



Diabetes Health Indicator Analysis

Diabetes Indicators

Diabetes Demographics

Age Group

All

Gender

All

Income

All

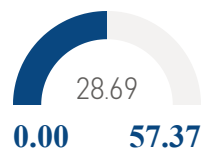
Education

All



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

AVG BMI



 **19%**
PoorOrFairHealth %

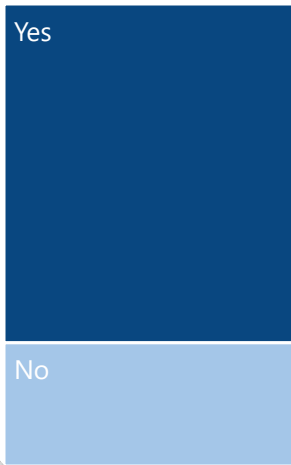
 **3.51**
Avg Mental Health Days

 **5**
Avg Physical health days

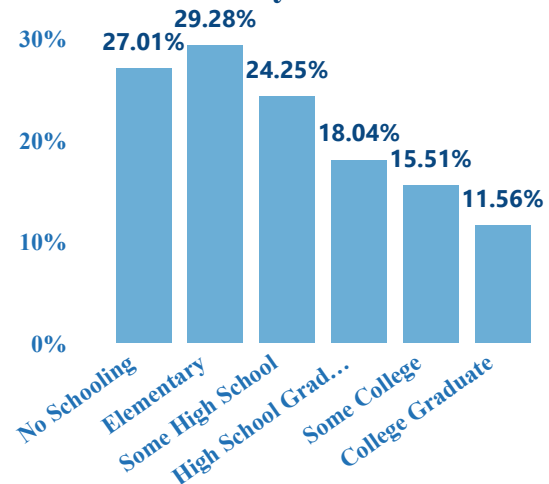
 **28.69**
Average BMI

 **230K**
Total Respondents

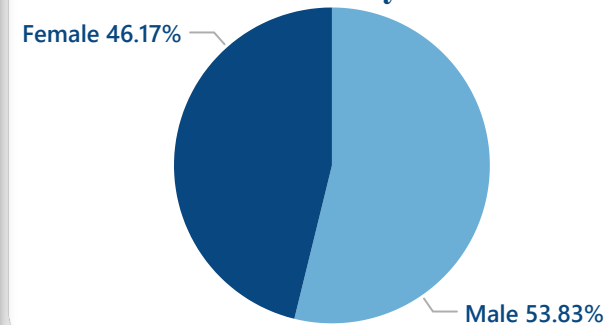
Total Respondent by Physical Activity



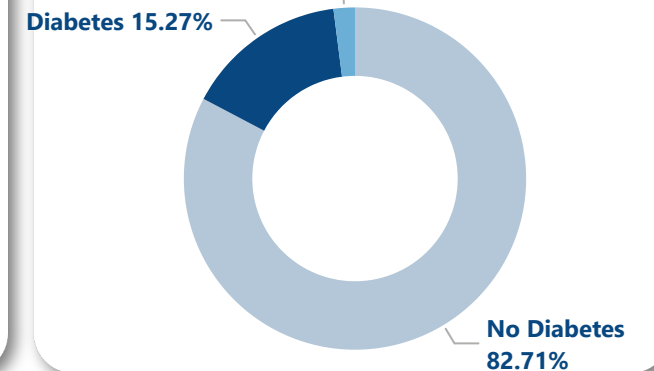
Diabetes Status by Education Level



Diabetes Status by Gender

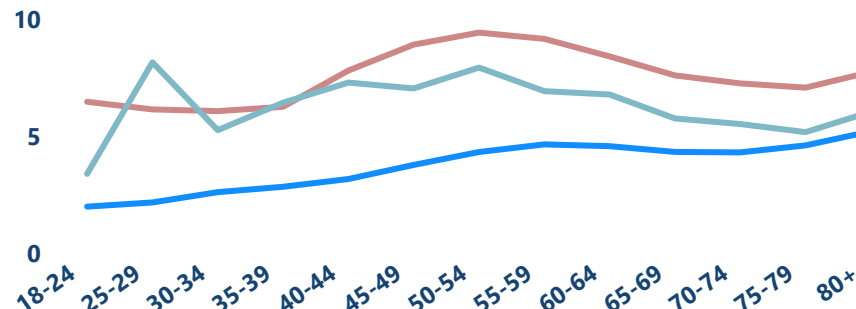


Total Respondent by Diabetes Status

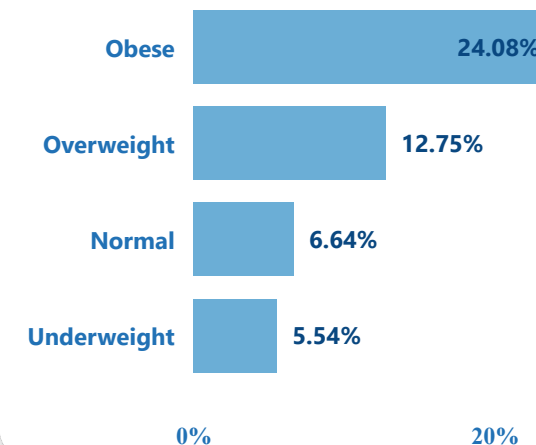


Diabetes Status by Average Physical Health Days

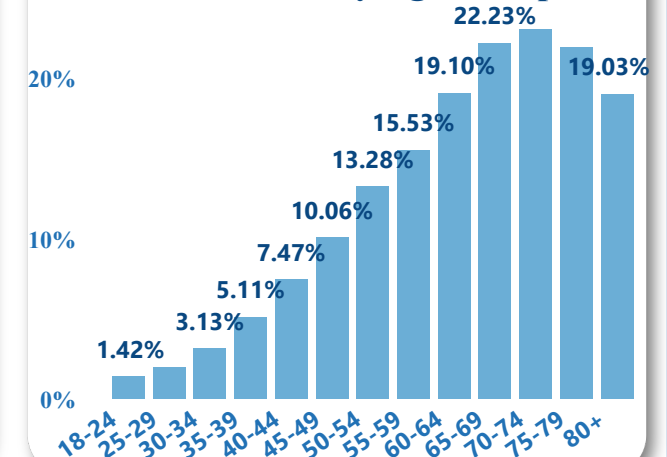
Diabetes status ● Diabetes ● No Diabetes ● Prediabetes



Diabetes Status by BMI Category



Diabetes Status by Age Group





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%

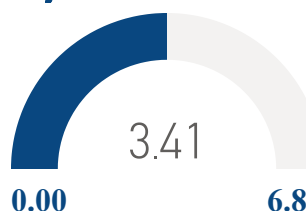


Prediabetes %

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

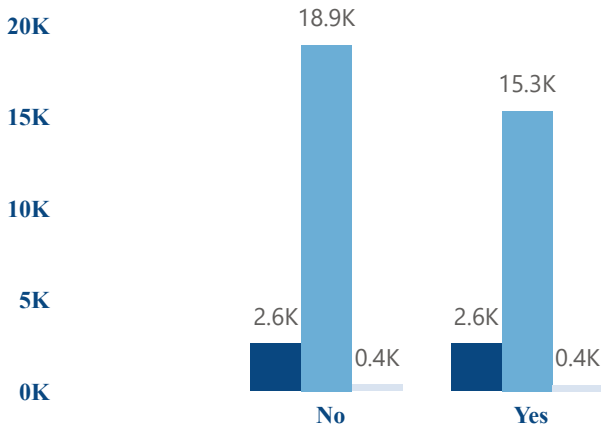


Decomposition Tree

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**