Healthy Habits

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Methodology

The aim of this paper is to briefly describe the process of the data collection. Additionally, it will describe the sample and both the independent and dependent variables. Finally, the paper will discuss how the data was collected and analyzed.

**Data Collection**

Access to the dataset was obtained through the University of Texas at San Antonio online library system. Database Demography was opened and Rand State Statistics was selected. Data used was selected from the Health and Health Care section and a dataset was created from Behavioral Risk Factors & Health Conditions. The dataset was imported into R-Studio to analyze data.

**Sample**

The original sample is from the state of Texas for the years of 2013 – 2016. Sample will include two groups of participants who participated in healthy behavior conditions. Group one engaged in exercising at least 20 to 30 minutes two to three times per week. Group two participated in healthy diet that included eating lots of fruits and vegetables.

**Variables**

**Research Question 1:** Will patients engaging in regular exercise predict their overall well-being?

**Independent variable:** regular exercise

**Dependent variable:** overall well-being

**Research Question 2:** Will patients engaging in vegetarian diet predict their overall well-being?

**Independent variable:** vegetarian diet

**Dependent variable:** overall well-being

**Data Analysis**

R-Studio will be used to analyze the data. A regression analysis will be used to determine if exercising and a vegetarian diet will improve overall well-being. The hypothesis predicts that exercising and eating a vegetarian diet will significantly improve patient overall well-being.