

‘O ka hapalua o nā kānaka
Hawai‘i ua loa‘a i ka ma‘i
kōpa‘a ‘ano 2 a i ‘ole ua loa‘a
i ka ma‘i kōpa‘a hiki mua.



‘O ‘OE PAHA KEKAHI O LĀKOU?

E lawe aku i ka hō‘ike ‘ane‘ane loa‘a i ka
ma‘i kōpa‘a ma ka heluwahi pūnaewe
puni honua o
PreventDiabetesHawaii.com

E ka‘analike aku i ka hō‘ike hopena me kāu limahana
kōkua mālama olakino i kēia lā.

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Ua hiki ke pale ‘ia nā ma‘i kōpa‘a ‘ano 2



E LAWE AKU I KA HŌ‘IKE ‘ANE‘ANE LOA‘A I KA MA‘I KŌPA‘A

ma ka heluwahi pūnaeweale puni honua o [PreventDiabetesHawaii.com](https://www.PreventDiabetesHawaii.com) e kūkākūkā no ho‘i me kāu limahana kōkua malama olakino pehea e kōkua mai ai iā‘oe a me kou mau ‘ohana no ka pale ‘ana aku i kēia ma‘i kōpa‘a.

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E 'imi aku ho'i no kou olakino.
E 'imi aku ho'i no kou mau 'ohana.



E LAWE AKU I KA HŌ'IKE
'ANE'ANE LOA'A I KA MA'I KŌPA'A

ma ka helu wahi pūnaeweale puni honua o
[PreventDiabetesHawaii.com](https://www.PreventDiabetesHawaii.com) a e ka'analike no ho'i me
kāu limahana kōkua mālama olakino.

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E aloha paha 'oe i kekahi?



E KŌKUA AKU IĀ LĀKOU NO KA LAWE 'ANA AKU HO'I I KA HŌ'IKE 'ANE'ANE LOA'A I KA MA'I KŌPA'A

ma [PreventDiabetesHawaii.com](https://www.PreventDiabetesHawaii.com)

a laila e kūkākūkā aku ho'i me kekahi limahana
kōkua mālama olakino e pili ana no nā pilikia o ka
loa'a 'ana o ka ma'i kōpa'a 'ano 2.

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‘Ane‘ane paha a loa‘a aku
paha iā‘oe a i ‘ole kekahi
po‘e au i aloha nui aku ai i ka
ma‘i kōpa‘a ‘ano 2.



E LAWE AKU I KA HŌ‘IKE ‘ANE‘ANE LOA‘A I KA MA‘I KŌPA‘A

ma ka heluwahi pūnaewehe puni honua o
[PreventDiabetesHawaii.com](https://www.PreventDiabetesHawaii.com) e kūkākūkā no ho‘i me
kāu limahana kōkua malama olakino e pili ana no nā
hopena i loa‘a mai ka hō‘ike mai.

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