

INDIA

Child Stunting and Overweight

Key figures and trends

MAY 2025

STUNTING

Progress towards World Health Assembly (WHA) Global Nutrition **stunting target**.



WHA Global Nutrition Stunting Target 2012-2025

Achieve a **40%** reduction in the number of children under-5 who are stunted

- Prevalence of stunting among children under five years old has fallen since 2012 but remains *very high*.
- Rates in India are above the UN regional average for Southern Asia.
- Despite progress (projected prevalence fell from very high to high before 2025), India remains slightly off-track from the WHA target for child stunting, with a **gap of 1** between projection and target.

Figure 1: Under-five stunting prevalence, India, 2005-2022 and projected to 2025

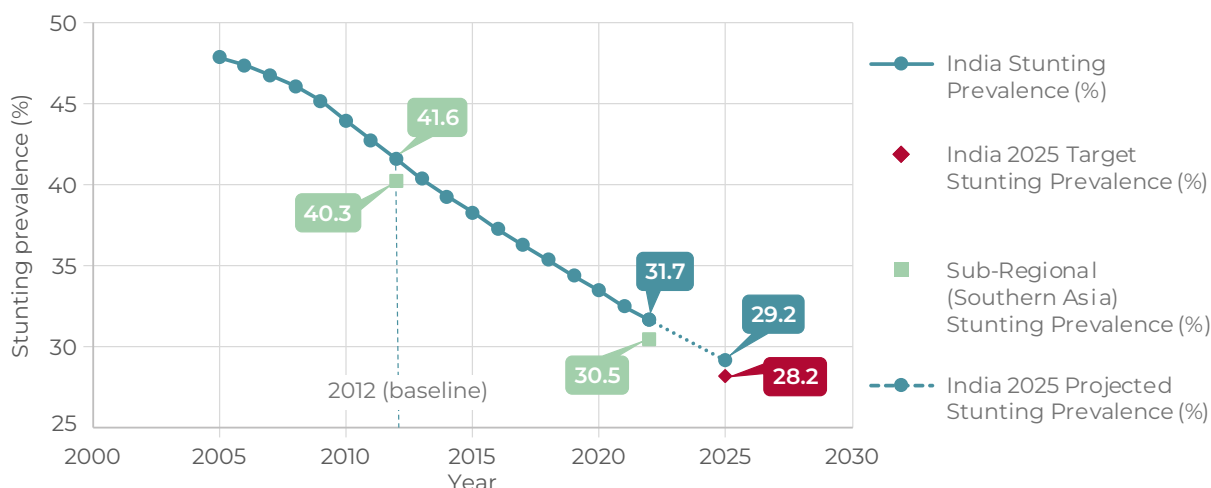


Table 1: Under-five (U5) Stunting Data Profile, India

Key Indicator	Value
Baseline Prevalence 2012 (%)	41.6
Baseline U5 Population 2012 (millions)	128
Baseline Stunting Burden 2012 (millions)	53
Current Prevalence 2022 (%)	31.7
Current U5 Population 2022 (millions)	116
U5 Population Growth Rate 2012-2022 (%)	-9.5
Current AARR* (2012-2022)	2.7
Projected Prevalence 2025 (%)	29.2
Target Stunting Burden 2025 (millions)	32
Projected U5 Population 2025 (millions)	113
Target Prevalence 2025 (%)	28.2
Required AARR (2012-25)	3.0
Classification of Country's Progress	Off track – some progress

*AARR = Average Annual Rate of Reduction

OVERWEIGHT

Progress towards World Health Assembly (WHA)
Global Nutrition **overweight target**.



- Prevalence of overweight among children under five years old, while *low* in India, has risen from *very low* levels since 2012.
- Rates in India are now the same as the UN regional average for Southern Asia.
- India is off-track to meet the WHA target for child overweight, with a **gap of 0.8** between projection and target.

Figure 2: Under-five overweight prevalence, India, 2005-2022 and projected to 2025

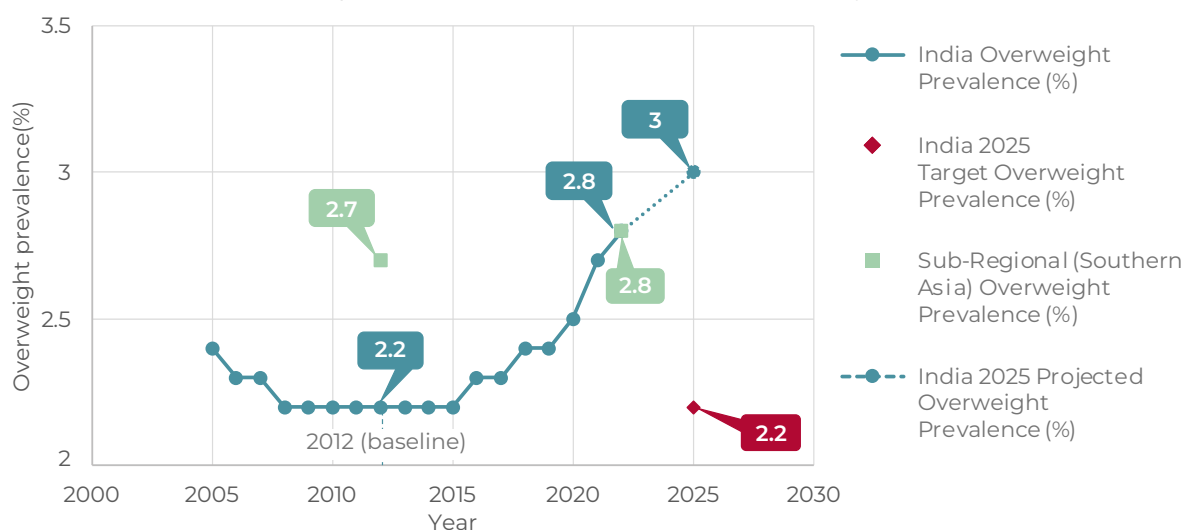


Table 2: Under-five (U5) Overweight Data Profile, India

Key Indicator	Value
Baseline Prevalence 2012 (%)	2.2
Current Prevalence 2022 (%)	2.8
Current AARR* (2012-2022)	-2.4
Projected Prevalence 2025 (%)	3.0
Target Prevalence 2025 (%)	2.2
Required AARR (2012-25)	0.0
Classification of Progress	Off track

*AARR = Average Annual Rate of Reduction

Data sources: Joint Malnutrition Estimates for stunting and overweight prevalences. Population from United Nations World Population Prospects. Classifications of progress are aligned with UNICEF methodology and determined by current AARR thresholds.

For more detail please see: Aggarwal, A, and Mishra NR. Progress on Selected World Health Assembly Nutrition Targets in Twelve Countries. Global Alliance for Improved Nutrition (GAIN). Working Paper #52. Geneva, Switzerland, 2025. DOI: <https://doi.org/10.36072/wp.52>

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