Predicting the Chance of 10-Year Coronary Heart Disease

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Abstract

We will analyze the dataset (posted on Kaggle) describing Heart Disease Factors. It consists of 15 predictor variables. The dataset is diverse, featuring both numerical and categorical variables. Our goal is to build a model that accurately predicts the likelihood of a patient having a high risk of a coronary disease in the next 10 years. We are also interested in determining the most influential factors contributing to the increased risks of the disease.

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Data and Preparation

The dataset was obtained from https://www.kaggle.com and features 15 predictor variables. The description of the variables are provided below.

- Male Categorical, this variable describes binarily as to whether the patient is a male or female (Male = 1, Female = 0).
- Age Numerical, this variable describes the patient's age numerically.
- Education Categorical, describes the level of education patient has received(1 = Some High School, 2 = High school/GED, 3 = Some College/Vocational School, 4 = College, NA = Not available)
- CurrentSmoker Categorical, this variable describes binarily as to whether the patient smokes or not (Smoker = 1, Non-smoker = 0)
- **cigsPerDay** Numerical, this variable describes numerically how many cigarettes the patient smokes per day.
- **BPMeds** Categorical, whether or not the patient was on blood pressure medication. (Doesn't take medication = 0, takes medication = 1)
- **PrevalentStroke** Categorical, whether or not the patient had previously had a stroke. (Hasn't had a stroke = 0, Has had a stroke = 1)
- **PrevalentHyp** Categorical, whether or not the patient was hypertensive. (Patient isn't hypertensive = 0, patient is hypertensive = 1)
- **Diabetes** Categorical, whether or not the patient has diabetes (Patient doesn't have diabetes = 0, patient does have diabetes = 1)
- totChol Numerical, total cholesterol level.
- sysBP Numerical, systolic blood pressure
- diaBP Numerical, Diastolic blood pressure
- BMI Numerical, patient's body mass index
- HeartRate Numerical, patient's heart rate
- Glucose Numerical, the glucose level in the patient.

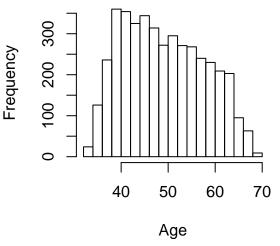
```
# Read the CSV data
dataset <- read.csv("./framingham.csv", header=TRUE, sep=",")
# Get rid of rows with NA values
cleanData = na.omit(dataset)</pre>
```

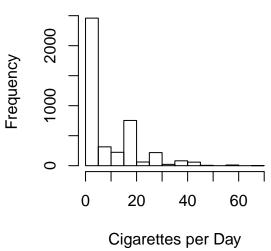
Analyzing Distributions

Analyzing Numerical Variables

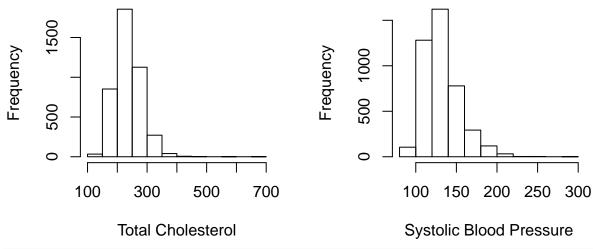
Histogram of Age

Histogram of Cigarettes per Day





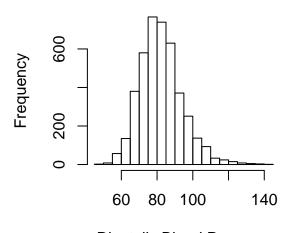
Histogram of Total Cholesterol Histogram of Systolic Blood Press

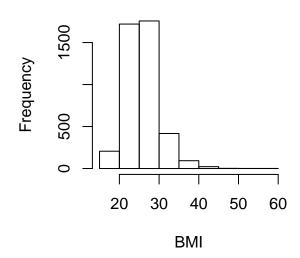


```
hist(dataset$diaBP,
    xlab="Diastolic Blood Pressure",
    main="Histogram of Diastolic Blood Pressure")
```

Histogram of Diastolic Blood Press

Histogram of BMI

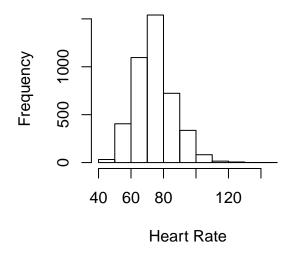


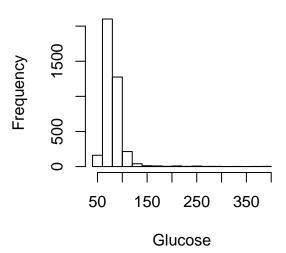


Diastolic Blood Pressure

Histogram of Heart Rate

Histogram of Glucose



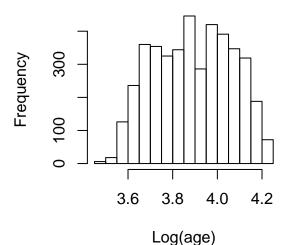


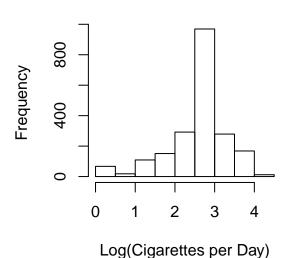
For numerical variables (age, cigarettes per day, total cholesterol, systolic blood pressure, diastolic blood pressure, BMI, heart rate, and glucose), we used a histogram to look at the distributions. Distributions of the variables diaBP and heartRate are approximately normal. Apart from these two, all other variables are skewed and need a transformation. Therefore, we proceed performing log-transformations.

Log transformations

Log of Age

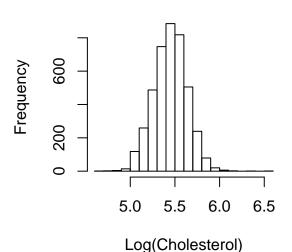
Log of Cigs per Day

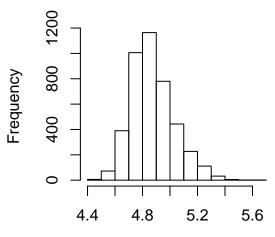






Log of Systolic Blood Pressure

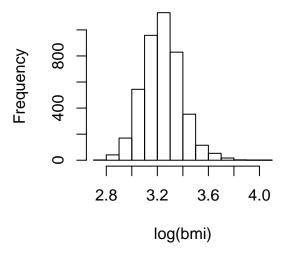


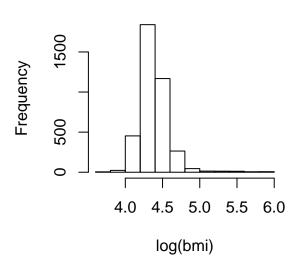


Log(Systolic Blood Pressure)

log of bmi

log of bmi





After comparing the initial distributions against their log-transformed alternatives, we have decided to keep the log-transformations of the following variables: age, cigsPerDay, totChol, diaBP, sysBP, BMI, glucose. Log-transforming variable glucose did not completely normalize the distribution. The approach we took is described in the section "Additional Transformations."

Analyzing Categorical Variables

For exploratory purposes, we have included the distributions of the categorical variables as well.

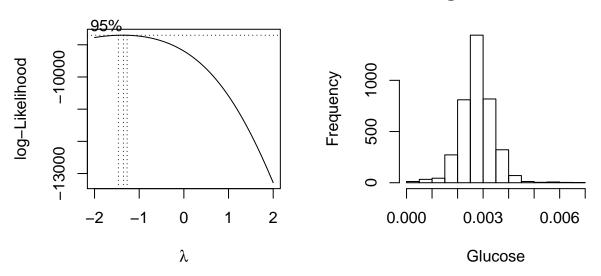
```
# Two plots side-by-side
par(mfrow=c(1,2))
# Tables of all categorical variables
tableMale = table(dataset$male)
tableSmoker = table(dataset$currentSmoker)
tableBPMeds = table(dataset$BPMeds)
tableStroke = table(dataset$prevalentStroke)
tableHypertension = table(dataset$prevalentHyp)
tableDiabetes = table(dataset$diabetes)
tableEducation = table(dataset$education)
table10Year = table(dataset$TenYearCHD)
# Histograms of all categorical variables
barplot(tableMale)
barplot(tableSmoker)
1500
                                              500
500
                                              0
                                                         0
           0
                          1
                                                                        1
barplot(tableBPMeds)
barplot(tableStroke)
3000
1000
           0
                          1
                                                         0
                                                                        1
barplot(tableHypertension)
barplot(tableDiabetes)
```

```
2000
                                              1000
                                                          0
            0
                          1
                                                                         1
barplot(tableEducation)
barplot(table10Year)
1000
200
               2
                                                          0
                      3
        1
                             4
# Percentages
tableMale["0"] / sum(tableMale) * 100
##
## 57.07881
tableMale["1"] / sum(tableMale) * 100
##
## 42.92119
tableSmoker["0"] / sum(tableSmoker) * 100
         0
##
## 50.5899
tableSmoker["1"] / sum(tableSmoker) * 100
##
## 49.4101
tableBPMeds["0"] / sum(tableBPMeds) * 100
##
## 97.03704
tableBPMeds["1"] / sum(tableBPMeds) * 100
##
## 2.962963
```

```
tableStroke["0"] / sum(tableStroke) * 100
##
## 99.4101
tableStroke["1"] / sum(tableStroke) * 100
##
           1
## 0.5899009
tableHypertension["0"] / sum(tableHypertension) * 100
##
## 68.94762
tableHypertension["1"] / sum(tableHypertension) * 100
##
## 31.05238
tableDiabetes["0"] / sum(tableDiabetes) * 100
##
## 97.42803
tableDiabetes["1"] / sum(tableDiabetes) * 100
##
## 2.571968
tableEducation["1"] / sum(tableEducation) * 100
##
          1
## 41.61626
tableEducation["2"] / sum(tableEducation) * 100
## 30.31696
tableEducation["3"] / sum(tableEducation) * 100
##
## 16.62231
tableEducation["4"] / sum(tableEducation) * 100
##
          4
## 11.44447
table10Year["0"] / sum(table10Year) * 100
##
## 84.80415
table10Year["1"] / sum(table10Year) * 100
##
## 15.19585
```

Additional Transformations

Histogram of Glucose



In order to normalize the distribution for glucose, we used a Box-Cox analysis and decided that a power transformation was needed. In this case, we raise the values to (-1.35) power.

Logistic Regression Models

First-order Model

```
prevalentStroke +
prevalentHyp +
diabetes +
heartRate,
family=binomial,
data=cleanData)
```

We have also added 0.5 to the variable cigsPerDay, the primary reason having a significant number of values that were zero.

Numerical Summary

```
summary(firstOrder)
##
## Call:
  glm(formula = TenYearCHD ~ log(age) + log(cigsPerDay + 0.5) +
      log(totChol) + log(sysBP) + log(BMI) + diaBP + glucoseClean +
##
##
      education + male + currentSmoker + BPMeds + prevalentStroke +
##
      prevalentHyp + diabetes + heartRate, family = binomial, data = cleanData)
##
## Deviance Residuals:
                                  ЗQ
##
      Min
                10
                     Median
                                          Max
## -1.3689 -0.6018 -0.4300 -0.2723
                                       3.0422
##
## Coefficients:
##
                          Estimate Std. Error z value Pr(>|z|)
## (Intercept)
                        -2.799e+01 2.999e+00 -9.331 < 2e-16 ***
                                              9.555 < 2e-16 ***
## log(age)
                         3.323e+00 3.478e-01
## log(cigsPerDay + 0.5) 3.091e-01 9.877e-02
                                               3.129 0.00175 **
## log(totChol)
                         4.635e-01 2.808e-01 1.651 0.09883 .
## log(sysBP)
                         2.213e+00 5.688e-01
                                               3.890 0.00010 ***
## log(BMI)
                         1.164e-01 3.488e-01
                                               0.334 0.73850
## diaBP
                        -3.505e-03 6.413e-03 -0.546 0.58473
## glucoseClean
                        -1.198e+02 7.880e+01 -1.520 0.12850
## education
                        -4.811e-02 4.921e-02 -0.978 0.32831
                         5.320e-01 1.085e-01
## male
                                               4.903 9.44e-07 ***
## currentSmoker
                        -6.513e-01 3.532e-01 -1.844 0.06516 .
## BPMeds
                         2.119e-01 2.308e-01
                                                0.918 0.35837
## prevalentStroke
                         6.649e-01 4.885e-01
                                                1.361 0.17353
## prevalentHyp
                         2.249e-01 1.395e-01
                                                1.613 0.10682
                         5.321e-01 2.526e-01
## diabetes
                                                2.107 0.03513 *
## heartRate
                        -2.832e-03 4.207e-03 -0.673 0.50086
## ---
## Signif. codes: 0 '***' 0.001 '**' 0.05 '.' 0.1 ' ' 1
##
## (Dispersion parameter for binomial family taken to be 1)
##
      Null deviance: 3120.5 on 3655 degrees of freedom
## Residual deviance: 2762.4 on 3640 degrees of freedom
## AIC: 2794.4
##
## Number of Fisher Scoring iterations: 5
```

confint(firstOrder)

prevalentHyp

diabetes

heartRate

```
## Waiting for profiling to be done...
##
                                  2.5 %
                                                97.5 %
## (Intercept)
                           -33.90406508 -22.141893322
## log(age)
                             2.64652048
                                           4.010310583
## log(cigsPerDay + 0.5)
                             0.11923074
                                           0.506843859
## log(totChol)
                            -0.08663639
                                           1.014512208
## log(sysBP)
                             1.09860138
                                           3.329227831
## log(BMI)
                            -0.56823616
                                           0.799664725
## diaBP
                            -0.01605176
                                          0.009101456
## glucoseClean
                          -275.60632779
                                         33.442664052
## education
                            -0.14535100
                                          0.047657628
                             0.31979129
                                           0.745331928
## male
## currentSmoker
                            -1.36225377
                                           0.024054379
## BPMeds
                                           0.657783586
                            -0.24885602
## prevalentStroke
                            -0.32942754
                                           1.610513930
```

-0.04906419

0.02906357

-0.01113002

The summary shows that out of all regressor variables, only $\log(\text{age})$, $\log(\text{cigsPerDay} + 0.5)$, $\log(\text{sysBP})$, and male are significant with diabetes being marginally significant. The confidence intervals for these variables are also provided above.

0.497912846

1.021269485

0.005366116

Visual Summary and Diagnostics

The first plot (Residuals VS Fitted Values) shows a slight curvature and that the spread is approximately constant. There is slight evidence of heteroscedasticity.

0.00

0.02

0.04

Leverage

0.06

The second plot (Residuals VS Leverage) plot shows no significant outliers.

0

1

-2

Predicted values

Improvements - Stepwise Regression and Interaction Effects

For improving the model, we first do a stepwise regression without the interaction effects and then proceed by introducing interactions to the "filtered-out" model.

```
# Centering numerical variables
cleanData$centeredLogAge = log(cleanData$age) - mean(log(cleanData$age))
cleanData$centeredLogCigsPerDay = log(cleanData$cigsPerDay + 0.5) -
                                  mean(log(cleanData$cigsPerDay + 0.5))
cleanData$centeredLogTotChol = log(cleanData$totChol) - mean(log(cleanData$totChol))
cleanData$centeredLogSysBP = log(cleanData$sysBP) - mean(log(cleanData$sysBP))
cleanData$centeredLogDiaBP = log(cleanData$diaBP) - mean(log(cleanData$diaBP))
cleanData$centeredLogBMI = log(cleanData$BMI) - mean(log(cleanData$BMI))
cleanData$centeredLogGlucose = log(cleanData$glucoseClean) -
                               mean(log(cleanData$glucoseClean))
# Interaction effects
modelWithoutInteractions = glm(TenYearCHD ~ centeredLogAge +
                                            centeredLogCigsPerDay +
                                            centeredLogTotChol +
                                            centeredLogSysBP +
                                            centeredLogDiaBP +
                                            centeredLogBMI +
                                            centeredLogGlucose +
                                            currentSmoker +
                                            BPMeds +
                                            prevalentStroke +
                                            prevalentHyp +
                                            diabetes,
                                            family="binomial",
                                            data=cleanData)
# Stepwise regression with no interactions using BIC criterion
# NOTE: `trace=0` disables the traceback functionality of the `step` function
stepwiseWithoutInteractions = step(modelWithoutInteractions,
                                   direction="both",
                                   k=log(dim(cleanData)[1]),
                                   trace=0)
stepwiseWithoutInteractions
##
## Call: glm(formula = TenYearCHD ~ centeredLogAge + centeredLogCigsPerDay +
##
       centeredLogSysBP + centeredLogGlucose + male, family = "binomial",
       data = cleanData)
##
##
## Coefficients:
##
                                 centeredLogAge centeredLogCigsPerDay
             (Intercept)
##
                 -2.2331
                                         3.4869
                                                                 0.1308
##
        centeredLogSysBP
                             {\tt centeredLogGlucose}
                                                                   male
                                        -0.5856
                                                                 0.5480
##
                  2.6211
```

```
##
## Degrees of Freedom: 3655 Total (i.e. Null); 3650 Residual
## Null Deviance: 3121
## Residual Deviance: 2773 AIC: 2785
```

Due to having 15 predictor variables, we first apply the stepwise procedure using the BIC criterion (to eliminate insignificant ones) and then proceed by introducing interaction effects. The retained predictors are centeredLogAge, centeredLogCigsPerDay, centeredLogSysBP, centeredLogGlucose, and male.

Final Model

##

-2.2331318

```
##
  Call: glm(formula = TenYearCHD ~ centeredLogAge + centeredLogCigsPerDay +
##
       centeredLogSysBP + centeredLogGlucose + male, family = "binomial",
##
       data = cleanData)
##
##
## Coefficients:
##
             (Intercept)
                                  centeredLogAge centeredLogCigsPerDay
##
                 -2.2331
                                          3.4869
                                                                  0.1308
##
        centeredLogSysBP
                              centeredLogGlucose
                                                                    male
##
                  2.6211
                                         -0.5856
                                                                  0.5480
## Degrees of Freedom: 3655 Total (i.e. Null); 3650 Residual
## Null Deviance:
                        3121
## Residual Deviance: 2773 AIC: 2785
```

In this case, we have included the interaction effects. That said, the stepwise regression could not find any significant interactions and therefore, has not included any in the final model. Thus, our optimal model does not contain interaction effects. The model parameters are centeredLogAge, centeredLogCigsPerDay, centeredLogSysBP, centeredLogGlucose, and male.

NOTE: Interestingly, the dataset has something known as a perfect separation. It is also known as a Hauck-Donner phenomenon.

```
# Same coefficients
stepwiseWithoutInteractions$coefficients
## (Intercept) centeredLogAge centeredLogCigsPerDay
```

3.4869423

```
##
        centeredLogSysBP
                              centeredLogGlucose
                                                                      male
##
                2.6211308
                                       -0.5855547
                                                                0.5480394
stepwiseWithInteractions$coefficients
##
                                   centeredLogAge centeredLogCigsPerDay
              (Intercept)
##
               -2.2331318
                                        3.4869423
                                                                0.1307796
##
        {\tt centeredLogSysBP}
                              {\tt centeredLogGlucose}
                                                                      male
                2.6211308
                                       -0.5855547
                                                                0.5480394
##
```

As shown above, the model without interactions is the same as the model with interactions (since the stepwise regression did not add any interaction effects).

Numerical Summary

data = cleanData)

```
summary(stepwiseWithInteractions)

##
## Call:
## glm(formula = TenYearCHD ~ centeredLogAge + centeredLogCigsPerDay +
```

Estimate Std. Error z value Pr(>|z|)

centeredLogSysBP + centeredLogGlucose + male, family = "binomial",

```
## Deviance Residuals:
## Min 1Q Median 3Q Max
## -1.6358 -0.6016 -0.4326 -0.2829 2.9994
##
```

Coefficients:

##

##

##

```
## (Intercept)
                         -2.23313
                                     0.07925 -28.180 < 2e-16 ***
## centeredLogAge
                          3.48694
                                     0.33194 10.505 < 2e-16 ***
## centeredLogCigsPerDay 0.13078
                                     0.02928
                                               4.466 7.95e-06 ***
## centeredLogSysBP
                                               8.323 < 2e-16 ***
                          2.62113
                                     0.31492
## centeredLogGlucose
                                     0.15366 -3.811 0.000139 ***
                         -0.58555
## male
                          0.54804
                                     0.10352
                                               5.294 1.20e-07 ***
## ---
                  0 '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1
## Signif. codes:
##
```

(Dispersion parameter for binomial family taken to be 1)

Null deviance: 3120.5 on 3655 degrees of freedom
Residual deviance: 2773.3 on 3650 degrees of freedom
AIC: 2785.3

AIC: 2705.3

Number of Fisher Scoring iterations: 5

confint(stepwiseWithInteractions)

Waiting for profiling to be done...

```
## centeredLogGlucose -0.8860464 -0.2827265
## male 0.3456040 0.7515869
```

All of the predictor variables are significant. The final AIC value is 2785.3. There were no significant interactions. That said, we have reduced the number of predictor variables from 15 to 5. This is a big improvement as the complexity of the model went down significantly.

P-value for centeredLogAge is less than 2*10-16. The standard error is 0.332.

P-value for centeredLogCigsPerDay is $7.95 * 10^{-6}$. The standard error is 0.029.

P-value for centered LogSysBP is less than $2*10^{-16}$. The standard error is 0.315.

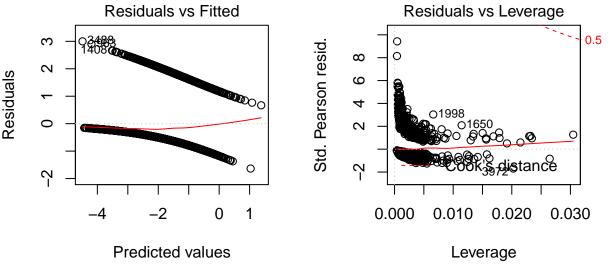
P-value for centeredLogGlucose is 0.000139. The standard error is 0.154...

P-value for male is $1.20 * 10^{-7}$. The standard error is 0.104.

The confidence intervals are shown above.

Visual Summary and Diagnostics

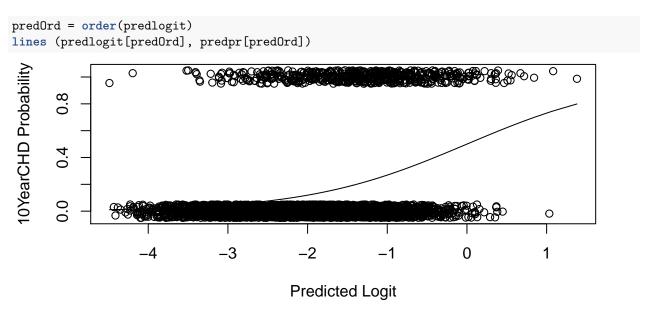
```
par(mfrow=c(1,2))
plot(stepwiseWithInteractions, which = c(1,5))
```



The first plot (Residuals VS Fitted Values) shows slight curvature and that the spread is approximately constant. There is slight evidence of heteroscedasticity.

The second plot (Residuals VS Leverage) plot shows no significant outliers.

General Plot of Response VS Predicted



In the plot above, we see that the probability of the risk of a heart disease in the next 10 year increases with age, cigsPerDay, sysBP, glucose, and changes depending on the gender of a person.

Deviance Test of Lack of Fit

[1] 1

There is no significant lack of fit in either the first model (firstOrder) or the final model (stepwiseWithInteractions) as p > 0.05 in both cases.

Likelihood Ratio Test

[1] 0

Both first and final models have significant effects on TenYearCHD as the p-value is less than 0.05.

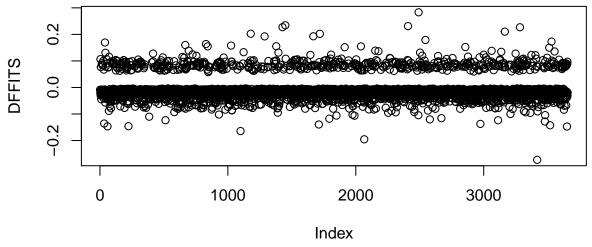
Hat Matrix Diagonals

```
thresholdHatMatrix = 2 * length(stepwiseWithInteractions$coefficients) /
                        length(cleanData$diabetes)
plot(hatvalues(stepwiseWithInteractions),
      col=(hatvalues(stepwiseWithInteractions) > thresholdHatMatrix) + 1)
hatvalues(stepwiseWithInteractions)
      0.030
                                                           0
                                        O
      0.015
      0.000
              0
                                  1000
                                                       2000
                                                                            3000
                                                   Index
# Number of the data points of concern
```

[1] 291

There are 291 data points of concern which is approximately 8% of the total data and can be considered relatively negligible when compared to the overall size of the data.

DFFITS



```
# Data points of concern
length(DFFITS[DFFITS > thresholdDFFITS])
```

[1] 0

According to DFFITS criterion, the dataset contains no outliers.

VIF (Variance Inflation Factor)

```
car::vif(stepwiseWithInteractions)

## centeredLogAge centeredLogCigsPerDay centeredLogSysBP
## 1.176449 1.198061 1.141355

## centeredLogGlucose male
## 1.018349 1.130991
```

The VIF values for all parameters (the second column in the output) are less than 5 meaning that there is no indication of a problematic amount of collinearity.

10-Fold Cross-Validation

```
data=trainData)

# If prob > 0.5 then 1, else 0
results = ifelse(predict(model, testData) > 0.5, 1, 0)

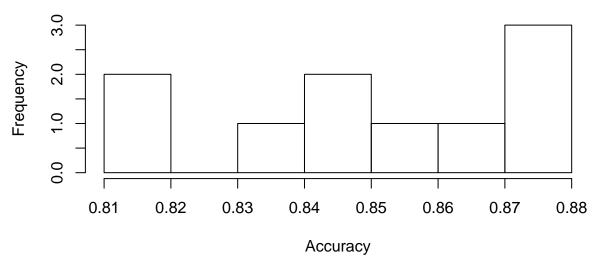
# Actual answers
answers = testData$TenYearCHD

# Calculate average accuracy
accuracy[i] = mean(answers == results)
}

# Average accuracy
mean(accuracy)

## [1] 0.8490149
```

Model Accuracy – LOOCV



The 10-fold cross-validation of the model yields 85% percent accuracy which, once again, tells us that the model has a high accuracy when predicting 10-year risk of a coronary heart disease.

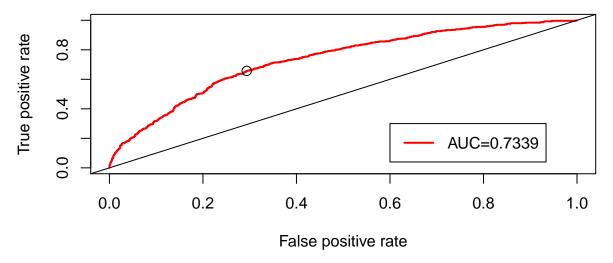
The histogram of model accuracy is shown above.

ROC Curve

```
par (mfrow=c(1,1))
library(ROCR)

## Loading required package: gplots
##
```

```
## Attaching package: 'gplots'
## The following object is masked from 'package:stats':
##
##
       lowess
pred1 <- prediction(stepwiseWithInteractions$fitted.values, stepwiseWithInteractions$y)</pre>
perf1 <- performance(pred1,"tpr","fpr")</pre>
auc1 <- performance(pred1, "auc")@y.values[[1]]</pre>
auc1
## [1] 0.7338946
plot(perf1, lwd=2, col=2)
abline(0,1)
legend(0.6,
       c(paste ("AUC=", round (auc1, 4), sep="")),
       lwd=2,
       col=2)
# Extract the X and Y values from the ROC plot, as well as the probability cutoffs
roc.x = slot (perf1, "x.values") [[1]]
roc.y = slot (perf1, "y.values") [[1]]
cutoffs = slot (perf1, "alpha.values") [[1]]
auc.table = cbind.data.frame(cutoff=pred1@cutoffs,
                             tp=pred1@tp,
                             fp=pred1@fp,
                             tn=pred1@tn,
                             fn=pred1@fn)
names (auc.table) = c("Cutoff", "TP", "FP", "TN", "FN")
auc.table$sensitivity = auc.table$TP / (auc.table$TP + auc.table$FN)
auc.table$specificity = auc.table$TN / (auc.table$TN + auc.table$FP)
auc.table$FalsePosRate = 1 - auc.table$specificity
auc.table$sens_spec = auc.table$sensitivity + auc.table$specificity
# Find the row(s) in the AUC table where sensitivity + specificity is maximized
auc.best = auc.table [auc.table$sens_spec == max (auc.table$sens_spec),]
auc.best
##
          Cutoff TP FP TN FN sensitivity specificity FalsePosRate
## 936 0.1656945 366 910 2189 191
                                    0.6570916 0.7063569
       sens_spec
## 936 1.363448
# Plot the maximum point(s) on the ROC plot
points (auc.best$FalsePosRate, auc.best$sensitivity, cex=1.3)
```



The ROC curve suggests the predictive ability of this model is better than random guessing since the AUC Value(0.734) is larger than 0.5. The optimal cutoff for classification is a fitted probability of 0.166, which has a false positive rate (1 - specificity) of 0.294, and a true positive rate (sensitivity) of 0.657 (the point is shown as a black circle on the ROC curve).

Conclusions

We have analyzed the dataset with over 4000 data points (3656 without NA values) with the goal of determining the best model for predicting the risk of coronary heart disease within the following 10 years of examination. Our initial model had 15 regressor variables with the response (10YearCHD). After applying stepwise regression, the final model retained 5 regressor variables which has drastically reduced the complexity of the model while maintaining accurate predictive properties. A number of diagnostic tests including DFFITS, Hat Matrix Diagonals, and 10-Fold Cross-Validation which were performed and have successfully verified the high accuracy of prediction for this model. The ROC curve also suggests that the model has high accuracy of prediction.

Additional improvements could potentially be made by further analysis of the dataset. Some of the questions that have not been addressed in the analysis and the routes of exploration could include:

- Why are there no significant interactions between the variables?
- Would the accuracy of the model improve if one refits the model without the outliers highlighted by the Hat Matrix diagnostic test?
- Why is there a perfect separation in the dataset?