

# Chronic Disease Health Knowledge: A Survey of Older Adults Living in Ontario Social Housing



A cross-sectional survey with adults ages 55+ (n=599) from 16 social housing buildings across five Ontario communities used the Health Awareness and Behaviour Tool (HABiT) to measure participants' health knowledge of heart disease and diabetes.

## Participants

Mean age (years)	72.2
Female	75.6%
Completed high school or less	68.7%
Has heart disease	28.5%
Has hypertension	54.4%
Has high cholesterol	37.9%
Has had a stroke	12.9%
Has diabetes	27.5%



Knowledge about diabetes



was less than



Knowledge about heart disease

## Who knows the **most** about heart disease and diabetes?



People living with chronic disease



People with any post-secondary education

## Who knows the **least** about heart disease and diabetes?



Smokers



People eating less fruits & vegetables



Alcohol Drinkers



### Take Home Points:

- We need health education to reach people before they develop chronic disease
- Health education needs to be tailored to people with low health literacy

