Pune is the 5th healthiest city in India. In terms of effort it ranks 8th. Pune has a lower percentage of people who have lifestyle diseases like Blood Pressure, Cholesterol, Heart Issues, etc. It ranks lowest on the allergy index having the least amount of people suffering from allergies. However, it has a higher percentage of people suffering from acidity, and aches & pains. Average water intake of the city is the second lowest. As per the HRA score, 63.3% of the people are in the unhealthy bracket.
Thyroid: 9.4%
Heart Issues: 6.9%
Acidity/Indigestion: 36.5%

Allergies: 13.0%
Aches and Pains: 19.6%

% of People Falling Sick More than Twice a year

- Average Steps: 7361 (Rank 6)
- Average Water intake (in lts): 2.0 (Rank 15)
- Average Food Logs: 2.5 (Rank 7)
- Average Sleep (in hours): 6.8 (Rank 10)

Stress Management Score: 2.9 (Rank 6)
Alcohol: 31.4% (Rank 6)
Smoking: 19.7% (Rank 8)
HRA Score - % of People in the UnHealthy bracket: 63.3% (Rank 12)