# Independent Features and Target Variable Details

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| Column Name | Feature Type | Description |
| ID | Independent | Unique identifier for each individual. |
| Age | Independent | Age of the individual (in years). |
| Gender | Independent | Gender of the individual (Male, Female, Other). |
| Ethnicity | Independent | Ethnic background of the individual (Asian, African, Caucasian, etc.). |
| Region | Independent | Geographic region (North America, Europe, Asia, Africa, etc.). |
| BMI | Independent | Body Mass Index of the individual. |
| Hypertension | Independent | Whether the individual has hypertension (1 for Yes, 0 for No). |
| Diabetes | Independent | Whether the individual has diabetes (1 for Yes, 0 for No). |
| Omega\_3\_Intake | Independent | Average daily intake of Omega-3 (mg/day). |
| Vitamin\_D\_Intake | Independent | Average daily intake of Vitamin D (IU/day). |
| Protein\_Intake | Independent | Average daily protein intake from aquatic sources (g/day). |
| Genetic\_Risk\_Score | Independent | Aggregated genetic risk score for diseases (0-1 scale). |
| Diet\_Type | Independent | General diet preference (Vegetarian, Pescatarian, Omnivore). |
| Projected\_Risk\_Reduction | Independent | Estimated percentage reduction in disease risk due to enhanced nutrition. |
| Years\_Followed | Independent | Number of years included in the health outcome projection. |
| Outcome\_Health\_Score | Target | Composite score representing overall projected health (higher is better). |