STATE DEMOGRAPHY

Total Population 1,690,400

- Male 51.3
- Female 48.7

The Population of Kishanganj is Predominantly Rural

- Urban 9.5
- Rural 90.5

Percentages shown for the distribution of the population between urban and rural areas, as well as the gender ratio.
While stunting and underweight declined, wasting is increasing among children.

Obesity among women and high blood sugar among adults are increasing.

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

Breastfeeding and Complementary Foods

<table>
<thead>
<tr>
<th></th>
<th>2015-16</th>
<th>2018-19</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early initiation of breastfeeding*</td>
<td>30.1%</td>
<td>17.0%</td>
</tr>
<tr>
<td>Exclusive breastfeeding</td>
<td>66.3%</td>
<td>57.0%</td>
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<tr>
<td>Timely introduction of complementary foods</td>
<td>40.8%</td>
<td>28.3%</td>
</tr>
<tr>
<td>Children ( &gt; 6 months and &lt; 2 years) having adequate diet</td>
<td>9.5%</td>
<td>12.6%</td>
</tr>
</tbody>
</table>

The district needs to do more to improve child-feeding practices and adequacy of children's diets.

*Initiating breastfeeding within one hour of birth.
The district is showing overall improvement in maternal and child care, but antenatal care needs more focus.

Water and sanitation in the district has improved over the 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