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A LOOK AT OBESITY AND NUTRITION

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OVERVIEW

1. Dataset Description

- i** This project uses multiple datasets about obesity, consumption and nutrition to present a narrative on incorrect food choices being made by the average population and provides suggestions on consuming the right products to live a healthy life

2. Stories the Visualization aims to answer

- i** The story will start from the world and end up in icafe! The prevalence of obesity is very high in USA compared to other countries around the world. The dataset will visualize how the consumption of average American changed overtime and how do we make the right choices when it comes to preventing obesity

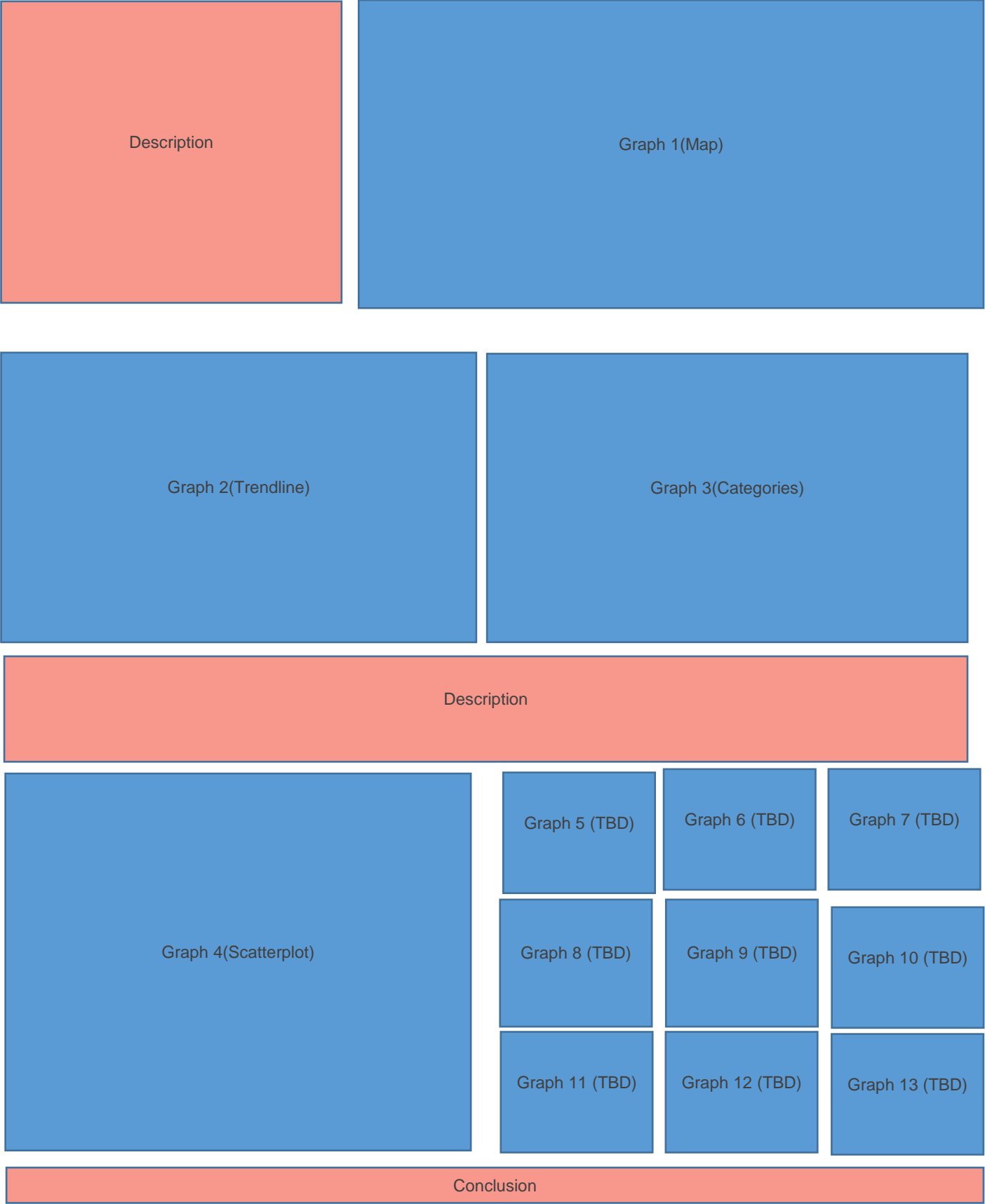
3. Audience

- i** Audience would be anyone who is interested in making the right dietary choices, staying fit and keeping control of his weight

4. Questions

- i**
 1. Which countries around the world have high prevalence of obesity?
 2. What has changed in the food consumption pattern of Americans over time?
 3. How much of calories are Americans consuming in 2010 as compared to 1980
 4. What is food score and which foods are considered unhealthy according to food score

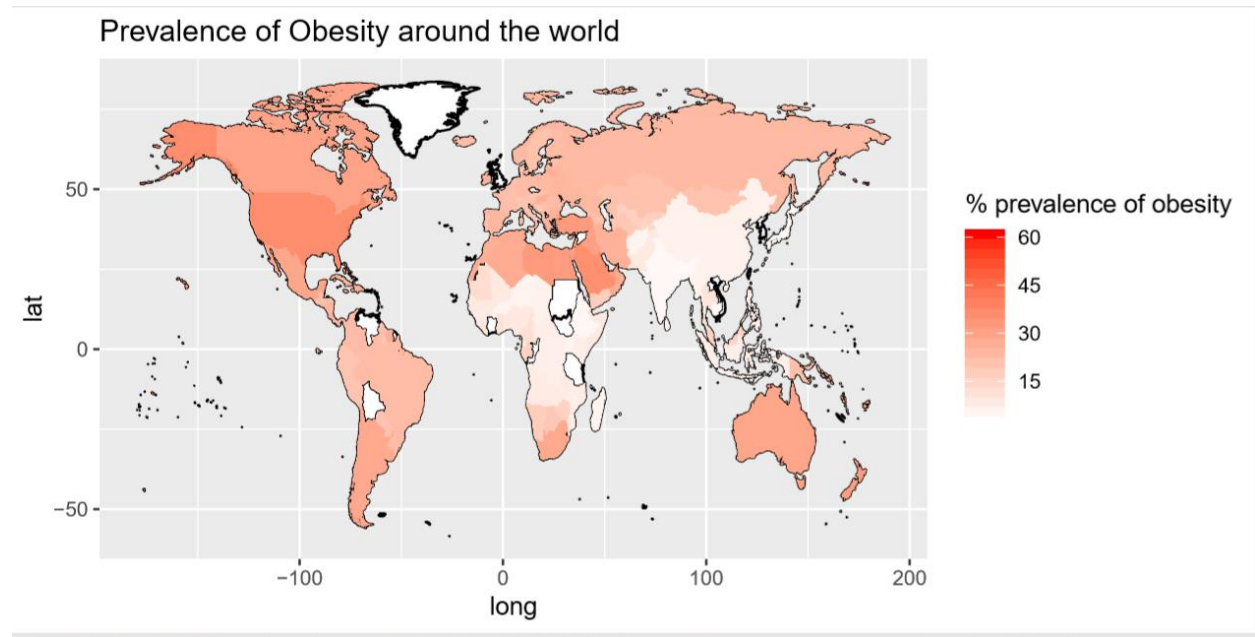
5. Layout



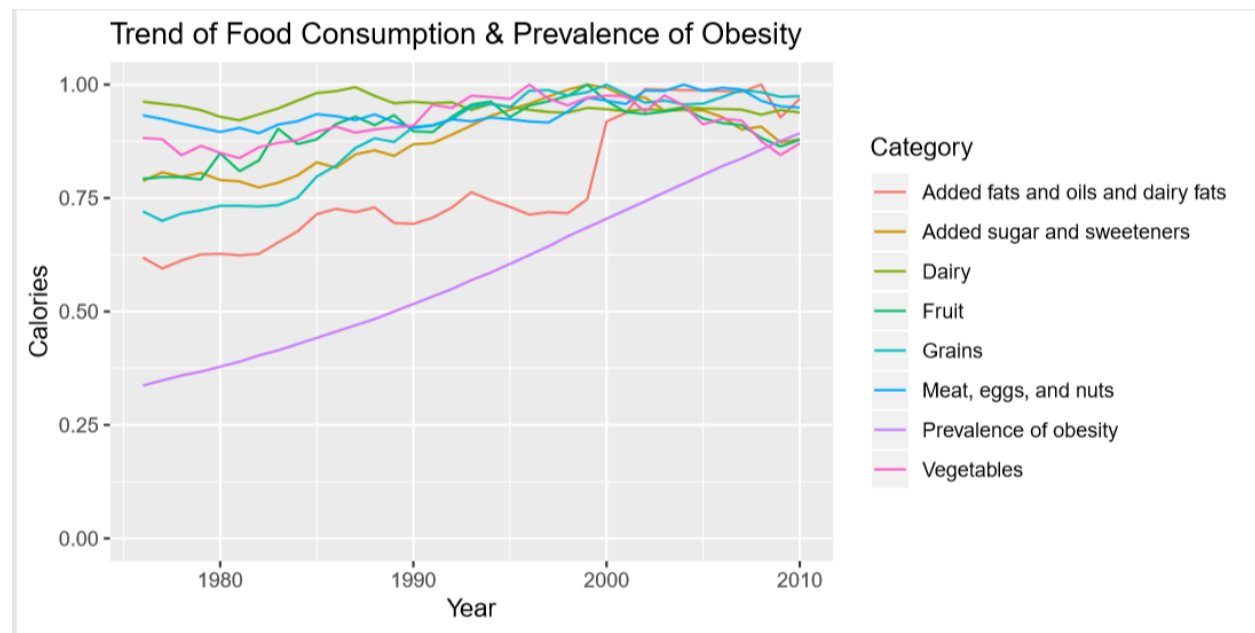
Graphs:

Currently I have made only 4 graphs however I plan to have more number of graphs.

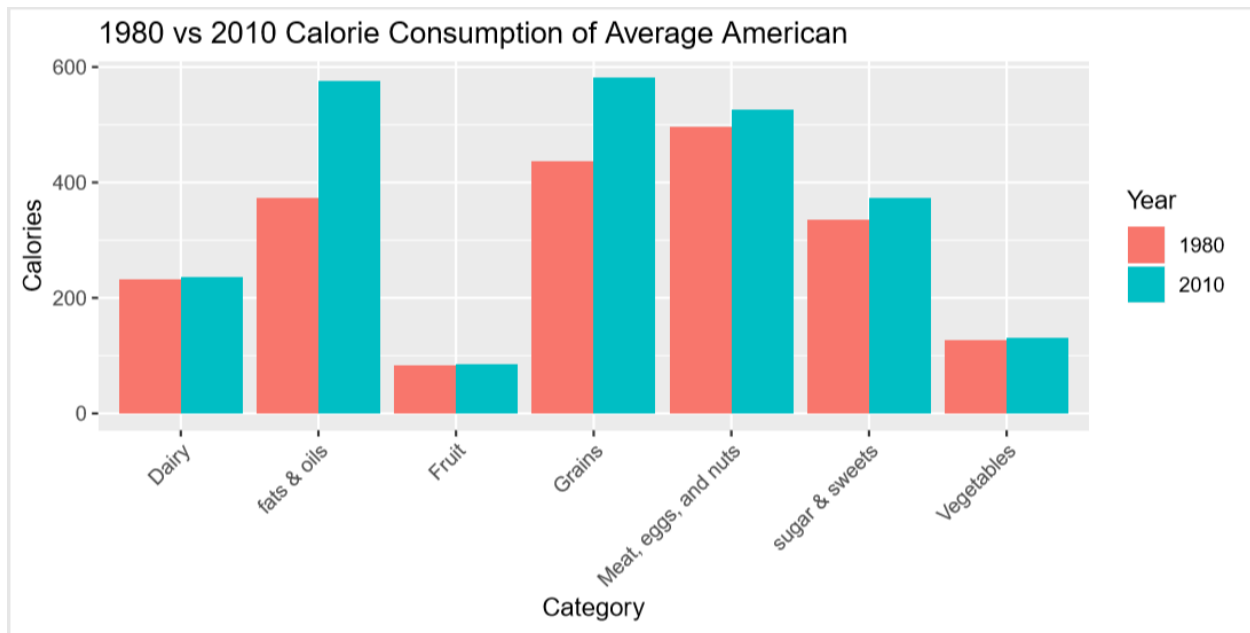
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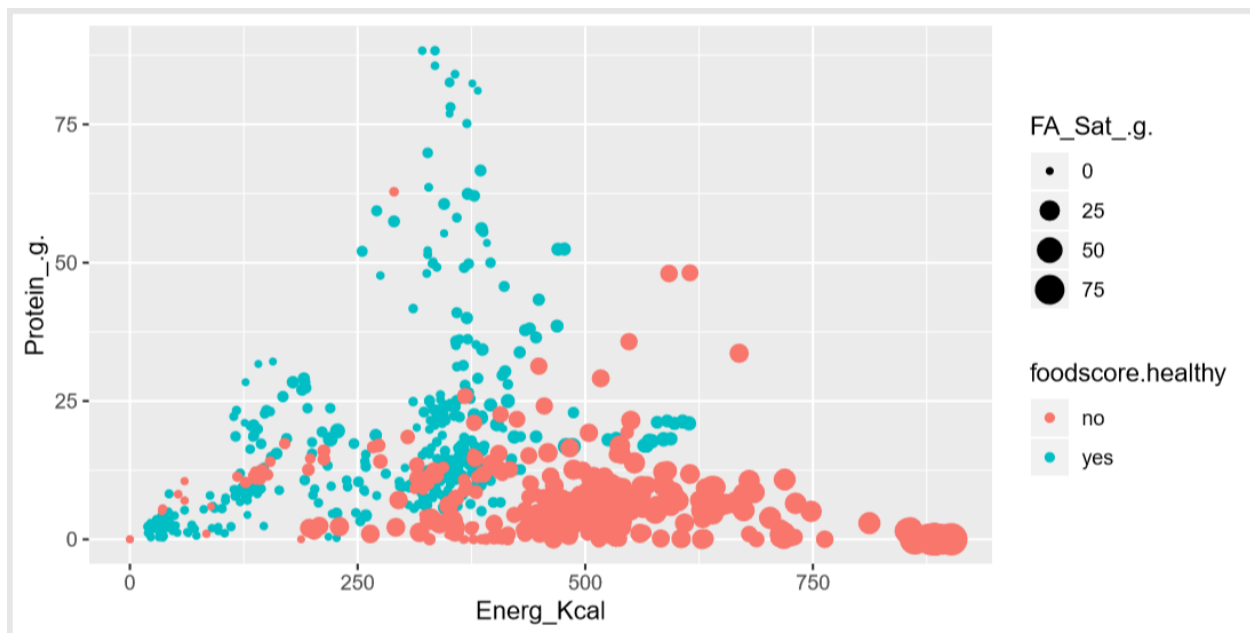
2. What has changed in the food consumption pattern of Americans over time?



3. How much of calories are Americans consuming in 2010 as compared to 1980



4. What is food score and which foods are considered unhealthy according to food score



FA_Sat stands for saturated fats and foodscore healthy is yes if the foodscore is positive otherwise no.

References:

https://s3.amazonaws.com/files.mynetdiary.com/food_score_research.pdf

<https://wwwn.cdc.gov/nchs/nhanes/search/datapage.aspx?Component=Dietary&CycleBeginYear=2015>

<https://www.ers.usda.gov/data-products/data-visualizations/>