

Nutrition and Health of Urban Poor Women in INDIA

Key Indicators from NFHS - 3

	Urban Poor	Urban Non Poor	Overall Urban	Overall Rural	All-India
Undernutrition					
Short Stature (Height < 145 cms)					
Women with short stature (%)	14.5	8.4	9.8	12.1	11.4
Currently pregnant women with short stature (%)	13.9	9.1	10.6	11.3	11.1
Currently lactating women with short stature (%)	15.1	8.4	10.7	13.2	12.7
Adolescents with short stature (%)	14.8	7.4	9.3	12.8	11.8
Acute Undernutrition (BMI < 18.5 kg/m²)					
Women with acute undernutrition ² (%)	38.5	21.0	25.0	40.6	35.6
Adolescents with acute undernutrition (%)	51.9	41.6	44.1	47.7	46.8
Anaemia³					
Women with mild anaemia	38.9	34.9	35.8	39.8	38.6
Women with moderate anaemia	17.6	12.4	13.6	15.6	15
Women with severe anaemia	2.4	1.3	1.5	1.9	1.8
Women with any anaemia (mild, moderate and severe)	58.9	48.6	50.9	57.3	55.3
Pregnant women with any anaemia (mild, moderate and severe)	63.9	51.2	55.2	59.2	58.7
Breastfeeding women with any anaemia (mild, moderate and severe)	67.2	53.8	60.6	64.3	63.2
Adolescents with any anaemia (mild, moderate and severe)	58.4	50.1	52.2	57.3	55.
Vitamin A Deficiency					
Night Blindness⁴ During Pregnancy					
Women who reportedly faced nightblindness during pregnancy (%)	7.0	2.4	3.7	10.8	8.9
Adolescents who reportedly faced nightblindness during pregnancy (%)	8.2	3.6	5.9	12.4	11.4
Frequency of Consumption of Specific Foods⁵					
Women who consume milk/curd on daily basis (%)	29.1	52.8	47.4	36.1	39.8
Women who consume pulses/beans on daily basis (%)	48.2	63.7	60.1	49.1	52.7
Women who consume dark green leafy vegetables on daily basis (%)	62.9	70.7	68.9	62.0	64.2
Women who consume fruits atleast on weekly basis (%)	34.5	66.2	58.9	30.5	39.9
Women who consume egg atleast on weekly basis (%)	41.8	38.4	39.1	28.9	32.3
Iodized Salt Consumption Pattern					
Women from households consuming adequately iodized salt (15 ppm or more) (%)	48.1	79.7	71.5	41.2	51.1
Access and Utilization of Nutrition and Health Services					
Care During Pregnancy					
Women who had 3 or more antenatal care visits while pregnant ⁶ (%)	54.3	83.1	74.7	43.7	52.0
Women who consumed IFA for 90 days or more while pregnant ⁶ (%)	18.5	41.8	34.8	18.8	23.1
Women who received two tetanus toxoid vaccines while pregnant ⁶ (%)	75.8	90.7	86.4	72.6	76.3
Women who received complete antenatal care ⁷ while pregnant ⁶ (%)	11.0	29.5	23.7	10.2	15.0
Women who took an intestinal parasite drug while pregnant ⁶ (%)	3.0	4.9	4.4	3.5	3.8
Women with children under-six and living in areas covered by Anganwadi Centre (AWC) (%)	53.3	49.1	50.4	91.6	81.1
Women covered by AWC who received supplementary food while pregnant (%)	25.3	11.3	15.6	21.4	20.5
Women covered by AWC who received health and nutrition education from Anganwadi Worker while pregnant (%)	15.6	6.0	9.3	11.3	10.9
Care During Delivery⁶					
Births in health facilities (%)	44.0	78.5	67.4	28.9	38.6
Birth assisted by a skilled birth attendant (%)	50.7	84.2	73.5	37.5	46.6
Home births attended by a skilled birth attendant ⁸ (%)	12.9	27.8	19.6	12.4	13.4
Home births where a disposable delivery kit was used (%)	22.3	32.8	27.1	19.7	20.7
Home births where baby was immediately wiped dry, then wrapped without being bathed (%)	44.1	47.4	45.4	45.4	45.4
Care Soon After Delivery					
Mothers who received atleast one postnatal checkup within 42 days after delivery ⁶ by a skilled provider (%)	45.9	74.1	65.7	33.9	42.4
Women who had at least one contact with a health worker in the last three months (%)	10.1	5.8	6.8	14.2	11.8
Women covered by AWC who received supplementary food during first six months postpartum (%)	21.6	8.1	12.3	17.3	16.5
Women covered by AWC who received health and nutrition education during first six months postpartum (%)	12.2	4.1	6.7	8.6	8.3

1 For women aged 15-49 years.

2. Excluding pregnant women and lactating women with infants less than 2 months.

3. Anaemia: Pregnant Women/Adolescents - Haemoglobin (Hb) <11 g/dL; Lactating women or non-pregnant non-lactating women/adolescents- Hb<12 g/dL. Mild Anaemia: 10.0-10.9 g/dL for pregnant women and 10.0-11.9 g/dL for other women; Moderate Anaemia: 7.0-9.9 g/dL; Severe Anaemia: < 7 g/dL. In NFHS-3, anaemia was assessed using cyanmethaemoglobin method.

4. Inability to see under low levels of light either at dusk or dawn.

5. As reported by women.

6. For most recent live birth.

7. Complete ANC includes three ANC visits, two TT injections and consumption of 90 or more IFA tablets.

8. Skilled provider includes doctor, ANM/nurse/midwife/LHV, and other health personnel.