Surat ranks 6th in overall ranking and 4th for efforts. It has the highest water intake across all major cities. It also has the lowest percentage of people having acidity/indigestion issue as well as aches and pains. They also do well in terms of average sleep, stress management and alcohol intake.

However, Surat has a higher percentage of people having health issues like diabetes, cholesterol, heart issues, etc. It has the second highest percentage of people having diabetes.
Thyroid: 10.8%  
Heart Issues: 11.0%  
Acidity/Indigestion: 21.0%  

Allergies: 14.5%  
Aches and Pains: 13.6%  
% of People Falling Sick More than Twice a year: 17.2%  

Average Steps: 7179  
Rank 15  
Average Water intake (in lts): 2.4  
Rank 1  
Average Food Logs: 2.4  
Rank 13  
Average Sleep (in hours): 7.1  
Rank 2  

Stress Management Score: 2.9  
Rank 3  
Alcohol: 21.3%  
Rank 2  
Smoking: 21.0%  
Rank 11  
HRA Score - % of People in the UnHealthy bracket: 59.1%  
Rank 5