

Don't Skip A Beat

HPC in the City St. Louis Edition

Team song: Livin' on a Prayer- Bon Jovi



Meet The Team



Sofiyyah Afolabi
Hacker



Kevin Drew
Hacker



Daniel Lamb
Hacker



Ayomide Olasupo
Hacker



JerNettie Burney
Mentor

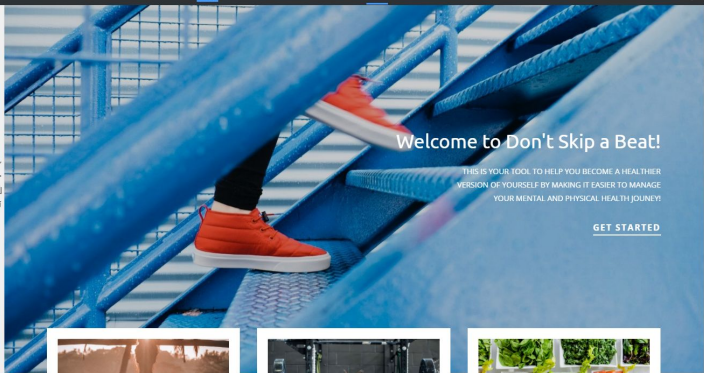


Marcus Golden
Mentor



Josselyn Salgado
Student Mentor


Introduction




Welcome to Don't Skip a Beat!

THIS IS YOUR TOOL TO HELP YOU BECOME A HEALTHIER VERSION OF YOURSELF BY MAKING IT EASIER TO MANAGE YOUR MENTAL AND PHYSICAL HEALTH JOURNEY!


[GET STARTED](#)



MENTAL HEALTH




PHYSICAL HEALTH



NUTRITION


100



The Flexitarian Diet

This diet can be thought of as a flexible vegetarian diet. The majority of your diet will be plant based but you can still eat meat every so often. Consider starting out with 2 meat less days a week and working your way up to 5 over time.


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Mediterranean Diet

This diet is based in fruits, vegetables, whole grains, nuts, seeds, and healthy fats found in foods like avocados and olives. You'll want to avoid processed foods and limit your sugar intake to reap the benefits of this diet.

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Intermittent Fasting

The focus behind intermittent fasting is when you eat rather than what you eat. A popular application of this diet is the 16/8 method which give you an 8 hour window to eat and 16 hours to fast. It's important to make healthy food decisions during your 8 hours so you have the energy you need. It's also important to stay hydrated especially during your fast.

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Problem Statement

- Data collected from the CDC
 - Physical health
 - Mental health
- How can we provide a platform to inform local users in the St. Louis area of ways to efficiently manage their health.



Team Goals/Contributions

Team's Experience:

Provided the user with a platform to inform and monitor mental and physical health.

- **Kevin:** designed the website and linked appropriate content
- **Daniel:** cleaned .csv file using a Jupyter Notebook through a Google Cloud Ai Platform
- **Sofiyah & Ayomide:** set up and organized the repository and made it a public domain for everyone to see



What was Learned

- GitHub Repository usage
- Usage of HPC by using Jupyter Notebook through a Google Cloud AI Platform
- Data Cleaning of a .csv (comma-separated values) file
- High-Level Python programming
- Balsamiq Wireframing

| Rowid | Gender | Class | BMI Categories | Weight classification | Response | Break Out | Break Out Category | Sample_Size | Data value | Confirmed |
|-------|--------|----------------------|----------------|-----------------------|-------------------------------|------------------------|--------------------|-------------|------------|-----------|
| 600 | Male | Overweight and Obese | BM Categories | Weight classification | Underweight (BMI 12.0-18.4) | Other, non-Hispanic | Race/Ethnicity | 0 | | |
| 601 | Male | Overweight and Obese | BM Categories | Weight classification | Underweight (BMI 12.0-18.4) | Overall | Overall | 123 | 2.22 | |
| 602 | Male | Overweight and Obese | BM Categories | Weight classification | Overweight (BMI 25.0-29.9) | Native Hawaiian or Al. | Race/Ethnicity | 2 | | |
| 603 | Male | Overweight and Obese | BM Categories | Weight classification | Overweight (BMI 25.0-29.9) | American Indian or Al. | Race/Ethnicity | 36 | 45.61 | |
| 604 | Male | Overweight and Obese | BM Categories | Weight classification | Normal Weight (BMI 18.5-24.9) | Hispanic | Race/Ethnicity | 42 | 29.8 | |
| 605 | Male | Overweight and Obese | BM Categories | Weight classification | Overweight (BMI 25.0-29.9) | Age Group | Race/Ethnicity | 179 | 34.95 | |
| 606 | Male | Overweight and Obese | BM Categories | Weight classification | Underweight (BMI 12.0-18.4) | Less than 15 | Education Attained | 17 | | |
| 607 | Male | Overweight and Obese | BM Categories | Weight classification | Overweight (BMI 25.0-29.9) | \$50,000-\$99,999 | Household Income | 317 | 39.76 | |
| 608 | Male | Overweight and Obese | BM Categories | Weight classification | Normal Weight (BMI 18.5-24.9) | 18-24 | Age Group | 159 | 45.03 | |
| 609 | Male | Overweight and Obese | BM Categories | Weight classification | Obese (BMI 30.0 - 99.8) | College graduate | Education Attained | 379 | 26.06 | |
| 610 | Male | Overweight and Obese | BM Categories | Weight classification | Normal Weight (BMI 18.5-24.9) | 25-34 | Age Group | 188 | 35.8 | |
| 611 | Male | Overweight and Obese | BM Categories | Weight classification | Normal Weight (BMI 18.5-24.9) | Native Hawaiian or Al. | Race/Ethnicity | 2 | | |
| 612 | Male | Overweight and Obese | BM Categories | Weight classification | Obese (BMI 30.0 - 99.8) | 18-24 | Age Group | 86 | 11.7 | |
| 613 | Male | Overweight and Obese | BM Categories | Weight classification | Underweight (BMI 12.0-18.4) | \$50,000-\$99,999 | Household Income | 14 | | |
| 614 | Male | Overweight and Obese | BM Categories | Weight classification | Obese (BMI 30.0 - 99.8) | Other, non-Hispanic | Race/Ethnicity | 7 | | |
| 615 | Male | Overweight and Obese | BM Categories | Weight classification | Overweight (BMI 25.0-29.9) | Some post 15 | Education Attained | 332 | 34.00 | |
| 616 | Male | Overweight and Obese | BM Categories | Weight classification | Normal Weight (BMI 18.5-24.9) | \$10,000-\$24,999 | Household Income | 285 | 25.66 | |
| 617 | Male | Overweight and Obese | BM Categories | Weight classification | Obese (BMI 30.0 - 99.8) | 65+ | Age Group | 795 | 30.05 | |
| 618 | Male | Overweight and Obese | BM Categories | Weight classification | Normal Weight (BMI 18.5-24.9) | White, non-Hispanic | Race/Ethnicity | 1,704 | 21.43 | |
| 619 | Male | Overweight and Obese | BM Categories | Weight classification | Underweight (BMI 12.0-18.4) | American Indian or Al. | Race/Ethnicity | 3 | | |
| 620 | Male | Overweight and Obese | BM Categories | Weight classification | Normal Weight (BMI 18.5-24.9) | 15.5 or 0-15 | Education Attained | 65 | 29.62 | |
| 621 | Male | Overweight and Obese | BM Categories | Weight classification | Overweight (BMI 25.0-29.9) | Overall | Overall | 2,302 | 35.58 | |
| 622 | Male | Overweight and Obese | BM Categories | Weight classification | Underweight (BMI 12.0-18.4) | Hispanic, non-Hispanic | Race/Ethnicity | 5 | | |
| 623 | Male | Overweight and Obese | BM Categories | Weight classification | Overweight (BMI 25.0-29.9) | Black, non-Hispanic | Race/Ethnicity | 301 | 36.46 | |
| 624 | Male | Overweight and Obese | BM Categories | Weight classification | Overweight (BMI 25.0-29.9) | Hispanic | Race/Ethnicity | 45 | 22.07 | |
| 625 | Male | Overweight and Obese | BM Categories | Weight classification | Obese (BMI 30.0 - 99.8) | Less than \$10,000 | Household Income | 255 | 36.44 | |
| 626 | Male | Overweight and Obese | BM Categories | Weight classification | Obese (BMI 30.0 - 99.8) | Black, non-Hispanic | Race/Ethnicity | 301 | 39.02 | |
| 627 | Male | Overweight and Obese | BM Categories | Weight classification | Underweight (BMI 12.0-18.4) | Hispanic | Race/Ethnicity | 3 | | |
| 628 | Male | Overweight and Obese | BM Categories | Weight classification | Underweight (BMI 12.0-18.4) | 15.5 or 0-15 | Education Attained | 96 | 1.85 | |
| 629 | Male | Overweight and Obese | BM Categories | Weight classification | Underweight (BMI 12.0-18.4) | 45-54 | Age Group | 15 | | |
| 630 | Male | Overweight and Obese | BM Categories | Weight classification | Normal Weight (BMI 18.5-24.9) | 55-64 | Age Group | 184 | 26.24 | |
| 631 | Male | Overweight and Obese | BM Categories | Weight classification | Normal Weight (BMI 18.5-24.9) | Black, non-Hispanic | Race/Ethnicity | 139 | 22.64 | |
| 632 | Male | Overweight and Obese | BM Categories | Weight classification | Underweight (BMI 12.0-18.4) | \$50,000-\$99,999 | Household Income | 11 | | |
| 633 | Male | Overweight and Obese | BM Categories | Weight classification | Obese (BMI 30.0 - 99.8) | Hispanic, non-Hispanic | Race/Ethnicity | 96 | 29.76 | |
| 634 | Male | Overweight and Obese | BM Categories | Weight classification | Overweight (BMI 25.0-29.9) | College graduate | Education Attained | 736 | 36.24 | |
| 635 | Male | Overweight and Obese | BM Categories | Weight classification | Obese (BMI 30.0 - 99.8) | 55-64 | Age Group | 149 | 45.49 | |
| 636 | Male | Overweight and Obese | BM Categories | Weight classification | Overweight (BMI 25.0-29.9) | Hispanic | Race/Ethnicity | 1 | | |

| Response | Sample_Size |
|-------------------------------|-------------|
| Obese (BMI 30.0 - 99.8) | 269 |
| Normal Weight (BMI 18.5-24.9) | 68 |
| Obese (BMI 30.0 - 99.8) | 2,474 |
| Obese (BMI 30.0 - 99.8) | 17 |
| Obese (BMI 30.0 - 99.8) | 2,965 |
| Normal Weight (BMI 18.5-24.9) | 151 |
| Overweight (BMI 25.0-29.9) | 234 |
| Normal Weight (BMI 18.5-24.9) | 2,325 |
| Overweight (BMI 25.0-29.9) | 234 |
| Underweight (BMI 12.0-18.4) | 27 |
| Underweight (BMI 12.0-18.4) | 21 |
| Underweight (BMI 12.0-18.4) | 18 |
| Underweight (BMI 12.0-18.4) | 20 |
| Overweight (BMI 25.0-29.9) | 170 |
| Underweight (BMI 12.0-18.4) | 40 |
| Normal Weight (BMI 18.5-24.9) | 260 |
| Underweight (BMI 12.0-18.4) | 133 |
| Underweight (BMI 12.0-18.4) | 4 |
| Underweight (BMI 12.0-18.4) | 86 |
| Normal Weight (BMI 18.5-24.9) | 44 |
| Overweight (BMI 25.0-29.9) | 195 |
| Overweight (BMI 25.0-29.9) | 1,197 |
| Obese (BMI 30.0 - 99.8) | 3 |
| Obese (BMI 30.0 - 99.8) | 352 |
| Overweight (BMI 25.0-29.9) | 38 |
| Normal Weight (BMI 18.5-24.9) | 211 |
| Obese (BMI 30.0 - 99.8) | 127 |
| Normal Weight (BMI 18.5-24.9) | 254 |
| Overweight (BMI 25.0-29.9) | 360 |
| Underweight (BMI 12.0-18.4) | 119 |
| Overweight (BMI 25.0-29.9) | 34 |
| Underweight (BMI 12.0-18.4) | 11 |
| Obese (BMI 30.0 - 99.8) | 54 |
| Normal Weight (BMI 18.5-24.9) | 912 |
| Obese (BMI 30.0 - 99.8) | 197 |
| Obese (BMI 30.0 - 99.8) | 442 |
| Normal Weight (BMI 18.5-24.9) | 129 |
| Overweight (BMI 25.0-29.9) | 255 |
| Underweight (BMI 12.0-18.4) | 13 |

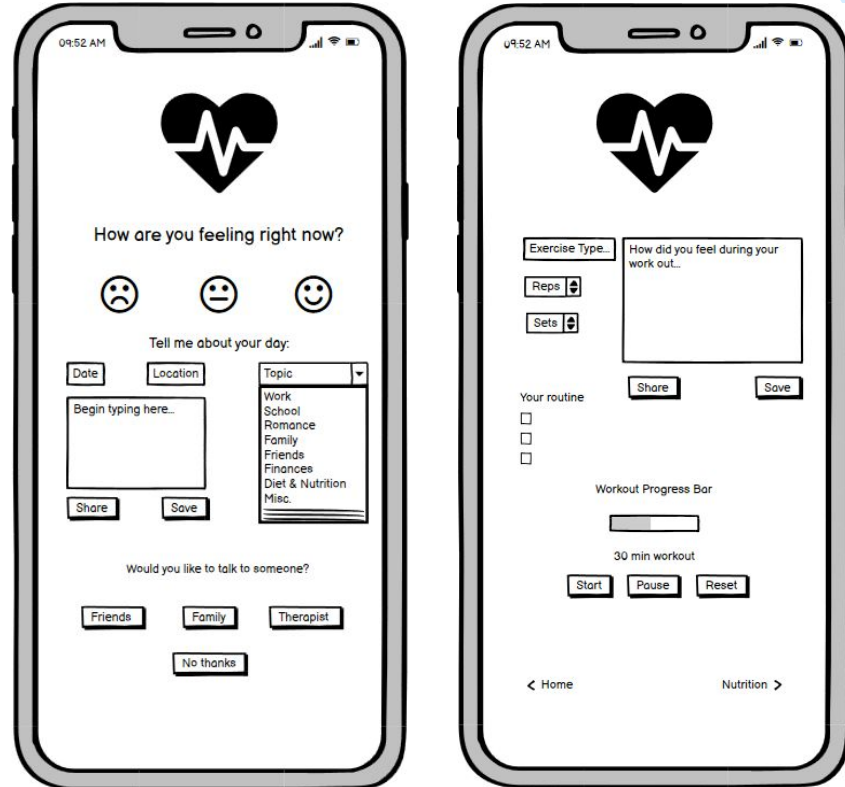
Goal Reached and Next Steps

Accomplishments:

- Functional Website
- Data aggregated
- Github Repository

Future Steps:

- Mobile app creation for live user input with access to smart watch health information.
- Finding data sets with height and weight to provide a more specific calculation.



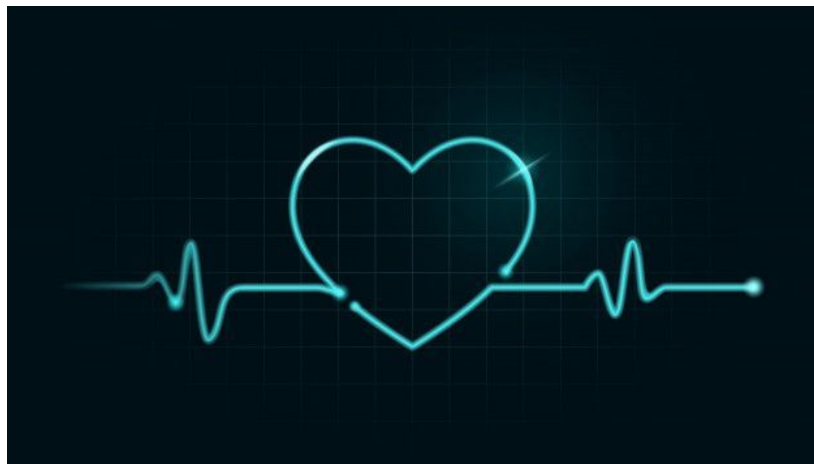
Links

- [Github Repository](#)
- [Our Demo Website](#)



A Big Thank You!

- Thank you to all of the mentors and special thanks to our mentors Josselyn Salgado, JerNettie Burney, Marcus Golden and Boyd Wilson.
- Thank you to all the supporting organizations!
- Thank you to SC21 for this amazing opportunity!



Questions?

