

Assessing Anemia Prevalence in Indian Women: A Comparative Study of National Family Health Survey-4 and National Family Health Survey-5

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Abstract

Background: In India, anemia remains a serious public health issue, particularly for women of reproductive age. **Objectives:** This study compared anemia prevalence from the National Family Health Survey (NFHS-4) (2015–2016) and NFHS-5 (2019–2021), examining the influence of sociodemographic factors. **Materials and Methods:** Using NFHS data, 684,911 women from NFHS-4 and 690,153 women from NFHS-5 were analyzed. Bivariate and logistic regression analyses assessed anemia prevalence; the Wald test compared urban–rural patterns. **Results:** Anemia prevalence increased from 51.4% to 56.2%. The highest prevalence were found among adolescents (15–19 years). Women in rural areas, with no education, from the poorest wealth quintile, and widowed women had significantly higher odds of being anemic. **Conclusion:** The rising anemia burden, particularly among adolescents and disadvantaged groups, highlights the need for targeted, multisectoral public health strategies in India.

Key words: Anemia, logistic regression, National Family Health Survey, odds ratio, prevalence, women