



# **2019 County Health Rankings Analysis**

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# Perspective and problems



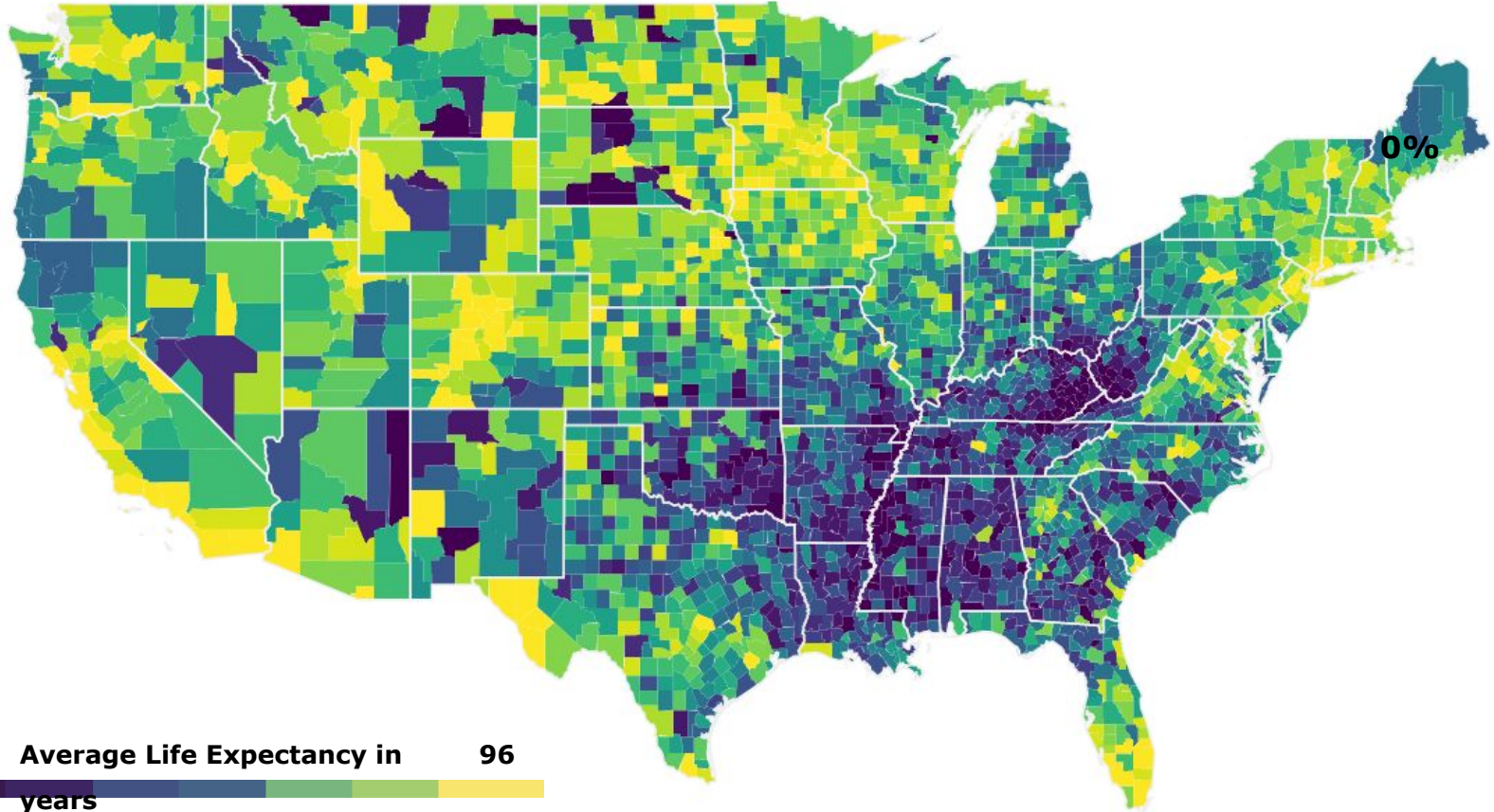
**Life Expectancy**

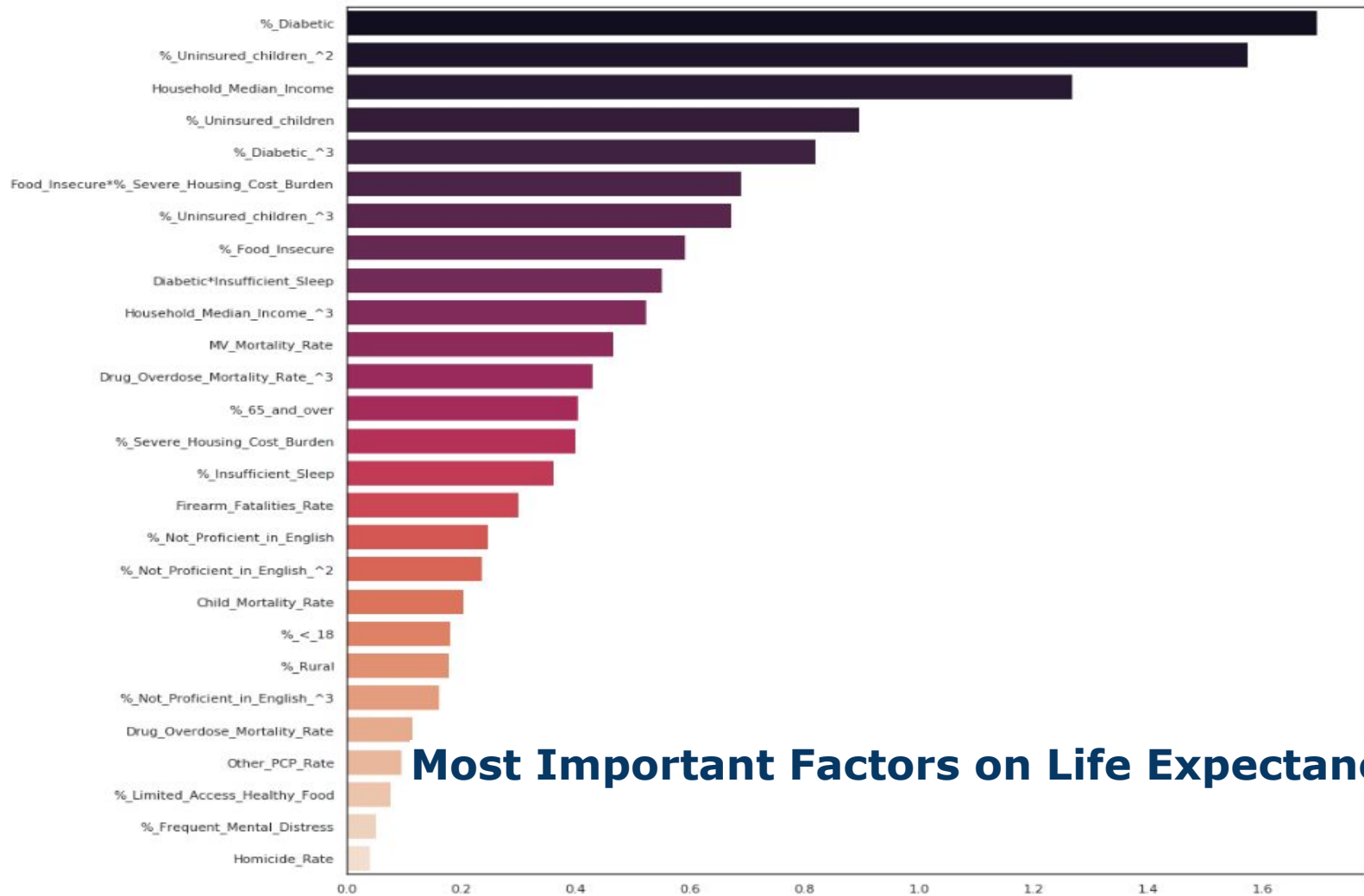


**Sleep**

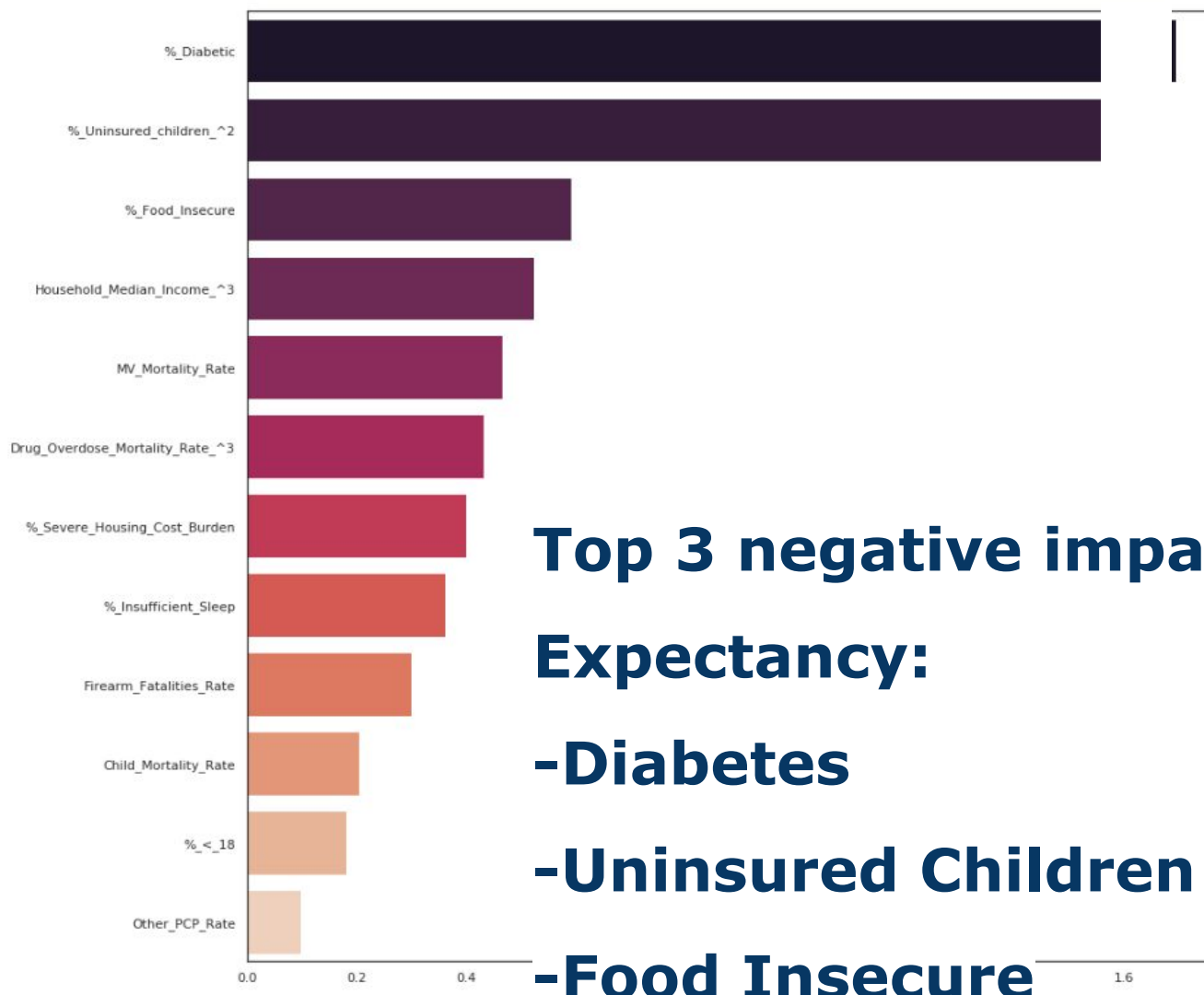
Perspective: A third party consultancy company

# Life Expectancy Heatmap





## Most Important Factors on Life Expectancy

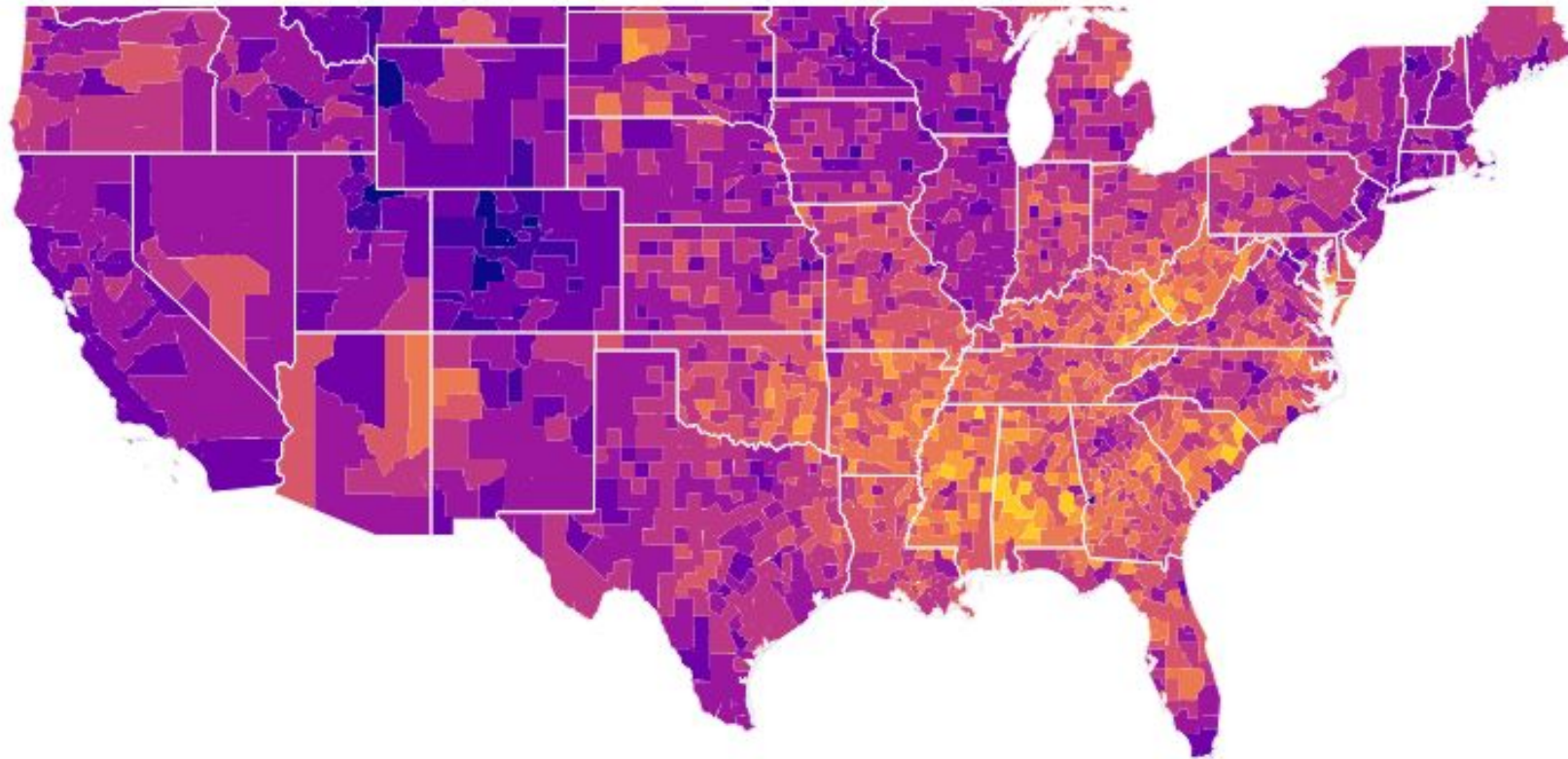


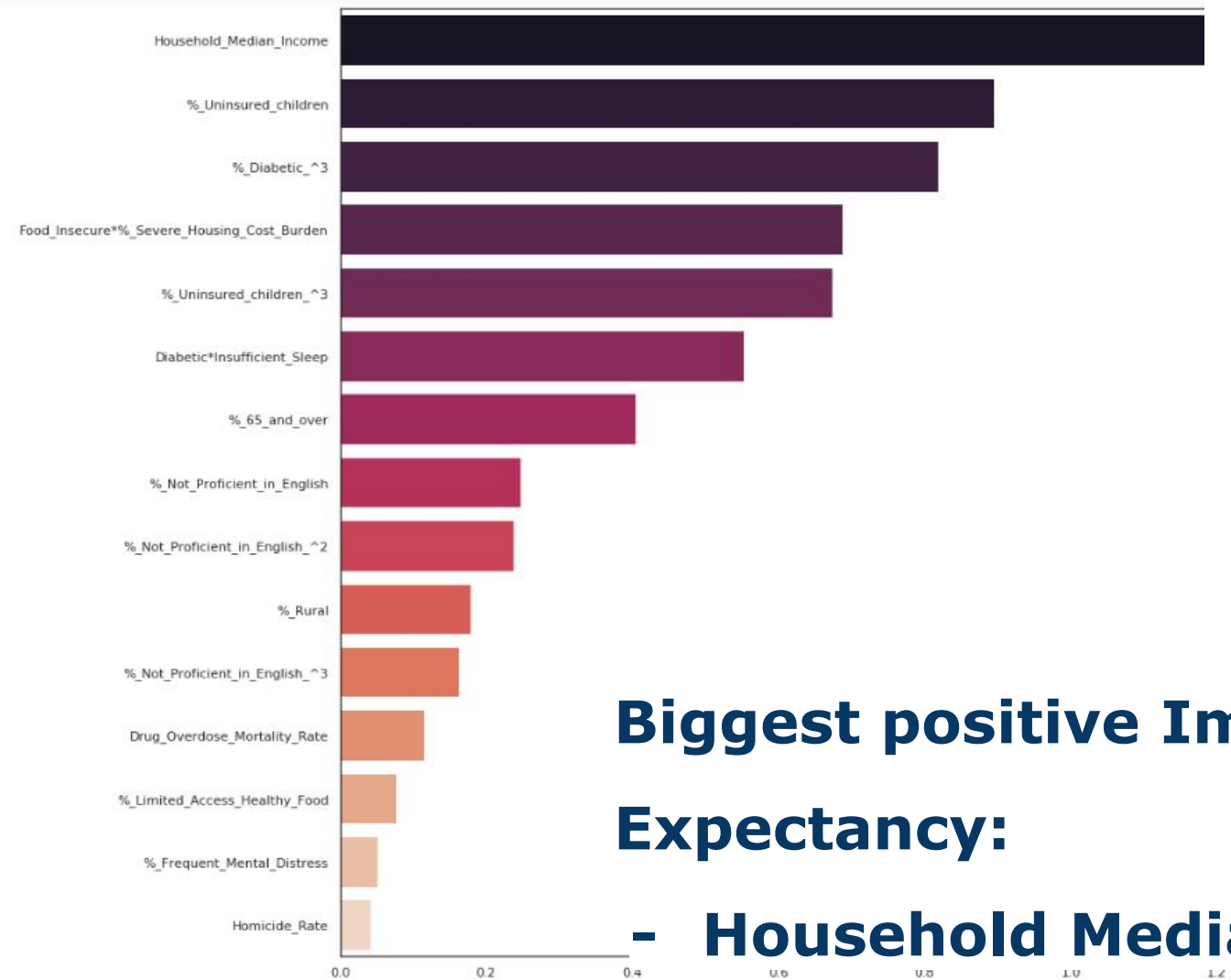
**Top 3 negative impact on Life Expectancy:**

- Diabetes**
- Uninsured Children**
- Food Insecure**



# Diabetic percentage in USA

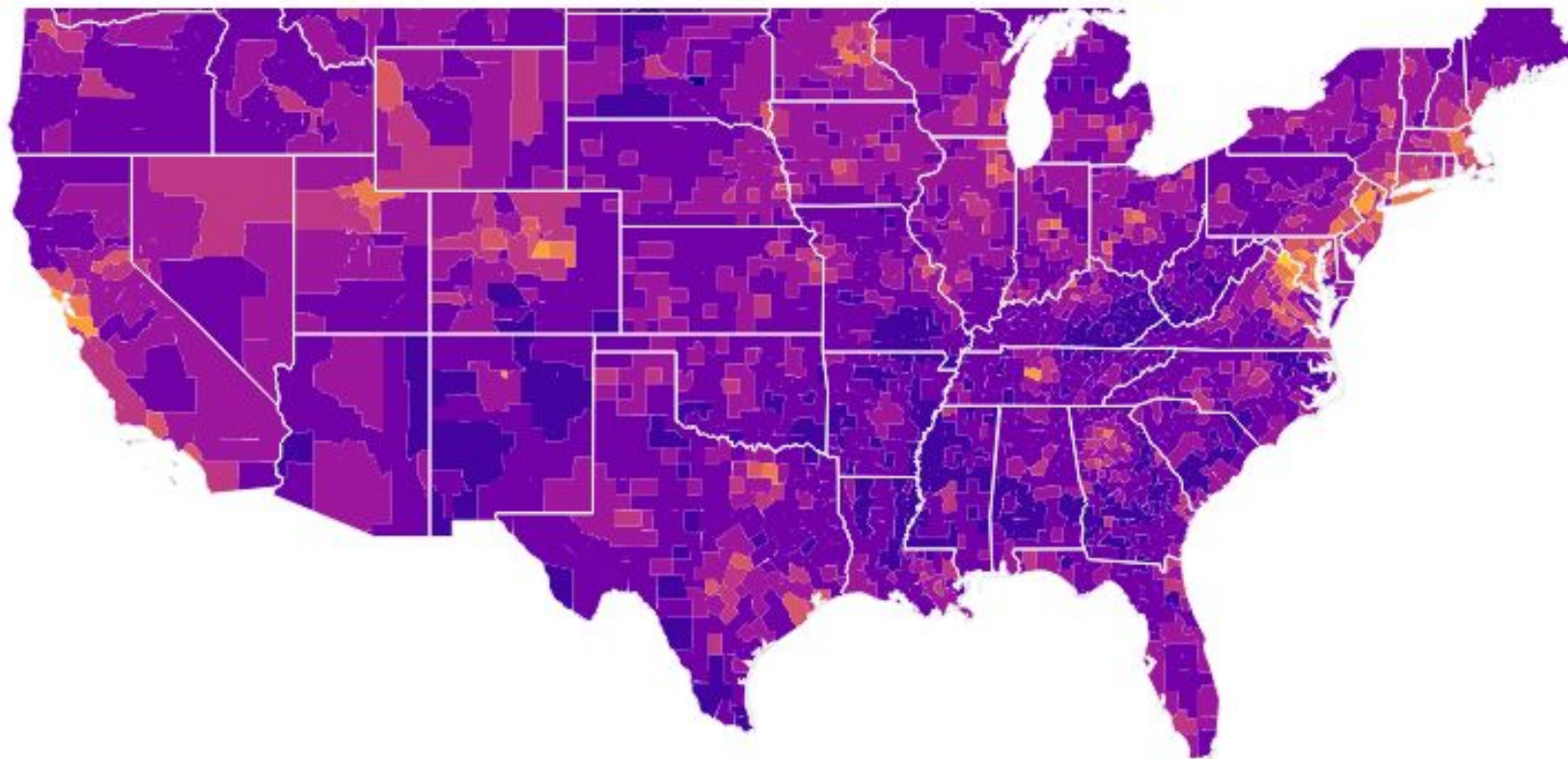
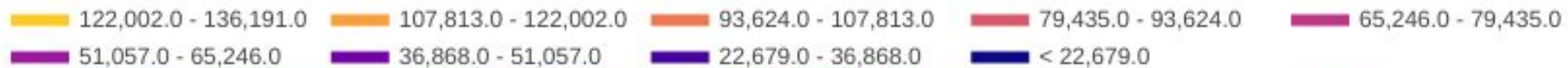




**Biggest positive Impact on Life Expectancy:**

**- Household Median Income**

# Median Income in USA





# Solutions



## Food Security

- Improve the access to Healthy Foods
- Campaign against fast food



## Household Income

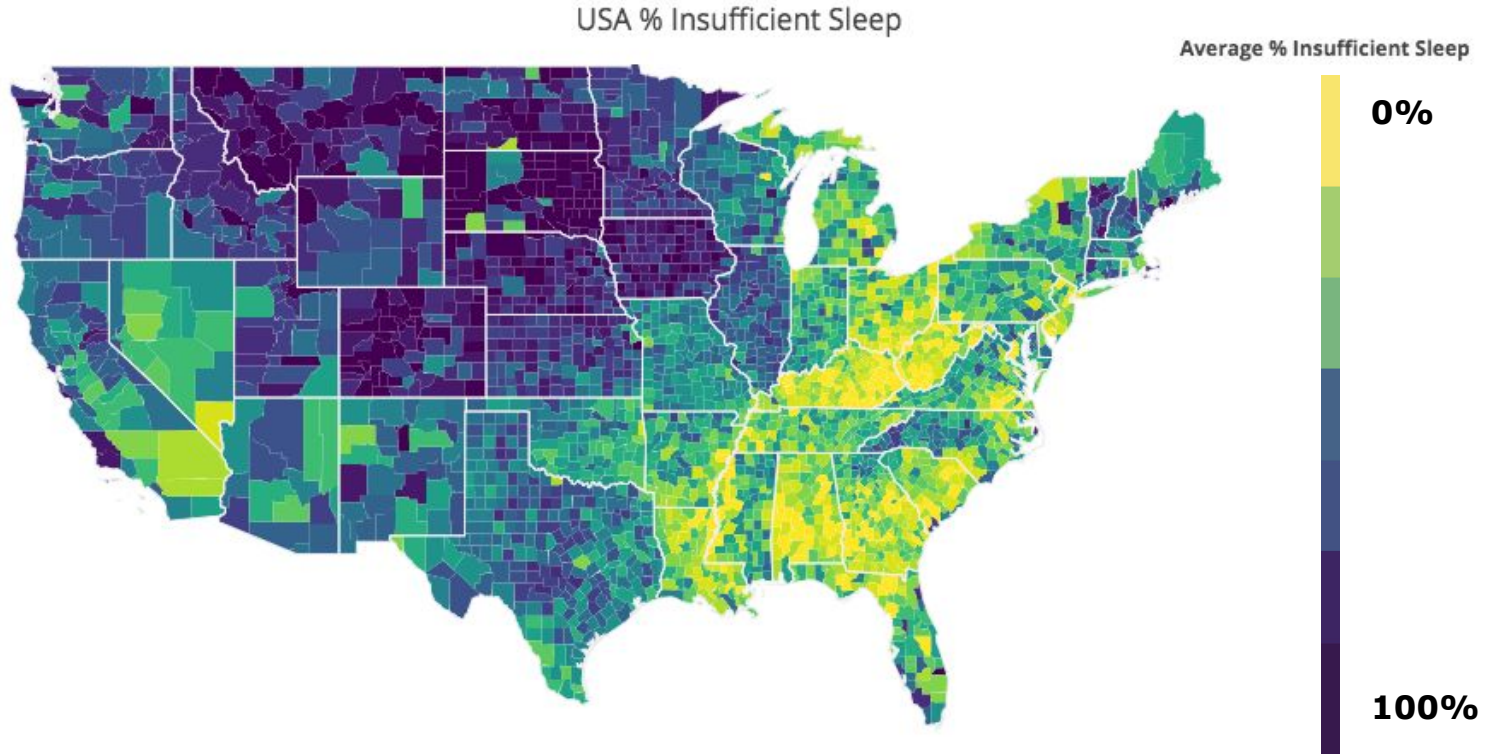
- Increase minimum wage
- Create higher paid jobs in certain areas
- Reduce taxes for poor people



## Children Insurance

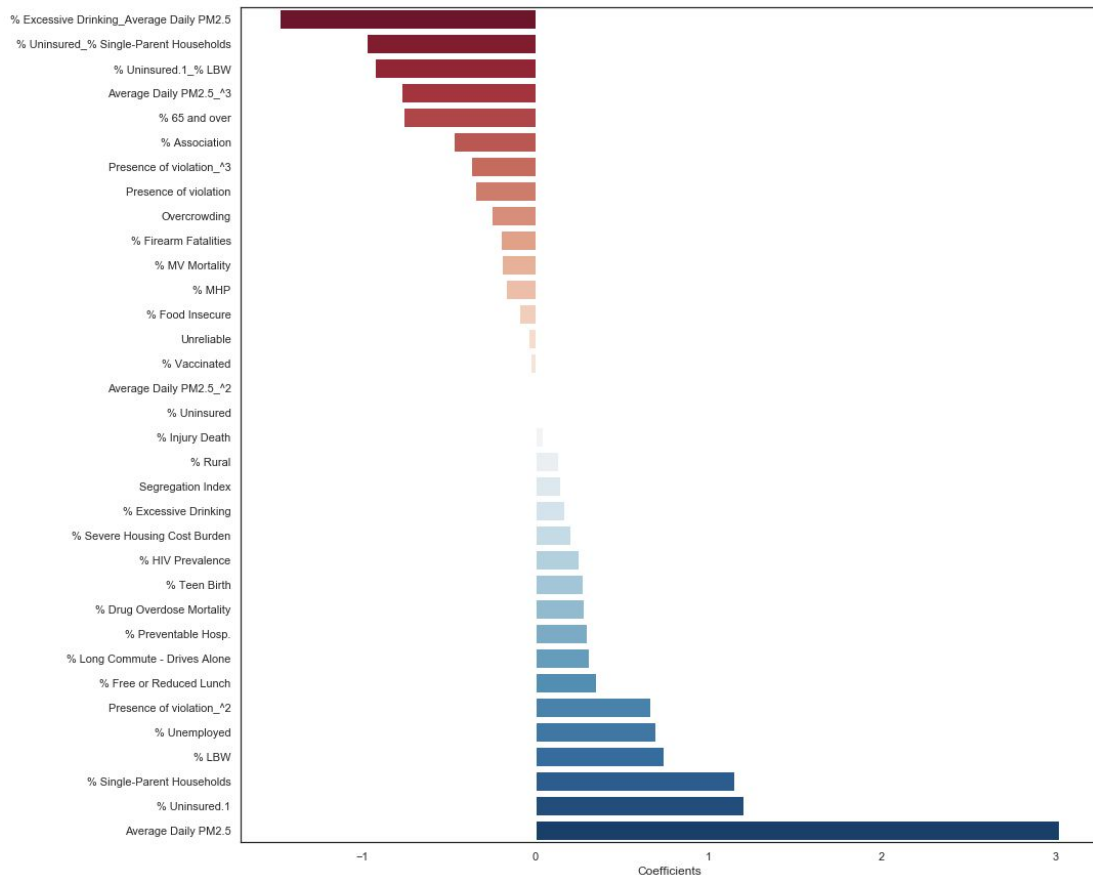
- Make sure families are insured

# Insufficient Sleep Rate Heatmap



North-east has higher insufficient sleep rate than South-west

# How does it impact insufficient sleep rate



Top 3 factors:

+Air quality (PM2.5)

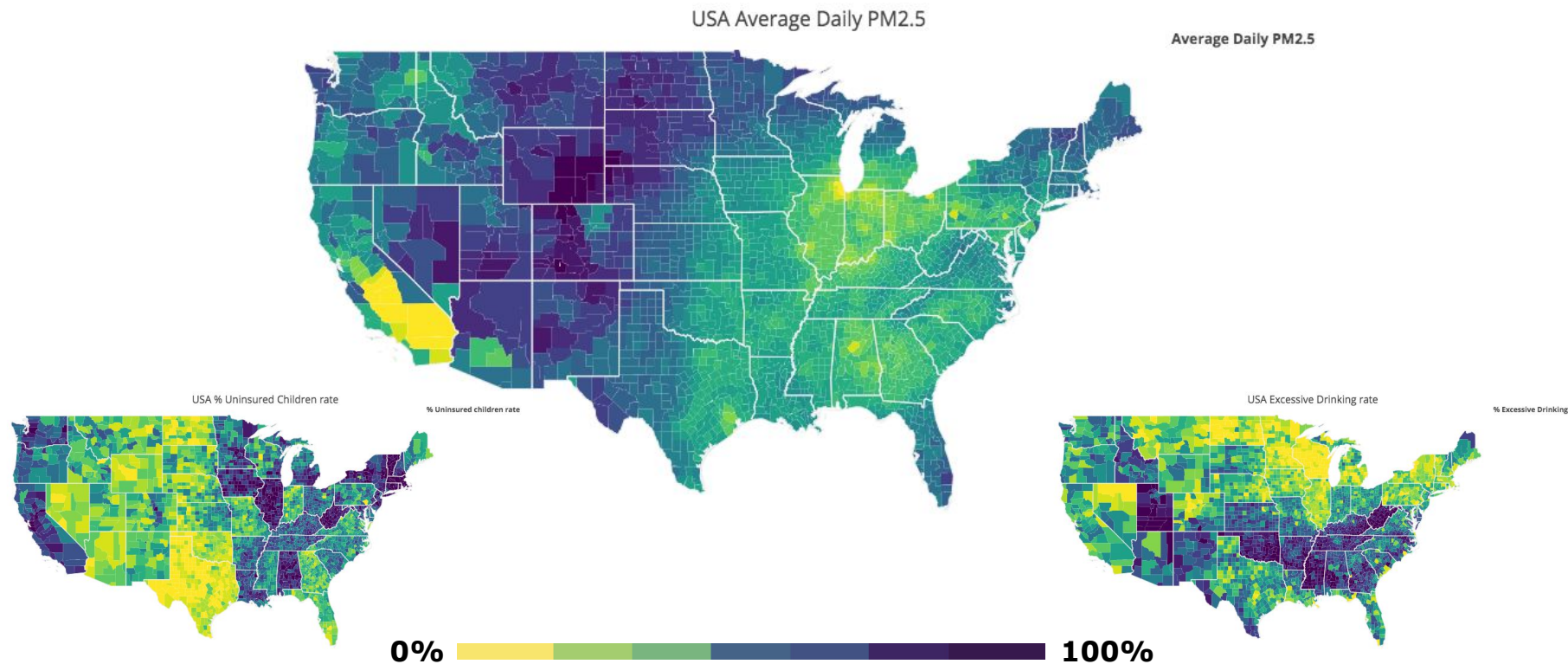
-% Excessive Drinking and  
Air quality (PM 2.5)

+% Uninsured Children

Model:

Elastic Net Regression with  
Cross Validation of 10,  
L1\_norm ratio =0.5

# How does it impact insufficient sleep rate

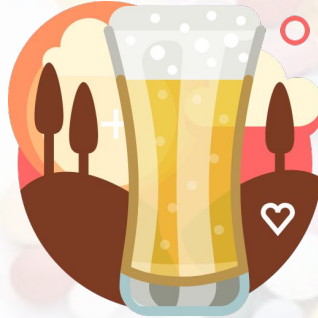


# Solutions



## Improve air quality

- Clean energy resource-
  - More plants
  - Indoor Air filter



## Drink moderately

A bit of alcohol could help with sleep



## Children Insurance

- Make sure your family insured



A world map where the landmasses are composed of various colored pills and capsules, including pink, yellow, white, blue, and green. The oceans are represented by a light blue, textured background.

**Q&A**