

VitaTrack Wellness Dashboard

Lifestyle Habits & its Impact on Health



Introduction



Overview




Lifestyle Habits & Its Health Impact



VITATRACK WELLNESS

VitaTrack Wellness, headquartered in the progressive city of FitZone, was at the forefront of digital health innovation. The company offered smart health monitoring solutions that enabled individuals to take charge of their lifestyles through insightful data tracking. With a growing base of users committed to better living, VitaTrack collected a comprehensive set of health metrics to understand behavior, identify risks, and promote well-being.

 Created by - **Justone Singh**

 Tools used - **Power Bi, Power Query**



BMI Trends



Cardiovascular Risk



Sleep & Activity Correlation

Overview Of Health Indicators

10717
Avg_Steps
2,327.12
Avg_Calories

6.91
Avg_Sleep

19.10%
Smoker %

26.73
Avg_BMI

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Age_Group

All

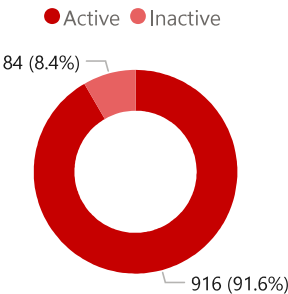
Gender

All

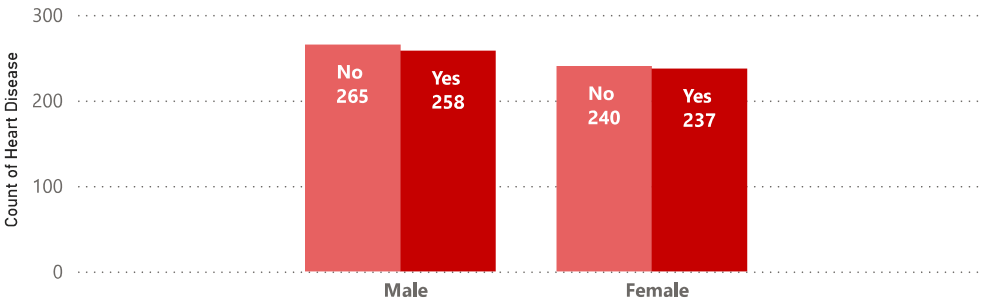
Health_risk_%

0% 58% 100%

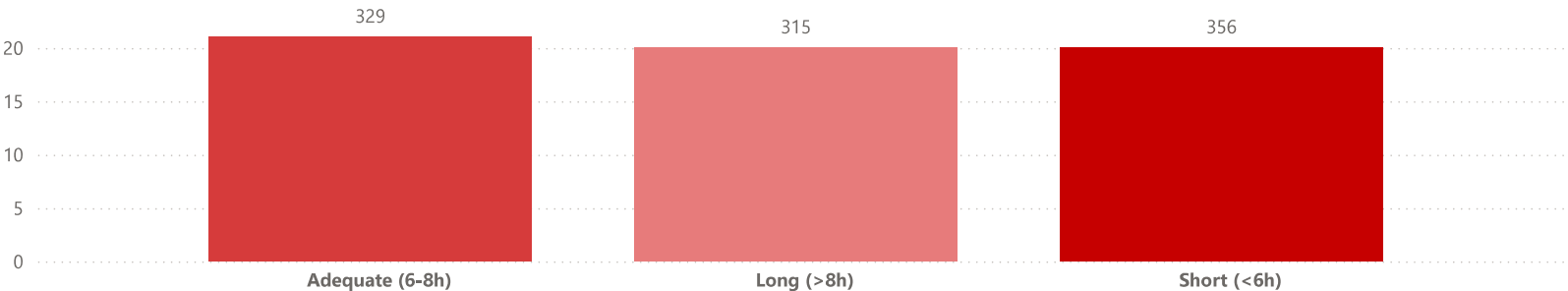
Gender Distribution by Lifestyle



Sleep goal by gender



Sleep Distribution



BMI Trends

Heart_Disease
All

Age_Gro...
All

Gender
All

Lifestyle_Status
All

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BMI Trends

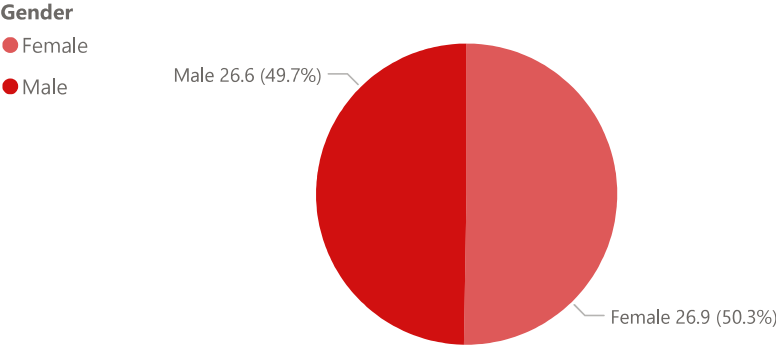
Cardiovascular Risk

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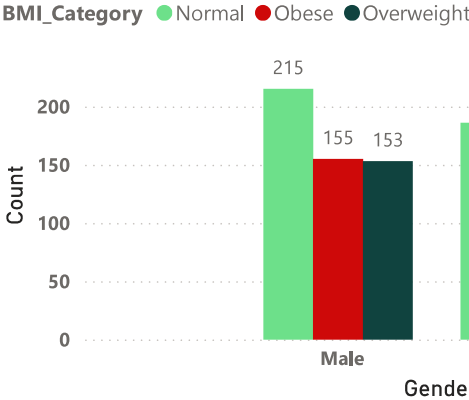
Sleep & Activity Correlation

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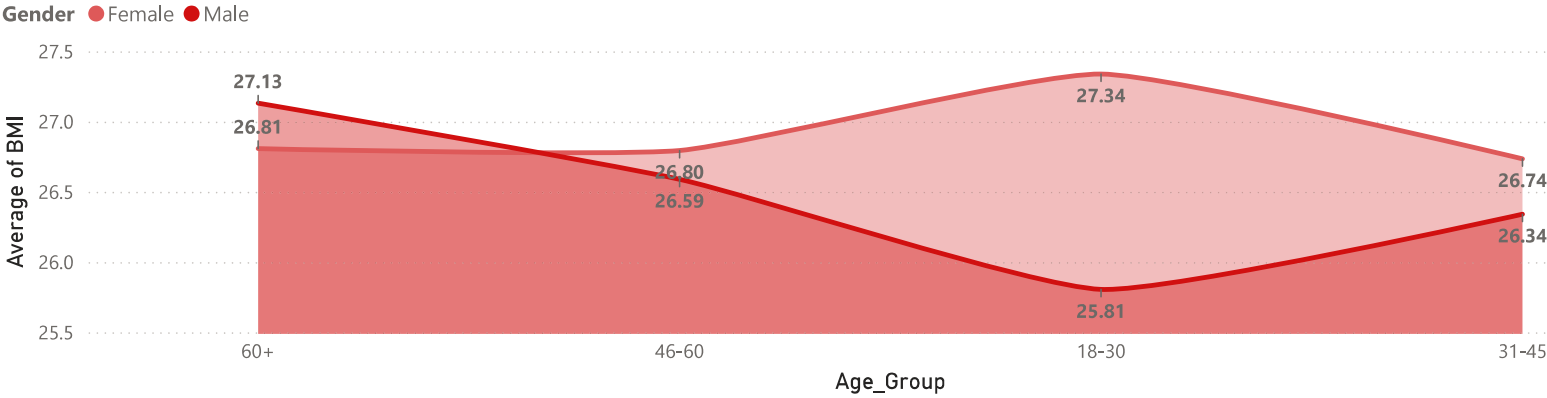
Average of BMI by Gender



Count of BMI_Category by Gender and BMI_Category



BMI Trends across the Age Group split by Gender



Cardiovascular Risk

Smoker

All

Gender

All

Age_Group

All

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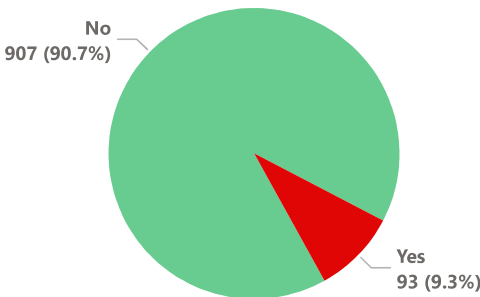
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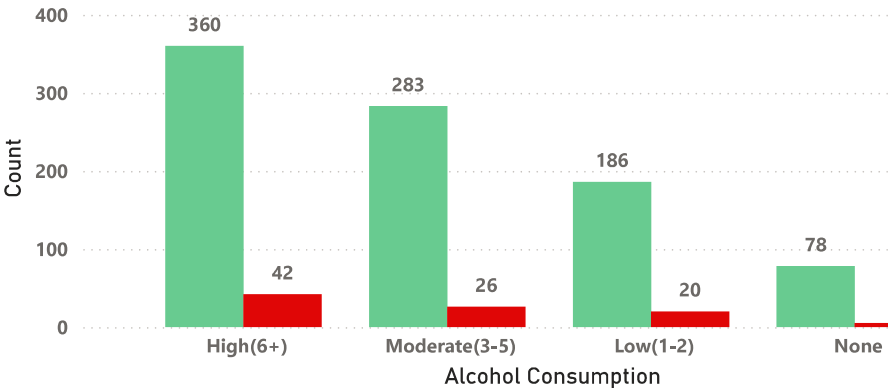
Heart Disease distribution

Heart_Disease ● No ● Yes



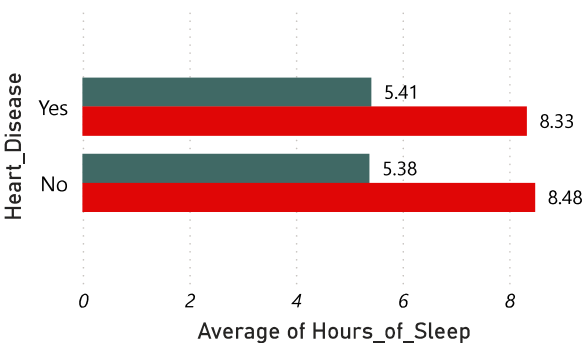
Heart disease by Alcohol consumption

Heart_Disease ● No ● Yes



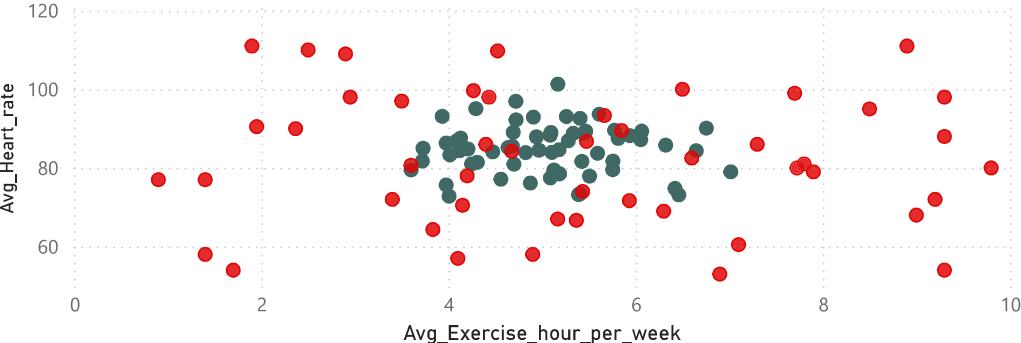
Heart disease by Sleep goal

Sleep_goal ● No ● Yes



Exercise vs Hour of sleep vs Heart disease

Heart_Disease ● No ● Yes



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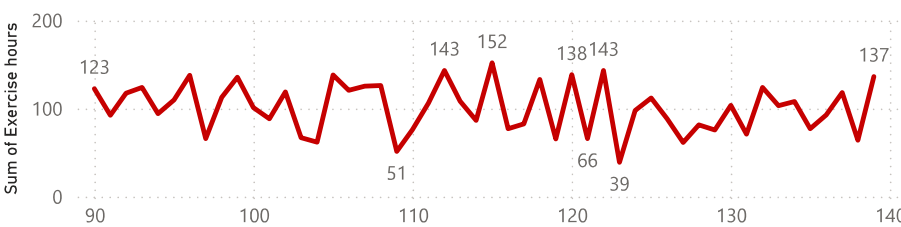
Sleep & Activity Correlation

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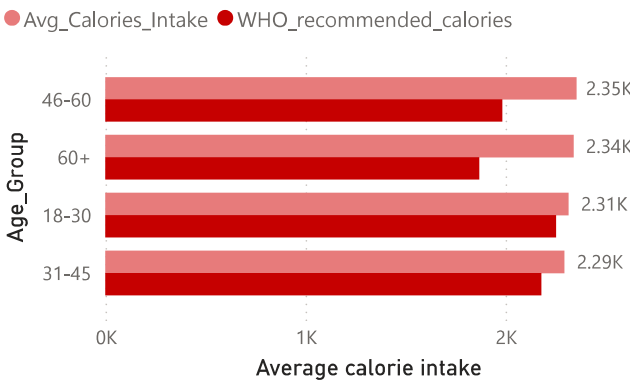
Smoking & Alcohol Impact

Smoker	0	1	2	3	4	5	6	7	8	9	Total
Yes	85.80	80.93	80.10	85.80	88.79	96.47	84.86	84.14	80.48	84.89	85.19
No	78.02	82.34	88.81	89.85	82.86	88.92	84.27	85.32	81.54	82.45	84.60

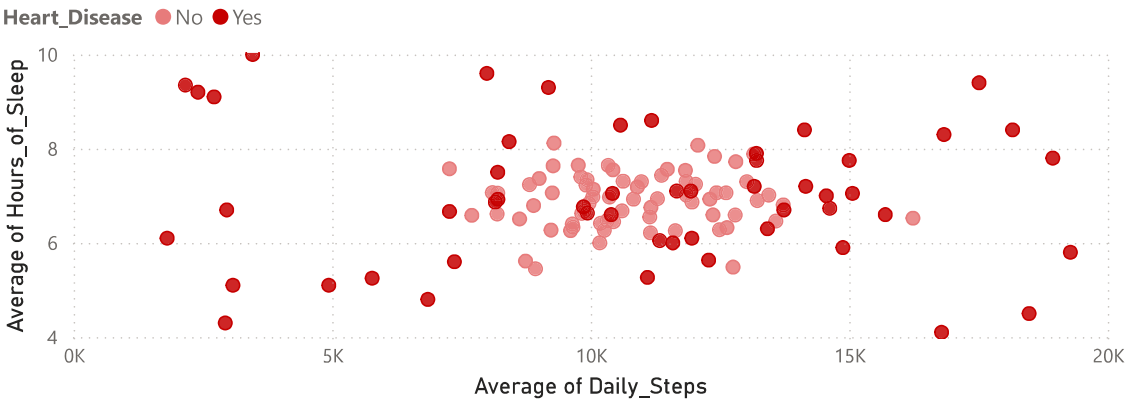
Exercise hours vs Blood pressure trend



Avg. Calories Intake vs Recommended Levels by Age Group



Daily Steps vs Hours of Sleep (colored by Heart Disease presence)



Smoker All	Heart_Disease All	Diabetic All	Alcohol All
Gender All	Age_Gro... All	Lifestyle_Stat... All	BMI_Cate... All

Average Systolic_BP by Alcohol



Sleep & Activity Correlation

Heart_Disease
All

Age_Group
All

Gender
All

Lifestyle_Stat...
All

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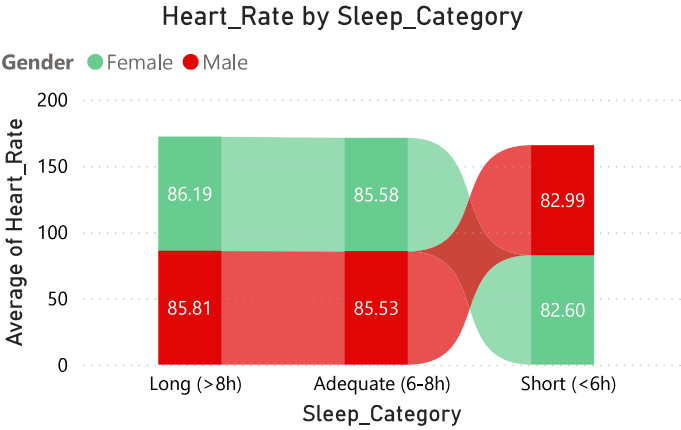
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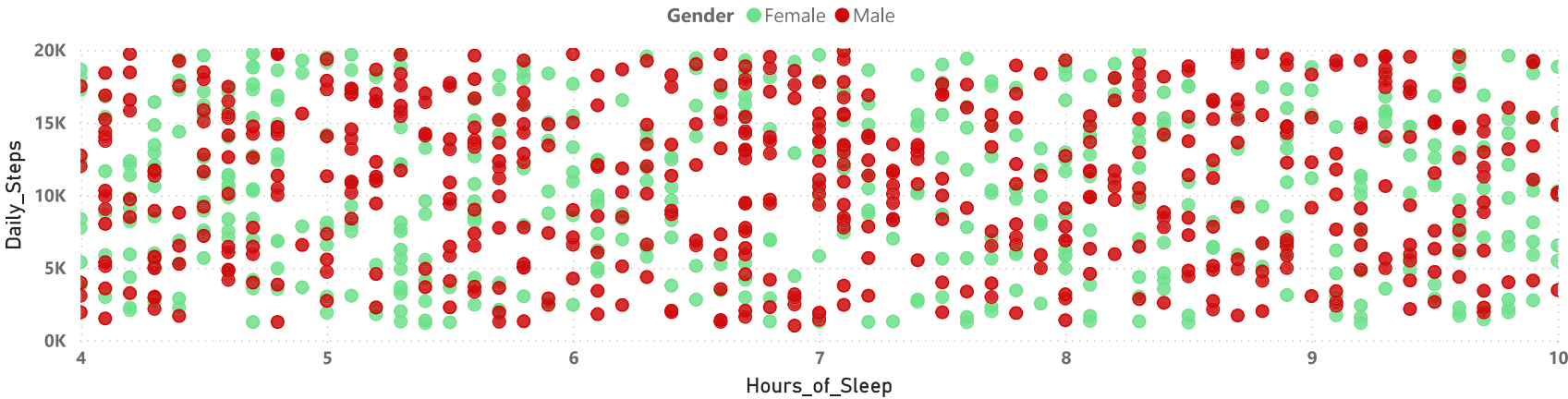
Sleep & Activity Correlation

Insights



Gender	Sleep_Category	Count of Sleep_goal	Average of Exercise_Hours_per_Week
Female	Adequate (6-8h)	149	5.33
Male	Adequate (6-8h)	180	5.21
Female	Long (>8h)	151	4.72
Male	Long (>8h)	164	5.23
Female	Short (<6h)	177	4.85
Male	Short (<6h)	179	4.95
Total		1000	5.05

Daily Steps vs Hour of Sleep



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VitaTrack Wellness Dashboard analyzes lifestyle habits and their impact on health through data on BMI, sleep, and exercise.

1- Lifestyle Habits & Its Impact on Health :

- VitaTrack Wellness provides smart health monitoring solutions for lifestyle management.
- The dashboard collects health metrics to identify risks and promote well-being.
- Key metrics include BMI, sleep patterns, exercise frequency, and alcohol consumption.

2- BMI Trends :

- Average BMI for males is 26.6 and for females is 26.9.
- 49.7% of males and 50.3% of females fall into the overweight category.
- BMI trends vary across age groups, with the highest average in the 46-60 age group.

3- Heart Disease Distribution :

- 90.7% of participants reported no heart disease.
- Alcohol consumption correlates with heart disease risk, with higher rates in drinkers.
- Sleep goals also impact heart disease prevalence, with significant differences noted.

4- Sleep & Activity Correlation :

- Average hours of sleep and exercise hours are analyzed for heart disease correlation.
- Adequate sleep (6-8 hours) is linked to better exercise performance.
- Daily steps and sleep hours show a relationship with heart disease presence.

5- Smoking & Alcohol Impact :

- Smokers show higher cardiovascular risks compared to non-smokers.
- Average systolic blood pressure is higher in drinkers, with variations based on consumption levels.
- Alcohol consumption affects average calories intake and overall health metrics.

6- Daily Steps vs Hours of Sleep :

- Average daily steps decrease with age, with 2.35K steps for ages 46-60.
- Heart disease presence is analyzed against daily steps and sleep hours.
- Recommendations for daily steps align with WHO guidelines for health maintenance.