




# A comparison of self-reported chronic disease, health awareness and behaviours in social housing residents: cross-sectional study of communities in Ontario and Quebec

 Participants were surveyed on health knowledge, health-related quality of life, chronic disease (history and monitoring), health behaviours and health literacy

 Ontario (N=599)

- 89% Female
- 94% have a family doctor
- 65% >65 years old

 Quebec (N=80)





- 76% Female
- 90% have a family doctor
- 73% >65 years old

## Correct Knowledge of Risk Factors

## Modifiable Risk Factors


Ontario  Quebec



	<b>93%</b> High BP is a risk factor for heart attacks and strokes	<b>83%</b>
	<b>73%</b> Diabetes can cause serious health problems	<b>99%</b>
	<b>93%</b> Stress contributes to high BP	<b>85%</b>
	<b>33%</b> Eating too much sugar does not cause diabetes	<b>15%</b>

	<b>77%</b> Spend 0-3 hours on a computer per day	<b>56%</b>
	<b>67%</b> Eat fruits and vegetables everyday	<b>46%</b>
	<b>17.8</b> Mean number of cigarettes per day	<b>23.3</b>
	<b>2.5</b> Mean number of times per week of moderate physical activity	<b>1.4</b>

## Health-Related Quality of Life

## Chronic Diseases

 **81%** have no problems with self-care **91%**

	<b>87%</b> BP taken by health professional in last 6 months	<b>76%</b>
	<b>77%</b> Had their cholesterol checked in the past 2 years	<b>89%</b>

## Important Take Aways

- Some significant interprovincial differences in knowledge of risk factors and modifiable risk factors
- Similar health profiles and health behaviours
- Consider adaptations of health interventions, as appropriate