

**Table 2.2b: Nutritional Status of Men and Women in Gujarat and India**

Indicator	Region	Status	1998-99	2005-06	
			Female	Female	Male
Anaemia	Gujarat	Mild (10.0-10.9 g/dl)	29.5	36.2	12
		Moderate (7.0-9.9 g/dl)	14.4	16.5	9.2
		Severe (<7.0 g/dl)	2.5	2.6	1
		Any anaemia (<11.0 g/dl)	46.3	55.3	22.2
	India	Mild (10.0-10.9 g/dl)	35	38.6	13
		Moderate (7.0-9.9 g/dl)	14.8	15	9.9
		Severe (<7.0 g/dl)	1.9	1.8	1.3
		Any anaemia (<11.0 g/dl)	51.8	55.3	24.2
Physical Fitness	Gujarat	Mean Height (in cms)	151.8		
		Percentage below 145 cm	10.2	8.7	
		Mean BMI	20.7	20.8	20.3
		%age below BMI 18.5 kgs/m2	37	36.3	36.1
		%ge Overweight/obese (BMI more than 25.0 kgs/m2)		16.7	11.3
			20.2		
	India	Mean Height (in cms)	151.2		
		Percentage below 145 cm	13.2	11.4	
		Mean BMI	20.3	20.5	20.2
		%age below BMI 18.5 kgs/m2	35.8	35.6	34.2
		12.8	12.6	9.3	
Food Consumption (%age between 15-49 years consuming the same atleast once a week)	Gujarat	Milk or curd	80	74.1	82.1
		Pulses or beans	97	95.8	95.8
		Dark green, leafy vegetables	74.1	97.5	99.4
		Fruits	44.4	49.6	48.4
		Eggs	14	15.3	16.8
		Chicken, meat or fish	12.4	14.9	12.4
	India	Milk or curd	55	55.4	67.2
		Pulses or beans	87.8	89.5	90.7
		Dark green, leafy vegetables	85.2	92.9	93.6
		Fruits	33	39.8	47.4
		Eggs	27.8	32.3	41.3
		Chicken, meat or fish	31.9	35.4	40.9

Source: National Family Health Survey II (1998-99) and III (2005-06)