

**PROJECT POWER** is the American Diabetes Association® initiative to slow the trajectory of childhood obesity through health promotion, nutrition education, increased physical activity and family involvement to prevent obesity, type 2 diabetes and its complications for youth ages 7 - 13. The program objectives are to:

- **Educate** youth at risk for developing type 2 diabetes and their families
- **Engage** youth and their families in interactive physical activities and nutrition education sessions throughout the fall
- **Connect** youth to reduce feelings of isolation, increase social skills, improve confidence and independence in healthy eating and active lifestyles

Keeping kids healthy and active amid coronavirus related closures is essential. This **free, at-home online experience** consists of fun lessons and physical activity challenges for youth. It starts with a special ADA Project Power Box and Activity Journal delivered to their door. Then youth can participate in fun activities they'll love:

- Participating online in chants, games and friendly competitions
- Group meetings with chats and intentional programming in small groups
- Connecting with friends and group leaders and one hour, twice a week
- Joining a virtual "cabin" with group leaders to guide interactive activities
- Participating in weekly challenges: Instagram, TikTok and Facebook
- Family engagement activities: Family fun challenges, Facebook polls, text surveys, etc.

ADA Project Power connects and empowers youth to make healthy lifestyle choices to develop lifelong habits and encourages youth to develop sustainable healthy household habits.

Volunteers are vital to the successful implementation of the program. With an anticipated cohort of 60 trained volunteers, the program will launch in the fall of 2020.

- October 13 – 31, 2020 and November 3 – 21, 2020  
Tuesdays: 1PM HST | 2PM AKST | 3PM PST | 4PM MST | 5PM CST | 6PM EST  
Saturdays: 8AM HST | 9AM AKST | 10AM PST | 11AM MST | 12PM CST | 1PM CST

By connecting with communities across the country, ADA Project Power is bringing health education and community partners together like never before. We hope you will join in the fun!

**TO REGISTER OR LEARN MORE**  
[www.diabetes.org/projectpower](http://www.diabetes.org/projectpower)

Deadline: 10/16/20

**NATIONAL SPONSOR**

