The Population of East Champaran is Predominantly Rural
Obesity and Related Morbidities

Child stunting has increased in the last three years.

Obesity among women and high blood sugar among adults have increased in the last three years.

*Systolic 160-179  **Systolic ≥ 160mm of Hg
**INFANT AND CHILD FEEDING PRACTICES**

The district needs to do more overall to improve child feeding practices, including early initiation of breastfeeding and adequacy of children's diets.

*Initiating the breastfeeding within one hour of birth.*
Though overall maternal and child health has improved, the district needs to focus more on antenatal care.

Water and sanitation in the district has improved over last three years.
The number of literate women and women who have attended school for more than 10 years has increased, 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.

DATA SOURCE: 1. CENSUS OF INDIA, 2011 District census handbook  2. NATIONAL FAMILY HEALTH SURVEY (NFHS), 2015-2016 and 2018-2019