

Fact-Sheet

# Adolescent Health Survey

Himachal Pradesh





# Fact Sheet Himachal Pradesh

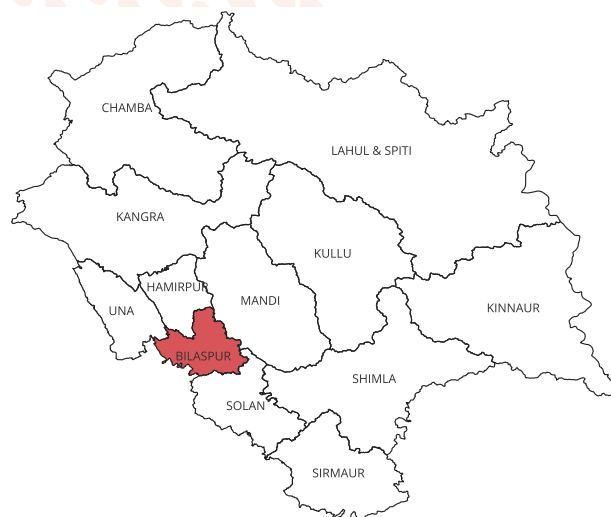
All values are represented in percentage in following tables

Himachal Pradesh			
Sl. Indicator	Rural	Urban	Total
<b>Food preferences and Choices</b>			
1 Consumption of fruits 4-6 times or more during past 7 days	54.28	55.59	54.44
2 Consumption of milk/milk products 4-6 times or more during past 7 days	70.21	68.49	70.01
3 Consumption of egg 4-6 times or more during past 7 days	26.23	18.38	25.32
4 Consumption of fried food 1-3 times or more during past 7 days	72.11	72.26	72.13
5 Consumption of soda beverage 1-3 times or more during past 7 days	57.10	54.00	56.74
6 Consumption of foods with high sugar 1-3 times or more during past 7 days	86.68	87.21	86.74
7 Consumption of foods with high salt and fats 1-3 times or more during past 7 days	78.87	78.31	78.80
8 Read nutrition labels on the packet while buying packaged food	53.93	53.77	53.91
9 Skipped breakfast during past 30 days	23.12	23.74	23.19
10 Skipped lunch during past 30 days	31.18	26.14	30.60
<b>Physical Activity</b>			
11 Engaged in mild exercise 3-7 days during past 7 days	59.00	59.13	59.01
12 Engaged in moderate exercise 3-7 days during past 7 days	58.74	61.87	59.10
13 Engaged in strenuous exercise 3-7 days during past 7 days	56.89	57.08	56.91
14 Spent time on reading, and doing academic work, including tuitions for 3 hour or more in past 7 days	45.87	49.43	46.28
<b>Personal Hygiene</b>			
15 Washing hand after using restroom	96.37	97.03	96.44
16 Washing hand before eating food	96.62	97.03	96.67
17 Washing hand before handling food	93.93	95.78	94.14
18 School having separate toilets or latrines for boys and girls	97.72	83.21	96.07
19 School having cleaned toilets or latrines	88.64	73.63	86.93
20 School having running water in toilets or latrines	82.15	82.71	82.21
21 School having handwashing area available inside toilets or latrines	93.54	93.91	93.58
22 Cleaning of dustbin every day in school	90.91	83.45	90.04
<b>Digital Device Use</b>			
23 Spending time on digital devices for more than 8 hour per day in last 7 days	2.00	1.83	1.98
24 Having a mobile phone that they use on regular basis	74.52	63.58	73.25
25 Bullied someone online in past 12 months	9.27	12.44	9.64
26 Bullied by someone online in past 12 months	7.48	10.96	7.88
<b>Connect to Parents and/or Guardians</b>			
27 Parents and/or guardians spend time with adolescents	80.77	79.11	80.58
28 Parents and/or guardians try to know what adolescents were doing in their free time	58.08	54.11	57.62
<b>Access to Government Schemes</b>			
29 Health check-up by a health care team conducted in the school premises	71.56	68.38	71.19
30 Received any weekly iron folic acid tablets from school in past 30 days	80.19	66.21	78.57
31 Received one deworming tablet from school in last 6 months	88.32	82.88	87.69
32 Health related topics discussed in assembly sessions	89.49	87.21	89.22
33 Discussion or lecture on health conducted in class in past one week	68.92	59.82	67.87
34 'Health Mela' organized inside the school premises during the last 3 months	46.85	35.73	45.56
35 Know their health ambassador	58.95	57.88	58.83
36 Know their Health and Wellness Messenger	59.29	51.14	58.35

## Himachal Pradesh

Sl. Indicator	Rural	Urban	Total
<b>Violence and Road Safety</b>			
37 Engaged in a physical fight in past 12 months	22.55	27.63	23.14
38 Bullied someone physically in past 12 months	13.44	17.92	13.96
39 Bullied by someone physically in past 12 months	10.80	15.98	11.40
40 Feeling unsafe while going school one or more days in past 30 days	22.22	25.57	22.61
41 Not wearing a helmet when pillion riding or driving a motorcycle/scooty in past 30 days	47.45	46.26	47.31
42 Not wearing a seat belt when driving a car or other motor vehicle in past 30 days	41.44	40.08	41.28
43 Not wearing a seat belt when riding a car or other motor vehicle in past 30 days	41.92	40.14	41.71
<b>Substance Use</b>			
44 Friends use any substance	11.74	18.39	12.41
45 Smoked or chewed tobacco in past 30 days	3.89	3.08	3.79
46 Consumed e-cigarette in past 30 days	3.65	2.63	3.53
47 Consumed alcohol in past 30 days	3.30	3.08	3.28
48 Consumed marijuana in past 12 months	3.95	2.74	3.81
49 Consumed cocaine/heroin/opium in past 12 months	3.30	2.05	3.16
50 Consumed hallucinogens in past 30 days	4.23	2.74	4.06
51 Used a needle to inject any illegal drug during life time	9.29	6.96	9.02
52 Used inhalants in past 12 months	4.53	4.00	4.47
53 Consumed cough syrup without prescription in past 12 months	23.07	20.78	22.81
54 Consumed sleeping pills in past 12 months	4.44	3.77	4.36
<b>Reproductive and Sexual Health</b>			
55 Ever had sexual intercourse	5.86	6.62	5.95
56 First sexual intercourse before attaining the age of 14 years	63.52	55.17	62.44
57 Used any modern contraception for protection in last sexual encounter	55.92	55.17	47.11
<b>Menstrual Hygiene</b>			
58 Onset of their menstrual cycle	73.47	78.06	73.91
59 Use of hygienic material during menstrual cycle	98.95	99.29	98.98
60 Experienced any menstrual problem in past 30 days	30.21	32.03	30.40
61 Treatment seeking from formal health care (Government and Private)	31.82	38.89	32.58
<b>Mental Health</b>			
62 Feeling disappointed, depressed, or hopeless during past 12 months	8.78	10.62	8.99
63 Feeling worried during past 12 months	6.43	6.28	6.41
64 Feeling nervous or anxious during past 12 months	5.89	7.88	6.12
65 Having a difficult time staying focused during past 12 months	10.62	14.95	11.12

## Bilaspur, Himachal Pradesh



Sl. Indicator	Bilaspur			Himachal Pradesh			
	Rural	Urban	Total	Rural	Urban	Total	
<b>Food preferences and Choices</b>							
1	Consumption of fruits 4-6 times or more during past 7 days	57.43	50.00	56.86	54.28	55.59	54.44
2	Consumption of milk/milk products 4-6 times or more during past 7 days	75.96	66.00	75.19	70.21	68.49	70.01
3	Consumption of egg 4-6 times or more during past 7 days	21.20	14.00	20.65	26.23	18.38	25.32
4	Consumption of fried food 1-3 times or more during past 7 days	68.95	56.00	67.95	72.11	72.26	72.13
5	Consumption of soda beverage 1-3 times or more during past 7 days	48.75	54.00	49.15	57.10	54.00	56.74
6	Consumption of foods with high sugar 1-3 times or more during past 7 days	84.81	70.00	83.67	86.68	87.21	86.74
7	Consumption of foods with high salt and fats 1-3 times or more during past 7 days	76.29	70.00	75.81	78.87	78.31	78.8
8	Read nutrition labels on the packet while buying packaged food	54.42	58.00	54.70	53.93	53.77	53.91
9	Skipped breakfast during past 30 days	28.55	42.00	29.58	23.12	23.74	23.19
10	Skipped lunch during past 30 days	34.89	26.00	34.21	31.18	26.14	30.60
<b>Physical Activity</b>							
11	Engaged in mild exercise 3-7 days during past 7 days	66.11	70.00	66.41	59.00	59.13	59.01
12	Engaged in moderate exercise 3-7 days during past 7 days	64.44	68.00	64.71	58.74	61.87	59.1
13	Engaged in strenuous exercise 3-7 days during past 7 days	61.77	56.00	61.33	56.89	57.08	56.91
14	Spent time on reading, and doing academic work, including tuitions for 3 hour or more in past 7 days	50.92	44.00	50.39	45.87	49.43	46.28
<b>Personal Hygiene</b>							
15	Washing hand after using restroom	93.99	90.00	93.68	96.37	97.03	96.44
16	Washing hand before eating food	95.66	90.00	95.22	96.62	97.03	96.67
17	Washing hand before handling food	93.32	92.00	93.22	93.93	95.78	94.14
18	School having separate toilets or latrines for boys and girls	98.35	91.30	97.80	97.72	83.21	96.07
19	School having cleaned toilets or latrines	86.76	93.48	87.29	88.64	73.63	86.93
20	School having running water in toilets or latrines	79.96	80.43	80.00	82.15	82.71	82.21
21	School having handwashing area available inside toilets or latrines	89.52	82.61	88.98	93.54	93.91	93.58
22	Cleaning of dustbin every day in school	89.32	92.00	89.52	90.91	83.45	90.04
<b>Digital Device Use</b>							
23	Spending time on digital devices for more than 8 hour per day in last 7 days	3.01	8.00	3.39	2.00	1.83	1.98
24	Having a mobile phone that they use on regular basis	76.13	56.00	74.58	74.52	63.58	73.25
25	Bullied someone online in past 12 months	11.52	14.00	11.71	9.27	12.44	9.64
26	Bullied by someone online in past 12 months	9.18	16.00	9.71	7.48	10.96	7.88

Sl. Indicator	Bilaspur			Himachal Pradesh			
	Rural	Urban	Total	Rural	Urban	Total	
<b>Connect to Parents and/or Guardians</b>							
27	Parents and/or guardians spend time with adolescents	81.30	74.00	80.74	80.77	79.11	80.58
28	Parents and/or guardians try to know what adolescents were doing in their free time	58.43	54.00	58.09	58.08	54.11	57.62
<b>Access to Government Schemes</b>							
29	Health check-up by a health care team conducted in the school premises	73.62	82.00	74.27	71.56	68.38	7.19
30	Received any weekly iron folic acid tablets from school in past 30 days	75.63	84.00	76.27	80.19	66.21	78.57
31	Received one deworming tablet from school in last 6 months	82.47	92.00	83.20	88.32	82.88	87.69
32	Health related topics discussed in assembly sessions	89.32	94.00	89.68	89.49	87.21	89.22
33	Discussion or lecture on health conducted in class in past one week	70.45	68.00	70.26	68.92	59.82	67.87
34	'Health Mela' organized inside the school premises during the last 3 months	51.75	40.00	50.85	46.85	35.73	45.56
35	Know their health ambassador	58.60	70.00	59.48	58.95	57.88	58.83
36	Know their Health and Wellness Messenger	57.76	50.00	57.16	59.29	51.14	58.35
<b>Violence and Road Safety</b>							
37	Engaged in a physical fight in past 12 months	27.05	34.00	27.58	22.55	27.63	23.14
38	Bullied someone physically in past 12 months	16.19	24.00	16.80	13.44	17.92	13.96
39	Bullied by someone physically in past 12 months	12.85	18.00	13.25	10.80	15.98	11.40
40	Feeling unsafe while going school one or more days in past 30 days	30.55	32.00	30.66	22.22	25.57	22.61
41	Not wearing a helmet when pillion riding or driving a motorcycle/scooty in past 30 days	46.35	28.21	44.68	47.45	46.26	47.31
42	Not wearing a seat belt when driving a car or other motor vehicle in past 30 days	39.16	22.86	37.80	41.44	40.08	41.28
43	Not wearing a seat belt when riding a car or other motor vehicle in past 30 days	38.95	21.05	37.47	41.92	40.14	41.71
<b>Substance Use</b>							
44	Friends use any substance	11.36	0.00	11.32	11.74	18.39	12.41
45	Smoked or chewed tobacco in past 30 days	4.01	10.00	4.47	3.89	3.08	3.79
46	Consumed e-cigarette in past 30 days	4.01	10.00	4.47	3.65	2.63	3.53
47	Consumed alcohol in past 30 days	3.17	6.00	3.39	3.30	3.08	3.28
48	Consumed marijuana in past 12 months	3.51	6.00	3.70	3.95	2.74	3.81
49	Consumed cocaine/heroin/opium in past 12 months	3.67	8.00	4.01	3.30	2.05	3.16
50	Consumed hallucinogens in past 30 days	4.17	8.00	4.47	4.23	2.74	4.06
51	Used a needle to inject any illegal drug during life time	8.51	20.00	9.40	9.29	6.96	9.02
52	Used inhalants in past 12 months	4.67	10.00	5.08	4.53	4.00	4.47
53	Consumed cough syrup without prescription in past 12 months	17.36	30.00	18.34	23.07	20.78	22.81
54	Consumed sleeping pills in past 12 months	4.34	10.00	4.78	4.44	3.77	4.36
<b>Reproductive and Sexual Health</b>							
55	Ever had sexual intercourse	7.85	12.00	8.17	5.86	6.62	5.95
56	First sexual intercourse before attaining the age of 14 years	61.70	66.67	62.26	63.52	55.17	62.44
57	Used any modern contraception for protection in last sexual encounter	40.43	83.33	45.28	45.92	55.17	47.11
<b>Menstrual Hygiene</b>							
58	Onset of their menstrual cycle	72.67	60.71	71.65	73.47	78.06	73.91
59	Use of hygienic material during menstrual cycle	97.71	100.00	97.87	98.95	99.29	98.98
60	Experienced any menstrual problem in past 30 days	31.19	35.29	31.49	30.21	32.03	30.40
61	Treatment seeking from formal health care (Government and Private)	35.29	33.33	35.14	31.82	38.89	32.58
<b>Mental Health</b>							
62	Feeling disappointed, depressed, or hopeless during past 12 months	11.85	8.00	11.56	8.78	10.62	8.99
63	Feeling worried during past 12 months	9.02	6.00	8.78	6.43	6.28	6.41
64	Feeling nervous or anxious during past 12 months	7.18	6.00	7.09	5.89	7.88	6.12
65	Having a difficult time staying focused during past 12 months	14.36	28.00	15.41	10.62	14.95	11.12

## Chamba, Himachal Pradesh



Sl.	Indicator	Chamba			Himachal Pradesh		
		Rural	Urban	Total	Rural	Urban	Total
<b>Food preferences and Choices</b>							
1	Consumption of fruits 4-6 times or more during past 7 days	53.96	68.25	55.34	54.28	55.59	54.44
2	Consumption of milk/milk products 4-6 times or more during past 7 days	67.28	57.14	66.31	70.21	68.49	70.01
3	Consumption of egg 4-6 times or more during past 7 days	38.11	33.33	37.65	26.23	18.38	25.32
4	Consumption of fried food 1-3 times or more during past 7 days	80.78	77.78	80.49	72.11	72.26	72.13
5	Consumption of soda beverage 1-3 times or more during past 7 days	64.59	60.32	64.18	57.10	54.0	56.74
6	Consumption of foods with high sugar 1-3 times or more during past 7 days	89.88	90.48	89.94	86.68	87.21	86.74
7	Consumption of foods with high salt and fats 1-3 times or more during past 7 days	83.31	80.95	83.08	78.87	78.31	78.8
8	Read nutrition labels on the packet while buying packaged food	57.67	58.73	57.77	53.93	53.77	53.91
9	Skipped breakfast during past 30 days	14.67	17.46	14.94	23.12	23.74	23.19
10	Skipped lunch during past 30 days	32.04	30.16	31.86	31.18	26.14	30.60
<b>Physical Activity</b>							
11	Engaged in mild exercise 3-7 days during past 7 days	49.41	50.79	49.54	59.00	59.13	59.01
12	Engaged in moderate exercise 3-7 days during past 7 days	48.90	58.73	49.85	58.74	61.87	59.10
13	Engaged in strenuous exercise 3-7 days during past 7 days	50.08	66.67	51.68	56.89	57.08	56.91
14	Spent time on reading, and doing academic work, including tuitions for 3 hour or more in past 7 days	47.05	44.44	46.80	45.87	49.43	46.28
<b>Personal Hygiene</b>							
15	Washing hand after using restroom	96.12	98.41	96.34	96.37	97.03	96.44
16	Washing hand before eating food	97.81	100.00	98.02	96.62	97.03	96.67
17	Washing hand before handling food	97.13	100.00	97.41	93.93	95.78	94.14
18	School having separate toilets or latrines for boys and girls	98.57	98.36	98.55	97.72	83.21	96.07
19	School having cleaned toilets or latrines	95.53	85.25	94.52	88.64	73.63	86.93
20	School having running water in toilets or latrines	87.48	83.61	87.10	82.15	82.71	82.21
21	School having handwashing area available inside toilets or latrines	97.14	100.00	97.42	93.54	93.91	93.58
22	Cleaning of dustbin every day in school	97.98	82.54	96.49	90.91	83.45	90.04
<b>Digital Device Use</b>							
23	Spending time on digital devices for more than 8 hour per day in last 7 days	0.51	1.59	0.61	2.00	1.83	1.98
24	Having a mobile phone that they use on regular basis	84.49	66.67	82.77	74.52	63.58	73.25
25	Bullied someone online in past 12 months	6.07	11.11	6.55	9.27	12.44	9.64
26	Bullied by someone online in past 12 months	4.72	6.35	4.88	7.48	10.96	7.88

Sl.	Indicator	Chamba			Himachal Pradesh		
		Rural	Urban	Total	Rural	Urban	Total
<b>Connect to Parents and/or Guardians</b>							
27	Parents and/or guardians spend time with adolescents	83.31	85.71	83.54	80.77	79.11	80.58
28	Parents and/or guardians try to know what adolescents were doing in their free time	71.67	63.49	70.88	58.08	54.11	57.62
<b>Access to Government Schemes</b>							
29	Health check-up by a health care team conducted in the school premises	76.9	65.08	75.76	71.56	68.38	7.19
30	Received any weekly iron folic acid tablets from school in past 30 days	90.73	80.95	89.79	80.19	66.21	78.57
31	Received one deworming tablet from school in last 6 months	94.44	92.06	94.21	88.32	82.88	87.69
32	Health related topics discussed in assembly sessions	94.6	85.71	93.75	89.49	87.21	89.22
33	Discussion or lecture on health conducted in class in past one week	76.22	65.08	75.15	68.92	59.82	67.87
34	'Health Mela' organized inside the school premises during the last 3 months	53.12	41.27	51.98	46.85	35.73	45.56
35	Know their health ambassador	70.49	60.32	69.51	58.95	57.88	58.83
36	Know their Health and Wellness Messenger	72.51	65.08	71.80	59.29	51.14	58.35
<b>Violence and Road Safety</b>							
37	Engaged in a physical fight in past 12 months	13.32	15.87	13.57	22.55	27.63	23.14
38	Bullied someone physically in past 12 months	5.06	14.29	5.95	13.44	17.92	13.96
39	Bullied by someone physically in past 12 months	4.72	15.87	5.79	10.80	15.98	11.40
40	Feeling unsafe while going school one or more days in past 30 days	15.51	34.92	17.38	22.22	25.57	22.61
41	Not wearing a helmet when pillion riding or driving a motorcycle/scooty in past 30 days	48.11	41.03	47.27	47.45	46.26	47.31
42	Not wearing a seat belt when driving a car or other motor vehicle in past 30 days	38.04	18.6	35.42	41.44	40.08	41.28
43	Not wearing a seat belt when riding a car or other motor vehicle in past 30 days	34.74	24.49	33.33	41.92	40.14	41.71
<b>Substance Use</b>							
44	Friends use any substance	12.70	NA	12.7	11.74	18.39	12.41
45	Smoked or chewed tobacco in past 30 days	1.18	0.00	1.07	3.89	3.08	3.79
46	Consumed e-cigarette in past 30 days	1.35	0.00	1.22	3.65	2.63	3.53
47	Consumed alcohol in past 30 days	0.84	1.59	0.91	3.30	3.08	3.28
48	Consumed marijuana in past 12 months	2.02	3.17	2.13	3.95	2.74	3.81
49	Consumed cocaine/heroin/opium in past 12 months	1.52	0.00	1.37	3.30	2.05	3.16
50	Consumed hallucinogens in past 30 days	2.36	0.00	2.13	4.23	2.74	4.06
51	Used a needle to inject any illegal drug during life time	7.25	6.35	7.16	9.29	6.96	9.02
52	Used inhalants in past 12 months	2.19	1.59	2.13	4.53	4.00	4.47
53	Consumed cough syrup without prescription in past 12 months	9.44	9.52	9.45	23.07	20.78	22.81
54	Consumed sleeping pills in past 12 months	2.70	1.59	2.59	4.44	3.77	4.36
<b>Reproductive and Sexual Health</b>							
55	Ever had sexual intercourse	4.05	6.35	4.27	5.86	6.62	5.95
56	First sexual intercourse before attaining the age of 14 years	79.17	100.00	82.14	63.52	55.17	62.44
57	Used any modern contraception for protection in last sexual encounter	25.00	50.00	28.57	45.92	55.17	47.11
<b>Menstrual Hygiene</b>							
58	Onset of their menstrual cycle	69.73	72.73	69.84	73.47	78.06	73.91
59	Use of hygienic material during menstrual cycle	99.51	100.00	99.53	98.95	99.29	98.98
60	Experienced any menstrual problem in past 30 days	12.68	12.50	12.68	30.21	32.03	30.40
61	Treatment seeking from formal health care (Government and Private)	57.69	100.00	59.26	31.82	38.89	32.58
<b>Mental Health</b>							
62	Feeling disappointed, depressed, or hopeless during past 12 months	4.55	11.11	5.18	8.78	10.62	8.99
63	Feeling worried during past 12 months	3.88	6.35	4.12	6.43	6.28	6.41
64	Feeling nervous or anxious during past 12 months	2.87	0.00	2.59	5.89	7.88	6.12
65	Having a difficult time staying focused during past 12 months	3.71	1.59	3.51	10.62	14.95	11.12



## Hamirpur, Himachal Pradesh



Sl. Indicator	Hamirpur			Himachal Pradesh		
	Rural	Urban	Total	Rural	Urban	Total
<b>Food preferences and Choices</b>						
1 Consumption of fruits 4-6 times or more during past 7 days	64.05	71.43	64.61	54.28	55.59	54.44
2 Consumption of milk/milk products 4-6 times or more during past 7 days	79.26	81.63	79.44	70.21	68.49	70.01
3 Consumption of egg 4-6 times or more during past 7 days	25.25	16.33	24.57	26.23	18.38	25.32
4 Consumption of fried food 1-3 times or more during past 7 days	75.08	79.59	75.43	72.11	72.26	72.13
5 Consumption of soda beverage 1-3 times or more during past 7 days	50.50	57.14	51.00	57.10	54.00	56.74
6 Consumption of foods with high sugar 1-3 times or more during past 7 days	85.79	93.88	86.40	86.68	87.21	86.74
7 Consumption of foods with high salt and fats 1-3 times or more during past 7 days	77.93	77.55	77.90	78.87	78.31	78.80
8 Read nutrition labels on the packet while buying packaged food	55.35	61.22	55.80	53.93	53.77	53.91
9 Skipped breakfast during past 30 days	24.58	22.45	24.42	23.12	23.74	23.19
10 Skipped lunch during past 30 days	17.56	6.12	16.69	31.18	26.14	30.60
<b>Physical Activity</b>						
11 Engaged in mild exercise 3-7 days during past 7 days	66.56	65.31	66.46	59.00	59.13	59.01
12 Engaged in moderate exercise 3-7 days during past 7 days	67.22	77.55	68.01	58.74	61.87	59.10
13 Engaged in strenuous exercise 3-7 days during past 7 days	67.06	67.35	67.08	56.89	57.08	56.91
14 Spent time on reading, and doing academic work, including tuitions for 3 hour or more in past 7 days	56.86	59.18	57.03	45.87	49.43	46.28
<b>Personal Hygiene</b>						
15 Washing hand after using restroom	98.16	97.96	98.15	96.37	97.03	96.44
16 Washing hand before eating food	99.00	100.00	99.07	96.62	97.03	96.67
17 Washing hand before handling food	96.49	100.00	96.75	93.93	95.78	94.14
18 School having separate toilets or latrines for boys and girls	98.77	93.33	98.37	97.72	83.21	96.07
19 School having cleaned toilets or latrines	92.98	68.89	91.22	88.64	73.63	86.93
20 School having running water in toilets or latrines	85.79	88.89	86.02	82.15	82.71	82.21
21 School having handwashing area available inside toilets or latrines	97.72	100.00	97.89	93.54	93.91	93.58
22 Cleaning of dustbin every day in school	96.99	85.71	96.14	90.91	83.45	90.04
<b>Digital Device Use</b>						
23 Spending time on digital devices for more than 8 hour per day in last 7 days	1.00	2.04	1.08	2.00	1.83	1.98
24 Having a mobile phone that they use on regular basis	79.1	55.10	77.28	74.52	63.58	73.25
25 Bullied someone online in past 12 months	8.70	8.16	8.66	9.27	12.44	9.64
26 Bullied by someone online in past 12 months	6.19	12.24	6.65	7.48	10.96	7.88

Sl. Indicator	Hamirpur			Himachal Pradesh		
	Rural	Urban	Total	Rural	Urban	Total
<b>Connect to Parents and/or Guardians</b>						
27 Parents and/or guardians spend time with adolescents	84.95	83.67	84.85	80.77	79.11	80.58
28 Parents and/or guardians try to know what adolescents were doing in their free time	65.05	57.14	64.45	58.08	54.11	57.62
<b>Access to Government Schemes</b>						
29 Health check-up by a health care team conducted in the school premises	78.60	87.76	79.29	71.56	68.38	7.19
30 Received any weekly iron folic acid tablets from school in past 30 days	79.77	93.88	80.83	80.19	66.21	78.57
31 Received one deworming tablet from school in last 6 months	90.64	95.92	91.04	88.32	82.88	87.69
32 Health related topics discussed in assembly sessions	92.98	85.71	92.43	89.49	87.21	89.22
33 Discussion or lecture on health conducted in class in past one week	73.91	61.22	72.95	68.92	59.82	67.87
34 'Health Mela' organized inside the school premises during the last 3 months	59.20	42.86	57.96	46.85	35.73	45.56
35 Know their health ambassador	64.05	81.63	65.38	58.95	57.88	58.83
36 Know their Health and Wellness Messenger	62.04	73.47	62.91	59.29	51.14	58.35
<b>Violence and Road Safety</b>						
37 Engaged in a physical fight in past 12 months	20.07	10.20	19.32	22.55	27.63	23.14
38 Bullied someone physically in past 12 months	11.71	10.20	11.59	13.44	17.92	13.96
39 Bullied by someone physically in past 12 months	10.70	8.16	10.51	10.80	15.98	11.40
40 Feeling unsafe while going school one or more days in past 30 days	16.56	16.33	16.54	22.22	25.57	22.61
41 Not wearing a helmet when pillion riding or driving a motorcycle/scooty in past 30 days	31.54	22.50	30.73	47.45	46.26	47.31
42 Not wearing a seat belt when driving a car or other motor vehicle in past 30 days	25.19	16.67	24.59	41.44	40.08	41.28
43 Not wearing a seat belt when riding a car or other motor vehicle in past 30 days	23.67	12.12	22.89	41.92	40.14	41.71
<b>Substance Use</b>						
44 Friends use any substance	7.47	NA	7.47	11.74	18.39	12.41
45 Smoked or chewed tobacco in past 30 days	1.17	0.00	1.08	3.89	3.08	3.79
46 Consumed e-cigarette in past 30 days	1.17	0.00	1.08	3.65	2.63	3.53
47 Consumed alcohol in past 30 days	2.01	0.00	1.85	3.30	3.08	3.28
48 Consumed marijuana in past 12 months	2.17	0.00	2.01	3.95	2.74	3.81
49 Consumed cocaine/heroin/opium in past 12 months	1.51	0.00	1.39	3.30	2.05	3.16
50 Consumed hallucinogens in past 30 days	2.68	0.00	2.47	4.23	2.74	4.06
51 Used a needle to inject any illegal drug during life time	5.52	0.00	5.10	9.29	6.96	9.02
52 Used inhalants in past 12 months	3.01	0.00	2.78	4.53	4.00	4.47
53 Consumed cough syrup without prescription in past 12 months	19.9	12.24	19.32	23.07	20.78	22.81
54 Consumed sleeping pills in past 12 months	2.34	0.00	2.16	4.44	3.77	4.36
<b>Reproductive and Sexual Health</b>						
55 Ever had sexual intercourse	1.84	6.12	2.16	5.86	6.62	5.95
56 First sexual intercourse before attaining the age of 14 years	90.91	0.00	71.43	63.52	55.17	62.44
57 Used any modern contraception for protection in last sexual encounter	54.55	100.00	64.29	45.92	55.17	47.11
<b>Menstrual Hygiene</b>						
58 Onset of their menstrual cycle	77.11	81.48	77.49	73.47	78.06	73.91
59 Use of hygienic material during menstrual cycle	100.00	100.00	100.00	98.95	99.29	98.98
60 Experienced any menstrual problem in past 30 days	23.29	31.82	24.07	30.21	32.03	30.40
61 Treatment seeking from formal health care (Government and Private)	27.45	28.57	27.59	31.82	38.89	32.58
<b>Mental Health</b>						
62 Feeling disappointed, depressed, or hopeless during past 12 months	9.70	10.20	9.74	8.78	10.62	8.99
63 Feeling worried during past 12 months	6.19	0.00	5.72	6.43	6.28	6.41
64 Feeling nervous or anxious during past 12 months	4.85	6.12	4.95	5.89	7.88	6.12
65 Having a difficult time staying focused during past 12 months	7.19	24.49	8.50	10.62	14.95	11.12

## Kangra, Himachal Pradesh



Sl. Indicator	Kangra			State		
	Rural	Urban	Total	Rural	Urban	Total
<b>Food preferences and Choices</b>						
1 Consumption of fruits 4-6 times or more during past 7 days	58.48	52.00	57.99	54.28	55.59	54.44
2 Consumption of milk/milk products 4-6 times or more during past 7 days	67.71	64.00	67.43	70.21	68.49	70.01
3 Consumption of egg 4-6 times or more during past 7 days	29.00	24.00	28.61	26.23	18.38	25.32
4 Consumption of fried food 1-3 times or more during past 7 days	78.09	72.00	77.63	72.11	72.26	72.13
5 Consumption of soda beverage 1-3 times or more during past 7 days	63.26	54.00	62.56	57.10	54.00	56.74
6 Consumption of foods with high sugar 1-3 times or more during past 7 days	89.46	94.00	89.80	86.68	87.21	86.74
7 Consumption of foods with high salt and fats 1-3 times or more during past 7 days	81.22	80.00	81.13	78.87	78.31	78.80
8 Read nutrition labels on the packet while buying packaged food	54.04	46.00	53.42	53.93	53.77	53.91
9 Skipped breakfast during past 30 days	19.44	28.00	20.09	23.12	23.74	23.19
10 Skipped lunch during past 30 days	18.29	14.00	17.96	31.18	26.14	30.60
<b>Physical Activity</b>						
11 Engaged in mild exercise 3-7 days during past 7 days	56.34	60.00	56.62	59.00	59.13	59.01
12 Engaged in moderate exercise 3-7 days during past 7 days	61.12	66.00	61.49	58.74	61.87	59.10
13 Engaged in strenuous exercise 3-7 days during past 7 days	59.64	62.00	59.82	56.89	57.08	56.91
14 Spent time on reading, and doing academic work, including tuitions for 3 hour or more in past 7 days	45.30	54.00	45.97	45.87	49.43	46.28
<b>Personal Hygiene</b>						
15 Washing hand after using restroom	97.36	96.00	97.26	96.37	97.03	96.44
16 Washing hand before eating food	96.87	96.00	96.80	96.62	97.03	96.67
17 Washing hand before handling food	93.57	98.00	93.91	93.93	95.78	94.14
18 School having separate toilets or latrines for boys and girls	98.94	95.83	98.69	97.72	83.21	96.07
19 School having cleaned toilets or latrines	87.06	70.83	85.78	88.64	73.63	86.93
20 School having running water in toilets or latrines	87.77	83.33	87.42	82.15	82.71	82.21
21 School having handwashing area available inside toilets or latrines	92.38	97.92	92.81	93.54	93.91	93.58
22 Cleaning of dustbin every day in school	91.76	90.00	91.63	90.91	83.45	90.04
<b>Digital Device Use</b>						
23 Spending time on digital devices for more than 8 hour per day in last 7 days	1.65	6.00	1.98	2.00	1.83	1.98
24 Having a mobile phone that they use on regular basis	76.44	68.00	75.80	74.52	63.58	73.25
25 Bullied someone online in past 12 months	5.44	4.00	5.33	9.27	12.44	9.64
26 Bullied by someone online in past 12 months	4.28	8.00	4.57	7.48	10.96	7.88

Sl. Indicator	Kangra			State		
	Rural	Urban	Total	Rural	Urban	Total
<b>Connect to Parents and/or Guardians</b>						
27 Parents and/or guardians spend time with adolescents	83.69	76.00	83.11	80.77	79.11	80.58
28 Parents and/or guardians try to know what adolescents were doing in their free time	63.92	44.00	62.40	58.08	54.11	57.62
<b>Access to Government Schemes</b>						
29 Health check-up by a health care team conducted in the school premises	74.14	88.00	75.19	71.56	68.38	7.19
30 Received any weekly iron folic acid tablets from school in past 30 days	74.63	62.00	73.67	80.19	66.21	78.57
31 Received one deworming tablet from school in last 6 months	91.76	86.00	91.32	88.32	82.88	87.69
32 Health related topics discussed in assembly sessions	91.10	96.00	91.48	89.49	87.21	89.22
33 Discussion or lecture on health conducted in class in past one week	72.82	76.00	73.06	68.92	59.82	67.87
34 'Health Mela' organized inside the school premises during the last 3 months	53.05	42.00	52.21	46.85	35.73	45.56
35 Know their health ambassador	52.06	52.00	52.05	58.95	57.88	58.83
36 Know their Health and Wellness Messenger	55.68	40.00	54.49	59.29	51.14	58.35
<b>Violence and Road Safety</b>						
37 Engaged in a physical fight in past 12 months	25.86	32.00	26.33	22.55	27.63	23.14
38 Bullied someone physically in past 12 months	12.36	10.00	12.18	13.44	17.92	13.96
39 Bullied by someone physically in past 12 months	9.39	14.00	9.74	10.80	15.98	11.40
40 Feeling unsafe while going school one or more days in past 30 days	17.96	16.00	17.81	22.22	25.57	22.61
41 Not wearing a helmet when pillion riding or driving a motorcycle/scooty in past 30 days	52.94	64.29	53.67	47.45	46.26	47.31
42 Not wearing a seat belt when driving a car or other motor vehicle in past 30 days	40.80	59.26	42.04	41.44	40.08	41.28
43 Not wearing a seat belt when riding a car or other motor vehicle in past 30 days	41.65	65.52	43.21	41.92	40.14	41.71
<b>Substance Use</b>						
44 Friends use any substance	4.89	10.00	5.38	11.74	18.39	12.41
45 Smoked or chewed tobacco in past 30 days	1.81	0.00	1.67	3.89	3.08	3.79
46 Consumed e-cigarette in past 30 days	1.81	0.00	1.67	3.65	2.63	3.53
47 Consumed alcohol in past 30 days	1.81	0.00	1.67	3.30	3.08	3.28
48 Consumed marijuana in past 12 months	1.98	2.00	1.98	3.95	2.74	3.81
49 Consumed cocaine/heroin/opium in past 12 months	1.48	0.00	1.37	3.30	2.05	3.16
50 Consumed hallucinogens in past 30 days	2.80	0.00	2.59	4.23	2.74	4.06
51 Used a needle to inject any illegal drug during life time	5.44	0.00	5.02	9.29	6.96	9.02
52 Used inhalants in past 12 months	2.31	2.00	2.28	4.53	4.00	4.47
53 Consumed cough syrup without prescription in past 12 months	20.92	26.00	21.31	23.07	20.78	22.81
54 Consumed sleeping pills in past 12 months	2.80	2.00	2.74	4.44	3.77	4.36
<b>Reproductive and Sexual Health</b>						
55 Ever had sexual intercourse	3.13	0.00	2.89	5.86	6.62	5.95
56 First sexual intercourse before attaining the age of 14 years	68.42	NA	68.42	63.52	55.17	62.44
57 Used any modern contraception for protection in last sexual encounter	36.84	NA	36.84	45.92	55.17	47.11
<b>Menstrual Hygiene</b>						
58 Onset of their menstrual cycle	72.58	88.46	73.85	73.47	78.06	73.91
59 Use of hygienic material during menstrual cycle	99.54	100.00	99.58	98.95	99.29	98.98
60 Experienced any menstrual problem in past 30 days	37.33	26.09	36.25	30.21	32.03	30.40
61 Treatment seeking from formal health care (Government and Private)	19.75	50.00	21.84	31.82	38.89	32.58
<b>Mental Health</b>						
62 Feeling disappointed, depressed, or hopeless during past 12 months	4.78	4.00	4.72	8.78	10.62	8.99
63 Feeling worried during past 12 months	3.29	6.00	3.50	6.43	6.28	6.41
64 Feeling nervous or anxious during past 12 months	3.29	10.00	3.81	5.89	7.88	6.12
65 Having a difficult time staying focused during past 12 months	8.90	14.00	9.28	10.62	14.95	11.12

## Kinnaur, Himachal Pradesh



Sl. Indicator	Kinnaur			Himachal Pradesh		
	Rural	Urban	Total	Rural	Urban	Total
<b>Food preferences and Choices</b>						
1 Consumption of fruits 4-6 times or more during past 7 days	52.70	NA	52.70	54.28	55.59	54.44
2 Consumption of milk/milk products 4-6 times or more during past 7 days	64.52	NA	64.52	70.21	68.49	70.01
3 Consumption of egg 4-6 times or more during past 7 days	34.09	NA	34.09	26.23	18.38	25.32
4 Consumption of fried food 1-3 times or more during past 7 days	74.96	NA	74.96	72.11	72.26	72.13
5 Consumption of soda beverage 1-3 times or more during past 7 days	65.91	NA	65.91	57.10	54.00	56.74
6 Consumption of foods with high sugar 1-3 times or more during past 7 days	85.74	NA	85.74	86.68	87.21	86.74
7 Consumption of foods with high salt and fats 1-3 times or more during past 7 days	80.00	NA	80.00	78.87	78.31	78.80
8 Read nutrition labels on the packet while buying packaged food	47.48	NA	47.48	53.93	53.77	53.91
9 Skipped breakfast during past 30 days	25.91	NA	25.91	23.12	23.74	23.19
10 Skipped lunch during past 30 days	58.96	NA	58.96	31.18	26.14	30.60
<b>Physical Activity</b>						
11 Engaged in mild exercise 3-7 days during past 7 days	50.78	NA	50.78	59.00	59.13	59.01
12 Engaged in moderate exercise 3-7 days during past 7 days	50.26	NA	50.26	58.74	61.87	59.10
13 Engaged in strenuous exercise 3-7 days during past 7 days	48.70	NA	48.70	56.89	57.08	56.91
14 Spent time on reading, and doing academic work, including tuitions for 3 hour or more in past 7 days	36.35	NA	36.35	45.87	49.43	46.28
<b>Personal Hygiene</b>						
15 Washing hand after using restroom	98.09	NA	98.09	96.37	97.03	96.44
16 Washing hand before eating food	97.91	NA	97.91	96.62	97.03	96.67
17 Washing hand before handling food	92.87	NA	92.87	93.93	95.78	94.14
18 School having separate toilets or latrines for boys and girls	99.63	NA	99.63	97.72	83.21	96.07
19 School having cleaned toilets or latrines	87.16	NA	87.16	88.64	73.63	86.93
20 School having running water in toilets or latrines	87.16	NA	87.16	82.15	82.71	82.21
21 School having handwashing area available inside toilets or latrines	94.86	NA	94.86	93.54	93.91	93.58
22 Cleaning of dustbin every day in school	82.78	NA	82.78	90.91	83.45	90.04
<b>Digital Device Use</b>						
23 Spending time on digital devices for more than 8 hour per day in last 7 days	2.26	NA	2.26	2.00	1.83	1.98
24 Having a mobile phone that they use on regular basis	62.43	NA	62.43	74.52	63.58	73.25
25 Bullied someone online in past 12 months	11.13	NA	11.13	9.27	12.44	9.64
26 Bullied by someone online in past 12 months	8.17	NA	8.17	7.48	10.96	7.88

Sl. Indicator	Kinnaur			Himachal Pradesh		
	Rural	Urban	Total	Rural	Urban	Total
<b>Connect to Parents and/or Guardians</b>						
27 Parents and/or guardians spend time with adolescents	76.87	NA	76.87	80.77	79.11	80.58
28 Parents and/or guardians try to know what adolescents were doing in their free time	53.04	NA	53.04	58.08	54.11	57.62
<b>Access to Government Schemes</b>						
29 Health check-up by a health care team conducted in the school premises	82.09	NA	82.09	71.56	68.38	7.19
30 Received any weekly iron folic acid tablets from school in past 30 days	95.13	NA	95.13	80.19	66.21	78.57
31 Received one deworming tablet from school in last 6 months	89.91	NA	89.91	88.32	82.88	87.69
32 Health related topics discussed in assembly sessions	83.83	NA	83.83	89.49	87.21	89.22
33 Discussion or lecture on health conducted in class in past one week	64.00	NA	64.00	68.92	59.82	67.87
34 'Health Mela' organized inside the school premises during the last 3 months	48.00	NA	48.00	46.85	35.73	45.56
35 Know their health ambassador	59.13	NA	59.13	58.95	57.88	58.83
36 Know their Health and Wellness Messenger	53.22	NA	53.22	59.29	51.14	58.35
<b>Violence and Road Safety</b>						
37 Engaged in a physical fight in past 12 months	28.35	NA	28.35	22.55	27.63	23.14
38 Bullied someone physically in past 12 months	17.74	NA	17.74	13.44	17.92	13.96
39 Bullied by someone physically in past 12 months	11.65	NA	11.65	10.80	15.98	11.40
40 Feeling unsafe while going school one or more days in past 30 days	20.87	NA	20.87	22.22	25.57	22.61
41 Not wearing a helmet when pillion riding or driving a motorcycle/scooty in past 30 days	60.45	NA	60.45	47.45	46.26	47.31
42 Not wearing a seat belt when driving a car or other motor vehicle in past 30 days	54.06	NA	54.06	41.44	40.08	41.28
43 Not wearing a seat belt when riding a car or other motor vehicle in past 30 days	56.35	NA	56.35	41.92	40.14	41.71
<b>Substance Use</b>						
44 Friends use any substance	23.23	NA	23.23	11.74	18.39	12.41
45 Smoked or chewed tobacco in past 30 days	4.35	NA	4.35	3.89	3.08	3.79
46 Consumed e-cigarette in past 30 days	3.48	NA	3.48	3.65	2.63	3.53
47 Consumed alcohol in past 30 days	3.83	NA	3.83	3.30	3.08	3.28
48 Consumed marijuana in past 12 months	2.96	NA	2.96	3.95	2.74	3.81
49 Consumed cocaine/heroin/opium in past 12 months	1.22	NA	1.22	3.30	2.05	3.16
50 Consumed hallucinogens in past 30 days	1.57	NA	1.57	4.23	2.74	4.06
51 Used a needle to inject any illegal drug during life time	5.74	NA	5.74	9.29	6.96	9.02
52 Used inhalants in past 12 months	2.09	NA	2.09	4.53	4.00	4.47
53 Consumed cough syrup without prescription in past 12 months	34.78	NA	34.78	23.07	20.78	22.81
54 Consumed sleeping pills in past 12 months	3.65	NA	3.65	4.44	3.77	4.36
<b>Reproductive and Sexual Health</b>						
55 Ever had sexual intercourse	5.39	NA	5.39	5.86	6.62	5.95
56 First sexual intercourse before attaining the age of 14 years	45.16	NA	45.16	63.52	55.17	62.44
57 Used any modern contraception for protection in last sexual encounter	51.61	NA	51.61	45.92	55.17	47.11
<b>Menstrual Hygiene</b>						
58 Onset of their menstrual cycle	87.37	NA	87.37	73.47	78.06	73.91
59 Use of hygienic material during menstrual cycle	100.00	NA	100.00	98.95	99.29	98.98
60 Experienced any menstrual problem in past 30 days	33.59	NA	33.59	30.21	32.03	30.40
61 Treatment seeking from formal health care (Government and Private)	25.58	NA	25.58	31.82	38.89	32.58
<b>Mental Health</b>						
62 Feeling disappointed, depressed, or hopeless during past 12 months	9.39	NA	9.39	8.78	10.62	8.99
63 Feeling worried during past 12 months	5.91	NA	5.91	6.43	6.28	6.41
64 Feeling nervous or anxious during past 12 months	6.09	NA	6.09	5.89	7.88	6.12
65 Having a difficult time staying focused during past 12 months	10.43	NA	10.43	10.62	14.95	11.12

## Kullu, Himachal Pradesh



Sl. Indicator	Kullu			Himachal Pradesh		
	Rural	Urban	Total	Rural	Urban	Total
<b>Food preferences and Choices</b>						
1 Consumption of fruits 4-6 times or more during past 7 days	39.12	49.23	40.12	54.28	55.59	54.44
2 Consumption of milk/milk products 4-6 times or more during past 7 days	60.71	60.0	60.64	70.21	68.49	70.01
3 Consumption of egg 4-6 times or more during past 7 days	25.51	21.54	25.11	26.23	18.38	25.32
4 Consumption of fried food 1-3 times or more during past 7 days	65.99	72.31	66.62	72.11	72.26	72.13
5 Consumption of soda beverage 1-3 times or more during past 7 days	56.29	76.92	58.35	57.10	54.00	56.74
6 Consumption of foods with high sugar 1-3 times or more during past 7 days	84.18	89.23	84.69	86.68	87.21	86.74
7 Consumption of foods with high salt and fats 1-3 times or more during past 7 days	77.72	81.54	78.10	78.87	78.31	78.8
8 Read nutrition labels on the packet while buying packaged food	52.55	44.62	51.76	53.93	53.77	53.91
9 Skipped breakfast during past 30 days	19.39	15.38	18.99	23.12	23.74	23.19
10 Skipped lunch during past 30 days	33.33	33.85	33.38	31.18	26.14	30.60
<b>Physical Activity</b>						
11 Engaged in mild exercise 3-7 days during past 7 days	51.53	53.85	51.76	59.00	59.13	59.01
12 Engaged in moderate exercise 3-7 days during past 7 days	55.61	52.31	55.28	58.74	61.87	59.10
13 Engaged in strenuous exercise 3-7 days during past 7 days	53.40	64.62	54.52	56.89	57.08	56.91
14 Spent time on reading, and doing academic work, including tuitions for 3 hour or more in past 7 days	39.12	30.77	38.28	45.87	49.43	46.28
<b>Personal Hygiene</b>						
15 Washing hand after using restroom	94.39	95.38	94.49	96.37	97.03	96.44
16 Washing hand before eating food	94.39	100.00	94.95	96.62	97.03	96.67
17 Washing hand before handling food	90.48	92.31	90.66	93.93	95.78	94.14
18 School having separate toilets or latrines for boys and girls	92.49	91.38	92.38	97.72	83.21	96.07
19 School having cleaned toilets or latrines	89.27	55.17	86.06	88.64	73.63	86.93
20 School having running water in toilets or latrines	81.04	93.10	82.17	82.15	82.71	82.21
21 School having handwashing area available inside toilets or latrines	93.92	87.93	93.35	93.54	93.91	93.58
22 Cleaning of dustbin every day in school	89.63	70.77	87.75	90.91	83.45	90.04
<b>Digital Device Use</b>						
23 Spending time on digital devices for more than 8 hour per day in last 7 days	2.21	0.00	1.99	2.00	1.83	1.98
24 Having a mobile phone that they use on regular basis	75.68	55.38	73.66	74.52	63.58	73.25
25 Bullied someone online in past 12 months	10.37	15.38	10.87	9.27	12.44	9.64
26 Bullied by someone online in past 12 months	7.14	20.00	8.42	7.48	10.96	7.88

Sl. Indicator	Kullu			Himachal Pradesh		
	Rural	Urban	Total	Rural	Urban	Total
<b>Connect to Parents and/or Guardians</b>						
27 Parents and/or guardians spend time with adolescents	75.51	84.62	76.42	80.77	79.11	80.58
28 Parents and/or guardians try to know what adolescents were doing in their free time	54.93	52.31	54.67	58.08	54.11	57.62
<b>Access to Government Schemes</b>						
29 Health check-up by a health care team conducted in the school premises	69.39	66.15	69.07	71.56	68.38	7.19
30 Received any weekly iron folic acid tablets from school in past 30 days	81.46	52.31	78.56	80.19	66.21	78.57
31 Received one deworming tablet from school in last 6 months	87.93	80.00	87.14	88.32	82.88	87.69
32 Health related topics discussed in assembly sessions	88.95	81.54	88.21	89.49	87.21	89.22
33 Discussion or lecture on health conducted in class in past one week	61.39	33.85	58.65	68.92	59.82	67.87
34 'Health Mela' organized inside the school premises during the last 3 months	44.05	10.77	40.74	46.85	35.73	45.56
35 Know their health ambassador	50.00	67.69	51.76	58.95	57.88	58.83
36 Know their Health and Wellness Messenger	50.51	30.77	48.55	59.29	51.14	58.35
<b>Violence and Road Safety</b>						
37 Engaged in a physical fight in past 12 months	22.96	47.69	25.42	22.55	27.63	23.14
38 Bullied someone physically in past 12 months	17.18	24.62	17.92	13.44	17.92	13.96
39 Bullied by someone physically in past 12 months	13.10	27.69	14.55	10.80	15.98	11.40
40 Feeling unsafe while going school one or more days in past 30 days	27.55	20.00	26.80	22.22	25.57	22.61
41 Not wearing a helmet when pillion riding or driving a motorcycle/scooty in past 30 days	53.93	40.91	52.50	47.45	46.26	47.31
42 Not wearing a seat belt when driving a car or other motor vehicle in past 30 days	55.58	44.9	54.42	41.44	40.08	41.28
43 Not wearing a seat belt when riding a car or other motor vehicle in past 30 days	52.83	54.0	52.95	41.92	40.14	41.71
<b>Substance Use</b>						
44 Friends use any substance	26.98	48.65	31.90	11.74	18.39	12.41
45 Smoked or chewed tobacco in past 30 days	6.46	4.62	6.28	3.89	3.08	3.79
46 Consumed e-cigarette in past 30 days	5.61	3.08	5.36	3.65	2.63	3.53
47 Consumed alcohol in past 30 days	5.27	6.15	5.36	3.30	3.08	3.28
48 Consumed marijuana in past 12 months	6.29	0.00	5.67	3.95	2.74	3.81
49 Consumed cocaine/heroin/opium in past 12 months	5.44	1.54	5.05	3.30	2.05	3.16
50 Consumed hallucinogens in past 30 days	7.65	1.54	7.04	4.23	2.74	4.06
51 Used a needle to inject any illegal drug during life time	17.01	3.08	15.62	9.29	6.96	9.02
52 Used inhalants in past 12 months	8.16	6.15	7.96	4.53	4.00	4.47
53 Consumed cough syrup without prescription in past 12 months	34.18	24.62	33.23	23.07	20.78	22.81
54 Consumed sleeping pills in past 12 months	8.33	4.62	7.96	4.44	3.77	4.36
<b>Reproductive and Sexual Health</b>						
55 Ever had sexual intercourse	9.01	0.00	8.12	5.86	6.62	5.95
56 First sexual intercourse before attaining the age of 14 years	71.7	NA	71.70	63.52	55.17	62.44
57 Used any modern contraception for protection in last sexual encounter	50.94	NA	50.94	45.92	55.17	47.11
<b>Menstrual Hygiene</b>						
58 Onset of their menstrual cycle	56.46	72.22	57.26	73.47	78.06	73.91
59 Use of hygienic material during menstrual cycle	99.47	100.00	99.50	98.95	99.29	98.98
60 Experienced any menstrual problem in past 30 days	26.60	23.08	26.37	30.21	32.03	30.40
61 Treatment seeking from formal health care (Government and Private)	28.00	66.67	30.19	31.82	38.89	32.58
<b>Mental Health</b>						
62 Feeling disappointed, depressed, or hopeless during past 12 months	7.31	3.08	6.89	8.78	10.62	8.99
63 Feeling worried during past 12 months	6.63	7.69	6.74	6.43	6.28	6.41
64 Feeling nervous or anxious during past 12 months	6.12	6.15	6.13	5.89	7.88	6.12
65 Having a difficult time staying focused during past 12 months	13.61	15.38	13.78	10.62	14.95	11.12



## Lahaul and Spiti, Himachal Pradesh



Sl. Indicator	Lahaul and Spiti			Himachal Pradesh		
	Rural	Urban	Total	Rural	Urban	Total
<b>Food preferences and Choices</b>						
1 Consumption of fruits 4-6 times or more during past 7 days	45.70	NA	45.70	54.28	55.59	54.44
2 Consumption of milk/milk products 4-6 times or more during past 7 days	62.69	NA	62.69	70.21	68.49	70.01
3 Consumption of egg 4-6 times or more during past 7 days	38.63	NA	38.63	26.23	18.38	25.32
4 Consumption of fried food 1-3 times or more during past 7 days	70.86	NA	70.86	72.11	72.26	72.13
5 Consumption of soda beverage 1-3 times or more during past 7 days	68.65	NA	68.65	57.10	54.00	56.74
6 Consumption of foods with high sugar 1-3 times or more during past 7 days	87.42	NA	87.42	86.68	87.21	86.74
7 Consumption of foods with high salt and fats 1-3 times or more during past 7 days	81.24	NA	81.24	78.87	78.31	78.80
8 Read nutrition labels on the packet while buying packaged food	42.16	NA	42.16	53.93	53.77	53.91
9 Skipped breakfast during past 30 days	25.83	NA	25.83	23.12	23.74	23.19
10 Skipped lunch during past 30 days	41.72	NA	41.72	31.18	26.14	30.60
<b>Physical Activity</b>						
11 Engaged in mild exercise 3-7 days during past 7 days	54.30	NA	54.30	59.00	59.13	59.01
12 Engaged in moderate exercise 3-7 days during past 7 days	45.47	NA	45.47	58.74	61.87	59.10
13 Engaged in strenuous exercise 3-7 days during past 7 days	44.81	NA	44.81	56.89	57.08	56.91
14 Spent time on reading, and doing academic work, including tuitions for 3 hour or more in past 7 days	37.53	NA	37.53	45.87	49.43	46.28
<b>Personal Hygiene</b>						
15 Washing hand after using restroom	95.58	NA	95.58	96.37	97.03	96.44
16 Washing hand before eating food	95.14	NA	95.14	96.62	97.03	96.67
17 Washing hand before handling food	93.16	NA	93.16	93.93	95.78	94.14
18 School having separate toilets or latrines for boys and girls	97.18	NA	97.18	97.72	83.21	96.07
19 School having cleaned toilets or latrines	80.00	NA	80.00	88.64	73.63	86.93
20 School having running water in toilets or latrines	63.29	NA	63.29	82.15	82.71	82.21
21 School having handwashing area available inside toilets or latrines	78.12	NA	78.12	93.54	93.91	93.58
22 Cleaning of dustbin every day in school	80.35	NA	80.35	90.91	83.45	90.04
<b>Digital Device Use</b>						
23 Spending time on digital devices for more than 8 hour per day in last 7 days	3.53	NA	3.53	2.00	1.83	1.98
24 Having a mobile phone that they use on regular basis	56.29	NA	56.29	74.52	63.58	73.25
25 Bullied someone online in past 12 months	10.60	NA	10.60	9.27	12.44	9.64
26 Bullied by someone online in past 12 months	9.93	NA	9.93	7.48	10.96	7.88

Sl. Indicator	Lahaul and Spiti			Himachal Pradesh			
	Rural	Urban	Total	Rural	Urban	Total	
<b>Connect to Parents and/or Guardians</b>							
27	Parents and/or guardians spend time with adolescents	73.07	NA	73.07	80.77	79.11	80.58
28	Parents and/or guardians try to know what adolescents were doing in their free time	41.06	NA	41.06	58.08	54.11	57.62
<b>Access to Government Schemes</b>							
29	Health check-up by a health care team conducted in the school premises	69.09	NA	69.09	71.56	68.38	7.19
30	Received any weekly iron folic acid tablets from school in past 30 days	82.12	NA	82.12	80.19	66.21	78.57
31	Received one deworming tablet from school in last 6 months	86.98	NA	86.98	88.32	82.88	87.69
32	Health related topics discussed in assembly sessions	79.03	NA	79.03	89.49	87.21	89.22
33	Discussion or lecture on health conducted in class in past one week	58.72	NA	58.72	68.92	59.82	67.87
34	'Health Mela' organized inside the school premises during the last 3 months	33.33	NA	33.33	46.85	35.73	45.56
35	Know their health ambassador	53.20	NA	53.20	58.95	57.88	58.83
36	Know their Health and Wellness Messenger	48.12	NA	48.12	59.29	51.14	58.35
<b>Violence and Road Safety</b>							
37	Engaged in a physical fight in past 12 months	22.52	NA	22.52	22.55	27.63	23.14
38	Bullied someone physically in past 12 months	14.13	NA	14.13	13.44	17.92	13.96
39	Bullied by someone physically in past 12 months	10.15	NA	10.15	10.80	15.98	11.40
40	Feeling unsafe while going school one or more days in past 30 days	23.18	NA	23.18	22.22	25.57	22.61
41	Not wearing a helmet when pillion riding or driving a motorcycle/scooty in past 30 days	55.56	NA	55.56	47.45	46.26	47.31
42	Not wearing a seat belt when driving a car or other motor vehicle in past 30 days	51.35	NA	51.35	41.44	40.08	41.28
43	Not wearing a seat belt when riding a car or other motor vehicle in past 30 days	56.20	NA	56.20	41.92	40.14	41.71
<b>Substance Use</b>							
44	Friends use any substance	15.03	NA	15.03	11.74	18.39	12.41
45	Smoked or chewed tobacco in past 30 days	7.51	NA	7.51	3.89	3.08	3.79
46	Consumed e-cigarette in past 30 days	7.06	NA	7.06	3.65	2.63	3.53
47	Consumed alcohol in past 30 days	7.28	NA	7.28	3.30	3.08	3.28
48	Consumed marijuana in past 12 months	6.40	NA	6.40	3.95	2.74	3.81
49	Consumed cocaine/heroin/opium in past 12 months	5.52	NA	5.52	3.30	2.05	3.16
50	Consumed hallucinogens in past 30 days	5.74	NA	5.74	4.23	2.74	4.06
51	Used a needle to inject any illegal drug during life time	14.35	NA	14.35	9.29	6.96	9.02
52	Used inhalants in past 12 months	5.96	NA	5.96	4.53	4.00	4.47
53	Consumed cough syrup without prescription in past 12 months	32.45	NA	32.45	23.07	20.78	22.81
54	Consumed sleeping pills in past 12 months	5.74	NA	5.74	4.44	3.77	4.36
<b>Reproductive and Sexual Health</b>							
55	Ever had sexual intercourse	6.62	NA	6.62	5.86	6.62	5.95
56	First sexual intercourse before attaining the age of 14 years	46.67	NA	46.67	63.52	55.17	62.44
57	Used any modern contraception for protection in last sexual encounter	50.00	NA	50.00	45.92	55.17	47.11
<b>Menstrual Hygiene</b>							
58	Onset of their menstrual cycle	66.80	NA	66.80	73.47	78.06	73.91
59	Use of hygienic material during menstrual cycle	98.20	NA	98.20	98.95	99.29	98.98
60	Experienced any menstrual problem in past 30 days	46.71	NA	46.71	30.21	32.03	30.40
61	Treatment seeking from formal health care (Government and Private)	30.77	NA	30.77	31.82	38.89	32.58
<b>Mental Health</b>							
62	Feeling disappointed, depressed, or hopeless during past 12 months	10.38	NA	10.38	8.78	10.62	8.99
63	Feeling worried during past 12 months	7.28	NA	7.28	6.43	6.28	6.41
64	Feeling nervous or anxious during past 12 months	6.62	NA	6.62	5.89	7.88	6.12
65	Having a difficult time staying focused during past 12 months	10.60	NA	10.60	10.62	14.95	11.12

## Mandi, Himachal Pradesh



Sl. Indicator	Mandi			Himachal Pradesh		
	Rural	Urban	Total	Rural	Urban	Total
<b>Food preferences and Choices</b>						
1 Consumption of fruits 4-6 times or more during past 7 days	59.15	68.06	60.12	54.28	55.59	54.44
2 Consumption of milk/milk products 4-6 times or more during past 7 days	72.14	83.33	73.36	70.21	68.49	70.01
3 Consumption of egg 4-6 times or more during past 7 days	22.39	27.78	22.98	26.23	18.38	25.32
4 Consumption of fried food 1-3 times or more during past 7 days	69.57	69.44	69.56	72.11	72.26	72.13
5 Consumption of soda beverage 1-3 times or more during past 7 days	49.57	45.83	49.16	57.10	54.00	56.74
6 Consumption of foods with high sugar 1-3 times or more during past 7 days	86.50	88.89	86.76	86.68	87.21	86.74
7 Consumption of foods with high salt and fats 1-3 times or more during past 7 days	75.90	62.50	74.43	78.87	78.31	78.80
8 Read nutrition labels on the packet while buying packaged food	48.55	54.17	49.16	53.93	53.77	53.91
9 Skipped breakfast during past 30 days	24.62	22.22	24.35	23.12	23.74	23.19
10 Skipped lunch during past 30 days	32.99	18.06	31.35	31.18	26.14	30.60
<b>Physical Activity</b>						
11 Engaged in mild exercise 3-7 days during past 7 days	59.32	58.33	59.21	59.00	59.13	59.01
12 Engaged in moderate exercise 3-7 days during past 7 days	55.38	66.67	56.62	58.74	61.87	59.10
13 Engaged in strenuous exercise 3-7 days during past 7 days	51.28	61.11	52.36	56.89	57.08	56.91
14 Spent time on reading, and doing academic work, including tuitions for 3 hour or more in past 7 days	45.98	56.94	47.18	45.87	49.43	46.28
<b>Personal Hygiene</b>						
15 Washing hand after using restroom	95.56	95.83	95.59	96.37	97.03	96.44
16 Washing hand before eating food	95.56	100.00	96.04	96.62	97.03	96.67
17 Washing hand before handling food	92.14	91.67	92.09	93.93	95.78	94.14
18 School having separate toilets or latrines for boys and girls	98.30	81.67	96.61	97.72	83.21	96.07
19 School having cleaned toilets or latrines	83.02	73.33	82.03	88.64	73.63	86.93
20 School having running water in toilets or latrines	83.02	76.67	82.37	82.15	82.71	82.21
21 School having handwashing area available inside toilets or latrines	94.34	93.33	94.24	93.54	93.91	93.58
22 Cleaning of dustbin every day in school	90.94	86.11	90.41	90.91	83.45	90.04
<b>Digital Device Use</b>						
23 Spending time on digital devices for more than 8 hour per day in last 7 days	2.56	0.00	2.28	2.00	1.83	1.98
24 Having a mobile phone that they use on regular basis	69.57	68.06	69.41	74.52	63.58	73.25
25 Bullied someone online in past 12 months	9.40	13.89	9.89	9.27	12.44	9.64
26 Bullied by someone online in past 12 months	6.84	6.94	6.85	7.48	10.96	7.88

Sl. Indicator	Mandi			Himachal Pradesh		
	Rural	Urban	Total	Rural	Urban	Total
<b>Connect to Parents and/or Guardians</b>						
27 Parents and/or guardians spend time with adolescents	78.97	69.44	77.93	80.77	79.11	80.58
28 Parents and/or guardians try to know what adolescents were doing in their free time	53.16	52.78	53.12	58.08	54.11	57.62
<b>Access to Government Schemes</b>						
29 Health check-up by a health care team conducted in the school premises	68.55	69.44	68.65	71.56	68.38	7.19
30 Received any weekly iron folic acid tablets from school in past 30 days	72.99	83.33	74.12	80.19	66.21	78.57
31 Received one deworming tablet from school in last 6 months	82.39	79.17	82.04	88.32	82.88	87.69
32 Health related topics discussed in assembly sessions	88.03	88.89	88.13	89.49	87.21	89.22
33 Discussion or lecture on health conducted in class in past one week	62.22	59.72	61.95	68.92	59.82	67.87
34 'Health Mela' organized inside the school premises during the last 3 months	38.97	34.72	38.51	46.85	35.73	45.56
35 Know their health ambassador	55.56	54.17	55.40	58.95	57.88	58.83
36 Know their Health and Wellness Messenger	54.53	58.33	54.95	59.29	51.14	58.35
<b>Violence and Road Safety</b>						
37 Engaged in a physical fight in past 12 months	22.91	27.78	23.44	22.55	27.63	23.14
38 Bullied someone physically in past 12 months	14.02	16.67	14.31	13.44	17.92	13.96
39 Bullied by someone physically in past 12 months	10.94	15.28	11.42	10.80	15.98	11.40
40 Feeling unsafe while going school one or more days in past 30 days	22.39	22.22	22.37	22.22	25.57	22.61
41 Not wearing a helmet when pillion riding or driving a motorcycle/scooty in past 30 days	39.78	40.00	39.80	47.45	46.26	47.31
42 Not wearing a seat belt when driving a car or other motor vehicle in past 30 days	36.94	31.91	36.36	41.44	40.08	41.28
43 Not wearing a seat belt when riding a car or other motor vehicle in past 30 days	41.12	28.89	39.86	41.92	40.14	41.71
<b>Substance Use</b>						
44 Friends use any substance	12.64	0.00	12.61	11.74	18.39	12.41
45 Smoked or chewed tobacco in past 30 days	4.79	5.56	4.87	3.89	3.08	3.79
46 Consumed e-cigarette in past 30 days	4.96	6.94	5.18	3.65	2.63	3.53
47 Consumed alcohol in past 30 days	3.93	9.72	4.57	3.30	3.08	3.28
48 Consumed marijuana in past 12 months	4.62	9.72	5.18	3.95	2.74	3.81
49 Consumed cocaine/heroin/opium in past 12 months	4.62	5.56	4.72	3.30	2.05	3.16
50 Consumed hallucinogens in past 30 days	4.62	6.94	4.87	4.23	2.74	4.06
51 Used a needle to inject any illegal drug during life time	9.23	18.06	10.20	9.29	6.96	9.02
52 Used inhalants in past 12 months	4.62	8.33	5.02	4.53	4.00	4.47
53 Consumed cough syrup without prescription in past 12 months	20.00	26.39	20.70	23.07	20.78	22.81
54 Consumed sleeping pills in past 12 months	5.13	8.33	5.48	4.44	3.77	4.36
<b>Reproductive and Sexual Health</b>						
55 Ever had sexual intercourse	7.35	13.89	8.07	5.86	6.62	5.95
56 First sexual intercourse before attaining the age of 14 years	58.14	70.00	60.38	63.52	55.17	62.44
57 Used any modern contraception for protection in last sexual encounter	37.21	10.00	32.08	45.92	55.17	47.11
<b>Menstrual Hygiene</b>						
58 Onset of their menstrual cycle	79.39	76.47	79.09	73.47	78.06	73.91
59 Use of hygienic material during menstrual cycle	98.30	100.00	98.47	98.95	99.29	98.98
60 Experienced any menstrual problem in past 30 days	30.21	30.77	30.27	30.21	32.03	30.40
61 Treatment seeking from formal health care (Government and Private)	33.8	37.50	34.18	31.82	38.89	32.58
<b>Mental Health</b>						
62 Feeling disappointed, depressed, or hopeless during past 12 months	11.62	11.11	11.57	8.78	10.62	8.99
63 Feeling worried during past 12 months	7.01	9.72	7.31	6.43	6.28	6.41
64 Feeling nervous or anxious during past 12 months	8.03	9.72	8.22	5.89	7.88	6.12
65 Having a difficult time staying focused during past 12 months	15.21	31.24	17.05	10.62	14.95	11.12

## Shimla, Himachal Pradesh



Sl. Indicator	Shimla			Himachal Pradesh		
	Rural	Urban	Total	Rural	Urban	Total
<b>Food preferences and Choices</b>						
1 Consumption of fruits 4-6 times or more during past 7 days	54.26	55.67	55.11	54.28	55.59	54.44
2 Consumption of milk/milk products 4-6 times or more during past 7 days	74.03	70.53	71.91	70.21	68.49	70.01
3 Consumption of egg 4-6 times or more during past 7 days	12.02	16.12	14.50	26.23	18.38	25.32
4 Consumption of fried food 1-3 times or more during past 7 days	57.75	72.29	66.56	72.11	72.26	72.13
5 Consumption of soda beverage 1-3 times or more during past 7 days	58.53	49.62	53.13	57.10	54.00	56.74
6 Consumption of foods with high sugar 1-3 times or more during past 7 days	85.27	86.15	85.80	86.68	87.21	86.74
7 Consumption of foods with high salt and fats 1-3 times or more during past 7 days	78.68	80.60	79.85	78.87	78.31	78.80
8 Read nutrition labels on the packet while buying packaged food	58.14	52.90	54.96	53.93	53.77	53.91
9 Skipped breakfast during past 30 days	27.91	23.17	25.04	23.12	23.74	23.19
10 Skipped lunch during past 30 days	35.66	31.23	32.98	31.18	26.14	30.60
<b>Physical Activity</b>						
11 Engaged in mild exercise 3-7 days during past 7 days	58.14	58.19	58.17	59.00	59.13	59.01
12 Engaged in moderate exercise 3-7 days during past 7 days	58.14	57.93	58.02	58.74	61.87	59.10
13 Engaged in strenuous exercise 3-7 days during past 7 days	56.59	51.64	53.59	56.89	57.08	56.91
14 Spent time on reading, and doing academic work, including tuitions for 3 hour or more in past 7 days	40.31	52.14	47.48	45.87	49.43	46.28
<b>Personal Hygiene</b>						
15 Washing hand after using restroom	97.29	97.48	97.40	96.37	97.03	96.44
16 Washing hand before eating food	97.29	95.21	96.03	96.62	97.03	96.67
17 Washing hand before handling food	93.41	94.96	94.35	93.93	95.78	94.14
18 School having separate toilets or latrines for boys and girls	97.50	76.29	84.68	97.72	83.21	96.07
19 School having cleaned toilets or latrines	82.08	70.57	75.12	88.64	73.63	86.93
20 School having running water in toilets or latrines	82.08	79.56	80.56	82.15	82.71	82.21
21 School having handwashing area available inside toilets or latrines	89.17	93.19	91.60	93.54	93.91	93.58
22 Cleaning of dustbin every day in school	86.05	80.60	82.75	90.91	83.45	90.04
<b>Digital Device Use</b>						
23 Spending time on digital devices for more than 8 hour per day in last 7 days	1.55	1.26	1.37	2.00	1.83	1.98
24 Having a mobile phone that they use on regular basis	70.16	61.46	64.89	74.52	63.58	73.25
25 Bullied someone online in past 12 months	14.34	15.62	15.11	9.27	12.44	9.64
26 Bullied by someone online in past 12 months	10.47	12.85	11.91	7.48	10.96	7.88

Sl. Indicator	Shimla			Himachal Pradesh		
	Rural	Urban	Total	Rural	Urban	Total
<b>Connect to Parents and/or Guardians</b>						
27 Parents and/or guardians spend time with adolescents	77.13	76.83	76.95	80.77	79.11	80.58
28 Parents and/or guardians try to know what adolescents were doing in their free time	52.71	50.13	51.15	58.08	54.11	57.62
<b>Access to Government Schemes</b>						
29 Health check-up by a health care team conducted in the school premises	58.53	65.99	63.05	71.56	68.38	7.19
30 Received any weekly iron folic acid tablets from school in past 30 days	54.65	58.69	57.10	80.19	66.21	78.57
31 Received one deworming tablet from school in last 6 months	78.68	77.83	78.17	88.32	82.88	87.69
32 Health related topics discussed in assembly sessions	84.50	84.63	84.58	89.49	87.21	89.22
33 Discussion or lecture on health conducted in class in past one week	55.81	55.67	55.73	68.92	59.82	67.87
34 'Health Mela' organized inside the school premises during the last 3 months	39.15	36.78	37.71	46.85	35.73	45.56
35 Know their health ambassador	46.12	49.87	48.40	58.95	57.88	58.83
36 Know their Health and Wellness Messenger	56.20	46.35	50.23	59.29	51.14	58.35
<b>Violence and Road Safety</b>						
37 Engaged in a physical fight in past 12 months	27.91	26.20	26.87	22.55	27.63	23.14
38 Bullied someone physically in past 12 months	15.89	21.41	19.24	13.44	17.92	13.96
39 Bullied by someone physically in past 12 months	13.18	17.38	15.73	10.80	15.98	11.40
40 Feeling unsafe while going school one or more days in past 30 days	25.97	30.48	28.70	22.22	25.57	22.61
41 Not wearing a helmet when pillion riding or driving a motorcycle/scooty in past 30 days	49.23	55.43	52.87	47.45	46.26	47.31
42 Not wearing a seat belt when driving a car or other motor vehicle in past 30 days	49.04	48.44	48.69	41.44	40.08	41.28
43 Not wearing a seat belt when riding a car or other motor vehicle in past 30 days	46.81	46.07	46.37	41.92	40.14	41.71
<b>Substance Use</b>						
44 Friends use any substance	16.82	21.33	19.42	11.74	18.39	12.41
45 Smoked or chewed tobacco in past 30 days	4.26	3.78	3.97	3.89	3.08	3.79
46 Consumed e-cigarette in past 30 days	3.88	2.52	3.05	3.65	2.63	3.53
47 Consumed alcohol in past 30 days	3.10	3.02	3.05	3.30	3.08	3.28
48 Consumed marijuana in past 12 months	3.49	2.52	2.90	3.95	2.74	3.81
49 Consumed cocaine/heroin/opium in past 12 months	1.55	2.27	1.98	3.30	2.05	3.16
50 Consumed hallucinogens in past 30 days	4.26	2.77	3.36	4.23	2.74	4.06
51 Used a needle to inject any illegal drug during life time	8.14	6.30	7.02	9.29	6.96	9.02
52 Used inhalants in past 12 months	5.43	4.03	4.58	4.53	4.00	4.47
53 Consumed cough syrup without prescription in past 12 months	22.09	21.91	21.98	23.07	20.78	22.81
54 Consumed sleeping pills in past 12 months	4.26	3.78	3.97	4.44	3.77	4.36
<b>Reproductive and Sexual Health</b>						
55 Ever had sexual intercourse	7.75	8.82	8.40	5.86	6.62	5.95
56 First sexual intercourse before attaining the age of 14 years	50.00	48.57	49.09	63.52	55.17	62.44
57 Used any modern contraception for protection in last sexual encounter	55.00	60.00	58.18	45.92	55.17	47.11
<b>Menstrual Hygiene</b>						
58 Onset of their menstrual cycle	81.2	80.56	80.87	73.47	78.06	73.91
59 Use of hygienic material during menstrual cycle	100.00	98.28	99.11	98.95	99.29	98.98
60 Experienced any menstrual problem in past 30 days	26.85	43.97	35.71	30.21	32.03	30.40
61 Treatment seeking from formal health care (Government and Private)	24.14	33.33	30.00	31.82	38.89	32.58
<b>Mental Health</b>						
62 Feeling disappointed, depressed, or hopeless during past 12 months	12.79	14.11	13.59	8.78	10.62	8.99
63 Feeling worried during past 12 months	9.30	7.30	8.09	6.43	6.28	6.41
64 Feeling nervous or anxious during past 12 months	8.53	10.33	9.62	5.89	7.88	6.12
65 Having a difficult time staying focused during past 12 months	15.12	15.11	15.11	10.62	14.95	11.12

## Sirmaur, Himachal Pradesh



Sl. Indicator	Sirmaur			Himachal Pradesh		
	Rural	Urban	Total	Rural	Urban	Total
<b>Food preferences and Choices</b>						
1 Consumption of fruits 4-6 times or more during past 7 days	49.76	43.59	49.39	54.28	55.59	54.44
2 Consumption of milk/milk products 4-6 times or more during past 7 days	69.92	51.28	68.81	70.21	68.49	70.01
3 Consumption of egg 4-6 times or more during past 7 days	29.59	15.38	28.75	26.23	18.38	25.32
4 Consumption of fried food 1-3 times or more during past 7 days	70.24	82.05	70.95	72.11	72.26	72.13
5 Consumption of soda beverage 1-3 times or more during past 7 days	51.87	61.54	52.45	57.10	54.00	56.74
6 Consumption of foods with high sugar 1-3 times or more during past 7 days	86.18	84.62	86.09	86.68	87.21	86.74
7 Consumption of foods with high salt and fats 1-3 times or more during past 7 days	76.26	87.18	76.91	78.87	78.31	78.80
8 Read nutrition labels on the packet while buying packaged food	66.99	69.23	67.13	53.93	53.77	53.91
9 Skipped breakfast during past 30 days	20.00	20.51	20.03	23.12	23.74	23.19
10 Skipped lunch during past 30 days	18.05	23.08	18.35	31.18	26.14	30.60
<b>Physical Activity</b>						
11 Engaged in mild exercise 3-7 days during past 7 days	63.25	61.54	63.15	59.00	59.13	59.01
12 Engaged in moderate exercise 3-7 days during past 7 days	64.39	64.10	64.37	58.74	61.87	59.10
13 Engaged in strenuous exercise 3-7 days during past 7 days	62.60	53.85	62.08	56.89	57.08	56.91
14 Spent time on reading, and doing academic work, including tuitions for 3 hour or more in past 7 days	48.13	46.15	48.01	45.87	49.43	46.28
<b>Personal Hygiene</b>						
15 Washing hand after using restroom	96.59	97.44	96.64	96.37	97.03	96.44
16 Washing hand before eating food	96.75	100.00	96.94	96.62	97.03	96.67
17 Washing hand before handling food	94.31	97.44	94.50	93.93	95.78	94.14
18 School having separate toilets or latrines for boys and girls	97.63	94.29	97.44	97.72	83.21	96.07
19 School having cleaned toilets or latrines	93.56	88.57	93.28	88.64	73.63	86.93
20 School having running water in toilets or latrines	82.54	91.43	83.04	82.15	82.71	82.21
21 School having handwashing area available inside toilets or latrines	96.27	97.14	96.32	93.54	93.91	93.58
22 Cleaning of dustbin every day in school	94.63	92.31	94.50	90.91	83.45	90.04
<b>Digital Device Use</b>						
23 Spending time on digital devices for more than 8 hour per day in last 7 days	1.14	0.00	1.07	2.00	1.83	1.98
24 Having a mobile phone that they use on regular basis	85.85	84.62	85.78	74.52	63.58	73.25
25 Bullied someone online in past 12 months	7.15	5.13	7.03	9.27	12.44	9.64
26 Bullied by someone online in past 12 months	6.67	5.13	6.57	7.48	10.96	7.88

Sl. Indicator	Sirmaur			Himachal Pradesh		
	Rural	Urban	Total	Rural	Urban	Total
<b>Connect to Parents and/or Guardians</b>						
27 Parents and/or guardians spend time with adolescents	85.69	82.05	85.47	80.77	79.11	80.58
28 Parents and/or guardians try to know what adolescents were doing in their free time	60.33	61.54	60.40	58.08	54.11	57.62
<b>Access to Government Schemes</b>						
29 Health check-up by a health care team conducted in the school premises	65.69	28.21	63.46	71.56	68.38	7.19
30 Received any weekly iron folic acid tablets from school in past 30 days	88.13	33.33	84.86	80.19	66.21	78.57
31 Received one deworming tablet from school in last 6 months	95.61	89.74	95.26	88.32	82.88	87.69
32 Health related topics discussed in assembly sessions	91.87	97.44	92.20	89.49	87.21	89.22
33 Discussion or lecture on health conducted in class in past one week	79.19	76.92	79.05	68.92	59.82	67.87
34 'Health Mela' organized inside the school premises during the last 3 months	44.88	20.51	43.43	46.85	35.73	45.56
35 Know their health ambassador	68.94	46.15	67.58	58.95	57.88	58.83
36 Know their Health and Wellness Messenger	70.73	53.85	69.72	59.29	51.14	58.35
<b>Violence and Road Safety</b>						
37 Engaged in a physical fight in past 12 months	18.21	33.33	19.11	22.55	27.63	23.14
38 Bullied someone physically in past 12 months	11.87	10.26	11.77	13.44	17.92	13.96
39 Bullied by someone physically in past 12 months	12.52	15.38	12.69	10.80	15.98	11.40
40 Feeling unsafe while going school one or more days in past 30 days	25.37	15.38	24.77	22.22	25.57	22.61
41 Not wearing a helmet when pillion riding or driving a motorcycle/scooty in past 30 days	45.01	54.55	45.58	47.45	46.26	47.31
42 Not wearing a seat belt when driving a car or other motor vehicle in past 30 days	42.34	52.00	42.97	41.44	40.08	41.28
43 Not wearing a seat belt when riding a car or other motor vehicle in past 30 days	41.89	54.17	42.64	41.92	40.14	41.71
<b>Substance Use</b>						
44 Friends use any substance	8.41	NA	8.41	11.74	18.39	12.41
45 Smoked or chewed tobacco in past 30 days	3.90	0.00	3.67	3.89	3.08	3.79
46 Consumed e-cigarette in past 30 days	4.23	0.00	3.98	3.65	2.63	3.53
47 Consumed alcohol in past 30 days	3.25	0.00	3.06	3.30	3.08	3.28
48 Consumed marijuana in past 12 months	6.18	0.00	5.81	3.95	2.74	3.81
49 Consumed cocaine/heroin/opium in past 12 months	4.39	0.00	4.13	3.30	2.05	3.16
50 Consumed hallucinogens in past 30 days	5.69	0.00	5.35	4.23	2.74	4.06
51 Used a needle to inject any illegal drug during life time	12.52	10.26	12.39	9.29	6.96	9.02
52 Used inhalants in past 12 months	5.53	0.00	5.20	4.53	4.00	4.47
53 Consumed cough syrup without prescription in past 12 months	17.56	15.38	17.43	23.07	20.78	22.81
54 Consumed sleeping pills in past 12 months	4.72	0.00	4.43	4.44	3.77	4.36
<b>Reproductive and Sexual Health</b>						
55 Ever had sexual intercourse	8.62	0.00	8.10	5.86	6.62	5.95
56 First sexual intercourse before attaining the age of 14 years	69.81	NA	69.81	63.52	55.17	62.44
57 Used any modern contraception for protection in last sexual encounter	49.06	NA	49.06	45.92	55.17	47.11
<b>Menstrual Hygiene</b>						
58 Onset of their menstrual cycle	66.44	68.00	66.56	73.47	78.06	73.91
59 Use of hygienic material during menstrual cycle	97.92	100.00	98.09	98.95	99.29	98.98
60 Experienced any menstrual problem in past 30 days	28.65	5.88	26.79	30.21	32.03	30.40
61 Treatment seeking from formal health care (Government and Private)	43.64	0.00	42.86	31.82	38.89	32.58
<b>Mental Health</b>						
62 Feeling disappointed, depressed, or hopeless during past 12 months	7.15	7.69	7.19	8.78	10.62	8.99
63 Feeling worried during past 12 months	5.69	5.13	5.66	6.43	6.28	6.41
64 Feeling nervous or anxious during past 12 months	5.53	7.69	5.66	5.89	7.88	6.12
65 Having a difficult time staying focused during past 12 months	7.80	5.13	7.65	10.62	14.95	11.12



## Solan, Himachal Pradesh



Sl. Indicator	Solan			Himachal Pradesh		
	Rural	Urban	Total	Rural	Urban	Total
<b>Food preferences and Choices</b>						
1 Consumption of fruits 4-6 times or more during past 7 days	59.00	47.37	58.32	54.28	55.59	54.44
2 Consumption of milk/milk products 4-6 times or more during past 7 days	72.29	76.32	72.52	70.21	68.49	70.01
3 Consumption of egg 4-6 times or more during past 7 days	17.67	7.89	17.10	26.23	18.38	25.32
4 Consumption of fried food 1-3 times or more during past 7 days	71.15	68.42	70.99	72.11	72.26	72.13
5 Consumption of soda beverage 1-3 times or more during past 7 days	58.35	44.74	57.56	57.10	54.00	56.74
6 Consumption of foods with high sugar 1-3 times or more during past 7 days	86.55	92.11	86.87	86.68	87.21	86.74
7 Consumption of foods with high salt and fats 1-3 times or more during past 7 days	81.36	76.32	81.07	78.87	78.31	78.80
8 Read nutrition labels on the packet while buying packaged food	50.08	47.37	49.92	53.93	53.77	53.91
9 Skipped breakfast during past 30 days	24.64	36.84	25.34	23.12	23.74	23.19
10 Skipped lunch during past 30 days	29.98	23.68	29.62	31.18	26.14	30.60
<b>Physical Activity</b>						
11 Engaged in mild exercise 3-7 days during past 7 days	63.53	57.89	63.21	59.00	59.13	59.01
12 Engaged in moderate exercise 3-7 days during past 7 days	61.91	57.89	61.68	58.74	61.87	59.10
13 Engaged in strenuous exercise 3-7 days during past 7 days	59.00	42.11	58.02	56.89	57.08	56.91
14 Spent time on reading, and doing academic work, including tuitions for 3 hour or more in past 7 days	40.52	50.00	41.07	45.87	49.43	46.28
<b>Personal Hygiene</b>						
15 Washing hand after using restroom	96.00	100.00	96.79	96.37	97.03	96.44
16 Washing hand before eating food	96.43	100.00	96.64	96.62	97.03	96.67
17 Washing hand before handling food	94.00	100.00	94.35	93.93	95.78	94.14
18 School having separate toilets or latrines for boys and girls	96.92	97.06	96.93	97.72	83.21	96.07
19 School having cleaned toilets or latrines	89.57	55.88	87.72	88.64	73.63	86.93
20 School having running water in toilets or latrines	77.78	82.35	78.03	82.15	82.71	82.21
21 School having handwashing area available inside toilets or latrines	94.87	97.06	94.99	93.54	93.91	93.58
22 Cleaning of dustbin every day in school	90.11	84.21	89.77	90.91	83.45	90.04
<b>Digital Device Use</b>						
23 Spending time on digital devices for more than 8 hour per day in last 7 days	3.08	5.26	3.21	2.00	1.83	1.98
24 Having a mobile phone that they use on regular basis	69.21	63.16	68.85	74.52	63.58	73.25
25 Bullied someone online in past 12 months	12.64	10.53	12.52	9.27	12.44	9.64
26 Bullied by someone online in past 12 months	11.02	5.26	10.69	7.48	10.96	7.88

Sl. Indicator	Solan			Himachal Pradesh		
	Rural	Urban	Total	Rural	Urban	Total
<b>Connect to Parents and/or Guardians</b>						
27 Parents and/or guardians spend time with adolescents	80.39	84.21	80.61	80.77	79.11	80.58
28 Parents and/or guardians try to know what adolescents were doing in their free time	51.54	52.63	51.60	58.08	54.11	57.62
<b>Access to Government Schemes</b>						
29 Health check-up by a health care team conducted in the school premises	64.02	65.79	64.12	71.56	68.38	7.19
30 Received any weekly iron folic acid tablets from school in past 30 days	73.42	47.37	71.91	80.19	66.21	78.57
31 Received one deworming tablet from school in last 6 months	83.95	68.42	83.05	88.32	82.88	87.69
32 Health related topics discussed in assembly sessions	89.95	84.21	89.62	89.49	87.21	89.22
33 Discussion or lecture on health conducted in class in past one week	67.59	63.16	67.33	68.92	59.82	67.87
34 'Health Mela' organized inside the school premises during the last 3 months	33.71	21.05	32.98	46.85	35.73	45.56
35 Know their health ambassador	53.97	68.42	54.81	58.95	57.88	58.83
36 Know their Health and Wellness Messenger	57.86	60.53	58.02	59.29	51.14	58.35
<b>Violence and Road Safety</b>						
37 Engaged in a physical fight in past 12 months	25.28	18.42	24.89	22.55	27.63	23.14
38 Bullied someone physically in past 12 months	15.88	13.16	15.73	13.44	17.92	13.96
39 Bullied by someone physically in past 12 months	12.48	2.63	11.91	10.80	15.98	11.40
40 Feeling unsafe while going school one or more days in past 30 days	26.26	26.32	26.26	22.22	25.57	22.61
41 Not wearing a helmet when pillion riding or driving a motorcycle/scooty in past 30 days	46.67	50.00	46.81	47.45	46.26	47.31
42 Not wearing a seat belt when driving a car or other motor vehicle in past 30 days	39.32	36.36	39.16	41.44	40.08	41.28
43 Not wearing a seat belt when riding a car or other motor vehicle in past 30 days	40.84	33.33	40.44	41.92	40.14	41.71
<b>Substance Use</b>						
44 Friends use any substance	14.29	0.00	13.36	11.74	18.39	12.41
45 Smoked or chewed tobacco in past 30 days	5.19	0.00	4.89	3.89	3.08	3.79
46 Consumed e-cigarette in past 30 days	4.54	2.63	4.43	3.65	2.63	3.53
47 Consumed alcohol in past 30 days	4.21	0.00	3.97	3.30	3.08	3.28
48 Consumed marijuana in past 12 months	5.67	2.63	5.50	3.95	2.74	3.81
49 Consumed cocaine/heroin/opium in past 12 months	5.67	0.00	5.34	3.30	2.05	3.16
50 Consumed hallucinogens in past 30 days	6.48	7.89	6.56	4.23	2.74	4.06
51 Used a needle to inject any illegal drug during life time	12.97	7.89	12.67	9.29	6.96	9.02
52 Used inhalants in past 12 months	8.27	5.26	8.09	4.53	4.00	4.47
53 Consumed cough syrup without prescription in past 12 months	34.52	23.68	33.89	23.07	20.78	22.81
54 Consumed sleeping pills in past 12 months	6.81	2.63	6.56	4.44	3.77	4.36
<b>Reproductive and Sexual Health</b>						
55 Ever had sexual intercourse	6.48	0.00	6.11	5.86	6.62	5.95
56 First sexual intercourse before attaining the age of 14 years	57.50	NA	57.50	63.52	55.17	62.44
57 Used any modern contraception for protection in last sexual encounter	55.00	NA	55.00	45.92	55.17	47.11
<b>Menstrual Hygiene</b>						
58 Onset of their menstrual cycle	78.48	72.41	77.95	73.47	78.06	73.91
59 Use of hygienic material during menstrual cycle	97.89	100.00	98.06	98.95	99.29	98.98
60 Experienced any menstrual problem in past 30 days	43.46	19.05	41.47	30.21	32.03	30.40
61 Treatment seeking from formal health care (Government and Private)	33.01	50.00	33.64	31.82	38.89	32.58
<b>Mental Health</b>						
62 Feeling disappointed, depressed, or hopeless during past 12 months	10.37	15.79	10.69	8.78	10.62	8.99
63 Feeling worried during past 12 months	8.43	5.26	8.24	6.43	6.28	6.41
64 Feeling nervous or anxious during past 12 months	7.94	7.89	7.94	5.89	7.88	6.12
65 Having a difficult time staying focused during past 12 months	15.40	5.26	14.81	10.62	14.95	11.12

## Una, Himachal Pradesh



Sl. Indicator	Una			Himachal Pradesh		
	Rural	Urban	Total	Rural	Urban	Total
<b>Food preferences and Choices</b>						
1 Consumption of fruits 4-6 times or more during past 7 days	55.43	39.62	54.14	54.28	55.59	54.44
2 Consumption of milk/milk products 4-6 times or more during past 7 days	75.96	58.49	74.54	70.21	68.49	70.01
3 Consumption of egg 4-6 times or more during past 7 days	16.69	11.32	16.26	26.23	18.38	25.32
4 Consumption of fried food 1-3 times or more during past 7 days	73.46	73.58	73.47	72.11	72.26	72.13
5 Consumption of soda beverage 1-3 times or more during past 7 days	52.75	60.38	53.37	57.10	54.00	56.74
6 Consumption of foods with high sugar 1-3 times or more during past 7 days	87.65	88.68	87.73	86.68	87.21	86.74
7 Consumption of foods with high salt and fats 1-3 times or more during past 7 days	76.96	77.36	76.99	78.87	78.31	78.8
8 Read nutrition labels on the packet while buying packaged food	58.60	54.72	58.28	53.93	53.77	53.91
9 Skipped breakfast during past 30 days	25.38	20.75	25.00	23.12	23.74	23.19
10 Skipped lunch during past 30 days	27.55	18.87	26.84	31.18	26.14	30.60
<b>Physical Activity</b>						
11 Engaged in mild exercise 3-7 days during past 7 days	66.28	66.04	66.26	59.00	59.13	59.01
12 Engaged in moderate exercise 3-7 days during past 7 days	67.61	77.36	68.40	58.74	61.87	59.10
13 Engaged in strenuous exercise 3-7 days during past 7 days	63.77	71.70	64.42	56.89	57.08	56.91
14 Spent time on reading, and doing academic work, including tuitions for 3 hour or more in past 7 days	56.76	41.51	55.52	45.87	49.43	46.28
<b>Personal Hygiene</b>						
15 Washing hand after using restroom	96.99	100.00	97.24	96.37	97.03	96.44
16 Washing hand before eating food	96.66	100.00	96.93	96.62	97.03	96.67
17 Washing hand before handling food	95.66	100.00	96.01	93.93	95.78	94.14
18 School having separate toilets or latrines for boys and girls	98.20	62.00	95.22	97.72	83.21	96.07
19 School having cleaned toilets or latrines	90.13	94.00	90.44	88.64	73.63	86.93
20 School having running water in toilets or latrines	83.48	90.00	84.02	82.15	82.71	82.21
21 School having handwashing area available inside toilets or latrines	97.67	96.00	97.53	93.54	93.91	93.58
22 Cleaning of dustbin every day in school	94.66	94.34	94.63	90.91	83.45	90.04
<b>Digital Device Use</b>						
23 Spending time on digital devices for more than 8 hour per day in last 7 days	1.67	0.00	1.53	2.00	1.83	1.98
24 Having a mobile phone that they use on regular basis	81.30	75.47	80.83	74.52	63.58	73.25
25 Bullied someone online in past 12 months	7.18	1.89	6.75	9.27	12.44	9.64
26 Bullied by someone online in past 12 months	7.35	1.89	6.90	7.48	10.96	7.88

Sl. Indicator	Una			Himachal Pradesh		
	Rural	Urban	Total	Rural	Urban	Total
<b>Connect to Parents and/or Guardians</b>						
27 Parents and/or guardians spend time with adolescents	83.97	92.45	84.66	80.77	79.11	80.58
28 Parents and/or guardians try to know what adolescents were doing in their free time	63.77	79.25	65.03	58.08	54.11	57.62
<b>Access to Government Schemes</b>						
29 Health check-up by a health care team conducted in the school premises	70.78	73.58	71.01	71.56	68.38	7.19
30 Received any weekly iron folic acid tablets from school in past 30 days	80.13	98.11	81.60	80.19	66.21	78.57
31 Received one deworming tablet from school in last 6 months	89.15	100.00	90.03	88.32	82.88	87.69
32 Health related topics discussed in assembly sessions	93.99	94.34	94.02	89.49	87.21	89.22
33 Discussion or lecture on health conducted in class in past one week	74.12	77.36	74.39	68.92	59.82	67.87
34 'Health Mela' organized inside the school premises during the last 3 months	55.59	58.49	55.83	46.85	35.73	45.56
35 Know their health ambassador	66.44	81.13	67.64	58.95	57.88	58.83
36 Know their Health and Wellness Messenger	67.28	67.92	67.33	59.29	51.14	58.35
<b>Violence and Road Safety</b>						
37 Engaged in a physical fight in past 12 months	19.37	35.85	20.71	22.55	27.63	23.14
38 Bullied someone physically in past 12 months	11.02	7.55	10.74	13.44	17.92	13.96
39 Bullied by someone physically in past 12 months	9.02	9.43	9.05	10.80	15.98	11.40
40 Feeling unsafe while going school one or more days in past 30 days	16.69	7.55	15.95	22.22	25.57	22.61
41 Not wearing a helmet when pillion riding or driving a motorcycle/scooty in past 30 days	49.76	45.16	49.43	47.45	46.26	47.31
42 Not wearing a seat belt when driving a car or other motor vehicle in past 30 days	33.61	30.77	33.42	41.44	40.08	41.28
43 Not wearing a seat belt when riding a car or other motor vehicle in past 30 days	32.54	31.03	32.44	41.92	40.14	41.71
<b>Substance Use</b>						
44 Friends use any substance	6.70	0.00	5.90	11.74	18.39	12.41
45 Smoked or chewed tobacco in past 30 days	3.17	0.00	2.91	3.89	3.08	3.79
46 Consumed e-cigarette in past 30 days	2.67	0.00	2.45	3.65	2.63	3.53
47 Consumed alcohol in past 30 days	1.84	0.00	1.69	3.30	3.08	3.28
48 Consumed marijuana in past 12 months	2.34	0.00	2.15	3.95	2.74	3.81
49 Consumed cocaine/heroin/opium in past 12 months	2.50	0.00	2.30	3.30	2.05	3.16
50 Consumed hallucinogens in past 30 days	3.01	0.00	2.76	4.23	2.74	4.06
51 Used a needle to inject any illegal drug during life time	5.18	0.00	4.75	9.29	6.96	9.02
52 Used inhalants in past 12 months	2.84	0.00	2.61	4.53	4.00	4.47
53 Consumed cough syrup without prescription in past 12 months	15.69	9.43	15.18	23.07	20.78	22.81
54 Consumed sleeping pills in past 12 months	2.67	1.89	2.61	4.44	3.77	4.36
<b>Reproductive and Sexual Health</b>						
55 Ever had sexual intercourse	3.51	0.00	3.22	5.86	6.62	5.95
56 First sexual intercourse before attaining the age of 14 years	80.95	NA	80.95	63.52	55.17	62.44
57 Used any modern contraception for protection in last sexual encounter	42.86	NA	42.86	45.92	55.17	47.11
<b>Menstrual Hygiene</b>						
58 Onset of their menstrual cycle	78.79	100.00	80.00	73.47	78.06	73.91
59 Use of hygienic material during menstrual cycle	99.15	100.00	99.21	98.95	99.29	98.98
60 Experienced any menstrual problem in past 30 days	21.37	16.67	21.03	30.21	32.03	30.40
61 Treatment seeking from formal health care (Government and Private)	40.00	100.00	43.40	31.82	38.89	32.58
<b>Mental Health</b>						
62 Feeling disappointed, depressed, or hopeless during past 12 months	8.18	0.00	7.52	8.78	10.62	8.99
63 Feeling worried during past 12 months	6.34	0.00	5.83	6.43	6.28	6.41
64 Feeling nervous or anxious during past 12 months	5.34	0.00	4.91	5.89	7.88	6.12
65 Having a difficult time staying focused during past 12 months	7.68	0.00	7.06	10.62	14.95	11.12



**MAMTA HIMC**  
BRIDGE TO HEALTH & BEYOND

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