

Assam Records Lowest Life Expectancy in India, Experts Advocate for Health Education Reforms



Comments 0



AT News 12 April 2025 23680 views

Assam has emerged as the state with the lowest life expectancy in India, averaging just 66 years, according to recent data from the National Family Health Survey (NFHS-5). This figure not only falls below the national average of approximately 69 years but also trails behind other Northeastern states, with neighboring Nagaland boasting a life expectancy exceeding 75 years.

Health experts attribute Assam's lagging life expectancy to a combination of factors, including air pollution, poor dietary habits, high blood pressure, smoking, and environmental hazards. Dr. Rahul Mehra, UNESCO Chair Representative for Global Health and Education, emphasized the urgency of integrating health education into school curricula to address these issues from an early age. He highlighted that 68% of children aged 6 months to 5 years and 66% of women in Assam suffer from anemia, underscoring the need for preventive measures.

In terms of health system performance, Assam has shown some progress. The NITI Aayog's "Healthy States, Progressive India" report recognized Assam as one of the most improved states in health, noting a 4.8-point increase in its health index score. However, the state still faces significant challenges in achieving better health outcomes.

Financial constraints further complicate the situation. The NITI Aayog's Fiscal Health Index (FHI) for the financial year 2023 assessed the fiscal health of eighteen major Indian states, excluding Northeastern states like Assam. This exclusion highlights the need for more comprehensive data to address the unique challenges faced by these regions.

Experts advocate for a multifaceted approach to improve health outcomes in Assam. Recommendations include implementing health education in schools, promoting awareness about nutrition and hygiene, and addressing environmental issues such as air pollution. Dr. Mehra also suggested practical measures like the use of air purifiers and continued mask usage to mitigate pollution-related health risks.

Addressing these health challenges is crucial for enhancing the quality of life in Assam and aligning the state's health indicators with national and regional standards.

AT News

Assam Times Staff. editor@assamtimes.org

BY AT NEWS

WWF report finds 73% decline in monitored wildlife populations over 52 years

Rongmei Community Holds 8th Cultural and Freshers' Meet in Guwahati

GPS Study Maps Elephant Movement Across Assam, Highlights Key Corridors

NEADS, Change Alliance Partner to Strengthen Climate-Resilient Livelihoods in Assam

People's consultation on agroecology, climate adaptation concludes in Jorhat

ON THIS DAY

Ao and Latour

AJP, Rajjor Dal likely to have poll deal

Why the economy going down

Noted academician Karendra Nath Brahma passes away

Silchar buckles up to celebrate International day for Disaster Reduction

RELATED

Tribal Organisations Protest in Kokrajhar, Demand Protection of Land Rights in BTR

Dangerous Pothole on Haripara Road Puts Commuters at Risk

WWF report finds 73% decline in monitored wildlife populations over 52 years

Rongmei Community Holds 8th Cultural and Freshers' Meet in Guwahati

GPS Study Maps Elephant Movement Across Assam, Highlights Key Corridors
