

Public Health Behavior Dashboard: Insights from BRFSS Data

1. Project Overview

This project analyses behavioral health indicators (physical activity, obesity/weight status, and fruit & vegetable intake) across demographics and geography using Excel and interactive Power BI dashboards.

2. Tools Used

- Microsoft Excel
- Power BI

3. Dataset

- Source: [Nutrition, Physical Activity, and Obesity - Behavioral Risk Factor Surveillance System](#)
- Data contains: Year, Location, Class, Topic, Question, Data value, Low confidence limit, High confidence limit, Sample size, Age, Education, Sex, Income, Race/Ethnicity, Latitude, Longitude, Stratification, Stratification category

4. Steps Followed

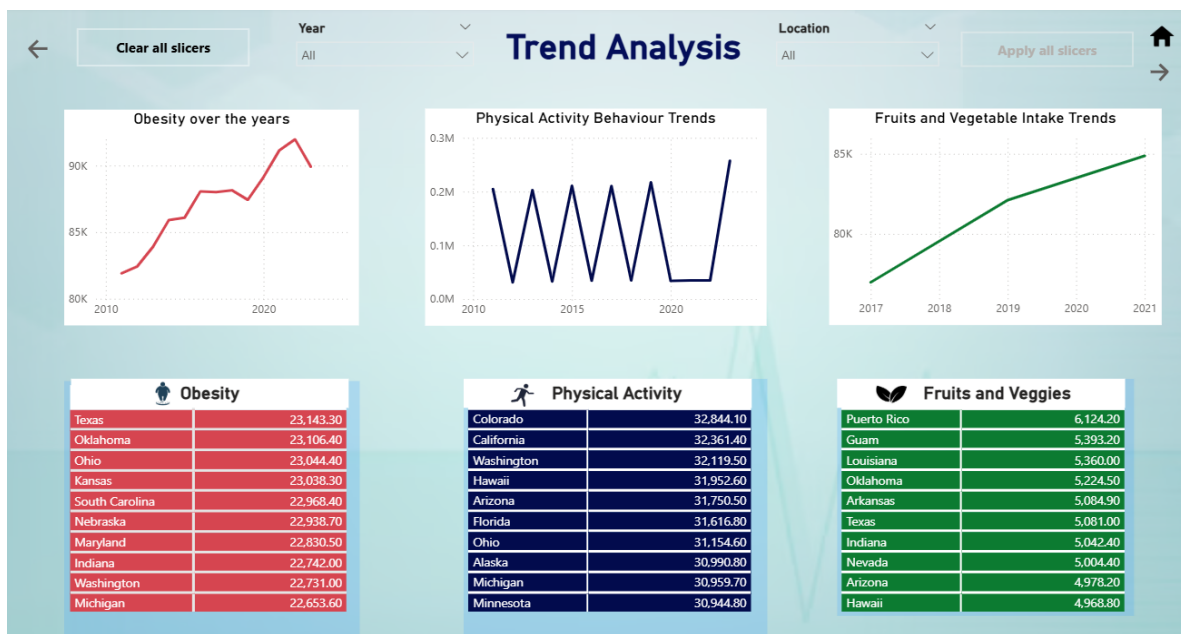
- Cleaned data in Excel (handled missing values, removed blanks, formatted columns, split the columns)
- Imported cleaned data into Power BI
- Built dashboards using charts (Line charts, donut chart, stacked bar and column chart, matrix, shape map) slicers, and KPIs

5. Key Insights

- Physical activity behavior has the highest data representation (1.54M entries)
- Obesity-related data comes second (1.13M), followed by fruit & vegetable intake (0.24M)
- Filters allow slicing by demographic and socioeconomic attributes.
- Obesity trends showed a consistent increase from 2010 to 2020, followed by a slight dip.
- Physical Activity trends showed fluctuating trend with a sharp rise in 2021.

- Fruits & Vegetables trend steady upward from 2017 to 2021.
- Texas and Oklahoma (~23K each) have the highest obesity rate.
- Colorado, California, and Washington are the most physically active states.
- Puerto Rico and Guam have the highest fruit & vegetable Intake.

6. Screenshots





7. Files Included

- Public Health Behavior Data set.xlsx – Cleaned data and basic analysis.
- Public Health Behavior Dashboard.pbix – Power BI dashboard.
- ‘README.md’ – Project description.

8. How to Use

- Open ‘Public Health Behavior data set.xlsx’ to view the cleaned data.
- Open ‘Public Health Behavior Dashboard.pbix’ in Power BI Desktop to explore the visuals.