

How Do CAPC & CPNP Programs Impact the Health of Canadians?



Mental Health

1.2 million young Canadians live with anxiety, attention deficit, depression, addiction, and other disorders. Mental health disorders affect 14% of children, and are arguably the leading health problems that children face after infancy.

Poverty, teen parenting and other risk factors are linked with higher levels of mental health disorders. The more risk factors in a child's life, the more likely a mental health disorder will occur.

CAPC & CPNP programs reach teen moms and families living in poverty. They promote resilience and early identification of mental health issues in children. They are in every province and territory, and are valuable partners in the efforts nation-wide to improve children's mental health.



National Network of CAPC & CPNP Projects, 2008
www.healthycanadianchildren.com

"Resilience is both an individual's capacity to navigate to health resources and a condition of the individual's family, community and culture to provide those resources in culturally meaningful ways."

*Dr. Michael Unger
Resilience Research Centre
Dalhousie University*



The CAPC (Community Action Program for Children) and CPNP (Canada Prenatal Nutrition Program) are national programs, funded by the Public Health Agency of Canada. 88% of funding (\$90 million) goes directly to communities. There are 440 CAPC and 330 CPNP projects across Canada.