

Tableau Project Report

Nutrition & Academic Performance Analytics

Project Objectives

- Improve Student Health: Promote healthy eating habits and provide personalized nutrition plans tailored to individual needs, ensuring students maintain good physical and mental health.
- Enhance Academic Performance: Use data to identify links between nutrition and academic outcomes. Help ensure students receive the nutrients necessary to boost cognitive function and concentration.
- Inform Decision-Making: Equip educational institutions with data-driven insights and actionable recommendations to develop policies and initiatives that support student well-being and academic success.

1. Ideation Phase

a. Brainstorming Files

Student Health: Nutrition tracking, meal quality, personalized diets, health surveys

Academic Performance: GPA trends vs. nutrition intake, concentration levels, attendance patterns

Institutional Decision-Making: Cafeteria menu design, health awareness campaigns, parental involvement

Tools and Data: Tableau dashboards, student surveys, wearable health data, attendance records

b. Empathy Map

User Group: Students (Age 13-22)

Says: "I'm too busy to eat right." "Cafeteria food isn't healthy."

Thinks: "Healthy food might improve my focus." "Nutrition seems complicated."

Does: Eats processed snacks. Skips breakfast or lunch.

Feels: Overwhelmed, tired, anxious during exams.

User Group: School Administrators

Says: "We need data to support new health policies."

Thinks: "Student performance may be linked to well-being."

Does: Reviews attendance and academic records.

Feels: Pressured to improve both health and grades.

c. Problem Statement

Students in educational institutions often lack access to personalized nutrition guidance, leading to poor dietary habits that may negatively impact both their health and academic performance. There is a need for a data-driven solution that helps institutions understand the correlation between nutrition and academic success, and supports actionable improvements in student wellness.