

DIABETES AND HEALTH METRICS OVERVIEW

PROPORTION OF DIABETIC VS NON-DIABETIC PATIENTS

- **Visualization:** Donut chart shows that “59.29%” of the population is non-diabetic, while “40.71%” is diabetic.
- **Narrative:** This point helps understand the ratio of diabetic to non-diabetic patients in the dataset. Most individuals fall under the non-diabetic category, but a significant portion, about one-third, are diabetic, indicating the relevance of managing diabetes in healthcare.

BODY MASS INDEX (BMI) ACROSS AGE GROUPS

- **Visualization:** A bar chart shows the relationship between BMI and different age ranges. The BMI peaks at around ages “55-60”.
- **Narrative:** The BMI tends to increase as people age, peaking in the age group of “55-60” years with an average BMI of “45.1”. This could indicate lifestyle and health changes related to aging. It highlights the importance of weight management, especially in the later years.

BLOOD PRESSURE VARIATION ACROSS AGE GROUPS

- **Visualization:** A bubble chart showing blood pressure levels across various age groups, with larger bubbles indicating higher blood pressure ranges.
- **Narrative:** As individuals age, their blood pressure tends to increase. Notably, the age groups “55-60” and “60-65” show larger bubbles, indicating elevated blood pressure levels. This suggests a strong correlation between aging and hypertension, which could pose risks for cardiovascular diseases, especially among diabetic patients.

HEAT MAP SHOWING BMI, BLOOD PRESSURE, AND OTHER HEALTH INDICATORS

- **Visualization:** A heat map summarizing multiple variables like BMI, blood pressure, glucose levels, and insulin across different age groups.
- **Narrative:** The heat map highlights how various health indicators vary across different age ranges. For instance:

- Average BMI is highest in the “55-60” age range.
- Blood pressure gradually increases with age, peaking at “55-65” years.
- Glucose and insulin levels also show distinct patterns that are crucial for diabetes management .

This structure creates a cohesive narrative using the data, offering insights into diabetes prevalence, the impact of aging on BMI, blood pressure, and other health-related factors.