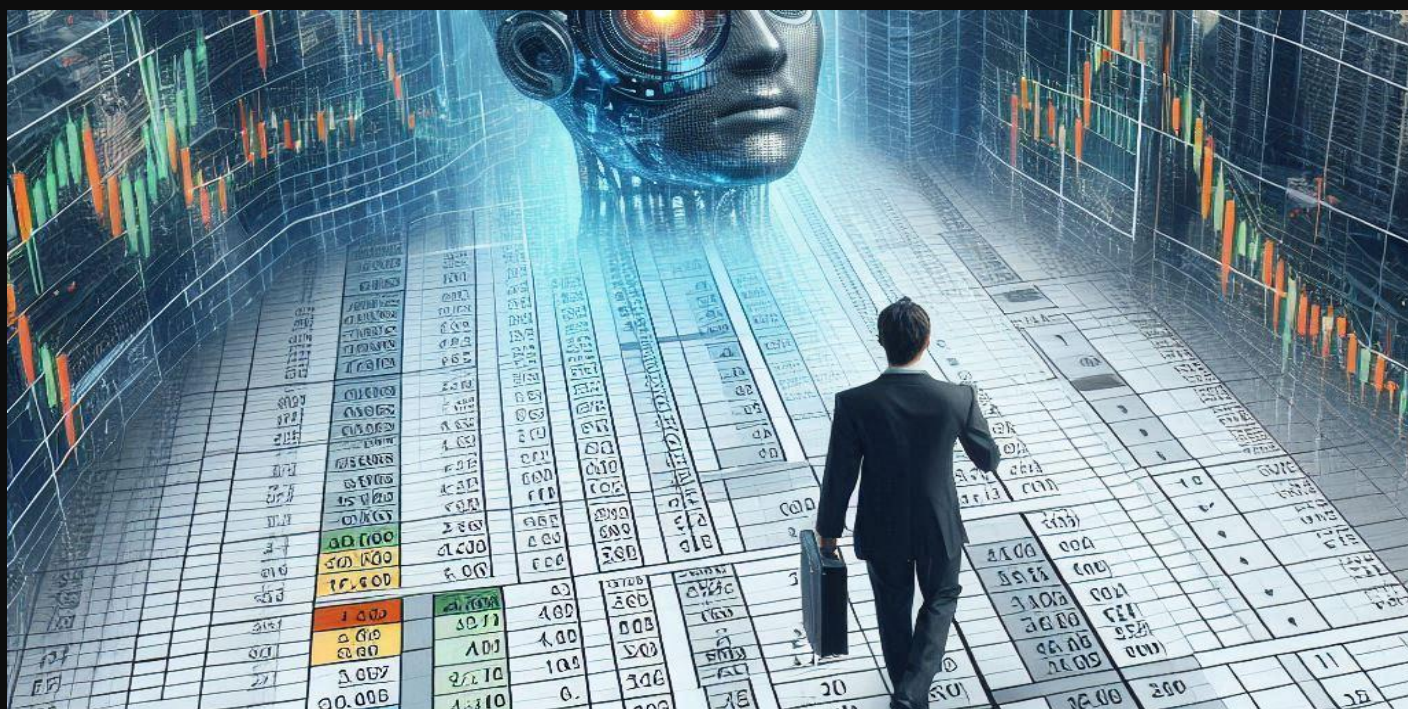


# Heart Disease Report



Created by Akash Kumar

## **Objective**

I have done analysis of heart disease data set. how many people are suffering or not from heart disease and how many people have Diabetes disease or not . after then ,I have received information like average blood pressure, average BMI and average Cholesterol by Age group from heart disease data set. and I told in conclusion part how have resolve to this problem. what should want to do?.

I have collect insights from heart disease data set and I have received insights from various type of task and it's given below task.

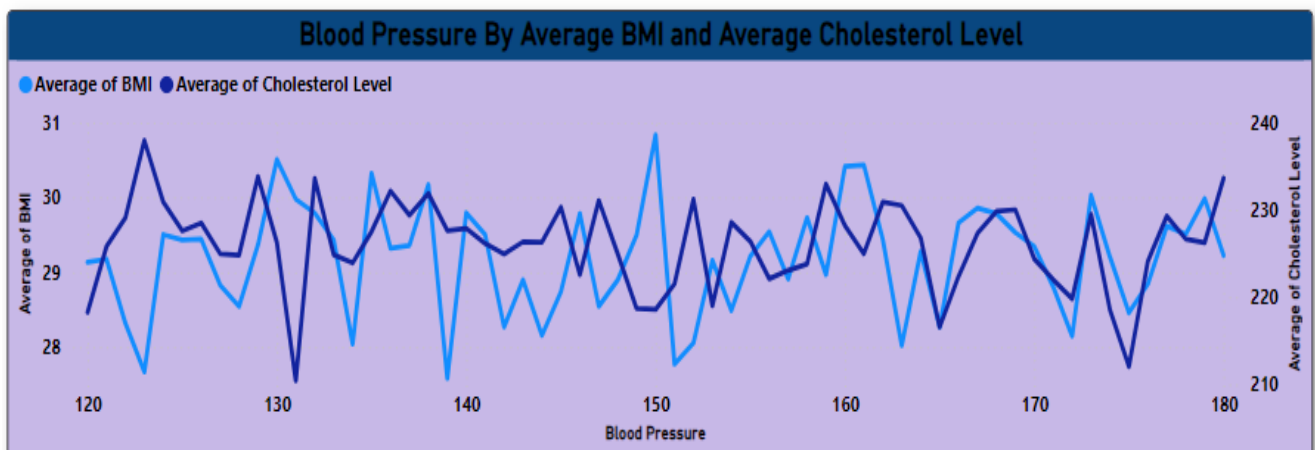
- Gender By Blood Pressure, Average BMI and Cholesterol.
- Diabetes By Patient.
- People By Age Group
- Heart Disease By Age Group
- Heart Disease By Gender in Age Group
- Average BMI By Age Group
- Average Cholesterol By Age Group
- Average Blood Pressure By Age Group

# Gender By Blood Pressure, Average BMI and Cholesterol

1. Woman's blood pressure, Average BMI and Average cholesterol information has been extracted from heart disease data set. there have given in graph, blood pressure at 139.9, minimum average BMI 27.1 and blood pressure at 131, minimum average cholesterol level 209.9, blood pressure at 122, maximum average Cholesterol level 239 and blood pressure at 150, maximum average BMI 29.9. We should pay attention our body function. Its most significant thing. otherwise you can be get different types disease.

Gender

☒ Female ☐ Male

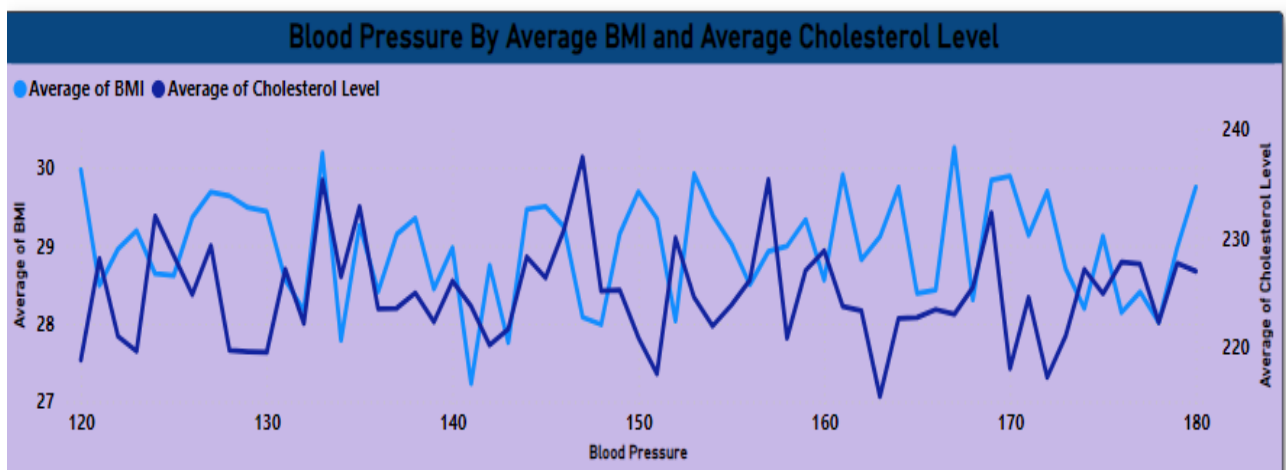


**Important Point :-** When it comes to heart health, a few numbers (your blood sugar, blood pressure, cholesterol and body weight) can tell you a whole lot. If these are too high, you are more likely to have heart disease and other health problems.

2. Man's blood pressure, Average BMI and Average cholesterol information has been extracted from heart disease data set. There have given in graph, Blood pressure at 162, minimum average cholesterol 27 and blood pressure at 140, minimum average BMI 27. blood pressure at 147, maximum average cholesterol 239.9 and blood pressure at 133, maximum average BMI 30.

Gender

☐ Female ☒ Male

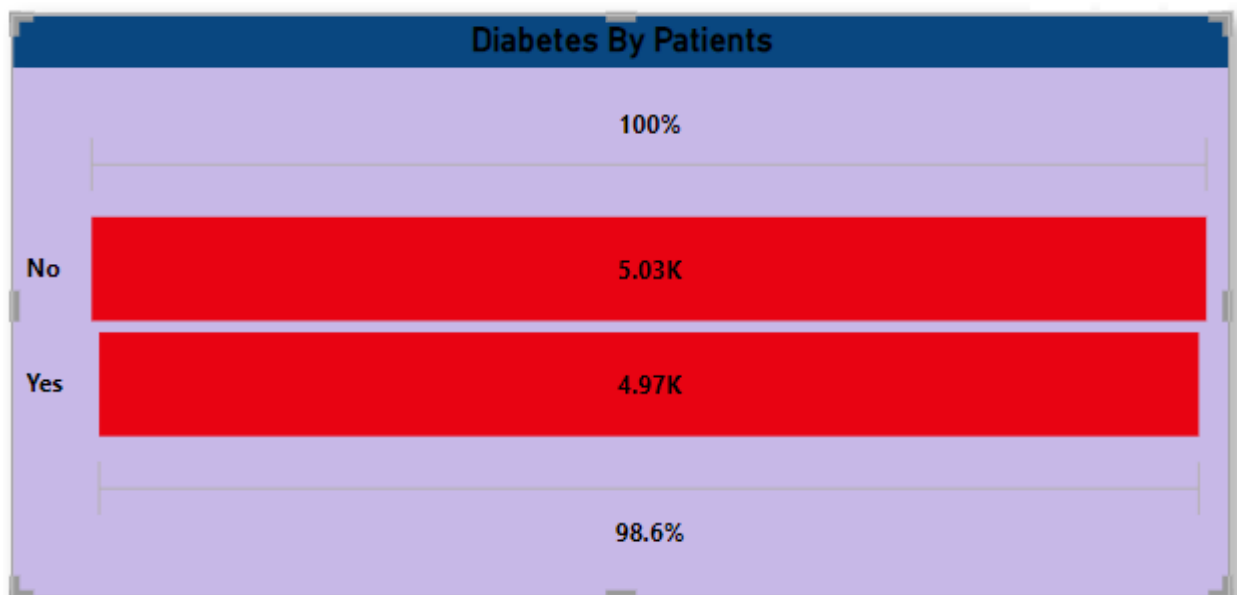


**Import Points:-**

- Less than 120/80 is considered normal.
- 120-129/less than 80 is considered elevated.
- Cholesterol - 200-239 mg/dL is borderline high, indicating some risk for heart disease.
- A healthy BMI is between 18.6 and 24.9.

## Diabetes By Patient

There have used funnel chart to visualization and analysis of data from heart disease data set to find information how many people have diabetes. There have given in funnel chart, five thousands of people (**5k**) do not have diabetes but four thousands(**4k**) of people have diabetes at there.



**Important Points** :- diabetes of person should not take alcohol and doing smoke, otherwise more chances can be heart disease and high risk get heart attack.

The range for diabetes is a fasting blood sugar level of 126 mg/dL(7 mmol/L) or higher on two separate tests.

## People By Age Group

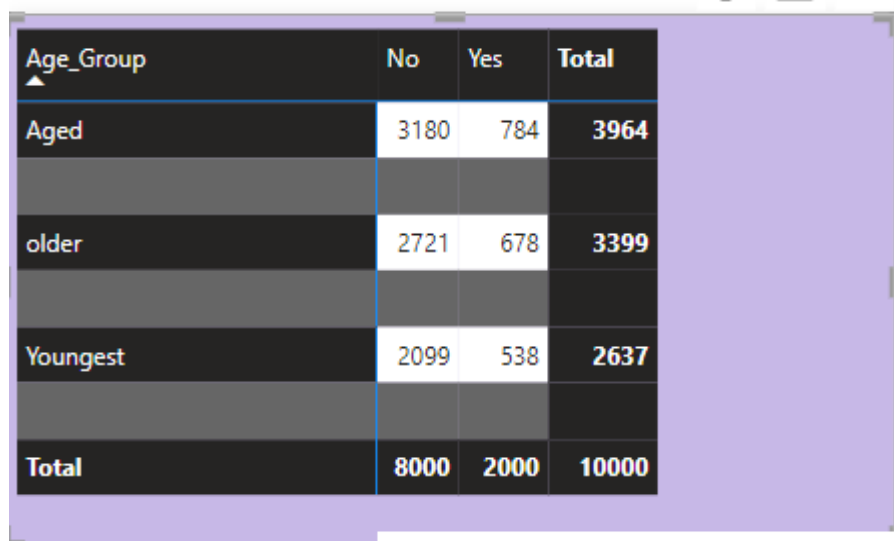
There have used matrix chart to analysis and visualization of data from heart disease data set. There have been received information of people by age group from heart disease data set. There have Three group in age by people.

- Aged group
- Older group
- Youngest group

**Youngest group:** There have in youngest group, two thousands six hundreds thirteen seven(**2637**) people present.

**Aged group:** There have in Aged group, three thousands nine hundreds sixty four(**3964**) people present.

**Older group :** There have in older group, three thousands three hundreds nineteen nine(**3399**) people present.



The image shows a screenshot of a Tableau matrix chart. The chart displays data for three age groups: Aged, older, and Youngest. The columns represent the heart disease status (No, Yes) and the total number of people. The data is as follows:

Age_Group	No	Yes	Total
Aged	3180	784	3964
older	2721	678	3399
Youngest	2099	538	2637
Total	8000	2000	10000



## Heart Disease By Age Group

There have used matrix chart and Slicer to analysis and visualization of data from heart disease data set. There have been received information of Heart disease by age group from heart disease data set. There have Three group in age by people.

- Heart disease by Youngest group
- Heart disease by Aged group
- Heart disease by Older group

**Heart disease by Youngest group:** - There have in Youngest group, five hundreds thirty eight(**538**) of people present in Heart disease.

**Heart disease by Aged group :-** There have in Aged group, Seven hundreds eighty four(**784**) of people present in Heart disease.

**Heart disease by Older group :-** There have in Older group, Six hundreds seventy eight(**678**) of people present in Heart disease.

**Important point:-** Exercise and yoga most important thing for heart disease person. It must not take alcohol and smoking duration of heart disease otherwise it can be most chances get of heart attack.

Heart Disease Status			
No		Yes	
Age_Group	No	Yes	Total
Aged	3180	784	3964
older	2721	678	3399
Youngest	2099	538	2637
Total	8000	2000	10000

## Heart Disease By Gender in Age Group

There have used matrix chart and Slicer to analysis and visualization of data from heart disease data set. There have been received information of Heart disease by Gender in Age group from heart disease data set. There are Three age group.

- Heart disease by Male in Youngest group
- Heart disease by Male in Aged group
- Heart disease by Male in Older Group

**Heart disease by Male in Youngest group:-** There have Two hundreds seventy five of Male present in Heart disease.

**Heart disease by Male in Aged group :-** There have four hundreds eight of Male present in Heart disease.

**Heart disease by Male in Older Group :-** There have Three hundreds forty seven of Male present in Heart disease.

Gender			
Female		Male	
Age_Group	No	Yes	Total
Aged	1579	408	1987
older	1352	347	1699
Youngest	1030	275	1305
Total	3961	1030	4991



There have been received information of Heart disease by Gender in Age group from heart disease data set. There are Three age group

- Heart disease by Male in Youngest group
- Heart disease by Male in Aged group
- Heart disease by Male in Older Group

**Heart disease by Male in Youngest group:-** There have Two hundreds Sixty three of Male present in Heart disease.

**Heart disease by Male in Aged group :-** There have three hundreds seventy six of Male present in Heart disease.

**Heart disease by Male in Older Group :-** There have Three hundreds thirty one of Male present in Heart disease.

Gender			
Female		Male	
Age_Group	No	Yes	Total
Aged	1601	376	1977
older	1369	331	1700
Youngest	1069	263	1332
Total	4039	970	5009

## Average BMI By Age Group

There have used Donut chart to analysis and visualization of data from heart disease data set. BMI stand for Body Mass Index, There have been received information of Average BMI By Age group from heart disease data set.

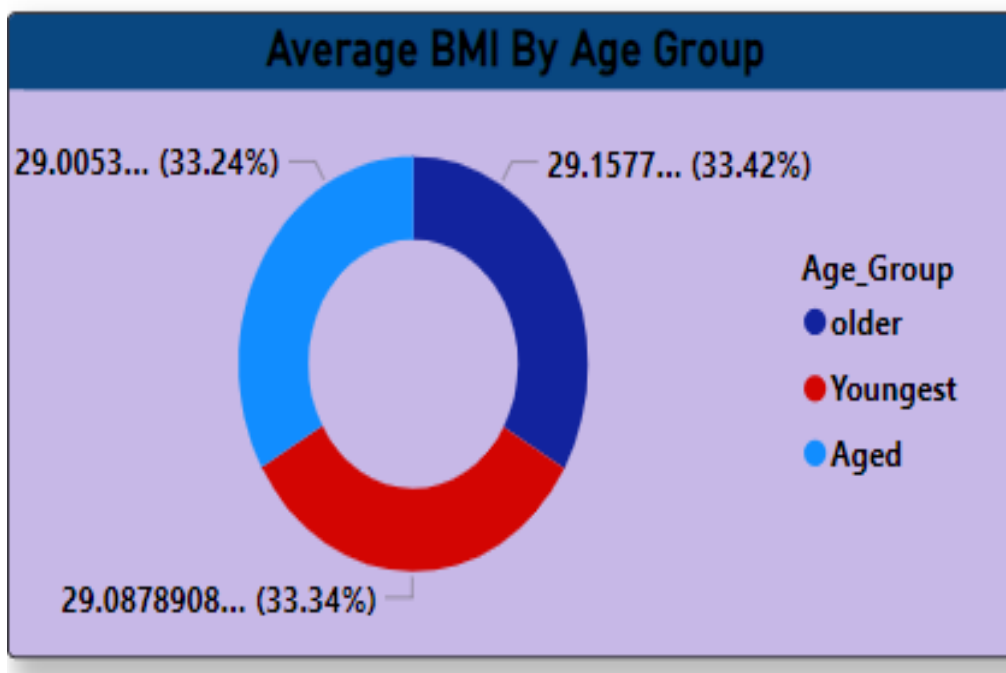
There are three age group. 1) Youngest group. 2) Aged Group. 3) Older group. Youngest group have body mass index(BMI) 29.08, Aged Group have average body mass index like 29.0 and Older group have body mass index like 29.15.

**Important Point:** Your body mass index, or BMI, uses your height as well as your weight to give you a better idea of how much of your body is composed of fat.

**The higher your BMI, the greater your risk of heart disease, hypertension and diabetes.**

- A healthy BMI is between 18.6 and 24.9.
- A BMI between 25-29.9 is considered overweight

Exercise most important for health because your fat have maintain then body mass index also maintain.



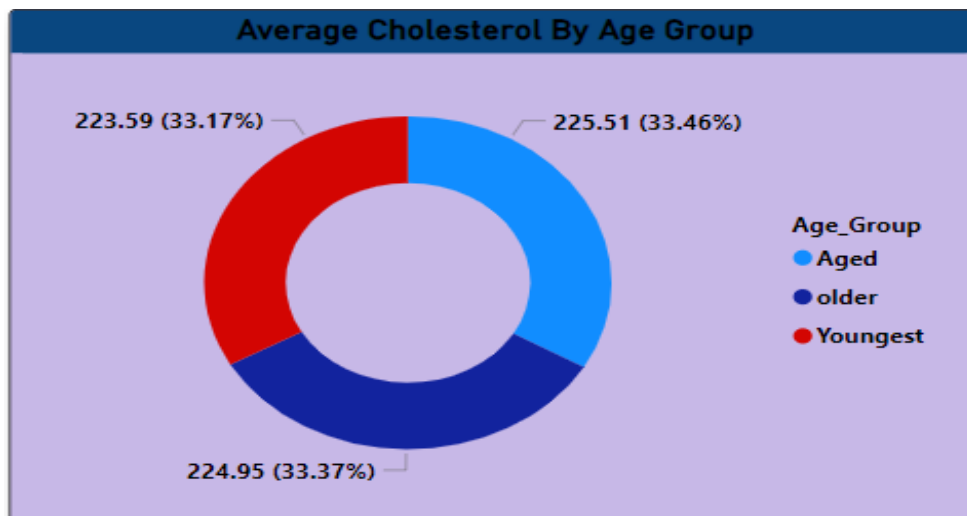
## Average Cholesterol By Age Group

There have used Donut chart to analysis and visualization of data from heart disease data set. There have been received information of Average Cholesterol By Age group from heart disease data set. Youngest group have Average Cholesterol like 223.59, Aged Group have average Cholesterol like 225.51 and Older group have Average Cholesterol like 224.95.

**Important Point:** -A total cholesterol reading of 200 milligrams per deciliter (mg/dL) is good. 200-239 mg/dL is borderline high, indicating some risk for heart disease. high cholesterol can increase your risk for heart disease and heart attacks.

**Key Point:** - Cholesterol is impacted in part by your diet, so reducing your intake of unhealthy foods like fried dishes and rich desserts can help improve your number.

**if you do not attention your cholesterol then your can be vein block day to day, in the sence your blood circulation would be slow and high chance to heart attack.**



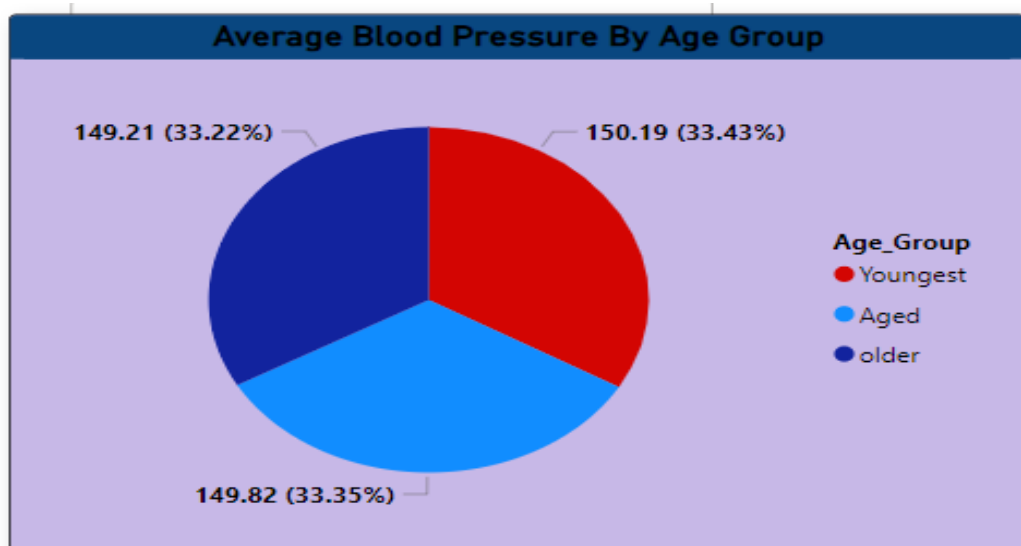
## Average Blood Pressure By Age Group

There have used Pie chart to analysis and visualization of data from heart disease data set. There have been received information of Average Blood Pressure By Age group from heart disease data set. There are Three age group. Youngest group have average Blood Pressure like 150.19, Aged Group have average Blood Pressure like 149.82 and Older group have Average Blood Pressure like 149.21.

**Important Point:** - Blood pressure measures the force of blood against the arteries when your heart beats (top number) and rests (bottom number). **Less than 120/80 is considered normal.**

- 120-129/less than 80 is considered elevated.
- 130-139/80-89 is considered stage 1 high blood pressure.
- 140/90 or higher is considered stage 2 high blood pressure.

**if you have low blood pressure then you take high salt in your food and you have high blood pressure then you take low salt in your food.it will be good for health. regular exercise, which can help maintain a healthy blood pressure, into your daily routine.**

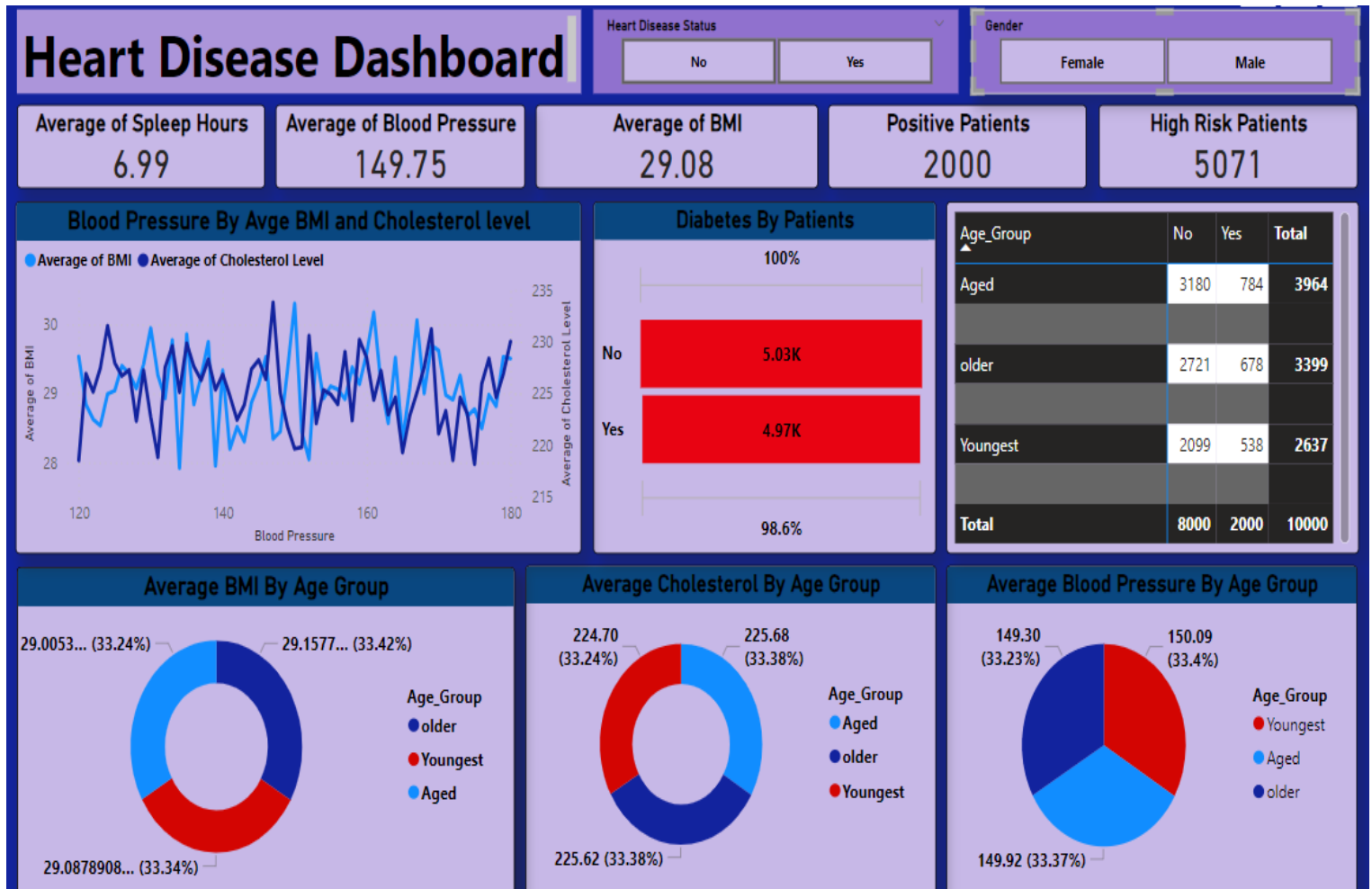


## **Conclusion**

There are suffering two thousand people of heart disease, in which one thousands three of female and nine hundreds seventy of Male Present. Heart disease of person must not contain oily food ,snacks and Masala because it can be more chances of heart attack. Heart disease of person must be exercise and yoga because your argon function would good work then still health will be enhance and day to day decrease your heart disease. It must not contain alcohol and smoking in duration of heart disease. Heart disease of person must take medicine every day at right time and it must be sleep for 6 hours. Every Person must be sleep for 6 hours for health.

Diabetes of person must not contain high sugar, oily food and snacks otherwise it can be heart disease. It must not contain alcohol and smoking in duration of Diabetes because it can be more chances of heart disease. Diabetes of person should exercise and yoga, in which it can be improvement in health.

# Dashboard



Thank You!