

Diabetes is NOT our destiny.
Eat healthier, exercise more, live empowered.

PROJECT POWER

Project POWER offers six educational workshops that provide churches with a foundation for integrating diabetes awareness messages and healthy living tips into the life of the family and church.

- **Diabetes Day** — Diabetes education and awareness spotlighted during the church worship service.
- **POWER Over Diabetes** — Provides basic diabetes information to create awareness about management and treatment of the disease.
- **Fit for the Master's Use** — Emphasizes the importance of physical activity and maintaining a healthy weight in the management of diabetes.
- **O Taste and See** — Demonstrates how best to integrate healthy eating into everyday life.
- **A Clean Heart** — Awareness about the relationship between diabetes, heart disease, and stroke.
- **Train Up a Child** — Raises awareness about the increase of type 2 diabetes among African-American youth.



Diabetes & African Americans

Diabetes is one of the leading causes of death and disability in the United States. Compared to the general population, African Americans are disproportionately affected by the disease.

A Few Diabetes Facts:

- There are 25.8 million children and adults in the United States with diabetes. This is 8.3% of the population.
- 4.9 million, or 18.7% of all African Americans aged 20 or older have diabetes.
- Twenty-five percent of African Americans between the ages of 65 and 74 have diabetes.
- One in four African-American women over 55 have diabetes.

Focus on Diabetes

The Center for African-American Health offers a variety of classes and workshops for those living with, at risk for, or caring for someone with diabetes.

- Project POWER
- Your Diabetes Total Wellness Kit
- Choose to Live
- Evidence-Based Diabetes Self-Management Training

For more information about the class schedules please call 303-355-3423.



**The Center for
African American Health**

Empowering the Community to

Live Well!



Sources: www.diabetes.niddk.nih.gov/dm/pubs/statistics/ www.diabetes.org

This publication is sponsored by the Health Disparities Grant Program at the Colorado Department of Public Health and Environment.