

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