

Health and Wellness Data Analysis

This project explores a health and wellness dataset to uncover insights related to lifestyle behaviors, stress, sleep, and BMI.

Objective

To analyze health habits (smoking, alcohol intake, exercise, diet, etc.) and their relationship with demographic factors like gender, BMI, and chronic diseases.

Key Insights

- Males have higher rates of alcohol consumption.
- Females tend to exercise more frequently and report healthier diets.
- Higher BMI is associated with less frequent exercise and poor sleep.
- Stress levels tend to be higher among individuals with chronic diseases.

Recommendations

- Promote physical activity to manage BMI and stress.
- Tailor alcohol education campaigns toward males.
- Encourage balanced diets and quality sleep for all genders.

Tools Used

Python (Pandas, Seaborn, Matplotlib)

Jupyter Notebook

Author

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Skilled in Python, SQL, Power BI. Passionate about solving real-world problems with data