

Lifestyle & Wellness Overview

169

Total Users

10.58K

Avg. Daily Steps

2.34K

Avg. Calories Intake

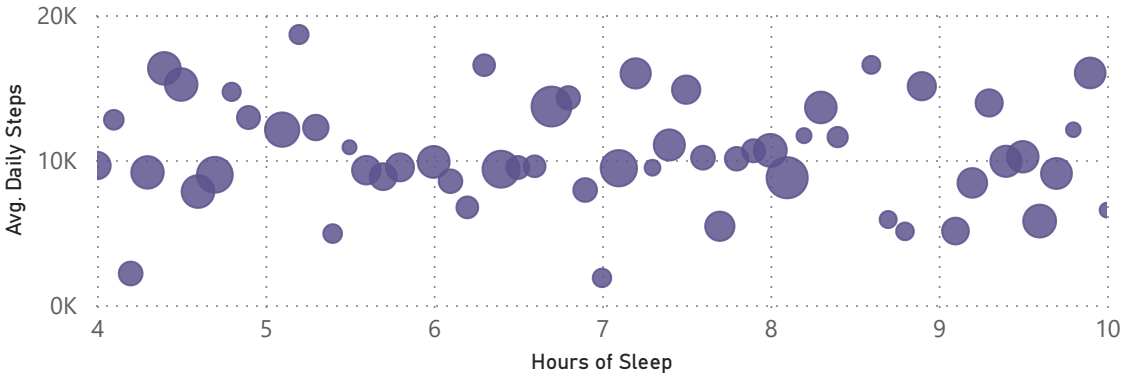
6.96

Avg. Hours of Sleep

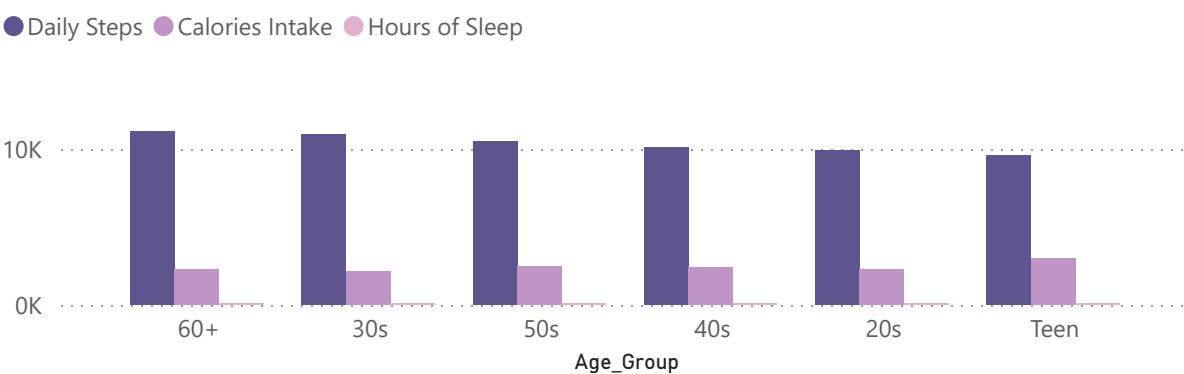
4.76

Avg. Exercise Hours/Week

Sleep vs Steps, with Heart Rate Size



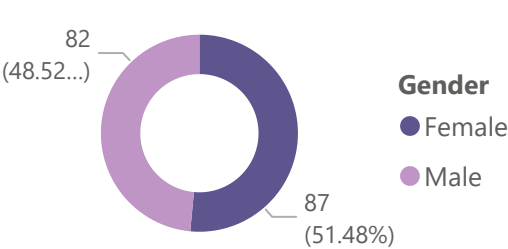
Steps, Sleep, Calories vs Age Group



Correlation of Lifestyle Metrics



Gender Distribution



Slicer Panel

Age Group



Smoker

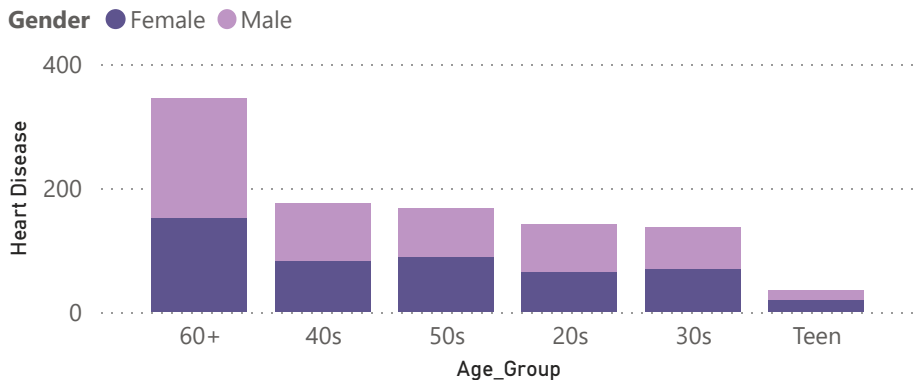


Diabetic

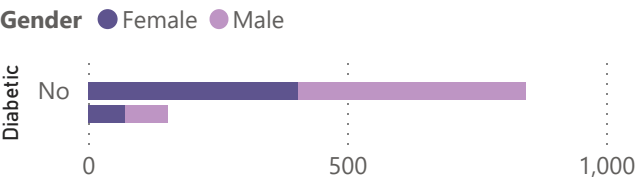


Risk & Recommendation Analysis

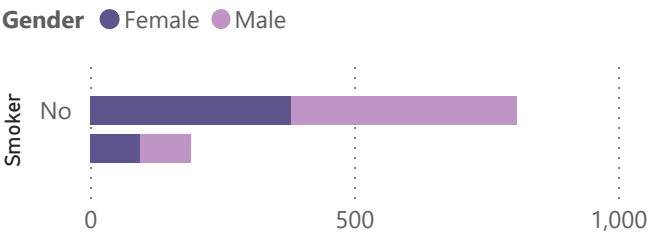
Heart Disease by Age Group & Gender



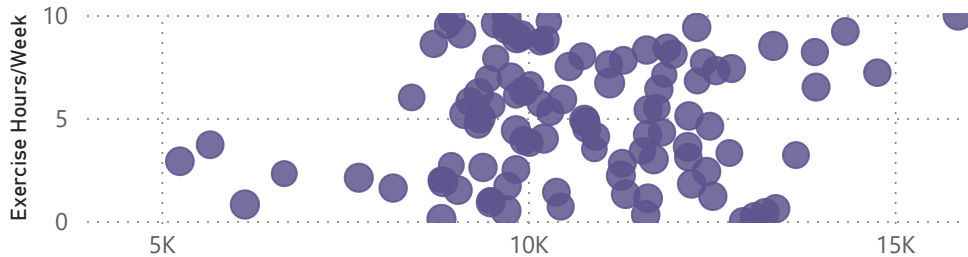
Heart Disease Rate by Diabetic



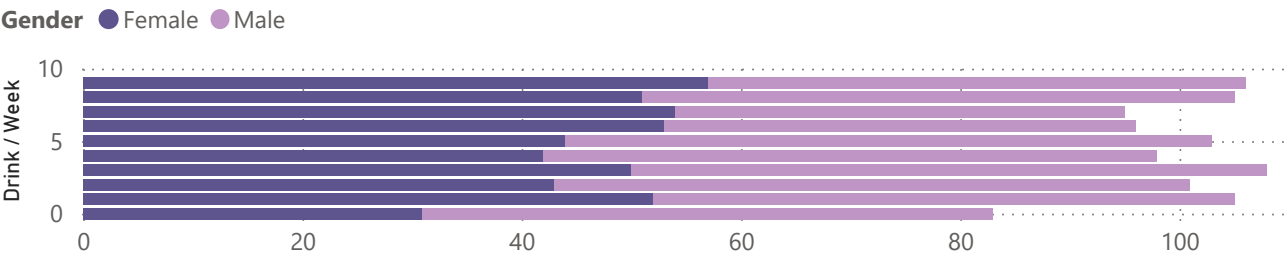
Heart Disease Rate by Smoking



Health Segmentation



Heart Disease Rate by Drinking



Average HR by Smoking and Alcohol Habits

Smoker	High	Low	Moderate	None
No	83.00	86.92	85.41	78.02
Yes	83.05	82.40	90.54	85.80

BMI Distribution by Age Group and Gender

