LUCKNOW: NEEDS TO CURB SMOKING HABIT

Lucknow ranked 11th overall and 13th in their effort towards getting healthier. They don't do too well on average step count either and have a lower average of tracking food logs. Lucknow has a higher % of people having alcohol and smoking. Therefore, although their BMI is better compared to the rest of the country they are lower in the overall rankings. They have higher aches and pains too. About 60% of people fall in the unhealthy bracket which is 2 % below the country’s average.
Diabetes Cholesterol Blood Pressure

21.6% Underweight
44.8% Normal
21.3% Overweight
4.0% Severely obese

11.4 % 13.0 % 14.9 %

7th Rank 7th Rank 12th Rank

Diabetes Cholesterol Blood Pressure
Thyroid (9.6%) - 7th Rank
Heart Issues (7.2%) - 9th Rank
Acidity/Indigestion (26.2%) - 7th Rank

Allergies (15.7%) - 7th Rank
Aches and Pains (20.0%) - 11th Rank
% of People Falling Sick More than Twice a year (22.4%) - 12th Rank

Average Steps: 7279 - Rank 10
Average Water intake (in lts): 2.2 - Rank 8
Average Food Logs: 2.4 - Rank 12
Average Sleep (in hours): 6.8 - Rank 9

Stress Management Score: 2.9 - Rank 5
Alcohol: 39.8% - Rank 12
Smoking: 21.4% - Rank 14
HRA Score - % of People in the UnHealthy bracket: 60.5% - Rank 8