

SOHMWAHU EN SUKE

Sounpwong en kapehse

Sohmwahu en suke iei ehu irair en sohmwahu me kak kamwahula de kauwehla atail mour nin duwen kisin tungoalakan me kitail kin sakan de tungoale. Insulin wia ehu wini me kin sewese oh kamwahuwiala uwen glucose de wini me kin tangatang nan paliwaratail.

Nan ansou me kitail ahnekiher sohmwahu en suke, paliwaratail solahr kak soanamwahu oh iei kahreph wet me kitail anahne insulin pwe en sewese pere oh katikala atail sohmwahu en suke.

Sohmwahu en suke type keieu. Sohmwahu wet kak kahrehiong sohla itar insulin me kin kak tangatang nan paliwaratail.

Type keieu en sohmwahu en suke kak sansalda rehn sapwellimatail serih kan, irail me pwulopwul kan, oh irail kan me mihmihier nan sounpar laud. Sohmwahu en suke type keieu wet pil kin sohla kak mwahula.

Sohmwahu en suke type keriau. Sohmwahu wet kin wiawi ma sohla insulin oh insulin wet sohla kin kak doadoahk ni unsek nan paliwaratail.

Type keriau en sohmwahu en suke wet kak wiawihdangsang ni aramas eh mahla, ahpw pil miehler aramas pil iangadahr sohmwahu wet. Type keriau en sohmwahu en suke kin kak sansalada mwadang ma sohte wiepe wiawiheng.

SDEDISDIKS

- Nin duwen kair sang ni Ohpis en Minority Health
 - Irail tohn Eisia me towe mehler sang Amerika me pil alehdiher sohmwahu en suke patopato ni **persent pahisek (40)** laudsang irail towe mehler en Hispanic de mehn wai kan.
 - **Aramas laud** de towe mehler en Hawaii oh tohn wein Pacific patopato ni persent 15.6% me pil iangadahr sohmwahu en suke karasahieng irail aramas laud sang Aisa me patopato ni persent 8.0% oh mehn wai kan patopato ni persent 8.7%.
 - Sang nan sounpar 2017 lel 2018, irail tohn Eisia Indians **patopato ni persent 70** kohda me pil alehdiher sohmwahu en suke karasahieng irail mehn Hispanic kan.
- **Persent 22 en irail aramas** likeilapalahr kan sang nan wein Palau me pil alehdiher sohmwahu en suke oh persent **14.4 me saikinte** ale kosou en sohmwahu en suke nin duwen dahme mehn kair “Palau Hybrid Survey” me wiawi nan pahr 2017 kasalehda.
- Mehn kair sang nan wein Marshall (Republic en Marshall Islands Hybrid Survey Final Report, 2018) kasalehda me kakete emen sang nan pwungen aramas **silimen (3) me pil alehdiher** sohmwah en suke.
- Nin duwen dahme sansal sang Centers for Disease Control and Prevention, irail aramas likeilapala sang Hawaii me pil alehdiher sohmwahu en suke kaken **1 sang nan pwungen aramas duwemen (9)**.

IRAIR KEPER KAN ME PIDADA TYPE 2 SOHMWAHU EN SUKE



- Mour me kin meleitei ni sohte mwekid laud.
- Aramas me moaroauroau
- Aramas sounpar 45 kohda de mahsang
- Sohmwahu en suke (Type 2) tikida rehn peneinei keren
- Aramas me sapwellimaniki tepin sohmwahu en suke
- Irail lih akan me lieseian oh kanaitik nan arail kohwahkiher sohmwahu en suke kahrehiong serih kan pil kak iangada sohmwahu en suke me arail paun laudsang 9.
- Irail towe mehler en African American, Hispanic/Latino American, American Indian, de towe mehler kan sang Alaska. Ekei towe mehler en wehin Pacific oh pil irailko sang Asia America me pil kak alehdi sohmwahu en suke.

KILEL OH KEPELSELEHD EN SOHMWAHU EN SUKE TYPE 2



Ma komwi emen me iang sohmwahu en suke de kepelselehd wet, komw anahne pwarala tuh Wong toahkte ong koasoau en inta ong sohmwahu en suke.

- Men nimpil oh men tungoal kin doadala.
- Kotala pak tohto nihpwong
- Tihthla ahpw sohte eksersais
- Pwoaren mas sohla kak kilang wasa mwahu
- Pehkan oh nehkan kin ketiketla
- Pak tohto ahniki pwang nan paliwar
- Kilihkan kin kalap madada
- Ohlahkan kin pwand en
- Ohlahkan kin wie tohtohla sang mahs

WIEPEN KAMWAHULA SANG SOHMWAHU EN SUKE TYPE

Komw kak mwahula sang sohmwahu en suke (Type 2) nin wiepe pwukat me pahn mengei oh me pil wiawihier ni mour mwahu nin duwe met. Katikala omwi moaroauroau ni omw pahn sak de tungoal mwahu oh pil kalap eksersais de pwudau kereker.

Eksersais kak wiawi nan pwungen minit 30 de kak laudsang ni soahng pwukat (alu, kahlek hula, mwadoang teikan duwehte tai chi).



Tungoal de sak me mwahuehng sohmwahu en suke duwehte mwahmw, oh wahn tuhkeh kan; ahpw kainapwih sang mwenge me wisiksang sapwen likih kan.

Idawen kaweid kan sang irail toahkteh kan – pwarala tuhwoang irail semen kan nan palien nimwenwinih kan, Community Health Center kan, Native Hawaiian Health Center, oh pil Clinic kan me karanih wasahn koausoan kan.



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: pacificislanderdpp.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)