



Diabetes Risk and Health Patterns

Diabetes Indicators

Diabetes Demographics

Age Group

All

Gender

All

Income

All

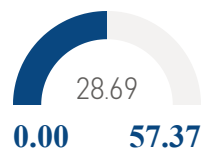
Education

All



Note: This dataset from BRFSS 2015 explores how lifestyle, health status and demographics relate to diabetes diagnosis among

AVG BMI



 **19%**
PoorOrFairHealth %

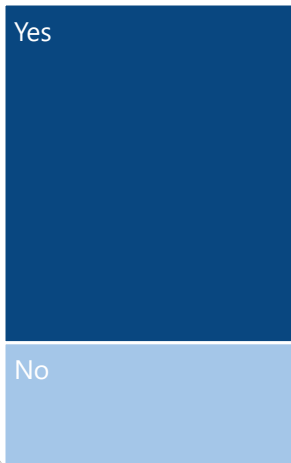
 **3.51**
Avg Mental Health Days

 **5**
Avg Physical health days

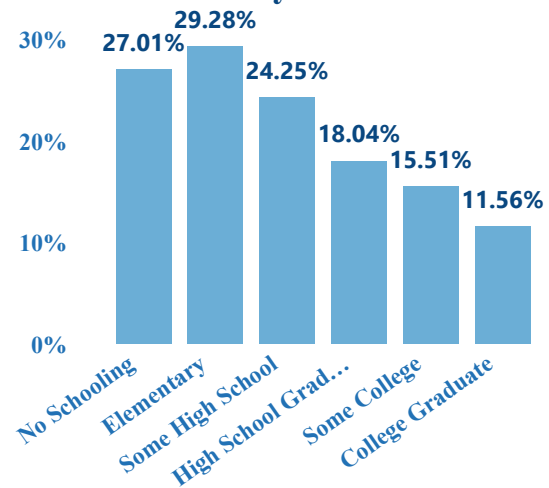
 **28.69**
Average BMI

 **230K**
Total Respondents

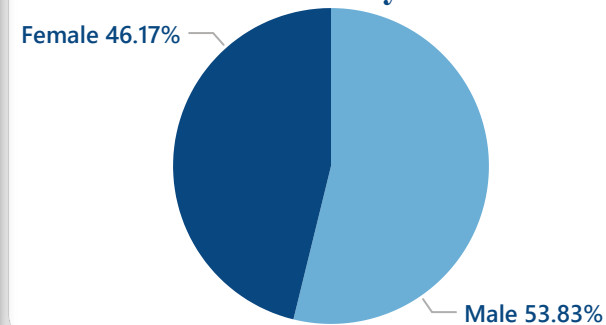
Total Respondent by Physical Activity



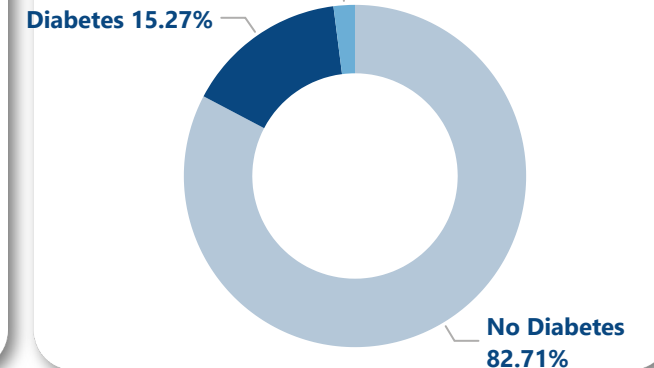
Diabetes Status by Education Level



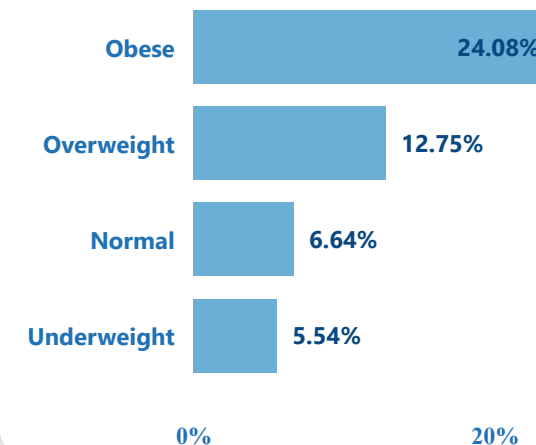
Diabetes Status by Gender



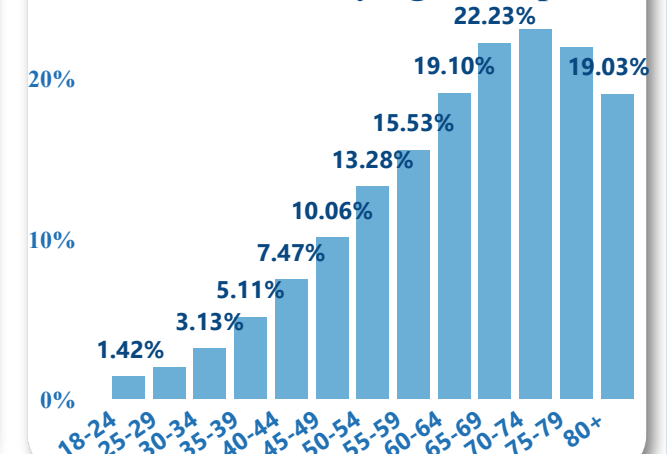
Total Respondent by Diabetes Status



Diabetes Status by BMI Category

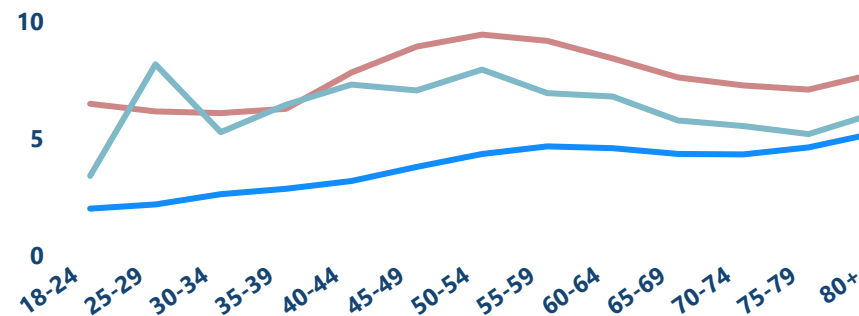


Diabetes Status by Age Group



Diabetes Status by Average Physical Health Days

Diabetes status ● Diabetes ● No Diabetes ● Prediabetes





Diabetes Risk and Health Patterns

Diabetes Indicators

Health Impacts

Age Gro... ▾

All ▾

Gender ▾

All ▾

Income ▾

\$50k-\$75k ▾

Education ▾

All ▾



13.00%



Diabetes %

85.17%



No Diabetes %

1.83%

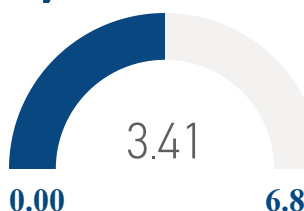


Prediabetes %

Heatmap of Avg. Mental Health Days by Gender and Age Group

Age Group	Female	Male
18-24	4.99	3.43
25-29	4.13	2.87
30-34	4.14	3.11
35-39	4.15	3.01
40-44	4.33	2.57
45-49	4.34	2.92
50-54	3.88	2.64
55-59	3.78	2.19
60-64	2.92	1.86
65-69	2.55	1.78
70-74	1.71	1.23
75-79	2.07	1.24
80+	1.54	1.22

Avg. Physical Health Days

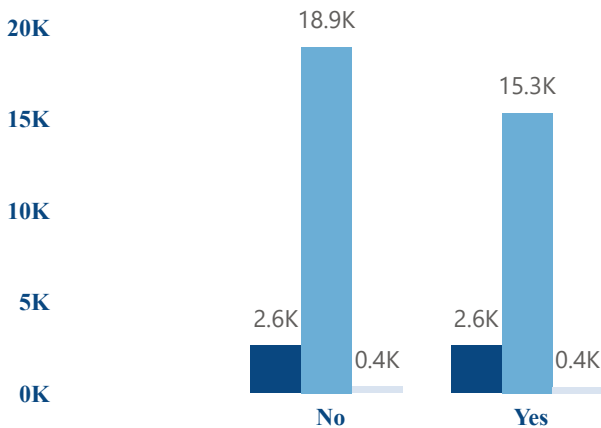


Decomposition Tree

Total Respondents
40189

Total Respondent by Smoker and Diabetes Status

Diabetes status ● Diabetes ● No Diabetes ● Prediabetes



Key Health Impact Insights



4.68 Days: On average, **Diabetes respondents report 4.68 days of poor physical health monthly**, which almost **double** compared to those without **diabetes**



Mental Health Alert: Mental health burden **rises significantly with age**, with **females aged 65+** experiencing the highest levels - posing a double challenge and mental health deterioration



Behavioral Risks: Smoking Prevalence is notably higher among **diabetes respondents**, especially **males and physically inactive groups**, exposing them to compounded health risks



Physical inactivity Crisis: Over **60% of Diabetes respondents are physically inactive** making **lifestyle interventions critical to reversing this trend**