

Clear Path for Life

Project Power: Building Healthy Communities



The consequences of childhood obesity can last a lifetime. From greater health risks for diabetes and heart disease to the emotional effects of depression and bullying, the impact can be devastating. And it can become a lifelong struggle.

Today, **obesity affects 1 in 5 children and adolescents in the U.S.**¹ and it often leads to prediabetes.



Project Power is **empowering communities** to change the story.

Project Power utilizes an outcomes-based curriculum to slow the trajectory of childhood obesity by:



Promoting healthy choices and nutrition education



Increasing physical activity



Building family engagement and peer relationships

1. [cdc.gov/obesity/childhood/index.html](https://www.cdc.gov/obesity/childhood/index.html)

Clear Path for Life

Building happy, healthy lives

In a representative sample of participants:



92%
felt confident
in choosing
healthy snacks



increased
regular
consumption
of fruits and
vegetables



nearly **25%**
increased
30+ minutes
of exercise
per day

“ Last year we came to the camp and it was life changing—we learned a lot about food and portion control ... and the colorful plate. It was a huge change for us ... we had never seen that before.”

—Oscar and Cynthia Ponce
(daughter, Melissa)

When kids learn to live healthy lives, everything changes. They discover how to feel their best. Then they share what they've learned with family and friends. This, in turn, influences the entire community.

It starts with you. Empower the health of your community with Project Power.



Email ProjectPower@diabetes.org to get started.

There's nothing we can't accomplish when we're Connected for Life.

Contact: Sherry D. Hill, Director at shill@diabetes.org

Session 1: Oct. 13-31, 2020 | Session 2: Nov. 3-21, 2020

Register: adaprojectpower.campbrainstaff.com/