



## Module 16

# Insacnweacng in Kosraclah Mishen Suka (T2)

**PREVENT T2**   
A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

# Insacnweacng lom ke mahlwem 6 fahsruh uh kuh in kasrekom kosraclah kuh ahksuhmuhiye sikyak lun mihsen suka (Type 2 diabetes)



## Pa inge mwe sramsram lasr uh:

- Fuhkah oraclah lom fahsruh ke muhtwacwaciyen program se inge
- Ma kuht enenuh in ahkfahsrye ingelac
- Finsrak lom nuhke mahlwem 6 tok ah

## Kom ac oraclah pac plan se lom sifacna!



### Mwe Kasruh:

- ✓ Sarihke ohiyac sasuc ac pwacr ma ac ahkwoye mongo lom ac moklekom
- ✓ Ahkfuhlwactye oraclah wowo lom



# Sramsram Soko kacI Kenye



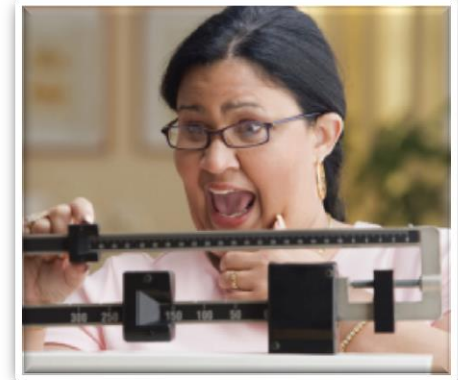
Kenye el oasr in elyah in weack mihsen suka (type 2 diabetes). Sripac inge pwacnwacng el otwelah in ahkwoye mongo lal ac oruh mukwiwi in ahsrosr lal.

Kenye el kampare in fahsr ke plan lal. Sahflahiyac ah, el sun pound ma el finsrak nuhkac. Ac el oacyacpac sun finsrak nuhke mukwikwi in ahsrosr lal.

Usrnguckiyac uh pa, pacl se el sun finsrak lal ah, Kenye el tilac kampare kuh insacnweacng. El sifil fohlohklac in oruh ohiyac lal meet ah.

Kenye el otwelah elan nahwuh ma inge. El nunkuh ke lusen fasruh lal. El oraclah finsrak sasuc lal nuke pound lal. Na el sifil sroacng nuhke mukwikwi in ahkwoye health lal. El oruh pac mukul tuhmwacI ah in welul.

Misenge, Kenye el sifil foloklac in puhlak in insacnweacng lal. El srike elan kuh in muta ke moul wowo ac fokoko se inge ke lusen pacl loes.





## Finsrak Lom nuhke Mahlwm Ohnkohsr Tokah

### Finsrak nuhke Mukwiwi in Ahsrosr

Ke mahlwm ohnkohsr tok ah, nga ac oraclah minute 150 ke mukwiwi in ahsrosr na fal kuh upac liki ke kais sie week.

### Finsrak nuhke Toasriac

Nga pound \_\_\_\_\_.

Ke mahlwm 6 tok ah, Nga ac:

- ☐ Ahksrihkyelah toasriuck      Nga ac sun pound \_\_\_\_\_.
- ☐ Muhta na ke toasriuck      Nga ac muhtana ke pound \_\_\_\_\_.



## Ahkfuhlwactye Oraclah Wowo Lom

Ahkfuhlwactyeyacn oraclah wowo lom uh kuh in kasrekom in insacnweacng. Pa inge kuhtuh ohiyac wowo kom kuh in oruh. Suhmuhsalah nuhnak ma oasr yurum an ke acn se ma fahk muh "Kuhtwena Ohiyac in Ahkfuhlwact." Mahkiyac ma kom srihke tari an.

| Ohiyac in Ahkfuhlwact  | Kuhtwena Ohiyac in Ahkfuhlwact |
|--|--------------------------------|
| <input type="checkbox"/> Sramsramkin oraclah wowo lom an ke Facebook.  | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Opi ikowi ke sie mwe sang srisrik, tiac mwe mongo, pacl ma kom sun finsrak lom an.                      | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Oraclah sie graph ah in fahkwack kapwack lom ke lusen pacl (toasriac, steps ke len se, size in nuknuk). | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Eslah ac fihliac petsac keim meet ac ingena.  | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Fahk kulo nu sin kawuck, sucu ac mwet orekma ma ahkkweyekom.  | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Srihke nuknuk lom meet ah.  | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Muhtwacwacack sihmihs oraclah wowo lom ingan ke sie book ah.  | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Ahkkweye mwet sahyac.   | <input type="checkbox"/> _____ |

# Fuhkah Kosreyac kuh Kuhtangyen mwe Kihsrucng Srihke Lom an



Ac kuh in arlac upac kom in insacnweacng. Kuhtuh pa inge ma upac ma wacna sikyack ac kuhtuh ohiyac in kasruh. Suhmuhsrah nuhnak lom sifacna ke acn se ma fahk muh “Kuhtwena Kasruh Nuhkac.” Mahkiac kais sie ma kom srihke tari an.

| Ma Upac   | Ohiyac in Kasruh  | Kuhtwena Kasruh Nuhkac   |
|---|---|--|
| <b>Nga alsruhngwesr</b>   | <input type="checkbox"/> Fihliac finsrak sasuc nu sum sifacna.<br><input type="checkbox"/> Wi sritacl kuh siai srisrik ma ahkfasryeyuck.<br><input type="checkbox"/> Srihke sie program in ahsrosr ke computer kuh cell phone an.<br><input type="checkbox"/> Srihke recipe sasuc ac mukwikwi in ahsrosr sasuc.<br><input type="checkbox"/> Oruh mukwikwi in ahsrosr pacl kom sramsram ke phone an.<br><input type="checkbox"/> Oruh mukwiwi in ahsrosr pacl kom lieyuck TV kuh video.<br><input type="checkbox"/> Oruh mukwikwi in ahsrosr wi kawuck kuh sucu. | <input type="checkbox"/> _____<br><input type="checkbox"/> _____<br><input type="checkbox"/> _____<br><input type="checkbox"/> _____<br><input type="checkbox"/> _____<br><input type="checkbox"/> _____<br><input type="checkbox"/> _____ |
| <b>U se inge wasngwelikh toeni la liki meet ah.</b>                   | <input type="checkbox"/> Suk ohiyac sahyac ma ac ahkkweyekom.<br><input type="checkbox"/> Oaru nuhke pacl in tuhkwani nuhkwewa luhlah an.   | <input type="checkbox"/> _____<br><input type="checkbox"/> _____   |
| <b>Yohk pound nga sislah kuh nga sun finsrak luhk nuhke toasriuck</b> | <input type="checkbox"/> Ahkacsmakinyekom ke ma wowo sahyac ma kom ac puhla kom fin ahkwoye mongo lom ac oruh mukwiwi in ahsrosr lom.<br><input type="checkbox"/> Fihliac finsrak sasuc nuhke toasriom.<br><input type="checkbox"/> Fihliac kuhtwena finsrak sahyen sisi pound.   | <input type="checkbox"/> _____<br><input type="checkbox"/> _____<br><input type="checkbox"/> _____<br><input type="checkbox"/> _____   |



## Fuhkah Kosreyac kuh Kuhtangyen mwe Kihsrucng Srihke Lom an

| Ma Upac   | Ohiyac in Kasruh   | Kuhtwena Kasruh Nuhkac   |
|---|--|--|
| <b>Nga arlac tuhlac</b>                                       | <input type="checkbox"/> Oruh in wo nuhnak lom an<br><input type="checkbox"/> Ukwe steps limekohsr nuhke ahkwoyeyacn elyah:<br>1. Ahkuhtweyac elyah lom an.<br>2. Konwacack lah mac ngac kom kuh in oruh.<br>3. Sulacalah ma se ma wo emeet an.<br>4. Oraclah sie plan ah ke ma kom ac oruh.<br>5. Srihke ma ingan.      | <input type="checkbox"/> _____<br><input type="checkbox"/> _____<br><input type="checkbox"/> _____<br><input type="checkbox"/> _____<br><input type="checkbox"/> _____<br><input type="checkbox"/> _____ |
| <b>Sisi pound luhk uh kahkhsrihklac.</b>                      | <input type="checkbox"/> Ahkyohkye muscle.<br><input type="checkbox"/> Ahkyohkye calories kom orekmakuhnlah.<br><input type="checkbox"/> Ahksrihkye eisyacn calories (kuh ke mongo).<br><input type="checkbox"/> Lohacng nuhke ma kom kang ac nihm.<br><input type="checkbox"/> Lohacng nuhke mukwiwi in ahsrosr lom an. | <input type="checkbox"/> _____<br><input type="checkbox"/> _____<br><input type="checkbox"/> _____<br><input type="checkbox"/> _____   |
| <b>Oraclah luhk uh srihklac kuh tena fal nuhke motko luk:</b> | <input type="checkbox"/> Ahkfuhlwactye oraclah wowo lom.<br><input type="checkbox"/> Ngwetlah lie lusen fasruh lom ke program uh.<br><input type="checkbox"/> Oraclah plan sasuc se ke ma kom ac oruh.<br><input type="checkbox"/> Lie lah paye kom lohacng ac ukwe oana ke enenu an.                                    | <input type="checkbox"/> _____<br><input type="checkbox"/> _____<br><input type="checkbox"/> _____<br><input type="checkbox"/> _____   |