HEALTHWATCH: A DATA-DRIVEN APPROACH TO MENTAL HEALTH RISK

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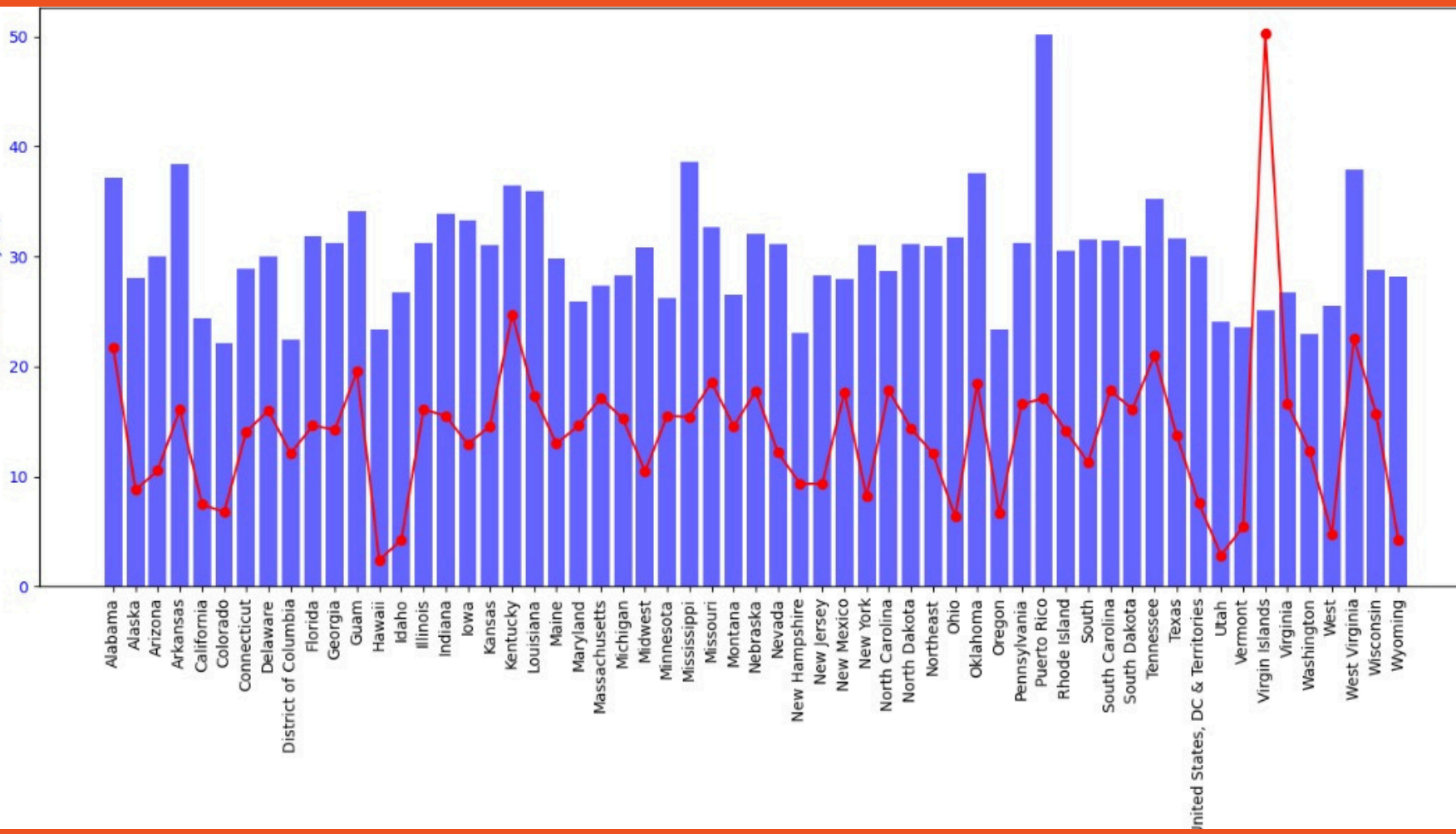- SAARTHAK JOSHI
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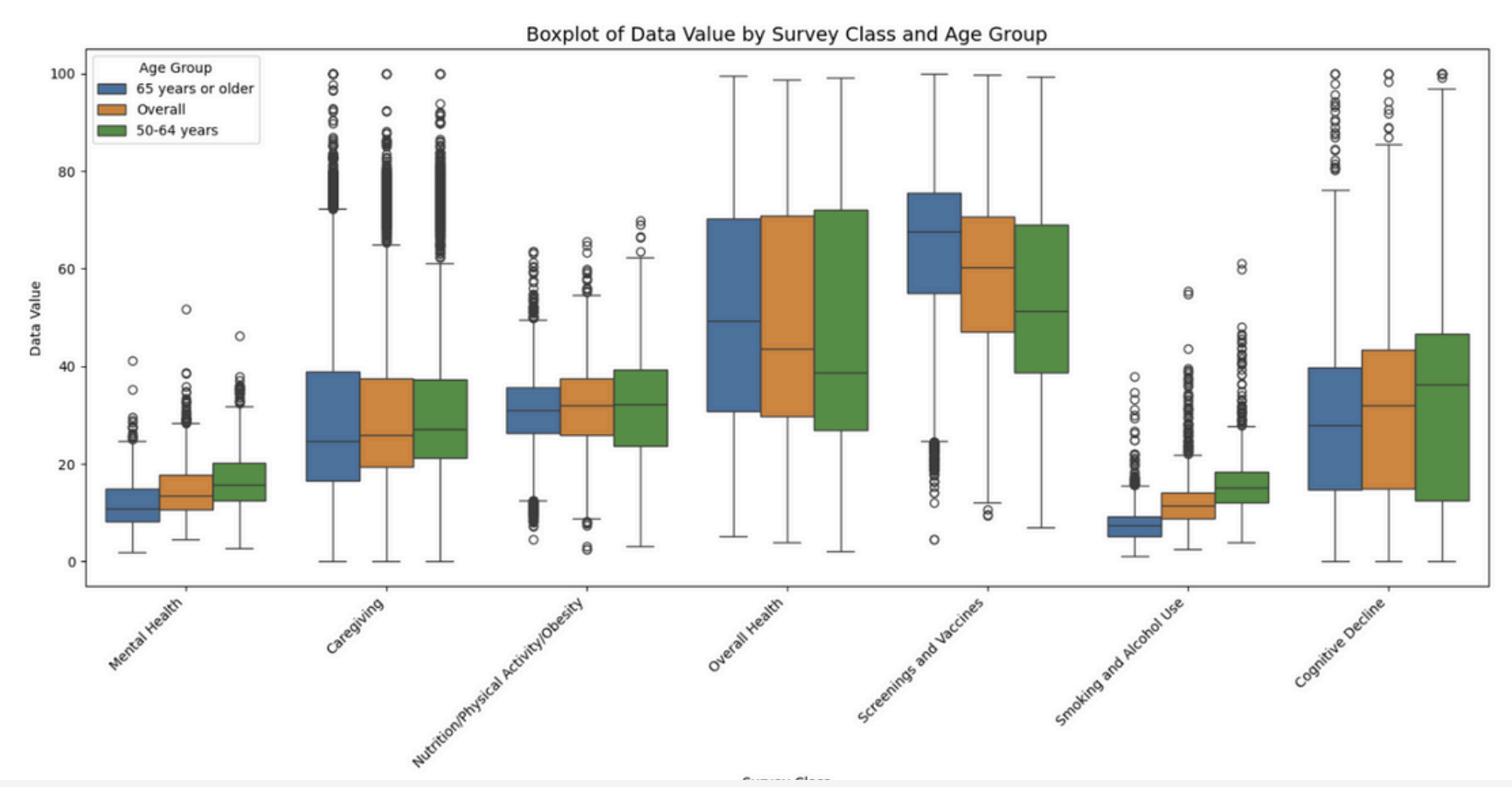Special Thanks,
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## STATEWISE COMPARISON OF LEISURE INACTIVITY AND OBESITY RATES IN THE U.S.

SURVEY DATA DISTRIBUTIONS HIGHLIGHTING HEALTH TRENDS AND VARIABILITY ACROSS AGE GROUPS

Boxplot of Data Value by Survey Class and Age Group

DEPARTMENT OF HEALTH & HUMAN SERVICES · USA

BRFSS
Behavioral Risk Factor Surveillance System

The dataset used in this analysis was collected from the U.S. Department of Health & Human Services, specifically through their **Behavioral Risk Factor Surveillance System (BRFSS)**. The BRFSS is a comprehensive, state-based system that gathers data on health-related risk behaviors, chronic health conditions, and preventive health practices from adults across the United States.

Key features of the dataset include:
Survey Categories: Information on mental health, physical activity, obesity, caregiving, drug and alcohol use, cognitive decline, and more.
Demographics: Data segmented by age groups, race, ethnicity and gender such as 50-64 years and 65+ years, allowing for targeted analyses.
Geographic Scope: Includes state-level data covering all 50 states and U.S. territories.

CORRELATION BETWEEN FREQUENT MENTAL DISTRESS AND COGNITIVE DECLINE AMONG OLDER ADULTS

Relationship Between Frequent mental distress and Subjective cognitive decline or memory loss among older adults
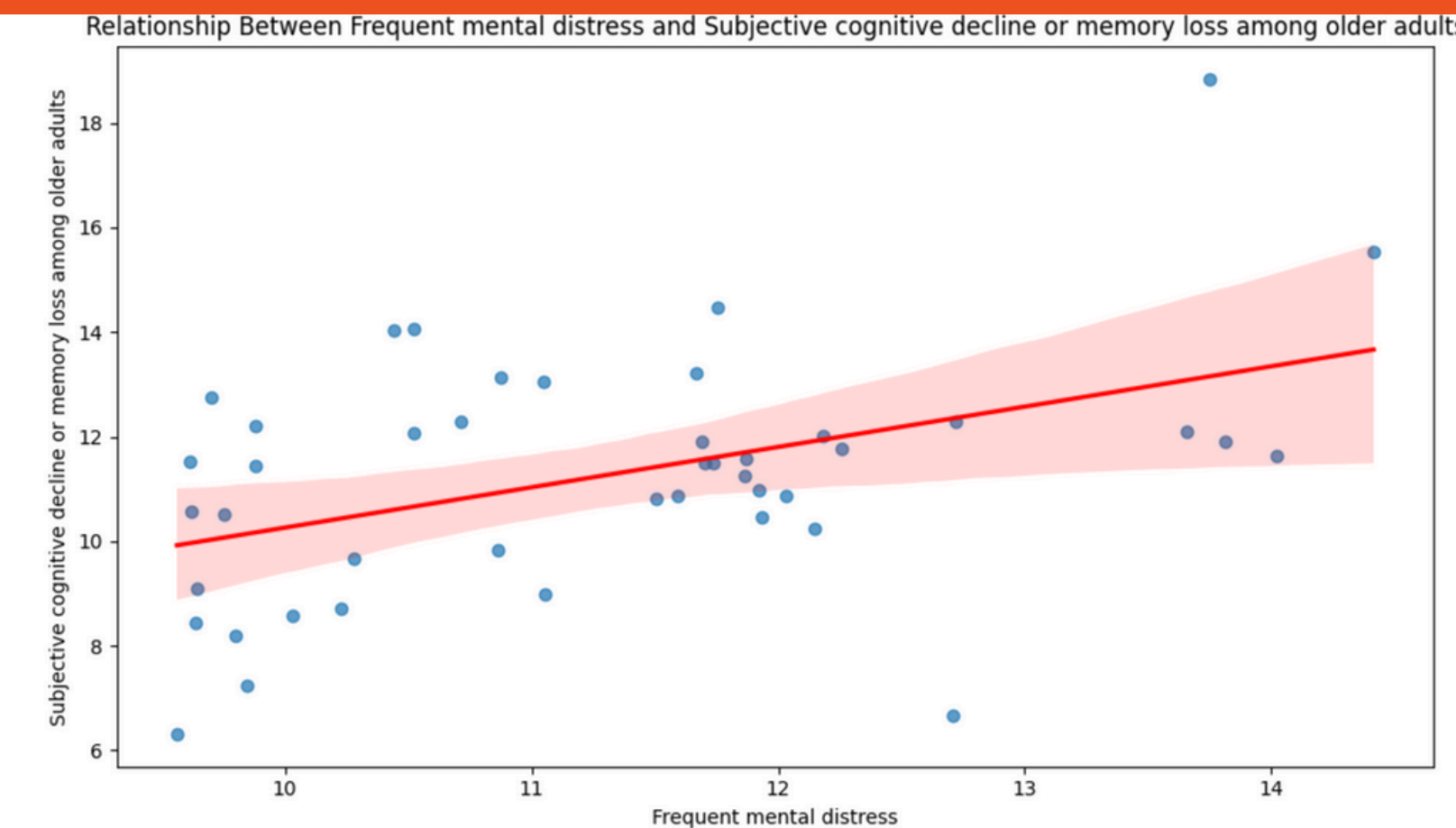
COGNITIVE DECLINE MEASURES ACROSS RACE/ETHNICITY AND GENDER IN OLDER ADULTS
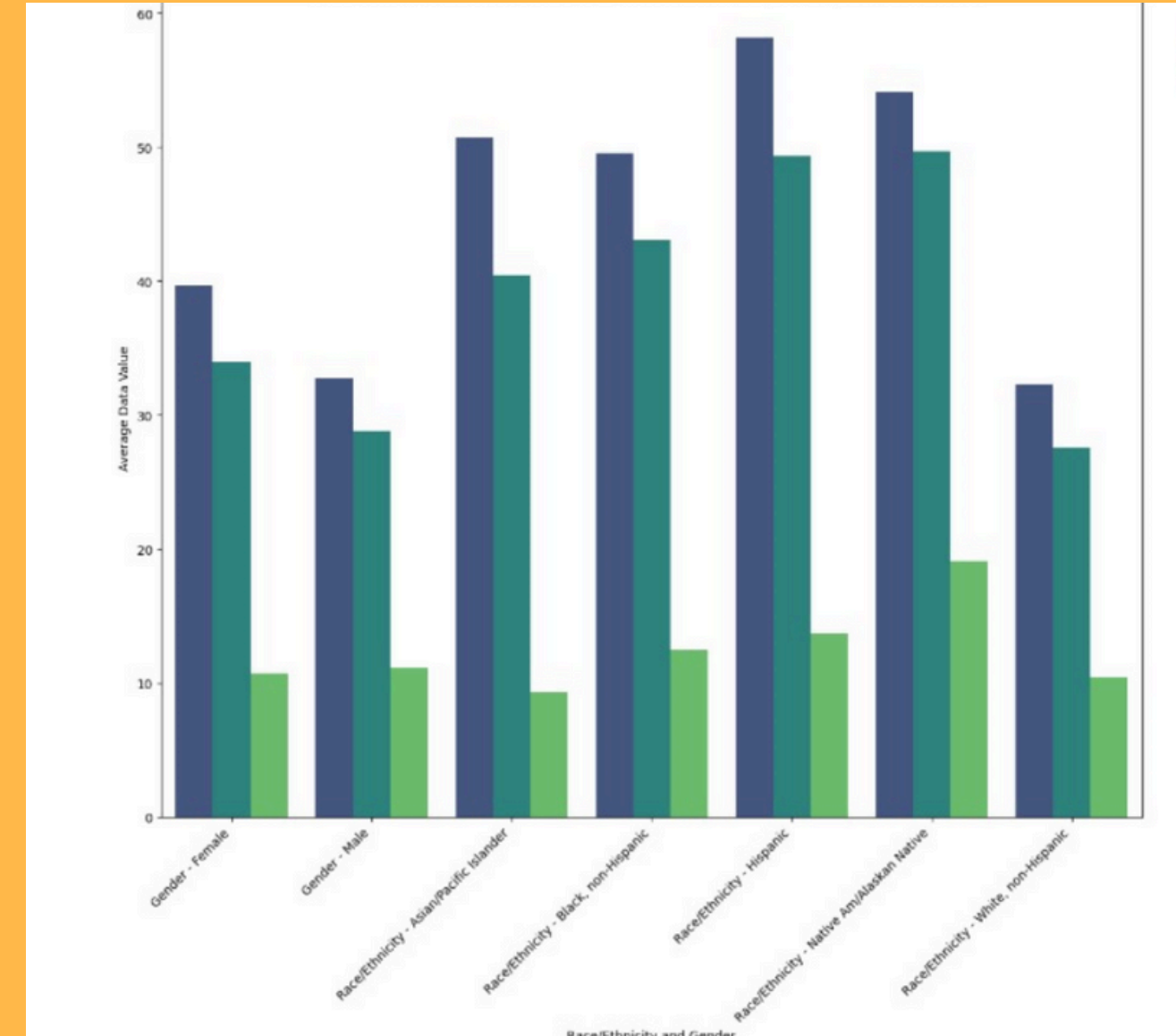
CONCLUSION

- This study highlights significant health disparities across age groups, with older adults facing notable challenges in mental health and cognitive decline.
- The strong correlation between frequent mental distress and cognitive issues calls for immediate action and targeted interventions.
- These findings emphasize the urgency of prioritizing mental health, preventive care, and equitable access to health resources.
- The data is a powerful call to action for policymakers and public health professionals to address these disparities.
- By transforming these insights into impactful strategies, we can foster healthier, more resilient communities and improve the well-being of individuals across all demographics.