Health Behavior Insights: Health, Lifestyle and Chronic Conditions

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Dataset Description: This dataset contains 308854 obs. of 16 variables with health, lifestyle, and chronic condition indicators across the US population. Key features include general health status, age, fruit and alcohol consumption, BMI, and preexisting conditions.
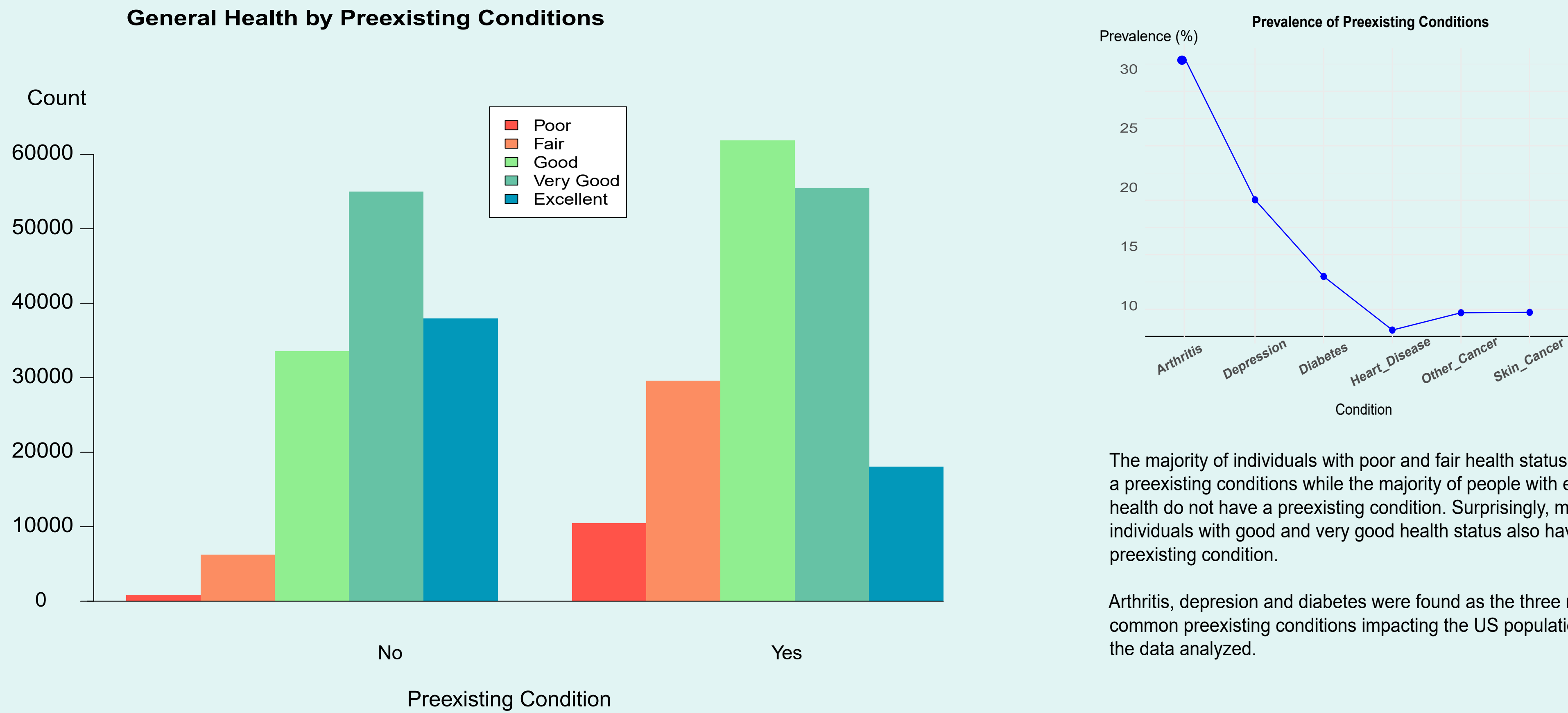
Story: The data reveals trends in how lifestyle choices and chronic conditions relate to individuals' general health status. By visualizing these patterns, we can better understand the impacts of habits on health and identify areas for potential health interventions.

Audience and Motivation: Public health officials and healthcare providers can benefit from these insights to better allocate resources for prevention programs. Additionally, health policy makers may find value in understanding demographic trends to guide health education initiatives.
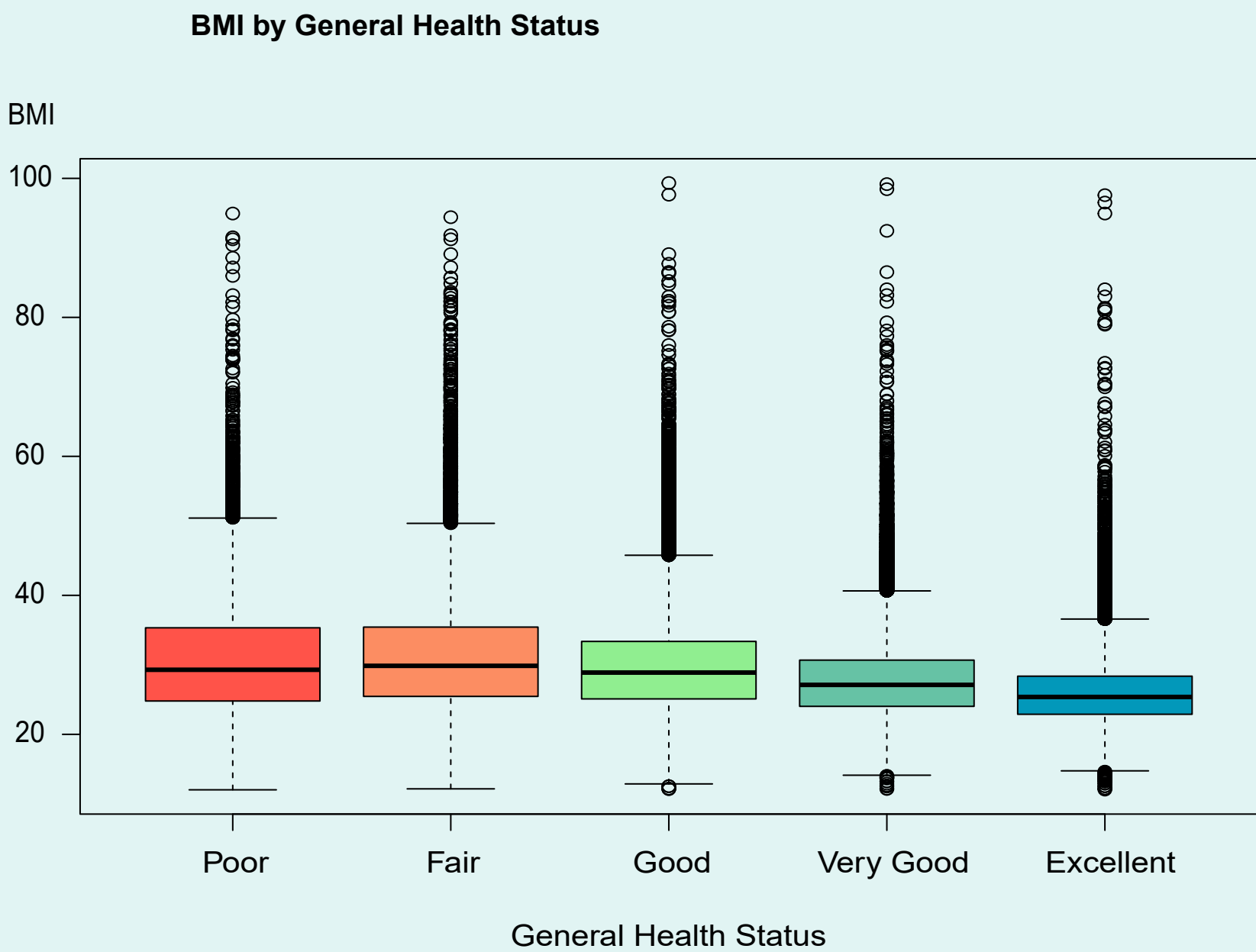
Distribution of General Health indicators for US population

General Health status

The general health of the US population is mainly good. Only less than 4% of the population was reported to have poor health and approximately 15% accounts for the combined population with poor and fair health. Most of the population keeps healthy style of life such as low alcohol consumption and high fruit intake.
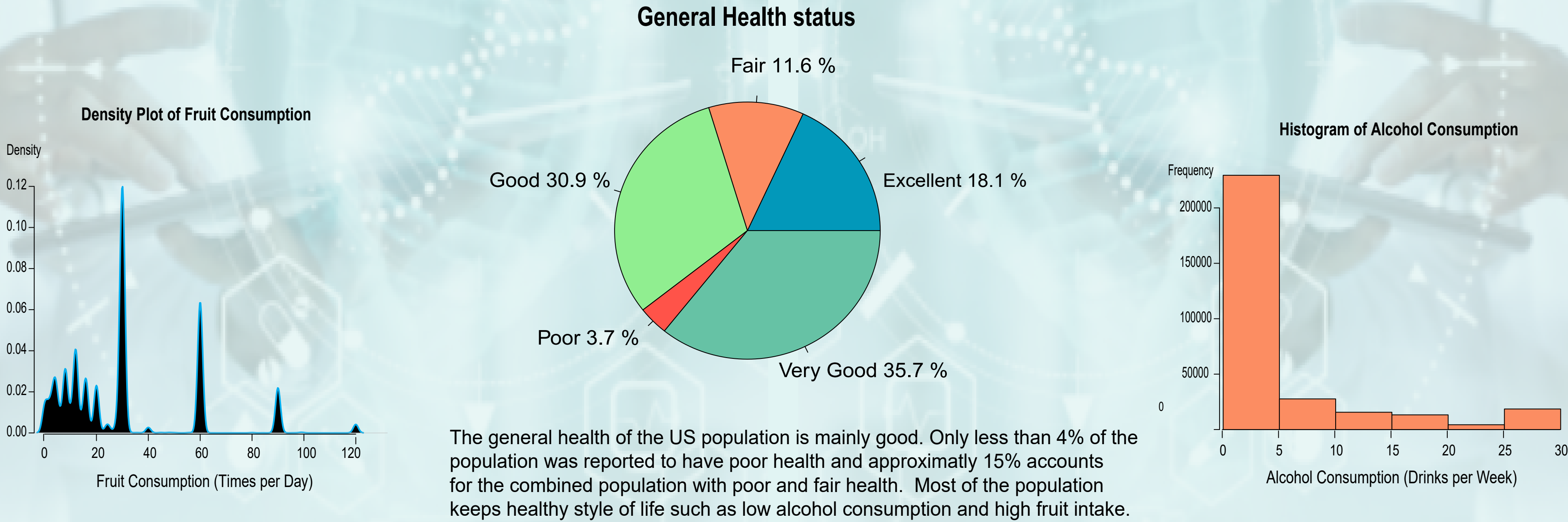
How prevalent are preexisting conditions among individuals with different health status?

The majority of individuals with poor and fair health status have a preexisting conditions while the majority of people with excelent health do not have a preexisting condition. Surprisingly, many individuals with good and very good health status also have a preexisting condition.

Arthritis, depresion and diabetes were found as the three most common preexisting conditions impacting the US population in the data analyzed.
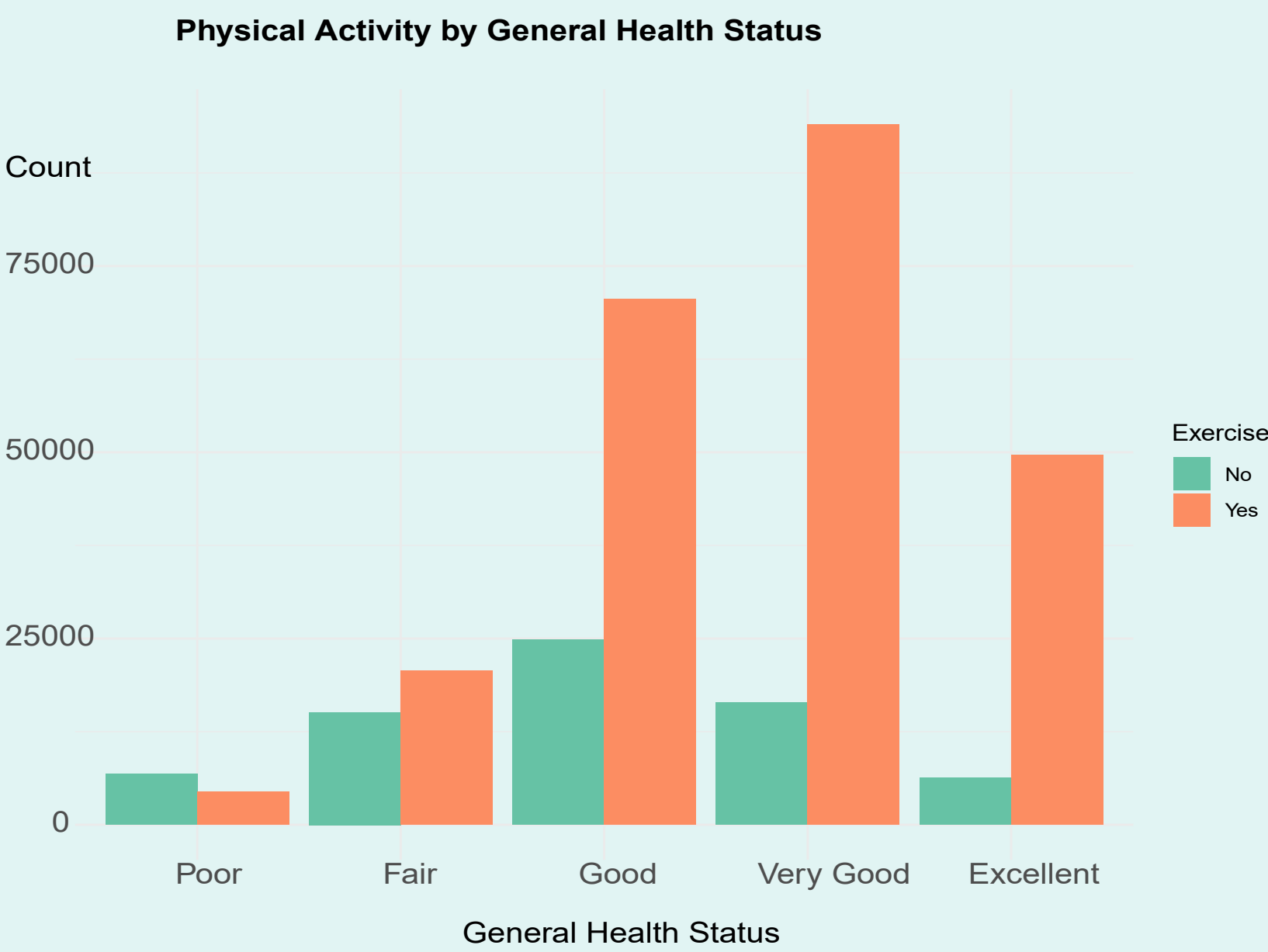
Does BMI correlate to the general health status?

BMI showed an inverse relatioship with the general health status meaning that the health improves as the BMI factor decrease.

Does physical activity correlate with a higher reported general health status?

Physical activity correlated to the general health status.Most of the individuals with good health status or above practice physical activity while the majority of individuals with poor health do not exercise.

Conclusion: Health status is a complex parameter correlated to several lifestyle and chronic conditions. Keeping a low BMI, practicing exercises and eating healthy can contribute to an individual's good health status.