**About this data note**

India’s Integrated Child Development Services (ICDS) scheme, which was launched in 1975, offers nutrition and health services across the continuum of care in the first 1000 days of life. Universalization was mandated in 2006 and implemented thereafter. This *Data Note* describes the coverage of core ICDS interventions during pregnancy, lactation and early childhood at the district level in 2016, as seen in the National Family Health Survey-4 (NFHS-4) data from 640 districts of India.

**What are the core ICDS interventions during pregnancy, lactation and early childhood?**

**Pregnancy**
- Food supplementation
- Health & nutrition education

**Lactation**
- Food supplementation
- Health & nutrition education

**Early childhood**
- Food supplementation (6-35 months; 36-59 months)
- Weighing (<5 years)
- Counselling on child growth
- Early childhood education (36-59 months)

**Figure 1. Coverage of core ICDS interventions, in 2016**

**Indicator definitions**

**Food supplementation (pregnancy)**
- Percentage of women (15-49 years of age) with children under five years of age who received food supplements from the Anganwadi center (AWC) when they were pregnant with those children.

**Health & nutrition education (pregnancy)**
- Percentage of women (15-49 years of age) with children under five years of age who received health and nutrition education from the AWC when they were pregnant with those children.

**Food supplementation (lactation)**
- Percentage of women (15-49 years of age) with children under five years of age who received food supplements from the AWC when they were breastfeeding those children.

**Health & nutrition education (lactation)**
- Percentage of women (15-49 years of age) with children under five years of age who received health and nutrition education from the AWC when they were breastfeeding those children.

**Food supplementation (6-35 mo)**
- Percentage of children (6-35 months of age) who received food supplements from the AWC in the last 12 months prior to the survey.

**Food supplementation (36-59 mo)**
- Percentage of children (36-59 months of age) who received food supplements from the AWC in the last 12 months prior to the survey.

**Weighing**
- Percentage of children under five years of age who were weighed at the AWC in the last 12 months prior to the survey.

**Counselling on child growth**
- Percentage of women (15-49 years of age) with children under five years of age who were counselled at the AWC about those children’s growth after they were weighed in the last 12 months prior to the survey.

**Early childhood education**
- Percentage of children (36-59 months of age) who received early childhood care or pre-school education at the AWC in the last 12 months prior to the survey.

*Source: NFHS-4 (2015-16).* **Notes:** 1. Bars represent national averages; 2. Sample size: The sample sizes for the coverage indicators vary by district and by the type of indicator. For the intervention coverage indicators during pregnancy and lactation periods, the mean district sample size is 409 (range: 119 to 1350). For the intervention coverage indicators in early childhood, the mean district sample size for food supplementation for 6-35 months age group is 192 (range: 54 to 616) and for 36-59 months age group it is 153 (range: 46 to 497). For the intervention coverage indicators on weighing, and counselling on child growth for 0-59 months age group, the sample size is 382 (range: 114 to 1255), and for early childhood education for 36-59 months age group, it is 155 (range: 46 to 497). District specific data is available in an accompanying Excel file upon either via request from IFPRI/POSHAN@cgiar.org or online.

*1*NFHS-4 followed Census 2011 district boundaries and therefore data reported in this Data Note includes 640 districts.
**MAP 1. Proportion of women with children under five years of age who received food supplements during pregnancy, by district, 2016**

**Top 10 districts (%):**
- Subarnapur (OR) 96.9
- Nuapada (OR) 96.6
- Baudh (OR) 96.5
- Kandhamal (OR) 95.7
- Balangir (OR) 95.6
- Belgaum (KA) 95.5
- Bargarh (OR) 95.4
- Nabarangapur (OR) 95.2
- Dhamtari (CT) 95.1
- Khandwa (MP) 94.7

**Bottom 10 districts (%):**
- Mon (NL) 3.0
- East (DL) 3.3
- West Siang (AR) 3.4
- Dibang Valley (AR) 3.8
- North (DL) 4.4
- West Kameng (AR) 4.8
- Mewat (HR) 4.8
- Dimapur (AR) 5.1
- Palwal (HR) 5.2
- Longleng (NL) 5.2

Source: NFHS-4 (2015-16)

**MAP 2. Proportion of women with children under five years of age who received health and nutrition education during pregnancy, by district, 2016**

**Top 10 districts (%):**
- Bargarh (OR) 95.2
- Dhamtari (CT) 91.4
- Balangir (OR) 90.7
- Jharsuguda (OR) 90.7
- Nabarangapur (OR) 90.3
- Kandhamal (OR) 89.6
- Subarnapur (OR) 88.9
- Srikakulam (AP) 88.8
- Bijapur (CT) 88.7

**Bottom 10 districts (%):**
- Tuensang (NL) 0.0
- Mon (NL) 0.2
- Kurung Kumey (AR) 0.2
- Churachandpur (MN) 0.3
- Mokokchung (NL) 0.3
- Kiphire (NL) 0.6
- Wokha (NL) 0.7
- Longleng (NL) 0.9
- Kohima (NL) 1.1
- Senapati (MN) 1.2

Source: NFHS-4 (2015-16)
MAP 3. Proportion of women with children under five years of age who received food supplements during lactation, by district, 2016

<table>
<thead>
<tr>
<th>Top 10 districts (%)</th>
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<tbody>
<tr>
<td>Bargarh (OR)</td>
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<tr>
<td>Nuapada (OR)</td>
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<td>Baudh (OR)</td>
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<tr>
<td>Balangir (OR)</td>
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<tr>
<td>Subarnapur (OR)</td>
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<tr>
<td>Srikakulam (AP)</td>
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<td>Nabarangapur (OR)</td>
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<td>Belgaum (KA)</td>
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<td>Dhamtari (CT)</td>
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<tr>
<th>Bottom 10 districts (%)</th>
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<tbody>
<tr>
<td>Mon (NL)</td>
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<tr>
<td>Dibang Valley (AR)</td>
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<td>Mewat (HR)</td>
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<tr>
<td>Mokokchung (NL)</td>
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<td>North East (DL)</td>
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<td>Longleng (NL)</td>
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<td>West Kameng (AR)</td>
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<tr>
<td>South (DL)</td>
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<tr>
<td>East (DL)</td>
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</tbody>
</table>

Source: NFHS-4 (2015-16)

MAP 4. Proportion of women with children under five years of age who received health and nutrition education during lactation, by district, 2016

<table>
<thead>
<tr>
<th>Top 10 districts (%)</th>
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<tbody>
<tr>
<td>Bargarh (OR)</td>
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<td>Srikakulam (AP)</td>
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<tr>
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<td>Nuapada (OR)</td>
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<tr>
<td>Balangir (OR)</td>
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<tr>
<td>Jharsuguda (OR)</td>
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<tr>
<td>Kandhamal (OR)</td>
</tr>
<tr>
<td>Vizianagaram (AP)</td>
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<tr>
<td>Dhamtari (CT)</td>
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</tbody>
</table>

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<thead>
<tr>
<th>Bottom 10 districts (%)</th>
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</thead>
<tbody>
<tr>
<td>Mokokchung (NL)</td>
</tr>
<tr>
<td>Churachandpur (MN)</td>
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<tr>
<td>Mon (NL)</td>
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<tr>
<td>Tuensang (NL)</td>
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<tr>
<td>Kiphire (NL)</td>
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<tr>
<td>Wokha (NL)</td>
</tr>
<tr>
<td>Kohima (NL)</td>
</tr>
<tr>
<td>Mathura (UP)</td>
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<tr>
<td>Senapati (MN)</td>
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<tr>
<td>Tamenglong (MN)</td>
</tr>
</tbody>
</table>

Source: NFHS-4 (2015-16)
MAP 5. Proportion of children (6-35 months) who received food supplements, by district, 2016

Top 10 districts (%)
- Baudh (OR) 97.7
- Kandhamal (OR) 96.6
- Subarnapur (OR) 96.3
- Jagatsinghapur (OR) 96.2
- Nayagarh (OR) 95.7
- Bargarh (OR) 95.2
- Balangir (OR) 94.2
- Kendrapara (OR) 93.8
- Champai (MZ) 93.7
- Gadchiroli (MH) 93.4

Bottom 10 districts (%)
- Dibang Valley (AR) 3.2
- West Siang (AR) 4.1
- West Kameng (AR) 6.9
- Upper Siang (AR) 7.1
- East Kameng (AR) 7.3
- East (DL) 7.7
- New Delhi (DL) 8.1
- North East (DL) 8.2
- Palwal (HR) 9.4
- Balrampur (UP) 10.1

Source: NFHS-4 (2015-16)

MAP 6. Proportion of children (36-59 months) who received food supplements, by district, 2016

Top 10 districts (%)
- Bankura (WB) 95.8
- Nadia (WB) 91.0
- Champai (MZ) 88.8
- Gadchiroli (MH) 88.1
- Kandhamal (OR) 85.3
- Tapi (GJ) 84.9
- Paschim Medinipur (WB) 84.8
- Washim (MH) 84.7
- Purba Medinipur (WB) 84.6
- South Twenty Four Parganas (WB) 84.4

Bottom 10 districts (%)
- Dibang Valley (AR) 3.1
- Central (DL) 3.8
- West Kameng (AR) 5.7
- Palwal (HR) 5.7
- East (DL) 6.0
- North (DL) 6.8
- West Siang (AR) 7.0
- East Kameng (AR) 7.2
- Gurgaon (HR) 7.6
- Ghaziabad (UP) 8.4

Source: NFHS-4 (2015-16)
MAP 7. Proportion of children under five years of age who were weighed, by district, 2016

**Top 10 districts (%)**
- Gadchiroli (MH) 88.4
- Kandhamal (OR) 88.3
- Bankura (WB) 87.0
- Subarnapur (OR) 86.5
- Tapi (GJ) 86.4
- Bargarh (OR) 85.7
- Uttar Bastar Kanker (CT) 85.0
- South Twenty Four Parganas (WB) 84.9
- Nayagarh (OR) 84.2
- Bilaspur (CT) 83.6

**Bottom 10 districts (%)**
- Churachandpur (MN) 0.8
- Kiphire (NL) 0.8
- Tamenglong (MN) 1.5
- Mon (NL) 1.6
- Longleng (NL) 1.7
- Imphal East (MN) 1.7
- East Kameng (AR) 1.8
- Ukhrul (MN) 1.9
- Kohima (NL) 1.9
- Senapati (MN) 2.0

Source: NFHS-4 (2015-16)

MAP 8. Proportion of women with children under five years of age who were counselled on their children's growth, by district, 2016

**Top 10 districts (%)**
- Uttar Bastar Kanker (CT) 76.1
- Subarnapur (OR) 74.1
- South Twenty Four Parganas (WB) 72.2
- Kaithal (HR) 69.9
- Tapi (GJ) 69.4
- Dhamtari (CT) 68.7
- Gadchiroli (MH) 67.5
- The Dangs (GJ) 67.3
- Bastar (CT) 67.1
- Malkangiri (OR) 66.6

**Bottom 10 districts (%)**
- Upper Siang (AR) 0.0
- Tuensang (NL) 0.0
- Zunheboto (NL) 0.0
- Kiphire (NL) 0.0
- Thoubal (MN) 0.1
- Mon (NL) 0.2
- East Kameng (AR) 0.2
- Senapati (MN) 0.2
- Kurung Kumey (AR) 0.3
- Churachandpur (MN) 0.3

Source: NFHS-4 (2015-16)
MAP 9. Proportion of children (36-59 months) who received early childhood education, by district, 2016

### Summary of findings

#### Core ICDS interventions during pregnancy, lactation and early childhood

<table>
<thead>
<tr>
<th>Intervention</th>
<th>Number of districts out of 640, by the proportion of coverage, in 2016</th>
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</thead>
<tbody>
<tr>
<td>Pregnancy</td>
<td></td>
</tr>
<tr>
<td>Food supplementation</td>
<td>83</td>
</tr>
<tr>
<td>Health and nutrition education</td>
<td>212</td>
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<tr>
<td>Lactation</td>
<td></td>
</tr>
<tr>
<td>Food supplementation</td>
<td>119</td>
</tr>
<tr>
<td>Health and nutrition education</td>
<td>257</td>
</tr>
<tr>
<td>Early childhood</td>
<td></td>
</tr>
<tr>
<td>Food supplementation (6-35 months)</td>
<td>58</td>
</tr>
<tr>
<td>Food supplementation (36-59 months)</td>
<td>81</td>
</tr>
<tr>
<td>Weighing (&lt;5 years)</td>
<td>148</td>
</tr>
<tr>
<td>Counselling on child growth</td>
<td>302</td>
</tr>
<tr>
<td>Early childhood education (36-59 months)</td>
<td>162</td>
</tr>
</tbody>
</table>

#### Codes for States and Union Territories

AN - Andaman & Nicobar Islands  
AP - Andhra Pradesh  
AR - Arunachal Pradesh  
AS - Assam  
BR - Bihar  
CH - Chandigarh  
CT - Chhattisgarh  
DN - Dadra & Nagar Haveli  
DD - Daman & Diu  
DL - Delhi  
GA - Goa  
GJ - Gujarat  
HR - Haryana  
HP - Himachal Pradesh  
JK - Jammu & Kashmir  
JH - Jharkhand  
KA - Karnataka  
KL - Kerala  
LD - Lakshadweep  
MP - Madhya Pradesh  
MH - Maharashtra  
MN - Manipur  
ML - Meghalaya  
MZ - Mizoram  
NL - Nagaland  
OR - Odisha  
PY - Puducherry  
PB - Punjab  
RJ - Rajasthan  
SK - Sikkim  
TN - Tamil Nadu  
TG - Telangana  
TR - Tripura  
UT - Uttarakhand  
UP - Uttar Pradesh  
WB - West Bengal

Source: http://statoids.com/uin.html
Overall, in 2016, at the national level, less than 60 percent of women and children received any of the key ICDS interventions. For a majority of the interventions, districts in Odisha featured in the top 10 for high coverage while districts from the north-eastern states featured in the bottom 10 for low coverage.

**Pregnancy**

- **Food supplementation:** In 2016, across India, 52 percent of women reported receiving food supplements during their pregnancy (Figure 1). Out of 640 districts, coverage of food supplementation during pregnancy was 75 percent or higher in only 144 districts (Map 1). Seven of the 10 districts with the highest levels of coverage (>90 percent) were in Odisha. Districts with the lowest levels of coverage (<10 percent) were concentrated in the northern and north-eastern parts of the country.

- **Health and nutrition education (HNE):** In 2016, across India, less than 40 percent of women were exposed to HNE at AWCs during their pregnancy (Figure 1). Out of 640 districts, exposure to HNE at AWCs was 75 percent or higher in only 59 districts (Map 2). Seven of the 10 districts with the highest levels of coverage (>80 percent) were in Odisha. Districts with the lowest levels of coverage (<5 percent) were concentrated in the north-eastern states.

**Lactation**

- **Food supplementation:** In 2016, across India, less than 50 percent of women reported receiving food supplements during lactation (Figure 1). Out of 640 districts, coverage of food supplementation during lactation was 75 percent or higher in only 106 districts (Map 3). Seven of the 10 districts with the highest levels of coverage (>90 percent) were in Odisha. Districts with the lowest levels of coverage (<5 percent) were concentrated in the northern and north-eastern parts of the country.

- **Health and nutrition education:** In 2016, across India, only about a third of women were exposed to HNE during lactation at AWCs (Figure 1). Out of 640 districts, exposure to HNE at AWCs was 75 percent or higher in only 59 districts (Map 4). Seven of the 10 districts with the highest levels of coverage (>85 percent) were in Odisha. Districts with the lowest levels of coverage (<1 percent) were concentrated in the northern and north-eastern parts of the country.

**Early childhood**

- **Food supplementation:** In 2016, across India, nearly 55 percent of children in the 6-35 months age group and 47 percent of children in the 36-59 months age group received food supplements (Figure 1). Of the 640 districts, only in 172 districts coverage of food supplementation was 75 percent or higher among children in the 6-35 months age group (Map 5). In only 57 districts, 75 percent or more children in the 36-59 months age group received food supplements (Map 6). Majority of the districts with the highest levels of coverage (>80 percent) were in the eastern states. Districts with the lowest levels of coverage (<15 percent) of food supplements were concentrated in the northern and north-eastern parts of the country.

- **Weighing:** In 2016, across India, only 43.5 percent of children below five years of age were weighed (Figure 1). Fifty percent or more children were weighed in 290 out of 640 districts (Map 7). Districts with the highest levels of coverage (>80 percent) were located in parts of Odisha, West Bengal, Chhattisgarh, Maharashtra and Gujarat. Districts with the lowest levels of coverage (<5 percent) were concentrated in the north-eastern states of Nagaland, Manipur and Arunachal Pradesh.

- **Counselling on child growth:** In 2016, across India, only around 28 percent of women with children below five years of age reported receiving counselling on their child’s growth (Figure 1). In only 97 out of 640 districts, 50 percent or more women with children below five years of age reported receiving this service (Map 8). Districts with coverage higher than 65 percent were located in parts of Chhattisgarh, Gujarat, Haryana, Maharashtra, Odisha, and West Bengal. Districts with the lowest levels of coverage (<1 percent) were concentrated in the north-eastern states.

- **Early childhood education (ECE):** In 2016, around 41 percent of children (36-59 months of age) received ECE (Figure 1). Only in 22 out of 640 districts, coverage of ECE was 75 percent or higher (Map 9). Five of the top 10 districts with the highest levels of coverage (>80 percent), were in West Bengal. Districts with the lowest levels of coverage (<10 percent) were mostly concentrated in the northern and north-eastern parts of the country.
ABOUT POSHAN
Partnerships and Opportunities to Strengthen and Harmonize Actions for Nutrition in India (POSHAN) is a multi-year initiative that aims to support the use of data and evidence in decision-making for nutrition in India. To strengthen these efforts, POSHAN works with several partners including government, academia, civil society, development partners and the media. It is supported by the Bill & Melinda Gates Foundation and led by IFPRI in India.

POSHAN Data Notes focus on data visualization to highlight geographic and/or thematic issues related to nutrition in India. They draw on multiple sources of publically available data.

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SUGGESTED CITATION

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