**Findings and Recommendations: Understanding Diabetes Risks and Management**

**Key Findings:**

1. **Importance of Regular Health Checkups**:
   * People without diabetes often take proactive steps like regular cholesterol and general health checkups. Staying active physically also seems to reduce the chances of developing diabetes.
   * Those with diabetes also prioritize health by getting checkups and including vegetables in their diet, showing their efforts to maintain a healthier lifestyle.
2. **Relationship of Diabetes with Other Conditions**:
   * We found that there is a strong correlation between the prevalence of Diabetes and High BP as well as Diabetes and High Cholesterol – indicating that having one increases the chance of having the other.
3. **Identifying Risky Profiles**:
   * Some individuals show signs that put them at higher risk of developing diabetes, even if they are not yet diagnosed. These cases highlight the need to act before it’s too late.
4. **Suggestions for Health Improvements**:
   * We created a way to find similar profiles through the recommender system, so someone who is leading a lifestyle and having the same risks as someone else who has been diagnosed with diabetes, can take pre-emptive steps before they have a diabetes diagnosis. It would be good to make such surveys more accessible to the public so high risk albeit health seeking individuals can use it to get an early warning.
5. **Gender Observations**:
   * Women in the group were generally healthier than men and had lower rates of diabetes and the overall numbers are indicative of the actual numbers in the US with 1 in 10 people on an average being diabetic.

**Recommendations:**

1. **Promote Regular Health Checks**:
   * Encourage people, especially those at higher risk, to get regular checkups like cholesterol tests and general health assessments.
2. **Raise Awareness About Healthy Living**:
   * Create programs that promote active lifestyles and balanced diets, focusing on the benefits of eating vegetables and staying physically active.
3. **Act Early to Prevent Diabetes**:
   * Help people with multiple risk factors take steps early to avoid diabetes instead of waiting for health issues to develop.
4. **Personalized Lifestyle Advice**:
   * Use our findings to provide individuals with tailored advice based on the habits of healthier people who share similar characteristics.

**Conclusion:**

Preventing diabetes is possible through early action, healthier habits, and greater awareness. This project shows how simple steps like regular health checks, better diets, and physical activity can make a big difference. Encouraging these changes can help reduce the impact of diabetes and improve overall community health.