

There is a Chance that You Can Prevent Diabetes!

Reminders...

1. Exercise at least 30 minutes a day.
2. Eat healthy foods.
3. Check with your doctors to see if you have Type 2 Diabetes.

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*Chuuk Diabetes Today is under the umbrella of the
Chuuk Women's Council



Advice on Type 2 Diabetes



Chuuk Women's Council



Pacific Diabetes Education Program
A Program of Papa Ola Lōkahi

Starting Today...Let's take these steps:

1. Do FUN Physical Activities!

- Gardening
- Fishing
- Cooking
- Cleaning
- Washing Clothes
- Swimming
- Canoeing
- Dancing
- Camping
- Socializing
- Walking
- Singing

**Do physical activities that you and your family can enjoy together.*

2. Eat Healthy Food!

- Eat more fruits
- Eat more vegetables
- Eat more seafood
- Grill and steam food instead of frying
- Drink herbal juices
- Reduce eating sweet and fatty food
- Reduce eating imported food (like canned goods)



**Reminder: Eat 3 healthy meals and drink 8 glasses of water a day.*