

Wōṇaake Nañinmej in Tōñal̄ Eo Am

Bok in kōkajuurlòk Lōmṇak
an Armij ro Ewōr Aer
Nañinmej in Tōñal̄



Melele in Naan in Kile im Kamoļoļ

Tu-kaduin im pidodo in kōmleleik publication eo an CDC im caar kōmman iļo 1997 eo: “Wōŋaake Nañinmej in Tōñal” eo am, caar bareinwōt kōmman ñan armij in woden Pacific in, eo im emaroñ in ekkejeļ wōt ilo kōjerbaļe ippān 1997 publication eo. Wāwen in ejamin kar tōbrak im dedeļok eļāne caar jab jen jibañ ko an Hawaii State Department eo an Diabetes Control Program eo im Section eo an Nutrition im Physical Activity iumin karōk an ra eo naetan Preventative Health Services im Douļuļ eo an Hawaii Diabetes Educators. Bar jibañ ko jet raar kōmman bwe en tebrak jeral in raar bar itok jan American Samoa, Guam, Federated States of Micronesia, Marshall Islands, Northern Marianas eo an Palau. Ri-jerbaļ ro ilo Division eo an Diabetes Translation ilo Center eo an Disease Control im Prevention raar jerbaļe bwe project in en dedeļok im tōbrak.

Cover photo: Pija in ej eļļetok in ra eo an Nutrition im Physical Activity iumin ra eo an ejmour ilo aelon in Hawaii.

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1. Kōmlele Ko Imaantata

Nañinmej in tōñal̄ ejelet enañin aolepen mour eo am. Ej juōn wāwen eo me ñe ejelet eok, enaj bed ñan indreo; bōtaab elap wōt ijo koñaam ñan kejbarok im wōñaake ejmour eo am. Komaroñ kejbaroke ejmour eo am ejjab ñan rainin wōt ak ñan bar iio kane rej itok wōt .

Jokkin wōt juōn ej wāwen eo ejimwe tata ñan ejmour elañe kwe ri-tōñal̄. Kajeoñ bwe en jokkin wōt juōn ilo wāween am mour. Mōñā ko kijōm rej aikuij in uñ kibidier ilo iien am mōñā; kwoj aikuij in kōmakitkit enbwin eo am im buki uno ko taktō ro rej ļiwaj. Jibañ ko jen baamļe eo im ro jeram, ro rej bōk eddoon jikin ejmour ko im ro iļo jukjukin bed eo am, im komaroñ anjo ioon nañinmej in tōñal̄ eo am.



Jerbal ippan ro ilo jikin ejmour eo ñan wōñaake nañinmej in tōñal̄ eo am.

Ta in Tōñal̄?

Enañin aolep mōñā ko jej kañi rej erom juka ñan an enbwinnid kōjerbaļi. Aj eo im ej pad iturin tudōk eo ad, ej kwalok ak kōmman insulin, eo im jerbal eo an ej kōmman bwe juka ko walok jen mōñā ko jej kañi ren deloñe cell ko ilo enbwinnid. Ñe ej wōr am nañinmej in tōñal̄, enbwin eo elañe ejjab bwe an komman insulin ekwe emaroñ jap emman an kōjerbal insulin eo ej kōmmame. Wāwen in ekōmman bwe en lap tōñal̄ eo ilo bōtōktōkid.

Kōkalle im kakōlkōl ko an nañinmej in Tōñal

Ej walok ijin iļal jet iaan kōkalle ko an nañinmej in Tōñal. Bwelen emaroñ in kar wōr kōkalle ko mokta jen am kar jela ke ewōr am Nañinmej in Tōñal:

- Em-maroro
- Em-makijkij am kebbojak kōn den
- Ej jab emman am erre
- Em-mōkmōk
- Kwo-aidrik lok
- Emōra enbwinnum
- Kinej ko rejaje mo
- Emmakijkij am ik-kinejnej
- Mej neem
- Emmōjlok wōt

Kain Nañinmej in Tōñal ko

Ewōr ruo kain nañinmej in Tōñal

- Type 1
- Type 2

Armij ro ewōr type 1 ippair ekka aer jela kake ilo iiō ak tōre ko rej ajiri wōt rej jodrikdrik wōt. Armij rot in im rej type 1, tōñal ko aer, aj eo ej jab kōmman an kōmman insulin, im rej aikuij in bōk wâ in insulin aolep raan ñan aer maroñ mour.

Ekka wōt an armij bōk Nañinmej in Tōñal̄ type 2. Aj eo edrik ej kōmman insulin botab enbwin eo ej jab emman an kōjerbaļe. Nañinmej in Tōñal̄ type 2 in ekka an walok im jelet armij ro ilo tōre ko retōbar 30 ak 40 aer iiō. Bōtab, eļōñl̄ok ajiri ak jodikdik ro rej kiō bōk Nañinmej in Tōñal̄ type 2.

Jet kein waween rekauōtata im remaroñ kōmman bwe juōn en maroñ bōk Nañinmej in Tōñal̄ type 2.:

- Ewōr ri-tōñal̄ ilo baamļe eo
- Ejeja an kōmakitkit enbwinim
- Kiļeb jen joñan eo ekkar
- Elap an mona, mōñā ko re-kiriji (Ñan waanjoñok: mōñā ko elap kiriej ie ak elap jen joñan aikuij bōk mōñā)
- Im elañe ej armij in Asia, Pacific, Hawaii, American Indian, ro-ewōr bōtōktōk in ri-jibein ippeir, ri-iteļi ak ri-kilmeej in Amerka

2. Kiļen Kejbaroķ Naņinmej in Tōnaļ

A. Mōnā ko kwoj kaņi

Kōtōbar nān mōnā ko reuņ kipidier:

- Debij joņan juka eo ejimwe im jejjet nān kwe
- Debij jōnan eddo eo am im ejejjit nān kwe
- Mōnā mōnā ko rekkar im uņ kipidiier



Pija in ej eļletok in ra eo an Nutrition im Physical Activity iumin ra eo an ejmour ilo aelon in Hawaii.

Wāween ko rekkar nān loori ilo mōnā nān ejmour:

1) Mōnā jilu aļen ilo juōn raan

Mōnā jilu alen ilo juōn raan im mona dikdik ilo kōtaan ko ak mōnā 5-6 alen mōnā ko rej jab ellap ilon juōn raan bwe iial in bōtōktōk ko ren bellokk wot.

2) Lale joņan mōnā ko kwoj kaņi

En jab lap am mōnā juōn wōt kain mōnā kenke kwon maroņ debij wōt level in juka eo emman joņan.

3) Kelet mōñā ko reuñ kipidiier jen kajojo uuan mōñā ko jilu ak ļōñļok ilo iien mōñā otemjij

Ilo am kelet mōñā ko kijōm kwoj kañi jen group in mōñā ko jilu , ekōmman bwe kwon maroñ in debij wōt joñan joñok in juka eo emman ñan enbwinnum. Ñan waanjoñok, mōñā ko rekōmakmōk, mōñā ko jan leen wōjke ko im mōñā ko ewōr kanniek ie.



Pija in ej eļletok in ra eo an Nutrition im Physical Activity iumin ra eo an ejmour ilo aelon in Hawaii.



Pija in ej eļletok in Diabetes Program Control eo an Federated States eo an Micronesia.

4) Kelet Mōñā ko Edik Kirij ko ie

Kadiklok mōñā mōñā ko re-kirij. Bōk ñan joñan mōñā bōta, el, mayonnaise, im jelele ko ilo kuwat, mōñā ko rej itok ilo pakej im japdewōt kain mōñā ko elap kirij ie.

5) Kelet mōñā ko elap Fiber ie

Kelet mōñā ko einwōt brown rice, brown bilawa, bean, vegetable im leen wōjke ko.

6) Kadiklok kōjberbal mōñā ko re-tōñal ekoba dan in kadok

Kain type in mōñā kein re-jeļet joñan t oñal eo ilo enbwinnum im ej aikuij in dik am kōjberbaļi.

Kenono ippan ro rej lolorjake jberbal ko ikijien ejmour ikijien joñok ak joñan mōñā ko kwoj aikuij in buki ilo iien am mōñā ak ilo am iļen mōñā ilo restaurant ko.



B. Kōmakitkiti Enbwin

Kōmakitkiti enbwinim ej juōn wāwen eo eaurōk nān wōḡaake im lolorjake nañinmej in tōñāḷ eo am ilo am kajeoñ kejbarok joñan tōñāḷ eo ilo enbwinnum im joñan eddoim. Kōmakitkit enbwinnum ebareinwōt maroñ jibañ bōbrae jorran ko ilo menono.

Kamourur Enbwin:

- Ej kōwamourur menono, ar im di
- Kōkajuurlok muscle ko ilo enbwin
- Debij joñan eddo eo am im kirij ilo enbwin
- Kadiklok joñan blood pressure eo
- Kōkajuurlok enbwin eo am nān bōbrae jen am bōk mejin
- Kōlaplok am kajuur
- Maroñ kadiklok am aikuj bok wā in insulin ko ilo raan ko kwoj makitkit
- Kōkajuur im kōkmanmanlok mour in belele eo am
- Emman am kiki
- Kadiklok am inebata
- Im kōmman bwe en emman am mour!



Etetaḷ emaroñ in makitkit eo ekaajmurur im emman nān kwe

C. Jet Melele ko Ikijien Uno in Tōñal

Elañe kwoj bōk uno kan tōñal ak wâ in tōñal ñan kejbroke tōñal eo am, lale bwe ijo kwoj takto ie en kōmleleik wāwen an men kein jermal. Kajitok ippan ri-jermal ro ilo ijo kwoj taktō ie elañe kwoj jab melele ak ewōr am kajitōk.

D. Jet Naan in Jibañ:

- En lap am idraak aebōj. Rualitōk (8) glass in aebōj ej joñan eo emmantata.
- Mareke juōn am marmar eo ej kalikar ke ewōr am nañinmej in tōñal.
- Kōmman am makitkit in enbwinnum ak exercise ippan juōn eo mōttam.
- Ekkōḡak takin im kōjermal shoes ko rekoḡ ñan neem.
- Etaḡe neem aolep raan ñan ḡale ewōr ke iḡ ak ebbok, ebirōrō ke, ekinejneḡ ke, ak ewōr ke kineḡ en ebellōk.
- Elañe ej jab emman am mour, bōjrak jen makitkit in enbwin ak exercise eo kwoj kōmmane, lale joñan tōñal eo am, im kurlok takto eo am ak jikin ejmour eo.
- Idaak uno ko ekkar ilo loori wāwen ko taktō eo ej liwōj ñan kwe.

3. Lale wōt Joñan Juka eo ilo Bōtōktōk eo am

Komaroñ debij wōt joñan juka eo ilo enbwinum ilo am loori wāwen kein:

- Etaļe joñan juka eo ilo enbwinum aolep raan.
- Lale ippan takto ro ak ilo jikin ejmour eo ñan am bōk hemoglobin A1c test eo im jikin ejmour eo ej lewoj aolep lokin jilju (3) aļļōñ elañe kwoj bōk insulin im elkin aolep jiljino (6) aļļōñ elañe kwoj bōk wōt uno in tōñal.

A. Kōkalle ko rej walok elañe jej tebar joñan juka eo edik ilo enbwinnid

Kōkalle ko ñe ej dik joñan juka eo ilo enbwin rej:

- Ikkumkum, udid-did ak ibwitbwit kin menokadu
- Emmōkmōk/Eddo-do
- Em-meļeļe
- Lōtlqok
- Udid-did

Ñan kejbaroke eok, kwoj aikuļ etaļe aolep iien joñan level in blood pressure eo am mokta jen am kōmmāne wāwen kein:

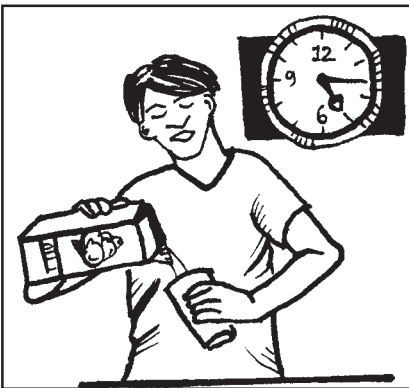
- Kattōr wā ioon ene
- Kōjerbaļ kein jerbal ko rellap im eddo (heavy equipment)
- Kanooj in lap am kōmakitkiti enbwinnum
- Im to am kōmakitkit enbwinnum



Elañe ewalok kōkalle ko ke joñan
juka eo ilo bōtōktōk eo am emōj an
wōtlōk ak kwōj jab marōñ in etaḷe
ilo tōre en,...



...wōnmaanlōk wōt im idaak juice
ko rej-jab tōñal̄ ak ejelōk juka ie!



Idaak juice in leen wōjke ko aolēp
lokin 15 minit mae iien eo erooḷwaj
joñan juka eo enbwinnum eaikuji.

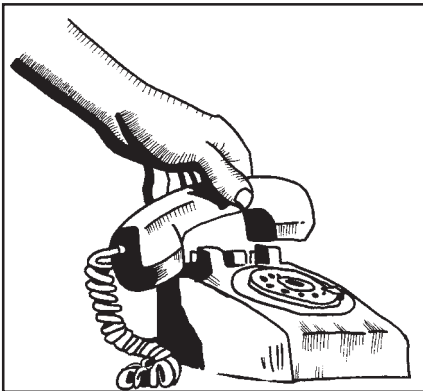
B. Kōkalle ko ñe elap tōñal̄ eo am:

Kōkalle ko ñe elap tōñal̄ eo am:

- Emōra ļoñiim
- Ko Maro
- Er-rautut
- Emmōkmōk/Eddo-do
- Etab am erre
- Ediklok joñan eddoom
- Metak ļoje, ak emmōļļok wōt



Emmakijkij am kebbajak ak er-rautut emaroñ in juōn ñe kōkalle ke ewōr am nañinmej in tōñal̄



Emaroñ menin aikuij bwe kwon kurlōk taktō eo am aolēp raan elañe kwoj nañinmej.

Elañe ewōr kōkalle ko ke elap juka ilo bōtōktōk, kwoj aikuij etaļe bōtōktōkum ak elañe jaab jibadeklōk public health clinic eo ilo jukjukin ped eo.

4. Nañinmej in Tōñal̄ ilo Mej

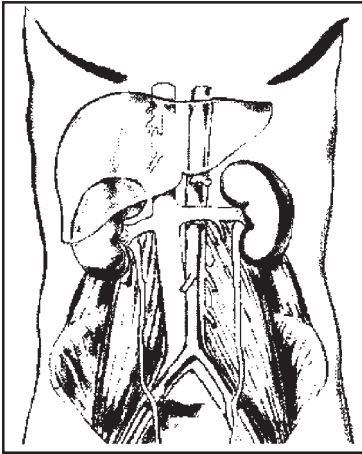
Kōkalle ko an Nañinmej in Tōñal̄ ilo Mej:

En emmakijkij am taktō kin mejam kenke elañe ewōr am nañinmej in tōñal̄ ilo mejam, en mōkaj an taktō ro ļoe. Kemejmej im kwalok ñan taktō ro elañe ewōr jorran ilo mejam.

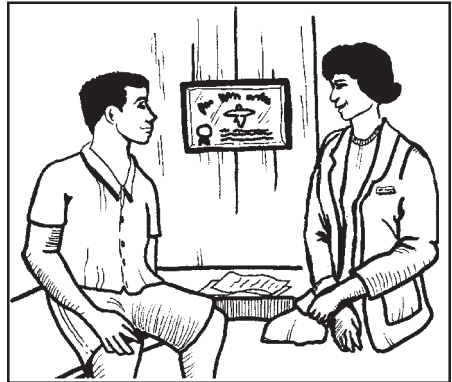


Elañe ewōr jorran in erre ko ilo mejam,
kwalok ñan taktō eo am ak ro ilo
jikin ejmour eo.

5. Jorran ko an Deka-in-Jibke ko



Kejbarok Deka-in-jibke ko am ilo wāween am kejbarok tōñañ im blood pressure eo am. Aoļep iiō, etale e bōtōktōkim im den in am raut nān etale wāween an deka-in-jibke ko am jermal.



Kwalok nān taktō eo am ak ro ilo jikin ejmour eo elañe kwoj kiļe ke ewōr kōkalle ko rej kwalok ke ewōr jorran ak kinej ilo deka-in-jibke ko am.

Kōkalle ko ñe ej wōr kinej ilo jikin raut eo am:

den in raut eo ej jab erre eo ak ewōr bōtōktōk ie, ilo iien am kebbojak, im emmakijkij am kebbojak den.

Kōkalle ko elañe ewōr jorren ilo deka-in-jibke:

metak di, ib-bieoco im piiba.

6. Jorran ko ilo Menono im Eke in Bōtōktōk Ko:

Ekka wōt an walok jorran ko ilo Menono im Eke ak nōōb ko ippan armij ro ewōr aer nañinmej in tōñal̄ elañe rej jab kejbarok tōñal̄ eo emman im ekkar ñan enbwinnier.

Jorren in Menono im Eke ko ak Iial in Bōtōktōk ko rej wāween ko ekka aer kōmman nañinmej, mōjnō in makitkit, kab mej ibwiļjin armij ro ewōr aer nañinmej in tōñal̄. Jorren kein ilo menono ak eke rej bareinwōt kōmman bwe en jab emman iial in an ito-itak bōtōktōk ilo ne kab juur-ļal ko.

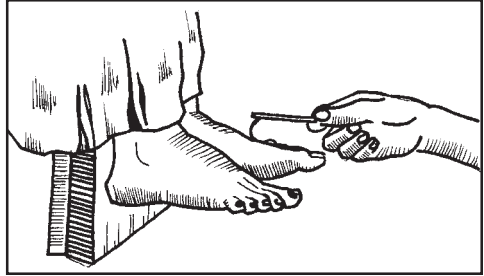
Komaroñ in erom juōn eo ewōr kauōtata ñan e ikijien jorren in menono im eke ko einwōt, heart attack, bōjrak an menono eo am jermal, ak stroke elañe kwoj kōbatat, ewōr am high blood pressure ak elap cholestrol ak kirij ko jet ilo bōtōktōkum. Jikin ejmour eo am emaroñ jibañ eok kadiklōk kauōtata in kwobed ie im bareinwōt maroñ jiroñ eok ewi emmakijkij in am aikuij in etaļe blood pressure eo am im joñan cholestrol eo ippam.

7. Jorren in Ne im Eke in Nōōb

Jorren in eke ko, jorren
ikijjien an bōtōktōk itoitak,
im kinej ko rejaje mo,
remaroñ kōmman bwe en
walok jorren ko rellap neen
armij ro ewōr aer nañinmej
in tōñāļ, ekob jebjeb ne.

Kejbarok neem einwōt in:

- Kwole neem aolep
raan
- Etaļe neem aolep
raan ñan lale elañe
ewōr kinej ak
buñidda Kejbarok
joñan level in tōñāļ
eo am
- Jab kōbata ak
kōjerbaļ tōbak
- Jab jintob ak kwon
kōjerbaļ juuj aolep
iien kwōj itoitak



**Kwoj aikuj in jibadeklok jikin ejmour eo
juōn aļen ilo juōn iio bwe ren etaļe neem
im eke ko ilo enbwinum.**



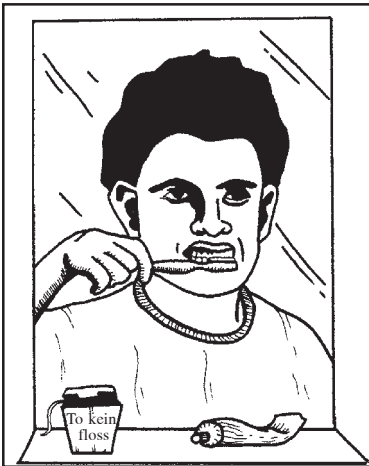
**Kememej im kōmraiki kōtaan
addi in neem mokta jen am
ekkoņak am juuj.**

8. Nañinmij Walok Jen Ñi Ko

Ri-tōñal ro elaptata an pidodo an walok jorren ñan ñi im ñadier ñe rej jab kajbarok joñan aer kōjerbal juka.



Ñi im ñad ko re-karbōb kenke ejejjit iien karreoiki im bareinwōt emman joñan juka eo rej kōjerbaḷe.



Kejbarok ñiim ilo wāween am biraje ruo aḷen ilo juōn raan im bareinwōt karreoiki kōtaan ñiim kin to ñ floss.



Ḷolok takto in ñi eo am aolep lokin jiljino (6) aḷḷōñ.

9. Wā ko an rītto

Flu im pneumonia rej jet iaan nañinmej ko re-kauōtata im remaroñ kōmman bwe kwon deloñ ilo imōn taktō ko ak hospital. Elañe kwoj bōk wā in flu aolep iiō emaroñ bōbrae wāween in. Kajitōk ippen ro ilo jikin ejmour eo ak taktō eo am ikijien am bōke wā in ñan bōbrae am naaj bōk nañinmej in flu ko elaptata elañe kwoj jañin kar bōke juōñ alen ilowaan lalim (5) iiō ko rej mootlōk.



Ra eo an Diabetes Translation ilo National Center eo an
Chronic Disease Prevention im Health Promotion Centers ko an
Disease Control im Prevention (CDC)

Ñan bōk elaplok melele ikijien kajitōk ko im publications ko:

Talpone: State eo an Hawaii Diabetes Prevention im
Control Program eo (HSDPCP) 808-692-7462

Fax: 808-692-7461

E-mail: HSDPCP@mail.health.state.hi.us

Mail: HSDPCP
601 Kamokila Blvd., #344
Kapolei, Hawaii 96707

*Wōḡān kar kōmmane kajin beḡḡe eo an booklet in eaar itok jen CDC im
Education Program eo an National Diabetes.*

*Booklet in eaar maroñ in ukok im kōmman jen jibañ ko jen CDC HSDPCP
Cooperative Agreement No. U32/CCU902712-15.*

*Jerbal iḡo ejjelok kaḡijōklok: Kemij kōtlōk an bellōk makitkit
kein ilo ejelōk kaḡijōklok ḡae kwe ri-ia, kil rot eo am, kwoj
itok jen ia (ekoba kajin eo am), iio eo am, kōrā ak emmaan,
ak utamwe in enbwin. Kebaak HSDPCP ilo talpoon nōmba
808-692-7462 ak eo ej eddon Affirmative Action an ra in
ilo Box 3378 Honolulu, HI 96801-3345 ak talpoon nōmba
808-586-4616 iloaan 180 raan elañe ewōr japdewōt.*



