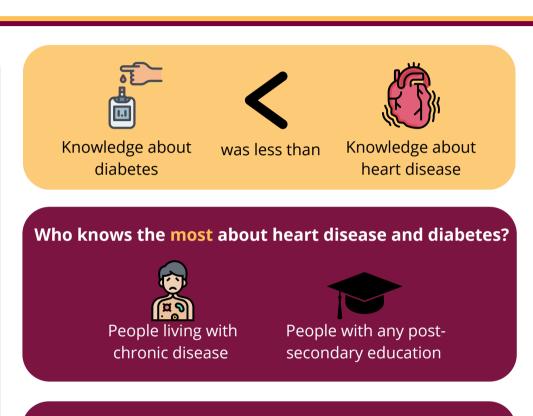


Chronic Disease Health Knowledge: A Survey of Older Adults Living in Ontario Social Housing



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%







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



