Introduction

Diabetes is a significant public health concern. It's a chronic disease that affects millions of Americans every year and exerts a significant financial burden on the economy. It also has huge implications for healthcare costs and quality of life for individuals and communities. Therefore, it is imperative that we study this disease and find ways to prevent and combat it.

Summary of Findings
   1) Diabetes is more prevalent in:
      - Older individuals (>59 yo)
      - Lower educational attainment
      - Lower-income class
   2) Diabetics are more prone to having other diseases than nondiabetics e.g: high blood pressure, high cholesterol, stroke, difficulty walking, etc.
   3) Having diabetes is associated with more sick days which leads to more income loss
   4) Diabetes is more prevalent among obese individuals
   5) Physical activity is associated with lower BMI and a lower percentage of diabetics
   6) The obese individuals in our sample account for the highest total yearly economic loss due to an average of 8.6 sick days a month which adds up to $589,780,644 a year
   7) Physical activity in diabetics is associated with a lesser number of sick days and less loss of income

Conclusion
   - Diabetes is more common in older individuals, with lower income and education levels, and in individuals with higher BMI, who also suffer from other diseases, leading to more sick days and income loss. Physical activity has been shown to be associated with lower BMI and fewer sick days in diabetics.
   - Physical activity also results in 50% fewer diabetic cases.

Recommendation
   - Start young
      - Healthy lifestyle campaign targeting the youth.
      - Incentivise high schools, colleges, and universities to provide free healthy lifestyle education
   - Create policies to mitigate the obesity epidemic
      - Increase purchase tax of products with a high level of sugar and saturated fat
   - Invest to improve physical activity
      - Increasing funding for creating infrastructure for physical activity parks and gym funding programs for people with high risk for diabetes