Ahmedabad ranks 10th in the overall ranking. It has a higher percentage of people not having a normal BMI. It also has more people who have Blood Pressure, Diabetes, Cholesterol, Heart Issues, etc.

It ranks 5th in the efforts ranking. It has the highest rating for stress management. It also has the lowest percentage of people who consume alcohol and ranks 2nd for water intake. However, Ahmedabad has the lowest average step count across all major cities. The average sleep hours are also low.
Diabetes: 13.3% (13th Rank)
Cholesterol: 14.4% (13th Rank)
Blood Pressure: 15.3% (15th Rank)

- Underweight: 20.9%
- Normal: 39.4%
- Overweight: 24.0%
- Severe obesity: 3.6%
- Obese: 12.1%
Thyroid: 10.2%
Heart Issues: 10.1%
Acidity/Indigestion: 30.5%

Allergies: 13.5%
Aches and Pains: 14.3%

% of People Falling Sick More than Twice a year:

- 13% Rank 13
- 10% Rank 10

Average Steps: 7153 Rank 16
Average Water intake (in lts): 2.3 Rank 2
Average Food Logs: 2.5 Rank 8
Average Sleep (in hours): 6.7 Rank 14

Stress Management Score: 2.9 Rank 1
Alcohol: 20.7% Rank 1
Smoking: 19.9% Rank 9
HRA Score - % of People in the UnHealthy bracket: 59.2% Rank 6