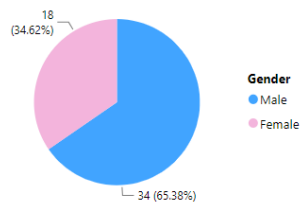
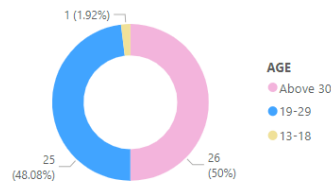


Health Dashboard

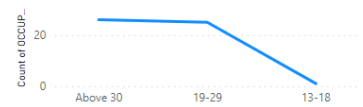
Distribution by Gender



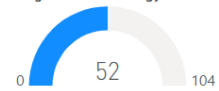
Count of AGE by AGE



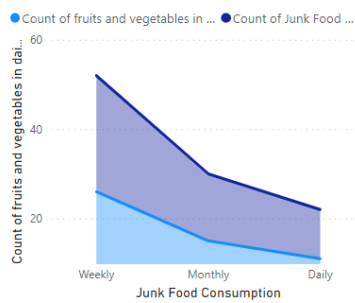
Count of OCCUPATION by AGE



Count of Fatigue or low energy levels?



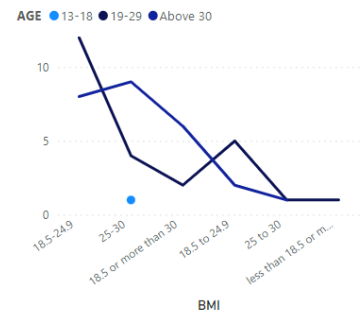
Count of fruits and vegetables in daily diet and Count of Junk Food Consumption by Junk Food Consumption



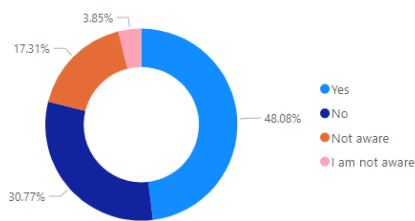
Count of daily intake of water by moderate-intensity exercise and Hours Sleep



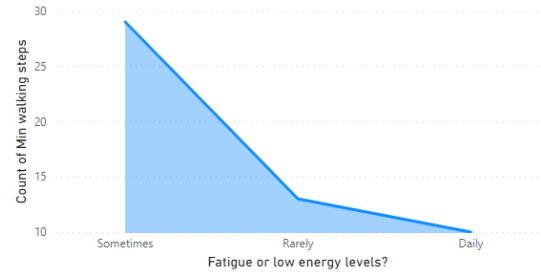
Count of AGE by BMI and AGE



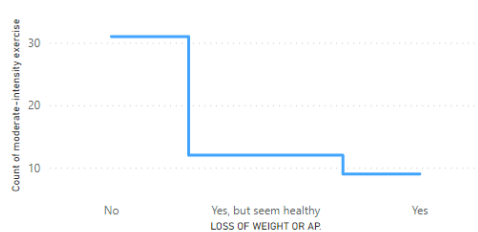
Family History of BP or Diabetes



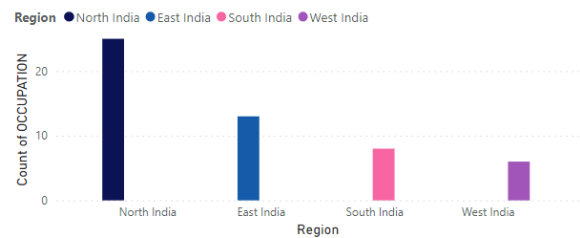
Count of Min walking steps by Fatigue or low energy levels?



Count of moderate-intensity exercise by LOSS OF WEIGHT OR AP.



Count of OCCUPATION by Region and Region



Insights

- The survey has a majority of people above the age 30.

Approximately 50% of which have a family history of blood pressure or diabetes, that's every 2 people in a family of 4 having a diabetes or bp history .

- But only 30% people have fruits and vegetables in their daily diet while 70% people have consumption in their diet.
- Shows that people need to improve their dietary habits whether its lower junk food consumption or more consumption of water. A desperate focus is needed on exercising moderately or even walking as we can see the correlation between sleep and exercising and even feeling less fatigue.