```python
def assess_outliers(data, title):
    features = ['Glucose', 'BMI', 'Age', 'Insulin']

    plt.figure(figsize=(12, 5))
    sns.boxplot(data=data[features])
    plt.title(title, fontsize=14)
    plt.xticks(rotation=45)
    plt.tight_layout()
    plt.show()
```

[14]   ✓ 0.0s   Python

```python
print("Visualization 1: Before Outlier Treatment")
assess_outliers(data , "Before Outlier Treatment")
```

[15]   ✓ 0.2s   Python

Visualization 1: Before Outlier Treatment

```python
def treat_outliers(data):
    df = data.copy()
    features = ['Glucose', 'BMI', 'Age', 'Insulin']

    for col in features:
        Q1 = df[col].quantile(0.25)
        Q3 = df[col].quantile(0.75)
        IQR = Q3 - Q1

        lower = Q1 - 1.5 * IQR
        upper = Q3 + 1.5 * IQR

        df[col] = df[col].clip(lower, upper)

    return df
```

```python
treated_data = treat_outliers(data)
```

```python
assess_outliers(
    treated_data,
    title="Boxplot after Outlier Treatment"
)
```
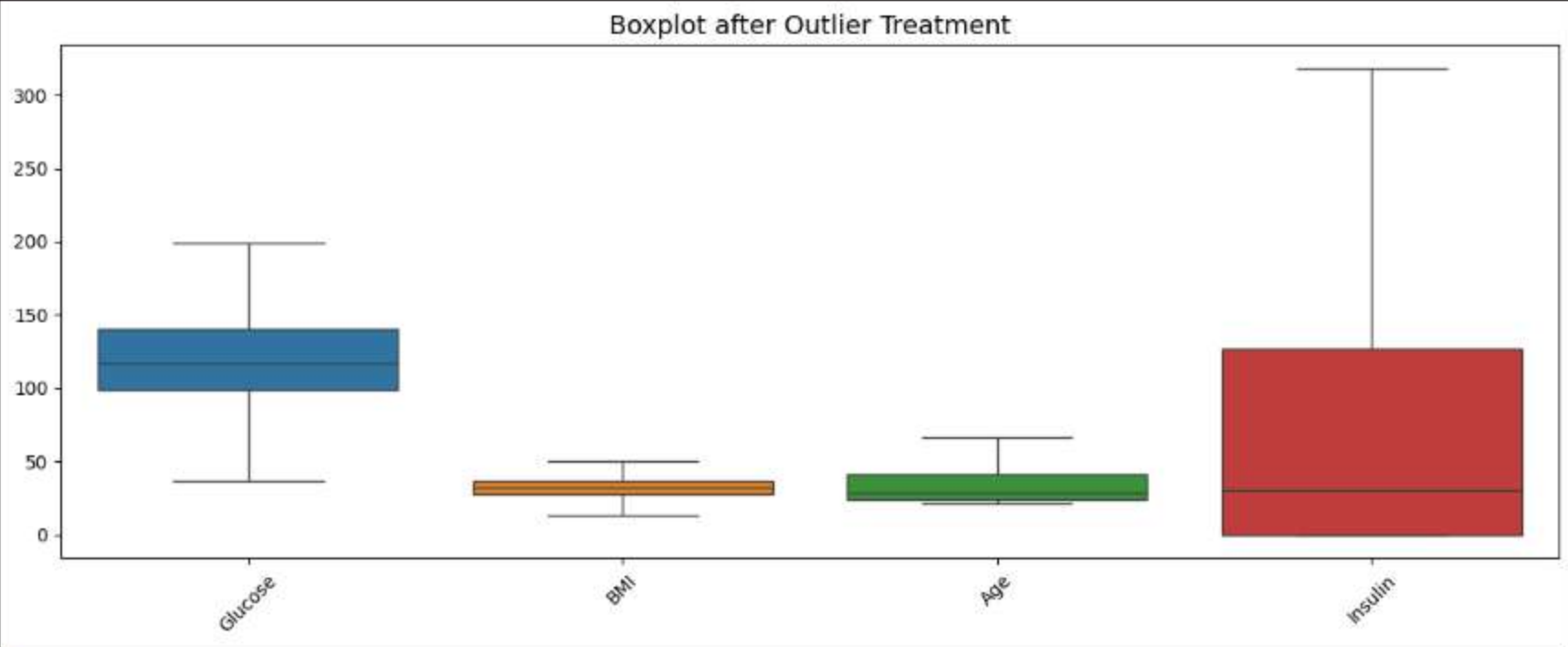

Boxplot after Outlier Treatment