

# SEMWENIN SUKE

## Maramen Sinei

Semwenin suke ew semwen a tam a nomw woch ewe a aosukosuka usun an inisich siwininong mwongo ngeni energy (apechokun). Insulin iei ew hormone (piseki non inisich) a auchea wisan ne auku ukukun suke non cha. Fansou a toruk semwenin suke, inisiumw ese feeri en insulin ika ese och an feeri en insulin.

**Type 1 Semwenin** Suke a fisita seni mwaninon an inisich a pwisin fiu ngeni me akouno inisich an epwe feer insulin.

Type 1 semwenin suke a kon uri semiriit. tineich, me ekkewe serafo. Ese wor anen eppet ngeni type 1 semwenin suke.

**Type 2 semwenin** suke a fis fansoun inisich ese naf feerian insulin ika ese pwungioch an eaea en insulin e feeri.

Type 2 semwenin suke a kan fis/mar fansoun sia watte, nge iei a chommongono aramas a mwitir urir Type 2 semwenin suke mwitir.

## STATISTICS (NAMPAN)

- Ei a feito seni ewe Office of Minority Health:
  - Chon Merika Ra Feito seni Esia a **40 pesen ar repwe tongeni urir** semwenin suke. mwen ekkewe esapw chon Hispanic mi Pwechepwech.
  - A **watte pesentin** meinisin Native Hawaiian me Chon Fenuwen Pasifik mi watte (15.6%) a wor rer semwenin suke anono ngeni ekkewe mi watte ir chok chon Esia (8.0%) me meinisin mi watte non U.S. (8.7).
  - Seni 2017-2018, ekkewe Asian Indian ra **70 pesen ar repwe tongeni urir** semwenin suke, anono ngeni ekkewe esapw chon Hispanic mi Pwechepwech.
- 22 pesenin mi watte** won Palau sia eureura epwe wor ren semwenin suke me **14.4 pesenin mi watte** non Palau rese sine pwe mi wor rer semwenin suke (Palau Hybrid Survey (taropwen memeeef, 2017).
- Epwe 1 me nein 3 mi watte** seni Marshall Islands a urir semwenin suke (Republic of Marshall Islands Hybrid Survey (taropwen memeeef), 2018).
- Seni ewe Centers for Disease Control and Prevention, **1 me nein iteitan 9 aramas** mi watte non Hawaii a urir semwenin suke.

## EFEIENGAWAN

### TYPE 2 SEMWENIN SUKE



- Manawach sise Kon Mwokutukut
- Nuno chour ika ra kon chou
- Ier: ika 45 ier ika napeseni
- Pworausam Faminii: mi wor inenap/ samanap ika pwium/mwanumw mi urir type 2 semwenin suke
- Mwen Semwenin Suke (prediabetes)
- Gestational semwenin suke (semwenin suke fansoun om pwopwo) ika nouni emon monukon choun a napeseni 9 paun.
- En African American, Hipanic/Latino American, American Indian, ika Wesetan chon Alaska. Ekkooch Chon Fenuwan Pasifik me Asian Americans ra pwan tongeni mwitir torir

## SAININ & ESISINAN

### TYPE 2 SEMWENIN SUKE



*Ika epwe wor remw ekkei esisinen semwenin suke, churi noun tokter pwe kopwe tesini suke non chaamw.*

- Echichin omw kaka ika echik
- Chuchu fan chommong, akaseinon nepwin
- Kichuchuno nge kese mo ita mina pwe kopwe kichuchu
- Ese kurufat omw kuna
- Unuun ika toutou non poum me ipweipwan pechemw
- Meefi monunu
- Pwasapwas unuchomw
- Rupw mi mang an epwe mo no
- Napono kopwe chok paikin seni mwan

## EPPET

### TYPE 2 SEMWENIN SUKE

*Ka tongeni eppet ika amangano ewe type 2 semwenin suke kopwene eaea ekkewe ekewinon omw nonomw mi mecheres me pwan och ren akichuchukono ika a kon nuno choumw, mwongo mi apechokuna, me iteitan kopwe mwokutukut/amwokutukutu inisumw.*

Taiso--achocho ngeni 30 minichin mwokutukut ew me ew raan (fetan, pworukun hula, tai chi)



Mwongo ekkewe mwongo mi apechokuna--ochoch foun ira ren fruits me vegetable, iik, me akukunano mwongon non tin.



Apwonuteta eureur seni pioing--churi noumw we tokter, Community Health Center, Native Hawaiian Health Center ika Rural Health Clinic.

## METTOOCHUN ANINIS

- Ewe neni a iteni American Diabetes Association: [diabetes.org](http://diabetes.org)
- Ewe neni a iteni American Heart Association: [heart.org/en/health-topics/diabetes/diabetes-tools-resources](http://heart.org/en/health-topics/diabetes/diabetes-tools-resources)
- Ewe neni a iteni National Council of Asian Pacific Islander Physicians: [ncapip.org/diabetes](http://ncapip.org/diabetes)
- Ewe neni a iteni Pacific Islander Diabetes Prevention Program: [pacificislanderdp.org/resources](http://pacificislanderdp.org/resources)
- Ewe neni a iteni Joslin Asian American Diabetes Initiative: [aadi.joslin.org/en](http://aadi.joslin.org/en)
- Ewe neni a iteni Healthy Hawaii Initiative: [healthyhawaii.com/prevent-diabetes-2](http://healthyhawaii.com/prevent-diabetes-2)

### PWORAUSEN ANINIS

Ewe Neni itan Center for Disease Control and Prevention (cdc)  
Ewe Ofesin Minority Health (hhs.gov)  
Repwot a iten Palau Hybrid Report (palaugov.pw)  
An Marshall Islands Pwutain Safei me Aninis Ngeni Aramas (rmihealth.org)