# **Impact of COVID-19 on Obesity & Lifestyle**

## **Research Team**

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## **Research Topic**

We will analyse the CDC **Behavioural Risk Factor Surveillance System (BRFSS)**, a nationally representative telephone survey of U.S. adults. BRFSS collects health, behaviour, and demographic data from approximately 400,000 respondents per year across all 50 states, Washington D.C., and U.S. territories. For the years **2018–2023**, we will analyse approximately **1.8 million observations** and nearly **300 variables**.

Our focus will be on body mass index (BMI), calculated from self-reported height and weight, to classify individuals as overweight or obese. We will incorporate survey weights and design variables to ensure nationally representative estimates.

## **SMART Research Questions**

1. **Population Trends:** Did the prevalence of overweight and obesity among U.S. adults increase after the onset of COVID-19 (2018 vs. 2020–2023)?
2. **Behavioural Associations:** Were changes in obesity prevalence associated with lifestyle behaviours such as physical activity, diet, and alcohol use between 2018 and 2023?
3. **Demographic Differences:** Did trends in obesity differ significantly across demographic groups such as sex, income, and race/ethnicity during 2018–2023?
4. **Health Outcomes:** Is obesity associated with higher prevalence of chronic conditions (e.g., diabetes, cardiovascular disease, depression) in the post-COVID period?

## **Data Source**

We will use the **CDC BRFSS Survey Data (2018–2023)**, which are publicly available through the CDC BRFSS Data Portal.

Source: <https://www.cdc.gov/brfss/annual_data/annual_data.htm>

## **GitHub Repository**

Repo: <https://github.com/ibrahimhamza01/DATS-6101-Project->