

# Cardiometabolic risk factors in social housing residents: a multi-site cross-sectional survey in older adults from Ontario, Canada



30 Social Housing Buildings

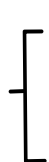


1065 Residents



Interviewer-administered  
HABiT Survey

Health Awareness  
and Behaviour Tool  
(HABiT) Survey



- ❓ Social determinants of Health
- ❓ Cardiometabolic disease status
- ❓ Modifiable risk factors

- ❓ Self-reported health status
- ❓ Health-related quality of life

## Factors Associated with Cardiovascular Disease and Diabetes

### Modifiable Behavioural Risk Factors



Less Fruit and Vegetable Intake



Increased Alcohol Intake



Less Physical Activity



Increased Tobacco Consumption

### Health-related Quality of Life Factors



Impaired Mobility



Increased Anxiety



Increased Pain



Problems with Self-care Activities

### Participants

Mean age (years)

72

Female

77%

Completed high school or less

69%

Social Housing Residents 65+ had Higher Rates of:



Diabetes



Hypertension

Compared to the general population

### Take Home Points:



- Older adults in social housing are at a high risk of cardiometabolic disease
- Appropriate primary care interventions should be implemented for this vulnerable group to reduce individual and societal burdens of cardiometabolic disease