

TUS KAB MOB NTSHAV QAB ZIB

Lub Hli Ntawm Kev Paub

Tus kab mob ntshav qab zib yog ib tus kab mob ntev uas cuam tshuam rau koj lub cev uas yog hloov zaub mov mus ua lub zog. Cov tshuaj Insulin yog ib yam tshuaj hormones uas ua lub luag hauj lwm tseem ceeb hauv kev tswj cov piam thaj hauv cov ntshav. Thaum koj muaj tus kab mob ntshav qab zib, koj lub cev tsis tsim cov tshuaj cov tshuaj insulin txaus los sis tsis tsim cov tshuaj insulin raws li qhov tsim nyog.

Tus Kab Mob Ntshav Qab Zib Hom 1 yog tshwm sim los ntawm lub cev tawm tsam nws tus kheej los ntawm qhov uas ua yuam kev thiab ua rau koj lub cev tsim tsis tau cov tshuaj insulin tau. Kab mob ntshav qab zib hom 1 feem ntau yog nyiam kuaj pom hauv cov me nyuam yaus, cov hluas, thiab cov tub ntxhais hluas. Tsis muaj txoj hauv kev los tiv thaiv tus kab mob ntshav qab zib hom 1 no tau.

Tus Kab Mob Ntshav Qab Zib Hom 2 tshwm sim thaum lub cev tsim cov tshuaj insulin tsis txaus los sis tsis tuaj yeem siv cov tshuaj insulin tau zoo. Kab mob ntshav qab zib hom 2 feem ntau tshwm sim thaum muaj hnuv nyooq laus, txawm li cas los xij ntau thiab ntau tus tib neeg uas mob tus kab mob tshav qab zib hom 2 thaum tseem ntxov hauv lub neej.

KEV TXHEEB CAIS

- Raws li Lub Chaw Hauj Lwm Saib Xyuas Kev Noj Qab Haus Huv Feem Tsawg:
 - Cov Neeg As Mes Kas Es Xias uas tau kuaj pom tias mob tus kab mob ntshav qab zib ntau dua li Cov Neeg Tawv Dawb Uas Tsis Yog Haiv Neeg Hispanic **yuav ntau dua li 40 feem pua**.
 - **Feem pua uas siab dua** ntawm tag nrho cov neeg laus Haiv Neeg Hawaii Hauv Paus Txawm thiab Haiv Neeg Pov Txwv Pas Xis Fiv (15.6%) muaj tus kab mob ntshav qab zib piv nrog cov neeg laus Tib Haiv Neeg Es Xias (8.0%) thiab tag nrho cov neeg laus hauv Teb Chaws Mes Kas (8.7%).
 - Txij xyoo 2017-2018, Cov Neeg Is Dias Es Xias uas tau kuaj pom tias muaj mob tus kab mob ntshav qab zib, raws li kev sib piv rau Cov Neeg Tawv Dawb Uas Tsis Yog Neeg Hisanic **yuav ntau dua li 70 feem pua**.
- **22 feem pua ntawm cov neeg laus** hauv Palau kwv yees tias muaj tus kab mob ntshav qab zib thiab **14.4 feem pua ntawm cov neeg laus** hauv Palau muaj tus kab mob ntshav qab zib uas tsis tau kuaj li (Daim Ntawv Ntsuam Xyuas Ntau Yam Sib Txuam Ntawm Palau, 2017).
- **Cov neeg laus kwv yees li 1 ntawm 3** hauv Lub Pov Txwv Marshall muaj tus kab mob ntshav qab zib (Daim Ntawv Ntsuam Xyuas Ntau Yam Sib Txuam Zaum Kawg Hauv Pov Tswv Marshall, 2018).
- Raws Li Lub Chaw Tswj Hwm thiab Tiv Thaiv Kab Mob, **1 ntawm 9 tus neeg** hauv cov neeg laus ntawm Haiv Neeg Hawaii muaj tus kab mob ntshav qab zib.

YAM UAS MUAJ KEV PHEEJ HMOO KAB MOB NTSHAV QAB ZIB HOM 2



- Kev ua neej nyob tsis tu ncu
- Kev rog los sis rog dhau
- Hnuv nyooq: yog 45 xyoo nce mus
- Tsev Neeg Li Keeb Kwim: muaj niam txiv los sis kwv tij uas mob tus kab mob ntshav qab zib hom 2
- Kev pheej hmoo ua ntej mob ntshav qab zib
- Tus kab mob ntshav qab zib thaum cev xeeb tub (tus kab mob ntshav qab zib thaum cev xeeb tub) los sis yug tus me nyuam uas hnyav tshaj 9 phaus
- Yog Neeg As Fiv Kas As Mes Kas, Neeg Hispanic/Latino As Mes Kas, Neeg As Mes Khab, los sis Neeg Alaska Hauv Paus Txawm. Qee Tus Neeg Pov Txwv Pas Xis Fiv thiab Neeg As Mes Kas Es Xias kuj muaj kev pheej hmoo siab ib yam nkaus

COV CIM THIAB COV TSOS MOB KAB MOB NTSHAV QAB ZIB HOM 2



Yog tias koj muaj cov tsos mob ntshav qab zib hauv qab no, mus ntsib koj tus kws kho mob txog kev kuaj cov piam thaj hauv koj cov ntshav:

- Nqhis dej tas li los sis tshaib plab
- Tso zis ntau, feem ntau thaum hmo ntuj
- Kev poob phaus yam tsis tau sim
- Lub zeem muag pom kev tsis tseeb
- Txhais tes los sis txhais taw loog los sis txhav
- Hnov tau tias nkees heev
- Cov tawv nqaij qhuav heev
- Muaj qhov mob uas kho tau zoo qeeb
- Muaj kab mob ntau dua li ib txwm

KEV TIV THAIV KAB MOB NTSHAV QAB ZIB HOM 2

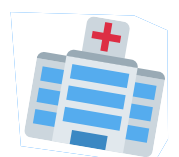
Koj tuaj yeem tiv thaiv los sis ua kom kev mob ntshav qab zib hom 2 qeeb tuaj nrog kev hloov pauv hauv kev ua neej nyob uas yooj yim xws li kev poob phaus yog tias koj rog dhau, noj zaub mov kom zoo, thiab kev tawm dag zog ntawm lub cev tsis tu ncu. Kev tawm dag zog - teeb tsa lub hom phiag li 30 feeb ntawm kev ua dej num txhua hnuv (taug kev, ua hula, ua tai chi)



Noj kom muaj kev qab nyob zoo - noj txiv hmab txiv ntoo thiab zaub tshiab, ntses, thiab cov khoom noj uas ua tiav tsawg



Ua raws li cov lus qhia kho mob - mus ntsib koj tus kws kho mob xub thawj, Lub Chaw Saib Xyuas Kev Noj Qab Haus Huv Hauv Zej Zog, Lub Chaw Saib Xyuas Kev Noj Qab Haus Huv Rau Haiv Neeg Hawaii Hauv Paus Txawm, los sis Chaw Kho Mob Saib Xyuas Kev Noj Qab Haus Huv Deb Nroog



COV CHAW MUAJ NTAUB NTAWV

- American Diabetes Association: diabetes.org
- Americal Heart Association: heart.org/en/health-topics/diabetes/diabetes-tools—resources
- National Council of Asian Pacific Islander Physicians: ncapip.org/diabetes
- Pacific Islander Diabetes Prevention Program: pacificislanderpp.org/resources
- Joslin Asian American Diabetes Initiative: aadi.joslin.org/en
- Healthy Hawaii Initiative: healthyhawaii.com/prevent-diabetes-2

INFORMATION SOURCES

The Centers for Disease Control and Prevention (cdc.gov)
The Office of Minority Health (hhs.gov)
Palau Hybrid Report (palau.gov.pw)
Ministry of Health and Human Services Republic of the Marshall Islands (rmihealth.org)