



CANADA PRENATAL NUTRITION PROGRAM (CPNP)

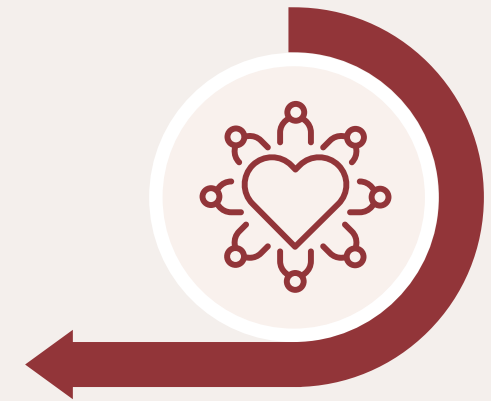
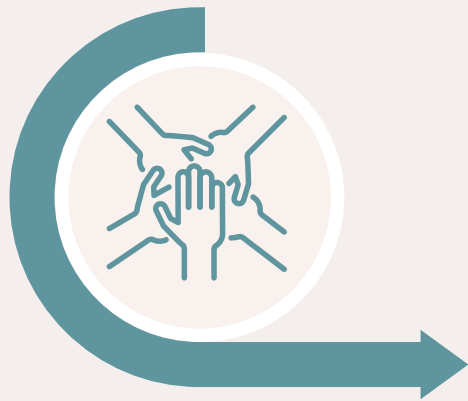
Celebrating **25 years** of CPNP's success in supporting the health and well-being of pregnant people, new parents and their babies in Canada.

A national community-based program launched in 1995, funded by the Public Health Agency of Canada.

Promotes the health of pregnant people, new parents and their babies, who face challenges that put their health at risk.

Delivered by approximately 240 community-based groups, agencies and coalitions across the country.

Reaches more than 45,000 participants across Canada each year.



As a result of attending CPNP, program participants report:

ACCESS TO COMMUNITY-BASED PROGRAMS AND RESOURCES

- > Prenatal and postnatal health promotion programs
- > Referrals to community services
- > Breastfeeding education and support
- > Nutrition counselling and prenatal vitamins

KNOWLEDGE AND SKILLS GAINED

- A better understanding of:
- > Baby's growth and development (**94%**)
 - > The signs of postpartum depression (**87%**)
 - > Attachment and ways of bonding with their baby (**91%**)
 - > Safe sleep for their baby (**91%**)
 - > The effects of drinking alcohol (**83%**) and smoking (**81%**) during pregnancy

POSITIVE HEALTH PRACTICES ADOPTED

- > Initiating breastfeeding (**93%**)
- > Taking multi or prenatal vitamins more regularly (**72%**)
- > Making healthier food choices (**82%**)
- > Feeling better able to cope with stress (**81%**)
- > Limiting exposure to second hand smoke (**72%**)

IMPROVED HEALTH AND WELLBEING

- > Improved mental health (**83%**)
- > Improved health and wellbeing (**94%**)
- > Increased confidence in their ability to cope with labour and birth (**85%**)
- > Increased confidence in parenting skills (**91%**)
- > CPNP had a positive influence on their pregnancy (**95%**)

ACCESS TO A POSITIVE, SUPPORTIVE ENVIRONMENT

- Participants report:
- > Feeling welcomed and accepted (**96%**)
 - > Having more people to talk to when needing support (**93%**)
 - > Feeling that staff respond to their concerns (**96%**)
 - > Feeling their personal and cultural beliefs were respected by the program (**95%**)



Sources:

Public Health Agency of Canada. (2018). 2018 Canada Prenatal Nutrition Program (CPNP) Participant Survey data.
Public Health Agency of Canada. (2020). Canada Prenatal Nutrition Program (CPNP) [Internet]. Available from: www.canada.ca/en/public-health/services/health-promotion/childhood-adolescence/programs-initiatives/canada-prenatal-nutrition-program-cnpn.html