

CPNP 101

Introduction to the Canada Prenatal Nutrition Program

Community Health Promotion Team

November 9, 2022



Indigenous Services
Canada

Services aux
Autochtones Canada

Canada

What is the purpose of this training?

- Overview of the Canada Prenatal Nutrition Program (CPNP)
- How to successfully implement the program in your community

We will cover:

- What is the Canada Prenatal Nutrition Program?
- Program Goal and Elements
- How can I use CPNP funding in my community?
- CPNP reporting and evaluation
- Where can I get help?

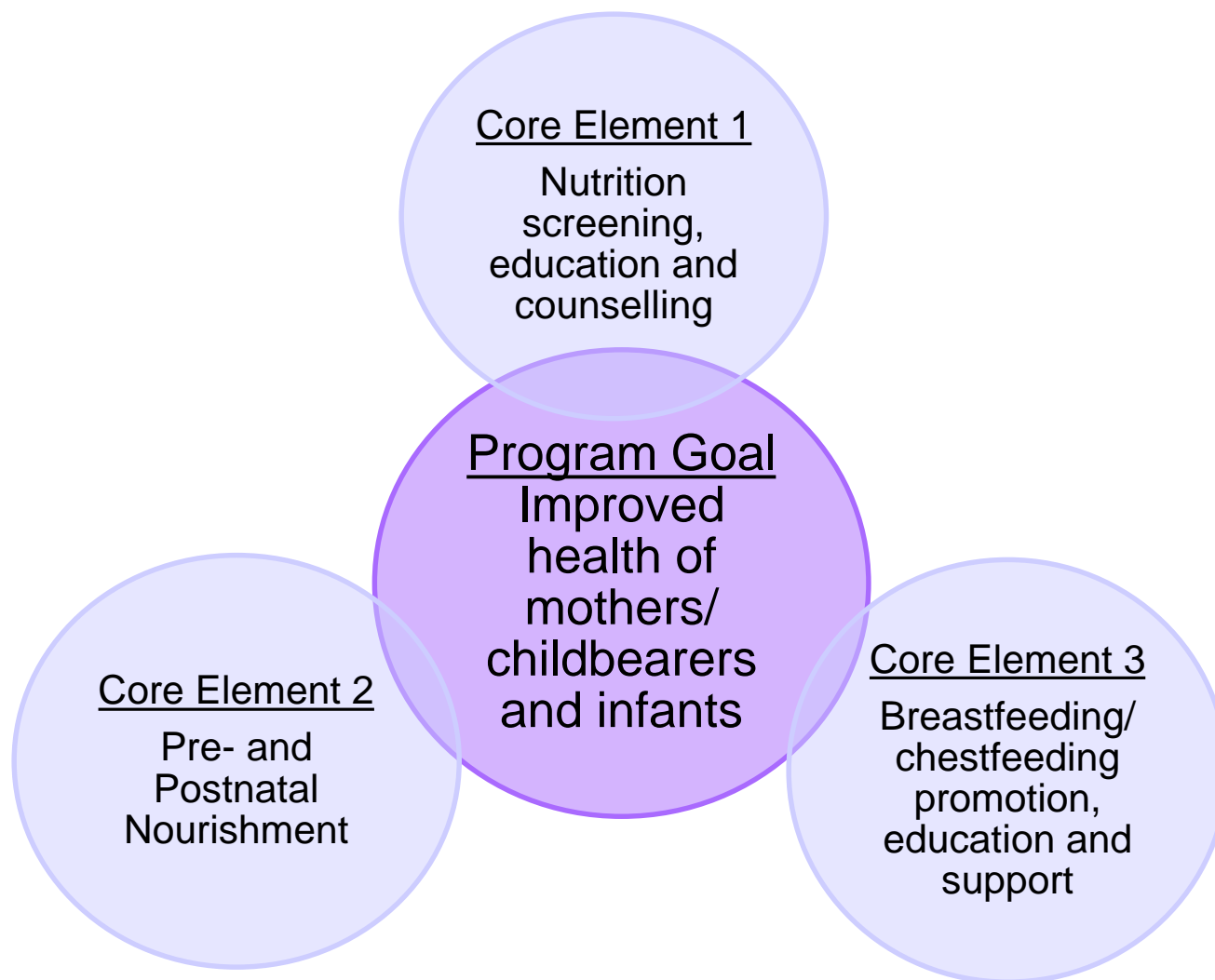
What is the Canada Prenatal Nutrition Program (CPNP)?

- CPNP is for people in First Nations Communities who are:
 - Pregnant
 - Breastfeeding/chestfeeding
 - Have babies up to 12 months old (includes adopted babies)
- It is especially important to reach at-risk individuals
 - Isolated
 - Alcohol or substance use
 - Physical health problems
 - Mental health problems
 - Teenage pregnancy
 - Family violence
 - Financial issues
 - Multiple pregnancies

What is the Canada Prenatal Nutrition Program (CPNP)?

- Helps pregnant and breastfeeding/chestfeeding individuals to:
 - Access enough healthy foods to nourish them and their baby
 - Learn skills that will help them get more nutrition, such as grocery shopping for or harvesting and preparing healthy foods
 - Access breastfeeding support and knowledge
 - Start their babies on the right solid foods at the right time
- CPNP programs are community driven – they can look different in each community, depending on the community's needs

The Program Goal and Elements of CPNP



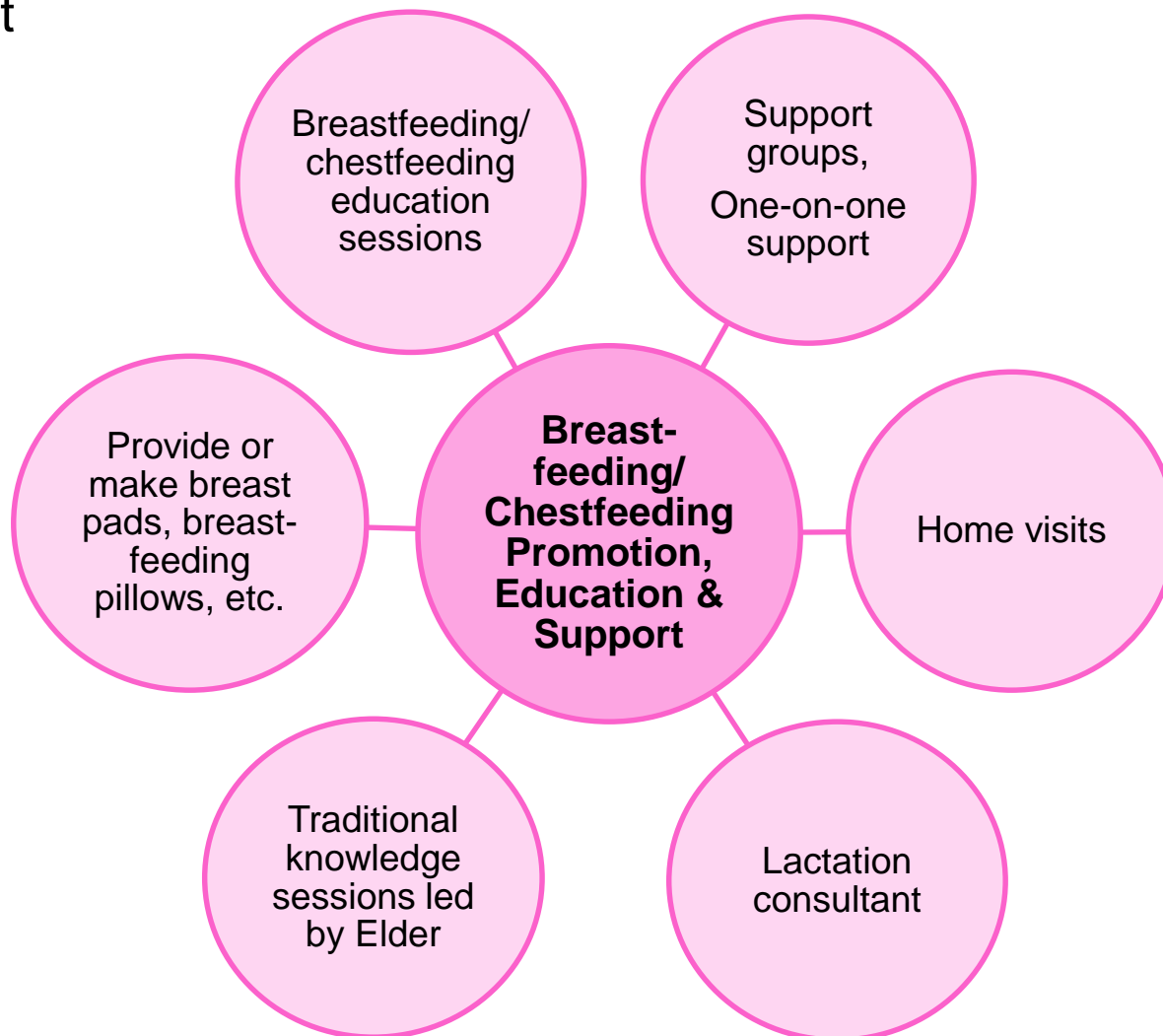
Core Element 1: Nutrition Screening, Education and Counselling



Core Element 2: Pre- and Postnatal Nourishment

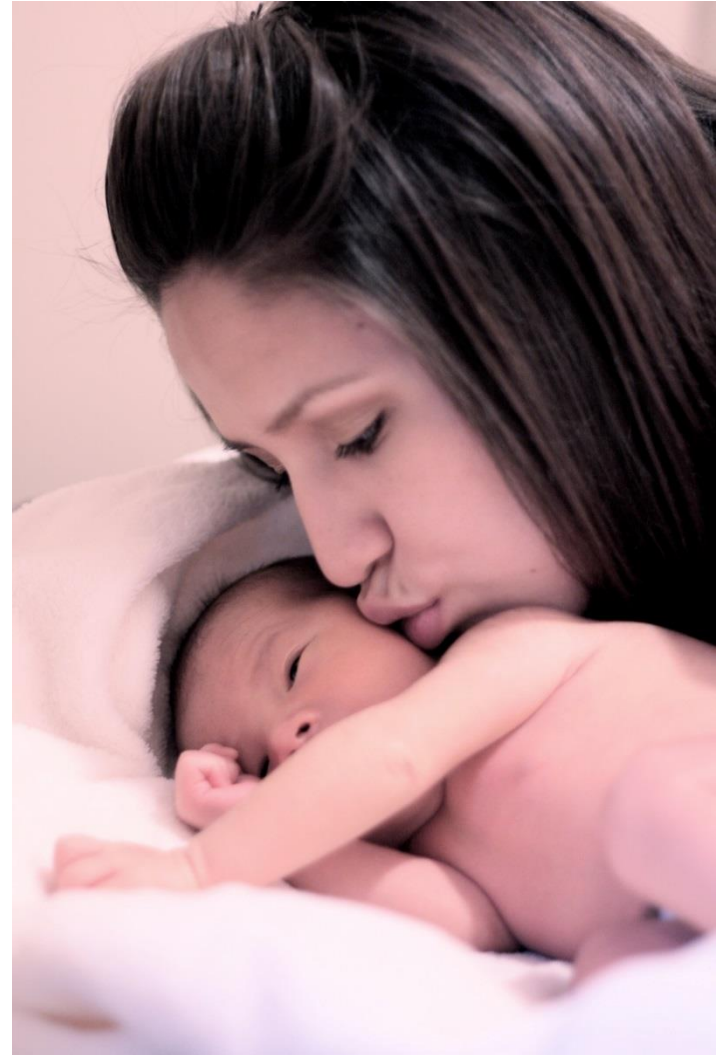


Core Element 3: Breastfeeding/Chestfeeding Promotion, Education and Support



Supportive Elements

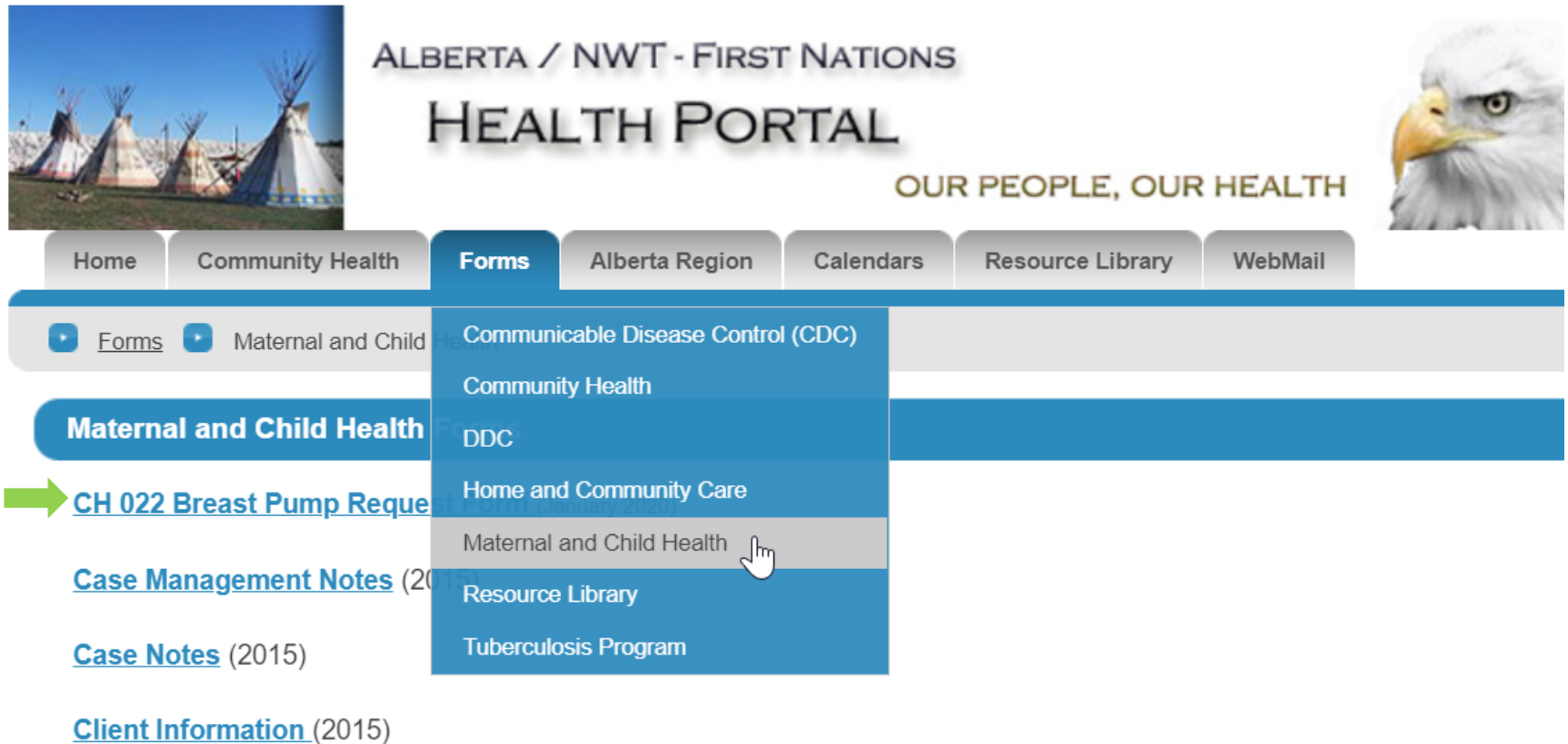
- Help participants access program
 - Transportation
 - Child care
- Other aspects of a healthy lifestyle during pregnancy and postpartum
 - Exercise
 - Smoking cessation/harm reduction
 - Alcohol/drug cessation/harm reduction
 - Cultural teachings



CPNP funding cannot be used for...

- Medical treatment or therapy
- Major capital (such as a vehicle)
- Major construction (such as a new building)
- Infant formula
- Non-food supplies such as diapers and car seats
- Things that are already covered by Non-Insured Health Benefits or other medical plans and health services, such as breast pumps

Non-Insured Health Benefits Breast Pump Form



ALBERTA / NWT - FIRST NATIONS
HEALTH PORTAL
OUR PEOPLE, OUR HEALTH

Home Community Health **Forms** Alberta Region Calendars Resource Library WebMail

Forms Maternal and Child Health

Maternal and Child Health

→ [CH 022 Breast Pump Request Form](#)

[Case Management Notes](#) (2015)

[Case Notes](#) (2015)

[Client Information](#) (2015)

Communicable Disease Control (CDC)
Community Health
DDC
Home and Community Care
Maternal and Child Health
Resource Library
Tuberculosis Program

Getting Moms Engaged in CPNP

To increase participation in your CPNP sessions, consider:

- Session time works for participants
- Childcare option
- Transportation – may cooperate with other programs
- Food during sessions
- Other incentives for session attendance
- Food programs/vouchers at the time of the month they are most needed
- Elder involvement
- Encourage father/partner involvement
- Session reminders
- ¹² Advertise – posters, radio, social media, community events, other programs

CPNP Reporting

- Community-Based Reporting Template (CBRT), questions 1 and 2
 1. Pre and Postnatal Nutrition Activities
 2. Breastfeeding
- Make sure you collect this information throughout the year!
- Block and Grant agreements – regular annual reporting

Question 1. Pre and Postnatal Nutrition Activities: Indicate the pre and postnatal nutrition activities and services that were delivered in your community by checking (✓) Yes or No. If an activity you provide could fit under more than one category provided below, choose its ‘best fit’, and account for it only once.

Nutrition Screening, Education and Counselling	Indicate Yes or No (✓)
Nutrition or dietary screening	Yes <input type="checkbox"/> No <input type="checkbox"/>
One-on-one nutrition counselling/education	Yes <input type="checkbox"/> No <input type="checkbox"/>
Group nutrition counselling/education	Yes <input type="checkbox"/> No <input type="checkbox"/>
Baby food making workshops/classes	Yes <input type="checkbox"/> No <input type="checkbox"/>
Grocery store tours	Yes <input type="checkbox"/> No <input type="checkbox"/>
Maternal Nourishment	Indicate Yes or No (✓)
Food vouchers distributed	Yes <input type="checkbox"/> No <input type="checkbox"/>
Community kitchens/community cooking classes	Yes <input type="checkbox"/> No <input type="checkbox"/>
Food boxes or groceries distributed	Yes <input type="checkbox"/> No <input type="checkbox"/>
Community gardens	Yes <input type="checkbox"/> No <input type="checkbox"/>
Traditional food gathering/distribution/preparation	Yes <input type="checkbox"/> No <input type="checkbox"/>
Breastfeeding Promotion, Education, and Support	Indicate Yes or No (✓)
Education workshops	Yes <input type="checkbox"/> No <input type="checkbox"/>
One-on-one breastfeeding support	Yes <input type="checkbox"/> No <input type="checkbox"/>
Group breastfeeding support	Yes <input type="checkbox"/> No <input type="checkbox"/>
Peer support program	Yes <input type="checkbox"/> No <input type="checkbox"/>
Supportive Elements that address specific needs of at-risk clients	Indicate Yes or No (✓)
Activities that help women access nutrition programming (i.e., transportation, childcare, etc.)	Yes <input type="checkbox"/> No <input type="checkbox"/>
Activities that help improve the health of mothers and infants (i.e. exercise programs for women of childbearing age, smoking cessation programs, etc.)	Yes <input type="checkbox"/> No <input type="checkbox"/>

Question 2. Breastfeeding: For participants with infants six months or older, indicate the number of participating mothers for each of the breastfeeding duration periods below. Where the answer is none, please enter “0”.

Participating Mothers	Total
Number of participating mothers with babies who turned 6 months (born between October 1, 2021 and September 30, 2022 during the reporting year.	
Breastfeeding Duration	Number
Mothers who initiated breastfeeding	
Mothers who breastfed for less than 1 month	
Mothers who breastfed for 1 month to less than 2 months	
Mothers who breastfed for 2 months to less than 3 months	
Mothers who breastfed for 3 months to less than 4 months	
Mothers who breastfed for 4 months to less than 5 months	
Mothers who breastfed for 5 months to less than 6 months	
Mothers who breastfed for 6 months or more	
Mothers who did not initiate breastfeeding	
Unknown whether breastfeeding was initiated	

Question 2. Breastfeeding: For participants with infants six months or older, indicate the number of participating mothers for each of the breastfeeding duration periods below. Where the answer is none, please enter “0”.

Participating Mothers	Total
Number of participating mothers with babies who turned 6 months (born between October 1, 2021 and September 30, 2022 during the reporting year.	10
Breastfeeding Duration	Number
Mothers who initiated breastfeeding	7
Mothers who breastfed for less than 1 month	1
Mothers who breastfed for 1 month to less than 2 months	0
Mothers who breastfed for 2 months to less than 3 months	0
Mothers who breastfed for 3 months to less than 4 months	1
Mothers who breastfed for 4 months to less than 5 months	0
Mothers who breastfed for 5 months to less than 6 months	2
Mothers who breastfed for 6 months or more	3
Mothers who did not initiate breastfeeding	2
Unknown whether breastfeeding was initiated	1

CPNP Evaluation

- Is your program meeting community needs?
- How can I evaluate my community's CPNP program?
 - Questionnaires
 - Face-to-face conversations
 - Program data/records
- *Alberta First Nations Easy Evaluation for Community Health Programs* tool on One Health Portal
 - Go to 'Alberta Region' on top menu bar → click 'Co-Management' in drop-down menu → select 'Easy Evaluation for Community Health Programs'

Where can I get help with CPNP programming?

- Community Health Promotion Senior Program Officer
- Community Nutrition Advisor
- Dietitian supporting the community
- Nurses in the community
- Lactation consultant
- One Health CPNP and Nutrition pages
- First Nations Telehealth Network CPNP 101 Series (www.fntn.ca)

For any questions regarding CPNP programming, please contact the Community Health Promotion Program Officer supporting your Nation, below:

Senior Program Officer	Contact Information	Nations Supported
Wendy Burr, Manager	Wendy.burr@sac-isc.gc.ca 587-338-6398	Blackfoot Confederacy Nations
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Kelly Gates	Kelly.gates@sac-isc.gc.ca 587-337-1688	O'Chiese Stoney Nakoda Tsuut'ina Tribal Council Nations Sunchild Western Cree Tribal Council Nations
Sarah Stein	Sarah.stein@sac-isc.gc.ca 587-357-9645	Athabasca Tribal Council Nations Maskwacis Nations Smith's Landing
Sydney Perrin	Sydney.perrin@sac-isc.gc.ca 587-338-4005	Kee Tas Kee Now Tribal Council Nations