

WHAT IS THE BEHAVIOR THAT OBESITY AND OVERWEIGHT IN ADULTS HAD FROM 2011 TO 2021? IS NY ABOVE THE US METRICS?

Why is it important?

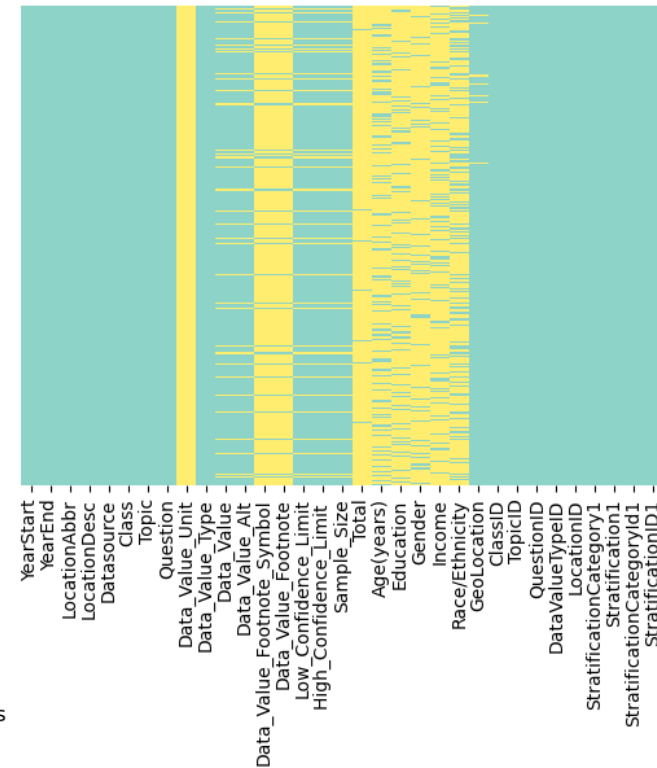
- The higher your BMI, the higher your risk for certain diseases such as heart disease, high blood pressure, type 2 diabetes, gallstones, breathing problems, and certain cancers (NHLBI, n.d.).



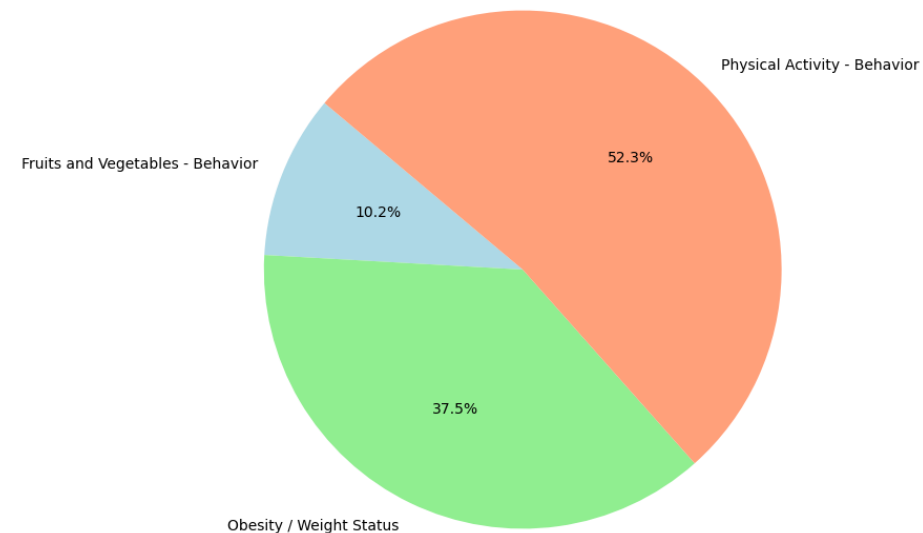
Presented by: Anny Cruz Salcedo

DATA SOURCE

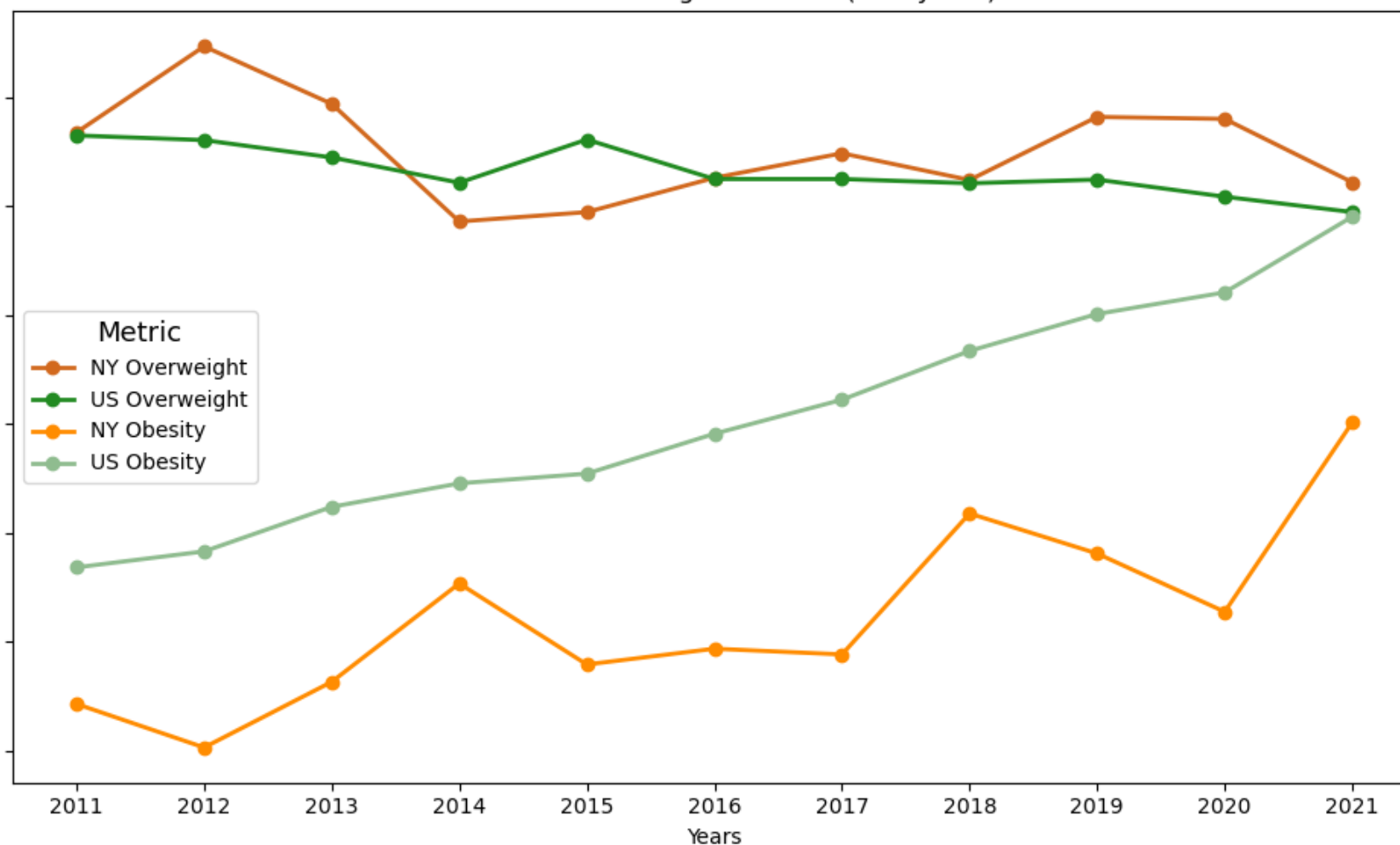
- The “Nutrition, Physical Activity, and Obesity – Behavioral Risk Factor Surveillance System” dataset was found in **data.gov**
- It includes data on adult's diet, physical activity, and weight status from Behavioral Risk Factor Surveillance System. Provides national and state specific data on obesity, nutrition and physical activity.
- The Behavioral Risk Factor Surveillance System (BRFSS) is the nation's premier system of health-related telephone surveys that collect state data about U.S. residents (CDC, 2023).
- The dataset contains **88,629 rows and 33 columns**.



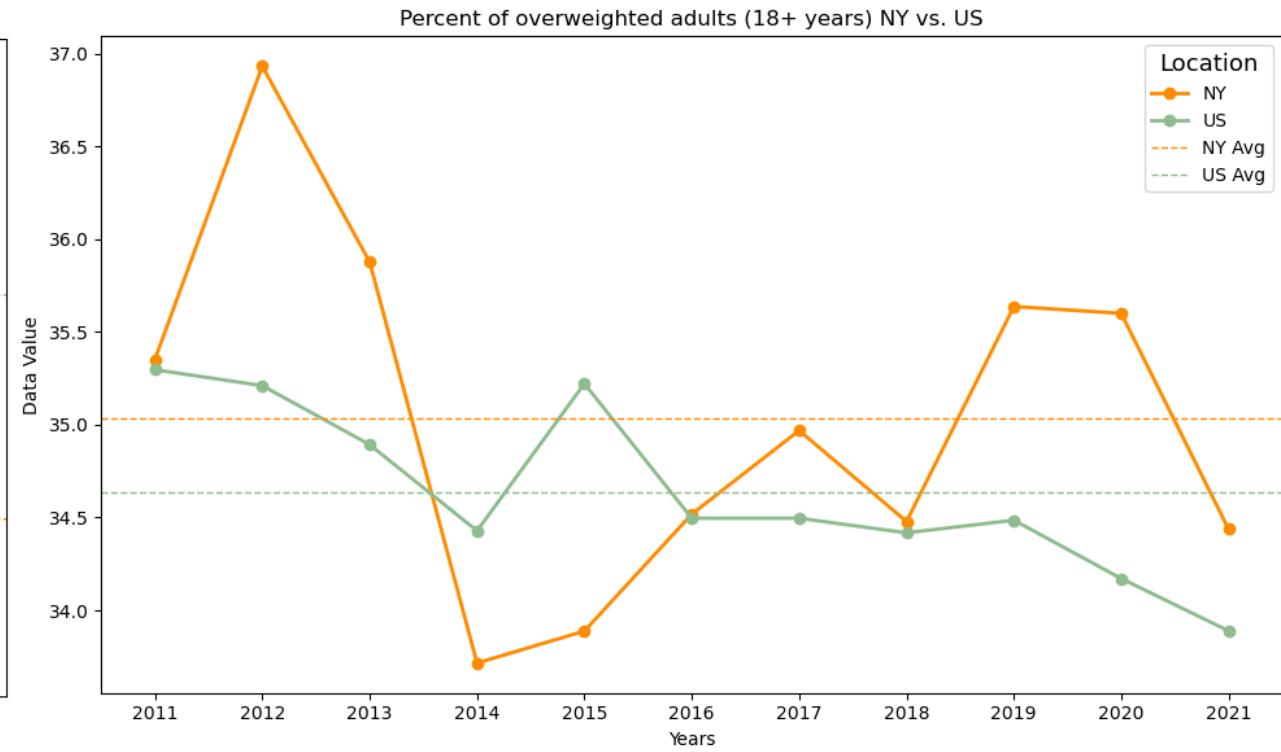
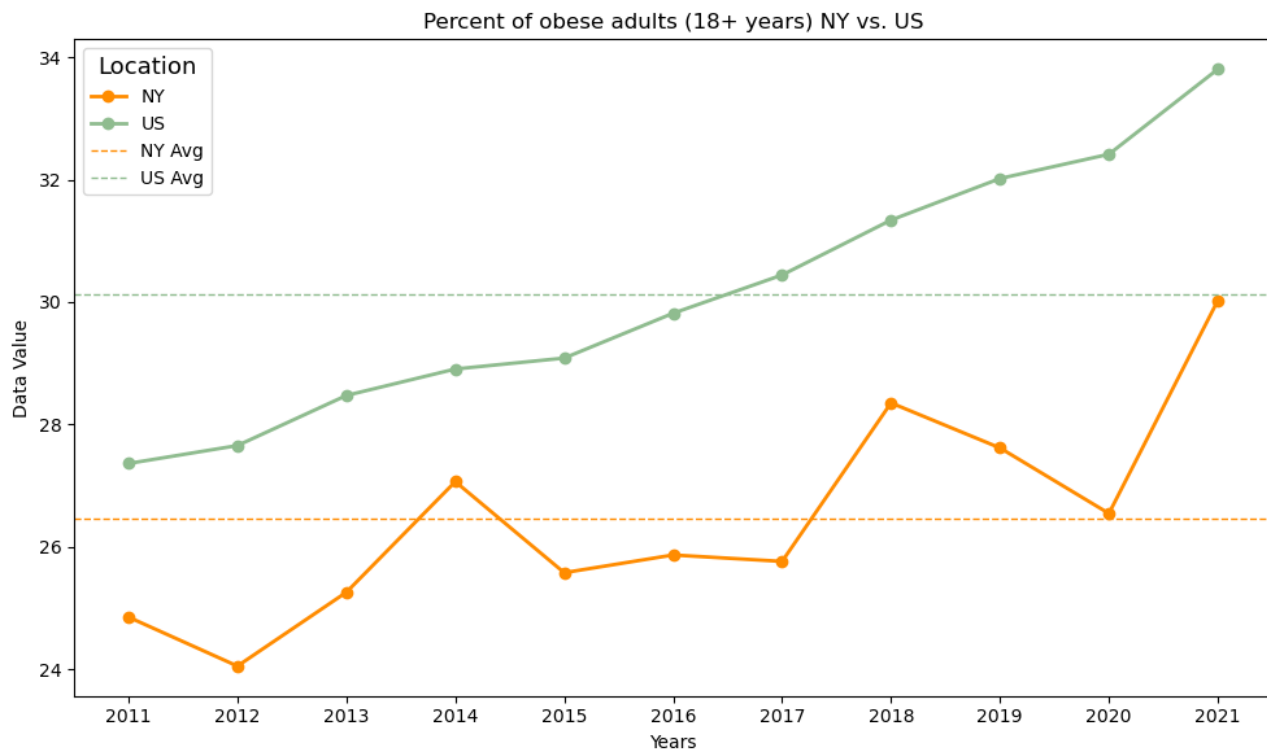
Distribution of Topics

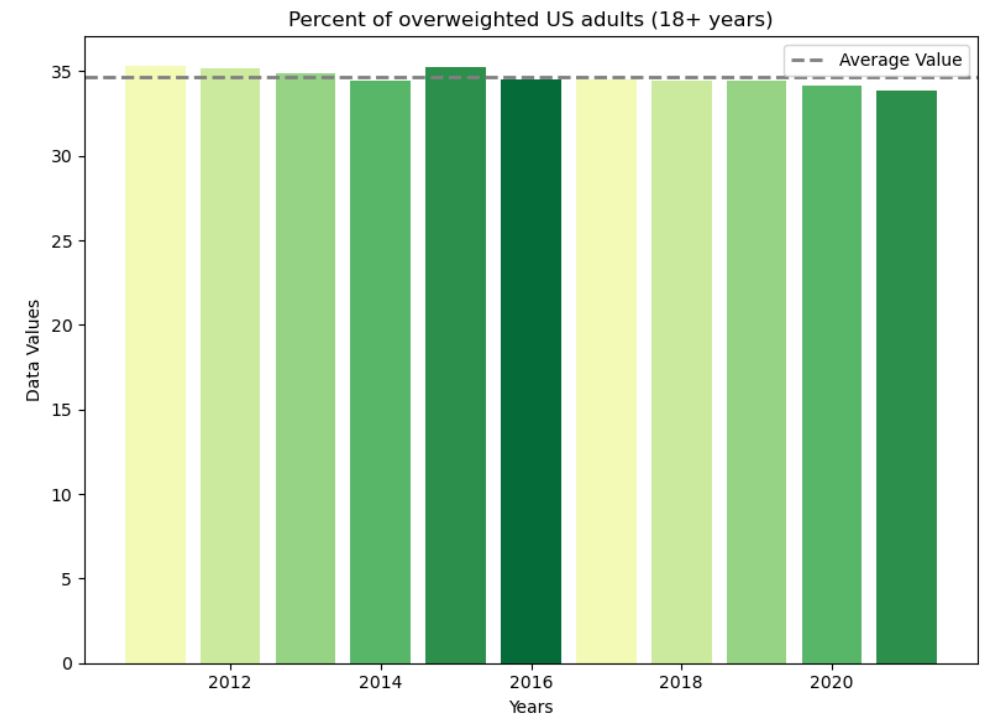
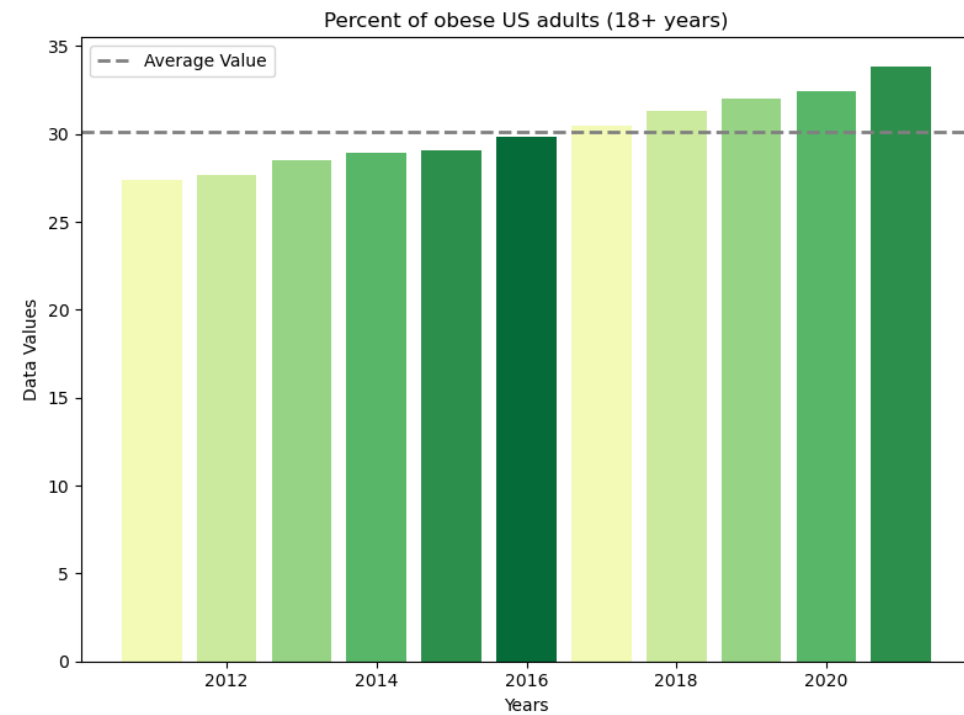
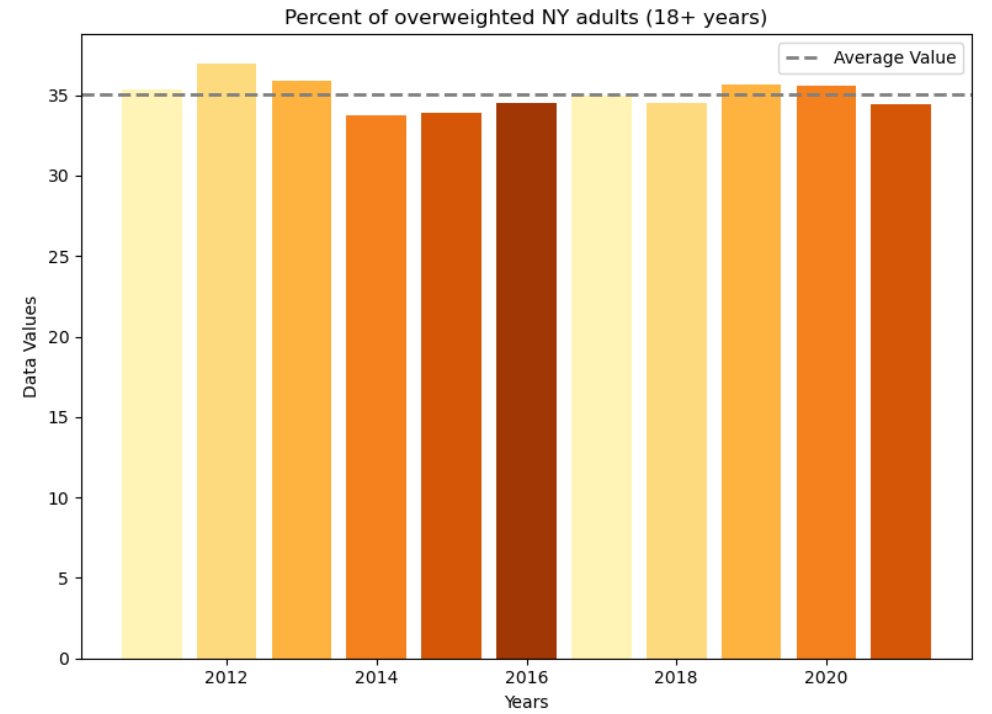
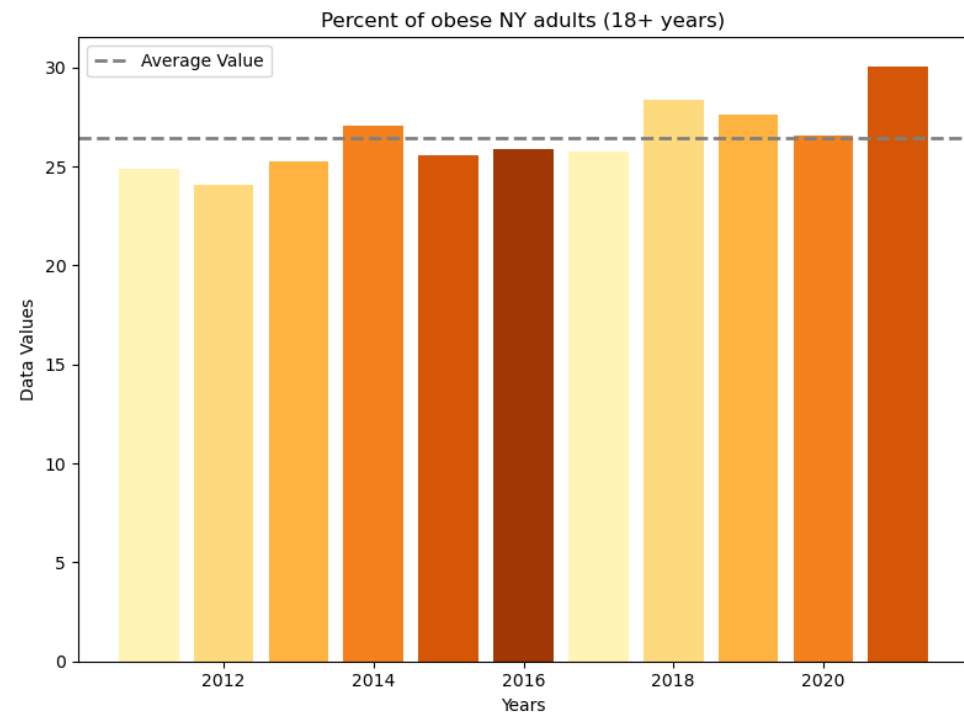


Percent of obese and overweight adults (18+ years) NY vs. US



- **Methodologies:** mathematical and statistical approaches (quantitative analysis), time series analysis.
- **Python libraries:** pandas, NumPy, seaborn and matplotlib.
- **Types of visualizations:** heatmap, pie, bars and line plots.
- **Data cleaning:** converting non-null values as "Data not reported" to null values, dropping rows with missing values in the "Data_Value" column.
- **Transformations:** renaming columns, data wrangling, creating new data frames, filtering by specific factors.







CONCLUSIONS

- 2021 was the year with the highest average of obese people both in NY and the US.
- Within the 2011-2021 period, the average of obese New Yorkers was lower than the national average.
- 2012 was the year with the highest average of overweighted people in NY, while nationally, but not by much, was 2011.
- Within the 2011-2021 period, the average of overweighted New Yorkers was slightly higher than the national average.
- Overall, there is a clear rising trend in the obese adults" category within the country.

REFERENCES

- U.S. Department of Health and Human Services. (2023, July 29). Nutrition, Physical Activity, and Obesity – Behavioral Risk Factor Surveillance System. Data.gov.
<https://catalog.data.gov/dataset/nutrition-physical-activity-and-obesity-behavioral-risk-factor-surveillance-system>
- Centers for Disease Control and Prevention. (2023, May 5). Behavioral Risk Factor Surveillance System (BRFSS). CDC.
<https://www.cdc.gov/brfss/index.html>
- National Heart, Lung, and Blood Institute. (n.d.). Assessing your weight and health risk. NHLBI.
https://www.nhlbi.nih.gov/health/educational/lose_wt/risk.htm

