

Self-Efficacy to Make Health Behaviour Changes: 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' self efficacy (or confidence) for health behaviour change.

Survey participants were most confident in their ability to eat more fruits and vegetables and least confident in their ability to quit smoking*

Factors that increase confidence to...

...quit smoking

- Intent to quit smoking
- Ability to handle personal crises
- Having less frequent problems with usual activities
- Smoking fewer cigarettes daily



...reduce alcohol intake

- Older age



...reduce stress

- Ability to handle personal crises



...improve physical activity

- Intent to increase physical activity
- Already being active
- Knowledge



...eat more fruits & vegetables

- Intent to eat more fruits & vegetables
- Knowledge
- Younger age



*Survey participants had a higher proportion of smokers than that of older adults in Ontario (32.3% vs 9%)

Participants

Mean Age (years)	72.2
Female	75.6%
Completed High School or Less	68.7%
Adequate Physical Activity (30+ min/day)	53.9%
Current Drinker	24.6%
Eats Fruits & Vegetables Daily	66.7%
Current Smoker	32.3%*

Take Home Points:

- There are multiple factors that can be changed to improve confidence in making health behaviour changes
- These factors depend on the particular health behaviour

