Chandigarh, a new entrant this year is the healthiest city, beating Bengaluru. The city has a great BMI rank and people facing lifestyle disease issues are fewer than the rest of the cities. Besides having minimalistic lifestyle diseases and health issues, they are also the best city in terms of effort put towards staying healthy. They do well on step count and top the charts on sleep. They drink a lot of water as well and have the least number of smokers in the city. However, the one concern area this city has not been performing well on the stress index. They also have an above average % of alcohol consumers in the city.
Underweight: 15.5%

Severely obese: 4.4%

Normal: 44.4%

Overweight: 25.8%

Obese: 9.9%

Diabetes: 11.5% (8th Rank)

Cholesterol: 12.6% (4th Rank)

Blood Pressure: 13.9% (9th Rank)