HYDERABAD: NEEDS STRESS MANAGEMENT

Hyderabad ranks 7th in the overall ranking and 11th in the effort ranking. It has the least percentage of people suffering from Blood Pressure. It also has a lower percentage of people having heart issues, acidity and allergies. However, it has a higher percentage of people who have aches and pains and thyroid.

When it comes to efforts, Hyderabad ranks lower in stress management along with food logs, water intake and sleep. The percentage of people consuming alcohol is also on the higher side. Although, it has a lower index in terms of smoking.
Thyroid Heart Issues Acidity/Indigestion

10.6% 6.1% 25.1%

Rank 3 3 4

Allergies Aches and Pains % of People Falling Sick More than Twice a year

14.4% 20.1% 18.9%

Rank 3 12 6

7302 Average Steps Rank 8

2.1 Average Water intake (in lts) Rank 11

2.4 Average Food Logs Rank 13

6.8 Average Sleep (in hours) Rank 10

2.8 Stress Management Score Rank 14

36.0% Alcohol Rank 9

16.3% Smoking Rank 3

61.6% HRA Score - % of People in the UnHealthy bracket Rank 9

GOQii