

Embassy of India
Monrovia

Press Note

India's National Family Health Survey-6 Highlights Major Advances in Health, Nutrition and Women's Empowerment

The Embassy of India is pleased to share key findings from India's recently released National Family Health Survey-6 (NFHS-6), which shows significant progress in maternal and child health, nutrition, immunization, financial protection and women's empowerment across the country. Conducted during 2023-24, NFHS-6 covered nearly 679,000 households across 715 districts, making it one of the largest health and family welfare surveys in the world.

The survey demonstrates the impact of sustained public investment, strong community participation, and targeted social welfare programmes aimed at improving the lives of millions of Indians.

Safe Motherhood and Better Healthcare for Women

NFHS-6 records significant improvements in maternal healthcare services. Antenatal care coverage increased to 95.9 percent, while the proportion of mothers receiving antenatal care during the first trimester rose from 70.0 percent to 76.2 percent. Women receiving at least four antenatal check-ups increased from 58.5 percent to 65.2 percent. Institutional deliveries reached 90.6 percent, and births attended by skilled health personnel increased to 91.3 percent. Postnatal care for newborns within two days of delivery also improved substantially.

Maternal nutrition indicators showed encouraging progress as well. The proportion of mothers consuming iron-folic acid supplements for 100 days or more during pregnancy increased from 44.1 percent to 54.9 percent, while those consuming supplements for 180 days or more rose from 26.0 percent to 37.8 percent.

These achievements reflect the success of flagship programmes such as Janani Suraksha Yojana, Pradhan Mantri Surakshit Matritva Abhiyan, SUMAN and Pradhan Mantri Matru Vandana Yojana, which aim to ensure safe motherhood and healthy childhood.

Child Immunization Success

India continues to make strong progress towards universal immunization. Full vaccination coverage among children aged 12-23 months increased from 83.8 percent to 87.1

percent. More than 96 percent of children received at least one vaccine, while 95.6 percent received most vaccinations through public health facilities.

One of the most notable achievements is the dramatic increase in rotavirus vaccination coverage, which rose from 36.4 percent to 85.4 percent. Coverage of the second dose of the measles vaccine also increased significantly from 58.6 percent to 71.8 percent. At the same time, the prevalence of acute respiratory infections and severe diarrhoea among children declined. These gains have been made possible through India's Universal Immunization Programme, strengthened cold-chain systems, digital tracking platforms such as U-WIN and the dedicated work of frontline health workers.

Strong Progress Against Child Malnutrition

NFHS-6 presents encouraging evidence that India is making steady progress in improving child nutrition. Stunting among children under five years declined from 35.5 percent to 29.3 percent, representing a significant improvement in long-term nutritional outcomes. Severe wasting declined from 7.7 percent to 5.2 percent, while underweight prevalence also registered a decline.

Breastfeeding practices improved considerably. Nearly 96 percent of children under six months were breastfed, while the proportion of children breastfed within one hour of birth increased from 41.8 percent to 50.1 percent. The share of children receiving complementary foods along with breastmilk also increased substantially.

These achievements underscore the success of initiatives such as POSHAN Abhiyaan, POSHAN 2.0, Integrated Child Development Services and nutrition-focused interventions under the National Health Mission.

Greater Financial Protection for Families

The survey shows a major expansion in health insurance and healthcare financing coverage. Household coverage under health insurance or financing schemes increased from 41.0 percent to 60.2 percent. This progress has been driven by initiatives such as Ayushman Bharat - Pradhan Mantri Jan Arogya Yojana, which provides financial protection and affordable healthcare to vulnerable families.

Women's Empowerment Through Digital and Financial Inclusion

NFHS-6 highlights remarkable advances in women's empowerment. The proportion of women who have ever used the internet nearly doubled, rising from 33.3 percent to 64.3 percent. Women operating their own bank or savings accounts increased from 78.6 percent to 89.0 percent, while women owning and using mobile phones rose from 53.9 percent to 63.6 percent.

The use of hygienic methods of menstrual protection among women age 15-24 years has increased to 79.2%, supported by initiatives such as Menstrual Hygiene Scheme reflecting greater awareness and improved access to health and hygiene products.

Family Planning and Sustainable Development

While India's Total Fertility Rate is stabilising at replace level (2.0), the Contraceptive Prevalence Rate increased from 66.7 percent to 69.1 percent, demonstrating improved access to family planning services and informed reproductive choices.

A Story of Transformation

Behind these statistics are millions of individual success stories: mothers receiving quality healthcare during pregnancy, children protected through life-saving vaccines, families gaining financial security against health emergencies and women empowered through digital access and financial inclusion.

NFHS-6 reaffirms India's commitment to achieving the Sustainable Development Goals and ensuring that development reaches every citizen. The survey demonstrates how sustained investments in healthcare, nutrition, education and social protection can transform lives and create healthier, more resilient communities.

As a close partner of Liberia and other countries of Africa, India remains committed to sharing its developmental experiences and best practices in public health, digital inclusion, maternal and child welfare and community-based healthcare.

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