



Project Power

Project Power is a nationwide initiative to provide African American churches with a foundation to assist them with integrating diabetes awareness messages and the life application principles into the life of the church. The program consists of the following workshops:

- **Diabetes Day/National ID Day** - The Pastor talks to members during the morning announcements about the seriousness of diabetes, the risk factors for the disease what one should do to reduce their risk for developing diabetes. After the service, diabetes education materials are available for church members. **National ID Day is November 9, 2014.**
- **POWER Over Diabetes** - creates awareness about managing and treating diabetes.
- **Fit & Faithful for Body and Soul** - teaches the importance of physical activity and maintaining a healthy weight in the management of diabetes.
- **O Taste and See** - demonstrates healthy eating & cooking for the entire family and integrating healthy eating into everyday life.
- **A Clean Heart** - creates awareness about the relationship between diabetes, heart disease and stroke.
- **Train Up a Child** - raises awareness about the increase in type 2 diabetes among African American youth & teaches ways to help African American youth become healthier. The module engages all members of the family in activities increasing the awareness of healthy living.

We would like to see all churches participate in Diabetes Day/National ID Day. Each workshop takes approximately one to one and a half hours to complete except for Diabetes Day. We would like to reach approximately 25 people for each workshop although we can adjust that. We can train your church health coordinator to provide the modules or we can present the modules to your congregation. **Training, presentation, and materials are free for your church.**

National ID Day

Your church can commit to being a part of the “I Decide to Stop Diabetes Day (or ID Day) at Church” event – a nationwide movement to raise awareness about diabetes. Scheduled for **Sunday, November 9, 2014** – to kick off American Diabetes Month – we are asking churches nationwide to join us in taking a stand against diabetes by hosting an “ID Day” event. On “ID Day”, churches are asked to become a champion for the cause by taking a moment during the church service to discuss the seriousness of diabetes, how it is impacting our community and what each of us can do to reduce our risk for diabetes or take better care of ourselves if we have it. Your church can encourage the members to be physically active, make healthy cooking and eating choices, and to use the resources available through the American Diabetes Association. We hope you can join the nationwide celebration November 9th to provide participants with critical, life-saving information. The American Diabetes Association will provide sample scripts for your congregation and brochures.

Please consider offering these programs to your congregation. If you would like more information about these programs, please contact Chris Schaefer at 763-593-5333, ext. 6592 or cschaefer@diabetes.org.