# Problem – Solution Fit

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| Team ID | LTVIP2025TMID48379 |
| Project Name | **Student Health and Lifestyle Analysis** |

## Purpose

To solve student health and lifestyle issues by identifying key behavioral trends and designing targeted interventions based on data-driven insights.

## Problem

Students often neglect nutritional needs, engage in limited physical activity, and have inconsistent dietary patterns. These factors adversely affect physical health, academic output, and mental resilience.

## Solution

A set of interactive dashboards created in Tableau, analyzing survey data from students to assess health behaviors, food consumption, exercise frequency, and emotional well-being. These dashboards help institutions create proactive health campaigns.

## Behavioral Patterns Identified

- Skipping breakfast is common and correlates with lower GPA.  
- High comfort food dependency during emotional stress.  
- Limited physical activity despite awareness of health impacts.  
- Low parental influence on healthy eating habits.

## Improvement Strategy

Institutions can use this solution to identify at-risk student groups and tailor campaigns. Nutritional workshops, fitness programs, and food access strategies can be personalized.

## Expected Impact

Better student health, increased academic engagement, and measurable improvements in quality of life indicators.