

Ua tej yam me me raws li ntawm no Nqis tes ua tej yam mes li hais tamsim no los

Tiv thaiv kom txhob mob ntshav qabzib

Kuaj seb tsam koj muaj mob ntshav qabzib.



Cov Hmoob uas nws lub cev nyhav tshaj qhov tsim nyog yuav raug kabmob ntshav qabzib hom 2 yog ib qho siab kawj nkaus li. Yuav tsum tau nrog KOJ tus kws kho mob tham saib koj puas yog ib tus neeg uas yuav muaj taus tus kabmob no. Xav paub ntau ntxiv, saib tej kev soj ntsuam xyuas nyob sab nraum qab daim ntawv no.

Ua kom koj lub cev tsis txhob Hnyav



heev heev. Rog cev Hnyav yuav ua rau koj muaj taus kab mob ntshav qabzib hom 2. Qhov koj Hnyav ntawd koj yuav xav tias tabtom rau koj xwb tiamsis kuj txhais tsis tau tias nws zoo rau koj. Kuaj xyuas daim qauv sab nraum qab no saib seb qhov koj Hnyav puas txhais tau tias koj feem muaj taus ntshav qabzib. Yog ua tau kom koj poob li 10 pounds yuav pab txo tau koj txoj kev muaj taus tus kabmob ntawd. Koj muaj cuab kav ua tau los ntawm tawm dag zog thiab noj haus tej khoom kom zoo.

Kev tawm dag zog.



Xaiv ib yam uas koj nyiam ua. Mus tag kev ua si, ua luam dej, caij luv thij, ua lavoo, los sis pov npas ua si nrog koj cov me nyuam. Siv lub cev tawm dag zog li 30 feeb tauj ib hnuv, 5 hnuv tauj ib as thiv.

Noj haus tej khoom kom zoo.



Xaiv tej khoom zoo noj thiab noj kom tsawg. Noj cov khoom muaj roj thiab zaub mov kib kom tsawg. Xaiv txiv hmab txiv ntoo ntau zog thiab tej zaub ntsuab, noob taum qha qhuav, thiab tej ntsiab txhuv.



Sau tseg tej koj ua tau zoo.



Txhua txhua hnuv sau tseg txhua yam koj tau noj thiab haus thiab txhua feeb uas koj siv lub cev tawm dag zaug. Sau tej no tseg yog ib txoj kev uas yuav pab tau koj lub cev sib thiab kom nyob li ntawd mus li.

Ua tiag ua.

Paub ib yam tshiab nyob rau ib lub as thiv. Yog koj poob qab los yog ua tsis txaus, pib dua tshiab thiab ua tiag ntxiv mus.

Yog xav tau KEV NPAJ pab dawb kom txhob muaj taus ntshav qabzib hom 2

Hu tau 1-800-438-5383

(Rau Cov Txawj Hais Lus Askiv Xwb).

Mus rau ntawm www.ndep.nih.gov muaj qhia txog ntshav qabzib hais ua lus Hmoob.

Tej kev pab tau ntawd yuav kav mus tag sim neej.

Koj puas yuav muaj taus ntshav qabzib hom 2?

Yog xav paub seb koj puas muaj taus ntshav qabzib hij txhua qhov uas nws hais raug rau koj tus kheej.

- Qhov kuv hnyav lossis rog heev ntawd yuav ua taus rau kuv muaj taus ntshav qabzib.
- Kuv niam/txiv, kwv/tij/nus, lossis tej muam/viv ncaus muaj ntshav qabzib.
- Kuv yog Hmoob.
- Kuv muaj ntshav qabzib thaum kuv cev xeeb tub lossis kuv yug tau ib tug me nyuam Hnyav li ntawm 9 pounds los tshaj ntawd.
- Kuv cov siab li ntawm 140/90 los siab tshaj lossis kuv tau raug qhia lawm hais tias kuv muaj ntshav siab.
- Kuv cov roj nyob hauv cov hlab ntsha (lipid) tsis zoo lawm. Kuv cov roj nyob hauv cov hlab ntsha hu ua HDL (cov roj “zoo”) tsawg dua li 40 (rau txivneej) hos tsawg dua li 50 (rau pojniam), los yog kuv cov roj ntsha hu ua triglyceride nyob txij li 250 lossis siab tshaj ntawd.
- Kuv tawm dag zog tsawg dua peb zaug tauj ib as thiv.

Thov neo tseg: Tib neeg thaum laus zuj zus, txoj kev muaj mob taus ntshav qab zib hom 2 ntau zus.

Thaum ua ntej yuav muaj taus ntshav qabzib yog li cas? Nws yog thaum cov ntshav qab zib muaj ntau dua qhov zoo lawm, tabsis tsis tau txog qhov yuav muaj mob ntshav qabzib. Yog koj muaj ntshav qabzib, koj yeej yuav muaj mob taus ntshav qabzib hom 2 thiab nws yuav mob loj tau, xws li mob plawv, hlab ntsha tawg (stroke), dig muag, raum tsis ua hauj lwm, thiab ua rau tej hlab ntshav hnov piam sij.

Qhov **xov xwm zoo** yog muaj tej kev tshawb ntsuam xyuas qhia tias cov neeg mob ntshav qabzib no muaj cuab kav tiv thaiv tau kev muaj ntshav qabzib hom 2 yog los ntawm nrhiav kev noj haus saib xyuas yus tus kheej kom zoo. Nug koj tus kws kho mob txog ntawm tej yam yuav ua muaj taus ntshav qabzib thiab mob ntshav qabzib thiab puas tsim nyog koj yuav tau mus kuaj.

Hu tau rau 1-800-438-5383 yog xav paub ntxiv.

DAIM NTAWV TSHUAJ KEV HNYAV RAU KEV MOB NKEEG

Xyuas koj qhov siab raws ntawm daim ntawv teev tseg. Yog koj Hnyav ib yam los yog Hnyav tshaj qhov teev tseg ntawd, koj yuav muaj mob taus ntshav qabzib hom 2 yog qhov ntau.

YOG KOJ YOG NEEG ESXIAS ASMESLISKAS		YOG KOJ YOG NEEG PACIFIC ISLANDER		YOG KOJ TSIS YOG NEEG ESXIAS ASMESLISKAS LOS YOG NEEG PACIFIC ISLANDER	
YUAV MUAJ TAUS YOG KOJ QHOV BMI ≥ 23		YUAV MUAJ TAUS YOG KOJ QHOV BMI ≥ 26		YUAV MUAJ TAUS YOG KOJ QHOV BMI ≥ 25	
SIAB NPAUM CAS	HNYAV NPAUM CAS	SIAB NPAUM CAS	HNYAV NPAUM CAS	SIAB NPAUM CAS	HNYAV NPAUM CAS
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

Lub hauv paus: Muab los ntawm [Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report]



npaj me tau ntau

Tiv thaiv kom txhob mob Ntshav Qabzib hom 2

Ib cov lus hais teev tseg los ntawm [National Diabetes Education Program], tau kev txhawb nqa los ntawm [National Institutes of Health and the Centers for Disease Control and Prevention].