

Fast Food Report

Tools used: Excel (Data sorting and Cleaning) and Power BI (Data Visualization)

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1. Business Context

Summary of data of consumers who consume fast food, showing metrics related to Health issues, Calories and Age of consumers. For clear patterns for consumers of fast food.

2. Objectives

Analysis aims to answer the following questions:

- Which gender is the healthiest and unhealthiest?

3. Data Overview

- Dataset includes Age, Gender, Average daily calories, BMI, Digestive issues, Doctor visits per year, Energy level score, Fast food meals per week, Overall health score, Physical Activity hours per week and Sleep hours per day.

- Data was cleaned using Excel and Power Query

- Power BI used for Interactive dashboard/ Visualizations and analysis

4. Key Insights

Insight 1: Digestive issues

Females have an higher digestive issues compared to Males and Others with an count of 159 'yes' answer.

Indicating such pattern can be caused by biological factors such as hormones, as well as lifestyle and stress related factors.

Insight 2: Energy Level score

Males highest energy score is 2 with 52 male count higher than the scores in the male category.

Females highest energy score is 7 with 53 Female counts higher than the scores in the Female category.

Other highest energy score is 2 and 7 with both at counts of 6 compared to other scores in It's category.

Indicating Males who eat fast food most likely have poor health issues like poor sleep quality

and physical/mental energy compared to Females and Other gender.
Whilst Females and Other gender have higher energy levels.

Insight 3: Health Score

The highest count in females health score is 9 with over 55 count.
For males being a score of 1 with count of 57 and Other gender having score 4 and 5 with count of 7.
On total of scores the highest becomes 1 with 110 counts from total genders.
Indicating that between genders Females have the most overall healthiest and males with other genders majority is having health issues.
Although when all genders combined, most genders face health issues.

Insight 4: Sleep hour per day

Highest sleeping hour per day for Females is 6 hours per day with count of 87.
For Males being 8 hours and having an count of 84, and other gender having 7 hours and count of 12.
From totals of all genders 6 hours is the highest with count of 174.
Indicating that majority of males sleep 8 hours per day and other gender with 7 hours, which is between the healthy sleep hour required for an person per day.
Whilst majority of Females are sleeping less than required per day.

Insight 5: Physical Activity hours per week

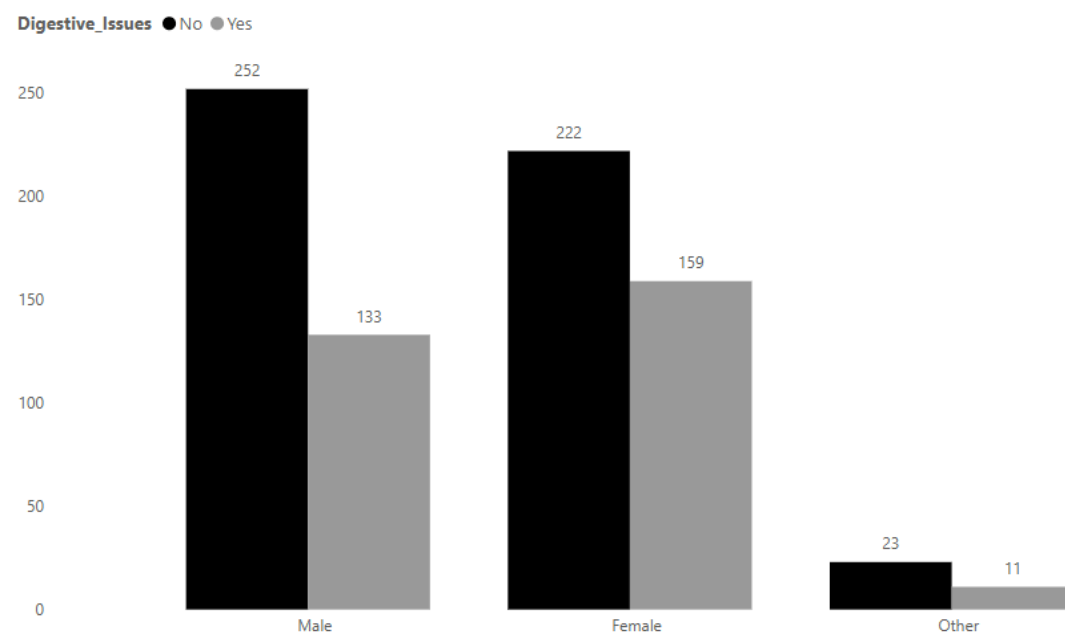
Females highest hours being 3 hours, 6 hours and 8 hours per week being count of 43 each.
Males highest being non hours and 8 hours per week with count of 45 each.
Other gender highest being 6 hours with count of 6.
Whilst total of all genders highest being 8 hours with count of 91.
Indicating that majority of all genders are exercising or taking care of their health.

Insight 6: Doctor Visits per year

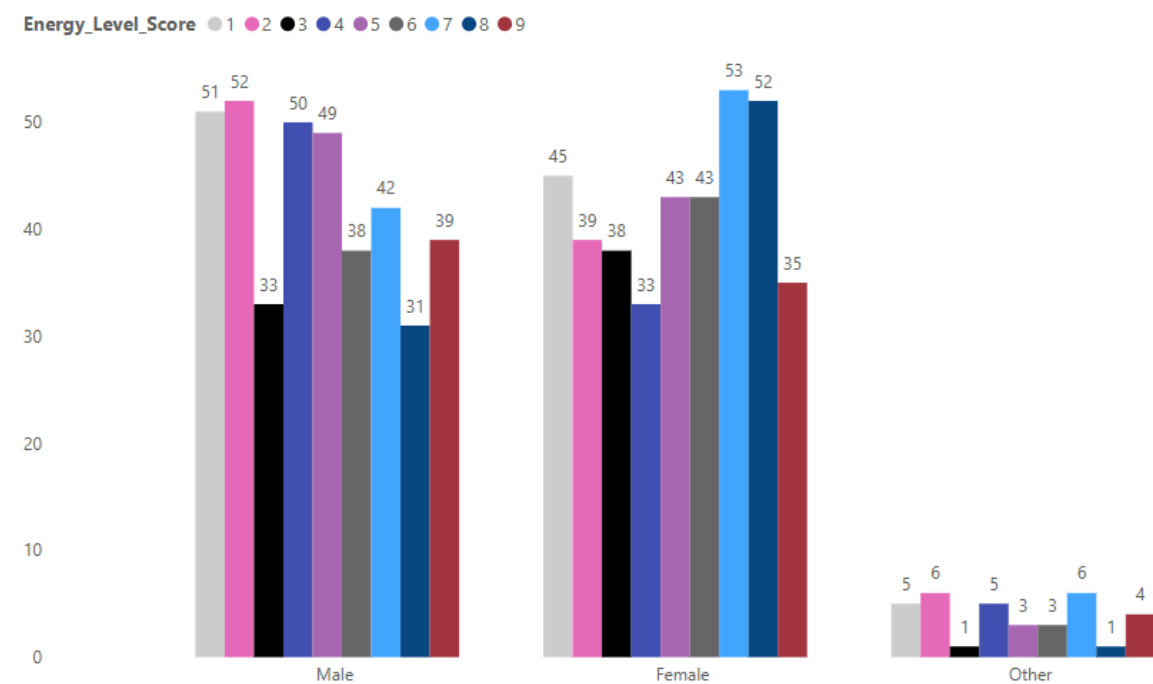
Females highest visits being 0 in count of 42.
Males highest visits being 9 visits per year with count of 38.
Other gender highest visits being 9 visits per year with count of 5.
Total of genders being 6 visits per year with count of 80.
Indicating separately that majority of females do not visit doctors meaning they do take care of well-being and health, Whilst Males and other gender not taking care of health and well-being.
When including all genders it gives us an indication that majority of gender visit less than 6 times per year.

5. Visual Evidence

1. Digestive issues:



2. Energy Level score:



3. Health Score:

Gender	1	2	3	4	5	6	7	8	9
Female	48	42	39	51	33	44	41	28	55
Male	57	39	43	36	41	41	34	43	51
Other	5	3	4	7	7		3	2	3
Total	110	84	86	94	81	85	78	73	109

4. Sleep hours per day:

Gender	4	5	6	7	8	9
Female	76	75	87	73	65	5
Male	77	67	79	75	84	3
Other	7	4	8	12	2	1
Total	160	146	174	160	151	9

5. Physical Activity hour per week:

Gender	0	1	2	3	4	5	6	7	8	9	10
Female	34	41	41	43	33	37	43	40	43	22	4
Male	45	31	48	32	43	30	40	26	45	42	3
Other	2	3	1	3	5	5	6	3	3	3	
Total	81	75	90	78	81	72	89	69	91	67	7

6. Doctor Visits per year:

Gender	0	1	10	11	2	3	4	5	6	7	8	9
Female	42	31	36	41	24	31	24	37	31	32	27	25
Male	27	32	33	26	23	29	25	30	46	43	33	38
Other	3	3	4	2	4		3	4	3	2	1	5
Total	72	66	73	69	51	60	52	71	80	77	61	68

6. Recommendations

Based on Insight:

1. Majority of females face digestive issues
2. Males have poor health issues
3. Males and Other gender have low health score
4. Females sleep less
5. All gender workout well and healthy
6. Males and other have high doctor visits

Suggesting:

Females are more healthy and take care of their health and well being which makes them face less health issues, Whilst Males and Other genders face more serious health issues..

7. Conclusion

This analysis demonstrates the health patterns between genders who eat Fast food. The findings highlight that Females are more care taking of their health compared to Males and Other gender.