# Prediction of Alcohol Tolerance Based on Lifestyle and Health Data

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# **Table of Content**

Abstract	2
Motivation	2
Data Collection and Preparation	2
Models training and comparison	3
Multiclass Logistic Regression	3
Random Forest	3
CART Model	4
Confidence Intervals	4
Impact	5
Final Discussion	

### **Abstract**

This project explores the creation of a predictive model for individual alcohol tolerance utilizing data from a custom-designed survey which gathered information on various health and lifestyle factors from 432 participants. By applying and comparing Multiclass Logistic Regression, Random Forest, and CART models, we determined the most reliable and generalizable method for predicting alcohol tolerance, accounting for potential biases and outliers. The Random Forest model's robustness against overfitting and its high accuracy make it particularly suitable for practical applications, contributing to safer alcohol consumption in social settings.

## **Motivation**

The motivation for this project stems from the real-world necessity to prevent alcohol overdose at social gatherings, such as restaurants or parties. The objective is to provide a predictive model that can assess an individual's alcohol tolerance based on specific health and lifestyle factors. By integrating such a model, event organizers and hospitality providers could offer more responsible service of alcohol, potentially reducing the incidence of alcohol-related harm. The application of this model aims not only to enhance individual safety but also to support public health initiatives by promoting responsible drinking behaviors. This proactive approach in social settings could serve as a novel benchmark for alcohol consumption management.

# **Data Collection and Preparation**

For our project, we devised a survey aimed at collecting data to predict individual alcohol tolerance for use in restaurants and event settings, promoting responsible alcohol consumption. The survey was meticulously designed by our team, targeting a sample size of approximately 500 individuals, from which we successfully gathered 432 responses.

Variable	Description	Options
Age	Respondent's age	Numeric value
Sex	Respondent's sex	Male, Female
Weight	Respondent's weight in kilograms	Numeric value (Kg)
Height	Respondent's height in centimeters	Numeric value (cm)
Smoke	Smoking status	Smoke, No smoke
Drinking Frequency	How often respondent drinks alcohol	Daily, Weekly, Monthly, Yearly, Rarely
Monthly Drinking	Times alcohol consumed in a month	Numeric value (times/month)
Drinking Duration	Duration of drinking sessions	1-2 hours, 2-3 hours, 3-4 hours, 4+ hours, Do not drink
Parental Drinking	Frequency of parents' alcohol consumption	Very often, Often, Not often, Barely, Never
Eating Before Drink	Eating habits before drinking	Always, Often, Sometimes, Never
Stress Level	Stress level when drinking	Very stressed, Stressed, Not too stressed, Not stressed
Sleep Length	Average sleep duration in hours	Numeric value (hours)
Liver Condition	Presence of liver health conditions	Yes, No
Tolerance	Estimated number of drinks before losing consciousness	Numeric value (standard drinks)
Workout Frequency	Frequency of fitness activities	Very often, Often, Not often, Barely, Never

The survey encompassed 15 features, capturing a wide spectrum of demographic details, daily habits, and health-related questions. We took great care to preserve respondent confidentiality,

anonymizing data to maintain privacy. And to ensure consistency and comparability, we standardized the measure of alcohol content across different beverages.

In the survey analysis, an interesting observation was the claim by a significant number of participants that they could consume up to 100 standard drinks. This figure is physiologically implausible and likely indicates overestimation or a misunderstanding of what constitutes a 'standard' drink. To address these outliers and improve the model's predictive accuracy, we introduced manual categorization for alcohol tolerance. By binning the responses into categories—poor, average, ok, good, excellent, and outstanding—we could mitigate the impact of exaggerated responses on the model's training process. This categorization also enhances the model's interpretability and practicality in real-world settings, where such clear classifications can be more easily communicated and applied.

Moreover, during data cleaning, we manually addressed issues such as inconsistent units, non-standard responses, and outliers. This approach allowed us to refine our dataset effectively, ensuring reliable data quality for subsequent analysis.

# **Models training and comparison**

In our study, we trained three models: Multiclass Logistic Regression, Random Forest, and CART (Classification and Regression Trees), incorporating advanced techniques like grid search and cross-validation to optimize their performance.

# Multiclass Logistic Regression

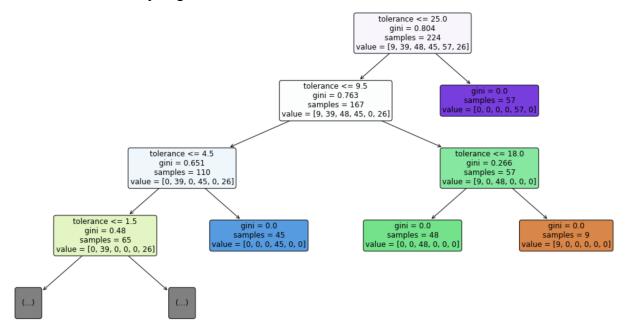
This model's strength lies in its interpretability, providing clear insights into the relationship between the predictors and the outcome. Adjusting its hyperparameters, such as maximum iterations, we achieved an accuracy of approximately 89.67% on the test set. This model's transparency makes it valuable for understanding the key drivers of alcohol tolerance.

#### Random Forest

This model excels in handling large, complex datasets and is robust to overfitting, a significant advantage over simpler models. Its ensemble approach, combining multiple decision trees, helps in capturing non-linear relationships and interactions between variables. Additionally, Random Forests are less sensitive to outliers and can handle unbalanced data effectively. These characteristics make it a powerful tool for predictive modeling in diverse scenarios. We achieved 94.18% classification accuracy after hyperparameter tuning.

#### **CART Model**

Notably achieved 100% accuracy, but this result, especially with an alpha value of 0.0, suggests potential overfitting. Regularization, typically achieved with a non-zero alpha, is crucial to prevent a model from learning the noise in the training data. The perfect accuracy raises concerns about the model's ability to generalize to new data.



# **Confidence Intervals**

The confidence intervals for our models indicate the range within which the true model accuracy is likely to fall, considering sample variability. The Random Forest model's interval [0.9076, 0.9728] suggests high reliability. The CART model, with [0.9347, 0.9508], also shows a narrow interval despite potential overfitting concerns. Logistic regression has the widest range [0.8967, 0.9836], reflecting more uncertainty in its accuracy estimate. These intervals are crucial for understanding the stability of our models' predictions.

```
The 95-percent confidence interval of accuracy on random forest is [0.9076086956521738, 0.9728260869565216]
The 95-percent confidence interval of accuracy on CART is [0.9347826086956521, 0.951086956521739]
The 95-percent confidence interval of accuracy on logistic regression is [0.8967391304347826, 0.983695652173913]
```

Despite the CART Model's nearly perfect accuracy, we prefer the Random Forest for its robustness, ability to handle complexity, and resistance to overfitting. While CART's nearly 100% accuracy suggests potential overfitting, Random Forest offers a more reliable and generalizable solution for predicting alcohol tolerance. This choice underscores our commitment

to developing a model that not only performs well on our current dataset but also generalizes effectively to new data.

# **Impact**

A "perfect" model, achieving high accuracy and generalizability, would be transformative. It could significantly reduce alcohol-related incidents in social settings by enabling accurate assessment of individual tolerance. This could help restaurants and event organizers tailor their service of alcohol, promote responsible drinking, and enhance public health. Moreover, such a model could assist medical professionals in understanding patients' risks related to alcohol consumption and in developing personalized health advisories.

## **Final Discussion**

This project underscores the complexity of predicting alcohol tolerance and the importance of model generalizability. Future research could focus on refining these models with more diverse datasets and exploring their real-world applications in creating safer social drinking environments. This contributes significantly to public health initiatives by promoting responsible alcohol consumption and enhancing individual safety. Our study's limitations include reliance on self-reported data, which may introduce response biases, and the possibility of outliers, as seen with the implausible claim of a 100-drink tolerance. While we addressed this by categorizing tolerance levels, the subjective nature of such self-assessments could still affect the model's accuracy. Future iterations of this study could benefit from corroborating self-reported data with objective measures to enhance validity.

```
In [ ]:
         import pandas as pd
         import numpy as np
         import matplotlib.pyplot as plt
         from sklearn.model selection import train test split
         from sklearn.tree import DecisionTreeClassifier
         from sklearn.ensemble import RandomForestClassifier
         from sklearn.model selection import KFold
         from sklearn.model selection import GridSearchCV
         from sklearn.tree import plot tree
In [ ]:
         df = pd.read excel('data 432.xlsx')
          df
               id age sex weight hight smoke drinking freq month drinking freq drinking legth parent freq eating 2 stress_level sleep_length
Out[ ]:
           0
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         430 431 55.0
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                                                                                                                                         6
```

432 rows × 16 columns

0.88

432 56.0

```
In []: df[(df["sex"] == 2)&(df["tolerance"] <= 30)]["tolerance"].mean()
```

5.0

```
9.263803680981596
Out[ ]:
In [ ]:
         df = df.dropna()
In [ ]:
         # check all the free response questions
         # fix the value manually in excel
         # Check age range
         df[~df['age'].isin(range(1,101))]
Out[]; id age sex weight hight smoke drinking_freq month_drinking_freq drinking_legth parent_freq eating_2 stress_level sleep_length liver
In []:
         # Check weight range
         df[\sim((df['weight'] > 0) \& (df['weight'] < 200))]
         id age sex weight hight smoke drinking_freq month_drinking_freq drinking_legth parent_freq eating_2 stress_level sleep_length liver
Out[]:
In []:
         # Check hight range, fix the error manually
         df[\sim((df['hight'] > 0) \& (df['hight'] < 220))]
          id age sex weight hight smoke drinking_freq month_drinking_freq drinking_legth parent_freq eating_2 stress_level sleep_length liver
Out[]:
In [ ]:
         # Check drinking freg range, fix the error manually
         df[\sim((df['drinking freq'] > 0) \& (df['drinking freq'] < 31))]
Out[]; id age sex weight hight smoke drinking_freq month_drinking_freq drinking_legth parent_freq eating_2 stress_level sleep_length liver
In []:
         # Check sleep length range, fix the error manually
         df[\sim((df['sleep length'] > 0) \& (df['sleep length'] < 15))]
Out[]:
          id age sex weight hight smoke drinking_freq month_drinking_freq drinking_legth parent_freq eating_2 stress_level sleep_length liver
```

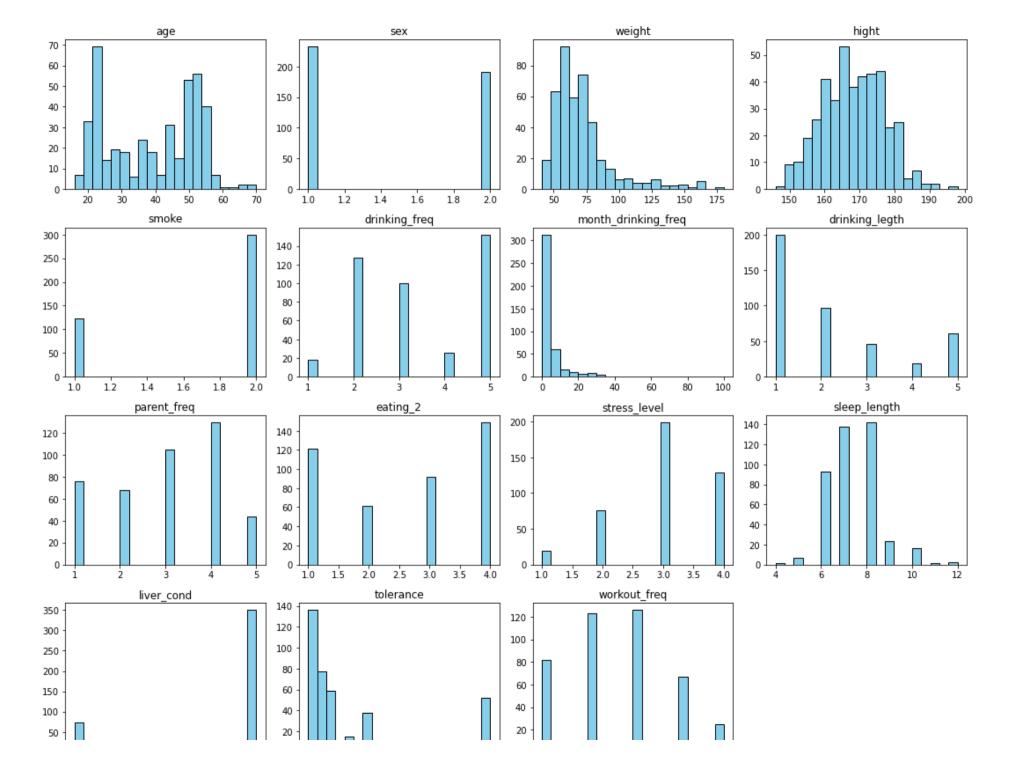
```
In []: # Check tolerance range, fix the error manually
df[~((df['tolerance'] >= 0) & (df['tolerance'] <= 100))]

Out[]: id age sex weight hight smoke drinking_freq month_drinking_freq drinking_legth parent_freq eating_2 stress_level sleep_length liver.

In []: # doning some feature engineering
plt.figure(figsize=(15, 12), facecolor='w')

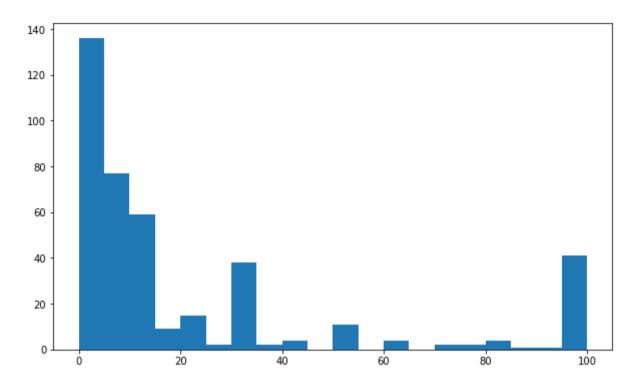
for i, column in enumerate(df.columns[1:], 1):
    plt.subplot(4, 4, i)
    plt.hist(df[column], bins=20, color='skyblue', edgecolor='black')
    plt.title(column)

plt.tight_layout()
plt.show()</pre>
```



<BarContainer object of 20 artists>)

```
In [ ]:
        # data cleanning step 2
        # remove people Rarely drink but their tolerance is higher than 50
        df = df[\sim((df["drinking freg"] == 5) \& (df["tolerance"] > 50))]
        # drop stress level feature because it is not a good feature to predict tolerance
        df = df.drop(columns=["stress level"])
        # drop the id column
        df = df.drop(columns=["id"])
In []:
        plt.figure(figsize=(10,6),facecolor='white')
        plt.hist(df["tolerance"],bins=20)
        (array([136., 77., 59., 9., 15.,
                                             2., 38., 2., 4., 0., 11.,
Out[]:
                 0., 4., 0., 2., 2., 4., 1., 1., 41.]),
        array([ 0., 5., 10., 15., 20., 25., 30., 35., 40., 45., 50.,
                55., 60., 65., 70., 75., 80., 85., 90., 95., 100.]),
```



```
In [ ]:
         # convert multiple choice answers to categorie values
         df.loc[df["smoke"] == 2, "smoke"] = 0
         df.loc[df["sex"] == 1, "sex"] = "Male"
         df.loc[df["sex"] == 2, "sex"]= "Female"
         df.loc[df["drinking freq"] == 1, "drinking freq"] = "Daily"
         df.loc[df["drinking_freq"] == 2, "drinking_freq"] = "Weekly"
         df.loc[df["drinking_freq"] == 3, "drinking_freq"] = "Monthly"
         df.loc[df["drinking_freq"] == 4, "drinking_freq"] = "Yearly"
         df.loc[df["drinking freg"] == 5, "drinking freg"] = "Rarely"
         df.loc[df["parent_freq"] == 1, "parent_freq"] = "Very often"
         df.loc[df["parent_freq"] == 2, "parent_freq"] = "Often"
         df.loc[df["parent_freq"] == 3, "parent_freq"] = "Not often"
         df.loc[df["parent_freq"] == 4, "parent_freq"] = "Barely"
         df.loc[df["parent freq"] == 5, "parent freq"] = "Never"
         df.loc[df["eating_2"] == 1, "eating_2"] = "Always"
         df.loc[df["eating 2"] == 2, "eating 2"] = "Often"
```

```
df.loc[df["eating_2"] == 3, "eating_2"] = "Sometimes"
df.loc[df["eating_2"] == 4, "eating_2"] = "Never"

df.loc[df["liver_cond"] == 2, "liver_cond"] = 0

df.loc[df["workout_freq"] == 1, "workout_freq"] = "Very often"
df.loc[df["workout_freq"] == 2, "workout_freq"] = "Often"
df.loc[df["workout_freq"] == 3, "workout_freq"] = "Not often"
df.loc[df["workout_freq"] == 4, "workout_freq"] = "Barely"
df.loc[df["workout_freq"] == 5, "workout_freq"] = "Never"

In []:

df['tol_cat'] = df['tolerance'].apply(lambda x : "poor" if x < 2 else ("average" if x < 5 else ("ok" if x < 10 else ("g</pre>
```

```
df['tol\_cat'] = df['tolerance'].apply(lambda x : "poor" if x < 2 else ("average" if x < 5 else ("ok" if x < 10 e
```

## Part 2

Molding

Split Traning Set and Testing Set

```
y = df['tol_cat']
x = pd.get_dummies(df.drop(['tol_cat'], axis=1))
x_train, x_test, y_train, y_test = train_test_split(x, y, test_size=0.45)
```

# **Multiclass Logistic Regression**

```
In []:
    from sklearn.linear_model import LogisticRegression
    from sklearn.metrics import confusion_matrix, accuracy_score
    logreg = LogisticRegression(multi_class='multinomial', solver='lbfgs', max_iter=10000)
    logreg.fit(x_train, y_train)

Out[]: LogisticRegression(max_iter=10000, multi_class='multinomial')
```

Check our accuracy on testing data for Multclass logistic regression

```
In []:
    y_pred = logreg.predict(x_test)
    accuracy_log = accuracy_score(y_test, y_pred)
    cm = confusion_matrix(y_test, y_pred)

    print("Confusion Matrix : \n", cm)
    print(f"Accuracy on test set: {accuracy_log}")

Confusion Matrix :
    [[ 6  0  0  0  0  0]
    [ 0  35  0  6  0  6]
    [ 0  0  20  0  0  0]
    [ 0  0  20  0  0  0]
    [ 0  1  1  30  0  0]
    [ 1  0  0  0  54  0]
```

## **Random Forest**

[0 4 0 0 0 20]]

1. use cv to find max feature

Accuracy on test set: 0.8967391304347826

```
In [ ]:
         grid values = {'max features': np.linspace(1,16,16, dtype='int32'),
                        'min samples leaf': [5],
                        'n estimators': [500],
                        'random state': [88]}
         rf = RandomForestClassifier()
         # use 5-fold cross validation
         cv = KFold(n splits=5, shuffle=True)
         rf cv = GridSearchCV(rf, param grid=grid values, scoring='accuracy', cv=cv,verbose=2)
         rf cv.fit(x train, y train)
        Fitting 5 folds for each of 16 candidates, totalling 80 fits
        [CV] END max features=1, min samples leaf=5, n estimators=500, random state=88; total time=
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[CV] END max features=10. min samples leaf=5. n estimators=500. random state=88: total time=
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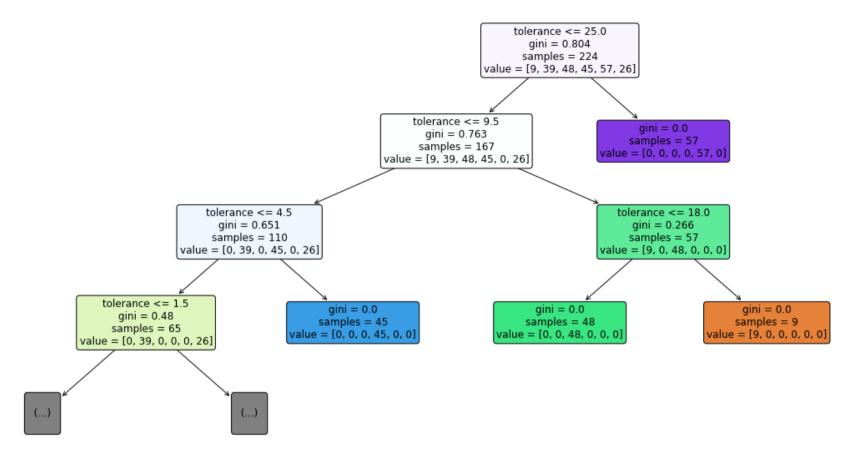
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[CV] END max features=11. min samples leaf=5. n estimators=500. random state=88: total time=
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        [CV] END max features=11. min samples leaf=5. n estimators=500. random state=88: total time=
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        [CV] END max features=12, min samples leaf=5, n estimators=500, random state=88; total time=
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        [CV] END max features=14, min samples leaf=5, n estimators=500, random state=88; total time=
                                                                                                        0.4s
        [CV] END max features=14, min samples leaf=5, n estimators=500, random state=88; total time=
                                                                                                        0.4s
        [CV] END max features=14. min samples leaf=5. n estimators=500. random state=88: total time=
                                                                                                        0.3s
        [CV] END max features=14, min samples leaf=5, n estimators=500, random state=88; total time=
                                                                                                        0.3s
        [CV] END max features=14, min samples leaf=5, n estimators=500, random state=88; total time=
                                                                                                        0.4s
        [CV] END max features=15, min samples leaf=5, n estimators=500, random state=88; total time=
                                                                                                        0.3s
        [CV] END max features=15, min samples leaf=5, n estimators=500, random state=88; total time=
                                                                                                        0.3s
        [CV] END max features=15, min samples leaf=5, n estimators=500, random state=88; total time=
                                                                                                        0.3s
        [CV] END max features=15. min samples leaf=5. n estimators=500. random state=88: total time=
                                                                                                        0.3s
        [CV] END max features=15. min samples leaf=5. n estimators=500. random state=88: total time=
                                                                                                        0.3s
        [CV] END max features=16, min samples leaf=5, n estimators=500, random state=88; total time=
                                                                                                        0.4s
        [CV] END max features=16, min samples leaf=5, n estimators=500, random state=88; total time=
                                                                                                        0.3s
        [CV] END max features=16, min samples leaf=5, n estimators=500, random state=88; total time=
                                                                                                        0.3s
        [CV] END max features=16, min samples leaf=5, n estimators=500, random state=88; total time=
                                                                                                        0.3s
        [CV] END max features=16, min samples leaf=5, n estimators=500, random state=88; total time=
                                                                                                        0.4s
        GridSearchCV(cv=KFold(n splits=5, random state=None, shuffle=True),
Out[ ]:
                     estimator=RandomForestClassifier().
                     param grid={'max features': array([ 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16]),
                                 'min samples leaf': [5], 'n estimators': [500],
                                 'random state': [88]},
                     scoring='accuracy', verbose=2)
In []:
         max features = rf cv.cv results ['param max features'].data
         acc = rf cv.cv results ['mean test score']
         print('Grid best parameter max features (max. accuracy): ', rf cv.best params ['max features'])
         print('Grid best score (accuracy): ', rf cv.best score )
```

```
Grid best parameter max features (max. accuracy): 15
        Grid best score (accuracy): 0.9418181818181818
In [ ]:
        v pred = rf cv.best estimator .predict(x test)
        cm = confusion matrix(y test, y pred)
        accuracy rf = accuracy score(y test, y pred)
        print("Confusion Matrix : \n", cm)
        print(f"Accuracy on test set is: {accuracy rf}")
        Confusion Matrix:
         [[ 0 0 6 0 0 0]
         [047 0 0 0 0]
         [ 0 0 20 0 0 0]
         [ 0 0 0 32 0 0]
         [0 0 1 0 54 0]
         [0 4 0 0 0 20]]
        Accuracy on test set is: 0.9402173913043478
       CART Model
In [ ]:
        grid values = {'ccp alpha': np.linspace(0, 0.10, 201),# the choice of alpha, ranging from 0 to 0.2
                       'min samples leaf': [5],
                       'min samples split': [20],
                       'max depth': [30],
                       'random state': [88]}
         dtc = DecisionTreeClassifier()
        cv = KFold(n splits=5,shuffle=True)
        dtc cv acc = GridSearchCV(dtc, param grid = grid values, scoring = 'accuracy', cv=cv, verbose=1)
        dtc cv acc.fit(x train, y train)
```

```
0.008 , 0.0085, 0.009 , 0.0095, 0.01 , 0.0105, 0.011 , 0.0115,
               0.012 , 0.0125, 0.013 , 0.0135, 0.014 , 0.0145, 0.015 , 0.0155,
               0.016 , 0.0165, 0....
               0.08 . 0.0805. 0.081 . 0.0815. 0.082 . 0.0825. 0.083 . 0.0835.
               0.084 , 0.0845, 0.085 , 0.0855, 0.086 , 0.0865, 0.087 , 0.0875,
               0.088 , 0.0885 , 0.089 , 0.0895 , 0.09 , 0.0905 , 0.091 , 0.0915 ,
               0.092 , 0.0925, 0.093 , 0.0935, 0.094 , 0.0945, 0.095 , 0.0955,
               0.096 , 0.0965, 0.097 , 0.0975, 0.098 , 0.0985, 0.099 , 0.0995,
               0.1 ]),
                                 'max depth': [30], 'min samples leaf': [5],
                                 'min samples split': [20], 'random state': [88]},
                     scoring='accuracy', verbose=1)
In [ ]:
         print('Grid best parameter ccp alpha (max. accuracy): ', dtc cv acc.best params ['ccp alpha'])
         print('Grid best score (accuracy): ', dtc_cv_acc.best_score_)
         print('Node count =', dtc cv acc.best estimator .tree .node count)
         plt.figure(figsize=(20.10))
         plot_tree(dtc_cv_acc.best_estimator_,
                   feature names=x train.columns,
                   filled=True.
                   impurity=True,
                   rounded=True,
                   fontsize=12.
                   max depth=3)
         plt.show()
        Grid best parameter ccp alpha (max. accuracy): 0.0
```

Grid best score (accuracy): 1.0

Node count = 11



```
In []:
    y_pred = dtc_cv_acc.best_estimator_.predict(x_test)
    cm = confusion_matrix(y_test, y_pred)
    accuracy_CART = accuracy_score(y_test, y_pred)

    print("Confusion Matrix : \n", cm)
    print(f"Accuracy on testing set: {accuracy_CART}")

Confusion Matrix :
    [[ 6  0  0  0  0  0]]
```

[ 0 47 0

0 0 20 0 0 0]

[1 0 0 0 54 0]

0 32 0 01

```
[ 0 0 0 0 0 24]]
Accuracy on testing set: 0.9945652173913043
```

# **Boostrap CI**

```
In [ ]:
         print(f"Now we have accuracy score on testing set for \n Multiclass Logistic Regression: {accuracy log} \n Random Fores
        Now we have accuracy score on testing set for
         Multiclass Logistic Regression: 0.8967391304347826
         Random Forest: 0.9402173913043478
         CART: 0.9945652173913043
In []:
         def bootstrap validation(test data, test_label, train_label, model, metrics_list, sample):
             n = sample = sample
             n metrics = len(metrics list)
             output array=np.zeros([n sample. n metrics])
             output array[:]=np.nan
             print(output array.shape)
             for bs iter in range(n sample):
                 bs index = np.random.choice(test data.index, len(test data.index), replace=True)
                 bs data = test data.loc[bs index]
                 bs label = test label.loc[bs index]
                 bs predicted = model.predict(bs data)
                 for metrics iter in range(n metrics):
                     metrics = metrics list[metrics iter]
                     output array[bs iter, metrics iter]=metrics(bs predicted,bs label)
             output df = pd.DataFrame(output array)
             return output df
In []:
         bs output rf = bootstrap validation(x test,y test,y train,rf cv.best estimator,
                                          metrics list=[accuracy score],
                                          sample = 1000)
         bs output log = bootstrap validation(x test,y test,y train, logreg,
                                          metrics_list=[accuracy_score],
                                          sample = 1000)
         bs_output_cart = bootstrap_validation(x_test,y_test,y_train, dtc_cv_acc.best_estimator_,
                                          metrics list=[accuracy score],
                                          sample = 1000)
```

```
(1000.1)
        (1000.1)
        (1000, 1)
In []:
         # The 95% confidence interval
         CI rf = [0, 0]
         CI_rf_0 = np.quantile(bs_output_rf.iloc[:,0]-accuracy rf,np.array([0.025,0.975]))
         CI rf[0] = accuracy_rf - CI_rf_0[1]
         CI rf[1] = accuracy rf - CI rf 0[0]
         CI cart = [0.0]
         CI cart 0 = np.quantile(bs output cart.iloc[:,0]-accuracy CART,np.array([0.025,0.975]))
         CI cart[0] = accuracy rf - CI cart 0[1]
         CI cart[1] = accuracy rf - CI cart 0[0]
         CI log = [0, 0]
         CI log \emptyset = \text{np.quantile}(\text{bs output log.iloc}[:.0] - \text{accuracy log.np.array}([0.025.0.975]))
         CI log[0] = accuracy rf - CI log 0[1]
         CI log[1] = accuracy rf - CI log 0[0]
         print("The 95-percent confidence interval of accuracy on random forest is %s" % CI rf) #0.5.0.64
         print("The 95-percent confidence interval of accuracy on CART is %s" % CI cart) #0.5,0.64
         print("The 95-percent confidence interval of accuracy on logistic regression is %s" % CI log) #0.5,0.64
```

The 95-percent confidence interval of accuracy on random forest is [0.9076086956521738, 0.9728260869565216]
The 95-percent confidence interval of accuracy on CART is [0.9347826086956521, 0.951086956521739]
The 95-percent confidence interval of accuracy on logistic regression is [0.8967391304347826, 0.983695652173913]