Lifestyle Factors and Parkinson's Diagnosis: A Visual Analysis
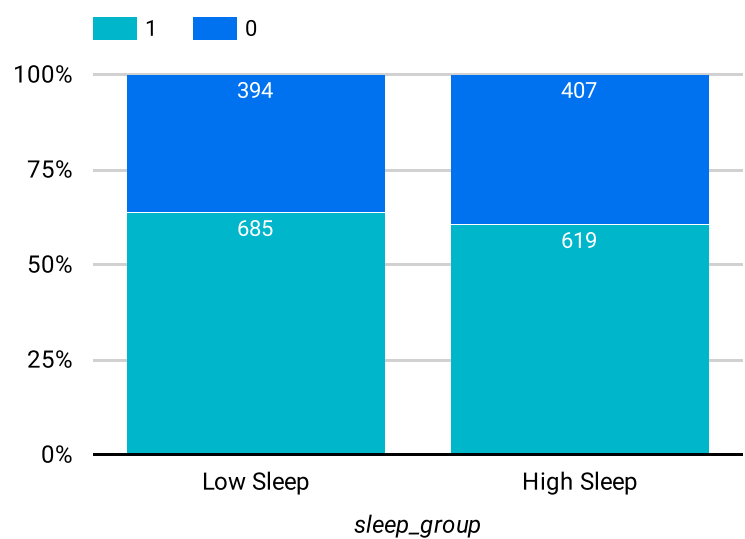
Average Diet across Sleep Levels and Diagnosis

Diet quality is consistently lower in diagnosed patients: Across most sleep levels, diet quality is lower in the diagnosed group.
Potential addative effect between sleep and diet: Patients with better sleep tend to have better diets, regardless of diagnosis.
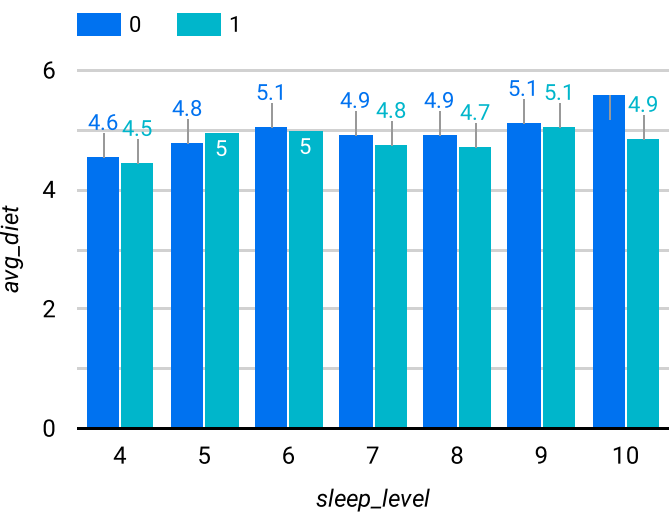
Average Alcohol Consumption across Sleep Levels and Diagnosis

Alcohol consumption is consistently lower in diagnosed patients: Across most sleep levels, undiagnosed patients consume less alcohol on average than diagnosed ones.
There is no clear interaction between alcohol consumption and sleep level.
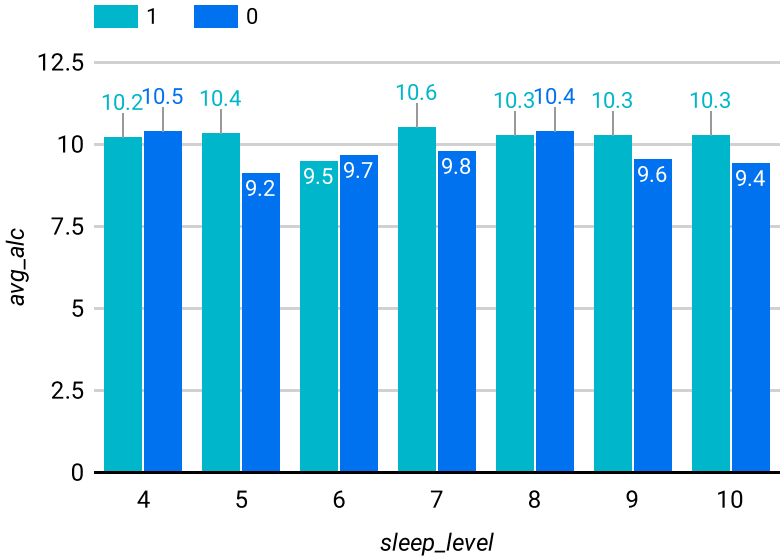
Proportion of Diagnosed Patients by Sleep Group

Higher Sleep Levels are associated with lower diagnosis rates: 60.33% of patients with high sleep (>7 in sleep quality) were diagnosed, compared to 63.48% of patients with low sleep.

Key Findings:

Diagnosed patients had consistently worse diet, sleep, and alcohol habits

High sleep quality was associated with a slight reduction in diagnosis rate

No strong interaction effects observed between variables, but patterns suggest additive risks

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Data source: parkinsons_disease_data (BigQuery)
Visualized in Looker Studio