Ottawa Public Health recommends seniors eat three or more servings of calcium rich foods daily and take a vitamin D supplement daily.

Results from the Older Adults Falls Prevention Survey, 2012

5 out of 10 seniors think taking a vitamin D supplement daily reduces their risk of falls.

27% of seniors are meeting their calcium needs.

46% of seniors take a vitamin D supplement daily.

54% women ≥ 35% men

Women are more likely to take a vitamin D supplement.

For more information on the Older Adults Falls Prevention Survey and falls prevention resources, go to Ottawa.ca/healthreports or call the Ottawa Public Health Information Line at 613-580-6744.