**REPORT:-**

**Key Metrics Summary**

1. **Total Patients Analyzed**: 5,191 patients are included in this analysis.
2. **Females Not Overweight**: 1,409 females are identified as not being overweight.
3. **Health Risks Related to Smoking**: 37 patients show health risks associated with smoking habits.
4. **High & Moderate Health Risks with <30 min Physical Activity**: 859 patients have either high or moderate health risks and engage in less than 30 minutes of physical activity.

**Health Outcomes and Risks**

1. **Heart Attack Incidence**:
   * Only 2.74% (approximately 140 patients) have a history of heart attacks.
   * 97.26% have no record of heart attacks, indicating low incidence in this dataset.
2. **Stroke Incidence**:
   * Stroke occurrence is even lower at 1.73% (around 90 patients).
   * This suggests a relatively low stroke rate within the studied population.
3. **Health Risk Distribution by Age Group**:
   * The age groups 50-59 and 40-49 show the highest health risk counts, with approximately 1,800 and 1,700 patients respectively.
   * Older age groups (60-69 and 70+) show a decreasing count, suggesting lower health risk engagement or possibly lower representation in these age groups.
4. **Health Status**:
   * The majority of the population (3,800) falls under "Good" health.
   * "Very Good" health status is significantly lower, indicating potential for health improvements.

**Risk Factors and Demographic Insights**

1. **Health Risk Severity**:
   * 3,090 patients are in the "Normal" risk category, followed by 1,590 in the "Moderate" risk category.
   * Higher risk categories (High and Critical) represent a smaller percentage, with 380 and 110 patients respectively, suggesting that only a small fraction of the population is at severe risk.
2. **Overweight Status by Race**:
   * Overweight prevalence is highest among the Chinese population with 2,100 individuals, followed by the Malay and Indian populations.
   * Other ethnic groups and those marked as "Others" show lower counts for overweight status.
3. **Average Weight by Occupation and Gender**:
   * Males with overweight status have a higher average weight (74.67), followed by females with overweight status (65.73).
   * The "Not Overweight" category for both genders shows lower average weights, indicating a clear distinction in average weight by weight status and gender.

**Potential Actions and Recommendations**

* **Targeted Health Interventions**:
  + Age groups 40-59 could benefit from targeted health interventions, as they show higher health risks.
* **Physical Activity Programs**:
  + With 859 individuals at risk due to low physical activity, promoting exercise and physical activity may help in reducing moderate and high health risks.
* **Weight Management Programs**:
  + Given the high count of overweight individuals, particularly among specific racial groups, weight management and nutrition programs could be beneficial.
* **Health Monitoring for High-Risk Groups**:
  + Regular monitoring and proactive healthcare measures may be necessary for the critical and high-risk categories to prevent progression to more severe conditions.

This report provides an overview of health risks, demographic-specific insights, and actionable recommendations based on the data visualization. The primary focus should be on improving lifestyle factors and preventive health measures for high-risk groups and overweight populations