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Original Contribution

MLOps-Driven Solutions for Real-Time Monitoring of Obesity and Its Impact on Heart Disease Risk: Enhancing Predictive Accuracy in Healthcare

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Keywords: MLOps, Real-time Monitoring, Obesity, Heart Disease Risk, Predictive Modeling, Healthcare Technology, Preventive Care, Machine Learning

International Journal of Reciprocal Symmetry and Theoretical Physics

Vol. 6, Issue 1, 2019 [Pages 43-55]

This research examines MLOps-driven real-time obesity and heart disease risk monitoring systems to improve healthcare prediction. Secondary data assesses the literature on machine learning operations (MLOps) frameworks and predictive modeling in obesity-related cardiovascular risks. Continuous deployment of predictive models allows real-time changes based on the newest patient data, improving their flexibility and accuracy. Integrating electronic health information and wearable devices improves models' capacity to give timely and individualized healthcare. However, data protection and infrastructure for continual model retraining remain issues. Policy implications imply data security and equal access to modern healthcare technology need regulatory frameworks. Transparent AI standards in therapeutic contexts will also build confidence and responsibility. This study shows that MLOps frameworks may enhance obesity and heart disease management, enabling better preventative care methods for various populations.

INTRODUCTION

Machine learning (ML) in healthcare can evaluate complicated health data, produce accurate predictions, and help physicians make proactive decisions (Karanam et al., 2018). Obesity prevention and control, especially cardiovascular disease, is a major worldwide health issue that benefits from such advances. Obesity, a worldwide pandemic, is connected to several adverse health effects, including a higher risk of heart disease. Due to obesity's prevalence and influence on cardiovascular health, real-time monitoring and predictive analytics are essential for prompt intervention. This chapter presents MLOps (Machine Learning Operations) as a platform for developing, deploying, and maintaining robust and real-time ML models for obesity and heart disease risk monitoring in healthcare settings (Rahman, 2017).

Genes, environment, and lifestyle affect obesity, a complicated illness. Studies have

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shown that obese people have an increased risk of heart disease. Obesity-related cholesterol, blood pressure, and inflammation cause cardiovascular issues. Real-time monitoring systems that provide doctors and patients with relevant information about obesity trends and heart disease risk are needed due to the growing global prevalence of obesity and CVD.

Historical data and population-level trends restrict the accuracy of traditional obesity and heart disease risk assessment methods for individual risk prediction. Recent ML advances have allowed models to scan massive amounts of health data, identifying individual-specific risk variables and providing highly tailored insights (Mohammed et al., 2017). Implementing and sustaining these models in real-time clinical settings is difficult due to model drift, infrastructure scalability, and healthcare system integration. MLOps, a systematic method for managing ML model lifecycles, blends ML and DevOps best practices to provide accurate, scalable, dependable, and maintainable models.

Healthcare lacks efficient, real-time obesity and heart disease risk monitoring technologies, delaying action and limiting tailored treatment. Static methods for obesity-related risk prediction use historical data rather than adaptive, real-time insights. MLOps is needed to construct and maintain adaptive ML models that learn from fresh data. MLOps-driven real-time monitoring systems give healthcare practitioners real-time insights into heart disease risk when weight, lifestyle, and other health markers change.

MLOps-driven real-time monitoring may change healthcare. By incorporating predictive analytics into clinical operations, healthcare practitioners may detect high-risk patients before issues arise. MLOps also allows continual model refinement, which is crucial for complicated health data development. This work enhances obesity-related heart disease risk prediction and shows the feasibility and benefit of MLOps in real-time healthcare applications.

The rest of the article is arranged as follows: The literature on obesity, heart disease, and ML in healthcare is reviewed in Chapter 2. The suggested MLOps-driven framework and model architecture are in Chapter 3. Chapter 4 describes the technique and datasets. Results on predicted accuracy and system performance are discussed in Chapter 5. Chapter 6 finishes with healthcare research and application suggestions. This research will show how MLOps can improve obesity monitoring and heart disease prediction, enabling more effective, tailored treatment.

STATEMENT OF THE PROBLEM

Obesity affects individual and public health globally. Obesity increases the risk of hypertension, high cholesterol, and systemic inflammation, which are all linked to cardiovascular disease (CVD), especially heart disease. Early, continuing monitoring is needed to allow prompt treatments, minimize healthcare costs, and improve patient outcomes for many interrelated illnesses. Traditional healthcare methods cannot continuously assess obesity's influence on heart disease risk. This limits proactive identification and prompt care plan adjustments for high-risk people. To address these issues, Machine Learning Operations (MLOps) provides a potential framework for implementing robust and adaptive machine learning (ML) models for real-time healthcare monitoring (Kundavaram et al., 2018).

ML has advanced, but few healthcare systems have adopted real-time, scalable models to monitor obesity and heart disease risk. Static assessments of historical, population-level data limit current forecasting algorithms. While valuable for broad patterns, these models must capture quickly changing patient health data. The absence of adaptive, real-time systems reduces ML models' predicted accuracy and therapeutic value. Real-time learning and adaption ML models are needed in a dynamic healthcare environment where patients' illnesses and risk variables might alter within days. ML model integration with healthcare infrastructure has particular issues, such as processing massive amounts of patient data, complying with data privacy requirements, and maintaining model correctness over time. These problems highlight the need for a MLOps-driven solution to enable ML model lifecycles, from data intake and model training to deployment and maintenance.

Thus, the research gap lacks a trustworthy, MLOps-driven platform for real-time, patient-specific obesity and heart disease risk insights. Despite the growing use of ML in healthcare, little research has examined MLOps as a systematic, ongoing way to assist ML models in clinical contexts. Most research concentrates on the predictive capabilities of individual ML models without addressing deployment and maintenance, or they offer static, batch-processed solutions that fail for real-time decision assistance. This gap indicates a solution that combines predictive accuracy with operational stability to allow models to learn from fresh data and give timely risk assessments based on the newest patient health data.

This project aims to provide a comprehensive MLOps-driven platform for real-time obesity and heart disease risk monitoring. MLOps concepts are used to maintain and improve prediction model accuracy and relevance in this framework. The work aims to create a system where ML models learn from streaming health data to provide physicians and patients with current risk assessments to guide proactive, tailored healthcare choices. ML model integration into healthcare settings presents data management, model drift, and scalability concerns that this technique seeks to address.

This study might change how healthcare practitioners monitor and treat obesity-related heart disease risks from reactive to proactive, data-driven therapies. This work fills a research vacuum and advances real-time health monitoring by examining MLOps as a facilitator of real-time ML applications in healthcare. Improved prediction accuracy and operational resilience will provide clinical relevance, dependability, and scalability for the proposed framework, improving healthcare delivery and patient outcomes.

METHODOLOGY OF THE STUDY

This work reviews MLOps, obesity, and CVD risk prediction literature using secondary data. A thorough examination of peer-reviewed literature, clinical reports, and industrial research on machine learning (ML) in healthcare for obesity and heart disease is used. Top academic databases, including PubMed, IEEE Xplore, and Google Scholar, provided high-quality, relevant data for the research. MLOps frameworks' model deployment, scalability, and real-time data processing are examined to determine their prediction accuracy benefits. Synthesizing obesity measures, CVD risk variables, and predictive model results, the literature assesses gaps and problems. This secondary data-based technique offers a theoretical framework for creating an MLOps-driven solution, emphasizing real-time healthcare monitoring application best practices and improvement opportunities.

MLOPS FRAMEWORKS FOR REAL-TIME HEALTHCARE MONITORING

Machine Learning Operations (MLOps) in healthcare systems are changing data-driven insight generation, maintenance, and application. MLOps automates ML model deployment, monitoring, and administration in production using ML and DevOps concepts. MLOps-driven frameworks are helpful for real-time healthcare applications like obesity monitoring and heart disease risk assessment. This chapter discusses MLOps frameworks' structure, components, and operational advantages, including how they simplify real-time healthcare monitoring and improve obesity and CVD risk assessment prediction (Punj & Kumar, 2019).

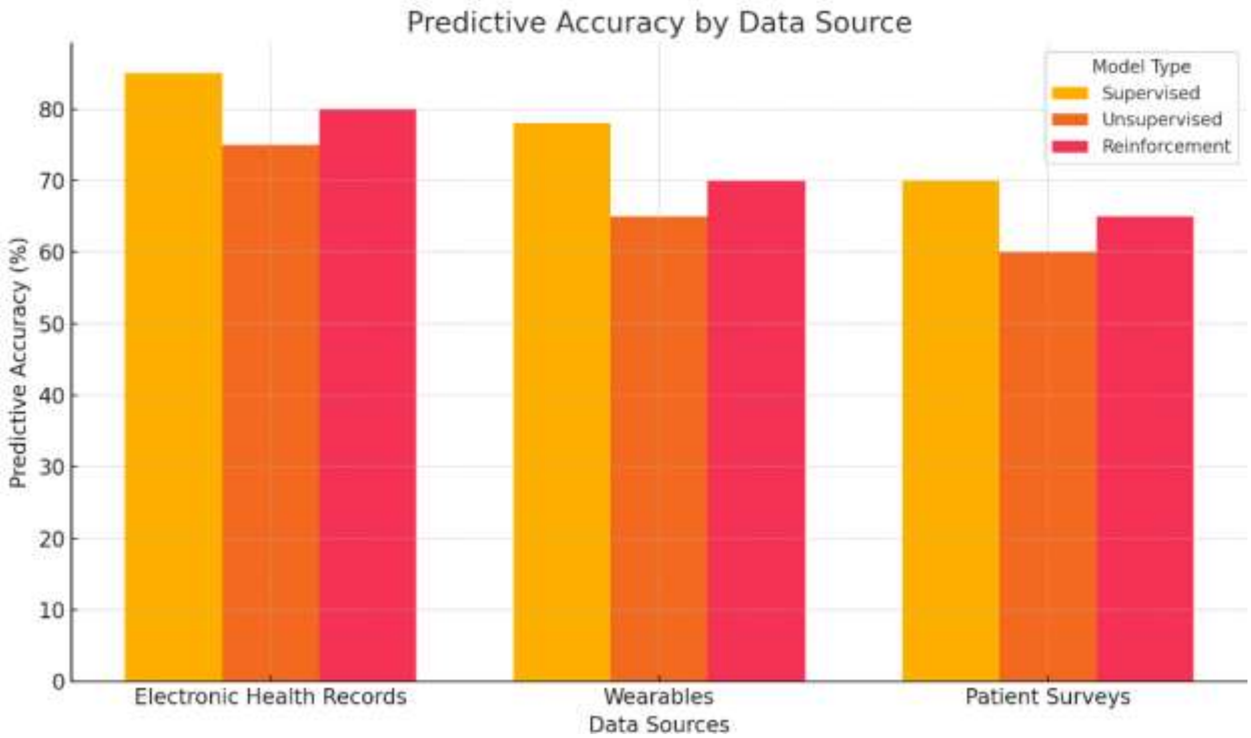

Figure 1: Predictive Accuracy by Data Source

Supervised Learning models had the most remarkable prediction accuracy from Electronic Health Records (85%), Wearables (78%), and Patient Surveys (70%). Unsupervised Learning is less accurate, with 75% from EHRs and 60% from Patient Surveys. Electronic Health Records (80%), Wearables (70%), and Patient Surveys (65%) give reinforcement learning models with moderate accuracy.

Understanding MLOps in Healthcare

MLOps simplifies the ML lifecycle, from model building and training to deployment and monitoring. Traditional ML models are generated in isolation and deployed in batch processing settings, making them sluggish in adapting to new data and unsuitable for real-time applications. While MLOps allows continuous integration, delivery, and training, models may adapt dynamically to new data. Healthcare requires adaptation, particularly when measuring daily or hourly health measures like weight, blood pressure, and cholesterol (Machorro-Cano et al., 2019).

Due to its complexity, sensitivity, and volume, healthcare data from EHRs, wearable devices, and patient-reported data is challenging to manage. MLOps frameworks provide robust data pipelines, easy data integration, and constant model retraining to reflect the newest patient data. These features make MLOps frameworks excellent for designing and maintaining real-time monitoring systems that accurately anticipate obesity and heart disease risk.

Critical Components of MLOps Frameworks in Real-Time Monitoring

MLOps-driven real-time healthcare monitoring involves many vital components:

Data Ingestion and Processing Pipelines: Real-time monitoring requires constant data flow. Data pipelines that acquire, clean, and analyze enormous amounts of data in real-time are essential to MLOps. These pipelines monitor obesity and cardiac disease using clinical assessments, wearable device readings, and lab tests. The data is processed quickly to make accurate predictions and assure quality, consistency, and model input readiness.

Model Training and Continuous Learning: Healthcare models must learn from new data to be accurate and relevant. Automatic retraining methods update models when fresh data is added in MLOps frameworks. The algorithm retrains fresh weight or blood pressure data to improve heart disease risk forecasts. This is necessary to prevent "model drift," a problem in which a model loses prediction accuracy due to shifting data patterns (Alfian et al., 2018).

Model Deployment and Monitoring: Models must be deployed into production systems for real-time insights once trained. MLOps frameworks use Docker and Kubernetes to deploy healthcare applications quickly and reliably. Continuous model monitoring detects performance concerns, including forecast accuracy drops and result delays. Proactive monitoring ensures model dependability, quickly giving physicians and patients' accurate, actionable data.

Model Validation and Governance: Healthcare requires strict validation and governance standards due to high stakes. Before deploying models, MLOps frameworks validate them against benchmarks. Governance regulations guarantee models conform to regulatory requirements like HIPAA in the U.S. and ethical data privacy and patient safety principles. Building confidence in ML-driven healthcare solutions and reducing risks from inaccurate predictions requires this governance component.

Explainability and Interpretability Tools: A fundamental problem of ML in healthcare is making complicated model outputs intelligible to physicians. MLOps platforms increasingly include explainability features to help healthcare practitioners comprehend model predictions. SHAP (Shapley Additive explanations) values or LIME (Local Interpretable Model-agnostic Explanations) might explain why a model predicts high heart disease risk based on BMI or cholesterol. Explainable models improve physicians' trust in ML-driven insights, encouraging their use in clinical decisions.

Benefits of MLOps Frameworks for Real-Time Healthcare Monitoring

A MLOps-driven platform improves real-time healthcare monitoring, notably for obesity-related heart disease risk:

- **Enhanced Predictive Accuracy:** Continuous Learning and retraining improve predicted accuracy by adapting models to fresh data. This real-time flexibility lets doctors react quickly to patient health changes.
- **Operational Scalability:** MLOps frameworks provide scalable deployments, enabling healthcare organizations to manage models across

sites and handle growing patient data volumes without sacrificing performance.

- **Reduced Time to Insight:** Automated data processing and real-time model predictions speed up clinical decision-making and enable instant action when a patient's health indicators signal concern.
- **Improved Data Management and Compliance:** MLOps improves healthcare data procedures to ensure security and regulatory compliance. Patient privacy and data integrity are crucial in healthcare (Devarajan et al., 2019).

MLOps frameworks are robust for developing and maintaining real-time healthcare monitoring systems. Healthcare providers may better manage obesity and heart disease risk using MLOps' continuous Learning, automated deployment, and scalable operations. Thus, integrating MLOps into healthcare revolutionizes predictive, proactive care, enabling prompt interventions to enhance patient outcomes and minimize chronic illnesses like obesity-related heart disease.

PREDICTIVE MODELS LINKING OBESITY TO HEART DISEASE

Heart disease, a primary cause of morbidity and death globally, is linked to obesity. The association between obesity and heart disease is complicated, including blood pressure, cholesterol, glucose, and exercise. Predictive models can estimate the heart health risk of obesity, aiding early identification, intervention, and tailored treatment. This chapter discusses the structure, construction, and implementation of predictive models that evaluate obesity-related heart disease risk, stressing the role of machine learning (ML) and MLOps in improving accuracy and dependability.

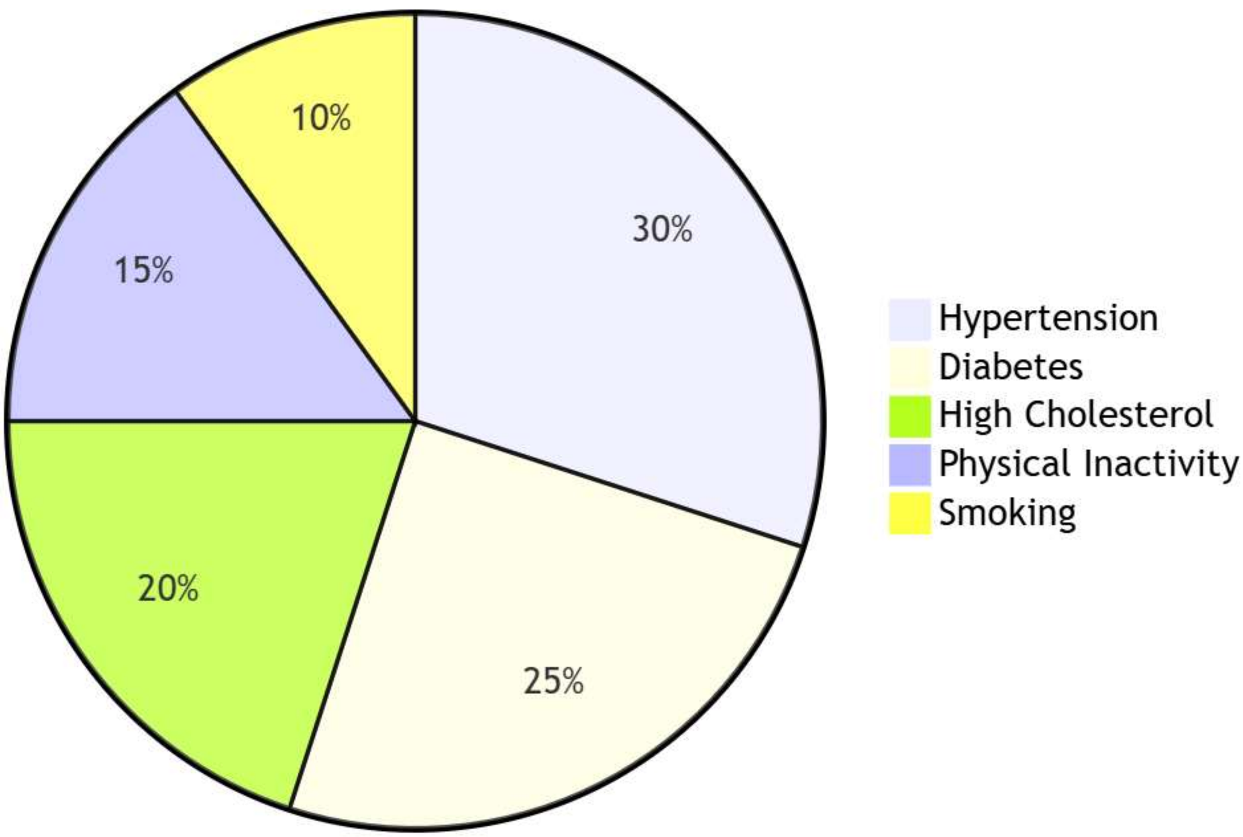

Figure 2: Distribution of Risk Factors for Heart Disease among Obese Individuals

The several risk factors that contribute to heart disease in the obese population are shown graphically in the pie chart in Figure 2. Each of the five segments that make up the graphic represents a different risk factor, and the size of each slice indicates the percentage of people impacted by that component.

Overview of Predictive Models in Healthcare

Mathematical and statistical predictive models evaluate data to anticipate future events. Predictive models are used to forecast health issues, including heart disease in obese people. Clinical variables like body mass index, cholesterol, and blood pressure, lifestyle factors like smoking status and physical activity, and even genetic markers are included in these models. Using correlations and trends in this data, predictive models may assess an individual's risk of heart disease, allowing practitioners to take preventive measures (Majumder et al., 2017).

Logistic regression and Cox proportional hazards models, which examine risk variables and illness outcomes, were used in traditional healthcare prediction models. These models have some success, but they cannot capture complicated, non-linear risk factor connections, which are essential to understanding multifactorial illnesses like obesity-induced heart disease. Advanced ML algorithms can manage vast amounts of high-dimensional data and reveal deeper patterns, making these models superior for tailored healthcare predictions.

Machine Learning Approaches to Obesity and Heart Disease Prediction

ML models, including decision trees, random forests, gradient boosting, and neural networks, are used to predict obesity-related heart disease. Each healthcare data model has its advantages. For instance:

Decision Trees and Random Forests: Decision trees and random forests are intuitive models that map decision routes depending on BMI and cholesterol. Multiple trees in random forests improve accuracy and reduce overfitting. These models may detect obesity-related heart disease risk factors, including high cholesterol and blood pressure.

Gradient Boosting Models: XGBoost and other gradient boosting approaches repeatedly integrate weak models to improve prediction performance. These models help predict heart disease risk in people with heterogeneous health profiles by capturing complicated risk factor interactions. They can manage missing data and eliminate outliers in real-world healthcare data (Bublitz et al., 2019).

Neural Networks: Though computationally costly, neural networks and deep learning architectures can represent complex, non-linear data connections. These models are promising in healthcare applications but need more patterns. Neural networks can account for subtle genetic predispositions and lifestyle variables in obese individuals, improving heart disease risk assessment.

MLOps in Real-Time Predictive Modeling

ML models improve predictive healthcare, but implementing and sustaining them in real-time clinical settings needs a methodical approach. MLOps (Machine Learning Operations) allows continuous ML model integration, deployment, and monitoring. Real-time obesity and heart disease risk prediction models may be developed using MLOps and modified to reflect new patient data. Because lifestyle, therapy, and other variables may affect obesity and heart disease risk factors, real-time adaptation is essential for predicting accuracy. MLOps enables healthcare predictive modeling:

- **Continuous Learning:** As patient profiles and health patterns change, predictive models are retrained with fresh data to stay accurate. This is crucial for tracking obesity-related heart disease risk changes.
- **Automated Model Monitoring:** MLOps systems assess model performance in real time to discover problems like model drift and a loss in predicted accuracy owing to data distribution changes. Continuous monitoring helps fix drift quickly, which is crucial in healthcare because wrong forecasts may be dangerous.
- **Integration and Scalability:** MLOps frameworks make it easy for predictive models to connect to healthcare systems, enabling scalability across facilities or departments. This connection creates a real-time monitoring environment by giving healthcare practitioners the latest risk estimations regardless of location.

Clinical Implications of Predictive Models for Obesity-Related Heart Disease

Predictive models using MLOps frameworks might revolutionize obesity and heart disease treatment. Healthcare practitioners may monitor high-risk patients, change treatment programs, and intervene before key health events using real-time analytics. For example, a patient with obesity and increasing blood pressure may receive lifestyle or pharmaceutical suggestions based on prediction algorithms that indicate high heart disease risk (Christenson et al., 2014).

Predictive models and MLOps personalized healthcare by tailoring risk assessments to individuals. This customized strategy boosts patient involvement by providing risk factor management guidance. Predictive models linking obesity to heart disease, supported by MLOps frameworks, enable more effective, data-driven, and personalized cardiovascular care, improving patient outcomes and lowering preventable healthcare costs.

ENHANCING MODEL ACCURACY THROUGH CONTINUOUS DEPLOYMENT

In healthcare, prediction models for obesity and heart disease risk must be accurate. In dynamic, real-time healthcare contexts, predictive models face data drift, model deterioration, and changing patient demographics. Backed by MLOps frameworks, continuous deployment allows real-time models to be updated, retrained, and monitored, solving these issues. Continuous deployment improves model accuracy, making obesity and heart disease risk projections relevant, dependable, and actionable.

Healthcare Needs Continuous Deployment

Traditional ML procedures construct, evaluate, and deploy models using historical data but do not update them. This method is less successful in healthcare because patient data changes often and health trajectories fluctuate. An individual's weight, blood pressure, or cholesterol levels may change over weeks or months, changing their heart disease risk. With the newest data, models may represent a patient's health and provide false risk estimates. Continuous deployment overcomes this constraint by retraining and deploying models with the latest data to maintain predicted accuracy.

MLOps Continuous Deployment Components

MLOps-driven continuous deployment pipelines include many vital components to help models adapt to new input and stay accurate:

- **Automated Data Ingestion and Processing:** Continuous deployment requires a continuous stream of fresh data. MLOps automates the input, processing, and cleaning of patient data from EHRs, wearable devices, and lab results in real-time. This allows real-time prediction models to be updated to monitor obesity and heart disease based on patient health parameters like BMI and blood pressure (Kakria et al., 2015).
- **Automated Model Retraining:** Continuous deployment relies on automated retraining to update models with fresh data. Automated retraining programs might be triggered by data distribution changes or planned daily or monthly. This makes models adaptable to changes in patient population and the development of obesity and heart disease risk factors. Automatic retraining lets hospitals use trends like increased heart disease incidence among younger, heavier patients to improve accuracy for comparable patient profiles.
- **Version Control and Model Management:** Continuous deployment produces a new model version with each update or retraining cycle. Healthcare teams may manage changes, roll back to earlier models, and compare performance across versions using version control systems like Git. This is crucial to ensure each update increases predicted accuracy without reducing model performance.
- **Continuous Validation and Monitoring:** Live data evaluates new model versions before deployment. Validation tests verify accuracy, precision, and recall meet criteria while monitoring tools identify model drift, where predicted accuracy declines with data characteristics. These strategies are essential in healthcare because errors may harm patients. Continuous monitoring keeps obesity and heart disease risk forecasts accurate by correcting drift quickly (Jabeen et al., 2019).
- **Shadow Deployment and A/B Testing:** Shadow deployment and A/B testing compare new model versions without altering real-world choices. A/B testing compares model versions on subsets of data to see which performs better, while shadow deployment lets a new model forecast alongside the existing model without affecting live judgments. These methods ensure that new models have increased accuracy and dependability before being used in patient-facing applications.

Benefits of Continuous Deployment for Predictive Accuracy

Continuous deployment improves healthcare model accuracy and reliability:

Adaptability to New Data Patterns: Predictive models can swiftly adapt to new data patterns like population health trends or heart disease risk factors with ongoing retraining and deployment. This flexibility decreases model drift and corrects predictions, facilitating proactive healthcare treatments.

Timely Updates Based on Individual Health Changes: Continuous deployment updates models with patient data, improving real-time obesity and heart disease risk monitoring. For instance, the algorithm immediately updates its projections if a patient gains weight or stops exercising, enabling physicians to adapt treatment plans.

Improved Clinical Decision Support: Clinicians need real-time prediction accuracy to make timely and successful judgments. Continuous deployment allows doctors to trust prediction models for risk assessment, helping them treat early heart disease risks in obese patients.

Scalability and Consistency in Healthcare Systems: Continuous deployment with MLOps lets healthcare organizations extend predictive models across numerous sites without losing consistency. This scalability allows a model that works well in one clinic or hospital to be readily deployed elsewhere, standardizing therapy and enhancing predicting accuracy (Urrea et al., 2015).

Table 1: Model Comparison Table

Model Type	Suitable Data Types	Efficiency	Accuracy	Use Case
Decision Trees	Categorical, Numerical	Low to Medium	75%	Customer segmentation
Random Forest	Categorical, Numerical	Medium	85%	Fraud detection
Neural Networks	High-dimensional, Image	High	90%	Image classification
Support Vector Machines	Categorical, Numerical	Medium to High	82%	Text classification
Gradient Boosting	Categorical, Numerical	Medium	88%	Predictive analytics

Table 1 compares the various machine learning methods utilized in the deployment process. It may provide information on model types, accuracy levels, computing efficiency, and applicability for different data formats.

MAJOR FINDINGS

The use of MLOps frameworks to monitor obesity and heart disease risk in real-time has revealed numerous significant findings, demonstrating their transformational potential in healthcare. According to the research, MLOps improves prediction accuracy, supports ongoing model refinement, and supports proactive, data-driven healthcare treatments.

Enhanced Predictive Accuracy and Adaptability through Continuous Deployment: The most noteworthy conclusion is that continuous deployment inside MLOps frameworks improves obesity-related heart disease risk prediction models. Unupdated static models lose accuracy when data patterns change. Continuous deployment allows models to automatically retrain and respond to new patient data, preserving accuracy when BMI, blood pressure, and cholesterol levels fluctuate. This flexibility lets the model correctly represent an individual's health situation, making forecasts meaningful and actionable. Continuous deployment adapts models to “model drift,” a prevalent problem when data distribution changes or new risk variables lower forecast accuracy. Automated retraining schedules enable models to quickly include obesity and heart disease trends, responding to patient changes and community health patterns. In healthcare, accurate and timely risk assessments improve treatments and patient outcomes.

Streamlined Data Integration and Real-Time Monitoring Capabilities: MLOps frameworks help healthcare organizations ingestion, processing, and real-time analysis of EHR, wearable, and patient-reported data. This simplified data integration enables models to integrate many indications and dynamically change predictions as new data is ingested, improving risk assessments. The risk model is updated in real-time when a wearable gadget detects a patient's weight gain or physical inactivity. For prediction models of obesity-related heart disease risks, real-time data processing and integration allow healthcare practitioners to follow health parameters and react to warning indications. Real-time monitoring will enable models to change patient health status, delivering a tailored evaluation that lets doctors make educated, timely decisions.

Improved Clinical Decision Support and Personalized Care: MLOps-driven solutions increase clinical decision support by improving model prediction accuracy and real-time flexibility. Continuously deployed obesity and heart disease risk predictive models become trusted tools for doctors to analyze patient risk profiles. According to the research, these models enable healthcare practitioners to identify high-risk individuals earlier, enabling focused preventative measures and individualized healthcare treatments, including diet, exercise, and medication. MLOps frameworks also allow healthcare businesses to scale predictive models across numerous sites without compromising accuracy. Scalability helps ensure consistent treatment since models provide accurate predictions throughout a healthcare network. Thus, healthcare systems may enhance preventive treatment, especially for obesity-related heart disease populations.

Challenges and Future Directions: While MLOps models are transformational, the study notes numerous issues that need more investigation. Data privacy problems, computational needs for continual retraining, and explainable AI prevent MLOps-driven healthcare solutions from reaching their full potential. Safe data management, computational resource optimization, and more interpretable models must be developed to promote confidence and transparency in healthcare applications. This research shows that MLOps-driven frameworks increase real-time monitoring and forecasting accuracy of obese patients' heart disease risk models. MLOps solutions improve responsiveness and proactive care via continuous deployment, real-time data integration, and tailored healthcare.

LIMITATIONS AND POLICY IMPLICATIONS

MLOps-driven systems can potentially improve real-time obesity-related heart disease risk prediction, but many constraints restrict their use in healthcare. First, health data is sensitive, so continual data collection poses privacy issues. Safeguarding patient confidence requires data security and permission. Continuous deployment computing needs may restrict accessibility for resource-constrained healthcare providers lacking real-time model retraining equipment.

These constraints emphasize the need for equal access to sophisticated healthcare technology, including infrastructural subsidies and data protection regulations. Healthcare policymakers can also set clear AI usage rules to improve model interpretability and accountability. Addressing these difficulties may improve MLOps-driven heart disease prevention by expanding their reach and efficacy.

CONCLUSION

Incorporating MLOps-driven systems for real-time obesity and heart disease risk monitoring advances predictive healthcare. MLOps frameworks allow predictive models to perform accurately and react to dynamic, real-world data via continuous deployment and automated model administration. This method keeps patient health measures like BMI, cholesterol, and blood pressure current in risk assessments, enabling more accurate and proactive healthcare actions.

MLOps frameworks promote flexibility to new data, seamless integration of multiple health data sources, and healthcare system scalability. These capabilities allow doctors to provide timely, individualized therapies to reduce obesity-related heart disease risk using MLOps-driven models. However, data privacy, computing constraints, and clinical AI model transparency and interpretability remain issues.

Data security, equitable access to innovative healthcare technology, and transparent regulatory rules are needed to overcome these restrictions. MLOps-driven solutions might transform preventive care, lowering obesity-related heart disease and improving outcomes for various patient groups as healthcare systems adapt to digital technology. Precision healthcare may benefit from MLOps solutions, which can help patients manage complicated health risks with more research and policy support.

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