**1. Understanding Your Topic**

* **Chronic Diseases**: These include diseases like diabetes, heart disease, obesity, and cancer, which are long-lasting and require ongoing medical attention.
* **Risk Factors**: Identify and categorize the risk factors associated with chronic diseases, such as lifestyle choices (smoking, poor diet), genetic predisposition, and environmental influences.

**2. Data Collection**

* **Identify Data Sources**: Look for datasets from health organizations (like WHO or CDC), public health databases, or academic publications.
* **Data Types**: Ensure you have quantitative data (like incidence rates) and qualitative data (like patient surveys or lifestyle assessments).

**3. Data Processing**

* **Cleaning Data**: Remove any inconsistencies or irrelevant information from your datasets.
* **Transforming Data**: Organize the data to make it suitable for visualization. This might involve normalizing values or creating new variables (e.g., categorizing age groups).

**4. Visualisation Design**

* **Sketch Low-Fidelity Prototypes**: Create rough sketches of potential visualizations. Consider different types of charts (bar, line, scatter) to represent various data points.
* **Iterate Based on Feedback**: Share initial designs with peers for feedback and refine them.

**5. Creating Visualisations**

* **Choose a Tool**: Use software like Tableau, R, or Python libraries (Matplotlib, Seaborn) to create interactive visualizations.
* **Focus on Clarity**: Make sure your visualizations are easy to understand. Use appropriate colors, legends, and annotations to guide the viewer.

**6. Building the Website**

* **Web Design**: Ensure that your website is user-friendly and aesthetically pleasing. Incorporate your visualizations effectively.
* **Interactive Elements**: Consider adding features like filters or hover effects to engage users.

**7. Reflection and Documentation**

* **Project Reflection**: Discuss what you learned, challenges faced, and how you overcame them. Include insights into data visualization principles.
* **Documentation**: Prepare a clear and structured Process Book, including your design process, data sources, and final visualizations.

**8. Presentation**

* **Prepare for Stand-ups**: Be ready to discuss your project with clarity, focusing on the goals, process, and results.

**Additional Tips**

* **Relevance**: Ensure all visualizations and discussions tie back to chronic diseases and their risk factors.
* **Citations**: Keep track of all data sources and references for your Process Book.

**1. Focus on Specific Chronic Diseases**

* **Single Disease Focus**: Concentrate on one chronic disease (e.g., diabetes, heart disease, or asthma) to allow for a deeper exploration of its risk factors and impacts.
* **Comparative Analysis**: Compare two or more chronic diseases in terms of their risk factors, treatment outcomes, or prevalence in different demographics.

**2. Geographic Focus**

* **Local vs. Global**: Investigate chronic diseases in a specific region (e.g., your country, a particular city) to analyze local risk factors and health policies.
* **Global Comparisons**: Examine how chronic diseases and their risk factors vary between countries or continents, considering socio-economic and environmental influences.

**3. Target Demographics**

* **Age Groups**: Focus on specific age groups (e.g., children, adolescents, or the elderly) to analyze how chronic diseases affect different life stages.
* **Socio-Economic Status**: Explore how chronic diseases impact various socio-economic groups, looking at access to healthcare and resources.

**4. Risk Factor Specificity**

* **Lifestyle Factors**: Concentrate on particular lifestyle risk factors (e.g., physical inactivity, diet, or smoking) and their direct impact on chronic diseases.
* **Environmental Influences**: Analyze how environmental factors (e.g., air quality, urban living) contribute to the prevalence of chronic diseases.

**5. Treatment and Management**

* **Management Strategies**: Focus on how different risk factors influence the management of a specific chronic disease.
* **Patient Education**: Explore the role of education in managing chronic diseases and how awareness of risk factors can impact outcomes.

**6. Impact Assessment**

* **Economic Impact**: Analyze the economic burden of a specific chronic disease on healthcare systems or individuals.
* **Health Outcomes**: Focus on the long-term health outcomes associated with specific risk factors for a chronic disease.

**7. Visualization Focus**

* **Data Visualization Techniques**: Choose to specialize in certain types of data visualizations (e.g., infographics, interactive maps, or dashboards) to convey your findings effectively.