

# What does it mean to go upstream?

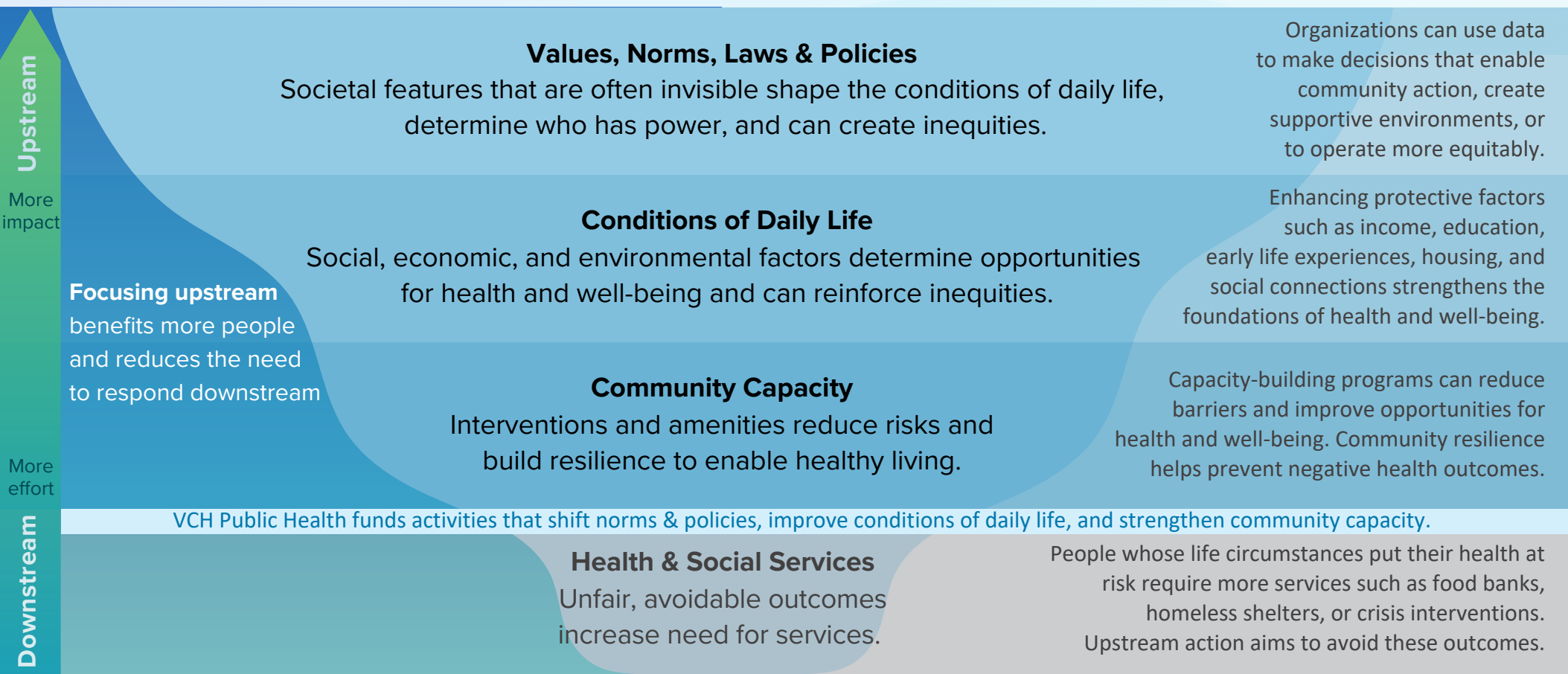
**Health and well-being begins in the communities where we live, work, learn, and play.**

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.

**VCH Public Health collaborates with community partners for upstream health promotion.**



# VCH Public Health's Health Promotion Grants

VCH Public Health 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 VCH Public Health-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

Learn more at [vch.ca/en/service/health-promotion-grants](https://vch.ca/en/service/health-promotion-grants)

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