Total Population 104,099,452

Male 52.1
Female 47.9

The Population of Bihar is Predominantly Rural

Urban 11.3
Rural 88.7
While stunting and underweight declined, wasting is increasing among children.

Obesity is increasing rapidly among men and women.

* Systolic 160-179  **= systolic >= 160mm of Hg
INFANT AND CHILD FEEDING PRACTICES²

Breastfeeding and Complementary Foods

<table>
<thead>
<tr>
<th>Category</th>
<th>2015-16</th>
<th>2018-19</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early initiation of breastfeeding*</td>
<td>34.9%</td>
<td>31.1%</td>
</tr>
<tr>
<td>Exclusive breast feeding</td>
<td>53.4%</td>
<td>61.6%</td>
</tr>
<tr>
<td>Timely introduction of complementary foods</td>
<td>30.8%</td>
<td>34.7%</td>
</tr>
<tr>
<td>Children (&gt; 6 months and &lt; 2 years) having adequate diet</td>
<td>7.5%</td>
<td>10.5%</td>
</tr>
</tbody>
</table>

The state needs to do more to improve child-feeding practices, including increasing the early initiation of breastfeeding and adequacy of children's diets.

*Initiating breastfeeding within one hour of birth.
The state has shown improvement in both prenatal and postnatal care of mothers and children.

Water and sanitation in the state have improved over the last three years.
The number of literate women and women who have attended school for more than 10 years has increased in Bihar, along with women’s hygienic behavior during menstruation. *The question was asked to women who are between 20 years and 24 years of age. **Use of sanitary napkin and similar methods.