

**Project Power** is an afterschool program by the American Diabetes Association® (ADA) with the aim to slow the trajectory of childhood obesity through health promotion, nutrition education, increased physical activity, and family involvement. Project Power is for ages 5–12 to help prevent obesity, type 2 diabetes, and the complications of diabetes.

This program empowers youth to make healthy lifestyle choices to develop lifelong habits—delivered at no cost in-person or virtually.

The objectives are to:

- Educate youth at risk for developing type 2 diabetes
- Engage youth in interactive physical activities and nutrition education
- Connect youth to increase social skills and independence in healthy eating and active lifestyles



Features of Project Power:

- Activity Box: Filled with instructive activities and supplies
- Activity Journal: Educational tools, games, activities, recipes, and more
- Group Time: Intentional programming in small groups led by counselors
- Weekly Challenges: Connect youth and families using social media
- Power Up! Parent Meetings: Health topics by health care professionals
- Family Engagement: Parent e-newsletter, polls, surveys, etc.

### COMMUNITY PARTNER STIPENDS

The ADA is looking for organizations and groups in the community to help increase our impact through strategic collaborations. The ADA is offering Community Partner stipends of up to \$1,500 to organizations to promote and recruit participants or facilitate on-site sessions for **ADA Project Power**.

The stipend awarded to the organization is unrestricted. Execution of the partnership is upon receipt of signed Vendor Agreement and W-9.

The ADA will:

- Provide organization promotional materials
- List name of organization on online application to designate referral

Agreement is fulfilled upon the delivery of the program to specified registrants.

Total # of Registrants	Stipend Amount
25 to 49	\$500
50 to 74	\$1,000
75 or more	\$1,500

### 2022 VIRTUAL PROGRAM SESSIONS

Sessions are held on Tuesdays and Thursdays:

March 29–April 14

May 3–May 19

September 27–October 13

November 1–November 17

For more information visit [diabetes.org/projectpower](https://diabetes.org/projectpower) or email Eboni Bright, Project Coordinator at [ProjectPower@diabetes.org](mailto:ProjectPower@diabetes.org).

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