Kolkata is the unhealthiest city in India for the second year in a row. Kolkata, the city of joy, has the largest aging population in the country. This might be the reason the city has the highest incidence of lifestyle diseases like diabetes, cholesterol, blood pressure and thyroid. They also have a problem with acidity and allergies. Their effort towards getting healthier is not impressive as well. They have the lowest score where stress is concerned - which is the biggest contributor to health conditions. They are trailing at the bottom of the pack for logging food, average sleep hours and incidence of smoking in the city.
18.1% Diabetes
21.2% Cholesterol
21.6% Blood Pressure
Thyroid: 16.6%
Heart Issues: 12.3%
Acidity/Indigestion: 38.5%
Allergies: 18.8%
Aches and Pains: 20.2%

% of People Falling Sick More than Twice a year

Average Steps: 7260 (Rank 11)
Average Water intake (in lts): 2.1 (Rank 10)
Average Food Logs: 2.4 (Rank 15)
Average Sleep (in hours): 6.6 (Rank 15)

Stress Management Score: 2.7 (Rank 16)
Alcohol: 31.7% (Rank 7)
Smoking: 29.2% (Rank 16)
HRA Score - % of People in the UnHealthy bracket: 69.5% (Rank 16)