
Gujarat	2617	2.2	2.5	5.1	23.8	66.4	4249	1.9	1.6	4.3	23.2	69.0
Madhya Pradesh	1663	8.1	0.6	1.0	34.0	56.3	2708	2.0	0.1	0.6	10.7	86.6
Orissa	1507	1.9	1.4	3.8	20.6	72.3	2656	1.6	1.1	3.7	20.6	73.0
West Bengal	1692	2.7	1.3	3.9	24.6	67.5	3123	2.3	1.1	4.1	23.5	69.0
Uttar Pradesh	2208	4.5	7.3	12.8	48.9	26.5	3201	5.4	6.5	13.8	48.4	25.9
Andaman & Nicobar	2969	1.8	1.3	1.7	2.1	93.1	3544	2.0	1.7	2.4	1.9	92.0
Assam	1243	1.1	0.8	0.4	18.7	79.0	1807	1.0	0.6	0.4	17.4	80.6
Bihar	1807	2.4	0.9	4.6	61.2	30.9	1820	1.7	0.5	5.0	58.9	33.9
New Delhi	1836	4.7	2.3	3.3	3.1	86.6	2937	3.2	1.4	3.1	2.9	89.4
Puduchery	3256	1.0	0.5	0.3	4.2	94.0	4180	1.0	0.5	0.2	3.7	94.6
Rajasthan	2223	3.3	1.0	1.6	6.8	87.3	2589	3.0	2.7	4.3	12.0	78.0
<b>Pooled</b>	36498	2.3	1.5	2.7	16.9	76.6	51578	1.9	1.4	2.9	15.7	78.1

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.39: Distribution (%) of Adults by frequency of consumption of Ice Cream**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	0.2	0.5	18.6	54.5	26.2	3906	0.3	1.0	21.9	49.9	26.9
Tamil Nadu	3136	1.4	4.6	17.7	34.1	42.2	4040	1.4	4.4	19.6	37.8	36.8
Karnataka	2532	1.1	4.0	18.0	56.8	20.1	4023	0.9	5.0	20.7	54.2	19.2
Andhra Pradesh	2129	0.7	2.3	6.3	52.2	38.5	3163	0.9	1.5	5.6	54.6	37.4
Maharashtra	3055	5.7	6.9	10.2	44.8	32.4	3632	5.1	7.8	10.2	45.2	31.7
Gujarat	2617	3.3	8.1	44.4	35.3	8.9	4249	3.1	7.2	42.8	40.3	6.6
Madhya Pradesh	1663	1.2	0.7	1.0	88.4	8.7	2708	1.1	0.6	1.5	84.0	12.8
Orissa	1507	0.2	1.5	12.7	59.7	25.9	2656	0.1	0.9	6.5	65.7	26.8
West Bengal	1692	0.4	0.5	6.1	76.5	16.5	3125	0.2	0.8	9.8	76.3	12.9
Uttar Pradesh	2208	4.4	10.0	21.8	55.3	8.5	3201	4.7	8.6	22.9	56.8	7.0
Andaman & Nicobar	2969	0.6	1.3	8.7	23.2	66.2	3544	1.3	2.2	10.1	25.8	60.6
Assam	1243	0.2	0.1	0.9	34.5	64.3	1807	0.2	0.3	1.4	33.2	64.9
Bihar	1807	0.3	1.3	2.5	54.6	41.3	1820	0.3	0.7	2.4	51.7	44.9
New Delhi	1836	3.4	8.9	36.3	24.0	27.4	2937	1.8	8.5	35.8	26.6	27.3
Puduchery	3256	0.9	2.4	5.8	58.3	32.6	4180	0.5	2.1	5.4	58.2	33.8
Rajasthan	2223	4.6	12.0	17.8	37.7	27.9	2589	3.6	10.9	23.2	38.2	24.1
<b>Pooled</b>	36498	1.8	4.3	15.0	48.0	30.9	51580	1.7	4.0	16.3	49.7	28.3

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.40: Distribution (%) of Adults by frequency of consumption of Bread**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	1.0	4.5	30.3	40.3	23.9	3906	1.1	6.0	39.5	32.2	21.2
Tamil Nadu	3136	5.0	11.0	17.3	25.2	41.5	4040	5.8	11.8	17.9	25.0	39.5
Karnataka	2532	9.8	17.1	26.3	35.4	11.4	4023	12.1	18.2	27.4	32.5	9.8
Andhra Pradesh	2129	2.4	4.0	12.2	41.9	39.5	3163	3.2	4.3	12.5	39.5	40.5
Maharashtra	3055	29.5	12.6	9.3	7.9	40.7	3632	31.1	12.4	9.2	8.2	39.1
Gujarat	2617	2.7	9.2	34.1	28.9	25.1	4249	2.0	8.1	34.6	31.6	23.7
Madhya Pradesh	1663	0.6	2.5	2.1	75.7	19.1	2708	1.0	0.9	2.5	76.9	18.7
Orissa	1507	0.4	5.7	30.7	44.1	19.1	2656	0.5	4.4	30.0	52.7	12.4
West Bengal	1692	4.9	4.7	27.0	47.4	16.0	3125	3.5	3.6	24.3	53.4	15.2
Uttar Pradesh	2208	20.6	27.8	29.2	14.3	8.1	3201	22.4	28.1	29.6	12.7	7.2
Andaman & Nicobar	2969	5.1	19.7	34.0	23.2	18.0	3544	5.5	20.5	36.7	20.9	16.4
Assam	1243	1.3	1.5	3.7	85.2	8.3	1807	1.3	1.5	3.9	85.7	7.6
Bihar	1807	1.4	2.0	5.2	56.2	35.2	1820	1.5	2.8	4.1	50.6	41.0
New Delhi	1836	26.5	23.1	18.3	3.9	28.2	2937	21.7	24.1	18.1	4.8	31.3
Puduchery	3256	4.2	7.1	3.9	58.3	26.5	4180	4.1	7.3	3.6	58.6	26.4
Rajasthan	2223	5.1	6.7	10.7	32.1	45.4	2589	5.2	8.6	17.0	26.9	42.3
<b>Pooled</b>	36498	8.0	10.7	18.9	35.9	26.5	51580	7.9	10.9	20.8	35.9	24.5

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.41: Distribution (%) of Adults by frequency of consumption of Burger**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	0.3	0.6	1.2	8.4	89.5	3906	0.1	0.4	1.1	6.0	92.4
Tamil Nadu	3136	0.4	0.3	2.0	3.1	94.2	4040	0.2	0.3	1.5	2.3	95.7
Karnataka	2532	0.2	1.0	1.8	6.7	90.3	4023	0.3	0.6	1.2	3.5	94.4
Andhra Pradesh	2129	0.1	0.4	1.5	4.5	93.5	3163	0.0	0.2	0.9	3.6	95.3
Maharashtra	3055	0.1	0.1	0.3	0.9	98.6	3632	0.1	0.1	0.5	0.9	98.4
Gujarat	2617	0.3	0.6	3.7	9.9	85.5	4249	0.2	0.3	2.9	9.8	86.8
Madhya Pradesh	1663	0.1	0.2	1.3	16.6	81.8	2708	0.1	0.1	0.2	7.3	92.3
Orissa	1507	0.1	0.1	1.2	3.4	95.2	2655	0.0	0.2	0.3	2.5	97.0
West Bengal	1692	0.1	0.1	1.0	2.7	96.1	3125	0.1	0.0	0.3	2.6	97.0
Uttar Pradesh	2208	0.6	3.3	10.1	20.1	65.9	3201	0.3	1.1	8.0	20.7	69.9
Andaman & Nicobar	2969	0.0	0.1	0.8	0.9	98.2	3544	0.1	0.2	0.6	0.9	98.2
Assam	1243	0.0	0.1	1.0	11.5	87.4	1807	0.0	0.1	0.6	10.5	88.8
Bihar	1807	0.1	0.1	0.3	6.0	93.5	1820	0.0	0.1	0.3	3.3	96.3
New Delhi	1836	1.3	2.5	8.0	8.3	79.9	2937	0.4	1.4	6.8	7.1	84.3
Puduchery	3256	0.3	0.2	0.9	5.1	93.5	4180	0.1	0.1	0.5	3.7	95.6
Rajasthan	2223	1.2	1.4	5.7	5.8	85.9	2589	0.3	0.9	5.8	6.0	87.0
<b>Pooled</b>	36498	0.2	0.7	2.5	6.6	90.0	51579	0.1	0.4	2.0	5.5	92.0

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.42: Distribution (%) of Adults by frequency of consumption of Pizza**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	0.0	0.5	0.5	2.6	96.4	3906	0.0	0.1	0.3	2.5	97.1
Tamil Nadu	3136	0.0	0.3	2.0	3.6	94.1	4040	0.0	0.3	1.9	3.0	94.8
Karnataka	2532	0.1	0.1	1.3	4.3	94.2	4023	0.2	0.2	0.5	2.8	96.3
Andhra Pradesh	2129	0.1	0.3	1.3	4.5	93.8	3163	0.0	0.2	0.8	3.8	95.2
Maharashtra	3055	0.0	0.1	0.5	1.4	98.0	3632	0.1	0.1	0.5	1.4	97.9
Gujarat	2617	0.2	1.1	8.5	21.5	68.7	4249	0.0	0.5	7.0	24.7	67.8
Madhya Pradesh	1663	0.1	0.1	1.1	12.6	86.1	2708	0.1	0.1	0.4	6.1	93.3
Orissa	1507	0.1	0.2	0.6	5.7	93.4	2655	0.1	0.1	0.6	3.8	95.4
West Bengal	1692	0.0	0.0	0.3	2.2	97.5	3125	0.0	0.0	0.1	1.6	98.3
Uttar Pradesh	2208	0.1	0.5	3.7	12.0	83.7	3201	0.0	0.2	2.6	11.4	85.8
Andaman & Nicobar	2969	0.0	0.0	0.6	1.4	98.0	3544	0.0	0.1	0.5	1.3	98.1
Assam	1243	0.0	0.4	0.5	11.8	87.3	1807	0.2	0.1	0.6	10.1	89.0
Bihar	1807	0.0	0.1	0.1	2.4	97.4	1820	0.1	0.0	0.1	1.5	98.3
New Delhi	1836	0.5	0.9	4.8	6.3	87.5	2937	0.2	0.4	3.3	4.6	91.5
Puduchery	3256	0.2	0.3	1.3	5.5	92.7	4180	0.0	0.1	1.0	5.3	93.6
Rajasthan	2223	0.6	1.5	5.8	6.8	85.3	2589	0.1	0.7	6.4	7.4	85.4
<b>Pooled</b>	36498	0.1	0.4	2.1	6.2	91.2	51579	0.0	0.2	1.8	5.9	92.1

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.43: Distribution (%) of Adults by frequency of consumption of Sandwich**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	0.1	0.3	1.1	4.0	94.5	3906	0.0	0.1	0.5	2.8	96.6
Tamil Nadu	3136	0.3	0.5	1.9	2.6	94.7	4040	0.1	0.3	1.5	2.0	96.1
Karnataka	2532	0.2	0.3	1.3	3.9	94.3	4023	0.0	0.3	1.0	2.1	96.6
Andhra Pradesh	2129	0.2	0.2	1.0	3.0	95.6	3163	0.1	0.2	0.7	2.1	96.9
Maharashtra	3055	0.3	0.2	0.8	1.2	97.5	3632	0.2	0.3	1.0	1.3	97.2
Gujarat	2617	0.4	2.3	18.9	28.7	49.7	4249	0.2	1.7	19.3	31.5	47.3
Madhya Pradesh	1663	0.0	0.0	0.5	13.8	85.7	2708	0.0	0.1	0.3	9.2	90.4
Orissa	1507	0.0	0.2	1.4	3.8	94.6	2656	0.1	0.0	1.1	3.8	95.0
West Bengal	1692	0.0	0.2	1.0	6.4	92.4	3125	0.0	0.1	0.6	4.6	94.7
Uttar Pradesh	2208	0.0	1.0	5.5	25.2	68.3	3201	0.3	1.1	6.3	27.8	64.5
Andaman & Nicobar	2969	0.1	0.1	0.7	0.6	98.5	3544	0.0	0.2	0.7	0.6	98.5
Assam	1243	0.1	0.3	0.4	11.6	87.6	1807	0.1	0.0	0.6	10.2	89.1
Bihar	1807	0.0	0.1	0.5	13.3	86.1	1820	0.0	0.1	0.2	9.0	90.7
New Delhi	1836	0.7	1.8	3.4	2.5	91.6	2937	0.2	1.0	3.3	2.1	93.4
Puduchery	3256	0.3	0.3	0.9	3.7	94.8	4180	0.2	0.2	0.7	3.1	95.8
Rajasthan	2223	1.1	3.0	8.1	9.3	78.5	2589	0.3	3.1	11.9	9.4	75.3
<b>Pooled</b>	36498	0.3	0.6	3.1	7.9	88.1	51580	0.2	0.5	3.3	7.6	88.4

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.44: Distribution (%) of Adults by frequency of consumption of Veg.Puff**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	1.1	3.3	26.2	41.5	27.9	3906	0.4	2.8	32.6	35.9	28.3
Tamil Nadu	3136	2.0	8.4	18.4	17.2	54.0	4040	1.5	6.4	18.4	18.1	55.6
Karnataka	2532	2.4	9.3	22.6	41.7	24.0	4023	1.3	9.1	22.4	38.6	28.6
Andhra Pradesh	2129	0.4	2.4	8.5	16.9	71.8	3163	0.4	1.3	7.1	15.0	76.2
Maharashtra	3055	0.0	0.0	0.2	0.4	99.4	3632	0.1	0.0	0.1	0.2	99.6
Gujarat	2617	0.9	2.8	5.2	15.4	75.7	4249	0.2	0.9	4.2	15.3	79.4
Madhya Pradesh	1663	0.1	0.1	0.0	1.4	98.4	2708	0.0	0.0	0.1	3.5	96.4
Orissa	1507	0.0	0.1	0.5	1.2	98.2	2656	0.0	0.0	0.5	1.1	98.4
West Bengal	1692	0.0	0.0	0.2	1.4	98.4	3124	0.0	0.0	0.1	0.8	99.1
Uttar Pradesh	2208	1.1	2.3	8.5	31.2	56.9	3201	0.2	1.2	4.6	31.8	62.2
Andaman & Nicobar	2969	1.0	3.6	25.8	21.9	47.7	3544	0.6	3.1	24.3	23.1	48.9
Assam	1243	0.2	0.4	2.1	65.8	31.5	1807	0.2	0.4	1.5	67.3	30.6
Bihar	1807	0.2	0.4	0.8	12.1	86.5	1820	0.2	0.2	0.3	6.8	92.5
New Delhi	1836	0.1	0.1	0.4	0.5	98.9	2937	0.0	0.1	0.1	0.3	99.5
Puduchery	3256	0.8	2.9	3.5	33.2	59.6	4180	0.5	1.5	2.8	29.5	65.7
Rajasthan	2223	0.2	0.3	0.5	1.1	97.9	2589	0.0	0.0	0.5	1.2	98.3
<b>Pooled</b>	36498	0.8	2.7	9.0	19.2	68.3	51579	0.4	2.0	8.7	18.3	70.6

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.45: Distribution (%) of Adults by frequency of consumption of Non-Veg.puff**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	1.3	4.6	25.5	35.7	32.9	3906	0.6	3.3	31.7	32.6	31.8
Tamil Nadu	3136	1.8	5.4	11.0	11.6	70.2	4040	0.6	3.3	9.7	10.7	75.7
Karnataka	2532	2.2	7.7	16.0	31.2	42.9	4023	1.3	6.8	15.6	27.8	48.5
Andhra Pradesh	2129	0.9	2.9	9.5	15.3	71.4	3163	0.3	1.3	6.4	13.9	78.1
Maharashtra	3055	0.1	0.0	0.0	0.2	99.7	3632	0.0	0.0	0.1	0.1	99.8
Gujarat	2617	0.0	0.0	0.1	0.8	99.1	4249	0.0	0.0	0.2	0.7	99.1
Madhya Pradesh	1663	0.0	0.1	0.0	1.1	98.8	2708	0.0	0.0	0.0	0.6	99.4
Orissa	1507	0.0	0.1	0.2	1.4	98.3	2656	0.0	0.0	0.4	1.1	98.5
West Bengal	1691	0.2	0.0	0.1	1.1	98.6	3124	0.1	0.0	0.0	0.6	99.3
Uttar Pradesh	2208	0.0	0.1	0.7	2.8	96.4	3201	0.0	0.1	0.2	2.1	97.6
Andaman & Nicobar	2969	0.8	3.3	21.2	18.0	56.7	3544	0.5	2.1	17.6	18.3	61.5
Assam	1243	0.3	0.3	1.9	62.6	34.9	1807	0.1	0.2	1.5	63.2	35.0
Bihar	1807	0.0	0.0	0.0	1.2	98.8	1820	0.1	0.0	0.0	0.6	99.3
New Delhi	1836	0.0	0.1	0.3	0.2	99.4	2937	0.0	0.0	0.0	0.2	99.8
Puduchery	3256	1.0	3.2	3.4	29.9	62.5	4180	0.4	1.5	2.4	24.8	70.9
Rajasthan	2223	0.1	0.0	0.0	0.7	99.2	2589	0.0	0.1	0.0	0.2	99.7
<b>Pooled</b>	36497	0.7	2.0	6.6	13.4	77.3	51579	0.3	1.4	6.3	12.1	79.9

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.46: Distribution (%) of Adults by frequency of consumption of Cakes**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	0.3	0.6	4.7	54.4	40.0	3906	0.3	0.8	4.5	55.9	38.5
Tamil Nadu	3136	1.8	5.3	19.1	37.8	36.0	4040	1.4	4.9	19.8	40.4	33.5
Karnataka	2532	1.1	6.0	13.7	56.4	22.8	4023	0.8	5.7	17.2	53.4	22.9
Andhra Pradesh	2129	0.4	1.4	7.0	45.5	45.7	3163	0.2	1.2	6.3	47.8	44.5
Maharashtra	3055	0.1	0.2	1.6	43.3	54.8	3632	0.1	0.4	1.5	43.0	55.0
Gujarat	2617	0.2	0.2	3.3	47.3	49.0	4249	0.1	0.2	1.9	48.8	49.0
Madhya Pradesh	1663	0.0	0.1	0.5	66.9	32.5	2708	0.1	0.0	0.7	69.2	30.0
Orissa	1507	0.1	0.4	1.1	24.7	73.7	2656	0.0	0.2	1.6	22.3	75.9
West Bengal	1692	0.9	2.1	11.7	63.4	21.9	3125	0.3	0.8	11.3	65.6	22.0
Uttar Pradesh	2208	0.1	0.9	4.3	76.4	18.3	3201	0.2	0.3	5.8	77.3	16.4
Andaman & Nicobar	2969	0.7	1.3	10.7	53.7	33.6	3544	0.6	1.5	11.0	55.6	31.3
Assam	1243	0.4	0.6	1.9	78.3	18.8	1807	0.5	0.8	2.5	76.6	19.6
Bihar	1807	0.1	0.1	0.6	68.5	30.7	1820	0.2	0.2	0.3	66.2	33.1
New Delhi	1836	0.3	0.9	6.5	40.9	51.4	2937	0.2	0.3	4.9	40.5	54.1
Puduchery	3256	0.7	2.1	2.8	51.2	43.2	4180	0.4	1.4	2.5	49.8	45.9
Rajasthan	2223	0.4	1.3	6.8	42.0	49.5	2589	0.1	0.5	5.3	37.6	56.5
<b>Pooled</b>	36498	0.6	1.6	6.5	52.0	39.3	51580	0.5	1.3	6.6	52.1	39.5

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.47: Distribution (%) of Adults by frequency of consumption of Fried chips**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	1.8	11.2	30.6	46.0	10.4	3906	2.4	14.3	37.7	35.3	10.3
Tamil Nadu	3136	8.1	11.3	14.5	19.4	46.7	4040	6.5	10.8	15.7	19.5	47.5
Karnataka	2532	9.7	19.9	25.9	30.3	14.2	4023	9.6	20.7	24.4	28.9	16.4
Andhra Pradesh	2129	1.1	2.0	5.5	12.0	79.4	3163	1.1	2.5	5.5	10.7	80.2
Maharashtra	3055	1.9	3.0	2.4	6.6	86.1	3632	1.8	2.4	2.2	6.4	87.2
Gujarat	2617	3.3	10.9	33.8	27.7	24.3	4248	2.5	11.7	32.6	30.4	22.8
Madhya Pradesh	1663	0.6	2.0	5.4	72.1	19.9	2708	0.6	0.4	1.1	68.0	29.9
Orissa	1507	0.3	2.1	9.9	20.0	67.7	2655	0.2	1.9	11.3	26.2	60.4
West Bengal	1692	0.7	1.3	15.8	46.1	36.1	3125	0.8	0.8	15.0	47.3	36.1
Uttar Pradesh	2208	2.8	13.5	53.3	25.4	5.0	3201	2.9	11.8	53.5	26.9	4.9
Andaman & Nicobar	2969	5.4	4.6	6.6	6.7	76.7	3544	4.5	4.5	7.8	7.1	76.1
Assam	1243	0.3	0.3	0.8	17.9	80.7	1807	0.0	0.4	1.6	13.6	84.4
Bihar	1807	0.3	1.0	7.2	55.3	36.2	1820	0.3	0.5	6.7	54.4	38.1
New Delhi	1836	9.3	14.5	10.9	3.9	61.4	2937	6.1	14.2	12.5	5.8	61.4
Puduchery	3256	2.8	6.8	3.5	43.5	43.4	4180	1.9	4.7	2.1	40.7	50.6
Rajasthan	2223	0.4	1.2	4.9	11.9	81.6	2589	0.7	1.6	7.8	17.0	72.9
<b>Pooled</b>	36498	3.4	7.2	14.9	26.8	47.7	51578	3.0	7.3	16.1	26.9	46.7

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.48: Distribution (%) of Adults by frequency of consumption of Bakery Biscuits**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	5.1	8.0	29.3	44.7	12.9	3906	9.5	10.1	35.8	33.1	11.5
Tamil Nadu	3136	20.3	11.6	6.9	11.5	49.7	4040	19.8	10.0	6.5	10.1	53.6
Karnataka	2532	16.7	16.3	20.5	30.5	16.0	4023	18.5	17.5	20.1	28.8	15.1
Andhra Pradesh	2129	1.9	1.9	4.2	11.4	80.6	3163	1.6	1.6	4.4	10.6	81.8
Maharashtra	3055	27.0	7.5	4.7	5.8	55.0	3632	29.0	8.2	5.2	4.8	52.8
Gujarat	2617	4.4	10.4	27.8	32.9	24.5	4249	4.1	9.9	26.7	35.5	23.8
Madhya Pradesh	1663	0.2	2.7	4.4	71.5	21.2	2708	2.0	0.5	1.2	70.4	25.9
Orissa	1507	1.0	3.9	8.4	13.1	73.6	2656	1.3	3.5	10.0	18.1	67.1
West Bengal	1692	4.5	3.3	22.0	37.2	33.0	3125	4.5	3.1	19.0	40.4	33.0
Uttar Pradesh	2208	42.3	37.5	13.6	4.5	2.1	3201	42.2	36.2	14.8	4.5	2.3
Andaman & Nicobar	2969	25.9	13.9	14.3	9.7	36.2	3544	27.6	14.1	14.5	9.2	34.6
Assam	1243	1.6	1.7	6.4	80.3	10.0	1807	1.1	2.1	5.2	81.4	10.2
Bihar	1807	2.1	3.2	4.4	45.0	45.3	1820	2.0	2.8	4.4	40.1	50.7
New Delhi	1836	42.4	20.5	13.2	2.3	21.6	2937	38.9	22.6	13.8	2.3	22.4
Puduchery	3256	7.5	2.8	1.3	24.1	64.3	4180	11.1	3.0	1.2	23.8	60.9
Rajasthan	2223	3.2	2.9	4.5	21.6	67.8	2589	3.3	3.1	6.2	21.2	66.2
<b>Pooled</b>	36498	14.0	9.7	11.8	25.0	39.5	51580	14.5	9.9	12.8	24.8	38.0

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.49: Distribution (%) of Adults by frequency of consumption of Samosa**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	3.6	2.0	9.4	34.5	50.5	3906	1.7	1.9	13.0	32.9	50.7
Tamil Nadu	3136	4.0	6.0	12.1	16.3	61.7	4040	1.4	4.6	11.3	16.5	66.3
Karnataka	2532	0.6	3.0	9.7	26.6	60.3	4023	0.4	2.5	7.6	21.8	67.9
Andhra Pradesh	2129	1.4	3.5	10.5	34.5	50.2	3163	0.7	2.2	8.9	33.3	55.1
Maharashtra	3055	1.8	4.8	11.6	16.2	65.7	3632	1.5	4.4	10.7	16.9	66.6
Gujarat	2617	1.0	4.6	24.9	32.3	37.3	4249	0.4	2.7	22.6	36.6	37.9
Madhya Pradesh	1663	1.4	3.5	27.0	51.2	17.0	2708	0.3	1.0	9.9	58.4	30.5
Orissa	1507	0.8	12.8	38.9	7.3	40.4	2656	0.5	10.8	35.6	10.4	42.8
West Bengal	1692	2.9	5.7	30.2	26.7	34.6	3125	1.4	5.0	30.7	26.6	36.3
Uttar Pradesh	2208	8.0	16.9	24.6	18.8	31.8	3201	3.5	13.6	34.1	21.3	27.6
Andaman & Nicobar	2969	4.7	8.3	20.4	8.9	57.7	3544	3.1	6.6	21.5	9.3	59.6
Assam	1243	1.8	4.1	10.3	33.1	50.9	1807	0.7	3.0	10.5	34.8	51.2
Bihar	1807	0.7	4.1	13.3	30.8	51.2	1820	0.4	3.3	10.1	35.5	50.9
New Delhi	1836	2.6	8.0	20.6	10.6	58.3	2937	0.8	5.9	21.8	12.4	59.3
Puduchery	3256	3.4	6.5	4.4	50.7	35.2	4180	1.3	3.7	3.9	52.2	39.1
Rajasthan	2223	9.3	11.6	27.7	11.2	40.4	2589	2.9	6.1	31.1	15.7	44.2
<b>Pooled</b>	36498	3.1	6.5	17.3	25.6	47.6	51580	1.3	4.7	17.3	27.1	49.7

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.50: Distribution (%) of Adults by frequency of consumption of Kachori**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	0.1	0.0	0.0	0.5	99.4	3906	0.1	0.0	0.0	0.5	99.4
Tamil Nadu	3136	0.1	0.2	0.5	1.3	97.9	4040	0.2	0.1	0.3	1.0	98.4
Karnataka	2532	0.6	1.8	3.9	13.7	80.0	4023	0.4	1.2	2.9	9.4	86.1
Andhra Pradesh	2129	0.0	0.7	2.1	10.9	86.3	3163	0.2	0.3	1.8	6.9	90.8
Maharashtra	3055	2.1	6.8	18.6	18.1	54.4	3632	1.6	6.1	16.5	17.8	58.0
Gujarat	2617	1.0	6.1	30.9	38.4	23.6	4249	0.3	4.9	27.3	44.5	23.0
Madhya Pradesh	1663	1.3	4.4	23.5	62.2	8.6	2708	0.4	1.3	11.0	72.8	14.5
Orissa	1507	0.1	3.1	23.3	29.9	43.6	2656	0.1	1.9	21.7	37.6	38.7
West Bengal	1692	3.7	9.6	39.8	41.1	5.8	3125	1.1	7.3	43.2	42.6	5.8
Uttar Pradesh	2208	1.0	2.6	20.7	70.5	5.2	3201	0.3	1.8	21.3	71.9	4.7
Andaman & Nicobar	2969	0.2	0.5	0.6	1.1	97.6	3544	0.1	0.6	1.1	1.4	96.8
Assam	1243	2.5	7.9	13.5	66.2	9.9	1807	1.3	4.2	12.3	70.0	12.2
Bihar	1807	0.6	2.2	15.7	66.2	15.3	1820	0.4	1.1	9.4	72.0	17.1
New Delhi	1836	2.0	6.1	24.9	18.1	48.9	2937	0.3	3.9	26.3	20.3	49.2
Puducherry	3256	0.0	0.6	0.7	3.3	95.4	4180	0.2	0.1	0.4	1.9	97.4
Rajasthan	2223	13.7	19.5	35.4	15.7	15.7	2589	4.2	11.1	42.4	25.0	17.3
<b>Pooled</b>	36498	1.6	4.1	14.1	24.0	56.2	51580	0.6	2.7	13.9	26.6	56.2

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.51: Distribution (%) of Adults by frequency of consumption of Pani puri**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	0.0	0.2	0.0	0.6	99.2	3906	0.0	0.0	0.0	0.7	99.3
Tamil Nadu	3136	3.7	7.9	15.3	11.9	61.2	4040	1.4	4.5	15.1	13.7	65.3
Karnataka	2532	3.7	13.3	26.9	24.1	32.0	4023	2.3	12.7	24.1	21.6	39.3
Andhra Pradesh	2129	3.6	10.2	15.9	21.0	49.3	3163	2.5	7.1	14.6	20.4	55.4
Maharashtra	3055	1.1	5.5	12.5	12.9	68.0	3632	1.2	6.0	13.0	14.1	65.7
Gujarat	2617	3.0	12.6	31.2	29.2	24.0	4249	3.2	13.6	36.0	31.1	16.1
Madhya Pradesh	1663	2.7	12.1	16.0	57.6	11.6	2708	0.9	2.0	8.9	67.0	21.2
Orissa	1507	0.8	15.9	16.2	40.3	26.8	2656	1.8	16.5	18.5	44.6	18.6
West Bengal	1692	0.6	0.9	5.2	40.0	53.3	3125	1.2	2.4	9.5	44.1	42.8
Uttar Pradesh	2208	7.0	30.5	35.1	20.5	6.9	3201	4.5	25.8	44.1	21.1	4.5
Andaman & Nicobar	2969	3.6	4.5	14.8	8.9	68.2	3544	4.2	5.9	20.1	10.9	58.9
Assam	1243	0.4	0.3	0.7	10.3	88.3	1807	0.3	0.4	0.9	11.8	86.6
Bihar	1807	1.1	4.7	8.8	55.3	30.1	1820	1.3	5.9	7.7	60.0	25.1
New Delhi	1836	1.4	4.2	16.8	18.5	59.1	2937	1.0	4.5	22.8	20.5	51.2
Puduchery	3256	1.1	3.8	6.9	23.8	64.4	4180	0.6	1.9	4.6	20.1	72.8
Rajasthan	2223	8.3	12.6	11.3	20.7	47.1	2589	3.2	8.7	13.4	23.3	51.4
<b>Pooled</b>	36498	2.7	8.6	15.0	22.6	51.1	51580	1.8	7.5	16.6	24.7	49.4

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.52: Distribution (%) of Adults by frequency of consumption of Papad**

State	Male						Female					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	0.8	35.4	23.4	37.7	2.7	3906	0.8	31.5	30.2	33.9	3.6
Tamil Nadu	3136	12.3	48.4	12	15	12.3	4040	10	49.4	12.8	15.7	12.1
Karnataka	2532	3.2	57.4	23.5	13.9	2	4023	3.4	54.5	22.6	16.7	2.8
Andhra Pradesh	2129	1.2	11.8	8.3	34.3	44.4	3163	1.4	13.5	8.1	33.5	43.5
Maharashtra	3055	3.7	17.1	30.2	34.1	14.9	3632	3.4	17.8	29	36	13.8
Gujarat	2617	9.1	27.9	24.7	23.9	14.4	4249	10.6	27.5	25.1	24.5	12.3
Madhya Pradesh	1663	5.7	19.3	43.2	27.9	3.9	2708	5.3	36.7	23.2	27.2	7.6
Orissa	1507	1.6	12.1	53.6	24.6	8.1	2656	1.8	7.5	54.1	30.3	6.3
West Bengal	1692	0.2	4.6	21.3	64.2	9.7	3125	0.2	4.3	20.6	64.9	10
Uttar Pradesh	2208	0.9	10.3	38.8	46.7	3.3	3201	1	12.9	39.4	44.8	1.9
Andaman & Nicobar	2969	4.7	35.3	18	19.7	22.3	3544	4.6	36.7	19.5	18.9	20.3
Assam	1243	1	2.4	7.6	82.6	6.4	1807	0.6	2.9	9.1	83.3	4.1
Bihar	1807	0.7	13.5	22.5	40.5	22.8	1820	0.8	15.8	22.4	36.7	24.3
New Delhi	1836	0.5	2.1	4.6	5.8	87	2937	0.2	1.1	3.3	8	87.4
Puduchery	3256	4.2	29.4	3.3	47	16.1	4180	3	28.2	3	44.7	21.1
Rajasthan	2223	7.5	24.8	23.3	22.3	22.1	2589	7.9	26.9	24	22.5	18.7
Pooled	36498	4.0	24.9	21.4	31.9	17.8	51580	3.8	25.1	21.4	32.1	17.6

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.53: Distribution (%) of Adults by frequency of consumption of Fruits**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	51.8	36.4	4.6	5.7	1.5	3906	52.2	32.0	7.6	5.9	2.3
Tamil Nadu	3136	56.6	23.8	10.0	6.6	3.0	4040	53.7	23.9	12.8	7.0	2.6
Karnataka	2532	60.4	33.8	3.7	1.5	0.6	4023	60.5	32.3	4.7	1.7	0.8
Andhra Pradesh	2129	36.7	35.8	17.2	6.1	4.2	3163	36.8	36.8	16.7	6.0	3.7
Maharashtra	3055	32.0	23.9	3.4	3.0	37.7	3632	33.5	22.1	4.2	2.6	37.6
Gujarat	2617	50.1	31.6	10.6	5.3	2.4	4249	53.2	29.3	10.6	4.6	2.3
Madhya Pradesh	1663	10.4	14.0	21.1	51.5	3.0	2708	18.0	12.8	13.1	52.0	4.1
Orissa	1507	3.5	42.8	14.2	20.9	18.6	2656	3.6	42.5	15.7	26.1	12.1
West Bengal	1692	42.5	21.7	11.2	23.1	1.5	3125	39.4	21.5	13.1	24.8	1.2
Uttar Pradesh	2208	40.9	27.6	20.0	9.4	2.1	3201	38.7	26.1	24.6	9.0	1.6
Andaman & Nicobar	2969	25.5	14.9	30.1	16.3	13.2	3544	27.4	15.8	31.0	13.1	12.7
Assam	1243	12.8	13.1	12.1	57.8	4.2	1807	11.8	14.9	12.0	57.1	4.2
Bihar	1807	23.0	27.0	20.0	18.2	11.8	1820	19.7	24.8	22.8	19.8	12.9
New Delhi	1836	52.8	26.7	8.4	1.3	10.8	2937	49.9	28.7	9.9	1.6	9.9
Puduchery	3256	48.7	19.6	2.4	25.2	4.1	4180	44.0	17.9	1.7	31.1	5.3
Rajasthan	2223	47.3	23.3	15.0	9.9	4.5	2589	46.1	24.5	13.4	11.2	4.8
<b>Pooled</b>	36498	39.7	26.0	12.2	14.0	8.1	51580	39.5	25.6	12.7	15.0	7.2

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.54: Distribution (%) of Adults by frequency of consumption of Fruit juices**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	0.4	1.7	1.6	88.0	8.3	3906	0.4	0.9	1.6	89.1	8.0
Tamil Nadu	3136	10.8	13.4	16.9	25.2	33.7	4040	7.4	10.8	18.5	27.8	35.5
Karnataka	2532	3.3	8.7	31.1	53.9	3.0	4023	2.9	6.4	25.4	60.2	5.1
Andhra Pradesh	2129	2.8	3.7	6.3	40.5	46.7	3163	2.1	2.9	6.6	40.6	47.8
Maharashtra	3055	1.4	1.1	0.6	3.8	93.1	3632	1.3	1.1	0.5	4.2	92.9
Gujarat	2617	2.5	5.1	8.7	48.4	35.3	4249	2.2	4.2	7.6	48.8	37.2
Madhya Pradesh	1663	0.5	0.5	1.7	77.1	20.2	2708	0.3	0.3	0.8	43.4	55.2
Orissa	1507	0.2	4.2	5.5	18.0	72.1	2656	0.1	2.5	4.6	20.5	72.3
West Bengal	1692	0.6	0.3	2.2	40.3	56.6	3125	0.3	0.2	2.0	38.4	59.1
Uttar Pradesh	2208	2.7	6.4	27.2	58.7	5.0	3201	1.8	4.2	26.0	63.2	4.8
Andaman & Nicobar	2969	1.8	2.1	4.3	18.1	73.7	3544	1.9	1.9	4.1	18.2	73.9
Assam	1243	1.0	1.0	3.6	56.5	37.9	1807	0.9	0.8	3.1	56.6	38.6
Bihar	1807	0.8	1.0	4.7	43.9	49.6	1820	0.6	1.0	2.4	36.7	59.3
New Delhi	1836	3.7	12.9	15.1	13.9	54.4	2937	2.5	8.8	14.6	14.5	59.6
Puduchery	3256	9.1	11.0	2.6	56.1	21.2	4180	8.4	8.5	2.3	56.0	24.8
Rajasthan	2223	4.1	7.7	6.0	66.5	15.7	2589	4.6	9.2	11.3	55.2	19.7
<b>Pooled</b>	36498	3.4	5.5	8.8	43.4	38.9	51580	2.6	4.3	8.7	42.6	41.8

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.55: Distribution (%) of Adults by frequency of consumption of Dry Fruits**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	0.7	1.6	0.8	89.3	7.6	3906	0.9	1.2	1.3	89.2	7.4
Tamil Nadu	3136	12.6	9.6	15.8	28.1	33.9	4040	16.6	9.9	14.8	27.0	31.7
Karnataka	2532	1.6	4.3	29.5	60.8	3.8	4023	1.4	4.2	28.9	62.1	3.4
Andhra Pradesh	2129	2.1	1.8	2.1	32.1	61.9	3163	2.1	1.5	2.6	31.6	62.2
Maharashtra	3055	3.6	1.5	1.8	21.6	71.5	3632	3.9	1.7	1.8	22.6	70.0
Gujarat	2617	6.6	5.5	11.6	41.7	34.6	4249	5.6	4.7	11.0	44.8	33.9
Madhya Pradesh	1663	0.2	0.1	0.8	78.9	20.0	2708	0.5	0.2	0.3	56.2	42.8
Orissa	1507	0.3	1.5	2.5	10.7	85.0	2656	0.2	1.0	1.3	9.5	88.0
West Bengal	1692	0.5	0.2	4.1	48.3	46.9	3125	0.2	0.2	3.7	49.1	46.8
Uttar Pradesh	2208	4.1	7.7	17.7	59.2	11.3	3201	3.4	7.2	20.4	60.1	8.9
Andaman & Nicobar	2969	2.7	1.8	5.1	16.8	73.6	3544	3.5	2.7	5.8	19.1	68.9
Assam	1243	1.0	1.3	2.9	79.7	15.1	1807	1.0	1.5	2.1	78.5	16.9
Bihar	1807	1.8	1.5	6.9	40.4	49.4	1820	0.3	0.9	5.3	37.0	56.5
New Delhi	1836	2.0	1.6	4.9	6.8	84.7	2937	1.3	1.1	2.3	8.4	86.9
Puduchery	3256	7.5	3.0	1.7	57.9	29.9	4180	7.5	2.5	1.2	55.9	32.9
Rajasthan	2223	1.9	1.9	2.3	50.8	43.1	2589	2.4	3.3	5.4	46.2	42.7
<b>Pooled</b>	36498	3.6	3.1	7.4	44.3	41.6	51580	3.7	3.0	7.5	43.8	42.0

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.56: Distribution (%) of Adults by frequency of consumption of Sweets**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	4.0	4.7	25.8	61.9	3.6	3906	3.1	4.2	32.6	56.0	4.1
Tamil Nadu	3136	10.5	18.5	36.1	26.9	8.0	4040	7.0	16.0	42.8	26.6	7.6
Karnataka	2532	3.4	15.3	56.4	21.9	3.0	4023	3.2	15.1	55.5	23.2	3.0
Andhra Pradesh	2129	4.5	19.6	22.9	42.8	10.2	3163	3.2	20.8	24.3	42.6	9.1
Maharashtra	3055	3.6	8.1	23.8	51.8	12.7	3632	4.1	8.0	24.9	49.6	13.4
Gujarat	2617	4.9	9.3	40.7	40.4	4.7	4249	3.9	7.2	39.5	44.7	4.7
Madhya Pradesh	1663	3.6	7.3	23.4	62.0	3.7	2708	3.1	1.8	36.9	53.7	4.5
Orissa	1507	0.5	11.4	30.0	46.3	11.8	2656	0.6	10.0	24.4	56.5	8.5
West Bengal	1692	35.4	23.1	23.3	15.2	3.0	3125	33.4	22.4	26.9	15.3	2.0
Uttar Pradesh	2208	9.6	19.2	49.0	20.0	2.2	3201	8.1	15.6	53.7	20.8	1.8
Andaman & Nicobar	2969	7.0	9.2	29.1	44.5	10.2	3544	6.2	9.5	30.6	43.1	10.6
Assam	1243	1.6	5.2	10.7	79.0	3.5	1807	1.1	4.8	12.1	80.2	1.8
Bihar	1807	1.4	3.1	16.8	76.0	2.7	1820	2.1	3.6	16.9	74.9	2.5
New Delhi	1836	4.2	7.8	25.9	45.4	16.7	2937	1.7	6.3	25.2	49.6	17.2
Puduchery	3256	5.1	7.2	5.8	66.7	15.2	4180	3.2	6.2	5.5	68.2	16.9
Rajasthan	2223	10.8	35.8	17.2	30.9	5.3	2589	8.1	25.7	26.4	33.8	6.0
<b>Pooled</b>	36498	6.9	12.7	27.9	44.8	7.7	51580	5.8	11.3	31.1	44.4	7.4

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

**Annexure 2.57: Distribution (%) of Adults by frequency of consumption of Pickle**

State	Men						Women					
	n	Daily*	Weekly**	Monthly***	Occasional	Never	n	Daily*	Weekly**	Monthly***	Occasional	Never
Kerala	2625	2.5	36.7	22.4	35.5	2.9	3906	3	32.5	29.2	31.6	3.7
Tamil Nadu	3136	18.1	28.9	8.4	18.2	26.4	4040	16.1	28.4	9.1	18.1	28.3
Karnataka	2532	11.1	52.7	14.9	15.1	6.2	4023	12	48.5	14.6	17	7.9
Andhra Pradesh	2129	6.4	40.9	8.4	27.2	17.1	3163	6.8	41.8	8.7	24.9	17.8
Maharashtra	3055	8.1	35.4	11.9	26.9	17.7	3632	9.2	36.4	10.8	27.2	16.4
Gujarat	2617	11.3	25.7	15	23.9	24.1	4249	11.2	27.8	16.4	24.1	20.5
Madhya Pradesh	1663	5.8	12.5	52.7	24.9	4.1	2708	6.9	16.6	43.7	23.4	9.4
Orissa	1507	34.3	4.7	27.8	24.6	8.6	2656	36.5	4.7	20.4	33.3	5.1
West Bengal	1692	0.7	1.6	7.5	79.2	11	3125	0.8	1.9	6.5	80	10.8
Uttar Pradesh	2208	15.0	40.2	25.8	13.6	5.4	3201	19.1	45.3	23	9.8	2.8
Andaman & Nicobar	2969	7.0	35.6	11.4	17.7	28.3	3544	7.8	38.8	12.4	17	24
Assam	1243	3.9	3.2	7.7	79.9	5.3	1807	4.7	4.3	8	80.1	2.9
Bihar	1807	1.8	20.6	32.2	20.7	24.7	1820	2.4	23.5	32.3	17.5	24.3
New Delhi	1836	3.0	10.8	19.5	17.6	49.1	2937	2.5	10	20.9	18.6	48
Puduchery	3256	11.8	17.7	1.5	39	30	4180	9.3	17	1.5	37.1	35.1
Rajasthan	2223	4.2	17.3	21.9	23.7	32.9	2589	6.2	21.7	23.3	22	26.8
Pooled	36498	9.3	26.4	16.6	28.3	19.4	51580	9.8	26.6	16.7	28.7	18.2

\*At least Once in Day.

\*\*At least Once in Week.

\*\*\*At least Once in Month

# **ANNEXURES**

### Annexure 3.1: Mean Anthropometric Measurements

STATE : KERALA

Male					Age (yrs)	Female				
n	Height (cm)	Weight (kg)	MUAC (cm)	FFT (mm)		Height (cm)	Weight (kg)	MUAC (cm)	FFT (mm)	n
54	65.3	7.4	14.0	8.4	0+	62.4	6.5	13.6	9.3	66
79	76.8	9.6	14.6	7.9	1+	75.9	9.3	14.6	8.0	65
69	86.3	11.5	14.8	8.3	2+	85.6	10.9	14.6	7.8	68
66	94.8	13.2	15.2	7.4	3+	95.5	13.3	15.3	9.1	71
63	104.3	16.0	16.2	8.0	4+	101.7	14.4	15.1	8.4	58
65	110.5	17.6	16.0	8.1	5+	109.3	17.3	16.3	9.3	60
62	116.1	19.3	16.6	7.6	6+	115.4	19.6	16.9	9.2	72
73	122.5	22.4	17.3	8.5	7+	120.5	21.1	17.2	9.3	69
78	127.1	24.2	17.9	8.8	8+	126.5	25.4	18.9	11.3	63
62	134.0	28.4	19.2	10.3	9+	129.8	25.3	18.3	10.3	63
74	136.9	30.2	19.6	10.9	10+	138.9	31.0	19.7	11.8	62
78	141.5	33.7	20.6	11.0	11+	143.0	34.8	20.4	13.2	59
82	148.6	38.5	21.5	12.2	12+	149.6	40.5	22.0	13.9	89
69	154.8	47.5	23.5	13.4	13+	153.7	44.4	23.1	15.5	102
87	160.4	50.1	24.0	11.7	14+	154.0	44.3	22.7	15.4	78
71	164.5	51.6	23.9	10.3	15+	156.0	46.5	23.6	16.5	73
76	168.2	54.8	24.7	10.4	16+	156.5	48.9	24.2	17.1	77
59	167.8	58.4	25.9	11.2	17+	157.5	53.8	25.5	19.1	70
73	168.9	59.6	26.7	11.3	18+	156.9	50.2	24.9	17.6	88
51	168.5	59.4	26.6	10.5	19+	158.2	52.4	25.5	18.5	64
256	168.9	63.8	28.2	11.3	20-25	156.4	53.4	26.1	19.4	356
216	169.2	68.9	29.2	12.3	25-30	155.3	57.7	27.6	21.3	382
273	169.2	69.7	29.1	12.3	30-35	154.5	60.2	28.8	22.6	417
282	167.6	69.8	29.5	12.3	35-40	153.7	62.5	29.7	23.8	467
342	166.9	68.9	29.1	11.3	40-45	153.5	62.9	29.9	23.7	495
379	165.6	67.4	28.9	11.7	45-50	152.9	62.0	29.7	23.1	484
329	165.0	66.7	28.4	11.1	50-55	151.7	61.3	29.5	22.9	424
284	164.3	65.5	28.0	11.3	55-60	150.2	60.3	29.1	22.1	378
852	161.9	60.8	26.4	10.9	>=60	148.0	55.2	27.3	18.8	1141

### Annexure 3.2: Mean Anthropometric Measurements

STATE : Tamil Nadu

Male						Female				
n	Height (cm)	Weight (kg)	Arm circumference (cm)	Fat fold at Triceps (mm)	Age (yrs)	Height (cm)	Weight (kg)	Arm circumference (cm)	Fat fold at Triceps (mm)	n
61	68.3	7.6	14.2	9.0	0+	67.2	7.2	13.7	9.0	75
98	79.0	10.1	14.9	8.5	1+	76.4	9.4	14.3	8.0	85
95	88.2	11.7	15.1	8.1	2+	86.9	11.1	15.1	8.8	88
96	97.4	14.0	15.7	8.4	3+	95.3	13.1	15.7	8.9	94
107	103.0	15.3	15.9	8.3	4+	102.6	14.7	15.7	8.5	90
104	109.7	17.0	16.4	8.2	5+	109.3	16.6	16.1	9.2	97
100	116.5	19.6	16.7	8.0	6+	114.9	18.7	16.9	9.4	88
120	121.1	21.2	17.1	8.2	7+	120.1	20.9	17.3	9.9	98
80	127.1	24.6	18.3	9.3	8+	126.2	24.4	18.5	11.2	103
101	132.4	27.5	19.0	9.9	9+	130.6	26.2	18.9	11.3	97
84	136.7	30.7	19.8	11.1	10+	136.5	29.8	19.9	12.7	82
118	143.1	35.1	20.9	12.0	11+	143.2	35.6	21.0	12.9	109
90	148.2	38.4	21.7	12.1	12+	146.6	37.5	21.1	12.5	80
102	153.2	41.0	21.9	11.4	13+	152.6	43.0	22.2	13.8	116
89	160.5	46.3	22.9	10.3	14+	154.8	45.8	22.8	14.8	101
110	164.2	49.9	23.9	11.4	15+	154.9	49.9	24.2	16.6	95
87	167.2	53.1	24.6	10.1	16+	156.4	48.1	23.5	14.8	82
90	168.9	55.6	25.4	10.9	17+	155.2	49.9	24.5	17.0	105
74	168.7	58.6	26.7	11.8	18+	156.1	49.6	24.1	16.3	83
76	170.8	62.1	27.9	12.3	19+	155.1	50.2	24.4	16.1	114
349	170.0	63.2	28.2	12.9	20-25	154.6	54.1	26.1	18.8	450
340	169.2	66.4	29.3	13.9	25-30	154.4	58.4	27.8	20.3	583
418	168.4	68.8	30.0	14.7	30-35	154.0	61.6	29.0	22.2	640
444	167.2	68.7	29.9	14.2	35-40	153.4	63.6	29.9	22.7	619
478	166.8	69.2	29.9	14.4	40-45	152.7	63.4	29.7	22.5	532
417	165.2	68.0	29.7	14.3	45-50	152.0	62.2	29.3	22.3	478
342	165.3	67.7	29.4	14.2	50-55	151.3	61.8	29.4	21.7	353
257	163.4	66.1	28.8	14.2	55-60	151.4	61.0	28.9	21.5	282
589	162.7	63.4	28.0	13.8	>=60	149.4	57.4	27.9	19.4	557

**Annexure 3.3: Mean Anthropometric Measurements**

**STATE : KARNATAKA**

Male						Female				
n	Height (cm)	Weight (kg)	Arm circumference (cm)	Fat fold at Triceps (mm)	Age (yrs)	Height (cm)	Weight (kg)	Arm circumference (cm)	Fat fold at Triceps (mm)	n
60	65.3	7.0	13.7	9.2	0+	65.9	6.7	13.5	8.9	81
97	77.2	9.4	14.4	8.2	1+	75.6	9.0	13.9	8.1	96
97	85.8	11.1	14.7	8.7	2+	85.7	11.0	14.6	8.6	100
97	94.2	12.8	14.9	8.4	3+	93.9	12.8	15.0	9.3	92
105	99.5	14.0	14.9	8.2	4+	99.7	14.1	15.4	9.1	107
107	108.3	16.5	15.5	8.0	5+	106.9	16.0	15.6	9.1	113
97	114.5	18.6	16.1	7.7	6+	112.4	17.5	16.1	9.1	91
91	119.9	20.1	16.2	7.4	7+	117.5	19.2	16.3	9.0	98
91	127.1	23.6	18.0	8.7	8+	123.6	22.6	17.3	9.9	95
105	130.9	25.6	18.1	8.8	9+	130.4	26.3	18.6	11.2	92
94	134.4	27.8	18.7	9.0	10+	133.5	27.5	18.7	10.7	105
75	139.4	31.1	19.6	10.2	11+	141.2	32.2	19.8	11.5	87
104	144.1	34.5	20.2	10.2	12+	145.9	36.5	20.8	12.4	86
91	151.8	39.2	21.2	10.2	13+	149.6	39.5	21.7	13.5	103
83	157.4	44.4	22.3	10.0	14+	153.3	43.4	22.5	14.5	100
91	162.6	47.1	22.6	8.9	15+	153.7	44.5	22.5	15.0	90
82	166.8	53.3	24.1	9.3	16+	154.9	46.3	23.3	15.8	94
81	166.8	51.6	24.1	8.7	17+	154.4	46.1	23.1	15.2	91
79	167.6	55.1	25.0	9.4	18+	153.0	48.1	24.4	16.4	103
89	170.0	59.2	26.5	10.8	19+	152.9	49.2	24.7	16.9	108
378	167.7	59.9	27.0	10.9	20-25	153.5	51.4	25.1	17.5	604
406	167.6	64.7	28.5	12.2	25-30	153.2	54.5	26.5	18.9	648
447	167.1	66.9	28.9	12.7	30-35	153.0	56.9	27.4	20.2	541
442	166.0	67.2	28.9	12.9	35-40	152.0	58.3	28.0	21.4	571
371	165.2	66.3	28.7	12.3	40-45	152.3	60.0	28.5	21.6	503
354	165.2	65.6	28.7	12.2	45-50	151.4	59.4	28.3	21.5	489
302	166.1	67.0	28.4	12.4	50-55	151.5	61.5	29.0	21.7	367
232	162.6	63.7	27.9	12.3	55-60	150.8	59.7	28.5	20.7	312
542	162.8	61.2	26.6	11.4	>=60	149.1	55.7	27.2	17.9	675

### Annexure 3.4: Mean Anthropometric Measurements

**STATE : ANDHRA PRADESH**

Male						Female				
n	Height (cm)	Weight (kg)	Arm circumference (cm)	Fat fold at Triceps (mm)	Age (yrs)	Height (cm)	Weight (kg)	Arm circumference (cm)	Fat fold at Triceps (mm)	n
77	64.2	7.2	13.4	8.6	0+	64.0	6.7	13.3	8.8	86
97	77.8	9.5	14.3	8.6	1+	76.3	9.3	14.0	8.4	83
105	87.1	11.2	14.4	8.6	2+	85.6	11.0	14.3	9.3	97
98	95.1	12.9	14.7	8.6	3+	94.7	12.6	14.8	9.3	109
118	102.9	15.0	15.3	8.6	4+	100.6	14.0	15.1	9.6	81
92	109.0	16.4	15.3	8.0	5+	107.8	16.0	15.6	9.6	124
101	117.4	19.0	15.8	7.8	6+	114.7	18.7	16.3	9.9	93
100	119.8	19.8	16.0	8.2	7+	120.6	20.6	16.8	10.2	67
94	126.9	23.4	17.2	9.0	8+	126.0	23.5	17.5	11.0	98
80	131.8	25.3	17.7	9.1	9+	130.8	25.0	17.8	11.1	84
86	138.2	30.1	18.9	10.5	10+	137.5	30.2	19.2	12.2	94
93	142.3	33.5	20.1	11.9	11+	142.4	34.1	20.2	13.3	53
88	146.6	34.7	19.7	9.9	12+	149.3	39.2	21.2	14.1	95
94	153.0	37.9	20.4	9.4	13+	153.2	41.8	21.7	14.6	87
95	159.5	43.7	21.7	9.9	14+	154.6	44.2	22.5	16.0	101
86	164.0	46.5	22.1	9.0	15+	156.6	46.1	22.9	16.6	80
80	168.0	53.4	24.1	11.0	16+	156.1	45.9	22.9	16.2	90
101	170.1	54.9	24.5	10.9	17+	156.6	47.4	23.6	17.4	99
82	169.4	57.0	24.8	10.9	18+	155.9	48.2	23.9	17.9	106
81	170.2	56.3	24.9	10.5	19+	155.4	50.1	24.3	18.6	106
432	169.2	61.0	26.7	12.2	20-25	154.8	51.2	25.0	19.2	659
472	168.8	65.4	28.2	13.7	25-30	154.7	55.8	26.9	21.7	663
442	168.3	67.2	28.6	13.7	30-35	154.8	59.2	28.0	23.4	549
460	167.7	70.0	29.0	14.9	35-40	154.1	61.4	28.8	24.5	520
373	167.2	68.8	28.8	14.6	40-45	153.5	61.1	28.8	24.5	477
338	166.8	67.4	28.3	13.9	45-50	153.2	61.5	29.0	24.1	436
279	165.4	66.7	28.1	13.5	50-55	152.4	62.7	29.2	24.7	335
241	165.7	67.9	28.1	14.3	55-60	152.4	61.5	28.9	24.0	284
541	164.6	63.5	27.0	13.7	>=60	150.1	56.4	27.1	19.9	503

### Annexure 3.5: Mean Anthropometric Measurements

**STATE : MAHARASHTRA**

Male					Age (yrs)	Female				
n	Height (cm)	Weight (kg)	Arm circumference (cm)	Fat fold at Triceps (mm)		Height (cm)	Weight (kg)	Arm circumference (cm)	Fat fold at Triceps (mm)	n
91	65.9	7.0	13.6	9.5	0+	64.4	6.5	13.2	9.2	84
100	75.4	9.0	14.3	9.3	1+	75.4	8.6	13.9	9.1	83
84	86.2	11.2	14.7	9.3	2+	83.9	10.5	14.4	9.7	102
106	91.9	12.4	14.9	9.4	3+	91.7	12.2	14.9	9.8	104
118	99.8	14.3	15.3	9.0	4+	97.9	13.7	15.3	9.7	91
113	107.3	15.8	15.5	8.2	5+	105.3	15.1	15.4	9.3	91
111	112.6	17.6	15.9	8.2	6+	113.1	17.4	16.1	9.6	91
98	117.9	19.8	16.4	8.5	7+	118.3	19.7	16.8	9.7	76
125	124.2	22.3	17.1	8.3	8+	123.2	21.8	17.4	9.7	86
76	129.7	25.9	18.2	9.9	9+	128.9	24.9	18.0	11.0	92
108	133.9	27.5	18.4	9.7	10+	132.5	27.6	18.8	11.3	97
106	140.2	31.3	19.5	10.6	11+	140.5	31.2	19.6	11.7	100
124	145.2	34.7	20.1	10.7	12+	145.6	35.4	20.5	12.4	92
116	149.7	38.1	20.9	10.2	13+	149.1	39.1	21.4	13.4	105
101	157.8	44.2	22.3	11.1	14+	151.6	42.4	22.3	14.2	100
98	161.8	48.6	23.1	10.5	15+	153.9	45.6	23.3	16.1	113
112	165.1	51.6	24.0	10.2	16+	154.3	46.9	23.5	16.4	93
115	167.9	53.8	24.7	9.8	17+	154.3	47.7	24.0	15.9	109
138	167.4	54.5	25.3	9.9	18+	153.9	47.3	24.0	15.9	131
97	167.7	59.4	26.9	11.4	19+	153.7	48.6	24.1	16.9	135
509	168.1	60.2	27.1	11.3	20-25	153.3	50.2	24.9	17.4	674
475	167.9	64.0	28.2	12.6	25-30	152.9	53.2	26.1	19.2	614
422	167.0	66.5	28.5	13.5	30-35	151.8	56.3	27.5	21.2	546
389	166.1	66.2	28.6	13.2	35-40	152.0	58.1	28.0	22.0	587
441	164.8	64.7	28.0	12.8	40-45	151.6	60.6	28.9	23.0	542
377	165.1	66.0	28.2	12.8	45-50	150.8	59.9	28.8	22.3	520
362	164.1	65.9	28.1	13.2	50-55	150.3	60.5	28.9	22.3	367
284	163.3	65.0	28.1	13.1	55-60	150.8	59.7	28.7	21.9	327
767	162.1	62.1	26.9	12.5	>=60	148.1	55.3	27.4	19.4	750

**Annexure 3.6: Mean Anthropometric Measurements**

**STATE : GUJARAT**

Male						Female				
n	Height (cm)	Weight (kg)	Arm circumference (cm)	Fat fold at Triceps (mm)	Age (yrs)	Height (cm)	Weight (kg)	Arm circumference (cm)	Fat fold at Triceps (mm)	n
58	67.4	7.6	14.2	9.7	0+	64.7	6.6	13.2	9.0	50
99	77.8	9.8	14.4	8.8	1+	75.4	9.0	14.0	8.7	60
71	85.1	11.2	14.7	8.9	2+	84.0	10.6	14.3	9.2	54
97	93.2	12.8	14.8	8.5	3+	91.6	12.4	14.8	9.2	73
99	100.2	14.5	15.2	8.2	4+	100.0	14.3	15.2	9.3	84
76	107.7	16.4	15.6	8.0	5+	107.2	16.3	16.4	9.0	79
87	114.5	18.6	15.7	7.4	6+	113.1	18.2	16.1	9.4	81
92	119.4	20.6	16.6	8.5	7+	119.8	21.0	16.9	10.0	73
95	126.2	24.3	17.4	9.3	8+	124.7	23.0	17.3	9.8	71
105	131.4	26.4	17.9	9.1	9+	129.7	26.0	18.3	11.3	81
94	134.7	29.4	18.9	10.5	10+	134.9	29.2	19.0	11.9	77
109	140.6	34.5	20.5	12.4	11+	141.5	34.1	20.6	13.1	76
90	146.8	38.1	21.1	12.0	12+	146.8	37.6	20.8	12.8	87
94	151.9	41.0	21.2	11.1	13+	151.1	42.5	22.1	14.7	76
88	159.8	48.8	22.9	11.6	14+	153.6	44.0	22.5	14.6	89
105	163.5	53.4	24.3	12.6	15+	153.3	46.0	23.5	15.7	75
73	167.0	54.6	24.4	10.7	16+	154.0	48.5	23.8	17.2	87
91	168.5	58.3	25.6	12.0	17+	154.2	47.8	23.5	17.1	90
77	168.9	57.1	25.3	10.9	18+	154.9	48.6	23.8	16.9	90
100	168.0	57.5	25.5	11.1	19+	153.7	49.6	24.3	16.8	99
383	169.2	60.9	26.7	11.8	20-25	154.4	52.3	25.2	18.6	504
370	168.4	65.6	27.8	13.6	25-30	153.8	56.7	26.9	21.3	602
361	168.1	68.0	28.5	14.3	30-35	153.5	58.8	27.6	22.8	592
395	167.2	68.3	28.7	14.8	35-40	152.9	60.8	28.6	24.6	620
393	167.5	69.3	28.5	14.6	40-45	153.0	63.9	29.3	26.1	572
360	166.8	69.0	28.6	14.9	45-50	152.8	65.1	29.9	26.6	505
297	165.7	69.5	29.0	15.3	50-55	152.2	65.0	29.7	26.1	430
258	164.6	67.7	28.3	14.3	55-60	151.5	64.4	29.6	24.4	332
578	163.2	64.8	27.3	13.9	>=60	149.2	59.7	28.4	21.4	673

### Annexure 3.7: Mean Anthropometric Measurements

**STATE : MADHYA PRADESH**

Male						Female				
n	Height (cm)	Weight (kg)	Arm circumference (cm)	Fat fold at Triceps (mm)	Age (yrs)	Height (cm)	Weight (kg)	Arm circumference (cm)	Fat fold at Triceps (mm)	n
84	66.4	7.2	13.7	10.0	0+	64.2	6.6	13.2	9.9	79
110	77.6	9.7	14.3	9.4	1+	75.7	8.7	13.9	8.9	93
147	85.9	11.1	14.7	9.3	2+	84.5	10.6	14.5	10.1	111
130	93.7	13.1	14.9	8.9	3+	91.9	12.3	14.9	9.7	98
95	98.7	13.9	15.1	8.7	4+	98.1	13.3	15.1	9.8	106
133	106.6	15.9	15.2	8.4	5+	106.5	16.0	15.5	9.7	92
116	113.5	18.0	15.8	8.0	6+	110.8	16.7	15.7	8.9	89
110	118.9	20.0	16.1	7.7	7+	116.9	18.9	16.1	9.2	98
93	124.5	22.2	16.6	8.2	8+	122.4	21.5	17.0	9.5	108
94	130.1	25.8	17.8	8.7	9+	129.8	25.1	17.6	10.0	97
126	133.3	26.5	17.7	8.6	10+	133.4	27.8	18.5	10.7	100
104	138.9	29.9	18.5	9.0	11+	140.2	30.9	19.0	10.4	81
121	144.3	33.2	19.3	9.4	12+	146.2	36.1	20.4	12.5	109
104	149.5	38.1	20.3	9.9	13+	148.6	38.4	20.9	13.2	103
107	158.2	42.9	21.4	8.9	14+	151.1	41.9	21.8	14.8	129
99	161.6	46.0	22.6	9.3	15+	152.2	42.9	22.0	14.5	102
115	165.7	51.8	23.9	10.3	16+	154.1	46.4	23.3	15.9	118
114	166.5	51.7	24.0	9.3	17+	154.6	46.7	23.0	15.6	95
115	167.4	54.7	25.1	9.5	18+	153.8	47.1	23.8	16.7	132
100	167.8	56.4	25.4	9.4	19+	154.2	46.9	23.3	15.9	135
519	167.7	58.2	26.2	10.5	20-25	153.4	49.0	24.2	16.7	732
540	167.4	61.3	27.1	11.3	25-30	152.4	50.5	25.1	18.0	713
512	166.8	62.7	27.3	12.5	30-35	152.8	54.5	26.6	19.9	626
489	165.7	63.8	27.5	12.6	35-40	152.5	56.4	27.4	21.0	561
433	165.5	64.2	27.4	12.4	40-45	152.1	57.4	27.6	21.5	526
403	165.3	64.6	27.3	12.1	45-50	152.0	59.4	27.9	22.2	514
347	164.8	64.7	27.4	13.0	50-55	151.6	59.2	28.1	21.6	347
277	164.2	63.1	26.9	12.2	55-60	150.9	56.7	27.6	20.1	295
412	163.2	60.4	26.2	12.5	>=60	149.6	52.8	26.4	17.9	423

### Annexure 3.8: Mean Anthropometric Measurements

**STATE : ODISHA**

Male										
n	Height (cm)	Weight (kg)	Arm circumference (cm)	Fat fold at Triceps (mm)	Age (yrs)	Height (cm)	Weight (kg)	Arm circumference (cm)	Fat fold at Triceps (mm)	n
61	63.7	7.1	13.4	10.4	0+	63.1	6.7	13.3	10.4	54
86	77.7	10.1	14.4	9.7	1+	76.3	9.3	13.8	9.7	73
88	86.7	11.8	14.5	9.6	2+	85.9	11.1	14.1	10.0	76
100	93.1	13.2	14.6	9.7	3+	92.1	12.4	14.3	10.0	70
88	101.0	15.0	14.8	9.0	4+	99.5	14.5	14.9	10.3	76
112	108.2	17.3	15.5	9.2	5+	106.0	16.2	15.1	10.0	88
104	113.3	19.0	15.9	9.0	6+	111.6	18.0	15.5	9.9	89
75	119.5	21.1	16.2	9.2	7+	117.7	20.0	16.0	9.7	81
95	123.5	23.2	16.7	9.2	8+	124.1	23.6	17.2	11.1	82
102	129.1	27.2	18.4	10.8	9+	128.6	25.3	17.6	11.2	84
97	132.1	27.6	18.0	10.3	10+	133.6	29.7	18.6	12.2	114
107	138.2	32.4	19.4	11.7	11+	138.8	32.9	19.5	13.2	83
89	143.8	35.6	19.8	10.5	12+	143.5	36.1	20.1	12.8	91
73	147.9	38.5	20.2	10.5	13+	147.8	40.9	21.3	15.0	81
85	155.7	42.5	21.2	9.2	14+	148.4	43.8	22.3	16.5	76
64	160.5	48.5	22.9	10.6	15+	149.6	43.8	22.5	16.2	87
76	163.7	52.6	23.6	11.0	16+	151.1	46.4	23.1	16.6	86
51	165.0	56.4	25.2	12.2	17+	151.2	48.8	23.7	17.7	74
87	165.3	57.9	25.5	12.2	18+	150.7	47.9	23.6	16.6	104
59	164.1	56.5	25.0	11.0	19+	151.6	49.5	24.3	18.2	84
303	165.1	60.2	26.3	12.2	20-25	150.8	49.1	24.2	17.4	537
251	163.6	61.5	26.8	12.6	25-30	150.8	52.7	25.6	19.5	571
358	163.2	62.5	26.9	12.9	30-35	150.7	55.2	26.2	20.7	617
382	163.1	64.2	27.1	13.4	35-40	150.5	56.7	26.9	22.0	551
403	162.9	64.3	27.1	13.2	40-45	150.8	57.1	27.0	21.9	534
295	162.4	63.7	27.0	13.8	45-50	150.3	56.2	26.7	21.1	419
280	162.0	63.2	26.7	12.8	50-55	149.4	55.9	26.6	20.7	329
203	162.2	63.2	26.4	12.8	55-60	149.3	54.5	26.0	19.0	220
390	160.6	59.6	25.6	12.1	>=60	147.1	51.3	25.1	16.9	448

### Annexure 3.9: Mean Anthropometric Measurements

**STATE : WEST BENGAL**

Male						Female				
n	Height (cm)	Weight (kg)	Arm circumference (cm)	Fat fold at Triceps (mm)	Age (yrs)	Height (cm)	Weight (kg)	Arm circumference (cm)	Fat fold at Triceps (mm)	n
62	65.3	7.0	13.3	9.2	0+	66.4	6.9	13.1	9.5	83
101	76.2	9.6	14.0	9.1	1+	75.2	9.0	13.4	9.1	100
80	86.0	11.4	14.2	9.3	2+	83.5	10.6	13.9	9.9	97
117	92.9	12.8	14.6	9.5	3+	91.2	12.3	14.4	10.0	92
106	100.7	14.8	14.8	8.2	4+	99.3	14.0	14.7	9.1	117
98	105.4	16.3	15.4	8.4	5+	105.6	15.9	15.3	8.8	100
97	112.1	17.9	15.3	7.8	6+	111.7	17.8	15.7	8.8	139
103	118.2	21.0	16.6	8.0	7+	115.8	18.7	15.8	7.9	104
113	122.3	21.8	16.2	8.1	8+	121.3	21.5	16.6	9.1	105
105	128.7	25.6	17.5	9.0	9+	126.4	24.3	17.5	9.5	103
123	131.9	26.4	17.4	7.9	10+	132.8	27.1	18.1	9.6	106
94	137.3	31.5	18.9	9.8	11+	139.6	31.6	18.9	9.9	120
110	143.0	33.2	19.1	8.4	12+	142.7	35.1	19.8	10.6	107
120	151.3	39.1	20.2	8.5	13+	147.1	39.4	20.8	11.3	105
123	153.8	41.7	21.0	8.0	14+	148.7	41.6	21.5	11.6	105
76	160.8	46.1	21.6	7.5	15+	150.9	44.5	22.1	12.5	99
82	162.8	49.3	22.9	8.1	16+	150.8	44.1	22.1	12.0	115
96	165.7	51.2	23.0	6.9	17+	151.9	46.5	22.7	13.4	112
97	165.9	54.0	24.0	7.7	18+	151.1	46.6	22.5	12.3	146
96	164.5	54.3	24.5	8.0	19+	151.7	46.6	22.8	12.3	120
398	164.7	56.7	25.1	8.6	20-25	150.3	49.0	23.5	13.2	682
418	164.0	58.9	25.6	9.2	25-30	150.4	52.2	24.7	14.8	655
356	163.9	60.7	26.0	9.6	30-35	150.5	54.3	25.2	16.1	574
364	163.5	60.6	25.9	9.6	35-40	150.4	55.0	25.4	16.0	497
347	163.3	60.7	26.2	9.6	40-45	149.9	55.5	25.7	16.4	535
325	162.4	59.7	25.8	9.4	45-50	149.8	54.9	25.4	16.6	472
278	162.8	61.0	25.8	10.0	50-55	149.4	55.9	25.8	16.7	389
218	162.6	57.8	25.0	8.9	55-60	149.2	54.0	25.2	15.5	234
525	160.4	55.3	24.1	9.1	>=60	146.3	49.0	23.7	13.1	514

### Annexure 3.10: Mean Anthropometric Measurements

**STATE : UTTAR PRADESH**

Male						Female				
n	Height (cm)	Weight (kg)	Arm circumference (cm)	Fat fold at Triceps (mm)	Age (yrs)	Height (cm)	Weight (kg)	Arm circumference (cm)	Fat fold at Triceps (mm)	n
95	65.0	6.5	13.5	8.0	0+	63.5	6.0	13.1	8.1	103
115	76.8	8.8	14.2	7.9	1+	75.0	8.3	13.6	7.3	116
112	85.4	11.1	14.6	8.3	2+	84.1	10.1	14.3	8.6	94
164	93.0	12.7	15.0	8.2	3+	90.0	11.3	14.6	8.4	134
112	98.4	14.1	15.1	7.7	4+	97.4	13.4	15.1	8.6	98
139	107.3	16.2	15.5	7.4	5+	104.0	15.1	15.3	8.0	140
128	110.6	16.9	15.3	6.5	6+	111.2	16.7	15.6	8.0	144
132	117.9	19.4	16.0	6.6	7+	116.3	18.9	16.1	8.0	117
154	121.7	21.1	16.3	6.7	8+	122.3	21.4	16.7	8.5	149
133	127.7	23.8	17.0	7.1	9+	126.9	23.1	17.3	8.5	122
201	132.0	25.6	17.4	7.4	10+	131.7	25.8	18.0	9.1	143
134	138.2	28.9	18.1	7.6	11+	137.3	29.2	18.8	10.4	103
179	142.7	32.0	19.1	8.0	12+	141.5	32.4	19.5	10.6	151
144	150.8	37.8	20.2	8.3	13+	146.9	38.1	21.1	12.5	176
143	154.6	40.4	20.9	8.1	14+	149.2	40.7	21.8	13.6	170
140	159.5	46.2	22.5	8.5	15+	150.0	42.0	22.6	13.9	177
126	162.8	47.9	23.0	7.6	16+	150.6	43.2	22.9	14.6	192
141	164.8	51.2	23.9	8.4	17+	150.6	43.4	23.0	14.6	151
141	165.1	51.3	24.1	8.5	18+	151.2	45.2	23.6	15.9	197
101	164.0	53.1	24.8	8.5	19+	152.2	45.1	23.5	15.5	135
495	165.3	56.1	25.9	10.3	20-25	151.6	47.3	24.3	16.0	712
384	164.9	58.0	26.5	10.7	25-30	151.3	49.8	25.5	17.7	620
376	164.4	60.8	27.3	12.0	30-35	151.1	52.8	26.8	19.7	604
362	164.5	62.4	27.6	12.1	35-40	150.6	54.7	27.5	21.1	569
312	163.7	61.6	27.4	12.2	40-45	150.8	55.4	27.7	21.6	449
266	163.0	60.9	27.1	11.9	45-50	150.4	55.4	27.5	20.8	370
248	163.0	62.0	27.4	12.8	50-55	150.0	55.0	27.6	19.9	300
169	163.6	61.8	27.1	12.0	55-60	149.6	56.1	27.9	20.3	243
383	161.9	56.7	25.5	10.9	>=60	148.2	50.6	25.8	16.0	402

### Annexure 3.11: Mean Anthropometric Measurements

**STATE : Andaman & Nicobar**

					Female					
n	Height (cm)	Weight (kg)	Arm circumference (cm)	Fat fold at Triceps (mm)	Age (yrs)	Height (cm)	Weight (kg)	Arm circumference (cm)	Fat fold at Triceps (mm)	n
67	67.0	7.4	13.9	8.5	0+	65.6	6.8	13.2	8.7	71
86	78.3	9.8	14.3	8.5	1+	78.0	9.4	14.1	9.2	93
101	87.2	11.8	14.6	9.1	2+	86.9	11.3	14.5	9.4	91
109	95.0	13.6	14.9	9.1	3+	94.4	13.4	15.3	9.5	90
107	103.2	15.7	15.4	8.9	4+	103.4	15.3	15.5	9.3	113
112	109.0	16.9	15.4	8.5	5+	107.6	16.8	15.8	9.7	98
105	115.1	19.3	16.1	8.7	6+	115.6	19.4	16.4	10.2	104
112	122.1	22.1	16.8	9.5	7+	120.3	22.0	17.2	10.9	95
118	126.7	25.2	17.7	10.2	8+	125.5	24.8	18.2	12.0	107
127	131.9	28.0	18.6	10.8	9+	131.5	27.5	18.6	11.7	104
110	136.3	30.3	18.9	11.1	10+	136.6	31.2	19.6	12.7	110
96	140.7	32.7	19.7	11.3	11+	144.1	36.9	20.6	13.1	115
114	147.7	39.4	21.1	12.8	12+	148.1	39.8	21.0	13.1	123
136	152.3	43.2	22.1	12.7	13+	151.7	43.3	21.9	14.0	105
133	158.0	45.7	22.2	11.6	14+	153.7	45.7	22.6	14.8	116
115	163.1	50.0	23.0	11.2	15+	153.9	45.8	22.7	15.4	118
92	165.2	54.0	24.0	11.8	16+	153.6	46.5	23.0	15.5	108
108	167.2	55.6	24.6	11.5	17+	154.8	48.1	23.3	15.7	91
86	166.6	55.9	24.6	11.2	18+	154.0	47.4	23.4	15.2	98
84	167.6	58.7	25.5	12.2	19+	153.5	49.2	23.5	14.4	109
467	167.6	61.6	26.4	12.3	20-25	154.0	51.8	24.8	16.8	587
522	167.3	65.4	27.7	13.2	25-30	152.9	54.8	26.0	18.6	755
607	167.0	66.4	27.9	13.2	30-35	153.7	58.9	27.4	20.5	741
640	166.2	68.3	28.2	13.3	35-40	153.3	60.7	28.0	21.4	706
532	166.6	68.7	27.9	13.1	40-45	153.0	61.2	28.2	21.1	527
480	165.5	67.2	27.8	12.4	45-50	152.4	60.8	27.8	20.4	483
359	164.6	67.0	27.6	12.6	50-55	152.3	61.2	28.1	20.3	274
247	163.9	64.8	27.3	12.5	55-60	152.2	59.3	27.5	19.4	201
301	163.1	63.1	26.5	12.0	>=60	151.2	57.4	27.4	18.1	258

### Annexure 3.12: Mean Anthropometric Measurements

STATE : ASSAM

Male						Female				
n	Height (cm)	Weight (kg)	Arm circumference (cm)	Fat fold at Triceps (mm)	Age (yrs)	Height (cm)	Weight (kg)	Arm circumference (cm)	Fat fold at Triceps (mm)	n
29	67.4	7.4	14.2	9.9	0+	63.4	6.6	13.3	8.2	25
34	78.0	9.7	14.3	7.8	1+	77.8	9.1	13.8	9.0	21
47	89.1	12.0	14.4	8.0	2+	87.9	11.3	14.1	8.9	34
31	94.9	13.9	15.3	8.8	3+	94.5	13.3	15.2	9.9	34
29	101.4	15.0	15.2	8.4	4+	101.7	14.9	15.5	9.2	30
32	108.0	17.0	15.5	8.2	5+	106.7	16.6	15.4	9.8	29
30	112.8	18.7	15.6	7.9	6+	114.2	18.9	16.6	10.4	28
31	120.7	22.3	18.7	9.1	7+	118.4	20.8	16.7	9.7	29
35	125.6	24.3	17.4	9.0	8+	123.1	22.9	17.1	9.7	19
36	131.4	28.5	19.5	10.4	9+	129.8	28.3	19.1	12.9	31
30	134.9	29.1	18.5	10.8	10+	136.4	30.8	19.6	11.1	23
27	138.9	33.6	19.4	10.9	11+	138.9	34.2	19.7	12.5	25
34	147.5	39.0	20.6	10.4	12+	144.7	38.2	21.0	13.3	32
28	150.2	40.0	20.5	9.6	13+	148.7	42.7	22.1	14.7	15
34	161.1	48.4	23.0	9.5	14+	151.0	43.3	22.6	15.8	30
15	163.4	51.4	23.6	9.9	15+	152.0	45.5	22.5	14.8	29
19	163.6	50.0	22.5	8.3	16+	151.5	46.6	22.8	15.0	29
21	164.6	60.1	26.1	13.2	17+	153.6	46.9	23.7	15.2	22
26	164.8	55.8	24.7	9.8	18+	151.7	49.4	23.8	16.1	33
22	162.9	58.7	26.4	10.0	19+	151.8	47.6	23.7	14.5	35
98	164.9	56.3	25.4	9.3	20-25	151.0	50.2	24.5	16.0	220
112	164.8	60.3	26.3	10.3	25-30	151.1	52.8	25.3	17.6	294
147	164.1	63.2	27.3	10.5	30-35	151.2	55.3	26.1	18.8	306
167	164.8	63.7	27.0	10.4	35-40	151.0	55.9	26.5	19.3	307
188	163.8	63.7	26.9	10.4	40-45	151.2	56.8	26.8	19.2	289
189	162.8	62.4	26.6	10.4	45-50	150.2	56.6	26.5	19.0	292
164	162.5	61.8	26.4	10.2	50-55	149.8	56.2	26.7	19.3	214
156	162.4	61.9	26.2	9.8	55-60	148.9	54.8	26.3	18.0	178
333	161.7	59.0	25.0	9.8	>=60	148.2	51.9	25.2	16.5	363

### Annexure 3.13: Mean Anthropometric Measurements

**STATE : BIHAR**

Male						Female				
n	Height (cm)	Weight (kg)	Arm circumference (cm)	Fat fold at Triceps (mm)	Age (yrs)	Height (cm)	Weight (kg)	Arm circumference (cm)	Fat fold at Triceps (mm)	n
23	67.5	7.6	14.1	9.9	0+	64.0	6.6	12.9	9.8	35
47	76.7	9.6	14.5	9.1	1+	77.5	8.8	13.4	8.5	43
30	85.3	11.1	14.5	9.3	2+	82.2	10.4	14.0	9.7	27
71	92.2	12.8	14.6	9.5	3+	91.2	12.3	14.4	9.7	82
73	98.4	14.1	15.0	10.2	4+	98.8	14.2	14.8	9.7	54
99	105.2	15.9	15.0	9.6	5+	104.2	15.3	14.9	9.7	70
88	112.3	17.7	15.3	8.7	6+	112.3	17.5	15.3	9.1	82
100	118.8	20.3	16.0	9.1	7+	117.1	19.0	15.7	9.6	76
119	124.9	22.6	16.1	9.1	8+	122.9	21.3	16.3	9.4	100
91	128.2	24.3	16.7	9.6	9+	129.3	24.4	17.0	10.0	69
131	132.7	25.9	17.4	9.7	10+	132.8	26.6	17.7	10.8	116
99	138.8	30.3	18.1	10.9	11+	136.4	28.5	18.3	11.3	63
148	144.5	33.8	19.1	10.6	12+	143.1	34.1	19.5	11.7	130
83	150.0	37.2	20.0	10.7	13+	147.3	37.5	20.0	12.3	108
150	154.9	42.6	21.2	11.6	14+	149.7	39.9	21.4	12.7	133
133	159.1	45.8	22.1	11.4	15+	151.6	42.7	21.8	13.9	96
116	160.4	48.4	22.4	12.5	16+	151.4	43.8	22.3	14.4	126
109	161.4	49.8	22.6	12.0	17+	152.7	45.4	22.5	14.7	113
118	162.5	51.4	23.2	12.0	18+	152.8	46.9	22.8	14.9	82
56	164.0	54.0	23.4	11.7	19+	153.9	46.2	22.7	14.7	39
327	163.8	57.3	24.6	13.3	20-25	152.8	47.2	23.4	15.1	228
198	164.4	62.0	26.0	14.7	25-30	152.0	51.5	25.0	16.9	297
264	163.3	63.2	26.3	14.7	30-35	151.6	51.8	25.4	17.8	313
282	163.9	64.8	26.3	14.9	35-40	151.7	54.3	26.0	18.4	394
337	163.9	65.0	26.3	15.0	40-45	151.2	55.0	26.5	19.3	337
330	163.2	64.8	26.1	14.8	45-50	150.9	55.8	26.6	19.2	312
227	163.5	65.8	26.5	15.0	50-55	150.1	55.8	26.4	18.8	243
212	163.4	65.8	26.1	15.4	55-60	150.8	55.9	26.6	18.1	232
478	162.1	62.8	25.9	14.5	>=60	148.7	52.3	25.4	16.6	399

### Annexure 3.14: Mean Anthropometric Measurements

**STATE : NEW DELHI**

Male						Female				
n	Height (cm)	Weight (kg)	Arm circumference (cm)	Fat fold at Triceps (mm)	Age (yrs)	Height (cm)	Weight (kg)	Arm circumference (cm)	Fat fold at Triceps (mm)	n
21	70.3	7.8	12.5	8.5	0+	65.9	7.0	12.5	9.1	27
39	79.2	9.8	13.2	9.0	1+	78.5	9.7	13.6	8.5	49
49	86.8	11.7	14.2	9.4	2+	85.7	11.2	14.2	9.0	46
39	92.6	12.7	14.0	8.2	3+	90.6	12.3	14.1	9.5	58
51	96.9	14.5	15.1	9.1	4+	96.3	13.8	15.3	9.5	53
58	106.9	17.1	16.0	9.0	5+	103.5	15.7	15.1	9.2	49
48	112.5	18.3	15.6	7.8	6+	110.0	17.5	15.6	8.4	35
45	117.1	19.9	15.9	7.8	7+	117.9	21.9	16.4	9.1	53
65	124.3	23.2	17.1	8.4	8+	123.4	23.5	16.9	9.8	55
46	129.6	27.9	17.9	9.5	9+	127.2	25.9	17.7	10.2	34
60	131.2	28.2	17.8	9.3	10+	132.9	28.9	18.3	10.4	50
48	138.4	33.3	19.7	11.0	11+	139.1	33.1	19.1	10.5	60
46	143.5	34.7	19.3	9.3	12+	143.9	36.7	20.2	12.9	46
55	150.8	41.0	20.8	10.3	13+	147.3	39.7	21.0	12.0	61
71	156.5	45.1	22.1	9.6	14+	151.0	42.8	21.3	14.2	47
59	161.8	50.0	23.2	10.3	15+	151.1	45.2	22.1	13.7	41
64	164.2	53.5	24.6	10.5	16+	150.7	46.9	23.4	15.1	56
61	164.8	57.2	25.3	12.8	17+	152.6	47.1	22.9	15.3	62
68	167.0	55.4	25.3	9.1	18+	153.2	48.8	23.1	15.7	69
63	164.9	56.7	25.9	10.0	19+	151.4	46.1	22.9	14.5	67
272	165.8	61.4	27.4	11.9	20-25	152.1	50.9	24.0	17.5	392
251	166.1	65.3	28.3	13.2	25-30	151.6	54.7	25.7	19.0	452
262	164.9	67.0	28.2	14.0	30-35	152.0	59.0	26.9	20.7	393
242	164.8	68.1	28.5	14.0	35-40	151.0	61.1	27.9	22.2	441
270	164.5	68.2	28.5	14.6	40-45	151.7	63.0	28.1	22.8	384
209	164.4	68.5	28.4	14.4	45-50	151.3	62.4	28.2	22.5	330
195	163.9	66.9	27.7	14.4	50-55	151.1	63.5	28.4	23.5	290
146	163.9	66.8	27.6	13.9	55-60	151.0	62.0	27.7	22.1	203
392	161.5	61.3	26.3	12.8	>=60	149.3	58.0	26.6	19.4	513

### Annexure 3.15: Mean Anthropometric Measurements

**STATE : PUDUCHERY**

Male						Female				
n	Height (cm)	Weight (kg)	Arm circumference (cm)	Fat fold at Triceps (mm)	Age (yrs)	Height (cm)	Weight (kg)	Arm circumference (cm)	Fat fold at Triceps (mm)	n
39	69.0	7.8	13.7	7.7	0+	66.9	6.7	12.8	7.7	41
59	80.6	10.7	14.1	8.0	1+	77.6	9.7	14.0	8.4	53
67	89.1	11.6	13.9	7.9	2+	88.3	11.7	14.3	8.8	60
75	96.8	13.9	14.8	7.9	3+	94.9	13.5	14.7	9.0	69
103	103.4	15.1	14.8	7.9	4+	103.3	15.0	14.8	8.5	83
81	110.4	17.7	15.4	8.0	5+	110.0	17.4	15.6	9.1	83
73	116.6	19.0	15.9	7.5	6+	115.7	19.0	15.8	9.0	82
71	122.3	21.9	16.3	8.5	7+	122.3	22.2	17.2	10.9	81
80	127.9	25.1	17.2	9.4	8+	127.7	24.6	17.7	11.6	92
94	131.7	27.2	17.8	9.8	9+	132.8	28.4	18.6	12.9	77
77	138.5	31.0	18.6	11.0	10+	138.1	32.0	19.4	13.1	88
89	143.6	36.3	20.2	12.6	11+	143.7	36.8	20.0	14.7	74
108	149.5	39.1	20.8	12.4	12+	147.6	38.9	20.5	14.0	82
107	153.8	42.7	21.3	12.0	13+	151.4	44.5	21.9	15.8	65
69	163.7	49.8	22.5	10.9	14+	152.9	46.5	22.1	17.0	82
72	163.4	48.7	22.4	9.7	15+	155.4	50.3	23.5	19.5	75
81	168.8	55.0	23.7	10.6	16+	155.1	50.2	23.2	17.9	72
65	168.8	58.0	25.0	11.4	17+	155.7	50.0	23.2	17.8	83
70	171.6	61.9	26.0	11.8	18+	155.9	54.0	24.5	21.7	68
70	171.9	61.8	25.9	11.5	19+	156.6	52.6	24.0	19.9	76
329	170.1	65.0	27.3	13.4	20-25	154.7	56.0	25.2	21.3	439
299	169.1	69.5	28.7	15.2	25-30	153.8	60.3	26.9	24.2	448
346	168.8	72.1	29.1	15.4	30-35	153.4	62.2	27.6	25.1	581
450	167.5	70.9	29.1	15.3	35-40	152.7	63.1	28.0	26.3	509
398	166.7	69.7	28.8	14.5	40-45	152.2	63.5	28.1	26.3	541
413	165.2	69.1	28.7	14.4	45-50	151.3	64.2	28.4	26.1	490
350	164.4	66.4	27.7	13.6	50-55	150.4	62.4	28.0	25.1	450
303	164.8	68.4	28.2	14.5	55-60	149.5	63.2	28.2	25.6	332
704	162.2	63.6	26.6	13.8	>=60	147.8	57.9	26.4	21.4	766

### Annexure 3.16: Mean Anthropometric Measurements

**STATE : RAJASTHAN**

Male						Female				
n	Height (cm)	Weight (kg)	Arm circumference (cm)	Fat fold at Triceps (mm)	Age (yrs)	Height (cm)	Weight (kg)	Arm circumference (cm)	Fat fold at Triceps (mm)	n
16	67.6	7.0	13.9	9.0	0+	67.1	7.3	13.6	9.9	8
16	76.0	9.0	14.4	9.0	1+	76.9	9.2	14.9	7.4	14
35	85.8	11.2	14.6	8.1	2+	86.3	11.3	14.1	8.7	15
33	92.2	12.5	14.6	8.4	3+	93.7	12.8	14.9	9.1	36
53	101.3	14.7	15.0	8.1	4+	101.3	14.4	15.2	9.4	21
46	107.8	16.5	14.8	7.3	5+	106.3	16.3	15.4	9.6	29
42	113.7	18.4	15.4	7.5	6+	115.5	19.1	16.0	8.5	39
35	121.3	21.9	15.8	7.2	7+	120.2	21.4	17.0	9.7	42
46	127.9	24.8	17.2	9.1	8+	123.9	23.9	17.0	9.8	50
41	132.7	27.4	18.2	9.6	9+	132.2	26.8	18.4	10.5	36
39	139.8	33.2	19.9	13.0	10+	138.3	30.0	18.7	11.4	48
54	141.0	33.3	19.4	11.4	11+	142.4	32.9	18.9	10.9	40
51	150.9	39.6	20.9	10.8	12+	147.4	38.6	21.2	13.7	40
52	157.3	45.5	22.1	12.7	13+	152.6	41.5	21.7	14.1	53
55	162.5	48.3	22.9	10.8	14+	153.2	42.2	21.5	13.2	65
54	164.7	51.7	23.1	9.7	15+	153.5	47.1	23.4	16.1	61
57	168.2	56.3	23.9	10.7	16+	155.0	47.9	23.8	16.6	65
69	168.3	58.0	25.0	11.2	17+	155.3	49.3	24.1	18.0	61
60	170.0	60.8	25.4	12.1	18+	154.8	49.5	24.2	16.8	58
55	170.6	63.9	26.7	12.2	19+	155.5	50.4	24.4	17.3	78
271	169.8	64.6	27.0	12.5	20-25	155.8	52.7	25.1	18.4	367
288	169.8	67.4	27.7	13.0	25-30	154.8	57.1	26.7	20.6	370
293	169.0	69.0	28.2	14.3	30-35	154.3	59.3	27.7	22.4	424
297	168.0	70.3	28.3	14.6	35-40	153.9	61.1	28.3	22.6	377
305	166.8	69.0	27.8	14.0	40-45	153.2	61.7	28.6	23.8	384
276	167.4	71.0	28.4	14.6	45-50	153.1	64.0	29.0	24.6	349
238	166.8	70.9	28.2	14.0	50-55	153.2	65.9	29.7	24.8	293
195	166.3	69.8	28.2	14.3	55-60	152.2	64.7	29.0	23.5	250
397	164.7	68.4	27.5	14.1	>=60	151.1	62.3	28.7	21.9	269

### Annexure 3.17: Mean Anthropometric Measurements

#### States Pooled

Male					Age (yrs)	Female				
n	Height (cm)	Weight (kg)	Arm circumference (cm)	Fat fold at Triceps (mm)		Height (cm)	Weight (kg)	Arm circumference (cm)	Fat fold at Triceps (mm)	n
898	66.1	7.2	13.7	9.1	0+	64.8	6.7	13.2	9.1	968
1263	77.5	9.6	14.3	8.7	1+	76.2	9.1	13.9	8.5	1127
1277	86.6	11.4	14.6	8.8	2+	85.3	10.9	14.4	9.2	1160
1429	93.9	13.0	14.9	8.7	3+	92.8	12.5	14.8	9.4	1306
1427	100.9	14.7	15.2	8.5	4+	100.0	14.2	15.2	9.2	1262
1467	107.9	16.6	15.5	8.3	5+	106.6	16.1	15.6	9.2	1342
1389	114.0	18.4	15.8	7.9	6+	113.1	18.1	16.0	9.2	1347
1388	119.7	20.7	16.4	8.2	7+	118.5	20.2	16.5	9.5	1257
1481	125.1	23.3	17.1	8.7	8+	124.1	22.9	17.3	10.2	1383
1398	130.5	26.3	18.0	9.4	9+	129.6	25.6	18.0	10.7	1266
1534	134.3	28.1	18.3	9.6	10+	134.6	28.7	18.8	11.3	1415
1431	140.1	32.4	19.5	10.8	11+	140.8	33.0	19.7	12.0	1248
1578	145.7	35.6	20.1	10.5	12+	145.6	36.7	20.5	12.5	1440
1468	151.7	40.2	21.0	10.6	13+	149.8	40.7	21.5	13.6	1461
1513	157.8	44.7	22.0	10.2	14+	151.8	43.1	22.1	14.4	1522
1388	162.1	48.5	22.9	10.1	15+	152.9	45.2	22.8	15.3	1411
1338	165.3	52.2	23.8	10.2	16+	153.3	46.2	23.1	15.5	1490
1372	166.7	54.3	24.5	10.4	17+	153.9	47.5	23.4	16.1	1428
1391	167.1	55.7	25.0	10.4	18+	153.5	47.9	23.7	16.2	1588
1200	167.5	57.8	25.7	10.6	19+	153.8	48.7	23.9	16.3	1504
5786	167.5	60.3	26.6	11.5	20-25	153.3	50.8	24.7	17.4	8143
5542	167.2	64.0	27.7	12.6	25-30	152.8	54.4	26.1	19.3	8667
5884	166.6	65.9	28.1	13.2	30-35	152.7	57.4	27.2	21.0	8464
6087	166.0	66.9	28.2	13.4	35-40	152.3	59.1	27.9	22.0	8296
5923	165.5	66.6	28.0	13.2	40-45	152.1	60.1	28.2	22.3	7627
5411	164.9	66.2	27.9	13.1	45-50	151.6	60.2	28.2	22.2	6943
4597	164.5	66.0	27.8	13.0	50-55	151.1	60.5	28.3	22.1	5405
3682	163.9	65.1	27.5	12.9	55-60	150.7	59.6	28.0	21.3	4303
8184	162.4	61.7	26.4	12.4	>=60	148.6	55.3	26.7	18.6	8654

**Annexure 4.1: DISTRIBUTION (%) OF <5 YR. CHILDREN (BOYS) ACCORDING TO WEIGHT FOR AGE BY SD CLASSIFICATION\***

State	Age	n	UNDER WEIGHT			Median -2SD to +1SD (Normal)	OVERWEIGHT & OBESE		
			< Median - 3SD (Severe Under weight)	Median -3SD to -2SD (Moderate Underweight)	Overall Underweight (C.I)		Median +1SD to +2SD (Overweight)	≥ +2SD (Obese)	Overall Over- weight & Obese
Kerala	0-12	54	1.9	7.4	9.3 (1.6 - 17.0)	83.2	5.6	1.9	7.5
	12-36	148	4.7	16.2	20.9 (14.3 - 27.5)	73.7	3.4	2.0	5.4
	36-60	129	3.9	12.4	16.3 (9.9 - 22.7)	78.2	4.7	0.8	5.5
	0-36	202	4.0	13.9	17.9 (12.6 - 23.2)	76.1	4.0	2.0	6.0
	12-60	277	4.3	14.4	18.7 (14.1 - 23.3)	75.9	4.0	1.4	5.4
	0-60	331	3.9	13.3	17.2 (13.1 - 21.3)	77.1	4.2	1.5	5.7
Tamil Nadu	0-12	61	6.6	3.3	9.9 (2.4 - 17.4)	77.0	13.1	0	13.1
	12-36	193	5.2	15.5	20.7 (15.0 - 26.4)	73.1	5.2	1.0	6.2
	36-60	203	2.0	11.3	13.3 (8.3 - 17.5)	82.3	3.9	0.5	4.4
	0-36	254	5.5	12.6	18.1 (13.4 - 22.8)	74.0	7.1	0.8	7.9
	12-60	396	3.5	13.4	16.9 (13.1 - 20.5)	77.8	4.5	0.8	5.3
	0-60	457	3.9	12.0	15.9 (12.5 - 19.3)	77.7	5.7	0.7	6.4
Karnataka	0-12	60	5.0	23.3	28.3 (16.9 - 39.7)	70.0	1.7	0	1.7
	12-36	194	3.6	20.6	24.2(17.8 - 29.8)	74.8	0.5	0.5	1.0
	36-60	202	6.4	27.7	34.1 (24.7 - 37.5)	65.4	0.5	0	0.5
	0-36	254	3.9	21.3	25.2 (19.6 - 30.2)	73.6	0.8	0.4	1.2
	12-60	396	5.1	24.2	29.3 (24.6 - 33.6)	69.9	0.5	0.3	0.8
	0-60	456	5.0	24.1	29.1 (24.8 - 33.2)	70.0	0.7	0.2	0.9
Andhra Pradesh	0-12	77	3.9	7.8	11.7 (4.5 - 19.1)	76.6	7.8	3.9	11.7
	12-36	202	5.0	22.3	27.3 (21.2 - 33.4)	71.2	1.0	0.5	1.5
	36-60	216	6.9	19.9	26.8 (20.9 - 32.7)	70.0	3.2	0	3.2
	0-36	279	4.7	18.3	23.0 (18.1 - 27.9)	72.7	2.9	1.4	4.3
	12-60	418	6.0	21.1	27.1 (22.8 - 31.4)	70.5	2.2	0.2	2.4
	0-60	495	5.7	19.0	24.7 (20.9 - 28.5)	71.5	3.0	0.8	3.8
Maharashtra	0-12	91	5.5	16.5	22.0 (13.5 - 30.5)	69.2	8.8	0	8.8
	12-36	184	9.8	27.2	37.0 (30.0 - 44.0)	60.9	1.6	0.5	2.1
	36-60	224	11.2	24.1	35.3 (28.7 - 41.1)	63.4	1.3	0	1.3
	0-36	275	8.4	23.6	32.0 (26.5 - 37.5)	63.6	4.0	0.4	4.4
	12-60	408	10.5	25.5	36.0 (31.1 - 40.5)	62.3	1.5	0.2	1.7
	0-60	499	9.6	23.8	33.4 (29.2 - 37.4)	63.6	2.8	0.2	3.0
Gujarat	0-12	58	0	12.1	12.1 (3.7 - 20.5)	75.9	10.3	1.7	12.0
	12-36	170	4.1	18.8	22.9 (16.6 - 29.2)	74.7	1.8	0.6	2.4
	36-60	196	4.6	20.9	25.5 (19.4 - 31.6)	72.5	2.0	0	2.0
	0-36	228	3.1	17.1	20.2 (15.0 - 25.4)	75.0	3.9	0.9	4.8
	12-60	366	4.4	19.9	24.3 (19.9 - 28.7)	73.5	1.9	0.3	2.2
	0-60	424	3.8	18.9	22.7 (18.7 - 26.7)	73.7	3.1	0.5	3.6

\*WHO Growth Standards

**Annexure 4.1: DISTRIBUTION (%) OF <5 YR. CHILDREN (BOYS) ACCORDING TO WEIGHT FOR AGE BY SD CLASSIFICATION\* (Contd.....)**

State	Age	n	UNDER WEIGHT			Median -2SD to +1SD (Normal)	OVERWEIGHT & OBESE		
			< Median - 3SD (Severe Under weight)	Median -3SD to -2SD (Moderate Underweight )	Overall Underweight (C.I)		Median +1SD to +2SD (Overweight)	≥ +2SD (Obese)	Overall Over- weight & Obese
Madhya pradesh	0-12	84	7.1	15.5	22.6 (13.7 - 31.5)	71.4	6.0	0	6.0
	12-36	257	7.8	24.9	32.7 (27.0 - 38.4)	63.8	2.7	0.8	3.5
	36-60	225	8.9	23.1	32.0 (25.9 - 38.1)	66.7	1.3	0	1.3
	0-36	341	7.6	22.6	30.2 (25.3 - 35.1)	65.7	3.5	0.6	4.1
	12-60	482	8.3	24.1	32.4 (28.2 - 36.6)	65.1	2.1	0.4	2.5
	0-60	566	8.1	22.8	30.9 (27.1 - 34.7)	66.0	2.7	0.4	3.1
Orissa	0-12	61	3.3	6.6	9.9 (2.4 - 17.4)	78.6	11.5	0	11.5
	12-36	174	6.9	11.5	18.4 (12.3 - 23.7)	76.4	2.9	2.3	5.2
	36-60	188	5.3	21.3	26.6(19.7 - 32.3)	68.0	4.3	1.1	5.4
	0-36	235	6.0	10.2	16.2 (11.2 - 20.6)	77.0	5.1	1.7	6.8
	12-60	362	6.1	16.6	22.7 (17.8 - 26.4)	72.0	3.6	1.7	5.3
	0-60	423	5.7	15.1	20.8 (16.6 - 24.2)	73.1	4.7	1.4	6.1
West Bengal	0-12	62	4.8	8.1	12.9 (4.7 - 21.5)	80.7	3.2	3.2	6.4
	12-36	181	7.2	18.2	25.4(19.5 - 32.3)	70.1	2.8	1.7	4.5
	36-60	223	3.1	25.1	28.2 (22.5 - 34.3)	70.0	1.8	0	1.8
	0-36	243	6.6	15.6	22.2 (17.4 - 28.0)	72.8	2.9	2.1	5.0
	12-60	404	5.0	22.0	27.0 (22.9 - 31.7)	70.1	2.2	0.7	2.9
	0-60	466	4.9	20.2	25.1 (21.4 - 29.4)	71.4	2.4	1.1	3.5
Uttar Pradesh	0-12	95	13.7	21.1	34.8 (25.2 - 44.4)	64.1	1.1	0	1.1
	12-36	227	18.9	22.5	41.4 (35.0 - 47.8)	55.6	2.6	0.4	3.0
	36-60	276	18.1	24.6	42.7 (37.1 - 48.7)	54.4	2.2	0.7	2.9
	0-36	322	17.4	22.0	39.4 (34.1 - 44.7)	58.1	2.2	0.3	2.5
	12-60	503	18.5	23.7	42.2 (38.0 - 46.6)	54.8	2.4	0.6	3.0
	0-60	598	17.7	23.2	40.9 (37.2 - 45.0)	56.4	2.2	0.5	2.7
Andaman & Nicobar	0-12	67	6.0	10.4	16.4 (7.5 - 25.3)	77.6	3.0	3.0	6.0
	12-36	187	5.9	13.9	19.8 (14.2 - 25.6)	74.3	3.2	2.7	5.9
	36-60	216	1.4	19.0	20.4 (14.9 - 25.7)	72.6	5.6	1.4	7.0
	0-36	254	5.9	13.0	18.9 (14.1 - 23.7)	75.2	3.1	2.8	5.9
	12-60	403	3.5	16.6	20.1 (16.2 - 24.0)	73.4	4.5	2.0	6.5
	0-60	470	3.8	15.7	19.5 (15.9 - 23.1)	74.1	4.3	2.1	6.4
Assam	0-12	29	3.4	3.4	6.8 (-2.4 - 16.0)	79.4	13.8	0.0	13.8
	12-36	81	8.6	21.0	29.6 (18.0 - 37.8)	61.8	7.4	1.2	8.6
	36-60	60	10.0	13.3	23.3 (12.3 - 33.5)	68.4	8.3	0.0	8.3
	0-36	110	7.3	16.4	23.7 (14.4 - 30.0)	66.3	9.1	0.9	10.0
	12-60	141	9.2	17.7	26.9 (18.5 - 32.9)	64.6	7.8	0.7	8.5
	0-60	170	8.2	15.3	23.5 (16.2 - 28.8)	67.1	8.8	0.6	9.4

\*WHO Growth Standards

**Annexure 4.1: DISTRIBUTION (%) OF <5 YR. CHILDREN (BOYS) ACCORDING TO WEIGHT FOR AGE BY SD CLASSIFICATION\* (Contd.....)**

State	Age	n	UNDER WEIGHT			Median -2SD to +1SD (Normal)	OVERWEIGHT & OBESE		
			< Median - 3SD (Severe Under weight)	Median -3SD to -2SD (Moderate Underweight)	Overall <b>Underweight</b> (C.I)		Median +1SD to +2SD (Overweight)	≥ +2SD (Obese)	Overall <b>Over- weight &amp; Obese</b>
Bihar	0-12	23	8.7	8.7	17.4 (1.9 - 32.9)	60.9	8.7	13.0	21.7
	12-36	77	11.7	16.9	28.6 (18.5 - 38.7)	66.2	2.6	2.6	5.2
	36-60	144	9.0	16.7	25.7 (18.5 - 32.7)	72.9	0.7	0.7	1.4
	0-36	100	11.0	15.0	26.0 (17.4 - 34.6)	65.0	4.0	5.0	9.0
	12-60	221	10.0	16.7	26.7 (20.8 - 32.4)	70.5	1.4	1.4	2.8
	0-60	244	9.8	16.0	25.8 (20.2 - 31.2)	69.7	2.0	2.5	4.5
New Delhi	0-12	21	0	9.5	9.5 (-2.8 - 22.8)	76.2	9.5	4.8	14.3
	12-36	88	3.4	12.5	15.9 (8.3 - 23.5)	78.5	4.5	1.1	5.6
	36-60	90	7.8	17.8	25.6 (16.6 - 34.6)	73.3	0.0	1.1	1.1
	0-36	109	2.8	11.9	14.7 (8.1 - 21.5)	78.0	5.5	1.8	7.3
	12-60	178	5.6	15.2	20.8 (14.8 - 26.8)	75.9	2.2	1.1	3.3
	0-60	199	5.0	14.6	19.6(14.2 - 25.2)	75.9	3.0	1.5	4.5
Puducherry	0-12	39	0	5.1	5.1(-1.7 - 12.3)	79.5	12.8	2.6	15.4
	12-36	126	1.6	12.7	14.3 (8.2 - 20.4)	77.7	4.0	4.0	8.0
	36-60	178	0.6	16.9	17.5 (7.3 - 27.7)	78.0	4.5	0	4.5
	0-36	165	1.2	10.9	12.1 (7.2 - 17.2)	78.2	6.1	3.6	9.7
	12-60	304	1.0	15.1	16.1 (12.0 - 20.2)	78.0	4.3	1.6	5.9
	0-60	343	0.9	14.0	14.9 (11.1 - 18.7)	78.2	5.2	1.7	6.9
Rajasthan	0-12	16	0	12.5	12.5 (-3.7 - 28.7)	74.9	6.3	6.3	12.6
	12-36	51	11.8	13.7	25.5 (13.5 - 37.5)	72.5	2.0	0	2.0
	36-60	86	12.8	19.8	32.6 (22.7 - 42.5)	62.7	4.7	0	4.7
	0-36	67	9.0	13.4	22.4 (12.4 - 32.4)	73.1	3.0	1.5	4.5
	12-60	137	12.4	17.5	29.9 (22.2 - 37.6)	66.5	3.6	0	3.6
	0-60	153	11.1	17.0	28.1 (21.0 - 35.2)	67.3	3.9	0.7	4.6
Pooled	0-12	898	5.2	11.8	17.0 (14.7 - 19.7)	74.3	7.0	1.7	8.7
	12-36	2540	7.3	18.9	26.2 (24.3 - 27.7)	69.7	2.8	1.3	4.1
	36-60	2856	7.0	20.5	27.5 (25.8 - 29.0)	69.4	2.8	0.4	3.1
	0-36	3438	6.7	17.0	23.7 (22.3 - 25.1)	71.0	3.9	1.4	5.3
	12-60	5396	7.1	19.7	26.8 (25.5 - 27.9)	69.6	2.8	0.8	3.6
	0-60	6294	6.8	18.6	25.4 (24.2 - 26.4)	70.3	3.4	0.9	4.3

\*WHO Growth Standards

**Annexure 4.2: DISTRIBUTION (%) OF <5 YR. CHILDREN (GIRLS) ACCORDING TO WEIGHT FOR AGE BY SD CLASSIFICATION\***

State	Age	n	UNDER WEIGHT			Median -2SD to +1SD (Normal)	OVERWEIGHT & OBESE		
			< Median - 3SD (Severe Under weight)	Median -3SD to -2SD (Moderate Underweight)	Overall Underweight (C.I)		Median +1SD to +2SD (Overweight)	≥ +2SD (Obese)	Overall Over- weight & Obese
Kerala	0-12	66	1.5	6.1	7.6(1.2 - 14.0)	89.4	1.5	1.5	3.0
	12-36	133	3.0	13.5	16.5 (10.2 - 22.8)	79.7	2.3	1.5	3.8
	36-60	129	3.9	17.8	21.7 (14.6 - 28.8)	75.9	1.6	0.8	2.4
	0-36	199	2.5	11.1	13.6 (8.8 - 18.4)	82.9	2.0	1.5	3.5
	12-60	262	3.4	15.6	19.0 (14.2 - 23.8)	78.0	1.9	1.1	3.0
	0-60	328	3.0	13.8	16.8(12.8 - 21.0)	80.2	1.8	1.2	3.0
Tamil Nadu	0-12	75	1.3	6.7	8.0 (1.9 - 14.1)	69.3	20.0	2.7	22.7
	12-36	173	1.7	15.0	16.7 (11.1 - 22.3)	78.7	4.0	0.6	4.6
	36-60	184	2.2	17.9	20.1 (14.3 - 25.9)	76.7	2.7	0.5	3.2
	0-36	248	1.6	12.5	14.1 (9.8 - 18.4)	75.8	8.9	1.2	10.1
	12-60	357	2.0	16.5	18.5 (14.5 - 22.5)	77.5	3.4	0.6	4.0
	0-60	432	1.9	14.8	16.7 (13.2 - 20.2)	76.1	6.3	0.9	7.2
Karnataka	0-12	81	2.5	9.9	12.4 (5.3 - 19.7)	83.9	2.5	1.2	3.7
	12-36	196	5.6	13.8	19.4 (13.9 - 24.9)	76.5	3.6	0.5	4.1
	36-60	199	6.5	20.6	27.1(21.1 - 33.5)	69.4	2.0	1.5	3.5
	0-36	277	4.7	12.6	17.3(12.9 - 21.9)	78.8	3.2	0.7	3.9
	12-60	395	6.1	17.2	23.3 (19.2 - 27.6)	72.9	2.8	1.0	3.8
	0-60	476	5.5	16.0	21.5(17.9 - 25.3)	74.7	2.7	1.1	3.8
Andhra Pradesh	0-12	86	1.2	10.5	11.7 (4.9 - 18.5)	83.6	3.5	1.2	4.7
	12-36	180	2.8	14.4	17.2 (11.7 - 22.7)	78.4	3.3	1.1	4.4
	36-60	190	5.8	25.3	31.1(24.1 - 37.3)	67.3	1.6	0	1.6
	0-36	266	2.3	13.2	15.5 (11.2 - 19.8)	80.0	3.4	1.1	4.5
	12-60	370	4.3	20.0	24.3 (19.7 - 28.5)	72.8	2.4	0.5	2.9
	0-60	456	3.7	18.2	21.9(17.9 - 25.5)	74.8	2.6	0.7	3.3
Maharashtra	0-12	84	4.8	14.3	19.1 (10.7 - 27.5)	74.9	6.0	0	6.0
	12-36	185	10.3	18.9	29.2(22.3 - 35.3)	69.2	1.6	0	1.6
	36-60	195	9.7	23.1	32.8(25.8 - 39.0)	66.2	1.0	0	1.0
	0-36	269	8.6	17.5	26.1(20.6 - 31.0)	70.9	3.0	0	3.0
	12-60	380	10.0	21.1	31.1 (26.1 - 35.3)	67.6	1.3	0	1.3
	0-60	464	9.1	19.8	28.9(24.5 - 32.7)	68.9	2.2	0	2.2
Gujarat	0-12	50	6.0	8.0	14.0 (4.4 - 23.6)	82.0	4.0	0	4.0
	12-36	114	3.5	18.4	21.9 (14.3 - 29.5)	77.2	0.9	0	0.9
	36-60	157	5.1	20.4	25.5 (18.7 - 32.3)	73.3	0.6	0.6	1.2
	0-36	164	4.3	15.2	19.5 (13.4 - 25.6)	78.7	1.8	0	1.8
	12-60	271	4.4	19.6	24.0 (18.9 - 29.1)	74.9	0.7	0.4	1.1
	0-60	321	4.7	17.8	22.5 (17.9 - 27.1)	76.0	1.2	0.3	1.5

\*WHO Growth Standards

**Annexure 4.2: DISTRIBUTION (%) OF <5 YR. CHILDREN (GIRLS) ACCORDING TO WEIGHT FOR AGE BY SD CLASSIFICATION\* (Contd.....)**

State	Age	n	UNDER WEIGHT			Median -2SD to +1SD (Normal)	OVERWEIGHT & OBESE		
			< Median - 3SD (Severe Under weight)	Median -3SD to -2SD (Moderate Underweight)	Overall Underweight (C.I)		Median +1SD to +2SD (Overweight)	≥ +2SD (Obese)	Overall Over- weight & Obese
Madhya Pradesh	0-12	79	1.3	11.4	12.7 (5.4 - 20.2)	67.0	15.2	5.1	20.3
	12-36	204	8.3	25.0	33.3 (26.8 - 39.8)	64.7	1.0	1.0	2.0
	36-60	204	11.3	31.4	42.7 (35.9 - 49.5)	56.3	1.0	0	1.0
	0-36	283	6.4	21.2	27.6 (22.5 - 32.9)	65.4	4.9	2.1	7.0
	12-60	408	9.8	28.2	38.0 (33.3 - 42.7)	60.5	1.0	0.5	1.5
	0-60	487	8.4	25.5	33.9 (29.7 - 38.1)	61.6	3.3	1.2	4.5
Orissa	0-12	54	0	9.3	9.3 (1.6 - 17.0)	83.2	1.9	5.6	7.5
	12-36	149	6	16.8	22.8(16.1-29.5)	71.1	5.4	0.7	6.1
	36-60	146	7.5	23.3	30.8(23.3-38.3)	65.8	0.7	2.7	3.4
	0-36	203	4.4	14.8	19.2(13.8-24.6)	74.4	4.4	2.0	6.4
	12-60	295	6.8	20.0	26.8 (21.7 - 31.9)	68.4	3.1	1.7	4.8
	0-60	349	5.7	18.3	24.0 (19.5 - 28.5)	70.8	2.9	2.3	5.2
West Bengal	0-12	83	2.4	15.7	18.1 (10.0 - 26.6)	71.1	8.4	2.4	10.8
	12-36	197	6.1	16.2	22.3 (16.3 - 27.9)	75.7	1.0	1.0	2.0
	36-60	209	7.2	23.9	31.1 (24.8 - 37.4)	66.0	1.0	1.9	2.9
	0-36	280	5.0	16.1	21.1 (16.2 - 25.8)	74.3	3.2	1.4	4.6
	12-60	406	6.7	20.2	26.9 (22.4 - 31.0)	70.6	1.0	1.5	2.5
	0-60	489	5.9	19.4	25.3 (21.4 - 29.2)	70.9	2.2	1.6	3.8
Uttar Pradesh	0-12	103	14.6	21.4	36.0 (26.7 - 45.3)	58.2	5.8	0	5.8
	12-36	210	18.1	24.3	42.4 (35.7 - 49.1)	56.6	1.0	0	1.0
	36-60	232	25.4	29.3	54.7 (48.1 - 60.9)	44.5	0.4	0.4	0.8
	0-36	313	16.9	23.3	40.2 (34.8 - 45.6)	57.2	2.6	0	2.6
	12-60	442	21.9	26.9	48.8 (44.1 - 53.5)	50.3	0.7	0.2	0.9
	0-60	545	20.6	25.8	46.4 (42.1 - 50.5)	51.7	1.7	0.2	1.9
Andaman & Nicobar	0-12	71	2.8	9.9	12.7 (5.0 - 20.4)	76.0	8.5	2.8	11.3
	12-36	184	1.6	16.3	17.9 (12.4 - 23.4)	75.1	4.3	2.7	7.0
	36-60	203	2.5	15.8	18.3 (13.0 - 23.6)	75.8	4.4	1.5	5.9
	0-36	255	2.0	14.5	16.5 (11.9 - 21.1)	75.3	5.5	2.7	8.2
	12-60	387	2.1	16.0	18.1 (14.4 - 22.0)	75.4	4.4	2.1	6.5
	0-60	458	2.2	15.1	17.3 (13.8 - 20.8)	75.5	5.0	2.2	7.2
Assam	0-12	25	4.0	12.0	16.0 (1.6 - 30.4)	68.0	12.0	4.0	16.0
	12-36	55	3.6	12.7	16.3 (6.5 - 26.1)	80.1	3.6	0.0	3.6
	36-60	64	6.3	10.9	17.2(7.6 - 25.8)	78.1	4.7	0.0	4.7
	0-36	80	3.8	12.5	16.3 (8.2 - 24.4)	76.2	6.2	1.3	7.5
	12-60	119	5.0	11.8	16.8 (10.0 - 23.2)	79.0	4.2	0.0	4.2
	0-60	144	4.9	11.8	16.7 (10.4 - 22.4)	77.0	5.6	0.7	6.3

\*WHO Growth Standards

**Annexure 4.2: DISTRIBUTION (%) OF <5 YR. CHILDREN (GIRLS) ACCORDING TO WEIGHT FOR AGE BY SD CLASSIFICATION\* (Contd.....)**

State	Age	n	UNDER WEIGHT			Median -2SD to +1SD (Normal)	OVERWEIGHT & OBESE		
			< Median - 3SD (Severe Under weight)	Median -3SD to -2SD (Moderate Underweight)	Overall Underweight (C.I)		Median +1SD to +2SD (Overweight)	≥ +2SD (Obese)	Overall Over- weight & Obese
Bihar	0-12	35	8.6	20.0	28.6 (13.6 - 43.6)	59.9	8.6	2.9	11.5
	12-36	70	11.4	17.1	28.5 (17.9 - 39.1)	64.4	5.7	1.4	7.1
	36-60	136	5.1	16.9	22.0(14.9 - 28.7)	74.3	1.5	2.2	3.7
	0-36	105	10.5	18.1	28.6 (20.0 - 37.2)	62.8	6.7	1.9	8.6
	12-60	206	7.3	17.0	24.3 (18.2 - 29.8)	70.9	2.9	1.9	4.8
	0-60	241	7.5	17.4	24.9 (19.3 - 30.1)	69.3	3.7	2.1	5.8
New Delhi	0-12	27	7.4	11.1	18.5 (3.9 - 33.1)	55.6	18.5	7.4	25.9
	12-36	95	6.3	11.6	17.9 (10.2 - 25.6)	75.7	5.3	1.1	6.4
	36-60	111	8.1	24.3	32.4(23.7 - 41.1)	67.6	0	0	0.0
	0-36	122	6.6	11.5	18.1 (11.3 - 24.9)	71.2	8.2	2.5	10.7
	12-60	206	7.3	18.3	25.6 (19.7 - 31.7)	71.5	2.4	0.5	2.9
	0-60	233	7.3	17.6	24.9 (19.3 - 30.5)	69.5	4.3	1.3	5.6
Puducherry	0-12	41	2.4	12.2	14.6 (3.8 - 25.4)	83.0	2.4	0	2.4
	12-36	113	1.8	8.8	10.6 (5.0 - 16.4)	81.4	6.2	1.8	8.0
	36-60	152	2.0	13.2	15.2 (9.4 - 20.8)	80.2	3.9	0.7	4.6
	0-36	154	1.9	9.7	11.6 (6.7 - 16.9)	81.9	5.2	1.3	6.5
	12-60	265	1.9	11.3	13.2 (9.1 - 17.3)	80.8	4.9	1.1	6.0
	0-60	306	2.0	11.4	13.4 (9.6 - 17.2)	81.0	4.6	1.0	5.6
Rajasthan	0-12	8	0	12.5	12.5 (-10.4 - 35.4)	75.0	12.5	0	12.5
	12-36	29	3.4	13.8	17.2 (3.5 - 30.9)	72.5	10.3	0	10.3
	36-60	57	3.5	17.5	21.0(10.8 - 32.2)	75.5	3.5	0	3.5
	0-36	37	2.7	13.5	16.2 (4.3 - 28.1)	73.0	10.8	0	10.8
	12-60	86	3.5	16.3	19.8 (11.5 - 28.5)	74.4	5.8	0	5.8
	0-60	94	3.2	16.0	19.2 (11.3 - 27.3)	74.4	6.4	0	6.4
Pooled	0-12	968	4.0	12.1	16.1 (13.8 - 18.4)	74.3	7.5	2.1	9.6
	12-36	2287	6.3	16.9	23.2 (21.4 - 24.8)	72.8	3.1	0.9	4.0
	36-60	2568	7.7	21.7	29.4 (27.5 - 31.1)	67.9	1.8	0.9	2.7
	0-36	3255	5.6	15.5	21.1(19.6 - 22.4)	73.3	4.4	1.2	5.6
	12-60	4855	7.0	19.4	26.4 (25.2 - 27.6)	70.3	2.4	0.9	3.3
	0-60	5823	6.5	18.2	24.7 (23.6 - 25.8)	71.0	3.2	1.1	4.3

\*WHO Growth Standards

**Annexure 4.3: DISTRIBUTION (%) OF <5 YR. CHILDREN (BOYS & GIRLS) ACCORDING TO WEIGHT FOR AGE BY SD CLASSIFICATION\***

State	Age	n	UNDER WEIGHT			Median -2SD to +1SD (Normal)	OVERWEIGHT & OBESE		
			< Median - 3SD (Severe Under weight)	Median -3SD to -2SD (Moderate Underweight)	Overall <b>Underweight</b> (C.I)		Median +1SD to +2SD (Overweight)	≥ +2SD (Obese)	Overall <b>Over- weight &amp; Obese</b>
Kerala	0-12	120	1.7	6.7	8.4 (3.4 - 13.4)	86.6	3.3	1.7	5.0
	12-36	281	3.9	14.9	18.8 (14.2 - 23.4)	76.6	2.8	1.8	4.6
	36-60	258	3.9	15.1	19.0 (14.2 - 23.8)	77.1	3.1	0.8	3.9
	0-36	401	3.2	12.5	15.7 (12.2 - 19.4)	79.6	3.0	1.7	4.7
	12-60	539	3.9	15.0	18.9 (15.6 - 22.2)	76.8	3.0	1.3	4.3
	0-60	659	3.5	13.5	17.0 (14.1 - 19.9)	78.6	3.0	1.4	4.4
Tamil Nadu	0-12	136	3.7	5.1	8.8 (4.0 - 13.6)	72.8	16.9	1.5	18.4
	12-36	366	3.6	15.3	18.9 (14.9 - 22.9)	75.7	4.6	0.8	5.4
	36-60	387	2.1	14.5	16.6 (12.7 - 20.1)	79.5	3.4	0.5	3.9
	0-36	502	3.6	12.5	16.1 (12.9 - 19.3)	74.9	8.0	1.0	9.0
	12-60	753	2.8	14.9	17.7 (14.9 - 20.3)	77.6	4.0	0.7	4.7
	0-60	889	2.9	13.4	16.3 (13.8 - 18.6)	76.9	6.0	0.8	6.8
Karnataka	0-12	141	3.5	15.6	19.1 (12.8 - 25.8)	78.1	2.1	0.7	2.8
	12-36	390	4.6	17.2	21.8(17.6 - 25.8)	75.6	2.1	0.5	2.6
	36-60	401	6.5	24.2	30.7 (26.3 - 35.3)	67.4	1.2	0.7	1.9
	0-36	531	4.3	16.8	21.1 (17.6 - 24.6)	76.2	2.1	0.6	2.7
	12-60	791	5.6	20.7	26.3 (23.2 - 29.4)	71.5	1.6	0.6	2.2
	0-60	932	5.3	20.0	25.3 (22.4 - 28.0)	72.4	1.7	0.6	2.3
Andhra Pradesh	0-12	163	2.5	9.2	11.7 (6.8 - 16.8)	80.3	5.5	2.5	8.0
	12-36	382	3.9	18.6	22.5 (18.3 - 26.7)	74.6	2.1	0.8	2.9
	36-60	406	6.4	22.4	28.8(24.2 - 33.0)	68.7	2.5	0	2.5
	0-36	545	3.5	15.8	19.3 (16.0 - 22.6)	76.3	3.1	1.3	4.4
	12-60	788	5.2	20.6	25.8(22.6 - 28.8)	71.5	2.3	0.4	2.7
	0-60	951	4.7	18.6	23.3 (20.5 - 25.9)	73.2	2.8	0.7	3.5
Maharashtra	0-12	175	5.1	15.4	20.5 (14.5 - 26.5)	72.1	7.4	0	7.4
	12-36	369	10.0	23.0	33.0 (28.0 - 37.6)	65.1	1.6	0.3	1.9
	36-60	419	10.5	23.6	34.1 (29.3 - 38.3)	64.7	1.2	0.0	1.2
	0-36	544	8.5	20.6	29.1 (25.1 - 32.7)	67.2	3.5	0.2	3.7
	12-60	788	10.3	23.4	33.7 (30.0 - 36.6)	64.6	1.4	0.3	1.7
	0-60	963	9.3	21.9	31.2 (28.1 - 33.9)	66.2	2.5	0.1	2.6
Gujarat	0-12	108	2.8	10.2	13.0 (6.7 - 19.3)	78.7	7.4	0.9	8.3
	12-36	284	3.9	18.7	22.6 (17.7 - 27.5)	75.6	1.4	0.4	1.8
	36-60	353	4.8	20.7	25.5 (21.0 - 30.0)	72.8	1.4	0.3	1.7
	0-36	392	3.6	16.3	19.9(15.9 - 23.9)	76.5	3.1	0.5	3.6
	12-60	637	4.4	19.8	24.2 (20.9 - 27.5)	74.1	1.4	0.3	1.7
	0-60	745	4.2	18.4	22.6 (19.6 - 25.6)	74.7	2.3	0.4	2.7

\*WHO Growth Standards

**Annexure 4.3: DISTRIBUTION (%) OF <5 YR. CHILDREN (BOYS & GIRLS) ACCORDING TO WEIGHT FOR AGE BY SD CLASSIFICATION\* (Contd.....)**

State	Age	n	UNDER WEIGHT			Median -2SD to +1SD (Normal)	OVERWEIGHT & OBESE		
			< Median - 3SD (Severe Under weight)	Median -3SD to -2SD (Moderate Underweight)	Overall Underweight (C.I)		Median +1SD to +2SD (Overweight)	≥ +2SD (Obese)	Overall Over- weight & Obese
Madhya Pradesh	0-12	163	4.3	13.5	17.8 (12.0 - 23.8)	69.3	10.4	2.5	12.9
	12-36	461	8.0	24.9	32.9 (28.6 - 37.2)	64.2	2.0	0.9	2.9
	36-60	429	10.0	27.0	37.0 (32.4 - 41.6)	61.8	1.2	0	1.2
	0-36	624	7.1	22.0	29.1 (25.5 - 32.7)	65.4	4.2	1.3	5.5
	12-60	890	9.0	26.0	35.0 (31.9 - 38.1)	63.0	1.6	0.4	2.0
	0-60	1053	8.3	24.0	32.3 (29.5 - 35.1)	64.0	2.9	0.8	3.7
Orissa	0-12	115	1.7	7.8	9.5 (4.1 - 14.9)	80.9	7.0	2.6	9.6
	12-36	323	6.5	13.9	20.4 (15.8 - 24.6)	74.1	4.0	1.5	5.5
	36-60	334	6.3	22.2	28.5 (23.4 - 33.0)	67.0	2.7	1.8	4.5
	0-36	438	5.3	12.3	17.6 (13.8 - 21.0)	75.8	4.8	1.8	6.6
	12-60	657	6.4	18.1	24.5 (21.0 - 27.6)	70.5	3.3	1.7	5.0
	0-60	772	5.7	16.6	22.3 (19.2 - 25.0)	72.0	3.9	1.8	5.7
West Bengal	0-12	145	3.4	12.4	15.8 (10.1 - 22.1)	75.2	6.2	2.8	9.0
	12-36	378	6.6	17.2	23.8 (19.6 - 28.2)	73.0	1.9	1.3	3.2
	36-60	432	5.1	24.5	29.6 (25.4 - 34.0)	68.1	1.4	0.9	2.3
	0-36	523	5.7	15.9	21.6 (18.2 - 25.2)	73.6	3.1	1.7	4.8
	12-60	810	5.8	21.1	26.9 (24.0 - 30.2)	70.4	1.6	1.1	2.7
	0-60	955	5.4	19.8	25.2(22.6 - 28.2)	71.1	2.3	1.4	3.7
Uttar Pradesh	0-12	198	14.1	21.2	35.3 (28.6 - 42.0)	61.2	3.5	0	3.5
	12-36	437	18.5	23.3	41.8 (37.2 - 46.4)	56.2	1.8	0.2	2.0
	36-60	508	21.5	26.7	48.2 (44.0 - 52.6)	49.8	1.4	0.6	2.0
	0-36	635	17.2	22.7	39.9 (36.1 - 43.7)	57.5	2.4	0.2	2.6
	12-60	945	20.1	25.2	45.3 (42.1 - 48.5)	52.7	1.6	0.4	2.0
	0-60	1143	19.1	24.5	43.6 (40.7 - 46.5)	54.2	1.9	0.3	2.2
Andaman & Nicobar	0-12	138	4.3	10.1	14.4 (8.5 - 20.3)	76.9	5.8	2.9	8.7
	12-36	371	3.8	15.1	18.9 (14.9 - 22.9)	74.6	3.8	2.7	6.5
	36-60	419	1.9	17.4	19.3 (15.5 - 23.1)	74.3	5.0	1.4	6.4
	0-36	509	3.9	13.8	17.7 (14.4 - 21.0)	75.2	4.3	2.8	7.1
	12-60	790	2.8	16.3	19.1 (16.4 - 21.8)	74.5	4.4	2.0	6.4
	0-60	928	3.0	15.4	18.4 (15.9 - 20.9)	74.8	4.6	2.2	6.8
Assam	0-12	54	3.7	7.4	11.1 (2.7 - 19.5)	74.0	13.0	1.9	14.9
	12-36	136	6.6	17.6	24.2 (16.0 - 30.2)	69.2	5.9	0.7	6.6
	36-60	124	8.1	12.1	20.2 (12.7 - 26.7)	73.3	6.5	0.0	6.5
	0-36	190	5.8	14.7	20.5 (14.0 - 25.4)	70.5	7.9	1.1	9.0
	12-60	260	7.3	15.0	22.3 (16.5 - 26.5)	71.1	6.2	0.4	6.6
	0-60	314	6.7	13.7	20.4 (15.3 - 24.1)	71.7	7.3	0.6	7.9

\*WHO Growth Standards

**Annexure 4.3: DISTRIBUTION (%) OF <5 YR. CHILDREN (BOYS & GIRLS) ACCORDING TO WEIGHT FOR AGE BY SD CLASSIFICATION\*(Contd.....)**

State	Age	n	UNDER WEIGHT			Median -2SD to +1SD (Normal)	OVERWEIGHT & OBESE		
			< Median - 3SD (Severe Under weight)	Median -3SD to -2SD (Moderate Underweight)	Overall Underweight (C.I)		Median +1SD to +2SD (Overweight)	≥ +2SD (Obese)	Overall Over- weight & Obese
Bihar	0-12	58	8.6	15.5	24.1 (13.1 - 35.1)	60.4	8.6	6.9	15.5
	12-36	147	11.6	17.0	28.6 (21.3 - 35.9)	65.3	4.1	2.0	6.1
	36-60	280	7.1	16.8	23.9 (18.7 - 28.7)	73.6	1.1	1.4	2.5
	0-36	205	10.7	16.6	27.3 (21.2 - 33.4)	63.9	5.4	3.4	8.8
	12-60	427	8.7	16.9	25.6 (21.2 - 29.4)	70.7	2.1	1.6	3.7
	0-60	485	8.7	16.7	25.4 (21.3 - 29.1)	69.4	2.9	2.3	5.2
New Delhi	0-12	48	4.2	10.4	14.6 (4.8 - 25.0)	64.5	14.6	6.3	20.9
	12-36	183	4.9	12.0	16.9 (11.5 - 22.3)	77.1	4.9	1.1	6.0
	36-60	201	8.0	21.4	29.4 (23.1 - 35.7)	70.1	0	0.5	0.5
	0-36	231	4.8	11.7	16.5 (11.7 - 21.3)	74.4	6.9	2.2	9.1
	12-60	384	6.5	16.9	23.4 (19.2 - 27.6)	73.5	2.3	0.8	3.1
	0-60	432	6.3	16.2	22.5 (18.6 - 26.4)	72.4	3.7	1.4	5.1
Puducherry	0-12	80	1.3	8.7	10.0 (3.6 - 16.8)	81.2	7.5	1.3	8.8
	12-36	239	1.7	10.9	12.6 (8.4 - 16.8)	79.5	5.0	2.9	7.9
	36-60	330	1.2	15.2	16.4(12.3 - 20.3)	79.1	4.2	0.3	4.5
	0-36	319	1.6	10.3	11.9 (8.4 - 15.6)	80.0	5.6	2.5	8.1
	12-60	569	1.4	13.4	14.8 (11.9 - 17.7)	79.2	4.6	1.4	6.0
	0-60	649	1.4	12.8	14.2 (11.5 - 16.9)	79.5	4.9	1.4	6.3
Rajasthan	0-12	24	0	12.5	12.5 (-0.7 - 25.7)	75.0	8.3	4.2	12.5
	12-36	80	8.8	13.8	22.6 (13.4 - 31.8)	72.4	5.0	0	5.0
	36-60	143	9.1	18.9	28.0(20.8 - 35.6)	67.8	4.2	0	4.2
	0-36	104	6.7	13.5	20.2 (12.5 - 27.9)	73.0	5.8	1.0	6.8
	12-60	223	9.0	17.0	26.0 (20.3 - 31.9)	69.5	4.5	0	4.5
	0-60	247	8.1	16.6	24.7(19.4 - 30.2)	70.0	4.9	0.4	5.3
Pooled	0-12	1866	4.6	12.0	16.6 (14.9 - 18.3)	74.2	7.3	1.9	9.2
	12-36	4827	6.8	17.9	24.7 (23.5 - 25.9)	71.3	2.9	1.1	4.0
	36-60	5424	7.3	21.1	28.4(27.1 - 29.5)	68.7	2.3	0.6	2.9
	0-36	6693	6.2	16.3	22.5(21.4 - 23.4)	72.1	4.1	1.3	5.4
	12-60	10251	7.1	19.6	26.7 (25.7 - 27.5)	69.9	2.6	0.8	3.4
	0-60	12117	6.7	18.4	25.1 (24.3 - 25.9)	70.6	3.3	1.0	4.3

\*WHO Growth Standards

**Annexure 5.1: DISTRIBUTION (%) OF <5 YR. CHILDREN (BOYS) ACCORDING TO HEIGHT FOR AGE BY SD CLASSIFICATION\***

State	Age	n	HEIGHT FOR AGE			≥Median - 2SD (Normal)
			< Median – 3SD (Severe Stunting)	Median –3SD to –2SD (Moderate Stunting)	Overall Stunting (C.I)	
Kerala	0-12	54	5.6	25.9	31.5 (19.1 - 43.9)	68.5
	12-36	148	16.9	17.6	34.5 (26.8 - 42.2)	65.5
	36-60	129	3.9	8.5	12.4 (6.7 - 18.1)	87.6
	0-36	202	13.9	19.8	33.7 (27.2 - 40.2)	66.3
	12-60	277	10.8	13.4	24.2 (19.2 - 29.2)	75.8
	0-60	331	10.0	15.4	25.4 (20.7 - 30.1)	74.6
Tamil Nadu	0-12	61	3.3	4.9	8.2 (1.3 - 15.1)	91.8
	12-36	195	8.2	16.4	24.6 (18.6 - 30.6)	75.4
	36-60	202	3.0	6.4	9.4 (5.4 - 13.4)	90.6
	0-36	256	7.0	13.7	20.7 (15.7 - 25.7)	79.3
	12-60	397	5.5	11.3	16.8 (12.8 - 20.2)	83.2
	0-60	458	5.2	10.5	15.7 (12.4 – 19.0)	84.3
Karnataka	0-12	60	11.7	18.3	30.0 (18.4 - 41.6)	70.0
	12-36	195	8.7	27.2	35.9 (29.2 - 42.6)	64.1
	36-60	200	8.0	21.5	29.5 (23.2 - 35.8)	70.5
	0-36	255	9.4	25.1	34.5 (28.7 – 40.3)	65.5
	12-60	395	8.4	24.3	32.7 (27.4 - 36.6)	67.3
	0-60	455	8.8	23.5	32.3 (28.0 – 36.6)	67.7
Andhra Pradesh	0-12	75	13.3	17.3	30.6 (20.2 - 41.0)	69.4
	12-36	200	11.0	18.5	29.5 (23.2 - 35.8)	70.5
	36-60	218	9.2	11.0	20.2 (14.9 - 25.5)	79.8
	0-36	275	11.6	18.2	29.8 (24.4 - 35.2)	70.2
	12-60	418	10.0	14.6	24.6 (20.7 - 28.9)	75.4
	0-60	493	10.5	15.0	25.5 (21.7 - 29.3)	74.5
Maharashtra	0-12	88	10.2	17	27.2 (17.9 - 36.5)	72.8
	12-36	184	23.4	21.2	44.6 (37.4 - 51.8)	55.4
	36-60	222	14.4	26.1	40.5 (34.0 - 47.0)	59.5
	0-36	272	19.1	19.9	39.0 (33.2 - 44.8)	61.0
	12-60	406	18.5	23.9	42.4 (36.9 - 46.5)	57.6
	0-60	494	17.0	22.7	39.7 (35.4 – 44.0)	60.3
Gujarat	0-12	55	0	12.7	12.7 (3.9 - 21.5)	87.3
	12-36	167	11.4	27.5	38.9 (31.5 - 46.3)	61.1
	36-60	196	8.2	25.5	33.7 (27.1 - 40.3)	66.3
	0-36	222	8.6	23.9	32.5 (26.3 - 38.7)	67.5
	12-60	363	9.6	26.4	36.0 (31.1 - 40.9)	64.0
	0-60	418	8.4	24.6	33.0 (28.5 - 37.5)	67.0

\*WHO Growth Standards0

**Annexure 5.1: DISTRIBUTION (%) OF <5 YR. CHILDREN (BOYS) ACCORDING TO HEIGHT FOR AGE BY SD CLASSIFICATION\* (Contd.....)**

State	Age	n	HEIGHT FOR AGE			≥Median - 2SD (Normal)
			< Median – 3SD (Severe Stunting)	Median –3SD to –2SD (Moderate Stunting)	Overall Stunting (C.I)	
Madhya Pradesh	0-12	84	9.5	11.9	21.4 (12.6 - 30.2)	78.6
	12-36	257	16.7	23.0	39.7 (33.7 - 45.7)	60.3
	36-60	225	15.6	16.9	32.5 (26.4 - 38.6)	67.5
	0-36	341	15.0	20.2	35.2 (30.1 - 40.3)	64.8
	12-60	482	16.2	20.1	36.3 (32.0 - 40.6)	63.7
	0-60	566	15.2	18.9	34.1 (30.2 - 38.0)	65.9
Orissa	0-12	61	4.9	27.9	32.8 (21.0 - 44.6)	67.2
	12-36	174	13.8	22.4	36.2 (29.1 - 43.3)	63.8
	36-60	188	9.6	23.9	33.5 (26.8 - 40.2)	66.5
	0-36	235	11.5	23.8	35.3(29.2 - 41.4)	64.7
	12-60	362	11.6	23.2	34.8 (29.8 - 39.6)	65.2
	0-60	423	10.6	23.9	34.5 (30.0 - 39.0)	65.5
West Bengal	0-12	62	6.5	21.0	27.5 (16.4 - 38.6)	72.5
	12-36	180	21.7	23.3	45.0 (37.7- 52.3)	55.0
	36-60	223	8.1	19.3	27.4 (21.5 - 33.3)	72.6
	0-36	242	17.8	22.7	40.5 (34.3 - 46.7)	59.5
	12-60	403	14.1	21.1	35.2 (30.5 - 39.9)	64.8
	0-60	465	13.1	21.1	34.2 (29.9 - 38.5)	65.8
Uttar Pradesh	0-12	96	13.5	14.6	28.1 (19.1 - 37.1)	71.9
	12-36	226	18.1	24.8	42.9 (36.4 - 49.4)	57.1
	36-60	275	16.7	26.2	42.9(37.1 - 48.7)	57.1
	0-36	322	16.8	21.7	38.5(33.2 - 43.8)	61.5
	12-60	501	17.4	25.5	42.9 (38.5 - 47.1)	57.1
	0-60	597	16.8	23.8	40.6 (36.7 - 44.5)	59.4
Andaman & Nicobar	0-12	60	11.7	8.3	20.0 (9.9 - 30.1)	80.0
	12-36	182	8.8	14.3	23.1 (17.0 - 29.2)	76.9
	36-60	215	5.6	10.7	16.3 (11.4 - 21.2)	83.7
	0-36	242	9.5	12.8	22.3 (17.1 - 27.5)	77.7
	12-60	397	7.1	12.3	19.4 (15.6 - 23.4)	80.6
	0-60	457	7.7	11.8	19.5 (15.9 - 23.1)	80.5
Assam	0-12	28	3.6	3.6	7.2 (-2.4 - 16.8)	92.8
	12-36	75	9.3	13.3	22.6 (13.1 - 32.1)	77.4
	36-60	57	8.8	15.8	24.6 (13.4 - 35.8)	75.4
	0-36	103	7.8	10.7	18.5 (11.0 - 26.0)	81.5
	12-60	132	9.1	14.4	23.5 (15.0 - 29.2)	76.5
	0-60	160	8.1	12.5	20.6 (14.3 - 26.9)	79.4

\*WHO Growth Standards

**Annexure 5.1: DISTRIBUTION (%) OF <5 YR. CHILDREN (BOYS) ACCORDING TO HEIGHT FOR AGE BY SD CLASSIFICATION\* (Contd.....)**

State	Age	n	HEIGHT FOR AGE			≥Median - 2SD (Normal)
			< Median – 3SD (Severe Stunting)	Median –3SD to –2SD (Moderate Stunting)	Overall Stunting (C.I)	
Bihar	0-12	23	17.4	13.0	30.4 (11.6 - 49.2)	69.6
	12-36	77	19.5	16.9	36.4 (25.7 - 47.1)	63.6
	36-60	144	13.9	16.7	30.6(23.1 - 38.1)	69.4
	0-36	100	19.0	16.0	35.0(25.7 - 44.3)	65.0
	12-60	221	15.8	16.7	32.5 (25.9 - 38.1)	67.5
	0-60	244	16.0	16.4	32.4(26.5 – 38.3)	67.6
New Delhi	0-12	21	4.8	4.8	9.6 (-3.0 – 22.2)	90.4
	12-36	86	9.3	24.4	33.7 (23.7 - 43.7)	66.3
	36-60	92	18.5	23.9	42.4 (32.3 – 52.5)	57.6
	0-36	107	8.4	20.6	29.0 (20.4 – 37.6)	71.0
	12-60	178	14.0	24.2	38.2 (30.3 - 44.7)	61.8
	0-60	199	13.1	22.1	35.2 (28.6 - 41.8)	64.8
Puducherry	0-12	37	5.4	5.4	10.8 (0.8 - 20.8)	89.2
	12-36	123	4.9	6.5	11.4 (5.8 - 17.0)	88.6
	36-60	178	2.2	9.0	11.2 (6.6 - 15.8)	88.8
	0-36	160	5.0	6.3	11.3 (6.4 - 16.2)	88.7
	12-60	301	3.3	8.0	11.3 (7.7 - 14.9)	88.7
	0-60	338	3.6	7.7	11.3 (7.9 - 14.7)	88.7
Rajasthan	0-12	12	8.3	8.3	16.6 (-4.5 - 37.7)	83.4
	12-36	52	11.5	30.8	42.3 (28.9 - 55.7)	57.7
	36-60	87	17.2	17.2	34.4 (24.4 – 44.4)	65.6
	0-36	64	10.9	26.6	37.5 (25.6 – 49.4)	62.5
	12-60	139	15.1	22.3	37.4 (29.1 - 45.3)	62.6
	0-60	151	14.6	21.2	35.8 (28.2 - 43.4)	64.2
Pooled	0-12	877	8.6	14.8	23.4 (20.6 - 26.2)	76.6
	12-36	2521	13.8	20.7	34.5 (32.6 - 36.4)	65.5
	36-60	2851	10.0	17.7	27.7 (26.1 - 29.3)	72.3
	0-36	3398	12.4	19.2	31.6 (30.0 - 33.2)	68.4
	12-60	5372	11.8	19.2	31.0 (29.6 - 32.0)	69.0
	0-60	6249	11.3	18.5	29.8 (28.7 - 30.9)	70.2

\*WHO Growth Standards

**Annexure 5.2: DISTRIBUTION (%) OF <5 YR. CHILDREN (GIRLS) ACCORDING TO HEIGHT FOR AGE BY SD CLASSIFICATION\***

State	Age	n	HEIGHT FOR AGE			≥Median - 2SD (Normal)
			< Median – 3SD (Severe Stunting)	Median –3SD to –2SD (Moderate Stunting)	Overall Stunting (C.I)	
Kerala	0-12	65	12.3	16.9	29.2 (18.1 - 40.3)	70.8
	12-36	135	4.4	18.5	22.9 (15.8 - 30.0)	77.1
	36-60	129	1.6	14.0	15.6 (9.3 - 21.9)	84.4
	0-36	200	7.0	18.0	25.0(19.0 – 31.0)	75.0
	12-60	264	3.0	16.3	19.3 (14.0 - 23.4)	80.7
	0-60	329	4.9	16.4	21.3 (16.9 - 25.7)	78.7
Tamil Nadu	0-12	75	1.3	6.7	8.0 (1.9 - 14.1)	92.0
	12-36	173	2.3	19.7	22.0 (15.8 - 28.2)	78.0
	36-60	185	4.9	7.6	12.5 (7.7 – 17.3)	87.5
	0-36	248	2.0	15.7	17.7(12.9 - 22.5)	82.3
	12-60	358	3.6	13.4	17.0 (13.0 - 20.8)	83.0
	0-60	433	3.2	12.2	15.4 (12.0 - 18.8)	84.6
Karnataka	0-12	81	3.7	6.2	9.9 (3.4 - 16.4)	90.1
	12-36	194	10.8	22.2	33.0 (26.4 - 39.6)	67.0
	36-60	199	7.0	20.1	27.1 (21.1 - 33.5)	72.9
	0-36	275	8.7	17.5	26.2 (21.0 - 31.4)	73.8
	12-60	393	8.9	21.1	30.0 (25.5 - 34.5)	70.0
	0-60	474	8.0	18.6	26.6 (22.6 - 30.6)	73.4
Andhra Pradesh	0-12	86	8.1	14.0	22.1 (13.3 - 30.9)	77.9
	12-36	182	8.8	15.4	24.2 (18.0 - 30.4)	75.8
	36-60	189	4.8	12.7	17.5(12.1 - 22.9)	82.5
	0-36	268	8.6	14.9	23.5 (18.4 - 28.6)	76.5
	12-60	371	6.7	14.0	20.7 (16.6 - 24.8)	79.3
	0-60	457	7.0	14.0	21.0(17.3 - 24.7)	79.0
Maharashtra	0-12	83	7.2	14.5	21.7 (12.8 - 30.6)	78.3
	12-36	179	14.5	21.8	36.3 (29.3 - 43.3)	63.7
	36-60	194	17.5	19.1	36.6 (29.8 – 43.4)	63.4
	0-36	262	12.2	19.5	31.7 (26.1 - 37.3)	68.3
	12-60	373	16.1	20.4	36.5 (31.2 - 41.0)	63.5
	0-60	456	14.5	19.3	33.8 (29.5 – 38.1)	66.2
Gujarat	0-12	45	4.4	13.3	17.7 (6.5 - 28.9)	82.3
	12-36	113	8.8	29.2	38.0 (29.1 - 46.9)	62.0
	36-60	157	6.4	27.4	33.8 (26.4 – 41.2)	66.2
	0-36	158	7.6	24.7	32.3(25.0 - 39.6)	67.7
	12-60	270	7.4	28.1	35.5 (29.6 - 41.0)	64.5
	0-60	315	7.0	26.0	33.0 (27.8 - 38.2)	67.0

\*WHO Growth Standards

**Annexure 5.2: DISTRIBUTION (%) OF <5 YR. CHILDREN (GIRLS) ACCORDING TO HEIGHT FOR AGE BY SD CLASSIFICATION\* (Contd.....)**

State	Age	n	HEIGHT FOR AGE			≥Median - 2SD (Normal)
			< Median – 3SD (Severe Stunting)	Median –3SD to –2SD (Moderate Stunting)	Overall Stunting (C.I)	
Madhya Pradesh	0-12	79	2.5	3.8	6.3 (0.9 - 11.7)	93.7
	12-36	203	14.3	22.7	37.0 (30.4 - 43.6)	63.0
	36-60	204	16.7	25.0	41.7 (34.9 - 48.5)	58.3
	0-36	282	11.0	17.4	28.4 (23.1 - 33.7)	71.6
	12-60	407	15.5	23.8	39.3 (34.6 - 44.0)	60.7
	0-60	486	13.4	20.6	34.0 (29.8 - 38.2)	66.0
Orissa	0-12	54	5.6	16.7	22.3 (11.2 - 33.4)	77.7
	12-36	149	12.8	19.5	32.3 (24.8 - 39.8)	67.7
	36-60	146	14.4	19.2	33.6 (25.9 - 41.3)	66.4
	0-36	203	10.8	18.7	29.5 (23.2 - 35.8)	70.5
	12-60	295	13.6	19.3	32.9 (27.5 - 38.3)	67.1
	0-60	349	12.3	18.9	31.2 (26.3 - 36.1)	68.8
West Bengal	0-12	84	2.4	14.3	16.7 (8.7 - 24.7)	83.3
	12-36	192	15.1	26.0	41.1 (34.1 - 48.1)	58.9
	36-60	209	12.9	23.0	35.9 (29.4 - 42.4)	64.1
	0-36	276	11.2	22.5	33.7 (28.1 - 39.3)	66.3
	12-60	401	14.0	24.4	38.4 (33.7 - 43.3)	61.6
	0-60	485	12.0	22.7	34.7 (30.5 - 38.9)	65.3
Uttar Pradesh	0-12	103	5.8	14.6	20.4 (12.6 - 28.2)	79.6
	12-36	210	15.2	26.7	41.9 (35.2 - 48.6)	58.1
	36-60	232	19.8	29.7	49.5 (43.1 - 55.9)	50.5
	0-36	313	12.1	22.7	34.8 (29.5 - 40.1)	65.2
	12-60	442	17.6	28.3	45.9 (41.2 - 50.4)	54.1
	0-60	545	15.4	25.7	41.1 (37.0 - 45.2)	58.9
Andaman & Nicobar	0-12	69	1.4	8.7	10.1 (3.0 - 17.2)	89.9
	12-36	175	2.9	13.7	16.6 (11.1 - 22.1)	83.4
	36-60	201	6.0	12.9	18.9 (13.5 - 24.3)	81.1
	0-36	244	2.5	12.3	14.8 (10.3 - 19.3)	85.2
	12-60	376	4.5	13.3	17.8 (13.9 - 21.7)	82.2
	0-60	445	4.0	12.6	16.6 (13.1 - 20.1)	83.4
Assam	0-12	20	10.0	10.0	20.0 (2.5 - 37.5)	80.0
	12-36	47	4.3	14.9	19.2 (7.9 - 30.5)	80.8
	36-60	62	3.2	16.1	19.3 (9.5 - 29.1)	80.7
	0-36	67	6.0	13.4	19.4 (9.9 - 28.9)	80.6
	12-60	109	3.7	15.6	19.3 (11.6 - 26.2)	80.7
	0-60	129	4.7	14.7	19.4(12.6 - 26.2)	80.6

\*WHO Growth Standards

**Annexure 5.2: DISTRIBUTION (%) OF <5 YR. CHILDREN (GIRLS) ACCORDING TO HEIGHT FOR AGE BY SD CLASSIFICATION\* (Contd.....)**

State	Age	n	HEIGHT FOR AGE			≥Median - 2SD (Normal)
			< Median – 3SD (Severe Stunting)	Median –3SD to –2SD (Moderate Stunting)	Overall Stunting (C.I)	
Bihar	0-12	31	6.5	12.9	19.4 (5.5 - 33.3)	80.6
	12-36	64	15.6	21.9	37.5 (25.6 - 49.4)	62.5
	36-60	136	11.0	17.6	28.6(21.0- 36.2)	71.4
	0-36	95	12.6	18.9	31.5 (22.2 - 40.8)	68.5
	12-60	200	12.5	19.0	31.5 (24.8 - 37.6)	68.5
	0-60	231	11.7	18.2	29.9 (24.0 - 35.8)	70.1
New Delhi	0-12	25	12.0	8.0	20.0 (4.3 - 35.7)	80.0
	12-36	94	7.4	22.3	29.7 (20.5 - 38.9)	70.3
	36-60	110	23.6	22.7	46.3 (37.0 – 55.6)	53.7
	0-36	119	8.4	19.3	27.7 (19.7 - 35.7)	72.3
	12-60	204	16.2	22.5	38.7 (31.6 - 45.0)	61.3
	0-60	229	15.7	21.0	36.7 (30.5 - 42.9)	63.3
Puducherry	0-12	42	0	2.4	2.4 (-2.2 - 7.0)	97.6
	12-36	107	2.8	11.2	14.0 (7.4 - 20.6)	86.0
	36-60	152	1.3	11.8	13.1 (7.7 - 18.5)	86.9
	0-36	149	2.0	8.7	10.7 (5.7 - 15.7)	89.3
	12-60	259	1.9	11.6	13.5 (9.3 - 17.7)	86.5
	0-60	301	1.7	10.3	12.0 (8.3 - 15.7)	88.0
Rajasthan	0-12	6	0	16.7	16.7 (-13. - 46.5)	83.3
	12-36	28	3.6	25.0	28.6 (11.9 - 45.3)	71.4
	36-60	57	14.0	8.8	22.8 (11.9- 33.7)	77.2
	0-36	34	2.9	23.5	26.4 (11.6 - 41.2)	73.6
	12-60	85	10.6	14.1	24.7 (14.7 - 32.9)	75.3
	0-60	91	9.9	14.3	24.2 (15.4 – 33.0)	75.8
Pooled	0-12	948	5.1	11.2	16.3 (13.9 - 18.7)	83.7
	12-36	2245	9.8	20.8	30.6 (28.7 - 32.5)	69.4
	36-60	2562	10.6	18.7	29.3 (27.5 – 31.1)	70.7
	0-36	3193	8.4	18.0	26.4 (24.9 - 27.9)	73.6
	12-60	4807	10.2	19.7	29.9 (28.5 - 31.1)	70.1
	0-60	5755	9.4	18.3	27.7 (26.5 - 28.9)	72.3

\*WHO Growth Standards

**Annexure 5.3: DISTRIBUTION (%) OF <5 YR. CHILDREN (BOYS & GIRLS) ACCORDING TO HEIGHT FOR AGE BY SD CLASSIFICATION\***

State	Age	n	HEIGHT FOR AGE			≥Median - 2SD (Normal)
			< Median – 3SD (Severe Stunting)	Median –3SD to –2SD (Moderate Stunting)	Overall Stunting (C.I)	
Kerala	0-12	119	9.2	21.0	30.2 (22.0 - 38.4)	69.8
	12-36	283	11.0	18.0	29.0 (23.7 - 34.3)	71.0
	36-60	258	2.7	11.2	13.9 (9.7 – 18.1)	86.1
	0-36	402	10.4	18.9	29.3 (24.9 - 33.7)	70.7
	12-60	541	7.0	14.8	21.8 (18.1 - 25.1)	78.2
	0-60	660	7.4	15.9	23.3(20.1 - 26.5)	76.7
Tamil Nadu	0-12	136	2.2	5.9	8.1 (3.5 - 12.7)	91.9
	12-36	368	5.4	17.9	23.3 (19.0 - 27.6)	76.7
	36-60	387	3.9	7.0	10.9 (7.8 – 14.0)	89.1
	0-36	504	4.6	14.7	19.3(15.9 - 22.7)	80.7
	12-60	755	4.6	12.3	16.9 (14.0 - 19.4)	83.1
	0-60	891	4.3	11.3	15.6 (13.2 – 18.0)	84.4
Karnataka	0-12	141	7.1	11.3	18.4 (12.0 - 24.8)	81.6
	12-36	389	9.8	24.7	34.5 (29.8 – 39.2)	65.5
	36-60	399	7.5	20.8	28.3 (23.9 - 32.7)	71.7
	0-36	530	9.1	21.1	30.2 (26.3 – 34.1)	69.8
	12-60	788	8.6	22.7	31.3 (27.7 - 34.1)	68.7
	0-60	929	8.4	21.0	29.4 (26.5 – 32.3)	70.6
Andhra Pradesh	0-12	161	10.6	15.5	26.1 (19.3 – 32.9)	73.9
	12-36	382	9.9	17.0	26.9 (22.5 - 31.3)	73.1
	36-60	407	7.1	11.8	18.9 (15.1 - 22.7)	81.1
	0-36	543	10.1	16.6	26.7 (23.0 - 30.4)	73.3
	12-60	789	8.5	14.3	22.8 (19.9 - 25.7)	77.2
	0-60	950	8.8	14.5	23.3 (20.6 - 26.0)	76.7
Maharashtra	0-12	171	8.8	15.8	24.6 (18.1 - 31.1)	75.4
	12-36	363	19.0	21.5	40.5 (35.5 - 45.5)	59.5
	36-60	416	15.9	22.8	38.7 (34.0 – 43.4)	61.3
	0-36	534	15.7	19.7	35.4 (31.3 - 39.5)	64.6
	12-60	779	17.3	22.2	39.5 (35.6 - 42.4)	60.5
	0-60	950	15.8	21.1	36.9 (33.8 – 40.0)	63.1
Gujarat	0-12	100	2.0	13.0	15.0 (8.0 - 22.0)	85.0
	12-36	280	10.4	28.2	38.6 (32.9 - 44.3)	61.4
	36-60	353	7.4	26.3	33.7 (28.8 - 38.6)	66.3
	0-36	380	8.2	24.2	32.4 (27.7 - 37.1)	67.6
	12-60	633	8.7	27.2	35.9 (32.1 - 39.5)	64.1
	0-60	733	7.8	25.2	33.0 (29.6 - 36.4)	67.0

\*WHO Growth Standards

**Annexure 5.3: DISTRIBUTION (%) OF <5 YR. CHILDREN (BOYS & GIRLS) ACCORDING TO HEIGHT FOR AGE BY SD CLASSIFICATION\* (Contd.....)**

State	Age	n	HEIGHT FOR AGE			≥Median - 2SD (Normal)
			< Median – 3SD (Severe Stunting)	Median –3SD to –2SD (Moderate Stunting)	Overall Stunting (C.I)	
Madhya Pradesh	0-12	163	6.1	8.0	14.1 (8.8 - 19.4)	85.9
	12-36	460	15.7	22.8	38.5 (34.1 - 42.9)	61.5
	36-60	429	16.1	20.7	36.8 (32.2 - 41.4)	63.2
	0-36	623	13.2	18.9	32.1(28.4 - 35.8)	67.9
	12-60	889	15.9	21.8	37.7 (34.5 - 40.9)	62.3
	0-60	1052	14.4	19.7	34.1 (31.2 - 37.0)	65.9
Orissa	0-12	115	5.2	22.6	27.8 (19.6 - 36.0)	72.2
	12-36	323	13.3	21.1	34.4 (29.2 - 39.6)	65.6
	36-60	334	11.7	21.9	33.6 (28.5 - 38.7)	66.4
	0-36	438	11.2	21.5	32.7 (28.3 – 37.1)	67.3
	12-60	657	12.5	21.5	34.0 (30.2 - 37.4)	66.0
	0-60	772	11.4	21.6	33.0 (29.7 - 36.3)	67.0
West Bengal	0-12	146	4.1	17.1	21.2 (14.6 - 27.8)	78.8
	12-36	372	18.3	24.7	43.0 (38.0 - 48.0)	57.0
	36-60	432	10.4	21.1	31.5 (27.1 - 35.9)	68.5
	0-36	518	14.3	22.6	36.9 (32.7 - 41.1)	63.1
	12-60	804	14.1	22.8	36.9 (33.6 - 40.2)	63.1
	0-60	950	12.5	21.9	34.4 (31.4 - 37.4)	65.6
Uttar Pradesh	0-12	199	9.5	14.6	24.1 (18.2 - 30.0)	75.9
	12-36	436	16.7	25.7	42.4 (37.8 - 47.0)	57.6
	36-60	507	18.1	27.8	45.9 (41.6 - 50.2)	54.1
	0-36	635	14.5	22.2	36.7 (33.0 - 40.4)	63.3
	12-60	943	17.5	26.8	44.3 (41.1 - 47.5)	55.7
	0-60	1142	16.1	24.7	40.8 (37.9 - 43.7)	59.2
Andaman & Nicobar	0-12	129	6.2	8.5	14.7 (8.6 – 20.8)	85.3
	12-36	357	5.9	14.0	19.9 (15.8 - 24.0)	80.1
	36-60	416	5.8	11.8	17.6 (13.9 - 21.3)	82.4
	0-36	486	6.0	12.6	18.6(15.1 - 22.1)	81.4
	12-60	773	5.8	12.8	18.6 (16.0 - 21.6)	81.4
	0-60	902	5.9	12.2	18.1 (15.6 - 20.6)	81.9
Assam	0-12	48	6.3	6.3	12.6 (3.2 - 22.0)	87.4
	12-36	122	7.4	13.9	21.3 (14.0 – 28.6)	78.7
	36-60	119	5.9	16.0	21.9 (14.5 - 29.3)	78.1
	0-36	170	7.1	11.8	18.9 (13.0 - 24.8)	81.1
	12-60	241	6.6	14.9	21.5 (15.6 - 25.8)	78.5
	0-60	289	6.6	13.5	20.1 (15.5 – 24.7)	79.9

\*WHO Growth Standards

**Annexure 5.3: DISTRIBUTION (%) OF <5 YR. CHILDREN (BOYS & GIRLS) ACCORDING TO HEIGHT FOR AGE BY SD CLASSIFICATION\* (Contd.....)**

State	Age	n	HEIGHT FOR AGE			≥Median - 2SD (Normal)
			< Median – 3SD (Severe Stunting)	Median –3SD to –2SD (Moderate Stunting)	Overall Stunting (C.I)	
Bihar	0-12	54	11.1	13.0	24.1 (12.7 – 35.5)	75.9
	12-36	141	17.7	19.1	36.8 (28.8 - 44.8)	63.2
	36-60	280	12.5	17.1	29.6 (24.3 - 34.9)	70.4
	0-36	195	15.9	17.4	33.3 (26.9 – 39.9)	66.7
	12-60	421	14.3	17.8	32.1 (27.2 - 36.0)	67.9
	0-60	475	13.9	17.3	31.2 (27.0 - 35.4)	68.8
New Delhi	0-12	46	8.7	6.5	15.2 (4.8 – 25.6)	84.8
	12-36	180	8.3	23.3	31.6 (24.8 - 38.4)	68.4
	36-60	202	21.3	23.3	44.6(37.7 – 51.5)	55.4
	0-36	226	8.4	19.9	28.3 (22.4 - 34.2)	71.7
	12-60	382	15.2	23.3	38.5 (33.0 - 42.8)	61.5
	0-60	428	14.5	21.5	36.0 (31.5 - 40.5)	64.0
Puducherry	0-12	79	2.5	3.8	6.3 (0.9 - 11.7)	93.7
	12-36	230	3.9	8.7	12.6 (8.3 - 16.9)	87.4
	36-60	330	1.8	10.3	12.1 (8.6 - 15.6)	87.9
	0-36	309	3.6	7.4	11.0 (7.5 - 14.5)	89.0
	12-60	560	2.7	9.6	12.3 (9.7 - 15.1)	87.7
	0-60	639	2.7	8.9	11.6 (9.1 - 14.1)	88.4
Rajasthan	0-12	18	5.6	11.1	16.7 (-0.5 - 33.9)	83.3
	12-36	80	8.8	28.8	37.6 (27.0 - 48.2)	62.4
	36-60	144	16.0	13.9	29.9(22.4 - 37.4)	70.1
	0-36	98	8.2	25.5	33.7 (24.3 - 43.1)	66.3
	12-60	224	13.4	19.2	32.6 (25.9 - 38.3)	67.4
	0-60	242	12.8	18.6	31.4 (25.6 – 37.2)	68.6
Pooled	0-12	1825	6.7	12.9	19.6 (17.8 - 21.4)	80.4
	12-36	4766	11.9	20.8	32.7 (31.4 – 34.0)	67.3
	36-60	5413	10.3	18.2	28.5 (27.3 - 29.7)	71.5
	0-36	6591	10.5	18.6	29.1 (28.0 - 30.2)	70.9
	12-60	10179	11.0	19.4	30.4 (29.4 - 31.2)	69.6
	0-60	12004	10.4	18.4	28.8 (28.0 - 29.6)	71.2

\*WHO Growth Standards

**Annexure 6.1: DISTRIBUTION (%) OF <5 YR. CHILDREN (BOYS) ACCORDING TO WEIGHT FOR HEIGHT BY SD CLASSIFICATION\***

State	Age	n	WEIGHT FOR HEIGHT			≥Median - 2SD (Normal)
			< Median – 3SD (Severe Wasting)	Median –3SD to –2SD (Moderate Wasting)	Overall Wasting (C.I)	
Kerala	0-12	54	3.7	7.4	11.1 (2.7 - 19.5)	88.9
	12-36	148	1.4	8.8	10.2 (5.3 - 15.1)	89.8
	36-60	129	3.9	12.4	16.3 (9.9 - 22.7)	83.7
	0-36	202	2.0	8.4	10.4 (6.2 - 14.6)	89.6
	12-60	277	2.5	10.5	13.0 (9.0 - 17.0)	87.0
	0-60	331	2.7	10.0	12.7 (9.1 - 16.3)	87.3
Tamil Nadu	0-12	60	10.0	13.3	23.3 (12.6 - 34.0)	76.7
	12-36	193	3.6	11.9	15.5 (10.4 - 20.6)	84.5
	36-60	202	1.0	10.9	11.9 (7.5 - 16.5)	88.1
	0-36	253	5.1	12.3	17.4 (12.7 - 22.1)	82.6
	12-60	395	2.3	11.4	13.7 (10.4 - 17.2)	86.3
	0-60	455	3.3	11.6	14.9 (11.7 - 18.3)	85.1
Karnataka	0-12	59	8.5	11.9	20.4 (10.1 - 30.7)	79.6
	12-36	194	1.0	9.8	10.8 (6.4 - 15.2)	89.2
	36-60	200	2.5	14.5	17.0 (11.9 - 22.3)	83.0
	0-36	253	2.8	10.3	13.1 (8.9 - 17.3)	86.9
	12-60	394	1.8	12.2	14.0 (10.6 - 17.4)	86.0
	0-60	453	2.6	12.1	14.7 (11.6 - 18.2)	85.3
Andhra Pradesh	0-12	75	4.0	6.7	10.7 (3.8 - 18.0)	89.3
	12-36	200	4.5	10.5	15.0 (10.1 - 19.9)	85.0
	36-60	216	4.6	18.5	23.1 (17.5 - 28.7)	76.9
	0-36	275	4.4	9.5	13.9 (9.8 - 18.0)	86.1
	12-60	416	4.6	14.7	19.3 (15.5 - 23.1)	80.7
	0-60	491	4.5	13.4	17.9 (14.6 - 21.4)	82.1
Maharashtra	0-12	88	9.1	8.0	17.1 (9.2 - 25.0)	82.9
	12-36	184	6.0	9.8	15.8 (10.7 - 21.3)	84.2
	36-60	222	3.2	14.4	17.6 (12.7 - 22.7)	82.4
	0-36	272	7.0	9.2	16.2 (12.0 - 20.8)	83.8
	12-60	406	4.4	12.3	16.7 (13.2 - 20.6)	83.3
	0-60	494	5.3	11.5	16.8 (13.6 - 20.2)	83.2
Gujarat	0-12	55	3.6	10.9	14.5 (5.2 - 23.8)	85.5
	12-36	167	0	12.0	12.0 (7.1 - 16.9)	88.0
	36-60	196	1.5	8.7	10.2 (6.0 - 14.4)	89.8
	0-36	222	0.9	11.7	12.6 (8.2 - 17.0)	87.4
	12-60	363	0.8	10.2	11.0 (7.8 - 14.2)	89.0
	0-60	418	1.2	10.3	11.5 (8.4 - 14.6)	88.5

\*WHO Growth Standards

**Annexure 6.1: DISTRIBUTION (%) OF <5 YR. CHILDREN (BOYS) ACCORDING TO WEIGHT FOR HEIGHT BY SD CLASSIFICATION\* (Contd.....)**

State	Age	n	WEIGHT FOR HEIGHT			≥Median - 2SD (Normal)
			< Median – 3SD (Severe Wasting)	Median –3SD to –2SD (Moderate Wasting)	Overall Wasting (C.I)	
Madhya Pradesh	0-12	84	10.7	13.1	23.8 (14.9 - 33.3)	76.2
	12-36	257	5.8	15.6	21.4 (16.4 - 26.4)	78.6
	36-60	225	6.2	10.7	16.9 (12.0 - 21.8)	83.1
	0-36	341	7.0	15.0	22.0 (17.7 - 26.5)	78.0
	12-60	482	6.0	13.3	19.3 (15.8 - 22.8)	80.7
	0-60	566	6.7	13.3	20.0 (16.7 - 23.3)	80.0
Orissa	0-12	61	3.3	3.3	6.6 (0.4 - 12.8)	93.4
	12-36	174	1.7	5.2	6.9 (3.1 - 10.7)	93.1
	36-60	188	3.2	6.9	10.1 (5.8 - 14.4)	89.9
	0-36	235	2.1	4.7	6.8 (3.6 - 10.0)	93.2
	12-60	362	2.5	6.1	8.6 (5.7 - 11.5)	91.4
	0-60	423	2.6	5.7	8.3 (5.7 - 10.9)	91.7
West Bengal	0-12	62	8.1	4.8	12.9 (4.6 - 21.6)	87.1
	12-36	180	2.2	7.2	9.4(5.3 - 14.1)	90.6
	36-60	223	1.3	10.8	12.1 (7.9 - 16.5)	87.9
	0-36	242	3.7	6.6	10.3 (6.7 - 14.5)	89.7
	12-60	403	1.7	9.2	10.9 (8.0 - 14.2)	89.1
	0-60	465	2.6	8.6	11.2 (8.4 - 14.2)	88.8
Uttar Pradesh	0-12	95	22.1	13.7	35.8 (26.2 - 45.4)	64.2
	12-36	226	14.6	16.8	31.4 (25.3 - 37.5)	68.6
	36-60	275	10.9	10.9	21.8 (16.9 - 26.7)	78.2
	0-36	321	16.8	15.9	32.7 (27.6 - 37.8)	67.3
	12-60	501	12.6	13.6	26.2 (22.3 - 30.1)	73.8
	0-60	596	14.1	13.6	27.7 (24.1 - 31.3)	72.3
Andaman & Nicobar	0-12	57	5.3	5.3	10.6 (2.7 - 18.9)	89.4
	12-36	179	3.9	10.1	14.0 (8.5 - 18.5)	86.0
	36-60	215	1.9	12.6	14.5(10.2 - 19.6)	85.5
	0-36	236	4.2	8.9	13.1 (8.5 - 17.1)	86.9
	12-60	394	2.8	11.4	14.2 (10.8 - 17.6)	85.8
	0-60	451	3.1	10.6	13.7(10.6 - 17.0)	86.3
Assam	0-12	28	3.6	14.3	17.9 (3.7 - 32.1)	82.1
	12-36	75	2.7	10.7	13.4(5.8 - 21.6)	86.6
	36-60	57	0.0	8.8	8.8(1.4 - 15.8)	91.2
	0-36	103	2.9	11.7	14.6 (8.0 - 21.8)	85.4
	12-60	132	1.5	9.8	11.3 (6.0 - 16.8)	88.7
	0-60	160	1.9	10.6	12.5 (7.4 - 17.8)	87.5

\*WHO Growth Standards

**Annexure 6.1: DISTRIBUTION (%) OF <5 YR. CHILDREN (BOYS) ACCORDING TO WEIGHT FOR HEIGHT BY SD CLASSIFICATION\* (Contd.....)**

State	Age	n	WEIGHT FOR HEIGHT			≥Median - 2SD (Normal)
			< Median – 3SD (Severe Wasting)	Median –3SD to –2SD (Moderate Wasting)	Overall Wasting (C.I)	
Bihar	0-12	22	13.6	13.6	27.2 (8.6 - 45.8)	72.8
	12-36	77	3.9	9.1	13.0 (5.5 - 20.5)	87.0
	36-60	144	4.2	9.0	13.2 (7.7 - 18.7)	86.8
	0-36	99	6.1	10.1	16.2 (8.9 - 23.5)	83.8
	12-60	221	4.1	9.0	13.1 (8.7 - 17.5)	86.9
	0-60	243	4.9	9.5	14.4 (10.0 - 18.8)	85.6
New Delhi	0-12	20	15.0	0	15.0 (-0.6 - 32.2)	85.0
	12-36	86	4.7	11.6	16.3 (8.5 - 24.1)	83.7
	36-60	90	5.6	3.3	8.9 (3.0 - 14.8)	91.1
	0-36	106	6.6	9.4	16.0 (9.2 - 23.2)	84.0
	12-60	176	5.1	7.4	12.5 (7.6 - 17.4)	87.5
	0-60	196	6.1	6.6	12.7 (8.2 - 17.6)	87.3
Puducherry	0-12	37	8.1	10.8	18.9 (6.3 - 31.5)	81.1
	12-36	122	4.1	10.7	14.8 (8.5 - 21.1)	85.2
	36-60	178	3.4	13.5	16.9 (11.4 - 22.4)	83.1
	0-36	159	5.0	10.7	15.7 (10.0 - 21.4)	84.3
	12-60	300	3.7	12.3	16.0 (11.9 - 20.1)	84.0
	0-60	337	4.2	12.2	16.4 (12.4 - 20.4)	83.6
Rajasthan	0-12	12	0	25.0	25.0 (0.5 - 49.5)	75.0
	12-36	51	9.8	13.7	23.5 (11.9 - 35.1)	76.5
	36-60	86	7.0	11.6	18.6 (9.6 - 25.8)	81.4
	0-36	63	7.9	15.9	23.8 (13.3 - 34.3)	76.2
	12-60	137	8.0	12.4	20.4 (13.2 - 26.6)	79.6
	0-60	149	7.4	13.4	20.8 (13.8 - 26.8)	79.2
Pooled	0-12	869	8.7	9.6	18.3 (15.8 - 21.0)	81.7
	12-36	2513	4.5	11.0	15.5 (14.1 - 16.9)	84.5
	36-60	2846	3.9	11.6	15.5 (14.2 - 16.8)	84.5
	0-36	3382	5.6	10.6	16.2 (15.1 - 17.5)	83.8
	12-60	5359	4.2	11.3	15.5 (14.5 - 16.5)	84.5
	0-60	6228	4.8	11.1	15.9 (12.1 - 13.7)	84.1

\*WHO Growth Standards

**Annexure 6.2: DISTRIBUTION (%) OF <5 YR. CHILDREN (GIRLS) ACCORDING TO WEIGHT FOR HEIGHT BY SD CLASSIFICATION\***

State	Age	n	WEIGHT FOR HEIGHT			≥Median - 2SD (Normal)
			< Median – 3SD (Severe Wasting)	Median –3SD to –2SD (Moderate Wasting)	Overall Wasting (C.I)	
Kerala	0-12	63	1.6	7.9	9.5 (2.3 – 16.7)	90.5
	12-36	133	0.8	9.0	9.8 (4.7 - 14.9)	90.2
	36-60	129	3.9	10.1	14.0 (8.0 - 20.0)	86.0
	0-36	196	1.0	8.7	9.7 (5.6 - 13.8)	90.3
	12-60	262	2.3	9.5	11.8 (8.2 - 16.2)	88.2
	0-60	325	2.2	9.2	11.4 (7.9 – 14.9)	88.6
Tamil Nadu	0-12	75	5.3	8.0	13.3 (5.6 - 21.0)	86.7
	12-36	171	1.2	9.9	11.1 (6.4 - 15.8)	88.9
	36-60	184	1.6	15.8	17.4 (11.9 - 22.9)	82.6
	0-36	246	2.4	9.3	11.7 (7.7 - 15.7)	88.3
	12-60	355	1.4	13.0	14.4 (10.7 - 18.1)	85.6
	0-60	430	2.1	12.1	14.2 (10.9 - 17.5)	85.8
Karnataka	0-12	81	7.4	13.6	21.0(12.1 – 29.9)	79.0
	12-36	194	2.1	5.2	7.3 (3.6 - 11.0)	92.7
	36-60	199	2.5	14.1	16.6 (11.4 - 21.8)	83.4
	0-36	275	3.6	7.6	11.2 (7.5 – 14.9)	88.8
	12-60	393	2.3	9.7	12.0 (8.8 - 15.2)	88.0
	0-60	474	3.2	10.3	13.5 (10.4 - 16.6)	86.5
Andhra Pradesh	0-12	86	4.7	10.5	15.2 (7.6 - 22.8)	84.8
	12-36	180	1.1	5.0	6.1 (2.6 - 9.6)	93.9
	36-60	189	6.3	17.5	23.8 (17.7 – 29.9)	76.2
	0-36	266	2.3	6.8	9.1 (5.6 - 12.6)	90.9
	12-60	369	3.8	11.4	15.2 (11.5 - 18.9)	84.8
	0-60	455	4.0	11.2	15.2 (11.9 - 18.5)	84.8
Maharashtra	0-12	82	8.5	8.5	17.0 (8.9 - 25.1)	83.0
	12-36	179	2.8	10.1	12.9 (8.0 - 17.8)	87.1
	36-60	194	0	11.9	11.9 (7.3 - 16.5)	88.1
	0-36	261	4.6	9.6	14.2 (10.0 - 18.4)	85.8
	12-60	373	1.3	11.0	12.3 (9.0 - 15.6)	87.7
	0-60	455	2.6	10.5	13.1 (10.0 - 16.2)	86.9
Gujarat	0-12	45	0	13.3	13.3 (3.4 - 23.2)	86.7
	12-36	112	0	7.1	7.1(2.3 - 11.9)	92.9
	36-60	157	0.6	11.5	12.1 (7.0 - 17.2)	87.9
	0-36	157	0	8.9	8.9 (4.4 - 13.4)	91.1
	12-60	269	0.4	9.7	10.1 (6.5 - 13.7)	89.9
	0-60	314	0.3	10.2	10.5 (7.1 - 13.9)	89.5

\*WHO Growth Standards

**Annexure 6.2: DISTRIBUTION (%) OF <5 YR. CHILDREN (GIRLS) ACCORDING TO WEIGHT FOR HEIGHT BY SD CLASSIFICATION\* (Contd.....)**

State	Age	n	WEIGHT FOR HEIGHT			≥Median - 2SD (Normal)
			< Median – 3SD (Severe Wasting)	Median –3SD to –2SD (Moderate Wasting)	Overall Wasting (C.I)	
Madhya Pradesh	0-12	79	11.4	8.9	20.3 (11.4 - 29.2)	79.7
	12-36	203	6.9	13.8	20.7 (15.1 - 26.3)	79.3
	36-60	204	5.9	10.8	16.7 (11.6 - 21.8)	83.3
	0-36	282	8.2	12.4	20.6 (15.9 - 25.3)	79.4
	12-60	407	6.4	12.3	18.7 (14.9 - 22.5)	81.3
	0-60	486	7.2	11.7	18.9 (15.4 - 22.4)	81.1
Orissa	0-12	54	0	11.1	11.1 (2.7 - 19.5)	88.9
	12-36	149	1.3	4.7	6.0 (2.2 - 9.8)	94.0
	36-60	146	1.4	8.9	10.3 (5.4 - 15.2)	89.7
	0-36	203	1.0	6.4	7.4 (3.8 - 11.0)	92.6
	12-60	295	1.4	6.8	8.2 (5.1 - 11.3)	91.8
	0-60	349	1.1	7.4	8.5 (5.6 - 11.4)	91.5
West Bengal	0-12	83	4.8	12.0	16.8 (8.8 - 24.8)	83.2
	12-36	192	3.1	4.7	7.8(4.0 - 11.6)	92.2
	36-60	209	1.9	10.0	11.9 (7.5 - 16.3)	88.1
	0-36	275	3.6	6.9	10.5 (6.9 - 14.1)	89.5
	12-60	401	2.5	7.5	10.0 (6.9 - 12.7)	90.0
	0-60	484	2.9	8.3	11.2(8.4 - 14.0)	88.8
Uttar Pradesh	0-12	103	17.5	9.7	27.2 (18.6 - 35.8)	72.8
	12-36	210	10.5	19.5	30.0 (23.8 - 36.2)	70.0
	36-60	232	11.2	20.3	31.5 (25.5 - 37.5)	68.5
	0-36	313	12.8	16.3	29.1 (24.1 - 34.1)	70.9
	12-60	442	10.9	19.9	30.8 (26.5 - 35.1)	69.2
	0-60	545	12.1	18.0	30.1 (26.2 - 34.0)	69.9
Andaman & Nicobar	0-12	67	4.5	9.0	13.5 (5.3 - 21.7)	86.5
	12-36	175	2.3	10.9	13.2 (8.2 - 18.2)	86.8
	36-60	201	2.0	8.5	10.5 (6.3 - 14.7)	89.5
	0-36	242	2.9	10.3	13.2 (8.9 - 17.5)	86.8
	12-60	376	2.1	9.6	11.7 (8.4 - 15.0)	88.3
	0-60	443	2.5	9.5	12.0 (9.0 - 15.0)	88.0
Assam	0-12	20	15.0	15.0	30.0 (9.9 - 50.1)	70.0
	12-36	47	2.1	12.8	14.9 (4.7 - 25.1)	85.1
	36-60	62	3.2	6.5	9.7 (2.3 - 17.1)	90.3
	0-36	67	6.0	13.4	19.4 (9.9 - 28.9)	80.6
	12-60	109	2.8	9.2	12.0 (5.7 - 17.7)	88.0
	0-60	129	4.7	10.1	14.8 (8.7 - 20.9)	85.2

\*WHO Growth Standards

**Annexure 6.2: DISTRIBUTION (%) OF <5 YR. CHILDREN (GIRLS) ACCORDING TO WEIGHT FOR HEIGHT BY SD CLASSIFICATION\* (Contd.....)**

State	Age	n	WEIGHT FOR HEIGHT			≥Median - 2SD (Normal)
			< Median – 3SD (Severe Wasting)	Median –3SD to –2SD (Moderate Wasting)	Overall Wasting (C.I)	
Bihar	0-12	29	0	27.6	27.6 (11.3 - 43.9)	72.4
	12-36	64	9.4	7.8	17.2 (8.0 - 26.4)	82.8
	36-60	136	2.2	9.6	11.8(6.4 – 17.2)	88.2
	0-36	93	6.5	14.0	20.5 (12.3 - 28.7)	79.5
	12-60	200	4.5	9.0	13.5 (8.7 - 18.1)	86.5
	0-60	229	3.9	11.4	15.3(10.6 – 20.0)	84.7
New Delhi	0-12	25	20	8.0	28.0 (10.4 - 45.6)	72.0
	12-36	94	5.3	7.4	12.7 (6.0 - 19.4)	87.3
	36-60	110	0.9	13.6	14.5 (7.9 - 21.1)	85.5
	0-36	119	8.4	7.6	16.0 (9.4 - 22.6)	84.0
	12-60	204	2.9	10.8	13.7 (9.1 - 18.5)	86.3
	0-60	229	4.8	10.5	15.3 (10.6 - 20.0)	84.7
Puducherry	0-12	41	12.2	24.4	36.6 (21.9 - 51.3)	63.4
	12-36	107	1.9	4.7	6.6 (1.9 - 11.3)	93.4
	36-60	152	3.3	14.5	17.8(11.7 - 23.9)	82.2
	0-36	148	4.7	10.1	14.8 (9.1 - 20.5)	85.2
	12-60	259	2.7	10.4	13.1 (9.0 - 17.2)	86.9
	0-60	300	4.0	12.3	16.3 (12.1 - 20.5)	83.7
Rajasthan	0-12	6	0	0	0 (0 - 0)	100.0
	12-36	28	3.6	14.3	17.9 (3.7 - 32.1)	82.1
	36-60	57	5.3	12.3	17.6 (7.7 – 27.5)	82.4
	0-36	34	2.9	11.8	14.7 (2.8 - 26.6)	85.3
	12-60	85	4.7	12.9	17.6 (9.8 - 26.4)	82.4
	0-60	91	4.4	12.1	16.5 (8.9 - 24.1)	83.5
Pooled	0-12	939	7.3	11.3	18.6(16.1 - 21.1)	81.4
	12-36	2238	3.4	9.2	12.6 (11.2 – 14.0)	87.4
	36-60	2561	3.4	12.7	16.1 (14.7 - 17.5)	83.9
	0-36	3177	4.6	9.8	14.4 (13.2 - 15.6)	85.6
	12-60	4799	3.4	11.0	14.4 (13.5 - 15.5)	85.6
	0-60	5738	4.1	11.1	15.2 (14.3 - 16.1)	84.8

\*WHO Growth Standards

**Annexure 6.3: DISTRIBUTION (%) OF <5 YR. CHILDREN (BOYS & GIRLS) ACCORDING TO WEIGHT FOR HEIGHT BY SD CLASSIFICATION\***

State	Age	n	WEIGHT FOR HEIGHT			≥Median - 2SD (Normal)
			< Median – 3SD (Severe Wasting)	Median –3SD to –2SD (Moderate Wasting)	Overall Wasting (C.I)	
Kerala	0-12	117	2.6	7.7	10.3(4.8 - 16.0)	89.7
	12-36	281	1.1	8.9	10.0 (6.5 - 13.5)	90.0
	36-60	258	3.9	11.2	15.1 (11.1 - 19.9)	84.9
	0-36	398	1.5	8.5	10.0 (7.1 - 13.1)	90.0
	12-60	539	2.4	10.0	12.4 (9.8 - 15.4)	87.6
	0-60	656	2.4	9.6	12.0 (9.7 - 14.7)	88.0
Tamil Nadu	0-12	135	7.4	10.4	17.8 (11.3 - 24.3)	82.2
	12-36	364	2.5	11.0	13.5 (10.0 - 17.0)	86.5
	36-60	386	1.3	13.2	14.5( 11.1 - 18.1)	85.5
	0-36	499	3.8	10.8	14.6 (11.5 - 17.7)	85.4
	12-60	750	1.9	12.1	14.0 (11.6 - 16.6)	86.0
	0-60	885	2.7	11.9	14.6 (12.3 - 16.9)	85.4
Karnataka	0-12	140	7.9	12.9	20.8 (14.1 - 27.5)	79.2
	12-36	388	1.5	7.5	9.0 (6.2 - 12.0)	91.0
	36-60	399	2.5	14.3	16.8 (13.2 - 20.6)	83.2
	0-36	528	3.2	8.9	12.1 (9.4 - 15.0)	87.9
	12-60	787	2.0	10.9	12.9 (10.6 - 15.4)	87.1
	0-60	927	2.9	11.2	14.1 (11.9 - 16.5)	85.9
Andhra Pradesh	0-12	161	4.3	8.7	13.0 (8.0 - 18.4)	87.0
	12-36	380	2.9	7.9	10.8 (7.7 - 13.9)	89.2
	36-60	405	5.4	18.0	23.4 (19.4 - 27.6)	76.6
	0-36	541	3.3	8.1	11.4 (8.7 - 14.1)	88.6
	12-60	785	4.2	13.1	17.3 (14.7 - 19.9)	82.7
	0-60	946	4.2	12.4	16.6 (14.2 - 19.0)	83.4
Maharashtra	0-12	170	8.8	8.2	17.0 (11.4 - 22.6)	83.0
	12-36	363	4.4	9.9	14.3(10.9 - 18.1)	85.7
	36-60	416	1.7	13.2	14.9 (11.6 - 18.4)	85.1
	0-36	533	5.8	9.4	15.2 (12.3 - 18.5)	84.8
	12-60	779	3.0	11.7	14.7(12.3 - 17.3)	85.3
	0-60	949	4.0	11.1	15.1 (12.8 - 17.4)	84.9
Gujarat	0-12	100	2.0	12.0	14.0 (7.2 - 20.8)	86.0
	12-36	279	0	10.0	10.0 (6.5 - 13.5)	90.0
	36-60	353	1.1	9.9	11.0 (7.7 - 14.3)	89.0
	0-36	379	0.5	10.6	11.1 (7.9 - 14.3)	88.9
	12-60	632	0.6	10.0	10.6 (8.2 - 13.0)	89.4
	0-60	732	0.8	10.2	11.0 (8.8 - 13.4)	89.0

\*WHO Growth Standards

**Annexure 6.3: DISTRIBUTION (%) OF <5 YR. CHILDREN (BOYS & GIRLS) ACCORDING TO WEIGHT FOR HEIGHT BY SD CLASSIFICATION\* (Contd.....)**

State	Age	n	WEIGHT FOR HEIGHT			≥Median - 2SD (Normal)
			< Median – 3SD (Severe Wasting)	Median –3SD to –2SD (Moderate Wasting)	Overall Wasting (C.I)	
Madhya Pradesh	0-12	163	11.0	11.0	22.0 (15.6 - 28.4)	78.0
	12-36	460	6.3	14.8	21.1 (17.4 - 24.8)	78.9
	36-60	429	6.1	10.7	16.8 (13.3 - 20.3)	83.2
	0-36	623	7.5	13.8	21.3 (18.1 - 24.5)	78.7
	12-60	889	6.2	12.8	19.0 (16.4 - 21.6)	81.0
	0-60	1052	6.9	12.5	19.4 (17.0 - 21.8)	80.6
Orissa	0-12	115	1.7	7.0	8.7 (3.5 - 13.9)	91.3
	12-36	323	1.5	5.0	6.5 (3.8 - 9.2)	93.5
	36-60	334	2.4	7.8	10.2 (7.0 - 13.4)	89.8
	0-36	438	1.6	5.5	7.1 (4.7 - 9.5)	92.9
	12-60	657	2.0	6.4	8.4 (6.3 - 10.5)	91.6
	0-60	772	1.9	6.5	8.4 (6.4 - 10.4)	91.6
West Bengal	0-12	145	6.2	9.0	15.2 (9.4 - 21.0)	84.8
	12-36	372	2.7	5.9	8.6(5.8 - 11.4)	91.4
	36-60	432	1.6	10.4	12.0 (8.9 - 15.1)	88.0
	0-36	517	3.7	6.8	10.5 (7.9 - 13.1)	89.5
	12-60	804	2.1	8.3	10.4 (8.3 - 12.5)	89.6
	0-60	949	2.7	8.4	11.1 (9.1 - 13.1)	88.9
Uttar Pradesh	0-12	198	19.7	11.6	31.3 (24.8 - 37.8)	68.7
	12-36	436	12.6	18.1	30.7 (26.4 - 35.0)	69.3
	36-60	507	11.0	15.2	26.2(22.4 - 30.0)	73.8
	0-36	634	14.8	16.1	30.9 (27.3 - 34.5)	69.1
	12-60	943	11.8	16.5	28.3 (25.5 - 31.3)	71.7
	0-60	1141	13.1	15.7	28.8 (26.2 - 31.4)	71.2
Andaman & Nicobar	0-12	124	4.8	7.3	12.1 (6.4 - 17.8)	87.9
	12-36	354	3.1	10.5	13.6 (10.0 - 17.2)	86.4
	36-60	416	1.9	10.6	12.5 (9.3 - 15.7)	87.5
	0-36	478	3.6	9.6	13.2(10.2 - 16.2)	86.8
	12-60	770	2.5	10.5	13.0 (10.6 - 15.4)	87.0
	0-60	894	2.8	10.1	12.9 (10.7 - 15.1)	87.1
Assam	0-12	48	8.3	14.6	22.9 (11.0 - 34.8)	77.1
	12-36	122	2.5	11.5	14.0 (7.8 - 20.2)	86.0
	36-60	119	1.7	7.6	9.3(4.1 - 14.5)	90.7
	0-36	170	4.1	12.4	16.5 (10.9-22.1)	83.5
	12-60	241	2.1	9.5	11.6 (7.6 - 15.6)	88.4
	0-60	289	3.1	10.4	13.5 (9.6 - 17.4)	86.5

\*WHO Growth Standards

**Annexure 6.3: DISTRIBUTION (%) OF <5 YR. CHILDREN (BOYS & GIRLS) ACCORDING TO WEIGHT FOR HEIGHT BY SD CLASSIFICATION\* (Contd.....)**

State	Age	n	WEIGHT FOR HEIGHT			≥Median - 2SD (Normal)
			< Median – 3SD (Severe Wasting)	Median –3SD to –2SD (Moderate Wasting)	Overall Wasting (C.I)	
Bihar	0-12	51	5.9	21.6	27.5 (15.2 - 39.8)	72.5
	12-36	141	6.4	8.5	14.9 (9.0 - 20.8)	85.1
	36-60	280	3.2	9.3	12.5 (8.6 - 16.4)	87.5
	0-36	192	6.3	12.0	18.3 (12.8 - 23.8)	81.7
	12-60	421	4.3	9.0	13.3 (10.1 - 16.5)	86.7
	0-60	472	4.4	10.4	14.8 (11.6 – 18.0)	85.2
New Delhi	0-12	45	17.8	4.4	22.2 (10.1 – 34.3)	77.8
	12-36	180	5.0	9.4	14.4 (9.3 - 19.5)	85.6
	36-60	200	3.0	9.0	12.0 (7.5 - 16.5)	88.0
	0-36	225	7.6	8.4	16.0 (11.2 - 20.8)	84.0
	12-60	380	3.9	9.2	13.1 (9.8 - 16.6)	86.9
	0-60	425	5.4	8.7	14.1 (10.8 - 17.4)	85.9
Puducherry	0-12	78	10.3	17.9	28.2 (18.2 - 38.2)	71.8
	12-36	229	3.1	7.9	11.0 (6.9 - 15.1)	89.0
	36-60	330	3.3	13.9	17.2 (13.1 - 21.3)	82.8
	0-36	307	4.9	10.4	15.3 (11.3 - 19.3)	84.7
	12-60	559	3.2	11.4	14.6 (11.7 - 17.5)	85.4
	0-60	637	4.1	12.2	16.3 (13.4 - 19.2)	83.7
Rajasthan	0-12	18	0	16.7	16.7 (-0.5 - 33.9)	83.3
	12-36	79	7.6	13.9	21.5 (12.4 - 30.6)	78.5
	36-60	143	6.3	11.9	18.2(11.9 - 24.5)	81.8
	0-36	97	6.2	14.4	20.6 (12.6 - 28.6)	79.4
	12-60	222	6.8	12.6	19.4 (14.2 - 24.6)	80.6
	0-60	240	6.3	12.9	19.2 (14.2 - 24.2)	80.8
Pooled	0-12	1808	8.0	10.5	18.5 (16.7 - 20.3)	81.5
	12-36	4751	4.0	10.1	14.1 (13.1 - 15.1)	85.9
	36-60	5407	3.7	12.1	15.8 (14.8 - 16.8)	84.2
	0-36	6559	5.1	10.2	15.3 (14.4 - 16.2)	84.7
	12-60	10158	3.8	11.2	15.0 (14.3 - 15.7)	85.0
	0-60	11966	4.5	11.1	15.6 (14.9 - 16.3)	84.4

\*WHO Growth Standards