Ask

The questions asked in this analysis are:

- What is the variation in Mental health
- What Race is Heart Disease most prominent in?
- Is there a difference in BMI between people with Heart Disease and people without Heart Disease?

Prepare

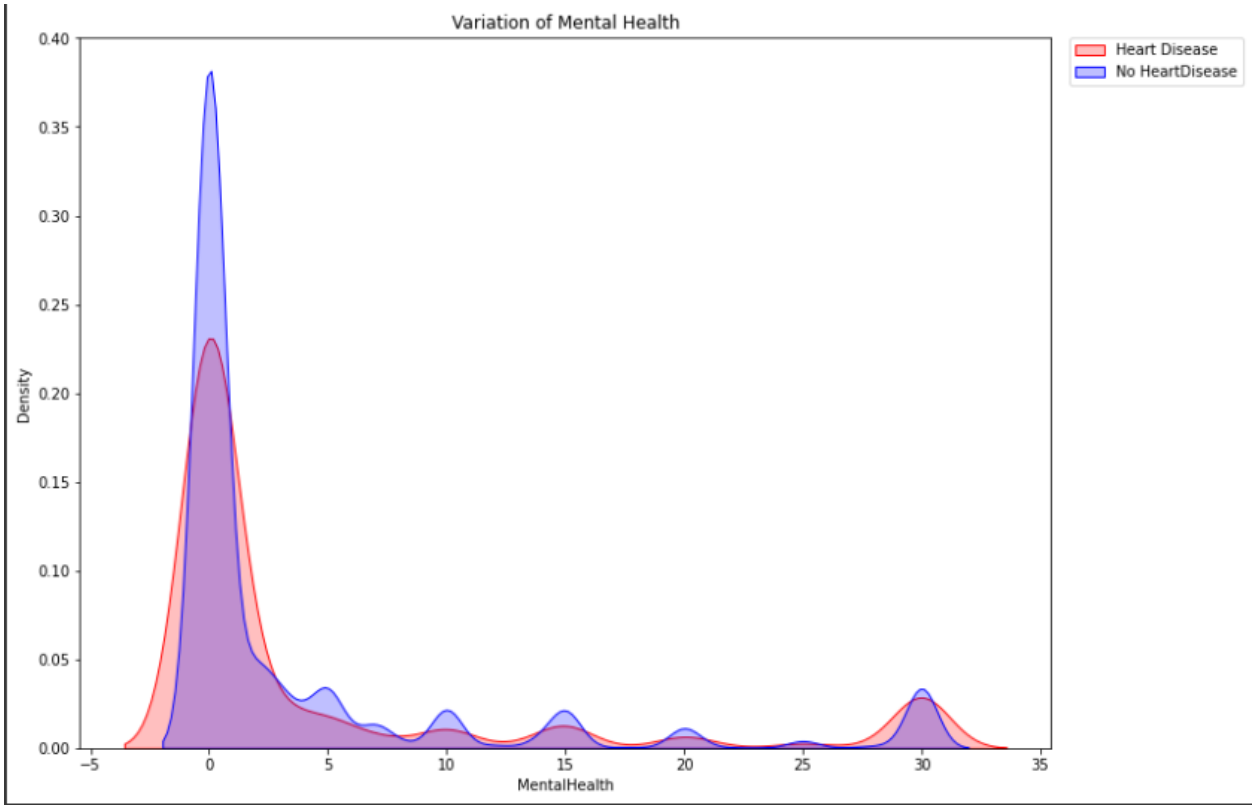
This dataset is found on Kaggle. This dataset contains information from the CDC that collected this data from BRFSS. For this project, I used Google Collaboratory.

Process

I imported the dataset to google sheets and checked for duplicates and spelling mistakes. After I cleared the dataset of spelling mistakes and duplicates I moved it to Google Collaboratory and checked for nulls. Luckily, this dataset was clean and there were no nulls. So now I was ready to analyze

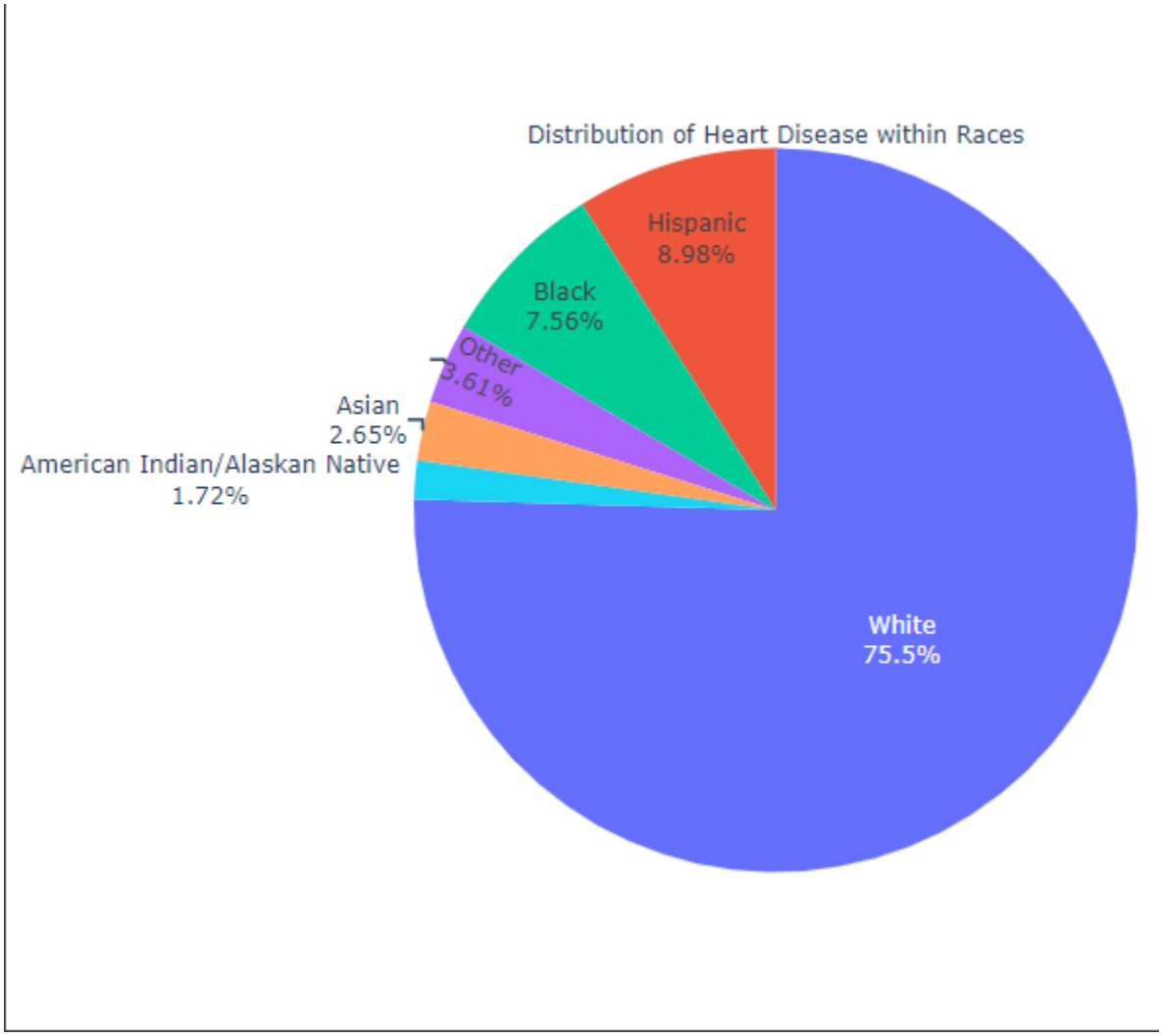
Analyze

The data was a little hard to interpret for the first question. So the mental health category was described to me as out of the past 30 days, how many of them was your mental health not good.

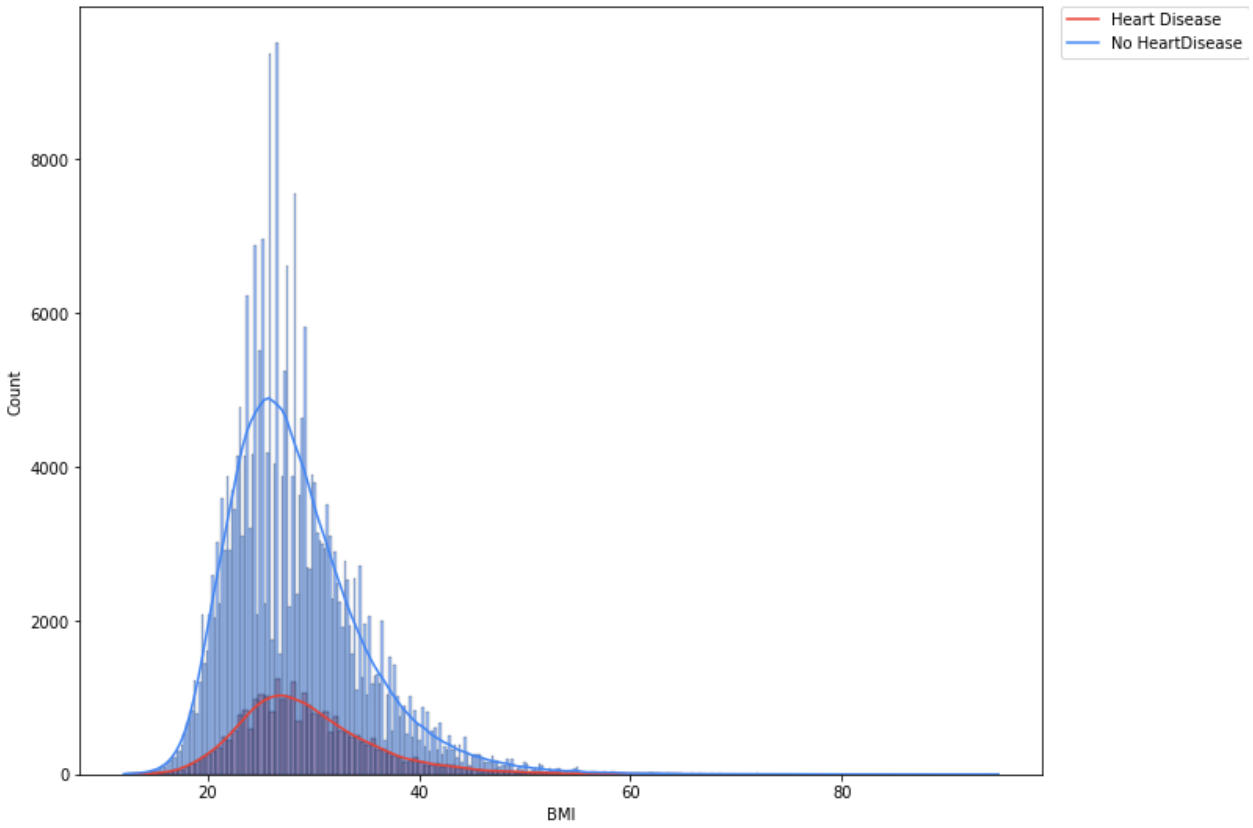


The findings were actually very surprising to me because I assumed that people with Heart Disease had more bad mental health days than people with no heart disease. However, after compiling this graph we can see that there are more people with no heart disease that have bad mental health days.

With the second question, we can see that mainly White people have any type of heart disease when compared to any other race, making up more than 75% of this simulated population



Lastly, I wanted to compare BMIs of people with heart disease and people with no heart disease. I want to know this because BMI is used to categorize people as underweight, normal weight, overweight, or obese. Here we see that there are more people with a healthy BMI in the group that does not have Heart Disease and that the people with Heart Disease have a higher BMI meaning they are either in the overweight or obese category


Heart Disease
No HeartDisease
8000
6000
4000
2000
0
Count
20
40
60
80
BMI