

# PrediX: Diabetes Risk Report

Patient: nkn

Age: 19

Date: May 02, 2025

Estimated time to progression to Type 2 Diabetes: 0.5 years

## Top Risk Factors & Recommendations

Genetic Risk Score (Input: 10) - Impact: -0.46

High genetic risk. Focus on strict lifestyle management to offset risk.

Stress Level (Input: 9) - Impact: -0.23

High stress. Engage in mindfulness, therapy, or stress reduction programs.

Cholesterol Level (Input: 120.0) - Impact: 0.18

No specific recommendation available.

Screen Time (Input: 12) - Impact: -0.14

Excessive screen time. Limit to <4 hours/day and increase physical activity.

Sleep Hours (Input: 4.0) - Impact: -0.12

Insufficient sleep. Aim for 7-9 hours to support metabolic health.

Bmi (Input: 26.2) - Impact: 0.11

Overweight. Begin a structured exercise and dietary program.

Hba1C (Input: 5.02) - Impact: 0.08

No specific recommendation available.

Fasting Blood Sugar (Input: 87.0) - Impact: 0.07

No specific recommendation available.

Family Income (Input: 2500000) - Impact: 0.01

No specific recommendation available.

Age (Input: 19) - Impact: 0.00

No specific recommendation available.

Fast Food Intake (Input: 6) - Impact: 0.00

High fast food intake. Reduce frequency to less than once per week.

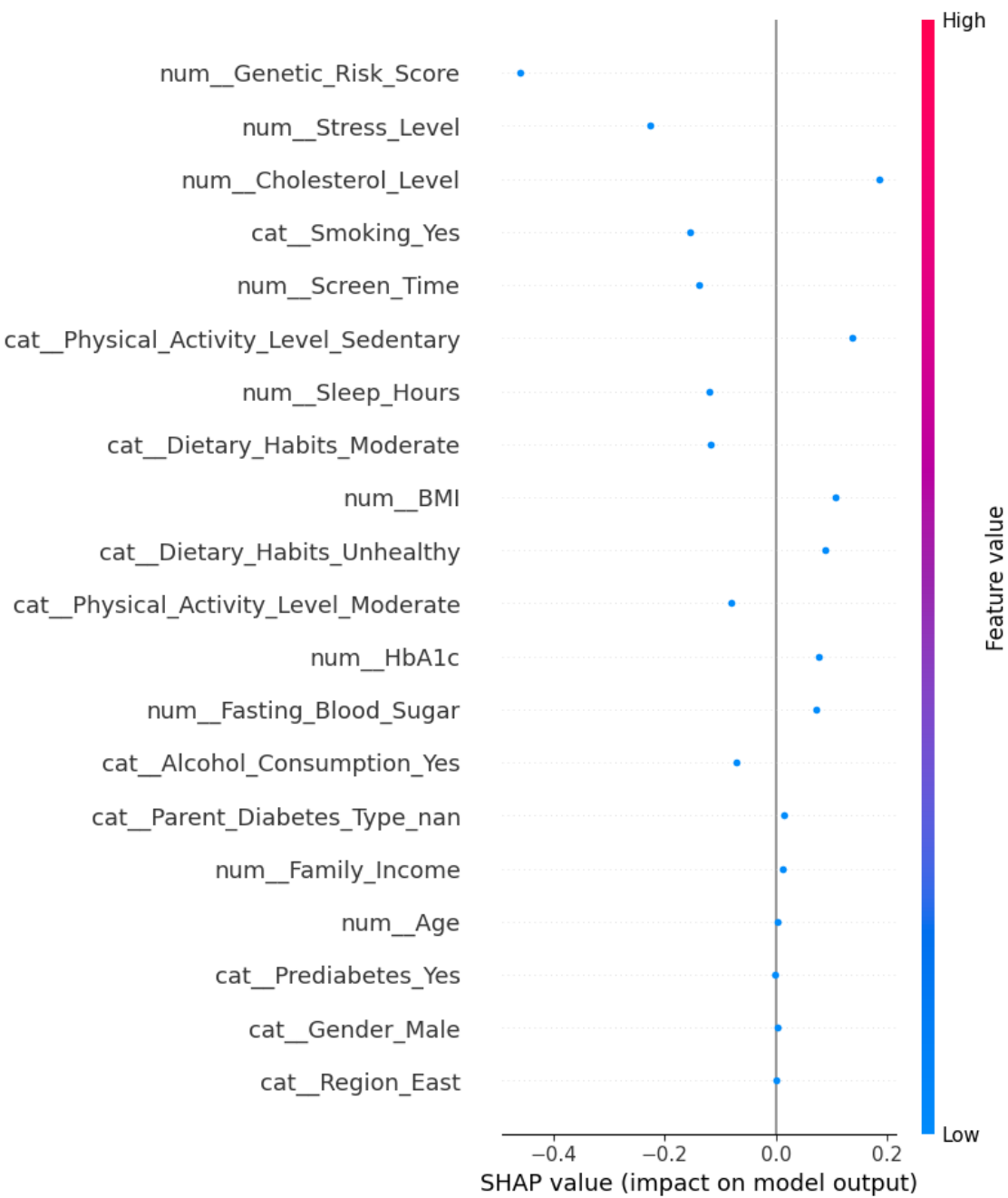
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## SHAP Summary Plot



This plot shows the impact of each feature on the predicted diabetes risk. Each point represents a patient's input for a feature-colored by value: blue = low, red = high. Features pushing the prediction higher appear on the right, and those lowering it on the left.

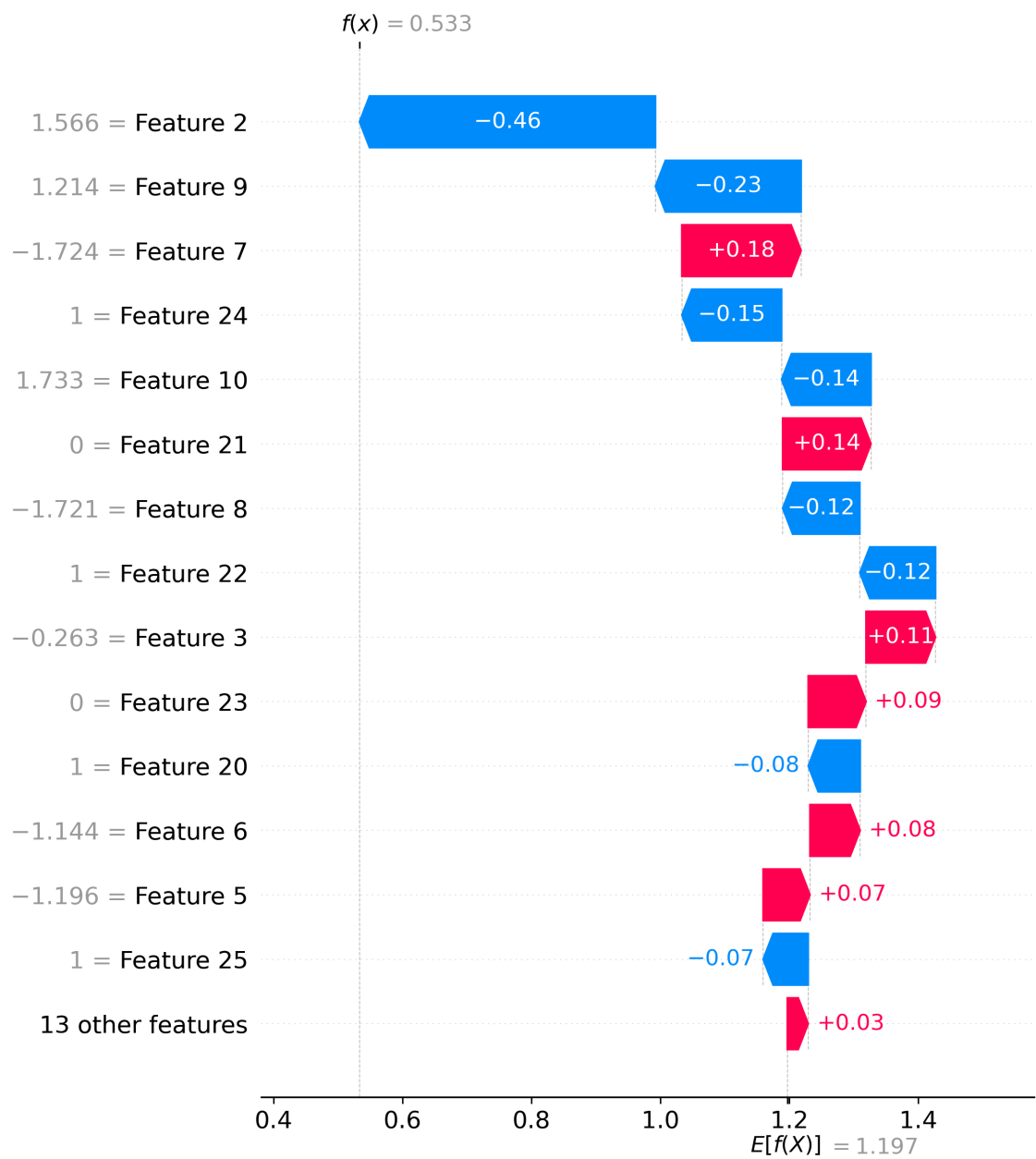
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## SHAP Waterfall Plot



This chart explains how your individual features contributed to the final risk prediction. Red bars increase risk, blue bars reduce it. It starts at the model's baseline and ends at your final prediction. Each label shows a feature from your inputs.