

# KOBED KE LO KA UWOTATA NAN TONAL

## LONLOK JEN 40% RITTO RO ILO HAWAII EOR AER PREDIABETES. ELON REJJAB JELA KE EBED IBEIR. KOBED KE ILO KA UWOTATA?

Prediabetes melelein kobed ilo kauwotata nan type 2 tonal. Emaron wor am prediabetes elane:

- Eor 45 am iio ak rittolok
- Elab am eddo
- Bamle eo am eor aer naninmij in type 2 tonal
- Eor am high blood pressure
- Kwoj exercise diklok jen 3 alen ilo juon week
- Kwonanin ke kar tonal ilo ien am Bororo
- (gestational diabetes) kokar ke kolotak ajri im ella baun eo an jen 9 baun?

Enanin aolep case in Type 2 tonal ko maron in bobrae ilo am komman jidik oktak ilo waween am mour; ejjab einwot type 1 tonal eo im ej bed kadede ilo enbwinum. ( naninmij eo ej manman kij emman)

## PREDIABETES EMARON KOMMAN NANINMIJ KO RELLAB

Prediabetes melelein elab juka ilo enbwinum jen jonan, ako ejanin lukun tobar jonan en takto ej ba eor am tonal. Enanin ruo mottan jilu ritto rej prediabetes ako rejjab jela ke ebed ibeir. Elane kwe prediabetes ak kwojjab kadiklok jonan am eddo im kolaplok am exercise, komaron jino lon am tonal iumin wot lalim iio. Type 2 tonal ej juon naninmij eo ekauwotata im emaron komman atortaak, stroke, pilo, joreen ilo kidney ak jebjeb ne.

## EKIJKAN BWE IN JELA KE IBED ILO KA UWOTATA?

Etal nan [PreventDiabetesHawaii.com](http://PreventDiabetesHawaii.com) nan bok kakolkol ak Diabetes Risk Test im konono iben takto eo am kin alikkar in kakolkol ko am.

## MELELE EO EMMAN

Elane kobed ilo prediabetes, takto eo am emaron lelok eok nan lifestyle change program eo, nan jiban bobrae ak karumijlok am bok type 2 tonal

## DIABETES PREVENTION PROGRAM EO EMARON JIBAN!

Diabetes Prevention Program (DPP) eo ej program in ukot wewin am mour im ej bed im bellok ilo State eo an Hawaii. DPP program eo emoj kamol ke ej bobrae ak karumijlok type 2 tonal, im emaron jiban kadiklok am bed ilo kauwotata bedbed ion kadiklok eddo eo am im kolablok exercise im makitkit. DPP ej CDC-recognized lifestyle change program, ak program eo elab kile jen CDC melelein bwe ebolemen im emman im wonen bed ie emaron itok jen jet ian insurance plan ko, ekoba Medicare im Medicaid.

## EWI WEWIN AN DPP JERBAL?

Ilo an mottan droulul ko ilo jujuk im pad eo ak online program ko, kwonej jermal iben armij ro retimjelok ak coach ro nan ekatak wewin ukot wewin mour eo am. Kwonej ekatak kin mona nan ajmour, komman ien am exercise, jela wewin bobrae inebata, wor am itok limo, im jela kilen jembali joreen ko rej bok jikin komman oktak ko nan kajmour.

## WEWIN AN DPP JERBAL:

- Katak kin coach ro bwe ren kokajur im rejan eok
- Jermal iben juon armij ak online
- Jiban jen ro jet rej bar bed ilo kotobar in
- Wewin ko nan jiban eok kadiklok jonan am eddo, ilo makitkit aolep ien im jela wewin bobrae inebata ko.

## TA KO ARMIJ RO REJ BED ILO DPP REJ BA KAKE:

"Elukun emman lifestyle coach eo ao. Kora eo elab an katakin eo, jiban eo bwe in kijejetoto wot im jab komtelik." – Bruce

"Elukun lab ao monono bwe week eo lok ikar lo lok takto eo ao im aolepen bwinbwin ko ao im wanlallok, im kio emoj an alikkar ke ejelok ao prediabetes."- Vivien

**Kio ej ien am bok eddo nan juon ajmour nan ilju im jeklaj eo am!  
Komman kakolkol in Diabetes Risk Test rainin im kajitok iben takto eo am elane  
DPP program eo ekkar nan kwe.**



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