Unhealthy Lifestyle Analysis

Team Report

A lifestyle is referred to a way in which a normal person with no health issues and any disability lives. It includes many factors like their behaviors, habits, choices etc. A healthy lifestyle is considered as the choices and habits that contribute to a perfect wellbeing, physical health and the complete accurate mental state of the person. A Unhealthy Lifestyle is considered as the bad choices and habits that persons have negatives impact their wellbeing, physical health and the mental state of a particular person. It leads to chronic diseases in future and reduced quality of life.

Objective

The objective of the survey is to understand the people's lifestyle and the major factors that affect their life and lead to an unhealthy lifestyle. After analyzing the data and gathering the insights and find out some solutions to over this lifestyle.

Approaches

- We first gathered the data by google forms and linked it to google sheets and then it was linked to Power-Bi so that it can be dynamically changed when a new response is added to the form.
- We have got the data and had to do a bit of cleaning to make sure that it is accurate data for the analysis.
- The main insights are being structured into visuals so that it is easy for the viewers to see the data in a appealing mode.
- Based on the data visualizations we do the analysis of the data and find out the root cause of the problem and give solutions for it.

Solutions

The problem of unhealthy lifestyle is caused due to making bad habits or consumption of largely fast foods and street foods

that contain many things of fats and oils that are not required by the body. To keep a proper lifestyle, one has to consider the following ways to overcome the bad choices and habits that lead to the unhealthy lifestyle.

Do's

- Drink 2-3 liters of water per day
- Eat minimum 2 fruits a day
- Exercise about 4-5 hrs. per week
- Don't skip meals
- Try self-care routines on a regular basis.

Don'ts

- Don't take a lot of stress
- Don't reduce the fitness level below 2
- Eat often outside, prefer healthy food

Target Audience

The target audience is:

- Under 18 children (under 18)
- Young Adults (18 to 20)
- Adults (above 21)

This is the next youth generation of the 21st century so we have to get the information of their lifestyle as they are the future of the country.

Type of Data

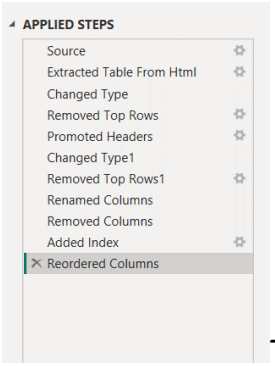
1. Name: Text data
   It is used to identify a person
2. Gender: Categorical Nominal data
   It can be used to classify data together
3. Date of birth: Quantitative and Categorical data
   It can be used for grouping as well as specific point
4. Specific habit: Text data
   It is used to get the information about a particular habit
5. No of Fruits: Quantitative discrete data
   It is used to get the information about the fruit's consumption

6. Stress Level: Categgorical ordinal data
   It is used to find out the stress levels of the audience
7. Hours of sleep: Quantitative continuous data
   It is used to know their sleep time
8. No of sugary drinks: Quantitative discrete data
   It is used to get the Information about the drink's consumption
9. Most common unhealthy food: Categorical nominal data
   It is used for the deeper insights
10. Physical fitness level: Categorical ordinal data
    It is used to get the fitness information
11. Horus of physical exercise: Quantitive discrete data
    It is used to get the specific hours from the week used for exercise
12. Self-care time: Categorical ordinal data
    It is used to get particular answer in the answer
13. Water drinking: Quantitative discrete data
    It is used to get the amount of water drank in a day
14. Skipping meals: Categorical ordinal data
    It is used to get the no of skipped meals in 3 days.

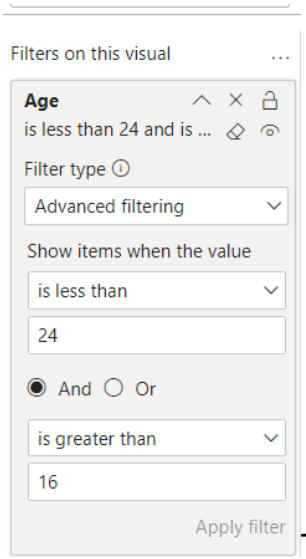
Individual Report

The data collected is of the random people of a particular age. We use the data to analyse the unhealthy lifestyle of the people. It is used to know the main insights from the data and find out the main things that factor the lifestyle. In the survey we have gathered a lot of information about their health and daily routines and their habits that affect the life.

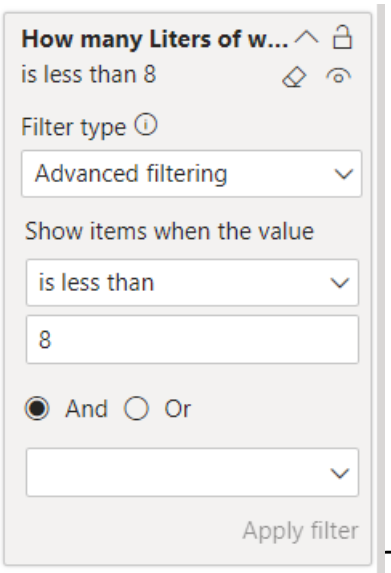
Data Cleaning



Transform data

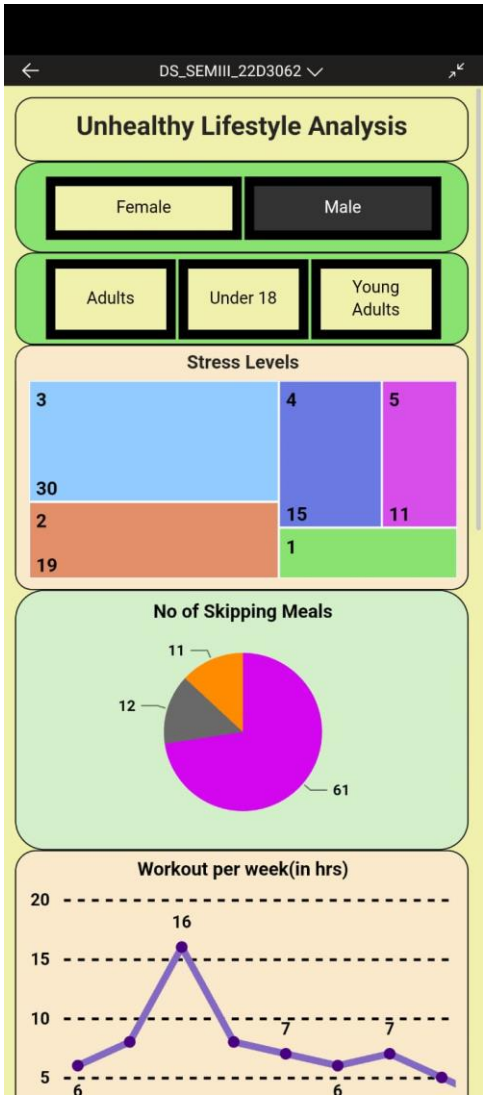


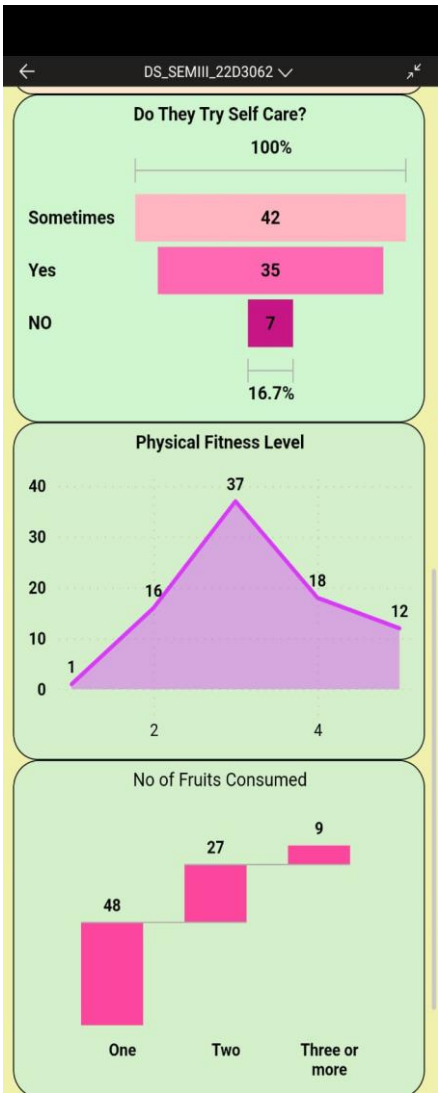
To filter out the people who gave the response leaving the targeted audience.



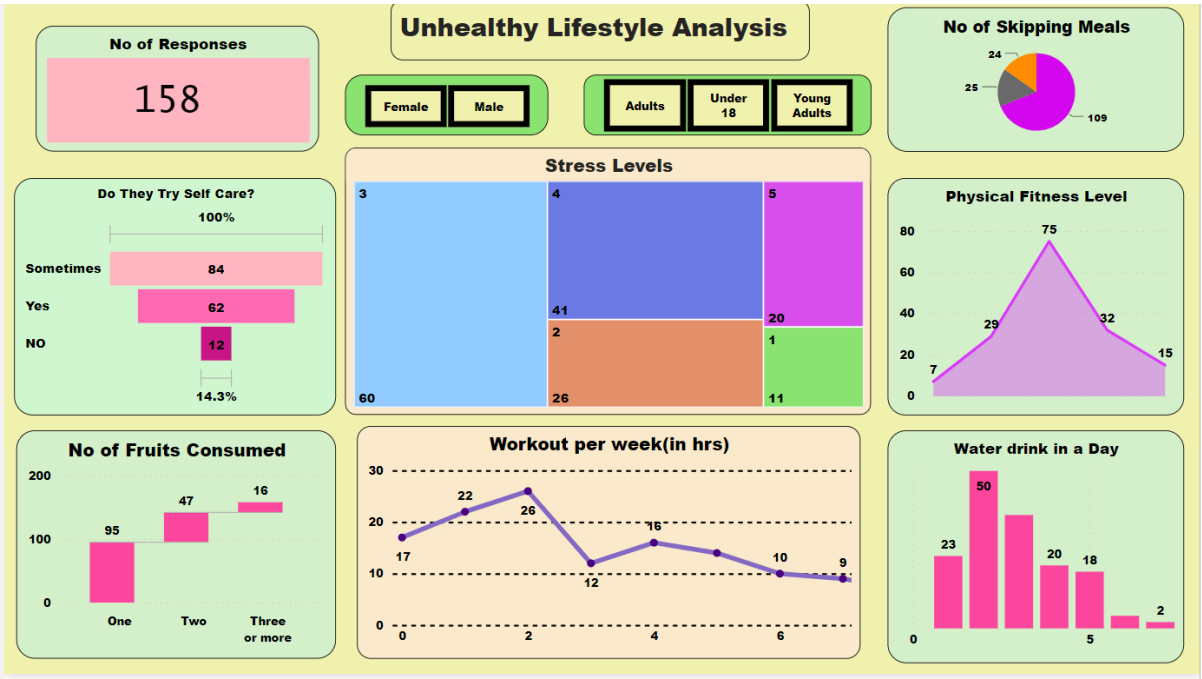
To filter out a person who wrong gave 100 liters per day. Which is a wrong data

Dashboard of the data (Mobile view)



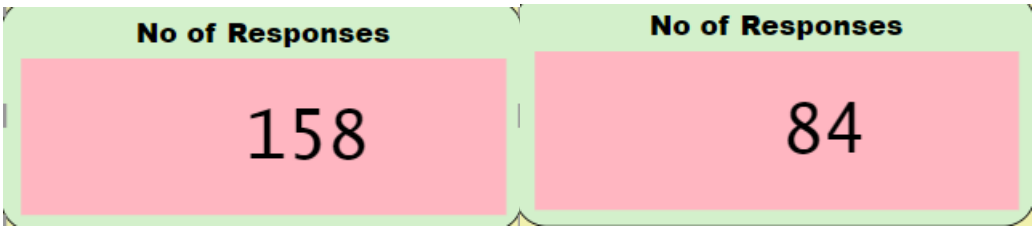


Dashboard of the data (Dextop view)



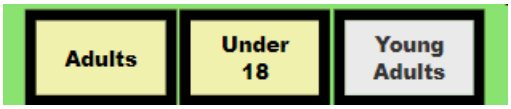
The dashboard gives a simplified visual representation of the data the group had collected. It specifies many aspects that must be considered when the meaning of the data is been taken. The main objective of the analysis is to know the factors affecting the lifestyle of the people.

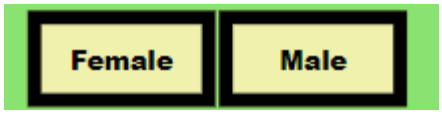
1. Scroller



Scroller is used to dynamically updated data which is the no of responses received in the survey. It is also used as the count to get the of the responses received in a categorical classification like when gender is male is selected it gives the count that how many males have responded.

2. Slicer



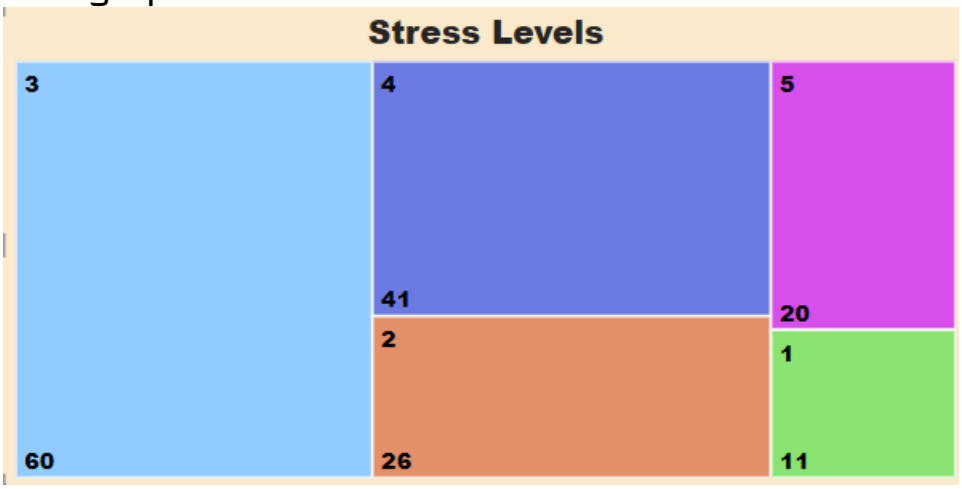


These are the two categorical data used for the categorical data collected and it can be classified on this basis. When the Male is selected all data of males is highlighted and it can be viewed in the dashboard. The same with the age group slicer also. As in the data I had not asked for age and classified them in age group I had used 2 Dax functions for it : 1st to calculate the age from date of birth and 2nd for plotting them in the a particular age group.

Dax formula 1:
```
Age = DATEDIFF('Table 1'[Date of Birth], TODAY(), YEAR)
```

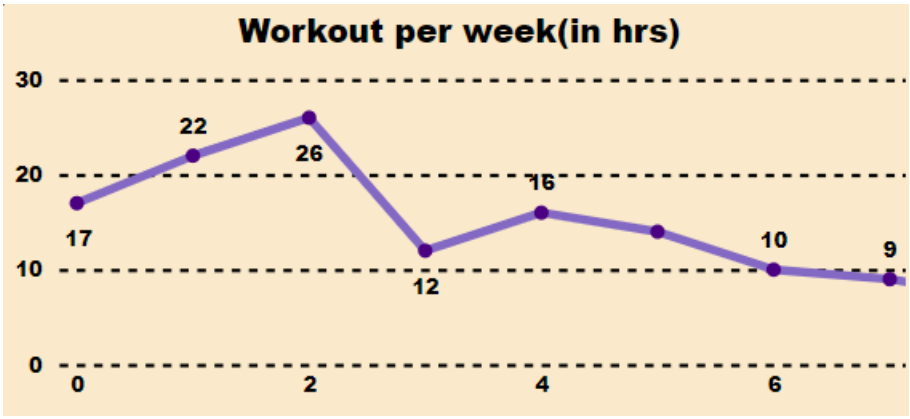
Dax formula 2:
```
Age Group =

IF (
    'Table 1'[Age] <= 18, "Under 18",
    IF (
        'Table 1'[Age] <= 20, "Young Adults",
        IF (
            'Table 1'[Age] <= 24, "Adults",
            "Other"
        )
    )
)
```

3. Tree graph



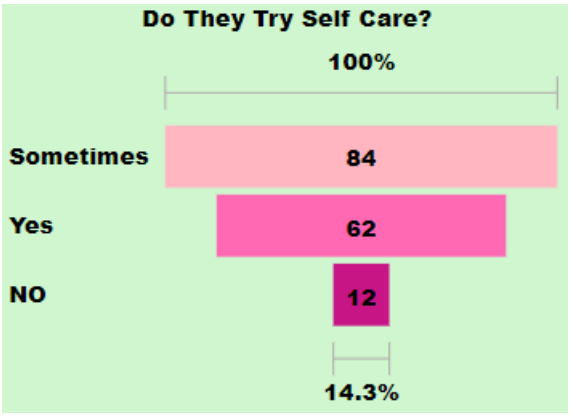
This is used to showcase the stress level of the targeted audience. As this answer was in the Likert scale it was very easy to use in the the tree graphs as it directly shows which stress level is high and which is very low.

4. Line chart



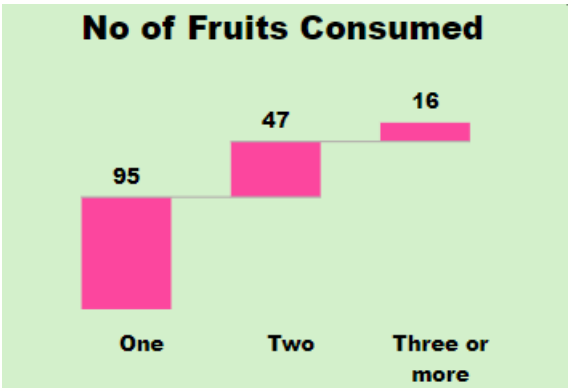
This is used because both the data is numerical values as X axis has no of hours and y axis has the count of index. The workout hours is very much required information of data as we can see in a week only 1 or 2 hours is the average or mostly done by the people.

5. Funnel



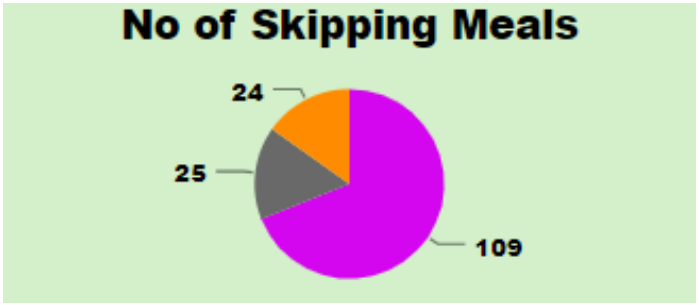
This chart is used to get data of a yes no or sometimes questions. In this the X axis includes the percentage of total index people from the data and Y axis is the answer used for the question. As we can see mostly the highest percent of people do some sties try self-care or some people regularly do it. As it shows that the no people have more stress levels and yes people have less stress levels.

6. Waterfall chart



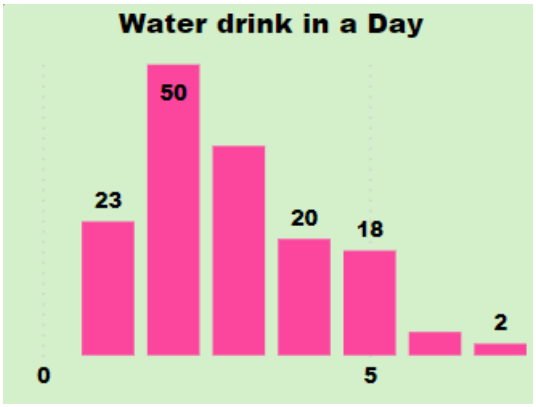
This is used to display the count of the data that people consume fruits in a day. X axis is the category and Y axis is the count of people. As we can see the most preferred one is 1 fruit per day. People with three or more fruits have very lesser stress levels and people with one fruit have comparatively higher stress levels.

7. Pie chart



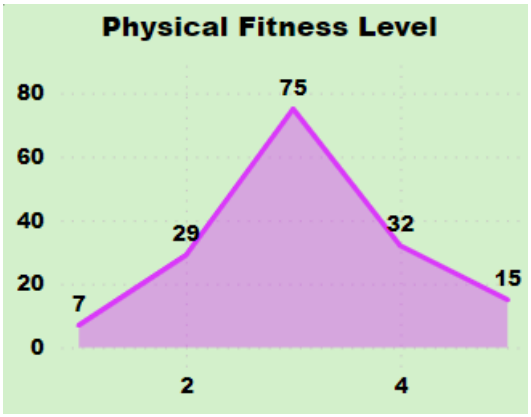
This is a categorical data that defines the no of times a meal is skipped in 3 days. Mostly the answer we have got is one meal per 3 days and when we do the analysis by taking this as sample means a person skips around 121 approx. meals in the whole year. The people whose twice and thrice meals skip in three days have been highly prone to the unhealthy life.

8. Clustered Cloumn chart



This used because the both data are numerical and bar chart gives the perfect pictorial representation of the count of the people staying hydrated in the day by no of liters, they consumer per day. X axis is the number of liters and Y axis is the count of people. 2 liters per day is the most common and the 7 liters is very rare but as we see in other graphs when clicked we get to know that the stress levels is low and moderate so this factors does not play much role in the lifestyle but still it is important factor as keeping body hydrated is required.

9. Stacked Area chart



This is used to display the Likert scale question which was on the topic of physical fitness of an individual. Here we can see a bell curve that mostly avg of people is 3. Physical fitness a major concern while we are leading to a life style analysis.