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CA-05, Logistic Regression

Based on the model we created in this assignment, we have determined that the top five variables influencing Cardio Vascular Disease (CVD) are "waist", "hip", "race","hlthlm25","av_weight_kg". The factors as described in (https://sleepdata.org/datasets/shhs/variables) are: waist=waist measurement(circumference), hip=hip measurement(circumference), av_weight_kg= average weight, race=ethnicity, hlthlm25=How health has limited social activities like visiting with friends or close relatives. These variables make sense (and are now backed up with data), since waist, hip, and average weight are indicative of a person's physical wellbeing. These factors imply that the person is overweight and someone who is overweight is much more likely to suffer from cardiovascular disease than someone who is not. Unfortunately, race/ethnicity, sometimes dictates how/if we will suffer certain diseases, which in this case is cardiovascular disease. The last factor, hlthlm25, indicates that someone decided to not attend a family/friend's gathering because of their health. When someone actively decides to stay away from loved ones due to health reasons, this would imply that the person is suffering a debilitating illness. In this case, it would imply that their illness is so bad that it prevented them from being with family(which is usually something one looks forward to).

Our assignment has provided the back up needed to determine that these factors are indeed indicative of CVD. As such, when a doctor checks for these factors in a patient and discovers that one or many of these factors are a concern in this individual's health record, then a serious consultation should take place. Catching these items early can be the difference between catching CVD and preventing any serious injury.