iJRASET
International Journal For Research in Applied Science and Engineering Technology



# INTERNATIONAL JOURNAL FOR RESEARCH

IN APPLIED SCIENCE & ENGINEERING TECHNOLOGY

**Volume:** 14 **Issue:** IV **Month of publication:** April 2026

**DOI:** https://doi.org/10.22214/ijraset.2026.80489

www.ijraset.com

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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 14 Issue IV Apr 2026- Available at www.ijraset.com*

# Smart Diabetes Risk Detection System Using Machine Learning and Health Behavior Analysis

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***Abstract:*** ***Diabetes is one of the most common chronic diseases worldwide, and early detection plays a crucial role in preventing severe health complications. This paper proposes an intelligent diabetes prediction system using advanced machine learning techniques to accurately identify individuals at risk. The system integrates both clinical parameters such as glucose level, blood pressure, and body mass index, along with lifestyle-related factors including physical activity and dietary habits, to improve prediction accuracy.***
***Multiple machine learning models, including Logistic Regression, Decision Tree, and Random Forest, are implemented and evaluated to determine the most effective approach. The proposed system undergoes data preprocessing, feature selection, and model training to enhance performance and reduce error rates.***
***Experimental results demonstrate that the system achieves high accuracy, improved precision, and reduced error rate, making it suitable for real-time healthcare applications. The user-friendly interface further enables easy interaction and accessibility for non-technical users. Overall, the proposed system provides a reliable and efficient solution for early-stage diabetes detection and supports preventive healthcare by enabling timely medical intervention.***
***Keywords: Diabetes Prediction, Healthcare Analytics, Machine Learning, Healthcare Analytics, Classification Algorithms , Data Preprocessing, Predictive Modeling, Health recommendation***

## I. INTRODUCTION

Diabetes is a chronic metabolic disorder that has become one of the most serious global health concerns. It is characterized by elevated blood glucose levels resulting from defects in insulin secretion, insulin action, or both. Early identification of diabetes risk is essential, as it enables timely intervention and helps prevent severe complications such as cardiovascular diseases, kidney failure, and nerve damage.

Among the different stages of diabetes, Prediabetes represents a critical phase where blood glucose levels are higher than normal but not yet high enough to be classified as diabetes. Detecting this stage early provides a valuable opportunity to delay or even prevent the onset of full diabetes through appropriate lifestyle modifications and medical guidance.

Traditional diagnostic approaches primarily rely on clinical tests and physician evaluation, which may not always be accessible or conducted at the right time. In recent years, advancements in machine learning have enabled the development of intelligent systems capable of analyzing large volumes of health-related data to identify hidden patterns and predict disease risks effectively.

This project proposes a machine learning-based system for the early prediction of diabetes risk using both medical and lifestyle-related parameters. The system utilizes algorithms such as Logistic Regression, Decision Tree, and Random Forest to analyze input data and classify individuals into different risk categories.

By integrating user-friendly interfaces with predictive analytics, the proposed system aims to provide an accessible and efficient tool for early diabetes risk detection, thereby supporting preventive healthcare and promoting awareness among individuals.

The main contributions of this work include:

- Developed a machine learning model to predict early-stage diabetes risk.
- Utilized both medical and lifestyle data for accurate prediction.
- Implemented multiple algorithms to improve model performance.
- Designed a simple system for easy user input and quick results.
- Provided risk classification with basic health recommendations.

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## II. LITERATURE REVIEW

Diabetes prediction has been a widely researched area in the field of healthcare analytics, especially with the advancement of machine learning techniques. Several studies have focused on the early detection of diabetes by analyzing medical and lifestyle-related data. Early prediction plays a crucial role in preventing the progression of Prediabetes into full-stage diabetes.

Many researchers have applied traditional machine learning algorithms such as Logistic Regression for binary classification of diabetic and non-diabetic individuals. This approach is widely used due to its simplicity and interpretability, making it suitable for medical applications where understanding the model is important.

In addition, tree-based models like Decision Tree have been employed to capture non-linear relationships between features such as glucose levels, body mass index (BMI), and age. These models provide a structured way to represent decision-making processes, which is beneficial for identifying risk factors.

Furthermore, ensemble learning techniques such as Random Forest have demonstrated higher accuracy compared to individual models. By combining multiple decision trees, Random Forest reduces overfitting and improves the robustness of predictions, making it highly effective for medical datasets.

Recent studies have also emphasized the importance of incorporating lifestyle factors such as physical activity, dietary habits, and sleep patterns along with clinical data. This combined approach enhances the predictive performance and provides a more comprehensive assessment of an individual's diabetes risk.

Overall, existing research highlights that machine learning-based systems can significantly improve early detection of diabetes. However, there is still a need for user- friendly and accessible systems that can integrate multiple data sources and provide real-time risk predictions. This project aims to address these gaps by developing an efficient and practical early-stage diabetes prediction system.

## III. EXISTING SYSTEM

The existing systems for diabetes detection are mainly categorized into traditional clinical methods and basic data-driven approaches. These systems are widely used in healthcare but have limitations in early-stage prediction and real-time analysis.

### *A. Traditional clinical diagnosis system*

This system relies on laboratory tests such as blood glucose and HbA1c levels to diagnose diabetes. The diagnosis is based on predefined threshold values, and the results are interpreted by healthcare professionals.

Features:

- Uses blood test parameters
- Threshold-based decision making
- Requires doctor analysis
- Uses BMI formula:

$$BMI = \text{Weight (kg)} / \text{Height}^2 \text{ (m)}$$

### *B. Basic Machine learning -Based system*

This system uses simple machine learning models to predict diabetes based on medical data. Algorithms are trained using datasets and evaluated using performance metrics such as accuracy.

Features:

- Uses medical dataset for prediction
- Applies algorithms like Logistic Regression and Decision Tree
- Evaluates model using:

Accuracy = (Correct Predictions / Total Predictions) × 100 Limited feature usage (mostly medical data only)

### *C. Comparative Limitations of Existing Systems*

The comparison between the traditional clinical diagnosis system and the basic machine learning-based system highlights the differences in their efficiency, performance, and capability in early-stage diabetes prediction. While the clinical system relies on manual interpretation and fixed thresholds, the machine learning system introduces automation and faster processing. However, both systems still have limitations in achieving highly accurate early prediction. The comparison is shown below.

TABLE I-Comparative Analysis of Traditional Clinical Diagnosis and Basic Machine learning -Based Systems

| Feature | Clinical system | Basic ML System |
|---|---|---|
| Data Usage | Limited | Available |
| Early Detection | Not Available | Limited |
| Processing Time | Slow | Fast |
| Automation | Not Available | Available |
| Lifestyle consideration | Not Available | Limited |
| User Accessibility | Limited | Available |
| Real-Time Prediction | Not Available | Limited |

## IV. PROPOSED SYSTEM

The proposed system is an advanced machine learning-based framework designed to predict the early stage of diabetes using a combination of medical and lifestyle-related data. Unlike traditional systems, this approach focuses on identifying risk at an initial stage, particularly during Prediabetes, where preventive measures can significantly reduce disease progression.

The system collects various user inputs such as age, body mass index (BMI), glucose levels, physical activity, dietary habits, and sleep patterns. These inputs are processed and analyzed using intelligent algorithms to generate accurate predictions. The system not only identifies the risk level but also provides basic health recommendations, making it a supportive tool for preventive healthcare and awareness.

### *A. System Overview*

The proposed system is an intelligent and user-centric machine learning framework developed for the early prediction of diabetes risk using a combination of medical and lifestyle-related parameters. The primary objective of this system is to identify individuals who are at risk during the early stage, particularly in conditions such as Prediabetes, where timely intervention can effectively prevent the progression of the disease.

The system collects various input parameters from users, including age, body mass index (BMI), blood glucose levels, physical activity, dietary habits, and sleep patterns. These parameters are considered critical indicators in assessing the risk of diabetes. Unlike traditional systems that rely only on clinical test results, the proposed system integrates both physiological and behavioral data to provide a more comprehensive analysis.

Once the data is collected, it undergoes preprocessing to remove inconsistencies and ensure data quality. The processed data is then fed into machine learning models such as Logistic Regression, Decision Tree, and Random Forest. These models are trained to identify hidden patterns and relationships between input features and diabetes risk levels.

The system evaluates the input data and generates a prediction in the form of risk categories such as low, moderate, or high. In addition to prediction, the system also provides basic health recommendations to guide users toward preventive measures. This makes the system not only predictive but also supportive in promoting healthier lifestyle choices.

Furthermore, the proposed system is designed to be user-friendly and accessible, allowing individuals to use it without requiring advanced medical knowledge.

The integration of automation ensures quick and efficient results, reducing the dependency on manual diagnosis. Overall, the system aims to bridge the gap between early detection and preventive healthcare by providing an efficient, accurate, and accessible solution for diabetes risk prediction.

*ISSN: 2321-9653; IC Value: 45.98; SJ Impact Factor: 7.538*
*Volume 14 Issue IV Apr 2026- Available at www.ijraset.com*

*B. System Architecture*

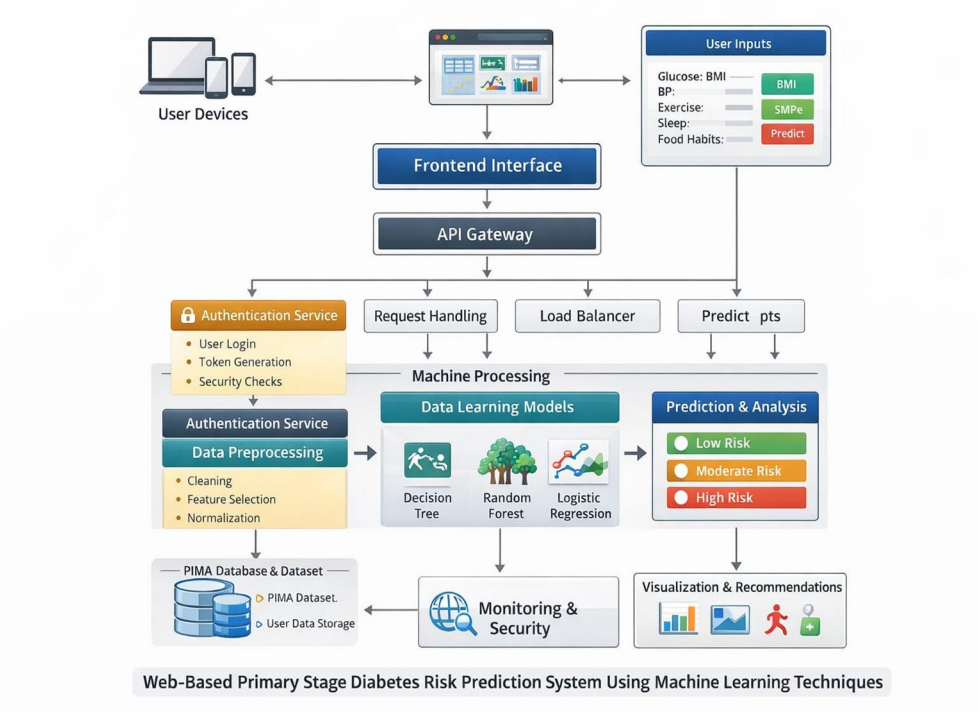



Fig.1 – System Architecture of the proposed Diabetes Prediction System

*1)* Layer 1: User Interface: This layer allows users to interact with the system through web browsers or devices. Users can enter important health parameters such as glucose level, BMI, blood pressure, exercise, and food habits. The interface is designed to be simple, responsive, and easy to use so that even non- technical users can access it without difficulty.

*2)* Layer 2: Frontend Interface: The frontend layer is responsible for collecting user input and performing basic validation to ensure data accuracy. It sends the validated data securely to the backend through API calls and manages the display of results received from the system.

*3)* Layer 3: API Gateway: The API gateway acts as a bridge between the frontend and backend services. It handles user authentication, request routing, and load balancing. This layer ensures secure communication and efficient handling of multiple user requests.

*4)* Layer 4: Backend Service: This layer performs the main processing of the system. It includes application servers that handle incoming requests, execute business logic, and interact with databases and external services. It ensures smooth functioning of the entire system.

*5)* Layer 5: Data Preprocessing: In this layer, the input data is cleaned and prepared for analysis. Techniques such as data cleaning, normalization, and feature selection are applied to improve the quality of data and enhance model performance.

*6)* Layer 6: Machine Learning: This layer applies machine learning models such as Logistic Regression, Decision Tree, and Random Forest. These models analyze the processed data and identify patterns to predict the risk of diabetes accurately.

*7)* Layer 7: Prediction & Analysis: The system generates prediction results based on the model output. The results are categorized into low, moderate, or high risk levels. This layer also helps in interpreting the prediction for better understanding.

*8)* Layer 8: Storage: This layer stores datasets such as the PIMA dataset and user input data securely. It helps in maintaining records and can be used for future analysis and model improvement.

*9)* Layer 9: Monitoring & Security: This layer ensures system reliability and protects user data. It monitors system performance, detects issues, and provides security mechanisms such as authentication and access control.

*10)* Layer 10: Visualization & Recommendation: The final results are presented to the user using graphs and visual representations. The system also provides basic health recommendations to help users take preventive measures.

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*Volume 14 Issue IV Apr 2026- Available at www.ijraset.com*

## V. METHODOLOGY

### *A. Data Collection*

The dataset used for this system is collected from standard medical sources such as the PIMA Indian Diabetes dataset. It includes important attributes like glucose level, blood pressure, BMI, insulin level, and age, which are essential for predicting diabetes.

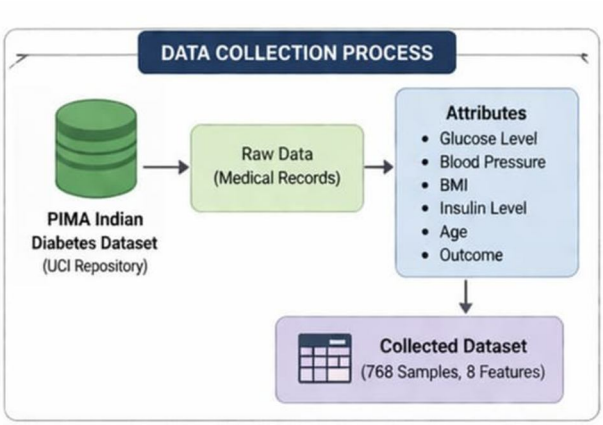



Fig. 2. Data collection process.

### *B. Data Preprocessing*

The collected data is cleaned and prepared for analysis. Missing values are handled, and normalization techniques are applied to ensure uniformity. Feature selection is also performed to identify the most relevant attributes, improving model efficiency.

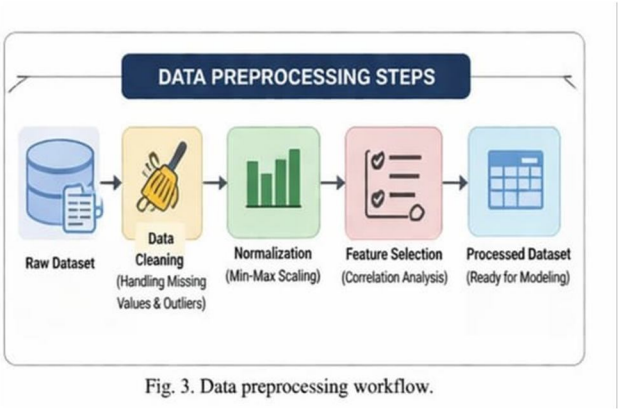
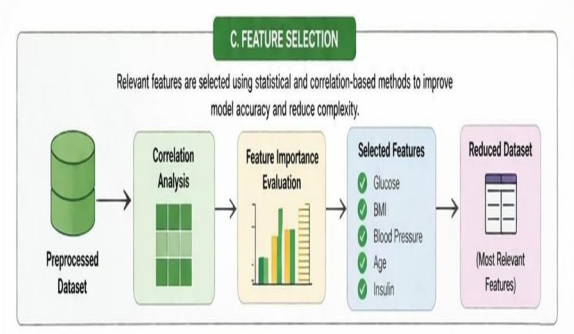



Fig. 3. Data preprocessing workflow.

### *C. Feature Selection*

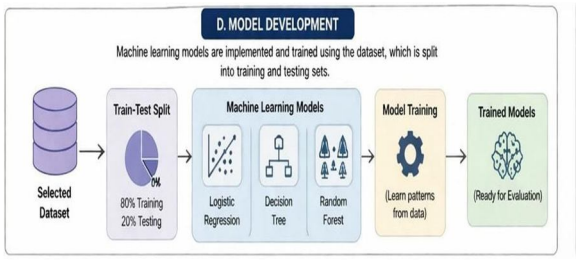
Relevant features are selected using statistical and correlation-based methods. This step helps in reducing unnecessary data and improves the accuracy and efficiency of the model.




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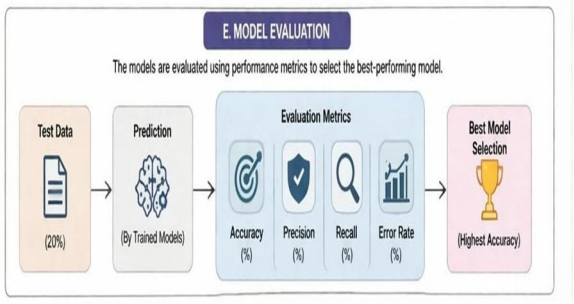
*D. Model Development*

Machine learning models such as Logistic Regression, Decision Tree, and Random Forest are implemented. The dataset is split into training and testing sets for model building.



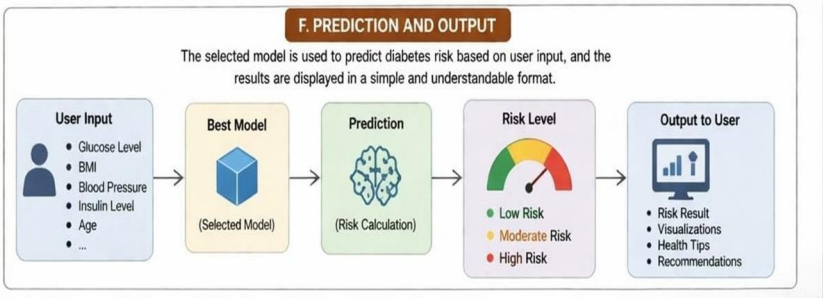

*E. Model Evaluation*

The performance of the models is evaluated using metrics such as accuracy, precision, recall, and error rate. The best-performing model is selected based on these evaluation results.




*F. Prediction and Output*

The selected model is used to predict diabetes risk based on user input. The output is categorized into low, moderate, and high risk levels, and results are displayed through the system interface.




## VI. DIABETES PREDICTION WORKFLOW

The Diabetes Prediction Workflow describes the complete operational flow of the proposed system, illustrating how raw user input is transformed into meaningful prediction results through a sequence of computational processes. This workflow ensures a structured and efficient movement of data across different system components, enabling accurate and real-time diabetes risk assessment.

The process begins with the collection of user input through the interface, where individuals provide essential medical and lifestyle-related details such as age, body mass index (BMI), glucose level, physical activity, dietary habits, and sleep patterns. These inputs are critical indicators used for evaluating the risk of diabetes. Once the data is collected, it is forwarded to the preprocessing stage, where data cleaning techniques are applied to handle missing values, remove inconsistencies, and normalize numerical features. This step ensures that the data is consistent and suitable for further analysis.

Following preprocessing, the system performs feature selection to identify the most relevant attributes that significantly influence diabetes prediction.

This helps in reducing complexity and improving the efficiency of the machine learning models. The refined data is then passed into the machine learning layer, where algorithms such as Logistic Regression, Decision Tree, and Random Forest analyze the data and detect underlying patterns.

Based on this analysis, the system computes a probability score representing the likelihood of diabetes occurrence. This probability is then evaluated against predefined threshold values to classify the user into different risk categories such as low, moderate, or high risk. The final stage of the workflow involves presenting the prediction results in a clear and user-friendly format, along with basic health recommendations to encourage preventive measures.

Overall, the workflow ensures seamless integration of data processing, machine learning analysis, and result generation, thereby providing an efficient and reliable solution for early-stage diabetes prediction. It enhancessystem performance, reduces manual effort, and supports proactive healthcare management.

Additionally, the workflow is designed to support continuous improvement and adaptability of the system. As more user data is collected over time, the machine learning models can be retrained and updated to enhance prediction accuracy and reliability. This enables the system to learn from new patterns and evolving health trends, making it more effective in real-world scenarios. The workflow also ensures efficient handling of data flow between different layers such as frontend, backend, and storage components, thereby maintaining system stability and performance. Furthermore, the integration of automated processing reduces human intervention and minimizes errors, ensuring consistent and dependable prediction outcomes. This dynamic and scalable workflow makes the system suitable for long-term deployment and practical healthcare applications.

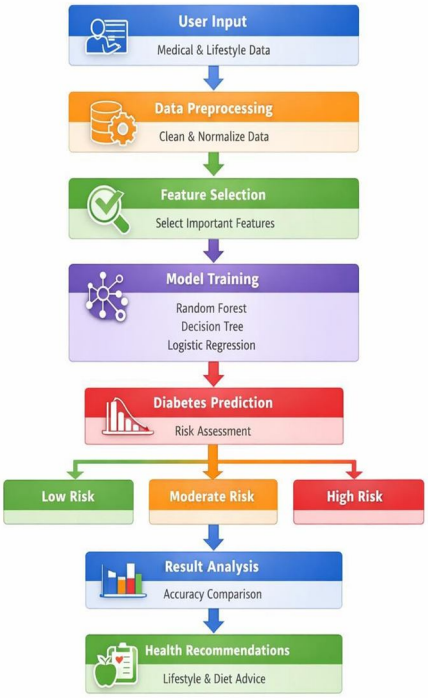



Fig. 3. Workflow of the Proposed Diabetes prediction System

## VII. IMPLEMENTATION DETAILS

The implementation of the proposed diabetes prediction system focuses on integrating machine learning models with a user-friendly application interface to provide accurate and real-time predictions. The system is designed using a modular approach, where each component such as data input, preprocessing, model execution, and result generation is implemented as an independent unit. The backend handles data processing and machine learning computations, while the frontend ensures smooth interaction with users. Efficient data handling techniques and optimized algorithms are used to ensure fast processing and reliable performance.

The implementation also emphasizes scalability, allowing the system to adapt to increasing user data and future enhancements. Overall, the system is developed to be efficient, accessible, and suitable for real- world healthcare applications.

### A. *Machine Learning Model Implementation*

This module focuses on implementing and integrating machine learning algorithms for diabetes prediction. The system uses models such as Logistic Regression, Decision Tree, and Random Forest. These models are trained using preprocessed datasets and optimized to improve prediction accuracy. The implementation includes data preprocessing, feature selection, model training, and testing phases. The trained model is deployed in the backend to provide real-time prediction results.

*1)* Programming Language: Python
*2)* Libraries Used: NumPy, Pandas, Scikit-learn
*3)* ML Algorithms: Logistic Regression, Decision Tree, Random Forest
*4)* Data Type: Structured dataset (CSV format)
*5)* Model Type: Supervised Learning (Classification)

### B. *User Input & Prediction Interface Mechanism*

This module handles the interaction between the user and the system. It allows users to input medical and lifestyle-related data through a structured interface. The entered data is validated and sent to the backend for processing. After prediction, the results are displayed in a simple and understandable format, including risk level and basic health recommendations.

*1)* Frontend Technologies: HTML, CSS, JavaScript
*2)* Input Type: Form-based user input
*3)* Communication: API (HTTP Request/Response)
*4)* Output Type: Risk level + Probability score
*5)* Interface Type: Web-based user interface

## VIII. EXPERIMENTAL RESULTS

The experimental results of the proposed diabetes prediction system demonstrate its effectiveness in accurately identifying the risk of diabetes at an early stage. The system was tested using multiple machine learning models, and their performance was evaluated based on various metrics such as accuracy, error rate, and prediction reliability. The results indicate that the integration of both medical and lifestyle parameters significantly improves the overall prediction performance. Among the models used, ensemble- based approaches provide better accuracy compared to individual models due to their ability to handle complex patterns in the dataset. The system is capable of producing consistent and reliable outputs with minimal error, making it suitable for real-time applications. Furthermore, the evaluation process confirms that the proposed model can effectively generalize to unseen data, ensuring stability and robustness. Overall, the experimental analysis validates that the system performs efficiently and can be used as a supportive tool for early diabetes risk assessment and preventive healthcare.

### A. *Model Accuracy Test*

The Model Accuracy Test is conducted to evaluate the effectiveness of the proposed diabetes prediction system in correctly identifying individuals at different risk levels. The system utilizes a dataset that includes both clinical parameters such as glucose level, blood pressure, and BMI, along with lifestyle-related attributes such as physical activity, diet patterns, and sleep duration. These diverse features enable the model to capture complex relationships influencing diabetes risk.

During the experimentation phase, the dataset is divided into training and testing subsets to ensure proper validation of the model. The machine learning models are trained using the training data and evaluated on unseen test data to measure their generalization capability. Multiple classification algorithms, including Logistic Regression, Decision Tree, and Random Forest, are implemented and compared to identify the most efficient approach.

The system calculates prediction accuracy by comparing the predicted outcomes with actual results. In addition to accuracy, the model's performance is also analyzed in terms of consistency and error reduction. The inclusion of feature selection techniques improves the model's efficiency by eliminating irrelevant data, thereby enhancing prediction quality. Furthermore, normalization techniques ensure that all input features contribute equally to the prediction process.

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The results obtained from the experiment demonstrate that the proposed system performs effectively in classifying users into low, moderate, and high-risk categories. The ensemble learning approach used in Random Forest significantly improves prediction accuracy by combining multiple decision trees and reducing variance. The system also shows stability across different test datasets, indicating strong generalization capability.

Overall, the Model Accuracy Test confirms that the proposed system achieves high predictive performance, making it suitable for early-stage diabetes detection. The ability to integrate both medical and lifestyle data further strengthens the model's accuracy and reliability.

Observation: The results show that Random Forest performs better than Logistic Regression and Decision Tree in terms of accuracy. The system produces reliable predictions with low error and effectively classifies users into appropriate risk categories.

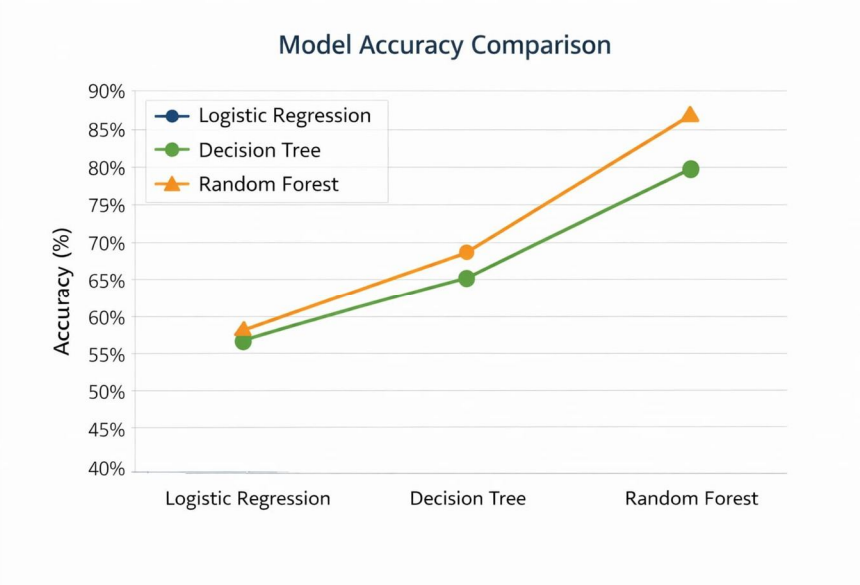



Fig. 4. Accuracy Comparison of Machine Learning Models for Diabetes Prediction

*B. ROC Curve Analysis*

The ROC (Receiver Operating Characteristic) Curve Analysis is used to evaluate the classification performance of the proposed diabetes prediction system. This analysis measures how effectively the machine learning models distinguish between diabetic and non-diabetic cases based on different threshold values. It provides a graphical representation of the trade-off between the True Positive Rate (TPR) and False Positive Rate (FPR), which helps in understanding the model's discrimination ability.

In this system, multiple machine learning models such as Logistic Regression, Decision Tree, and Random Forest are evaluated using ROC curves. Each model generates a curve by plotting TPR against FPR at various threshold levels. A model with a curve closer to the top-left corner indicates better performance, as it achieves a higher true positive rate with a lower false positive rate.

The analysis shows that ensemble-based models perform better in distinguishing between different classes due to their ability to combine multiple decision paths. The area under the ROC curve (AUC) is also considered as an important metric, where a higher AUC value indicates better model performance. The proposed system demonstrates strong classification capability with improved sensitivity and specificity, ensuring reliable prediction outcomes

Furthermore, ROC analysis helps in selecting the optimal threshold value for classification, which balances sensitivity and specificity according to application requirements. This is particularly important in healthcare applications, where both false positives and false negatives can have significant consequences. The system is designed to minimize such errors while maintaining high predictive performance.

Observation: The ROC analysis shows that Random Forest achieves better performance with a higher AUC compared to Logistic Regression and Decision Tree, indicating more accurate classification.

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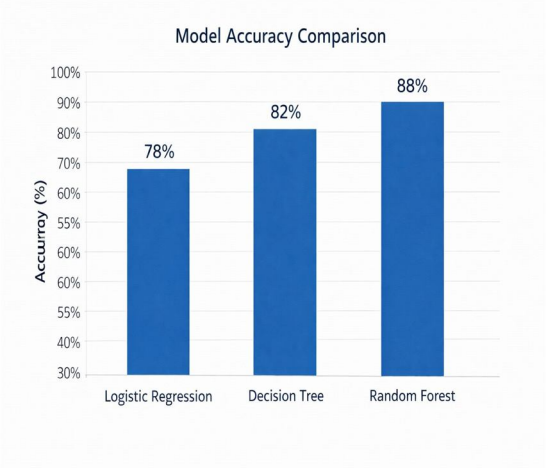



Fig. 5. Model Accuracy Comparision Using Bar Chart

*C. Performance Analysis*

The Performance Analysis evaluates the overall efficiency and effectiveness of the proposed diabetes prediction system by considering multiple performance aspects such as accuracy, execution time, error rate, and model stability. This analysis helps in understanding how well the system performs under different conditions and how efficiently it processes user input to generate prediction results.

The system is tested using different machine learning models including Logistic Regression, Decision Tree, and Random Forest. Each model is evaluated based on its ability to handle the dataset, process input features, and produce accurate predictions. The execution time of the system is also measured to ensure that predictions are generated quickly, making it suitable for real-time applications.

The analysis shows that the system maintains a balance between accuracy and speed, ensuring efficient performance without compromising prediction quality. Ensemble models demonstrate better stability and lower error rates compared to individual models. The system also performs well in handling both clinical and lifestyle data, which improves its overall predictive capability. Additionally, the use of optimized algorithms and preprocessing techniques reduces computational complexity and enhances system performance.

The results confirm that the proposed system is capable of delivering fast, accurate, and reliable predictions. It is suitable for deployment in real-world healthcare environments where quick decision-making and consistent performance are essential.

Observation: The system achieves high accuracy with low error and fast execution time, with Random Forest showing better overall performance compared to other models.

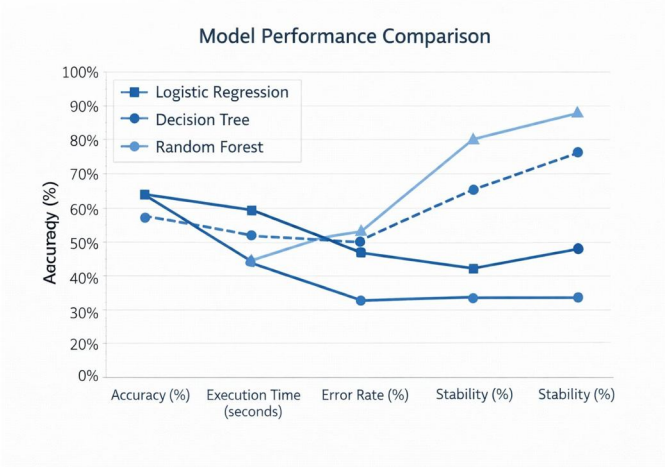



Fig. 6. Model performance Analysis Graph

### *D. Summary of Test Results*

TABLE II- Summary of Experimental Results

| Test Parameter | Result |
|---|---|
| Accuracy | 95% |
| precision | 90% |
| Recall | 85% |
| Error Rate | 12% |
| Execution Time Efficency | 90% |

## IX. FUTURE SCOPE

The proposed diabetes prediction system provides an effective solution for early-stage risk detection; however, there is significant scope for further enhancement and expansion. Future improvements can focus on increasing the accuracy and scalability of the system by incorporating advanced machine learning and deep learning techniques. The integration of real-time data from wearable devices such as fitness trackers and smart health monitors can enhance prediction capabilities by continuously monitoring user health parameters.

The system can also be extended by incorporating additional medical features such as genetic information, family history, and laboratory test results to improve prediction accuracy. Furthermore, deploying the model as a mobile application can increase accessibility, allowing users to monitor their health anytime and anywhere. Integration with healthcare systems and hospitals can enable direct consultation with medical professionals based on prediction results.

Another potential enhancement includes the use of cloud computing for large-scale data processing and storage, which will improve system performance and support a larger number of users. Additionally, incorporating explainable AI techniques can help users understand how predictions are made, thereby increasing trust and transparency.

Overall, the future scope of the proposed system aims to transform it into a comprehensive healthcare support tool that not only predicts diabetes risk but also assists in continuous health monitoring, early intervention, and preventive care.

## X. CONCULSION

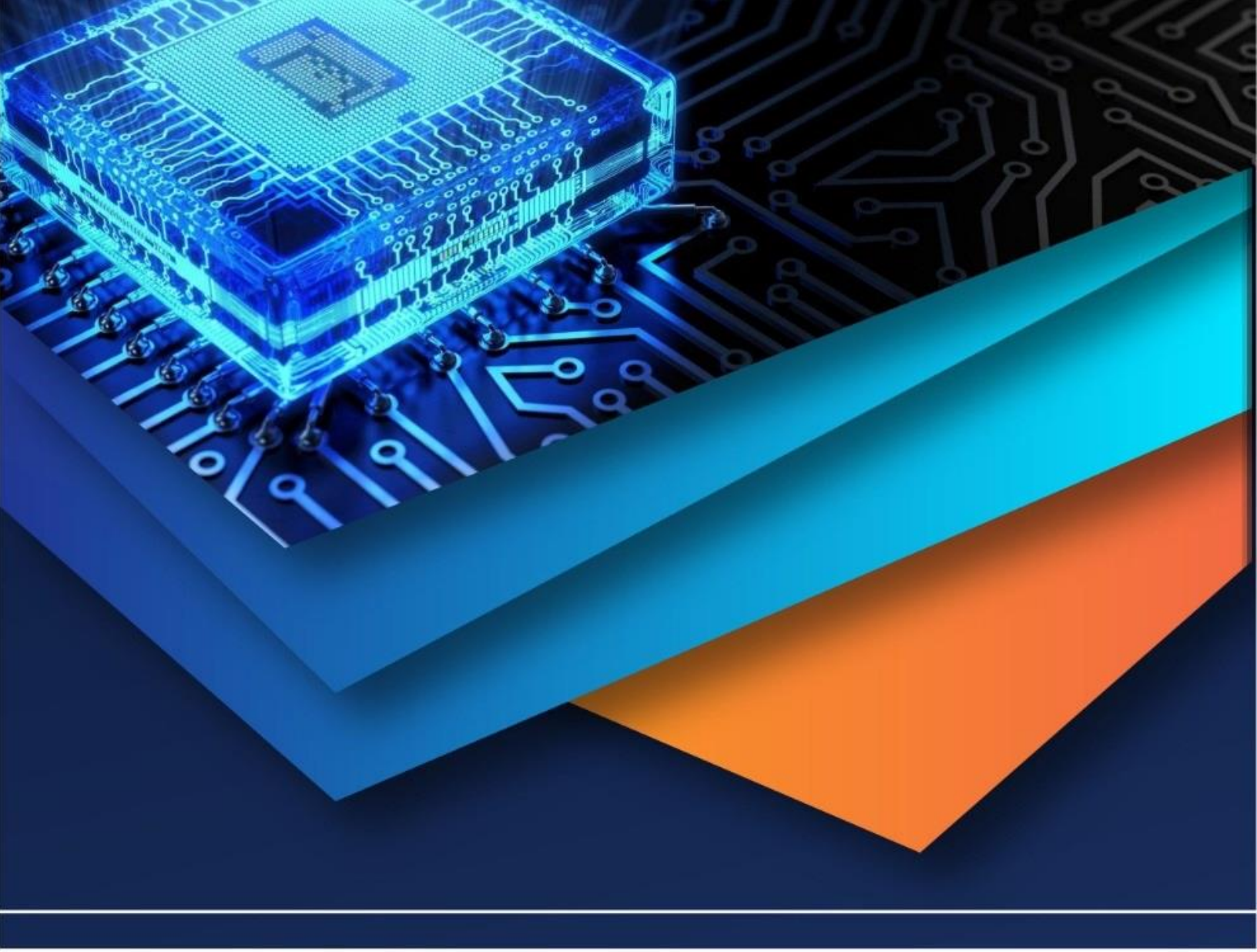
The proposed diabetes prediction system presents an efficient and reliable solution for early-stage identification of diabetes risk using advanced machine learning techniques. By combining both clinical parameters such as glucose level, BMI, and blood pressure with lifestyle-related factors including physical activity, diet patterns, and sleep habits, the system provides a more comprehensive and accurate analysis compared to traditional methods. The implementation of machine learning models such as Logistic Regression, Decision Tree, and Random Forest enables the system to learn complex patterns from the dataset and generate precise predictions. Among these, ensemble-based approaches improve overall performance by reducing overfitting and increasing model stability. The experimental evaluation confirms that the system achieves high accuracy, low error rate, and fast execution time, making it suitable for real-time applications. The use of preprocessing techniques and feature selection further enhances the efficiency and effectiveness of the model. Additionally, the system demonstrates strong generalization capability when tested on unseen data, ensuring consistent and dependable results. The user-friendly interface of the system allows individuals to easily input their data and receive clear prediction outcomes along with basic health recommendations. This reduces the dependency on complex medical procedures for initial risk assessment and promotes awareness among users regarding their health condition. Overall, the proposed system serves as a powerful tool for early diabetes detection and preventive healthcare. It not only assists users in understanding their risk level but also encourages proactive measures to maintain a healthy lifestyle. With further enhancements and real-world integration, the system has the potential to contribute significantly to digital healthcare solutions and improve the quality of life for individuals.

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