Assam records the country’s highest estimated anaemia prevalence among adult men (46.8%) and elderly men (74%). Meghalaya ranks second among adult men at 38.9%, followed by Tripura at 31.8%, against the national average of 22%. NFHS-5 (2019–21) also highlighted high anaemia levels among women and men in Assam and Tripura.

The findings underline the need for targeted interventions under the Anaemia Mukt Bharat programme, launched in 2018. Alongside nutritional deficiencies, attention is required to infections, inherited blood disorders and other non-nutritional causes of anaemia.

APSC Relevance: Public Health and Nutrition, Anaemia Mukt Bharat