

Diabetes Prediction Report

User Input Data:

Parameter	Value
pregnancies	6
glucose	180
bloodPressure	190
skinThickness	45
insulin	95
bmi	27
diabetesPedigree	.62
age	65

Prediction Result: No Diabetes (Negative)

Advice:

Great news! Your test results do not show signs of diabetes. However, maintaining healthy habits is essential to prevent the onset of diabetes in the future.

Continue with These Practices to Manage and Prevent Diabetes ----

Diet & Nutrition

- Eat a balanced diet rich in whole grains, vegetables, fruits, and lean proteins.
- Limit consumption of sugary foods, sweetened beverages, and processed snacks.
- Control portion sizes to maintain a healthy weight and prevent blood sugar spikes.
- Choose fiber-rich foods like oats, legumes, and brown rice to improve insulin sensitivity.

Lifestyle

- Engage in regular physical activity — at least 150 minutes per week (e.g., walking, cycling, swimming).
- Avoid tobacco use — it increases the risk of type 2 diabetes and other health issues.
- Limit alcohol intake to moderate levels (if consumed at all).
- Maintain a healthy body weight and body mass index (BMI).
- Get adequate sleep and manage stress through mindfulness or relaxation techniques.

Monitor Your Health

- Get blood sugar levels tested annually, especially if you have a family history of diabetes.
- Check blood pressure and cholesterol regularly as part of routine health checks.
- Watch for early signs of insulin resistance like fatigue, weight gain, or increased thirst.

Keep up the good work! A healthy lifestyle helps you stay diabetes-free and supports your overall well-being.