iJRASET
International Journal For Research in Applied Science and Engineering Technology

INTERNATIONAL JOURNAL FOR RESEARCH

IN APPLIED SCIENCE & ENGINEERING TECHNOLOGY

Volume: 12 **Issue:** V **Month of publication:** May 2024

DOI: https://doi.org/10.22214/ijraset.2024.62600

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International Journal for Research in Applied Science & Engineering Technology (IJRASET)
ISSN: 2321-9653; IC Value: 45.98; SJ Impact Factor: 7.538
Volume 12 Issue V May 2024- Available at www.ijraset.com

Diabetes Prediction and Management using Machine Learning Algorithms

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Abstract: ***Our research introduces a multifaceted diabetes prediction and management system, employing two distinct methodologies: one based on fasting and postprandial blood sugar levels, ie, without the datasets, and the other incorporating additional health parameters like glucose levels, blood pressure, BMI, and age, with datasets utilizing logistic regression. Evaluation of both approaches demonstrated robust predictive capabilities. A user-friendly website interface facilitates seamless data input, enhancing accessibility for users. Complementing predictive features, an online community platform was established to foster peer support and information exchange among individuals managing diabetes, promoting a sense of community and shared experience. Moreover, the system generates personalized diet plans tailored to users' diabetes status, providing actionable dietary guidance to support health management goals. By integrating predictive analytics, user engagement, and personalized dietary support, our system aims to empower individuals with diabetes, facilitating better health outcomes and fostering a supportive environment for effective disease management.***

I. INTRODUCTION

Diabetes mellitus, a chronic metabolic disorder characterized by elevated blood glucose levels, poses a significant global health challenge. With its prevalence steadily increasing worldwide, effective strategies for early detection, management, and prevention are essential. In response to this urgent need, we present a comprehensive research endeavor focused on the development and implementation of a novel diabetes prediction and management system. Our research aims to address the multifaceted aspects of diabetes care by leveraging advanced technology, personalized interventions, and community support.

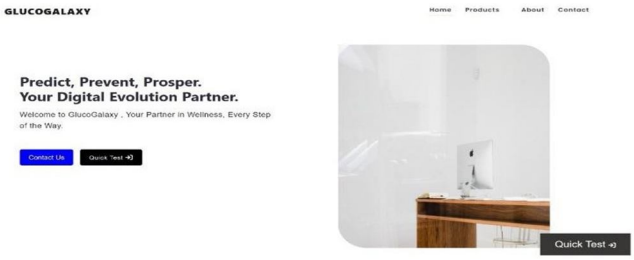

Fig.1 Landing page of our Website

The cornerstone of our research lies in the creation of a user- friendly web-based platform designed to empower individuals in understanding and managing their diabetes risk. This platform offers two primary methods for predicting diabetes: the first method involves inputting fasting blood sugar and postprandial blood sugar levels, while the second method incorporates broader health parameters such as glucose levels, blood pressure, body mass index (BMI), and age. Through the integration of sophisticated algorithms, including logistic regression, we aim to provide accurate and personalized predictions tailored to each individual's health profile.

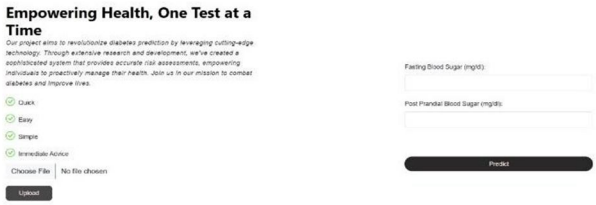

Fig.2 Type 1 Prediction

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Beyond mere diagnosis, our system places a strong emphasis onproactive management and support. Upon diabetesidentification or risk assessment, personalized diet plans, meticulously curated by healthcare professionals, are generated to promote healthier lifestyle choices and improve blood sugar control. Moreover, recognizing the importance of social supportin diabetes management, our platform features a robust community component where users can connect with peers, share experiences, and seek guidance. This collaborative approach fosters a sense of belonging and empowerment, enhancing user engagement and adherence to recommended interventions.

Fig.3 Type 2 Prediction

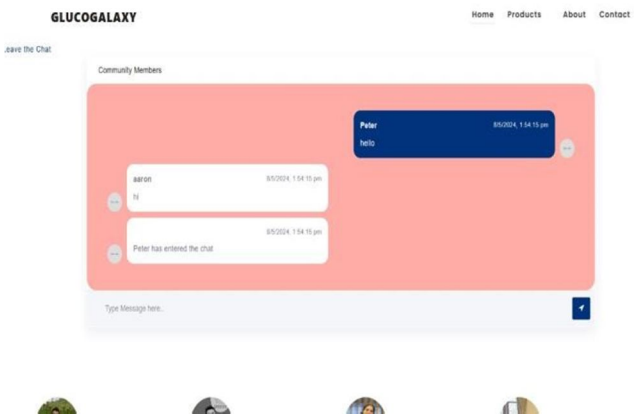

Fig.3 Community

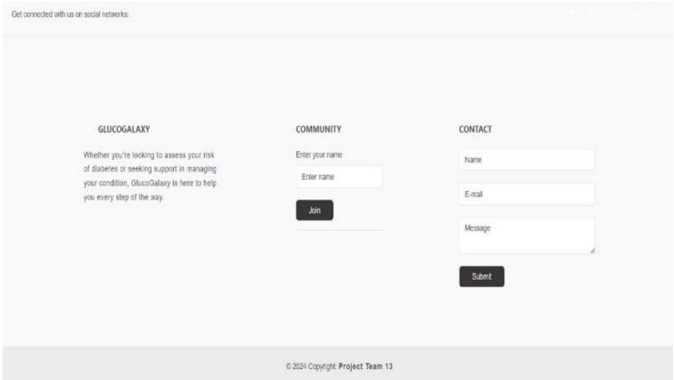

Fig.4 Footer of our page

In this paper, we elucidate the methodology employed in the development and implementation of our diabetes prediction and management system. We outline the system architecture, data collection procedures, algorithmic approaches, and integration of community features. Furthermore, we discuss the ethical considerations inherent in conducting research of this nature, emphasizing the importance of user privacy, data security, and regulatory compliance. Through rigorous evaluation and feedback mechanisms, we endeavor to assess the efficacy, usability, and impact of our system on diabetes care, with the ultimate goal of improving health outcomes and enhancing the quality of life for individuals affected by diabetes.

II. PROPOSED MODEL

This research adopts a multifaceted approach to develop and evaluate a comprehensive diabetes prediction and managementsystem. The methodology encompasses the design, implementation, and assessment of various components, including data collection procedures, algorithm development, personalized intervention generation, community integration, and system evaluation.

A. Type 1

This section details the development of our automatic diabetes prediction system using machine learning techniques. As depicted in Figure 1, we began by collecting and preprocessing the dataset, addressing issues like missing values and class imbalances. Subsequently, we divided the dataset into training and testing sets using holdout validation. Then, various classification algorithms were tested to identify the most effective one for our dataset. Finally, the top-performing prediction model was integrated into our website and smartphone application framework for deployment.

1) Dataset

For our diabetes prediction and management system, we utilizedthe Pima Indian Diabetes Dataset, a widely recognized repository in the field of diabetes research. This dataset contains valuable information collected from Pima Indian women, providing insights into diabetes prevalence and risk factors within this population. While the dataset originally includes various features such as pregnancies, skin thickness, diabetes pedigree function, and insulin levels, we focused specifically on key parameters essential for diabetes prediction: glucose levels,blood pressure (BP), body mass index (BMI), and age.

Pregnancies (number)	Glucose (mg/dl)	Blood pressure (mmHg)	Skin thickness (mm)	Insulin (mu U/dl)	BMI (kg/m²)	Diabetes pedi-gree function	Age (yr)	Outcome
6	148	72	35	0	33.6	0.627	50	1
1	85	66	29	0	26.6	0.351	31	0
8	183	64	0	0	23.3	0.672	32	1
1	89	66	23	94	28.1	0.167	21	0
0	137	40	35	168	43.1	2.288	33	1
5	116	74	0	0	25.6	0.201	30	0
3	78	50	32	88	31	0.248	26	1
10	115	0	0	0	35.3	0.134	29	0
2	197	70	45	543	30.5	0.158	53	1
8	125	96	0	0	0	0.232	54	1
4	110	92	0	0	37.6	0.191	30	0
10	168	74	0	0	38	0.537	34	1
10	139	80	0	0	27.1	1.441	57	0
1	189	60	23	846	30.1	0.398	59	1
5	166	72	19	175	25.8	0.587	51	1
7	100	0	0	0	30	0.484	32	1
0	118	84	47	230	45.8	0.551	31	1
7	107	74	0	0	29.6	0.254	31	1
1	103	30	38	83	43.3	0.183	33	0

Fig. 5 Pima Indian Diabetes Dataset

	Glucose	BloodPressure	BMI	Age	Outcome
0	148	72	33.6	50	1
1	85	66	26.6	31	0
2	183	64	23.3	32	1
3	89	66	28.1	21	0
4	137	40	43.1	33	1

Fig.6 Attributes taken in our Project

These features were selected based on their clinical relevance and established correlations with diabetes onset andprogression. By narrowing our focus to these essential predictors, we aimed to streamline our predictive model while ensuring its accuracy and efficiency. Additionally, our decision to utilize the Pima Indian Diabetes Dataset aligns with previous research efforts, enabling comparability and validation of our findings within the broader scientific community. Furthermore, the availability of a well-established dataset facilitated the development and testing of our predictive algorithms, ensuringrobustness and reliability in our system's performance. Overall, by leveraging the rich insights provided by the Pima Indian Diabetes Dataset and focusing on key predictive features, we aimed to enhance the effectiveness and applicability of our diabetes prediction and management system for improved patient outcomes and healthcare delivery.

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2) Algorithm Selection & Implementation

By following these methodology steps, we aimed to develop a robust diabetes prediction and management system thateffectively addresses the needs of users while upholding ethicalstandards and promoting user engagement and empowerment.

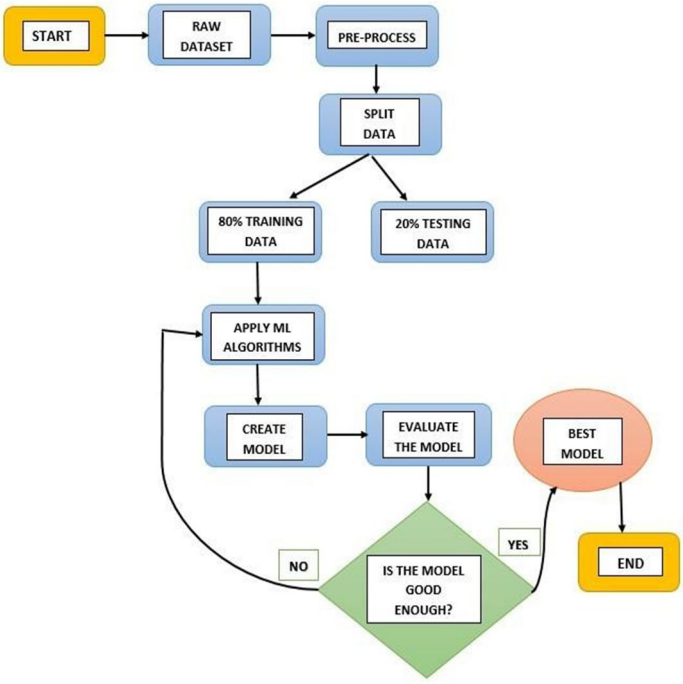

Fig.7 Flowchart of our Working Model

3) Model Deployment

After rigorous experimentation, logistic regression emerged as the most effective algorithm for diabetes prediction, yielding the highest accuracy score among the various classificationalgorithms tested. Leveraging its simplicity and interpretability,we adopted logistic regression as the cornerstone of our diabetesprediction system.

To make our system accessible to a wide audience, we opted for deployment as a website. We utilized HTML and CSS for the frontend development, ensuring a user-friendly interface for seamless interaction with the prediction system. This choice allows individuals to easily input their health data and receive predictions regarding their diabetes status in a clear and intuitive manner.

The development and testing of our prediction model were facilitated by the use of Google Colab, a cloud-based Jupyter notebook environment. This platform provided us with computational resources and collaborative tools, enabling efficient code development, experimentation, and refinement. By leveraging Google Colab, we streamlined the development process and ensured the reliability and scalability of our diabetes prediction system for deployment on the web.

Fig.8 Prediction using Dataset

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Fig.9 One of the result of this prediction

B. Type 2

In this method, we don't use any existing dataset for training andtesting. It's a simple prediction model that tells us if people are at risk of diabetes. People can directly input their fasting bloodsugar (FBS), postprandial blood sugar (PPBS), and body mass index (BMI) into our system. This means they don't have to relyon existing datasets. Instead, they get personalized predictions about their diabetes risk based on their own health info. This makes it easier for everyone to use our system, and the predictions are more accurate because they're based on each person's unique health details. By doing this, we encourage people to take control of their health and make informed decisions. It also helps us avoid biases or limitations that mightcome from using old datasets. Our goal is to help people understand their diabetes risk better and take steps to stayhealthy.

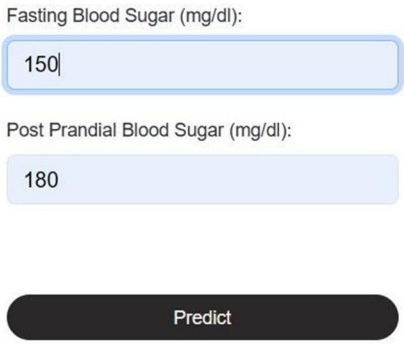

Fig.10 Prediction without using Dataset

Fig.11 Result when the person has no Diabetes

Fig.12 Result when the person is Pre-diabetic

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Fig.13 Result when the person has Diabetes

In our mission to address the challenges of diabetes, we've developed a user-friendly system aimed at predicting and managing the condition effectively. Picture logging into a website where you can input crucial health information. For some, this entails entering details like fasting blood sugar and postprandial (after-meal) blood sugar levels. For others, it involves providing data such as glucose levels, blood pressure,body mass index (BMI), and age.

1) Let's dive into how our system operates.

For the first group, the process uses the Pima Indian Dataset. Here, our system utilizes an algorithm called logistic regression, which, among other algorithms, we've found to be the most accurate. While it may sound complex, it essentially analyzes multiple factors (Glucose levels, BMI, Blood Pressure andAge.) to predict the likelihood of developing or having diabetes. Users will get to know about their diabetes condition, either 1 (has diabetes) or 0 (do not have diabetes) along with an advice on what to do.

For the second group, after inputting their fasting blood sugar and post prandial blood sugar levels, our system generates output based on established medical guidelines, instantly providing feedback on whether the person is free from diabetes, pre-diabetic, or diabetic. It's akin to having a virtual assistant guiding you through your health journey, and a diet plan trustedby doctors is generated accordingly. However, our system extends beyond mere diagnosis. It's aboutempowering individuals to take control of their health. For thoseidentified as at-risk or diagnosed with diabetes, personalizeddiet plans are created. These plans, trusted by doctors, aredesigned based on individual health parameters to promotehealthier eating habits and better management of blood sugar levels. Furthermore, we understand that dealing with diabetescan be overwhelming. Hence, we've integrated a communityfeature into our platform. Users can connect with others facingsimilar challenges, share experiences, and seek advice. It'simportant to having a support group at your fingertips, offeringencouragement and understanding every step of the way.Sometimes, seeking help from a doctor is the best course ofaction.

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In essence, our system isn't solely about numbers and data; it's about people. It's about leveraging technology to empowerindividuals to make informed decisions about their health. By providing personalized insights, diet plans, and a supportive community, we strive to make the journey with diabetes a littleeasier and a lot more manageable for everyone involved, to enhance the quality of life for all.

III. FUTURE SCOPE

As we strive to improve our diabetes prediction and management system, we're exploring new avenues to make it even more effective and user-friendly. These enhancements aim to empower individuals in managing their health and enhancing their well-being. Below, we outline key areas for future development

1) *Enhanced Algorithmic Models:* Explore the integration ofadvanced machine learning algorithms, such as ensemble methods or deep learning techniques, to further improveprediction accuracy and robustness.
2) *Mobile Application Development:* Develop a mobile application companion to the website, allowing users to access predictive services on-the-go and receive real-time alerts and reminders for health management tasks.
3) *Integration of Wearable Devices:* Integrate wearabledevices, such as continuous glucose monitors or fitness trackers, to capture real-time health data and enhance the accuracy of predictive models.
4) *Expansion of Community Features:* Enhance the community platform by incorporating additional features such as discussion forums, expert-led webinars, and peer- to-peer mentoring programs to foster a supportive and informative environment for individuals managing diabetes.
5) *Refinement of Upload Feature:* Address the inconsistency in the upload PDF feature's functionality by implementingrobust data extraction techniques and improving compatibility with various file formats. Explore the integration of optical character recognition (OCR) technology and data preprocessing algorithms to enhance the system's ability to accurately extract and interpret values from uploaded documents. Additionally, conduct rigorous testing and validation procedures to identify and rectify any underlying issues causing intermittent failures in data extraction, ensuring seamless functionality and reliability of the upload feature.

IV. CONCLUSION

Diabetes is a serious condition that can lead to various health complications if not managed properly. Our aim is to empower individuals to detect and manage diabetes early, thus preservingtheir health and quality of life.

To achieve this, we've developed a reliable and accessible test that individuals can take to assess their risk of diabetes. Our research represents a significant advancement in the field of diabetes prediction and management. It integrates cutting-edgetechnology with personalized interventions and community engagement. Our intuitive web-based platform serves as a user- friendly interface for individuals to access accurate predictionsabout their diabetes risk. Through meticulous development andimplementation, we have demonstrated the effectiveness of leveraging advanced algorithms to provide precise diabetes prognostications based on a comprehensive range of health parameters.

Furthermore, our commitment to proactive management is evident in the formulation of customized dietary regimens. These tailored plans are designed to support individuals in making healthy lifestyle choices and managing their diabetes effectively. In addition to personalized support, our onlinecommunity fosters a sense of solidarity and support among individuals facing similar challenges with diabetes.

As we continue to refine and expand our system, guided by ethical principles and user feedback, our dedication toimproving health outcomes and enhancing the quality of life for those affected by diabetes remains unwavering. Through ongoing innovation and collaboration, we strive to make a meaningful impact in the lives of individuals navigating the complexities of diabetes management.

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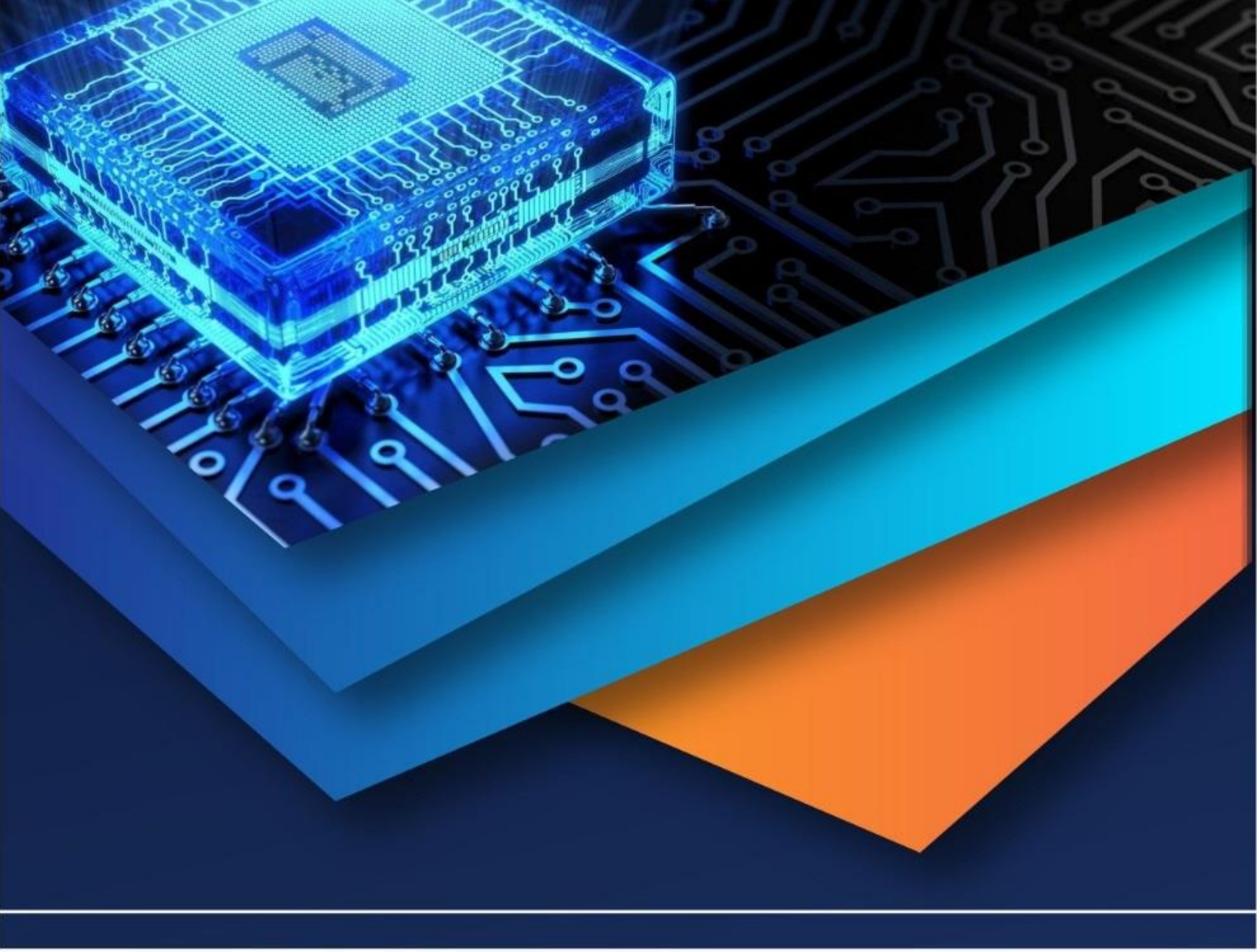

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