

Obesity

W5 : BMI & Obesity

India Key Indicators Nutritional Status | Women

Indicators	NFHS-5 (2019-21)			NFHS-4 (2015-16)
	Urban	Rural	Total	Total
Nutritional Status of Adults (age 15-49 years)				
86. Women whose Body Mass Index (BMI) is below normal (BMI <18.5 kg/m ²) (%)	13.2	21.2	18.7	22.9
87. Men whose Body Mass Index (BMI) is below normal (BMI <18.5 kg/m ²) (%)	13	17.8	16.2	20.2
88. Women who are overweight or obese (BMI ≥25.0 kg/m ²) (%)	33.2	19.7	24	20.6
89. Men who are overweight or obese (BMI ≥25.0 kg/m ²) (%)	29.8	19.3	22.9	18.9
90. Women who have high risk waist-to-hip ratio (≥0.85) (%)	59.9	55.2	56.7	na
91. Men who have high risk waist-to-hip ratio (≥0.90) (%)	50.1	46.4	47.7	na

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.

Urban women have a higher skew to the Overweight indicator vs Rural women