

NITI Aayog Releases the Second Edition of “Healthy States, Progressive India” Report

NITI Aayog released the second edition of the Health Index analyses the overall performance and incremental improvement in the States and the UTs for the period 2015-16 (Base Year) and 2017-18 (Reference Year), i.e., a two-year period. The Health Index highlights the progress reached by the individual States and UTs and is an important instrument in understanding the variations and complexity of the nation’s performance in health. It highlights the areas each State should focus on to facilitate improvement in overall health outcomes.

The report is an annual systematic performance tool to measure the performance of the States and UTs. It ranks states and union territories on their year on year incremental change in health outcomes, as well as, their overall performance with respect to each other. The ranking is categorized as Larger States, Smaller States and Union Territories (UTs), to ensure comparison among similar entities. The Health Index is a weighted composite Index based on 23 indicators grouped into the domains of Health Outcomes, Governance and Information, and Key Inputs/Processes. Each domain has been assigned weights based on its importance and has been equally distributed among indicators.

The health outcomes of some States are comparable to that of some upper middle-income countries and high income countries (for example, Neonatal Mortality Rate (NMR) in Kerala is similar to that of Brazil or Argentina), while some other States have health outcomes similar to that in the poorest countries in the world (for example, NMR in Odisha is close to that of Sierra Leone).

The Health Index scores for 2017-18 (Reference Year) revealed large disparities in overall performance across States and UTs. Among the Larger States, the overall Health Index score of the best-performing State is more than two and half times of the overall score of the least-performing State. Kerala championed the Larger States with an overall score of 74.01, while Uttar Pradesh was the least performing State with an overall score of 28.61. Among the Smaller States, scores varied between 38.51 in Nagaland and 74.97 in Mizoram. Among the UTs, the scores varied between 41.66 in Daman and Diu to

63.62 in Chandigarh. Overall, there is scope for improvement in all States, even among the best-performing States there is substantial scope for improvement. Among the least performing States/UTs, particularly, there is an urgent need to accelerate efforts to narrow the performance gap between States and UTs.

States vary in progress towards achieving Sustainable Development Goals (SDG). Several States have made good progress towards achieving SDG goals included in the Index. Kerala and Tamil Nadu have already reached the 2030 SDG target for NMR, which is 12 neonatal deaths per 1,000 live births. Maharashtra and Punjab are also close to achieving the target. Kerala, Tamil Nadu, Maharashtra and Punjab have already achieved the SDG target related to Under-Five Mortality Rate (U5MR), which is 25 deaths per 1,000 live births. Other States and UTs still need significant improvements to meet SDG targets.

The changes in Health Index scores from 2015-16 to 2017-18 varied significantly across States and UTs, implying different levels of momentum to improve performance. Only about half the States and UTs had an improvement in the overall score between 2015-16 and 2017-18. The degree of change in incremental performance scores differed across the three categories of States. The magnitude of change was bigger in UTs compared to Larger and Smaller States.

Table 1: Categorization of Larger States on incremental performance and overall performance

Incremental Performance	Overall Performance		
	Aspirants	Achievers	Front-runners
Not Improved (0 or less)	Madhya Pradesh Odisha Uttarakhand Uttar Pradesh Bihar	West Bengal	Kerala Punjab Tamil Nadu
Least Improved (0.01-2.0)	–	Chhattisgarh	Gujarat Himachal Pradesh
Moderately Improved (2.01-4.0)	–	–	Maharashtra Jammu & Kashmir Karnataka Telangana
Most Improved (more than 4.0)	Rajasthan	Haryana Jharkhand Assam	Andhra Pradesh

Note: The States are categorized on the basis of Reference Year Index score range: Front-runners: top one-third (Index score >58.88), Achievers: middle one-third (Index score between 43.74 and 58.88), Aspirants: lowest one-third (Index score <43.74). The States are categorized into four groups based on incremental performance: 'Not Improved' (<=0 incremental change), 'Least Improved' (0.01 to 2.0 points increase), 'Moderately Improved' (2.01 to 4.0 points increase), and 'Most Improved' (>4 points increase).

Among the Larger States, Haryana, Rajasthan and Jharkhand are the top three States in terms of

incremental performance, while Kerala, Andhra Pradesh, and Maharashtra are the top three States in terms of overall performance. Kerala, despite the decrease in overall Health Index score, maintained its ranking as the top performing among the Larger States. However, Tamil Nadu dropped from third position to ninth position, while Punjab dropped from second position to the fifth. The decline in the overall Health Index score in Tamil Nadu and Punjab is largely attributed to the decline in several health outcome indicators.

Table 2: Categorization of Smaller States on incremental performance and overall performance

Incremental Performance	Overall Performance		
	Aspirants	Achievers	Front-runners
Not Improved (0 or less)	Arunachal Pradesh Sikkim	Meghalaya Goa	–
Least Improved (0.01-2.0)	Nagaland	–	Mizoram
Moderately Improved (2.01-4.0)	Tripura	Manipur	–
Most Improved (more than 4.0)	–	–	–

Note: The States are categorized on the basis of Reference Year Index score range: Front-runners: top one-third (Index score >62.82), Achievers: middle one-third (Index score between 50.67 and 62.82), Aspirants: lowest one-third (Index score <50.67). The States are categorized into four groups based on incremental performance: 'Not Improved' (<=0 incremental change), 'Least Improved' (0.01 to 2.0 points increase), 'Moderately Improved' (2.01 to 4.0 points increase), and 'Most Improved' (>4 points increase).

Among the Smaller States, Mizoram ranked first in overall performance, while Tripura and Manipur were top two States in terms of incremental performance. Among the UTs, Chandigarh ranked first in overall performance, while Dadra and Nagar Haveli improved the most.

Table 3: Categorization of UTs on incremental performance and overall performance

Incremental Performance	Overall Performance		
	Aspirants	Achievers	Front-runners
Not Improved (0 or less)	Andaman and Nicobar	Delhi Lakshadweep	
Least Improved (0.01–2.0)			
Moderately Improved (2.01–4.0)		Puducherry	
Most Improved (more than 4.0)	Daman and Diu		Chandigarh Dadra and Nagar Haveli

Note: The States are categorized on the basis of Reference Year Index score range: Front-runners: top one-third (Index score >56.30), Achievers: middle one-third (Index score between 48.98 and 56.30), Aspirants: lowest one-third (Index score <48.98). The States are categorized into four groups: 'Not Improved' (<=0 incremental change), 'Least Improved' (0.01 to 2.0 points increase), 'Moderately Improved' (2.01 to 4.0 points increase), and 'Most Improved' (>4 points increase).

Three UTs registered decline in their overall Health Index scores: Lakshadweep, Andaman and Nicobar Islands, and Delhi. The large decline in the overall Health Index scores of Lakshadweep and Andaman & Nicobar Islands is largely driven by the deterioration of health outcome indicators.

The study also reflects that there was a general positive correlation between the Health Index scores and the economic development levels of States and UTs as measured by per capita Net State Domestic Product (NSDP). However, a few States with relative low level of economic development performed well in the Health Index, such as Jammu and Kashmir, Manipur, Mizoram, Andhra Pradesh, and Punjab. On the other hand, some States and UTs with relative high level of economic development did not perform as well in Health Index score, such as Goa, Delhi and Sikkim.

The Health Index is a useful tool to measure and compare the overall performance and incremental performance across States and UTs over time. The Health Index is an important instrument in understanding the variations and complexity of the nation's performance in health. The report highlights the areas each State/UT should focus on to facilitate improvement in overall health outcomes.

To conclude, among the larger states, Kerala, Andhra Pradesh and Maharashtra have topped on the basis of overall performance. Among the smaller states Mizoram ranked first followed by Manipur on overall performance. Manipur registered maximum incremental progress on indicators such as full immunization coverage, institutional deliveries, total Case Notification Rate of Tuberculosis, Average Occupancy of a District Chief Medical Officer for last three years and Completeness of IDSP reporting of P and L forms. Among UTs, Chandigarh and Dadra and Nagar Haveli were ranked on top in terms of overall performance as well as in annual incremental performance.

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