



## Module11

**Kosraclah Ma Ac Ahkfihsracsrye  
Kom in Oruh Ohiyac ma Ahkyohkye  
Mas kuh Tiac Wo**

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

# Kosraclah Mwe Ahkkoluk, kuh ma ac ahkfihsracsrye kom in oruh ohiyac ma ahkyohkye mas kuh tiac wo in kahsruh kosraclah kuh ahksuhmuhiye siyak luhn mihsen suka (type 2 diabetes).



## Pa inge mwe sramsram lasr uh:

- Kuhtuh ohiyac ma ac ahkfihsracsrye kom in moli mongo suhfal kuh tiac wo ac ohiyac in kahsruh nuhkac
- Kuhtuh ohiyac ma ac ahkfihsracsrye kom in kang mongo suhfal kuh tiac wo ac ohiyac in kahsruh nuhkac
- Kuhtuh ohiyac ma ac ahkfihsracsrye kom in tiac ahkyohkye mukwikwi lom ac ohiyac in kahsruh nuhkac.

## Kom ac oraclah pac plan se lom sifacna!



### Mwe Kasruh:

- ✓ Orekmakihn ma ac tiac oraclah mas in ahkkahlemye luhngse lom nuh sin met ma fototo nuh sum kuh kom luhngse yohk an
- ✓ Kom fin luhngse mongo muhlalah ke pac kom lieyuck TV an, nimet orekmakin mwe nwenyuck luhlahp. Sang nuhke mwe nwenyuck ma oraclah srihkasrak fal se nuh sin mwet se.
- ✓ Kom fin lungse oan lieyuck TV tukun mongo in ekuh lom an, kom tuyak kuh tuhkahkwek ke pac ma orek “advertisement” ke TV an.

# Sramsram soko kac! Marta



Marta el etwacack lah el oasr in sensen in weack mihsen suka. Sripac se inge, oruh el enenuh na in ekuhllah ohien mongo ac ahsrosr lal.

Inkaiyen pacl uh, Marta el tuhkahkwek ke ao 5:30 ke litutacng. Pacl se na el sun nien orek mongo ah, na el mutawauk orek kohfi. Folin kohfi se inge lihksreni na okasuhlwack. Tohkoh, el fuhsrakwack fulao kuh “pastry” se elan twen ke kohfi nimacl ah.

Fahlac nuhke ao 3 tahfuhn lwen tok, ikoacl sifil enenuh kohfi. El oraclah kohfi nimacl ah, na sifil eslah fuhlao kuh “pastry” se in twen kac.

Ke ekuh ah, Marta el enenuh in tuhlahlihk nuhnak lal ah. El oan fin mwe oan lal ah ac lieyuck TV. El mongo muhlalah ke pack in “chips” se ac kola soko.

Mea kuhtuh ma in moul lal Marta ma ahkfihsracsrye elan oruh ohiyac ma ac oraclah mas kuh ahkkolukye moul lal?

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## Sramsram Soko kacI Marta

Marta el sulacIah elan ahkpahyaci in kosracIah ohiyac ma ahkfihsracsrye elan oruh ohiyac ma ac oraclah mas kuh ahkkolukye moul lal. El ahkyohkye paci in mutul lal. El srackna nihm kohfi ke litutacng ac tahfuhn len tok, tuhsruhk, el sang “yogurt” wi berries, tilac fuhlao kuh “pastries.”

Marta el tilac fahsri “vending machine” ke orekma ah a el mongo carrot srisrik nuhke mongo muhlahlah lal.

Marta el srakna lieyuck TV tuhsruhk el ahsrosr paci el lie an. El kang fukunsahk nuhke mongo muhlahlah, tilac, “chips” ac kola.

# Ohiyac in Kasruh Kosraclah Ma Ac Ahkfihsracsrye Kom in Oruh Ohiyac ma Ahkyohkye Mas kuh Tiac Wo



Tiac fihsracsr kom in kosraclah mwe ahkkolukye srihke lom an. Pa inge kuhtuh ma kwacna ahkfihsracsrye kom in oruh ohiyac ma ac oraclah mas kuh ahkkolukye moul lom ac ohiyac in kahsruh nuhkac. Suhmuhsrah nuhnak lom sifacna ke acn se ma sihmlac “kuhtwena kahsruh nuhkac”. Mahkiyac ohiyac ma kom srihke tari.

Ma Ahkfisracsrye	Ohiyac in kahsruh	Kuhtwena kahsruh nuhkac
<b>Nga masrinsracl.</b>	<input type="checkbox"/> Eis mongo muhlahlah tiac oracla mas meet liki kom som moul.	<input type="checkbox"/> _____ <input type="checkbox"/> _____
<b>Nga suhpwacr, elyah kuh folo.</b>	<input type="checkbox"/> Kotwacлах moul lom an sano nunkom in akwucki kuh wolac. <input type="checkbox"/> Orekmakin ohiyac wowo in ahkfihsracsrye ma kom puhla an. Orekmakihn “deep breathing.”	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<b>Fihsracsr molo ingena.</b>	<input type="checkbox"/> Suk in sefi mani lom an ke mongo fal ac tiac oraclah mas.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____



## Ohiyac in Kasruh Kosraclah Ma Ac Ahkfihsracsrye Kom in Oruh Ohiyac ma Ahkyohkye Mas kuh Tiac Wo

Ma Ahkfisracsrye	Ohiyac in kahsruh	Kuhtwena kahsruh nuhkac
<b>Ahkmwel ke nga lie uh.</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> Kahingkihn can ma candy, chip, ac ice cream an an we an.</li><li><input type="checkbox"/> Moli ke luhpah srisrik. Eslah ice cream bar se likina in pakiht na fohn se.</li><li><input type="checkbox"/> Eis ma wo ac tiac pwen mas an. Lie ma suhmuhslah ke mwe mongo sacn.</li><li><input type="checkbox"/> Esam lah finsrak luhn stohoh sacn pa in oruh kom in moli ma we ingacn.</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li></ul>
<b>Nga wacna moli ma inge.</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> Suhmuhslah kuh tahkuhnlah ma kom ac moli an.</li><li><input type="checkbox"/> Ahkacsmakinyekom lah kom srike in oruh sulaclah wowo nuhke mongo lom an.</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li></ul>
<b>Nga moli ma inge nuh sin sucu luhk ah.</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> Ahkkahlwemye lungse lom nuh selos an ke ohiyac wowo ac tiac pwen mas. Ac arulacna wo nuh sum ac nuh seltahl.</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> _____</li></ul>



## Ohiyac in Kasruh Kosraclah Ma Ac Ahkfihsracsrye Kom in Oruh Ohiyac ma Ahkyohkye Mas kuh Tiac Wo

Ma ac Ahkfihsracsrye kom in tiac eis mongo wowo	Ohiyac in kahsruh	Kuhtwena kahsruh nuhkac
<b>Nga masrinsraci.</b>	<input type="checkbox"/> Kang mongo ma ac tiac oraclah mas. <input type="checkbox"/> Tui kom fin puhla muh kom kihpi. <input type="checkbox"/> Orekmakihn ahluh srihsrihk.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<b>Nga luhngse ngalngalis ma se inge ke nga lieyuck TV uh.</b>	<input type="checkbox"/> Nimet eis mwe mongo ke mwe nenyuck luhlahp. Eis suhnahn na met se fanna. <input type="checkbox"/> Ahsrosr pacl kom lieyuck TV an pa nuhke orekmakin pwacskuhl in ahsrosr, mwe ulul, kuh mwe tohu. <input type="checkbox"/> Kang kuhm ma wacngin suka kac kuh fukunsahk ma srihk staht kac, pa nuhke “celery.” <input type="checkbox"/> Ahksrihkye TV lom an. <input type="checkbox"/> Eis mwe mongo ke nien orek mongo kuh acn in mongo an muhkwenah.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<b>Nga suhpwacr, elyah kuh folo.</b>	<input type="checkbox"/> Ahkmihsye nuhnkom ke ohiyac ma ac tiac oraclah mas. Fahk nuhnak lom an nuh sin kawuck lom an.	<input type="checkbox"/> _____



## Ohiyac in Kasruh Kosraclah Ma Ac Ahkfihsracsrye Kom in Oruh Ohiyac ma Ahkyohkye Mas kuh Tiac Wo

Ma ac Ahkfihsracsrye kom in tiac eis mongo wowo	Ohiyac in kahsruh	Kuhtwena kahsruh nuhkac
<b>Wacngin na pwacye ma nga ac oruh.</b>	<input type="checkbox"/> Oruh sie ma ac tiac oraclah mas nuh sum an. Tifoklac muhtwacta lah, imohm lihkihn lohm sum an, kuh srihke sie “recipe” tiac oraclah mas an.	<input type="checkbox"/> _____ <input type="checkbox"/> _____
<b>Nga suhpwacr ke muhkwenah.</b>	<input type="checkbox"/> Pahngon kawuck kuh sucu lom an. <input type="checkbox"/> Suk kom in ohsun nuh sin met sahyom: sroacng nuke ma orek oror in mura lom an. <input type="checkbox"/> Tuhfa soko ma orahkrahk ah ekin “pet” soko nutum.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<b>Fihsracsr kuht in eis kuh oraclah.</b>	<input type="checkbox"/> Moli in oasr suhnunh ma tiac oraclah mas ma. fihsracsr kom in eis kuh oraclah.	<input type="checkbox"/> _____ <input type="checkbox"/> _____





## Ohiyac in Kasruh Kosraclah Ma Ac Ahkfihsracsrye Kom in Oruh Ohiyac ma Ahkyohkye Mas kuh Tiac Wo

Ma ac Ahkfihsracsrye kom in tiac eis mongo wowo	Ohiyac in kahsruh	Kuhtwena kahsruh nuhkac
Nga muhnahtlah ke lieyac kuh fohloh.	<b>Lohmah:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Oruh in oasr pacl nuhkewa mongo ma tiac oraclah mas. Fihliyac ke acn ma fisracsr kom in lie ac eis.</li> <li><input type="checkbox"/> Nimet fihliyac ma ac oraclah mas in lohm sum an.</li> <li><input type="checkbox"/> Fihliyac ma tiac wo kom in eis kuh kang an ke acn kom ac tiac lie kuh upac kom in eis.</li> </ul>	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
	<b>Nien Orekma:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Ahkloesyekom liki “vending machine” kuh mongo tiac moul in office an.</li> <li><input type="checkbox"/> Oruh in oasr mongo muhlalah ma tiac oraclah mas.</li> </ul>	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____



## Ohiyac in Kasruh Kosraclah Ma Ac Ahkfihsracsrye Kom in Oruh Ohiyac ma Ahkyohkye Mas kuh Tiac Wo

Ma ac Ahkfihsracsrye kom in tiac eis mongo wowo	Ohiyac in kahsruh	Kuhtwena kahsruh nuhkac
<b>Nga esamwack ma puhs ke nga kang uh.</b>	<input type="checkbox"/> Ahollah nuhke sie ma tiac oraclah mas ah. <input type="checkbox"/> Eis ke luhpah srihsrihk. <input type="checkbox"/> Sang met sahyom in wi ipeis kac. <input type="checkbox"/> Oraclah mwe acsmakin sasuc ke mongo tiac oraclah mas ma kom kang an.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<b>Nga sruhnga kuhnanuc mongo.</b>	<input type="checkbox"/> Ahkmolye luhpah srihsrihk. <input type="checkbox"/> Sang mongo luhlah an nuhke aes ah. <input type="checkbox"/> Kihtaclah. <input type="checkbox"/> Ahkacsmakihnyekom sifacna lah moul fokoko ac tiac mas lom an yohk srihpac liki na mongo kom eis ahluhkwelah an.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____



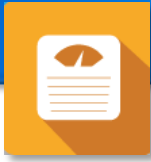
## Ohiyac in Kasruh Kosraclah Ma Ac Ahkfihsracsrye Kom in Oruh Ohiyac ma Ahkyohkye Mas kuh Tiac Wo

Ma ac Ahkfihsracsrye kom in tiac eis mongo wowo	Ohiyac in kahsruh	Kuhtwena kahsruh nuhkac
<b>Nga kwacna moli ke stoh ah tukun tari orekma ah uh.</b>	<input type="checkbox"/> Fin kuh, ekuhllah inkacnek kom kahsruhsr kac an. <input type="checkbox"/> Nimet mongo lun stosah an. <input type="checkbox"/> Ohtohi sie ma ac tiac oraclah mas ah.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<b>Nga lie petsac ke mongo ma tiac wo kuh oraclah mas.</b>	<input type="checkbox"/> Srikhe kom in tiac lohacng nuhkac <input type="checkbox"/> Lohacng nuhke petsac kuh “video” ke mongo wo ac tiac oraclah mas.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____



## Ohiyac in Kasruh Kosraclah Ma Ac Ahkfihsracsrye Kom in Oruh Ohiyac ma Ahkyohkye Mas kuh Tiac Wo

Ma Ahkfihsracsrye kom in Tiac Mukwikwi	Ohiyac in kahsruh	Kuhtwena kahsruh nuhkac
<b>Nga tohtohlah.</b>	<input type="checkbox"/> Ahkyohkye mutul lom an. <input type="checkbox"/> Oru in oasr pacl kom motullac kuhtuhsrihk.	<input type="checkbox"/> _____ <input type="checkbox"/> _____
<b>Nga suhpwacr, elyah kuh kasrkuhsrak.</b>	<input type="checkbox"/> Ahkfihsracsrye nuhnkom ke ohiyac ac tiac oraclah mas nuh sum. Tifoklac liki lohm an ac fahsr in ahsroelah monum.	<input type="checkbox"/> _____ <input type="checkbox"/> _____
<b>Ngalnal na kuhpahsriyuck ac niyuck.</b>	<input type="checkbox"/> Oruh mukwikwi ma fal nuhke waek lom an. Kutu pa kofkof, “yoga” ac kuhtuh pac sahyac.	<input type="checkbox"/> _____ <input type="checkbox"/> _____
<b>Nga kwacna oan lieyuck TV tukun nga mongo in ekuhi.</b>	<input type="checkbox"/> Ahsrosr pacl kom TV an. <input type="checkbox"/> Mokleack monum pacl “advertisement.” <input type="checkbox"/> Oruh fahsr in ahsrosr lom an tukun kom mongo in ekuhi an.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____



## Ma ahkfihsracsrye ngan oruh ohiyac suhfal kuh tiac wo

Oasr ma fin siyak na ac oruh kom in oruh ohiyac ma kuhtuh pacl uh kom tiac na sislah pacl yohk lom in nuhnkwacлах. Ma ingacn kuh in fohloh, puhsra, puhla, mwet, acn, ma kom oruh kuh ma se ma siyak.

**Meac ahkfihsracsrye kom in ke moli ma tiac fal kuh ac oraclah mas nuh sum?**

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**Meac kom ac oruh in kosraclah in tiac siyak?**

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**Ma ahkfihsracsrye ngan oruh ohiyac suhfal kuh tiac wo**

**Mea ahkfihsracsrye kom in kang ma tiac fal kuh ac oraclah mas nuh sum?**

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**Meac kom ac oruh in kosraclah in tiac siyak?**

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**Mea ahkfisracsrye kom in ke muhta na tiac ahsrosr kuh mukwikwi?**

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**Meac kom ac oruh in kosraclah in tiac siyak?**

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# Common Triggers



## **Kuhtuh ma kwacna ahkfihsracsrye kuht in suk in moli ma tiac wo kuh ac oraclah mas:**

“Pacl nuhkewa kuht som petsac uh, kuht molwelah “popcorn” luhlahp se ac kola.”

“Sucu lasr uh mongo “pizza” ke Friday nuhkewa.”

“Nga kwacna tui ke acn in kuhka mongo ah ke pacl in mongo in infulwenlen.”

“Nga akolah in oasr kuhrackuhs pacl nuhkewa tuhlik nuhtin tuhlihk nuhtihk ac muhtwacta uh.”

“Pacl nga suhpawacr uh, nga mongo ice cream.

## **Ma kwacna ahkfihsracsrye kuht in kang mongo tiac fal ac oraclah mas:**

“Nga kwacna kang ma emwem tukun mongo in ekuh luhk uh.”

“Nga ac kawuck luhk ah kwacna mongo poun won, “chips” ac nihm piru pacl kuht lieyuhk sritacl uh.”

“UH in mutacn lasr ke alu ac, kwacna nihm kohfi ac tonat tukun alu ac.”

## **Ma kwacna ahkfihsracsrye kuht in muhta na tiac mukwikwi:**

“Nga ac kawuck luhk ah tuhkeni muhta mongo ke pacl in mongo in infulwen len ke len nuhkewa.”

“Nga kwacna sritacl “video games” tukun orekma.”

“Nga sucu luhk ah kwacna sritacl “board games” lwen fohn ke Sactte.”

“Tukun mongo in ekuh uh tari, na, pacl in TV.”