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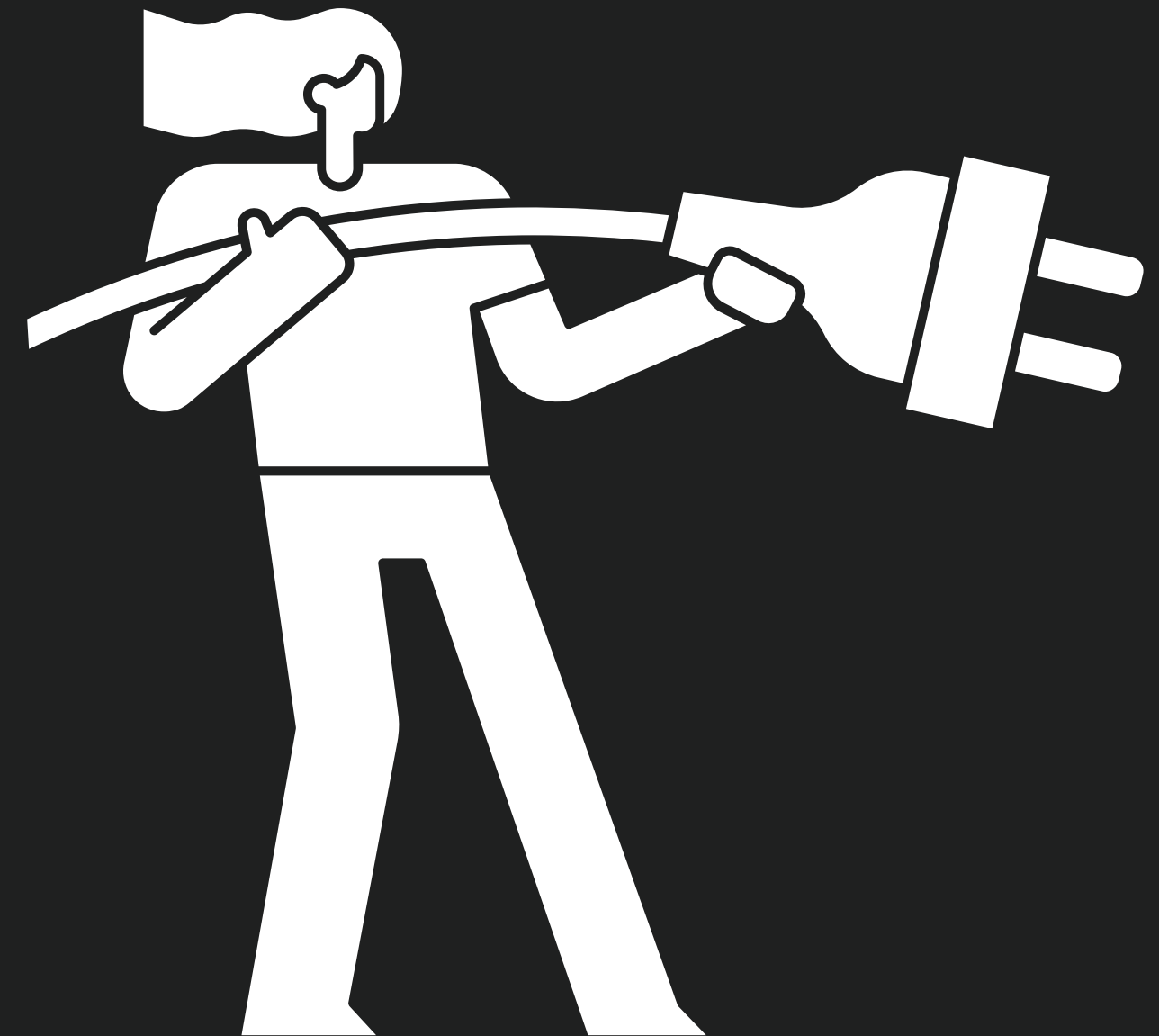
RICARDO BEATO



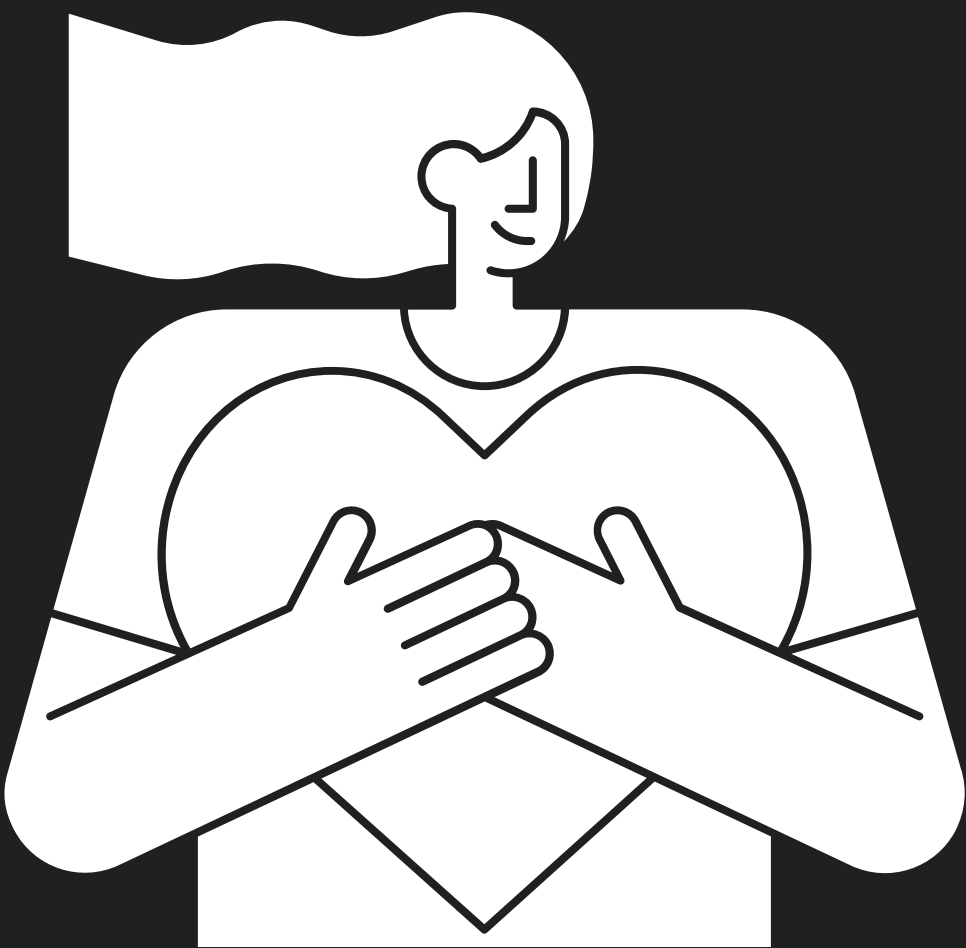
IS YOUR HEART HAPPY?

INDEX

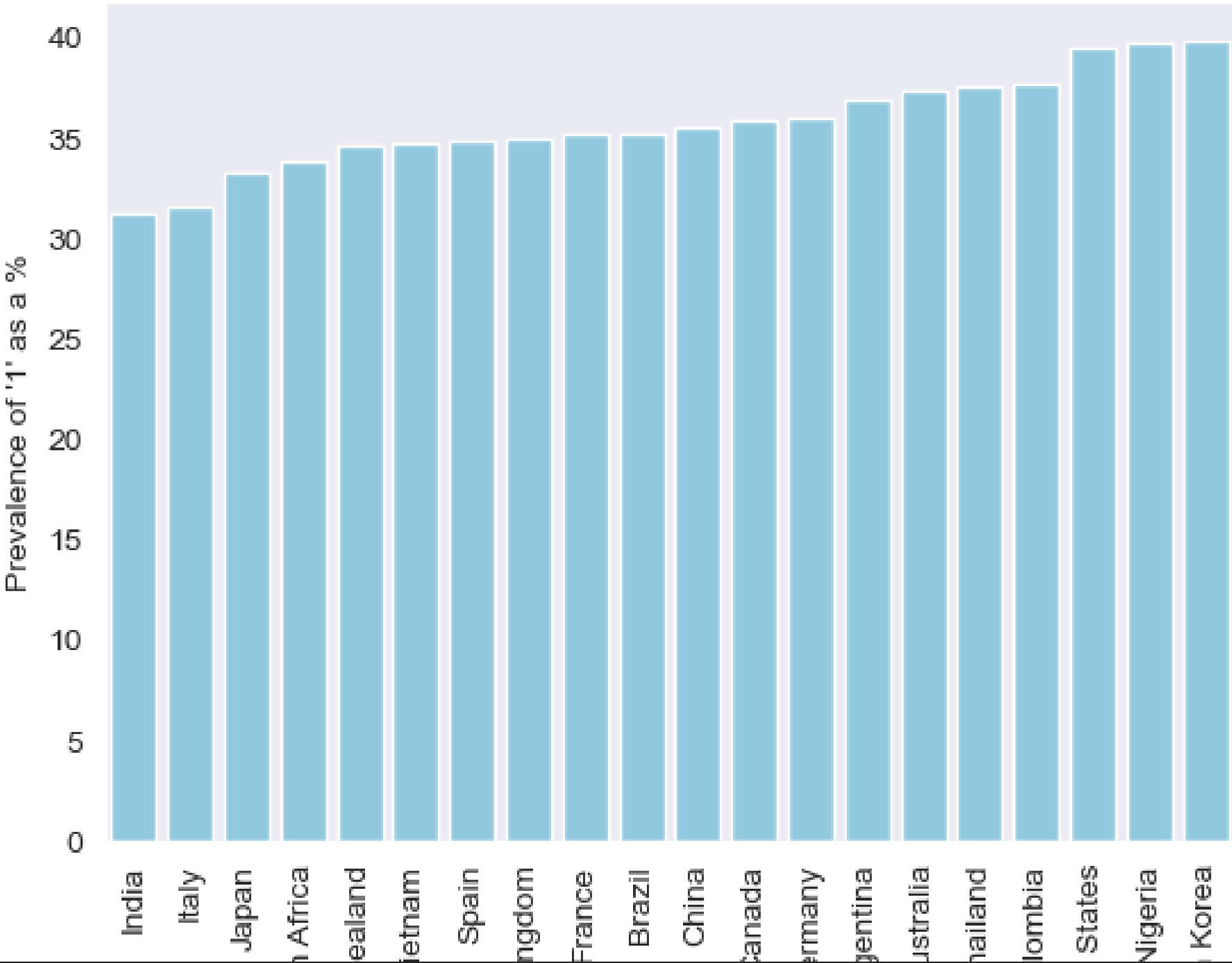
- 01 – Heart attack prevalence per country
 - 02 – Heart attacks by stress levels and by sleeping schedule
 - 03 – Heart attacks and sedentarism. Air quality impact
 - 04 – Happiness vs several dimensions
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01 - HEART ATTACK PREVALENCE PER COUNTRY



Prevalence of people at risk of heart attack per country



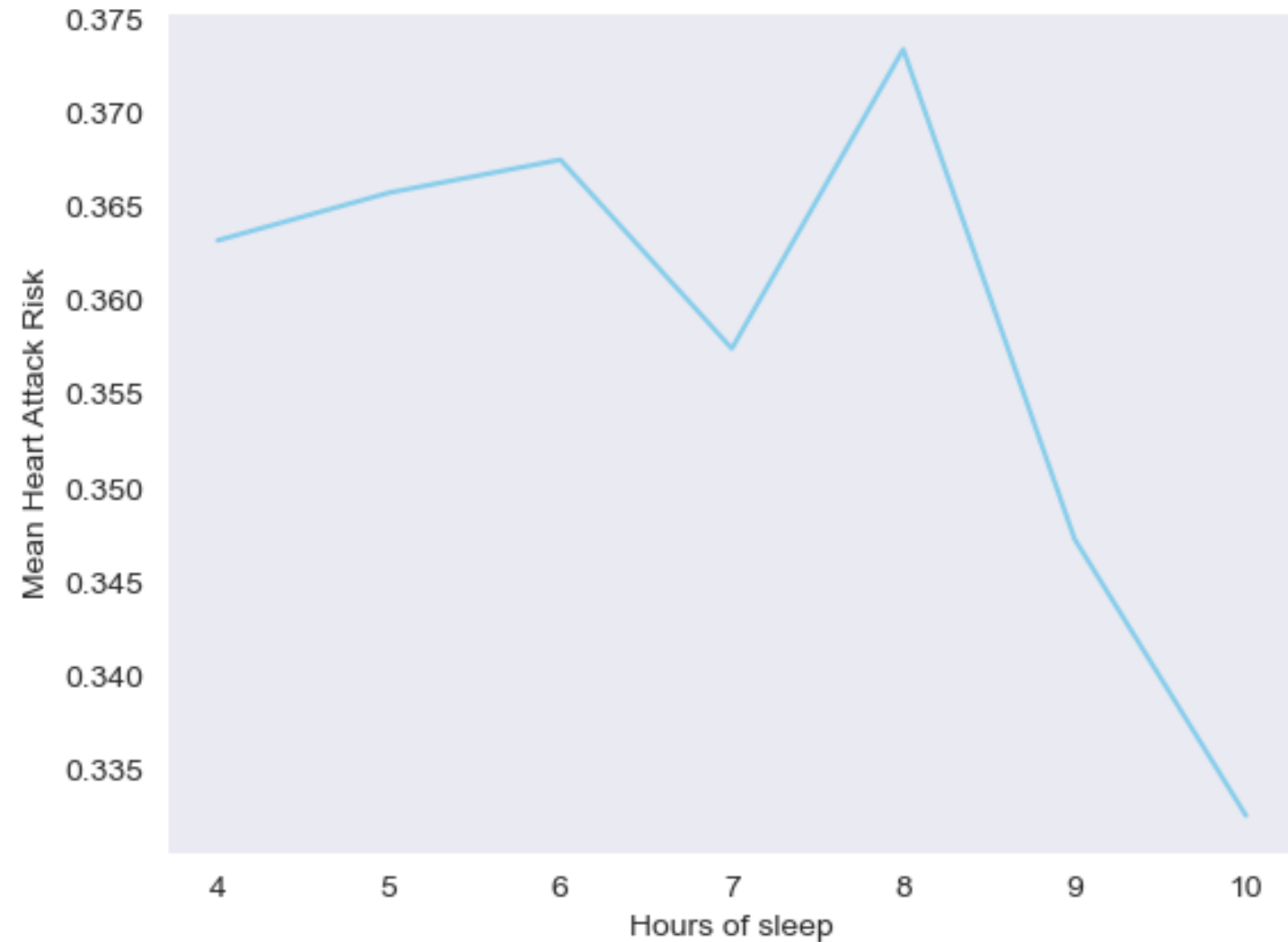
The dataset “heart_attack_prediction_dataset” from Kaggle compiles info on heart attack risk.

Prevalence was calculated as the % of inquired people who are prone to have a heart attack out of the total inquired for that country.

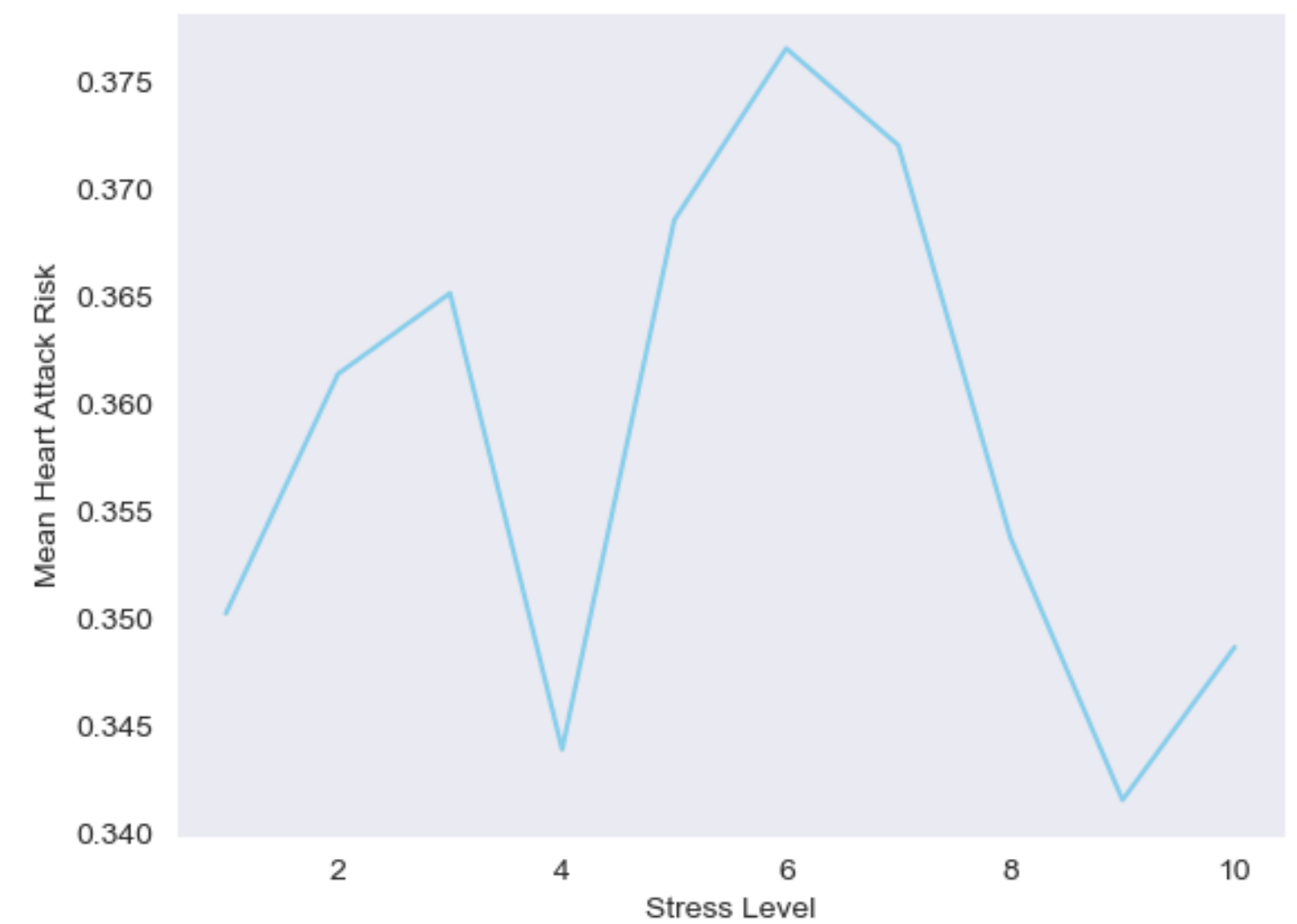
Variables such as the sleeping schedule, BMI, stress levels, amongst other were taken into account.

02 - HEART ATTACKS BY STRESS LEVELS AND BY SLEEPING SCHEDULE

Average heart attack risk by sleep hours per day



Average heart attack risk by stress levels



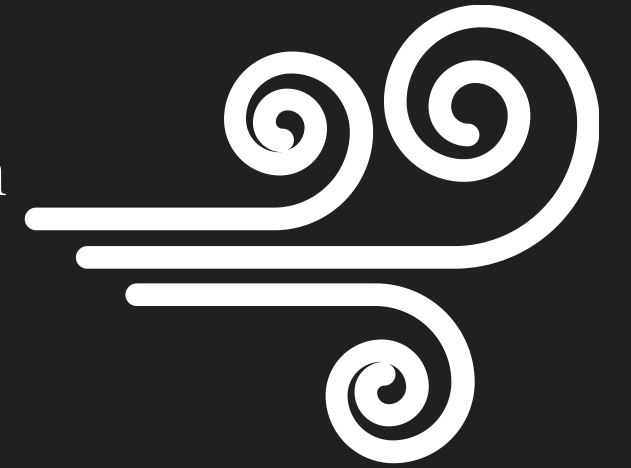
This is a very generic analysis as in – when we use averages to group the risk of heart attack we lose information that is needed to assess that risk

Broadly: the more the inquired people sleep, the less the smaller the heart attack risk.
No conclusions to be drawn from the relation between stress levels alone and Heart Attack diseases.

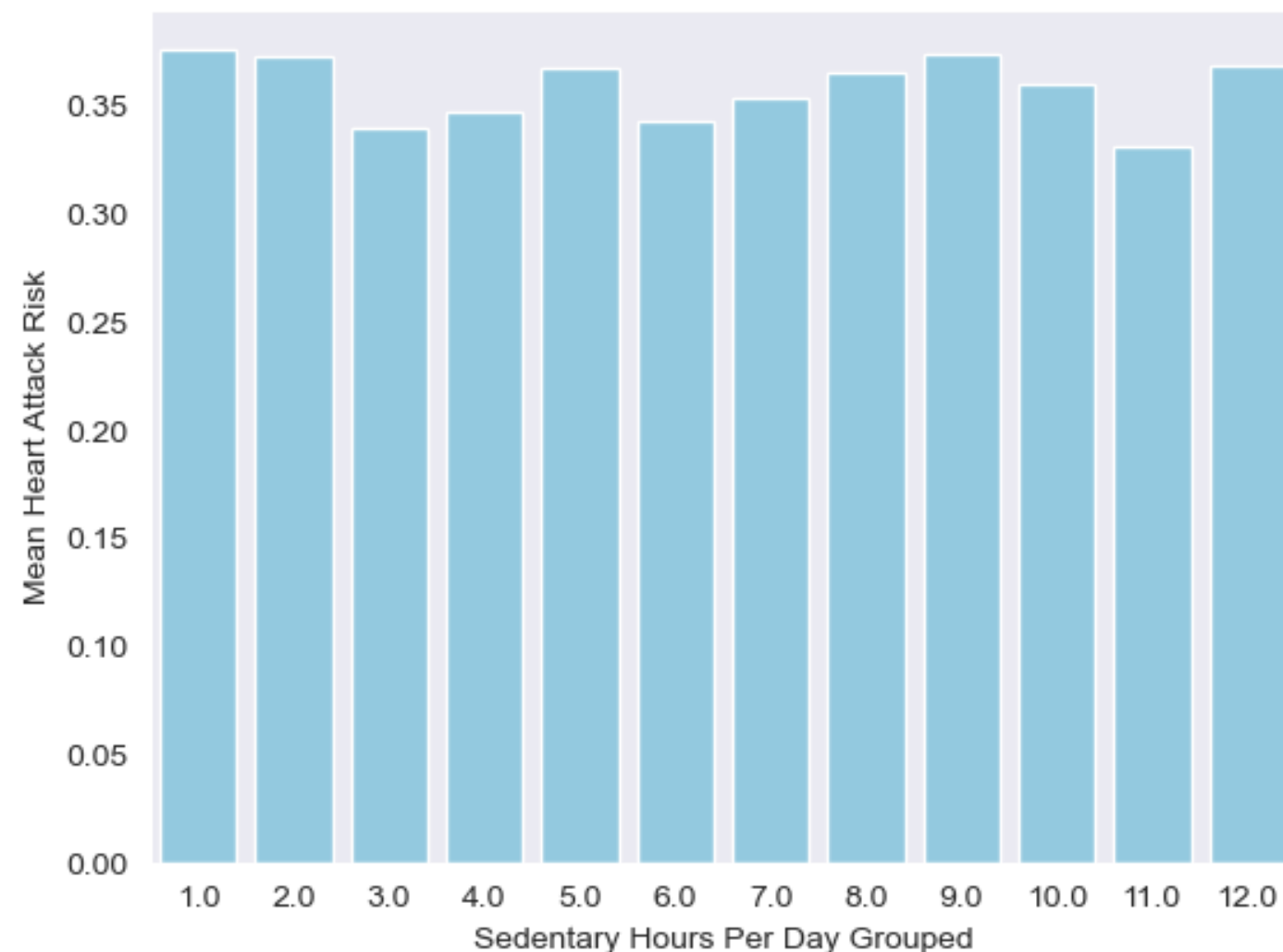
03 - HEART ATTACKS AND SEDENTARISM. AIR QUALITY IMPACT

Once again it's important to stress out that the heart attack risk is the result of an equation of several variables and here we are isolating these variables. If this was linear, no conclusion was to be taken between heart attack and sedentarism.

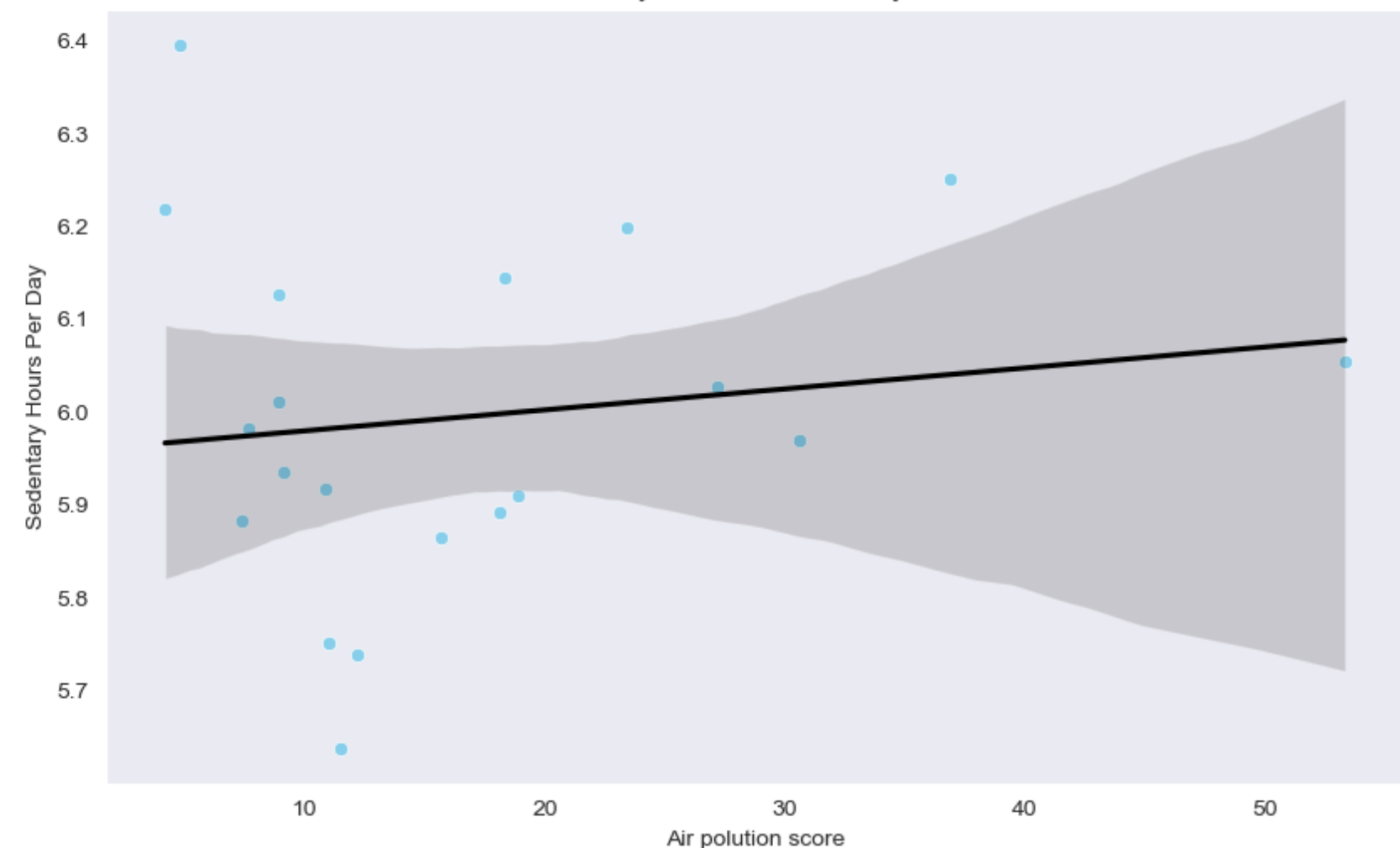
A slight connection pointing towards: the more the air is polluted the less people engage in physical activities (more sedentary).



Average heart attack risk per sedentary hours



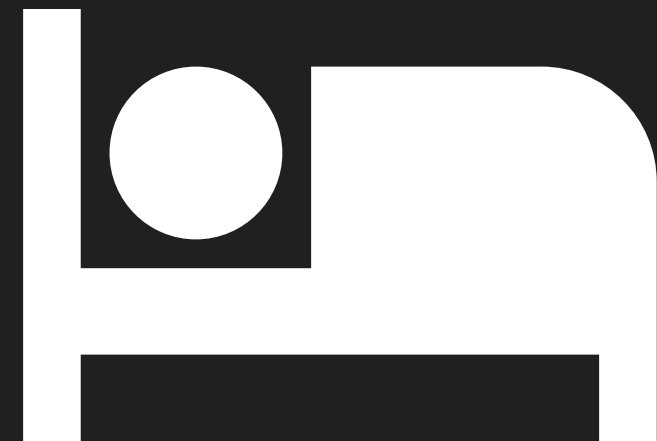
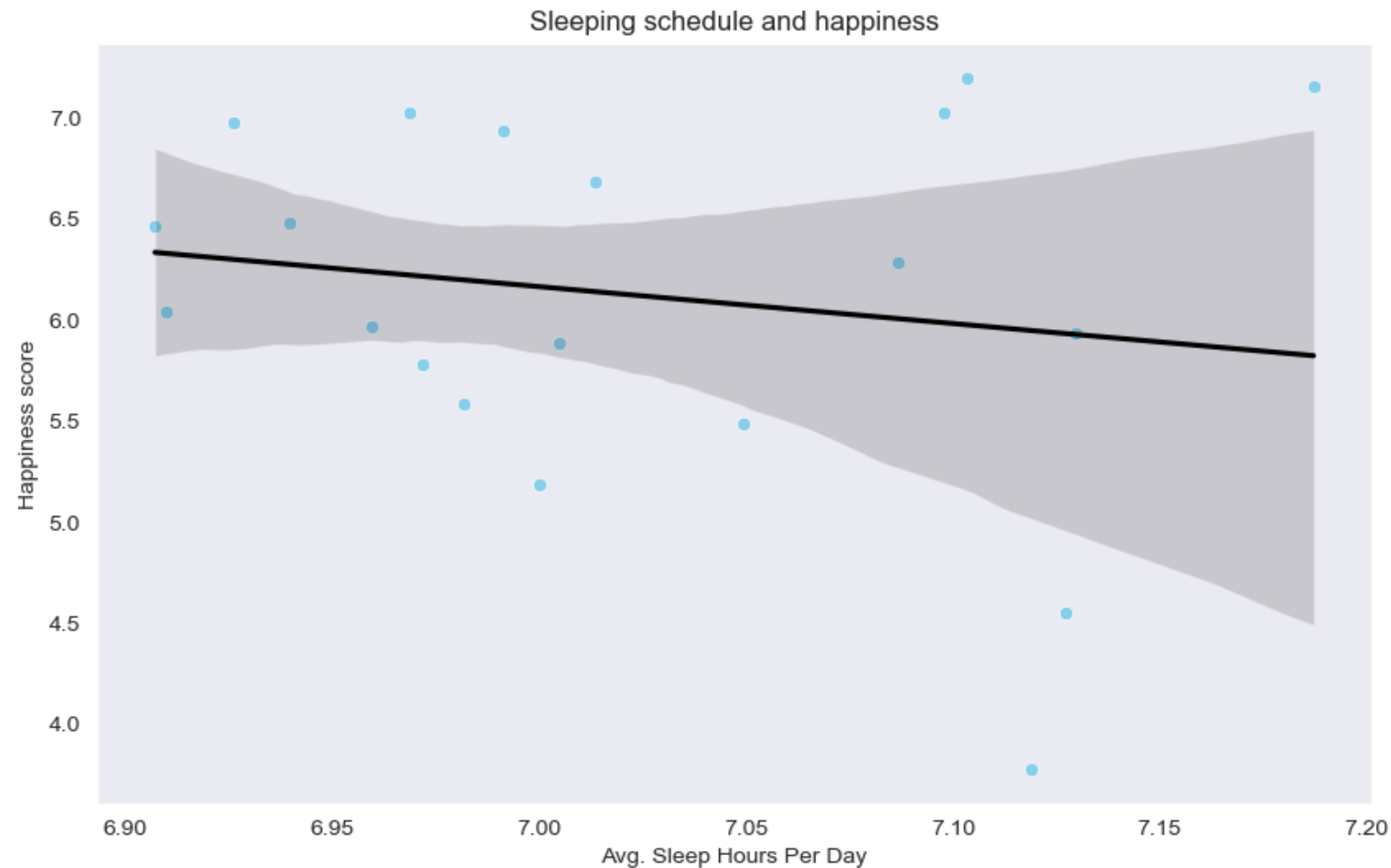
Sedentary Hours vs Air Quality Score



04 - HAPPINESS VS SEVERAL DIMENSIONS

SLEEPING SCHEDULE

Even though the number of observations is very low to draw solid conclusions from, the correlation suggests that sleeping more does not necessarily equate to being happier.

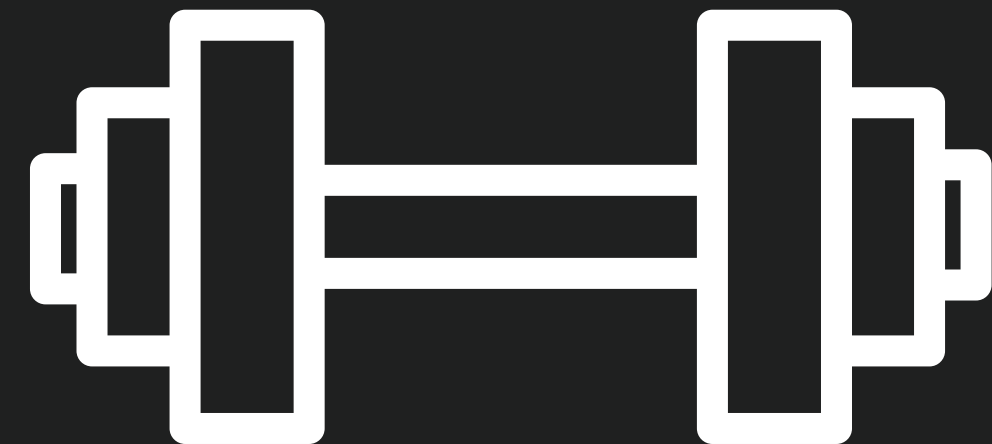
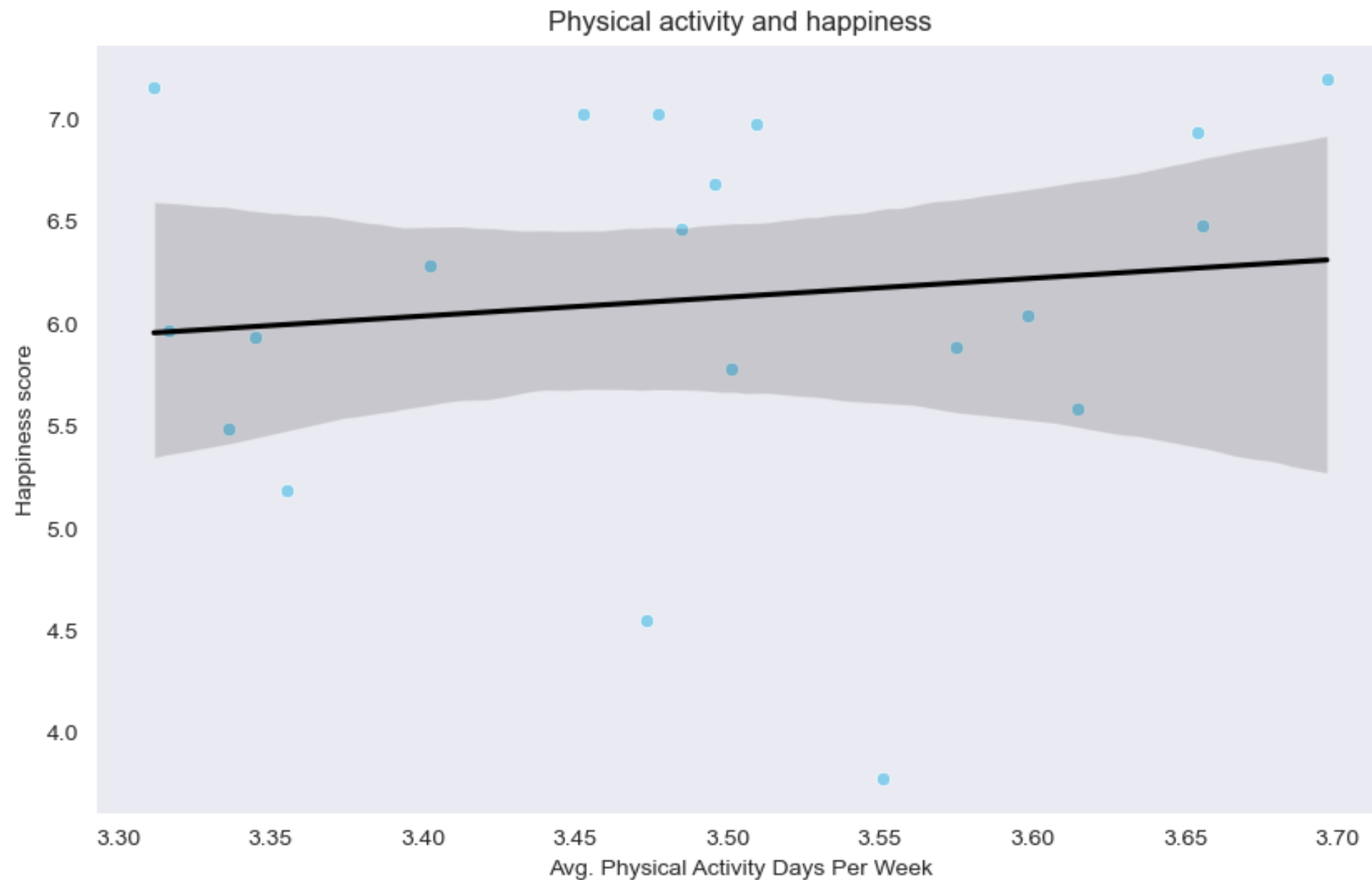


04 - HAPPINESS VS SEVERAL DIMENSIONS

PHYSICAL ACTIVITY

The website <https://wisevoter.com/> lists the happiness index per country. Here I am trying to establish a relationship between that and people's habits.

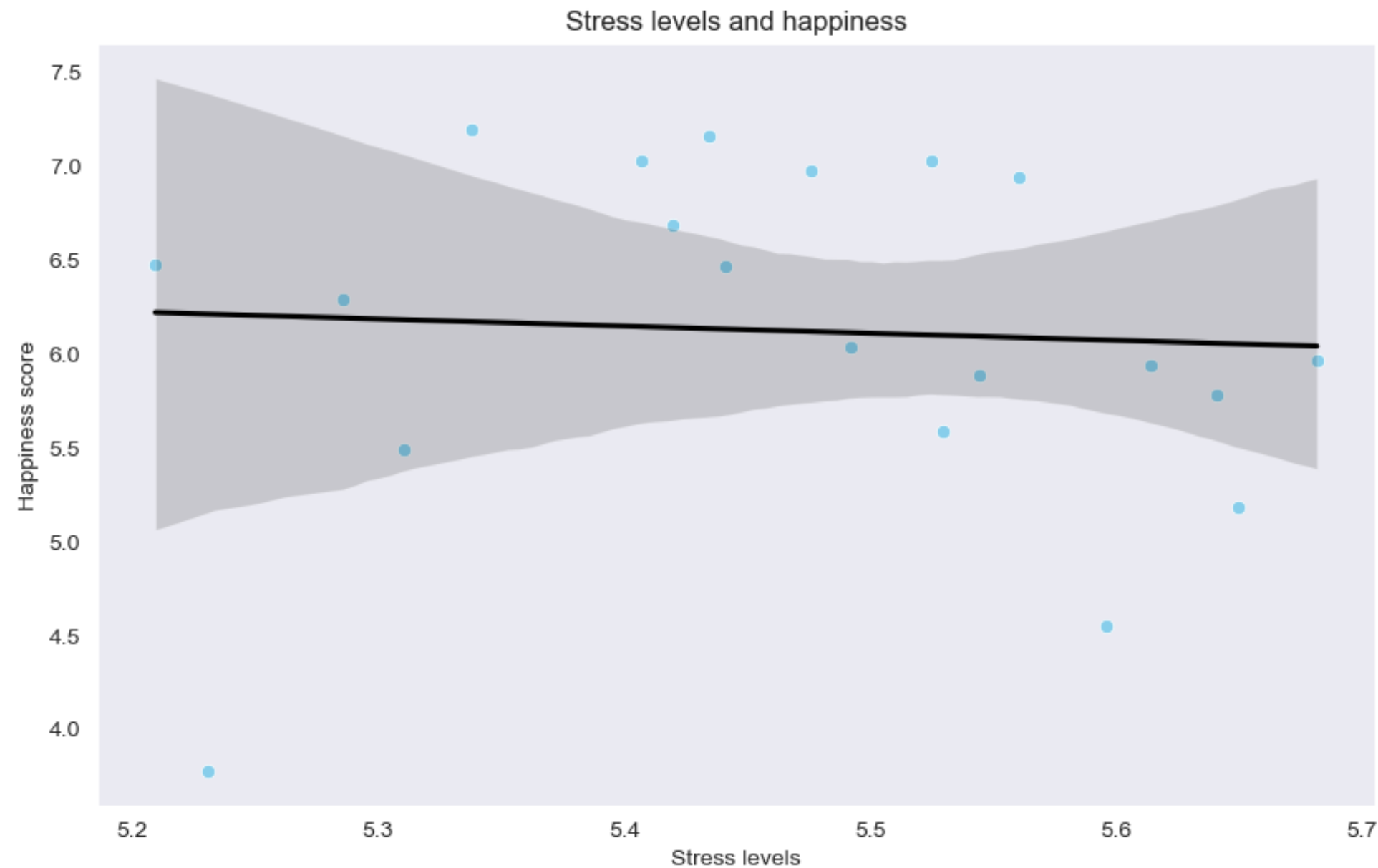
To a slight degree, countries where people on average engaged in more physical activity displayed higher happiness indexes.



04 - HAPPINESS VS SEVERAL DIMENSIONS

STRESS LEVELS

No conclusion is to be drawn from the relationship between stress and happiness levels.



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THANKS

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