

Table 1: Summary of the data	
Variable	Description
Age	Age in years
Gender	Male, Female
Height	Height in cm
Weight	Weight in kg
BMI	Body Mass Index (kg/m ²)
Waist	Waist circumference in cm
BP	Blood pressure (mmHg)
HeartRate	Heart rate in beats per minute
Glucose	Glucose level in mg/dL
Cholesterol	Cholesterol level in mg/dL
Triglycerides	Triglyceride level in mg/dL
HDL	HDL cholesterol level in mg/dL
LDL	LDL cholesterol level in mg/dL
CRP	C-reactive protein level in mg/dL
Insulin	Insulin level in mU/L
HbA1c	Hemoglobin A1c level in %
Diabetes	Diabetes status (Yes/No)
HeartDisease	Heart disease status (Yes/No)
Stroke	Stroke status (Yes/No)
Angina	Angina status (Yes/No)
Arthritis	Arthritis status (Yes/No)
ChronicDisease	Chronic disease status (Yes/No)
Smoker	Smoker status (Yes/No)
Alcohol	Alcohol consumption (Yes/No)
Exercise	Exercise status (Yes/No)
Stress	Stress level (Yes/No)
Sleep	Sleep status (Yes/No)
Depression	Depression status (Yes/No)
Loneliness	Loneliness status (Yes/No)
QualityOfLife	Quality of life score (0-100)