NUTRITIONAL DEFICIENCY PREDICTION BY REGION USING MACHINE LEARNING

ANNE DASHINI KANNAN

UNIVERSITI TEKNOLOGI MALAYSIA

Table of Content

CHAPTER 1 INTRODUCTION

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1.1 Introduction

Nutritional deficiencies are one of the major global issue in human health growth especially on specific reasons like low and middle income areas, where thousands of people, mainly kids and pregnant woman who suffer from insufficient intake of proper diet with full of vital micro nutrients.These nutrition deficiency are linked to various serious health issues such as stunted growth, health impairments, weak immune systems and high mortality rates. The usual traditional approaches to detect and identify nutritional deficiency, including surveys and interventions, tend to be expensive and inefficient.Consequently, there is a more pressure needed for more targeted, data-driven solutions to analyze regions and populations that are most harmful.This paper explains the application of machine learning (ML) techniques to predict and analyze nutritional deficiencies in different areas. By combining various data sets on health conditions, socioeconomic, environmental and dietary factors this paper goals to build model predictive models that can list out regions that are at high risk for deficiencies.Machine learning has the potential to define complex, non-linear patterns within large datasets,which been using often in traditional methods.These insights could help improve public health outcomes.

1.2 Problem Background

Nutritional deficiencies are spread widely over the global health issue that affect regions that are affected by various factors.Despite a significant progress in providing malnutrition over the years, millions of individuals mainly women and children continue to suffer from nutrition deficiency such as iron, vitamins,iodine, and zinc.These deficiencies are linked to various severe health outcomes, including stunted growth, impaired growth function, weakened immune systems , and high risk of infections and mortality.These complex issue need the use of advance algorithms and techniques to analyze the datasets and to aid the situation to prevent from getting worst.Machine learning provides ways to analyze the data from various resources using health records, surveys, genetic studies. These were used to develop the prediction models for nutritional deficiencies. By monitoring the prediction process, machine learning boost the efficiency, reduce the expenses and improve the access to the health care centre to prevent this nutrition deficiencies. However, the application of machine learning in this domain is still in early stages and there are more significance challenges that need to be sort out including data quality and ethical considerations.

1.3 Problem Statement

The current approaches to pin out the nutritional deficiencies are limited due to the reliance on sources with intensive processes and their inability to integrate data sources effectively .This causes the prevention and diagnosis of these deficiencies constrain in settings.There need to be and accurate ,calculable and interpret able prediction that can facilitate the targeted interventions and informed decision-making. Morever a clear platform and visualization is needed to display a clear view of prediction of nutritional deficiencies on specific regions for health providers ,NGOs, and stakeholders in order to help them to provide a better solution to overcome this deficiencies more effectively.

1.4 Research Question

1. How can machine learning techniques can be utilize to predict the nutritional deficiencies effectively?

2. What are the data sets required to develop the accurate predictive models on this nutritional deficiencies?

3. What are the potential challenges and limitation in developing the machine learning based prediction systems in real-world healthcare settings?

4. Who are the targeted group are focused in this prediction to develop an accurate prediction model?

1.5 Aim and Objectives

The aim of these project is to develop a machine learning based dashboard to display and prediction of the risk of nutritional deficiencies across different regions by analyzing datasets including health, diet, socioeconomic and the environmental factors.With the help of this prediction, this system enable the healthcare takers and organizations to develop targeted inventions to optimize resource allocation and to improve public health outcomes.

The objectives of these research are:

(a) To identify the key factors that contribute to nutritional deficiencies, such as dietary habits, incomes and environment factors.

(b) To implement machine learning models to predict the risk of nutritional deficiencies in specific regions.

(c) To demonstrate an interactive platform to present the prediction and visualizations to the health providers and stakeholders.

1.6 Scope of Study

This project provides the prediction needed to solve the nutrition deficiencies under few circumstances. Its prioritize the prediction for certain regions only especially focuses on rural areas where nutrient deficiencies may occur a lot due to limited access to food sources and healthcare services.This research also design to a narrow predictions only to collect highly insights and it helps stakeholders to design more effective intervention on specific region which allocates the solutions more efficiently.Its important to gather the main key features that impact the nutrition deficiencies.Here the critical nutrient minerals such as iron, zinc, essential vitamins were listed depending on the availability of data sets.Current data and previous data from healthcare records , surveys related to food consumption, socioeconomic indicators are used to create the model trends and anticipate future deficiencies.Predictions based on specific physical needs and risk factors for each group are one of key point to calculate the prediction. However to ease for a smoother predictions only targeted groups are focused suck children, pregnant women, low income households and those who are at higher risk of nutrient deficiencies.This dashboard is developed to present an interactive reports that can be communicate the data effectively to the healthcare providers and stakeholders.

1.7 Significance of Research

This research on nutritional deficiencies by region using machine learning is quite significance to the population as it allows people to understand the seriousness of this problem occurs in several areas. It also provides a data-driven approach to stakeholders and providers to understanding and combating malnutrition. Machine Learning can predict regional trends,and can identify future deficiencies by analyzing diverse datasets. It uncovers the hidden correlations between health factors, socioeconomic and environmental factors.This research also helps the targeted populations such as children, women, pregnant ladies and low income households to ensure they receive resources efficiently which allocated for them by providers based on the data predicted. Additionally with the use of machine learning models an interactive dashboards can be created which facilitates to decision-making and

effective communication to the stakeholders.This project not only help to improvise this deficiency issue but also contributes to global toward achieving sustainable development goals, particularly in reducing hunger in rural areas and improving people well-being.

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