Chennai has the worst BMI rank across all cities. This is a cause for concern due to the possibility of increased illness in the future. Chennai has the worst water intake and stress index as well. Allergies too seem to be rampant in this city. All these factors lead to a bottom of the pack overall ranking for Chennai still. Chennai at least has a low incidence of smoking which bodes well for the city.
Thyroid: 9.5%
Heart Issues: 7.1%
Acidity/Indigestion: 25.9%
Allergies: 17.1%
Aches and Pains: 19.4%

Sick More than Twice a year %
- Thyroid: 6th Rank
- Heart Issues: 8th Rank
- Acidity/Indigestion: 6th Rank
- Allergies: 14th Rank
- Aches and Pains: 9th Rank

Average Steps: 7379 (Rank 4)
Average Water intake (in lts): 2.0 (Rank 16)
Average Food Logs: 2.5 (Rank 9)
Average Sleep (in hours): 6.8 (Rank 12)
Stress Management Score: 2.8 (Rank 15)
Alcohol: 31.2% (Rank 5)
Smoking: 15.5% (Rank 2)
HRA Score - % of People in the UnHealthy bracket: 65.5% (Rank 15)