



MINISTRY OF HEALTH & FAMILY WELFARE · GOVERNMENT OF INDIA

India's Health Transformation

Key findings and two-decade trends from the 6th National Family Health Survey (NFHS-6), 2023–24 — released 29 May 2026.

98.3%

Household Electricity Access

90.6%

Institutional Births

60.2%

Health Insurance Coverage

89%

Women in Household Decisions

SURVEY ROUND	HOUSEHOLDS	WOMEN SURVEYED	DISTRICTS	NODAL AGENCY
NFHS-6 (2023–24)	~679,000	>700,000	715	IIPS, Mumbai



सत्यमेव जयते

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Overview **India's Two-Decade Health Journey**

NFHS-6 marks a pivotal milestone in India's public health journey. Covering over 679,000 households across 715 districts, the survey captures significant improvements in maternal and child healthcare, immunization, nutrition, financial protection, and women's empowerment — reflecting sustained policy interventions over two decades.

India has consolidated its demographic transition and is entering a new phase: focused on quality of care, nutritional equity, and prevention of lifestyle-related diseases — while ensuring universal health coverage and meeting SDG commitments.

HEADLINE ACHIEVEMENTS

- Near-universal electrification — rural coverage up from 55.7% (2005) to 97.8%
- Health insurance coverage rose 12-fold: from 4.9% in 2005 to 60.2% in 2024
- Child marriages halved — women married before 18 down from 47.4% to 20.1%
- MMR down 65% since 2004–06 (254 → 87 per 100,000 live births)
- Spousal violence declined from 37% to 22.3% among ever-married women
- Internet use among women nearly doubled: 33.3% → 64.3%

SURVEY INFRASTRUCTURE

679,000+

Households surveyed across India

700,000+

Women aged 15–49 interviewed

715

Districts covered, all states & UTs

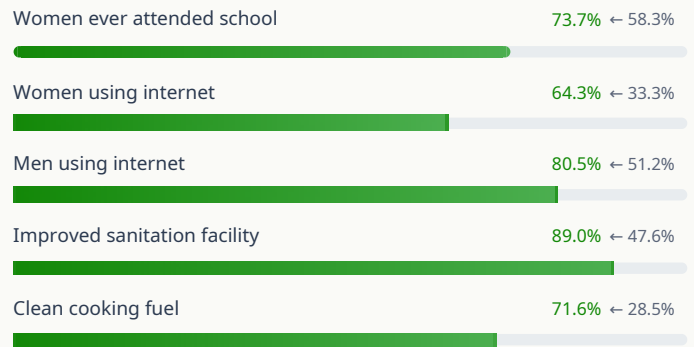
About NFHS: The National Family Health Survey is a large-scale, multi-round survey conducted under the stewardship of the Ministry of Health & Family Welfare, with the International Institute for Population Sciences (IIPS), Mumbai as the nodal agency. It provides nationally and state-representative data on population, health, and nutrition. NFHS-6 collected data during 2023–24 and results were released on 29 May 2026.

01 Socio-Economic & Household Progress

BASIC AMENITIES & FINANCIAL INCLUSION

INDICATOR	2005-06	2015-16	2023-24
Electricity (Total)	67.9%	88.2%	98.3%
Rural Electricity	55.7%	83.2%	97.8%
Safe Drinking Water	87.6%	90.2%	96.5%
Health Insurance	4.9%	28.7%	60.2%
Bank / Post Office Account	40.2%	89.4%	98.2%

EDUCATION & DIGITAL INCLUSION



12×

Growth in health insurance coverage since 2005–06 (4.9% → 60.2%)

98.2%

Households with bank or post office account — up from 40.2% in 2005

96.5%

Access to safe drinking water — near universal coverage achieved

The JAM (Jan Dhan–Aadhaar–Mobile) ecosystem has driven both digital and financial inclusion, enabling direct benefit delivery at scale and underpinning health scheme access for previously unserved populations.

02 Marriage, Fertility & Family Planning

20.1%

Women (20–24 yrs) married before 18 — down from 47.4% in 2005–06

2.0

Total Fertility Rate — at replacement level, down from 2.7 in 2005–06

69.1%

Contraceptive Prevalence Rate — up from 53.5% in 2015–16

TREND DATA — MARRIAGE, FERTILITY & CONTRACEPTION

INDICATOR	NFHS-3 (2005–06)	NFHS-4 (2015–16)	NFHS-5 (2019–21)	NFHS-6 (2023–24)
Women married before 18 (age 20–24)	47.4%	26.8%	23.3%	20.1%
Men married before 21 (age 25–29)	32.3%	20.3%	17.7%	15.9%
Total Fertility Rate (TFR)	2.7	2.2	2.0	2.0
Any contraceptive method (married women)	56.3%	53.5%	66.7%	69.1%
Modern contraceptive method	48.5%	47.8%	56.5%	60.7%
Unmet need for family planning	—	13.0%	—	8.5%
Births in last 5 yrs with birth interval <24 months	—	28.4%	—	22.1%

WHAT'S DRIVING THE CHANGE

- ✓ PCPNDT Act and Beti Bachao Beti Padhao campaign have contributed to declining child marriage rates
- ✓ Mission Parivar Vikas driving family planning in high-fertility districts
- ✓ India reached replacement-level TFR of 2.0, consistent with demographic transition

REMAINING CHALLENGES

- ! 1 in 5 young women (20–24) still married before 18 — concentrated in select states
- ! Unmet need for family planning at 8.5% — still represents millions of women
- Interstate variation significant; focused action needed in lagging districts

03 Maternal Health & Safe Delivery

ANTENATAL & POSTNATAL CARE

INDICATOR	2005–06	2015–16	2023–24
Any ANC Coverage	—	—	95.9%
First Trimester ANC	43.9%	58.6%	76.2%
4+ ANC Visits	37.0%	51.2%	65.2%
IFA Supplementation (100+ days)	15.2%	30.3%	54.9%
Postnatal Care within 2 days	34.6%	62.4%	82.8%

DELIVERY CARE

INDICATOR	2005–06	2015–16	2023–24
Institutional Births	38.7%	78.9%	90.6%
Skilled Birth Attendance	46.6%	81.4%	91.3%
Neonatal Tetanus Protection	76.3%	89.0%	93.8%

India's Maternal Mortality Ratio has declined 65% — from 254 per 100,000 live births in 2004–06 to 87 in 2022–24. The UN-MMEIG 2023 report places India's decline at 86% since 1990, far exceeding the global average of 48%.

SOURCE: SRS 2022–24 & UN MATERNAL MORTALITY ESTIMATION INTER-AGENCY GROUP (MMEIG) 2023

KEY ENABLERS

- 187,000+ operational Ayushman Aarogya Mandirs (AAMs/HWCs) providing primary care
- 1.03 million ASHAs providing active community outreach and referrals
- 467 million+ eSanjeevani telemedicine teleconsultations delivered
- 64,671 public facilities certified under NQAS quality standards as of May 2026

04 Child Immunization & Early Childhood Health

IMMUNIZATION COVERAGE TRENDS



12 phases of Mission Indradhanush completed · 54.6 million children vaccinated · U-WIN system tracking 173.9 million beneficiaries with 753.6 million doses.

CHILD MORTALITY PROGRESS (SRS 2024)

INDICATOR	2014	2024	CHANGE
Infant Mortality Rate (IMR)	39	24	↓ 38%
Under-5 Mortality Rate (U5MR)	45	28	↓ 38%
Neonatal Mortality Rate (NMR)	26	18	↓ 31%

All figures are per 1,000 live births.

UN IGME 2025 RECOGNITION

- India achieved a 79% decline in under-5 mortality since 1990 — vs. global average of 61%
- India ranked 1st globally in absolute reduction of under-5 deaths since 1990

54.6M

Children vaccinated under Mission Indradhanush (12 phases)

753.6M

Vaccine doses tracked under the U-WIN digital system

173.9M

Beneficiaries registered on U-WIN immunization platform

Nutrition Outcomes & Non-Communicable Diseases

CHILD NUTRITION (CHILDREN UNDER 5)

INDICATOR	2015–16	2019–21	2023–24
Stunting	38.4%	35.5%	29.3%
Wasting	21.0%	19.3%	19.0%
Severe Wasting	7.4%	7.7%	5.2%
Underweight	35.7%	32.1%	31.8%
Breastfed within 1 hour of birth	41.6%	41.8%	50.1%

Driven by POSHAN Abhiyaan, POSHAN 2.0, and Saksham Anganwadi initiatives.

DUAL BURDEN: UNDERNUTRITION & OVERNUTRITION

UNDER-NUTRITION ↓

Stunting	↓ 24%
Severe Wasting	↓ 30%
Early Breastfeed	↑ 8.3pp

OVERWEIGHT ↑

Women 15–49	30.7%
Men 15–49	27.3%
vs. 2015–16	~20%

Khelo India, Fit India, Eat Right India and Yoga campaigns address rising overweight prevalence.

NCD POINT PREVALENCE & TOBACCO USE (15+ YEARS)

NCD INDICATOR	2019–21	2023–24
High Blood Sugar – Women	13.5%	17.8%
High Blood Sugar – Men	15.6%	20.9%
Elevated BP – Women	21.3%	19.4%
Elevated BP – Men	24.0%	22.1%

TOBACCO & SCREENING	2015–16	2023–24
Tobacco use – Women	6.8%	8.4%
Tobacco use – Men	44.5%	36.3%

NCD screening at 187K AAMs: Hypertension 420M · Diabetes 418M · Oral cancer 320M · Breast cancer 330M · Cervical cancer 74M beneficiaries.

07 Women's Empowerment & Overall Assessment

89%

Women participating in household decisions — up from 63% in 2015–16

89%

Women with own bank account used by self — up from 15% in 2005–06


79.2%


Women using hygienic menstrual protection — up from 57.6% in 2015–16

WOMEN'S EMPOWERMENT TREND DATA


INDICATOR	2005-06	2015-16	2019-21	2023-24
Participation in Household Decisions	—	63.0%	88.7%	89.0%
Own Bank Account Used by Self	15.0%	53.0%	78.6%	89.0%
Own Mobile Phone Used by Self	—	45.9%	53.9%	63.6%
Hygienic Menstrual Protection	—	57.6%	77.6%	79.2%
Spousal Violence (ever-married women)	37.0%	—	—	22.3%


OVERALL ASSESSMENT & PATH FORWARD

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NFHS-6 demonstrates substantial improvements in living standards, healthcare access, maternal & child health, financial inclusion, digital empowerment and women's agency over two decades.
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India's demographic transition has consolidated — TFR stable at 2.0 and child marriage rates halved — indicating a maturing public health ecosystem.
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AB-PMJAY, the world's largest government-funded health assurance scheme, provides financial protection and quality tertiary care, underpinning UHC goals.
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Rising adult obesity and increasing diabetes prevalence signal an emerging dual burden requiring continued focus on prevention, lifestyle interventions, and integrated NCD management.
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India is well-positioned to advance Universal Health Coverage and achieve the SDGs through sustained inter-sectoral convergence, strengthened last-mile delivery, and inclusive development.

A report by:
 Ministry of Health & Family Welfare, Government of India
 Get the full report at :
<https://master-mohfw-dohfw.digifootprint.gov.in/documents/publications?page=1>

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