How Lifestyle Affects Health — A Data Analytics Project

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Objective: To analyze how lifestyle habits such as sleep, exercise, diet, stress, and substance use impact overall health and well-being.

Dataset Description: The dataset contains 300 participants with variables such as Sleep Hours, Exercise Days, Diet Quality, Substance Use, Water Intake, Stress Level, BMI, and Health Score (1–100). Data was cleaned and validated with no missing values.

Tools & Skills Used: Excel, WPS Office, Google Sheets, SQL, Tableau, Data Cleaning, Correlation Analysis, Pivot Tables, and Data Visualization.

Key Analyses & Insights:

Relationship	Key Finding
Exercise vs Health Score	Positive correlation ($r = 0.56$) — more exercise leads to higher health score.
Diet Quality vs Health Score	Strong link — better diet quality improves health outcomes.
Substance Use vs Health Score	Negative relationship — higher substance use lowers health score.
Sleep Hours vs Health Score	Optimal range (7–8 hours) linked with best health outcomes.
Stress Level vs Health Score	High stress reduces average health score significantly.

Visualizations (Insert Screenshots Below):

• Exercise vs Health Score

• Diet Quality vs Health Score

• Substance Use vs Health Score

• Sleep Hours vs Health Score

• Stress Level vs Health Score

Conclusion: Balanced habits—regular exercise, quality diet, healthy sleep, minimal substance use, and stress management—strongly contribute to improved health and well-being. This study demonstrates how data analytics can quantify and visualize lifestyle impacts on health.