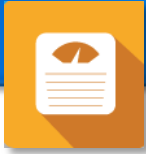




Module 1

Tuhkahkunlah lun Program





Prediabetes

Prediabetes pa suka ke srah lom an yohk liki luhpah fal. Tusruktu, sonna sun luhpah yohk ma fal in pangpang Mihsen Suka (Type 2 Diabetes).

- Puhs liki mwet 2 inmasrlon mwet mahtuh 5 Kosrae oasr ke prediabetes.
- 9 inmasrlon mwet 10 ma oasr ke prediabetes elos tiacna etuh lah oasr selos.

Fin kom oasr ke prediabetes, ac firsasr kom in weak:

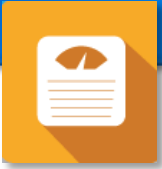
- Mihsen Suka
- Mihsen Heart
- “Stroke”

Yohk sripac in etuh lah ahksri ac mukuikui in asrosr lom uh kuh in aksrikyelah sensen lom nuhke Mihsen Suka (Type 2 Diabetes).



Source: CDC

Prevent T2 ac Mwe Finsrak



Prevent T2 ac Mwe Finsrak

Prevent T2 el fahlac ke lusen yac fohn se. Ma nu sin mwet ma oasr ke prediabetes. Ma pac nuh sin mwet ma yohk sensen la in weak Misen Suka (Type 2 Diabetes) ma lungse aksrikye sensen lalos.

Mwe finsrak lom nuke malwem onkosr meet an pa:

- ▶ Ahksrikyalah percent 5 nuke 7 ke paun lom ke mutawaiyen program
- ▶ Oruh mukuikui in asrosr lom in sun minute 150 ke week se

Mwe finsrak lom nuke malwem onkosr tok an pa:

- ▶ Tiac folokonak paun kom sislah
- ▶ Orekma nuhke paun kom finsrak nukac an kom fin sonna sun
- ▶ Sifil ahksrikye paun an kom fin ke
- ▶ Kampare mukuikui in asrosr lom an in sun minute 150 ke week se



Prevent T2 ac Mwe Finsrak

Ahksri kuh sisi paun kuh in:

- ▶ **Kosraclah kuh ahksuhmuhiye sikyak lun Mihsen Suka (Type 2 diabetes)**
- ▶ Akfirasrye elyah ke motul, waek ac suhpwacr
- ▶ Ahksrikye pressure ke forfor lun srah ac luhpan kihris ke srah lom an
- ▶ Oruh kom insewowo sum sifacna

Ahkyohkye mukuikui in asrosr kun in:

- ▶ **Kosraclah kuh ahksuhmuhiye sikyak lun Mihsen Suka (Type 2 diabetes)**
- ▶ Usot kuh
- ▶ Kasrekom in monglac wo
- ▶ Ahkwoye esam lom, oruh kom in tiac fisrasr in ikor kuh puhtat ac ahkwoye mahlok lun monum
- ▶ Ahkwoye puhla lom
- ▶ Ahksrikye pressure ke forfor luhn srah ac kihris ke srah lom an
- ▶ Ahksrikye sensen lom nuhke mihsen heart ac stroke
- ▶ Ahksrikye elyah luhn nunak lom
- ▶ Ahkkweye muscles ac sri



Mihsen Suka (Type 2 diabetes)

Ke kom mongo, monum kuhnausyac mongo nuhke glucose, kain in suka se.

Ke mwet tiac Mihsen Suka uh, oasr srano se pangpang insulin ma kasru suka in kuh in som liki srah ac utyak nuhke cells. Inkanek se inge sang kuh nuhke cells.

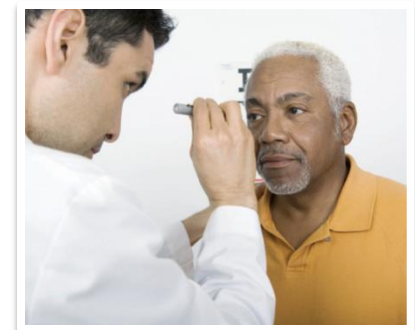
Ke mwet Misen Suka (Type 2 diabetes) uh, mahnoles tiac orek insulin wo. Panang, suka el yohk oan ke srah ac tiacna som nuhke cells. Na, cells inge tiacna eis kuh.



Mihsen Suka (Type 2 diabetes)

Mihsen Suka (Type 2 diabetes) kuh in akkolukye:

- Heart ac ahlko, ac kuh in kohllah nuke heart attack ac stroke
- Ahlko
- Kidney, kohllah nuke muhsahllah luhn kidney
- Ahtronmuhta, kohllah nuhke sulohngohnlah kuh kunlac
- Niac, kohllah nuke tahtlah kuh wotlac
- Ikoen wihs
- Kolo





Mihsen Suka (Type 2 diabetes)

Fihsracsr kom in weak Mihsen Suka (Type 2 diabetes) fin kom:

- Toasrlaclac (overweight kuh obese)
- Sislah pacl yohk in muhta kuh oan
- Ninac, pahpah kuh tulik wiom wi Mihsen Suka (Type 2 diabetes)
- African American, Hispanic, Native American, kuh Asian American
- Yac 45 kuh mahtuh liki. Saap ma ke sripen mwet uh tilac arlac mukwikwi ac yohkwelihk ke matwacitahl fasr nuh lucng. Tusruktuh Mihsen Suka (Type 2 diabetes) el kihluckyak pac inmasrlon mwet fuhsr uh.
- Mihsen suka ke kom pihtuctuc (gestational diabetes)



Finsrak Lom Ke Ashsrosr Nuke Mahlwm Ohnkohsr

Activity Goal

Ke mahlwm ohnkohsr tok ah, nga ac oruh ahsrosr fal kuh upac kutu ke minute 150 ke week se.

Finsrak Nuke Toasriyom ke Mahlwm Ohnkohsr

Sie finsrak ke program se inge pa, ke mahlwm ohnkohsr tok ah, kom in sislak percent 5 nuke 7 liki paun se lom ke mutawaak ah.

Ingena toasriyuck pa paun _____.	Lwen misenge: _____
Ke mahlwm ohnkohsr tok ah, nga ac:	
Ahksrihkyelah (Sulaclah sie) <input type="checkbox"/> 5 % <input type="checkbox"/> 6 % <input type="checkbox"/> 7 % likl toasriyuck	
Ahksrihkyelah paun _____.	
Sun paun _____, mahlwm ohnkohsr tukun lwen misenge uh.	



Orekmakin Numbers Chart

EXAMPLE:

Fin toasriyom ke muhtawaak an pa paun 200,

1. Konaak “200” ke column folfol soko ma fahk muh “Wt”. Kalmac pa paun lom ke mutawaak.
2. Nacmpuh tolu nuhke lacyot ke paun lom ke mutawaak (200), pa nacmpuh in paun kom enenuh in ahksrihkye fin finsrak lom an pa in ahksrihkyelah 5%, 6% kuh 7% ke paun lom ke mutawaak an.

5% ke paun 200 = paun 10

6% ke paun 200 = paun 12

7% ke paun 200 = paun 14

Fin finsrak lom an pa in ahksrihkyelah 7% ke paun lom ke mutawaak an, kom ac sislah paun 14.

Weight Loss by the Numbers

Wt	5%	6%	7%	Wt	5%	6%	7%	Wt	5%	6%	7%	Wt	5%	6%	7%
130	7	8	9	166	8	10	12	202	10	12	14	238	12	14	17
131	7	8	9	167	8	10	12	203	10	12	14	239	12	14	17
132	7	8	9	168	8	10	12	204	10	12	14	240	12	14	17
133	7	8	9	169	8	10	12	205	10	12	14	241	12	14	17
134	7	8	9	170	9	10	12	206	10	12	14	242	12	15	17
135	7	8	9	171	9	10	12	207	10	12	14	243	12	15	17
136	7	8	10	172	9	10	12	208	10	12	15	244	12	15	17
137	7	8	10	173	9	10	12	209	10	13	15	245	12	15	17
138	7	8	10	174	9	10	12	210	11	13	15	246	12	15	17
139	7	8	10	175	9	11	12	211	11	13	15	247	12	15	17
140	7	8	10	176	9	11	12	212	11	13	15	248	12	15	17
141	7	8	10	177	9	11	12	213	11	13	15	249	12	15	17
142	7	9	10	178	9	11	12	214	11	13	15	250	13	15	18
143	7	9	10	179	9	11	13	215	11	13	15	251	13	15	18
144	7	9	10	180	9	11	13	216	11	13	15	252	13	15	18
145	7	9	10	181	9	11	13	217	11	13	15	253	13	15	18
146	7	9	10	182	9	11	13	218	11	13	15	254	13	15	18
147	7	9	10	183	9	11	13	219	11	13	15	255	13	15	18
148	7	9	10	184	9	11	13	220	11	13	15	256	13	15	18
149	7	9	10	185	9	11	13	221	11	13	15	257	13	15	18
150	8	9	11	186	9	11	13	222	11	13	16	258	13	15	18
151	8	9	11	187	9	11	13	223	11	13	16	259	13	16	18
152	8	9	11	188	9	11	13	224	11	13	16	260	13	16	18
153	8	9	11	189	9	11	13	225	11	14	16	261	13	16	18
154	8	9	11	190	10	11	13	226	11	14	16	262	13	16	18
155	8	9	11	191	10	11	13	227	11	14	16	263	13	16	18
156	8	9	11	192	10	12	13	228	11	14	16	264	13	16	18
157	8	9	11	193	10	12	14	229	11	14	16	265	13	16	19
158	8	9	11	194	10	12	14	230	12	14	16	266	13	16	19
159	8	10	11	195	10	12	14	231	12	14	16	267	13	16	19
160	8	10	11	196	10	12	14	232	12	14	16	268	13	16	19
161	8	10	11	197	10	12	14	233	12	14	16	269	13	16	19
162	8	10	11	198	10	12	14	234	12	14	16	270	14	16	19
163	8	10	11	199	10	12	14	235	12	14	16	271	14	16	19
164	8	10	11	200	10	12	14	236	12	14	17	272	14	16	19
165	8	10	12	201	10	12	14	237	12	14	17	273	14	16	19

Handout: Weight Loss by Numbers Chart

Orekmakin Numbers Chart

Weight Loss by the Numbers

Wt	5%	6%	7%	Wt	5%	6%	7%	Wt	5%	6%	7%	Wt	5%	6%	7%
130	7	8	9	166	8	10	12	202	10	12	14	238	12	14	17
131	7	8	9	167	8	10	12	203	10	12	14	239	12	14	17
132	7	8	9	168	8	10	12	204	10	12	14	240	12	14	17
133	7	8	9	169	8	10	12	205	10	12	14	241	12	14	17
134	7	8	9	170	9	10	12	206	10	12	14	242	12	15	17
135	7	8	9	171	9	10	12	207	10	12	14	243	12	15	17
136	7	8	10	172	9	10	12	208	10	12	15	244	12	15	17
137	7	8	10	173	9	10	12	209	10	13	15	245	12	15	17
138	7	8	10	174	9	10	12	210	11	13	15	246	12	15	17
139	7	8	10	175	9	11	12	211	11	13	15	247	12	15	17
140	7	8	10	176	9	11	12	212	11	13	15	248	12	15	17
141	7	8	10	177	9	11	12	213	11	13	15	249	12	15	17
142	7	9	10	178	9	11	12	214	11	13	15	250	13	15	18
143	7	9	10	179	9	11	13	215	11	13	15	251	13	15	18
144	7	9	10	180	9	11	13	216	11	13	15	252	13	15	18
145	7	9	10	181	9	11	13	217	11	13	15	253	13	15	18
146	7	9	10	182	9	11	13	218	11	13	15	254	13	15	18
147	7	9	10	183	9	11	13	219	11	13	15	255	13	15	18
148	7	9	10	184	9	11	13	220	11	13	15	256	13	15	18
149	7	9	10	185	9	11	13	221	11	13	15	257	13	15	18
150	8	9	11	186	9	11	13	222	11	13	16	258	13	15	18
151	8	9	11	187	9	11	13	223	11	13	16	259	13	16	18
152	8	9	11	188	9	11	13	224	11	13	16	260	13	16	18
153	8	9	11	189	9	11	13	225	11	14	16	261	13	16	18
154	8	9	11	190	10	11	13	226	11	14	16	262	13	16	18
155	8	9	11	191	10	11	13	227	11	14	16	263	13	16	18
156	8	9	11	192	10	12	13	228	11	14	16	264	13	16	18
157	8	9	11	193	10	12	14	229	11	14	16	265	13	16	19
158	8	9	11	194	10	12	14	230	12	14	16	266	13	16	19
159	8	10	11	195	10	12	14	231	12	14	16	267	13	16	19
160	8	10	11	196	10	12	14	232	12	14	16	268	13	16	19
161	8	10	11	197	10	12	14	233	12	14	16	269	13	16	19
162	8	10	11	198	10	12	14	234	12	14	16	270	14	16	19
163	8	10	11	199	10	12	14	235	12	14	16	271	14	16	19
164	8	10	11	200	10	12	14	236	12	14	17	272	14	16	19
165	8	10	12	201	10	12	14	237	12	14	17	273	14	16	19

Weight Loss by the Numbers

Wt	5%	6%	7%	Wt	5%	6%	7%	Wt	5%	6%	7%	Wt	5%	6%	7%
274	14	16	19	310	16	19	22	346	17	21	24	382	19	23	27
275	14	17	19	311	16	19	22	347	17	21	24	383	19	23	27
276	14	17	19	312	16	19	22	348	17	21	24	384	19	23	27
277	14	17	19	313	16	19	22	349	17	21	24	385	19	23	27
278	14	17	19	314	16	19	22	350	18	21	25	386	19	23	27
279	14	17	20	315	16	19	22	351	18	21	25	387	19	23	27
280	14	17	20	316	16	19	22	352	18	21	25	388	19	23	27
281	14	17	20	317	16	19	22	353	18	21	25	389	19	23	27
282	14	17	20	318	16	19	22	354	18	21	25	390	20	23	27
283	14	17	20	319	16	19	22	355	18	21	25	391	20	23	27
284	14	17	20	320	16	19	22	356	18	21	25	392	20	24	27
285	14	17	20	321	16	19	22	357	18	21	25	393	20	24	28
286	14	17	20	322	16	19	23	358	18	21	25	394	20	24	28
287	14	17	20	323	16	19	23	359	18	22	25	395	20	24	28
288	14	17	20	324	16	19	23	360	18	22	25	396	20	24	28
289	14	17	20	325	16	20	23	361	18	22	25	397	20	24	28
290	15	17	20	326	16	20	23	362	18	22	25	398	20	24	28
291	15	17	20	327	16	20	23	363	18	22	25	399	20	24	28
292	15	18	20	328	16	20	23	364	18	22	25	400	20	24	28
293	15	18	21	329	16	20	23	365	18	22	26	401	20	24	28
294	15	18	21	330	17	20	23	366	18	22	26	402	20	24	28
295	15	18	21	331	17	20	23	367	18	22	26	403	20	24	28
296	15	18	21	332	17	20	23	368	18	22	26	404	20	24	28
297	15	18	21	333	17	20	23	369	18	22	26	405	20	24	28
298	15	18	21	334	17	20	23	370	19	22	26	406	20	24	28
299	15	18	21	335	17	20	23	371	19	22	26	407	20	24	28
300	15	18	21	336	17	20	24	372	19	22	26	408	20	24	29
301	15	18	21	337	17	20	24	373	19	22	26	409	20	25	29
302	15	18	21	338	17	20	24	374	19	22	26	410	21	25	29
303	15	18	21	339	17	20	24	375	19	23	26	411	21	25	29
304	15	18	21	340	17	20	24	376	19	23	26	412	21	25	29
305	15	18	21	341	17	20	24	377	19	23	26	413	21	25	29
306	15	18	21	342	17	21	24	378	19	23	26	414	21	25	29
307	15	18	21	343	17	21	24	379	19	23	27	415	21	25	29
308	15	18	22	344	17	21	24	380	19	23	27	416	21	25	29
309	15	19	22	345	17	21	24	381	19	23	27	417	21	25	29

Handout: Weight Loss by Numbers Chart