



# SDG 3 GOOD HEALTH AND WELL BEING

## Introduction:

The data collected from National Family Health Survey is used for our analysis which revolves around health issues like high blood sugar levels, hypertension, tobacco and alcohol consumption among adults and screening for cancer among women of Telangana.

## Methodology:

The data from NFHS contains details about more than 15 health conditions, however, for our analysis, we have focused on the blood sugar levels, hypertension, tobacco and alcohol consumption, screening cancer among adults. The data division for rural and urban areas was crucial to understand the underlying reasons behind these health conditions. The data for various cities among different genders was also explored in detail to analyse and recommend proper diagnosis of the root cause at a granular level. The dataset was then cleaned, explored and visualized thoroughly using various tools. Here, as an example, we shall explain the issue of high blood sugar levels in the state of Telangana

## Visualization Results:

We used the dataset for high blood sugar levels to understand where the problem lies and accordingly, recommend the diagnosis and solutions.

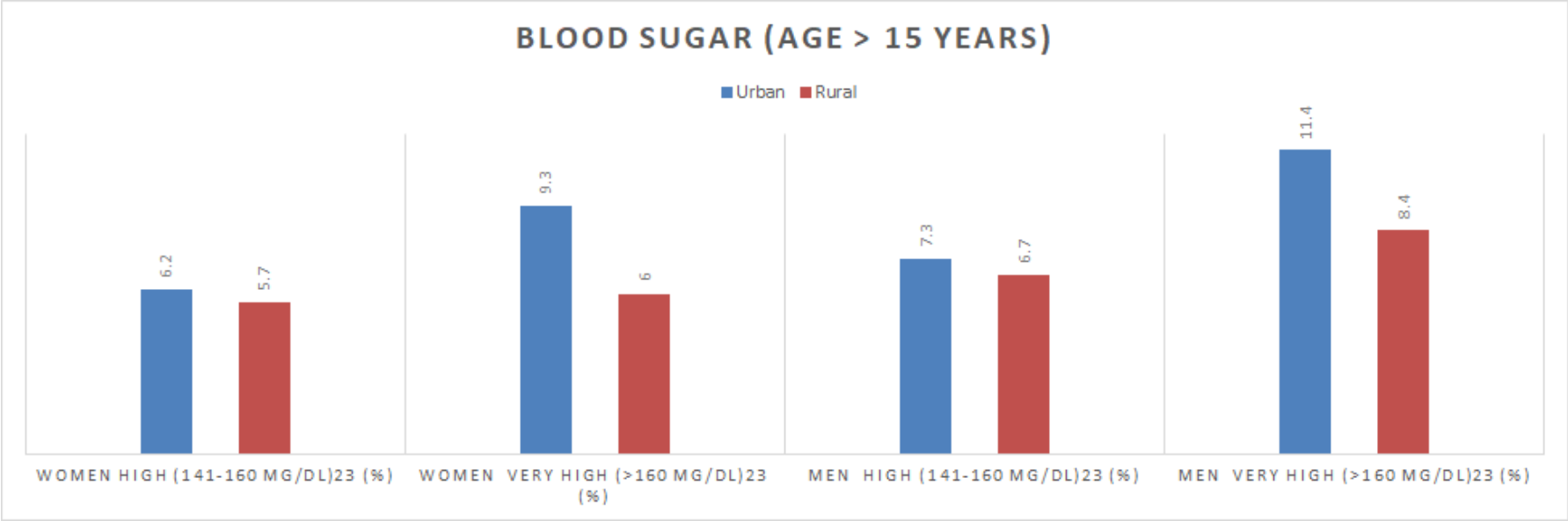


Figure 1: High blood sugar levels in urban and rural areas of Telangana across genders .

As can be seen above, percentages of men and women affected with high blood sugar levels(141-160 mg/dl) is almost equally divided amongst urban and rural areas. However, the percentage of women suffering from very high blood sugar levels(>160 mg/dl) for urban areas of the state is significantly higher than those for rural areas, and so is the case for men in urban and rural areas respectively. Dwelling deep into the problem of higher blood sugar levels, we have divided the data for women and men respectively and compared the same for different cities in the state.

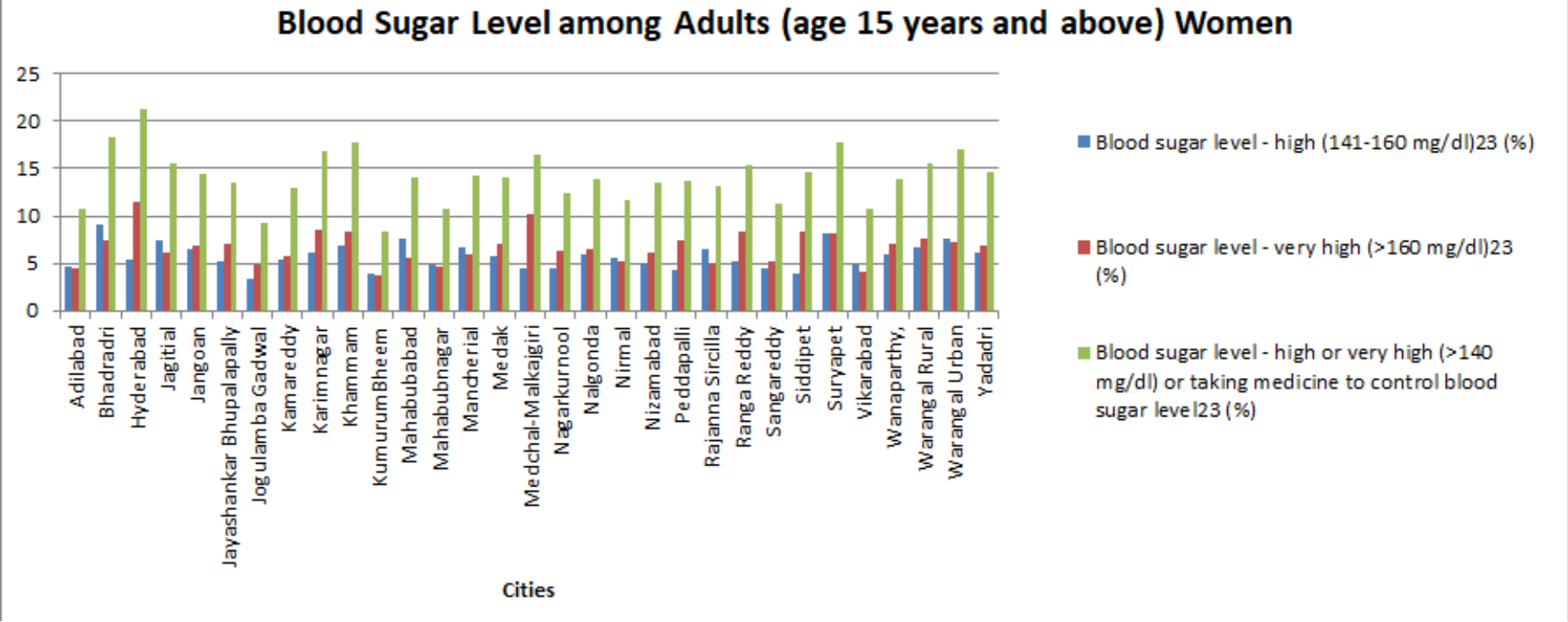
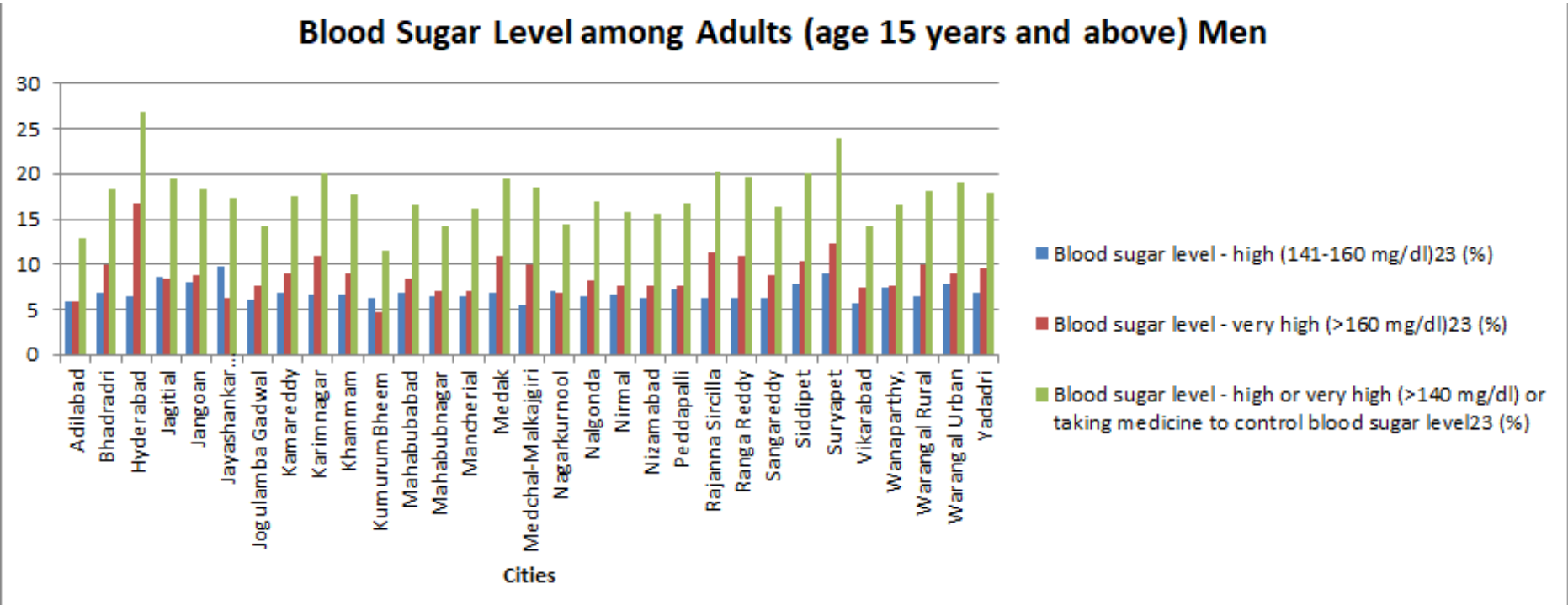


Figure 2: High and very high blood sugar levels for women distributed across different cities

To analyze the causes of a problem, geographical aspect can be a critical driver and hence, we have plotted the data for women and men across the cities of Telangana to understand the ground issue. As can be seen above, Hyderabad has an overall higher percentage of women suffering from high blood sugar levels when compared to other cities. On diagnosing the data, we also found out that Hyderabad is also the worst affected city for very high blood sugar levels(>160 mg/dl) in women. Whereas, affected women of Bhadradi mostly suffer from high blood sugar levels(1141-160mg/dl) and the city stands second overall affected after Hyderabad. The following figure shows a similar analysis for men across the cities in the state.



## Conclusion:

The most probable reasons for higher people suffering from very high blood sugar levels in urban areas include less physical activity, stress which can be majorly observed in developed cities. However, the reason behind such a higher percentage of population suffering from this condition in Hyderabad cannot be determined accurately using the given data and might involve more city-centric data.