BREASTFEEDING & Infant and Young Child Feeding Practices

REPORT CARD: INDIA, STATES & UTs

August 2019
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MESSAGE

Breastfeeding is one of the most cost effective interventions which addresses both survive and thrive agenda of child health. Studies have highlighted how breastfeeding, if universalized, could prevent disease and deaths in children and future breast and ovarian cancer in mothers. Early initiation of breastfeeding within an hour of birth can prevent neonatal mortality; whereas exclusive breastfeeding for 6 months can reduce under-five deaths significantly.

2. Inadequate breastfeeding puts a huge burden on our healthcare system. Skilled counseling and practical support to women in the health facilities both during pregnancy, at time of birth and later linking them with community workers, are key to promote breastfeeding.

3. We have to ensure that there is a conducive environment for all the mothers to practise breastfeeding at home, outside home and workplace. A step in this direction is the Mother's Absolute Affection (MAA) programme which provides an opportunity to build capacity of doctors, paramedical staff and community health workers to aid breastfeeding.

4. I am sure that the World Breastfeeding Week will help in accelerating and popularising the practice of breastfeeding. Such interventions to promote breastfeeding will go a long way in increasing breastfeeding coverage and improving new-born, infant and young children’s health, survival and development.

(Dr. Harsh Vardhan)
बच्चों के जीवन को सुरक्षित बनाने के लिए स्तनपान एक महत्वपूर्ण और अति प्राचीन पद्धति है। बच्चों की होने वाली मौतों पर रोक लगाने तथा उनकी उत्तरजीविता और विकास को बढ़ावा देने के लिए गर्भवती और स्तनपान करने वाली माताओं एवं उनके परिवार के सदस्यों और समाज में स्तनपान को बढ़ावा देने के उद्देश्य से समर्थकारी वातावरण का निर्माण एवं जागरूकता सूचना संबंधी क्रियाकलापों को बढ़ाना चाहिए। स्वास्थ्य सुविधा केंद्रों में नसूं एवं स्वास्थ्य कर्मियों की क्षमता निर्माण के माध्यम से स्तनपान की शीघ्र शुरुआत की दर में बढ़ोतरी करना, आशाकर्मियों द्वारा समाज के लोगों के साथ परिचार्च न करना तथा ग्राम स्वास्थ्य स्वच्छता और पोषण दिवसों (बीएचएसएसकी) में कुशल एचएसएम द्वारा वार्तालाप करने जैसे समुदाय स्तर के क्रियाकलापों पर बल दिए जाने की आवश्यकता है।

मैं सभी राज्यों और संच राज्य क्षेत्रों से यह अनुरोध करता हूं कि देश में स्तनपान की शीघ्र शुरुआत करने की दृष्टि से सफलतापूर्वक सुधार लाने के लिए स्तनपान से संबंधित सभी कार्यक्रमों के कार्यालय को उज्ज्वल प्रारंभिकता दें।

(अश्विनी कुमार चौबे)

स्थान: नई दिल्ली
दिनांक:
INTRODUCTION

The breastfeeding report card has been developed by devising a composite score, based on the three indicators namely early initiation of breastfeeding, exclusive breastfeeding for six months and complimentary feeding at 6-8 months of age. The information available from National Family Health Survey-4 has been used to develop this report card.

The report card provides status of breastfeeding and complementary feeding practices and also contains information on top and bottom districts on the basis of early initiation of breastfeeding. 28 States and 3 UTs have been ranked based on the composite index scores. Information in this report card will be useful for States and UTs to develop an action plan under the “Mother's Absolute Affection” (MAA) programme.
## Ranking of 28 States & 3 Union Territories on 3 IYCF Indicators

<table>
<thead>
<tr>
<th>States</th>
<th>Initiation of breastfeeding within 1 hour</th>
<th>Exclusive breastfeeding (0-6 months)</th>
<th>Complementary Feeding (6-9 months)</th>
<th>Total</th>
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</table>

* Note: Ranking not done because data of all 3 indicators not available

**Scoring and Ranking Method:** It is the composite score of 3 indicators base on actual values, e.g. 65.6% gets a score of 6.56. Ranking is done in the descending order of the score out of 10.
State of Breastfeeding in the 28 States & 3 Union Territories

3 IYCF Indicators

Based on the score of each State, a composite index has been developed and given a colour code according to its performance. 0-40%: Red (Poor), 41-60%: Yellow (Fair), 61-80%: Blue (Good), 81% and above: Green (Very Good)

Note: Based on the score of each State, a composite index has been developed and given a colour code according to its performance. 0-40%: Red (Poor), 41-60%: Yellow (Fair), 61-80%: Blue (Good), 81% and above: Green (Very Good)
Early Initiation & Exclusive Breastfeeding

- Children breastfed within one hour of birth
  - NFHS-3: 24.5%
  - NFHS-4: 41.5%

- Children who received prelacteal feed during the first 3 days of life
  - NFHS-3: 21.1%
  - NFHS-4: 57.2%

- Children under age 6 months exclusively breastfed
  - NFHS-3: 46.4%
  - NFHS-4: 55%

Complementary Feeding

- Children (6-8 months) receiving solid or semi-solid food and breastmilk
  - NFHS-3: 52.7%
  - NFHS-4: 42.2%

- Children (6-23 months) minimum dietary diversity
  - NFHS-3: 14.58%
  - NFHS-4: 22.0%

Indicators Impacting Breastfeeding

- Institutional births
  - NFHS-3: 38.7%
  - NFHS-4: 78.9%

- Place of delivery and breastfeeding within 1 hour of birth
  - NFHS-3: (Govt. Hospital) 46.12%
  - NFHS-4: (Pvt. Hospital) 37.79%

- Type of delivery and breastfeeding within 1 hour of birth
  - NFHS-3: (Caesarean delivery) 34.05%
  - NFHS-4: (Normal delivery) 43.67%

- Mothers who received postnatal care from a health personnel within 2 days of delivery
  - NFHS-3: 34.6%
  - NFHS-4: 62.4%

Children breastfed within one hour of birth (NFHS-4)

**Bottom states**

<table>
<thead>
<tr>
<th>States</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Uttar Pradesh</td>
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<td>Delhi</td>
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**Top states**

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<tr>
<th>States</th>
<th>Percentage</th>
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<td>Goa</td>
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</table>

Sources:
Breastfeeding & Infant and Young Child Feeding Practices

REPORT CARD: ANDHRA PRADESH

Early Initiation & Exclusive Breastfeeding

- Children breastfed within one hour of birth: 24.6%* (NFHS-3) vs. 39.2% (NFHS-4)
- Children who received prelacteal feed during the first 3 days of life: 42.7%* (NFHS-3) vs. 23.4% (NFHS-4)
- Children under age 6 months exclusively breastfed: 62.7%* (NFHS-3) vs. 70.2% (NFHS-4)

Complementary Feeding

- Children (6-8 months) receiving solid or semi-solid food and breastmilk: 62.3%* (NFHS-3) vs. 54% (NFHS-4)
- Children (6-23 months) minimum dietary diversity: 8.44%* (NFHS-3) vs. 22.9% (NFHS-4)

Indicators Impacting Breastfeeding

- Institutional births: N/A (NFHS-3) vs. 91.5% (NFHS-4)
- Place of delivery and breastfeeding within 1 hour of birth: 46.4% (Govt. Hospital) vs. 36.77% (Pvt. Hospital)
- Type of delivery and breastfeeding within 1 hour of birth: 33.69% (Caesarean delivery) vs. 46.66% (Normal delivery)
- Mothers who received postnatal care from a health personnel within 2 days of delivery: N/A (NFHS-3) vs. 79.7% (NFHS-4)

Table: Children breastfed within one hour of birth (NFHS-4)

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<th>District</th>
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Sources:

* NFHS-3 data (when Andhra Pradesh was undivided before 2014)
Breastfeeding & Infant and Young Child Feeding Practices
REPORT CARD: ARUNACHAL PRADESH

Early Initiation & Exclusive Breastfeeding
- Children breastfed within one hour of birth: 58.6% (NFHS-3) vs 61.1% (NFHS-4)
- Children who received prelacteal feed during the first 3 days of life: 16.7% (NFHS-3) vs 19% (NFHS-4)
- Children under age 6 months exclusively breastfed: 60% (NFHS-3) vs 57.7% (NFHS-4)

Complementary Feeding
- Children (6-8 months) receiving solid or semi-solid food and breastmilk: 80.2% (NFHS-3) vs 53.9% (NFHS-4)
- Children (6-23 months) minimum dietary diversity

Indicators Impacting Breastfeeding
- Institutional births: 28.5% (NFHS-3) vs 52.2% (NFHS-4)
- Place of delivery and breastfeeding within 1 hour of birth: 57.65% (Govt. Hospital) vs 48.09% (Pvt. Hospital)
- Type of delivery and breastfeeding within 1 hour of birth: 42.14% (Caesarean delivery) vs 64% (Normal delivery)
- Mothers who received postnatal care from a health personnel within 2 days of delivery: 21.4% (NFHS-3) vs 28.8% (NFHS-4)

Children breastfed within one hour of birth (NFHS-4)

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Bottom districts

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Top districts

Sources:
**Breastfeeding & Infant and Young Child Feeding Practices**

**REPORT CARD: ASSAM**

### Early Initiation & Exclusive Breastfeeding

- **Children breastfed within one hour of birth**
  - NFHS-3: 50.9%
  - NFHS-4: 65.4%

- **Children who received prelacteal feed during the first 3 days of life**
  - NFHS-3: 6%
  - NFHS-4: 32.7%

- **Children under age 6 months exclusively breastfed**
  - NFHS-3: 63.1%
  - NFHS-4: 63.6%

### Complementary Feeding

- **Children (6-8 months) receiving solid or semi-solid food and breast milk**
  - NFHS-3: 11%
  - NFHS-4: 49.4%

- **Children (6-23 months) minimum dietary diversity**
  - NFHS-3: 11.46%
  - NFHS-4: 27.8%

### Indicators Impacting Breastfeeding

- **Institutional births**
  - NFHS-3: 22.4%
  - NFHS-4: 70.6%

- **Place of delivery and breastfeeding within 1 hour of birth**
  - Govt. Hospital: 66.8%
  - Pvt. Hospital: 61.95%

- **Type of delivery and breastfeeding within 1 hour of birth**
  - Caesarean delivery: 53.84%
  - Normal delivery: 68.3%

- **Mothers who received postnatal care from a health personnel within 2 days of delivery**
  - NFHS-3: 13.2%
  - NFHS-4: 54.0%

### District-wise Data

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<tr>
<td>Baksa</td>
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</tr>
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</table>

### Sources:

Breastfeeding & Infant and Young Child Feeding Practices

**REPORT CARD: BIHAR**

**Early Initiation & Exclusive Breastfeeding**

- Children breastfed within one hour of birth
  - NFHS-3: 3.7%
  - NFHS-4: 35.4%

- Children who received prelacteal feed during the first 3 days of life
  - NFHS-3: 24.7%
  - NFHS-4: 90.6%

- Children under age 6 months exclusively breastfed
  - NFHS-3: 27.9%
  - NFHS-4: 53.5%

**Complementary Feeding**

- Children (6-8 months) receiving solid or semi-solid food and breastmilk
  - NFHS-3: 30.6%
  - NFHS-4: 54.4%

- Children (6-23 months) minimum dietary diversity
  - NFHS-3: 10.55%
  - NFHS-4: 18.2%

**Indicators Impacting Breastfeeding**

- Institutional births
  - NFHS-3: 19.9%
  - NFHS-4: 63.8%

- Place of delivery and breastfeeding within 1 hour of birth (only NFHS-4 data)
  - Govt. Hospital: 39.4%
  - Pvt. Hospital: 28.93%

- Type of delivery and breastfeeding within 1 hour of birth (only NFHS-4 data)
  - Caesarean delivery: 20%
  - Normal delivery: 37.17%

- Mothers who received postnatal care from a health personnel within 2 days of delivery
  - NFHS-3: 13.4%
  - NFHS-4: 42.3%

**Children breastfed within one hour of birth (NFHS-4)**

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<thead>
<tr>
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<td>Aurangabad</td>
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**Sources:**
Breastfeeding & Infant and Young Child Feeding Practices

REPORT CARD: CHHATTISGARH

Early Initiation & Exclusive Breastfeeding

- Children breastfed within one hour of birth
  - NFHS-3: 25.0%
  - NFHS-4: 47.4%
  - NFHS-3: 23.3%
  - NFHS-4: 9.4%

- Children under age 6 months exclusively breastfed
  - NFHS-3: 82%
  - NFHS-4: 77.2%

Complementary Feeding

- Children (6-8 months) receiving solid or semi-solid food and breastmilk
  - NFHS-3: 49%
  - NFHS-4: 53.9%

- Children (6-23 months) minimum dietary diversity
  - NFHS-3: 14.78%
  - NFHS-4: 19%

Indicators Impacting Breastfeeding

- Institutional births
  - NFHS-3: 14.3%
  - NFHS-4: 70.2%

- Place of delivery and breastfeeding within 1 hour of birth (only NFHS-4 data)
  - Govt. Hospital: 15.28%
  - Pvt. Hospital: 10.41%

- Type of delivery and breastfeeding within 1 hour of birth (only NFHS-4 data)
  - Caesarean delivery: 11.48%
  - Normal delivery: 13%

- Mothers who received postnatal care from a health personnel within 2 days of delivery
  - NFHS-3: 20.9%
  - NFHS-4: 63.6%

Children breastfed within one hour of birth (NFHS-4)

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<tr>
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Sources:
Breastfeeding & Infant and Young Child Feeding Practices

REPORT CARD: GOA

Early Initiation & Exclusive Breastfeeding

- Children breastfed within one hour of birth: 59.1% (NFHS-3) vs. 75.4% (NFHS-4)
- Children who received prelacteal feed during the first 3 days of life: 38.3% (NFHS-3) vs. 8.8% (NFHS-4)
- Children under age 6 months exclusively breastfed: 17.7% (NFHS-3) vs. 60.9% (NFHS-4)

Complementary Feeding

- Children (6-8 months) receiving solid or semi-solid food and breastmilk: N/A (NFHS-3) vs. 66.8% (NFHS-4)
- Children (6-23 months) minimum dietary diversity: 25.7% (NFHS-3) vs. 43.46% (NFHS-4)

Indicators Impacting Breastfeeding

- Institutional births: 92.3% (NFHS-4) vs. 96.9% (NFHS-3)
- Place of delivery and breastfeeding within 1 hour of birth (Govt. Hospital): 78.53% vs. 71.24% (Pvt. Hospital)
- Type of delivery and breastfeeding within 1 hour of birth: 69.92% (Caesarean delivery) vs. 78.53% (Normal delivery)
- Mothers who received postnatal care from a health personnel within 2 days of delivery: 75.3% (NFHS-4) vs. 92.1% (NFHS-3)

Sources:
1. NFHS-4 Goa Report.
2. NFHS-4 Goa Fact Sheet.
3. NFHS-3 Goa Report.

Children breastfed within one hour of birth (NFHS-4)

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<tr>
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Ministry of Health and Family Welfare
Government of India
**Breastfeeding & Infant and Young Child Feeding Practices**

**REPORT CARD: GUJARAT**

### Early Initiation & Exclusive Breastfeeding
- Children breastfed within one hour of birth
  - NFHS-3: 27.8%
  - NFHS-4: 49.8%
- Children who received prelacteal feed during the first 3 days of life
  - NFHS-3: 18.7%
  - NFHS-4: 57.3%
- Children under age 6 months exclusively breastfed
  - NFHS-3: 47.8%
  - NFHS-4: 55.8%

### Complementary Feeding
- Children (6-8 months) receiving solid or semi-solid food and breastmilk
  - NFHS-3: 54.1%
  - NFHS-4: 49.4%
- Children (6-23 months) minimum dietary diversity
  - NFHS-3: 12.6%
  - NFHS-4: 15.3%

### Indicators Impacting Breastfeeding
- **Institutional births**
  - NFHS-3: 52.7%
  - NFHS-4: 88.5%
- **Place of delivery and breastfeeding within 1 hour of birth** (only NFHS-4 data)
  - Govt. Hospital: 51.78%
  - Pvt. Hospital: 50.88%
- **Type of delivery and breastfeeding within 1 hour of birth** (only NFHS-4 data)
  - Caesarean delivery: 45.66%
  - Normal delivery: 52.83%
- **Mothers who received postnatal care from a health personnel within 2 days of delivery**
  - NFHS-3: 51.8%
  - NFHS-4: 63.3%

### Children breastfed within one hour of birth (NFHS-4)

<table>
<thead>
<tr>
<th>Bottom districts</th>
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**Sources:**
Breastfeeding & Infant and Young Child Feeding Practices

REPORT CARD: HARYANA

Early Initiation & Exclusive Breastfeeding

Children breastfed within one hour of birth

- NFHS-3: 22.1%
- NFHS-4: 42.3%

Children who received prelacteal feed during the first 3 days of life

- NFHS-3: 31.2%
- NFHS-4: 53.9%

Children under age 6 months exclusively breastfed

- NFHS-3: 16.9%
- NFHS-4: 50.4%

Complementary Feeding

Children (6-8 months) receiving solid or semi-solid food and breastmilk

- NFHS-3: 32.7%
- NFHS-4: 45.5%

Children (6-23 months) minimum dietary diversity

- NFHS-3: 12.02%
- NFHS-4: 18.3%

Indicators Impacting Breastfeeding

Institutional births

- NFHS-3: 35.7%
- NFHS-4: 80.4%

Place of delivery and breastfeeding within 1 hour of birth (only NFHS-4 data)

- Govt. Hospital: 49.49%
- Pvt. Hospital: 37%

Type of delivery and breastfeeding within 1 hour of birth (only NFHS-4 data)

- Caesarean delivery: 28.99%
- Normal delivery: 44.81%

Mothers who received postnatal care from a health personnel within 2 days of delivery

- NFHS-3: 39.3%
- NFHS-4: 67.3%

Indicators Impacting Breastfeeding

Children (6-23 months) minimum dietary diversity

- Districts and percentages:
  - Panipat: 16.6%
  - Gurugram: 17.8%
  - Sonipat: 25.4%
  - Jhajjar: 28.9%
  - Palwal: 29.8%
  - Mewat: 31.0%
  - Rewari: 36.7%

- Bottom districts:
  - Palwal,Rewari

- Top districts:
  - Mahendragarh, Jind

Sources:

Breastfeeding & Infant and Young Child Feeding Practices

REPORT CARD: HIMACHAL PRADESH

**Early Initiation & Exclusive Breastfeeding**

- Children breastfed within one hour of birth: 45.4% NA60
- Children who received prelacteal feed during the first 3 days of life: 21.7% 20.4%
- Children under age 6 months exclusively breastfed: 27.1% 67.2%

**Complementary Feeding**

- Children (6-8 months) receiving solid or semi-solid food and breastmilk: 61.9% 52.9%
- Children (6-23 months) minimum dietary diversity: 21.6% 44.87%

**Indicators Impacting Breastfeeding**

- Institutional births: 43.1% 76.4%
- Place of delivery and breastfeeding within 1 hour of birth (only NFHS-4 data): 38.58% (Govt. Hospital) 38.03% (Pvt. Hospital)
- Type of delivery and breastfeeding within 1 hour of birth (only NFHS-4 data): 27.63% (Caesarean delivery) 43.05% (Normal delivery)
- Mothers who received postnatal care from a health personnel within 2 days of delivery: 35.7% 70.2%

**Children breastfed within one hour of birth (NFHS-4)**

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<td>Sirmaur</td>
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<td>Kangra</td>
<td>44.0</td>
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</table>

**Sources:**

Ministry of Health and Family Welfare
Government of India
Breastfeeding & Infant and Young Child Feeding Practices
REPORT CARD: JAMMU & KASHMIR

Early Initiation & Exclusive Breastfeeding
- Children breastfed within one hour of birth:
  - NFHS-3: 31.6%
  - NFHS-4: 47.2%
- Children who received prelacteal feed during the first 3 days of life:
  - NFHS-3: 16.8%
  - NFHS-4: 36.6%
- Children under age 6 months exclusively breastfed:
  - NFHS-3: 42.3%
  - NFHS-4: 65.4%

Complementary Feeding
- Children (6-8 months) receiving solid or semi-solid food and breastmilk:
  - NFHS-3: 52.7%
  - NFHS-4: 50.0%
- Children (6-23 months) minimum dietary diversity:
  - NFHS-3: 22.76%
  - NFHS-4: 45.4%

Indicators Impacting Breastfeeding
- Institutional births:
  - NFHS-3: 50.2%
  - NFHS-4: 85.6%
- Place of delivery and breastfeeding within 1 hour of birth (only NFHS-4 data):
  - Govt. Hospital: 47.5%
  - Pvt. Hospital: 30.3%
- Type of delivery and breastfeeding within 1 hour of birth (only NFHS-4 data):
  - Caesarean delivery: 35.8%
  - Normal delivery: 52.54%
- Mothers who received postnatal care from a health personnel within 2 days of delivery:
  - NFHS-3: 44.5%
  - NFHS-4: 74.8%

Children breastfed within one hour of birth (NFHS-4)

<table>
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<tr>
<th>Bottom districts</th>
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Sources:

Ministry of Health and Family Welfare
Government of India
**Breastfeeding & Infant and Young Child Feeding Practices**

**REPORT CARD: JHARKHAND**

### Early Initiation & Exclusive Breastfeeding
- Children breastfed within one hour of birth
  - NFHS-3: 10.7%
  - NFHS-4: 33%

- Children who received prelacteal feed during the first 3 days of life
  - NFHS-3: 19.3%
  - NFHS-4: 66.3%

- Children under age 6 months exclusively breastfed
  - NFHS-3: 57.8%
  - NFHS-4: 65%

### Complementary Feeding
- Children (6-8 months) receiving solid or semi-solid food and breastmilk
  - NFHS-3: 47.2%
  - NFHS-4: 60.2%

- Children (6-23 months) minimum dietary diversity
  - NFHS-3: 9.98%
  - NFHS-4: 14.6%

### Indicators Impacting Breastfeeding
- **Institutional births**
  - NFHS-3: 18.3%
  - NFHS-4: 61.9%

- **Place of delivery and breastfeeding within 1 hour of birth (only NFHS-4 data)**
  - Govt. Hospital: 13.49%
  - Pvt. Hospital: 13.24%

- **Type of delivery and breastfeeding within 1 hour of birth (only NFHS-4 data)**
  - Caesarean delivery: 10.68%
  - Normal delivery: 14%

- **Mothers who received postnatal care from a health personnel within 2 days of delivery**
  - NFHS-3: 15.6%
  - NFHS-4: 44.4%

### Children breastfed within one hour of birth (NFHS-4)

<table>
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<th>Percentage</th>
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**Sources:**

**Ministry of Health and Family Welfare**
**Government of India**
Breastfeeding & Infant and Young Child Feeding Practices

REPORT CARD: KARNATAKA

Early Initiation & Exclusive Breastfeeding

- Children breastfed within one hour of birth
  - NFHS-3: 35.7%
  - NFHS-4: 57.7%

- Children who received prelacteal feed during the first 3 days of life
  - NFHS-3: 29.2%
  - NFHS-4: 8.7%

- Children under age 6 months exclusively breastfed
  - NFHS-3: 58.6%
  - NFHS-4: 54.6%

Complementary Feeding

- Children (6-8 months) receiving solid or semi-solid food and breastmilk
  - NFHS-3: 45.5%
  - NFHS-4: 69.7%

- Children (6-23 months) minimum dietary diversity
  - NFHS-3: 22.64%
  - NFHS-4: 22.5%

Indicators Impacting Breastfeeding

- Institutional births
  - NFHS-3: 64.7%
  - NFHS-4: 94%

- Place of delivery and breastfeeding within 1 hour of birth (only NFHS-4 data)
  - Govt. Hospital: 58.92%
  - Pvt. Hospital: 55.98%

- Type of delivery and breastfeeding within 1 hour of birth (only NFHS-4 data)
  - Caesarean delivery: 50.32%
  - Normal delivery: 59.41%

- Mothers who received postnatal care from a health personnel within 2 days of delivery
  - NFHS-3: 56.6%
  - NFHS-4: 65.5%

Indicators Impacting Breastfeeding

Children breastfed within one hour of birth (NFHS-4)

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<tr>
<td>Belgaum</td>
<td>70.2</td>
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<tr>
<td>Bidar</td>
<td>68.9</td>
</tr>
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<tr>
<td>Haveri</td>
<td>64.1</td>
</tr>
</tbody>
</table>

Sources:
Breastfeeding & Infant and Young Child Feeding Practices

REPORT CARD: KERALA

Early Initiation & Exclusive Breastfeeding

- Children breastfed within one hour of birth:
  - NFHS-3: 56.5%
  - NFHS-4: 63.3%

- Children who received prelacteal feed during the first 3 days of life:
  - NFHS-3: 10.8%
  - NFHS-4: 9%

- Children under age 6 months exclusively breastfed:
  - NFHS-3: 56.2%
  - NFHS-4: 53.2%

Complementary Feeding

- Children (6-8 months) receiving solid or semi-solid food and breastmilk:
  - NFHS-3: 63.1%
  - NFHS-4: 93.9%

- Children (6-23 months) minimum dietary diversity:
  - NFHS-3: 38.4%
  - NFHS-4: 53.01%

Indicators Impacting Breastfeeding

- Institutional births:
  - NFHS-3: 99.3%
  - NFHS-4: 99.8%

- Place of delivery and breastfeeding within 1 hour of birth (only NFHS-4 data):
  - (Govt. Hospital): 63.21%
  - (Pvt. Hospital): 65.65%

- Type of delivery and breastfeeding within 1 hour of birth (only NFHS-4 data):
  - (Caesarean delivery): 53.52%
  - (Normal delivery): 71.81%

- Mothers who received postnatal care from a health personnel within 2 days of delivery:
  - NFHS-3: 84.6%
  - NFHS-4: 88.7%

Children breastfed within one hour of birth (NFHS-4)

<table>
<thead>
<tr>
<th>Bottom districts</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kollam</td>
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<tr>
<td>Pathanamthitta</td>
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<tr>
<td>Idukki</td>
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<tr>
<td>Alappuzha</td>
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<tr>
<td>Ernakulam</td>
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<tr>
<td>Palakkad</td>
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<tr>
<td>Kasaragod</td>
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<table>
<thead>
<tr>
<th>Top districts</th>
<th>Percentage</th>
</tr>
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<tbody>
<tr>
<td>Kottayam</td>
<td>81.4</td>
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<td>Kannur</td>
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<td>65.8</td>
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<tr>
<td>Malappuram</td>
<td>65.1</td>
</tr>
</tbody>
</table>

Sources:
Breastfeeding & Infant and Young Child Feeding Practices

REPORT CARD: MADHYA PRADESH

Early Initiation & Exclusive Breastfeeding

- Children breastfed within one hour of birth
  - NFHS-3: 15.9%
  - NFHS-4: 34.6%

- Children who received prelacteal feed during the first 3 days of life
  - NFHS-3: 12.4%

- Children under age 6 months exclusively breastfed
  - NFHS-3: 21.6%
  - NFHS-4: 58.4%

Complementary Feeding

- Children (6-8 months) receiving solid or semi-solid food and breastmilk
  - NFHS-3: 46%
  - NFHS-4: 37.9%

- Children (6-23 months) minimum dietary diversity
  - NFHS-3: 8.83%
  - NFHS-4: 15.6%

Indicators Impacting Breastfeeding

- Institutional births
  - NFHS-3: 26.2%
  - NFHS-4: 80.8%

- Place of delivery and breastfeeding within 1 hour of birth (only NFHS-4 data)
  - Govt. Hospital: 31.79%
  - Pvt. Hospital: 15.12%

- Type of delivery and breastfeeding within 1 hour of birth (only NFHS-4 data)
  - Caesarean delivery: 21%
  - Normal delivery: 24.58%

- Mothers who received postnatal care from a health personnel within 2 days of delivery
  - NFHS-3: N/A
  - NFHS-4: 92.2%

Sources:

Ministry of Health and Family Welfare
Government of India

Bottom districts

<table>
<thead>
<tr>
<th>District</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
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<tr>
<td>Bhopal</td>
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</tr>
<tr>
<td>Dhar</td>
<td>17.8</td>
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<tr>
<td>Khargone (West Nimar)</td>
<td>17.8</td>
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<tr>
<td>Ujjain</td>
<td>19.8</td>
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<tr>
<td>Jhabua</td>
<td>20.5</td>
</tr>
<tr>
<td>Neemuch</td>
<td>21.4</td>
</tr>
</tbody>
</table>

Top districts

<table>
<thead>
<tr>
<th>District</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shahdol</td>
<td>53.8</td>
</tr>
<tr>
<td>Balaghat</td>
<td>52.1</td>
</tr>
<tr>
<td>Jabalpur</td>
<td>51.4</td>
</tr>
<tr>
<td>Mandla</td>
<td>50.9</td>
</tr>
<tr>
<td>Betul</td>
<td>50.2</td>
</tr>
<tr>
<td>Sidhi</td>
<td>50.0</td>
</tr>
<tr>
<td>Damoh</td>
<td>49.0</td>
</tr>
</tbody>
</table>
**Early Initiation & Exclusive Breastfeeding**
- Children breastfed within one hour of birth: 52% (NFHS-3) vs. 57% (NFHS-4)
- Children who received prelacteal feed during the first 3 days of life: 33.2% (NFHS-3) vs. 13.1% (NFHS-4)
- Children under age 6 months exclusively breastfed: 53% (NFHS-3) vs. 56.6% (NFHS-4)

**Complementary Feeding**
- Children (6-8 months) receiving solid or semi-solid food and breast milk: 45.5% (NFHS-3) vs. 43.2% (NFHS-4)

**Indicators Impacting Breastfeeding**
- Institutional births: 64.6% ( Govt. Hospital) vs. 90.3% (Pvt. Hospital)
- Place of delivery and breastfeeding within 1 hour of birth: 63.25% (Govt. Hospital) vs. 49.77% (Pvt. Hospital)
- Type of delivery and breastfeeding within 1 hour of birth: 40.34% (Caesarean delivery) vs. 61.49% (Normal delivery)
- Mothers who received postnatal care from a health personnel within 2 days of delivery: 57.1% (NFHS-3) vs. 78.5% (NFHS-4)

**Children breastfed within one hour of birth (NFHS-4)**

**Bottom districts**
- Buldana: 26.5
- Bhandara: 32.6
- Aurangabad: 43.4
- Mumbai: 43.9
- Ahmadnagar: 44.1
- Parbhani: 46.6
- Sangli: 48.7

**Top districts**
- Gondiya: 69.7
- Osmanabad: 67.9
- Chandrapur: 66.8
- Nanded: 65.3
- Jalgaon: 64.7
- Nandurbar: 63.7
- Nagpur: 63.5

**Sources:**
Breastfeeding & Infant and Young Child Feeding Practices

**REPORT CARD: MANIPUR**

### Early Initiation & Exclusive Breastfeeding
- **Children breastfed within one hour of birth**
  - NFHS-3: 57.8%
  - NFHS-4: 65.6%
- **Children who received prelacteal feed during the first 3 days of life**
  - NFHS-3: 37.5%
  - NFHS-4: 22.6%
- **Children under age 6 months exclusively breastfed**
  - NFHS-3: 62.1%
  - NFHS-4: 73.6%

### Complementary Feeding
- **Children (6-8 months) receiving solid or semi-solid food and breastmilk**
  - NFHS-3: 77.4%
  - NFHS-4: 78.8%
- **Children (6-23 months) minimum dietary diversity**
  - NFHS-3: 30.65%
  - NFHS-4: 37.1%

### Indicators Impacting Breastfeeding
- **Institutional births**
  - Institutional births: 45.9%
  - Total births: 69.1%
- **Place of delivery and breastfeeding within 1 hour of birth** (only NFHS-4 data)
  - Govt. Hospital: 65.78%
  - Pvt. Hospital: 57.33%
- **Type of delivery and breastfeeding within 1 hour of birth** (only NFHS-4 data)
  - Caesarean delivery: 53.88%
  - Normal delivery: 69.16%
- **Mothers who received postnatal care from a health personnel within 2 days of delivery**
  - NFHS-3: 45.5%
  - NFHS-4: 64.6%

### Children breastfed within one hour of birth (NFHS-4)

<table>
<thead>
<tr>
<th>District</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Imphal West</td>
<td>58.7</td>
</tr>
<tr>
<td>Senapati</td>
<td>63.5</td>
</tr>
<tr>
<td>Chandel</td>
<td>63.9</td>
</tr>
<tr>
<td>Churachandpur</td>
<td>64.8</td>
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<tr>
<td>Thoubal</td>
<td>65.2</td>
</tr>
</tbody>
</table>

**Sources:**
Breastfeeding & Infant and Young Child Feeding Practices

REPORT CARD: MEGHALAYA

**Early Initiation & Exclusive Breastfeeding**

- Children breastfed within one hour of birth:
  - NFHS-3: 57.8%
  - NFHS-4: 60.8%

- Children who received prelacteal feed during the first 3 days of life:
  - NFHS-3: 31.2%
  - NFHS-4: 15.6%

- Children under age 6 months exclusively breastfed:
  - NFHS-3: 26.3%
  - NFHS-4: 35.8%

**Complementary Feeding**

- Children (6-8 months) receiving solid or semi-solid food and breastmilk:
  - NFHS-3: 77.5%
  - NFHS-4: 66.6%

- Children (6-23 months) minimum dietary diversity:
  - NFHS-3: 17.94%
  - NFHS-4: 48.8%

**Indicators Impacting Breastfeeding**

- Institutional births:
  - NFHS-3: 29%
  - NFHS-4: 51.4%

- Place of delivery and breastfeeding within 1 hour of birth (only NFHS-4 data):
  - Govt. Hospital: 51.87%
  - Pvt. Hospital: 55.46%

- Type of delivery and breastfeeding within 1 hour of birth (only NFHS-4 data):
  - Caesarean delivery: 52.72%
  - Normal delivery: 61.53%

- Mothers who received postnatal care from a health personnel within 2 days of delivery:
  - NFHS-3: 27.3%
  - NFHS-4: 47.5%

**Children breastfed within one hour of birth (NFHS-4)**

<table>
<thead>
<tr>
<th>District</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>South Garo Hills</td>
<td>36.9</td>
</tr>
<tr>
<td>East Garo Hills</td>
<td>47.9</td>
</tr>
<tr>
<td>East Khasi Hills</td>
<td>51.7</td>
</tr>
<tr>
<td>Jaintia Hills</td>
<td>66.1</td>
</tr>
</tbody>
</table>

**Top districts**

<table>
<thead>
<tr>
<th>District</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ribhoi</td>
<td>77.9</td>
</tr>
<tr>
<td>West Khasi Hills</td>
<td>68.2</td>
</tr>
<tr>
<td>West Garo Hills</td>
<td>66.5</td>
</tr>
</tbody>
</table>

Sources:
1. NFHS-4 Meghalaya Report. [Link](http://rchiips.org/nfhs/NFHS-4Reports/Meghalaya.pdf) accessed on July 27, 2019
3. NFHS-3 Meghalaya Report. [Link](http://rchiips.org/nfhs/NFHS-3%20Data/Meghalaya_with_cover_page_printed_version_sent_by_printer_4may09.pdf) accessed on July 27, 2019

Ministry of Health and Family Welfare
Government of India
Breastfeeding & Infant and Young Child Feeding Practices

REPORT CARD: MIZORAM

Early Initiation & Exclusive Breastfeeding

- Children breastfed within one hour of birth (NFHS-4): 73.3%
- Children breastfed within one hour of birth (NFHS-3): 66.1%
- Children who received prelacteal feed during the first 3 days of life (NFHS-4): 16.4%
- Children who received prelacteal feed during the first 3 days of life (NFHS-3): 23.3%
- Children under age 6 months exclusively breastfed (NFHS-4): 60.6%
- Children under age 6 months exclusively breastfed (NFHS-3): 46.1%

Complementary Feeding

- Children (6-8 months) receiving solid or semi-solid food and breastmilk (NFHS-4): 67.9%
- Children (6-8 months) receiving solid or semi-solid food and breastmilk (NFHS-3): 81.4%
- Children (6-23 months) minimum dietary diversity (NFHS-4): 42.8%
- Children (6-23 months) minimum dietary diversity (NFHS-3): 14.52%

Indicators Impacting Breastfeeding

- Institutional births (NFHS-4): 59.8%
- Institutional births (NFHS-3): 79.7%
- Place of delivery and breastfeeding within 1 hour of birth (Govt. Hospital, NFHS-4): 63.3%
- Place of delivery and breastfeeding within 1 hour of birth (Govt. Hospital, NFHS-3): 73.43%
- Place of delivery and breastfeeding within 1 hour of birth (Pvt. Hospital, NFHS-4): 60.7%
- Place of delivery and breastfeeding within 1 hour of birth (Pvt. Hospital, NFHS-3): 73.3%
- Type of delivery and breastfeeding within 1 hour of birth (Caesarean delivery, NFHS-4): 76.79%
- Type of delivery and breastfeeding within 1 hour of birth (Caesarean delivery, NFHS-3): 50.28%
- Type of delivery and breastfeeding within 1 hour of birth (Normal delivery, NFHS-4): 66.1%
- Type of delivery and breastfeeding within 1 hour of birth (Normal delivery, NFHS-3): 73.3%
- Mothers who received postnatal care from a health personnel within 2 days of delivery (NFHS-4): 64.5%
- Mothers who received postnatal care from a health personnel within 2 days of delivery (NFHS-3): 49.6%

Sources:

Children breastfed within one hour of birth (NFHS-4)

<table>
<thead>
<tr>
<th>District</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Lunglei</td>
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<tr>
<td>Champhai</td>
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<td>Aizawl</td>
<td>73.8</td>
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<tr>
<td>Serchhip</td>
<td>74.5</td>
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</table>

Top districts

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<th>District</th>
<th>Percentage</th>
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<tbody>
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<tr>
<td>Mamit</td>
<td>86.6</td>
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<tr>
<td>Kolasib</td>
<td>79.8</td>
</tr>
<tr>
<td>Lawngtlai</td>
<td>79.4</td>
</tr>
</tbody>
</table>

Bottom districts
Early Initiation & Exclusive Breastfeeding

- Children breastfed within one hour of birth:
  - NFHS-3: 53.1%
  - NFHS-4: 54.2%

- Children who received prelacteal feed during the first 3 days of life:
  - NFHS-3: 30.8%
  - NFHS-4: 53.8%

- Children under age 6 months exclusively breastfed:
  - NFHS-3: 29.5%
  - NFHS-4: 44.5%

Complementary Feeding

- Children (6-8 months) receiving solid or semi-solid food and breastmilk:
  - NFHS-3: 69%
  - NFHS-4: 70.5%

- Children (6-23 months) minimum dietary diversity:
  - NFHS-3: 16.01%
  - NFHS-4: 39.1%

Indicators Impacting Breastfeeding

- Institutional births:
  - NFHS-3: 11.6%
  - NFHS-4: 32.8%

- Place of delivery and breastfeeding within 1 hour of birth (only NFHS-4 data):
  - Govt. Hospital: 50.48%
  - Pvt. Hospital: 36.06%

- Type of delivery and breastfeeding within 1 hour of birth (only NFHS-4 data):
  - Caeasarean delivery: 28.92%
  - Normal delivery: 55.26%

- Mothers who received postnatal care from a health personnel within 2 days of delivery:
  - NFHS-3: 10.2%
  - NFHS-4: 22.3%

Sources:

Children breastfed within one hour of birth (NFHS-4)

<table>
<thead>
<tr>
<th>District</th>
<th>Percentage</th>
</tr>
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<tbody>
<tr>
<td>Kiphire</td>
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<td>Phek</td>
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<td>Peren</td>
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<td>Dimapur</td>
<td>45.7</td>
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<td>Kohima</td>
<td>49.1</td>
</tr>
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<td>Mokokchung</td>
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<table>
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<td>Longleng</td>
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<tr>
<td>Tuensang</td>
<td>52.5</td>
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</table>

Ministry of Health and Family Welfare
Government of India
**Breastfeeding & Infant and Young Child Feeding Practices**

**REPORT CARD: ODISHA**

### Early Initiation & Exclusive Breastfeeding

- **Children breastfed within one hour of birth**
  - NFHS-3: 54.8%  
  - NFHS-4: 69.0%
  - **Improvement:** 14.2%
- **Children who received prelacteal feed during the first 3 days of life**
  - NFHS-3: 42.1%  
  - NFHS-4: 5.9%
  - **Decline:** 36.2%
- **Children under age 6 months exclusively breastfed**
  - NFHS-3: 50.8%  
  - NFHS-4: 65.6%
  - **Improvement:** 14.8%

### Complementary Feeding

- **Children (6-8 months) receiving solid or semi-solid food and breastmilk**
  - NFHS-3: 65.5%  
  - NFHS-4: 54.9%
  - **Decline:** 10.6%
- **Children (6-23 months) minimum dietary diversity**
  - NFHS-3: 20.28%  
  - NFHS-4: 22.2%
  - **Decline:** 1.92%

### Indicators Impacting Breastfeeding

- **Institutional births**
  - NFHS-3: 35.6%  
  - NFHS-4: 85.3%
  - **Improvement:** 49.7%
- **Place of delivery and breastfeeding within 1 hour of birth** (only NFHS-4 data)
  - Govt. Hospital: 69.35%
  - Pvt. Hospital: 56.89%
- **Type of delivery and breastfeeding within 1 hour of birth** (only NFHS-4 data)
  - Caesarean delivery: 54.64%
  - Normal delivery: 70.65%
- **Mothers who received postnatal care from a health personnel within 2 days of delivery**
  - NFHS-3: 31.7%  
  - NFHS-4: 73.2%
  - **Improvement:** 41.5%

### Children breastfed within one hour of birth (NFHS-4)

**Bottom districts**

<table>
<thead>
<tr>
<th>District</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
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</tr>
<tr>
<td>Jajapur</td>
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</tr>
<tr>
<td>Kendujhar</td>
<td>57.3</td>
</tr>
<tr>
<td>Nabarangapur</td>
<td>60.6</td>
</tr>
<tr>
<td>Mayurbhanj</td>
<td>61.6</td>
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<tr>
<td>Nayagarh</td>
<td>62.1</td>
</tr>
<tr>
<td>Sambalpur</td>
<td>62.4</td>
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**Top districts**

<table>
<thead>
<tr>
<th>District</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baudh</td>
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<tr>
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<td>Nuapada</td>
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<td>Anugul</td>
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<td>Sundargarh</td>
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<td>Subarnapur</td>
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<tr>
<td>Gajapati</td>
<td>75.3</td>
</tr>
</tbody>
</table>

**Sources:**
Breastfeeding & Infant and Young Child Feeding Practices

REPORT CARD: PUNJAB

Early Initiation & Exclusive Breastfeeding

- Children breastfed within one hour of birth:
  - NFHS-3: 12.7%
  - NFHS-4: 29.9%

- Children who received prelacteal feed during the first 3 days of life:
  - NFHS-3: 32.1%
  - NFHS-4: 62.9%

- Children under age 6 months exclusively breastfed:
  - NFHS-3: 35.7%
  - NFHS-4: 53.1%

Complementary Feeding

- Children (6-8 months) receiving solid or semi-solid food and breastmilk:
  - NFHS-3: 37.5%
  - NFHS-4: 50.9%

- Children (6-23 months) minimum dietary diversity:
  - NFHS-3: 18.4%
  - NFHS-4: 17.7%

Indicators Impacting Breastfeeding

- Institutional births:
  - NFHS-3: 51.3%
  - NFHS-4: 90.5%

- Place of delivery and breastfeeding within 1 hour of birth (only NFHS-4 data):
  - Govt. Hospital: 33.9%
  - Pvt. Hospital: 26.4%

- Type of delivery and breastfeeding within 1 hour of birth (only NFHS-4 data):
  - Caesarean delivery: 19.28%
  - Normal delivery: 35.33%

- Mothers who received postnatal care from a health personnel within 2 days of delivery:
  - NFHS-3: 53.1%
  - NFHS-4: 87.2%

Indicators:

- Children (6-23 months) minimum dietary diversity:
  - Shahid Bhagat Singh Nagar: 16.1%
  - Gurdaspur: 19.8%
  - Sangrur: 22.9%
  - Jalandhar: 23.4%
  - Kapurthala: 23.4%
  - Rupnagar: 27.9%
  - Tarn Taran: 28.3%

- Faridkot: 45.7%
- Sahibzada Ajit Singh Nagar: 41.5%
- Patiala: 38.4%
- Barnala: 34.1%
- Muktsar: 33.9%
- Mansa: 33.7%
- Ludhiana: 33.0%

Sources:

Ministry of Health and Family Welfare
Government of India
**Breastfeeding & Infant and Young Child Feeding Practices**

**REPORT CARD: RAJASTHAN**

### Early Initiation & Exclusive Breastfeeding
- **Children breastfed within one hour of birth**
  - NFHS-3: 14.1%
  - NFHS-4: 28.4%
- **Children who received prelacteal feed during the first 3 days of life**
  - NFHS-3: 16.8%
  - NFHS-4: 71.6%
- **Children under age 6 months exclusively breastfed**
  - NFHS-3: 33.2%
  - NFHS-4: 58.2%

### Complementary Feeding
- **Children (6-8 months) receiving solid or semi-solid food and breastmilk**
  - NFHS-3: 38.7%
  - NFHS-4: 28.9%
- **Children (6-23 months) minimum dietary diversity**
  - NFHS-3: 5.62%
  - NFHS-4: 9.7%

### Indicators Impacting Breastfeeding
- **Institutional births**
  - NFHS-3: 29.6%
  - NFHS-4: 84%
- **Place of delivery and breastfeeding within 1 hour of birth (only NFHS-4 data)**
  - Govt. Hospital: 19.27%
  - Pvt. Hospital: 16.36%
- **Type of delivery and breastfeeding within 1 hour of birth (only NFHS-4 data)**
  - Caesarean delivery: 7%
  - Normal delivery: 15.83%
- **Mothers who received postnatal care from a health personnel within 2 days of delivery**
  - NFHS-3: 26.9%
  - NFHS-4: 63.7%

### Children breastfed within one hour of birth (NFHS-4)

<table>
<thead>
<tr>
<th>District</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rajsamand</td>
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<tr>
<td>Dausa</td>
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**Bottom districts**

<table>
<thead>
<tr>
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<th>Percentage</th>
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<tbody>
<tr>
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<tr>
<td>Tonk</td>
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<td>Churu</td>
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<tr>
<td>Banswara</td>
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<td>Karauli</td>
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<tr>
<td>Dhaulpur</td>
<td>35.1</td>
</tr>
</tbody>
</table>

**Top districts**

### Sources:
**Report Card: Sikkim**

**Breastfeeding & Infant and Young Child Feeding Practices**

### Early Initiation & Exclusive Breastfeeding

- **Children breastfed within one hour of birth**
  - NFHS-3: 42.9%
  - NFHS-4: 69.7%
  - Source: NFHS-4 Sikkim Report.

- **Children who received prelacteal feed during the first 3 days of life**
  - NFHS-3: 12.3%
  - NFHS-4: 5%
  - Source: NFHS-4 Sikkim Report.

- **Children under age 6 months exclusively breastfed**
  - NFHS-3: 37.2%
  - NFHS-4: 54.6%
  - Source: NFHS-4 Sikkim Report.

### Complementary Feeding

- **Children (6-8 months) receiving solid or semi-solid food and breastmilk**
  - NFHS-3: 55.3%
  - NFHS-4: 61.8%
  - Source: NFHS-4 Sikkim Report.

- **Children (6-23 months) minimum dietary diversity**
  - NFHS-3: 35.68%
  - NFHS-4: 49.1%
  - Source: NFHS-4 Sikkim Report.

### Indicators Impacting Breastfeeding

- **Institutional births**
  - NFHS-3: 47.2%
  - NFHS-4: 94.7%
  - Source: NFHS-4 Sikkim Report.

- **Place of delivery and breastfeeding within 1 hour of birth** (only NFHS-4 data)
  - Govt. Hospital: 77.1%
  - Pvt. Hospital: 50%
  - Source: NFHS-4 Sikkim Report.

- **Type of delivery and breastfeeding within 1 hour of birth** (only NFHS-4 data)
  - Caesarean delivery: 62.42%
  - Normal delivery: 76.4%
  - Source: NFHS-4 Sikkim Report.

- **Mothers who received postnatal care from a health personnel within 2 days of delivery**
  - NFHS-3: 44.9%
  - NFHS-4: 74.2%
  - Source: NFHS-4 Sikkim Report.

### Children breastfed within one hour of birth (NFHS-4)

**Bottom districts**

- **District**
  - North District: 55.3%
  - East District: 66.5%

**Top districts**

- **District**
  - South District: 77.5%
  - West District: 75.3%

**Sources:**

**Early Initiation & Exclusive Breastfeeding**

- Children breastfed within one hour of birth: 58.8% (NFHS-4) vs 55.4% (NFHS-3)
- Children who received prelacteal feed during the first 3 days of life: 20.6% vs 13.5%
- Children under age 6 months exclusively breastfed: 34.1% vs 48.3%

**Complementary Feeding**

- Children (6-8 months) receiving solid or semi-solid food and breastmilk: 81.2% vs 67.5%
- Children (6-23 months) minimum dietary diversity: 27.34% vs 57.3%

**Indicators Impacting Breastfeeding**

- Institutional births: 87.8% vs 98.9%
- Place of delivery and breastfeeding within 1 hour of birth (only NFHS-4 data): 59.26% (Govt. Hospital) vs 45.77% (Pvt. Hospital)
- Type of delivery and breastfeeding within 1 hour of birth (only NFHS-4 data): 44.85% (Caesarean delivery) vs 61.15% (Normal delivery)
- Mothers who received postnatal care from a health personnel within 2 days of delivery: 85.6% vs 74%

**Children breastfed within one hour of birth (NFHS-4)**

<table>
<thead>
<tr>
<th>Bottom districts</th>
<th>Percentage</th>
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</thead>
<tbody>
<tr>
<td>Pudukkottai</td>
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</tr>
<tr>
<td>Perambalur</td>
<td>34.9</td>
</tr>
<tr>
<td>Kanniakumari</td>
<td>41.6</td>
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<tr>
<td>Sivaganga</td>
<td>41.6</td>
</tr>
<tr>
<td>Ramanathapuram</td>
<td>42.7</td>
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<tr>
<td>Tiruchirappalli</td>
<td>42.7</td>
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<tr>
<td>Chennai</td>
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<th>Percentage</th>
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<td>Dindigul</td>
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<tr>
<td>Vellore</td>
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<td>Thiruvallur</td>
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<tr>
<td>Coimbatore</td>
<td>64.1</td>
</tr>
</tbody>
</table>

**Sources:**

**Ministry of Health and Family Welfare**

**Government of India**
Breastfeeding & Infant and Young Child Feeding Practices
REPORT CARD: TELANGANA

Early Initiation & Exclusive Breastfeeding

Children breastfed within one hour of birth
- NFHS-3: 24.6%
- NFHS-4: 35.9%

Children who received prelacteal feed during the first 3 days of life
- NFHS-3: 26.2%
- NFHS-4: 42.7%

Children under age 6 months exclusively breastfed
- NFHS-3: 62.7%
- NFHS-4: 67.3%

Complementary Feeding

Children (6-8 months) receiving solid or semi-solid food and breastmilk
- NFHS-3: 62.3%
- NFHS-4: 55.9%

Children (6-23 months) minimum dietary diversity
- NFHS-3: N/A
- NFHS-4: 26.8%

Indicators Impacting Breastfeeding

Institutional births
- NFHS-3: N/A
- NFHS-4: 91.5%

Place of delivery and breastfeeding within 1 hour of birth (only NFHS-4 data)
- Govt. Hospital: 39.63%
- Pvt. Hospital: 35.93%

Type of delivery and breastfeeding within 1 hour of birth (only NFHS-4 data)
- Caesarean delivery: 33.61%
- Normal delivery: 42.66%

Mothers who received postnatal care from a health personnel within 2 days of delivery
- NFHS-3: N/A
- NFHS-4: 81.7%

Indicators Impacting Breastfeeding

Children (6-23 months) minimum dietary diversity

<table>
<thead>
<tr>
<th>District</th>
<th>Percentage</th>
</tr>
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<tbody>
<tr>
<td>Adilabad</td>
<td>23.8</td>
</tr>
<tr>
<td>Nizamabad</td>
<td>29.2</td>
</tr>
<tr>
<td>Rangareddy</td>
<td>29.2</td>
</tr>
<tr>
<td>Mahbubnagar</td>
<td>33.7</td>
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<tr>
<td>Nalgonda</td>
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Top districts

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<th>Percentage</th>
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<tr>
<td>Khammam</td>
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<tr>
<td>Hyderabad</td>
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<tr>
<td>Warangal</td>
<td>38.9</td>
</tr>
<tr>
<td>Karimnagar</td>
<td>37.1</td>
</tr>
</tbody>
</table>

Sources:

* NFHS-3 data (when Andhra Pradesh was undivided before 2014)
Breastfeeding & Infant and Young Child Feeding Practices

REPORT CARD: TRIPURA

Early Initiation & Exclusive Breastfeeding
- Children breastfed within one hour of birth: 34.6% (NFHS-3) vs. 46.2% (NFHS-4)
- Children who received prelacteal feed during the first 3 days of life: 2.9% (NFHS-3) vs. 36.4% (NFHS-4)
- Children under age 6 months exclusively breastfed: 36.1% (NFHS-3) vs. 70.7% (NFHS-4)

Complementary Feeding
- Children (6-8 months) receiving solid or semi-solid food and breastfeeding: N/A vs. 53.4%
- Children (6-23 months) minimum dietary diversity: 37.5%

Indicators Impacting Breastfeeding
- Institutional births: 46.9% (NFHS-3) vs. 79.9% (NFHS-4)
- Place of delivery and breastfeeding within 1 hour of birth (only NFHS-4 data): 46.17% (Govt. Hospital) vs. 34.26% (Pvt. Hospital)
- Type of delivery and breastfeeding within 1 hour of birth (only NFHS-4 data): 25.82% (Caesarean delivery) vs. 52% (Normal delivery)
- Mothers who received postnatal care from a health personnel within 2 days of delivery: 26.3% (NFHS-3) vs. 62.1% (NFHS-4)

Children breastfed within one hour of birth (NFHS-4)

<table>
<thead>
<tr>
<th>District</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>North District</td>
<td>55.3</td>
</tr>
<tr>
<td>East District</td>
<td>66.5</td>
</tr>
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</table>

Bottom districts

<table>
<thead>
<tr>
<th>District</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>South District</td>
<td>77.5</td>
</tr>
<tr>
<td>West District</td>
<td>75.3</td>
</tr>
</tbody>
</table>

Top districts

Sources:

Ministry of Health and Family Welfare
Government of India
## Breastfeeding & Infant and Young Child Feeding Practices

### REPORT CARD: UTTAR PRADESH

#### Early Initiation & Exclusive Breastfeeding

- **Children breastfed within one hour of birth**
  - NFHS-3: 7.3%
  - NFHS-4: 25.4%
- **Children who received prelacteal feed during the first 3 days of life**
  - NFHS-3: 86%
  - NFHS-4: 41.5%
- **Children under age 6 months exclusively breastfed**
  - NFHS-3: 51.3%
  - NFHS-4: 41.9%

#### Complementary Feeding

- **Children (6-8 months) receiving solid or semi-solid food and breastmilk**
  - NFHS-3: 41.2%
  - NFHS-4: 32.4%
- **Children (6-23 months) minimum dietary diversity**
  - NFHS-3: 13.23%
  - NFHS-4: 11.1%

#### Indicators Impacting Breastfeeding

- **Institutional births**
  - NFHS-3: 20.6%
  - NFHS-4: 67.8%
- **Place of delivery and breastfeeding within 1 hour of birth**
  - NFHS-3: 31.35% (Govt. Hospital)
  - NFHS-4: 31.03% (Pvt. Hospital)
- **Type of delivery and breastfeeding within 1 hour of birth**
  - NFHS-3: 23.43% (Caesarean delivery)
  - NFHS-4: 29.3% (Normal delivery)
- **Mothers who received postnatal care from a health personnel within 2 days of delivery**
  - NFHS-3: 12.3%
  - NFHS-4: 54%

### Children breastfed within one hour of birth (NFHS-4)

<table>
<thead>
<tr>
<th>District</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
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<tr>
<td>Bijnor</td>
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<tr>
<td>Shahjahanpur</td>
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<td>Gonda</td>
<td>15.5</td>
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<tr>
<td>Etawah</td>
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<td>Mahamaya Nagar</td>
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<tr>
<td>Top districts</td>
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<td>Gorakhpur</td>
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<td>Jalaun</td>
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<tr>
<td>Allahabad</td>
<td>35.9</td>
</tr>
</tbody>
</table>

### Sources:
Breastfeeding & Infant and Young Child Feeding Practices

REPORT CARD: UTTARAKHAND

Early Initiation & Exclusive Breastfeeding

Children breastfed within one hour of birth

- NFHS-3: 33.5%
- NFHS-4: 28.8%

Children who received prelacteal feed during the first 3 days of life

- NFHS-3: 44.9%
- NFHS-4: 39.1%

Children under age 6 months exclusively breastfed

- NFHS-3: 31.2%
- NFHS-4: 51%

Complementary Feeding

Children (6-8 months) receiving solid or semi-solid food and breastmilk

- NFHS-3: 47.7%
- NFHS-4: 46.4%

Children (6-23 months) minimum dietary diversity

- NFHS-3: 26.77%
- NFHS-4: 21.2%

Indicators Impacting Breastfeeding

Institutional births

- NFHS-3: 32.6%
- NFHS-4: 68.6%

Place of delivery and breastfeeding within 1 hour of birth (only NFHS-4 data)

- Govt. Hospital: 35.15%
- Pvt. Hospital: 19.43%

Type of delivery and breastfeeding within 1 hour of birth (only NFHS-4 data)

- Caesarean delivery: 10.88%
- Normal delivery: 32.68%

Mothers who received postnatal care from a health personnel within 2 days of delivery

- NFHS-3: 27.7%
- NFHS-4: 54.8%

Children breastfed within one hour of birth (NFHS-4)

Bottom districts

<table>
<thead>
<tr>
<th>District</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
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<tr>
<td>Udham Singh Nagar</td>
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<tr>
<td>Garhwal</td>
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<tr>
<td>Pithoragarh</td>
<td>27.8</td>
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<tr>
<td>Uttarkashi</td>
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<tr>
<td>Dehradun</td>
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<td>Almora</td>
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Top districts

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<tbody>
<tr>
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<tr>
<td>Chamoli</td>
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<td>Tehri Garhwal</td>
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<tr>
<td>Bageshwar</td>
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<tr>
<td>Nainital</td>
<td>33.5</td>
</tr>
<tr>
<td>Champawat</td>
<td>31.9</td>
</tr>
</tbody>
</table>

Sources:
Breastfeeding & Infant and Young Child Feeding Practices

REPORT CARD: WEST BENGAL

Early Initiation & Exclusive Breastfeeding

- Children breastfed within one hour of birth
  - FP3: 23.5%
  - FP4: 47.5%

- Children who received prelacteal feed during the first 3 days of life
  - FP3: 11%
  - FP4: 47.8%

- Children under age 6 months exclusively breastfed
  - FP3: 58.6%
  - FP4: 52.3%

Complementary Feeding

- Children (6-8 months) receiving solid or semi-solid food and breastmilk
  - FP3: 47.1%
  - FP4: 52%

- Children (6-23 months) minimum dietary diversity
  - FP3: 31.47%
  - FP4: 37.8%

Indicators Impacting Breastfeeding

- Institutional births
  - FP4: 42% (75.2%)

- Place of delivery and breastfeeding within 1 hour of birth (only NFHS-4 data)
  - Govt. Hospital: 49.76%
  - Pvt. Hospital: 38.09%

- Type of delivery and breastfeeding within 1 hour of birth (only NFHS-4 data)
  - Caesarean delivery: 32.26%
  - Normal delivery: 53.11%

- Mothers who received postnatal care from a health personnel within 2 days of delivery
  - FP4: 36.1% (61.1%)

Sources:

Children breastfed within one hour of birth (NFHS-4)

<table>
<thead>
<tr>
<th>Bottom districts</th>
<th>Percentage</th>
</tr>
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<tbody>
<tr>
<td>Purba Medinipur</td>
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<tr>
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<tr>
<td>Darjiling</td>
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<tr>
<td>Hugli</td>
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<td>Koch Bihar</td>
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<td>Dakshin Dinajpur</td>
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<td>Maldah</td>
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<tr>
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<td>Nadia</td>
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</tr>
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</table>

Ministry of Health and Family Welfare
Government of India
## Breastfeeding & Infant and Young Child Feeding Practices

### Report Card: Andaman & Nicobar Islands

#### Early Initiation & Exclusive Breastfeeding

- **Children breastfed within one hour of birth**
  - N/A: 43.4%

- **Children who received prelacteal feed during the first 3 days of life**
  - N/A: 13.2%

- **Children under age 6 months exclusively breastfed**
  - N/A: 66.8%

#### Complementary Feeding

- **Children (6-8 months) receiving solid or semi-solid food and breastmilk**
  - N/A: 45.1%

- **Children (6-23 months) minimum dietary diversity**
  - N/A: 37.5%

#### Indicators Impacting Breastfeeding

- **Institutional births**
  - N/A: 96.4%

- **Place of delivery and breastfeeding within 1 hour of birth** (only NFHS-4 data)
  - Govt. Hospital: 43.6%
  - Pvt. Hospital: 22.24%

- **Type of delivery and breastfeeding within 1 hour of birth** (only NFHS-4 data)
  - Caesarean delivery: 19.69%
  - Normal delivery: 49.79%

- **Mothers who received postnatal care from a health personnel within 2 days of delivery**
  - N/A: 75%

### Sources

# Breastfeeding & Infant and Young Child Feeding Practices

## Report Card: Chandigarh

### Early Initiation & Exclusive Breastfeeding
- **Children breastfed within one hour of birth**
  - N/A
  - 35.1%
- **Children who received prelacteal feed during the first 3 days of life**
  - N/A
  - 26.1%
- **Children under age 6 months exclusively breastfed**
  - N/A
  - N/A

### Complementary Feeding
- **Children (6-8 months) receiving solid or semi-solid food and breastmilk**
  - N/A
  - N/A
- **Children (6-23 months) minimum dietary diversity**
  - N/A
  - 10.3%

### Indicators Impacting Breastfeeding
- **Institutional births**
  - N/A
  - 91.6%
- **Place of delivery and breastfeeding within 1 hour of birth** (only NFHS-4 data)
  - N/A
  - 36.88% (Govt. Hospital)
  - 11.92% (Pvt. Hospital)
- **Type of delivery and breastfeeding within 1 hour of birth** (only NFHS-4 data)
  - N/A
  - 9.34% (Caesarean delivery)
  - 38.32% (Normal delivery)
- **Mothers who received postnatal care from a health personnel within 2 days of delivery**
  - N/A
  - 89%

### Sources
## Breastfeeding & Infant and Young Child Feeding Practices

### REPORT CARD: DADRA & NAGAR HAVELI

#### Early Initiation & Exclusive Breastfeeding

- **Children breastfed within one hour of birth**
  - N/A
  - 47.8%

- **Children who received prelacteal feed during the first 3 days of life**
  - N/A
  - 5.7%

- **Children under age 6 months exclusively breastfed**
  - N/A
  - 72.7%

#### Complementary Feeding

- **Children (6-8 months) receiving solid or semi-solid food and breastmilk**
  - N/A
  - N/A

- **Children (6-23 months) minimum dietary diversity**
  - N/A
  - 1.1%

#### Indicators Impacting Breastfeeding

- **Institutional births**
  - N/A
  - 88%

- **Place of delivery and breastfeeding within 1 hour of birth** (only NFHS-4 data)
  - (Govt. Hospital) 43.08%
  - (Pvt. Hospital) 44.35%

- **Type of delivery and breastfeeding within 1 hour of birth** (only NFHS-4 data)
  - (Caesarean delivery) 51.46%
  - (Normal) 45.67%

- **Mothers who received postnatal care from a health personnel within 2 days of delivery**
  - N/A
  - 66.7%

---

**Sources:**

### Early Initiation & Exclusive Breastfeeding

<table>
<thead>
<tr>
<th>Indicator</th>
<th>NFHS-3</th>
<th>NFHS-4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children breastfed within one hour of birth</td>
<td>N/A</td>
<td>53.8%</td>
</tr>
<tr>
<td>Children who received prelacteal feed during the first 3 days of life</td>
<td>N/A</td>
<td>11.5%</td>
</tr>
<tr>
<td>Children under age 6 months exclusively breastfed</td>
<td>N/A</td>
<td>52.3%</td>
</tr>
</tbody>
</table>

### Complementary Feeding

<table>
<thead>
<tr>
<th>Indicator</th>
<th>NFHS-3</th>
<th>NFHS-4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children (6-8 months) receiving solid or semi-solid food and breastmilk</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Children (6-23 months) minimum dietary diversity</td>
<td>N/A</td>
<td>27%</td>
</tr>
</tbody>
</table>

### Place of delivery and breastfeeding within 1 hour of birth (only NFHS-4 data)

- **Government Hospital**: 48.5%
- **Private Hospital**: 60.84%

### Type of delivery and breastfeeding within 1 hour of birth (only NFHS-4 data)

- **Caesarean delivery**: 47.98%
- **Normal delivery**: 56.24%

### Indicators Impacting Breastfeeding

<table>
<thead>
<tr>
<th>Indicator</th>
<th>NFHS-3</th>
<th>NFHS-4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Institutional births</td>
<td>N/A</td>
<td>90.1%</td>
</tr>
<tr>
<td>Place of delivery and breastfeeding within 1 hour of birth</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(Government Hospital)</td>
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</tr>
<tr>
<td>(Private Hospital)</td>
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<tr>
<td>Type of delivery and breastfeeding within 1 hour of birth</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(Caesarean delivery)</td>
<td></td>
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</tr>
<tr>
<td>(Normal delivery)</td>
<td></td>
<td>56.24%</td>
</tr>
<tr>
<td>Mothers who received postnatal care from a health personnel within 2 days of delivery</td>
<td>N/A</td>
<td>60.1%</td>
</tr>
</tbody>
</table>

### Sources

Breastfeeding & Infant and Young Child Feeding Practices

REPORT CARD: DELHI

Early Initiation & Exclusive Breastfeeding

- Children breastfed within one hour of birth
  - NFHS-3: 19.3%
  - NFHS-4: 28%
- Children who received prelacteal feed during the first 3 days of life
  - NFHS-3: 17.1%
  - NFHS-4: 45.5%
- Children under age 6 months exclusively breastfed
  - NFHS-3: 34.5%
  - NFHS-4: 49.6%

Complementary Feeding

- Children (6-8 months) receiving solid or semi-solid food and breastmilk
  - NFHS-3: 35.4%
  - NFHS-4: 58.7%
- Children (6-23 months) minimum dietary diversity
  - NFHS-3: 20.68%
  - NFHS-4: 25.7%

Indicators Impacting Breastfeeding

- Institutional births
  - NFHS-3: 59%
  - NFHS-4: 84.4%
- Place of delivery and breastfeeding within 1 hour of birth (only NFHS-4 data)
  - Govt. Hospital: 39.34%
  - Pvt. Hospital: 17.03%
- Type of delivery and breastfeeding within 1 hour of birth (only NFHS-4 data)
  - Caesarean delivery: 32.92%
  - Normal delivery: 28.66%
- Mothers who received postnatal care from a health personnel within 2 days of delivery
  - NFHS-3: 50.1%
  - NFHS-4: 62.3%

Sources:

Ministry of Health and Family Welfare
Government of India
# Breastfeeding & Infant and Young Child Feeding Practices

## Report Card: Lakshadweep

### Early Initiation & Exclusive Breastfeeding

- **Children breastfed within one hour of birth**
  - N/A
  - 61.3%

- **Children who received prelacteal feed during the first 3 days of life**
  - N/A
  - 8.5%

- **Children under age 6 months exclusively breastfed**
  - N/A
  - 54.8%

### Complementary Feeding

- **Children (6-8 months) receiving solid or semi-solid food and breastmilk**
  - N/A
  - N/A

- **Children (6-23 months) minimum dietary diversity**
  - N/A
  - 28.9%

### Indicators Impacting Breastfeeding

#### Institutional births

- **Place of delivery and breastfeeding within 1 hour of birth**
  - N/A
  - 99.3%

- **Type of delivery and breastfeeding within 1 hour of birth**
  - Caesarean delivery: 38.45%
  - Normal delivery: 77.82%

- **Mothers who received postnatal care from a health personnel within 2 days of delivery**
  - N/A
  - 92.7%

### Sources

**Breastfeeding & Infant and Young Child Feeding Practices**

**REPORT CARD: PUDUCHERRY**

### Early Initiation & Exclusive Breastfeeding
- Children breastfed within one hour of birth: N/A 64.6%
- Children who received prelacteal feed during the first 3 days of life: N/A 5.7%
- Children under age 6 months exclusively breastfed: N/A 47.6%

### Complementary Feeding
- Children (6-8 months) receiving solid or semi-solid food and breastmilk: N/A 76.6%
- Children (6-23 months) minimum dietary diversity: N/A 57.1%

### Place of delivery and breastfeeding within 1 hour of birth (only NFHS-4 data)
- Institutional births: N/A 99.9%
- Place of delivery and breastfeeding within 1 hour of birth:
  - Govt. Hospital: 64.04%
  - Pvt. Hospital: 54.19%

### Type of delivery and breastfeeding within 1 hour of birth (only NFHS-4 data)
- Type of delivery and breastfeeding within 1 hour of birth:
  - Caesarean delivery: 47.88%
  - Normal delivery: 72.12%

### Mothers who received postnatal care from a health personnel within 2 days of delivery
- Mothers who received postnatal care: N/A 85.3%

### Indicators Impacting Breastfeeding

**Sources:**