

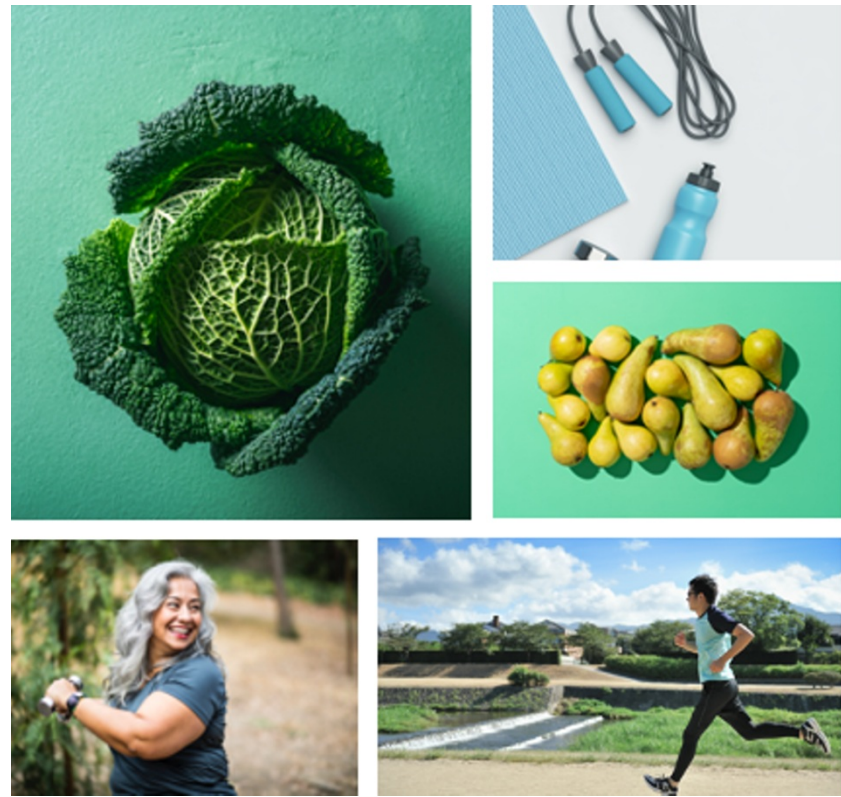
Analysis on the health and Lifestyle of Adult...	Agenda	Introduction	Objective	Data Manipulation	Obesity 2011-2021	2021 Health	Lifestyle choices	Exercise	Obesity population by Gender and Age group	Obesity Population by Le...
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# Analysis on the Health and lifestyle of Adults in the US From 2011-2021

Silvia Hernandez



Analysis on the health and Lifestyle of Adult...	Agenda	Introduction	Objective	Data Manipulation	Obesity 2011-2021	2021 Health	Lifestyle choices	Exercise	Obesity population by Gender and Age group	Obesity Population by Le...
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# Agenda

- Introduction and Objective
- Manipulation of Data
- Background information on Statistics US and Data.
- Overall US health 2021 and change over the past 10 years.
- Demographic Analyses- Ethnicity, Income and Education, Gender.
- Final Analysis
- Recommendations

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# Introduction

- The United States has improved its mortality rates however as a country it is still behind other well-developed nations when it comes to life expectancy including Japan, Switzerland and Spain.
- Unhealthy lifestyle choices are contributing to rising level of preventable deaths, and obesity being the second leading cause as a result of poor diet and physical inactivity.
- The media portrays the country as one of the unhealthiest in the world and have a reputation of having a high population with people with Obesity.
- The United States population has been advised to engage in various healthy lifestyle factors known to be associated with reduced morbidity and mortality from various chronic conditions. These include not smoking, adequate fruit and vegetable intake, adequate physical activity, and normal body weight.
- The CDC funds states, universities and community programs to promote healthier lifestyle with documented programs since early 2000s. ( State Physical Activity and Nutrition (SPAN) 2017 , High Obesity Program (HOP) 2010, Racial and Ethnic Approaches to Community Health (REACH) 2018 )

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# Objective

- Analysis of the predominant unhealthy behaviors and health status of adults in the United States.
- Determine if there was a positive change in the overall lifestyle and health choices in the United State's populations during the last 10 years.
- Determine if there is any correlation in demographics such as ethnicity, income, education and gender and obesity.
- Analyze which population in 2021 and state is considered the unhealthiest based on choices.
- Analyze the population in 2021 that has made the healthiest lifestyle choices and has lowest obesity percentage.

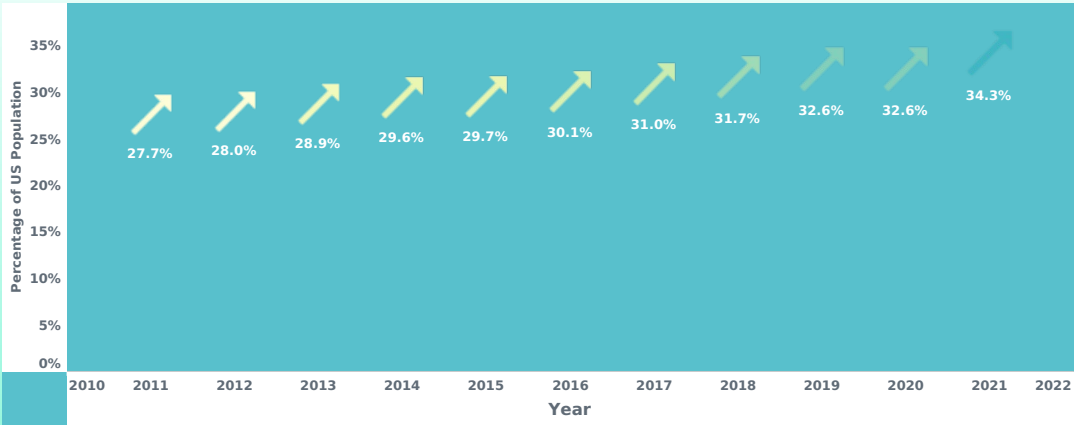
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# Manipulation of Data

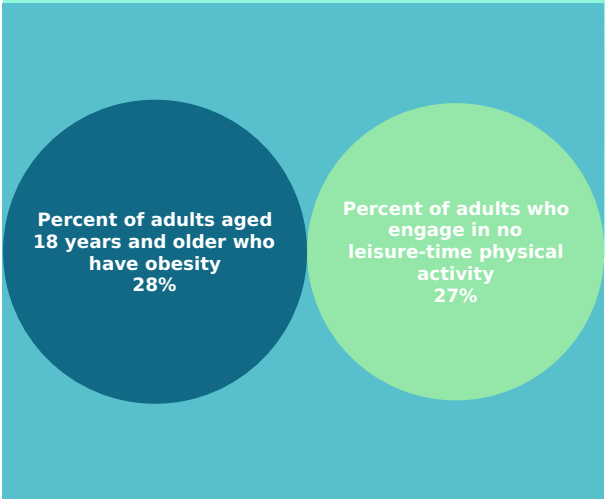
- Data was gathered from the CDC website.
- Utilized DBeaver to do exploratory queries and creation of subqueries/grouping.
- Utilized Python to bring in the CSV file and start performing data quality checks and data cleanup.
- Exported Data into CSV files.
- Imported Data into Tableau via CSV.
- Created models/visualizations of the data.

Analysis on the health and Lifestyl...	Agenda	Introduction	Objective	Data Manipulation	Obesity 2011-2021	2021 Health	Lifestyle choices	Exercise	Obesity population by Gender and Age group	Obesity Population by Level of Education + L...
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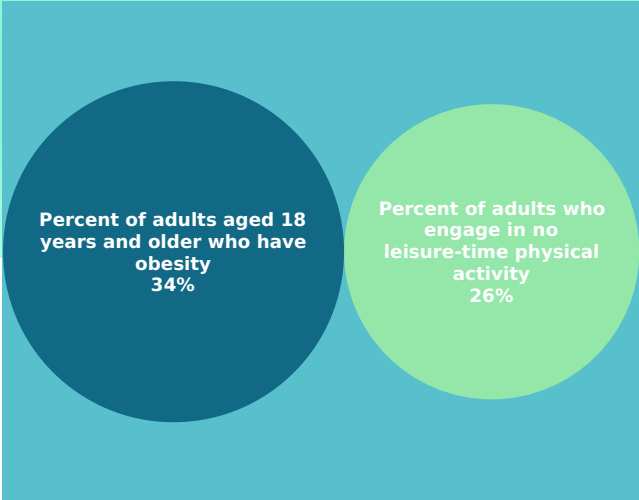
Percentage of Obese Population in the USA 2011-2021



2011 US Health Metrics



2021 US Health Metrics



Agenda	Introduction	Objective	Data Manipulation	Obesity 2011-2021	2021 Health	Lifestyle choices	Exercise	Obesity population by Gender and Age group	Obesity Population by Level of Education + I.	Ethnicity
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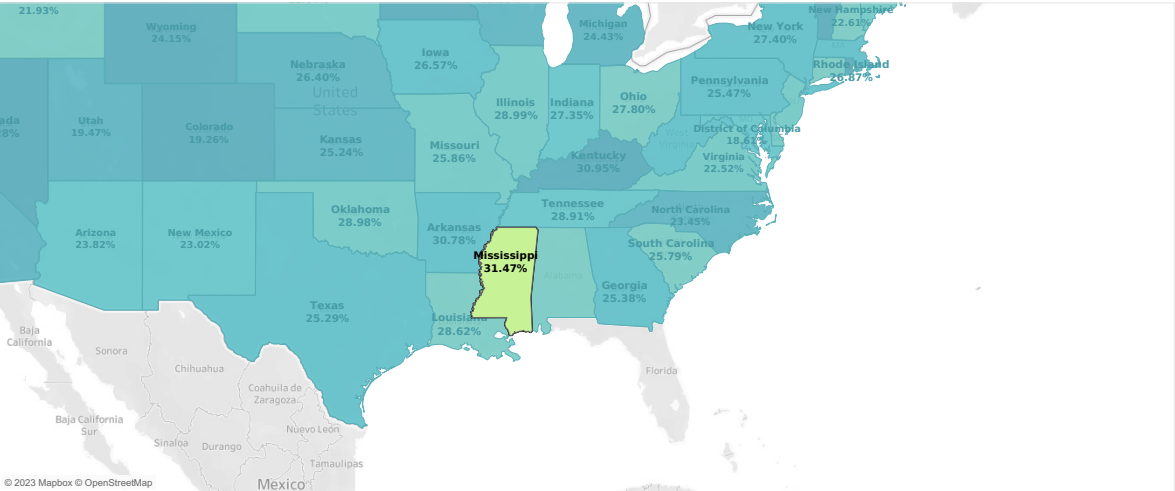
Avg. Average Sample  
18.607692308 to 44.176...

Avg. Average Sample  
Abc 1860.77%  
Abc 2500.00%  
Abc 3000.00%  
Abc 3500.00%  
Abc 4000.00%  
Abc 4417.62%

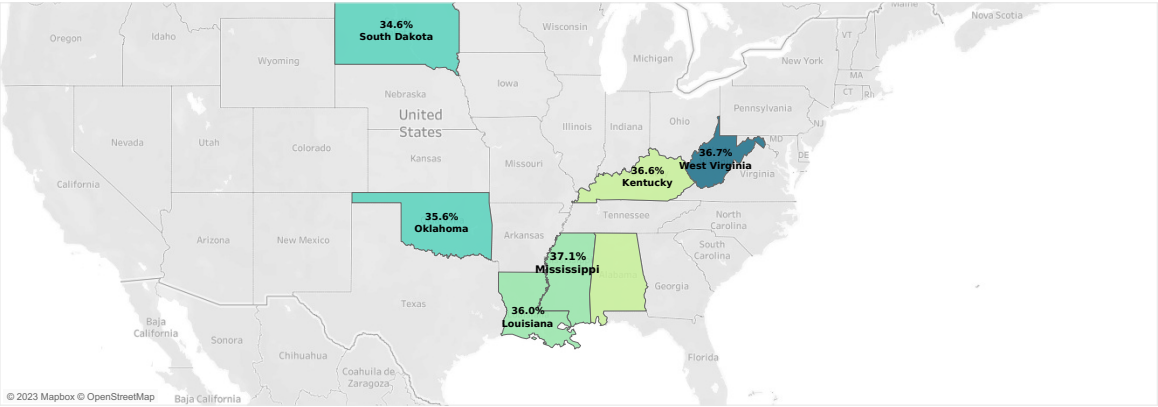
Avg. Average Sample  
34.56 to 37.373076923

Highlight State  
No Items highlighted

% of Adults who Engage in no leisure-time Physical activity 2021



Percentage of Adults over 18 who have obesity by State 2021



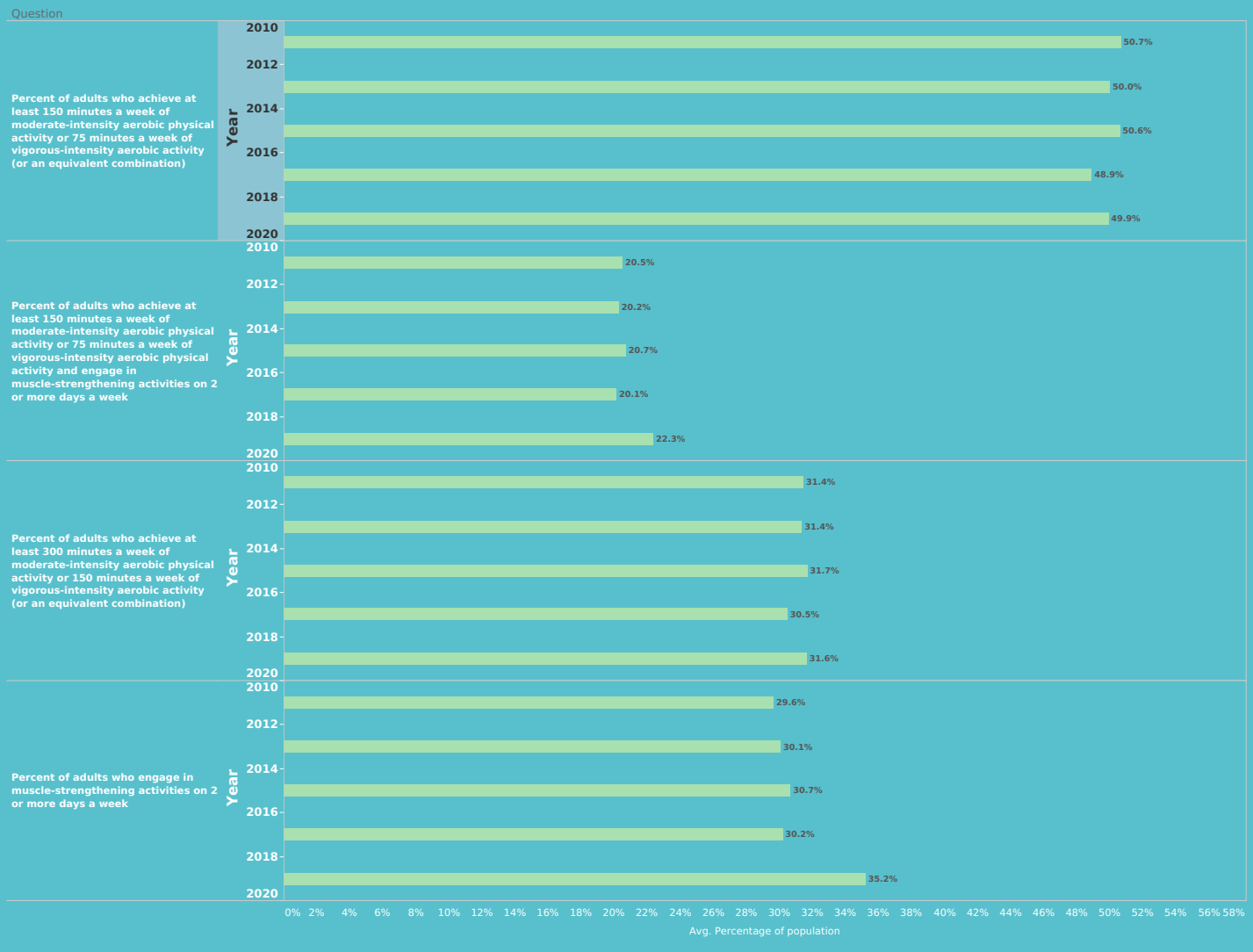


Introduction	Objective	Data Manipulation	Obesity 2011-2021	2021 Health	Lifestyle choices	Exercise	Obesity population by Gender and Age group	Obesity Population by Level of Education + I..	Ethnicity	Region vs obesity 2020
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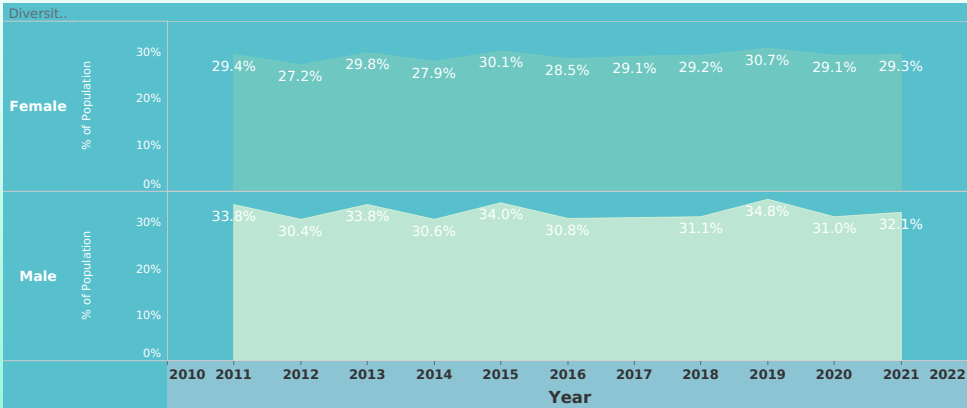




Objective	Data Manipulation	Obesity 2011-2021	2021 Health	Lifestyle choices	Exercise	Obesity population by Gender and Age group	Obesity Population by Level of Education + I..	Ethnicity	Region vs obesity 2020	Findings
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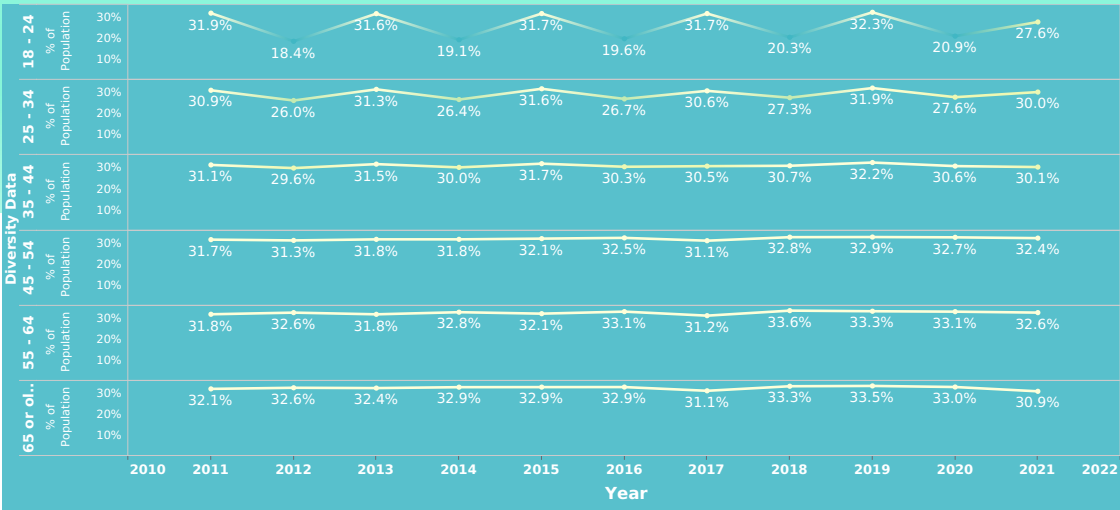


Percentage of Obese Population in the USA by Gender



- Diversity Category
- ☐ Age (years)
  - ☐ Education
  - ☒ Gender
  - ☐ Income
  - ☐ Race/Ethnicity
  - ☐ Total

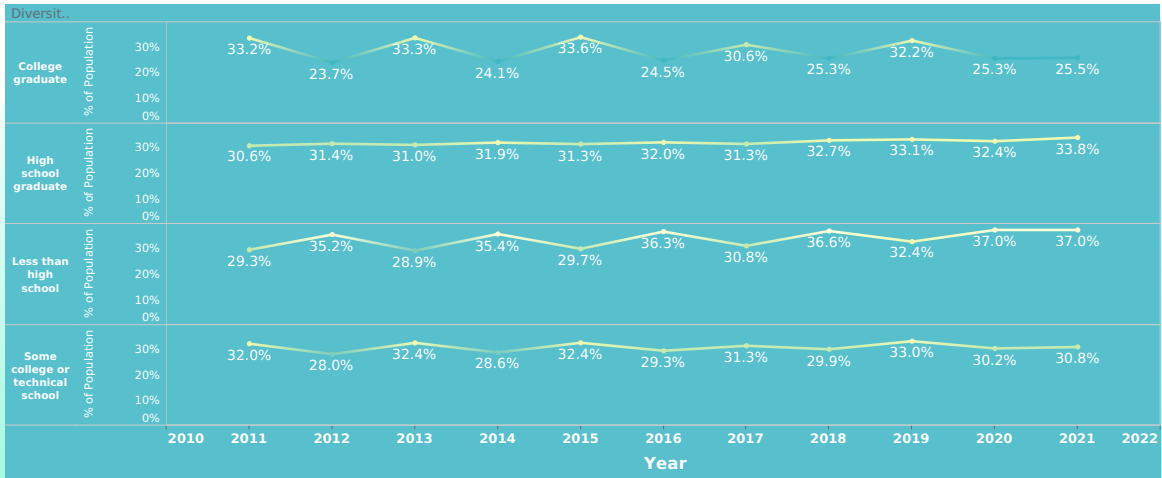
Percentage of Obese Population in the USA by Age Group



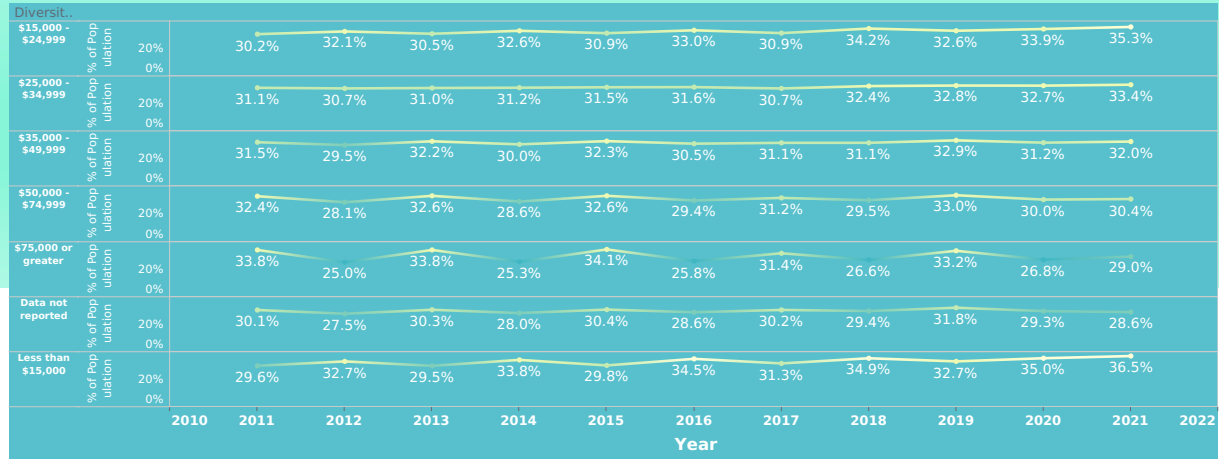
- Diversity Category
- ☒ Age (years)
  - ☐ Education
  - ☐ Gender
  - ☐ Income
  - ☐ Race/Ethnicity
  - ☐ Total

Data Manipulation	Obesity 2011-2021	2021 Health	Lifestyle choices	Exercise	Obesity population by Gender and Age group	Obesity Population by Level of Education + I..	Ethnicity	Region vs obesity 2020	Findings	Questions
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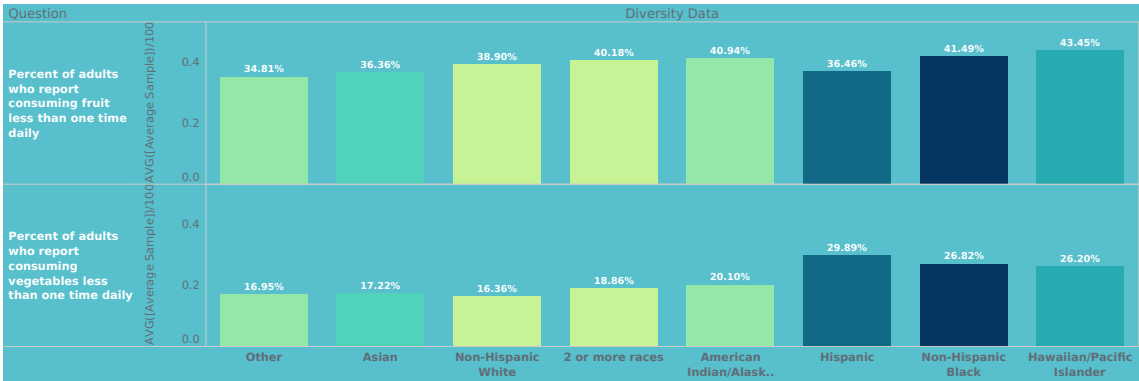
## Percentage of Obese Population in the USA by Level of Education



## Percentage of Obese Population in the USA by Income



Nutricion by Ethnicity Group



- Question
- ☐ Percent of adults aged..

☐ Percent of adults aged..

☐ Percent of adults who ..

☐ Percent of adults who ..

☐ Percent of adults who ..

☐ Percent of adults who ..

☐ Percent of adults who ..

☐ Percent of adults who ..

☒ Percent of adults who ..

☐ Percent of adults who ..

- Diversity Data
- 2 or more races

American Indian/Al..

Asian

Hawaiian/Pacific Isl..

Hispanic

Non-Hispanic Black

Non-Hispanic White

Other

- Diversity Category
- Age (years)

Education

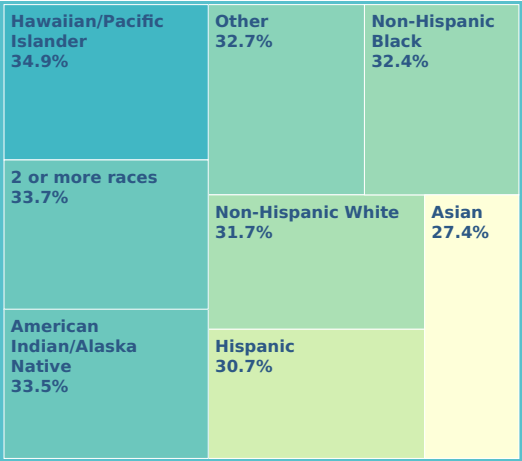
Gender

Income

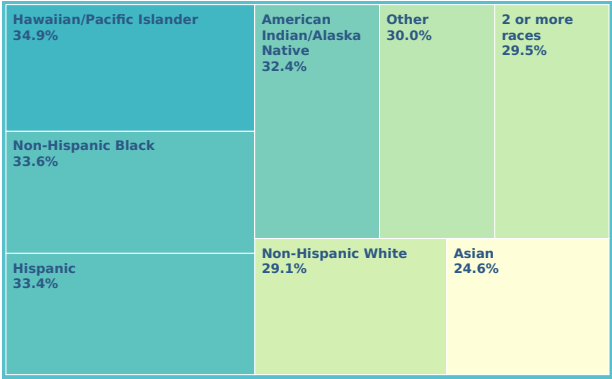
Race/Ethnicity

Total

Percentage of Obese Population in the USA by Race/Ethnicity 2011



Percentage of Obese Population in the USA by Race/Ethnicity 2021



Starting Year  
2011 to 2011

- Diversity Category
- ☐ Age (years)

☐ Education

☐ Gender

☐ Income

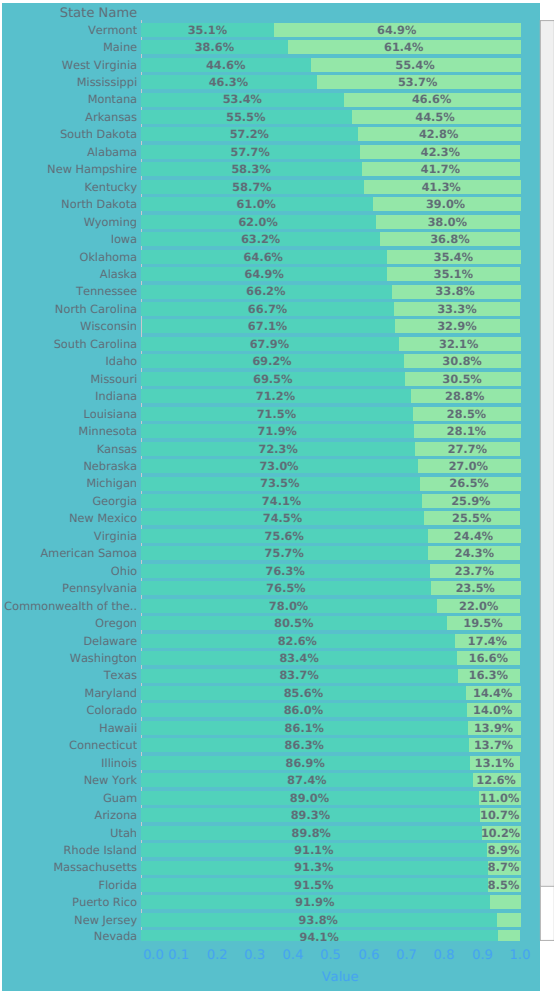
☒ Race/Ethnicity

☐ Total

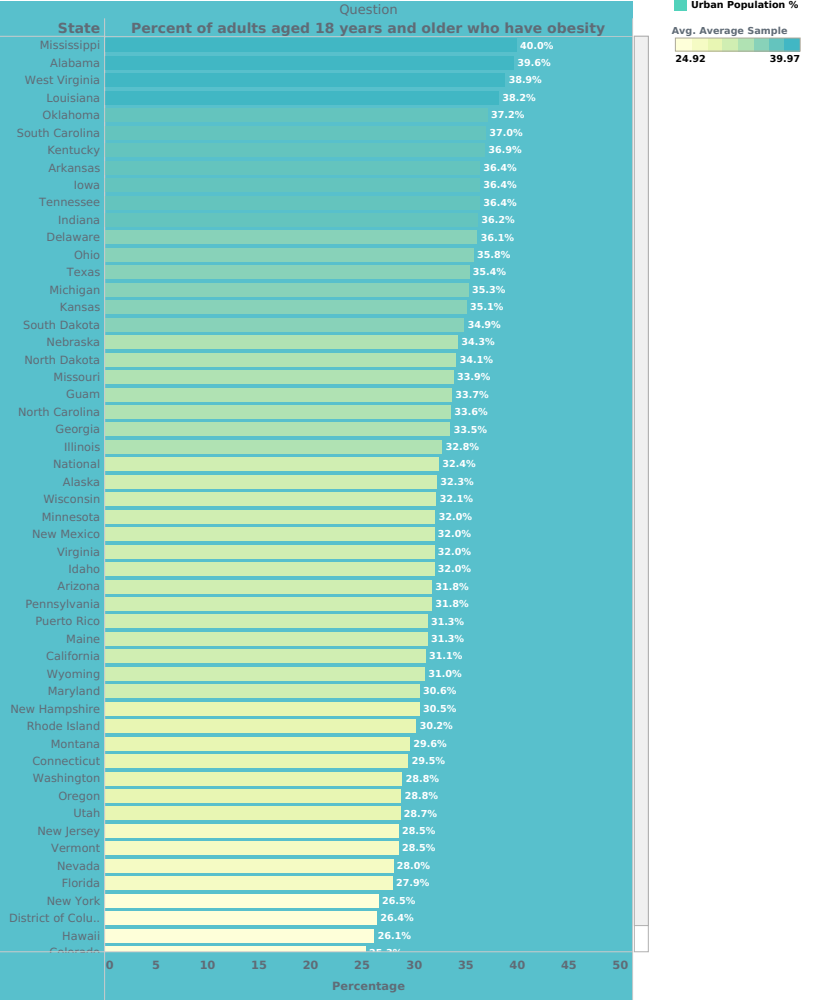
Starting Year  
2021 to 2021

Data Manipulation	Obesity 2011-2021	2021 Health	Lifestyle choices	Exercise	Obesity population by Gender and Age group	Obesity Population by Level of Education + I..	Ethnicity	Region vs obesity 2020	Findings	Questions
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Percentage of Rural and Urban Population in t..



Percentage of Adults over 18 considered to be obese by Sta..



Data Manipulation	Obesity 2011-2021	2021 Health	Lifestyle choices	Exercise	Obesity population by Gender and Age group	Obesity Population by Level of Education + I..	Ethnicity	Region vs obesity 2020	Findings	Questions
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# Conclusion and Recommendations

- The US obesity has continued to increase by 6% in the past decade . Even though we are increasing our physical activity our eating habits continue to be not aligned to min dietary needs of eating vegetables and fruits.
- Education and income play a big part in our obesity pandemic in which lower income individuals and lower education citizens have the higher amount of obesity within the population.
- Ethnicities such as Pacific Islander, Non-Hispanic Black and Hispanic tend to have the worst nutrition choices and the highest % of obesity among the group.
- The healthier population falls within the following demographics, white , Asian , 18–24-year-olds, Female, in a high urban state.
- Continue investing in programs to educate the population on rural areas on nutrition. Including schools and low-income communities.
- As a Country invest on making non processed food more affordable and accessible to lower income and rural communities.

Data Manipulation	Obesity 2011-2021	2021 Health	Lifestyle choices	Exercise	Obesity population by Gender and Age group	Obesity Population by Level of Education + I..	Ethnicity	Region vs obesity 2020	Findings	Questions
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# Questions