

# Health and Nutritional Guidance in America

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Team Vermillion:

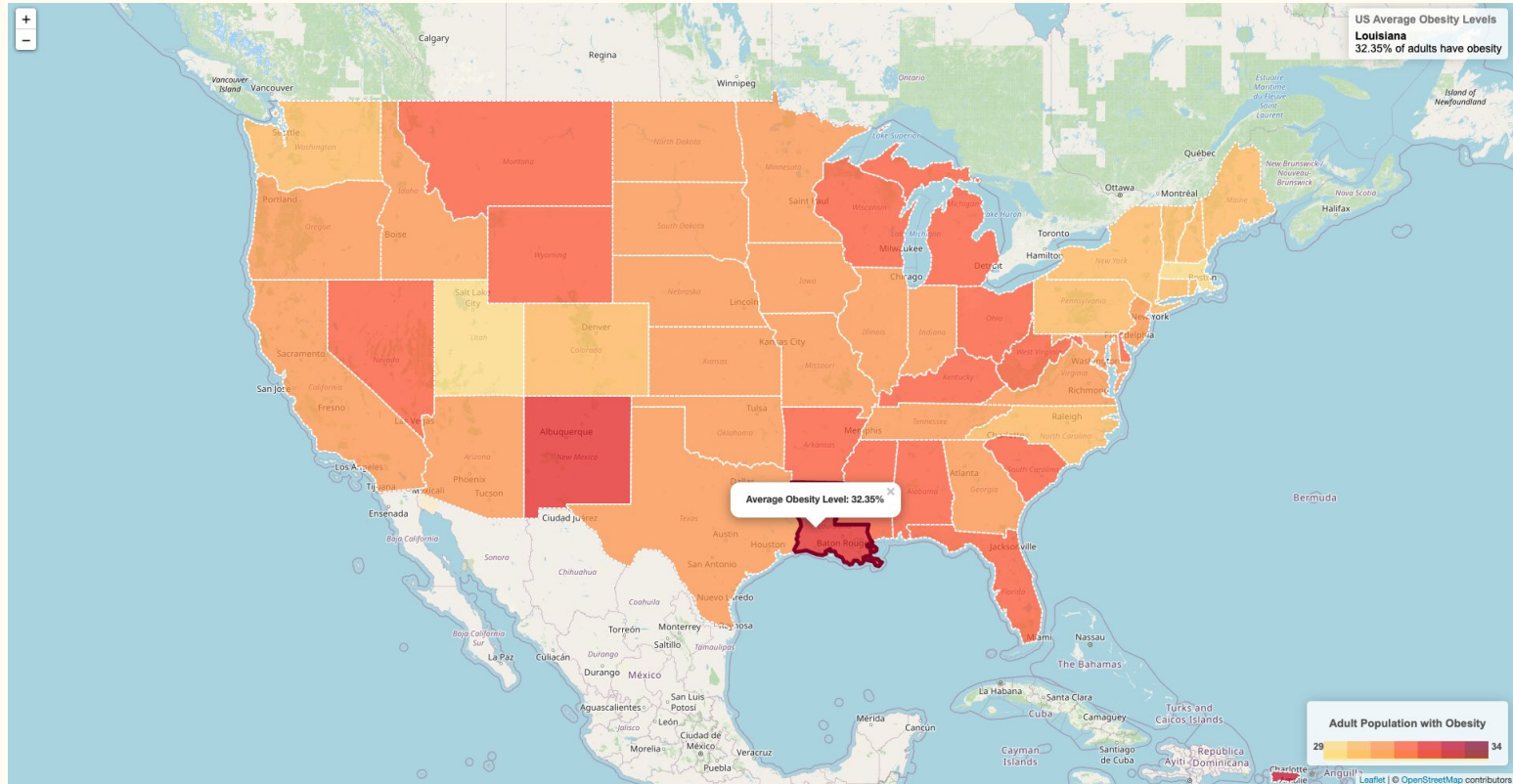
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# The State of Public Health in America

The obesity epidemic in the US has been an ongoing public health issue for many years. Obesity is a common, serious, and costly chronic disease of adults and children that continues to increase in the United States. More information from the CDC can be [found here](#).

**Obesity is associated with a variety of diseases and we hope to help people find more accessible nutrition information to combat obesity based on their needs using our interactive charts that will allow people to select information based on dietary needs.**

# The Prevalence of Obesity in America



# Contributing Factors

According to both the NIH and US News, factors contributing to rising obesity rates include:

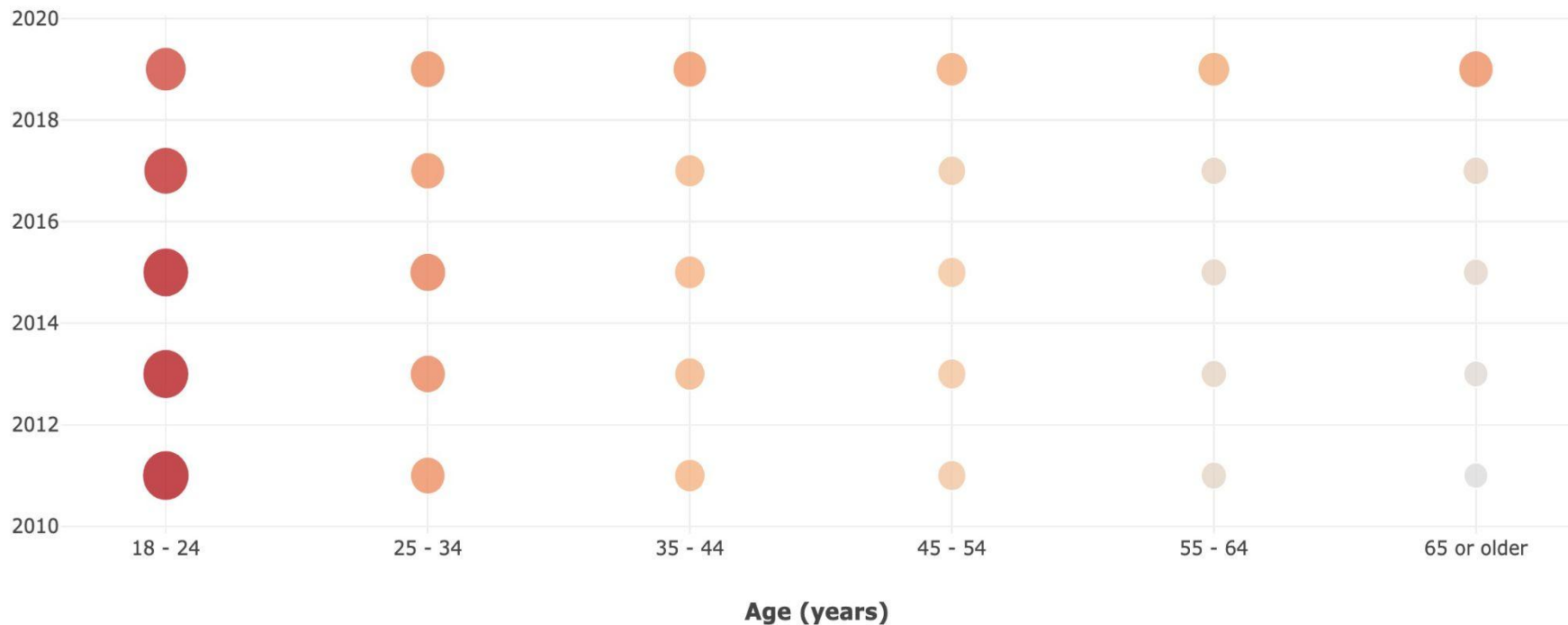
- Low income
- Smoking habits
- Alcohol consumption
- Limited physical activity and sedentary behavior(s)

# Obesity and Demographics

According to the CDC:

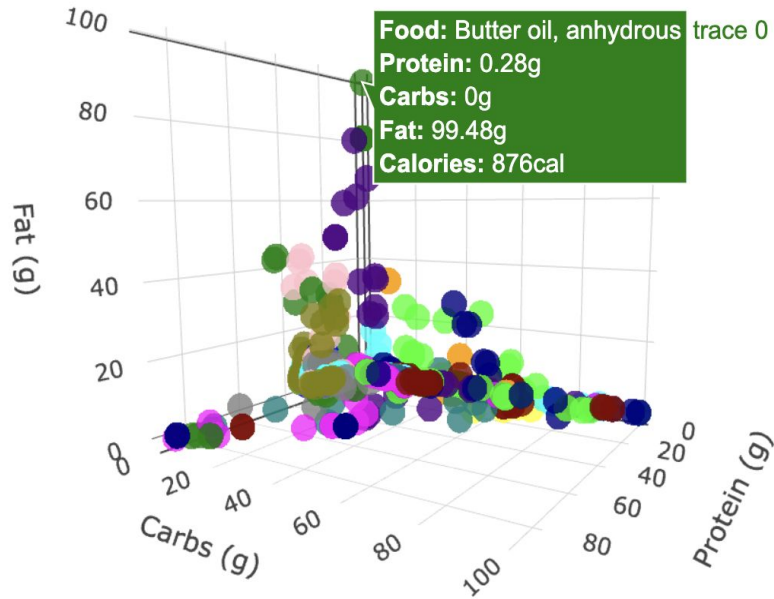
- Obesity affects some groups more than others
  - Non-Hispanic Black adults had the highest age-adjusted prevalence of obesity, followed by Hispanic adults, non-Hispanic White adults and non-Hispanic Asian adults.
  - The obesity prevalence rate among adults increases with age.
- The association between obesity and income or educational level is complex and differs by sex and race/ethnicity.
  - Overall, men and women with college degrees had lower obesity prevalence compared with those with less education.
  - Among men, obesity prevalence was lower in the lowest and highest income groups compared with the middle-income group.

## Percent of Adults Who Achieve Physical Activity Goal Based on Age

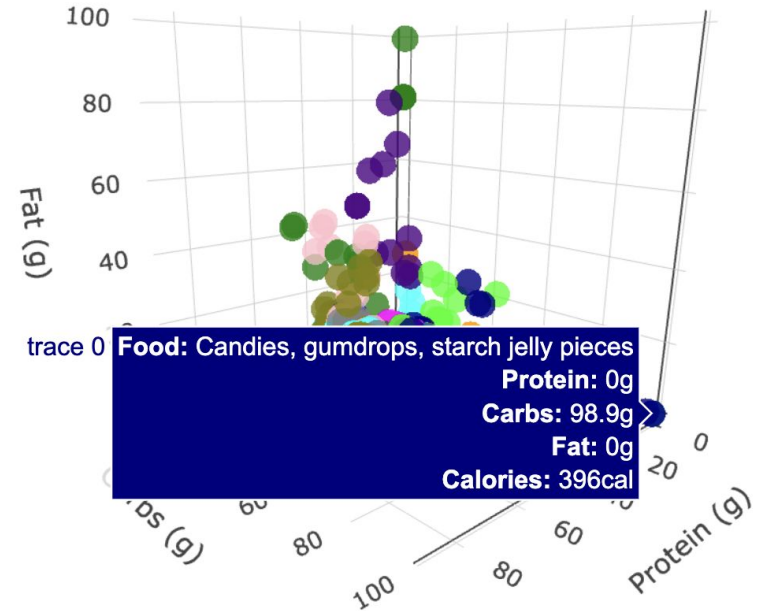


# Nutrition Food Group Facts

## Nutritional Facts by Food Group



## Nutritional Facts by Food Group



# Conclusion

The relationship between nutrition and obesity is multifaceted and can vary based on various factors, including individual dietary choices, lifestyle, genetics, and environmental factors. While there is no simple direct cause-and-effect relationship between nutrition and obesity, research suggests that nutrition plays a significant role in the development and prevalence of obesity.



# Data Sources

- Nutrition, Physical Activity, and Obesity - Behavioral Risk Factor Surveillance System. This dataset includes data on adult's diet, physical activity, and weight status from Behavioral Risk Factor Surveillance System.
- Nutritional Facts for Most Common Foods - Kaggle

# Demo



Explore the data:

[https://lorenaegaea.github.io/obesity\\_visualization/](https://lorenaegaea.github.io/obesity_visualization/)