

Almora (SC)

Uttarakhand

No. of Electors (2019): 13,37,808

Intersecting Districts

Almora
Bageshwar
Champawat
Pithoragarh



What this Factsheet Contains

This Factsheet is based on our interactive **NFHS Policy Tracker for Parliamentary Constituencies (PCs)**—part of our **India Policy Insights** initiative. It provides performance measures for 93 indicators and a side-by-side comparison with national and state averages for each PC. It also shows the net change between 2016 and 2021 for 86 indicators to highlight performance gains and losses. The Factsheet additionally lists the intersecting districts for each PC and links each indicator to a current GOI program, thereby readily providing a policy and program context for its meaningful use. See: <https://geographicinsights.iq.harvard.edu/nfhs-tracker-pc>

Indicator Summary (2021)

Number of Indicators better than All-India average



Number of Indicators better than State average

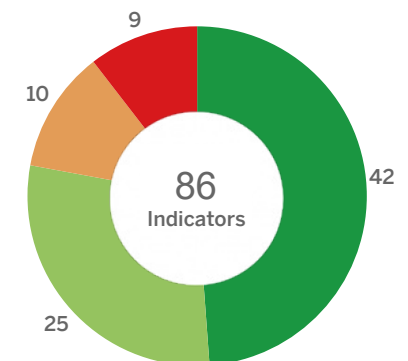


Indicator Change Summary (Between 2016 and 2021)

Ranking based on Percentage of Indicators showing Any Improvement (out of 543 PCs)



● Highest Improvement | ● Improvement | ● Worsened | ● Extremely Worsened



Top 15 Indicators showing Improvement

- Health insurance coverage
- At least 4 antenatal care visits
- 3 doses of penta or hepatitis B vaccine
- Mothers received postnatal care
- Full vaccination
- Menstrual hygiene
- Improved sanitation
- Iron folic acid for 100 days
- Current users ever told about side effects
- Antenatal check-up in the first trimester
- Full vaccination (Source from card only)
- Iron folic acid for 180 days
- 3 doses of polio vaccine
- Institutional births
- Birth registration

Top 15 Indicators showing Worsening

- Mild blood pressure (Men)
- Caesarean section in private sector
- Mild blood pressure (Women)
- Caesarean section delivery
- Moderate or severe blood pressure (Men)
- Postnatal check by skilled health workers
- Overweight or obese (Women)
- Female sterilization
- Population below 15 years
- Moderate or severe blood pressure (Women)
- Caesarean section in public sector
- Children with fever or ARI taken to health facility
- High or very high or taking medicine (Men)
- Very high (>160 mg/dl) (Men)
- High or very high or taking medicine (Women)

For more details, see the complete listing of Improving or Worsening Indicators (pp. 2-4).

Indicator %	Government of India Programs	India 2021	State 2021	PC 2021	PC Change 2021-2016	
Population and Household Profile						
Birth registration	RBDA	89.1	91.9	96.3	14.4	●
Female school attendance	RTE, NEP, SSA, KGBV, DGAG, NSIG, SVSGC, BBBP, SWAYAM	71.8	75.2	75.8	3.6	●
Health insurance coverage	PMJAY, PMSBY, AABY	41	62.5	70.1	48.9	●
Improved water	JJM, ABY, Amrit sarovar, Jaldoot, PMAY-G, SBM-G	95.9	95.9	93.1	8	●
Iodized salt	NIDDCP, Fortification	94.3	93.2	96	2.8	●
Clean fuel for cooking	PMUY	58.6	59.2	38.4	9.8	●
Improved sanitation	SBM	70.2	78.8	86.8	21.4	●
Population in household with electricity	Saubhagya, DDUGJY, KUSUM, Ujjwala-DISCOM, IPDS, SCM, JNNURM, WISTS, NSM, PMAY-U, JNNURM, AMRUT, MPLADS	96.8	99.6	99.8	3.2	●
Population below 15 years	RKSK, RBSK	26.5	26.3	23.9	-4.7	●
Death registration	RBDA, MDSR	70.8	72.3	77.9		
Characteristics of Women						
10 or more years of schooling (Women)	RUSA, ATL, RAA, DIKSHA, NEP	41	50.4	51.5	11.5	●
Literate women	NILP	71.5	81.6	87.1	8.1	●
Marriage and Fertility						
Child marriage (Women)	PCM	23.3	9.8	10.5	-7	●
Menstrual hygiene	SPMH, AFHC, AHS, PEP, RKSK, SBM-G	77.6	91.2	94.2	21.5	●
Third or higher order birth	ESB, HDC, MPV, MTP, NPP	26.5		19.2	-4.8	●
Adolescent pregnancy	POCSO, MTP	6.8	2.5	2	-1.2	●
Current Use of Family Planning Methods						
Condom	NPP, MPV, HDC, NRHM	9.5	25.6	18.7	9.1	●
Male sterilization	MPV, NSV, FPIS, NRHM	0.3	0.7	1.5	0.1	●
Any contraceptive method	NPP, MPV, NRHM, FPIS, ECS, RPF-PPIUCD, Antara, ESB, HDC	66.7	70.8	74.5	12	●
Any modern method	NPP, MPV, NRHM, FPIS, ECS, RPF-PPIUCD, Antara, ESB, HDC	56.4	57.8	64.9	5.7	●
Pill	NPP, MPV, Chayya, Mala-N, NRHM	5.4	2.6	1.9	0.3	●
IUD/PPIUD	NPP, MPV, RPF-PPIUCD, NRHM	2.1	1.5	1.1	-0.2	●
Female sterilization	MPV, FPIS, NRHM	37.9	26	37.4	-5.5	●
Injectables	NPP, MPV, Antara, NRHM	0.6	0.4	0.3		
Unmet Need for Family Planning						
Total unmet need	NPP, MPV, RPF-PPIUCD, Antara, ESB, HDC, NRHM, FPIS, ECS	9.4	8.8	8.6	-5.2	●
Unmet need for spacing	NPP, MPV, ESB, NRHM, FPIS, ECS, RPF-PPIUCD, Antara, HDC	4	3.2	3	-1.9	●
Quality of Family Planning Services						
Current users ever told about side effects	NPP, MPV, NRHM	62.4	60.7	66.9	16.9	●
Interaction of health worker	MPV, NRHM, ESB, JSSK	23.9	20.1	26.6	9.8	●
Maternal and Child Health						
Iron folic acid for 100 days	AMB, POSHAN, NAP, WIFSP, RBSK, TBSY	44.1	46.6	48.2	20.8	●
Iron folic acid for 180 days	AMB, POSHAN, NAP, WIFSP, RBSK, TBSY	26	25	23.4	15.6	●

Indicator %	Government of India Programs	India 2021	State 2021	PC 2021	PC Change 2021-2016	
Antenatal check-up in the first trimester	PMSMA, PMMVY, JSSK	70	68.8	66.4	16.6	●
At least 4 antenatal care visits	PMSMA, PMMVY, JSSK	58.5	61.8	59.6	31.4	●
Mothers received postnatal care	PMSMA, PMMVY, MCC, JSSK	78	78	83	28.8	●
Last birth protected against neonatal tetanus	PMMVY, PMSMA, SMA, ICDS, JSSK, LQI	92	93.6	95.4	0.2	●
Mother and Child Protection card received	None	95.9	97.1	99.4	1.7	●
Postnatal check by skilled health workers	JSSK, SMA, MCC, ICDS, NSSK	11.5	78.9	9.6	-5.6	●
Delivery Care						
Births by skilled health personnel	JSY, JSSK, LQI, HBNC	89.4	83.7	87.4	13.6	●
In public facility	JSY, JSSK, LQI, PMMVY, PMSMA, MCC	61.9	53.3	70.7	12.1	●
Institutional births	JSY, JSSK, LQI, PMMVY, PMSMA, MCC	88.6	83.2	85.2	14.5	●
Home delivery by skilled health personnel	BMBP, HBNC, SMB, PMMVY, ICDS-ANM	3.2	3.4	2.7	0	●
Caesarean section in private sector	JSY, JSSK, LQI	47.5	43.3	51.9	7.7	●
Caesarean section delivery	JSY, JSSK, LQI	21.5	20.4	14.4	6.1	●
Caesarean section in public sector	JSY, JSSK, LQI	14.3	14	10.2	3.9	●
Child Vaccinations and Vit A Supplements						
3 doses of penta or hepatitis B vaccine	IMI	83.9	86.6	92.9	30.6	●
3 doses of polio vaccine	IMI, PPP	80.5	84	92.8	15.2	●
First dose of measles-containing vaccine	IMI	87.9	90.6	97.2	8.5	●
Full vaccination	IMI, PPP	76.6	80.8	91.7	24.1	●
Full vaccination (Source from card only)	IMI, PPP	74.3	88.6	93.9	16.5	●
3 doses of penta or DPT vaccine	IMI	86.7	89.7	95.8	4.7	●
Vitamin A dose in the last 6 months	NVAPP	71.2	53.7	48.5	5.7	●
3 doses of rotavirus vaccine	IMI	36.4	32.3	39.1		
Second dose of measles-containing vaccine	IMI	58.6	35.8	70.8		
Treatment of Childhood Diseases						
Prevalence of ARI	NTEP, RBSK, SANPS, RM-ARI	2.8	2.3	0.8	-4.5	●
Prevalence of diarrhoea	RBSK, IDCF	7.3	4.4	3.9	-12.6	●
Children with diarrhoea taken to health facility	RBSK, IDCF	76.2	79.6	64.6	3.7	●
Children with diarrhoea who received ORS	RBSK, IDCF	60.6	55.9	54.5	6	●
Children with diarrhoea who received zinc	RBSK, IDCF	30.5	30.1	19.5	6.7	●
Children with fever or ARI taken to health facility	NTEP, RBSK, SANPS	69	71	66.1	-3.6	●
Child Feeding and Nutritional Status						
Breastfed within one hour of birth	MAA, LMC, JSSK	41.8	41.3	41.9	12.7	●
Overweight	POSHAN	3.4	4.1	3	-1.6	●
Stunting	POSHAN, ICDS, AK, NRC, RBSK, BPKK	35.5	27	23.7	-5.3	●
Exclusive breastfeeding (within 6 months)	MAA, LMC	63.7	52.5	55.8	9.5	●

Indicator %	Government of India Programs	India 2021	State 2021	PC 2021	PC Change 2021-2016	
Receiving solid/semi-solid food (6-8 months)	POSHAN, ICDS	45.9	50.6	55.8	8.3	●
Severe wasting	POSHAN, ICDS, AK, NRC, RBSK, BPKK	7.7	4.7	3.9	-4.2	●
Underweight	POSHAN, ICDS, AK, NRC, RBSK, BPKK	32.1	21	16	-5.8	●
Wasting	POSHAN, ICDS, AK, NRC, RBSK, BPKK	19.3	13.2	10.6	-8.5	●
Adequate diet (All children - 6-23 months)	NFSA, TPDS, POSHAN, WBNP, AK, RKVY, PMMVY, AAY	11	12.5	8.8	0.8	●
Adequate diet (Breastfeeding - 6-23 months)	MAA, LMC, NFSA, POSHAN	10.8	13.2	9.2	1.1	●
Adequate diet (Non-breastfeeding - 6-23 months)	NFSA, TPDS, POSHAN, WBNP, AK, RKVY, PMMVY, AAY	12.3	10.3	5.8	1.1	●
Nutritional Status of Women						
BMI below normal (Women)	AK, NRC, BPKK, NFSA, TPDS, POSHAN	18.7	13.9	13.9	-6.2	●
Overweight or obese (Women)	IHIP, PMSSY, NPCDCS	24	29.7	18.5	5.5	●
Risky waist-to-hip ratio (Women)	IHIP, PMSSY, NPCDCS	56.7	62.9	60.2		
Anemia among Children and Women						
Anemia (All women)	AMB, NAP, WIFSP	57	42.6	28.8	-7.2	●
Anemia (Non-pregnant women)	AMB, NAP, WIFSP	57.2	42.4	29.6	-6.2	●
Anemia (Pregnant women)	AMB, NAP, WIFSP, PMSMA, JSSK	52.2	46.4	32.6	-10.3	●
Anemia (All adolescent women)	AMB, NAP, WIFSP, RKSK, TBSY	59.1	40.9	29.6	-7.3	●
Anemia (Children)	AMB, POSHAN, NAP, WIFSP, RBSK, TBSY	67.1	58.8	46.3	-0.5	●
Blood Sugar Level among Adults						
High (141-160 mg/dl) (Men)	NPCDCS, AMRIT, eAushidhi, IHIP, PMSSY, ABWC	7.3	5.6	4.6	0	●
High (141-160 mg/dl) (Women)	NPCDCS, AMRIT, eAushidhi, IHIP, PMSSY, ABWC	6.1	4.2	3.8	0.2	●
High or very high or taking medicine (Men)	NPCDCS, AMRIT, eAushidhi, IHIP, PMSSY, ABWC	15.6	14.2	11.7	2.6	●
High or very high or taking medicine (Women)	NPCDCS, AMRIT, eAushidhi, IHIP, PMSSY, ABWC	13.5	10.8	7.8	1.9	●
Very high (>160 mg/dl) (Men)	NPCDCS, AMRIT, eAushidhi, IHIP, PMSSY, ABWC	7.1	7.6	5.7	2.1	●
Very high (>160 mg/dl) (Women)	NPCDCS, AMRIT, eAushidhi, IHIP, PMSSY, ABWC	6.3	5.6	3	1.2	●
Hypertension among Adults						
Mild blood pressure (Men)	NPCDCS, HIHC, AMRIT, eAushidhi, IHIP, PMSSY, ABWC	15.7	20.1	22.8	8.4	●
Mild blood pressure (Women)	NPCDCS, HIHC, AMRIT, eAushidhi, IHIP, PMSSY, ABWC	12.4	13.7	14.3	7.6	●
Moderate or severe blood pressure (Men)	NPCDCS, HIHC, AMRIT, eAushidhi, IHIP, PMSSY, ABWC	5.7	9.5	9.9	5.9	●
Moderate or severe blood pressure (Women)	NPCDCS, HIHC, AMRIT, eAushidhi, IHIP, PMSSY, ABWC	5.2	6.3	6	4	●
Blood Pressure - High/Medication (Men)	NPCDCS, HIHC, AMRIT, eAushidhi, IHIP, PMSSY, ABWC	24	31.8	32.7		
Blood Pressure - High/Medication (Women)	NPCDCS, HIHC, AMRIT, eAushidhi, IHIP, PMSSY, ABWC	21.3	22.9	21.9		
Tobacco and Alcohol Use among Adults						
Alcohol consumption (Women)	IRCA, NPCDCS	1.3	0.3	0	-0.1	●
Tobacco use (Women)	NTCP, COTPA, PEC	8.9	4.6	0.2	-2.1	●
Alcohol consumption (Men)	IRCA, NPCDCS	18.8	25.5	34.4	-7.4	●
Tobacco use (Men)	NTCP, COTPA, PEC	38	33.7	41.4	-6.1	●

Notes

India 2021: indicates values from the NFHS-5 All-India Report/Factsheet.

State 2021: indicates values from the NFHS-5 State/Union Territory (UT) Factsheets. Blank indicates no value reported in NFHS-5 State/UT Factsheets.

PC 2021: indicates estimated values from NFHS-5 microdata. Blank indicates not applicable, as the underlying sample population was not observed.

PC Change 2021-2016: indicates percentage point difference between NFHS-5 and NFHS-4. Blank indicates not applicable, as the underlying sample population was not observed or a comparable indicator was unavailable in NFHS-4. Symbol colours indicate the change that a PC experienced on an indicator in relation to all PCs. ● **Highest Improvement** | ● **Improvement** | ● **Worsened** | ● **Extremely Worsened**

Data Rounding: values are rounded to one decimal place.

PC Status: General (GEN); Scheduled Caste (SC); Scheduled Tribe (ST).

PC Rank: All PCs sharing the same rank are assigned the same rank value, with subsequent ranks skipped in order to maintain continuity in the ranking sequence.

Government of India Programs: **AK:** Aahaar Kranti; **AABY:** Aam Admi Bima Yojana; **AFHC:** Adolescent Friendly Health Clinics; **AHS:** Adolescent Health Strategy; **AMRIT:** Affordable Medicines and Reliable Implants for Treatment; **AMB:** Anemia Mukh Bharat; **Antara:** Antara Programme; **ABY:** Atal Bhujal Yojana; **AMRUT:** Atal Mission for Rejuvenation and Urban Transformation; **ATL:** Atal Tinkering Labs; **ABWC:** Ayushman Bharat Health and Wellness Centres; **BBBP:** Beti Bachao Beti Padhao Yojana; **BPKK:** Bhartiya Poshan Krishi Kosh; **BMBP:** Birth Microplanning and Birth Preparedness by Skilled birth attendant; **Chayya Mala-N:** Chhaya and Mala-N tablets; **DDUGJY:** Deendayal Upadhyaya Gram Jyoti Yojana; **DGAG:** Digital Gender Atlas for Advancing Girls Education; **DIKSHA:** Digital Infrastructure for Knowledge Sharing; **eAushidhi:** eAushidhi; **ECS:** Enhanced Compensation Scheme; **ESB:** Ensuring Spacing at Birth incentive to ASHA; **FPIS:** Family Planning Indemnity Scheme; **Fortification:** Food Fortification; **GEC:** Green Energy Corridors; **HIHC:** High Impact Hypertension Control Initiative; **HBNC:** Home Based New Born Care; **HDC:** Home delivery of contraceptives scheme; **ICDS:** Integrated Child Development Services; **ICDS-ANM:** Integrated Child Development Services Auxiliary Nurse Midwife; **IHIP:** Integrated Health Information Platform; **IPDS:** Integrated Power Development Scheme; **IRCA:** Integrated Rehabilitation Centres for Addicts; **IDCF:** Intensified Diarrhoea Control Fortnight; **IMI:** Intensified Mission Indradhanush; **JJM:** Jal Jeevan Mission; **Jaldoot App:** **JSSK:** Janani Shishu Suraksha Karyakram; **JSY:** Janani Suraksha Yojana; **JNNURM:** Jawaharlal Nehru National Urban Renewal Mission; **KGBV:** Kasturba Gandhi Balika Vidyalaya; **LQI:** Labour Room Quality Improvement Initiative; **LMC:** Lactation Management Centres; **MDSR:** Maternal Death Surveillance and Response; **MTP:** Medical Termination of Pregnancy Act; **Amrit sarovar:** Mission Amrit Sarovar; **MCC:** Mother and Child card; **MAA:** Mothers Absolute Affection; **MPLADS:** Members of Parliament Local Area Development Scheme; **NEP:** National Education Policy; **NFSA:** National Food Security Act; **NIDDCP:** National Iodine Deficiency Disorders Control Programme; **NAP:** National Nutritional Anaemia Prophylaxis Programme; **NPP:** National Population Policy; **NPCDCS:** National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Disease and Stroke; **NRHM:** National Rural Health Mission; **NSIG:** National Scheme of Incentive to Girls for Secondary Education; **NSM:** National Solar Mission; **NSSK:** Navjaat Shishu Suraksha Karyakram; **NTCP:** National Tobacco Control Program; **NTEP:** National Tuberculosis Elimination Programme; **NVAPP:** National Vitamin A prophylaxis programme; **NILP:** New India Literacy Program; **NSV:** No scalpel vasectomy; **NRC:** Nutrition Rehabilitation Centres; **PEP:** Peer Education Programme; **KUSUM:** Pradhan Mantri Kisan Urja Suraksha evam Utthaan Mahabhiyan Yojana; **PMMVY:** Pradhan Mantri Matru Vandana Yojana; **POSHAN:** POSHAN Abhiyaan; **AAV:** Antyodaya Anna Yojana; **PMAY-G:** Pradhan Mantri Awas Yojana - Gramin; **PMAY-U:** Pradhan Mantri Awas Yojana - Urban; **PMJAY:** Pradhan Mantri Jan Aarogya Yojana; **PMVVY:** Pradhan Mantri Matru Vandana Yojana; **PMSBY:** Pradhan Mantri Suraksha Bima Yojana; **PMSMA:** Pradhan Mantri Surakshit Matritva Abhiyan; **PMSSY:** Pradhan Mantri Swasthya Suraksha Yojana; **PMUY:** Pradhan Mantri Ujjwala Yojana; **POCSO:** Protection of Children from Sexual Offences Act; **PPP:** Pulse Polio Programme; **RAA:** Rashtriya Avishkar Abhiyan; **RBSK:** Rashtriya Bal Swasthya Karyakram; **RKSK:** Rashtriya Kishor Swasthya Karyakram; **RKVY:** Rashtriya Krishi Vikas Yojana; **RUSA:** Rashtriya Uchchar Shiksha Abhiyan; **NEP:** National Education Policy; **RM-ARI:** Reduction in morbidity and mortality due to Acute Respiratory Infections; **RBDA:** Registration of Births and Deaths Act; **RPF-PPIUCD:** Revitalizing Postpartum Family Planning including PPIUCD; **RTE:** Right of Children to Free and Compulsory Education; **SMB:** Safe Motherhood Booklets; **SA:** Saksham Anganwadi; **SSA:** Samagra Shiksha Abhiyaan; **Saubhagya:** Pradhan Mantri Sahaj Bijli Har Ghar Yojana; **SPMH:** Scheme for Promotion of Menstrual Hygiene among Adolescent Girls; **SCM:** Smart Cities Mission; **SANPS:** Social Awareness and Actions to Neutralize Pneumonia Successfully; **SCM:** Solar Cities Mission; **SWAYAM:** Study Webs of Active-Learning for Young Aspiring Minds; **SMA:** Surakshit Matritva Ashwasan; **SBM:** Swachh Bharat Mission; **SBM-G:** Swachh Bharat Mission- Gramin; **SVSGC:** Swami Vivekananda Single Girl Child Scholarship; **TPDS:** Targeted Public Distribution System; **TBSY:** Thalassaemia Bal Sewa Yojana; **COTPA:** Cigarettes and Other Tobacco Products Act; **PCM:** The Prohibition of Child Marriage Act; **PEC:** The Prohibition of Electronic Cigarettes (Production, Manufacture, Import, Export, Transport, Sale, Distribution, Storage and Advertisement) Act; **Ujjwala-DISCOM:** Ujjwala DISCOM Assurance Yojana; **WISTS:** Waiver of Inter State Transmission System Charges; **WIFSP:** Weekly Iron Folic Acid Supplementation Programme; **WBNP:** Wheat Based Nutrition Program; **MPV:** Mission Parivar Vikas.

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Acknowledgements

We wish to acknowledge the support of the National Informatics Centre (Bharat Maps), Demographic and Health Surveys, and the International Institute for Population Sciences in facilitating access to the data. We are also grateful to The Quantum Hub and William Joe for their helpful content feedback.

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Citation

Geographic Insights Lab. **NFHS Policy Tracker for Parliamentary Constituencies.** India Policy Insights, March 2023. Cambridge, MA: Geographic Insights Lab, Harvard University (Version 2). <https://geographicinsights.iq.harvard.edu/nfhs-tracker-pc>