

MiHIA

MICHIGAN HEALTH IMPROVEMENT ALLIANCE

DPP

Through lifestyle changes, you can do a lot to avoid developing diabetes. The **MiHIA Diabetes Prevention Program** offers a refreshing approach to making lasting lifestyle changes to support you on your health journey with social support and health coaching.



Social support



Lifestyle health coaching



Offered in convenient community locations

16

Weekly, in-person sessions



Fun, engaging content

6

Monthly follow-up sessions

Session Week	Session Focus
Week 1	Getting Started, Being Active & Losing Weight
Week 2	Be a Fat & Calorie Detective
Week 3	Three Ways to Eat Less Fat
Week 4	Healthy Eating
Week 5	Move Those Muscles
Week 6	Being Active: A Way of Life
Week 7	Tip the Calorie Balance
Week 8	Take Charge of What's Around You
Week 9	Problem Solving
Week 10	Four Keys to Healthy Eating Out
Week 11	Talk Back to Negative Thoughts
Week 12	The Slippery Slope of Lifestyle Change
Week 13	Jump Start Your Activity Plan
Week 14	Make Social Cues Work for You
Week 15	You Can Manage Stress
Week 16	Ways to Stay Motivated

Learn More. Contact: