

Ewi wawein am bobrae toñal?

How can you prevent diabetes?

Ñan am jab bok nañinmej in toñal,
kwoj aiku...

- Kejjimourur aolep raan.
Exercise every day.
- Mōñā mōñā in aelōñ kein, ainwot leen wōjke ko, etc.
Eat local foods.
- Jolok ak jab kadōk im kobataat.
Quit or don't start drinking alcohol or smoking.
- Kwon emmourur.
Be active.
- Mōñā vegetable ko aolep ien mōñā.
Eat vegetables at every meal.
- Kajejjet awa in mōñā ko am.
Schedule and follow meal times.
- En lap am idaaak aiboj.
Drink lots of fresh, clean water.
- Mōñā juon fruit aolep raan.
Eat a fruit every day.
- Kobalok ilo ien iukkure ko.
Play sports or join in activities.
- Kobalok ilo ien ekkatak ko im ien kaminene ko ainwot workshop ko kin ejmour.
Attend and participate in health related workshops.

“Tuak Bwe Elimajnono” *Face Your challenges*

Jodrikdrik nan Jodrikdrik ilo Ejmour *Youth to Youth in Health*

P.O. Box 3149, Majuro, MH 96960

Jodrikdrik Ran, Reitok Mōk!

Kwo bed ke ilo Kauatata
nan Naninmej in Toñal?



Phone/Fax: (692) 625-3098 | Clinic Phone: (692) 625-3099
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small steps
BIG REWARDS
Prevent type2 Diabetes

PACIFIC
DIABETES
EDUCATION
PROGRAM

Jodrikdrik Ran, Reitok Mōk!

Bunton Ñe eo Jinoin Tata nan kejparok eok jen Naninmej in Toñal ej kwon Jela kin Ejmour eo am Rainin.

The First Step is to Know Your Present Health Status.

Etam: _____

Rainin: _____

1. Jete am paun: _____

2. Jete aitokam: _____

3. Jete BMI eo am: _____

BMI eo emman: 20-24.9

BMI eo ekillep: 25-29.9

BMI eo lukun killep: 30 lonlok

4. Jete % body fat: _____

Kora: enana ñe elap jen 27%

Emmaan: enana ñe elap jen 23%

5. Jete am toñal: _____

(FBS) Ñe kwar jitlok, jonan

toñal eo am ej aikuj:

70-106 mg/dl;

(RBS) Alikin am mōñā jonan toñal eo am ej

aikuj:

70-178 mg/dl

6. Jete blood pressure eo am: _____

Namba eo lon ej aikuj dik jen

90 mm/Hg

Namba eo lal ej aikuj dik jen

140 mm/Hg

Kwar ke jela ke kwoj bed ilo kauatata ñe:

1. Kwo killep.

2. Kwe juon rikobataat.

3. Kwe juon rikadok.

4. Edik am emmakitkit ak elap wot am bed bajjok.

5. Elap am mōñā mōñā ko rekuriij ainwot burae bao, corn beef, spam lul, ramen.

6. Edik am mōñā leen wojke ko ainwot mōñā in aelōñ kein im fruit im vegetable ko.

7. Ewor Toñal ilo baamle eo am.

8. Elap am mōñā toñal.