

TŌÑAL

Allon in Bōk Melele

Nañinmij in tōñal ej juon nañinmij eo aitōk an walok im ej jelōte wāween an enbwinnim ukōt mōñā ñan kein kakajur. Insulin ej juon mōttan ko ilo enbwin aurōk jermal eo ej kōmmene in kōjejet joñan glucose ilo bōtōktōk. Ilo ien eo kwōtōñal, enbwinnim emaron jabwe an kōmman insulin ak ejab emmon an kōmman insulin einwōt an aikuj.

Tōñal Taip 1 ej kōmman jen an enbwin make kōjorrāāne im kabōjrak an kōmman insulin. Tōñal Taip 1 ekkā aer kakōlkōl ibben ajiri, jodikdik, im likao im jiron ro. Ejellok wāween bōbrae an walok tōñal taip 1.

Tōñal Taip 2 ej walok ilo ien eo ejabwe an enbwin kōmman insulin ak ejab jejet an maron kōjermal insulin eo. Tōñal Taip 2 ekkā an walok ilo ien ad rūtto, bōtab elabok armij kiō emōkajlok aer bōk tōñal Taip 2.

BŌNŌBŌN KO

- Ekkar ñan Obij eo ej Lale Eymour eo an Armij ro rejab Mouj Kilier:
 - Armij ro rej RiAsia ilo Amedka elabok jen **40 bōjjāān in aer maron** naj bōk kakōlkōlin nañinmij in tōñal Jen armij ro Remouj Kilier im rejab Hispanic.
 - **Juon bōjjāān eo elabok** kin aoleb rūtto ro rej Molin RiHawaii im Pacific Islander (15.6%) rar bōk nañinmij in tōñal jen rūtto ro rej juon wōt aelon in RiAsia (8.0%) im aoleb rūtto ro ilo U.S. (8.7%).
 - Jen 2017-2018, armij ro rej Asian Indian rar **70 bōjjāān lablok aer maron** kakōlkōl er kin nañinmij in tōñal jen armij ro remouj kilier im rejab Hispanic.
- **22 bōjjāān in rūtto ro** ilo Palau emōj katmane ewōr aer nañinmij in tōñal im **14.4 bōjjāān in rūtto ro** ilo Palau rejab kakōlkōle er kin nañinmij in tōñal (Waanjoñok eo Elab Kobban an Palau, 2017).
- **Tarrin 1 jen 3 rūtto** ilo Majol ewōr aer nañinmij in tōñal (Ripoot eo aliktata an Kien eo an Majol, 2018).
- Ekkar ñan obij eo ej bōk eddon kejbarok im bōbrae jen nañinmij (CDC), **1 jen aoleb 9 kajojo rūtto ro kajojo** ilo Hawai'i ewōr aer nañinmij in tōñal.

TA KO REJ KŌMMAN UWŌTA TŌÑAL TAIP 2



- Juon wāween mour eo elab jijjet im babu
- Tebu ak lab kileb
- Joñan yīō: 45 yīō ak rūttolok
- Melele ko maanlok an baamle eo: jinen ak jemen ak juon jein ak jatin ewōr an nañinmij in tōñal taip 2
- Ewōr kein kalikar ej etal ñan an naj bōk nañinmij in tōñal
- Tōñal in ribōroro (tōñal ilo ien bōroro) ak ear kōlōtake juon niñniñ eo elabok jen kar 9 paun in
- Rej armij in African America, Hispanic/Latino American, American Indian, ak Alaska Native. Jet armij in Pacific Islander im Asian American ro rej bar bed ilo joñan uwōta eo elab

KAKŌLLE IM KAKŌLKŌL KO TŌÑAL TAIP 2



Ñe ewōr am jabdewōt kakōlkōlin nañinmij in tōñal ko laajrak, lolak taktō eo am ñan am bōk teej in lale joñan jukwa ilo bōtōktōk eo am:

- Jab bōjrak am maro ak kwole
- Elab am raut, ekut ilo boñ
- Elab am aidik lok ilo am jab kajeoñ
- Etab am lolakjen
- Emij ak kwōj eñjak ekiñalñal ilo beim ak neem
- Elukkun lab am mōk
- Elab an mōrā kilim
- Erumij an mo kinej ko ibbam
- Elabok jen ekkā an wōr kinej ibbam

BŌBRAE TŌÑAL TAIP 2

Kwōmaron bōbrae ak karumij tōñal taip 2 kin oktak ko ilo am mour rebidodo im emōj kamool rej jermal einwōt jolok am kileb elañe elab am kileb, mōñā ko remmonlok ñan eymour, im niknik am kōmakūtkūt enbwinnim.

Ekjerjajj – kōtōbar 30 minit in makūtkūt aoleb raan (etetal, eb, tai chi)



Mōñā ko remmon ñan eymour – mōñā leen wōjke fruit im vegetable ko rekāāl, ek, im kadiklok am mōñā men ko emōj kebooji im pakiji iloan imōn wia ko

Loor rōjañ ko jen taktō – lolak taktō eo am, Jikin Eymour eo ilo Jukjukinbed, Jikin Eymour eo an Molin RiHawaii, ak Jikin Taktō eo Ebed ilo Jikin Ko Redik im Ettolok



MENNIN JIBAÑ KO

- American Diabetes Association (Douluul in Nañinmij in Tōñal ilo Amedka): diabetes.org
- American Heart Association (Douluul in Emenono ilo Amedka): heart.org/en/health-topics/diabetes/diabetes-tools-resources
- National Council of Asian Pacific Islander Physicians (Koonjel eo an Taktō ro rej RiAsia im Pacific Islander): ncapip.org/diabetes
- Pacific Islander Diabetes Prevention Program (Burokraam in Bōbrae Nañinmij in Tōñal an Pacific Islander): pacificislanderdp.org/resources
- Joslin Asian American Diabetes Initiative (Kōtōbar eo an Joslin RiAsia ro rej RiAmedka kin Nañinmij in Tōñal): aadi.joslin.org/en
- Healthy Hawaii Initiative (Kōtōbar eo bwe en wōr Eymour ilo Hawaii): healthyhawaii.com/prevent-diabetes-2

JIKIN BŌK MELELE

The Centers for Disease Control and Prevention (Obij eo ej bōk eddon kejbarok im bōbrae jen nañinmij) (cdc.gov)
The Office of Minority Health (Obij eo ej lale eymour ko an armij ro rejab mouj kilier) (ohhs.gov)
Palau Hybrid Report (Ripoot eo ewōr kobban melele an Palau) (palaugovpw)
Ministry of Health and Human Services Republic of the Marshall Islands (Ra eo ej bōk eddon Eymour im Jibañ ko ñan Armij ilo Majol) (rmihealth.org)