



## Background

### YRBS

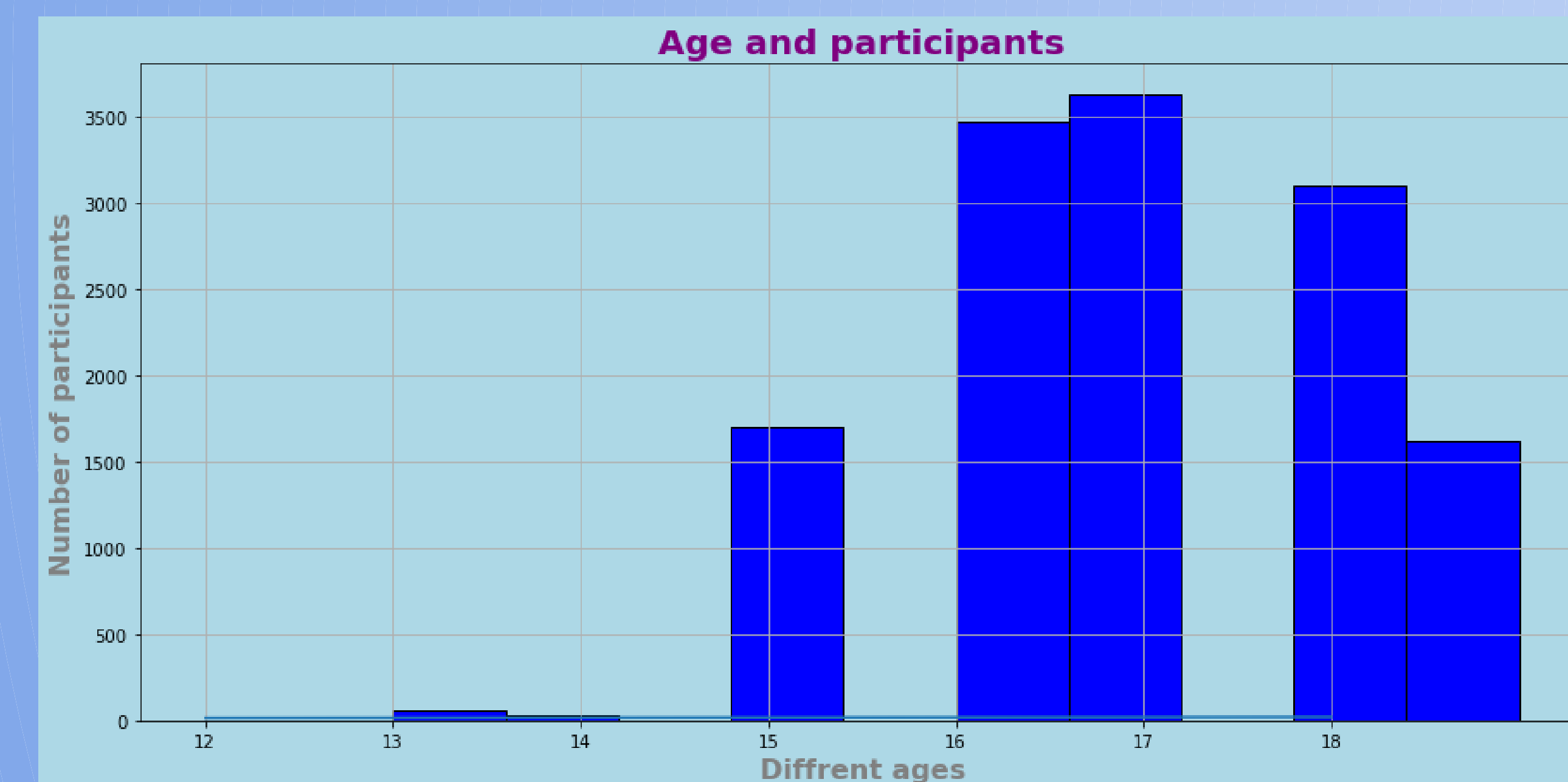
The Youth Risk Behavior Surveillance System is an national survey provided by the CDC that grade school students fill out. These surveys monitor students behavior regarding violence, sexual behavior, alcohol and drug use, tobacco use, dietary behavior and lack of aquduacte physical activity.

### Description of Project

The data for our project was gathered from the YRBS survey held in 2019. Our goal is to determine whether there is a relationship between (Q78)During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Q68) Which of the following are you trying to do about your weight. We are coding the data into python and analyze the results

### 2019 Data Set

#### Histogram



### Data retrieval and Winnowing

To begin we downloaded the YRBSS 2019 Access data and through Microsoft Access created a SQL statement to retrieve the dataset. Then we transferred the data set to excel then implemented the excel file into python to chart the data

```
SELECT q1 as age,  
q2 as gender,  
q3 as grade,  
q4 as race_4_options,  
q5 as race_7_options,  
q6 as height,  
q68,  
q78,  
BMIPCT,  
weight,  
stratum,  
psu,  
raceeth
```

```
FROM XXHq;  
|
```

Over 13,000  
responses to  
more than  
100 question

## Research Question/ Hypothesis

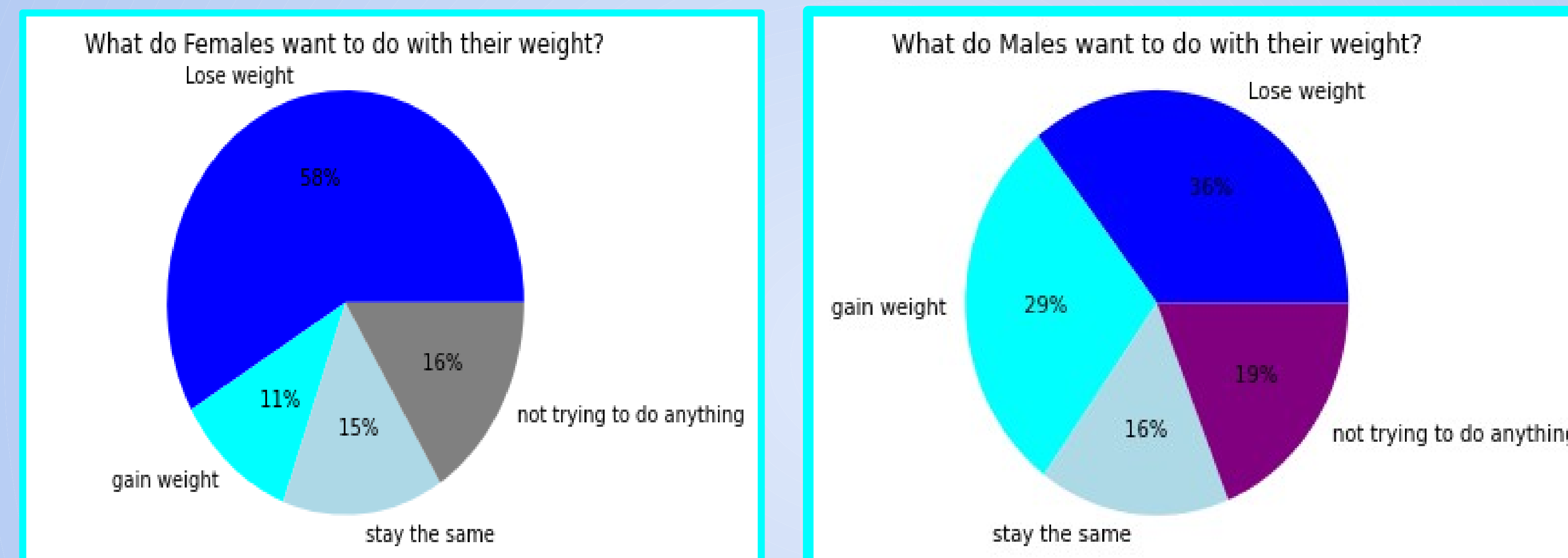
We are determining whether there is a relationship between what people are doing about their weight and the weekly physical activity.

**Hypothesis (Alternative)** There is a relationship between weekly physical activity and people's intention with their weight

**Hypothesis (Null)** There is not a relationship between weekly physical activity and people's intention with their weight

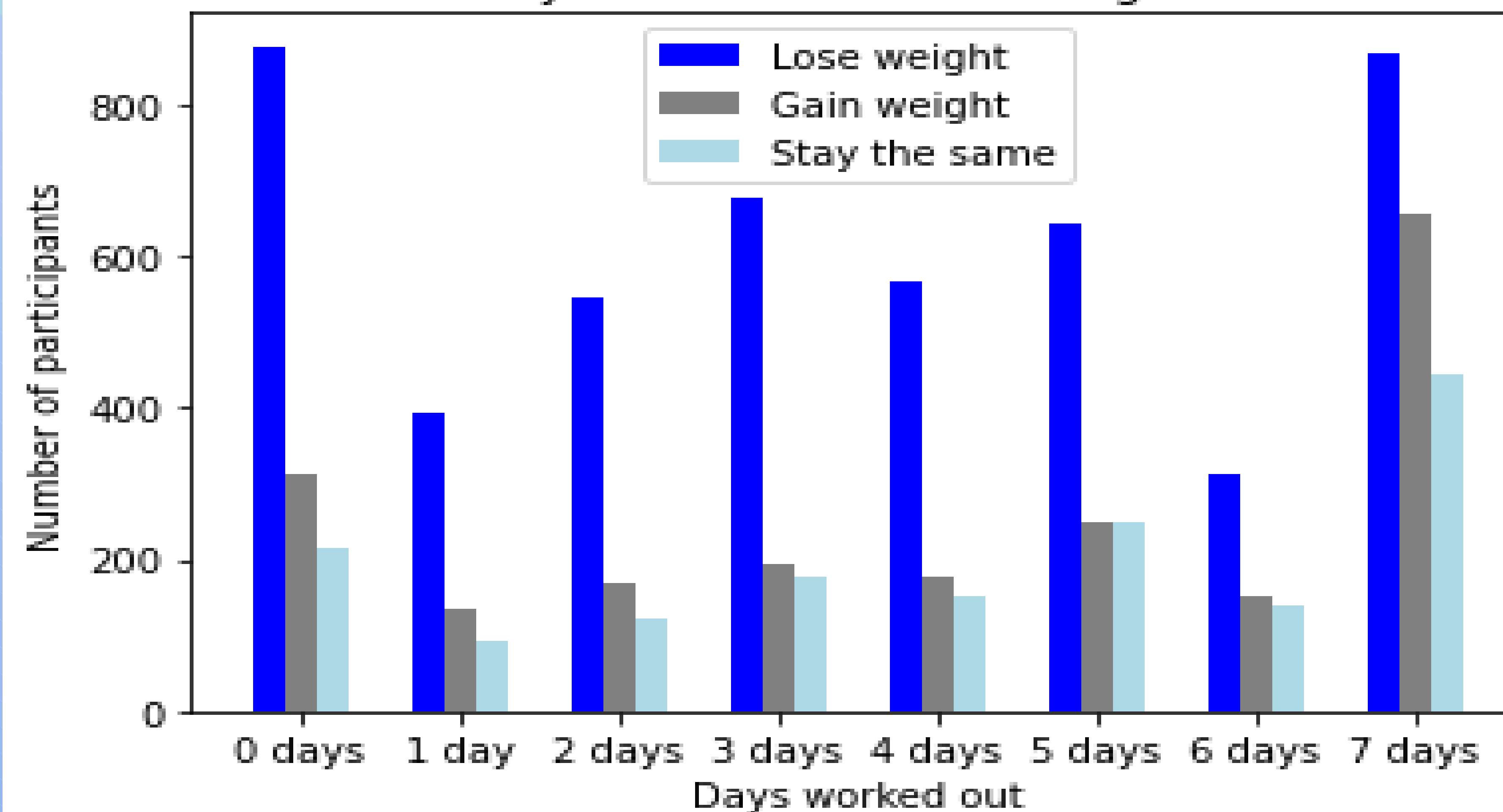
## Results

### Females Vs Males: What do you do about your weight



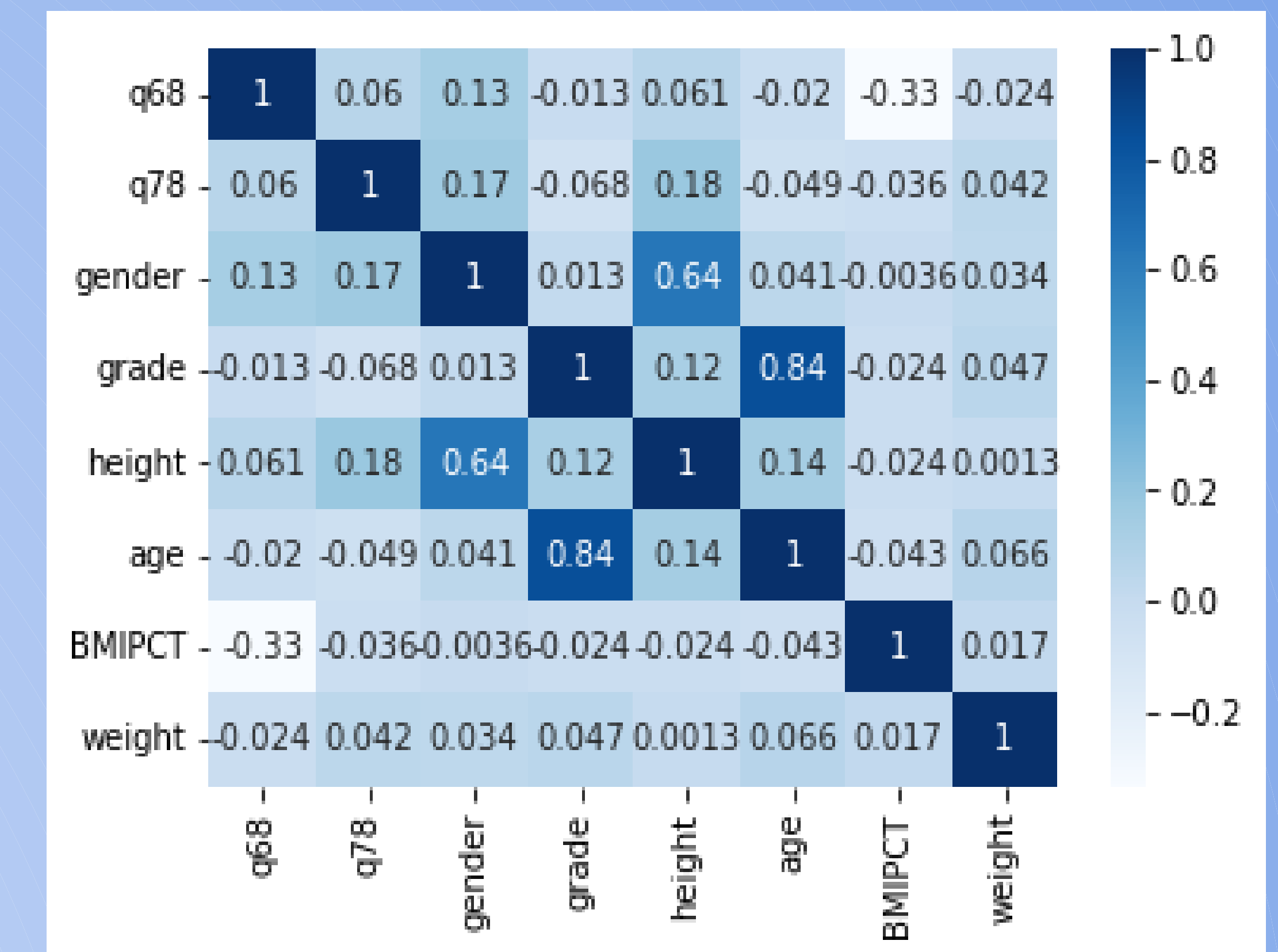
Our data shows that gender is a likely factor to what participants want to do with their weight. More than half of Female participants choose 'lose weight' while Male participants was more balanced with results

### Days worked out based of goals

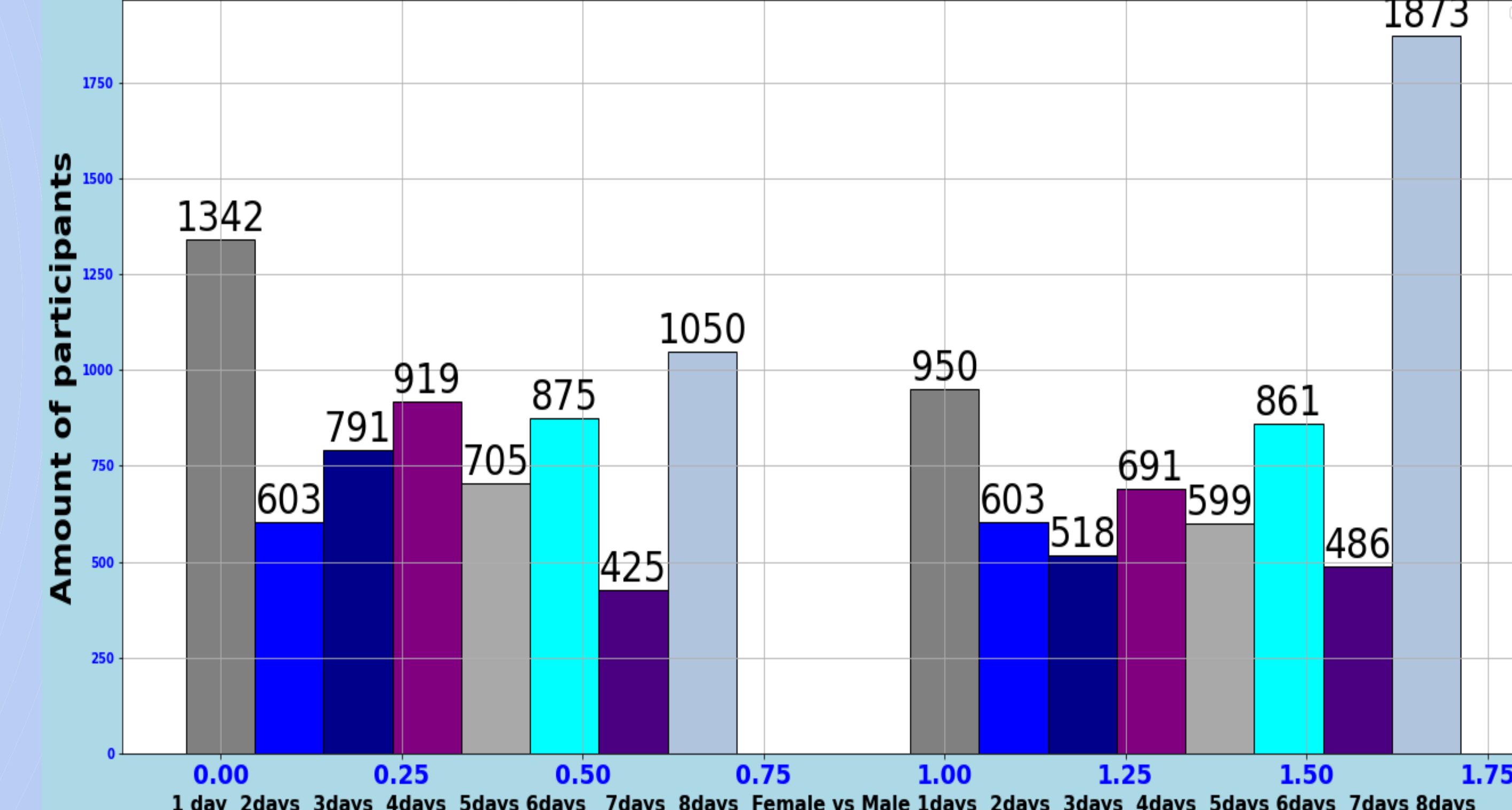


On this graph the data shows how many days a person worked out based on what they wanted to do with their weight.

## Heatmap



## Days worked out, Male vs Female



## Discussion & Implications

- Heat map shows a low relation between q68 and q78
- The bar graph shows male have more weekly physical activity than females
- Based on the pie chart majority of participants expressed the desire to lose weight over any other option
- Based on the graphs gender does seems to be a major factor in weight goals and weekly physicial activity

## Reference List

- [Pandas. pandas. \(n.d.\). Retrieved November 30, 2022, from https://www.youtube.com/watch?v=mF9jTOdUEnE](#)
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- [NumPy. \(n.d.\). Retrieved November 30, 2022, from https://numpy.org/](#)
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- [How to create a Seaborn Correlation heatmap in python? GeeksforGeeks. \(2020, November 12\). Retrieved November 30, 2022, from https://www.geeksforgeeks.org/how-to-create-a-seaborn-correlation-heatmap-in-python/](#)