

FIT5147 Initial Project Proposal

Obesity epidemic in the USA

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This project aims to wrangle the data, analyse it to find trends and relations, visualise and present finding regarding the obesity epidemic in USA. Goal of this project is finding out the causes of obesity and figure out insights towards reducing this ever-growing socio-economic problem by analysing various behavioural risk factors.

Questions:

- 1) Which states in the USA have the most and least obese/overweight people?
- 2) Do activity levels of individuals affect the level of obesity in the US population?
- 3) Does race or age affect obesity levels?
- 4) Are there any differences in levels of obesity by gender? Depending on the answer explore the avenue.
- 5) Which factors can influence an unhealthy diet? Is there any relation between being unhealthy and being obese/overweight?
- 6) Do social and economic conditions affect level of obesity?

Data source:

- Nutrition, physical activity and obesity – Behaviour Risk Factors Surveillance System. This Data is collected by Centers for Disease Control and Prevention. Data is from the USA govt. federal database, and for public use.

Description of data source:

- **Tabular data:** 63k rows x 33 columns. It has spatial data, temporal data, quantitative data for obesity percentages for various scenarios, categorical data such as gender, group data(income groups, age groups), textual data and much more(<https://catalog.data.gov/dataset/nutrition-physical-activity-and-obesity-behavioral-risk-factor-surveillance-system>). The data is in csv format and was last updated on February 26, 2020.