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<p>発表の概要と成果（抄録を公開している URL がある場合、「概要・成果」を記載した上で、URL を末尾に記してください。また、抄録 PDF は別途ご提出ください。なお、抄録 PDF は Web 上には公開されません。）</p> <p>In recent years, increasing concern has emerged regarding the deteriorating health conditions of people of all ages due to irregular lifestyle habits and insufficient health awareness. Modern advancements in wearable technology and self-monitoring tools have made it possible to collect real-time, personalized health data, creating new opportunities for data-driven healthcare. This paper investigates the causal relationships between lifestyle habits, health awareness, and health status, laying foundational insights for the design of personalized healthcare AI agent. Collecting and processing health data from wearable devices and self-assessment forms, we perform causal discovery using the NOTEARS algorithm, analyzing subgroups based on gender, BMI, and health awareness levels. Our findings reveal distinct causal structures across these subgroups, suggesting a more multifaceted healthcare approach with healthier health behaviors. The uncovered causal relationships serve as an explainable basis for constructing a healthcare knowledge graph, facilitating personalized precision healthcare.</p>	

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