

SUKAL

Buil ra Uleklatk

A sukal a secher el diak el beot a domekar er ngii e mekokil el tomellii sel ngara chesl a bedenged el olutii a keled elm o klisiched. A insulin a hormone el ngara chesl a resechel a chad el ngii a ouspech er ngii el oltoBED a glucose el mora bedengel.

A chad el smecher el sukal a mo ngesonges malchub eng mo mechitechut a bedengel el omeob a insulin ra chesl a resechel.

Type 1 Suka1 a tara bedengel tial secher el rulii a bedengel a chad el di mo diak loltobed a insulin. Tirkel chad el mo nguu tial secher el Type 1 sukal a oumsingd el di mekekerei el ngalek, ar ngeasek, mar mekiklou el chad. Tial secher el type 1 sukal a diak el moterob el secher.

Type 2 Suka1 a kuk osecherii a bedengel a chad meng di mo olngesonges a insulin era resechel malchub a bedengel a mo diak el sebechel el ouspech er ngii el insulin.

A Type 2 Suka1 a di blechoel ngarngii el secher rar meklou el chad engdi te di merael el mo betok ar mekikou el chad el me duum el mla nguu tial secher.

OCHUR

- Ochur el tilobed era obis ra Minority Health
 - A rechad el ulechell el Merikel ma Asia a ngarbab ra **40 el basent a techellir** el mo sukal ra rechad el becheleleu el diak el Hispanic.
 - Bekord el **ngarbab a percentage** ra rechad era Hawaii ma rechad era beluu ra taiheyoo(15.6%) el mla mo sukal, tirka betok ra rechad era asia (8%) ma rokui el chad era merikel (8.7%)
 - A chesl a rak ra 2017-2018; A rechad era Asian Indians a mlo betok era **70 basent el betok** ra ildisir a rechad era merikel el becheleleu e diak el Hispanics elm o sukal
- Ngarngii a bekord el **22 basent rar meklou el chad** er Belau a sukal e dirrek el **14.4 basent rar meklou el chad** a sukal el dirkak el bora osbitar me lesang a toktang (Palau Hybrid Survey 2017).
- Daitai eng ngarngii a 1 el chad era chelsir ar 3 el chad** era beluu era Marshall el mla mo smecher el sukal. (Republic of Marshall Islands Hybrid Survey Final Report, 2018).
- Domes era ochur era obis era Omekerul ma terbengel a rakt ra beluu era merikel eng bekord el **1 el chad era chesl a 9 el chad** era beluu ra Hawaii a mla mo sukal

UCHUL A TYPE 2 SUKAL



- Chelellakl el diak louedikel a bedengel a chad
- Kldelbelungel a bedengel a chad
- Betok a rekil a chad ra 45
- Ngara reschel a chad: a rechedal a chad el sukal
- Uchellel a sukal
- Sukal ra diil. Ulmechell ra tolechoi el klou ra 9 pounds a bendel
- Ar ngeduch, Hispanic/Latino American, Indian ra Merikel, a rechad ra Alaska, mar bebil ra rechad era beluu era taiheyo, ma rechad era Asia el ulechell era merikel a bebil er tirkel ngarbab a techellir el mo sukal

OLENGCHELLEL MA OLCHOTEL A TYPE 2 SUKAL



Alsekum a bebil ra ikel beldukl er iou el olangchelel a sukal a mo duum era bedengem e moutekangel el mo mesa toktang er kau el kirel a kensa ra sukal

- Di blechoel meched a rengum e songerenger
- Mekudem el di mo mengemochem; oumsingd al klebesei
- Ke di mo mesengaked
- Mo mekngit a osengem
- Ngmo mekelmorm a chimam ma ochim
- Kedi omksaik
- Tokubets el medirt a bedengem
- Meioud el mo mechubs a telapt era bedengem
- Mal klou a baiking era bedengem

TERBENGEL A TYPE 2 SUKAL

Sebechem el torbengii a type 2 sukal alsekum e ke ngodechii a teletelel a omengelem e mo ouedikel a bedengem me mo diak om kedelebuu e mo ungil el mesisiich a bedengem.

Ke mo ungil exercise era bedengem- al sal kedeb eng 30 el bung era chesl a tal sils (ke di merael, ou hula, tai chi)



Moltirakl a ta besul blengur- Mongang a yasai ma rodech, a techel a ngikel a ungil el odoim e mo diak mongang a kall ra stoang

Moltirakl a tekingel a toktang er kau- momais el ngara kensa ra health er kau. Moldingel era osbitar malchub eng Community Health Center, a Native Hawaiian Health Center, malchub eng clinic el kmeed er kau.



RESOURCES

- American Diabetes Association: diabetes.org
- American 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 (palaugov.pw)

Ministry of Health and Human Services Republic of the Marshall Islands (rmihealth.org)