

# Analyzing Risk Factors that are Reasons for Heart Disease

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**Abstract:** *This study analyses the various risk factors that contribute to heart disease, one of the leading causes of death worldwide. It focuses on identifying both modifiable factors—such as lifestyle habits, diet, smoking, and physical inactivity—and non-modifiable factors like age, gender, and family history. The research is based on data collected from 271 patients at Jayadeva Hospital, Bengaluru, and analysed using Power BI to interpret demographic and clinical patterns. Through statistical and descriptive analysis, the study evaluates how this risk factors influence the likelihood of developing heart disease. The findings highlight that age, blood pressure, chest pain type, ECG results, and maximum heart rate play a significant role in determining risk levels. The study emphasizes the importance of early detection, preventive healthcare, and lifestyle modification to reduce the incidence of heart disease and supports the need for targeted public health interventions and awareness programs.*

**Keywords:** *Heart Disease, Risk Factors, Cardiovascular Health, Lifestyle Factors, Age and Gender, Blood Pressure, Cholesterol, ECG Analysis, Preventive Healthcare, Public Health, Power BI, Data Analysis*

