COVID-19 Dataset Challenge Description

Websites Used:

<http://www.fao.org/faostat/en/#home>

<https://www.prb.org/>

<https://coronavirus.jhu.edu/map.html>

<https://www.hsph.harvard.edu/nutritionsource/healthy-eating-pyramid/>

<https://en.wikipedia.org/wiki/MyPlate>

<https://www.choosemyplate.gov/>

“Health requires healthy food.” - Roger Williams (1603 – 1683)

In the past couple months, we’ve witnessed doctors, nurses, paramedics and thousands of medical workers putting their lives on the frontline to save patients who are infected. And as the battle with COVID-19 continues, we should all ask ourselves – What should we do to help out? What can we do to protect our loved ones, those who sacrifice for us, and ourselves from this pandemic?

These questions all relate back to the CORD-19 Open Research Dataset Challenge Task Question “What do we know about non-pharmaceutical interventions?” And my simple answer is : by adapting to a healthy diet.

We are all familiar with the Healthy Eating Pyramid photo shown above, but are we really eating in the healthy eating style recommended by the pyramid food divisions and balances?

In this dataset, I have combined data of different types of food, world population obesity and undernourished rate, and global COVID-19 cases count in order to learn more about how a healthy eating style could help combat the Corona Virus.

There are four total datasets:

Food\_Supply\_Quantity\_Data.csv

Food\_Supply\_kcal\_Data.csv

Protein\_Supply\_Quantity\_Data.csv

Fat\_Supply\_Quantity\_Data.csv

In each of the dataset, I have calculated food supply quantity, energy intake (kcal), protein, and fat for different categories of food (all calculated as percentage of total intake amount), and added on the obesity and undernourished rate (also in percentage) for comparison. I also included the most up to date confirmed/deaths/recovered/active cases (also in percentage of current population for each country).

Published by the USDA Center for Nutrition Policy and Promotion, ChooseMyPlate.gov has a very simple recommendation for our daily diet intake: 30% grains, 40% vegetables, 10% fruits, and 20 percent protein. For more information on specific dietary guidelines, Harvard Health Publishing also published a great article “Dietary guidelines and caloric percentages”, you can visit the link here <https://www.health.harvard.edu/staying-healthy/dietary-guidelines-and-caloric-percentages> for more information.