

Data Mining Project (MaBAn 2020)

Predicting obesity levels according to daily habits

by : Ángel Tomás-Ripoll & Laurence Tréteault-Falsafi

Contents

Introduction

1

Introduction

For this project, our objective is to predict the expected weight level (in Kg) for a given person depending on certain daily habits (eating and physical activity) and on the person's age and height.

To do this, we found a quite interesting dataset (click here : <http://archive.ics.uci.edu/ml/datasets/Estimation+of+obesity+levels+based+on+eating+habits+and+physical+condition+>) containing 2111 observations and 17 variables (mainly categorical).

Please, find here a manually created metadata table :

```
# To adjust the page margins when knitting to PDF :  
  
library(knitr)  
opts_chunk$set(tidy.opts=list(width.cutoff=45),tidy=TRUE)
```

```
# Used packages :  
library(pander)  
library(dplyr)  
library(gt)  
  
# Working Directory :  
setwd("~/GitHub/CVTDM_Project_MaBAn_2020")  
  
# Reading the data :  
obesity <- read.csv("Obesity.csv", header = T,  
  sep = ",")
```

```
# Small metadata table :

tibble_table <- tibble(Variable = c(colnames(obesity)[1:14],
  "", colnames(obesity)[15:17]), Description = c("Gender",
  "Age", "Height", "Weight", "Has a family member suffered or suffers from overweight?",
  "Do you eat high caloric food frequently?",
  "Do you usually eat vegetables in your meals?",
  "How many main meals do you have daily?",
  "Do you eat any food between meals?", "Do you smoke?",
  "How much water do you drink daily?", "Do you monitor the calories you eat daily?",
  "How often do you have physical activity?",
  "How much time do you use technological devices such as",
  "cell phone videogames, television, computer and others?",
  "How often do you drink alcohol?", "Which transportation do you usually use?",
  "Obesity level based on calculation of Mass Body Index"))

metadata <- gt(data = tibble_table)

metadata %>% tab_header(title = md("**Metadata**"),
  subtitle = "from the dataset we are using") %>%

tab_source_note(source_note = "Based on information in :

https://www.sciencedirect.com/science/article/pii/S2352340919306985")
```

Metadata	
from the dataset we are using	
Variable	Description
Gender	Gender
Age	Age
Height	Height
Weight	Weight
family_history_with_overweight	Has a family member suffered or suffers from overweight?
FAVC	Do you eat high caloric food frequently?
FCVC	Do you usually eat vegetables in your meals?
NCP	How many main meals do you have daily?
CAEC	Do you eat any food between meals?
SMOKE	Do you smoke?
CH2O	How much water do you drink daily?
SCC	Do you monitor the calories you eat daily?
FAF	How often do you have physical activity?
TUE	How much time do you use technological devices such as cell phone videogames, television, computer and others?
CALC	How often do you drink alcohol?
MTRANS	Which transportation do you usually use?
NObeyesdad	Obesity level based on calculation of Mass Body Index

Based on information in :
<https://www.sciencedirect.com/science/article/pii/S2352340919306985>

The variable of interest is the fourth one, the “Weight”.

We were “lucky” on the fact that this dataset has a quite high level of quality, because it has no missing observations, and our subsequent exploratory analysis will tell us if there are outliers to be handled with.

Once we are done with a Data Exploratory Analysis and with a proper Data Pre-Processing, we will develop several models in order to accurately predict the level of weight of each individual.

The models will be :

1. Multiple Linear Regression (not ANOVA since “Age” and “Height” are numerical)
2. Classification tree (maybe complemented with a random forest / boosted trees / bagged trees)
3. k-Nearest Neighbors
4. Ensemble Method

At the end, we will deploy the best model based on error metrics and prediction performance.

At the very end, we will make available a Shiny App in which any user can fill-in a questionnaire concerning daily habits, age and height. Then, the App will tell the user what is the expected weight according to those characteristics, and will present the result in two forms :

- The expected weight in Kg.
- The expected obesity level based on the Body Mass Index, following the classification coming from the World Health Organisation.

The user will also be able to select the type of model that will predict the results. That way, it will be interesting to see with just a few clicks how each model will yield different results.