What Makes Us Healthy?

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# ABSTRACT

## Author Keywords

Health; Potential Health Influencers; Health Factors.

# INTRODUCTION

Human health quality and life expectancy have been on the rise since humans started investigating and learning more about science and our bodies. Particularly in the last 100 years our life expectancy has skyrocketed. Still there is still a noticeable between different countries.

This project was developed with the objective of discovering which habits, in each country, influence our health metrics the most. For this, we are going to focus on what can, potentially, affect our health. The study will be relative to OECD countries. In terms of definitions, we will be using several indicators relative to the percentage of the population aged 15 and older, such as overweight or obese population, smokes daily, alcohol consumption, deaths by cancer, suicide rates, life expectancy at birth and age 65.

On the other hand, the variables used to correlate to the health will be work (based on wages, employment rates and hours worked), air pollution (exposure), adult education level, country’s social spending and GDP.   
We hope to find what factors are more relevant in terms of what constitutes a healthy life. This visualization will be entitled: ”What makes us healthy?”

The main goal of our project is to answer these 7 questions:

1. Does a better wage mean a healthier life or a longer life expectancy?
2. What is the optimal number of hours to work that lead to a healthier life or more life expectancy?
3. What is the relationship between, more people working and being healthier and live more?
4. How does adult education influence our health?
5. How does air exposure affect our health? (Based on life expectancy and suicide.)
6. How does self-reported happiness corelates to Alcohol consumption, Smoking habits and Suicide rates?
7. Does a bigger social spending or a higher GDP in general influences people to live more and suicide, smoke and drink less?

# Related work

# the data

# Visualization

## Description

Our visualization has 7 idioms. All of them have interaction between each other. 4 main visualization idioms where the user can see the data being displayed and 3 idioms which only serve as slicers. The 4 main idioms where the user can see the data also have some slicing capabilities.

In order, to better understand the idioms and the interactions they have between each other, in the context of this report, each idiom is numbered and described:

1. Choropleth map

This map will change the colour based on the health influencers selected on the slicer described above.

The user can then use the map as a slicer, where he can click a country to highlight the data being shown to that country.

1. Scatter plot

We’ll have 1 scatter plot per each variable of health being analysed. This means we have 7 different scatter plots as small multiples. On the x axis we have the health factor and on the y axis we have the habit selected on the slicer described above. The point of the country selected on the choropleth map will have higher luminance so the user can identify the country selected and compare it to the rest of the countries. You can also click or hover over a dot to see what country it is.

1. Star plot

In this plot we’ll have the correlation coefficient between each health variable and the variable selected on the slicer.

1. Violin plot

Here once again we’ll have a violin plot per each health variable, which means we’ll have seven different violin plots. Each violin plot will show the distribution of countries in relation with one of the health variables. We will also have an 8th violin plot to understand the evolution of the selected variable, as well as the health factors (by using year slider).

1. Health influencer slider

You can use this to select the health influencer you want to analyze.

1. Health influencer label and Pictogram caption

This serves as a label for the icons close to the plots, so the user can understand which data is in the plots. The Pictogram caption associates the pictograms with their meaning.

1. Years slider

This allows the user to select the year he wants to analyze.

## Rationale

1. Choropleth map

Map -> Color: filling each country with the color of the selected variable.

Channel -> Color -> hue: a higher value for the hue represents a higher value of the selected variable.

Channel -> Color -> lightness: if a point from a country is selected on a scatter plot, the lightness goes up on the map.

1. Scatter plot

Marks -> Point: represents a pair (health variable, health influencer)

Marks -> Line: represents the linear approximation of the scatterplot between the 2 variables.

Channel -> Position: represents the position of the point in a Cartesian axis.

Pictograph -> Represents the respective health variable being correlated with health influencer

1. Star plot

Marks -> Point: represents the correlation coefficient normalized between 0 and 1.

Channel -> Color -> hue: The color of the area between the points in the start chart represents the variable being analyzed.

Pictograph -> Represents the respective health variable being correlated with health influencer

Channel -> Color: color represents the selected variable.

1. Violin plot

Pictograph -> Represents the respective health variable

Curve -> Represents the distribution of each of the health variables and the selected health influencer

Size -> Is proportional to cardinality countries of the value interval

Channel -> Color: the color of the first violin plot represents the selected variable

1. Health influencer slider

Channel -> Position: represents the health influencer being displayed

Channel -> Color: represents the health influencer being displayed

1. Health influencer label

Channel -> Position: represents the year being displayed

Channel -> Color: represents the relation between the color with each influencer (word on its right)

1. Years slider

Channel -> Position: represents the year being displayed  
Channel -> Color: represents the relation between the color with each influencer (word on its right)

1. Health influencer caption

Channel -> Color: represents the relation between the color with each influencer (word on its right)

## Potential

# Implementation details

# Conclusion

# Future work

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# References

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