Bengaluru is 4th in the list overall healthy city ranking, dropping from its numero uno position from last year. The city however ranks 2nd in terms of effort. They log their food more often in comparison to the other cities. They walk the most as well. Bengalurians however, need to improve their water intake. Being a city that has the most desk jobs, they have the most people facing aches and pains, rather than other cities in India. Bengaluru has a high allergy index and acidity index as well.
Thyroid: 10.0%
Heart Issues: 4.9%
Acidity/Indigestion: 31.3%

Allergies: 16.9%
Aches and Pains: 22.0%
Sick More than Twice a year: 21.8%

Average Steps: 7536
Rank 2

Average Water intake (in lts): 2.1
Rank 13

Average Food Logs: 2.6
Rank 1

Average Sleep (in hours): 7.1
Rank 4

Stress Management Score: 2.8
Rank 9

Alcohol: 28.5%
Rank 4

Smoking: 17.1%
Rank 5

HRA Score - % of People in the UnHealthy bracket: 62.4%
Rank 10