Patna is the second highest in BMI ranking. It also has a lower percentage of people having cholesterol, thyroid, blood pressure and heart issues. The percentage of people having unhealthy HRA Score is also low.

Patna lacks a lot in terms of efforts to be healthy. Although it has decent steps and water intake, it has the least amount of food logs and sleep hours across India. The percentage of people who smoke is also higher. It has a lower index in alcohol consumption.
26.9% Underweight
46.3% Normal
18.2% Overweight
3.3% Severely obese

10.9% Diabetes
12.1% Cholesterol
10.9% Blood Pressure
Thyroid: 8.5%
Heart Issues: 6.9%
Acidity/Indigestion: 32.9%

Allergies: 16.0%
Aches and Pains: 19.1%
% of People Falling Sick More than Twice a year: 22.6%

Average Steps: 7359 (Rank 7)
Average Water intake (in lts): 2.2 (Rank 6)
Average Food Logs: 2.4 (Rank 16)
Average Sleep (in hours): 6.6 (Rank 16)

Stress Management Score: 2.8 (Rank 12)
Alcohol: 22.7% (Rank 3)
Smoking: 21.4% (Rank 13)
HRA Score - % of People in the UnHealthy bracket: 56.9% (Rank 4)