import streamlit as st

# --- Header ---

st.title("Health Checker App")

st.subheader("Created by: Korjie Musa | Njala University | BSc Public Health (Biostatistics & Epidemiology)")

st.markdown("📧 Contact: [korjiemusa31@gmail.com](mailto:korjiemusa31@gmail.com)")

st.markdown("---")

# --- Inputs ---

st.subheader("Enter Your Health Details")

name = st.text\_input("Your Name")

weight = st.number\_input("Weight (kg)", min\_value=1.0)

height = st.number\_input("Height (m)", min\_value=0.5)

systolic = st.number\_input("Systolic BP (mmHg)", min\_value=50)

diastolic = st.number\_input("Diastolic BP (mmHg)", min\_value=30)

if st.button("Check My Health"):

if height > 0:

bmi = weight / (height \*\* 2)

if bmi < 18.5:

bmi\_status, bmi\_advice = "Underweight", "Consider eating a balanced diet and gaining healthy weight."

elif 18.5 <= bmi < 24.9:

bmi\_status, bmi\_advice = "Normal", "Great! Maintain your current lifestyle with regular exercise and diet."

elif 25 <= bmi < 29.9:

bmi\_status, bmi\_advice = "Overweight", "Try to adopt healthier eating habits and regular physical activity."

else:

bmi\_status, bmi\_advice = "Obese", "Seek medical advice and consider a structured weight-loss plan."

if systolic < 120 and diastolic < 80:

bp\_status, bp\_advice = "Normal", "Keep maintaining a healthy lifestyle."

elif 120 <= systolic <= 139 or 80 <= diastolic <= 89:

bp\_status, bp\_advice = "Prehypertension", "Monitor your BP regularly and reduce salt intake."

elif 140 <= systolic <= 159 or 90 <= diastolic <= 99:

bp\_status, bp\_advice = "Hypertension Stage 1", "Adopt a healthier diet, exercise, and consult your doctor."

else:

bp\_status, bp\_advice = "Hypertension Stage 2", "Seek medical treatment immediately."

st.subheader(f"Health Report for {name}")

st.write(f"\*\*BMI:\*\* {bmi:.2f} ({bmi\_status})")

st.write(f"\*\*Advice (BMI):\*\* {bmi\_advice}")

st.write(f"\*\*Blood Pressure:\*\* {systolic}/{diastolic} mmHg ({bp\_status})")

st.write(f"\*\*Advice (BP):\*\* {bp\_advice}")

else:

st.warning("Please enter valid details.")

# --- Footer ---

st.markdown("---")

st.subheader("App Information")

st.write("👤 Author: Korjie Musa")

st.write("🏫 University: Njala University")

st.write("📘 Program: BSc Public Health (Biostatistics & Epidemiology)")

st.markdown("📧 Email: [korjiemusa31@gmail.com](mailto:korjiemusa31@gmail.com)")