Unravelling Diabetes Type 2 Risk: a Logistic Regression Analysis
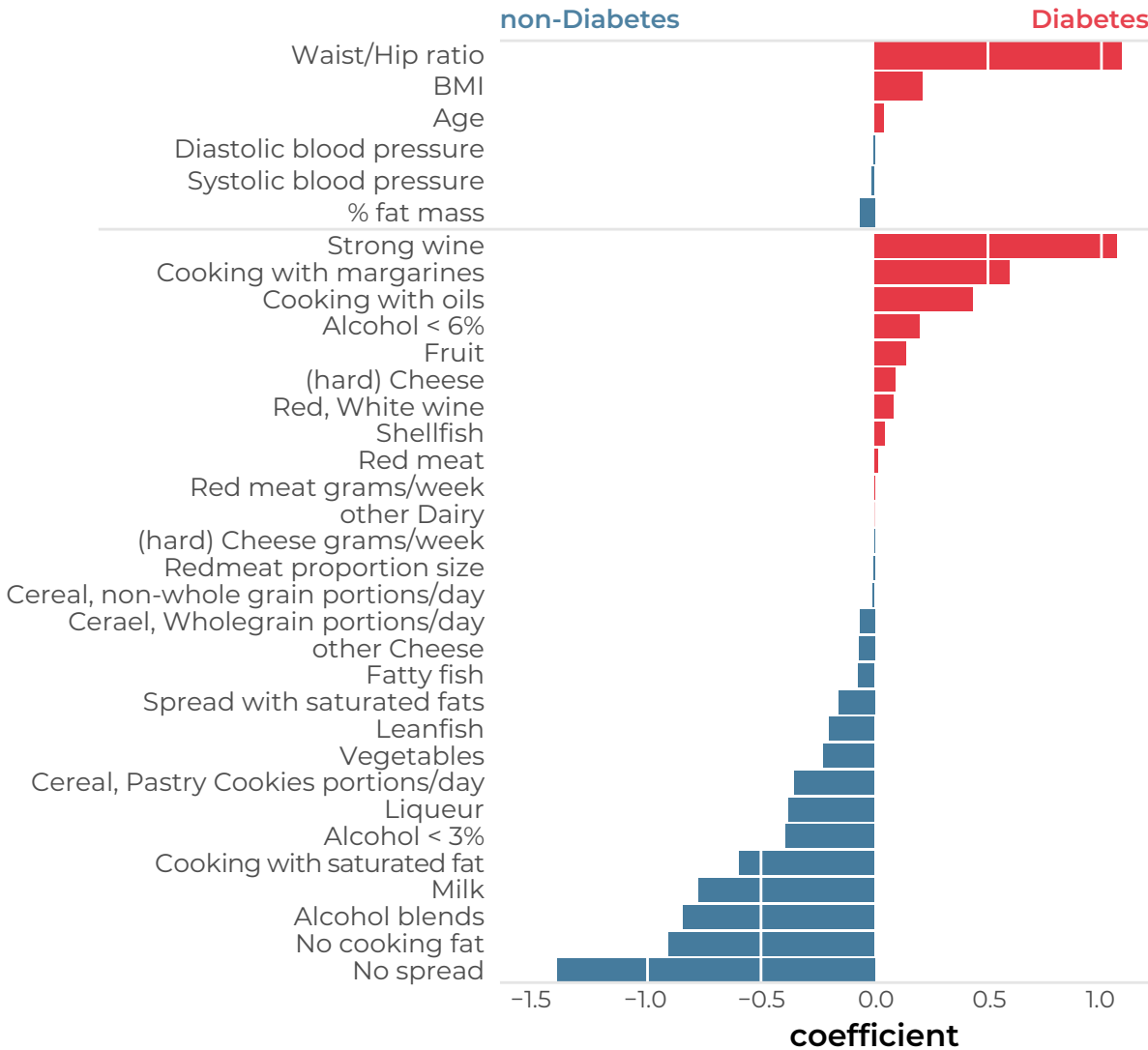
Demographic, Nutrient Factors, and Model Performance

non-Diabetes | Diabetes

Waist/Hip ratio
BMI
Age
Diastolic blood pressure
Systolic blood pressure
% fat mass

Strong wine
Cooking with margarines
Cooking with oils
Alcohol < 6%
Fruit
(hard) Cheese
Red, White wine
Shellfish
Red meat
Red meat grams/week
other Dairy
(hard) Cheese grams/week
Redmeat proportion size
Cereal, non-whole grain portions/day
Cerael, Wholegrain portions/day
other Cheese
Fatty fish
Spread with saturated fats
Leanfish
Vegetables
Cereal, Pastry Cookies portions/day
Liqueur
Alcohol < 3%
Cooking with saturated fat
Milk
Alcohol blends
No cooking fat
No spread

coefficient (−1.5, −1.0, −0.5, 0.0, 0.5, 1.0)

Model

Logistic Regression

Train	Test
1228	409
59	21
75%	25%

69% accuracy

Confusion matrix:

actual \ predict	non	yes
yes	12	9
non	287	122