

# Risk of falls and fear of falling in older adults residing in public housing in Ontario, Canada

► Data collected through assessments as part of the RCT for the CP@clinic Program

595

PARTICIPANTS  
EVALUATED  
(Age 55+)



81.3%  
female



86.7%  
white



50.0%  
no high school  
diploma



56.2% reported  
problems with mobility



20.2% sought medical  
attention due to a fall

2x



Older adults in social housing  
are almost **TWICE** as likely  
to have an incidence of falls  
compared to the general  
older adult population



34.5%  
experienced a fall  
in the past year



Daily fruit and vegetable  
consumption associated  
with lower risk of having  
a fall in the past year



38.8%  
had fear of falling



Alcohol consumption  
associated with higher risk  
of having a fear of falling



is a targeted risk assessment program that can be implemented in the  
community to identify older adults at risk and prevent future falls

