

ESTIMATION OF OBESITY LEVEL BASED ON EATING HABITS AND PHYSICAL CONDITIONS

INTRODUCTION

The goal of this analysis of obesity data is to investigate the connections between obesity level and several variables like gender, eating habits, and physical activity. Understanding these relationships is important for developing effective strategies for obesity prevention and promoting healthy lifestyles.

OBJECTIVES

The goal of this research is to establish if a person is obese or not based on his eating habits and physical activity levels. Also to contribute to the development of tools that can track and detect a person's level of obesity

METHODOLOGY

A dataset containing data on each person's gender, weight, how often they eat, and how often they exercise was used to conduct the analysis. A few of the datasets were gathered via online surveys, while the majority were generated artificially using the Weka tool and the SMOTE filter.

Results

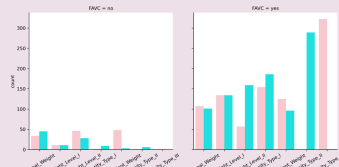


Figure1: Number of Respondents per Weight Classification for people consuming high caloric food with does who do not

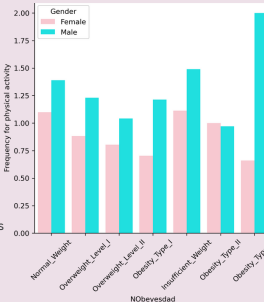


Figure 2: Relationship between Frequency for physical activity and obesity level

DISCUSSION

- More female consuming high caloric food are exposed to obesity type III than male
- Females having frequent physical activities are more healthy than males.
- The results of this examination of obesity data have significant ramifications for campaigns to promote public health and plans to combat obesity. The knowledge gained may be used to build gender-specific educational initiatives, encourage regular physical exercise, and promote good eating practises to help

CONCLUSION

- This analysis of obesity data offers important insights into the connections between obesity level, gender, food intake, and physical activity. The poster's visualisations highlighted significant patterns and trends. These results can help in understanding the causes of obesity and so tools can be developed to track and detect a person's level of obesity.
- There should be methods in place to encourage regular physical activity among people of all ages and genders

REFERENCES

.The dataset is obtained from Palechor, F.M. & Manotas, A.H. (2019). Dataset for estimation of obesity levels based on eating habits and physical condition in individuals from Colombia, Peru and Mexico .Universidad de la Costa, CUC, Colombia. Elsevier Inc.