# Project objective:-

About 422 million people worldwide have diabetes, and these numbers are gradually increasing. It is no doubt that prevention is better than cure, so people who have the required data at hand can use this app for early-stage prediction and hence know to take steps to keep the disease in control. This app uses BMI, Age, and number of pregnancies incurred as determining parameters and determines whether a person has diabetes or not. If diabetes is detected, it suggests to the user further steps which they can use to help with their condition, and in case of diabetes is not detected, it still suggests some steps that can be taken toward a healthy lifestyle.

User interface:-

The app has a straightforward, easy-to-use interface. An explicit root/main window is seen when the code is run, which can be easily worked to get the prediction. The user is then taken to different windows depending on the prediction result.
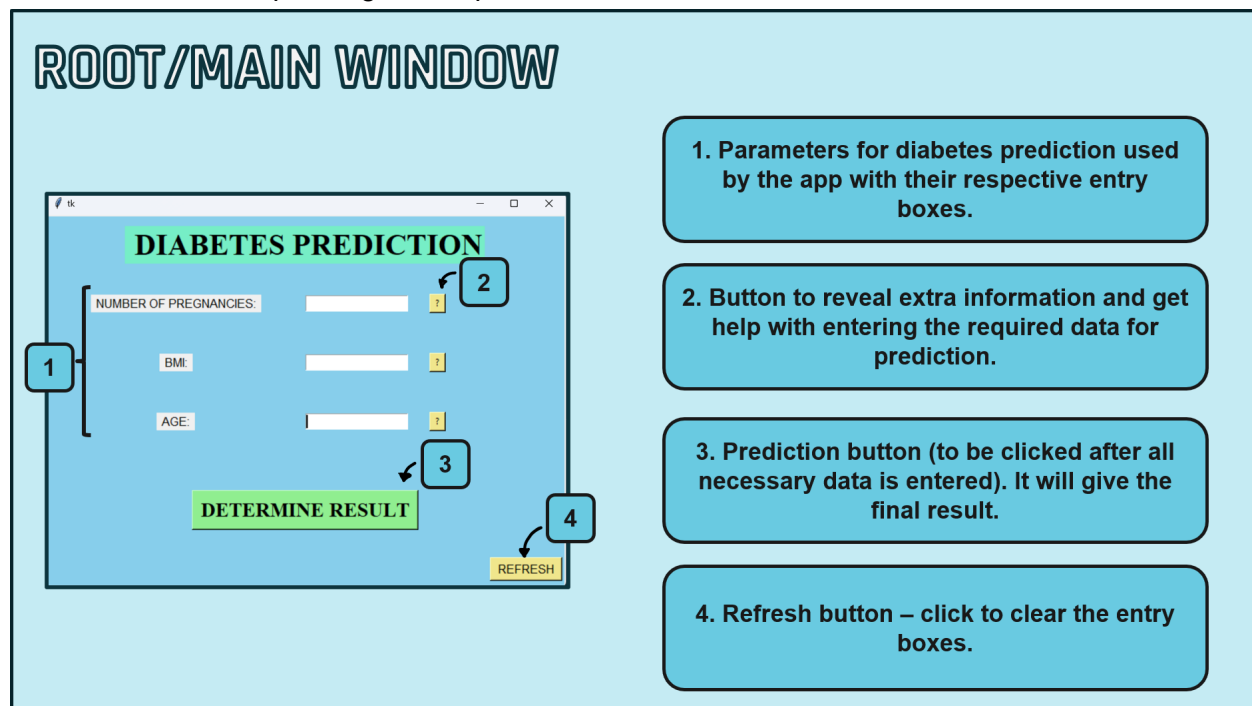
WINDOW DISPLAYED WHEN RESULT= NOT DIABETIC

4 SIMPLE WAYS FOR
PREVENTION OF DIABETES

1 REGULAR HEALTH SCREENINGS
Know your risk by trying out online risk screening questionnaire and go for tests if you are at risk.

2 HEALTHY DIET
Eat in moderation. Increase your intake of whole grains, fruits and vegetables. Reduced intake of sugar and saturated fats.

3 EXERCISE
Adopt an active lifestyle. Try 150 minutes of exercise every week. Find an activity (i.e. swimming, jogging, tai-chi or yoga) you like to motivate you to exercise!

4 NO SMOKING & DRINKING
Try to quit smoking and limit your alcohol intake!

EXIT

CONGRATULATIONS DIABETES TEST RESULT NEGATIVE!

PRECAUTIONARY STEPS ENCOURAGED

Exit button- to be clicked to close the result window and return back to the root window.

Warning: these results are based on analysis of a finite dataset and not very strong determining parameters and may not be 100% accurate. Proper medical guidance is always advised in case of doubts.

WINDOW DISPLAYED WHEN RESULT= DIABETIC

7 STEPS FOR BETTER LIVING WITH DIABETES

1 EAT HEALTHY
Eat lots of vegetables and fruit Reduce or eliminate sugary foods and drinks Watch or reduce carbs

Watch portion sizes

Eat regular meals

Lose 10-20 pounds if you are overweight

2 BE ACTIVE
Exercise 5 days a week

Be active 30 minutes a day

3 MONITOR
Check your blood sugar levels. Know your A1C

Check your blood pressure, cholesterol, eyes, feet and teeth

4 TAKE MEDICATION
Know your pills and insulins, understand how they work and take the right doses at the right times

5 PROBLEM SOLVE
Recognize your high and low blood sugars, understand what caused them and learn to treat and prevent them

6 REDUCE RISK
Quit smoking

Do regular health exams (eye, foot & dental)

See your doctor regularly for check-ups and tests

7 COPE WELL
Get support from your family, friends and diabetes care team

Set realistic goals and work toward them

EXIT

DIABETES TEST RESULT POSITIVE

TAKE NECESSARY STEPS AND VISIT A DOCTOR

Exit button- to be clicked to close the result window and return back to the root window.

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