Kwojela ke ewi wawein am bok nañinmej in toñal?

How do you get diabetes?

 NEGLIGENCE

For young adults, 20-24 years old

You could get diabetes!

What is diabetes?

Diabetes is an illness that affects the way your body uses insulin. Diabetes can also cause damages to your body.

Kwo maroñ bok nañinmej in toñal!

Ta in toñal?

Toñal ej juon nañinmej eo ej walok ñe ejjab emman an anbwinnum kójerbale insulin eo ilo anbwinnum ak ñe anbwinnum ejjab maroñ komman insulin im ekomman an lap toñal ilo botoktokum. Elap an kauatata nañinmej in.

Ewi wawein am bobrae toñal?

Nan am jab bok nañinmej in toñal, kwoj aikuj loor wawein kein:

- Emmakikit aolep raan
- Möna möna in aelöñ kein einwot leen wojke ko
- Jolok kadök im kobataat
- Kwon ejijimourur
- Kopaflok am möñë vegetable ko
- Kajjejet awa in möñë ko am
- Idaak aiboj aolep ien
- Möñë fruit ko
- Kwon ikkure sports ko
- Möñë möñë ko ñan ejmour

Wawein kein remarøñ komman bwe kwon bok nañinmej in toñal:

- Ñe kwo killep
- Kwoj kobataat
- Elap am idaak dënën kadok
- Elap am jjijet im bed bajjok
- Elap wot am möñë möñë ko renana ñan ejmour
- Edik am möñë leen wojke ko
- Ewòr toñal ilo baamle eo am
- Elap jen 126 toñal eo am

How can you prevent diabetes?

Do these things to prevent diabetes:

Exercise everyday
Eat local food
Quit smoking and drinking alcohol
Get active
Eat more vegetables
Make a schedule for meals
Always drink water
Eat fruits
Play sports
Eat healthy foods

These things may cause you to get diabetes:

Being overweight
Smoking
Drinking alcohol
Sitting around and doing nothing
Eating bad food
Not eating fruits and vegetables
Having family members with diabetes
Having a blood sugar level greater than 126 mg/dl