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OBESITY EPIDEMIC IN THE USA

FIT5147 Data exploration project report

**Introduction**

This project aims to analyse and visualise the obesity epidemic in USA to find trends and relations. Particular points of interest include states wise analysis of obesity data, causes of obesity in the us population and figure out insights towards reducing this ever-growing socio-economic problem by analysing the behavioural risk factors associated with obesity.

I would like to address the following questions through exploration of the dataset of choice:

* Which states in the USA have the most and least obese/overweight population?
* Do activity levels if individuals affect the level of obesity in the US population?
* Does age or race have an effect on the obesity levels?
* Are there any differences in levels of obesity by gender? Why is this the case?
* Which factors are responsible for an unhealthy diet? Is there any relation between unhealthy food habits and obesity?
* Do social and economic conditions affect obesity levels?

**Source of the data set-**

Nutrition, physical activity and obesity – Behaviour Risk Factors Surveillance System. The data is collected by Centers for disease Control and Prevention and can be found in the USA government federal database (public use).