

Kopwe Fééri meet ekkei meyi tettenitiw fan an epwe eppetì sonuk semwenin suke

Kútta ééchú ika semwenin suke epwe ne mecheres ngonuk.



Chuukese – Chóón Chuuk a mecheres ngenir an epwe urir ewe type 2 semwenin suke. OMW kopwe sineey ochu pwóróowusan satuni ena test ena epek. Omw kopwe sineey ochu pwóróowusan satuni ena test ena epek.

Kopwe okukunano chom.



Omw kopwe kon pinewatte a emecheresi an type 2 semwenin suke epwe toruk. Aukukun chom na ke ekieki pwe meyi ukukoch eni esap ina. Checki ena chart ena epek kopwe sineey ika chom na meyi ukukoch. Omw kopwe oturano engoon (10) pounds mei tongeni anisi an esap mecheres ngonuk semwenin suke. Ka tongeni fééri ren omw mwokutukut me mwéngé ekkewe mwéngé mei ééchu ngonuk.

Kopwe sou mokutukut. Fini meet sakkun



mokutukut ka sani. Fetan, tuken, wawa pasiken, pweruk me nounou pwor ne urumwot ngeni semerit. Kopwe mwékútukút nóón ukukun 30 minutes non ew raan non nimu (5) raan.

Mwenge ekkewe mwenge meyi eechu ngonuk.



Kopwe finì ééchu meet mwéngé, kopwe mwéngé epwe ééchu ngonuk. Kopwe pwan oukukochu chom. Kopwe awatei omw ochoch foun ira me mwéngé chon ira, dried beans, me whole grain.



Makkeyi meet ka fééri. Iteiten raan



makkeyi meet mwéngé ke mwéngé me meet ke unumi. Pwan makketiw fitu minutes ke mwékútukút nóón. Omw túmwúnú taropwen omw mwékútukút iteiten raan epwe anisi omw okukunano chom feinfeino.

Túmwúnú. Fééri ekkoch ekkesiwin iteiten wik. Ika ka mwanino, popu sefanieta iwe pwan saposopono.

Call 1-800-438-5383 to learn more (for English speakers only).



Ewe National Diabetes Education Program a tongeni anisuk. Kokko iwe ka eis noum GAME PLAN fan iten epetin type 2 semwenin suke. For Diabetes information in Chuuk, go to www.ndep.nih.gov.

www.ndep.nih.gov

Niwinin omw angaang och epwe anisi unusen manawom.

A mecheres an epwe tori type 2 semwenin suke?

Omwo kopwe sineey checki ew me ew ekkei meyi tettenitiw ika meyi fisi ngonuk.

- Chouwum a emecheresi an epwe uruk semwenin suke.
- Meyi wor semei me inei, pwi me mongeei meyi urir semwenin suke.
- Ngaang chóón Chuuk (Chuukese)
- Meyi uri eey semwenin suke atun ai popo, meyi pwan wor nei mei tori 9 pounds ika nap seni atun an uputiw.
- Ai blood pressure a ukukun 140/90 ika ir meyi ereni eey pwe meyi uri eey feita cha.
- Oukukun cholesterol non chai ese ukukoch. Ai HDL cholesterol ("good" cholesterol) 35 ika kúkkún seni ika ai triglyceride meyi 250 ika watte seni.
- Ai mokitukut a kúkkún seni fan unungat non ew wik.

Kopwe chechemeni: Nupwen aramas ra chinapono a mecheres ngenir type 2 semwenin suke.

Meet pre-diabetes?

Nupwen ewe suke non ewe cha a kon wátte, nge esamo tori aukukun semwenin suke. Ika pwe en meyi nonnom woon pre-diabetes iwe epwe mecheres an epwe toruk ewe type 2 semwenin suke me osukosuk an kewe ren semwenin ngasangas, stroke, chuun, semwenin kidney me semwenin wa.



Ew **pwóórus eech**. Pekin kaeo a pwarata pwe ekkewe meyi urir pre-diabetes meyi tongeni eppetí type 2 semwenin suke nupwen ar repwe tumwunu ochu pochukunen inisir. Chuuri ekkewe choon angangen piong omw kopwe sinei meet nonnom um ren ei semwen.

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OOUKUKUN CHOUM A EMECHERESI NGONUK SEMWENIN SUKE

Kútta ifa ukukun taman non ei chart. Ika choum meyi nonno ngeni ika wátte seni eey non eey taropwe meyi wátteno mecheresin an epwe uruk type 2 semwenin suke.

IKA EEN ASIAN AMERICAN EPWE MECHERES BMI ≥ 23		IKA EEN PACIFIC ISLANDER EPWE MECHERES ≥ 26		IKA ESAP EEN ASIAN AMERICAN IKA PACIFIC ISLANDER EPWE MECHERES ≥ 25	
TAMAN	CHOUN	TAMAN	CHOUN	TAMAN	CHOUN
4'10"	110	4'10"	124	4'10"	119
4'11"	114	4'11"	128	4'11"	124
5'0"	118	5'0"	133	5'0"	128
5'1"	122	5'1"	137	5'1"	132
5'2"	126	5'2"	142	5'2"	136
5'3"	130	5'3"	146	5'3"	141
5'4"	134	5'4"	151	5'4"	145
5'5"	138	5'5"	156	5'5"	150
5'6"	142	5'6"	161	5'6"	155
5'7"	146	5'7"	166	5'7"	159
5'8"	151	5'8"	171	5'8"	164
5'9"	155	5'9"	176	5'9"	169
5'10"	160	5'10"	181	5'10"	174
5'11"	165	5'11"	186	5'11"	179
6'0"	169	6'0"	191	6'0"	184
6'1"	174	6'1"	197	6'1"	189
6'2"	179	6'2"	202	6'2"	194
6'3"	184	6'3"	208	6'3"	200
6'4"	189	6'4"	213	6'4"	205

Newton: A for seni ewe Clinical Guidelines won ewe Angangen Kutta, Nengensefani, me Angangen Echikara Watten Paunach me Kitinup non me Muk: ewe Ennetin Report



Kúkkún Angangen.
Wátte Nerasan.
Eppetí type 2 Semwenin Suke

www.ndep.nih.gov

Eey pwóróowus a feito seni ach we National Diabetes Education Program nge a aninis seni ewe National Institutes of Health me ewe Centers for Disease Control and Prevention.