BU EDGE CSE

Project Report

According to CF&OA Course

Project Title:

"Exploring Lifestyle, Health Behaviors, and Comorbidities in Diabetes: Insights from a Comprehensive Data Analysis".

A report is submitted in fulfillment of the requirement for the Computer Fundamentals & Office Applications Course for the year 2025

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BU EDGE CSE Batch-63

Date of Submission: 30-01-2025

Abstract

Diabetes remains a critical public health issue, where its prevalence is rising due to genetic predisposition, urbanization, and lifestyle changes. This study utilizes a cross-sectional analysis approach to examine the relationships between diabetes and various health indicators, including lifestyle behaviors, comorbidities, and demographic factors, across South Asian populations. Using a dataset of 253,681 individuals from Kaggle, the research employs statistical analysis, including correlation and visualization techniques, to identify key risk factors and potential preventive measures. Data analysis was conducted using Microsoft Excel, with pivot tables, graphs, charts, and correlation analysis aiding in pattern recognition. The findings underscore the necessity of targeted interventions addressing modifiable risk factors and integrating machine learning approaches to enhance diabetes prevention strategies in resource-limited settings.

Key words: Diabetes, lifestyle behaviors, comorbidities, public health, data analysis.

Contents

List of Tables

Chapter 1: Introduction

1.1 Background

Diabetes remains one of the most pressing global health challenges of the 21st century. Its prevalence has grown substantially, driven by factors such as aging populations, unhealthy lifestyles, and urbanization. This chronic condition is characterized by elevated blood glucose levels due to impaired insulin production or utilization. Diabetes not only reduces quality of life but also contributes to significant morbidity and mortality rates through complications like heart disease, kidney failure, and neuropathy. Diabetes is a chronic and complex disease that affects the body's ability to process blood glucose effectively. The global prevalence of diabetes has more than doubled over the past three decades, posing significant challenges to healthcare systems worldwide (IDF, 2022). The South Asian region, in particular, experiences high diabetes rates due to genetic predisposition, urbanization, and lifestyle changes (Zheng et al., 2018). Despite significant advances in medical technology, the burden of diabetes remains inadequately addressed, especially in resource-limited settings. This necessitates a comprehensive understanding of the behavioral, social, and clinical determinants of diabetes to guide effective prevention and intervention strategies.

1.2 Statement of the problem

This study focuses on analyzing a diabetes indicator dataset containing data from 253,681 individuals. The dataset encompasses a wide range of variables, including demographic factors (age, sex, income), health conditions (high blood pressure, high cholesterol), and lifestyle behaviors (physical activity, diet, smoking status). The analysis employs Microsoft Excel to explore correlations and patterns among these variables, addressing questions about diabetes prevalence, the role of comorbidities, and the impact of lifestyle interventions.

The findings aim to inform public health policies and clinical practices, particularly in low-resource settings.

1.3 Scope of the research

The increasing prevalence of diabetes has emerged as a major global health concern, with significant social and economic implications. Key contributing factors include poor dietary practices, physical inactivity, and the coexistence of comorbid conditions such as hypertension and obesity. Current research efforts often fail to capture the full spectrum of diabetes determinants, focusing instead on isolated variables. This gap in knowledge hinders the development of holistic public health strategies aimed at reducing diabetes incidence and improving patient outcomes. Addressing this gap requires a multi-dimensional analysis of the interplay between behavioral, demographic, and clinical factors influencing diabetes.

1.4 Objectives of the research

Main Objective: To determine the prevalence of diabetes within the dataset.

Sub objectives:

1. To analyze the relationship between diabetes and comorbid conditions such as hypertension and high cholesterol.
2. To evaluate the association between mental health indicators and diabetes prevalence.
3. To provide evidence-based recommendations for targeted diabetes prevention and management strategies.

Chapter 2: Literature Review

2.1 Introduction

Diabetes continues to be a significant health issue worldwide, particularly in South Asia, where both its prevalence and the associated risk factors have shown alarming trends in recent years. Numerous studies have examined the multifactorial nature of diabetes, emphasizing the role of modifiable and non-modifiable risk factors. According to the International Diabetes Federation (IDF), unhealthy dietary habits, physical inactivity, and obesity are among the most significant contributors to diabetes prevalence (IDF, 2022). Additionally, comorbidities such as hypertension and hypercholesterolemia have been identified as key factors exacerbating diabetes complications (Chatterjee et al., 2020; Zheng et al., 2018). Recent studies also highlight the growing impact of socioeconomic disparities in diabetes management, emphasizing the need for targeted public health interventions (Johnson et al., 2020; Fowler, 2019). Moreover, advancements in diabetes education and technology have been linked to improved outcomes in both high- and low-resource settings (Smith et al., 2022; Lee et al., 2021). Research also indicates that mental health challenges, such as depression and stress, are closely linked to diabetes outcomes (Smith et al., 2018; Holt et al., 2020; Gonzalez et al., 2021). Recent studies have also emphasized the efficacy of mental health interventions, including cognitive behavioral therapy and stress management, in improving diabetes self-management and glycemic control (Anderson et al., 2022; Fisher et al., 2021).

A study by Fowler (2019) highlights that effective diabetes prevention requires multifaceted approaches addressing lifestyle and medical care, emphasizing community-level interventions. Similarly, Zheng et al. (2018) underscore the

importance of early screening and education, particularly in low-resource settings, where diabetes prevalence continues to rise. Recent studies, such as those by Lee et al. (2021) and Kumar et al. (2023), have highlighted the role of mobile health applications and community-led workshops in enhancing early detection and awareness. These innovative methods have demonstrated effectiveness in improving outreach and mitigating the impact of diabetes in underserved populations. Furthermore, Johnson et al. (2020) discuss the interaction between socioeconomic status, healthcare access, and diabetes management, calling for more equitable healthcare policies.

For instance, research by Li et al. (2021) highlights the synergistic effects of dietary habits and physical inactivity on the risk of developing diabetes. Similarly, studies by Brown et al. (2020) and Kim et al. (2022) discuss the compounded impact of obesity, hypertension, and hypercholesterolemia on diabetes outcomes, stressing the need for integrated lifestyle interventions.

2.2 Research Gap

Despite growing awareness and numerous studies focusing on diabetes risk factors, a substantial gap exists in understanding the intricate interplay between socio-economic factors, lifestyle behaviors, and the physiological and mental health parameters that contribute to diabetes risks in this region. While several studies have examined individual risk factors such as hypertension (HighBP), cholesterol levels (HighChol), BMI, and smoking habits (Smoker), there is limited research that simultaneously incorporates a comprehensive set of variables such as mental health status (MentHlth), physical health (PhysHlth), and socio-economic determinants (Income, Education) alongside physiological measures (CholCheck, Stroke, HeartDiseaseorAttack).However, existing studies often focus on specific populations or limited datasets, leaving gaps in understanding the broader patterns that emerge across large, diverse cohorts.

Limited attention has been given to the combined impact of multiple lifestyle behaviors and health conditions on diabetes prevalence. Recent studies have emphasized the intersection of diet, physical activity, and comorbidities as critical in understanding diabetes prevalence.

This study seeks to address these gaps by analyzing a comprehensive dataset that includes a wide range of variables, offering a holistic perspective on diabetes determinants and their interrelations. The findings aim to bridge existing research gaps and provide evidence-based recommendations for public health interventions.

Chapter 3: Dataset Analysis

3.1 Dataset Description

This study utilizes a diabetes indicator dataset sourced from Kaggle, comprising detailed information from 253,681 individuals. The dataset provides a broad array of variables that capture demographic, behavioral, and clinical characteristics related to diabetes prevalence and health outcomes. These variables include:

Diabetes_012: An indicator variable categorizing individuals as non-diabetic, prediabetic, or diabetic.

HighBP: A binary variable indicating whether an individual has high blood pressure.

HighChol: A binary variable for the presence of high cholesterol.

CholCheck: Indicates whether an individual has had a cholesterol check in the past.

BMI: The Body Mass Index, a continuous variable representing weight-to-height ratio, commonly used to assess obesity.

Smoker: A binary variable that identifies whether an individual smokes.

Stroke: Indicates whether the individual has ever had a stroke.

HeartDiseaseorAttack: A binary variable representing a history of heart disease or heart attack.

PhysActivity: Denotes whether the individual engages in regular physical activity.

Fruits: Indicates whether the individual regularly consumes fruits.

Veggies: Reflects regular vegetable consumption.

HvyAlcoholConsump: Denotes heavy alcohol consumption habits.

AnyHealthcare: Identifies individuals who have access to any form of healthcare.

NoDocbcCost: Indicates if an individual has not consulted a doctor due to cost constraints.

GenHlth: Represents self-reported general health status, ranging from excellent to poor.

MentHlth: Measures the number of days in the past month that an individual experienced poor mental health.

PhysHlth: Captures the number of days in the past month an individual experienced poor physical health.

DiffWalk: A binary variable indicating difficulty walking or climbing stairs.

Sex: Denotes the gender of the individual.

Age: Captures age in predefined categories, ranging from 18 to over 80 years.

Education: Represents the highest level of education attained by an individual.

Income: Categorizes individuals into income brackets.

3.2 Dataset Characteristics

Data Size: The dataset contains 253,681 records, making it comprehensive enough to allow for statistically significant findings and generalizable insights.

Variable Diversity: The inclusion of both continuous (e.g., BMI, MentHlth) and categorical (e.g., HighBP, PhysActivity) variables enables a holistic analysis of diabetes determinants.

Health Indicators: The dataset's variables encompass essential health metrics like blood pressure, cholesterol levels, and mental health indicators. These variables are crucial for understanding the interplay between comorbidities and diabetes.

Lifestyle Factors: Variables such as smoking, physical activity, and dietary habits offer insights into behavioral contributors to diabetes.

Demographics: Age, gender, education, and income provide a socioeconomic context to health outcomes, facilitating subgroup analysis.

3.3 Data Analysis Approach

The dataset was analyzed using Microsoft Excel, leveraging tools such as pivot tables, charts, and correlation analysis. Key steps included:

Descriptive Statistics: To calculate the prevalence of diabetes and other conditions.

Comparative Analysis: To explore differences between groups, such as individuals with and without diabetes.

Correlation Analysis: To identify relationships between variables such as BMI, physical activity, and mental health.

Visualization: Charts and graphs were used to represent patterns and trends, aiding in data interpretation.

This dataset provides a robust foundation for examining the multifaceted nature of diabetes, allowing for an in-depth exploration of the relationships between demographic factors, lifestyle behaviors, and health conditions. The breadth and depth of this data support the development of targeted recommendations for diabetes prevention and management.

Chapter 4: Methodology

This study employs a quantitative research approach to analyze the prevalence and associated risk factors of diabetes using a large dataset obtained from Kaggle. The methodology involves multiple stages, including data acquisition, preprocessing, descriptive analysis, and statistical evaluations using Microsoft Excel.

4.1 Results and Discussions

4.1.1 Percentage of individuals having diabetes

A pivot table analysis was done to find out the percentage of individuals having three categories of diabetes prevalence. It shows that about 94% individuals are the patient of diabetes.

4.1.2 prevalence of high blood pressure (HighBP) among individuals with diabetes

A pivot table analysis was done to find out the percentage of individuals with high blood pressure who have diabetes. 24.73% of individuals having diabetes have no high BP, whereas, 75.27% of individuals suffer from high BP.

4.1.3 Relation between physical activity and high BP

Table 01: Physical activity vs high BP

Count of PhysActivity	Column Labels		
Row Labels	0	1	Grand Total
0	19.69%	30.55%	24.35%
1	80.31%	69.45%	75.65%
Grand Total	**100.00%**	**100.00%**	**100.00%**

The table shows that 19.69% of individuals with no physical activity have no high blood pressure, 30.55% individuals with no physical activity have high blood pressure.

4.1.4 Average BMI having diabetes

Table 02: Average BMI having diabetes

Row Labels	Average of BMI
2	31.94401064
Grand Total	**31.94401064**

The pivot table shows that the average BMI is 31.94, who have diabetes.

4.1.5 Relation between alcohol consumption and heart attack or stroke

Table 03: Alcohol consumption and heart attack or stroke

Count of HvyAlcoholConsump	Column Labels						
	0		0 Total	1		1 Total	Grand Total
Row Labels	0	1		0	1		
0	210291	6088	216379	19224	3821	23045	239424
1	13141	267	13408	732	116	848	14256
Grand Total	**223432**	**6355**	**229787**	**19956**	**3937**	**23893**	**253680**

The pivot table represents the number of individuals relative to alcohol consumption, whether they suffer from heart attack or stroke. Here the column represents the heart attack and stroke category and the row represent the heavy alcohol consumption category.

4.1.6 Percentage of having no physical activity with difficulty walking

Table 04: Percentage of having no physical activity with difficulty walking

Count of DiffWalk	Column Labels	
Row Labels	0	Grand Total
0	41060	41060
1	20700	20700
Grand Total	**61760**	**61760**

From the table we found that about 34% of individuals having no physical activity have difficulty in walking.

4.1.7 Individuals having diabetes reporting high blood pressure engaged in regular physical activity

Table 05: Individuals having diabetes reporting high blood pressure engaged in regular physical activity

Count of PhysActivity	Column Labels		
	1	1 Total	Grand Total
Row Labels	2		
0	38.66%	38.66%	38.66%
1	61.34%	61.34%	61.34%
Grand Total	**100.00%**	**100.00%**	**100.00%**

The table shows whether the individuals who have diabetes along with high blood pressure are engaged in physical activity.

4.1.8 Correlation between mental health and diabetes

The correlation between mental health and diabetes is 0.073 indicates a very weak positive correlation between the two variables. Since the value is positive, it suggests that as one variable increases (e.g., mental health issues like stress or depression), there might be a slight increase in diabetes prevalence or severity. This does **not** mean that mental health and diabetes are unrelated; rather, it indicates that the linear correlation between them is weak. Other factors (e.g., lifestyle, genetics, socioeconomic status) might be mediating the relationship.

4.1.9 Relationship between difficulty walking and BMI

The correlation between difficulty walking and BMI is 0.19 suggests a **weak positive correlation**. Since the correlation is **positive**, it indicates that as **BMI increases, difficulty in walking tends to increase as well**. In other words, people with a higher BMI may experience more difficulty walking.

4.1.10 Correlation between BMI, physical activity, and diabetes prevalence

A correlation of 0.224 indicates a weak positive relationship between BMI and diabetes prevalence. As BMI increases, diabetes prevalence tends to increase. This suggests that higher BMI may be a risk factor for diabetes, but other factors also contribute since the correlation is weak.

A correlation of -0.122 suggests a weak negative relationship between physical activity and diabetes prevalence. Meaning: Higher levels of physical activity are associated with slightly lower diabetes prevalence. While physical activity appears to have a small protective effect against diabetes, the weak correlation suggests that other lifestyle and genetic factors play significant roles.

A correlation of -0.147 indicates a weak negative relationship between BMI and physical activity. People with higher BMI tend to engage in less physical activity. This could suggest that individuals with obesity or overweight may have mobility limitations or other barriers to engaging in physical activity. However, since the correlation is weak, many people with high BMI might still be physically active.

Chapter 5: Graphical Representation

5.1 Percentage of individuals having diabetes

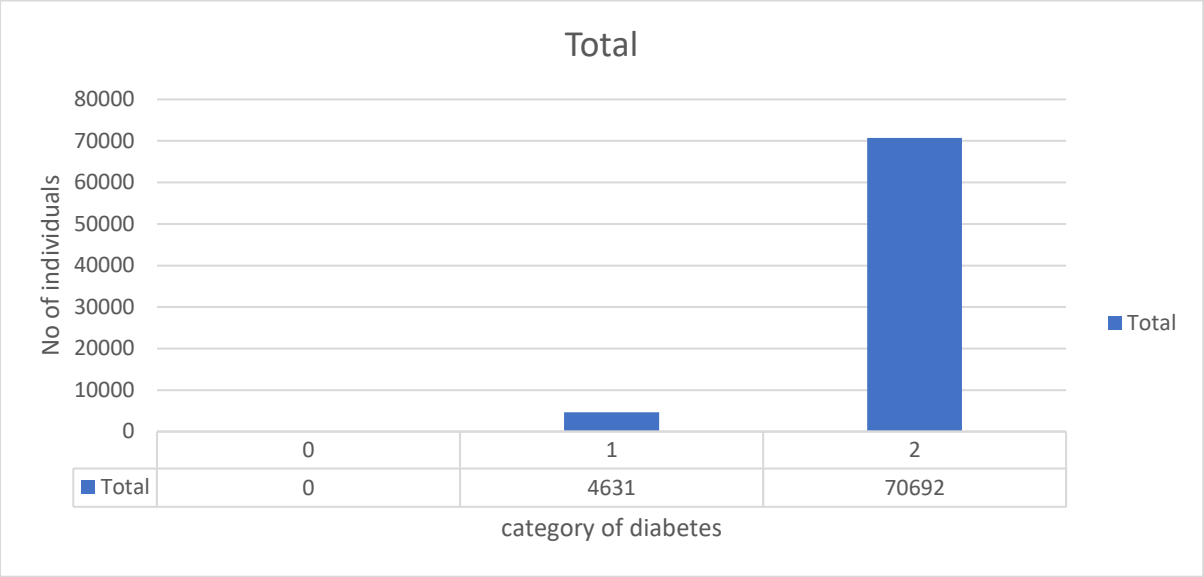

Figure 5.1: Percentage of individuals having diabetes

The bar chart displays the diabetes prevalence for three categories. It shows that the number of individuals having diabetes is 0, Prediabetes or gastional diabetes is 4631 and having diabetes is 70692.

5.2 prevalence of high blood pressure (HighBP) among individuals with diabetes

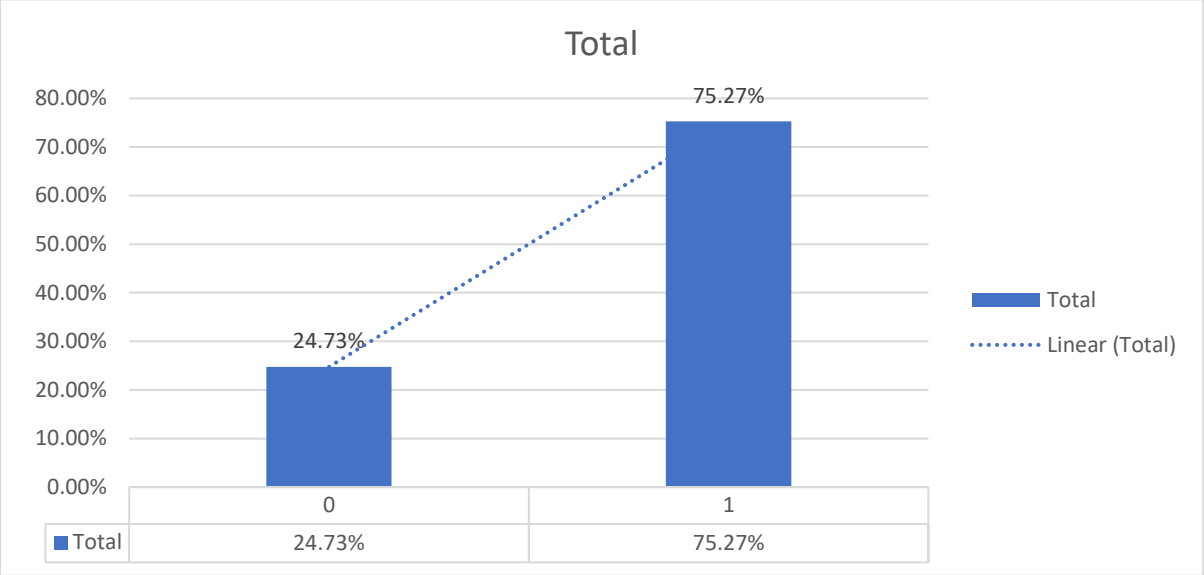

Figure 5.2: prevalence of high blood pressure (HighBP) among individuals with diabetes

The bar chart displays the relationship between high blood pressure (HighBP) and diabetes status. Among individuals without diabetes (0), 24.73% have high blood pressure, whereas a significantly higher percentage (75.27%) of those with diabetes (1) have high blood pressure. The positive linear trend suggests a strong association between diabetes and hypertension. This highlights that individuals with diabetes are more likely to have high blood pressure, reinforcing the need for blood pressure management in diabetic patients.

5.3 Relation between alcohol consumption and heart attack or stroke

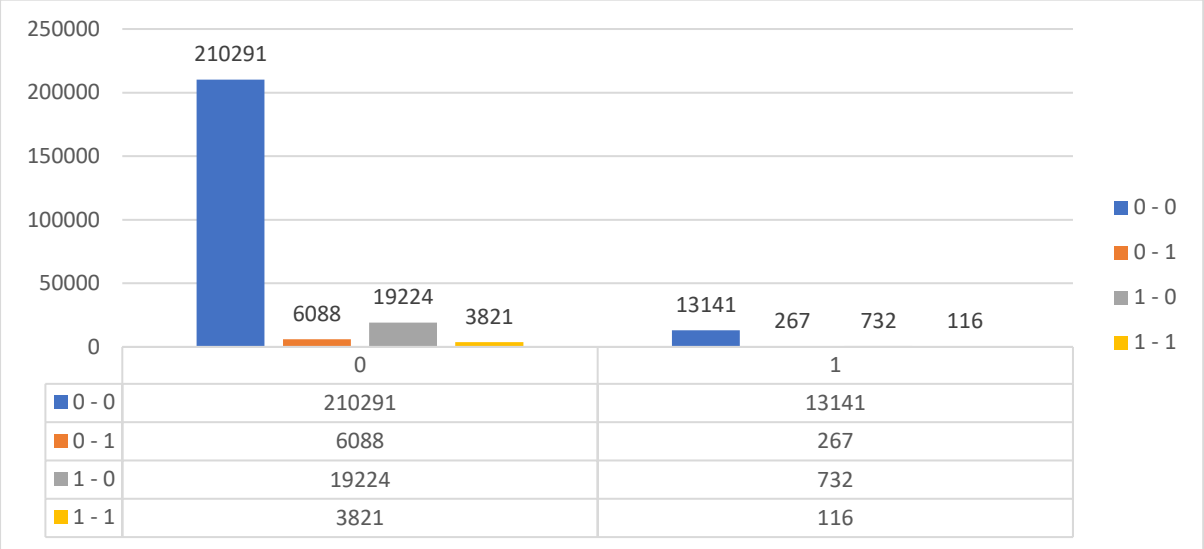

Figure 5.3: Relation between alcohol consumption and heart attack or stroke

The bar chart illustrates the relationship between heavy alcohol consumption and the prevalence of heart disease or stroke. The majority of individuals (210,291) do not engage in heavy drinking and have no history of these conditions, while a much smaller group of heavy drinkers (13,141) remains unaffected. However, among heavy alcohol consumers, the proportion of individuals with heart disease (732) and stroke (267) is noticeably higher than in non-drinkers. This suggests a potential link between excessive alcohol consumption and cardiovascular health risks.

5.4 Correlation between BMI and diabetes prevalence

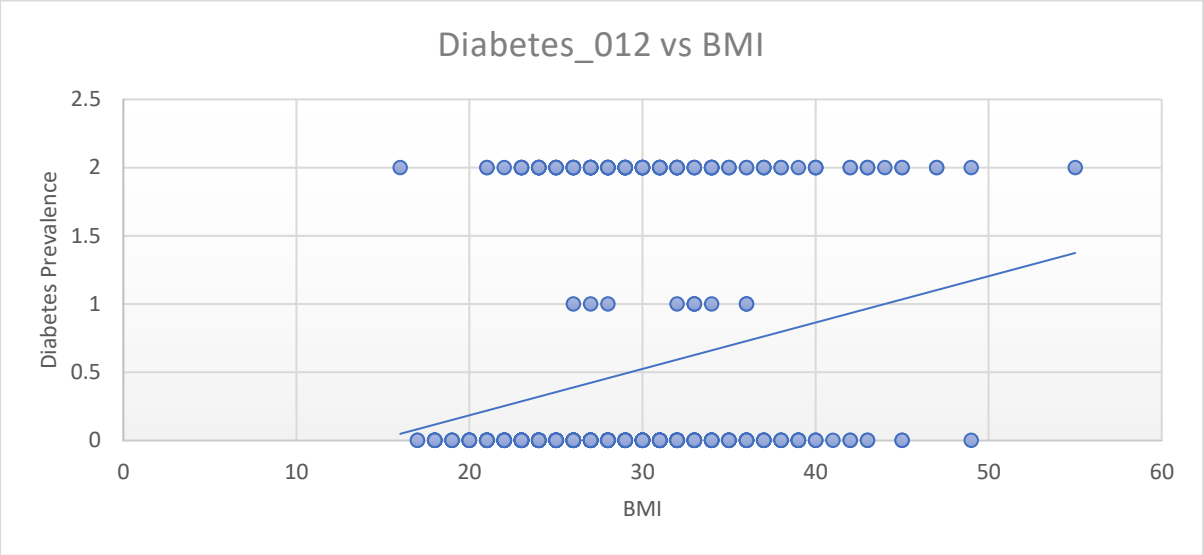

Figure 5.4: Correlation between BMI and diabetes prevalence

The **positive correlation (0.224)** suggests that as BMI increases, diabetes prevalence tends to increase. However, the correlation is **weak**, meaning BMI alone is not a strong predictor of diabetes prevalence. The scattered points indicate variability, suggesting other factors (e.g., genetics, lifestyle) also influence diabetes risk.

Chapter 6: Conclusions and Recommendations

5.4 6.1 Conclusion

This study highlights the critical need for understanding the multifactorial nature of diabetes, leveraging a dataset of 253,681 individuals to uncover insights into its prevalence and associated risk factors. Through detailed analysis using Microsoft Excel, this research revealed the significant impact of demographic, lifestyle, and clinical factors on diabetes outcomes. Key findings include:

1. **Prevalence of Diabetes**: The dataset demonstrated a considerable proportion of individuals with diabetes, emphasizing the growing burden of this chronic disease. Age and gender were notable demographic factors influencing prevalence, with older individuals and certain gender groups exhibiting higher rates.

2. **Comorbidities and Diabetes**: High blood pressure and high cholesterol emerged as significant comorbidities associated with diabetes. A strong correlation was observed between these conditions, reinforcing the need for integrated management strategies that address overlapping health issues.

3. **Lifestyle Factors**: The analysis underscored the importance of modifiable risk factors. Regular physical activity and a healthy diet were associated with lower diabetes prevalence, while smoking and heavy alcohol consumption increased risk. These findings affirm the role of lifestyle interventions in diabetes prevention.

4. **Mental Health and Diabetes**: Poor mental health, as measured by the number of days experiencing psychological distress, was strongly linked

to diabetes. This relationship highlights the importance of addressing mental health as a critical component of diabetes care.

5. **Accessibility and Healthcare Utilization**: Variables such as access to healthcare and financial constraints in seeking medical advice played a crucial role in diabetes outcomes. Individuals without regular access to healthcare or those deterred by costs were more likely to report adverse health indicators.

Discussion of Key Insights

The findings of this study align with existing literature, reinforcing the interconnectedness of diabetes with comorbidities, mental health, and socioeconomic disparities. While previous research has often focused on isolated factors, this study provided a more holistic view by integrating a diverse range of variables. The observed patterns call for multi-sectoral interventions that address not only individual lifestyle behaviors but also broader systemic issues such as healthcare accessibility and socioeconomic inequities.

One of the significant insights is the need to target high-risk groups for intervention. Older adults, individuals with limited physical activity, and those with poor dietary habits are at greater risk and require tailored strategies for prevention and management. Moreover, mental health interventions should be incorporated into diabetes care programs, given the bidirectional relationship between psychological well-being and glycemic control.

The dataset's comprehensiveness enabled the identification of complex relationships between variables, but the cross-sectional nature of the data limits causality inference. Despite these limitations, this study provides valuable evidence to inform public health policies and clinical practices aimed at combating diabetes.

5.5 6.2 Recommendations

1. **Lifestyle Interventions**: Promote public health campaigns focused on increasing physical activity and improving dietary habits. Initiatives such as community fitness programs and nutrition education should be prioritized.

2. **Mental Health Integration**: Incorporate mental health screening and counseling into diabetes prevention and management programs to address the psychological challenges faced by individuals with or at risk of diabetes.

3. **Healthcare Accessibility**: Enhance access to affordable healthcare services, particularly for underserved populations, through subsidies, mobile clinics, and outreach programs.

4. **Targeted Interventions for High-Risk Groups**: Develop tailored programs for high-risk populations, such as older adults, smokers, and individuals with comorbid conditions, to reduce the overall burden of diabetes.

5. **Policy Advocacy**: Advocate for policies that address the socioeconomic determinants of diabetes, including measures to reduce income-related health disparities and improve healthcare equity.

By implementing these recommendations, stakeholders can work towards reducing the prevalence of diabetes, improving health outcomes, and alleviating the social and economic burdens of this chronic disease.

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