Mumbai slips far down in the list of healthiest cities. It has dropped to the 15th rank overall and to the 9th rank when it comes to effort put towards getting healthy. Although Mumbai is first where average step count is concerned, Mumbai does not do well on water intake, sleep and stress. There is also a high incidence of alcohol consumption. Besides that it does not do well on the lifestyle diseases rank as well. Post Bengaluru, Mumbai has the next highest incidence of aches and pains owing to the sedentary desk job lifestyle in the city. Mumbai has the second worst BMI ranking which has a high correlation with lifestyle diseases and other health concerns. A high % of people fall in the unhealthy bracket of the HRA score. Mumbai needs to get to its ideal BMI.
15th Rank

- Underweight: 19.2%
- Severely obese: 4.4%
- Normal: 39.0%
- Overweight: 25.8%
- Obese: 11.6%

11th Rank
- Diabetes: 12.6%

12th Rank
- Cholesterol: 14.3%

13th Rank
- Blood Pressure: 15.1%
Thyroid: 11.3%
Heart Issues: 8.5%
Acidity/Indigestion: 31.5%

Allergies: 15.7%
Aches and Pains: 20.8%
% of People Falling Sick More than Twice a year: 21.4%

Average Steps: 7561
Rank 1
Average Water intake (in lts): 2.1
Rank 12
Average Food Logs: 2.5
Rank 4
Average Sleep (in hours): 6.8
Rank 13

Stress Management Score: 2.8
Rank 13
Alcohol: 36.2%
Rank 10
Smoking: 19.5%
Rank 7
HRA Score - % of People in the UnHealthy bracket: 64.1%
Rank 14