

GOVERNMENT OF INDIA
MINISTRY OF WOMEN AND CHILD DEVELOPMENT

RAJYA SABHA
UNSTARRED QUESTION NO. 2235
TO BE ANSWERED ON 11.03.2026

HIGH PREVALENCE OF ANAEMIA AMONG INDIAN WOMEN

2235. SHRI SANJAY KUMAR JHA:

Will the Minister of WOMEN AND CHILD DEVELOPMENT be pleased to state:

- (a) whether it is a fact that data from National Family Health Survey (NFHS-5) (2019-21) point to the prevalence of Anaemia among 57 per cent of Indian women;
- (b) what policy intervention has the Ministry instituted to substantially reduce this number; and
- (c) what are the corresponding statistics from NFHS-6 (2023-24)?

ANSWER

MINISTER OF WOMEN AND CHILD DEVELOPMENT
(SHRIMATI ANNPURNA DEVI)

(a) to (c): The National Family Health Surveys are conducted by the Ministry of Health and Family Welfare. As per National Family Health Survey-5 (2019-21), the prevalence of anaemia among women (15-49 years) in the country is 57%. The data for the latest round of NFHS-6 has not been released.

The Ministry of Health and Family Welfare is implementing Reproductive, Maternal, Newborn, Child, Adolescent Health and Nutrition (RMNCAH+N) strategy in a life cycle approach under National Health Mission (NHM), which includes interventions to address anemia among women across all States and UTs in the country as placed below:-

- **Anemia Mukht Bharat (AMB)** programme to reduce prevalence of anemia among six beneficiary groups - Children 6-59 months, Children 5-9 years, Adolescents 10-19 years, Pregnant women, Lactating mothers and Women of Reproductive Age (15-49 years). The interventions are Prophylactic Iron and Folic Acid Supplementation, deworming among children and adolescents 1-19 years and pregnant women, Intensified Behavior Change Communication (BCC) Campaign, Provision of IFA fortified food in government funded public health programme and addressing non-nutritional causes of anemia in endemic pockets with special focus on malaria, haemoglobinopathies and fluorosis, implemented via robust institutional mechanism.
- Under **National Deworming Day (NDD)** albendazole tablets are administered in a single fixed day approach via Anganwadi centers in two rounds (February and August)

to reduce the soil transmitted helminth (STH) infestation among all children, adolescents (1-19 years) and pregnant women.

- **Village Health Sanitation and Nutrition Days (VHSNDs)** are observed for provision of maternal and child health services and creating awareness on maternal and childcare including nutrition in convergence with Ministry of Women and Child Development.

Further, under Mission Saksham Anganwadi and Poshan 2.0 of Ministry of Women and Child Development, Supplementary Nutrition is provided to Children (6 months to 6 years), Pregnant Women, Lactating Mothers and Adolescent Girls (in aspirational districts and North-eastern States) to break the inter generational cycle of malnutrition by adopting a life cycle approach. The nutrition norms for supplementary nutrition are as prescribed in Schedule-II of the National Food Security Act, 2013. These norms have been revised in January 2023 to make them more comprehensive and balanced in terms of both quantity and quality of supplementary nutrition, based on the principles of diet diversity. The emphasis is on provision of quality protein, healthy fats and 7 essential micronutrients, including Iron, to address the micronutrient deficiencies in the beneficiaries. Also, greater emphasis is being laid on the use of millets at least once a week for preparation of Hot Cooked Meal and Take Home ration at Anganwadi centres.

Community Mobilization and Awareness is one of the major activities undertaken under this Mission to educate people on nutritional aspects, as adoption of good nutrition habits requires sustained efforts for behavioural change. State and UTs are conducting and reporting regular sensitisation activities under Jan Andolans during Poshan Pakhwadas and Poshan Maahs celebrated in the months of March-April and September respectively. Community Based Events (CBEs), conducted twice every month by Anganwadi workers, serve as a significant strategy in changing nutritional practices.
