Predicting and Reducing Risk for Cardiovascular Disease

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Abstract

The data used for this analysis is Svetlana Ulianova's "Cardiovascular Disease" dataset found on Kaggle which contains 11 features and 1 target for 70k patients. A classification model was constructed to determine if cardiovascular disease status can be predicted from select clinical and lifestyle data. A cluster analysis was performed to identify commonalities within groups of patients with cardiovascular disease in order to design risk reduction programs targeted to their specific risk factors. The classification model accurately predicted 72% of patients with cardiovascular disease. The cluster analysis found 5 clusters of patients with differentiated needs including smoking cessation, weight loss, and stress reduction.

Motivation

Each year, 1 in every 4 Americans dies from cardiovascular events including heart attack and stroke; millions more will experience a significant decrease in quality of life due to the effects of coronary artery disease and hypertension (CDC, 2019a). Risk for cardiovascular disease includes a combination of clinical factors as well as lifestyle factors such as high cholesterol, sedentary lifestyle, stress, and smoking. When designing outreach and risk reduction programs, it is important to consider that the most successful programs address the *specific risks* of a particular population. For example, one program may address lifestyle factors like smoking and inactivity while another may address genetic high cholesterol.

The purpose of this analysis is to develop a model that can aid in identification of those at risk for cardiovascular disease and classify them into smaller groups with common risk factors. The model output can be used to channel patients to programs to address their specific health promotion needs.

Dataset(s)

The dataset used for this analysis is titled "Cardiovascular Disease" and may be obtained from Kaggle. It is comprised of 70k records containing

- 11 features (age, gender, height, weight, systolic blood pressure, diastolic blood pressure, cholesterol, glucose, smoking, alcohol use, and physical activity
- 1 target (cardiovascular disease)

No information is provided about the source or timeframe of the data.

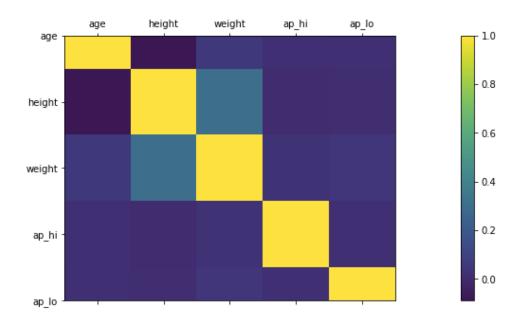
Data Preparation and Cleaning

After reading in the data, it was analyzed for missing and illogical values. No missing data was detected. The dataset did contain 412 records that were filtered out due to one of the following issues (since they are considered illogical given that the minimum age of a patient in the dataset is 29 years):

- Height less than 48 inches (4 feet)
- Weight less than 90 pounds
- Systolic blood pressure less than 50mmHg
- Diastolic blood pressure less than 30mmHg

Data Preparation and Cleaning

A correlation matrix was created to look for and address highly-correlated features. It appears that height and weight are strongly related, which makes sense logically. Therefore, a new variable for BMI was created to normalize the body mass (Weight in pounds x 703 ÷ (Height in Inches²)) (CDC, 2019b)



Data Preparation and Cleaning

Blood pressure features were separated in the dataset. Although the correlation matrix does not show them being highly correlated, systolic (ap_hi) and diastolic (ap_lo) blood pressure readings are usually interpreted together in the clinical setting. To normalize this, the mean arterial pressure (MAP) was calculated for each patient. MAP reflects the blood pressure during a full cardiac cycle and is calculated as ((2 * diastolic reading) + systolic reading) / 3. (Bonsall, 2011)

After cleaning and normalizing the data, the remaining features were age, gender, cholesterol, glucose, smoking status, alcohol use, activity level, BMI, and MAP.

Research Question(s)

This analysis focuses on two research questions:

- Can we use clinical and behavioral data predict cardiovascular disease?
- How can we cluster patients with cardiovascular disease into small groups with common features in order to design programs to address their specific risk factors?

Research Question 1: Methods

The first research question requires a classification analysis. This is because we are using data to predict whether a patient has cardiovascular disease and we have a known response which allows us to assess the model's accuracy.

In this analysis, the features age, gender, cholesterol, glucose, smoking, alcohol use, activity level, BMI, and MAP were used to try to predict cardiovascular disease. Two thirds of the data were used to train the model and the last third was held out for testing. A random seed was used for establishing the test data tuples.

Research Question 1: Findings

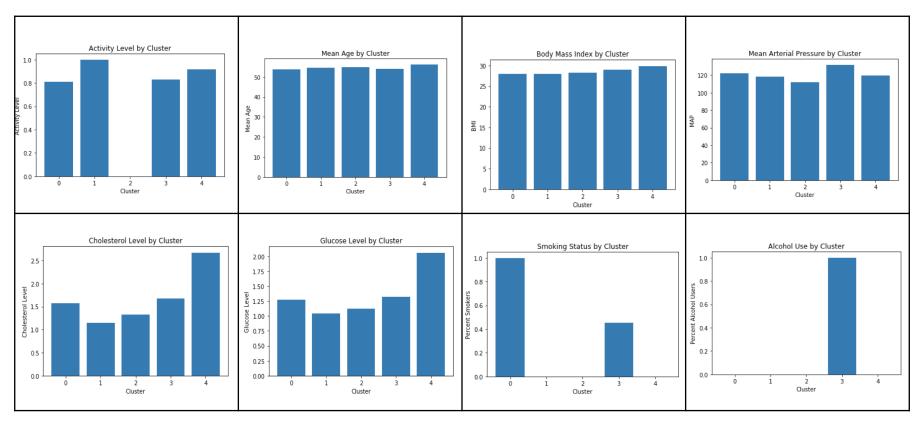
The model accurately predicted 72% of patients with cardiovascular disease. The stability of the model was tested by resetting the random seed several times; each time the prediction remained between 72.0% and 72.9%.

Research Question 2: Methods

The second research question is a cluster analysis because we are using data to partition patients into smaller groups based on commonalities in their risk factors. Since we do not have data to compare to the model's output, this unsupervised learning must be evaluated to ensure it is clinically logical.

For this analysis, the prepped data was filtered to only include patients with known cardiovascular disease (n = 34795). The features age, gender, cholesterol, glucose, smoking, alcohol use, activity level, BMI, and MAP were used in the analysis. Because the features were of mixed types (binary, scaled, continuous), they were normalized using the StandardScaler method. Initially, the analysis was set up to create 10 clusters (k = 10). However, the results were too diverse and the cluster size was reduced to 5.

Research Question 2: Findings



Research Question 2: Findings

Cluster 0	100% of patients in this cluster are smokers. They could benefit from a risk reduction program aimed at smoking cessation
Cluster 1	The majority (52%) of patients fall into this cluster. On average, they have normal blood pressure, BMI, cholesterol, glucose levels and activity levels, and they don't drink or smoke.
Cluster 2	100% of patients in this cluster have very low activity levels. Their other clinical and lifestyle variables are within normal limits. They could benefit from a risk reduction program aimed at increasing physical activity.
Cluster 3	Patients in this cluster have high blood pressure, tend to be smokers and drink alcohol. Since tobacco and alcohol are often used by people under stress, these patients could benefit from a stress reduction program.
Cluster 4	Patients in this cluster have an elevated body mass index and high cholesterol and glucose levels. Clinically, the combination of these factors is known as metabolic syndrome. These patients could benefit from a program aimed at weight reduction through healthy eating.

Limitations

There are several limitations associated with this analysis:

- While the features used in this analysis are common to many cardiovascular diseases, some diseases have different clinical manifestations. For example, arrhythmias can cause low blood pressure while coronary artery disease can cause high blood pressure. The type of cardiovascular disease is not given in the dataset, which may introduce bias when interpreting results.
- The lab value features are scaled, not continuous. A continuous value could help better differentiate patients.
- The lifestyle variables are binary. The model could potentially be improved by providing continuous data instead of binary; for example number of minutes of exercise or packs of cigarettes smoked per day.

Conclusions

This analysis demonstrated that a simple model consisting of a few clinical and lifestyle variables can do a fairly good job of predicting cardiovascular disease. A screening tool could be developed to check for these features and quickly detect and manage risk in a doctor's office.

The analysis also produced some key insights into how to reduce risk in a few clusters of patients with cardiovascular disease. Although the majority of patients fell into a poorly differentiated cluster (cluster 1), the remaining clusters are very well differentiated and lend themselves to programs to address very specific risk factors.

Acknowledgements

Thank you to Svetlana Ulianova for posting the Cardiovascular Disease dataset on Kaggle.

The statistics on heart disease mortality and morbidity in the US were obtained from the Centers for Disease Control and Prevention's Heart Disease Facts Web page at https://www.cdc.gov/heartdisease/facts.htm.

References

Bonsall, L. (2011). Calculating the mean arterial pressure (MAP). Retrieved December 10, 2019 from https://www.nursingcenter.com/ncblog/december-2011/calculating-the-map

Centers for Disease Control and Prevention. (2019a). Heart disease facts. Retrieved December 11, 2019 from https://www.cdc.gov/heartdisease/facts.htm

Centers for Disease Control and Prevention. (2019.b). Retrieved December 10, 2019 from <a href="https://www.cdc.gov/healthyweight/assessing/bmi/childrens-bm

Ulianova, S. (2018). Cardiovascular disease dataset. Retrieved December 8, 2019 from https://www.kaggle.com/sulianova/cardiovascular-disease-dataset

Smith Final Project

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0.1 Data source

https://www.kaggle.com/sulianova/cardiovascular-disease-dataset#cardio_train.csv

0.2 Import packages

```
import numpy as np
import pandas as pd
from sklearn.metrics import accuracy_score
from sklearn.model_selection import train_test_split
from sklearn.tree import DecisionTreeClassifier
from sklearn.preprocessing import StandardScaler
from sklearn.cluster import KMeans
from itertools import cycle, islice
import matplotlib.pyplot as plt
import matplotlib as mpl
from pandas.plotting import parallel_coordinates

%matplotlib inline
```

0.3 Data acquisition and prep

```
[3]: data = pd.read_table('/Users/ericabadger/Downloads/cardio_train.csv', sep = ';')
[4]: data.head()
[4]:
        id
                    gender
                            height
                                     weight
                                              ap_hi
                                                     ap_lo
                                                             cholesterol
                                                                           gluc
                                                                                  smoke
               age
     0
         0
                                        62.0
                                                                                      0
            18393
                         2
                                168
                                                110
                                                         80
                                                                        1
                                                                               1
                                                                                      0
            20228
                         1
                                156
                                        85.0
                                                140
                                                         90
                                                                        3
                                                                               1
     1
         1
     2
         2 18857
                                        64.0
                                                130
                                                         70
                                                                        3
                                                                                      0
                         1
                                165
                                                                               1
     3
         3 17623
                         2
                                        82.0
                                                150
                                                                        1
                                                                               1
                                                                                      0
                                169
                                                        100
           17474
                                156
                                        56.0
                                                100
                                                         60
                                                                                      0
        alco active cardio
     0
           0
                    1
```

1	0	1	1
2	0	0	1
3	0	1	1
4	0	0	0

Columns

- id ID number
- age in days
- gender 1 women, 2 men
- height cm
- weight kg
- ap_hi Systolic blood pressure
- ap_lo Diastolic blood pressure
- cholesterol 1: normal, 2: above normal, 3: well above normal
- gluc 1: normal, 2: above normal, 3: well above normal
- smoke whether patient smokes or not
- alco Binary feature
- active Binary feature
- cardio Target variable

0.3.1 Check for nulls

```
[5]: # check for nulls data[data.isnull().any(axis=1)]
```

[5]: Empty DataFrame

```
Columns: [id, age, gender, height, weight, ap_hi, ap_lo, cholesterol, gluc, smoke, alco, active, cardio]
Index: []
```

0.3.2 Convert from metric to imperial

```
[58]: # add variable to make age in years
data['age_yrs'] = data['age']/365

# add variable to make height in inches
data['height_in'] = data['height'] / 2.54

# add variable to convert weight to pounds
data['weight_lb'] = data['weight'] * 2.2
```

```
[59]: # summary stats data.describe()
```

```
[59]:
                                                  gender
                        id
                                                                 height
                                                                                weight
                                      age
      count
             69588.000000
                             69588.000000
                                            69588.000000
                                                           69588.000000
                                                                          69588.000000
             49969.893243
                             19470.150026
                                                1.349845
                                                             164.452463
                                                                             74.253697
      mean
                              2466.191542
                                                0.476924
                                                               7.858600
                                                                             14.314437
      std
              28854.199371
      min
                  0.000000
                             10798.000000
                                                1.000000
                                                             122.000000
                                                                             41.000000
      25%
             24996.750000
                             17666.750000
                                                                             65.000000
                                                1.000000
                                                             159.000000
      50%
             49997.500000
                             19703.000000
                                                1.000000
                                                             165.000000
                                                                             72.000000
      75%
             74889.250000
                             21327.000000
                                                2.000000
                                                             170.000000
                                                                             82.000000
             99999.000000
                                                             250.000000
                             23713.000000
                                                2.000000
                                                                            200.000000
      max
                                             cholesterol
                                                                                         \
                                    ap_lo
                                                                                 smoke
                     ap_hi
                                                                   gluc
             69588.000000
                             69588.000000
                                            69588.000000
                                                           69588.000000
                                                                          69588.000000
      count
                129.101727
                                96.680635
                                                1.367492
                                                               1.226821
                                                                              0.088334
      mean
      std
                154.164119
                               188.678257
                                                0.680783
                                                               0.572679
                                                                              0.283782
      min
                 60.000000
                                30.000000
                                                1.000000
                                                               1.000000
                                                                              0.00000
      25%
                                80.00000
                                                               1.000000
                                                                              0.00000
                120.000000
                                                1.000000
      50%
                120.000000
                                80.00000
                                                1.000000
                                                               1.000000
                                                                              0.00000
      75%
                                90.000000
                                                                              0.000000
                140.000000
                                                2.000000
                                                               1.000000
             16020.000000
                             11000.000000
                                                3.000000
                                                               3.000000
                                                                              1.000000
      max
                      alco
                                   active
                                                  cardio
                                                                             height_in
                                                                age_yrs
      count
              69588.000000
                             69588.000000
                                            69588.000000
                                                           69588.000000
                                                                          69588.000000
      mean
                  0.053860
                                 0.803817
                                                0.500014
                                                              53.342877
                                                                             64.745064
      std
                  0.225743
                                 0.397112
                                                0.500004
                                                               6.756689
                                                                              3.093937
                                 0.000000
                                                0.00000
                                                              29.583562
                                                                             48.031496
      min
                  0.000000
      25%
                  0.00000
                                 1.000000
                                                0.00000
                                                              48.402055
                                                                             62.598425
      50%
                                                              53.980822
                  0.000000
                                 1.000000
                                                1.000000
                                                                             64.960630
      75%
                  0.00000
                                 1.000000
                                                1.000000
                                                              58.430137
                                                                             66.929134
                                 1.000000
                                                1.000000
                                                              64.967123
                                                                             98.425197
                  1.000000
      max
                 weight_lb
             69588.000000
      count
                163.358133
      mean
                 31.491761
      std
      min
                 90.200000
      25%
                143.000000
      50%
                158.400000
      75%
                180.400000
                440.000000
      max
```

0.3.3 Filtering

```
[60]: # filter data for illogical values
height_filter = data['height_in'] >= 48

weight_filter = data['weight_lb'] >= 90
```

```
ap_hi_filter = data['ap_hi'] >= 50

ap_lo_filter = data['ap_lo'] >= 30

before_filter = data.shape[0]

data = data[height_filter & weight_filter & ap_hi_filter & ap_lo_filter]

after_filter = data.shape[0]

print(before_filter)
print(after_filter)
print(before_filter - after_filter)
```

[61]: data.describe()

\	weight	height	gender	age	id		[61]:
	69588.000000	69588.000000	69588.000000	69588.000000	69588.000000	count	
	74.253697	164.452463	1.349845	19470.150026	49969.893243	mean	
	14.314437	7.858600	0.476924	2466.191542	28854.199371	std	
	41.000000	122.000000	1.000000	10798.000000	0.000000	min	
	65.000000	159.000000	1.000000	17666.750000	24996.750000	25%	
	72.000000	165.000000	1.000000	19703.000000	49997.500000	50%	
	82.000000	170.000000	2.000000	21327.000000	74889.250000	75%	
	200.000000	250.000000	2.000000	23713.000000	99999.000000	max	
\	smoke	gluc	cholesterol	ap_lo	ap_hi		
	69588.000000	69588.000000	69588.000000	69588.000000	69588.000000	count	
	0.088334	1.226821	1.367492	96.680635	129.101727	mean	
	0.283782	0.572679	0.680783	188.678257	154.164119	std	
	0.000000	1.000000	1.000000	30.000000	60.000000	min	
	0.000000	1.000000	1.000000	80.000000	120.000000	25%	
	0.000000	1.000000	1.000000	80.000000	120.000000	50%	
	0.000000	1.000000	2.000000	90.000000	140.000000	75%	
	1.000000	3.000000	3.000000	11000.000000	16020.000000	max	
\	height_in	age_yrs	cardio	active	alco		
	69588.000000	69588.000000	69588.000000	69588.000000	69588.000000	count	
	64.745064	53.342877	0.500014	0.803817	0.053860	mean	
	3.093937	6.756689	0.500004	0.397112	0.225743	std	
	48.031496	29.583562	0.000000	0.000000	0.000000	min	
	62.598425	48.402055	0.000000	1.000000	0.000000	25%	

```
50%
           0.000000
                          1.000000
                                         1.000000
                                                      53.980822
                                                                     64.960630
75%
           0.000000
                          1.000000
                                         1.000000
                                                      58.430137
                                                                     66.929134
max
           1.000000
                          1.000000
                                         1.000000
                                                      64.967123
                                                                     98.425197
          weight_lb
       69588.000000
count
mean
         163.358133
std
          31.491761
min
          90.200000
25%
         143.000000
50%
         158.400000
75%
         180.400000
max
         440.000000
```

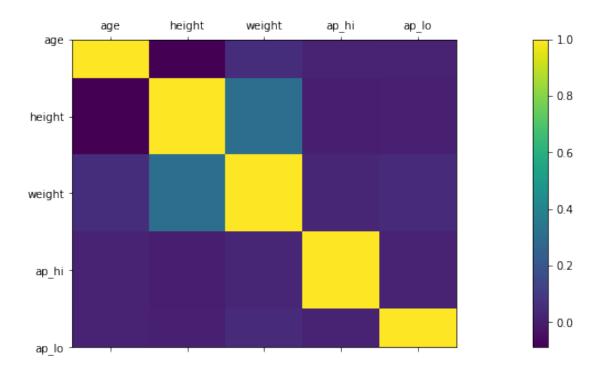
0.3.4 Look for and address highly correlated features

```
[62]: # Look at correlations between continuous variables
    data_cont = data[['age', 'height', 'weight', 'ap_hi', 'ap_lo']].copy()

[63]: data_cont.corr()

    plt.matshow(data_cont.corr())
    plt.xticks(range(len(data_cont.columns)), data_cont.columns)
    plt.yticks(range(len(data_cont.columns)), data_cont.columns)
    plt.colorbar()
    plt.gcf().set_size_inches(25, 5)

    plt.show()
```



```
[64]: # add clinical variables for highly correlated measures

# BMI : Weight (LBS) x 703 ÷ Height (Inches²)
data['bmi'] = (data['weight_lb'] * 703) / (data['height_in']**2)

# Mean Arterial Pressure (MAP): ((2 * DP) + SP) / 3
data['map'] = ((2 * data['ap_lo']) + data['ap_hi']) / 3

data.head()
```

```
[64]:
                             height
                                     weight ap_hi ap_lo
                                                             cholesterol
                                                                           gluc
                                                                                 smoke
         id
               age
                    gender
          0
             18393
                          2
                                168
                                        62.0
                                                110
                                                         80
                                                                              1
                                                                                     0
      0
                                                                        1
                                        85.0
                                                140
                                                         90
                                                                        3
                                                                                     0
      1
          1
             20228
                          1
                                156
                                                                              1
      2
          2
             18857
                          1
                                165
                                        64.0
                                                130
                                                         70
                                                                        3
                                                                              1
                                                                                     0
      3
          3
             17623
                          2
                                169
                                        82.0
                                                150
                                                        100
                                                                        1
                                                                              1
                                                                                     0
          4 17474
                          1
                                156
                                        56.0
                                                100
                                                         60
                                                                        1
                                                                              1
                                                                                     0
         alco
               active
                        cardio
                                  age_yrs
                                            height_in
                                                       weight_lb
                                                                         bmi
                                            66.141732
      0
            0
                     1
                             0 50.391781
                                                            136.4
                                                                   21.918890
      1
                             1 55.419178 61.417323
                                                                   34.850994
            0
                     1
                                                            187.0
      2
                     0
                             1 51.663014 64.960630
                                                            140.8
                                                                   23.456193
      3
            0
                     1
                                48.282192 66.535433
                                                            180.4
                                                                   28.647444
                             1
      4
            0
                     0
                                47.873973 61.417323
                                                            123.2
                                                                   22.960655
```

map

```
0 90.000000
1 106.666667
2 90.000000
3 116.666667
```

73.333333

0.3.5 Final data set

```
[146]: data2 = data2 = data[['age', 'gender', 'cholesterol', 'gluc', 'smoke', 'alco', 'active', 'cardio', 'bmi', 'map']].

→copy()

#data2.head()
```

0.4 Classification

```
[147]: # make the heart disease label
       y = data2[['cardio']].copy()
[67]: # specify the features to use
       cardio_features = ['age', 'gender', 'cholesterol', 'gluc', 'smoke',
               'alco', 'active', 'bmi', 'map']
[68]: x = data[cardio features].copy()
[69]: # Check the column names
       y.columns
[69]: Index(['cardio'], dtype='object')
[70]: x.columns
[70]: Index(['age', 'gender', 'cholesterol', 'gluc', 'smoke', 'alco', 'active',
              'bmi', 'map'],
             dtype='object')
[80]: # create the test and train datasets
       x_train, x_test, y_train, y_test = train_test_split(x, y, test_size=0.33,__
        →random state=777)
[81]: # fit the model on the train set
       cardio_classifier = DecisionTreeClassifier(max_leaf_nodes=10, random_state=0)
       cardio_classifier.fit(x_train, y_train)
```

```
[81]: DecisionTreeClassifier(class_weight=None, criterion='gini', max_depth=None,
                                                                                        max_features=None, max_leaf_nodes=10,
                                                                                        min impurity decrease=0.0, min impurity split=None,
                                                                                        min_samples_leaf=1, min_samples_split=2,
                                                                                        min weight fraction leaf=0.0, presort=False,
                                                                                        random state=0, splitter='best')
[82]: # predict on the test set
                  predictions = cardio classifier.predict(x test)
[83]: # check predicted vs. actual for 100 values
                  predictions[:100]
[83]: array([1, 1, 0, 1, 0, 0, 0, 0, 1, 0, 0, 1, 0, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0, 1, 0,
                                       0, 0, 1, 1, 0, 1, 0, 0, 1, 1, 1, 1, 0, 0, 1, 0, 0, 1, 1, 1, 1, 0,
                                       1, 1, 1, 0, 1, 1, 1, 1, 0, 0, 0, 1, 0, 1, 1, 0, 1, 1, 0, 1, 1,
                                       1, 1, 0, 0, 1, 1, 1, 0, 1, 1, 1, 1, 0, 0, 0, 1, 0, 1, 0, 0, 1, 0,
                                       0, 0, 1, 1, 1, 0, 1, 1, 0, 1, 1, 0])
[84]: y_test['cardio'][:100]
[84]: 2046
                  15141
                  14535
                  55832
                                             1
                  61032
                                             1
                  16625
                                             1
                  30421
                  6411
                                             1
                  27639
                                             1
                  38023
                 Name: cardio, Length: 100, dtype: int64
[85]: # Check the accuracy of the model
                  accuracy_score(y_true = y_test, y_pred = predictions)
```

Clustering

0.5

[85]: 0.7250163291966035

For the people with heart disease, try to cluster them into groups to see how they are related. This could help with designing programs to target each cluster's specific needs when it comes to health promotion.

```
[89]: # First, limit data to only people with heart disease.
      patients = data2.copy()
      before_filter = patients.shape[0]
      heart_disease = patients['cardio'] == 1
      patients = patients[heart_disease]
      after_filter = patients.shape[0]
      print(before_filter)
      print(after_filter)
      print(before_filter - after_filter)
     69588
     34795
     34793
     For features, use cardio features already established above. Create a new dataframe containing
     only these features.
[90]: select_df = patients[cardio_features]
      select_df.head()
[90]:
            age gender cholesterol gluc
                                             smoke
                                                    alco active
                                                                         bmi
          20228
                                    3
                                                 0
                                                       0
                                                                1 34.850994
      1
                      1
                                          1
                                    3
                                          1
                                                       0
      2
          18857
                      1
                                                 0
                                                                0 23.456193
                      2
                                    1
                                                       0
                                                                1 28.647444
      3
          17623
                                          1
                                                 0
                      2
                                    3
                                          3
                                                       0
      7
          22584
                                                                1 29.917758
                                                       0
                                                                0 37.775182
      15 16782
                 map
      1
          106.666667
      2
           90.000000
      3
          116.666667
      7
          103.333333
      15
           93.333333
[91]: # scale the features so they are on normalized scales
      X = StandardScaler().fit_transform(select_df)
      X
[91]: array([[ 0.07390164, -0.73931179, 1.90789673, ..., 0.51607348,
               1.16919562, -0.07450624],
             [-0.51810583, -0.73931179, 1.90789673, ..., -1.93770854,
              -0.90910928, -0.17895935],
             [-1.05095573, 1.3526093, -0.66692211, ..., 0.51607348,
```

```
0.0377263 , -0.01183438],
              [ 1.09857977, -0.73931179, 0.62048731, ..., 0.51607348,
                3.99823325, -0.07450624],
              [-0.42785815, 1.3526093, 1.90789673, ..., -1.93770854,
                0.51874445, 0.00905625],
              [1.02517257, -0.73931179, -0.66692211, ..., -1.93770854,
               -0.25550143, -0.1267328 ]])
[92]: # Set up the K means clustering
       kmeans = KMeans(n clusters= 5) # create a k means object with 5 clusters
       model = kmeans.fit(X) # scaled dataframe we are fitting
       print("model\n", model) # will be a k means object
      model
       KMeans(algorithm='auto', copy_x=True, init='k-means++', max_iter=300,
             n_clusters=5, n_init=10, n_jobs=None, precompute_distances='auto',
             random_state=None, tol=0.0001, verbose=0)
[93]: # Centers of the clusters
       centers = model.cluster_centers_
[94]: # Plot different pairs of dimensions
       labels = kmeans.labels_
[102]: select_df2 = select_df.copy()
       # select_df2.head()
[103]: select df2['clusters'] = labels
       # select_df2.head()
[103]:
             age gender
                         cholesterol gluc
                                             smoke alco active
                                                                        bmi
           20228
                      1
                                    3
                                          1
                                                 0
                                                       0
                                                               1 34.850994
       1
          18857
                                    3
                                          1
                                                               0 23.456193
       2
                       1
                                                 0
                                                       0
           17623
       3
                       2
                                    1
                                          1
                                                 0
                                                       0
                                                               1 28.647444
       7
           22584
                       2
                                    3
                                          3
                                                 0
                                                       0
                                                               1 29.917758
       15 16782
                       2
                                    1
                                          1
                                                 0
                                                       0
                                                               0 37.775182
                      clusters
                 map
       1
           106.666667
           90.000000
                              2
       2
       3
           116.666667
                              1
       7
           103.333333
                              4
           93.333333
                              2
       15
[104]: # add the cluster column to the feature list
       # cardio_features.extend(['clusters'])
```

```
# cardio_features
[104]: ['age',
        'gender',
        'cholesterol',
        'gluc',
        'smoke',
        'alco',
        'active',
        'bmi',
        'map',
        'clusters']
[131]: print(select_df2[cardio_features].groupby(['clusters']).mean())
                         age
                                gender
                                        cholesterol
                                                          gluc
                                                                   smoke alco \
      clusters
      0
                20564.242993 1.235307
                                           2.449141
                                                     2.706826
                                                                0.047468
                                                                          0.00
                19873.791891 1.999601
                                           1.344717 1.077392 0.164270
      1
                                                                          0.00
      2
                19735.732084 1.683021
                                           1.675303 1.326351
                                                                0.452591
                                                                          1.00
      3
                20066.934352 1.000000
                                           1.374021 1.040382
                                                                0.013119
                                                                          0.00
      4
                19273.100000 1.350000
                                           1.450000 1.400000
                                                                0.050000 0.15
                  active
                                bmi
                                             map
      clusters
      0
                0.789557
                          30.056903
                                     116.413954
      1
                0.779708 27.262022
                                     117.424373
      2
                          28.995670
                0.828556
                                      122.444322
      3
                0.791179
                          28.638399
                                      113.648041
      4
                0.900000 27.493610 5350.033333
[117]: output_n = select_df2[['age', 'clusters']].groupby(['clusters'], as_index =__
       →False).count()
       output_n
[117]:
         clusters
                      age
                 0
                     2092
       1
                 1
                   18247
       2
                 2
                     6063
       3
                 3
                     1817
                     6576
                 4
[138]: # percent in cluster 1
       18247/ 34795
```

[138]: 0.5244144273602529

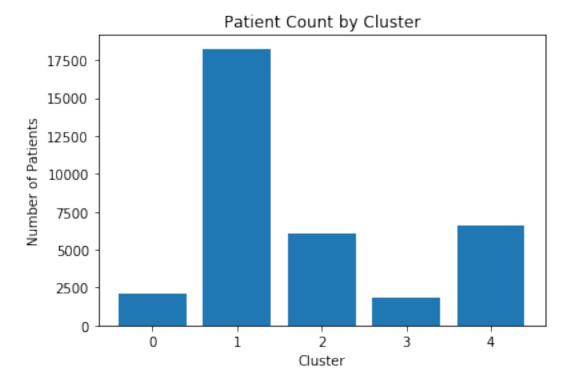
0.5.1 Plots

```
[118]: # Get the plot variables
    clusters = output_n['clusters'].values
    # get the values
    n = output_n['age'].values

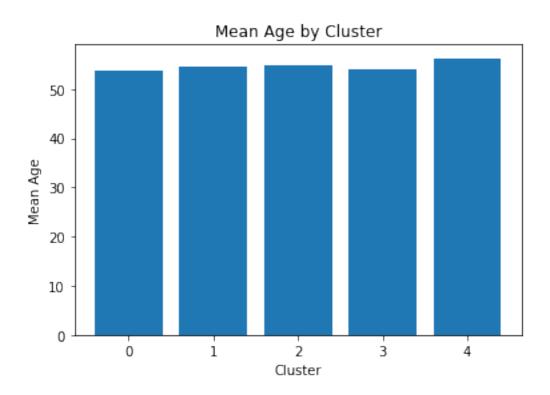
# Label the axes
    plt.xlabel('Cluster')
    plt.ylabel('Number of Patients')

#label the figure
    plt.title('Patient Count by Cluster')

# create
    plt.bar(clusters,n)
    plt.show()
```



```
[109]:
                                                                   smoke alco \
         clusters
                                  gender cholesterol
                                                          gluc
                           age
               0 19649.539197 1.851338
                                             1.567400 1.269120 1.000000
                                                                          0.0
      1
                1 19957.920480 1.308599
                                             1.147038 1.042308 0.000000
                                                                          0.0
      2
                2 20060.004783 1.320798
                                             1.319809 1.126505 0.000000
                                                                          0.0
                3 19735.039626 1.682994
                                                                          1.0
      3
                                            1.674739 1.326362 0.452394
                4 20546.970955 1.258364
                                            2.671229 2.061283 0.000912
                                                                          0.0
           active
                        bmi
                                    map
                                           age_yrs
      0 0.808317 27.978445 122.277725 53.834354
      1 1.000000 27.967330 118.555945 54.679234
      2 0.000000 28.289592 111.908296 54.958917
      3 0.828839 28.994345 131.903137 54.068602
      4 0.917427 29.887076 119.807938 56.293071
[111]: # Get the plot variables
      clusters = output['clusters'].values
      # get the values
      age = output['age_yrs'].values
      # Label the axes
      plt.xlabel('Cluster')
      plt.ylabel('Mean Age')
      #label the figure
      plt.title('Mean Age by Cluster')
      # create
      plt.bar(clusters,age)
      plt.show()
```

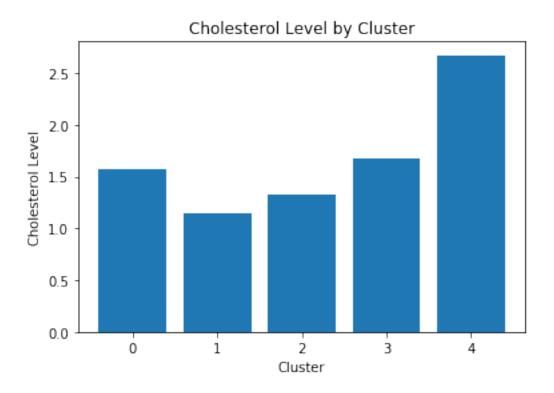


```
[112]: # Get the plot variables
    clusters = output['clusters'].values
    # get the values
    chol = output['cholesterol'].values

# Label the axes
    plt.xlabel('Cluster')
    plt.ylabel('Cholesterol Level')

#label the figure
    plt.title('Cholesterol Level by Cluster')

# create
    plt.bar(clusters,chol)
    plt.show()
```

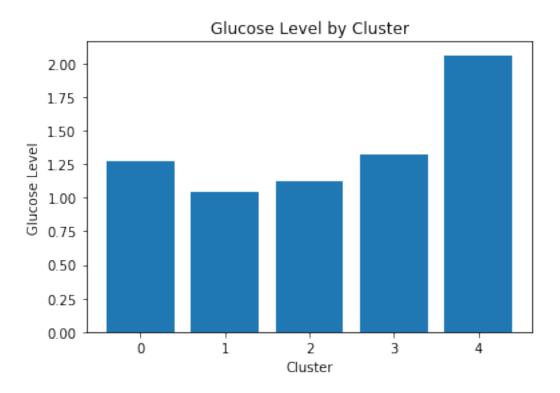


```
[113]: # Get the plot variables
    clusters = output['clusters'].values
    # get the values
    gluc = output['gluc'].values

# Label the axes
    plt.xlabel('Cluster')
    plt.ylabel('Glucose Level')

# label the figure
    plt.title('Glucose Level by Cluster')

# create
    plt.bar(clusters,gluc)
    plt.show()
```

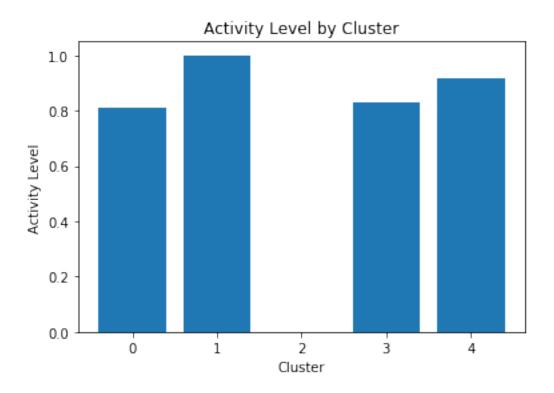


```
[119]: # Get the plot variables
    clusters = output['clusters'].values
    # get the values
    act = output['active'].values

# Label the axes
    plt.xlabel('Cluster')
    plt.ylabel('Activity Level')

# label the figure
    plt.title('Activity Level by Cluster')

# create
    plt.bar(clusters,act)
    plt.show()
```

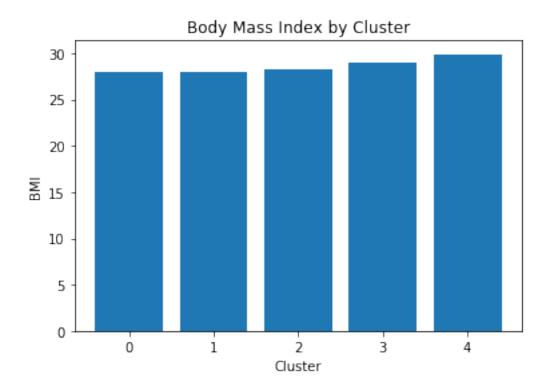


```
[121]: # Get the plot variables
    clusters = output['clusters'].values
    # get the values
    bmi = output['bmi'].values

# Label the axes
    plt.xlabel('Cluster')
    plt.ylabel('BMI')

# label the figure
    plt.title('Body Mass Index by Cluster')

# create
    plt.bar(clusters,bmi)
    plt.show()
```

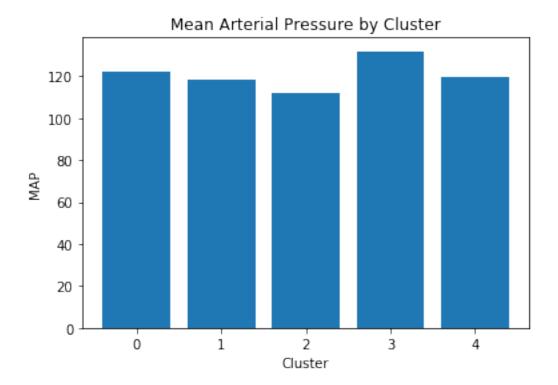


```
[122]: # Get the plot variables
    clusters = output['clusters'].values
    # get the values
    map = output['map'].values

# Label the axes
    plt.xlabel('Cluster')
    plt.ylabel('MAP')

# label the figure
    plt.title('Mean Arterial Pressure by Cluster')

# create
    plt.bar(clusters,map)
    plt.show()
```



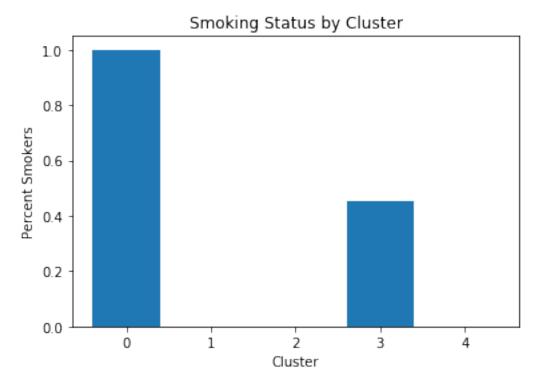
```
[135]:
          clusters
                    smoke alco total_count percent_smoke percent_alco
                 0
                     2092
                                         2092
                                                     1.000000
                                                                         0.0
       1
                 1
                        0
                               0
                                        18247
                                                     0.000000
                                                                         0.0
                                                                         0.0
       2
                 2
                                         6063
                                                     0.000000
                         0
                               0
                 3
                      822
                            1817
                                         1817
                                                     0.452394
                                                                         1.0
                 4
                         6
                                         6576
                                                     0.000912
                                                                         0.0
```

```
[136]: # Get the plot variables
    clusters = output_bin['clusters'].values
    # get the values
    smk = output_bin['percent_smoke'].values

# Label the axes
    plt.xlabel('Cluster')
    plt.ylabel('Percent Smokers')

#label the figure
    plt.title('Smoking Status by Cluster')

# create
    plt.bar(clusters,smk)
    plt.show()
```

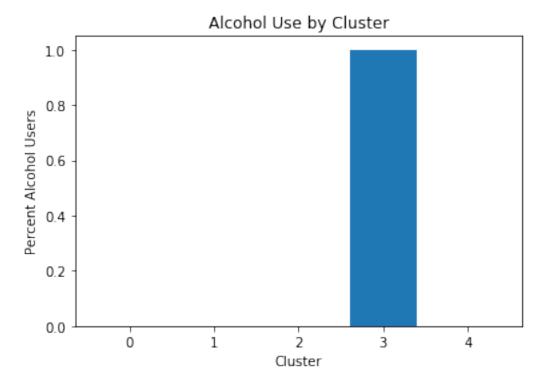


```
[139]: # Get the plot variables
clusters = output_bin['clusters'].values
# get the values
alc = output_bin['percent_alco'].values
# Label the axes
```

```
plt.xlabel('Cluster')
plt.ylabel('Percent Alcohol Users')

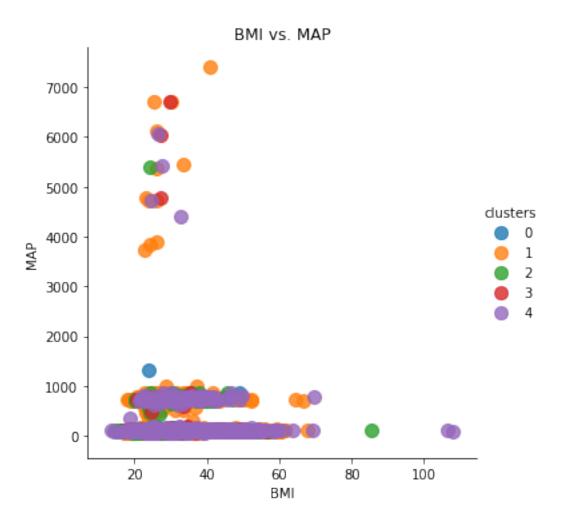
#label the figure
plt.title('Alcohol Use by Cluster')

# create
plt.bar(clusters,alc)
plt.show()
```



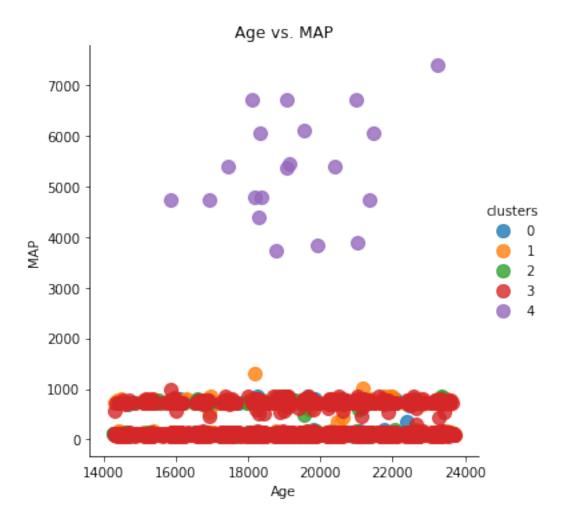
```
plt.xlabel('BMI')
plt.ylabel('MAP')
```

[140]: Text(28.29117187499999, 0.5, 'MAP')



```
plt.xlabel('Age')
plt.ylabel('MAP')
```

[134]: Text(28.29117187499999, 0.5, 'MAP')



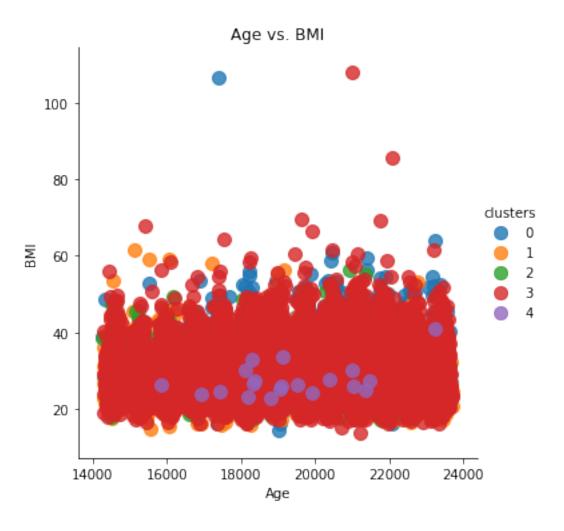
```
"s": 100})

plt.title('Age vs. BMI')

plt.xlabel('Age')

plt.ylabel('BMI')
```

[135]: Text(27.468689236111118, 0.5, 'BMI')



 std
 1.153685

 min
 0.000000

 25%
 1.000000

 50%
 3.000000

 75%
 3.000000

 max
 4.000000

Name: clusters, dtype: float64 [146]: select_df2['pt_count'] = 1 select_df2[['clusters','pt_count']].groupby(['clusters']).sum() [146]: pt_count clusters 4424 0 10014 1 2 1814 3 18523 20 [145]: matrix = →select_df2[['clusters','map','bmi','cholesterol','gluc','active','alco','smoke']]. →copy() sns.set(style="ticks")

[145]: <seaborn.axisgrid.PairGrid at 0x1a45662f90>

sns.pairplot(matrix, hue="clusters")

