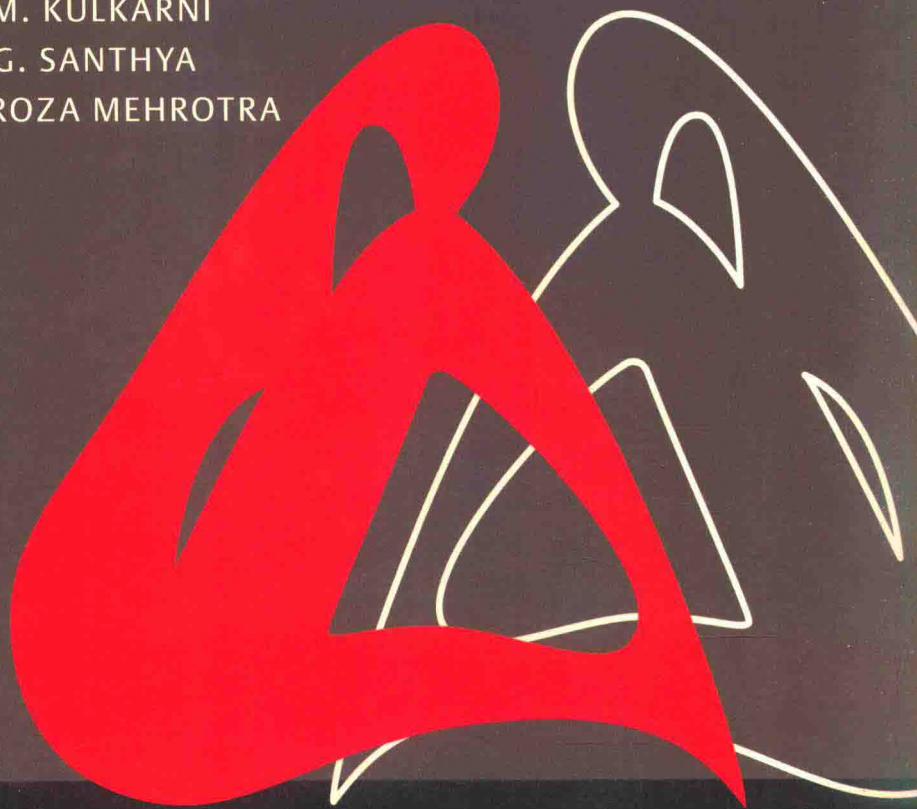


SHIREEN J. JEJEEBHOY
P.M. KULKARNI
K.G. SANTHYA
FIROZA MEHROTRA



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AN ASSESSMENT OF THE CURRENT
SITUATION AND FUTURE NEEDS

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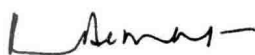
Foreword

Reproductive health care is vital for improving well-being and achieving other social and development goals. As India is witnessing a change in population dynamics there has also been a significant shift in the way reproductive health problems are conceptualized. The population programme now aims to provide family planning within a broad framework of maternal and child health care, with emphasis on voluntarism and informed choice.

Universal access to quality reproductive health services not only enhances the capacity of a couple in planning and limiting the family size but also enables them with the right to be free of many risks like unintended pregnancies and health related complications due to repeated pregnancies. This also helps in reducing high maternal mortality rate (MMR) and infant mortality rate (IMR). The reproductive health programme encompasses services for all sections and all people. Women's ability to choose the number of children they bear and the time intervals between births is the key to empowering women as individuals, mothers, and citizens.

In the XIIth Five Year Plan (2012–17) there will be increasing commitment at the national level towards population and reproductive health. India will need more evidences that influence the current policies and programmes so as to achieve better health for every section of society. Successful health programmes are built on a strong research foundation. This compilation, *Population and Reproductive Health in India: An Assessment of the Current Situation and Future Needs*, will, I trust, direct our actions towards the essential steps needed to achieve better health. We need a better understanding of

population and reproductive health issues if we are to close the gaps and overcome the obstacles encountered in the past.



Keshav Desiraju
Secretary, Department of Health and Family Welfare
Ministry of Health and Family Welfare

Preface

India has experienced defining demographic changes in the past decade. With 1.2 billion people as per Census 2011, India is the world's second most populous country, and accounts for about one-fifth of the world's population. For the first time since Independence, its population has added fewer persons in absolute numbers from 2001–11 compared to the previous decade. Annual exponential growth fell from less than 2 per cent in 1991–2001 to 1.6 per cent in 2001–11. Despite this decline, the population will continue to rise, due to the momentum, as young people constitute nearly a third of the current population.

The demographic transition and changing age structure mean that the growth rate of the working age population is higher than overall and dependent growth rates, resulting in a demographic dividend. Whether India realizes its demographic dividend, and achieves the Millennium Development Goals, depends on the investments we make in reproductive and sexual health needs of young people. Subsequently, the growth rate of population over 60 will increase, posing challenges for coping with an ageing population. It is interesting to note that this transition is not unfolding uniformly across India as states are at different stages of the demographic transition. Additionally, we have witnessed another trend with far-reaching consequences: India's population is becoming more masculine, as the child sex ratio has fallen from 945 girls for 1,000 boys in 1991 to 914 girls for 1,000 boys in 2011. The study points to other emerging issues such as urbanization and migration that need to be factored into policies to address population needs.

To understand the interlinkages between these demographic changes, population trends, and the reproductive health needs of people, especially of women and young people, the United Nations Population Fund (UNFPA) commissioned a population needs assessment study in 2011. The study offers a comprehensive view of demographic trends and reproductive health indicators, combining data and information on youth, gender, reproductive health, and population from various sources. UNFPA has used insights from the study to design its eighth five-year country programme of assistance to India (2013–17).

This book presents findings which would be of interest to academics, policy makers, and development experts. Evidence-based policy making is key to achieving the goals of the ICPD plan of Action and the Millennium Declaration, and plays an even greater role in defining future development goals. UNFPA is happy to have contributed to this body of work on population issues to help direct efforts where they are needed the most.

I am grateful to the authors of this book for presenting the study to a wider audience. UNFPA India staff provided feedback at various stages; in particular, I thank my colleagues Ms Ena Singh, Assistant Representative, and Dr Sanjay Kumar, National Programme Officer, for coordinating the study.



Frederika Meijer
UNFPA Representative, India/Bhutan

Acknowledgements

This volume provides a comprehensive review of the various dimensions of the health and population situation in India, including the changing population structure, the population and development scenario, the reproductive health situation, the situation and needs of adolescents and youth, women's empowerment and gender equity, and the role of development partners. It also describes the shifts in the policy and programme environment, and the growing stress upon the exercise of rights and informed choice.

India has witnessed major changes in the context of health and population over the past two decades. Some changes have been positive: notable declines in mortality, especially early childhood mortality, fertility, and unmet need for family planning. Many others are disturbing, such as persistence of gender imbalances, and the emergence of pre-natal sex selection. There is a need to assimilate the progress made in improving the health and population situation in India and to outline the gaps or obstacles that may have impeded progress. Currently, evidence is somewhat scattered and it is difficult to measure the significance of the change that has occurred or the obstacles that persist. This volume attempts to synthesize available evidence and provide a composite assessment of the situation that will provide indications for future strategies and programme directions for government and donor agencies.

This assessment would have been impossible without the insights, cooperation, and support of many. First and foremost, we would like to extend our deep gratitude to the UNFPA for envisioning the need for this assessment, and for supporting authors to conduct it. We would also like to acknowledge with thanks the initial feedback provided by

staff members of UNFPA, India who attended two UNFPA sponsored consultations conducted in 2011, namely, the Consultative meeting with UNFPA staff and the National Consultation for Civil Society Organization on the Draft UNFPA Strategy in Country Programme 8. Each chapter has benefitted from the comments and suggestions made by a number of anonymous reviewers, and we are thankful to each of them for their insightful suggestions. We are especially grateful to the UNFPA team—Ena Singh, Sanjay Kumar, Venkatesh Srinivasan, K.M. Satyanarayana, Dinesh Agarwal, and Jaya—for their support and insights during the assessment as well as during the work on this volume. We also express our gratitude to the team at Oxford University Press and the anonymous reviewers appointed by the Press for their comments and insights. The careful reviews and helpful suggestions offered by all of these reviewers have helped shape the focus of the assessment and enriched the contributions.

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 P.M. Kulkarni, Jawaharlal Nehru University, New Delhi
 K. G. Santhya, Population Council, New Delhi
 Firoza Mehrotra, Independent Consultant, New Delhi

Abbreviations

AIDS	Acquired Immune Deficiency Syndrome
ANC	Antenatal Care
ANM	Auxiliary Nurse Midwife
ARSH	Adolescent Reproductive and Sexual Health
ART	Assisted Reproductive Techniques
ARV	Anti-retroviral
ASHA	Accredited Social Health Activist
AWW	Anganwadi Worker
AYUSH	Ayurveda, Yoga and Naturopathy, Unani, Siddha, and Homoeopathy
CHC	Community Health Centre
EAG	Empowered Action Group
EMOC	Emergency Obstetric Care
FRU	First Referral Unit
GDP	Gross Domestic Product
HIV	Human Immunodeficiency Virus
ICDS	Integrated Child Development Services
ICPD	International Conference on Population and Development
ICTC	Integrated Counselling and Testing Centre
IEC	Information, Education and Communication
IFA	Iron and Folic Acid
IMR	Infant Mortality Rate
IUCD	Intrauterine Contraceptive Device
IUD	Intra-uterine Devices
JRM	Joint Review Mission

KSY	Kishori Shakti Yojana
MA	Medical Abortion
MNGO	Mother Non-government Organization
MO	Medical Officer
MOHFW	Ministry of Health and Family Welfare
MPW	Multipurpose Health Worker
MTP	Medical Termination of Pregnancy
MVA	Manual Vacuum Aspiration
NACO	National AIDS Control Organisation
NACP	National AIDS Control Programme
NCC	National Cadet Corps
NCERT	National Council of Educational Research and Training
NFHS	National Family Health Survey
NIOS	National Institute of Open Schooling
NPP	National Population Policy
NRHM	National Rural Health Mission
NSS	National Service Scheme
NYKS	Nehru Yuva Kendra Sangathan
ORS	Oral Rehydration Solution
PCPNDT	Pre-conception and Pre-natal Diagnostic Techniques
PHC	Primary Health Centre
PLHA	People Living with HIV/AIDS
PNDT	Pre-natal Diagnostic Technique
PPTCT	Prevention of Parent to Child Transmission
PRB	Population Reference Bureau
RCH	Reproductive and Child Health
RGSEAG	The Rajiv Gandhi Scheme for Empowerment of Adolescent Girls
RTI	Reproductive Tract Infections
SRH	Sexual and Reproductive Health
STD	Sexually Transmitted Disease
STI	Sexually Transmitted Infections
TFR	Total Fertility Rate
U5MR	Under-5 Mortality Rate
VHND	Village Health Nutrition Day
VHSC	Village Health and Sanitation Committees
WHO	World Health Organization

Contents

<i>Foreword</i>	vii
<i>Preface</i>	ix
<i>Acknowledgements</i>	xi
<i>List of Tables and Figures</i>	xiii
<i>List of Abbreviations</i>	xix
1. <i>Setting the Stage</i> K.G. Santhya and Shireen J. Jejeebhoy	1
2. <i>The Population and Development Scenario in India</i> P.M. Kulkarni	32
3. <i>Sexual and Reproductive Health: Current Status and Future Needs</i> Shireen J. Jejeebhoy and K.G. Santhya	95
4. <i>Adolescents and Youth in India: Challenges and Opportunities</i> K.G. Santhya and Shireen J. Jejeebhoy	175
5. <i>Women's Empowerment and Gender Equity</i> Shireen J. Jejeebhoy and K. G. Santhya	247
6. <i>The Role of Partners</i> Firoza Mehrotra	295

vi Contents

7. <i>Moving Forward</i>	
Shireen J. Jejeebhoy, K.G. Santhya, P.M. Kulkarni, and Firoza Mehrotra	310
<i>Index</i>	332
<i>About the Authors</i>	343

Tables and Figures

Tables

1.1	Goals and Targets Set and Commitments Made in the Areas of Population and Reproductive Health	17
1.2	Selected Demographic and Reproductive Health Indicators	25
2.1	Population Trends in India, 1901–2011	35
2.2	Changes in Percentage Shares of Various Broad Age Groups and Dependency Ratios, India, 1971–2001	39
2.3	Trends in Population Sex Ratio, India, 1901–2011	43
2.4	Trends in Crude Birth and Death Rates, India, 1901–2010	48
2.5	Socioeconomic Differentials in Total Fertility Rate, India, NFHS-1, 2, 3	51
2.6	Trends in Early Childhood Mortality, India, 1970–2010	55
2.7	Socioeconomic Differentials in U5MR, India, NFHS-1, 2, 3 (probability of dying before completing five years of age \times 1,000)	57
2.8	Trends in SMAM, and Proportion Never Married, India, 1961–2001	58
2.9	Trends in Contraceptive Prevalence Rate in India, 1971–2006	60
2.10	Streams in Inter-censal Migration, India, 1991–2001	62
2.11	Trends in Urbanization in India, 1901–2011	65
2.12	Trends in Gross National Product, Per Capita Income, and Shares of Sectors	66

2.13	Poverty Ratios in India (per cent below poverty line, headcount ratios)	69
2.14	Work Participation Rates, India, NSSO, 1983 to 2009–10 (usual activity status, principal, and subsidiary status)	70
2.15	Work Participation Rates by Age and Sex, India, 2009–10 (usual activity status, principal, and subsidiary status) (per cent of population)	71
2.16	Trends in Literacy, India, 1951–2011 (percent literate: for ages 5 and over for 1951–71 and 7 and over for 1981–2011)	72
2.17	Literacy and Completion of High School by Age and Sex, India	73
A2.1	Population Growth in States and UTs, India, 2001–2011	81
A2.2	Population Projections for India, 2011–2101	83
A2.3	Per cent Population in Ages 0–6, States, India, 2001, 2011	84
A2.4	Sex Ratio in Population (females per 1000 males), Large States, India, 1991–2011	85
A2.5	Trends in ASFR, India, 1971–2010	87
A2.6	TFR in States and UTs, India, 1971–2010	87
A2.7	Trends in Expectation of Life at Birth India, 1901–2010	88
A2.8	U5MR, Large States, India, 1970–75 to 2010	89
A2.9	Net Inter-censal Inter-state Migration in India, 1991–2001 and 2001–11	90
3.1	Causes of Maternal Death, 1998 and 2001–03	106
3.2	Pregnancy-Related Care: The Situation, 1992–93 to 2009	111
3.3	Trends in Contraceptive Use, 1992–93 to 2005–06	119
3.4	HIV Prevalence by Background Characteristics, India, 2005–06	132
A3.1	Maternal Mortality Ratio, and Neo-natal, Post-neonatal, and Perinatal Mortality Rates, by State, India	156
A3.2	Percentage of Women by Maternal Health Indicators and State, India, 2005–06	158
A3.3	Percentage of Women Practising Contraception and Reporting an Unmet Need for Family Planning by State, India, 2005–06	161

4.1	Percentage of Youth Who Had Ever Attended a Vocational Training Programme by Background Characteristics	191
4.2	Percentage of Youth Who Had Engaged in Pre-Marital Sex in Adolescence by Background Characteristics	196
4.3	Percentage of Youth Who Had Pre-Marital Sex Reporting Multiple Partnerships and Consistent Condom Use by Background Characteristics	198
4.4	Percentage of Married Young Women Currently Using Any Contraceptive Method and a Modern Non-Terminal Method by Background Characteristics	200
4.5	Percentage of 20–24 Year Old Women Who Had Given Birth Before Age 18 and Married Young Women Aged 15–24 with Three or More Children by Background Characteristics	201
4.6	Percentage of Births in the Five Years to Adolescent and Young Mothers That Were Unwanted by Background Characteristics	206
4.7	Percentage of Youth Who Were Moderately or Severely Anaemic by Background Characteristics	207
4.8	Awareness of SRH Matters, Youth Aged 15–24	209
4.9	Differences in Indicators of Young People's Agency, SRH Awareness, and SRH Practices by Economic and Educational Vulnerability	222
A4.1	Percentage of 18–24 Year Old Young Men and Women Who Had Completed High School, According to State, India, 2005–06	231
A4.2	WorkForce Participation Rate (Usual Status, Principal, and Subsidiary) among Young People Aged 15–29 Years by Rural–Urban Residence and Sex, According to State, India, 2005–06	232
A4.3	Percentage of 20–24 Year Old Women Married by Age 18, According to State, India, 2005–06	233
A4.4	Percentage of Married Young Women Currently Using any Contraceptive Method and a Modern Non-Terminal Method, According to State, India, 2005–06	234