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Advancing Healthcare Predictions: Harnessing Machine Learning for Accurate Health Index Prognosis

[1]Dr. P. Bhaskar
Professor,
Department of CSE
QIS College of Engineering and Technology(A),
Ongole Andhra Pradesh–523001, India

[2]V. S. Rithesh Kumar Burramsetty; [3]Bhavya Pinnaka; [4]Brahma Teja Kalapala; [5]V. S. Sudheer Kumar Tanguturi
Department of IT, QIS College of Engineering and Technology(A),
Ongole Andhra Pradesh–523001, India

Abstract:- This study investigates how machine learning (ML) techniques may be used to forecast health indicators' accuracy, which is important for efficient medical monitoring and diagnosis. Numerous machine learning techniques, such as Support Vector Machines and Random Forest, are evaluated by using a heterogeneous dataset that includes vital signs, lab findings, and patient information. Model performance is optimised by careful preprocessing and feature engineering, which includes managing missing variables and normalisation. Model accuracy is further improved via hyperparameter tuning strategies, which are measured using metrics like precision and recall. The findings show that machine learning (ML) models can accurately predict health index accuracy, which may help with early illness identification and individualised treatment plans. The study highlights the potential of machine learning in healthcare decision-making and provides guidance for raising the standard of patient care. Future projects could look into adding more functionality and integrating real-time data for.

***Keywords**:- LSTM, Random Forest, Gradient Boosting, Decision Tree, Linear Regression.*

I. INTRODUCTION

Understanding screen time patterns is essential for evaluating and enhancing general well-being in the modern digital age. With the use of a wide range of dataset that includes variables like age, income, social media usage, entertainment intake, stress levels, and usage length, this study aims to explore the complex patterns of screen time behaviour. Using machine learning (ML) models such as Linear Regression, Long Short-Term Memory LSTM, the main goal is to predict health indicators based on real-time data.

This Screen on time has been connected to a number of health consequences, including obesity and a higher Body Mass Index (BMI), and is frequently associated with sedentary lifestyles. Studies indicate that high levels of screen time, regardless of physical activity, may be linked to higher BMI percentiles. Therefore, in order to develop methods to reduce possible hazards and encourage healthy usage habits, it is imperative to comprehend the complex links between patterns of screen time and health indicators.

The usefulness of existing machine learning models such as Decision Trees, VGG16, and Efficient Net is evaluated. Although VGG16 and Efficient Net are primarily intended for image classification tasks, they are less appropriate for the tabular data supplied in this project, even if Decision Trees are an efficient way to record feature interactions.

The suggested machine learning methods are carefully chosen to fit the properties of the dataset. Traditional recurrent neural networks' short-term memory constraints are addressed by LSTM, whereas Linear Regression offers insights into feature contributions. When it comes to predictive modelling across a variety of datasets, methods provide stability and adaptability.

The project's culmination is a thorough results analysis that reveals informative trends and connections between screen-time habits and health indicators. By creating an intuitive online interface using Streamlit, users can explore and apply predictive models more easily and interactively, which improves accessibility.

To sum up, this investigation has important ramifications for fostering digital well-being in addition to illuminating the intricate dynamics of screen time behaviour. It opens the door for more research and useful applications in digital behaviour analysis and prediction by utilising ML approaches and multidisciplinary insights, eventually advancing public health activities in the digital age.

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II. RELATED WORKS

This study attempts to accurately forecast health status using BMI,Utilising a dataset of persons as old as seventy, the research predicts health status with an accuracy of almost ninety percent. The model makes use of BMI that is determined by the user's weight and height and uses machine learning methods like linear regression and random forest. [1]The results demonstrate the effectiveness of these techniques in predicting health status, with Linear Regression achieving an 84% accuracy and Random Forest achieving a higher 91% accuracy.

Six supervised machine learning techniques are used to predict CVD: Improved accuracy is seen when two Blood pressure and body mass index are two health risk factors. —are added to the dataset. Critical risk indicators are found by using feature selection approaches. Achieving the best CVD prediction results from the dataset is the main goal of the study,[2] which highlights how crucial efficient feature extraction and selection are to raising predictive performance.

The goal of this project is to create a portable diagnostic device that can measure vital signs such blood pressure, blood glucose content, temperature, pulse rate, blood oxygen saturation level, and body mass index (BMI). The system uses machine learning (ML) algorithms to forecast potential health issues so that proactive [3]preventative care can be implemented. The study uses the Utilising the UCI Machine Learning Repository, the Pima Indian Diabetes Dataset (PIDD) to demonstrate the efficacy of core health parameters in disease prediction, specifically in the case of diabetes. The algorithm is used for prediction in both complete and core parameter datasets, highlighting its usefulness in predictive healthcare analytics.

The system achieves excellent accuracy, 97% with K Nearest Neighbour, 96%[4] with Random Forest, and 95% with Decision Tree algorithms, by utilising Ml,models. The research highlights the effectiveness of machine learning techniques in predicting health state based on BMI by utilizing.

The work intends to improve RUL forecast accuracy and build a robust health index by putting forth a strategy that combines accurate degradation modelling with multi-source degradation [5]data fusion. The method develops the RUL distribution expression based on the first striking time distribution of the Wiener process and entails deep fusion of degradation data from several sources.

With the growth of big data, the application of machine learning theory to illness prediction has become more common in the healthcare industry.[6] Notably, the use of Disease Risk and prediction of the cost Models (DRCPM) has become well-known in the market for predicting patient medical costs and the prevalence rates of chronic diseases. By using a Genetic Algorithm (GA) to optimise the parameters and weights for models, this work improves upon DRCPM by producing the GAXGBoostRF predicting the model. The model's strong predictive skills are demonstrated by the experimental findings, which show an With a million case dataset, the average prediction accuracy was 99.74%, while the prediction variation was 1.7%..

The goal of this systematic review was to give evidence-based recommendations by looking at the relationship between health, fitness, and physical activity in kids and teenagers in school. 11,088 prospective publications were found through literature searches across 7 health indicators, such as depression and obesity. Data for 113 outcomes were extracted from 86 eligible studies and assessed according to predetermined standards. The findings showed that physical exercise had a substantial positive impact on health, with dose-response associations suggesting that benefits grow with more activity. A minimum of 60 minutes a day of moderate to intense exercise is advised, with an emphasis on cardiovascular activities complemented with bone and muscle strengthening routines. Activities with a high level of intensity are recommended for additional advantages, especially for high-risk persons.

With an emphasis This systematic review critically evaluates Canada's Physical Activity Guide for Healthy Active Living for Adults, focusing on the dose-response relationship between physical activity and premature all-cause mortality as well as seven chronic disorders. 254 publications that met the inclusion criteria and covered a range of health outcomes were found through literature searches. Physical activity and the identified chronic illnesses have a dose-response connection, as shown by the review.[9] Higher levels of physical activity are linked to a lower risk of early all-cause death. Overall, the results confirm that regular physical exercise reduces the risk of chronic illnesses and early mortality, as recommended by the current Canadian guidelines.

Because neuroimaging-based biomarker research prioritises diagnostic categorization over transdiagnostic psychiatric symptom severity prediction, it frequently falls short of bridging the gap to clinical practice. This work creates prediction models for Using the Consortium for Neuropsychiatric Phenomics dataset, dysregulated mood, anhedonia, and anxiety (N = 272). The models explain 65% to 90% of the diversity among symptoms when effective feature selection is applied, compared to 22% when this technique is not applied. The Temperament and Character Inventory scale surprisingly appears to be a major predictor, while structural MRI findings play a very minor role. The significance of resting-state functional MRI connectivity characteristics in symptom prediction highlights the potential benefits of multimodal methods.

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III. DATASET DESCRIPTION

The dataset comprises a collection of1000 Rows in which it consists of 5 column which contains of age, income, Social media, Health index, enterinment spend, Stress level, and at last usage duration in minutes which all contans in a sample data below.

Table 1: The Partition of the Dataset

Age	Income	SocialMediaSper	HealthIndex	EntertainmentSpend	StressLevel	UsageDurationMinutes
54.96714	89.44749	105.2080351	21.7601481	157.9934758	-111.6293218	804.7661386
48.61736	77.5492	96.22308328	21.7275235	145.6024431	-99.04837041	738.4947636
56.47689	85.01348	107.4068313	26.9976261	169.5747911	-120.1363435	836.3085844
65.2303	94.61076	128.3048664	38.2782123	199.4719385	-131.7809579	1013.428822
47.65847	74.97882	82.06162984	25.4988925	132.0405319	-92.38561618	701.8463366
47.65863	73.45537	96.81031681	19.8228705	147.7164295	-100.4141893	739.1464314
65.79213	103.1642	131.5926946	34.354173	175.7412514	-127.3903257	976.787342
57.67435	89.68738	109.6290742	24.1952617	167.9839655	-113.3975953	847.0895304
45.30526	73.20565	95.22523196	25.9007012	132.0095777	-93.54744557	721.2114924

IV. METHODOLOGY

Furthermore, Widespread distribution of resting-state functional MRI connectivity characteristics across intrinsic networks indicates the potential benefit of multimodal methods in terms of increased prediction accuracy for the severity of mental symptoms. Moreover, resting-state functional magnetic resonance imaging connectivity patterns are extensively dispersed among intrinsic networks, highlighting the potential of multimodal approaches in improving prediction accuracy for psychiatric symptom severity.

Moreover, resting-state functional MRI connectivity patterns are extensively dispersed within intrinsic networks, suggesting that multimodal techniques may enhance the precision of psychiatric symptom severity prediction.

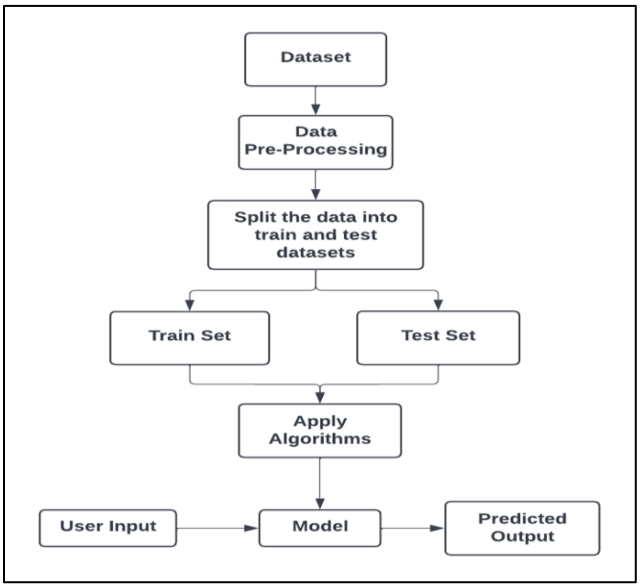

Fig 1: Architecture Diagram for the Finding the Output

In the first phase of the process, the data from the data set which gets enters to pre-processing state in which it contains the pre-processing techniques where the data is splits into train dataset and test data sets, the both train and test datasets will be train with all the essential algorithms, the the model gets generated with user input and at last will get the predicted output, this is the process evolved from the above architecture diagram.

A. *Linear Regression*

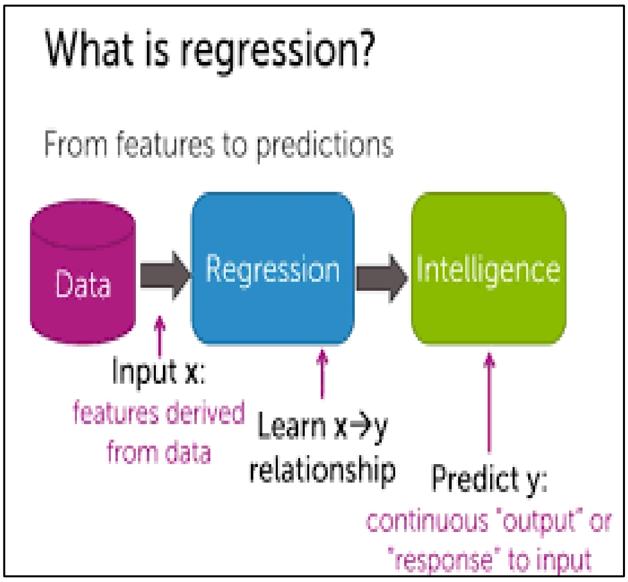

Fig 2: The Process of Evolution of Linear Regression in Prediction

A process called "linear regression" forecasts future events by establishing a linear relationship between an independent and dependent variable. It is a statistical method for machine learning and data science predictive analysis.It can shed light on the relative contributions of each characteristic to the prediction of the health index.To

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make precise predictions based on the data at hand, linear regression models are used in this context to create connections between input variables and health indicators. Usually, the procedure includes many.

Evaluation and validation are crucial phases in the process when using linear regression to predict the accuracy of the health index. Evaluation comprises assessing the trained model's performance to ensure its reliability and generalizability. A common evaluation method is called cross-validation, in which the dataset is divided into several folds, or subsets, and the model is continuously tested and trained on different combinations of these folds.

Cross-validation is used to calculate metrics such as mean absolute error (MAE), root mean square error (RMSE), or R-squared, which quantify the discrepancy between the predicted and actual values of the health index. These metrics provide useful data on the model's general goodness of fit, accuracy, and precision. Visualisation methods like as scatter plots and residual plots may also be used to identify patterns or anomalies in the model's predictions.

Models for accuracy prediction of the health index. Carefully assessing the model's performance and generalisation skills can help healthcare professionals make well-informed decisions based on reliable predictions, improving patient care and outcomes.

B. LSTM-Long Short Term Memory

In Health Index Accuracy Prediction because of their proficiency in handling sequential data and capturing temporal connections. Using longitudinal patient data, including vital signs, test results, and medical history, LSTM models may effectively predict future health indices in the context of health index prediction.

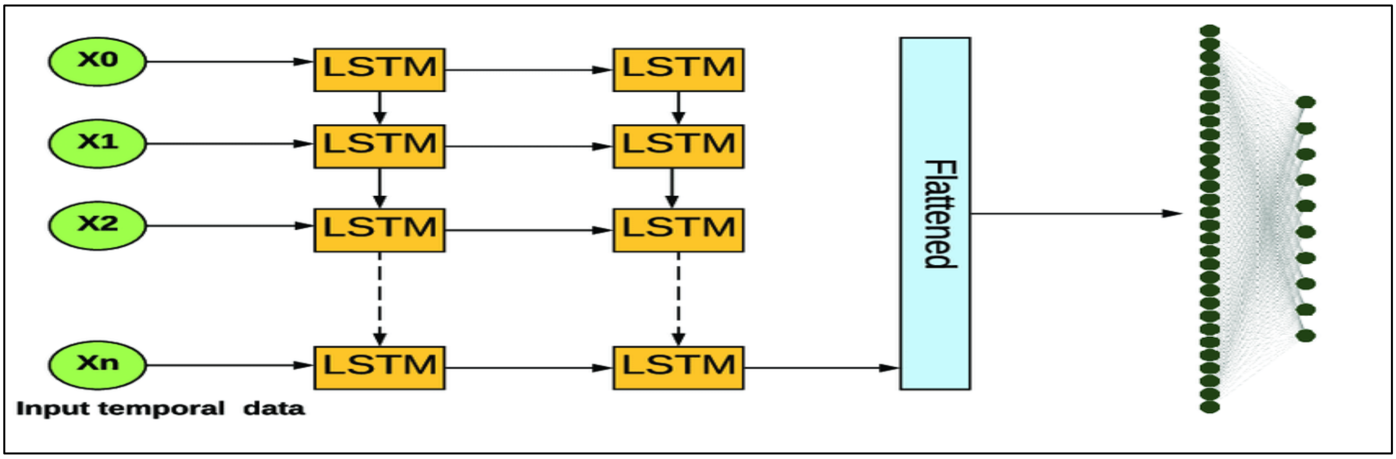

Fig 3: The Process of Evolution of LSTM in Prediction

Built and trained on the pre-prepared dataset are LSTM models. LSTM architectures are made up of interconnected memory cells with input, output, and forget gates. This allows the memory cells to selectively update and forget information while retaining information over extended periods of time. In order to accurately forecast future health indices, LSTM models must first learn to recognise temporal input and relationship with pattern in the data

- The core component of an LSTM unit is the cell, which is in charge of processing and storing data throughout time. It has three gates: an input, an output, and a forget gate.
- The prior cell state (Ct-1) and the current input (Xt) are the two inputs that the LSTM unit gets at each time step.
- The forget gate produces a value between 0 and 1 after receiving as inputs the current input and the prior cell state. The amount of the prior cell state to be forgotten is determined by this value.
- The input gate produces a value between 0 and 1 after receiving as inputs the current input and the prior cell state. The amount of current input to be stored in the cell state is determined by this value.
- Applying a tanh activation function to the concatenation of the forget gate output and the current input results in the creation of a new candidate cell state (Ct').
- The process of updating the cell state involves taking the product of the input gate output and the candidate cell state, multiplying it by the previous cell state, and adding it.
- The output gate produces a value between 0 and 1 after receiving as inputs the current cell state and the current input. What data should be produced from the current cell state is determined by this value.
- The output of the LSTM unit is the result of multiplying the current cell state by the output gate and the tanh activation function.

Hyperparameter tuning techniques, such as grid search or random search, are used to fine-tune LSTM model parameters, such as hidden units, learning rate, and layers. Metrics like accuracy will be used as and taken as priority and functionals core and recall function will taken as standby ,in the evaluation of the model on a validation dataset.

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C. Random Forest

The powerful machine learning algorithm Random Forest is able to adapt and work well since it is widely utilised in health index accuracy prediction. To provide a robust and reliable overall forecast for health index prediction, Random Forest builds many decision trees and aggregates their predictions.

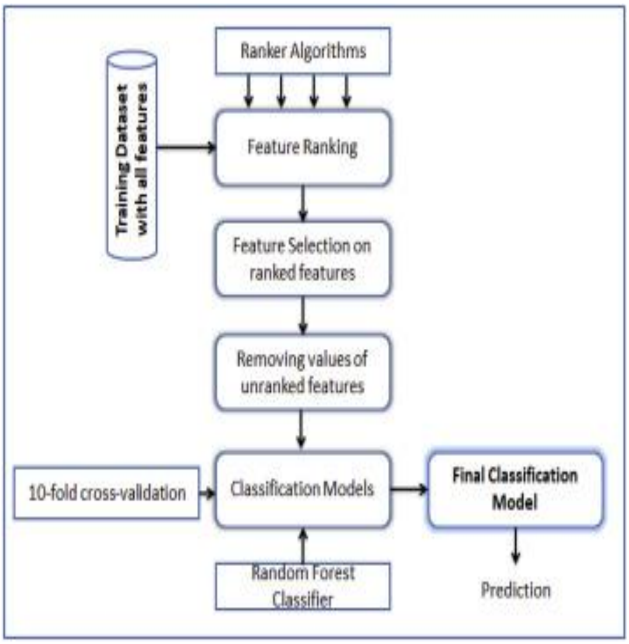

Fig 4: The Process of Evolution of Random Forest in Prediction

- **Feature Ranking:** Every feature in the training dataset is rated at this point according to how significant or relevant they are to the target variable. Finding the most informative aspects for the model's construction is made easier using feature ranking.
- **Feature selection based on ranking:** Following the ranking of the features, a subset of the most significant characteristics is picked for the model creation process. This selection is made based on the ranking of the features. By doing this, overfitting is prevented and the model's efficiency is increased.
- **10-fold cross-validation:** This method assesses the classification model's performance. There are ten folds in the training set. Nine folds of the data are used to train the model, while the remaining fold is used to assess its performance. Ten times through, this process is repeated, evaluating each fold once. This aids in avoiding overfitting and providing a more reliable estimate of the model's performance.
- **Ranker Algorithms:** A ranking measure is used to assess how well the various categorization models from the prior stage performed. The model who performs the best moves on to the next phase.
- **Classification Model:** The final classification model is the model that was selected, unobserved data are predicted using the completed categorization model.

In order to make predictions on fresh data, the procedure entails rating characteristics, picking the most significant ones, training many models, and selecting the top-performing model.

D. Support Vector Machine-SVM

MLframeworks frequently employSVM, a potent supervised learning technique, for Health Index Accuracy Prediction. SVM may be used to categorise and forecast health status based on a variety of input variables, including vital signs, medical history, and demographic data, in the context of forecasting health indices.

Once the pre processed data arrives and initialization of svm model with default parameters which is used for regression tasks , trains the data where after predicts the target values of test dataset and stores the predicted target values.The mean square error measures the average o the squares f the errors .the mean absolute measurement of error the mean of the absolute errors between the numbers that were anticipated and those that were observed The percentage of variance in the dependent variables that can be predicted from the independent variables is represented by the R-squared coefficent of determination. which ranges from 0 to 1 and lasts finds mean absolute percentage to get the required result.

E. Gradient Boosting

Within Machine Learning (ML) frameworks, Gradient Boosting is a potent ensemble learning approach that is frequently utilised for Health Index Accuracy Prediction. It is a member of the boosting algorithm class, which builds a strong learner from several weak learners to enhance a model's prediction performance repeatedly. Gradient Boosting is an excellent method for handling complicated interactions between input data and health indices in the context of health index prediction, producing precise predictions.

Several crucial phases are involved in applying gradient boosting to health index accuracy prediction.

Gradient Boosting models, such XGBoost or Gradient Boosted Trees (GBT), are used due to their capacity to manage nonlinear connections and capture intricate feature interactions. These models construct a series of decision trees iteratively, concentrating on the residuals or mistakes of the preceding trees in order to increase prediction accuracy with each new tree.Hyperparameters in Radiant Boosting models regulate variables including the number of estimators, tree depth, and learning rate. The ideal set of hyperparameters that maximises prediction accuracy is found by using approaches for hyperparameter tuning, such as grid search or random search.

The Gradient Boosting Regressor's score() function determines the prediction's coefficient of determination (R-squared). In this context, it's called accuracy, which is essentially the same idea but expressed differently.

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To sum up, Gradient Boosting is a flexible and efficient method for predicting the accuracy of the Health Index. It uses ensemble learning to capture intricate correlations and enhance forecast precision.

F. Decision Tree

Decision tree have its versatility in handling both classification and regression problems, decision trees are a popular choice for machine learning algorithms in the field of health index accuracy prediction. Decision Trees may be used to predict continuous health metrics based on input information or to categorise individuals into distinct health groups in the context of forecasting health indices.

Usually, cross-validation methods or a different validation dataset are used for this assessment. Accuarcy and esential measures computed to assess how well the model performs in various prediction-related domains.

These comprise parameters like the criterion for splitting nodes, the minimum number of samples per leaf, and the maximum depth. Hyperparameter tuning methods such as grid search or randomised search are used to maximise the model's performance. These techniques look for the ideal collection of hyperparameters that maximises prediction accuracy by experimenting with different combinations.

Here, it can help medical practitioners make judgements by predicting health indices for newly collected patient data. To ensure the model's continued applicability and accuracy over time, it might be required to continuously monitor and update it in response to modifications in patient demographics or healthcare procedures.

Decision trees are useful tools for predicting the accuracy of the Health Index because they are flexible, interpretable, and capable of handling complicated data.

V. RESULTS

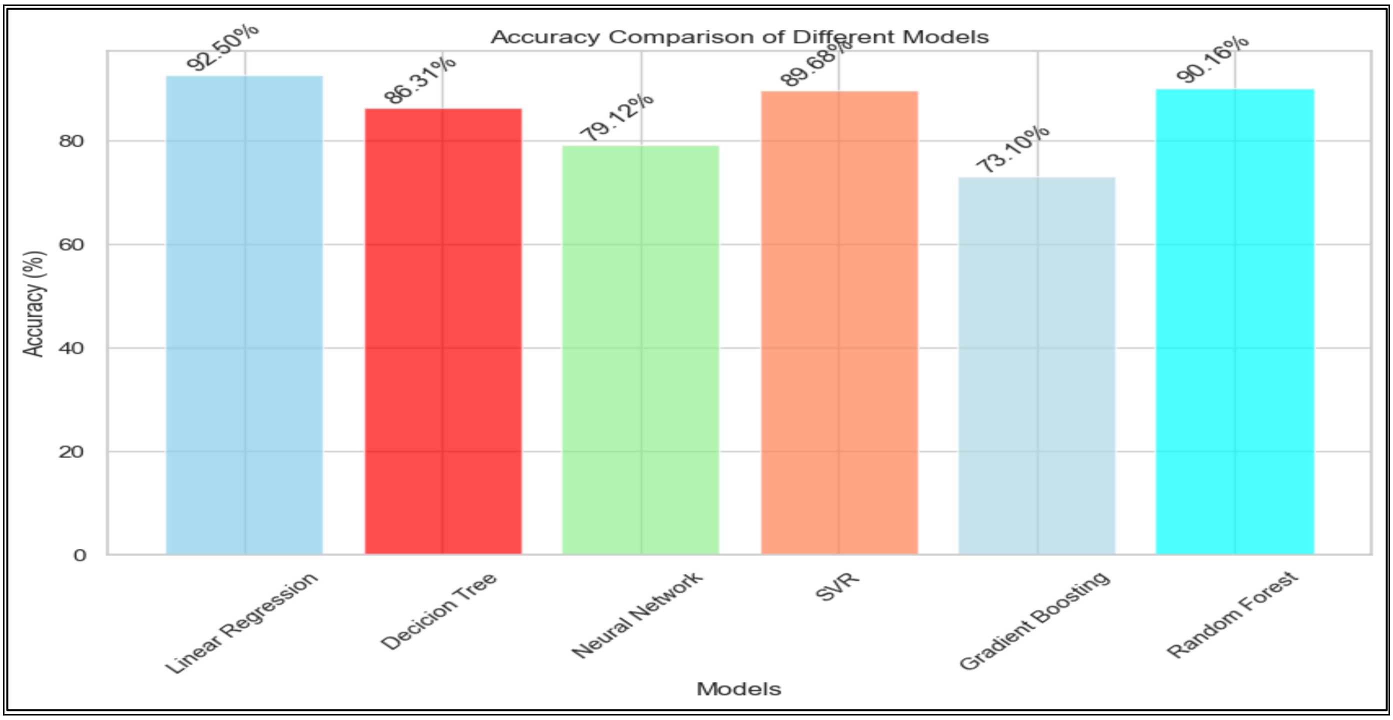

Fig 5: The Accuracy of all the Model in Comparison of Finding the Best One

On performing all the method’s on pre-processed data the highest accuracy achieved on Linear-regression on comparing with other models, which are low in nature of volatile.

VI. CONCLUSION & FUTURE WORKS

Methods for the Health Index With a remarkable accuracy of 92%, Random Forest emerged as the best-performing model in Accuracy Prediction's encouraging findings. This demonstrates how well ensemble learning techniques capture intricate correlations seen in health data and enable precise prediction-making. But it's also important to recognise the contributions of other models that have demonstrated significant success in this field, such artificial neural networks, gradient boosting machines, and support vector machines.

Several decision trees are combined in Random Forest, a flexible ensemble learning system, to increase prediction accuracy and decrease overfitting. It can handle huge datasets with high dimensionality and is resilient to noisy data.

Future research and development in Health Index Accuracy Prediction using ML have several options to pursue. First off, even greater prediction accuracies could result from more research into ensemble learning strategies outside of Random Forest, such Extreme Gradient Boosting (XGBoost) or Stochastic Gradient Boosting. Furthermore, adding more extensive and varied datasets—such as genetic data, lifestyle variables, and environmental impacts—could improve the prediction models' generalizability and robustness. Analyse their efficacy and influence on bettering patient outcomes and healthcare choices.

Finally, to assess these prediction models' efficacy and influence on bettering patient outcomes and healthcare decision-making, validation in real-world clinical settings and longitudinal studies would be essential.

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