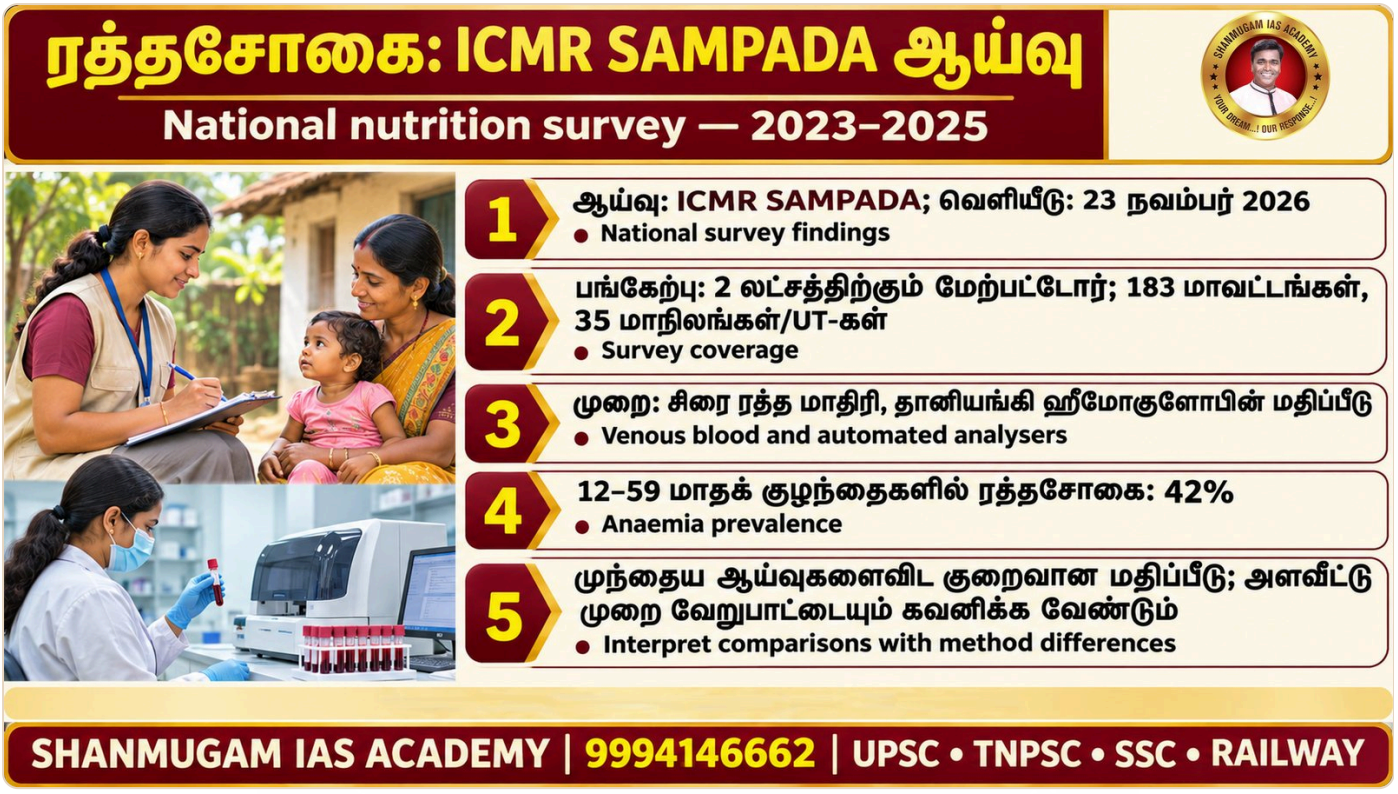
ICMR's SAMPADA survey finds anaemia lower than earlier surveys

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News

The ICMR–National Institute of Nutrition (NIN), Hyderabad released the SAMPADA 2023–25 survey on 23 Nov 2026. It found anaemia lower than in earlier national surveys: about 42% among children aged 12–59 months (NFHS-5, 6–59 months: 67.1%), 46% among adolescent girls (10–19), 56% among women of reproductive age, and 22–23% among adolescent boys and men. Severe anaemia is below 2% in most age groups, and iron deficiency explains about half the cases in women, girls and children.

Key facts for the exam

Point	Details
Children (12–59 months)	about 42%
Adolescent girls (10–19 years)	about 46%
Women of reproductive age	about 56%
Adolescent boys and men	22–23%
Coverage	Over 2 lakh people, 81,000+ households, 183 districts, 35 States/UTs; over 1.7 lakh blood samples

Background

- SAMPADA = Survey for Assessment of Markers of Population Health, Activity, Diet and Anthropometry. It used venous blood samples, which are more accurate than the finger-prick (capillary) tests used in the National Family Health Survey (NFHS), so part of the fall may come from the better method.
- Anaemia means too little haemoglobin, the iron-containing protein in red blood cells that carries oxygen. India's Anaemia Mukt Bharat (2018) follows a 6×6×6 strategy: 6 beneficiary groups, 6 interventions, 6 institutional mechanisms.

Tamil Nadu link: Tamil Nadu's Dr. Muthulakshmi Reddy Maternity Benefit Scheme supports pregnant women with cash and nutrition kits, and the State's school breakfast scheme (Perunthalaivar Kamarajar Kalai Unavu Thittam) feeds children in government schools.

Frequently asked questions

What is this news about?

The ICMR–National Institute of Nutrition (NIN), Hyderabad released the SAMPADA 2023–25 survey on 23 Nov 2026. It found anaemia lower than in earlier national surveys: about 42% among children aged 12–59 months (NFHS-5, 6–59 months: 67.1%), 46% among adolescent girls (10–19), 56% among women of reproductive age, and 22–23% among adolescent boys and men. Severe anaemia is below 2% in most age groups, and iron deficiency explains about half the cases in women, girls and children.

What are the key facts to remember for the exam?

Children (12–59 months): about 42%; Adolescent girls (10–19 years): about 46%; Women of reproductive age: about 56%; Adolescent boys and men: 22–23%.

What is the background to this news?

SAMPADA = Survey for Assessment of Markers of Population Health, Activity, Diet and Anthropometry. It used venous blood samples, which are more accurate than the finger-prick (capillary) tests used in the National Family Health Survey (NFHS), so part of the fall may come from the better method.

Practice questions (with answers)

1. Which institute released the 'SAMPADA 2023–25' survey on anaemia?

A) Int'l Institute for Population Sciences

B) NITI Aayog

C) ICMR–National Institute of Nutrition

D) National Statistics Office

Answer: C – Explanation: IIPS Mumbai runs the NFHS; SAMPADA is ICMR-NIN's survey and used venous blood samples.

2. As per SAMPADA, about how many children aged 12–59 months are anaemic?

A) 42%

B) 25%

C) 67%

D) 58%

Answer: A – Explanation: NFHS-5 (finger-prick) showed 67.1%; SAMPADA shows about 42%; adolescent girls 46%, women of reproductive age 56%.

3. Which strategy does 'Anaemia Mukt Bharat' (2018) follow?

A) 5×5×5

B) 6×6×6

C) 4×4×4

D) 3×3×3

Answer: B – Explanation: Six beneficiary groups, six interventions (iron-folic acid, deworming, etc.) and six institutional mechanisms.

4. Which metal is present in haemoglobin, the oxygen carrier of blood?

A) Zinc

B) Magnesium

C) Copper

D) Iron

Answer: D – Explanation: Haemoglobin has iron; chlorophyll has magnesium. SAMPADA links about half of anaemia to iron deficiency.

5. As per the WHO cut-off, a non-pregnant adult woman is anaemic if her haemoglobin is below:

A) 12 g/dL

B) 11 g/dL

C) 13 g/dL

D) 10 g/dL

Answer: A – Explanation: WHO cut-offs: 12 g/dL for non-pregnant women and 13 g/dL for men. SAMPADA measured haemoglobin in venous blood with automated analysers.