

PREGNANCY

POST NATAL

Feeding

P2 : Child Feeding Practices

India Key Indicators				
Child Health Feeding Practices				
Indicators	NFHS-5 (2019-21)			NFHS-4 (2015-16)
	Urban	Rural	Total	Total
Child Feeding Practices and Nutritional Status of Children				
75. Children under age 3 years breastfed within one hour of birth ¹⁵ (%)	44.7	40.7	41.8	41.6
76. Children under age 6 months exclusively breastfed¹⁶ (%)	59.6	65.1	63.7	54.9
77. Children age 6-8 months receiving solid or semi-solid food and breastmilk¹⁶ (%)	52	43.9	45.9	42.7
78. Breastfeeding children age 6-23 months receiving an adequate diet^{16, 17} (%)	11.8	10.8	11.1	8.7
79. Non-breastfeeding children age 6-23 months receiving an adequate diet^{16, 17} (%)	14.2	12	12.7	14.3
80. Total children age 6-23 months receiving an adequate diet ^{16, 17} (%)	12.3	11	11.3	9.6

Source : National Family Health Survey - 5, India Fact sheet 2019-21

Ministry of Health and Family Welfare, Government of India, designated the International Institute for Population Sciences, Mumbai, as nodal agency to conduct NFHS-5.

⁶Any method includes other methods that are not shown separately; Any modern method includes other modern methods that are not shown separately. ⁷Unmet need for family planning refers

¹⁵Based on the last child born in the 3 years before the survey.

¹⁶Based on the youngest child living with the mother.

¹⁷Breastfed children receiving 4 or more food groups and a minimum meal frequency, non-breastfed children fed with a minimum of 3 Infant and Young Child Feeding Practices (fed with other milk or milk products at least twice a day, a minimum meal frequency that is, receiving solid or semi-solid food at least twice a day for breastfed infants 6-8 months and at least three times a day for breastfed children 9-23 months, and solid or semi-solid foods from at least four food groups not including the milk or milk products food group).

¹⁸Below -2 standard deviations, based on the WHO standard. ¹⁹Below -3 standard deviations, based on the WHO standard. ²⁰Above +2 standard deviations, based on the WHO standard.