

# Health Indicators in India and its States: with reference to the State of Gujarat

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## **Abstract :**

This study has been done to check the health status in India and its various states. Here special reference has been made to the Health Status Survey of Gujarat State. India and its various states show improvement in some health indicators while others do not. etc. have been taken. Gujarat and India are compared.

**Key words:** Anemia, Malnutrition, Health Insurance, BMI., public health expenditure.

## **Introduction:**

Health is considered a very important topic in today's era. People of the world have understood the importance of health during the corona period. According to the definition of the World Health Organization, health means physical, mental and social well-being, a healthy person can contribute significantly to the society and the development of the country. This concept is very important from economic and social point of view. Continuous and targeted efforts are being made to improve health indicators in various countries of the world. The goal of health is important when we want to achieve achievable development goals. United Nations has set 17

important goals for 2015 and these countries are seen working in that direction. Among these 17 goals, poverty eradication, hunger eradication, good health, quality education, gender equality, clean water and sanitation, electricity, socio-economic growth, elimination of inequality, protection of the earth etc. are important. In which health and wellness is the number 3 important goal. For which about 100 health directors have been decided by the World Health Organization.

Even in India, the current budget shows that the government has increased the expenditure on public health. Government of the country's GDP 2 percent is allocated in the budget for public health expenditure. At the same time, expenditure is increased to improve health conditions in various states of India. Various health related measures have been taken by *NITI Aayog* in India.

## **Indicators of Health in various states of India**

### **Health Insurance:**

The number of families in India where at least one member of the family has health insurance is on the rise. According to the statistics of National Family Health Survey-4, the proportion of health insurance holders in India increased from 28.7 percent to 41 percent during 2019-20. Talking about the various states of India, Andhra Pradesh, Chhattisgarh, Telangana, Tamil Nadu, Arunachal have more number of health insurance holders as compared to other states. Whereas the number of health insurance holders is less in Manipur, Jammu and Kashmir, Uttar Pradesh, Lakshadweep, Nagaland.

### **Malnutrition :**

Height-for-age and weight-for-height measurements are taken in children to determine the extent of malnutrition. As per 2015-16 in India, the proportion of underweight children in the country was 35.8 percent which has decreased to 32.1 percent in 2019-20. If the proportion of underweight children is high among children aged 0 to 59 months in the country and its states, the impact on health is seen. The lowest percentage of underweight children is found in states like Mizoram, Manipur, Sikkim, Kerala. Whereas in states like Gujarat, Uttar Pradesh, Bihar, the percentage of underweight children is higher than the Indian average. In Gujarat, this proportion is 39.3 percent. Thus, the percentage of underweight children in the state of Gujarat is higher than the national average. In states like Bihar, this ratio is around 40 percent.

### **Children under 5 years Stunted:**

Children who are short for their age are known as stunted. The percentage of stunted children in India was 38.4 percent as of 2015-16 which has decreased to 35.5 percent in 2019-20. Talking about different states of India, this ratio is more in Bihar, Uttar Pradesh, Jharkhand, Meghalaya, Madhya Pradesh. Whereas in Kerala, Diu-Daman, Andaman-Nicobar, Pondicherry etc. the proportion of these children is less. The percentage of stunted children in Gujarat state was 38.5 percent in 2015-16 which increased to 39.0 percent in 2019-20. Which is equal to the fill average.

### **Children under 5 years wasted :**

Children between 0 to 59 months who are underweight for height are known as wasted. This ratio was 21 percent in India in 2015-16 which has come down to 19.3 percent in 2019-20. In the states of India, Mizoram, Manipuri, Chhattisgarh, Nagaland are less common. While the incidence is more in Jharkhand, Gujarat,

Dadra Nagar Haveli, Karnataka, Madhya Pradesh etc. The proportion of wasted children in Gujarat was 26.4 percent in 2015-16 which has increased to 25.1 percent in 2019-20. This ratio is slightly higher in the state of Gujarat than the Indian average. It is more common in Bihar, Uttar Pradesh, Jharkhand, Meghalaya, Madhya Pradesh of India.

### **Anemic Women and Children:**

Low hemoglobin in pregnant women is dangerous for the health of the baby and the mother. The proportion of anemic women in India was 50.4 percent in 2015-16 which has increased to 52.2 percent in 2019-20. In Gujarat, the percentage of anemic women among pregnant women aged 15 to 49 years was 51.3 percent in 2015-16, which increased to 62.6 percent during 2019-20. That is, the proportion of anemic women among pregnant women in India has increased during this period. This proportion is very high in some states of India. Bihar, Haryana, Dadra and Nagarhaveli this proportion is more. Whereas in states like Kerala, this proportion is less. The increasing proportion of anemic women can be considered a matter of concern for India and its states.

### **BMI in women aged 15 to 49 years.**

Lower than normal BMI in India the percentage of pregnant women was 22.9 percent in 2015-16 which has decreased to 18.7 percent during 2019-20. In Gujarat, this ratio was 27.2 percent in 2015-16 which has decreased to 25.2 percent in 2019-20. Thus, in India and its states, the percentage of women aged 15 to 49 who have a body mass index below normal has decreased. But in some states this proportion of women is found higher. In some states like Bihar, Madhya Pradesh, this ratio is 28 to 30 percent. In some states like Kerala, Manipur, Sikkim, this proportion is less.

## Conclusion :

From the above study it is known that there are continuous efforts to improve health indicators in the world and in India and in different regions of India. But there is a need to take more steps in India and its various states to address problems like anemia. Health directives seem to have improved in Gujarat. But compared to Kerala and some other states of India, Gujarat is behind in this direction. States like Bihar and Uttar Pradesh have poorer health conditions. There is variation in the status of health directors across India.

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