



# O B E S I T Y A N A L Y T I C S

# What's the problem?

Obesity is a medical condition characterized by excessive body fat, posing significant health risks.  
Globally recognized as a growing public health issue.

## Contributing Factors

- Genetic predisposition
- High-calorie, unhealthy diets
- Sedentary lifestyle
- Environmental & psychological

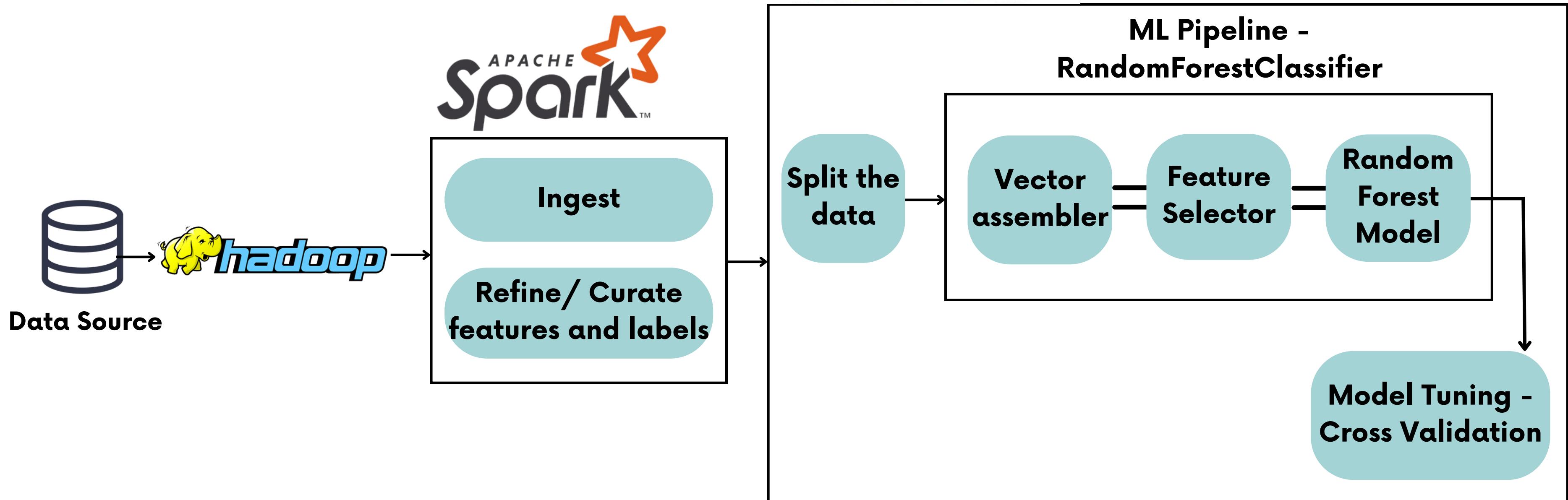
## Health Impacts

Obesity heightens the risk of heart disease, type 2 diabetes, stroke, certain cancers, hypertension, sleep apnea, and osteoarthritis

## Economic Social Consequences

- Elevated healthcare costs and economic burden
- Reduced productivity and workplace challenges

# Spark MLlib



# Dataset Overview

Gender

Weight

Height

Age

Smoking

# of Meals

Family History of Overweight

Eating Between Meals

Water Consumption

High Caloric Food Consumption

Alcohol Consumption

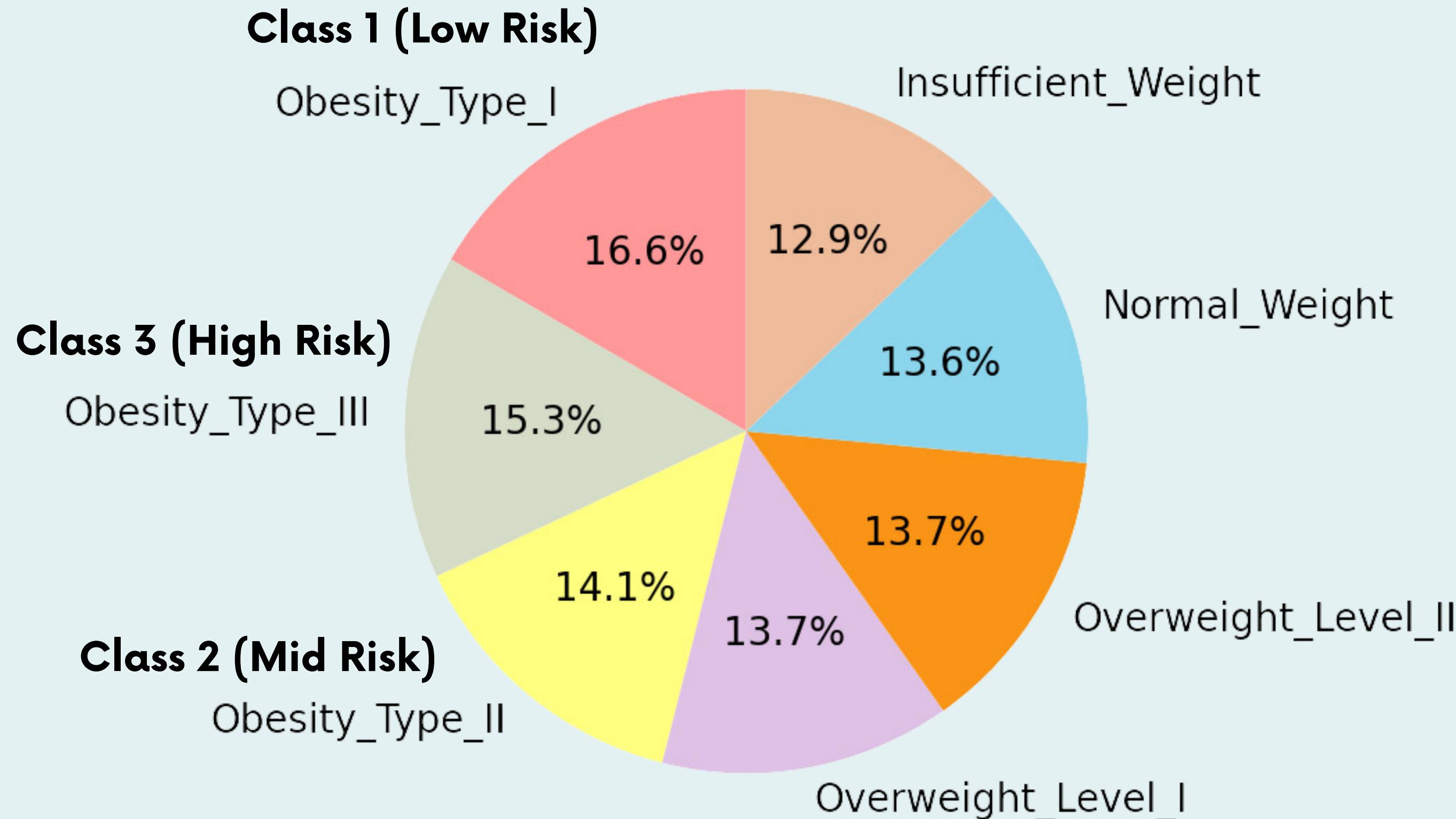
Technology Use

Mode of Transportation

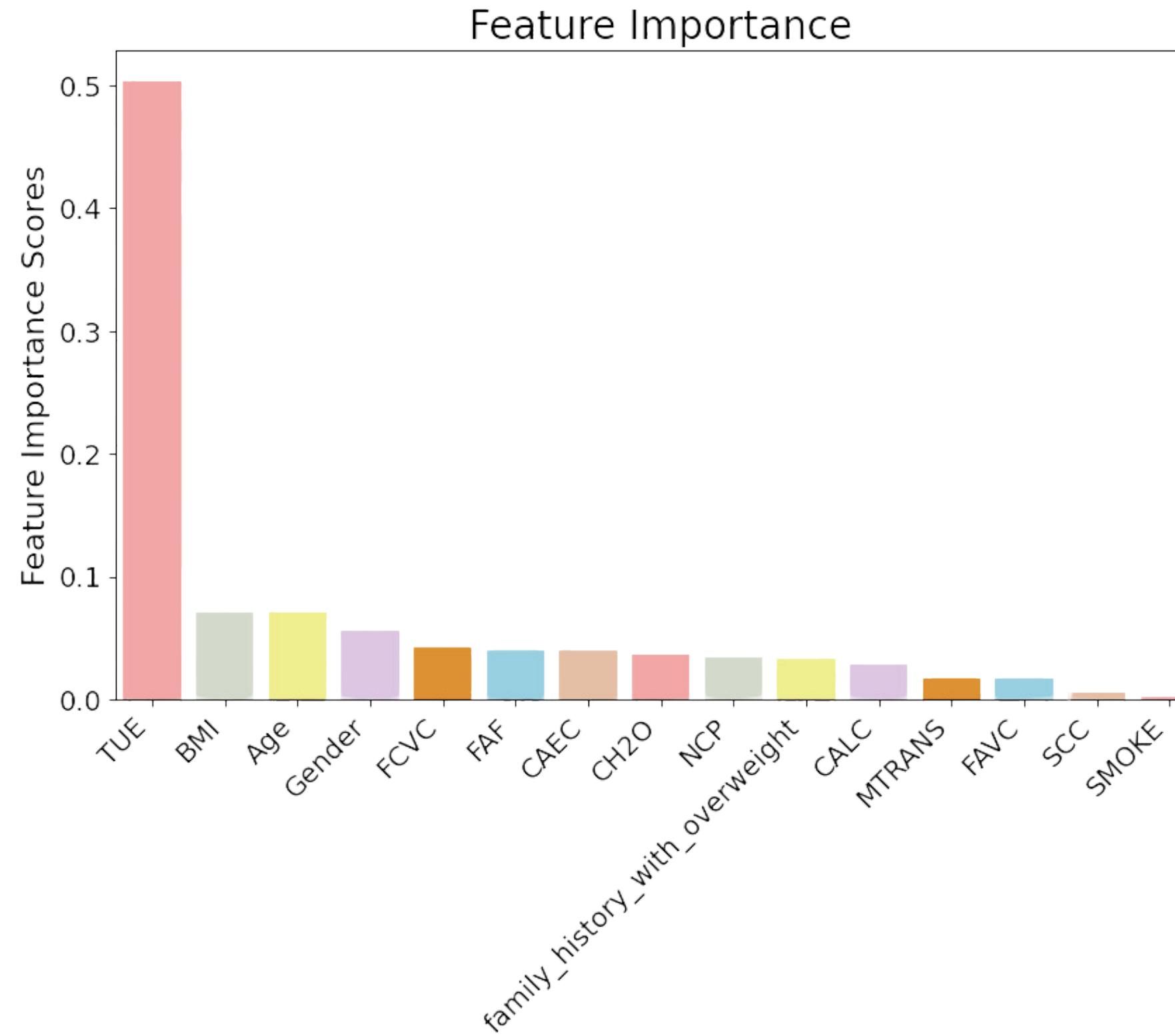
Vegetable Consumption

Physical Activity

# Obesity Levels



# What Influence Obesity The Most?



**Time Using  
Technology  
Devices**

**BMI**

**Age**

# Model Prediction

Donald Trump

I don't drink  
I don't smoke

190 cm  
105 kg

I love McDonald's Egg  
McMuffins & Diet Coke

I workout 0 times a  
week



OVERWEIGHT

LEVEL 2

# Model Prediction

**Cristiano Ronaldo**



I live a healthy lifestyle  
and I don't drink & smoke

187 cm  
83 kg

SIIIIUUU

I love a piece of chicken  
and some veggies

I workout 10+ times  
a week

N O R M A L

# Model Prediction

Ariana Grande

I drink and smoke  
Yes, And?

154 cm  
45 kg

I have a plant-based diet,  
and I avoid meat & dairy

I workout 5 times a  
week



**IN SUFFICIENT  
WEIGHT**



**Live  
Demo**



# Now, What Should We Do?



**Reduce Screen Time**



**Age Consideration**



**Monitor BMI**

**Prevention > Cure**



Promote overall wellness through public health policies and community support, focusing on healthy eating habits, accessible nutritious food options, and education