

What does it mean to go upstream?

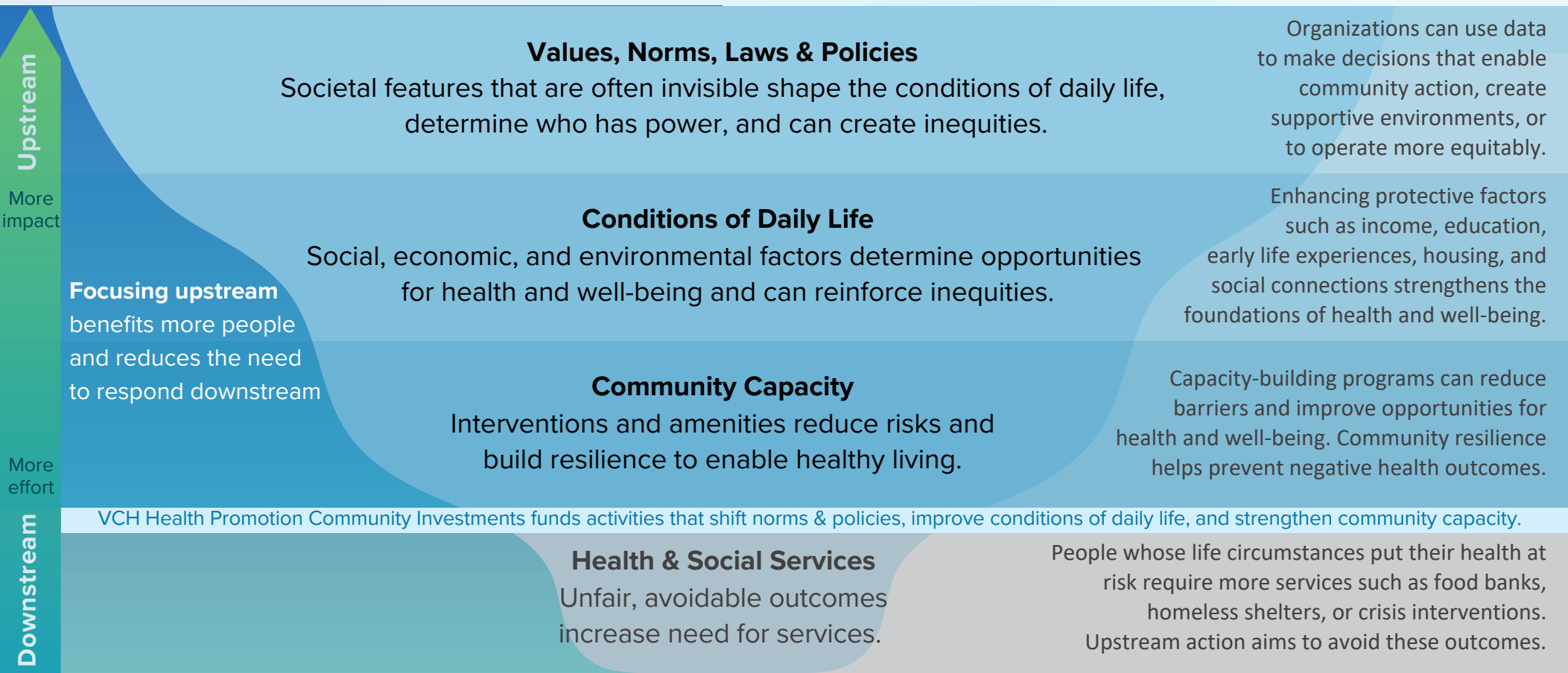
Health and well-being begins in the communities where we live, work, learn, and play.

Social, economic, environmental, and political conditions determine people's opportunities for well-being.

Going upstream improves the conditions in which people live.

This enables everyone to be as healthy as possible and reduces the need to respond to health problems.

Public Health collaborates with community partners for upstream health promotion.



VCH Health Promotion Community Investments (HPCI) Grants

HPCI provides long-term core operational funding and one-time-only project grants. Grant recipients are community partners who work on upstream factors that are outside the control of the health sector. They bring on-the-ground knowledge and have long-term relationships in their communities.

Upstream projects are designed to enable systems change, build capacity, and strengthen factors that have the greatest influence on our health.

These HPCI-funded projects are **examples** of going further upstream.

💧 **network** of agencies advocating for better policies to protect workers with precarious status

💧 **peer training** to engage isolated seniors with limited mobility

💧 **capacity-building** sessions to strengthen the work of a BIPOC-led organization board

💧 **training** materials and sessions for organizations to create safer spaces for gender-diverse communities

💧 projects that promote social, cultural, and intergenerational **connectedness** within Indigenous communities

💧 **participatory** projects to learn how to address emerging challenges such as eco-anxiety

💧 **peer-led leadership** programs for newcomer communities

💧 **youth-driven** programs to improve mental health and well-being at school

HPCI also collaborates with other VCH Public Health teams to promote health upstream

Healthy Environments & Climate Change

addresses physical and environmental influences on health.

The Public Health Surveillance unit

uses data to support decision-making.

The Health Promotion

team collaborates to strengthen community initiatives that advance well-being.

The Healthy Public Policy Unit

collaborates to advance policies that improve health and equity.

Public Health

Prevention teams promote healthy school and early childhood environments.

Learn more at vch.ca/en/service/health-promotion-grants
Contact us at community.investments@vch.ca