Indore is not putting in enough efforts to stay healthy (they rank 11th on the ranking index). Indore has worked towards not having a high prevalence of lifestyle diseases. They have the best immunity across the country. Few people seem to fall in the Unhealthy bracket as well. Although, they don’t have a problem with obesity they have a higher concern where the population is underweight. They are neither walking enough nor having enough water.
Thyroid: 8.3%
Heart Issues: 6.9%
Acidity/Indigestion: 29.3%

Allergies: 15.2%
Aches and Pains: 18.4%

% of People Falling Sick More than Twice a year:
- Thyroid: 8.3%
- Heart Issues: 6.9%
- Acidity/Indigestion: 29.3%
- Allergies: 15.2%
- Aches and Pains: 18.4%

Average Steps: 7215 (Rank 12)
Average Water intake (in lts): 2.1 (Rank 14)
Average Food Logs: 2.5 (Rank 11)
Average Sleep (in hours): 7.0 (Rank 5)

Stress Management Score: 2.9 (Rank 4)
Alcohol: 39.8% (Rank 12)
Smoking: 20.9% (Rank 10)
HRA Score - % of People in the UnHealthy bracket: 56.8% (Rank 2)