datacard



The fourth National Family Health Survey unveils interesting data on the dietary preferences and nutritional status of a significant percentage of the population. By RAMESH CHAKRAPANI

ore than 70 per cent of women and nearly 80 per cent of men aged 15-49 in India consume fish or meat, according to data from the fourth National Family Health Survey, published recently by the Ministry of Health and Family Welfare.

However, the frequency of consumption varies by State, religion, and caste. Besides, the percentage of men or women who consume fish or meat daily is barely six on an all-India basis.

In contrast, the consumption of milk or curd, pulses or beans, and dark, green leafy vegetables was high across the board for both men and women, which offers an interesting insight into the dietary preferences of a good chunk of the nation's population.

Outside of the north-eastern States, West Bengal, Kerala, Goa, Tamil Nadu and Andhra Pradesh had a high proportion of people consuming fish or meat at least once a week, while Punjab, Rajasthan, Haryana, Gujarat and Himachal Pradesh had the lowest percentage.

Nutritional statistics showed that the prevalence of mildly or severely thin people was highest in the 15-19 age group, among both men and women, while the prevalence of excessive weight or obesity jumped after the age of 29, for both and men.

Religionwise, the Jain community had the highest percentage of overweight or obese people in their population.

All-India nutritional status (in per cent) 11.7 12.9 33.7 12.3 10.5 28.6 Chiristian 12.2 24.3 19 7 19.3 19.9 Muslim 20.7 18.4 24.5 12.0

■ Normal ■ Thin ■ Overweight or obese

* Includes neo-Budd

All-India age group nutritional status (in per cent)					
Age	Normal	Mildly thin	Thin*	Overweight	Obese
MEN					
15-19	50.4	21.9	23.0	3.8	1.0
20-29	66.3	6.1	12.6	12.8	2.2
30-39	62.9	4.1	8.0	21.1	4.0
40-49	59.4	4.4	8.1	23.4	4.6
WOMEN					
15-19	53.8	18.7	23.2	3.4	0.8
20-29	60.5	10.1	15.1	11.3	2.9
30-39	56.7	6.3	9.4	20.7	7.0
40-49	52.6	5.7	7.9	24.4	9.3
*includes moderately and severely thin					

All-India fish/meat consumption Percentage of people aged 15-49 consuming fish or chicken or meat at least once a week Punjab 4.0 10.0 Himachal Pradesh Haryana 7.9 19.4 7.8 13.0 6.0 10.2 West Bengal 93.0 93.1 Gujarat 14.8 19.3 Andhra Pradesh 71.2 78.2 Goa 85.7 88.0 Tamil Nadu 73.8 76.8 Kerala 92.8 90.1 ■ Women ■ Men

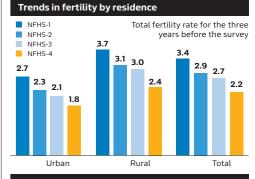
Fish/meat consumption (in per cent)				
	Frequency of consumption			
WOMEN AGE 15-49	Daily	Weekly	Occasionally	Never
Fish	5.6	28.4	30.9	35.1
Chicken or meat	1.1	31.5	35.7	31.8
Fish or chicken or meat	6.1	36.6	27.3	29.9
MEN AGE 15-49				
Fish	4.8	33.8	34.2	27.3
Chicken or meat	1.8	38.9	36.3	23.0
Fish or chicken or meat	5.7	43.3	29.5	21.6

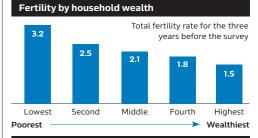


	Frequency of consumption			
WOMEN AGE 15-49	Daily	Weekly	Occasionally	Never
Milk or curd	45.0	22.9	24.7	7.3
Pulses or beans	44.8	45.1	9.5	0.6
Vegetables	47.2	38.3	14.1	0.4
Fruits	12.4	33.2	51.8	2.6
Fried foods	9.8	35.7	49.8	4.7
Aerated drinks	4.5	19.5	59.5	16.5
Eggs	4.0	37.4	29.4	29.3
MEN AGE 15-49				
Milk or curd	46.2	28.8	20.0	5.0
Pulses or beans	46.5	44.1	9.0	0.4
Vegetables	46.6	41.5	11.4	0.5
Fruits	10.9	39.6	47.6	1.9
Fried foods	9.8	35.6	47.1	7.5
Aerated drinks	6.5	25.6	56.2	11.6
Eggs	4.9	44.7	30.7	19.6

All-India food consumption (in per ce

INFOGRAPHICS: T.S. VIJAYANANDAN





Meat consumption patterns by religion % of people aged 15-49

Meat consumption

% of people aged 15-49

consuming fish or chicken or

meat at least once a week

Arunachal Pradesh 67.7

80.4

79.2

77.2

75.3

67.5

61.4

60.3

94.8

86.4

83.8 82.3

80.9

76.3

63.1

49.1

patterns NE

Assam Tripura

Manipur

Sikkim

Nagaland

Mizoram

Tripura

Manipur

Mizoram

Meghalaya

Nagaland

Sikkim

Arunachal Pradesh

Meghalaya

consuming fish or chicken or meat at least once a week

WONLIN		
Christian	74.2	
Muslim	67.3	
Other	60.1	
Buddhist*	52.1	
Hindu	38.3	
Jain	8.6	
Sikh	4.8	
MEN		
Christian	75.6	
Muslim	73.1	
Other	70.6	
Buddhist*	61.3	
Hindu	44.8	
Jain	3.5	
Sikh	10.8	
*Includes neo-Buddhis		

Meat consumption by caste (in per cei

WOMEN		
Scheduled Caste	44.8	
Scheduled Tribe	43.1	
OBC*	39.4	
Other	46.6	
MEN		
Scheduled Caste	50.6	
Scheduled tribe	50.1	
OBC	46.7	
Other	50.7	
*Other Backward Classes		

3.2		years before the survey
2.5	2.1	1.8
Lowest Secon	d Middle	Fourth Highest
Poorest		→ Wealthiest
Consanguineou by States & Unio	on Territories	
Percentage of ev	er-married wom	_
Tamil Nadu		33
Lakshadweep		33
Andhra Pradesh		32
Telangana		30
Andaman & Nicobar		27
Karnataka		26
Puducherry		22
Jammu & Kashmir		20
Maharashtra		18
Sikkim		16
India		14
Odisha		13
Uttar Pradesh	1:	=
Tripura	12	2
Goa	10	
Gujarat	9.8	
West Bengal	9.8	
Madhya Pradesh	9.7	100
Delhi	9.7	13 6V
Nagaland		
Assam	7.5	
Arunachal Pradesh	7.3 7.3	
Chhattisgarh Bihar	6.8	
Uttarakhand	6.2	
Haryana	6.2	
Jharkhand	6.1	
Kerala	6.0	1 是八
Rajasthan	4.8	
Manipur	4.5	
Himachal Pradesh	4.4	
Daman & Diu	4.3	
Meghalaya	3.7	
Punjab	3.7	
Chandigarh		
Mizoram		
Dadra & Nagar Haveli		
	EDONIEL INT	NA POLIT OR COLO

PART 2 OF A SERIES

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