The Population of Araria is Predominantly Rural

Total Population 2,811,569

- Male 52.0
- Female 48.0

Urban 6.0
Rural 94.0
Child undernutrition and anemia among women has increased.

Obesity and glucose level in the blood has increased rapidly.
* Systolic 160-179  ** Systolic ≥ 160mm of Hg
INFANT AND CHILD FEEDING PRACTICES

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>29.6%</td>
<td>30.0%</td>
</tr>
<tr>
<td>Exclusive breastfeeding</td>
<td>51.2%</td>
<td>76.8%</td>
</tr>
<tr>
<td>Timely introduction of complementary foods</td>
<td>30.9%</td>
<td>32.8%</td>
</tr>
<tr>
<td>Children (&gt; 6 months and &lt; 2 years) having adequate diet</td>
<td>10.7%</td>
<td>12.8%</td>
</tr>
</tbody>
</table>

Though improving, the district needs to do more to enhance the young child-feeding practices and adequacy of diets available to children.

*Initiating breastfeeding within one hour of birth.
The district has shown improvement in both antenatal and postnatal care. Though overall healthcare for mothers and children has improved in the district, the child vaccination has decreased.

The Water and Sanitation health of the district has improved over last three years.
The status of women has increased, however the district needs to focus on improving women's higher education.

*The question was asked to women who are between 20 years and 24 years of age.

**Use of sanitary napkin and similar methods.