

Ministry of Health and Family Welfare

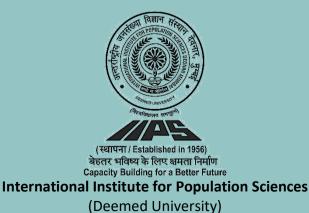
Compendium of Fact Sheets

KEY INDICATORS

STATE AND DISTRICTS OF SIKKIM

National Family Health Survey (NFHS-5)

2019-20



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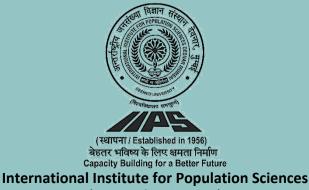
Ministry of Health and Family Welfare

NATIONAL FAMILY HEALTH SURVEY - 5

STATE FACT SHEET

SIKKIM

2019-20



(Deemed University)

Introduction

The National Family Health Survey 2019-20 (NFHS-5), the fifth in the NFHS series, provides information on population, health, and nutrition for India and each state/union territory (UT). Like NFHS-4, NFHS-5 also provides district-level estimates for many important indicators.

The contents of NFHS-5 are similar to NFHS-4 to allow comparisons over time. However, NFHS-5 includes some new topics, such as preschool education, disability, access to a toilet facility, death registration, bathing practices during menstruation, and methods and reasons for abortion. The scope of clinical, anthropometric, and biochemical testing (CAB) has also been expanded to include measurement of waist and hip circumferences, and the age range for the measurement of blood pressure and blood glucose has been expanded. However, HIV testing has been dropped. The NFHS-5 sample has been designed to provide national, state/union territory (UT), and district level estimates of various indicators covered in the survey. However, estimates of indicators of sexual behaviour; husband's background and woman's work; HIV/AIDS knowledge, attitudes and behaviour; and domestic violence are available only at the state/union territory (UT) and national level.

As in the earlier rounds, the Ministry of Health and Family Welfare, Government of India, designated the International Institute for Population Sciences, Mumbai, as the nodal agency to conduct NFHS-5. The main objective of each successive round of the NFHS has been to provide high-quality data on health and family welfare and emerging issues in this area. NFHS-5 data will be useful in setting benchmarks and examining the progress the health sector has made over time. Besides providing evidence for the effectiveness of ongoing programmes, the data from NFHS-5 help in identifying the need for new programmes with an area specific focus and identifying groups that are most in need of essential services.

Four Survey Schedules - Household, Woman's, Man's, and Biomarker - were canvassed in local languages using Computer Assisted Personal Interviewing (CAPI). In the Household Schedule, information was collected on all usual members of the household and visitors who stayed in the household the previous night. as well as socio-economic characteristics of the household; water, sanitation, and hygiene; health insurance coverage; disabilities; land ownership; number of deaths in the household in the three years preceding the survey; and the ownership and use of mosquito nets. The Woman's Schedule covered a wide variety of topics, including the woman's characteristics, marriage, fertility, contraception, children's immunizations and healthcare, nutrition, reproductive health, sexual behaviour, HIV/AIDS, women's empowerment, and domestic violence. The Man's Schedule covered the man's characteristics, marriage, his number of children. contraception, fertility preferences, nutrition, sexual behaviour, health issues, attitudes towards gender roles, and HIV/AIDS. The Biomarker Schedule covered measurements of height, weight, and haemoglobin levels for children; measurements of height, weight, waist and hip circumference, and haemoglobin levels for women age 15-49 years and men age 15-54 years; and blood pressure and random blood glucose levels for women and men age 15 years and over. In addition, women and men were requested to provide a few additional drops of blood from a finger prick for laboratory testing for HbA1c, malaria parasites, and Vitamin D3.

Readers should be cautious while interpreting and comparing the trends as some States/UTs may have smaller sample size. Moreover, at the time of survey, Ayushman Bharat AB-PMJAY and Pradhan Mantri Surakshit Matritva Abhiyan (PMSMA) were not fully rolled out and hence, their coverage may not have been factored in the results of indicator 12 (percentage of households with any usual member covered under a health insurance/financing scheme) and indicator 41 (percentage of mothers who received 4 or more antenatal care check-ups).

This fact sheet provides information on key indicators and trends for Sikkim. NFHS-5 fieldwork for Sikkim was conducted from 1 August, 2019 to 28 December, 2019 by Karvy Data Management Services Ltd. Information was gathered from 3,516 households, 3,271 women, and 469 men. Fact sheets for each district in Sikkim are also available separately.

Sikkim - Kev Indicators

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| Marriage and Fertility 8.5 12.5 10.8 15.0 20. Women age 20-24 years married before age 18 years (%) 8.5 12.5 10.8 15.0 21. Men age 25-29 years married before age 21 years (%) * 11.7 5.1 10.7 22. Total fertility rate (children per woman) 0.7 1.3 1.1 1.2 23. Women age 15-19 years who were already mothers or pregnant at the time of the survey (%) 0.9 4.3 3.1 2.8 24. Adolescent fertility rate (or women age 15-19 years ⁵ 19 24 22 22 Infant and Child Mortality Rates (per 1,000 live births) 11.2 29.5 20.8 11.2 29.5 25. Neonatal mortality rate (USMR) * 7.8 5.0 20.8 26. Infant mortality rate (USMR) * 17.8 11.2 29.5 27. Under-five mortality rate (USMR) * 17.8 11.2 29.2 28. Any method ⁶ (%) 55.5 77.3 69.1 46.7 30. Female sterilization (%) 0.4 2.5 1.7 3.4 21 | 18. Women who have ever used the internet (%) | 90.0 | 68.1 | 76.7 | na |
| 20. Women age 20-24 years married before age 18 years (%) 8.5 12.5 10.8 15.0 21. Men age 25-29 years married before age 21 years (%) * 11.7 5.1 10.7 22. Total fertility rate (children per woman) 0.7 1.3 1.1 1.2 23. Women age 15-19 years who were already mothers or pregnant at the time of the survey (%) 0.9 4.3 3.1 2.8 24. Adolescent fertility rate for women age 15-19 years ⁵ 19 24 22 22 Infant and Child Mortality Rates (per 1,000 live births) * 7.8 5.0 20.8 25. Neonatal mortality rate (NMR) * 7.8 5.0 20.8 26. Infant mortality rate (USMR) * 17.8 11.2 29.5 27. Under-five mortality rate (USMR) * 7.8 5.0 20.8 28. Any method ⁶ (%) 55.5 77.3 69.1 46.7 29. Any modern method ⁶ (%) 43.6 61.8 54.9 45.9 30. Female sterilization (%) 14.3 14.6 14.5 17.6 31. Male sterilization (%) 9.7 2.3.4 18.2 11.6 | 19. Men who have ever used the internet (%) | (94.2) | 69.5 | 78.2 | na |
| 21. Men age 25-29 years married before age 21 years (%) * 11.7 5.1 10.7 22. Total fertility rate (children per woman) 0.7 1.3 1.1 1.2 23. Women age 15-19 years who were already mothers or pregnant at the time of the survey (%) 0.9 4.3 3.1 2.8 24. Adolescent fertility rate for women age 15-19 years ⁵ 19 24 22 22 Infant and Child Mortality Rates (per 1,000 live births) 11.7 5.0 20.8 25. Neonatal mortality rate (IMR) * 7.8 5.0 20.8 26. Infant mortality rate (USMR) * 17.8 11.2 29.5 27. Under-five mortality rate (USMR) * 17.8 11.2 29.5 28. Any method ⁶ (%) 55.5 77.3 69.1 46.7 29. Any modern method ⁶ (%) 43.6 61.8 54.9 45.9 30. Female sterilization (%) 14.3 14.6 14.5 17.6 31. Male sterilization (%) 9.7 23.4 18.2 61.3 31. Pill (%) 9.7 23.4 18.2 11.6 34. Condom (%) 3.9 3.2 | Marriage and Fertility | | | | |
| 11.1 | 20. Women age 20-24 years married before age 18 years (%) | 8.5 | 12.5 | 10.8 | 15.0 |
| 23. Women age 15-19 years who were already mothers or pregnant at the time of the survey (%) 0.9 4.3 3.1 2.8 24. Adolescent fertility rate for women age 15-19 years ⁵ 19 24 22 22 Infant and Child Mortality Rates (per 1,000 live births) * 7.8 5.0 20.8 25. Neonatal mortality rate (NMR) * 7.8 5.0 20.8 26. Infant mortality rate (IMR) * 17.8 11.2 29.5 27. Under-five mortality rate (USMR) * 17.8 11.2 32.2 Current Use of Family Planning Methods (currently married women age 15-49 years) * 17.3 69.1 46.7 29. Any mothod ⁶ (%) 55.5 77.3 69.1 46.7 30. Female sterilization (%) 14.3 14.6 14.5 17.6 31. Male sterilization (%) 14.3 14.6 14.5 17.6 32. IUD/PPIUD (%) 4.6 7.1 6.2 6.3 33. Pill (%) 9.7 23.4 18.2 11.6 34. Condom (%) 3.9 3.2 3.5 1.9 J10.7 8.4 9.3 < | 21. Men age 25-29 years married before age 21 years (%) | * | 11.7 | | 10.7 |
| 23. Women age 15-19 years who were already mothers or pregnant at the time of the survey (%) 0.9 4.3 3.1 2.8 24. Adolescent fertility rate for women age 15-19 years ⁵ 19 24 22 22 Infant and Child Mortality Rates (per 1,000 live births) * 7.8 5.0 20.8 25. Neonatal mortality rate (NNMR) * 7.8 5.0 20.8 26. Infant mortality rate (IMR) * 17.8 11.2 29.5 27. Under-five mortality rate (U5MR) * 17.8 11.2 32.2 Current Use of Family Planning Methods (currently married women age 15-49 years) * 17.3 69.1 46.7 29. Any mothod ⁶ (%) 55.5 77.3 69.1 46.7 30. Female sterilization (%) 14.3 14.6 14.5 17.6 31. Male sterilization (%) 14.3 14.6 14.5 17.6 32. IUD/PPIUD (%) 4.6 7.1 6.2 6.3 33. Pill (%) 9.7 23.4 18.2 11.6 34. Condom (%) 3.9 3.2 3.5 1.9 J10.7 8.4 9.3 | 22. Total fertility rate (children per woman) | 0.7 | 1.3 | 1.1 | 1.2 |
| 24. Adolescent fertility rate for women age 15-19 years ⁵ 19 24 22 22 Infant and Child Mortality Rates (per 1,000 live births) * 7.8 5.0 20.8 25. Neonatal mortality rate (NNMR) * 7.8 5.0 20.8 26. Infant mortality rate (IMR) * 17.8 11.2 29.5 27. Under-five mortality rate (U5MR) * 17.8 11.2 32.2 Current Use of Family Planning Methods (currently married women age 15-49 years) * 17.3 69.1 46.7 28. Any method ⁶ (%) 55.5 77.3 69.1 46.7 29. Any modern method ⁶ (%) 43.6 61.8 54.9 45.9 30. Female sterilization (%) 14.3 14.6 14.5 17.6 31. Male sterilization (%) 0.4 2.5 1.7 3.4 32. IUD/PPIUD (%) 4.6 7.1 6.2 6.3 33. Pill (%) 9.7 23.4 18.2 11.6 34. Condom (%) 10.7 8.4 9.3 5.2 35. Injectables (%) 3.9 3.2 3.5 1.9 <tr< td=""><td>23. Women age 15-19 years who were already mothers or pregnant at the time of the survey (%)</td><td>0.9</td><td>4.3</td><td></td><td>2.8</td></tr<> | 23. Women age 15-19 years who were already mothers or pregnant at the time of the survey (%) | 0.9 | 4.3 | | 2.8 |
| Infant and Child Mortality Rates (per 1,000 live births) 25. Neonatal mortality rate (NNMR) * 7.8 5.0 20.8 26. Infant mortality rate (IMR) * 17.8 11.2 29.5 27. Under-five mortality rate (USMR) * 17.8 11.2 32.2 Current Use of Family Planning Methods (currently married women age 15–49 years) 28. Any method ⁶ (%) 55.5 77.3 69.1 46.7 29. Any modern method ⁶ (%) 43.6 61.8 54.9 45.9 30. Female sterilization (%) 14.3 14.6 14.5 17.6 31. Male sterilization (%) 0.4 2.5 1.7 3.4 32. IUD/PPIUD (%) 4.6 7.1 6.2 6.3 33. Pill (%) 9.7 23.4 18.2 11.6 34. Condom (%) 10.7 8.4 9.3 5.2 35. Injectables (%) 3.9 3.2 3.5 1.9 Unmet Need for Family Planning (currently married women age 15–49 years) 3.6. Total unmet need ⁷ (%) 18.2 8.2 11.9 21.7 | 24. Adolescent fertility rate for women age 15-19 years ⁵ | | | | |
| 26. Infant mortality rate (IMR) * 17.8 11.2 29.5 27. Under-five mortality rate (U5MR) * 17.8 11.2 32.2 Current Use of Family Planning Methods (currently married women age 15–49 years) 28. Any method ⁶ (%) 55.5 77.3 69.1 46.7 29. Any modern method ⁶ (%) 55.5 77.3 69.1 46.7 30. Female sterilization (%) 14.3 14.6 14.5 17.6 31. Male sterilization (%) 0.4 2.5 1.7 3.4 32. IUD/PPIUD (%) 4.6 7.1 6.2 6.3 33. Pill (%) 9.7 23.4 18.2 11.6 34. Condom (%) 10.7 8.4 9.3 5.2 35. Injectables (%) 3.9 3.2 3.5 1.9 Unmet Need for Family Planning (currently married women age 15–49 years) 36. Total unmet need ⁷ (%) 18.2 8.2 11.9 21.7 | Infant and Child Mortality Rates (per 1,000 live births) | | | | |
| 26. Infant mortality rate (IMR) * 17.8 11.2 29.5 27. Under-five mortality rate (U5MR) * 17.8 11.2 32.2 Current Use of Family Planning Methods (currently married women age 15–49 years) 28. Any method ⁶ (%) 55.5 77.3 69.1 46.7 29. Any modern method ⁶ (%) 55.5 77.3 69.1 46.7 30. Female sterilization (%) 14.3 14.6 14.5 17.6 31. Male sterilization (%) 0.4 2.5 1.7 3.4 32. IUD/PPIUD (%) 4.6 7.1 6.2 6.3 33. Pill (%) 9.7 23.4 18.2 11.6 34. Condom (%) 10.7 8.4 9.3 5.2 35. Injectables (%) 3.9 3.2 3.5 1.9 Unmet Need for Family Planning (currently married women age 15–49 years) 36. Total unmet need ⁷ (%) 18.2 8.2 11.9 21.7 | 25. Neonatal mortality rate (NNMR) | * | 7.8 | 5.0 | 20.8 |
| 27. Under-five mortality rate (U5MR) * 17.8 11.2 32.2 Current Use of Family Planning Methods (currently married women age 15–49 years) 28. Any method ⁶ (%) 55.5 77.3 69.1 46.7 29. Any modern method ⁶ (%) 43.6 61.8 54.9 45.9 30. Female sterilization (%) 14.3 14.6 14.5 17.6 31. Male sterilization (%) 0.4 2.5 1.7 3.4 32. IUD/PPIUD (%) 4.6 7.1 6.2 6.3 33. Pill (%) 9.7 23.4 18.2 11.6 34. Condom (%) 30.7 8.4 9.3 5.2 35. Injectables (%) 3.9 3.2 3.5 1.9 Unmet Need for Family Planning (currently married women age 15–49 years) 36. Total unmet need ⁷ (%) 18.2 8.2 11.9 21.7 | | * | | | |
| Current Use of Family Planning Methods (currently married women age 15–49 years) 28. Any method ⁶ (%) 55.5 77.3 69.1 46.7 29. Any modern method ⁶ (%) 43.6 61.8 54.9 45.9 30. Female sterilization (%) 14.3 14.6 14.5 17.6 31. Male sterilization (%) 0.4 2.5 1.7 3.4 32. IUD/PPIUD (%) 4.6 7.1 6.2 6.3 33. Pill (%) 9.7 23.4 18.2 11.6 34. Condom (%) 10.7 8.4 9.3 5.2 35. Injectables (%) 3.9 3.2 3.5 1.9 VInmet Need for Family Planning (currently married women age 15–49 years) 18.2 8.2 11.9 21.7 | | * | | | |
| 28. Any method ⁶ (%) 55.5 77.3 69.1 46.7 29. Any modern method ⁶ (%) 43.6 61.8 54.9 45.9 30. Female sterilization (%) 14.3 14.6 14.5 17.6 31. Male sterilization (%) 0.4 2.5 1.7 3.4 32. IUD/PPIUD (%) 4.6 7.1 6.2 6.3 33. Pill (%) 9.7 23.4 18.2 11.6 34. Condom (%) 10.7 8.4 9.3 5.2 35. Injectables (%) 3.9 3.2 3.5 1.9 Unmet Need for Family Planning (currently married women age 15–49 years) 36. Total unmet need ⁷ (%) 18.2 8.2 11.9 21.7 | | | - | | |
| 29. Any modern method ⁶ (%) 43.6 61.8 54.9 45.9 30. Female sterilization (%) 14.3 14.6 14.5 17.6 31. Male sterilization (%) 0.4 2.5 1.7 3.4 32. IUD/PPIUD (%) 4.6 7.1 6.2 6.3 33. Pill (%) 9.7 23.4 18.2 11.6 34. Condom (%) 10.7 8.4 9.3 5.2 35. Injectables (%) 3.9 3.2 3.5 1.9 Unmet Need for Family Planning (currently married women age 15-49 years) 36. Total unmet need ⁷ (%) 18.2 8.2 11.9 21.7 | | 55.5 | 77.3 | 69.1 | 46.7 |
| 30. Female sterilization (%) 14.3 14.6 14.5 17.6 31. Male sterilization (%) 0.4 2.5 1.7 3.4 32. IUD/PPIUD (%) 4.6 7.1 6.2 6.3 33. Pill (%) 9.7 23.4 18.2 11.6 34. Condom (%) 10.7 8.4 9.3 5.2 35. Injectables (%) 3.9 3.2 3.5 1.9 Unmet Need for Family Planning (currently married women age 15-49 years) 36. Total unmet need ⁷ (%) 18.2 8.2 11.9 21.7 | | | | | |
| 31. Male sterilization (%) 0.4 2.5 1.7 3.4 32. IUD/PPIUD (%) 4.6 7.1 6.2 6.3 33. Pill (%) 9.7 23.4 18.2 11.6 34. Condom (%) 10.7 8.4 9.3 5.2 35. Injectables (%) 3.9 3.2 3.5 1.9 Unmet Need for Family Planning (currently married women age 15-49 years) 36. Total unmet need ⁷ (%) 18.2 8.2 11.9 21.7 | | _ | | | |
| 32. IUD/PPIUD (%) 4.6 7.1 6.2 6.3 33. Pill (%) 9.7 23.4 18.2 11.6 34. Condom (%) 10.7 8.4 9.3 5.2 35. Injectables (%) 3.9 3.2 3.5 1.9 Unmet Need for Family Planning (currently married women age 15-49 years) 36. Total unmet need ⁷ (%) 18.2 8.2 11.9 21.7 | | | | | |
| 33. Pill (%) 9.7 23.4 18.2 11.6 34. Condom (%) 10.7 8.4 9.3 5.2 35. Injectables (%) 3.9 3.2 3.5 1.9 Unmet Need for Family Planning (currently married women age 15–49 years) 36. Total unmet need ⁷ (%) 18.2 8.2 11.9 21.7 | | | | | |
| 34. Condom (%) 10.7 8.4 9.3 5.2 35. Injectables (%) 3.9 3.2 3.5 1.9 Unmet Need for Family Planning (currently married women age 15–49 years) 36. Total unmet need ⁷ (%) 18.2 8.2 11.9 21.7 | | | | | |
| 35. Injectables (%) 3.9 3.2 3.5 1.9 Unmet Need for Family Planning (currently married women age 15–49 years) 36. Total unmet need ⁷ (%) 18.2 8.2 11.9 21.7 | | | | | |
| Unmet Need for Family Planning (currently married women age 15–49 years) 36. Total unmet need ⁷ (%) 18.2 8.2 11.9 21.7 | | | | | |
| 36. Total unmet need ⁷ (%) 18.2 8.2 11.9 21.7 | | 0.0 | 5.2 | 0.0 | 1.0 |
| | | 18.2 | 82 | 11 9 | 21 7 |
| | 37. Unmet need for spacing ⁷ (%) | 8.4 | 2.9 | 4.9 | 8.9 |
| Quality of Family Planning Services | | 0.4 | 2.3 | 4.3 | 0.9 |
| 38. Health worker ever talked to female non-users about family planning (%) 17.2 20.7 18.9 19.6 | | 17 2 | 20.7 | 18 0 | 10.6 |
| 39. Current users ever told about side effects of current method ⁸ (%) (63.2) 59.7 60.8 57.9 | | | | | |
| Note: Major indicators are highlighted in grey. | | (00.2) | 53.1 | 00.0 | 51.3 |

LHV = Lady health visitor; ANM = Auxiliary nurse midwife; na = Not available

() Based on 25-49 unweighted cases; For all indicators other than 25, 26, 27: * Percentage not shown; based on fewer than 25 unweighted cases

For indicators 25, 26 and 27: * Based on fewer than 250 unweighted person-years of exposure to the risk of death

¹Piped water into dwelling/yard/plot, piped to neighbour, public tap/standpipe, tube well or borehole, protected dug well, protected spring, rainwater, tanker truck, cart with small tank, bottled water, community RO plant.

²Flush to piped sewer system, flush to septic tank, flush to pit latrine, flush to don't know where, ventilated improved pit (VIP)/biogas latrine, pit latrine with slab, twin pit/composting toilet, which is not shared with any other household. This indicator does not denote access to toilet facility.

^aElectricity, LPG/natural gas, biogas. ⁴Refers to women/men who completed standard 9 or higher and women/men who can read a whole sentence or part of a sentence.

⁵Equivalent to the age-specific fertility rate for the 3-year period preceding the survey, expressed in terms of births per 1,000 women age 15-19.

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 to fecund women who are not using contraception but who wish to postpone the next birth (spacing) or stop childbearing altogether (limiting). Specifically, women are considered to have unmet need for spacing if they are:

At risk of becoming pregnant, not using contraception, and either do not want to become pregnant within the next two years, or are unsure if or when they want to become pregnant.

· Pregnant with a mistimed pregnancy.

Postpartum amenorrhoeic for up to two years following a mistimed birth and not using contraception.

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

· At risk of becoming pregnant, not using contraception, and want no (more) children.

Pregnant with an unwanted pregnancy.

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

Women who are classified as infecund have no unmet need because they are not at risk of becoming pregnant. Unmet need for family planning is the sum of unmet need for spacing plus unmet need for limiting. ⁸Based on current users of female sterilization, IUD/PPIUD, injectables, and pills who started using that method in the past 5 years.

Sikkim - Key Indicators

| Sikkiiii - Key Indicators | | NFHS-5 | | NFHS-4 |
|---|--------------|--------------------|---------------|--------------|
| Indicators | | мгпэ-: (2019-2(| | (2015-16) |
| Maternal and Child Health | Urban | Rural | Total | Total |
| Maternity Care (for last birth in the 5 years before the survey) | orbail | rturur | lotai | . etai |
| 40. Mothers who had an antenatal check-up in the first trimester (%) | 58.5 | 66.5 | 63.7 | 76.2 |
| 41. Mothers who had at least 4 antenatal care visits (%) | 51.4 | 62.3 | 58.4 | 74.7 |
| 42. Mothers whose last birth was protected against neonatal tetanus ⁹ (%) | 92.2 | 91.8 | 92.0 | 97.2 |
| 43. Mothers who consumed iron folic acid for 100 days or more when they were pregnant (%) | 48.4 | 58.2 | 54.7 | 52.8 |
| 44. Mothers who consumed iron folic acid for 180 days or more when they were pregnant (%) | 29.6 | 32.5 | 31.5 | 26.8 |
| 45. Registered pregnancies for which the mother received a Mother and Child Protection (MCP) card (%) | 96.1 | 93.8 | 94.6 | 99.1 |
| 46. Mothers who received postnatal care from a doctor/nurse/LHV/ANM/midwife/other health personnel within 2 days of delivery (%) | 58.9 | 75.0 | 69.3 | 74.2 |
| 47. Average out-of-pocket expenditure per delivery in a public health facility (Rs.)48. Children born at home who were taken to a health facility for a check-up within 24 hours of | (9,015) | 8,028 | 8,334 | 3,993 |
| birth (%) 49. Children who received postnatal care from a doctor/nurse/LHV/ANM/midwife/other health | * 56.0 | * | * | (0.0) |
| personnel within 2 days of delivery (%) Delivery Care (for births in the 5 years before the survey) | 56.2 | 71.7 | 66.2 | na |
| 50. Institutional births (%) | 92.0 | 96.3 | 94.7 | 94.7 |
| | 92.0 66.6 | 90.3 85.6 | 94.7 78.6 | 94.7 82.7 |
| 51. Institutional births in public facility (%) | 4.0 | 1.9 | 2.6 | 2.4 |
| 52. Home births that were conducted by skilled health personnel ¹⁰ (%) | 4.0 93.5 | 98.2 | 2.0 96.5 | 2.4 97.1 |
| 53. Births attended by skilled health personnel ¹⁰ (%) | 93.5 43.1 | 96.2 26.9 | 90.5 32.8 | 20.9 |
| 54. Births delivered by caesarean section (%) | 43.1 | 20.9 44.0 | 52.0 55.4 | 20.9 49.3 |
| 55. Births in a private health facility that were delivered by caesarean section (%) | 40.4 | 44.0 25.9 | 55.4 30.4 | 49.3 18.1 |
| 56. Births in a public health facility that were delivered by caesarean section (%) Child Vaccinations and Vitamin A Supplementation | 40.4 | 20.9 | 30.4 | 10.1 |
| 57. Children age 12-23 months fully vaccinated based on information from either vaccination card or mother's recall¹¹ (%) | * | 83.2 | 80.6 | 83.0 |
| 58. Children age 12-23 months fully vaccinated based on information from vaccination card only¹² (%) | * | 88.7 | 87.6 | 94.2 |
| 59. Children age 12-23 months who have received BCG (%) | * | 95.3 | 96.6 | 98.9 |
| 60. Children age 12-23 months who have received 3 doses of polio vaccine ¹³ (%) | * | 89.9 | 89.0 | 87.7 |
| 61. Children age 12-23 months who have received 3 doses of penta or DPT vaccine (%) 62. Children age 12-23 months who have received the first dose of measles-containing | * | 88.0 | 91.4 90.5 | 93.0 93.3 |
| vaccine (MCV) (%) 63. Children age 24-35 months who have received a second dose of measles-containing vaccine (MCV) (%) | * | 91.9 34.2 | 90.5 29.0 | 93.3 na |
| 64. Children age 12-23 months who have received 3 doses of rotavirus vaccine ¹⁴ (%) | * | 0.0 | 0.0 | na |
| 65. Children age 12-23 months who have received 3 doses of rotavitud vaccine (%) | * | 86.8 | 89.1 | 84.1 |
| 66. Children age 9-35 months who received a vitamin A dose in the last 6 months (%) 67. Children age 12-23 months who received most of their vaccinations in a public health | (92.6) | 85.0 | 87.5 | 86.7 |
| 68. Children age 12-23 months who received most of their vaccinations in a private health | * | 100.0 | 100.0 | 94.1 |
| facility (%) | * | 0.0 | 0.0 | 5.9 |
| Treatment of Childhood Diseases (children under age 5 years) | | | | |
| 69. Prevalence of diarrhoea in the 2 weeks preceding the survey (%) | 9.3 | 3.3 | 5.5 | 1.8 |
| Children with diarrhoea in the 2 weeks preceding the survey who received oral rehydration salts (ORS) (%) | * | * | (64.2) | * |
| 71. Children with diarrhoea in the 2 weeks preceding the survey who received zinc (%) 72. Children with diarrhoea in the 2 weeks preceding the survey taken to a health facility or health | * | * | (50.0) | * |
| provider (%) 73. Prevalence of symptoms of acute respiratory infection (ARI) in the 2 weeks preceding the survey (%) | 0.8 | 0.7 | (56.6) 0.7 | 0.3 |
| 74. Children with fever or symptoms of ARI in the 2 weeks preceding the survey taken to a health facility or health provider (%) | 0.0 * | 57.4 | 59.5 | (63.8) |
| ⁹ Includes mothers with two injections during the pregnancy for their last birth, or two or more injections (the last within 3 | vooro of the | | | , , |

⁹Includes mothers with two injections during the pregnancy for their last birth, or two or more injections (the last within 3 years of the last live birth), or three or more injections (the last within 5 years of the last birth), or four or more injections (the last within 10 years of the last live birth), or five or more injections at any time prior to the last birth.

¹⁰Doctor/nurse/LHV/ANM/midwife/other health personnel. ¹¹Vaccinated with BCG, measles-containing vaccine (MCV)/MR/MMR/Measles, and 3 doses each of polio (excluding polio vaccine given at birth) and DPT or penta

¹²Among children whose vaccination card was shown to the interviewer, percentage vaccinated with BCG, measles-containing vaccine (MCV)/MR/MMR/Measles, and 3 doses each of polio (excluding polio vaccine given at birth) and DPT or penta vaccine.
 ¹³Not including polio vaccination given at birth.
 ¹⁴Since rotavirus is not being provided across all states and districts, the levels should not be compared.

Sikkim - Key Indicators

| Indiantara | , | NFHS-5 | | NFHS-4 |
|---|-------------|-------------|--------------|-------------|
| Indicators | | (2019-20) | T (1 | (2015-16) |
| Child Feeding Practices and Nutritional Status of Children | Urban | Rural | Total | Total |
| 75. Children under age 3 years breastfed within one hour of birth ¹⁵ (%) | (32.9) | 33.1 | 33.0 | 66.5 |
| 76. Children under age 6 months exclusively breastfed ¹⁶ (%) | Î. | 29.7 | 28.3 | 54.6 |
| 77. Children age 6-8 months receiving solid or semi-solid food and breastmilk ¹⁶ (%) | * | (58.2) | (57.4) | 61.8 |
| 78. Breastfeeding children age 6-23 months receiving an adequate diet ^{16, 17} (%) | * | 29.0 | 23.0 | 23.1 |
| 79. Non-breastfeeding children age 6-23 months receiving an adequate diet ^{16, 17} (%) | * | * | (35.0) | * |
| 80. Total children age 6-23 months receiving an adequate diet ^{16, 17} (%) | _ | 31.9 | 24.7 | 23.1 |
| 81. Children under 5 years who are stunted (height-for-age) ¹⁸ (%) | 15.1 | 25.6 | 22.3 | 29.6 |
| 82. Children under 5 years who are wasted (weight-for-height)¹⁸ (%) 83. Children under 5 years who are severely wasted (weight-for-height)¹⁹ (%) | 13.2 6.4 | 13.9 6.7 | 13.7 6.6 | 14.2 5.9 |
| 84. Children under 5 years who are underweight (weight-for-age) ¹⁸ (%) | 9.0 | 14.9 | 13.1 | 14.2 |
| 85. Children under 5 years who are overweight (weight-for-height) ²⁰ (%) | 3.5 | 14.9 | 9.6 | 8.6 |
| Nutritional Status of Adults (age 15-49 years) | 0.0 | 12.2 | 3.0 | 0.0 |
| 86. Women whose Body Mass Index (BMI) is below normal (BMI <18.5 kg/m ²) ²¹ (%) | 6.1 | 5.6 | 5.8 | 6.4 |
| 87. Men whose Body Mass Index (BMI) is below normal (BMI <18.5 kg/m ²) (%) | 5.8 | 4.4 | 4.9 | 2.4 |
| 88. Women who are overweight or obese (BMI $\geq 25.0 \text{ kg/m}^2)^{21}$ (%) | 41.0 | 30.8 | 34.7 | 26.7 |
| 89. Men who are overweight or obese (BMI \geq 25.0 kg/m ²) (%) | 40.1 | 33.9 | 36.3 | 34.8 |
| 90. Women who have high risk waist-to-hip ratio (≥0.85) (%) | 71.9 | 78.0 | 75.6 | na |
| 91. Men who have high risk waist-to-hip ratio (≥0.90) (%) | 36.6 | 69.3 | 56.7 | na |
| Anaemia among Children and Adults | | | | |
| 92. Children age 6-59 months who are anaemic (<11.0 g/dl) ²² (%) | 54.8 | 57.1 | 56.4 | 55.1 |
| 93. Non-pregnant women age 15-49 years who are anaemic (<12.0 g/dl) ²² (%) | 42.2 | 42.0 | 42.1 | 35.2 |
| 94. Pregnant women age 15-49 years who are anaemic (<11.0 g/dl) ²² (%) | * | 34.0 | 40.7 | 23.6 |
| 95. All women age 15-49 years who are anaemic ²² (%) | 42.4 | 41.9 | 42.1 | 34.9 |
| 96. All women age 15-19 years who are anaemic ²² (%) | (53.0) | 43.7 | 46.7 | 48.7 |
| 97. Men age 15-49 years who are anaemic (<13.0 g/dl) ^{22 (} %) | 15.0 | 21.0 | 18.7 | 15.8 |
| 98. Men age 15-19 years who are anaemic (<13.0 g/dl) ²² (%) | * | (23.1) | 17.6 | 16.7 |
| Blood Sugar Level among Adults (age 15 years and above) | | | | |
| Women | | | | |
| 99. Blood sugar level - high (141-160 mg/dl) ²³ (%) | 7.6 | 5.5 | 6.2 | na |
| 100. Blood sugar level - very high (>160 mg/dl) ²³ (%) | 4.9 | 4.5 | 4.7 | na |
| 101. Blood sugar level - high or very high (>140 mg/dl) or taking medicine to control blood sugar level ²³ (%) | 14.6 | 10.9 | 12.2 | na |
| Men | | | | |
| 102. Blood sugar level - high (141-160 mg/dl) ²³ (%) | 6.9 | 7.7 | 7.5 | na |
| 103. Blood sugar level - very high (>160 mg/dl) ²³ (%) | 8.1 | 6.4 | 7.0 | na |
| 104. Blood sugar level - high or very high (>140 mg/dl) or taking medicine to control blood sugar level ²³ (%) | 16.2 | 15.5 | 15.7 | na |
| Hypertension among Adults (age 15 years and above) | | | | |
| Women | | | | |
| 105. Mildly elevated blood pressure (Systolic 140-159 mm of Hg and/or Diastolic 90-99 mm of Hg) (%) | 16.7 | 19.5 | 18.5 | na |
| 106. Moderately or severely elevated blood pressure (Systolic ≥160 mm of Hg and/or Diastolic ≥100 mm of Hg) (%) | 10.7 | 12.4 | 11.8 | na |
| 107. Elevated blood pressure (Systolic ≥140 mm of Hg and/or Diastolic ≥90 mm of Hg) or taking medicine to control blood pressure (%) | 32.3 | 35.8 | 34.5 | na |
| Men | | | | |
| 108. Mildly elevated blood pressure (Systolic 140-159 mm of Hg and/or Diastolic 90-99 mm of Hg) (%) | 24.5 | 25.2 | 25.0 | na |
| 109. Moderately or severely elevated blood pressure (Systolic ≥160 mm of Hg and/or Diastolic ≥100 mm of Hg) (%) | 11.1 | 15.2 | 13.9 | na |
| 110. Elevated blood pressure (Systolic ≥140 mm of Hg and/or Diastolic ≥90 mm of Hg) or taking medicine to control blood pressure (%) | 38.6 | 43.1 | 41.6 | na |

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

 ¹⁶Based 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.

¹⁹Below -3 standard deviations, based on the WHO standard.
 ²⁰Above +2 standard deviations, based on the WHO standard.
 ²¹Excludes pregnant women and women with a birth in the preceding 2 months.
 ²²Haemoglobin in grams per decilitre (g/dl). Among children, prevalence is adjusted for altitude. Among adults, prevalence is adjusted for altitude and for smoking status, if known. As NFHS uses the capillary blood for estimation of anaemia, the results of NFHS-5 need not be compared with other surveys using venous blood.
 ²³Random blood sugar measurement.

Sikkim - Key Indicators

| | | NFHS-5 | | NFHS-4 |
|--|--------|-----------|-------|-----------|
| Indicators | | (2019-20) | | (2015-16) |
| Screening for Cancer among Adults (age 30-49 years) | Urban | Rural | Total | Total |
| Women | | | | |
| 111. Ever undergone a screening test for cervical cancer (%) | 0.7 | 0.5 | 0.6 | na |
| 112. Ever undergone a breast examination for breast cancer (%) | 0.0 | 0.2 | 0.1 | na |
| 113. Ever undergone an oral cavity examination for oral cancer (%) | 1.4 | 0.4 | 0.8 | na |
| Men | | | | |
| 114. Ever undergone an oral cavity examination for oral cancer (%) | (7.1) | 2.3 | 4.0 | na |
| Knowledge of HIV/AIDS among Adults (age 15-49 years) | | | | |
| 115. Women who have comprehensive knowledge ²⁴ of HIV/AIDS (%) | 34.1 | 17.2 | 23.9 | 25.5 |
| 116. Men who have comprehensive knowledge ²⁴ of HIV/AIDS (%) | 23.4 | 15.2 | 18.5 | 36.1 |
| 117. Women who know that consistent condom use can reduce the chance of getting | | | | |
| HIV/AIDS (%) | 80.1 | 67.1 | 72.2 | 62.7 |
| 118. Men who know that consistent condom use can reduce the chance of getting HIV/AIDS (%) | 80.0 | 86.2 | 83.7 | 72.9 |
| Women's Empowerment (women age 15-49 years) | | | | |
| 119. Currently married women who usually participate in three household decisions ²⁵ (%) | (80.5) | 93.9 | 89.7 | 95.3 |
| 120. Women who worked in the last 12 months and were paid in cash (%) | 38.1 | 29.3 | 32.7 | 19.9 |
| 121. Women owning a house and/or land (alone or jointly with others) (%) | 56.9 | 50.6 | 53.1 | 24.8 |
| 122. Women having a bank or savings account that they themselves use (%) | 76.0 | 76.7 | 76.4 | 63.5 |
| 123. Women having a mobile phone that they themselves use (%) | 96.9 | 83.3 | 88.6 | 79.8 |
| 124. Women age 15-24 years who use hygienic methods of protection during their menstrual period ²⁶ (%) | 87.1 | 85.7 | 86.3 | 84.6 |
| Gender Based Violence (age 18-49 years) | | | | |
| 125. Ever-married women age 18-49 years who have ever experienced spousal violence ²⁷ (%) 126. Ever-married women age 18-49 years who have experienced physical violence during any | (13.1) | 11.7 | 12.1 | 2.6 |
| pregnancy (%) | (0.4) | 2.4 | 1.9 | 0.4 |
| 127. Young women age 18-29 years who experienced sexual violence by age 18 (%) | (0.0) | 0.2 | 0.1 | 0.3 |
| Tobacco Use and Alcohol Consumption among Adults (age 15 years and above) | | | | |
| 128. Women age 15 years and above who use any kind of tobacco (%) | 7.9 | 14.1 | 11.7 | na |
| 129. Men age 15 years and above who use any kind of tobacco (%) | 38.0 | 43.3 | 41.3 | na |
| 130. Women age 15 years and above who consume alcohol (%) | 12.7 | 18.4 | 16.2 | na |
| 131. Men age 15 years and above who consume alcohol (%) | 37.6 | 41.1 | 39.8 | na |

²⁴Comprehensive knowledge means knowing that consistent use of condoms every time they have sex and having just one uninfected faithful sex partner can reduce the chance of getting HIV/AIDS, knowing that a healthy-looking person can have HIV/AIDS, and rejecting two common misconceptions about transmission or prevention of HIV/AIDS.
 ²⁵Decisions about health care for herself, making major household purchases, and visits to her family or relatives.
 ²⁶Locally prepared napkins, sanitary napkins, tampons, and menstrual cups are considered to be hygienic methods of protection.
 ²⁷Spousal violence is defined as physical and/or sexual violence.



Ministry of Health and Family Welfare

NATIONAL FAMILY HEALTH SURVEY - 5

2019-20

DISTRICT FACT SHEET

EAST DISTRICT SIKKIM



Introduction

The National Family Health Survey 2019-20 (NFHS-5), the fifth in the NFHS series, provides information on population, health, and nutrition for India and each state/union territory (UT). Like NFHS-4, NFHS-5 also provides district-level estimates for many important indicators.

The contents of NFHS-5 are similar to NFHS-4 to allow comparisons over time. However, NFHS-5 includes some new topics, such as preschool education, disability, access to a toilet facility, death registration, bathing practices during menstruation, and methods and reasons for abortion. The scope of clinical, anthropometric, and biochemical testing (CAB) has also been expanded to include measurement of waist and hip circumferences, and the age range for the measurement of blood pressure and blood glucose has been expanded. However, HIV testing has been dropped. The NFHS-5 sample has been designed to provide national, state/union territory (UT), and district level estimates of various indicators covered in the survey. However, estimates of indicators of sexual behaviour; husband's background and woman's work; HIV/AIDS knowledge, attitudes and behaviour; and domestic violence are available only at the state/union territory (UT) and national level.

As in the earlier rounds, the Ministry of Health and Family Welfare, Government of India, designated the International Institute for Population Sciences, Mumbai, as the nodal agency to conduct NFHS-5. The main objective of each successive round of the NFHS has been to provide high-quality data on health and family welfare and emerging issues in this area. NFHS-5 data will be useful in setting benchmarks and examining the progress the health sector has made over time. Besides providing evidence for the effectiveness of ongoing programmes, the data from NFHS-5 help in identifying the need for new programmes with an area specific focus and identifying groups that are most in need of essential services.

Four Survey Schedules - Household, Woman's, Man's, and Biomarker - were canvassed in local languages using Computer Assisted Personal Interviewing (CAPI). In the Household Schedule, information was collected on all usual members of the household and visitors who stayed in the household the previous night. as well as socio-economic characteristics of the household; water, sanitation, and hygiene; health insurance coverage; disabilities; land ownership; number of deaths in the household in the three years preceding the survey; and the ownership and use of mosquito nets. The Woman's Schedule covered a wide variety of topics, including the woman's characteristics, marriage, fertility, contraception, children's immunizations and healthcare, nutrition, reproductive health, sexual behaviour, HIV/AIDS, women's empowerment, and domestic violence. The Man's Schedule covered the man's characteristics, marriage, his number of children. contraception, fertility preferences, nutrition, sexual behaviour, health issues, attitudes towards gender roles, and HIV/AIDS. The Biomarker Schedule covered measurements of height, weight, and haemoglobin levels for children; measurements of height, weight, waist and hip circumference, and haemoglobin levels for women age 15-49 years and men age 15-54 years; and blood pressure and random blood glucose levels for women and men age 15 years and over. In addition, women and men were requested to provide a few additional drops of blood from a finger prick for laboratory testing for HbA1c, malaria parasites, and Vitamin D3.

Readers should be cautious while interpreting and comparing the trends as some States/UTs may have smaller sample size. Moreover, at the time of survey, Ayushman Bharat AB-PMJAY and Pradhan Mantri Surakshit Matritva Abhiyan (PMSMA) were not fully rolled out and hence, their coverage may not have been factored in the results of indicator 12 (percentage of households with any usual member covered under a health insurance/financing scheme) and indicator 33 (percentage of mothers who received 4 or more antenatal care check-ups).

This fact sheet provides information on key indicators and trends for East District. NFHS-5 fieldwork for Sikkim was conducted from 1 August, 2019 to 28 December, 2019 Karvy Data Management Services Ltd. In East District, information was gathered from 848 households, 724 women, and 93 men.

East District, Sikkim - Key Indicators

| Indicators | NFHS-5 (2019-20) | NFHS-4 (2015-16) |
|---|---------------------|---------------------|
| Population and Household Profile | Total | Total |
| 1. Female population age 6 years and above who ever attended school (%) | 86.4 | 80.3 |
| 2. Population below age 15 years (%) | 19.3 | 23.0 |
| 3. Sex ratio of the total population (females per 1,000 males) | 1,008 | 957 |
| 4. Sex ratio at birth for children born in the last five years (females per 1,000 males) | 1,000 | 709 |
| 5. Children under age 5 years whose birth was registered with the civil authority (%) | 95.9 | 97.8 |
| 6. Deaths in the last 3 years registered with the civil authority (%) | 68.4 | na |
| 7. Population living in households with electricity (%) | 99.4 | 99.0 |
| 8. Population living in households with an improved drinking-water source ¹ (%) | 93.6 | 98.3 |
| 9. Population living in households that use an improved sanitation facility ² (%) | 85.0 | 85.2 |
| 10. Households using clean fuel for cooking ³ (%) | 87.6 | 70.7 |
| 11. Households using iodized salt (%) | 97.7 | 99.7 |
| 12. Households with any usual member covered under a health insurance/financing scheme (%) | 29.9 | 26.6 |
| 13. Children age 5 years who attended pre-primary school during the school year 2019-20 (%) | (47.4) | na |
| Characteristics of Women (age 15-49 years) | | |
| 14. Women who are literate ⁴ (%) | 90.1 | na |
| 15. Women with 10 or more years of schooling (%) | 53.2 | 43.4 |
| Marriage and Fertility | | |
| 16. Women age 20-24 years married before age 18 years (%) | 9.4 | 15.8 |
| 17. Births in the 5 years preceding the survey that are third or higher order (%) | 0.0 | 0.0 |
| 18. Women age 15-19 years who were already mothers or pregnant at the time of the survey (%) | 1.7 | 3.8 |
| 19. Women age 15-24 years who use hygienic methods of protection during their menstrual period ⁵ (%) | 84.8 | 91.0 |
| Current Use of Family Planning Methods (currently married women age 15–49 years) | | |
| 20. Any method ⁶ (%) | 54.3 | 32.1 |
| 21. Any modern method ⁶ (%) | 42.8 | 32.1 |
| 22. Female sterilization (%) | 14.7 | 12.7 |
| 23. Male sterilization (%) | 0.8 | 0.8 |
| 24. IUD/PPIUD (%) | 3.9 | 3.7 |
| 25. Pill (%) | 11.6 | 8.4 |
| 26. Condom (%) | 9.1 | 4.5 |
| 27. Injectables (%) | 1.6 | 2.1 |
| Unmet Need for Family Planning (currently married women age 15–49 years) | | |
| 28. Total unmet need ⁷ (%) | 17.7 | 26.1 |
| 29. Unmet need for spacing ⁷ (%) | 7.2 | 10.4 |
| Quality of Family Planning Services | | |
| 30. Health worker ever talked to female non-users about family planning (%) | 17.0 | 20.0 |
| 31. Current users ever told about side effects of current method ⁸ (%) | 52.9 | 38.7 |

Note: Major indicators are highlighted in grey.

LHV = Lady health visitor, ANM = Auxiliary nurse midwife

na = Not available

() Based on 25-49 unweighted cases * Percentage not shown; based on fewer than 25 unweighted cases

¹Piped water into dwelling/yard/plot, piped to neighbour, public tap/standpipe, tube well or borehole, protected dug well, protected spring, rainwater, tanker truck, cart with

small tank, bottled water, community RO plant. ²Flush to piped sewer system, flush to septic tank, flush to pit latrine, flush to don't know where, ventilated improved pit (VIP)/biogas latrine, pit latrine with slab, twin ³Electricity, LPG/natural gas, biogas.

⁴Refers to women who completed standard 9 or higher and women who can read a whole sentence or part of a sentence.

⁵Locally prepared napkins, sanitary napkins, tampons, and menstrual cups are considered to be hygienic methods of protection.

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 to fecund women who are not using contraception but who wish to postpone the next birth (spacing) or stop childbearing altogether (limiting). Specifically, women are considered to have unmet need for spacing if they are:

At risk of becoming pregnant, not using contraception, and either do not want to become pregnant within the next two years, or are unsure if or when they want to become pregnant.

· Pregnant with a mistimed pregnancy.

· Postpartum amenorrhoeic for up to two years following a mistimed birth and not using contraception.

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

· At risk of becoming pregnant, not using contraception, and want no (more) children.

Pregnant with an unwanted pregnancy.

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

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

⁸Based on current users of female sterilization, IUD/PPIUD, injectables, and pills who started using that method in the past 5 years.

East District, Sikkim - Key Indicators

| Indicators | NFHS-5 (2019-20) | NFHS-4 (2015-16) |
|--|---------------------|---------------------|
| Maternal and Child Health | Total | Total |
| Maternity Care (for last birth in the 5 years before the survey) | | |
| 32. Mothers who had an antenatal check-up in the first trimester (%) | 53.4 | 69.1 |
| 33. Mothers who had at least 4 antenatal care visits (%) | 43.8 | 67.4 |
| 34. Mothers whose last birth was protected against neonatal tetanus ⁹ (%) | 90.3 | 95.9 |
| 35. Mothers who consumed iron folic acid for 100 days or more when they were pregnant (%) | 48.3 | 42.4 |
| 36. Mothers who consumed iron folic acid for 180 days or more when they were pregnant (%) | 27.6 | 14.3 |
| 37. Registered pregnancies for which the mother received a Mother and Child Protection (MCP) card (%) | 91.9 | 99.1 |
| 38. Mothers who received postnatal care from a doctor/nurse/LHV/ANM/midwife/other health personnel within 2 | <u></u> | |
| days of delivery (%) | 65.8 | 70.2 |
| 39. Average out-of-pocket expenditure per delivery in a public health facility (Rs.) | 8,471 | 4,947 |
| 40. Children born at home who were taken to a health facility for a check-up within 24 hours of birth (%) | ^ | (0.0) |
| 41. Children who received postnatal care from a doctor/nurse/LHV/ANM/midwife/other health personnel within 2 days of delivery (%) | 59.2 | na |
| Delivery Care (for births in the 5 years before the survey) | 00.2 | na |
| 42. Institutional births (%) | 91.8 | 93.3 |
| 43. Institutional births in public facility (%) | 70.4 | 74.7 |
| 44. Home births that were conducted by skilled health personnel ¹⁰ (%) | 3.9 | 3.2 |
| 45. Births attended by skilled health personnel ¹⁰ (%) | 94.2 | 96.5 |
| 46. Births delivered by caesarean section (%) | 36.9 | 27.0 |
| 47. Births in a private health facility that were delivered by caesarean section (%) | (52.0) | 47.8 |
| 48. Births in a public health facility that were delivered by caesarean section (%) | 36.6 | 24.2 |
| Child Vaccinations and Vitamin A Supplementation | | |
| 49. Children age 12-23 months fully vaccinated based on information from either vaccination card or mother's recall ¹¹ (%) | * | 79.2 |
| 50. Children age 12-23 months fully vaccinated based on information from vaccination card only ¹² (%) | * | 93.6 |
| 51. Children age 12-23 months who have received BCG (%) | * | 98.9 |
| 52. Children age 12-23 months who have received 3 doses of polio vaccine ¹³ (%) | * | 87.0 |
| 53. Children age 12-23 months who have received 3 doses of penta or DPT vaccine (%) | * | 89.6 |
| 54. Children age 12-23 months who have received the first dose of measles-containing vaccine (MCV) (%) | * | 90.3 |
| 55. Children age 24-35 months who have received a second dose of measles-containing vaccine (MCV) (%) | * | na |
| 56. Children age 12-23 months who have received 3 doses of rotavirus vaccine ¹⁴ (%) | * | na |
| 57. Children age 12-23 months who have received 3 doses of penta or hepatitis B vaccine (%) | * | 79.8 |
| 58. Children age 9-35 months who received a vitamin A dose in the last 6 months (%) | 91.2 | 88.5 |
| 59. Children age 12-23 months who received most of their vaccinations in a public health facility (%) | * | 89.7 |
| 60. Children age 12-23 months who received most of their vaccinations in a private health facility (%) | * | 10.3 |
| Treatment of Childhood Diseases (children under age 5 years) | | |
| 61. Prevalence of diarrhoea in the 2 weeks preceding the survey (%) | 6.5 | 2.7 |
| 62. Children with diarrhoea in the 2 weeks preceding the survey who received oral rehydration salts (ORS) (%) | * | * |
| 63. Children with diarrhoea in the 2 weeks preceding the survey who received zinc (%) | * | * |
| 64. Children with diarrhoea in the 2 weeks preceding the survey taken to a health facility or health provider (%) | * | * |
| 65. Prevalence of symptoms of acute respiratory infection (ARI) in the 2 weeks preceding the survey (%) | 0.5 | 0.3 |
| 66. Children with fever or symptoms of ARI in the 2 weeks preceding the survey taken to a health facility or health provider (%) | (63.4) | (63.4) |

⁹Includes mothers with two injections during the pregnancy for their last birth, or two or more injections (the last within 3 years of the last live birth), or three or more injections (the last within 5 years of the last birth), or four or more injections (the last within 10 years of the last live birth), or five or more injections at any time prior to the

Injections (the last within 5 years of the last birth), or four or more injections (the last within 10 years of the last live birth), or five or more injections at any time prior to the last birth. ¹⁰Doctor/nurse/LHV/ANM/midwife/other health personnel. ¹¹Vaccinated with BCG, measles-containing vaccine (MCV)/MR/MMR/Measles, and 3 doses each of polio (excluding polio vaccine given at birth) and DPT or penta vaccine. ¹²Among children whose vaccination card was shown to the interviewer, percentage vaccinated with BCG, measles-containing vaccine (MCV)/MR/MMR/Measles, and 3 doses each of polio (excluding polio vaccine given at birth) and DPT or penta vaccine. ¹³Not including polio vaccination given at birth. ¹⁴Since rotavirus is not being provided across all states and districts, the levels should not be compared.

East District, Sikkim - Key Indicators

| Child Feeding Practices and Nutritional Status of Children Total Total 67. Children under age 3 years breastfed within one hour of birth '\$%) 27.1 61.3 68. Children under age 6.9 months exclusively breastfed '\$ (%) . (88.4) 69. Children under age 6.9 months receiving an adequate diet ^{15, 17} (%) . (88.4) 70. Freastfeeding children age 6.23 months receiving an adequate diet ^{15, 17} (%) . . 71. Non-breastfeeding children age 6.23 months receiving an adequate diet ^{15, 17} (%) . . 72. Total children under 5 years who are swated (weight-for-height) ¹⁶ (%) . . . 72. Children under 5 years who are swated (weight-for-height) ¹⁶ (%) 70. Children under 5 years who are swerely wasted (weight-for-height) ¹⁶ (%) 71. Other under 5 years who are anemeric (CHI 0 scipht) ²⁶ (%) 72. Women whose Body Mass Inder, (BMI) is below normal (BMI <18.5 kg/m ²) ²¹ (%) 80. Women who nave high risk weist-to-height) ¹⁶ (%) <th>Indicators</th> <th>NFHS-5 (2019-20)</th> <th>NFHS-4 (2015-16)</th> | Indicators | NFHS-5 (2019-20) | NFHS-4 (2015-16) |
|---|---|---------------------|---------------------|
| 67 Children under age 3 years breastifed ¹⁶ (%) 27.1 61.3 88 Children under age 6 months receiving old or semi-sold food and breastmilk ¹⁶ (%) (21.8) 26.0 9.0 Children age 6-23 months receiving an adequate diet ^{16, 17} (%) (21.8) 26.0 10. Non-breastfeeding children age 6-23 months receiving an adequate diet ^{16, 17} (%) (25.2) 26.0 7.1 Ortal children age 6-23 months receiving an adequate diet ^{16, 17} (%) (25.2) 26.0 7.2 Total children age 6-23 months receiving an adequate diet ^{16, 17} (%) 17.8 24.0 7.2 Children under 5 years who are wasted (weight-for-height) ¹⁹ (%) 13.0 11.2 7.5 Children under 5 years who are underweight (weight-for-height) ¹⁹ (%) 7.7 7.9 7.0 Women who are overweight (Weight-for-height) ¹⁹ (%) 7.7 7.9 7.0 Women who are overweight (Weight-for-height) ¹⁹ (%) 7.7 7.9 7.0 Women who are overweight (Weight-for-height) ¹⁹ (%) 8.2 30.8 8.0 Women who are overweight (Weight-for-height) ¹⁹ (%) 7.7 7.9 7.0 Women who are overweight (Weight-for-height) ¹⁹ (%) 7.7 7.9 8.0 <td>Child Feeding Practices and Nutritional Status of Children</td> <td>Total</td> <td>Total</td> | Child Feeding Practices and Nutritional Status of Children | Total | Total |
| 68. Children under age 6.7 months exclusively breastfed ¹⁶ (%) 60.2 69. Children age 6.3 months receiving an adequate diet ^{16, 17} (%) (21.8) 70. Breastfeeding children age 6.23 months receiving an adequate diet ^{16, 17} (%) (22.8) 71. Non-breastfeeding children age 6.23 months receiving an adequate diet ^{16, 17} (%) (25.2) 72. Total children under 5 years who are swated (weight-for-height) ¹⁷ (%) (25.2) 73. Children under 5 years who are swated (weight-for-height) ¹⁷ (%) 5.6 74. Children under 5 years who are swated (weight-for-height) ¹⁷ (%) 5.6 75. Children under 5 years who are underweight (weight-for-height) ¹⁷ (%) 13.0 76. Children under 5 years who are underweight (weight-for-height) ¹⁷ (%) 38.2 70. Women whose Body Mass Index (BMI is below normal (BMI <18.5 kg/m ²) ²¹ (%) 7.7 73. Women whose Body Mass Index (BMI is below normal (BMI <18.5 kg/m ²) ²¹ (%) 38.2 80. Women who are noderweight or obese (BMI 22.5 0 kg/m ²) ²¹ (%) 48.8 80. Women who are noderweight or obese (BMI 22.5 0 kg/m ²) ²¹ (%) 48.8 81. Children under 5 years who are anaemic (<11.0 g/dl) ²² (%) 48.8 82. Non-pregnant women age 15-49 years who are anaemic (<12.0 g/dl) ²² (%) 48.8 83. Aregenant women age 15-49 years who are anaemic ²⁴ (%) 44.6 | - | | |
| 69. Children age 6-3 months receiving an adequate diet ^{16, 17} (%) * (58.4) 7.0 Breastfeeding children age 6-23 months receiving an adequate diet ^{16, 17} (%) (21.8) 26.0 7.1 Non-breastfeeding children age 6-23 months receiving an adequate diet ^{16, 17} (%) (25.2) 26.0 7.3 Children under 5 years who are stunted (height-for-aging) ¹⁶ (%) 17.8 24.0 7.3 Children under 5 years who are sourcel (height-for-aging) ¹⁶ (%) 17.8 24.0 7.5 Children under 5 years who are overweight (weight-for-height) ¹⁹ (%) 5.6 5.2 7.6 Children under 5 years who are overweight (weight-for-height) ²⁰ (%) 6.5 6.2 7.7 Children under 5 years who are overweight (weight-for-height) ²⁰ (%) 6.5 6.2 7.8 Women who are overweight (weight-for-height) ²⁰ (%) 6.5 6.2 7.9 Women who are overweight (weight-for-height) ²⁰ (%) 3.8 3.0 8.0 Women who are overweight (weight-for-height) ²⁰ (%) 3.8 3.4 8.1 Children age 6-59 months who are anaemic (51.0 g/d) ²⁷ (%) 3.8 3.4 8.1 Children age 6-59 months who are anaemic (51.0 g/d) ²⁷ (%) 4.8 4.9.7 8.2 North Sugar level - high (141-160 mg/d) ²⁷ (%) 4.8 4.9.7 <td></td> <td>*</td> <td></td> | | * | |
| 70. Breastleeding children age 6-23 months receiving an adequate diet ^{16, 17} (%) (21.8) 26.0 71. Non-breastleeding children age 6-23 months receiving an adequate diet ^{16, 17} (%) (25.2) 26.0 72. Total children age 6-23 months receiving an adequate diet ^{16, 17} (%) (25.2) 26.0 73. Children under Syears who are susted (height-for-height) ¹⁸ (%) 17.8 24.0 74. Children under Syears who are severely wasted (weight-for-height) ¹⁶ (%) 13.0 11.2 76. Children under Syears who are overweight (weight-for-height) ²⁶ (%) 6.5 6.2 Nutritional Status of Women (age 15-49 years) 7.7 7.9 78. Women who are overweight (weight-for-height) ²⁰ (%) 7.7 7.9 79. Women who are overweight or obses (BM 225.0 kg/m ² / ²¹ (%) 7.7 7.9 70. Women who are overweight or obses (BM 225.0 kg/m ² / ²¹ (%) 7.7 7.9 70. Understand women age 15-49 years who are anaemic (<11.0 g/dl) ¹² (%) 49.8 49.7 80. Women who are overweight who are anaemic (<11.0 g/dl) ²² (%) 43.3 34.4 81. Children unge 15-49 years who are anaemic ²² (%) 43.3 34.4 83. Blood sugar level - high (141-160 mg/dl) ²² (%) 7.4 na 84. All women age 15-49 years who are anaemi | o i i i i | * | |
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| 99. Ever undergone a breast examination for breast cancer (%)0.0na100. Ever undergone an oral cavity examination for oral cancer (%)1.2na | | | |
| 100. Ever undergone an oral cavity examination for oral cancer (%)1.2na | | | na |
| 5 7 1 | | | na |
| Tobacco Use and Alcohol Consumption among Adults (age 15 years and above) | | 1.2 | na |
| | Tobacco Use and Alcohol Consumption among Adults (age 15 years and above) | | |
| 101. Women age 15 years and above who use any kind of tobacco (%) 11.2 na | 101. Women age 15 years and above who use any kind of tobacco (%) | 11.2 | na |
| 102. Men age 15 years and above who use any kind of tobacco (%)37.9na | 102. Men age 15 years and above who use any kind of tobacco (%) | 37.9 | na |
| 103. Women age 15 years and above who consume alcohol (%) 14.5 na | | 14.5 | na |
| | 104. Men age 15 years and above who consume alcohol (%) | 35.9 | na |
| 104 Map are 15 years and above whe experime clearbol $(0/)$ | 104. Men age 15 years and above who consume alconol (%) | 35.9 | na |

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

¹⁶Based on the youngest 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 with the survey of the survey of the survey. milk products food group).

¹⁸Below -2 standard deviations, based on the WHO standard.

¹⁹Below -3 standard deviations, based on the WHO standard.

¹³Below -3 standard deviations, based on the WHO standard.
 ²⁰Above +2 standard deviations, based on the WHO standard.
 ²¹Excludes pregnant women and women with a birth in the preceding 2 months.
 ²²Haemoglobin in grams per decilitre (g/dl). Among children, prevalence is adjusted for altitude. Among women, prevalence is adjusted for altitude and for smoking status, if known. As NFHS uses the capillary blood for estimation of anaemia, the results of NFHS-5 need not be compared with other surveys using venous blood.
 ²³Random blood sugar measurement.

NOTES

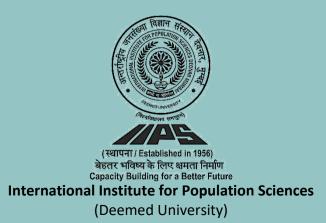


Ministry of Health and Family Welfare

NATIONAL FAMILY HEALTH SURVEY - 5

2019-20

DISTRICT FACT SHEET NORTH DISTRICT SIKKIM



Introduction

The National Family Health Survey 2019-20 (NFHS-5), the fifth in the NFHS series, provides information on population, health, and nutrition for India and each state/union territory (UT). Like NFHS-4, NFHS-5 also provides district-level estimates for many important indicators.

The contents of NFHS-5 are similar to NFHS-4 to allow comparisons over time. However, NFHS-5 includes some new topics, such as preschool education, disability, access to a toilet facility, death registration, bathing practices during menstruation, and methods and reasons for abortion. The scope of clinical, anthropometric, and biochemical testing (CAB) has also been expanded to include measurement of waist and hip circumferences, and the age range for the measurement of blood pressure and blood glucose has been expanded. However, HIV testing has been dropped. The NFHS-5 sample has been designed to provide national, state/union territory (UT), and district level estimates of various indicators covered in the survey. However, estimates of indicators of sexual behaviour; husband's background and woman's work; HIV/AIDS knowledge, attitudes and behaviour; and domestic violence are available only at the state/union territory (UT) and national level.

As in the earlier rounds, the Ministry of Health and Family Welfare, Government of India, designated the International Institute for Population Sciences, Mumbai, as the nodal agency to conduct NFHS-5. The main objective of each successive round of the NFHS has been to provide high-quality data on health and family welfare and emerging issues in this area. NFHS-5 data will be useful in setting benchmarks and examining the progress the health sector has made over time. Besides providing evidence for the effectiveness of ongoing programmes, the data from NFHS-5 help in identifying the need for new programmes with an area specific focus and identifying groups that are most in need of essential services.

Four Survey Schedules - Household, Woman's, Man's, and Biomarker - were canvassed in local languages using Computer Assisted Personal Interviewing (CAPI). In the Household Schedule, information was collected on all usual members of the household and visitors who stayed in the household the previous night. as well as socio-economic characteristics of the household; water, sanitation, and hygiene; health insurance coverage; disabilities; land ownership; number of deaths in the household in the three years preceding the survey; and the ownership and use of mosquito nets. The Woman's Schedule covered a wide variety of topics, including the woman's characteristics, marriage, fertility, contraception, children's immunizations and healthcare, nutrition, reproductive health, sexual behaviour, HIV/AIDS, women's empowerment, and domestic violence. The Man's Schedule covered the man's characteristics, marriage, his number of children. contraception, fertility preferences, nutrition, sexual behaviour, health issues, attitudes towards gender roles, and HIV/AIDS. The Biomarker Schedule covered measurements of height, weight, and haemoglobin levels for children; measurements of height, weight, waist and hip circumference, and haemoglobin levels for women age 15-49 years and men age 15-54 years; and blood pressure and random blood glucose levels for women and men age 15 years and over. In addition, women and men were requested to provide a few additional drops of blood from a finger prick for laboratory testing for HbA1c, malaria parasites, and Vitamin D3.

Readers should be cautious while interpreting and comparing the trends as some States/UTs may have smaller sample size. Moreover, at the time of survey, Ayushman Bharat AB-PMJAY and Pradhan Mantri Surakshit Matritva Abhiyan (PMSMA) were not fully rolled out and hence, their coverage may not have been factored in the results of indicator 12 (percentage of households with any usual member covered under a health insurance/financing scheme) and indicator 33 (percentage of mothers who received 4 or more antenatal care check-ups).

This fact sheet provides information on key indicators and trends for North District. NFHS-5 fieldwork for Sikkim was conducted from 1 August, 2019 to 28 December, 2019 Karvy Data Management Services Ltd. In North District, information was gathered from 882 households, 768 women, and 112 men.

North District, Sikkim - Key Indicators

| Indicators | NFHS-5 (2019-20) | NFHS-4 (2015-16) |
|---|---------------------|---------------------|
| Population and Household Profile | Total | Total |
| 1. Female population age 6 years and above who ever attended school (%) | 78.5 | 79.3 |
| 2. Population below age 15 years (%) | 21.0 | 23.4 |
| 3. Sex ratio of the total population (females per 1,000 males) | 997 | 917 |
| 4. Sex ratio at birth for children born in the last five years (females per 1,000 males) | 693 | 953 |
| 5. Children under age 5 years whose birth was registered with the civil authority (%) | 98.1 | 100.0 |
| 6. Deaths in the last 3 years registered with the civil authority (%) | 76.3 | na |
| 7. Population living in households with electricity (%) | 98.9 | 99.7 |
| 8. Population living in households with an improved drinking-water source ¹ (%) | 94.7 | 97.8 |
| 9. Population living in households that use an improved sanitation facility ² (%) | 83.8 | 90.4 |
| 10. Households using clean fuel for cooking ³ (%) | 65.9 | 48.8 |
| 11. Households using iodized salt (%) | 99.0 | 99.3 |
| 12. Households with any usual member covered under a health insurance/financing scheme (%) | 24.5 | 32.3 |
| 13. Children age 5 years who attended pre-primary school during the school year 2019-20 (%) | (24.9) | na |
| Characteristics of Women (age 15-49 years) | | |
| 14. Women who are literate ⁴ (%) | 81.4 | na |
| 15. Women with 10 or more years of schooling (%) | 37.7 | 36.6 |
| Marriage and Fertility | | |
| 16. Women age 20-24 years married before age 18 years (%) | 16.0 | 12.3 |
| 17. Births in the 5 years preceding the survey that are third or higher order (%) | 0.0 | 0.7 |
| 18. Women age 15-19 years who were already mothers or pregnant at the time of the survey (%) | 3.8 | 2.4 |
| 19. Women age 15-24 years who use hygienic methods of protection during their menstrual period ⁵ (%) | 75.3 | 85.4 |
| Current Use of Family Planning Methods (currently married women age 15–49 years) | | |
| 20. Any method ⁶ (%) | 75.7 | 50.2 |
| 21. Any modern method ⁶ (%) | 61.0 | 50.1 |
| 22. Female sterilization (%) | 19.0 | 16.1 |
| 23. Male sterilization (%) | 0.6 | 2.7 |
| 24. IUD/PPIUD (%) | 7.5 | 5.2 |
| 25. Pill (%) | 17.5 | 14.5 |
| 26. Condom (%) | 9.8 | 9.2 |
| 27. Injectables (%) | 5.4 | 2.4 |
| Unmet Need for Family Planning (currently married women age 15–49 years) | | |
| 28. Total unmet need ⁷ (%) | 12.8 | 19.6 |
| 29. Unmet need for spacing ⁷ (%) | 6.9 | 8.3 |
| Quality of Family Planning Services | | |
| 30. Health worker ever talked to female non-users about family planning (%) | 28.6 | 22.4 |
| 31. Current users ever told about side effects of current method ⁸ (%) | 50.4 | 56.6 |

Note: Major indicators are highlighted in grey.

LHV = Lady health visitor, ANM = Auxiliary nurse midwife

na = Not available

() Based on 25-49 unweighted cases * Percentage not shown; based on fewer than 25 unweighted cases

¹Piped water into dwelling/yard/plot, piped to neighbour, public tap/standpipe, tube well or borehole, protected dug well, protected spring, rainwater, tanker truck, cart with

small tank, bottled water, community RO plant. ²Flush to piped sewer system, flush to septic tank, flush to pit latrine, flush to don't know where, ventilated improved pit (VIP)/biogas latrine, pit latrine with slab, twin pit/composting toilet, which is not shared with any other household. This indicator does not denote access to toilet facility completely. ³Electricity, LPG/natural gas, biogas.

⁴Refers to women who completed standard 9 or higher and women who can read a whole sentence or part of a sentence.

⁵Locally prepared napkins, sanitary napkins, tampons, and menstrual cups are considered to be hygienic methods of protection.

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 to fecund women who are not using contraception but who wish to postpone the next birth (spacing) or stop childbearing altogether

(limiting). Specifically, women are considered to have unmet need for spacing if they are:

At risk of becoming pregnant, not using contraception, and either do not want to become pregnant within the next two years, or are unsure if or when they want to become pregnant.

· Pregnant with a mistimed pregnancy.

· Postpartum amenorrhoeic for up to two years following a mistimed birth and not using contraception.

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

· At risk of becoming pregnant, not using contraception, and want no (more) children.

Pregnant with an unwanted pregnancy.

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

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

⁸Based on current users of female sterilization, IUD/PPIUD, injectables, and pills who started using that method in the past 5 years.

North District, Sikkim - Key Indicators

| Indicators | NFHS-5 (2019-20) | NFHS-4 (2015-16) |
|--|---------------------|---------------------|
| Maternal and Child Health | Total | Total |
| Maternity Care (for last birth in the 5 years before the survey) | | |
| 32. Mothers who had an antenatal check-up in the first trimester (%) | 66.2 | 80.9 |
| 33. Mothers who had at least 4 antenatal care visits (%) | 59.4 | 73.7 |
| 34. Mothers whose last birth was protected against neonatal tetanus ⁹ (%) | 92.5 | 97.2 |
| 35. Mothers who consumed iron folic acid for 100 days or more when they were pregnant (%) | 74.0 | 70.4 |
| 36. Mothers who consumed iron folic acid for 180 days or more when they were pregnant (%) | 61.9 | 38.4 |
| 37. Registered pregnancies for which the mother received a Mother and Child Protection (MCP) card (%) | 95.5 | 100.0 |
| 38. Mothers who received postnatal care from a doctor/nurse/LHV/ANM/midwife/other health personnel within 2 | | |
| days of delivery (%) | 71.3 | 84.7 |
| 39. Average out-of-pocket expenditure per delivery in a public health facility (Rs.) | 7,390 | 3,017 |
| 40. Children born at home who were taken to a health facility for a check-up within 24 hours of birth (%) | * | * |
| 41. Children who received postnatal care from a doctor/nurse/LHV/ANM/midwife/other health personnel within 2 | 70.0 | |
| days of delivery (%) | 72.0 | na |
| Delivery Care (for births in the 5 years before the survey) | 07.2 | 01.0 |
| 42. Institutional births (%) | 97.3 | 94.9 |
| 43. Institutional births in public facility (%) | 91.1 1.5 | 91.8 2.4 |
| 44. Home births that were conducted by skilled health personnel¹⁰ (%) 45. Births attended by skilled health personnel¹⁰ (%) | 98.5 | 2.4 97.3 |
| 46. Births delivered by caesarean section (%) | 90.3 27.3 | 97.3 17.1 |
| 47. Births in a private health facility that were delivered by caesarean section (%) | × | * |
| 48. Births in a public health facility that were delivered by caesarean section (%) | 26.0 | 16.9 |
| Child Vaccinations and Vitamin A Supplementation | 20.0 | 10.5 |
| 49. Children age 12-23 months fully vaccinated based on information from either vaccination card or | | |
| mother's recall ¹¹ (%) | (90.8) | 89.9 |
| 50. Children age 12-23 months fully vaccinated based on information from vaccination card only ¹² (%) | (90.6) | (97.5) |
| 51. Children age 12-23 months who have received BCG (%) | (100.0) | 100.0 |
| 52. Children age 12-23 months who have received 3 doses of polio vaccine ¹³ (%) | (90.8) | 89.9 |
| 53. Children age 12-23 months who have received 3 doses of penta or DPT vaccine (%) | (100.0) | 98.0 |
| 54. Children age 12-23 months who have received the first dose of measles-containing vaccine (MCV) (%) | (96.9) | 100.0 |
| 55. Children age 24-35 months who have received a second dose of measles-containing vaccine (MCV) (%) | (31.1) | na |
| 56. Children age 12-23 months who have received 3 doses of rotavirus vaccine ¹⁴ (%) | (0.0) | na |
| 57. Children age 12-23 months who have received 3 doses of penta or hepatitis B vaccine (%) | (95.3) | 89.9 |
| 58. Children age 9-35 months who received a vitamin A dose in the last 6 months (%) | 90.1 | 95.2 |
| 59. Children age 12-23 months who received most of their vaccinations in a public health facility (%) | (100.0) | 96.3 |
| 60. Children age 12-23 months who received most of their vaccinations in a private health facility (%) | (0.0) | 3.7 |
| Treatment of Childhood Diseases (children under age 5 years) | | |
| 61. Prevalence of diarrhoea in the 2 weeks preceding the survey (%) | 7.2 | 2.4 |
| 62. Children with diarrhoea in the 2 weeks preceding the survey who received oral rehydration salts (ORS) (%) | * | * |
| 63. Children with diarrhoea in the 2 weeks preceding the survey who received zinc (%) | * | * |
| 64. Children with diarrhoea in the 2 weeks preceding the survey taken to a health facility or health provider (%) | * | * |
| 65. Prevalence of symptoms of acute respiratory infection (ARI) in the 2 weeks preceding the survey (%) | 0.7 | 0.9 |
| 66. Children with fever or symptoms of ARI in the 2 weeks preceding the survey taken to a health facility or health provider (%) | * | * |

⁹Includes mothers with two injections during the pregnancy for their last birth, or two or more injections (the last within 3 years of the last live birth), or three or more injections (the last within 5 years of the last birth), or four or more injections (the last within 10 years of the last live birth), or five or more injections at any time prior to the

Injections (the last within 5 years of the last birth), or four or more injections (the last within 10 years of the last live birth), or five or more injections at any time prior to the last birth. ¹⁰Doctor/nurse/LHV/ANM/midwife/other health personnel. ¹¹Vaccinated with BCG, measles-containing vaccine (MCV)/MR/MMR/Measles, and 3 doses each of polio (excluding polio vaccine given at birth) and DPT or penta vaccine. ¹²Among children whose vaccination card was shown to the interviewer, percentage vaccinated with BCG, measles-containing vaccine (MCV)/MR/MMR/Measles, and 3 doses each of polio (excluding polio vaccine given at birth) and DPT or penta vaccine. ¹³Not including polio vaccination given at birth. ¹⁴Since rotavirus is not being provided across all states and districts, the levels should not be compared.

North District, Sikkim - Key Indicators

| Child Feeding Practices and Nutritional Status of ChildrenTotalTotal67. Children under age 3 nomthe seculasively breastfied " (%)26.160.268. Children under age 6-8 months receiving a old cytering an adequate det ^{15, 17} (%)(25.3)18.271. Non-breastfied ing children age 6-3 months receiving an adequate det ^{15, 17} (%)(25.3)18.272. Total children age 6-3 months receiving an adequate det ^{15, 17} (%)25.320.073. Children under 5 years who are stured (height-fon-age) ¹⁷ (%)31.824.174. Children under 5 years who are susted (weight-fon-height) ¹⁸ (%)15.317.975. Children under 5 years who are underweight (weight-fon-height) ¹⁸ (%)15.317.976. Children under 5 years who are underweight (weight-fon-height) ²⁰ (%)14.19.277. Children under 5 years who are underweight (weight-fon-height) ²⁰ (%)34.436.879. Wornen who are overveight (weight-fon-height) ²⁰ (%)34.436.879. Wornen who are overveight veight-fon-height) ²⁰ (%)34.436.879. Wornen who are overveight veight-fon-height) ²⁰ (%)34.436.879. Wornen who are overveight veight-fon-height) ²⁰ (%)35.564.970. Wornen who are overveight veight-fon-height) ²⁰ (%)36.744.380. Blood sugar level - high risk cas 0 kgma ² (%)45.653.981. Children under 3 besa who are anaemic (<12.0 g/d) ²² (%)36.744.382. All wornen age 15-49 years who are anaemic (<12.0 g/d) ²² (%)45.653.983. All woren age 15-19 years who are anaemic (<12.0 g/d | Indicators | NFHS-5 (2019-20) | NFHS-4 (2015-16) |
|---|--|---------------------|---------------------|
| 67. Children under age Syears breastfed within one hour of birth ¹⁶ (%) 26.1 60.2 68. Children under age Snambar sceaking solid or semi-solid food and breastfiel ¹⁶ (%) . . 69. Children under age Snambar sceaking solid or semi-solid food and breastfiel ¹⁶ (%) . . 70. Brasstfeeding children age 6-23 months receiving an adequate diet ^{16, 17} (%) . . . 73. Children under 5 years who are subtred (height-for-age) ¹⁶ (%) 73. Children under 5 years who are wastel (weight-for-age) ¹⁶ (%) 75. Children under 5 years who are wastel (weight-for-age) ¹⁶ (%) 76. Children under 5 years who are underweight (weight-for-age) ¹⁶ (%) . | | <u> </u> | |
| 68. Children under äge föronthis exclusively breasthel ⁴⁴ (%) • • 69. Children age 6-23 months receiving an adequate diet ^{16, 17} (%) (25.3) 18.2 71. Non-breastfieding children age 6-23 months receiving an adequate diet ^{16, 17} (%) 25.3 20.0 73. Children under 5 years who are swated (weight-for-height) ¹⁶ (%) 4.5 19.3 75. Children under 5 years who are survely wasted (weight-for-height) ¹⁶ (%) 2.9 7.8 76. Children under 5 years who are underweight (weight-for-height) ¹⁶ (%) 14.1 9.2 76. Children under 5 years who are underweight (weight-for-height) ¹⁶ (%) 14.1 9.2 77. Children under 5 years who are overweight (weight-for-height) ¹⁶ (%) 14.1 9.2 78. Women who are overweight (weight-for-height) ¹⁶ (%) 3.4 3.6 79. Women who are overweight or cobes (ML 25.0 kg/m ²) ¹⁷ (%) 3.4 3.6 70. Women who are overweight years who are anaemic (11.0 g/dl) ²² (%) 3.5 6.4.9 80. Women who are overweight years who are anaemic (11.0 g/dl) ²² (%) 3.6 6.5.3 81. Children under 15 years who are anaemic (11.0 g/dl) ²² (%) 3.6 6.5.3 82. Non-pregnant women age 15-49 years who are anaemic (12.0 g/dl) ²² (%) | - | | |
| 69. Children age 6-3 months receiving an adequate diet ^{16, 17} (%) • • 70. Breastfeeding children age 6-23 months receiving an adequate diet ^{16, 17} (%) • • 71. Non-breastfeeding children age 6-23 months receiving an adequate diet ^{16, 17} (%) 25.3 20.00 73. Children under 5 years who are stunted (hight-for-age) ¹⁷ (%) 31.8 24.1 74. Children under 5 years who are stunted (wight-for-age) ¹⁷ (%) 4.5 19.3 75. Children under 5 years who are averely (wight-for-age) ¹⁷ (%) 4.5 19.3 76. Children under 5 years who are averely (wight-for-age) ¹⁷ (%) 4.1 9.2 77. Children under 5 years who are underweight (weight-for-age) ¹⁷ (%) 4.1 9.2 77. Children under 5 years who are anderweight (weight-for-age) ¹⁷ (%) 3.4 3.6 78. Women who are overweight weight-for age) (* (%) 3.4 3.6 79. Women who are overweight are advect (* (1.0 g/d)) ²² (%) 3.5 64.9 80. Women who are overweight are advect (* (1.0 g/d)) ²² (%) 3.6 53.9 81. Children and Women 7.0 44.3 25.5 64.9 82. Non-pregnant women age 15-49 years who are anaenic (< 1.0 g/d) ¹² (%) 6.5 7.8< | | * | * |
| 70. Breastleeding children age 6-23 months receiving an adequate diet ^{16, 17} (%) (25.3) 18.2 71. Non-breastleeding children age 6-23 months receiving an adequate diet ^{16, 17} (%) 25.3 20.0 73. Children under 5 years who are sutted (height-for-height) ¹⁶ (%) 31.8 24.1 74. Children under 5 years who are sutted (weight-for-height) ¹⁶ (%) 2.9 7.8 76. Children under 5 years who are averely weisted (weight-for-height) ¹⁶ (%) 15.3 17.9 77. Children under 5 years who are overweight (weight-for-height) ¹⁶ (%) 14.1 9.2 77. Children under 5 years who are overweight (weight-for-height) ¹⁶ (%) 34.3 36 78. Women whose Body Mass Index (BM) is below normal (BMI <18.5 kg/m ²) ²¹ (%) 34.4 36 80. Women whose Body Mass Index (BM) is below normal (BMI <18.5 kg/m ²) ²¹ (%) 53.5 64.9 80. Women whose Body Mass Index (BMI ≥25.0 kg/m ²) ²¹ (%) 53.5 64.9 81. Children and Women age 15-49 years who are anaemic (<11.0 g/d) ²² (%) 53.5 64.9 82. Non-pregnant women age 15-49 years who are anaemic ²² (%) 65.7 na 83. All women age 15-49 years who are anaemic ²² (%) 65.7 na 84. Bod Sugar Iewel - high (141-160 mg/dl) | | * | * |
| 71. Non-bransaffeding children age 6-23 months receiving an adequate diet ^{16, 17} (%) 25.3 20.00 73. Children under 5 years who are stunted (height-for-age) ¹⁶ (%) 31.8 24.1 74. Children under 5 years who are susted (weight-for-height) ¹⁶ (%) 4.5 19.3 75. Children under 5 years who are soverely weisde (weight-for-height) ¹⁶ (%) 15.3 17.9 76. Children under 5 years who are overweight (weight-for-age) ¹⁶ (%) 14.1 9.2 77. Children under 5 years who are overweight (weight-for-age) ¹⁶ (%) 3.4 3.6 76. Children under 5 years who are overweight (weight-for-age) ¹⁶ (%) 3.4 3.6 78. Women who are overweight or obese (BMI ≥25.0 kg/m ²) ²¹ (%) 3.4 3.6 79. Women who are overweight or obese (BMI ≥25.0 kg/m ²) ²¹ (%) 3.7 64.9 80. Women who have bight risk waist-to-hip ratio (20.85) (%) 3.7 64.8 81. Children age 6-59 months who are anaemic (<12.0 g/d) ²² (%) 3.6 7.4 3.8 82. Non-pregnant women age 15-49 years who are anaemic (<12.0 g/d) ²² (%) 3.6 7.4 3.8 83. Pregnant wome age 15-9 years and above) 2.6 5.3 3.9 8.6 3.6 3.4 3.6 3.4 3.6 3.8 3.6 | | (25.3) | 18.2 |
| 72. Total children age 6-23 months receiving an adequate dief. ^{17, 17} (%) 25.3 20.0 73. Children under 5 years who are stundt (height-for-height) ¹⁶ (%) 31.8 24.1 74. Children under 5 years who are wasted (weight-for-height) ¹⁶ (%) 2.9 7.8 75. Children under 5 years who are wasted (weight-for-height) ¹⁶ (%) 15.3 17.9 76. Children under 5 years who are wasted (weight-for-height) ¹⁶ (%) 14.1 9.2 77. Children under 5 years who are wasted (weight-for-height) ¹⁶ (%) 3.4 3.6 70. Women whose Body Mass Index (BMI) is below normal (BMI <18.5 kg/m ²) ²¹ (%) 3.4 3.6 79. Women whose are verveight (weight-for-height) ²⁷ (%) 3.4 3.6 79. Women who are verveight (weight-for-height) ²⁷ (%) 3.4 3.6 79. Women who are verveight are scansenic (<11.0 g/dl) ²⁷ (%) 53.5 64.9 81. Children age 6-59 months who are anaemic (<10.0 g/dl) ²⁷ (%) 36.7 44.3 82. Non-pregnant women age 15-49 years who are anaemic (<12.0 g/dl) ²⁷ (%) 45.6 53.9 Blood Sugar level - high (141-160 mg/dl) ²⁷ (%) 6.5 na 83. Blood Sugar level - high (141-160 mg/dl) ²⁷ (%) 6.5 na 84. Blood Sugar level - high or very high (>160 mg/dl) ²⁷ (%) | | (20.0) | * |
| 73 Children under 5 years who are susted (neight-for-height)*6 (%) 31.8 24.1 74 Children under 5 years who are wasted (weight-for-height)*6 (%) 4.5 19.3 75 Children under 5 years who are severely wasted (weight-for-height)*6 (%) 15.3 17.9 75 Children under 5 years who are overweight (weight-for-height)*6 (%) 14.1 9.2 78 Women whose Body Mass Index (BMI) Is below normal (BMI <18.5 kg/m² >1 (%) 3.4 3.6 78 Women whose Body Mass Index (BMI) Is below normal (BMI <18.5 kg/m² >1 (%) 3.4 3.6 79 Women whose Body Mass Index (BMI) Is below normal (BMI <18.5 kg/m² >1 (%) 3.4 3.6 79 Women who are overweight or obsee (BMI ≥2.5 0 kg/m² >1 (%) 7.0 mass 70 Mass Pregnant women age 15-49 years who are anaemic (<11.0 g/d1) ²² (%) 3.6 4.4 80 Pregnant women age 15-49 years who are anaemic (<12.0 g/d1) ²² (%) 3.6 7 4.3 81 All or mass anaemic (<11.0 g/d1) ²² (%) 3.6 5.3 6.4 9 82 Non-pregnant women age 15-49 years who are anaemic (<12.0 g/d1) ²² (%) 6.5 na 8.6 6.5 na 8.6 8.6 < | | 25.3 | 20.0 |
| 74. Children under 5 years who are wasted (weight-for-height) ¹² (%) 4.5 19.3 75. Children under 5 years who are everely wasted (weight-for-height) ¹⁰ (%) 15.3 17.9 76. Children under 5 years who are overweight (weight-for-height) ¹⁰ (%) 14.1 9.2 77. Children under 5 years who are overweight (weight-for-height) ¹⁰ (%) 14.1 9.2 77. Children under 5 years who are overweight (weight-for-height) ¹⁰ (%) 3.4 3.6 78. Women whose Body Mass Index (BMI) is below normal (BMI <18.5 kg/m ²) ¹¹ (%) 3.4 3.6 78. Women who are overweight waist-to-hip ratio (20.6%) 7.0 ma 79. Women who are overweight (weight-for-height) ¹⁰ (%) 5.5 64.9 80. Women who have high risk waist-to-hip ratio (20.6%) (%) 7.3 ma 74. Children and Women 20.0 (31.1) 84.1 25.0 (31.1) 81. Children ange 5-59 months who are anaemic (<10.0 g/dl) ¹² (%) 3.7 44.3 82. Non-pregnant women age 15-49 years who are anaemic (<10.0 g/dl) ¹² (%) 3.7 44.3 83. Blood sugar level - high (141-160 mg/dl) ²¹ (%) 4.5 5.19 84. Blood sugar level - high (141-160 mg/dl) ²¹ (%) 4.5 na 84. Blood sugar level - high or very high (>140 mg/dl) or taking med | | | |
| 75. Children under 5 years who are severely wasted (weight-for-aeg) ¹⁶ (%) 2.9 7.8 76. Children under 5 years who are overweight (weight-for-aeg) ¹⁶ (%) 16.3 17.9 77. Children under 5 years who are overweight (weight-for-aeg) ¹⁶ (%) 3.4 3.5 78. Women whose Body Mass Index (BMI) Is below normal (BMI r18.5 kg/m²) ²¹ (%) 3.4 2.5.3 80. Women who have high risk waist-to-hig ratio (20.85) (%) 7.0 na 80. Women who have high risk waist-to-high was der anaemic (r1.0 g/d) ²² (%) 37.0 44.1 80. Women was age 15-49 years who are anaemic (r1.0 g/d) ²² (%) 37.0 44.8 81. Children ang 15-49 years who are anaemic (r1.0 g/d) ²² (%) 36.7 44.3 82. Non-regreat who are anaemic? (%) 36.7 44.3 83. Pregnant women age 15-49 years who are anaemic? (%) 36.7 44.3 84. All women age 15-49 years who are anaemic? (%) 45.6 53.9 Blood Sugar Level among Adutts (gae 15 sears and above) 45.6 53.9 80. Blood sugar level - high (r141-160 mg/dl) ²³ (%) 4.5 na 80. Blood sugar level - high (r141-160 mg/dl) ²⁵ (%) 8.4 na 90. Blood sugar level - high (r140 mg/dl) or taking medicine to control blood sugar level ²⁶ (%) 11.6 </td <td></td> <td></td> <td></td> | | | |
| 76 Children under 5 years who are underweight (weight-for-height) ²⁰ (%) 15.3 17.9 77. Children under 5 years who are underweight (weight-for-height) ²⁰ (%) 14.1 9.2 78. Women whose Body Mass Index (BMI) is below normal (BMI <18.5 kg/m ²) ²¹ (%) 3.4 3.6 79. Women who are overweight or obsec (BMI ≥2.5 kg/m ²) ²¹ (%) 41.1 25.3 80. Women who are overweight or obsec (BMI ≥2.5 kg/m ²) ²¹ (%) 53.5 64.9 81. Children age 6-59 months who are anaemic (<11.0 g/dl) ²² (%) 53.5 64.9 82. Non-pregnant women age 15.49 years who are anaemic (<11.0 g/dl) ²² (%) 36.7 44.3 83. Pregnant women age 15.49 years who are anaemic (<11.0 g/dl) ²² (%) 36.7 44.3 85. All women age 15.19 years who are anaemic ²² (%) 6.5 na 86. Blood sugar level - high (141-160 mg/dl) ²³ (%) 6.5 na 80. Blood sugar level - high (141-160 mg/dl) ²³ (%) 6.5 na 81. Blood sugar level - high (141-160 mg/dl) ²³ (%) 6.5 na 80. Blood sugar level - high (141-160 mg/dl) ²³ (%) 6.5 na 81. Blood sugar level - high (141-160 mg/dl) ²³ (%) 6.5 na 81. Blood sugar level - high or very high (>140 mg/dl) or taking medicine to control blood | | | |
| 17. Children under 5 years who are overweight (weight-for-height) ²⁰ (%) 14.1 9.2 Nutritional Status of Women (age 15-49 years) 3.4 3.6 78. Women who are overweight or obese (BMI ≥25.0 kg/m²) ²¹ (%) 3.4 3.6 30. Women who have high risk waist-to-high ratio (≥0.35) (%) 73.0 na Anaemia among Children and Women 53.5 64.9 20. Non-pregnant women age 15-49 years who are anaemic (<11.0 g/dl) ²² (%) 37.0 44.8 32. Non-pregnant women age 15-49 years who are anaemic (<12.0 g/dl) ²² (%) 36.7 44.3 35. All women age 15-49 years who are anaemic ²² (%) 45.6 53.9 Blood Sugar Level among Adults (age 15 years and above) 45.6 53.9 Blood sugar level - high (141-160 mg/dl) ²³ (%) 6.5 na 8. Blood sugar level - wry high (>160 mg/dl) ²³ (%) 8.4 na 9. Blood sugar level - wry high (>140 mg/dl) or taking medicine to control blood sugar level ⁶³ (%) 16.0 na 9. Blood sugar level - wry high (>140 mg/dl) or taking medicine to control blood sugar level ⁶⁴ (%) 16.0 na 9. Blood sugar level - wry high (>140 mg/dl) ²³ (%) 8.4 na 16.0 na < | | | |
| Nutritional Status of Women (age 15-49 years)78. Women whose Body Mass Index (BMI) is below normal (BMI <18.5 kg/m ²) ²¹ (%)3.43.679. Women who are overweight or obses (BMI >25.0 kg/m ²) ²¹ (%)4.125.380. Women who have high risk waist-to-hip ratio (≥0.85) (%)73.0naAnaemia among Children and Women81. Children age 6-59 months who are anaemic (<11.0 g/dl) ²² (%)53.564.982. Non-pregnant women age 15-49 years who are anaemic (<12.0 g/dl) ²² (%)37.044.883. Pregnant women age 15-49 years who are anaemic (<10.0 g/dl) ²² (%)36.744.384. All women age 15-49 years who are anaemic (<10.0 g/dl) ²² (%)36.744.385. All women age 15-49 years who are anaemic ²² (%)36.744.380. Blood sugar level - high (141-160 mg/dl) ²² (%)6.5na86. Blood sugar level - high (141-160 mg/dl) ²² (%)4.7na88. Blood sugar level - high (141-160 mg/dl) ²² (%)4.7na89. Blood sugar level - high (141-160 mg/dl) ²³ (%)4.4na90. Blood sugar level - high (141-160 mg/dl) ²³ (%)6.5na91. Blood sugar level - high (141-160 mg/dl) ²³ (%)11.6na91. Blood sugar level - high (141-160 mg/dl) ²³ (%)6.5na91. Blood sugar level - high (141-160 mg/dl) ²³ (%)13.1na92. Mildy elevated blood pressure (Systolic 140-159 mm of Hg and/or Diastolic 90-99 mm of Hg) (%)13.1na93. Moderately or severely elevated blood pressure (Systolic 2160mm of Hg and/or Diastolic 2100mm of Hg) (%)19.5 <td></td> <td></td> <td></td> | | | |
| 78. Women whose Body Mass Index (BMI) is below normal (BMI <18.5 kg/m²)²1 (%)3.43.679. Women who are overweight or obese (BMI ≥25.0 kg/m²)²1 (%)73.0naAnaemia among Children and Women | | 17.1 | 0.2 |
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| 99. Ever undergone a breast examination for breast cancer (%)0.4na100. Ever undergone an oral cavity examination for oral cancer (%)0.0naTobacco Use and Alcohol Consumption among Adults (age 15 years and above)101. Women age 15 years and above who use any kind of tobacco (%)9.9na102. Men age 15 years and above who use any kind of tobacco (%)35.4na103. Women age 15 years and above who consume alcohol (%)22.7na | Screening for Cancer among Women (age 30-49 years) | | |
| 100. Ever undergone an oral cavity examination for oral cancer (%)0.0naTobacco Use and Alcohol Consumption among Adults (age 15 years and above)101. Women age 15 years and above who use any kind of tobacco (%)9.9na102. Men age 15 years and above who use any kind of tobacco (%)35.4na103. Women age 15 years and above who consume alcohol (%)22.7na | 98. Ever undergone a screening test for cervical cancer (%) | 1.2 | na |
| Tobacco Use and Alcohol Consumption among Adults (age 15 years and above)101. Women age 15 years and above who use any kind of tobacco (%)9.9na102. Men age 15 years and above who use any kind of tobacco (%)35.4na103. Women age 15 years and above who consume alcohol (%)22.7na | 99. Ever undergone a breast examination for breast cancer (%) | 0.4 | na |
| 101. Women age 15 years and above who use any kind of tobacco (%)9.9na102. Men age 15 years and above who use any kind of tobacco (%)35.4na103. Women age 15 years and above who consume alcohol (%)22.7na | 100. Ever undergone an oral cavity examination for oral cancer (%) | 0.0 | na |
| 102. Men age 15 years and above who use any kind of tobacco (%)35.4na103. Women age 15 years and above who consume alcohol (%)22.7na | Tobacco Use and Alcohol Consumption among Adults (age 15 years and above) | | |
| 102. Men age 15 years and above who use any kind of tobacco (%)35.4na103. Women age 15 years and above who consume alcohol (%)22.7na | 101. Women age 15 years and above who use any kind of tobacco (%) | 9.9 | na |
| 103. Women age 15 years and above who consume alcohol (%)22.7na | | 35.4 | na |
| 5 5 | | | na |
| | 104. Men age 15 years and above who consume alcohol (%) | | na |

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

¹⁶Based on the youngest 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 with the survey of the survey of the survey. milk products food group).

¹⁸Below -2 standard deviations, based on the WHO standard.

¹⁹Below -3 standard deviations, based on the WHO standard.

¹³Below -3 standard deviations, based on the WHO standard.
 ²⁰Above +2 standard deviations, based on the WHO standard.
 ²¹Excludes pregnant women and women with a birth in the preceding 2 months.
 ²²Haemoglobin in grams per decilitre (g/dl). Among children, prevalence is adjusted for altitude. Among women, prevalence is adjusted for altitude and for smoking status, if known. As NFHS uses the capillary blood for estimation of anaemia, the results of NFHS-5 need not be compared with other surveys using venous blood.
 ²³Random blood sugar measurement.

NOTES



Ministry of Health and Family Welfare

NATIONAL FAMILY HEALTH SURVEY - 5

2019-20

DISTRICT FACT SHEET SOUTH DISTRICT SIKKIM



Introduction

The National Family Health Survey 2019-20 (NFHS-5), the fifth in the NFHS series, provides information on population, health, and nutrition for India and each state/union territory (UT). Like NFHS-4, NFHS-5 also provides district-level estimates for many important indicators.

The contents of NFHS-5 are similar to NFHS-4 to allow comparisons over time. However, NFHS-5 includes some new topics, such as preschool education, disability, access to a toilet facility, death registration, bathing practices during menstruation, and methods and reasons for abortion. The scope of clinical, anthropometric, and biochemical testing (CAB) has also been expanded to include measurement of waist and hip circumferences, and the age range for the measurement of blood pressure and blood glucose has been expanded. However, HIV testing has been dropped. The NFHS-5 sample has been designed to provide national, state/union territory (UT), and district level estimates of various indicators covered in the survey. However, estimates of indicators of sexual behaviour; husband's background and woman's work; HIV/AIDS knowledge, attitudes and behaviour; and domestic violence are available only at the state/union territory (UT) and national level.

As in the earlier rounds, the Ministry of Health and Family Welfare, Government of India, designated the International Institute for Population Sciences, Mumbai, as the nodal agency to conduct NFHS-5. The main objective of each successive round of the NFHS has been to provide high-quality data on health and family welfare and emerging issues in this area. NFHS-5 data will be useful in setting benchmarks and examining the progress the health sector has made over time. Besides providing evidence for the effectiveness of ongoing programmes, the data from NFHS-5 help in identifying the need for new programmes with an area specific focus and identifying groups that are most in need of essential services.

Four Survey Schedules - Household, Woman's, Man's, and Biomarker - were canvassed in local languages using Computer Assisted Personal Interviewing (CAPI). In the Household Schedule, information was collected on all usual members of the household and visitors who stayed in the household the previous night. as well as socio-economic characteristics of the household; water, sanitation, and hygiene; health insurance coverage; disabilities; land ownership; number of deaths in the household in the three years preceding the survey; and the ownership and use of mosquito nets. The Woman's Schedule covered a wide variety of topics, including the woman's characteristics, marriage, fertility, contraception, children's immunizations and healthcare, nutrition, reproductive health, sexual behaviour, HIV/AIDS, women's empowerment, and domestic violence. The Man's Schedule covered the man's characteristics, marriage, his number of children. contraception, fertility preferences, nutrition, sexual behaviour, health issues, attitudes towards gender roles, and HIV/AIDS. The Biomarker Schedule covered measurements of height, weight, and haemoglobin levels for children; measurements of height, weight, waist and hip circumference, and haemoglobin levels for women age 15-49 years and men age 15-54 years; and blood pressure and random blood glucose levels for women and men age 15 years and over. In addition, women and men were requested to provide a few additional drops of blood from a finger prick for laboratory testing for HbA1c, malaria parasites, and Vitamin D3.

Readers should be cautious while interpreting and comparing the trends as some States/UTs may have smaller sample size. Moreover, at the time of survey, Ayushman Bharat AB-PMJAY and Pradhan Mantri Surakshit Matritva Abhiyan (PMSMA) were not fully rolled out and hence, their coverage may not have been factored in the results of indicator 12 (percentage of households with any usual member covered under a health insurance/financing scheme) and indicator 33 (percentage of mothers who received 4 or more antenatal care check-ups).

This fact sheet provides information on key indicators and trends for South District. NFHS-5 fieldwork for Sikkim was conducted from 1 August, 2019 to 28 December, 2019 Karvy Data Management Services Ltd. In South District, information was gathered from 880 households, 745 women, and 114 men.

South District, Sikkim - Key Indicators

| Indicators | NFHS-5 (2019-20) | NFHS-4 (2015-16) |
|---|---------------------|---------------------|
| Population and Household Profile | Total | Total |
| 1. Female population age 6 years and above who ever attended school (%) | 80.2 | 80.8 |
| 2. Population below age 15 years (%) | 19.9 | 22.3 |
| 3. Sex ratio of the total population (females per 1,000 males) | 973 | 924 |
| 4. Sex ratio at birth for children born in the last five years (females per 1,000 males) | 1,353 | 1,096 |
| 5. Children under age 5 years whose birth was registered with the civil authority (%) | 96.8 | 100.0 |
| 6. Deaths in the last 3 years registered with the civil authority (%) | 87.2 | na |
| 7. Population living in households with electricity (%) | 99.6 | 99.8 |
| 8. Population living in households with an improved drinking-water source ¹ (%) | 93.3 | 99.5 |
| 9. Population living in households that use an improved sanitation facility ² (%) | 91.7 | 94.7 |
| 10. Households using clean fuel for cooking ³ (%) | 66.5 | 52.5 |
| 11. Households using iodized salt (%) | 99.4 | 99.4 |
| 12. Households with any usual member covered under a health insurance/financing scheme (%) | 20.8 | 32.5 |
| 13. Children age 5 years who attended pre-primary school during the school year 2019-20 (%) | (39.1) | na |
| Characteristics of Women (age 15-49 years) | | |
| 14. Women who are literate ⁴ (%) | 90.5 | na |
| 15. Women with 10 or more years of schooling (%) | 45.7 | 41.0 |
| Marriage and Fertility | | |
| 16. Women age 20-24 years married before age 18 years (%) | 9.9 | 15.6 |
| 17. Births in the 5 years preceding the survey that are third or higher order (%) | 0.0 | 0.4 |
| 18. Women age 15-19 years who were already mothers or pregnant at the time of the survey (%) | 8.7 | 2.0 |
| 19. Women age 15-24 years who use hygienic methods of protection during their menstrual period ⁵ (%) | 85.3 | 77.9 |
| Current Use of Family Planning Methods (currently married women age 15–49 years) | | |
| 20. Any method ⁶ (%) | 85.0 | 59.3 |
| 21. Any modern method ⁶ (%) | 67.6 | 57.3 |
| 22. Female sterilization (%) | 19.0 | 24.1 |
| 23. Male sterilization (%) | 3.0 | 7.8 |
| 24. IUD/PPIUD (%) | 6.6 | 6.0 |
| 25. Pill (%) | 20.1 | 12.8 |
| 26. Condom (%) | 9.5 | 5.5 |
| 27. Injectables (%) | 9.0 | 1.2 |
| Unmet Need for Family Planning (currently married women age 15–49 years) | | |
| 28. Total unmet need ⁷ (%) | 5.2 | 19.1 |
| 29. Unmet need for spacing ⁷ (%) | 2.8 | 8.3 |
| Quality of Family Planning Services | | |
| 30. Health worker ever talked to female non-users about family planning (%) | 24.3 | 19.0 |
| 31. Current users ever told about side effects of current method ⁸ (%) | 67.2 | 73.6 |

Note: Major indicators are highlighted in grey.

LHV = Lady health visitor, ANM = Auxiliary nurse midwife

na = Not available

() Based on 25-49 unweighted cases * Percentage not shown; based on fewer than 25 unweighted cases

¹Piped water into dwelling/yard/plot, piped to neighbour, public tap/standpipe, tube well or borehole, protected dug well, protected spring, rainwater, tanker truck, cart with

small tank, bottled water, community RO plant. ²Flush to piped sewer system, flush to septic tank, flush to pit latrine, flush to don't know where, ventilated improved pit (VIP)/biogas latrine, pit latrine with slab, twin pit/composting toilet, which is not shared with any other household. This indicator does not denote access to toilet facility completely. ³Electricity, LPG/natural gas, biogas.

⁴Refers to women who completed standard 9 or higher and women who can read a whole sentence or part of a sentence.

⁵Locally prepared napkins, sanitary napkins, tampons, and menstrual cups are considered to be hygienic methods of protection.

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 to fecund women who are not using contraception but who wish to postpone the next birth (spacing) or stop childbearing altogether (limiting). Specifically, women are considered to have unmet need for spacing if they are:

At risk of becoming pregnant, not using contraception, and either do not want to become pregnant within the next two years, or are unsure if or when they want to become pregnant.

· Pregnant with a mistimed pregnancy.

· Postpartum amenorrhoeic for up to two years following a mistimed birth and not using contraception.

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

· At risk of becoming pregnant, not using contraception, and want no (more) children.

Pregnant with an unwanted pregnancy.

Postpartum amenorrhoeic for up to two years following an unwanted birth and not using contraception. Women who are classified as infecund have no unmet need because they are not at risk of becoming pregnant. Unmet need for family planning is the sum of unmet need

for spacing plus unmet need for limiting.

⁸Based on current users of female sterilization, IUD/PPIUD, injectables, and pills who started using that method in the past 5 years.

South District, Sikkim - Key Indicators

| Indicators | NFHS-5 (2019-20) | NFHS-4 (2015-16) |
|--|---------------------|---------------------|
| Maternal and Child Health | Total | Total |
| Maternity Care (for last birth in the 5 years before the survey) | | |
| 32. Mothers who had an antenatal check-up in the first trimester (%) | 78.1 | 89.5 |
| 33. Mothers who had at least 4 antenatal care visits (%) | 84.5 | 84.7 |
| 34. Mothers whose last birth was protected against neonatal tetanus ⁹ (%) | 92.3 | 100.0 |
| 35. Mothers who consumed iron folic acid for 100 days or more when they were pregnant (%) | 71.3 | 62.9 |
| 36. Mothers who consumed iron folic acid for 180 days or more when they were pregnant (%) | 46.2 | 48.9 |
| 37. Registered pregnancies for which the mother received a Mother and Child Protection (MCP) card (%) | 99.4 | 98.5 |
| 38. Mothers who received postnatal care from a doctor/nurse/LHV/ANM/midwife/other health personnel within 2 days of delivery (%) | 83.1 | 82.7 |
| 39. Average out-of-pocket expenditure per delivery in a public health facility (Rs.) | 11,031 | 2,943 |
| 40. Children born at home who were taken to a health facility for a check-up within 24 hours of birth (%) | * | * |
| 41. Children who received postnatal care from a doctor/nurse/LHV/ANM/midwife/other health personnel within 2 | | |
| days of delivery (%) | 81.1 | na |
| Delivery Care (for births in the 5 years before the survey) | | |
| 42. Institutional births (%) | 97.4 | 98.5 |
| 43. Institutional births in public facility (%) | 86.4 | 95.6 |
| 44. Home births that were conducted by skilled health personnel ¹⁰ (%) | 2.0 | 1.5 |
| 45. Births attended by skilled health personnel ¹⁰ (%) | 99.4 | 100.0 |
| 46. Births delivered by caesarean section (%) | 27.8 | 15.9 |
| 47. Births in a private health facility that were delivered by caesarean section (%) | * | * |
| 48. Births in a public health facility that were delivered by caesarean section (%) | 23.0 | 14.3 |
| Child Vaccinations and Vitamin A Supplementation | | |
| Children age 12-23 months fully vaccinated based on information from either vaccination card or mother's recall¹¹ (%) | (86.4) | (92.3) |
| 50. Children age 12-23 months fully vaccinated based on information from vaccination card only ¹² (%) | * | (96.9) |
| 51. Children age 12-23 months who have received BCG (%) | (89.5) | (100.0) |
| 52. Children age 12-23 months who have received 3 doses of polio vaccine ¹³ (%) | (89.5) | (92.3) |
| 53. Children age 12-23 months who have received 3 doses of penta or DPT vaccine (%) | (89.5) | (97.4) |
| 54. Children age 12-23 months who have received the first dose of measles-containing vaccine (MCV) (%) | (86.4) | (100.0) |
| 55. Children age 24-35 months who have received a second dose of measles-containing vaccine (MCV) (%) | (33.1) | na |
| 56. Children age 12-23 months who have received 3 doses of rotavirus vaccine ¹⁴ (%) | (0.0) | na |
| 57. Children age 12-23 months who have received 3 doses of penta or hepatitis B vaccine (%) | (83.8) | (90.0) |
| 58. Children age 9-35 months who received a vitamin A dose in the last 6 months (%) | 88.4 | 83.5 |
| 59. Children age 12-23 months who received most of their vaccinations in a public health facility (%) | * | (100.0) |
| 60. Children age 12-23 months who received most of their vaccinations in a private health facility (%) | * | (0.0) |
| Treatment of Childhood Diseases (children under age 5 years) | | |
| 61. Prevalence of diarrhoea in the 2 weeks preceding the survey (%) | 4.5 | 0.0 |
| 62. Children with diarrhoea in the 2 weeks preceding the survey who received oral rehydration salts (ORS) (%) | * | * |
| 63. Children with diarrhoea in the 2 weeks preceding the survey who received zinc (%) | ^ + | ^ + |
| 64. Children with diarrhoea in the 2 weeks preceding the survey taken to a health facility or health provider (%) | <u> </u> | |
| 65. Prevalence of symptoms of acute respiratory infection (ARI) in the 2 weeks preceding the survey (%) | 0.0 | 0.0 |
| 66. Children with fever or symptoms of ARI in the 2 weeks preceding the survey taken to a health facility or health provider (%) | * | * |

⁹Includes mothers with two injections during the pregnancy for their last birth, or two or more injections (the last within 3 years of the last live birth), or three or more injections (the last within 5 years of the last birth), or four or more injections (the last within 10 years of the last live birth), or five or more injections at any time prior to the

Injections (the last within 5 years of the last birth), or four or more injections (the last within 10 years of the last live birth), or five or more injections at any time prior to the last birth. ¹⁰Doctor/nurse/LHV/ANM/midwife/other health personnel. ¹¹Vaccinated with BCG, measles-containing vaccine (MCV)/MR/MMR/Measles, and 3 doses each of polio (excluding polio vaccine given at birth) and DPT or penta vaccine. ¹²Among children whose vaccination card was shown to the interviewer, percentage vaccinated with BCG, measles-containing vaccine (MCV)/MR/MMR/Measles, and 3 doses each of polio (excluding polio vaccine given at birth) and DPT or penta vaccine. ¹³Not including polio vaccination given at birth. ¹⁴Since rotavirus is not being provided across all states and districts, the levels should not be compared.

South District, Sikkim - Key Indicators

| Indicators | NFHS-5 (2019-20) | NFHS-4 (2015-16) |
|--|---------------------|---------------------|
| | <u> </u> | |
| Child Feeding Practices and Nutritional Status of Children | Total | |
| 67. Children under age 3 years breastfed within one hour of birth ¹⁵ (%) | 28.2 | 75.4 |
| 68. Children under age 6 months exclusively breastfed ¹⁶ (%) | * | * |
| 69. Children age 6-8 months receiving solid or semi-solid food and breastmilk ¹⁶ (%) | | |
| 70. Breastfeeding children age 6-23 months receiving an adequate diet ^{16, 17} (%) | (19.4) | 21.3 |
| 71. Non-breastfeeding children age 6-23 months receiving an adequate diet ^{16, 17} (%) | (00.7) | 00.0 |
| 72. Total children age 6-23 months receiving an adequate diet ^{16, 17} (%) | (20.7) | 22.2 |
| 73. Children under 5 years who are stunted (height-for-age) ¹⁸ (%) | 24.8 | 32.8 |
| 74. Children under 5 years who are wasted (weight-for-height) ¹⁸ (%) | 8.0 | 18.5 |
| 75. Children under 5 years who are severely wasted (weight-for-height) ¹⁹ (%) | 4.0 | 7.9 |
| 76. Children under 5 years who are underweight (weight-for-age) ¹⁸ (%) | 7.2 | 20.5 |
| 77. Children under 5 years who are overweight (weight-for-height) ²⁰ (%) | 16.6 | 12.1 |
| Nutritional Status of Women (age 15-49 years) | | |
| 78. Women whose Body Mass Index (BMI) is below normal (BMI <18.5 kg/m ²) ²¹ (%) | 4.6 | 4.4 |
| 79. Women who are overweight or obese (BMI ≥25.0 kg/m ²) ²¹ (%) | 34.8 | 22.3 |
| 80. Women who have high risk waist-to-hip ratio (≥0.85) (%) | 84.8 | na |
| Anaemia among Children and Women | | |
| 81. Children age 6-59 months who are anaemic (<11.0 g/dl) ²² (%) | 56.5 | 61.6 |
| 82. Non-pregnant women age 15-49 years who are anaemic (<12.0 g/dl) ²² (%) | 39.9 | 32.3 |
| 83. Pregnant women age 15-49 years who are anaemic (<11.0 g/dl) ²² (%) | * | (16.2) |
| 84. All women age 15-49 years who are anaemic ²² (%) | 39.8 | 31.9 |
| 85. All women age 15-19 years who are anaemic ²² (%) | 54.6 | 45.5 |
| Blood Sugar Level among Adults (age 15 years and above) | | |
| Women | | |
| 86. Blood sugar level - high (141-160 mg/dl) ²³ (%) | 6.6 | na |
| 87. Blood sugar level - very high (>160 mg/dl) ²³ (%) | 4.0 | na |
| 88. Blood sugar level - high or very high (>140 mg/dl) or taking medicine to control blood sugar level ²³ (%) | 12.5 | na |
| Men | | |
| 89. Blood sugar level - high (141-160 mg/dl) ²³ (%) | 9.1 | na |
| 90. Blood sugar level - very high (>160 mg/dl) ²³ (%) | 6.0 | na |
| 91. Blood sugar level - high or very high (>140 mg/dl) or taking medicine to control blood sugar level ²³ (%) | 17.6 | na |
| Hypertension among Adults (age 15 years and above) | | |
| Women | | |
| 92. Mildly elevated blood pressure (Systolic 140-159 mm of Hg and/or Diastolic 90-99 mm of Hg) (%) | 19.6 | na |
| 93. Moderately or severely elevated blood pressure (Systolic ≥160mm of Hg and/or Diastolic ≥100mm of Hg) (%) | 15.8 | |
| 94. Elevated blood pressure (Systolic ≥100mm of Hg and/or Diastolic ≥100mm of Hg) (76) | 15.0 | na |
| blood pressure (%) | 41.0 | na |
| Men | | |
| 95. Mildly elevated blood pressure (Systolic 140-159 mm of Hg and/or Diastolic 90-99 mm of Hg) (%) | 29.7 | na |
| 96. Moderately or severely elevated blood pressure (Systolic ≥160mm of Hg and/or Diastolic ≥100mm of Hg) (%) | 16.1 | na |
| 97. Elevated blood pressure (Systolic ≥140 mm of Hg and/or Diastolic ≥90 mm of Hg) or taking medicine to control | 10.1 | na |
| blood pressure (%) | 49.6 | na |
| Screening for Cancer among Women (age 30-49 years) | | |
| 98. Ever undergone a screening test for cervical cancer (%) | 1.6 | na |
| 99. Ever undergone a breast examination for breast cancer (%) | 0.0 | na |
| 100. Ever undergone an oral cavity examination for oral cancer (%) | 0.0 | na |
| Tobacco Use and Alcohol Consumption among Adults (age 15 years and above) | | |
| 101. Women age 15 years and above who use any kind of tobacco (%) | 15.8 | na |
| 101. Women age 15 years and above who use any kind of tobacco (%) | 47.4 | na |
| 102. Women age 15 years and above who consume alcohol (%) | 15.0 | na |
| 103. Women age 15 years and above who consume alcohol (%) 104. Men age 15 years and above who consume alcohol (%) | 38.1 | na |
| 10^{-10} . With age 10 years and above with consume abound (70) | 50.1 | na |

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

¹⁷Based 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 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.

¹³Below -3 standard deviations, based on the WHO standard.
 ²⁰Above +2 standard deviations, based on the WHO standard.
 ²¹Excludes pregnant women and women with a birth in the preceding 2 months.
 ²²Haemoglobin in grams per decilitre (g/dl). Among children, prevalence is adjusted for altitude. Among women, prevalence is adjusted for altitude and for smoking status, if known. As NFHS uses the capillary blood for estimation of anaemia, the results of NFHS-5 need not be compared with other surveys using venous blood.
 ²³Random blood sugar measurement.

NOTES



Ministry of Health and Family Welfare

NATIONAL FAMILY HEALTH SURVEY - 5

2019-20

DISTRICT FACT SHEET

WEST DISTRICT SIKKIM



Introduction

The National Family Health Survey 2019-20 (NFHS-5), the fifth in the NFHS series, provides information on population, health, and nutrition for India and each state/union territory (UT). Like NFHS-4, NFHS-5 also provides district-level estimates for many important indicators.

The contents of NFHS-5 are similar to NFHS-4 to allow comparisons over time. However, NFHS-5 includes some new topics, such as preschool education, disability, access to a toilet facility, death registration, bathing practices during menstruation, and methods and reasons for abortion. The scope of clinical, anthropometric, and biochemical testing (CAB) has also been expanded to include measurement of waist and hip circumferences, and the age range for the measurement of blood pressure and blood glucose has been expanded. However, HIV testing has been dropped. The NFHS-5 sample has been designed to provide national, state/union territory (UT), and district level estimates of various indicators covered in the survey. However, estimates of indicators of sexual behaviour; husband's background and woman's work; HIV/AIDS knowledge, attitudes and behaviour; and domestic violence are available only at the state/union territory (UT) and national level.

As in the earlier rounds, the Ministry of Health and Family Welfare, Government of India, designated the International Institute for Population Sciences, Mumbai, as the nodal agency to conduct NFHS-5. The main objective of each successive round of the NFHS has been to provide high-quality data on health and family welfare and emerging issues in this area. NFHS-5 data will be useful in setting benchmarks and examining the progress the health sector has made over time. Besides providing evidence for the effectiveness of ongoing programmes, the data from NFHS-5 help in identifying the need for new programmes with an area specific focus and identifying groups that are most in need of essential services.

Four Survey Schedules - Household, Woman's, Man's, and Biomarker - were canvassed in local languages using Computer Assisted Personal Interviewing (CAPI). In the Household Schedule, information was collected on all usual members of the household and visitors who stayed in the household the previous night. as well as socio-economic characteristics of the household; water, sanitation, and hygiene; health insurance coverage; disabilities; land ownership; number of deaths in the household in the three years preceding the survey; and the ownership and use of mosquito nets. The Woman's Schedule covered a wide variety of topics, including the woman's characteristics, marriage, fertility, contraception, children's immunizations and healthcare, nutrition, reproductive health, sexual behaviour, HIV/AIDS, women's empowerment, and domestic violence. The Man's Schedule covered the man's characteristics, marriage, his number of children. contraception, fertility preferences, nutrition, sexual behaviour, health issues, attitudes towards gender roles, and HIV/AIDS. The Biomarker Schedule covered measurements of height, weight, and haemoglobin levels for children; measurements of height, weight, waist and hip circumference, and haemoglobin levels for women age 15-49 years and men age 15-54 years; and blood pressure and random blood glucose levels for women and men age 15 years and over. In addition, women and men were requested to provide a few additional drops of blood from a finger prick for laboratory testing for HbA1c, malaria parasites, and Vitamin D3.

Readers should be cautious while interpreting and comparing the trends as some States/UTs may have smaller sample size. Moreover, at the time of survey, Ayushman Bharat AB-PMJAY and Pradhan Mantri Surakshit Matritva Abhiyan (PMSMA) were not fully rolled out and hence, their coverage may not have been factored in the results of indicator 12 (percentage of households with any usual member covered under a health insurance/financing scheme) and indicator 33 (percentage of mothers who received 4 or more antenatal care check-ups).

This fact sheet provides information on key indicators and trends for West District. NFHS-5 fieldwork for Sikkim was conducted from 1 August, 2019 to 28 December, 2019 Karvy Data Management Services Ltd. In West District, information was gathered from 906 households, 1,034 women, and 150 men.

West District, Sikkim - Key Indicators

| Indicators | NFHS-5 (2019-20) | NFHS-4 (2015-16) |
|---|---------------------|---------------------|
| Population and Household Profile | Total | Total |
| 1. Female population age 6 years and above who ever attended school (%) | 81.8 | 77.2 |
| 2. Population below age 15 years (%) | 19.2 | 24.1 |
| 3. Sex ratio of the total population (females per 1,000 males) | 959 | 933 |
| 4. Sex ratio at birth for children born in the last five years (females per 1,000 males) | 685 | 801 |
| 5. Children under age 5 years whose birth was registered with the civil authority (%) | 97.6 | 98.5 |
| 6. Deaths in the last 3 years registered with the civil authority (%) | 83.1 | na |
| 7. Population living in households with electricity (%) | 98.8 | 99.5 |
| 8. Population living in households with an improved drinking-water source ¹ (%) | 89.9 | 94.6 |
| 9. Population living in households that use an improved sanitation facility ² (%) | 88.9 | 94.0 |
| 10. Households using clean fuel for cooking ³ (%) | 69.8 | 41.4 |
| 11. Households using iodized salt (%) | 98.1 | 99.9 |
| 12. Households with any usual member covered under a health insurance/financing scheme (%) | 19.9 | 36.3 |
| 13. Children age 5 years who attended pre-primary school during the school year 2019-20 (%) | (28.2) | na |
| Characteristics of Women (age 15-49 years) | | |
| 14. Women who are literate ⁴ (%) | 85.7 | na |
| 15. Women with 10 or more years of schooling (%) | 43.9 | 35.4 |
| Marriage and Fertility | | |
| 16. Women age 20-24 years married before age 18 years (%) | 14.1 | 13.0 |
| 17. Births in the 5 years preceding the survey that are third or higher order (%) | 0.0 | 0.5 |
| 18. Women age 15-19 years who were already mothers or pregnant at the time of the survey (%) | 2.5 | 2.1 |
| 19. Women age 15-24 years who use hygienic methods of protection during their menstrual period ⁵ (%) | 92.4 | 79.4 |
| Current Use of Family Planning Methods (currently married women age 15–49 years) | | |
| 20. Any method ⁶ (%) | 88.2 | 65.8 |
| 21. Any modern method ⁶ (%) | 70.8 | 64.3 |
| 22. Female sterilization (%) | 8.0 | 22.1 |
| 23. Male sterilization (%) | 3.0 | 4.9 |
| 24. IUD/PPIUD (%) | 11.0 | 12.9 |
| 25. Pill (%) | 33.0 | 16.9 |
| 26. Condom (%) | 9.2 | 5.4 |
| 27. Injectables (%) | 1.8 | 2.0 |
| Unmet Need for Family Planning (currently married women age 15–49 years) | | |
| 28. Total unmet need ⁷ (%) | 4.3 | 14.9 |
| 29. Unmet need for spacing ⁷ (%) | 1.1 | 6.1 |
| Quality of Family Planning Services | | |
| 30. Health worker ever talked to female non-users about family planning (%) | 19.8 | 18.3 |
| 31. Current users ever told about side effects of current method ⁸ (%) | 69.1 | 72.4 |

Note: Major indicators are highlighted in grey.

LHV = Lady health visitor, ANM = Auxiliary nurse midwife

na = Not available

() Based on 25-49 unweighted cases * Percentage not shown; based on fewer than 25 unweighted cases

¹Piped water into dwelling/yard/plot, piped to neighbour, public tap/standpipe, tube well or borehole, protected dug well, protected spring, rainwater, tanker truck, cart with

small tank, bottled water, community RO plant. ²Flush to piped sewer system, flush to septic tank, flush to pit latrine, flush to don't know where, ventilated improved pit (VIP)/biogas latrine, pit latrine with slab, twin ³Electricity, LPG/natural gas, biogas.

⁴Refers to women who completed standard 9 or higher and women who can read a whole sentence or part of a sentence.

⁵Locally prepared napkins, sanitary napkins, tampons, and menstrual cups are considered to be hygienic methods of protection.

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 to fecund women who are not using contraception but who wish to postpone the next birth (spacing) or stop childbearing altogether (limiting). Specifically, women are considered to have unmet need for spacing if they are:

At risk of becoming pregnant, not using contraception, and either do not want to become pregnant within the next two years, or are unsure if or when they want to become pregnant.

· Pregnant with a mistimed pregnancy.

· Postpartum amenorrhoeic for up to two years following a mistimed birth and not using contraception.

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

· At risk of becoming pregnant, not using contraception, and want no (more) children.

Pregnant with an unwanted pregnancy.

Postpartum amenorrhoeic for up to two years following an unwanted birth and not using contraception. Women who are classified as infecund have no unmet need because they are not at risk of becoming pregnant. Unmet need for family planning is the sum of unmet need

for spacing plus unmet need for limiting. ⁸Based on current users of female sterilization, IUD/PPIUD, injectables, and pills who started using that method in the past 5 years.

West District, Sikkim - Key Indicators

| Indicators | NFHS-5 (2019-20) | NFHS-4 (2015-16) |
|--|---------------------|---------------------|
| Maternal and Child Health | Total | Total |
| Maternity Care (for last birth in the 5 years before the survey) | | |
| 32. Mothers who had an antenatal check-up in the first trimester (%) | 75.8 | 81.2 |
| 33. Mothers who had at least 4 antenatal care visits (%) | 70.4 | 84.9 |
| 34. Mothers whose last birth was protected against neonatal tetanus ⁹ (%) | 95.9 | 97.9 |
| 35. Mothers who consumed iron folic acid for 100 days or more when they were pregnant (%) | 48.6 | 66.8 |
| 36. Mothers who consumed iron folic acid for 180 days or more when they were pregnant (%) | 17.3 | 36.0 |
| 37. Registered pregnancies for which the mother received a Mother and Child Protection (MCP) card (%) | 96.4 | 99.4 |
| 38. Mothers who received postnatal care from a doctor/nurse/LHV/ANM/midwife/other health personnel within 2 days of delivery (%) | 63.6 | 73.7 |
| 39. Average out-of-pocket expenditure per delivery in a public health facility (Rs.) | 5,361 | 2,625 |
| 40. Children born at home who were taken to a health facility for a check-up within 24 hours of birth (%) | * | * |
| 41. Children who received postnatal care from a doctor/nurse/LHV/ANM/midwife/other health personnel within 2 | | |
| days of delivery (%) | 67.8 | na |
| Delivery Care (for births in the 5 years before the survey) | | |
| 42. Institutional births (%) | 99.3 | 94.6 |
| 43. Institutional births in public facility (%) | 89.9 | 88.6 |
| 44. Home births that were conducted by skilled health personnel ¹⁰ (%) | 0.0 | 1.1 |
| 45. Births attended by skilled health personnel ¹⁰ (%) | 99.3 | 95.7 |
| 46. Births delivered by caesarean section (%) | 28.0 | 10.9 |
| 47. Births in a private health facility that were delivered by caesarean section (%) | * | * |
| 48. Births in a public health facility that were delivered by caesarean section (%) | 25.4 | 9.1 |
| Child Vaccinations and Vitamin A Supplementation | | |
| Children age 12-23 months fully vaccinated based on information from either vaccination card or mother's recall¹¹ (%) | (96.9) | (78.4) |
| 50. Children age 12-23 months fully vaccinated based on information from vaccination card only ¹² (%) | (93.2) | (90.2) |
| 51. Children age 12-23 months who have received BCG (%) | (96.9) | (97.1) |
| 52. Children age 12-23 months who have received 3 doses of polio vaccine ¹³ (%) | (98.5) | (82.6) |
| 53. Children age 12-23 months who have received 3 doses of penta or DPT vaccine (%) | (98.5) | (94.2) |
| 54. Children age 12-23 months who have received the first dose of measles-containing vaccine (MCV) (%) | (98.5) | (89.9) |
| 55. Children age 24-35 months who have received a second dose of measles-containing vaccine (MCV) (%) | (59.2) | na |
| 56. Children age 12-23 months who have received 3 doses of rotavirus vaccine ¹⁴ (%) | (0.0) | na |
| 57. Children age 12-23 months who have received 3 doses of penta or hepatitis B vaccine (%) | (95.3) | (85.6) |
| 58. Children age 9-35 months who received a vitamin A dose in the last 6 months (%) | 72.2 | 83.1 |
| 59. Children age 12-23 months who received most of their vaccinations in a public health facility (%) | (100.0) | (97.2) |
| 60. Children age 12-23 months who received most of their vaccinations in a private health facility (%) | (0.0) | (2.9) |
| Treatment of Childhood Diseases (children under age 5 years) | | |
| 61. Prevalence of diarrhoea in the 2 weeks preceding the survey (%) | 3.3 | 1.2 |
| 62. Children with diarrhoea in the 2 weeks preceding the survey who received oral rehydration salts (ORS) (%) | * | * |
| 63. Children with diarrhoea in the 2 weeks preceding the survey who received zinc (%) | * | * |
| 64. Children with diarrhoea in the 2 weeks preceding the survey taken to a health facility or health provider (%) | * | * |
| 65. Prevalence of symptoms of acute respiratory infection (ARI) in the 2 weeks preceding the survey (%) | 2.1 | 0.6 |
| 66. Children with fever or symptoms of ARI in the 2 weeks preceding the survey taken to a health facility or health provider (%) | * | * |

⁹Includes mothers with two injections during the pregnancy for their last birth, or two or more injections (the last within 3 years of the last live birth), or three or more injections (the last within 5 years of the last birth), or four or more injections (the last within 10 years of the last live birth), or five or more injections at any time prior to the

Injections (the last within 5 years of the last birth), or four or more injections (the last within 10 years of the last live birth), or five or more injections at any time prior to the last birth. ¹⁰Doctor/nurse/LHV/ANM/midwife/other health personnel. ¹¹Vaccinated with BCG, measles-containing vaccine (MCV)/MR/MMR/Measles, and 3 doses each of polio (excluding polio vaccine given at birth) and DPT or penta vaccine. ¹²Among children whose vaccination card was shown to the interviewer, percentage vaccinated with BCG, measles-containing vaccine (MCV)/MR/MMR/Measles, and 3 doses each of polio (excluding polio vaccine given at birth) and DPT or penta vaccine. ¹³Not including polio vaccination given at birth. ¹⁴Since rotavirus is not being provided across all states and districts, the levels should not be compared.

West District, Sikkim - Key Indicators

| Indicators | NFHS-5 (2019-20) | NFHS-4 (2015-16) |
|--|---------------------|---------------------|
| Child Feeding Practices and Nutritional Status of Children | Total | Total |
| 67. Children under age 3 years breastfed within one hour of birth ¹⁵ (%) | 56.2 | 73.2 |
| 68. Children under age 6 months exclusively breastfed ¹⁶ (%) | * | * |
| 69. Children age 6-8 months receiving solid or semi-solid food and breastmilk ¹⁶ (%) | * | * |
| 70. Breastfeeding children age 6-23 months receiving an adequate diet ^{16, 17} (%) | (29.0) | 19.1 |
| 71. Non-breastfeeding children age 6-23 months receiving an adequate diet ^{16, 17} (%) | * | * |
| 72. Total children age 6-23 months receiving an adequate diet ^{16, 17} (%) | (28.4) | 17.9 |
| 73. Children under 5 years who are stunted (height-for-age) ¹⁸ (%) | 25.2 | 42.3 |
| 74. Children under 5 years who are wasted (weight-for-height) ¹⁸ (%) | 21.1 | 14.5 |
| 75. Children under 5 years who are severely wasted (weight-for-height) ¹⁹ (%) | 12.2 | 5.1 |
| 76. Children under 5 years who are underweight (weight-for-age) ¹⁸ (%) | 19.3 | 14.7 |
| 77. Children under 5 years who are overweight (weight-for-height) ²⁰ (%) | 6.5 | 10.8 |
| Nutritional Status of Women (age 15-49 years) | 0.0 | |
| 78. Women whose Body Mass Index (BMI) is below normal (BMI <18.5 kg/m ²) ²¹ (%) | 3.0 | 5.8 |
| 79. Women who are overweight or obese (BMI \geq 25.0 kg/m ²) ²¹ (%) | 24.5 | 22.8 |
| 80. Women who have high risk waist-to-hip ratio (≥ 0.85) (%) | 83.4 | na |
| Anaemia among Children and Women | 00.1 | na |
| • | 67.4 | 50.7 |
| 81. Children age 6-59 months who are anaemic (<11.0 g/dl) ²² (%) | 67.1 | 58.7 |
| 82. Non-pregnant women age 15-49 years who are anaemic (<12.0 g/dl) ²² (%) | 42.6 | 37.4 |
| 83. Pregnant women age 15-49 years who are anaemic (<11.0 g/dl) ²² (%) | | (18.2) |
| 84. All women age 15-49 years who are anaemic ²² (%) | 42.7 | 36.8 |
| 85. All women age 15-19 years who are anaemic ²² (%) | 45.7 | 55.8 |
| Blood Sugar Level among Adults (age 15 years and above) | | |
| Women | | |
| 86. Blood sugar level - high (141-160 mg/dl) ²³ (%) | 3.5 | na |
| 87. Blood sugar level - very high (>160 mg/dl) ²³ (%) | 3.7 | na |
| 88. Blood sugar level - high or very high (>140 mg/dl) or taking medicine to control blood sugar level ²³ (%) | 7.4 | na |
| Men | | |
| 89. Blood sugar level - high (141-160 mg/dl) ²³ (%) | 7.0 | na |
| 90. Blood sugar level - very high (>160 mg/dl) ²³ (%) | 6.1 | na |
| 91. Blood sugar level - high or very high (>140 mg/dl) or taking medicine to control blood sugar level ²³ (%) | 13.6 | na |
| Hypertension among Adults (age 15 years and above) | | |
| Women | | |
| 92. Mildly elevated blood pressure (Systolic 140-159 mm of Hg and/or Diastolic 90-99 mm of Hg) (%) | 23.0 | na |
| 93. Moderately or severely elevated blood pressure (Systolic ≥160mm of Hg and/or Diastolic ≥100mm of Hg) (%) | 8.9 | na |
| 94. Elevated blood pressure (Systolic ≥140 mm of Hg and/or Diastolic ≥90 mm of Hg) or taking medicine to contro | | |
| blood pressure (%) | 32.7 | na |
| Men | | |
| 95. Mildly elevated blood pressure (Systolic 140-159 mm of Hg and/or Diastolic 90-99 mm of Hg) (%) | 30.4 | na |
| 96. Moderately or severely elevated blood pressure (Systolic ≥160mm of Hg and/or Diastolic ≥100mm of Hg) (%) | 13.7 | na |
| 97. Elevated blood pressure (Systolic ≥140 mm of Hg and/or Diastolic ≥90 mm of Hg) or taking medicine to contro | | |
| blood pressure (%) | 45.1 | na |
| Screening for Cancer among Women (age 30-49 years) | | |
| 98. Ever undergone a screening test for cervical cancer (%) | 0.5 | na |
| 99. Ever undergone a breast examination for breast cancer (%) | 0.5 | na |
| 100. Ever undergone an oral cavity examination for oral cancer (%) | 0.7 | na |
| Tobacco Use and Alcohol Consumption among Adults (age 15 years and above) | | |
| 101. Women age 15 years and above who use any kind of tobacco (%) | 8.9 | na |
| 102. Men age 15 years and above who use any kind of tobacco (%) | 44.9 | na |
| 103. Women age 15 years and above who consume alcohol (%) | 20.5 | na |
| 104. Men age 15 years and above who consume alcohol (%) | 50.9 | na |

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

¹⁶Based on the youngest 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 with the second se 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.

²²Above +2 standard deviations, based on the WHO standard. ²²Excludes pregnant women and women with a birth in the preceding 2 months. ²²Haemoglobin in grams per decilitre (g/dl). Among children, prevalence is adjusted for altitude. Among women, prevalence is adjusted for altitude and for smoking status, if known. As NFHS uses the capillary blood for estimation of anaemia, the results of NFHS-5 need not be compared with other surveys using venous blood. ²³Random blood sugar measurement.

NOTES

NOTES

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