---- ANALYZING DAILYSTEPS\_MERGED DATA TO FIND TRENDS

--Changing column 'StepTotal' data type from varchar to int

alter table [dbo].[dailySteps\_merged]

alter column StepTotal int

Go

-- Taking average steps per user for the entire period of study

select distinct id, avg(StepTotal) as "Average Steps per day"

from dbo.dailySteps\_merged

group by Id

-- Creating a View to store the results

CREATE VIEW AverageSteps AS (

select distinct id, avg(StepTotal) as "Avg\_Daily\_Steps"

from dbo.dailySteps\_merged

group by Id)

GO

-- Creating a View to store the results

CREATE VIEW AvgStepsOverThreshold AS(

SELECT \*

FROM AverageSteps

where Avg\_Daily\_Steps >= 10000)

GO

SELECT \*

FROM AvgStepsOverThreshold

select \*

from AverageSteps

--Creating a column to check for when Avg\_Daily\_Steps meet CDC Criterion

SELECT id, Avg\_Daily\_Steps,

CASE WHEN Avg\_Daily\_Steps >= 10000

THEN 'YES'

ELSE 'NO'

END

as MeetsCDCcriterion

FROM AverageSteps

CREATE VIEW CDCThreshold as

(SELECT id, Avg\_Daily\_Steps,

CASE WHEN Avg\_Daily\_Steps >= 10000

THEN 'YES'

ELSE 'NO'

END

as MeetsCDCcriterion

FROM AverageSteps)

GO

SELECT \*

FROM CDCThreshold

---- FINDING TRENDS BETWEEN SLEEP AND LEVEL OF ACTIVITY

-- Pulling data from both tables

SELECT \*

FROM [dbo].[sleepDay\_merged]

SELECT \*

FROM [dbo].[dailyIntensities\_merged]

-- Converting Columns data types to Integer from Varchar and to date from Varchar

ALTER TABLE [dbo].[sleepDay\_merged]

ALTER COLUMN TotalSleepRecords int

Go

ALTER TABLE [dbo].[sleepDay\_merged]

ALTER COLUMN TotalMinutesAsleep int

Go

ALTER TABLE [dbo].[sleepDay\_merged]

ALTER COLUMN TotalTimeInBed int

Go

ALTER TABLE [dbo].[sleepDay\_merged]

ALTER COLUMN SleepDay date

Go

----ANALYZING WEIGHT INFO

SELECT \*

FROM [dbo].[weightLogInfo\_merged]

ALTER TABLE [dbo].[weightLogInfo\_merged]

ALTER COLUMN WeightPounds float

GO

ALTER TABLE [dbo].[weightLogInfo\_merged]

ALTER COLUMN WeightKg float

GO

ALTER TABLE [dbo].[weightLogInfo\_merged]

ALTER COLUMN BMI float

GO

--Identifying how many participants actually logged in weight info

SELECT distinct ID, avg(Weightkg) as "AvgWeightkg", avg(WeightPounds) as "AvgWeightPounds", avg(BMI) as "AvgBMI"

FROM [dbo].[weightLogInfo\_merged]

GROUP BY Id

-- Creating a View to store the results

CREATE VIEW AverageWeightInfo as

(SELECT distinct ID, avg(Weightkg) as "AvgWeightkg", avg(WeightPounds) as "AvgWeightPounds", avg(BMI) as "AvgBMI"

FROM [dbo].[weightLogInfo\_merged]

GROUP BY Id)

GO

-- Determining how many Weight logs were recorded per participant.

SELECT Id, COUNT (logId) as "RecordCount"

FROM [dbo].[weightLogInfo\_merged]

GROUP BY Id

SELECT \*

FROM [dbo].[AverageWeightInfo