-- (Opcional) Crie a tabela com tipos adequados

CREATE TABLE health\_metrics (

age INT,

gender VARCHAR(10),

ethnicity VARCHAR(30),

education\_level VARCHAR(30),

income\_level VARCHAR(30),

employment\_status VARCHAR(20),

smoking\_status VARCHAR(20),

alcohol\_consumption\_per\_week INT,

physical\_activity\_minutes\_per\_week INT,

diet\_score DECIMAL(4,1),

sleep\_hours\_per\_day DECIMAL(4,1),

screen\_time\_hours\_per\_day DECIMAL(4,1),

family\_history\_diabetes TINYINT, -- 0/1

hypertension\_history TINYINT, -- 0/1

cardiovascular\_history TINYINT, -- 0/1

bmi DECIMAL(5,1),

waist\_to\_hip\_ratio DECIMAL(4,2),

systolic\_bp INT,

diastolic\_bp INT,

heart\_rate INT,

cholesterol\_total INT,

hdl\_cholesterol INT,

ldl\_cholesterol INT,

triglycerides INT,

glucose\_fasting INT,

glucose\_postprandial INT,

insulin\_level DECIMAL(6,2),

hba1c DECIMAL(4,2),

diabetes\_risk\_score DECIMAL(5,1),

diabetes\_stage VARCHAR(20), -- ex: 'Type 2', 'No Diabetes'

diagnosed\_diabetes TINYINT -- 0/1

);

-- IMPORTANDO (ajuste o caminho do arquivo!)

LOAD DATA LOCAL INFILE 'C:/caminho/para/seu\_arquivo.csv'

INTO TABLE health\_metrics

FIELDS TERMINATED BY ','

OPTIONALLY ENCLOSED BY '"'

LINES TERMINATED BY '\n'

IGNORE 1 LINES

(

age, gender, ethnicity, education\_level, income\_level, employment\_status,

smoking\_status, alcohol\_consumption\_per\_week, physical\_activity\_minutes\_per\_week,

diet\_score, sleep\_hours\_per\_day, screen\_time\_hours\_per\_day, family\_history\_diabetes,

hypertension\_history, cardiovascular\_history, bmi, waist\_to\_hip\_ratio, systolic\_bp,

diastolic\_bp, heart\_rate, cholesterol\_total, hdl\_cholesterol, ldl\_cholesterol,

triglycerides, glucose\_fasting, glucose\_postprandial, insulin\_level, hba1c,

diabetes\_risk\_score, diabetes\_stage, diagnosed\_diabetes

);