

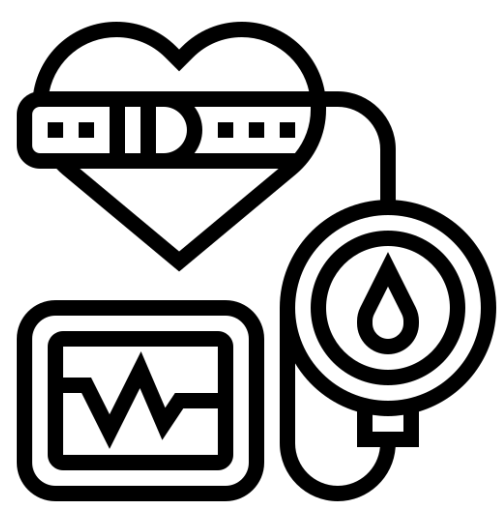
# A pragmatic cluster randomized trial of the Cardiovascular Health Awareness Program (CHAP) in social housing

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## CONTEXT

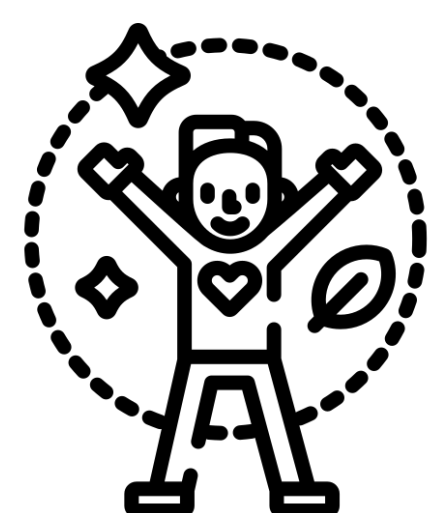
Older adults living in social housing are a vulnerable segment of the population. They report **poorer health status** and have a **higher burden of chronic illnesses, such as cardiovascular disease (CVD) and diabetes**. The Cardiovascular Health Awareness Program (CHAP) intervention has been adapted to target this population and deploys locally recruited and trained volunteers to assist participants with:



Blood pressure measurement, CVD and diabetes screening in a community setting.



Referral of undiagnosed or uncontrolled participants to primary care providers.



Links to locally available programs targeting lifestyle modification.

## OBJECTIVE

To evaluate whether there is a reduction in unplanned CVD-related emergency department (ED) or hospital admissions among residents of subsidized housing buildings receiving the CHAP intervention for one year compared to residents in matched buildings not receiving the intervention.

## STUDY DESIGN

Pragmatic, cluster-randomized controlled trial in 28 community-based subsidized housing buildings in Ontario and Quebec.

**Inclusion and Exclusion Criteria:** Older adults aged 55 years and older residing in 7 intervention and 7 control buildings in each province. There were 50-200 apartment units per building with a unique postal code. Buildings were matched based on geographic, resource and demographic characteristics.

## OUTCOMES

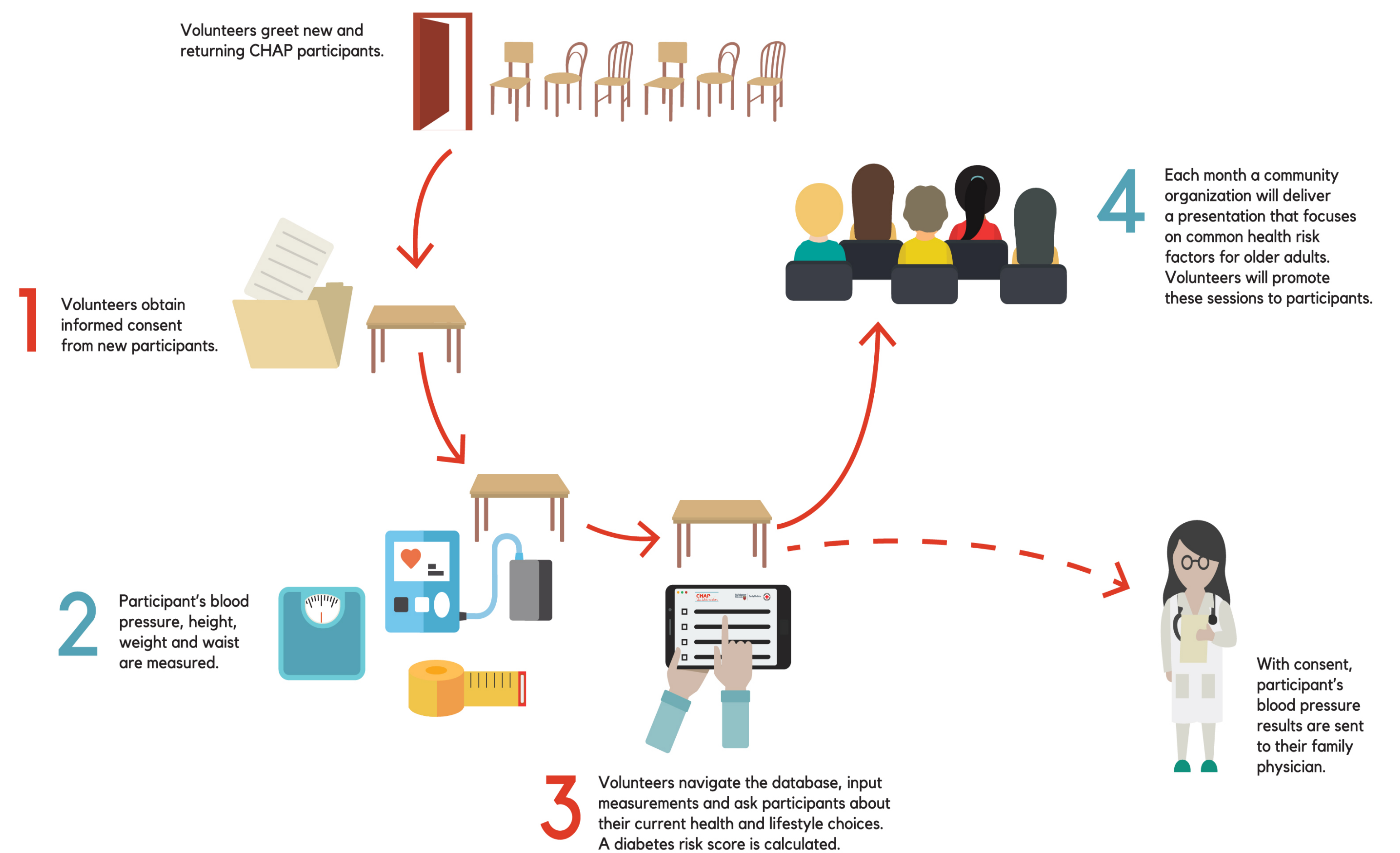
### Primary:

- ◆ Healthcare utilization among residents of intervention and control buildings as measured by CVD-related ED visits and hospitalizations from 1-year pre-intervention to 1-year post-intervention

### Secondary:

- ◆ Unplanned all-cause health care utilization
- ◆ Quality of life measured by EQ-5D-5L
- ◆ Cost-effectiveness of the CHAP intervention
- ◆ Participant and volunteer experience of the CHAP intervention

## INTERVENTION



**Figure 1.** A graphic summary of a CHAP session. A CHAP session is a voluntary drop-in clinic delivered in the common space of intervention buildings. This graphic describes the typical pathway a participant would follow during their first CHAP session. Follow-up visits consist of only steps 2-4.

## PRELIMINARY RESULTS

The CHAP intervention is now complete in both Ontario and Quebec.

	Ontario	Quebec
Participants in CHAP	144	220
Participation rate	25%	33%
Average age of participants	69	75
Female participants	66%	76%
High blood pressure on first measurement	46%	47%
High CANRISK score	63%	56%
BMI indicating overweight or obese	69%	74%

The primary outcome will use administrative data sources from ICES and the Régie de l'assurance maladie du Québec. There will be a delay between when the intervention ends and when data will be available for the analysis.

## EXPECTED OUTCOME

Using the volunteer-led CHAP intervention, there is significant opportunity to improve the health of older adults in social housing.