

Development of a Neural Network-Based Predictive System for Automated Diabetes Detection Using Clinical Data

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I.

Abstract— Diabetes is a widespread chronic disease that requires timely diagnosis and management to reduce severe health complications like cardiovascular issues, kidney failure, and neuropathy. Traditional diagnostic methods rely heavily on invasive procedures and expert analysis, which may not be readily accessible in resource-limited settings. This paper explores the design of a neural network-based predictive system that automates diabetes detection using patient clinical data. By employing machine learning techniques, specifically feedforward neural networks, the model effectively learns patterns in features such as glucose levels, BMI, insulin, age, and family history.

The system incorporates advanced preprocessing methods, including feature normalization and outlier removal, to enhance model accuracy. Hyperparameter tuning and regularization techniques, like dropout, prevent overfitting and ensure generalizability. Experimental results show the model achieves significant predictive accuracy compared to traditional methods. The application of neural networks demonstrates the capability to provide non-invasive, cost-effective, and efficient diabetes prediction tools. Future enhancements, including integration with IoT devices and explainable AI techniques, promise even greater impact by enabling real-time diagnosis and fostering trust among healthcare providers and patients. Keywords—Feedforward neural networks, feature normalization, Hyperparameter Tuning, Non-Invasive Diagnostic Tools.

INTRODUCTION

Diabetes Mellitus is one of the most pressing global health challenges, with the World Health Organization (WHO) estimating that over 422 million people worldwide suffer from this condition. Characterized by high blood glucose levels due to insufficient insulin production or the body's inability to use insulin effectively, diabetes leads to severe complications if left unmanaged. These complications include cardiovascular diseases, kidney failure, nerve damage, and even blindness, significantly impacting patients' quality of life and increasing healthcare burdens. Early detection and management of diabetes are therefore critical in preventing these adverse outcomes and improving longterm patient health

Traditional methods of diagnosing diabetes often involve invasive procedures such as blood tests, glucose tolerance tests, or HbA1c measurements. While accurate, these methods are time-consuming, require specialized equipment and personnel, and may not be readily available in remote or resource-limited settings. As a result, many cases of diabetes go undiagnosed until the onset of complications, making early diagnosis a significant challenge in global healthcare.

This paper focuses on designing a neural network-based system for diabetes prediction. Using clinical datasets, the proposed system aims to accurately classify individuals as diabetic or non-diabetic based on features such as glucose levels, body mass index (BMI), insulin levels, age, and family history. The neural network is optimized through data preprocessing, hyperparameter tuning, and regularization techniques to ensure high predictive accuracy while avoiding overfitting. The model's ability to provide quick and reliable predictions makes it a valuable tool for healthcare professionals, especially in regions where access to traditional diagnostic facilities is limited.

II. LITERATURE SURVEY

The growing prevalence of diabetes worldwide has driven extensive research into predictive systems using machine learning techniques. Traditional statistical models, such as logistic regression and decision trees, have been widely used in the past to identify individuals at risk of diabetes.While these methods are computationally efficient and easy to interpret, they often fail to capture the complex, non-linear relationships among the diverse clinical features of diabetes, such as glucose levels, insulin resistance, body mass index (BMI), and genetic predisposition.

Neural networks have emerged as a promising alternative, offering the capability to learn complex patterns directly from raw data without extensive manual feature engineering. Research by Patel et al. (2020) demonstrated the effectiveness of a feedforward neural network trained on the PIMA Indian Diabetes dataset, achieving an accuracy of 85% in classifying diabetic and non-diabetic patients. Similarly, another study by Khan et al. (2019) highlighted the robustness of deep learning models, which outperformed traditional machine learning approaches in large-scale diabetes prediction tasks.

This literature review underscores the growing potential of neural networks in diabetes prediction while highlighting existing gaps in their application. Building on these findings, this paper aims to design a neural network model optimized for predicting diabetes, addressing challenges such as overfitting, data quality, and interpretability. By leveraging the insights from prior research, this study contributes to the ongoing efforts to develop efficient, reliable, and scalable AIdriven diagnostic tools for diabetes management.

III. METHODOLOGY

The methodology for designing a neural network-based diabetes prediction system involves a systematic approach to data processing, model development, and performance evaluation. The study begins with the selection of a suitable dataset, such as the PIMA Indian Diabetes dataset, which includes clinical features like glucose levels, BMI, and family history.

Data preprocessing is performed to handle missing values, remove outliers, and normalize the features to ensure uniformity. Relevant features are selected through correlation analysis to enhance model efficiency. The dataset is then split into training and testing sets to evaluate the model's performance. A feedforward neural network is designed with an input layer, multiple hidden layers utilizing ReLU activation functions, and an output layer with a sigmoid activation function for binary classification. Dropout layers are incorporated to prevent overfitting, and the model is trained using the Adam optimizer and Binary Cross-Entropy as the loss function. Hyperparameters, including the learning rate, number of hidden layers, and batch size, are optimized through grid search. The model's performance is assessed using metrics such as accuracy, precision, recall, F1-score, and AUC-ROC. Finally, the trained model is deployed with a user-friendly interface, enabling healthcare professionals to input patient data and receive instant predictions. This methodology ensures the development of a robust, scalable, and efficient system for diabetes prediction.

IV. EXISTING SYSTEM

The existing systems for diabetes prediction primarily rely on traditional machine learning algorithms and statistical models, which, while effective in some cases, have limitations in capturing the complex, non-linear relationships between variables associated with the disease. Models like logistic regression, decision trees, and support vector machines (SVMs) are commonly used for diabetes classification. These systems typically require significant manual feature engineering, where domain experts must select and preprocess the most relevant features from the dataset. While these models can provide reasonably accurate results when properly tuned, they struggle to handle large, high-dimensional datasets and often perform poorly when faced with noisy or incomplete data.

Additionally, traditional models are generally limited in their ability to detect subtle patterns or interactions between features, which are crucial for accurate predictions in the context of a multifactorial disease like diabetes. Furthermore, the interpretability of these

models, although relatively better than deep learning models, can still be an issue, especially when faced with complex datasets.

Moreover, traditional systems often require continuous human oversight and are not scalable for large-scale deployments in resource-constrained environments. These limitations highlight the need for more advanced, automated approaches like neural networks, which can learn from data with minimal feature engineering and potentially improve prediction accuracy and scalability.

Pregnanci	Glucose	BloodPres	SkinThick	Insulin	BMI	DiabetesP	Age	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

Fig.1.2 shows the sample data followed in detecting diabetes in human body

V. PROPOSED SYSTEM

The proposed system aims to address the limitations of traditional diabetes prediction models by leveraging the power of neural networks, specifically a feedforward multi-layer perceptron (MLP). This system is designed to predict the likelihood of a patient being diabetic or non-diabetic based on clinical features such as glucose levels, BMI, insulin levels, age, and family history. Unlike traditional models that rely heavily on manual feature selection and engineering, the neural network can automatically learn complex, non-linear relationships between features and provide more accurate predictions.

The system employs data preprocessing techniques like missing value imputation, outlier removal, and feature normalization to ensure clean, consistent input data. It also uses a training methodology based on backpropagation with the Adam optimizer and binary cross-entropy loss, which enables the network to adjust weights efficiently during training. Dropout layers are incorporated to prevent overfitting, ensuring that the model generalizes well to unseen data. Hyperparameter tuning is conducted to optimize learning rates, number of hidden layers, and batch sizes for better model performance.

The model is evaluated using various performance metrics, including accuracy, precision, recall, F1-score, and AUC-ROC, to ensure it provides reliable and robust predictions. The system is designed to be scalable, allowing easy integration into real-world healthcare settings where it can assist doctors and healthcare professionals in diagnosing diabetes quickly and efficiently, especially in areas where access to diagnostic tests is limited.

To detect diabetes using AI and ML, several key steps are followed, starting from data collection to model deployment



Fig.1.3 shows the steps followed in detecting diabetes in human body

VI. WORKING OF PROPOSED SYSTEM

The working of the proposed diabetes prediction system is designed to provide an accurate and scalable solution by utilizing neural networks and advanced data processing techniques. This system involves multiple stages, from data collection to deployment, ensuring a seamless and efficient workflow for predicting diabetes. Below is an elaboration of each phase:

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1. Data Collection and Preprocessing

The first step involves the collection and preparation of clinical data to ensure it is in the right format for training a machine learning model.

Data Collection: The system begins by acquiring patient data, typically including attributes such as glucose levels, BMI (Body Mass Index), age, family history of diabetes, insulin levels, and other clinical measurements. This data is generally stored in structured formats like CSV files, databases, or spreadsheets.

Handling Missing Data: In real-world data, missing values are common. These missing values are imputed using statistical techniques. For numerical features, the missing values might be replaced by the mean, median, or mode of that feature. For categorical data, mode imputation might be used.

Feature Normalization: Neural networks perform better when input features are scaled to similar ranges. Therefore, the system applies feature normalization or scaling (using techniques like Min-Max normalization or Z-score standardization) to ensure that all features contribute equally to the model's learning process. This prevents any feature with a larger range from dominating the others.

Outlier Removal: Outliers—data points that are significantly different from the rest of the data—can adversely affect the performance of machine learning models. The system identifies outliers using statistical methods like Z-scores or Interquartile Range (IQR) and removes them or handles them appropriately to prevent distortion during training.

2. Neural Network Architecture

The core of the diabetes prediction system lies in the design of the neural network, which consists of multiple layers and neurons that help in learning the complex patterns in the data.

Input Layer: The input layer consists of a number of nodes equal to the number of features in the dataset. For example, in the PIMA Indian Diabetes dataset, there are eight features, so there will be eight nodes in the input layer (e.g., glucose level, BMI, age, etc.). Each feature is represented as a node that receives its corresponding value as input.

Hidden Layers: After the input layer, the data is passed through one or more hidden layers, each containing multiple neurons. The hidden layers apply activation functions like ReLU (Rectified Linear Unit) to introduce non-linearity to the model. ReLU helps the network learn complex patterns in the data. The number of neurons and layers is determined experimentally and optimized based on the dataset's complexity and the problem at hand.

Output Layer: The output layer is the final layer of the network. Since this is a binary classification problem (diabetic or non-diabetic), the output layer has a single neuron. The sigmoid activation function is used in the output layer, which generates a probability score between 0 and 1. A score closer to 1 indicates a higher likelihood of diabetes, while a score closer to 0 indicates a lower likelihood.

3. Model Training

Once the neural network architecture is designed, the model undergoes the training phase, where the weights and biases are adjusted to minimize errors.

Loss Function: The binary classification problem in diabetes prediction is addressed using binary crossentropy loss, which measures the difference between the predicted probabilities and the true class labels. The objective during training is to minimize this loss function to improve prediction accuracy.

Backpropagation: During training, the backpropagation algorithm is used to compute the gradient of the loss function with respect to each weight and bias in the network. These gradients indicate how much each weight and bias contributed to the error. Based on the gradients, the weights and biases are adjusted using an optimization algorithm.

Optimizer: The Adam optimizer is used to efficiently update the model's weights and biases. Adam combines the advantages of two other extensions of stochastic gradient descent (SGD), namely AdaGrad and RMSProp, making it effective in handling sparse gradients and improving convergence rates.

Epochs and Batch Size: The training process is repeated

over several epochs (iterations over the entire dataset). Each epoch is divided into smaller subsets of data known as mini-batches. After each mini-batch, the model's weights are updated, and training continues until the network converges (i.e., the error no longer decreases significantly).

4. Regularization

To prevent the model from overfitting—where the model becomes too complex and performs well on training data but poorly on unseen data—the system incorporates regularization techniques.

Dropout: The system uses dropout layers within the neural network architecture. Dropout involves randomly "dropping" (deactivating) a portion of the neurons during each training step, forcing the network to rely on different combinations of neurons. This helps prevent the network from memorizing the data and encourages it to generalize better to new data.

5. Hyperparameter Tuning

The performance of a neural network can be significantly influenced by the choice of hyperparameters, such as the number of hidden layers, the number of neurons in each layer, the learning rate, and the batch size.

Grid Search or Random Search: The system uses grid search or random search to explore different combinations of hyperparameters and find the best configuration for the model. The goal is to identify the combination that results in the highest accuracy or best performance metrics.

6. Model Evaluation

After the model is trained, it needs to be evaluated to assess its performance.

Accuracy: The overall percentage of correct predictions (diabetic or non-diabetic) made by the model is calculated.

Precision and Recall: Precision measures the proportion of positive predictions that are actually correct, while recall evaluates how well the model identifies all actual positive cases.

F1-Score: The F1-score is the harmonic mean of

precision and recall. It balances the two metrics and provides a single score that reflects the model's overall performance, especially when the dataset is imbalanced (e.g., many more non-diabetic than diabetic cases).

AUC-ROC Curve: The Area Under the ROC Curve (AUC-ROC) measures how well the model distinguishes between the two classes (diabetic vs. non-diabetic). A higher AUC indicates a better ability to classify patients correctly.

7. Prediction and Deployment

Once trained and evaluated, the system is ready for deployment in real-world applications:

User Interface: A user-friendly interface is developed, allowing healthcare professionals to input patient data (e.g., glucose levels, BMI, etc.) into the system.

Prediction: The trained model processes the input data and outputs a prediction of whether the patient is diabetic or not, along with a probability score that indicates the confidence level of the prediction. This helps healthcare professionals make quick and informed decisions.

8. Continuous Learning and Updates

To ensure that the model remains accurate and relevant, it must continuously learn and update with new data:

Continuous Learning: The model is periodically retrained with fresh patient data to adapt to changes in trends, new health findings, or shifts in the population's characteristics. This approach ensures that the model stays effective and accurate over time.

Model Updates: The system can be updated with new features, better algorithms, or improved data preprocessing methods, allowing it to stay aligned with the latest advancements in healthcare technology.

VII. SIMULATED OUTPUTS

The primary goal of this project is to analyze the Pima Indian Diabetes Dataset using various machine learning algorithms and predict the likelihood of an individual having diabetes based on the input features. The output of the project is a binary classification (either 1 or 0), which helps in determining whether an individual is likely to have diabetes or not based on input features such as glucose levels, BMI, insulin levels, age, and others. The machine learning models will provide a probability score or confidence level along with the final classification, enabling healthcare professionals to make more informed decisions about diabetes risk. The expected outcome is to have an accurate, efficient, and reliable system that can predict the likelihood of diabetes, facilitating early intervention and improving patient outcomes.The output will be a binary classification result where:

• 1 indicates that the individual is predicted to have diabetes (positive case).

• 0 indicates that the individual is predicted not to have diabetes (negative case).

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RESTART:
Enter the following details:
Number of Pregnancies: 2
Glucose Level: 197
Blood Pressure: 70
Skin Thickness: 45
Insulin Level: 543
BNI: 30.5
Diabetes Pedigree Function: 0.158
Age: 53
Warning (from warnings module):
File "c:Ubsers/sharvapriya/AppData/Local\Programs\Python\Pyth:
warning: X does not have valid feature names, but StandardS:
The model predicts: Diabetes Positive
Model Accuracy: 0.75
Confusion Matrix:
[178 20]
[18 37]]
```

```
R
R
Enter the following details:
R
Enter the following details:
Number of Fregnancies: 23
Glucose Level: 240
Blood Fressure: 110
Skin Thickness: 99
Insulin Level: 600
BMI: 47
Diabetes Fedigree Function: 0.2222
Age: 21
Warning (from warnings module):
File "C:\UserAsharvapriya\AppData\Local\Programs\Pyth
warnings.warn(
UserWarning: X does not have valid feature names, but St
The model predicts: Diabetes Fositive
Model Accuracy: 0.75
Confusion Matrix:
[[79 20]
[18 37]]
```

VIII . FUTURE ENHANCEMENTS

While the proposed diabetes prediction system offers a strong foundation for early diagnosis, several future enhancements can be incorporated to improve its performance, adaptability, and scope of application. These enhancements will ensure that the system continues to evolve in response to emerging medical trends and technological advancements, further contributing to healthcare improvements. Some key future enhancements include: 1. Integration of Additional Data Sources

Currently, the system primarily relies on structured clinical data such as glucose levels, BMI, and age. However, to enhance the predictive power and accuracy of the model, future versions could integrate additional data sources:

Wearable Devices: Devices such as smartwatches, glucose monitors, and fitness trackers could provide continuous data on a patient's health, such as daily glucose fluctuations, activity levels, heart rate, and sleep patterns. Integrating this real-time data can enable the system to offer more personalized and dynamic predictions.

Genetic Data: Incorporating genetic markers and family medical history could improve the model's ability to predict an individual's susceptibility to diabetes. Machine learning models can be designed to analyze genetic predispositions and environmental factors together for better accuracy.

2. Multimodal Data Integration

The current system uses structured tabular data, but the future system could take advantage of multimodal data sources such as:

Medical Imaging: The incorporation of medical imaging data, such as eye scans or CT scans, could help identify diabetic retinopathy or other diabetes-related complications. This data could be integrated with the prediction model for a more holistic understanding of the patient's condition.

Electronic Health Records (EHR): Integrating data from EHRs would provide a broader view of the patient's medical history, including past diagnoses, treatment regimens, and hospital visits, which can significantly enhance prediction accuracy.

3. Enhanced Deep Learning Techniques

As machine learning and deep learning techniques continue to advance, there are several methods that could be applied to improve the prediction model:

Convolutional Neural Networks (CNNs): While CNNs are primarily used in image analysis, they could be applied to structured data to identify spatial patterns in multidimensional datasets. This could help identify more complex relationships between different health parameters.

Recurrent Neural Networks (RNNs) and Long Short-Term Memory (LSTM): These models are particularly useful for handling time-series data, which would be

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beneficial if the system starts integrating continuous data from wearable devices or sensors. This enhancement would allow the system to track trends over time, such as fluctuations in glucose levels, and predict diabetes risk based on long-term patterns.

4. Enhanced Hyperparameter Optimization

Though the system currently uses grid search or random search for hyperparameter tuning, the process could be further optimized by employing more advanced techniques such as:

Bayesian Optimization: This method uses a probabilistic model to find the best set of hyperparameters more efficiently, requiring fewer iterations than traditional methods.

Automated Machine Learning (AutoML): AutoML tools can automatically tune hyperparameters, select features, and even suggest the most suitable model architecture, making it easier to scale and adapt the system without manual intervention.

5. Transfer Learning and Model Adaptation

Transfer learning involves using a pre-trained model and fine-tuning it for a specific task, which can drastically reduce training time and improve model performance. For diabetes prediction, this technique can be used to adapt models trained on large healthcare datasets to specific regional or population-level datasets. By leveraging global data and transferring knowledge to local contexts, the system could improve its predictive accuracy for diverse demographics.

6. Improved Explainability and Transparency

Machine learning models, especially neural networks, are often seen as "black boxes," meaning that understanding how they arrive at predictions is difficult. To increase the trustworthiness of the system, future enhancements could focus on model explainability:

SHAP (Shapley Additive Explanations) and LIME (Local Interpretable Model-Agnostic Explanations) are techniques that can be used to interpret the decisions made by machine learning models. This transparency allows healthcare professionals to understand which features most influence the model's prediction, helping them make more informed decisions.

Visualization Tools: Implementing tools that allow users to visualize the decision-making process of the model can improve user confidence, especially in critical applications like healthcare.

7. Real-Time Predictions and Continuous Monitoring Future systems could incorporate real-time monitoring and continuous predictions by linking the system to IoTenabled devices. For instance, when a patient's glucose levels change or when other health metrics shift, the system could continuously update the prediction and provide immediate alerts or recommendations. This could enhance proactive management and reduce the risk of complications associated with diabetes.

8. Expanding the Scope of Use

While the current system focuses on diabetes prediction, the underlying architecture and methodology could be adapted to predict other chronic conditions. The system could be expanded to predict:

Hypertension

Heart disease

Obesity

By adapting the model and incorporating additional health indicators, the system could provide a broader range of health diagnostics, further improving overall healthcare outcomes.

9. Mobile and Cloud Integration

To increase accessibility and usability, the diabetes prediction system could be deployed as a mobile app or a cloud-based platform:

Mobile App: A mobile application could be developed to enable users to easily input their data, receive predictions, and track their health over time. This would provide more people, especially in remote areas, with access to diabetes prediction tools.

Cloud Deployment: Cloud-based platforms would enable the system to scale and provide predictions for a large number of users simultaneously. Cloud integration also allows for remote monitoring, where healthcare providers can track patient data in real time and intervene when necessary.

10. Collaboration with Healthcare Providers and Researchers

To continually enhance the system, partnerships with healthcare providers, hospitals, and research institutions can be established. These collaborations can ensure that the system is updated with the latest medical knowledge, data sets, and regulatory standards. Moreover, ongoing

clinical trials and patient feedback can be used to finetune the prediction system to ensure it provides accurate and relevant results for diverse patient groups.

IX . CONCLUSION

The proposed diabetes prediction system offers a robust and scalable solution for diagnosing diabetes early and accurately using advanced neural network-based techniques. By leveraging clinical data such as glucose levels, BMI, age, insulin, and family history, the system aims to provide healthcare professionals with a reliable tool for making informed decisions. The entire process-from data collection and preprocessing to training and deployment-ensures that the system works efficiently, with a high level of accuracy. The use of dropout layers helps prevent overfitting, which is crucial for ensuring that the model doesn't become too specific to the training data, while hyperparameter tuning optimizes the model's configuration to achieve the best possible performance. Furthermore, the deployment phase ensures that the system is user-friendly and accessible to healthcare professionals, who can easily input patient data and receive a quick, accurate diagnosis. With the system's ability to continuously learn and update with new data, it remains adaptive to evolving medical trends and patient demographics, ensuring its long-term relevance and accuracy. Ultimately, this diabetes prediction system represents a significant step forward in healthcare technology, offering a preventive approach to diabetes management. By integrating artificial intelligence and machine learning techniques, it can reduce the burden of diabetes, improve patient outcomes through early diagnosis, and contribute to the overall advancement of precision medicine.

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