



Module 1

Tuhkahkunlah Iun Program

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



Ke session se inge, kuht ac sramsramkin:

- Finsrak ac atacn program uh
- Ma kom in etuh ke Mihsen Suka
- Oraclah luhn action plan se emeet lom
- Oakiyac finsrak lom nuhke mahlwem 6 fahsruh uh

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).



Meac kuhtuh ma wo ke sisi paun ac karuhnganwacng in wo health?

Source: CDC

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:

- ▶ Ahksrikyelah **percent 5 nuke 7** ke paun lom ke mutawaiyen program
- ▶ Ahksrikyelah **percent 4** ke paun se emeet lom ah wi ahsrosr lom an in sun **minute 150** ke kais sie week **KUH**
- ▶ Ahksrikyelah A1C lom an ke **0.2 percent**

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 tusruk in tiac ahlukwelah paun 1 nuhke 2 ke week
- ▶ 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 kuh 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

Ahkuhtweyac ke A1C

In ahkyohkye etuh lom ke HbA1C, kom kuh in som nuhke CDC web page se pahngpahng CDC's All About Your A1C

Source:

www.cdc.gov/diabetes/managing/managing-blood-sugar/a1c.html

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, mahnos tiac orek insulin wo. Panang, suka el yohk oan ke srah ac tiacna som nuhke cells. Na, cells inge tiacna eis kuh.

Sramsram Soko KacI Kenye Kun



Kenye Kun el lohngwack sin Doctor lal ah lah el oasr in senses in weack mihsen suka. El puhlak in ahngweng. Tuhsruhktuh, ke el etwacack lah oasr program se el kuh in wi karihngihn health lal ac ahksrihkye sensen lal in weack mihsen suka, el mongi.

El muhtwacwacack in elyahkin kain in ma el enenuh in ekuhllah.

Ke el sroacng nuhke program ah, el liacack lah oasr kain in atac el kuh in ekuhllah ke ohiyac lal ma el kuh in muhta kac ac fal pac nuh sel.

El akihlen pac lah kain ekyek srisrik wowo ma el oruh ke kais sie lwen inge fihsracsr elan sun kuh oraclah, ac finne el lie muh finsrak lal an srack loes nuh sel in sun, tusruk step srihsrihk lal inge kohlohl nuhke finsrak yohk lal uh.

Fin pa nuhke schedule lal uh finne kahfofo, tuhsruhke el srack srihke step srihsrihk lal ke ip luhn ahsrosr in kuh in sun finsrak yohk lal. El muhtwacwacack ke ahsrosr fahsr ke lusen minute 15 ke lwen se, sisi mahsrol. Ingena, el kasrusr minute 15 ac oraclah set in push-up se ke ekuh. El etwacclah pac lah el kuh in eis vegetables ke tin kuh ma frozen nuhke mongo lal uh.

El etwacclah pac in karingin ohiyen mongo lal uh ke toeni in sucu, pwacnwacng el srack kuh in eis mongo ma el luhngse ke el wi sucu lal uh. Nuh sel, ahksrihkyeyacn mongo uh kuh in oraclah eklac na yohk!

Atacn Program Uh

Pwepuh ke Program uh:

- ▶ Action Plan Journal
- ▶ Activity Log
- ▶ Food Log
- ▶ Weight Log
- ▶ Schedule in Meeting
- ▶ Kuhtwena ma in etweyuck

Meet liki kais sie session:

- ▶ Sang paun lom an coach elan lie
- ▶ Siuck kuhtwena kihseniuck ma oasr yurum

Week ekahsr tok an:

- ▶ Sang coach elan lie Activity Log lom an

•Ac oasr pac yohrohl coach ma suhmuhslah ma oasr yurum ke paun ac minute lom an. Ohiyac se inge ma in sang lie kihluck lom ke program uh.

Meet liki kais sie session:

- ▶ Ahkwoye mongo lom an
- ▶ Ahkfahsrye ahsrosr lom an
- ▶ Orek ekyek wowo nuhke ohiyac lom an

Personal Success Tool (PST) Modules

Personal Success Tool Modules inge ma kom in orekmakin in kaksrekom in srukyac ma sasuc kom lotwelah an. Ma inge ac kaksrekom pac in orekmakin ma kom lotwelah inge ke kais sie lwen, in oraclah eklac ac kapkapwack lom an in sikyak na pwacye.

Modules inge el pwacr ac oasr video, quiz, game, ac kain in ma sahyac ma ac kaksrekom ke srihke lom an. Kom kuh in ahksahfyelah modules inge ke computer, smartphone, tablet, kuh kuhtwena devices ma oasr internet access kac.

Kom kuh in lie Personal Success Tool – Participant Overview handout se in kuh in ahkyohkye etwacack lom an.

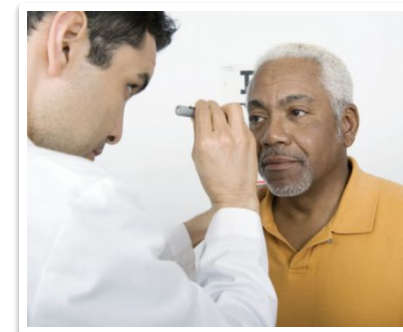
www.cdc.gov/diabetes/prevention/pdf/PST_ParticipantOverview_508.pdf

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)
- Pacific Islanders, Native Hawaiians, 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 matwactahl 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 Mahlwehm Ohnkohsr



Finsrak Nuhke Ahsrosr

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

Finsrak Nuke Toasriyom ke Mahlwehm Ohnkohsr

Sie finsrak ke program se inge pa, kom in sislah percent 4 nuke 7 liki paun se lom ke mutawaak ah ke mahlwehm ohnkohsr tok ah.

Ingena toasriyuck pa paun _____.

Lwen misenge:

Ke mahlwehm ohnkohsr tok ah, nga ac:

Ahksrihkyelah (Sulaclah sie) 4 % 5 % 6 % 7 % liki toasriyuck

Ahksrihkyelah paun _____.

Sun paun _____, mahlwehm 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 nuh lacyot ke paun lom ke mutawaak (200), pa nacmpuh in paun kom enenuh in ahksrihkye fin finsrak lom an pa in ahksrihkyelah 4%, 5%, 6% kuh 7% ke paun lom ke mutawaak an.

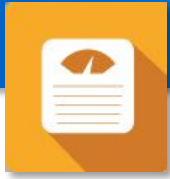
4% ke paun 200 = paun 8
 5% ke paun 200 = paun 10
 6% ke paun 200 = paun 12
 7% ke paun 200 = paun 14



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

Wt	4%	5%	6%	7%	Wt	4%	5%	6%	7%
182	7	9	11	13	208	8	10	12	15
183	7	9	11	13	209	8	10	13	15
184	7	9	11	13	210	8	11	13	15
185	7	9	11	13	211	8	11	13	15
186	7	9	11	13	212	8	11	13	15
187	7	9	11	13	213	9	11	13	15
188	8	9	11	13	214	9	11	13	15
189	8	9	11	13	215	9	11	13	15
190	8	10	11	13	216	9	11	13	15
191	8	10	11	13	217	9	11	13	15
192	8	10	12	13	218	9	11	13	15
193	8	10	12	14	219	9	11	13	15
194	8	10	12	14	220	9	11	13	15
195	8	10	12	14	221	9	11	13	15
196	8	10	12	14	222	9	11	13	16
197	8	10	12	14	223	9	11	13	16
198	8	10	12	14	224	9	11	13	16
199	8	10	12	14	225	9	11	14	16
200	8	10	12	14	226	9	11	14	16
201	8	10	12	14	227	9	11	14	16
202	8	10	12	14	228	9	11	14	16
203	8	10	12	14	229	9	11	14	16
204	8	10	12	14	230	9	12	14	16
205	8	10	12	14	231	9	12	14	16
206	8	10	12	14	232	9	12	14	16
207	8	10	12	14	233	9	12	14	16

Handout: Weight Loss by Numbers Chart



Orekmakinyen Numbers Chart

Wt	4%	5%	6%	7%	Wt	4%	5%	6%	7%	Wt	4%	5%	6%	7%	Wt	4%	5%	6%	7%
130	5	7	8	9	156	6	8	9	11	182	7	9	11	13	208	8	10	12	15
131	5	7	8	9	157	6	8	9	11	183	7	9	11	13	209	8	10	13	15
132	5	7	8	9	158	6	8	9	11	184	7	9	11	13	210	8	11	13	15
133	5	7	8	9	159	6	8	10	11	185	7	9	11	13	211	8	11	13	15
134	5	7	8	9	160	6	8	10	11	186	7	9	11	13	212	8	11	13	15
135	5	7	8	9	161	6	8	10	11	187	7	9	11	13	213	9	11	13	15
136	5	7	8	10	162	6	8	10	11	188	8	9	11	13	214	9	11	13	15
137	5	7	8	10	163	7	8	10	11	189	8	9	11	13	215	9	11	13	15
138	6	7	8	10	164	7	8	10	11	190	8	10	11	13	216	9	11	13	15
139	6	7	8	10	165	7	8	10	12	191	8	10	11	13	217	9	11	13	15
140	6	7	8	10	166	7	8	10	12	192	8	10	12	13	218	9	11	13	15
141	6	7	8	10	167	7	8	10	12	193	8	10	12	14	219	9	11	13	15
142	6	7	9	10	168	7	8	10	12	194	8	10	12	14	220	9	11	13	15
143	6	7	9	10	169	7	8	10	12	195	8	10	12	14	221	9	11	13	15
144	6	7	9	10	170	7	9	10	12	196	8	10	12	14	222	9	11	13	16
145	6	7	9	10	171	7	9	10	12	197	8	10	12	14	223	9	11	13	16
146	6	7	9	10	172	7	9	10	12	198	8	10	12	14	224	9	11	13	16
147	6	7	9	10	173	7	9	10	12	199	8	10	12	14	225	9	11	14	16
148	6	7	9	10	174	7	9	10	12	200	8	10	12	14	226	9	11	14	16
149	6	7	9	10	175	7	9	11	12	201	8	10	12	14	227	9	11	14	16
150	6	8	9	11	176	7	9	11	12	202	8	10	12	14	228	9	11	14	16
151	6	8	9	11	177	7	9	11	12	203	8	10	12	14	229	9	11	14	16
152	6	8	9	11	178	7	9	11	12	204	8	10	12	14	230	9	12	14	16
153	6	8	9	11	179	7	9	11	13	205	8	10	12	14	231	9	12	14	16
154	6	8	9	11	180	7	9	11	13	206	8	10	12	14	232	9	12	14	16
155	6	8	9	11	181	7	9	11	13	207	8	10	12	14	233	9	12	14	16



Orekmakinyen Numbers Chart

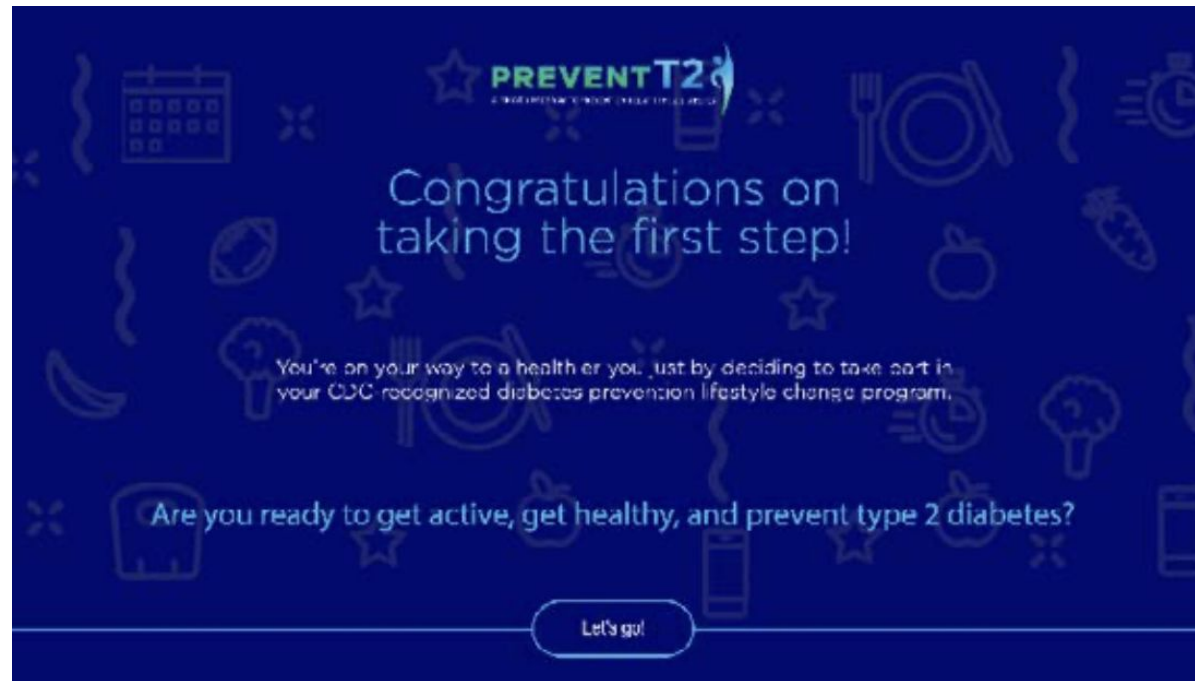
Wt	4%	5%	6%	7%	Wt	4%	5%	6%	7%	Wt	4%	5%	6%	7%	Wt	4%	5%	6%	7%
234	9	12	14	16	260	10	13	16	18	286	11	14	17	20	312	12	16	19	22
235	9	12	14	16	261	10	13	16	18	287	11	14	17	20	313	13	16	19	22
236	9	12	14	17	262	10	13	16	18	288	12	14	17	20	314	13	16	19	22
237	9	12	14	17	263	11	13	16	18	289	12	14	17	20	315	13	16	19	22
238	10	12	14	17	264	11	13	16	18	290	12	15	17	20	316	13	16	19	22
239	10	12	14	17	265	11	13	16	19	291	12	15	17	20	317	13	16	19	22
240	10	12	14	17	266	11	13	16	19	292	12	15	18	20	318	13	16	19	22
241	10	12	14	17	267	11	13	16	19	293	12	15	18	21	319	13	16	19	22
242	10	12	15	17	268	11	13	16	19	294	12	15	18	21	320	13	16	19	22
243	10	12	15	17	269	11	13	16	19	295	12	15	18	21	321	13	16	19	22
244	10	12	15	17	270	11	14	16	19	296	12	15	18	21	322	13	16	19	23
245	10	12	15	17	271	11	14	16	19	297	12	15	18	21	323	13	16	19	23
246	10	12	15	17	272	11	14	16	19	298	12	15	18	21	324	13	16	19	23
247	10	12	15	17	273	11	14	16	19	299	12	15	18	21	325	13	16	20	23
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250	10	13	15	18	276	11	14	17	19	302	12	15	18	21	328	13	16	20	23
251	10	13	15	18	277	11	14	17	19	303	12	15	18	21	329	13	16	20	23
252	10	13	15	18	278	11	14	17	19	304	12	15	18	21	330	13	17	20	23
253	10	13	15	18	279	11	14	17	20	305	12	15	18	21	331	13	17	20	23
254	10	13	15	18	280	11	14	17	20	306	12	15	18	21	332	13	17	20	23
255	10	13	15	18	281	11	14	17	20	307	12	15	18	21	333	13	17	20	23
256	10	13	15	18	282	11	14	17	20	308	12	15	18	22	334	13	17	20	23
257	10	13	15	18	283	11	14	17	20	309	12	15	19	22	335	13	17	20	23
258	10	13	15	18	284	11	14	17	20	310	12	16	19	22	336	13	17	20	24
259	10	13	16	18	285	11	14	17	20	311	12	16	19	22	337	13	17	20	24

Plan in Kuhtanglah

Commit to Change Module ac Olwelah Lom Sifacna

“Commit to Change” Module se inge ahkyohkye ke lie misenge wi video ke testimony ac information ke kuh luhn program uh in kasrekom in sun finsrak lom an. Ke sahflahiyac an, oasr olwelah se kac ma kom kuh in sifacna sang finsrak lom an nuhkac ac sign ac print.

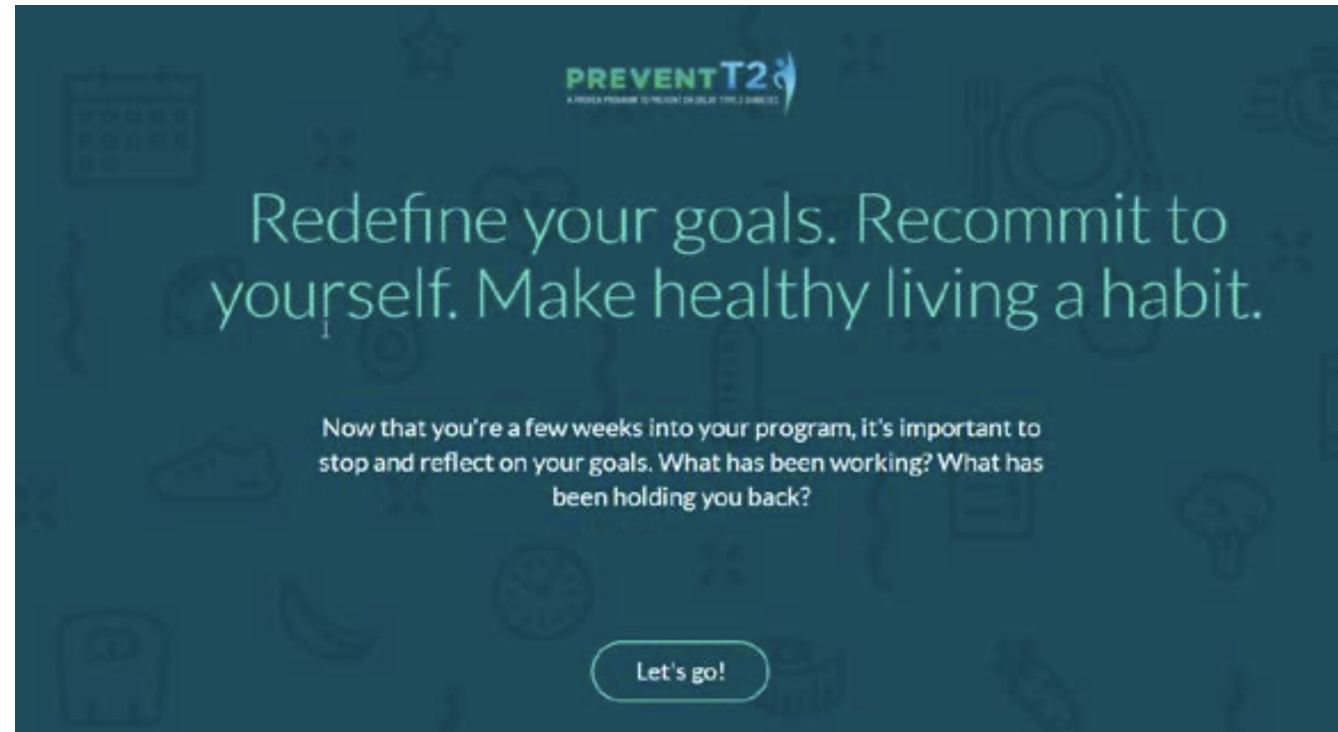
Commit to Change Module



www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=1

Plan in Kuhtanglah

Olwelah Lom Sifacna



PREVENT2
A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

Redefine your goals. Recommit to yourself. Make healthy living a habit.

Now that you're a few weeks into your program, it's important to stop and reflect on your goals. What has been working? What has been holding you back?

Let's go!

www.cdc.gov/diabetes/programs/preventt2/pledge.html?pledge=1



Module 2

Mukwikwi kuh Ahsrosr in Kosraclah Mihsen Suka (Type 2 Diabetes)



Mwe Sramsram Yohk

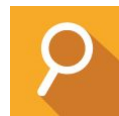


Mukwikwi kuh ahsrosr lom an kuh in kosraclah kuh kohllah sikyak luhn mihsen suka (Type 2 Diabetes)

Pa inge mwe sramsram lasr uh:

- Kuhtuh ma wo ke mukwikwi kuh ahsrosr
- Kuhtuh ohiyac in ahkyokye mukwikwui kuh ahsrosr

Kom ac oraclah plan se lom sifacna!



Mwe Kahsruh:

- ✓ Sarihke kom in ahkyohkye kutu mukwikwi kuh ahsrosr lom ke week se inge
- ✓ Sarihke in oruh kain in mukwikwi kuh ahsrosr Ac oasr na ma se ma kom ac pwacr in oruh





Ma Wo ke Ahsrosr

Ahsosr el kuh in ahksrihkye sensen lom nuhke mihsen suka ke ohiyac luo:

1. Kom ac esuhkklah yohk calories ke mongo kom kanglah an.
2. El ahksrihkye suka ke srah lom an. El ac ahkwoye cells keim an in orekmakihn insulin in sruhwack suka ke srah lom an.

Meac calories?

- calories el srikaksrak se nuhke energy kuh **kuh**
- kom eis ke mongo ac mwe nihm

Meac kuhtuh ohiyac ma ac wo nuh sum sifacna ke sripen ahsrosr?

Sramsram Soko kacI Kun



Kun el oasr ke sensen in weack mihsen suka. Doctor lal ah kwacfwel in sislah pound 20 ac oruh mukwikwi in ahsrosr lal in sun minute 150 ke week se.

Oasr tulik limekosr natul Kun ac mutan kiaci ah. Tulik inge kewa oasr sritaci wi, oruh yohk paci el sislah in usacitahl nuke sritaci laltahl inge.

Kun el mwet orekma se pac. Ke weekend uh, el oruh pac orekma sahyac. Paci el mesas uh, el lungse liyeyuck basket ke TV, tusruk el sukwac sritaci basket. Yohk paci el sislah in muhta tiac mukwikwi.

Meac kahsruh lom nuh sel Kun? El ac oruh fuhkah elan ahkyohkye mukuikui in ahsrosr lal?

Ohiyac in Ahkyohkye Mukwikwi kuh Ahsrosr



Oasr ohiyac na pukantwen ma kuh in mokle mwet se in mukwikwi kuh ahsrosr. Ac oasr na ohiyac se ma kom ac konaak muh kom lungse. Kutu na pa inge.

1. Kom fin rit puk, srike in tukun sra puk onkosr nukewa, kom tuyak ac mukwikwi.
2. Kom kuh in tacn nuke on ma kom lungse long an.
3. Forfor ke acn in fahsr ke acn ma tulik nutum an sritacl we.
4. Wi tulik nutum an sritacl ke lusen minute 15 nuke 30 ke len se.
5. Fahsr ke lwen Sacnri sang ahol stosa.
6. Kahsrusr kuh fahsr pisrpisr ke pacl kom orekma.
7. Mutawaak ke sie ma ac mokle kom, ma kom lungse oruh, fin pa nuhke pwacskuhl kuh fan finohl.
8. Ahsrosr fahsr tukun mongo in ekuh wi sou lom an kuh kom sifacna.



Ohiyac in Ahkyohkye Mukwikwi kuh Ahsrosr



9. Orekmakin pedometer in etuh lah steps ekasr kom oraclah. Srike in sun steps 10,000 kuh puhs liki ke len se.
10. Fasrot fasru ke pacl kom sramsram ke phone an.
11. Fahsr pihsrpisr ke pacl kom som nuke stoh ah.
12. Fin kom liyeyuck TV, oruh kom in tuyak ac mukwikwi ke pacl advertisement kuh oruh kutu ma ah.

Sie step srisrik nuhke ahkyohyeyacn ahsrosr ma nga ac orekma nuhkac ke week se inge pa:

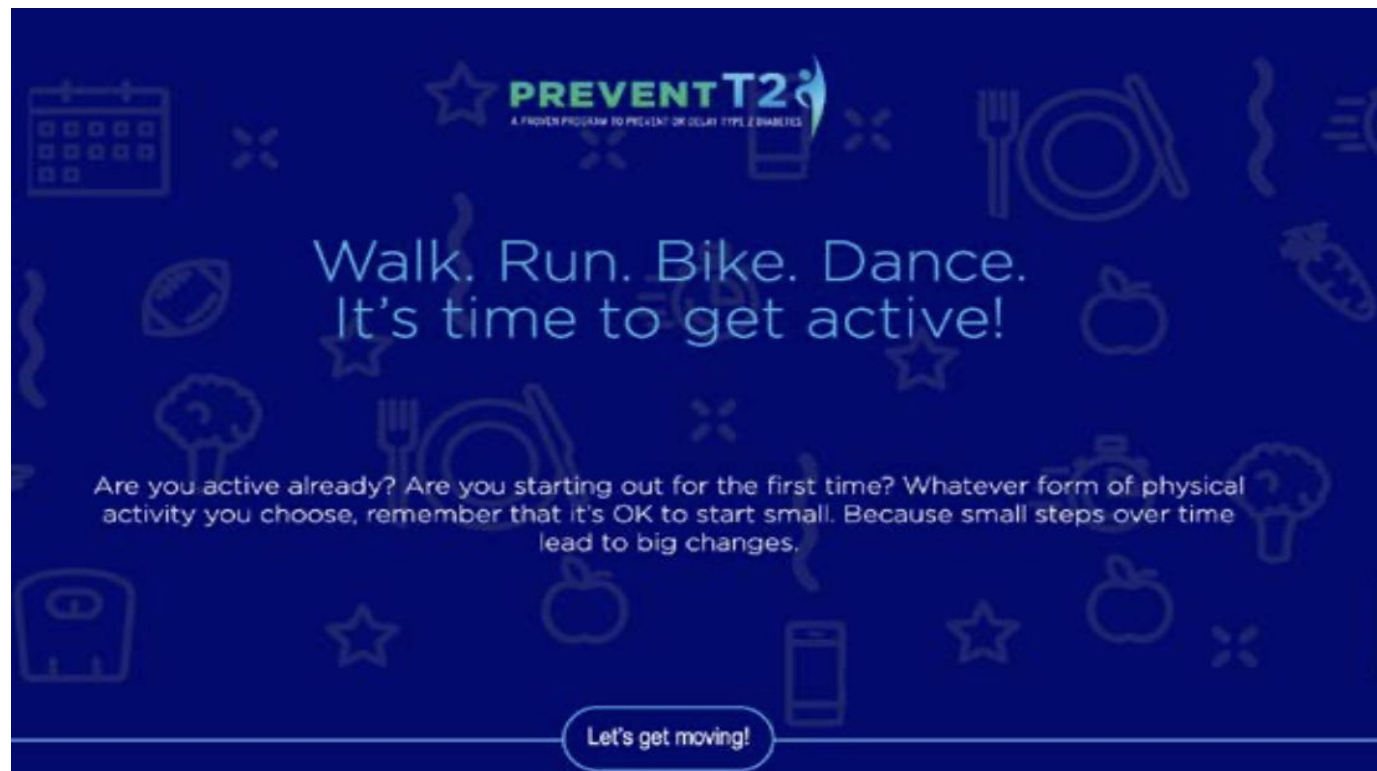


Source: American College of Sports Medicine
(<https://www.acsm.org/docs/brochures/reducingsedentary-behaviors-sitting-less-and-moving-more.pdf>) and Heart Foundation
(<https://heartfoundation.org.au/images/uploads/publications/PA-Sitting-Less-Adults.pdf>)

Plan in Kuhtanglah

Get Active Module

Ke “Get Active” Module se inge, oasr quiz se, kaksrekom in usot ahsrosr fal nuhke luhngse lom an, wi top lom ke level in ahsrosr ac ahkolah lom in eklac.



www.cdc.gov/diabetes/programs/preventt2/week2-quiz.html

Plan in Kuhtanglah



Move Your Way Activity Plan

Ahkolah in Ahkyohkye Mukuikui in Ahsrosr Lom ke Week Inge?

Orekmakin plan se inge in oakiac finsrak, sulacлах mukuikui kuh ahsrosr kom ke oruh, ac eis kahsruh in ahkfahsrye ahsrosr lom an. Fin kom ahksahfyelah, print plan lom an in kuh in lohacng nuhke ahsrosr ma kom oraclah ke week sac.

health.gov/moveyourway/activity-planner



Kom Ahkolah in Mukwikwi kuh Ahsrosr?



Fin kom mahkiac sie kuh puhs liki, esam in sun mwet lun lohm ono in kasrekom meet liki kom mutawaak ke ahsrosr lom an.

- Nga alukelah yac 50, ac tiacna arlac mukwikwi kuh ahsrosr ke lusen pacl na loeloes se. Nga akolah in oruh mukwikwi kuh ahsrosr luhk.
- Nga pihutuctuc. Doctor ma sonna ahkkahlwemye nuh sik lah wo ngan mukwikwi kuh ahsrosr.
- Nga wacna mahl finne nga kahkhsrihk mukwikwi kuh ahsrosr.
- Oasr elyah sikh tiacna sihmlac inge tusruk enenu kasru nga fin ac mukwikwi kuh ahsrosr.
- Oasr elyah ke heart luk uh. Doctor luhk uh ke karingin ma nga oruh uh.
- Oasr elyah luk ke sri kuh kuhpahsr ma ac oruh upac nu sik in oruh kutu ma uh fin pa nuhke fahsr pisrpisr.
- Ngal iniwuck mutawaak ke malem tari ah.
- Firasr na ngan nikinyuclac kuh toplac ke pacl nga puhlakin sruhi.
- Ke pacl nga ahsrosr kuh tukun na ahsrosr luhk uh, nga wacna puhla ngal kuh toasr kwacwuck, finpihsuck lacsac kuh pouk.
- Doctor luk uh ke nga in eis ono in srah fuhlwact kuh elyah ke heart.



Srike in Mukwikwi kuh Ahsrosr ac Karinginkomyang



Fin kom ngalyak, tui ke mukwikwi kuh ahsrosr an. Ukwe mwe kasru inge in karingin kom.

1. Eis lwelah sel Doctor ma in kuh in ahsrosr kuh oruh mukwikwi in ahsrosr.
2. Orekmakin fahluhk ac nuknuk fal ac kuhtwena kuhfa ma kom enenuh.
3. Nim kof meet liki, ke pacl kom ahsrosr ac tukun kom ahsrosr, finne kom tiacna pulakin maluh.
4. Ukwe kuhiyom. Kahkahsrihklac kuh tui fin kom puhla muh kom ullac, mas kuh fahsr in muhlallah kuh ngal kuhpahsr keim.
5. Oruh kain in ahsrosr. Ohiyac se inge ac kosraclah in tiac upaclaclac nuke oana sie ip ke monum.
6. Mutawaak ke ma srik. Kais kutu kihluck ac kapwack ke lusen pacl loeloes.
7. Kahkahsrihk ke mutawaak in kuh in “warm up” meet liki kom ahsrosr. Kahkahsrihklac in kuh in “cool off” tukun kom ahsrosr. Oruh in sun minute 5 nuke 10 kom sislah nuhke ip se.
8. Taran kom in tiac ikori kuh tukkowi.
9. Nunkuh ke puhlan pacl an. Ahsrosr lun loom fin arlac fol kuh arlac ohu. Kom ac fin arlac follah, kuh in ngalyak sifom kuh pihsrpihsrlac beat lun heart lom an. Kom kuh pac in puhlakin sruhi, insengal kuh muhlallah.
10. Oruh kom in tu kuh muhta suwohs ke pacl kom ahsrosr.

Fuhkah Kuhtangyen Mwe Kihsrucng



Ac kuh in upac kom in oruh mukwikwi kuh ahsrosr lom an. Pa inge kutu ma upac ma wacna sikyak ohiyac in kuhtanglah. Sumuslah kuhtwena ma kom nunkuh muh kuh in kasru an ke acn se ma simlac muh Kuhtwena Ohiyac in Kuhtanglah. Mahkiac ma ma kom srike an.

Ma Upac	Ohiyac in Kuhtanglah	Kuhtwena Ohiyac in Kuhtanglah
<p>Arlac fol, arlac ohu kuh sroksrok likinihm ah.</p>	<p><input type="checkbox"/> Ahsrosr lun loh.</p> <p><input type="checkbox"/> Nuknukyang fal nuhke pacl.</p> <p><input type="checkbox"/> Kofkof ke pacl fol.</p>	<p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p>
<p>Wangin pacl luk in ahsrosr.</p>	<p><u>In kuh in oraclah ahsrosr lom an ke oacna sie pacl:</u></p> <p><input type="checkbox"/> Ip srisikiac minute 150 lom an in oruh kutu ahsrosr ma fototo lusac.</p> <p><input type="checkbox"/> Park stosah nutum an in loes kutu nuhke acn kom ac som nuh we an</p> <p><input type="checkbox"/> Fahsr ac tiac stosah fin kom ac som nuke acn fototo.</p> <p><input type="checkbox"/> Orekmakin step likina in elevator</p> <p><input type="checkbox"/> Orekmakin fitness apps</p>	<p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p>

Fuhkah Kuhtangyen mwe Kihsrucng



Ma Upac	Ohiyac in Kuhtanglah	Kuhtwena Ohiyac in Kuhtanglah
Wangin pacl luk	In kuh in oasr pacl nuhke ahsrosr e lohmah:	<input type="checkbox"/> _____
in Ahsrosr	<input type="checkbox"/> Imohm kuh insracl in pihsrpihsr	<input type="checkbox"/> _____
	<input type="checkbox"/> Owo stosah in pihsrpihsr	<input type="checkbox"/> _____
	<input type="checkbox"/> Ahsro monum, sit-up, kuh mokle niom oruh in muh kom pwacskuhl ke pacl kom muhta TV	<input type="checkbox"/> _____
	<input type="checkbox"/> Orekmakin mwe imohm pahtpaht pa nuhke lawn mower kuh orekmakin rake nuhke imohm	<input type="checkbox"/> _____
	<input type="checkbox"/> Orek imac in mahsrihk kuh rose	<input type="checkbox"/> _____
	In kuh in oasr pacl nuhke ahsrosr e ke orekma ah:	
	<input type="checkbox"/> Fahsr ke pacl in monglac srisrik kuh lunch lom an. Siuk sie mwet kawuck lom an in wi kom.	<input type="checkbox"/> _____
	<input type="checkbox"/> Wi program in ahsrosr ke orekma an.	<input type="checkbox"/> _____
	<input type="checkbox"/> Wi team in volleyball ke orekma an kuh uu in ahsrosr fahsr.	<input type="checkbox"/> _____
	<input type="checkbox"/> Orekmakin insin in copy pwepuh ma oan loes nuh yurum.	<input type="checkbox"/> _____

Fuhkah Kuhtangyen mwe Kihsrcung



Ma Upac	Ohiyac in Kuhtanglah	Kuhtwena Ohiyac in Kuhtanglah
Wangin acn in liacacng tulik	<input type="checkbox"/> Wi tuhlik nutum an mukwikwi kuh ahsrosr	<input type="checkbox"/> _____
	<input type="checkbox"/> Ngihstre kawuck lom an in kasrekom liacacng tulik an	<input type="checkbox"/> _____
	<input type="checkbox"/> Ngusr kasru sin kawuck kuh sou.	
Wacngin stosah okuhk	<input type="checkbox"/> Ahsrosr lohmah kuh ke inkucl atuhlani lom an.	<input type="checkbox"/> _____
		<input type="checkbox"/> _____
Nga mwekin	<input type="checkbox"/> Ahsrosr lun loh m sum.	<input type="checkbox"/> _____
	<input type="checkbox"/> Wi kawuck lom ahsrosr.	<input type="checkbox"/> _____
		<input type="checkbox"/> _____
Tiacna wo kuh safe inkucl luhk ah	<input type="checkbox"/> Ahsrosr lohmah.	<input type="checkbox"/> _____
	<input type="checkbox"/> Ahsrosr ke acn in toeni luhn otah kuh mura lom	<input type="checkbox"/> _____
		<input type="checkbox"/> _____

Fuhkah Kuhtangyen mwe Kihsrucng



Ma Upac	Ohiyac in Kuhtanglah	Kuhtwena Ohiyac in Kuhtanglah
Yohklaclac molo	<input type="checkbox"/> Oruh ahsrosr ma wacngin molo, pa nuhke fahsr kuh volleyball. <input type="checkbox"/> Wi class kuh toeni in ahsrosr ke alu kuh mura lom an.	<input type="checkbox"/> _____ <input type="checkbox"/> _____
Tena pwacr	<input type="checkbox"/> Tacn <input type="checkbox"/> Wi tulik nutum an sritacl <input type="checkbox"/> Wi kawuck lom an ahsrosr <input type="checkbox"/> Orekmakin sie fitness app ah <input type="checkbox"/> Lohngyuck on kuh sramsram ke phone an na ahsrosr <input type="checkbox"/> Srihke na srihke kain in ahsrosr ne kena kom konaak ma se ma kom lungse oruh an	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
Ngal kuh ahkullac	<input type="checkbox"/> Siuk sin Doctor kuh mwet orekma lohmo ah in kasrekom ahkkalwemye lah piac ahsrosr fal emeet nuh sum an <input type="checkbox"/> Srike ahsrosr lom an in tiac oraclah ongaiyac <input type="checkbox"/> Ahsrosr ke pacl se ma kom puhla muh kom alken emeet ke lwen se <input type="checkbox"/> Kahkhsrihk fahsr kuh kofkof <input type="checkbox"/> Srike yoga kuh Tai-chi	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____



Module 3

Lohacng Nuhke Mukwikwi in Ahsrosr Lom An



Mwe Sramsram Yohk

Lohacng lom nuhke minute kom sislah in oruh mukwikwi in ahsrosr ke kais sie lwen kuh in kasrekom in kosraclah kuh kohllah sikyak luhn mihsen suka.

Pa inge mwe sramsram lasr uh:

- Sripen lohacng lom nuhke mukwikwi in ahsrosr
- Kom ac lohacng fuhkah nuhke mukwikwi in ahsrosr lom an



Kom ac oraclah pac plan se lom sifacna!



Mwe kasruh:

- ✓ Orekmakin sie puk ah sihmihs mukwikwi in ahsrosr lom an kom in muh kuh in etuh lah minute ekasr kom sislah nuhke mukwikwi in ahsrosr ke lwen se.
- ✓ Oru kom in use in liyeyuck meet liki kom mutawaak
- ✓ Muhtwacwacack oek minute an ke pacl mukwikwi in ahsrosr lom an oasr ke ma na fal. Kalmac pa kom kuh in sramsram na ahsrosr tusruk tiac kuh in on.
- ✓ Sang orekma kom oruh ke lwen nukewa, pa nuke imohm pihsrpihsr lun lohm ah ac lukunum ah.

Sripac ma Oruh Kuht Enenuh in Lohacng



Efuh kuht in lohacng nuhke mukuikui in ahsrosr?

Meac kuhtuh ma kom lohacng nuhkac uh?

Kuht pauni kuht kuht in muh etuh lah kuht oasr lac e oyac nuhke finsrak lasr nuhke paun lasr ke mahlwem 6 fahsruh. Kuht ke pac etuh lah kuht oasr e oyac nuhke finsrak lasr ke ahsrosr nuhke mahlwem 6 fahsruh—in kuh in oraclah minute 150 ke mukuikui in ahsrosr ke kais sie week.

Kwewana finsrak inge (sisi paun ac ahsrosr) ac kahsruh in aksrihkye sensen lom nuhke mihsen suka.

Kom ac Lohacng Fuhkah Nuhke Mukwikwi in Ahsrosr Lom an?



Orekmakin ma inge in fahkwack lusen ahsrosr lom an:

- Watch
- Clock
- Timer
- Fitness tracker
- Smart phone apps
- Computer apps



Orekmakin ma inge in nuhke suhmuhslah kuh suokyac lusen minute kom ahsrosr an:

- Book in sihm
- Spreadsheet
- Fitness tracker
- Smart phone apps
- Computer apps
- Sruokyac puhsrem



Ac yohk sripac kom in suhmuhslah minute an ke fitness log lom ah.

Sramsram Soko kac! Chris



Fihsracsr kut in lohacng nuhke ma uh, tuhsruhk kain in mwe elyah lasr ac kuh in oruh kuht koflah ahsrosr kuh lohacng nuhkac.

Chris el puhlak in kuhtuh mwe elyah inge. Ma inge oruh el koflah in ahkfahsrye ahsrosr lal uh in oacna ke el ke uh.

Met, Chris el tiacna elyahkin in karingin paun lal ac oruh mukuikui in ahsrosr lal. Ke tuhlih nahtuhl ah mahtuhlah, el sislah pacl lal in lie ke elos oruh ahsrosr lalos, likina in weluhlos ahsrosr. Muhta lal ke desk lal ah kuh lun stosah okoac! ah ahkupacye ahsrosr lal uh. Pacl ma el fahsr ke pacl in lunch kuh kahsrh tuhlih nahtuhl inge ke practice soccer lalos, el tiac pac esam elan suhmuhslah minute lal inge. Inkaiyen pacl uh, wacngin pacl lal ne kena apkuran nuhke pacl in motul lal.

Kahsrh fuhkah kom kuh in sang nuh sel Chris?



Fuhkah Kuhtangyen Mwe Kihsrcung



Ac kuh in upac kom in arlac etuh mukwikwi in ahsrosr lom an. Pa inge kuhtuh ma upac ma wacna sikyak ac ohiyac in kuhtanglah. Suhmuhslah nunak lom sifacna ke column soko ma fahk mu “Kuhtwena Ohiyac in Kuhtanglah.” Mahkiyac kais sie ma kom srihke tari.

Ma Upac	Ohiyac in Kuhtanglah	Kuhtwena Ohiyac in Kuhtanglah
Nga arlac kahfofo.	<input type="checkbox"/> Oraclah pacl lom in suk in etuh.	<input type="checkbox"/> _____
	<input type="checkbox"/> Esam lah kom enenu in etuh – in kuh in ahksrihkye sensen lom nuhke mihsensuka (type 2 diabetes).	<input type="checkbox"/> _____ <input type="checkbox"/> _____
Upac nuh sik in rit ac sihm.	<input type="checkbox"/> Srukyac pusrem ke smart phone kuh kuhtwena ma kom kuh in orekmakin.	<input type="checkbox"/> _____ <input type="checkbox"/> _____
	<input type="checkbox"/> Siyuk sin met kol, kawuck, kuh sucu in sihmihs lusen minute kom oraclah an ke ma suhmuhslah nuhtum.	<input type="checkbox"/> _____ <input type="checkbox"/> _____
		<input type="checkbox"/> _____
		<input type="checkbox"/> _____

Fuhkah Kuhtangyen Mwe Kihsrcung



Ma Upac	Ohiyac in Kuhtanglah	Kuhtwena Ohiyac in Kuhtanglah
Nga nuh muhkihn na.	<input type="checkbox"/> Oraclah in ipin ma kunom ke lwen se pa in etuh kuh sumuhslah.	<input type="checkbox"/> _____ <input type="checkbox"/> _____
	<input type="checkbox"/> Fihliac sie mwe akacsmak ah ke phone nutum an kuh computer ah.	<input type="checkbox"/> _____ <input type="checkbox"/> _____
	<input type="checkbox"/> Orekmakin timer.	
	<input type="checkbox"/> Fihliac ma suhmuhslah ke acn ma kom kuh in lie.	
	<input type="checkbox"/> Siyuck kawuck kuh sucu an in ahkacsmakihnyekom.	
Nga tiac ke etuh kuh muhta sihmihs.	<input type="checkbox"/> Fulusyac ma kom oraclah an ke pihsinkac ah.	<input type="checkbox"/> _____ <input type="checkbox"/> _____
	<input type="checkbox"/> Orekmakihn ma sahyacn mongo sang opi ikom ke kom sun finsrak lom ke mukwikwi in ahsrosr lom an.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
	<input type="checkbox"/> Akuhtuhn nuh sin sie kawuck lom an in lie lah suc kac ac oraclah yohk minute ke mukwikwi in ahsrosr la an.	<input type="checkbox"/> _____ <input type="checkbox"/> _____
	<input type="checkbox"/> Srihke sie program ke smart phone nutum an kuh computer ah.	<input type="checkbox"/> _____

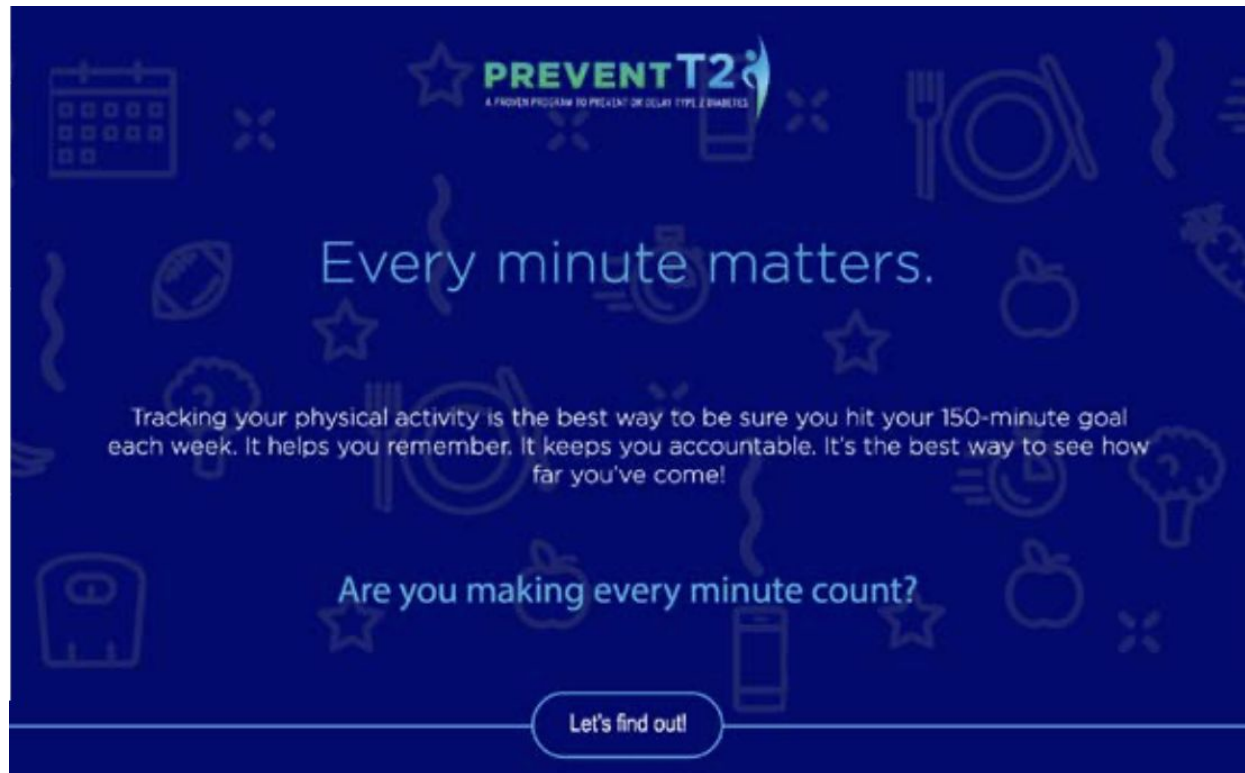
Fuhkah Kuhtangyen Mwe Kihsrcung

Ma Upac	Ohiyac in Kuhtanglah	Kuhtwena Ohiyac in Kuhtanglah
Ma yurum sifacna		<input type="checkbox"/> _____ <input type="checkbox"/> _____
Ma yurum sifacna		<input type="checkbox"/> _____ <input type="checkbox"/> _____
Ma yurum sifacna		<input type="checkbox"/> _____ <input type="checkbox"/> _____
.		<input type="checkbox"/> _____ <input type="checkbox"/> _____

Plan in Kuhtanglah

Track Your Activity Module

“Track Your Activity” module se inge ac kaksrekom in konwacack kain in mukuikui in ahsrosr ma kom oruh ke lwen nuhkewewa ma ac kuh in oacwac nuhke minute 150 se lom ke kais sie week ah. Module se inge ac kaksrekom pac uhke kain in mwe elyah ma ac sik nuh sum.

The image is a screenshot of a website banner for the 'PREVENT T2' program. The banner has a dark blue background with various white icons related to health, such as a calendar, a fork and plate, a water glass, a lightbulb, a scale, and a smartphone. At the top center, the text 'PREVENT T2' is written in a bold, white font, with a small graphic of a person running next to the '2'. Below this, in a smaller font, it says 'A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES'. The main headline in the center reads 'Every minute matters.' in a large, white font. Below the headline, there is a paragraph of text: 'Tracking your physical activity is the best way to be sure you hit your 150-minute goal each week. It helps you remember. It keeps you accountable. It's the best way to see how far you've come!'. At the bottom of the banner, there is a question 'Are you making every minute count?' and a white button with the text 'Let's find out!'.

www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=3



Module 4

Ahkwoye Mongo in kuh in Kosraclah Mihsen Suka (T2)



Mwe Sramsram Yohk

Ahkwoyeyacn mongo lom an ac kuh in kasrekom in kosraclah kuh ahksuhmuhiyek sikyak lun Mihsen Suka (Type 2 diabetes)

Pa inge mwe sramsram lasr uh:

- Ac ahkwoyeyuck fuhkah mongo lom an
- Ac ahkoeyucklac fuhkah mongo wowo se
- Mongo kom eis, tiac eis kuh karingin

Kom ac oraclah pac plan se lom sifacna!



Mwe Kahsruh:

- ✓ Sulaclah mongo ma oasr fiber, vitamins, ac minerals suc oasr ke vegetables, whole grains ac fruit
- ✓ Orek ekyek srisrik in ikihl luhpan processed foods ke mongo lom an
- ✓ Ahkwoye mongo lom an in kuh in ahkyohkye nutrients ac ahsrihkye calories

Ma yohk sripac in esam:

- Orekmakin “Diabetes Plate Method” in kuh in eis mongo wowo ac fal luhpah se nuhke luhpan vegetables, protein, ac carbohydrates.
- Lohacng nuhke mongolom an in wo luhpan vegetables, tiac yohk kihris, ac in tiac puhslac mongo starch.
- Lie ip ma kom wo kac anac suk lah kom ahkyohkye fuhkah in kuh in ahkfihsracsrye nuh sum in healthy mongo lom an

Oraclah Mongo Wowo Se



My Plate

Fuhkah atacn mongo lom uh? Orekmakin petsac se ten inge kuh sie plate pwepuh ah in sang petsacelah atacn mongo se lom. Srolwacлах soko line ah in srwacлhk luhpan protein, vegetables, starch/carbohydrates ma ac Draw lines to separate how much protein, vegetables, staht kuh carbohydrates ma ac oasr ke plate se lom an. Suhmuhslah kais sie ip ingacn.

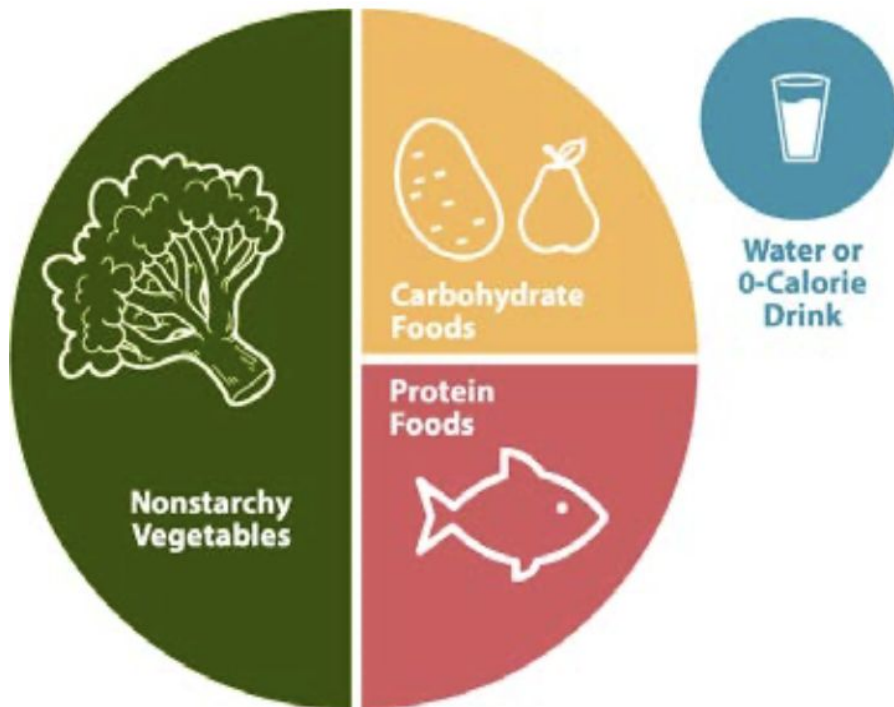


Oraclah Mongo Wowo Se



Diabetes Plate Method

El petsacelah atacn mongo wowo se. Ke kom orekmakihn uh, ac kaksrekom in oreacлах mongo wowo se ma healthy, fal luhpan vegetables, protein, ac carbohydrates — wacngin enenuh nuhke oacwac, paun, kuh srikasrak. .



*Plate Method by
the American
Diabetes Association

Muhtwacwacack ke:

- Srihke tahfuh plate lom an in non-starchy veggies (pa nuhke broccoli, lettuce, peppers)..
- Oruh in oasr grains ac starchy foods (pa nuhke potatoes, oatmeal) ke quarter se ke plate lom an.
- Protein foods (pa nuhke won, ikoac, ik) ac oan ke quarter se luhlah an.

Oraclah Mongo Wowo Se







Ac kuh in tiac mongo nuhkwea nohm oan ke plate se! Nuhnkuh ke kain in mongo ma kom eis ke lwen se.

- Cup se ke milk (1 cup of skim milk)
 - Esam:
 - Dairy el use protein and calcium.
 - Dairy el use carbohydrates (milk, yogurt).
- Ipin fruit se (one apple, half a banana, half cup of berries)
 - Esam:
 - Fruit el use carbohydrates.
- Mwe nihm se ma srihk kuh wacngin calories kac (water, sparkling water, coffee tiac sugar)

Oraclah Mongo Wowo Se



Kain in Healthy Plates

Breakfast	Lunch	Dinner
 <p>Acai fruit smoothie bowl with berries and fresh fruits</p>	 <p>Two chicken salad wraps</p>	 <p>Shrimp with mixed vegetables</p>
 <p>Oatmeal with apple slices, almonds, honey, and cinnamon</p>	 <p>Black beans crust pizza with corn, spinach, tomatoes, black beans and red onion</p>	 <p>Pan roasted Cajun seasoned salmon, served with organic steamed vegetables, bell peppers, squash, carrots, and zucchini</p>

Ahkwoye Mongo

Kahlwem Lom ke Processed Foods Meac sielacna la uh?



A processed food is one that's been altered from its original form.

Less Processed



More Processed

Apple 	Peeled Apple 	Applesauce 	Apple Juice 
Steak 	Ground Beef 	Beef Chili in a Can 	Packaged Lunch Meat 

Ahkwoye Mongo



Less Processed



More Processed

<p>Whole Chicken</p> 	<p>Chicken Pieces</p> 	<p>Canned Chicken</p> 	<p>Chicken Nuggets</p> 
<p>Steel Cut Oats</p> 	<p>Old Fashioned Oats</p> 	<p>1-Minute Oats</p> 	<p>Instant Oatmeal Packets</p> 

Ohiyac in Ahkwoye Mongo



Smart Swaps:

You can make small changes to adjust the amount of processed foods in your diet. Here's a chart to help you choose smart swaps:

Less Processed



More Processed

Whole Grain Crackers and Cheese Slices 	Cheese-Flavored Crackers 	Cheese Puffs 
--	---	---

Tips:

- ✓ Etuh lah mongo fuhkah yohk sugar, kihris, ac salt kac–wacna processed foods
- ✓ Etuh mongo ma kom ac eis in yohk, ac mongo ma kom in karingin eisyac
- ✓ Sulaclah mongo ma oasr fiber, vitamins, ac minerals kac – pa vegetables, whole grains, ac fruit.
- ✓ Ahksrihkye eisyacn processed meat; won, ik, ac dairy in fusus liki
- ✓ Sulaclah cuts ke ikoac ac won ma srihk kihris kac

Ohiyac in Ahkwoye Mongo



Less Processed



More Processed

<p>Piece of Fruit</p>	<p>Canned Fruit</p>	<p>Fruit Juice</p>
<p>Coffee Brewed at Home</p>	<p>Mocha Latte at Coffee Shop</p>	<p>Can of Mocha Latte</p>
<p>Scrambled Eggs with Vegetables and Herbs</p>	<p>Cheese and Veggie Frittata</p>	<p>Frozen Egg and Cheese Sandwich</p>
<p>Tap Water with a Lime Wedge</p>	<p>Sparkling or Fizzy Lime-Flavored Soda Water from Can/Bottle</p>	<p>Sugar-Sweetened Soda/Pop with Lime Flavoring</p>

Pa inge sie ohiyac nga ac srihke ke week se inge:

Mongo Kom Ac Eis

Mahsrihk ma tiacna staht:

- Tomacto
- Onions
- Kiuri
- Cabbage
- Pwepuh
- Sra in mongo
- Celery
- Carrots
- Broccoli
- Okra
- Ma kom lungse:



Rais, Cereal ac Mongo Staht:

- Rais fasrfasr
- Cereal ma sihmlac 100% whole grain
- Wheat bread ma sihmlac 100% whole grain
- Kuhtak
- Tepyuka
- Rais brown
- Usr pohel
- Mos
- Pahsruhk
- Corn
- Pihtuctuc
- Pamkin
- Muhtah
- Green peas
- Ma kom lungse:

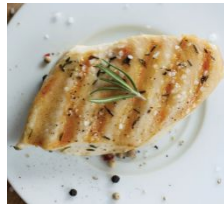


Mongo Kom ac Eis



Mongo Ikoac:

- Ahtro (tusruk karingin eisyacn acn rangrang kac)
- Ik ac mongo inkof (srwesrwe)
- Ikoac wangin kuh srihk kihris kac (lean ground beef, won ac turkey ma itucklac kolo, ikoen pik)
- Nuts (karingin ke sripen yohk fact kac)
- Ma kom lungse:



U lun Milk:

- Cheese ma srihk fact kac
- Plain Low-fat soy kuh almond milk
- Plain non-fat kuh low-fat yogurt
- Skim kuh low-fat milk
- Ma kom lunges:



Mongo Kom ac Eis



Fukunsahk:

- Acpuhl
- Usr
- Pears
- Peaches
- Muh
- Mango
- Es
- Sosap
- Puhnahpuhl
- Muh Luhlahp
- Muh Srisrik
- Ma kom lunges:



Mwe Nihm:

- Kof
- Nu
- Coffee tiac suka
- Tea tiac suka
- Ma kom lungse:





Mongo Kom in Sule

Non-Starchy Veggies	Grains and Starchy Foods	Protein Foods	Dairy Foods	Fruit	Drinks
<ul style="list-style-type: none"> - Srihk ke calories, kihris, ac sugar - Yohk ke fiber 	<ul style="list-style-type: none"> - Kain in luhpah ke calories, fat, sugar, ac fiber 	<ul style="list-style-type: none"> - Yohk ke protein - Kain in luhpah ke calories -Srihk ke sugar -Srihk ke fiber 	<ul style="list-style-type: none"> -Kain in luhpah ke calories -Use vitamins, minerals, & protein -Srihk ke fiber -Kain in luhpan fat lac -Use Carbohydrates 	<ul style="list-style-type: none"> -Srihk ke calories -Use vitamins ac minerals -Yohk ke fiber ac water -Yohk ke sugar liki veggies -Use carbohydrates 	<ul style="list-style-type: none"> -High ke kof -Kain in luhpah ke calories, protein, vitamins, minerals, ac sugar -Suhkwacna oasr fiber kac

Whole Grains and Fiber

- Whole grains uh yohk dietary fiber kac
- Kuht nuhkwea enenuh fiber.
- Inkaiyen refined grains uh kuh in oasr kuhtuhsrihk kuh wacngin fiber kac.
- Fiber el kuh in kaksrekuht in puhlak in nwacnwacwah kuh kihp, oruh kuh in srihk calories kuht eis.
- Fiber ke mongo nohm uh el key nuhke ahkwoye fahsr luhn koanon siac.
- Fiber ke mongo lom uh el kuh pac in kahrh ahkwoye cholesterol ke srah ac ahksrihkye sensen lom nuhke mihsen heart, stroke, obesity, ac finne nuhke mihsen suka.

Karingin Eisyacn Mongo Inge:

Ma Emwem:

- Candy
- Cookies
- Corn syrup
- Honey
- Ice cream
- Mongo srisrik ma tunduh sahyac
- Suka
- Kutu pac sahyac:



Mongo Kihris:

- Butter
- Creamy salad dressing
- Mongo Fuhrae
- Ikoac Kihris (bacon, bologna, regular ground beef)
- Full-fat cheese
- Margarine
- Kihris kwekwe
- Whole milk
- Kuhtuh pac sahyac:



Mongo in Karinginyuck

Salty foods:

- Chips
- Pretzels
- Snack Mixes
- Crackers
- French Fries
- Processed foods pa nuhke bread, pizza, tacos, canned soups and sauces with hidden sault
- Salt kom sang e ke tepuh ah



Sources: CDC, ADA

Oraclah Mongo Wowo Se



Oraclah Luhn Plate Se Lom:

Directions: Orekmakin ma kom lotwelah misenge an, ahkolah sie plate ah nohm, orekmakin mongo kom luhngse se. Sang mongo ma kom ac luhngse na pwacye kang. Srolwacлах line in sang srwacлахk luhpan mongo ingacn. Tohkohyang, suhmuhslah inen mngo ma ac oan ke kais sie ip ingacn.

Ke kom ahksahfyelah plate lom an, sruhmuhn ma kom oraclah ingacn nuh sin partner lom an. Sramsramkin eklac ma kom ac oruh ke mongo lom an wi kuhtwena ohiyac ma kom ac koflahna in ekuhllah.



Fuhkah Ahkyohkyeyacn ma Wowo

Ma Wowo	Ohiyac in Ahkyohkye Ma Wowo	Efuh? Ohiyac se inge ac kahsreyuc fuhkah?
<p>Nga luhngse raw vegetables liki cooked vegetables.</p>	<ul style="list-style-type: none"> - Sifacna yukwiac vegies ac fruits sonom - Moli vegies ac fruits ke pacl fok (ruckruck) - Orek lwemlwem ke salad lom an 	<p>Mongo vegetables el use vitamins, minerals, ac fiber ma ac kahsreyuc in healthy. Ma inge oacyacpac use fiber ma ac kahsreyuc in kuh ac ahksrihkye ellyah nuhke kain in mas.</p>
<p>Nga luhngse ahkolah mongo wowo nuh sin sucu luhk uh , tuhsruhk tiacna arlac yohk pacl luhk in plan.</p>	<ul style="list-style-type: none"> - Eis kahsruh. Sang sucu lom an in wi kom ke ahkoeyacn mongo lowos an. - Plan elah mongo lowos ke week se. - Motko in kuh in orekmakin vegetables ma ahkoeyucklac tari ke salad bars kuh ma ke frozen section 	<p>Mongo wowo in kuh in kosraclah mihsen suka el ma wo se nuh sin sucu na fohn se!</p>

Fuhkah Ahkyohkyeyacn ma Wowo

Ma Wowo	Ohiyac in Ahkyohkye Ma Wowo	Efuh? Ohiyac se inge ac kahsreyuc fuhkah?
<p>Wo kuhtuh oruh luhk uh ke lwen nuhkewewa sahyen</p> <p>_____</p> <p>(Breakfast, lunch, dinner, snacks)</p>	<ul style="list-style-type: none"> - Sifacna yukwiac vegies ac fruits sonom - Moli vegies ac fruits ke pacl fok (ruckruck) - Orek lwemlwem ke salad lom an 	<p>Lohacng lom nuhke kain in ma kom oruh ke lwen nuhkewewa kuh in kahsrekom in sulaclah lah meac kom ke ekuhllah an ac kom ac ekuhllah fuhkah?</p>
<p>Nga luhngse ahkolah mongo wowo nuh sin sucu luhk uh , tuhsruhk tiacna arlac yohk pacl luhk in plan.</p>	<ul style="list-style-type: none"> - Nuhnkuh lah meac ahkfihsracsrye kais kuhtuh pacl ke lwen se ac sulaclah lun mongo nuh sum. - Nuhnkuh lah meac ahkupacye kais kuhtuh pacl in mongo kuh koanon lwen se nuh sum. - Esam lah mac siyak ke pacl in mongo ac puhlan pacl ke lwen se. - Motko fin loeslac lusen pacl inmahsrton pacl in mongo kuh snack lom an. - Lie lah kom puhla muh kom silahklahk ac lie muh fihsracsr kom fn sulaclah ma ac sa. - Lohacng nuhkac lah kom mongo ke sripen wacngin ma kom in oruh. - Nuhnkuh lah ma oasr an kuh can ma kom oasr we an pa oruh sulaclah lom an. 	<p>Kom kuh in ahkwoye mongo lom an ke pacl kom orek mongo lohm ah.</p>

Fuhkah Ahkyohkyeyacn ma Wowo

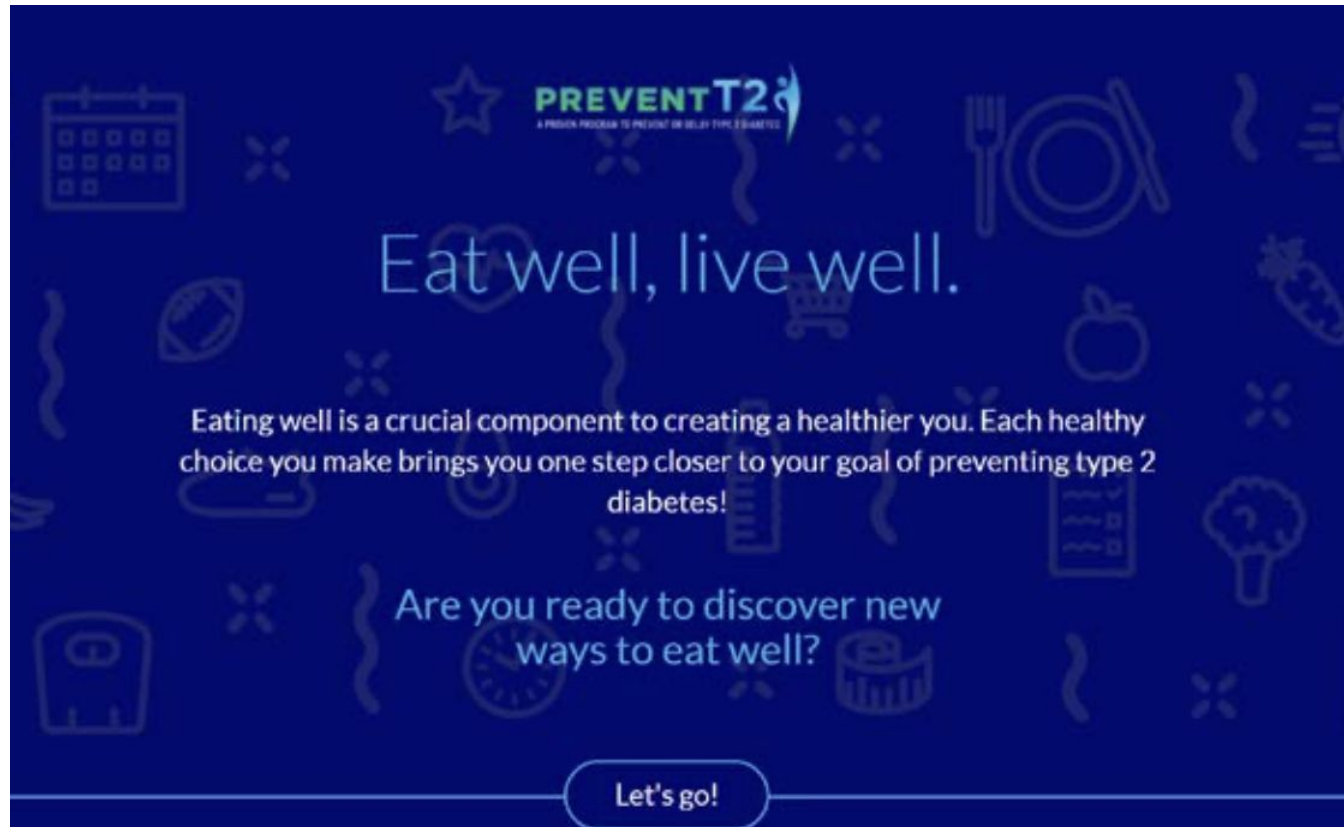
Nwacklah examples lom sifacna:

Ma Wowo	Ohiyac in Ahkyohkye Ma Wowo	Efuh? Ohiyac se inge ac kabsreyuc fuhkah?

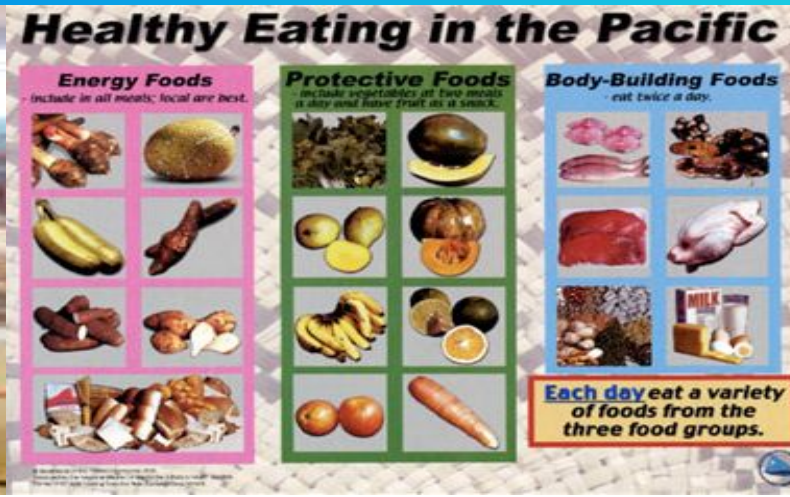
Plan in Kuhtanglah

Eat Well Module

Ke “Eat Well” module se inge, oasr steps in ahkacsmakinyekom in kuh in ahkwoye ohiyen mongo lom an, top lom nuhke excuses luhn participants ma tiacna ahkwoye mongo la, ac kahsruh nuh sum in kuh in sulaclah mongo healthy e loh m ah kuh sahyac. .



www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=4



Module 5

Lohacng Nuhke Mongo Lom An



Mwe Sramsram Yohk

Lohacng nuhke ma kom kang ke kais sie lwen in kuh in kahsrekom in kosraclah kuh ahksuhmuhiye sikyak luhn mihsen suka (Type 2 diabetes).

Pa inge mwe sramsram lasr uh:

- ✓ Ma wo ke lohacng
- ✓ Kom ac lohacng fuhkah nuhke mongo lom uh
- ✓ Fuhkah orekmakihnyen ma suhmuhslah ke mwe mongo



Kom ac oraclah pac plan se lom sifacna!



Mwe kahsruh:

- ✓ Srihke in lohacng kuh etuh mongo kom eis ke kais sie len
- ✓ Lohacng nuhke kain in ma ke lusen pac se:
 - Mac kom kang ac pac kom kang an
 - Luhpah kah ma kom kang an
 - Kuh ma kom eis ke mongo

Sramsram soko kac! Srue



Srue el sensen nuhke mihsen suka (type 2 diabetes). El ke sislah pound 15. El srike elan ahkwoye mongo lal ke kais sie week. Tukun mahlwem se, Srue el fahkwacng nuh sel Sepe, kawuck se lal, lah el kihructructwack. Soenna oasr pound el sislah. Sepe el lut siyuck sel lah mac el kang ke lwen meet ah. Srue el fahkwacng nuh sel Sepe ma el motko muh el eis ah.

Tepuh se tok ingacn akkalwemye mongo ma Srue el motko muh el kanglah ke kais sie pacl in mongo ingan. Ahkkahlwemye na paye lah mac Srue el kanglah. El oayacpac ahkkahlwemye luhpan calories (kuh ma el eis ke mongo) suc yolyak nuhke enenuh lal.



Sramsram kacI Srue



Day 1: What Sally ate	Day 1: Calories Sally guessed she ate	Day 2: What Sally ate when she measured	Day 2: Calories Sally ate when she measured	Calorie difference
Breakfast				
A bowl of cereal with milk	200	1½ cups cereal with 8 ounces whole milk	150 (cereal) 150 (milk)	
		Coffee with 1 Tbsp whole milk and 2 tsp sugar	50 (milk and sugar)	
Subtotal	200	Subtotal	350	+150

Sramsram kacI Srue



Day 1: What Sally ate	Day 1: Calories Sally guessed she ate	Day 2: What Sally ate when she measured	Day 2: Calories Sally ate when she measured	Calorie difference
Lunch				
Ham sandwich	300	Sandwich made with 2 slices bread, 6 ounces ham, and 1½ Tbsp mayo	150 (bread) 200 (ham) 150 (mayo)	
Apple	80	Medium apple	50	
		16 ounces iced tea with 3 Tbsp sugar	150 (sugar)	
Subtotal	380	Subtotal	700	+320
Snacks				
		Granola bar	200	
		Coffee with 1 Tbsp whole milk and 2 tsp sugar	50 (milk and sugar)	
Subtotal	0	Subtotal	250	+250

Sramsram kac! Sally



Day 1: What Sally ate	Day 1: Calories Sally guessed she ate	Day 2: What Sally ate when she measured	Day 2: Calories Sally ate when she measured	Calorie difference
Dinner				
Salad	100	Salad with 4 Tbsp blue cheese dressing	50 (salad) 300 (dressing)	
Mashed potatoes	200	1 cup mashed potatoes made with 1/4 cup whole milk and 1 Tbsp butter	200 (potatoes) 100 (butter) 40 (whole milk)	
Piece of fish	200	3 ounces fish	200	
		8 ounces iced tea with 2 Tbsp sugar	100 (sugar)	
Subtotal	500	Subtotal	990	+490
Dessert				
Small bowl of ice cream	175	1½ cups ice cream	480	
Subtotal	175	Subtotal	480	+305
Total calorie difference:				+1,515

Ma Wo ke Kom Lohacng nuhke Mongo Lom uh



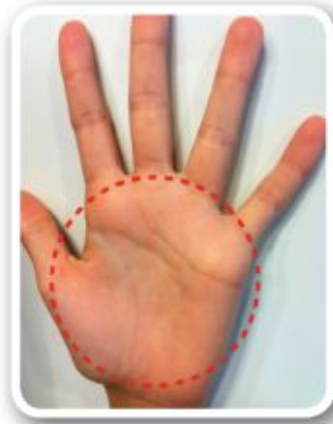
Ma Wo ke Lohacng Nuhke Mongo

- Ahkyohkye kahlwem lom ke mongo kom kang ac kof kom nihm
- Kahrenkom in lohacng ac etuh ke calories
- Oruh kom lie lah kom fin kanglah luhpah srisrik ke mongo kom luhngse an kalmac pa srihk calories kom eis
- Ahkyohkye kahlwem lom ke portion sizing
- Kahrenkom in etuh lah piac mongo ma yohk ke calories ke fat ac sugar, ac kom ac luhpah fuhkah kom enenuh in karingin kuh tiac eis
- Kahrenkom in oraclah sulaclah wowo ke pacl kom eis mongo ma yohk ke calories
- Ahkkahlwemye “hidden” calories ma kom tiac lohacng lah kom kanglah kuh nuhmlah
- Ahkkweyekom in kang mongo ma arulacna wo ac balanced

Orekmakihn poum in usot srikasrak fal nuke Mongo



Kom kuh in orekmakin poum in kasrekom ke srikasrak fal se.



About 3 ounces



About 1 tablespoon



About 1 teaspoon



About 1 cup



1 serving of fruit



About ¼ cup

Kom ac Lohacng Fuhkah nuhke Mongo Lom uh



Muhtwacwacack ke Lohacng nuhke Mukuilac in Ahkwoye

Fin kom lie muh sikyak ohinge...

Snack in tahfuhn lwen tok luhk uh ahluhkwelah calories 300, tuhsruhk nga nuhnuh muh ac use kuh luhk in muhtwacnlah puhlan pacl se inge.

Cola ac coffee nga nuhmlah uh yohk liki na ma nga nuhnuh muh nga eis uh.

Srihke ohiyac se...

Fahsr pihsrpihsr ke lusen minute 5-10 sang ahol snack in tahfuhn lwen tok se inge—pwacyeyiac uh, ahsrosr el ahyohkye luhpan kuh lom. Nwek in oasr na koanon suhfah in kof nimom an ke lusen lwen fohn se— ahkfalyeyacn kof el kahsrub mahno se in mukuikui. Eis snack wowo ma oasr ke calories 100 kuh srihk liki ac lie lah kuh in ahkkweye kom ke tahfuhn lwen tok se ingacn.

Nihm sparkling water in sang ahollah soko kuh lukoac cola nihmom ingacn. Srihkeyac milk kuh sugar kom sang nuhke coffee nihmom an. Sulaclah size in cup se ten liki na size kom wacna nihmnihm kac an.

Kom ac Lohacng Fuhkah nuhke Mongo Lom uh

Muhtwacwacack ke Lohacng nuhke Mukuilac in Ahkwoye

Ingena kom sang ma sum sifacna...

Kom ac Lohacng Fuhkah nuhke Mongo Lom uh

Ohiyac in sang suhmuhslah lah meac kom kang, ngac, ac luhpah kah ma kom kanglah:

- Spiral notebook
- Computer apps
- Petsac ke mongo
- Spreadsheet
- Smart phone apps
- Srukyac puhsrem





Inkacnek in Lohacng

Lohacng nuhke mongo lom ke lwen fohn se

Konaak lah calories lom ingacn tuhkuh oyac ac fuhkah atacn mongo lom ke lwen sacn

Lohacng nuhke lwen in orekma se ac lwen in monglac se

Ke sripen kuh in ekyek atacn mongo lom ke lwen in orekma ac tiac orekma, srihke lohacng nuhkac in kuh in konwacack lah fuhkah atacn mongo lom e lohm ah ac ke orekma ah.

Lohacng nuhke sie meal lom ingacn ke ekahsr lwen an

Srihke in etuh lah mongo fuhkah kom eis ke puhlan pacl in mongo sacn ac nahweyuck fuhkah kuh piac pacl ma kom kuh in ahkwoye. . atacn mongo lom ke sie pacl in mongo an. Tukun kom ahkwoyelah meal sacn, kom kuh in srihke pac sie pacl in mongo sahyac an.

Lohacng nuhke lwen 3 nuhke 4

Srihke in sa kahlwem kac. Orekmakin apps, petsac ke phone, kuh sihm ke notebook.



Inkacnek in Lohacng

Lohacng nuhke weekend se, lwen in vacation, kuh lwen tiac orekma

Lohacng nuhke ma nuhkwewa kom kang ac nihm inmahsrton pacl in mongo

Lohacng nuhke ma kom nihm an

Ke pacl ma eklac ma kuht oruh uh, na eklac pac atacn mongo lasr uh. Srihke lohacng nuhke weekend, pacl in vacation kuh pacl kom tiac orekma in kuh in lohacng in ahkwoye mongo lom an.

Kuhtuh pacl uh tiac ma kuht eis ke pacl in mongo a ma kuht kang inmahsrto an. Acsmak lom ke luhpah, snack, pacl kuh acn ma kom kanglah ma ingacn, kuh in kaksrekom in plan lac meet.

Mwe nihm uh kuh in pa use hidden calories. Lohacng nuhke mwe nihm ma kom eis wi mongo lom an kuh inmahsrton pacl in mongo. Srihkeyac luhpan milk, sugar, kuh cream ma kom orekmakin nuhke coffee kuh tea. Srihkeyac ounces in glass kom orekmakin an in konwacack luhpan calories kom nihm an. Lie menu ke coffee shop an in etuh lah meac oan lun ma kom nihm an.

Orekmakinyen Food Labels

Sample Label for Frozen Lasagna

1. Serving Information →

2. Calories →

3. Nutrients →

4. Quick Guide to percent Daily Value (%DV)
• 5% or less is **low**
• 20% or more is **high**

Nutrition Facts	
4 servings per container	
Serving size	1 cup (227g)
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm#see3

Orekmakinyen Food Labels

1. Serving Size

Liye serving size emeet. Pa ingacn size ke serving se. Ma nuhkewewa ma sihmlac ke label sacn el tuhkuh ke luhpah se ingacn. Lie pac pihsen servings ke package sacn. Oasr servings 4 ke package se inge. Fin kom kanglah package na fohn se, kom enenuh in multiply ma nuhkewa ma sihmlac ke label sacn pac 4. Fin kom lungse kanglah tahfuh serving sacn, kom ac divide ke pihsen crackers an ke 2. Orekmakin calculator kuh phone nuhtum an fin kom lungse.

2. Calories

Etuh lom ke luhpan calories kuh in kahsrekom in sun kuh muhta na ke paun wowo se. Calories pa luhpan energy (kuh) ma kom eis ke serving se ke mwe mongo se. Puhkantwen mwet America ma eis calories yohk liki ma eltahl enenuh uh. Check yurin sie mwet orekma ke lohm ono ah kuh KCHC fin oasr kihseniuck lom ke luhpan calories ma kom enenuh in eis ke mwe mongo.

Orekmakinyen Food Labels



3. Ahksrihkye Fat, Cholesterol, Added Sugars, ac Sodium (Salt)

Inkaiyen mwet Kosrae eis yohklac ke ma inge. Eisyacn fat yohklac, yohkna saturated fat kuh trans fat, cholesterol, added sugars, kuh salt el kuh in ahkyohkye sensen lom nuhke kain in elyah ke health. Ma inge pa mihsen heart, kuhtuh sin cancer uh, ac srah fuhlwact. Srikhe in srihk liki 30% ke mongo lom uh in tuhkuh ke fat.

4. Eis in Fal Fiber, Vitamins, ac Minerals

Inkaiyen mwet uh tiacna fal eisyacn fiber, vitamin A, vitamin C, calcium, kuh iron la uh. Eisyacn ma inge fin fal ac ahkwoye health lom an ac ahksrihkye sensen lom nuhke kais kuhtuh elyah ke health. Fin pa nuhke calcium, kom fin eis fal na elac kahsruh in ahkkwoye sri ac wihs. Kom fin eis in yohk fiber, el ac kahsrekom in sisi pound ac ahksrihkye cholesterol.

Kuhtwena inkacnek in kuh in etuh ke nutrition facts:

- Computer apps
- Smartphone apps
- Websites

Nutrition Facts Label: Lie ac Orekmakin!

The Nutrition Facts Label Look for It and Use It!

Information you need to make healthy choices throughout your day



Found on food and beverage packages



Use it to compare and choose foods!



Check the serving size and servings per container. The nutrition information listed on the Nutrition Facts label is usually based on one serving of the food.

Packages can—and often do—contain more than one serving! If you eat multiple servings, you're getting "multiples" on calories and nutrients, too.

2SERVINGS=CALORIES&NUTRIENTSX2

Calories from food provide the energy your body needs to function and grow. Balance the number of calories you eat and drink with the number of calories you burn during physical activity. Curious about calorie needs? Check out www.choosemyplate.gov/MyPlatePlan.



TIP: 100 calories per serving of an individual food is considered a moderate amount and 400 calories or more per serving of an individual food is considered high in calories.

Size up Servings

Consider the Calories

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Use %DV

% Daily Value (%DV) is the percentage of the Daily Value (reference amounts of nutrients to consume or not to exceed each day for adults and children 4 years of age and older) and shows how much a nutrient in a serving of the food contributes to a total daily diet. Use %DV to see how a food's nutrients stack up and choose foods that are higher in nutrients to get more of and lower in nutrients to get less of.

TIP: 5% DV or less per serving is low and 20% DV or more per serving is high

Choose Nutrients Wisely

Nutrients To Get More Of

Compare and choose foods to get 100% DV of these on most days:

- Dietary Fiber
- Iron
- Vitamin D
- Potassium
- Calcium

Nutrients To Get Less Of

Compare and choose foods to get less than 100% DV of these each day:

- Saturated Fat
- Sodium
- Added Sugars
- Trans Fat (Note: Trans fat has no %DV, so use grams as a guide)

Eat a variety of foods to get the nutrients your body needs, including:

- Fruits and vegetables
- Lean meats and poultry
- Beans and peas
- Whole grains
- Eggs
- Soy products
- Dairy products
- Seafood
- Unsalted nuts and seeds

Nutrition Facts
Read the Label

Revised: October 2018

www.fda.gov/nutritioneducation

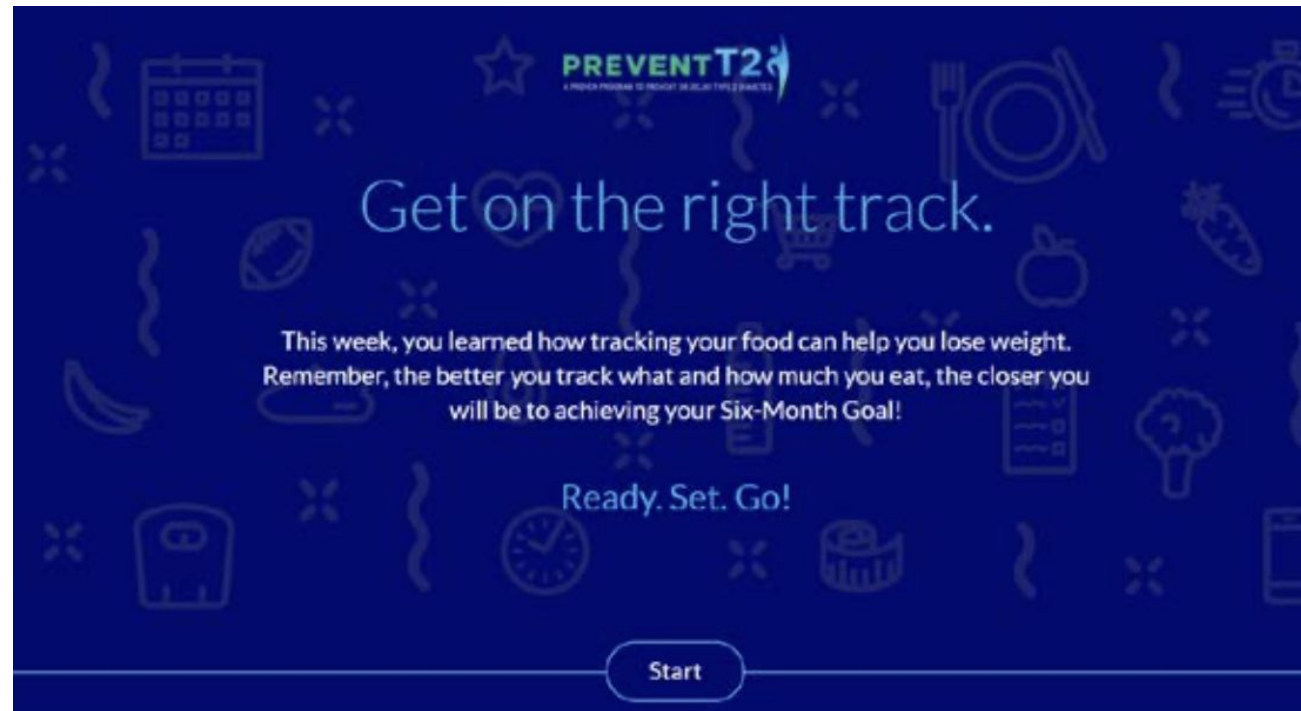


Source: www.fda.gov/media/89314/download

Plan in Kuhtanglah

Inkacnek in Lohacng nuhke Mongo

“Food Tracking” module se inge ahkkahlwemye ke kuhtuh ma wo ke lohacng nuhke mongo, pa nuhke el kuh in oruh double sisi paun lom an! El kuh pac in kaksrekom in sulaclah ohiyac se lom sifacna in kuh in ahkwoye lohacng lom nuhke mongo lom an. Kom kuh pac in oraclah olwelah se nuh sum sifacna in kuh in muhtana ke finsrak lom an.



Source: www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=5

Plan in Kuhtanglah

Olwelah se Lom Sifacna



The image is a screenshot of a webpage for the PREVENT T2 program. At the top center, the logo reads "PREVENT T2" with a small icon of a person and a plus sign, and the tagline "A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES" below it. The main text in the center says "Redefine your goals. Recommit to yourself. Make healthy living a habit." Below this, a paragraph asks: "Now that you're a few weeks into your program, it's important to stop and reflect on your goals. What has been working? What has been holding you back?" At the bottom center, there is a rounded rectangular button with the text "Let's go!". The background is a dark teal color with faint, light-colored icons of various health-related items like a water bottle, a plate of food, a person, and a lightbulb.

Source: www.cdc.gov/diabetes/programs/preventt2/pledge.html?pledge=2

Fuhkah Kuhtangyen Mwe Kihsrucng



Ac kuh in upac kom in lohacng nuhke ma kom kang uh. Pa inge kutu ma ac kihsrucng srihke lom an ac inkacnek in kasru nuhkac. Suhmuhsalah kuhtwena ma kom nunku muh kuh in kasru ke column soko saflaingan. Check ma kom srike tari an.

Ma Upac	Ohiyac in Kasruh	Kuhtwena Kasruh Nuhkac
Nga arlacna kafofo	<input type="checkbox"/> Oraclah pacl lom in lohacng/etuh. Ac kuh in minute na ekasr tukun mongo lom an.	<input type="checkbox"/> _____
	<input type="checkbox"/> Esam lah EFUH kom lohacng-ahksrihkye sensen lom nuke mihsen suka (type 2 diabetes)	<input type="checkbox"/> _____
		<input type="checkbox"/> _____
Upac nuh sihk in riti kuh sihmihs	<input type="checkbox"/> Petsacelah mongo nohm an	<input type="checkbox"/> _____
	<input type="checkbox"/> Siyuck sin kawuck kuh sucu lom an in kasrekom sihmihs mongo lom an ke ma sumuslah.	<input type="checkbox"/> _____
	<input type="checkbox"/> Sruokyac pusrem ke smart phone nuhtum an.	<input type="checkbox"/> _____

Fuhkah Kuhtangyen Mwe Kihsrcung



Ma Upac	Ohiyac in Kasruh	Kuhtwena Kasruh Nuhkac
Nga nuh muhlkihn na	<input type="checkbox"/> Oraclah muh sihmihsyen mongo kom kang ke len se el sie ma kom enenu in oruh ke len se.	<input type="checkbox"/> _____
	<input type="checkbox"/> Fihliac mwe ahkacsmak ke phone kuh computer.	<input type="checkbox"/> _____
	<input type="checkbox"/> Orekmakin timer.	
	<input type="checkbox"/> Fihliac ma suhmuhslah ke acn ma kom ac lie.	
	<input type="checkbox"/> Siyuk sin kawuck kuh sucu in ahkacsmakinyekom.	
Nga tiacna ke lohacng kuh sihmih ma nga kang uh	<input type="checkbox"/> Sang mwet sahyac in lie oraclah lom an.	<input type="checkbox"/> _____
	<input type="checkbox"/> Sifacna opi ikowi kom fin sun finsrak lom an. (opi sayen mongo)	<input type="checkbox"/> _____
	<input type="checkbox"/> Siyuk kawuck kuh sucu lom an in lohacng nuke ma elos kang an pac.	<input type="checkbox"/> _____
	<input type="checkbox"/> Srike orekmakin smart phone kuh computer apps.	



Module 6

Ahkyohkye Mukwikwi in Ahsrosr



Mwe Sramsram Yohk



Ahkyohkyeyacn mukwikwi in ahsrosr lom an kuh in kahrskom in kosraclah kuh ahksuhmuhiyelah sikyak luhn mihsen suka (type 2 diabetes).

Pa inge mwe sramsram lasr uh:

- Srihpac pwacnwacng in ahkyohkyeyuck mukwikwi in ahsrosr
- Kuhtuh ohiyac ma kuh in ahkyohkye mukwikwi in ahsrosr
- Kom ac oruh fuhkah kom in lohacng in wo nuhke ahsrosr lom an

Kom ac oraclah pac plan se lom sifacna!



Mwe Kahsruh:

- ✓ In kuh in lie lah pwacye kom muhtwacwacack ke ahsrosr na fal se, orekmakin sramsram lom an in srihke. Kalmac pa, kom ac kuh in sramsram, tusruk tiac on ke pacl kom ahsrosr.
- ✓ Srihke kom in ahkyohkye mukwikwi in ahsrosr ke kais sie week.



Sramsram Soko kacI Tulpe



Tulpe el oasr in sensen nuhke mihsensuka (type 2 diabetes). Pwacnwacng el srihke in ahkyohkye kuhtuh mukwikwi in ahsrosr lal ke kais sie week. Finsrak lal pa in oruh ahsrosr lal ke lusen minute 150 ke week se. Ahsrosr lal uh in ma na fal.

- **Week Se Emeet.** Tulpe el kahkahsrihk fahsr raunyak. Sun minute 10 el sislah in raunyak. El oruh ohinge ke lwen 3 ke week sac.
- **Week Ahk 2.** Tulpe el fahsr raunyak pacl 2. El sislah minute 17 in raunyak. El oruh oinge ke lwen 5 ke week sac.
- **Week Ahk 3.** Tulpe el fahsr raunyak pacl 3. El sislah minute 21 in raunyak. El oruh oinge ke lwen 7 ke week sac.

Sramsram Soko kac Tulpe



- **Week Ahk 4.** Tulpe el ukwena schedule in fahsr se ma el oruh ke Week ahk tolu ah. Weacng mukwikwi in ahsrosr lal ke week se inge, el oacyacpac srihke in fahsr ke acn oactu. Ke sie lwen ingacn, el oraclah sets 2 ke raun 3 orekmakihn resistance band.
- **Week Ahk 5.** Tulpe el ukwe na schedule in fahsr se ma el oruh ke Week ahk tolu an. 2 lwen inmahsr lon week se ingacn, el oraclah pac set 3 ke raun 5 orekmakin resistance band se.

Ingena, Tulpe el oraclah finsrak lal nuhke ahsrosr lal uh. El ahksrihkyelah paun lal. Suka lal ah fohlohki liki luhpah ma el oasr kac meet liki el muhtwacwacack ahsrosr ah.

Ahkkweye Muscles



Puhkantwen ma wo ke Ahkkweyeyacn muscles. Piac kac ma yohk sripac nuh sum uh?

- Ahkyohkye kuh
- Ahksrihkye sensen in puhtat kuh ikor
- Ahkyohkye luhpan muscles ac kuhiyen sri
- Ahkwoye balance, kapsreni luhn ma uh, ac mukuikui
- Akkweye kom in sifacna oruh ma kunom ke lwen se
- Ahkyohkye metabolism
- Ahkwoye puhla lom
- Kahsruh in ahkyohkye orekmakihnyen calories
- Kahsruh in ahkwoye motul
- Ahkyohkye luhlalhfongi lom keim sifacna
- Ahksrihkye ke kain in mas

Ahkkweye Muscles



Yohk sripac in oruh ohiyac ma safe nuhke ahkkweyeyacn muscles. Yohk sripac in esam in oruh ohiyac inge in safe:

- Fin oasr mas kuh elyah lom ke health lom an, esam in sramsram nuh sin doctor lom an meet liki kom muhtwacwacack ke kuhtwena kain in ahsrosr.
- Warm up meet liki ahsrosr ac cool down tohkoh.
- Oruh kom in active ke lusac ac luhpah fal, wi luhpan mwe tohu fal nuhke kuhiyom.
- Oruh ahsrosr lom an nuhke luhpah se ma ac upac kom in sifil kalweni.
- Nimet oruh ahsrosr lom an in pihsrpihsrlac. Enenuh in orek ke luhpah na fal ac kom kuh in oruh se.
- Momong na ke lusen pacl se kom ahsrosr an.
- Fin tiacna wo puhla lom an in ahsrosr, monglac tuhfeh lie lah fuhkah puhla lom ke len tok an.
- Srihke orekmakin fahluhk in ahsrosr ma ac sruokyac wo niom, pa nuhke fahluhk in fahsr, kahsrusr kuh kain in training in ahsrosr sahyac.
- Nimet orekmakin ankle weights kuh sruh dumbells ke pacl kom fahsr, kuh oruh ahsrosr aerobic pa nuhke pwacskuhl kuh kahsruhsr.

Ahkkweye Muscles



Push-Up Pesinkac

1. Foracng nuh pesinkac an. Tu ke lusac se ma loes kutusrik liki lusen poum nuhke pesinkac an. Oruh niom in an tuhparpasrelik fin falfucl an, ac finpusom in sralacpwelikh ac suwohs.
2. Mayak nuh met. Fihliac lun poum in an tuhparpasrelik nuhke pesinkac an ac fuhlwact oana finpusom ac finpusom in sralacpwelikh suwohs.
3. Kahkhsrik mongyak ke kom oracack kapihn poum ac fihli acn lung ke monum nuh pesinkac an. Srike kom in kakasrik na mokle monum.
4. Srukyac atac sacn ke second 1.
5. Mongi. Kahkhsrik pahtok kom nuh tok nuhke suwohselik poum.
6. Kalweni pacl 10 nuhke 15.
7. Monglac. Na sifil kalweniac pacl 10 nuhke 15.

Ahkkweye Muscles



Ahsrosr Po orekmakin Mwe Tohu

1. Tu kuh muhta ke sie siah kwekwe ma wacngin paho an. Oakiyac niom in an tupahsrpahsrwelihk fin falfucl an, inmasrlo an in oana sralacpan finpihsom.
2. Sruokyac mwe tohu an siskom in level nuhke fuhlwactan finpihsom. Oruh lun poum in an ngwet nuh meet. Kahkahsrihk mongyak.
3. Kahkahsrihk mongi ke pacl se kom sruhwack kwewa poum nuh fin sifom. Kahkahsrisrik mokle kapihn poum nuh lung. Oruh lun poum in an ngwet nuh meet.
4. Sruokyac atac sacn ke second 1.
5. Mongyak ac kahkasrihk isyac poum.
6. Kalweni pacl 10 nuhke 15.
7. Monglac. Na sifil kalweniac pacl 10 nuhke 15.

Muhtwacwacack ke mwe tohu muhlahlah. Kais kuhtuh nuhke kom kuh in sruhk ma toasr. Kom kuh in orekmakihn lwacpo meet. Fin kom lungse, kom kuh in orekmakihn tin in soup kuh kuhtuh ma sahyac.

Ahkkweye Muscles Keim an

Ahsrosr Po orekmakin Resistance Bands

1. Muhta ke sie siah kwekwe ma wangin paho. Oakiac niom in an tuhpaahsrpahsrwelihk fin falfucl an, inmahsrlo an oacna sralacpan finpusom.
2. Fihliac infulwen resistance band sacn ye niom kwewa. Srukyac kais sie siken resistance band sacn ke lun poum ac oruh lun poum in ngwet nuh lac. Oruh kapihn poum in an na ke siskom. Kahkahsrihk momong.
3. Oruh poum in suwohs. Kahkahsrihk mongi ac oracack kapihn poum in suwohs nuhke finpihsom.
4. Srukyac atac sacn ke second 1.
5. Mongyak ac kahkahsrihk isyac poum.
6. Kalweni pacl 10 nuhke 15.
7. Monglac. Sifil kalweniac pacl 10 nuhke 15.



Muhtwacwacack ke sie stretchy band ah. Kais kuhtu oruh nuhke kom kuh in orekmakihn sie band fokoko ah.

Fin resistance band se lom an oasr mwe sruh kac, lihksrweni sruokyac. Fin wacngin mwe sruh kac, puhnlah raunweack poum in tiac puhtat.

Ohiyac in Ahkyohkye Mukwikwi in Ahsrosr



1. Orekmakihn tin in mongo in sruok ac oruh bicep curls ke pacl kom fahsr an.
2. Kalweniac in puhs kuh ahkpuhsye sets in ahsrosr an.
3. Sruhk kuhtuh ma toasr kuh mwe tohu an.
4. Pahtok soko stroller an ke pacl kom fahsr.
5. Ahkpuhsye pihsen steps ke kais sie lwen kuh week.
6. Orekmakihn mwe tohu ma oasr ke pound se ke pacl kom fahsr an.
7. Ahkloesye fahsr lom an.
8. Fahsr in pihsrpihsr.
9. Fahsr in loes.
10. Fahsr fanuhk acn oactu.

Kom ac oruh fuhkah kom in mukwikwiyak kuh ahkyohkye ahsrosr lom an ke week ekahsr fahsruh ingacn?

Week Se Emeet: _____

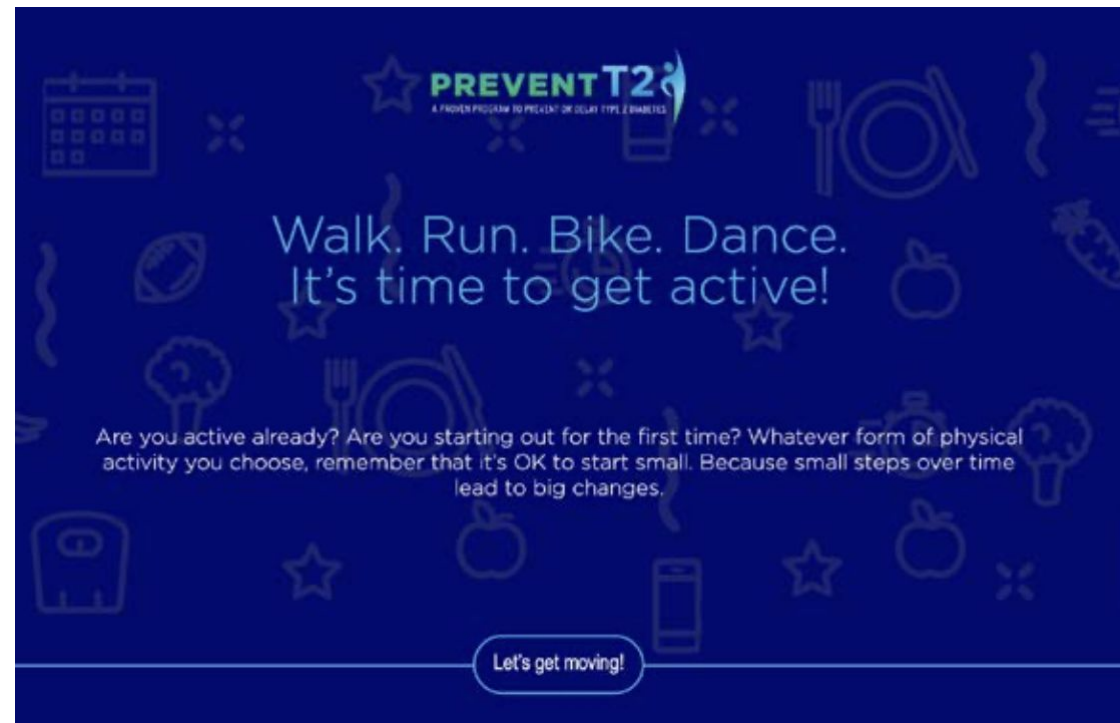
Week Ahkluo: _____

Week Ahktolu: _____

Plan in Kuhtanglah

Get Active Personal Success Tool Module

Ke “Get Active” module se inge, oasr quiz se, ac el kahsrh in usot kain in ahsrosr fal nuhke luhngse lom, ac oreklac pac in fal nuhke top lom nuhke level in ahsrosr ac ahkolah lom in eklac.



Source: www.cdc.gov/diabetes/programs/preventt2/week2-quiz.html



Module 7

Energy Utyak ac Energy Tifoklac

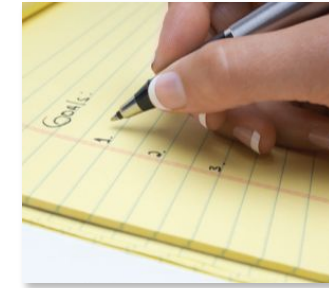


Mwe Sramsram Yohk

Ahksri kuh Ahsrosr kuh in kahsrüh kosrwaclah kuh ahksuhmuhiye sikyak luhn mihsen suka (type 2 diabetes).

Pa inge mwe sramsram lasr uh:

- Kuhpahsr inmahsrloh “energy” utyak ac “energy” tifoklac
- Fuhkah kuhpahsr luhn ma kom kang uh nuhke “energy” utyak ac “energy” tifoklac
- Fuhkah kuhpahsr luhn luhpan ahsrosr lom uh “energy” utyak ac “energy” tifoklac
- Kom ac oruh fuhkah in balance “energy” utyak nuhke “energy” tifoklac



Kom ac oraclah pac plan se lom sifacna!



Ma yohk sripac in esam:

In konwacack luhpan “calories” kom orekmakuhnlah, kom enenuh in etuh:

- ✓ Toasriyom
- ✓ Luhpan ahsrosr lom
- ✓ Lusen pacI kom ahsrosr
- ✓ Luhpah kuh upaciyacn ahsrosr lom an

Sramsram soko kac Tulen

Tulen el yac 47 el pound 240. El oasr in sensen in weack mihsen suka (type 2 diabetes). Doctor lal ah kwacfe elan srike sislah paun 40. Doctor lal ah fahkwacng lah el kuh in sislah 5% liki pound lal an ke CDC's National Diabetes Prevention Program in ahksrihkye sensen lal an. Ac oasr ke pound 12 pa inge.

Tuhsruhktuh, Paul el nuhnkuh lah efuh doctor lal sramsramkihn program se ma som lusen yac se in karingin mongo lal an muh ac kahsrel in sa na sislah pound lal an. Doctor se lal ah ahkuhtweyac nuh sel lah sisi pound se ma kais kuhtuh tuh fahsr na el safe ac orekma liki ohiyac sahyac.

Kais kuhtuh sisi paun pa ohiyac se ma oraclah eklac kawihl. Research uh fahk muh tiacna oacna sie sisi pound luhn kais sie mwet, tuhsruhk in sislah pound 1-2 ke week se el finsrak safe se.

Tulen el enenuh in ikihl luhpan claories el eis ac luhpan calories el ac sis fin el ke sislah pound 1 ke week se. El kuh in oruh ohinge fin el ahksrihkye calories ke mongo ac ahkyohke ahsrosr. Oasr nuhnak wowo ma Tulen el motko muh el kuh in oruh.

Calories ac Toasriyom



Ekyek Srihsrihk lal Paul

Meac Paul el Oruh?

Pa inge kuhtuh ekyek srisrik ma Paul el oruh:

- Ekuhllah breakfast lal ke ahtro tolu nuhke ahtro luo wi English muffin se ma akmuhsralah ke light butter a tilac butter nuhke slice in toast luo wi jelly, kahsel in ahksrihkye ke calories 200.
- Sulacлах muh elac srihkeyac luhpan sugar ac cream ma el sang nuhke coffee nihmacl uh. El sifil ahksrihkyelah luhpan calories 150 ke el orekmakihn teaspoon 1 ke sugar ac tablespoon 2 ke cream, a srack wo emahn coffee nihmacl ah!
- Tukun breakfast, el oraclah ahsrosr fahsr lal ke minute 30 meet liki el som nuhke orekma ah. El srihke in fahsr pihsrpihsr fal nuhke kuhiyacl tuh el srackna pass Talk Test sac.
- Ke lunch, el mongo applice slice wi sandwich ac nihm sprakling water a tilac chips ac suhfah in cola. Atac se inge ahksrihkyelah pac calories 345.
- El siuck salad nwacl ah in serve tuh dressing ah in oan siskac elan muh kuh in lie luhpah ma el enenuh in sang nuhke mongo nwacl ah. Ohiyac se inge ahksrihkyelah calories 100.
- Tukun dinner, eltahl fahsr pihsrpihsr ke pakt ah minute 40.







Pacl inge, Paul el sislah sahp ac pound se ke week ke srihpen ekyek ke mongo ac ahsrosr lal. Ac ingena el oasr lac e ke infulwacn finsrak lal uh!

Calories ac Toasriyom



Ahksrihkyeyacn Calories Kom Eis ke Mongo

Kuhtuh ohiyac ma kom kuh in sang ahksrihkye calories ke pacl in mongo. Srikhe ayaol wowo inge.

Breakfast		
	Instead of	
1 cup oat cereal		1 cup bran and raisin cereal
	Instead of	
2 eggs cooked with 1 teaspoon of vegetable oil		2 eggs cooked in 1 tablespoon of butter
	Instead of	
2 slices of whole wheat toast with 2 teaspoons of butter		1 bagel with 2 tablespoons of cream cheese

Calories ac Toasriyom

Ahksrihkyeyacn Calories Kom Eis ke Mongo

Kuhtuh ohiyac ma kom kuh in sang ahksrihkye calories ke pacI in mongo. Srihke ayaol wowo inge.







Lunch		
	Instead of	
Sandwich and fruit		Sandwich and 1 snack size bag of chips
	Instead of	
2 tablespoons of vinaigrette dressing		2 tablespoons of ranch dressing
	Instead of	
1 cup of vegetable soup		1 cup of cream of chicken soup

Calories ac Toasriyom



Ahksrihkyeyacn Calories Kom Eis ke Mongo

Kuhtuh ohiyac ma kom kuh in sang ahksrihkye calories ke pacl in mongo. Srihke ayaol wowo inge.

Dinner		
 ½ cup of stir-fried broccoli	Instead of	 ½ cup of broccoli in cheese sauce
 1 slice of cheese pizza	Instead of	 1 slice of pepperoni pizza
 1 cup of pasta with tomato sauce	Instead of	 1 cup of pasta with tomato sauce and ¼ cup of parmesan cheese

Calories ac Toasriyom



Sifil Nuhnkuh Ke Ma Kom Nihm An. Sie ohiyac in ahksrihkye calories pa in nuhnkuh ke ma kom ac nihm an. Mwe nihm uh tiacna koanwekomlac oacna mongo uh. Oacna ke kom lie ten inge, calories ke mwe nihm uh arulacna kuh in yohk! Tuhsruhktuh, ma wo uh pa: fin kom ahollah mwe nihm ma yohk calories kac an nuhke mwe nihm ma srihk kuh wacngin calories kac, kom kuh in ahksrihkyelah calories na yohk!

 12 oz. café latte made with half the syrup and vanilla flavoring 190 calories	Instead of	 16 oz. café latte made with regular amounts of syrup and vanilla flavoring 290 calories
 Bottle of water or sparkling water 0 calories	Instead of	 20 oz. bottle of regular cola 240 calories

Calories ac Toasriyom



Sifil Nuhnkuh Ke Ma Kom Nihm An Sie ohiyac in ahksrihkye calories pa in nuhnkuh ke ma kom ac nihm an. Mwe nihm uh tiacna koanwekomlac oacna mongo uh. Oacna ke kom lie ten inge, calories ke mwe nihm uh arulacna kuh in yohk! Tuhsruhktuh, ma wo uh pa: fin kom ahollah mwe nihm ma yohk calories kac an nuhke mwe nihm ma srihk kuh wacngin calories kac, kom kuh in ahksrihkyelah calories na yohk!

	Instead of	
Water with lemon 0 calories		16 oz. sweet iced tea 120 calories
	Instead of	
Sparkling water with a splash of 100% fruit juice 25 calories		12 oz. regular ginger ale 130 calories

Sources: Rethink Your Drink. Department of Health and Human Services. Centers for Disease Control and Prevention. www.cdc.gov/nccdphp/dnpa/nutrition/pdf/rethink_your_drink.pdf
USDA National Nutrient Database for Standard Reference

Calories ac Toasriom

Etuh in Orekmakin Nutrition Facts

Ke kom sule ma kom ac nihm uh, kom ac kuh in lut ke calories lun kuhtuh ma kom luhngse an. Orekmakihn label ke Nutrition Facts. El ac tahkuhnlah calories ke serving se. Kom kuh pac in lie website luhn mwe mongo sacn kuh siuck kom in kuh in lie Nurtirition Facts ke kom som nuhke restaurant an. Sie pac ohiyac in ahksrihkye calories pa in nuhkuh ke luhpah kom ac nihm an. Fin nuhke mwe nihm ma yohklac calories kac, arlac yohk srihpen luhpah an!

Ke Nutrition Facts label se ke ounces 20 ke suhfah in cola soko inge, el fahk muh
1 serving size = 8 ounces na oasr servings 2.5 ke suhfah soko inge.
1 serving = 100 calories kalmac ... 2.5 servings = 250 calories
(fin kom nuhmlah suhfah na fohn soko)

NUTRITION FACTS LABEL	
Serving Size	8 fl. oz
Servings Per Container	2.5
Amount per serving	
Calories	100

In kuh in konwacack luhpan calories ke suhfah na fohn soko, multiply calories ke serving se ke pihsen servings ke suhfah soko. ($100 \times 2 \frac{1}{2}$). Fin kom ac nuhmlah suhfah na fohn soko inge, ac oasr calories 250 pa utyak kuh kom ac eis.



Nahweyuck Srisrik nuhke Mwe Nihm Lom uh ac Oraclah Eklac Yohk

Ke coffee shop ah:

Coffee uh wo emah ac kuh in ma kom wac oruh ke lwen se, oasr ke litutacng, eis ke tahfuhn lwen tok, kuh special treat se. Tuhsruhktuh, kom ac kuh in lut ke kain in ma kom luhngse inge. Ke pacl kom ke nihm coffee an, srihke ma inge:

- Siuck ma nimom an in fat-free milk kuh 2% milk likina in whole milk.
- Eis ke size se ma srihk emeet an.
- Tiac eis mwe emahlah ingacn. Siuck lah kuh in tahfuh syrup kuh sugar free syrup. Syrup ma flavor lac an oasr sugar ac calories kac.
- Macnsis in tiac whip. Whipped cream ma oan fin coffee an sang calories ac fat.
- Srihke mwe nihm ma srihk calories kac ma kom ac luhngse. Ahollah latte nuhke ma cold brew. Srihke eis espresso wi kihtin milk kuh cream. Lie menu online kuh eis kahsrh ke coffee shop.
- Eis ke coffee plain ac sifacna motkwelah milk, cream, ac sugar lom an. Kom ac kuh in liacack lah kom kuh in ahksrihkye dairy kuh mwe ahkemwem ingacn ke pacl kom sifacna oruh uh. Kuh srihke nihm black coffee. Esam lah coffee plain el arulacna srihk calories kac. Ma sang emahlah ingacn pa sang calories!
- Orek coffee lohmah ac fihliac coffee special an nuhke pacl in ahkfuhlwact.



Sulaclah Wowo Nuhke Mwe Nihm:

Kuhtuh nuhnak nuhke mwe nihm wowo:

- Sulaclah kof kuh sparkling water.
- Us soko suhfah in kof ah. Nwek in oasr ke lwen fohn se.
- Emahlah kof nimom an ke mwe orek kof ma wacngin calories kuh slice in lemon, lime, kyuri, kuh watermelon. Kuh sang kuhtuhsrihk 100-percent fruit juice nuhke plain sparkling water.
- Nihm tea kuh coffee tiac sugar. Eis ke ma fol kuh ohu.
- Fihliac sie pitcher in kof an ke aes pohk ah.
- Fihliac pitcher in kof an ke tepuh an ke pacl in mongo.
- Fin kom ituck smoothie, eis ma se ma srihk emeet calories kac ac siuk in wacngin sugar ituckyang nuhkac. Fukunsahk uh el emwem tari.
- Fin kom sulaclah mwe nihm ma oasr suka kac, eis size se ma srihk emeet an. Eis soko size nuh sin tuhlihk srisrik an fin kuh.
- Oasr vitamins, minerals, ac protein ke milk uh. Tuhsruhktuh, oasr pac calories kac. Kom fin sulaclah low-fat kuh fat-free milk, el ohiyac wo se nuhke ahksrihkyeyacn calories ac srack eis nutrients ma monum enenuh.

Sramsram Soko Kacil Tulen Part 2

Tulen el enenu “calories” 2,200 ke len se in wacngihn eklac ke toasriyacil. El fin ahksrikyelah ke “calories” 500 ke len se, ac oasr na “calories” 1,700 pa ac luhlah.

Ma se inge upac in oreklac, tuh yohk sripac. Kais kuhtuhsrihk ac lohacng nuhke kais sie ma pacl se kahsrel Tulen in fahsr fal nuhke finsrak lal. Tuhsruhkimet muhlkuhnlah lah Tulen el kuh pac in fototoyang nuhke finsrak lal an el fin ahkyohkye ahsrosr.

Meac enenuh nuhke calorie ke lwen se?

Enenuh lom nuhke calories ke lwen se pa calories kom enenuh in muhtana ke toasriyom. Number se inge tuhkuh ke matwac, lah kom mukul se kuh muhtwacn se, lusom, lopom, ac toasriom. Luhpan ahsrosr lom an tiacna oacwac nuhkac.

Kuht lie lah fuhkah oraclah lal Tulen ke Sacnri.

El mongo pacl tolu wi mongo srisrik luo oraclah calories 2,000 nohfohn. El ahkyohkyelah pac ahsrosr lal ac fahsr tukun mongo in litutacng ac mongo in ekuh. El oacyacpac imohm mah. El esuhklah calories 310 ke mukuikui lal inge kwewa.

In konwacack na paye luhpan calories lal Tulen, kuht muhtwacwacack ke calories ma el eis . Tohkoh, kuht eslah calories tifoklac ke ahsrosr:

$2,000 - 310 = 1,690$ Tulen el oraclah fal!

In pacl inge, Tulen el sislah apkuhran in pound 1 ke kais sie week ke kwewana mongo ac ahsrosr. Ac el oasr e infulwac nuhke finsrak lal nuhke toasriyacil.

Kom ac Lohacng Fuhkah nuhke Calories Kom Orekmakuhnlah

Luhpah kah “calories” kain in ahsrosr uh orekmakuhnlah?

- Wi na matwom, sex lom, luhpan ahsrosr lom, ac toasriom, kain in luhpan calories pa kom orekmakuhnlah
- Chart se inge ahkkahlwemye luhpan “calories” ma mwet pound 154 se orekmakuhnlah fin el oruh ahsrosr kuh mukwikwi lal ke luhpah na fal se.

Ahsrosr	Calories orekmakihnyucklac ke ahsrosr ke luhpah na fal se	
	Ke hour 1	Ke minute 30
Hiking	370	185
Light gardening/yard work	330	165
Dancing	330	165
Golf (walking and carrying clubs)	330	165
Bicycling	290	145
Walking	280	140
Weight training (general light workout)	220	110
Stretching	180	90

Source: US Dept of Agriculture. MyPlate (<http://www.choosemyplate.gov/physical-activity-calories-burn>)

Kom ac Lohacng Fuhkah nuhke Calories Kom Orekmakuhnlah

Luhpah kah “calories” kain in ahsrosr uh orekmakuhnlah?

Ahsrosr	Calories orekmakihnyucklac ke ahsrosr ke luhpah na fal se	
	Ke hour 1	Ke minute 30
Watching TV	70	35
Sleeping	62	31

Source: Physical Activity for a Healthy Weight. www.cdc.gov/healthyweight/physical_activity/index.html

Assignment (Optional)

Orekmakihn pwepuh se nuhke 2 lwen ke week se inge in lohacng nuhke calories kom utyak ac calories kom sislah ke ahsrosr, nimet ikihl ma kom wacna oruh an. Tohkohyang, kom lie lah piac can kom kuh in orek ekyek nuhke atacn mongo ac ahsrosr lom an in kuh in muhtwacwacack eis in calories 500 srihk liki ma kom sislah an. Tiacna enenuh in srihkaskaruh fal na nuhke calories 500 kom sislah. Ma in ahkfihsracsrye nuh sum in nuhnkuh lah kom ac oruh fuhkah kom in in balance ma kom kang ac nihm nuhke ahsrosr lom an. Esam lah ma sikyak ke ahsrosr uh ac tiacna oacna ma sikyak ke ma kom kang uh, tuhsruhk ac ahkyohkye sisi calories.

1. Lohacng nuhke mongo ac ahsrosr ke lwen 2.
2. Lie results lom an.
 - Kom pa etwekom emeet uh.
 - Orek nahweyuck fihsracsr meet.
3. Sifilpac lohacng nuhke 2 nuhke 3 lwen an ke kom orek nahweyuck tari nuhke ohiyac lom an.
4. Kalweniac fin srihke lom an sihpisrpihsrlac.
5. Lotwelah ke ma kom sihmih an.

Assignment (Optional)

	Calories Taken In			Calories Burned		
Day	Item	Amount	Calories	Activity	Minutes	Calories Burned
Day 1						
Day 1 Totals						
Day 2						
Day 2 Totals						



Module 8

Kang Mongo ma ac Ahkkweye Finsrak nuhke Health Lom an



Mwe Sramsram Yohk

Oakwuck wowo nuhke mongo lom an kuh in kaksrekom in kosraclah kuh kohllah sikyak luhn mihsen suka (type 2 diabetes).

Pa inge mwe sramsram lasr uh:

- Oakiac ohiyac wowo nuhke mongo
- Luhpan mongo kom kang an in fal nuhke luhpah ma ac ahkkweye finsrak lom an
- Srihke in eis kain in mongo ac in ahkoeyucklac ke ohiyac ma tiac pwen mas



Kom ac oraclah pac plan se lom sifacna!



Mwe Kasruh:

- ✓ Eis luhpah fal
- ✓ Etuh in sifacna puhla pac in mutwacwacack ac tui ke mongo lom an
- ✓ Orek ayaol nuhke mongo kom luhngse an in muh wo ac tiac pwen mas

Srihke Ohiyac in Ahkwoye Mongo



Sramsram Soko Kacil Palik– Part 1

Ke Palik el muhtwacwacack ke orekmsa sasuc se lal ah, el orekma na ke pacl in lunch ac tiacna lohacng nuhke masrinsracllah lal. Ke pacl el tiac lunch uh, el ac puhla masrinsracl, ullac, ac rarrar tukun orekma ah. Sripac inge oruh el wacna eislah bag in chip se elan kang ke elac kahsruhsr fohlohk nuh lohmsel ah. Pacl se elac sun lohmsel ah, el ac tiac arlac puhla masrinsracl tusruk el ac mongo in ekuhi pacna.

Ohiyac sasuc lal Palik inge oruh yohkwelikh pound lal ah, ac ke el som nuh yohrohl doctor ah, fwackyng nuh sel lah el oasr ke sensen nuhke mihsen suka (type 2 diabetes). Ke el tuhfhana lohng ah, el tiacna arlac nuhnkuh in orek nahweyuck. El puhla muh el tiac kuh in tiac eis mongo srisrik lal inge.

Palik el oacyacpac nuhnkuh luhpan pacl ac ahkoo ma el enenuh in oruh in kuh in oraclah snacks wowo ma el ac us nwacl nuhke orekma ah.

Palik el etuh lah sensen lal nuhke mihsen suka ma na yohk se ac el enenuh in ahkwoye. Palik el muhtwacwacack in orek nahweyuck srisrik nuhke ohiyen mongo lal. Ingena, el srihke in mongo na ke pacl ma el puhla muh el masrinsracl. Ke pacl el kahfofo ac tiac kuh in eis monglac lal ke lunch, el ac utuck unsalted/low salt nuts ac vegetables elan tuh kang ke pacl el masrinsracl.

Palik el oacyacpac srihke in wo nuhnak lal ke nahweyuck el oruh inge. El ingena lohacng na nuhke ma wo ma ac tuhkuh ke srihke lal uh.

Srihke Ohiyac in Ahkwoye Mongo



Ohiyac in Ahkwoye Mongo

Sie ohiyac in mongo ma nga lungse ahkwoye kuh ekullah pa:

Eis Luhpah Fal

Eis luhpah fal se ke mongo el sie ohiyac in ahkwoye mongo.

Srihke ma inge in kaksrekom:

- Mongo ke pacl na kom masrinsaql. Lohacng nuhke ma ahkkahlwemye nuh sum lah kom masrinsaql. Srihke in tiac mongo in sang ahkfalye sripac sahyac, pa nuhke puhla muh wacnginlac ma in oruh kuh suhpwacr. Sokwack kuhtuh ohiyac sahyac in ahkwoye puhla ingacn.
- Nimet sano nuhke na kom arlac masrinsaqlah. Fin kom oruh ohinge, ac fihsracsr na kom in kang mongo ma tiac na wo kuh mongo yohklaclac.
- Nimet mongo ke bag kuh mwe nwenyuck luhlahp. Oruh kom in srihkeyac kuh oraclah luhpah fal. Ohiyac se inge ac kaksrekom in karingin luhpan ma kom kanglah an.
- Orekmakin plate srisrik ac serving size packs. Ac kaksrekom in ukwe luhpah fal. Lohacng nuhke mongo nohm an—emah, fohloh, sound kac an. Srihke in tiac read, drive, kuh lieyuck TV ke pacl kom mongo an. Ac kuh in yohk pwacr lom in kang mongo nohm an
- Kahkaksrisrik mongo. Ohiyac se inge ac sang pacl luhn brain lom an in puhla lah kom nwacnwaclah.

Srihke Ohiyac in Ahkwoye Mongo



Mongo Nuhnkuh

Mongo Nuhnkuh pa kom in acsmak ke mongo lom an. Kom in kuh in acsmak ke sulaclah ac puhla mongo nohm an ac acsmak pac ke puhla lah kom muhtwacwacack ac tui ke mongo lom an. Ohiyac se inge kom kuh in srihke muh pa ma sahflah se nuhke ahkwoyeyacn mongo lom an.

Srihke ma inge in kaksrekom:

- Mongo ke pacl monum fahk nuh sum muh kom in mongo (example, ke pacl kohrohrohr insiom kuh wacngin lalom).
- Lohgn enenuh luhn monum. Srihke in mongo in ahkfalyelah liki na in nwacnwaclah kuh tihngtihngi.
- Wi mwet sahyac mongo ac oakiac pacl ac acn nuhkac.
- Nuhnkuh ke koanon mongo ma kom ac kang an.
- Kang mongo ma yohk sripac nuhke monum.
- Ke pacl kom mongo uh, lohacng nuhke mongo lom an ac kahkhsrisrik ngalis.

Ohiyac wowo se nga ac srihke in ahkfahsrye misenge pa _____

Engankin Mongo ke Ohiyac Wowo

Sramsram Soko kac Palik–Part 2

Fahsruh na e ke pacl se doctor lal Palik ah fahkwacng lah el oasr ke sensen in weack mihsen suka ah, el muhtwacwacack in ahkwoye sulaclah lal. Palik el ingena:

- Sule mongo ma oasr fiber, vitamins, ac minerals, suc oasr ke vegetables, whole grains, ac fruit.
- Nahweyuck srisrik el oruh inge ma in ahksrihkye processed foods ma el kang.
- Srihke in eis in yohk nutrients ac ahksrihkye calories ke mongo el kang uh.

Palik el sule mongo ma yohk fiber ac kof kac elan muh sa kihpi a srihk calories el eis. Fiber el kain in carbohydrate se ma tiacna kuhnanuc ac tifoklac liki monum. Mongo ma yohk fiber kac uh el pahtlac in kuhnanuhi. Sripac se inge oruh kom ac puhlahihn kihp lom an paht kuhtuh.













Ohiyac Wowo in Kosraclah Mihsen Suka (type 2 diabetes)

Orek sulaclah wowo el ipin nahweyuck nuhke ahkwoyeyacn mongo. Sulaclah ma:

- Yohk ke fiber, vitamins, ac minerals, suc kuh in konweyuckyak ke vegetables, whole grains, ac fruit
- Srihk process kac an
- Yohk ke nutrients
- Srihk ke calories

Engankin Mongo ke Ohiyac Wowo



Instead of...		Choose...	
½ cup chocolate pudding (153 calories)		½ cup plain nonfat yogurt with 1 teaspoon jam (85 calories)	
1 bag of classic potato chips (460 calories)		3 cups of air-popped popcorn (93 calories)	
1 medium serving of french fries (378 calories)		1 cup baked home fries (243 calories)	
1 slice of pepperoni pizza (338 calories)		1 slice of thin crust veggie pizza (200 calories)	
½ cup salsa con queso (179 calories)		½ cup plain salsa (38 calories)	
1 cup orange juice (122 calories)		1 medium orange (69 calories)	

Engankin Mongo ke Ohiyac Wowo



Mwe nuhnak nuhke Sulacлах Wowo in Kosraclah Mihsen Suka

Directions: Wi sie partner an in suhmuhslah nuhnak lowos nuhke sulacлах wowo ke mongo. Ke column soko ke lacsac ke chart se ten inge, suhmuhslah inen mongo se ma kom ke ahollah an. Ke column soko ke lacsac an, suhmuhslah mongo wowo se ma kom ac sang ahol an.

Instead of

Choose



Ahkwoye Recipe

- Orek ayaol nuhke mongo kom lungse an in healthy lac.
- Sulacлах chese ma fokoko emah ac srihk fat kac, pa nuhke Parmesan ac feta.
- Sulacлах o quality la an.
- Sulacлах kain in em, atac, fohloh ac tuhn ke mongo.
- Ahkmol vegetebles kain green beans ac broccoli ma in sa, in muh ngucrngucr ac wona tuhna an.
- Nahwelah mongo ke herbs, spices, low-fat sald dressings, sronin lemon, vinegar, hot sauce, plain nonfat yogurt, ac salsa.
- Grill kuh roast veggies ac ikoac in tuhkuh flavor la an.
- Lotwelah kain in ahkmol sasuc ac recipe ke book, articles, ac video. Kom kuh pac in wi lutlut orekm mongo healthy.
- Sruhmuhn nuhnak lom ac wi kawuck, sucu, ac mwet wi PreventT2 orek mongo.
- Srihke kain in orek mongo ac ingredients sasuc.

Engankin Mongo ke Ohiyac Wowo

Nahweyuck nuhke Recipe lal Palik

Palik el luhngse cook! Sie mongo el luhngse uh pa lasagna se ninac mahtuh kiaci ah oruh. Ke recipe se lal inge, oasr ricotta ac mozzarella cheese kac, ground beef, tomato sauce, ac, enenuh na in lasagna noodles. Wo ohiyac el konwacack atac se in oraclah recipe se lal ninac mahtuh inge in healthy ac srackna wo emah.

Original Lasagna Recipe	Lasagna Recipe Makeover
	
<ul style="list-style-type: none">• 12 lasagna noodles• 1 pound ground beef• 2 cloves garlic, chopped• ½ teaspoon garlic powder• 1 teaspoon dried oregano, or to taste• salt and ground black pepper to taste• 2 (16 ounce) packages ricotta cheese• 2 eggs• 1 ½ (25 ounce) jars tomato pasta sauce• 2 cups shredded mozzarella cheese	<ul style="list-style-type: none">• 6 whole-grain lasagna noodles• 12 slices zucchini• 1 pound ground turkey• 2 cloves garlic, chopped• ½ teaspoon garlic powder• 1 teaspoon dried oregano, or to taste• salt and ground black pepper to taste• ¼ cup fresh basil• ¼ cup fresh Italian parsley• 1 (16 ounce) package part-skim ricotta cheese• 2 eggs• 1 ½ (25 ounce) jars tomato pasta sauce• 1 cup shredded part-skim mozzarella cheese• ¼ cup mushrooms• ½ cup spinach• ½ cup red peppers



Nahweyuck Recipe - Activity

Directions: Wi uu lom an in orek nahweyuck nuhke recipe. Orekmakin sie recipe ke slide meet ingacn in orek nahweyuck wowo nuhkac. Suhmuhsrah nuhnak lom an ke column ahk

Inen
Recipe: _____

Nahweyuck nuhke Recipe



Module 9

Karuhnganwacng Ma Ahkelyahye Nunak Lom An



Mwe Sramsram Yohk

Karingihnyen ma ahkelyahye nuhnak lom an kuh in kasrekom kosraclah kuh ahksuhmuhiye sikyak lun mihsen suka (type 2 diabetes)

Pa inge mwe sramsram lasr uh:

- Kuhtuh ma ac kuh in ahkelyahye nuhnak lom an
- Kuhpahsr lun ma ahkelyahye nuhnak lom an ac mihsen suka (type 2 diabetes)
- Kuhtuh ohiyac ma ac kahsrub ahksrihkye ma ahkelyahye nuhnak lom an
- Kuhtuh ohiyac wo kom in orekmakihn pacl nuhnak lom an elyah kuh fosrngah

Kom ac oraclah pac plan se lom sifacna!



Mwe Kahsrub:

- ✓ Enenuh in oasr etuh lom ke ma sang ahkfosrngahye kuh ahkfohsye nuhnak lom an. Sifacna luhmahlah ohiyac kom kuh in sang kahsrub ahkfihsracsrye.
- ✓ Nimet eiskom nuhke ma kom tiac luhngse kuh tiac ke oruh.



Ma Ahkelyahye Nuhnak Lom An



Sramsram Kacl Tulpe–Part 1

Tulpe el tena pahyuck ac el puhla muh el nikannuhllah na pwacye. Tuhlihk nahtuhl ah srackna oasr ke lutlut ac, ac pahpah tuhmwacel ah mas. Tulpe el mwet orekma full time se. Doctor lal ah fahk nuh sel muh el oasr in sensen in weack mihsen suka. El kwacfel elan sisi pound ke ahkwoyeyacn mongo lal ac ahkyohkye ahsrosr.

Doctor lal Tulpe ah akkahleme nuh sel tuh nuh ac arulacna fihsracsr elan weack mihsen suka (type 2 diabetes). El kwacfel elan ahksrihkyelah paun lal ah, karihngihn mongo lal ac ahkyohkye mukwikwi kuh ahsrosr lal.

Sramsram kacl Kun–Part 1

Upac nuh sel Kun in puhla muh el kuh in oraclah kwewa ma el enenuh in oruh uh, pa nuhke moul bills, ahksahfyelah orekma lal ke pacl, ac oraclah pacl nuh sin sucu lal. Partner se lal Kun ah nuh fahk na muh el enenuh in mongo in wo ac oruh kuhtuh ahsrosr ah, ke sripen el etuh muh el oasr in sensen nuhke mihsen suka. Nuhnak na lal ke ekyek inge oacna in arlac upac nuh sel Kun ke sripen kain in ma sahyac ma sikyak pac.

Suhmuhsalah luu ma ahkelyahye nuhnak lom an:

1. _____
2. _____

Ma Ahkelyahye Nuhnak Lom ac Mihsen Suka



Oasr kuhpahsr inmahsr lon ma ahkelyahye nuhnak lom ac mihsen suk

- Ma ahkelyahye nuhnak lom uh kuh ikihl luhpan suka ke srah lom uh, suc kuh in ahkyohkye sensen lom nuhke mihsen suka
- Ma ahkelyahye nuhnak lom uh kuh in oruh kom oruh ohiyac ma ac oraclah mas.

Sramsram kacI Tulpe ac Kun–Part 2

Tukun lwen fohn se ke orekma ah, Tulpe el enenuh in kahsrub tuhlihk nahtuhl ah ke homework lalos ac enenuh pac elan ahkolah mongo in ekuh. Ke tari mongo in ekuh ah ac tuhlihk nahtuhl ah oan in bed, Tulpe el muhta ke sofa ah ac mongo ice cream kuh eis glass in wine ahk luo nimacl.

Kun el arlac ullac tukun orekma ah pwacnacng el muhta na ke sofa ah tukun mongo in ekuh ac liyeyuck TV. Sahflahiyac uh, el wacna muhta arlac paht ac sifilpacna tiac oruh ahsrosr lal.

Ma Ahkelyahye Nuhnak Lom ac Mihsen Suka



Ke pacl elyah kuh fosrngah nuhnak lom uh, kom kuh in puhlakin

- Kasrkuhsrak
- Kihructruct
- Tiac Oakiac
- Fohsack
- Masrinsracl
- Semuhtweng
- Suhpwacr
- Fosrngah

Kom kuh pac in puhla:

- Ngal sifom, fonom ac inkwacwom
- Pihsrpihsrlac beat luhn heart lom an
- Sruhuh monum
- Maskin siac

Ke pacl elyah kuh fosrngah nuhnak lom uh, kom kuh in :

- Eis mwe sruhi
- Muhlyela
- Muhtwac path
- Kahfofo wel
- Srihklac kuh yohklac pacl in motul
- Sismohk
- Nuh nihm ono na
- Sislah pacl yohk in oruh orekma la

Kom kuh pac in:

- Oruh sulaclah ma pwen mas
- Tiacna ke ahsrosr
- Sislah pacl yohk in orekmakin cell, tablet, TV...

Ohiyac in Ahksrihkye Ma Ahkelyahye Nunak Lom



Wacngin ohiyac ma kalwem muh pa wo emeet in kosraclah nuhnak fosrngah kuh elyah. Tuhsruhktuh, oasr ohiyac ma ac kuh in ahkfisracsrye kuh ahksrihkye nuhnak fosrngah kuh elyah in moul lom an. Pa inge kuhtuh:

- ✓ **Suk Kahsruh.** Inse mwesahs in suk kahsruh sin kawuck ac sucu lom an. Eltahl ngalkihnkomp ac ke in wo nu sum pacl nukewa. Kom ac kuh pac in kahsreltahl sie pacl tok.
- ✓ **Oruh kom in los.** Oracni in oan wo ma yen kom muta we an.
- ✓ **Ahkfalye pacl in mutul lom an.** Srihke kom in motul sun ao 8 ke fong se.
- ✓ **Ahkpwacryekom sifacna.** Suk in oasr pacl lom nuhke ma kom pwacr in oruh uh. Wi kawuck lom an, riti sie puk ac, lie sie petsac ah kuh oacna sie ma e ahkpwacrye kom.
- ✓ **Puhlaik in fahk Mmoh.** Ahkpahyekom in tiac eis kom nuhke ma kom tiac ke oruh kuh enenuh in oruh.
- ✓ **Tahkuhnlah ma kom ac oruh ke kais sie len.** Suhmuhsrah e lucng ma yohk sripac emeet nu sum an.



Ohiyac in Ahksrihkye Ma Ahkelyahye Nunak Lom

- ✓ **Oraclah list ke ma kom ac oruh**
- ✓ **Ahkacsmakihnyekom sifacna.** Orekmakihn ma suhmuhslah, calendars, timers_ kuh oacna sie ma ac orekma nuh sum.
- ✓ **Oaki mwe finsrak yohk lom an ke ohiyac ma ac fisrsracsr kom in ahkfasryelah.** Ahksrihkyelah mwe finsrak yohk lom an nuhke ma srihsrihk ma fihsracsr in ahkfahsryeyuhk ac kahlwem.
- ✓ **Ahkwoyelah mwe elyah yohk lom an.** Suk in ahkwoyelah mwe elyah om an ke pacl sikyak an. Nimet fihliyac nuh tok oruh oan ahkfosrngahye kuh ahkfohsye nuhnak lom an.
- ✓ **Karuhnganwacng monum ac mwe nuhnak lom an.** Kom in karihngihn kom ac kuh in karihngihn kom sifacna pacl oasr ma sikyak in ahfohsyekom kuh ahkelyahyekom.





Elyah kuh fosrngah puhla lom an? Orekmakihn ohiyac inge pacl fohsack kuh elyah nuhnak lom an.

- ✓ **Oek sie ne ke longoul insifom, tiac inwaculum.** Oiyac se inge ac sang pacl in monglac luhn “brain” lom an.
- ✓ **Ahkmihsyekom sifacna.** Sang sie mwet ah in ek monum, yihyih kof fol, nuhmlah sie kuhp in “herbal tea” ac kuh lohng on ma e ahkmihsyekom sifacna.
- ✓ **Ahkkweyekom sifacna.** Ahkacsmakihnyekom lah kom pa nuhnuhnkwekom uh, tiac mwet sahyac.
- ✓ **Srihke ohiyac ma ac ahkmihsyekom kuh usot monglac wowo se nu sum.**
- ✓ **Tuhlahlihk ikom.** Oruh ahsrosr ma e tuhlahlihk ikom, fin pa “yoga” kuh kuhtuh pac sahyac.

Ohiyac in kasruh ahkmisyekom kuh usot monglac wo nuh sum

Kom ac kuh in puhlakihn eklac kom fin oruh ohiyac inge ke puhlan pacl se. Srihke sislah minute 10 ke len se. Sislah pacl lom in lohng on ma e ahkmihsyekom, kom fin ac ke.

Ke kom tufahna muhtacwacack uh, ac kahrüh kom fin ona ke sie acn ma lohsr kuh tiac yohk kalwem kac. Tok kuhtuh, kom ac kuh in puhlakin mislac luhn monum ac nuhnak lom an ke oana sie pacl kuh acn.

Tuhlahlihk ikwen monum.

Isacack ikoen motom, inwaculum, finpusom, poum, iniwom, niom ac falkom.



- ✓ **Tilokihnyac ma kom oruh an.** Tui liki ma kom oruh ke pacl se kom puhlak in foserngah kuh elyah lun nuhnak lom an.
- ✓ **Sramsramkin ma kom puhla an.** Fahkwacng kewa ma oan in nuhnak lom an nuh sin kawuk lom an kuh mwet kahsrh lom an.
- ✓ **Ahksrihkye nihmyen ma oasr “caffeine” kac.** “Caffeine” oraclah in elyah ac tiac akwuck nuhnak lom an.
- ✓ **Tuyak kuh Mukwilac.** Oruh ma ac moklekomyak, finne kom in fahsr ke pohloh acn kom oasr we an.
- ✓ **Oruh ohiyac ma ac ahkwacryekom.** Som tacn, moul, pahngon kawuck lom ah kuh kuhtena ma ac ahkwacryekom tiac oraclah elyah ke mas nuh sum.
- ✓ **Lohacng ac Nuhnkwelah in wo.** Ma sikyak nuh sum an tiac arlac upac kuh koluk oacna kom nuhnkuh an.

Ohiyac in kasruh ahkmisyekom kuh usot monglac wo nuh sum

Ahkmisyekom nuhnak lom an.

Srikomlac ac lohacng nuke ma ac ahkmisyekom. Ac kuh in puhsra se, kuh ma se kom luhmahlah.

Luhma. Luhmahlah ac lohacng nuhke pohloh acn kahto se ma ac ahkmisyekom. Petsacikomlac ke pohloh acn se ingacn.

Mongyak ac Mongi. Fuhlwacliik ikoen siom. Fihliyac la poum ke insiom, ten liki sri in pahp lom an. Kahkahrhik mongyak ke infwem. Puhla fahsryak luhn poum. Kahkahrhik fuhlwelah mongum ke inwacum. Puhla puhtati luhn poum.



Module 10

Ahkwoye Mongo Lom Sahyac



Mwe Sramsram Yohk



Ahkwoyeyacn mongo lom sahyac kuh in kahsrekom in kosraclah kuh ahksuhmuhiye sikyak luhn mihsen suka (Type 2 diabetes)

Pa inge mwe sramsram lasr uh:

- Kuhtuh ma ahkupacye kom in mongo wo ke restaurant ac tuhkeni sahyac
- Karihngihnyen ma oruh upac inge

Kom ac oraclah pac plan se lom sifacna!



Mwe kahsruh:

- ✓ Siyuck ke ma sang oraclah mongo sacn ac ahkolah la an.
- ✓ Eis mongo srihsrihk wo ac tiac pwen mas met likina kom som nuhke toeni an. Ohiyac inge ac kahsrekom in oraclah sulacclah wowo nuhke mongo lom an.

Sramsram Soko Kacil Salik- Part 1

Doctor Lal Salik ah fahk nuh sel lah el oasr in sensen in weack mihsen suka (type 2 diabetes). El enenuh in ekuhllah atacn mongo lal. Arlac wo mongo in lututang ac ekuh lal Salik e lohm sel ah ke kais sie len. Tuhsruh mongo in infulwenlwen el siena.

Salik el mwet muhsah se. Ke lwen uh, el wac forfor nuhke kain in acn in oruh orekma lal. El eis mongo in infulwenlwen lal ke acn in fast-food-drive-thru se. El wac mongo burger, fries, ac cola.

Salik el luhngse wi sucu lal ah. Tuhsruk, upac nusel in mongo wo ke toeni lalos ingan. Upac nuhsel in sokack mongo wowo. Ac ninac kiact ah wacna kihtact tonofa. El sruhnga aksuparyal , pacnacng el eis sie nwact.

Meac kuhtuh ma oruh upac nuh sum in orek sulactah wowo ke pacil kom mongo sahyac?

1. _____
2. _____



Ohiyac Sasuc nuhke Ahkwoyeyacn Mongo Lom Sahyac



Oakiacn ohiyac wowo nuhke mongo in restaurant ac kuh in upac. Tusruktu, kom srackna kuh in engankin mongo lom sahyac ke kom orek sulaciah wowo ac akwuck sasuc nuhke mongo lom an.

Mongo Sahyac – Step Sriksrik, Eklac Yohk



Large Fast-Food Meal

	Calories	Fat
Double Cheeseburger	520 cal	26 g
Large Fries	490 cal	20 g
Large Cola	290 cal	0 g
Total	1,300 cal	46 g



Regular Fast-Food Meal




	Calories	Fat
Cheeseburger	300 cal	13 g
Small Fries	220 cal	10 g
Medium Cola	210 cal	0 g
Total	730 cal	23 g

Ohiyac Sasuc nuhke Ahkwoyeyacn Mongo Lom Sahyac



Nuhnkuh ke luhpan eklac ke calories ac gram in fat ke pacl se Pedro, Nancy, and Barbara, and Latasha orek nahweyuck srisrik nuhke fast food nwaclos.

Mongo Sahyac – Step Srikrik, Eklac Yohk

Pedro	Nancy and Barbara	Latasha
		
<ul style="list-style-type: none">• Swaps out the fries for a side salad with Italian dressing• Switches out his soda for a diet soda, then gets a refill of water	<ul style="list-style-type: none">• Decide to split the large meal• Each orders a child-size beverage	<ul style="list-style-type: none">• Mixes it up by ordering takeout from a new local restaurant• Gets a small lentil soup, a small chicken shawarma and hummus, unsweetened tea, and sparkling water
Total Calories: 620 cal Total Fat: 33 g	Total Calories: 655 cal Total Fat: 22 g	Total Calories: 662 cal Total Fat: 19 g

Ahkwoye Mongo Lom ke Restaurant



Plan lac na Meet

- Lie menu na fohn sacn meet liki kom som nuhke restaurant ah.
- Kapsra calories ke menu ingacn in oraclah sulaclah lom
- Fin kom plan in dessert, sulaclah sie ma srihk kuh mongo srihk calories kac
- Plan kom in ahsrosr meet liki ac/kuh tukun kom som dinner sahyac

Orek Sulaclah Wowo Acn Nuhkwewa Kom Som Nuh We

Suk kaks inge ke menu ke restaurant ah:

- Baked
- Steamed
- Healthy/lighter choice
- Broiled
- Low-fat or fat-free
- Whole grain/whole wheat
- Grilled
- Vegetable oil
- Light
- Diet/healthy choice



Ahkwoye Mongo Lom ke Restaurant



Nahweyuck Srisrik, Eklac Yohk–Sample Swaps

	Original Meal	Swap 1	Swap 2
Meal 1	Double cheeseburger, large fries, large soda	Single cheeseburger, small fries, unsweetened tea	Chicken sandwich, small fries, unsweetened tea
Meal 2	Stuffed crust meat-lovers pizza	Regular crust veggie pizza	Thin crust veggie pizza, light cheese
Meal 3	Taco salad in shell with ground beef, sour cream, shredded cheese	Taco salad in shell with chicken, toppings on the side	Taco salad, without shell, with chicken, light sour cream and light cheese on the side
Meal 4	Sweet and sour chicken over white rice	Sautéed chicken stir-fry over white rice	Shrimp stir fry over brown rice

Ahkwoye Mongo Lom ke Restaurant



Karingin Size ke Portion

- In etuh muh kom eis luhpah wowo se, fahk ohinge:
 - “Nga ke in tahfuihyucki kuh size nwacn tuhlihk pa nga eis ke ma se inge.”
 - “Nga ke eis side ke ma se inge (kuh sie ma muhlahlah kuh srihk) ke mongo se inge.”
 - “Nga ac kawuck ac tuhkwani kang ma se inge, na kuht enenuh sie pac plate ah.”
 - “Use wihn sie to-go box ah ke kom ac use ma nak an.”(Box up tahfuh ma nohm an meet liki kom muhtwacwacack mongo!)
- Oruh kom in etuh portion size ke restaurant an ke kom lie pac mongo mwet sahyom ingacn order. Ac kuh in kaksrekom in otwelah lah ac fuhkah order lom an.

Mongo Lac/Lihk



Order ke Menu

Orekmakin menu ac kahsrub utuckot in sang otwelah lah nahweyuck fuhkah kom kuh in oruh ke kom order mongo nohm uh. Meac kom srackna kuh in oruh in engankin mongo lom an ac pacl ma kom wi sucu kuh kawuck? Team lom an kuh in kahsrekom in sokwack kuhtuh nahweyuck wowo ah. Kahsrub sie sin sie in kuhtanglah.

Suhmuhsrah ma kom otwelah an wi nahweyuck ingacn ten:

Nga eis kahsrub se inge... Nga sulaclah ma se inge... Kuh ma se inge...

Mongo Lac/Lihk



Order ke Menu

Orekmakin menu ac kahsrh utuckot in sang otwelah lah nahweyuck fuhkah kom kuh in oruh ke kom order mongo nohm uh. Meac kom srackna kuh in oruh in engankin mongo lom an ac pacl ma kom wi sucu kuh kawuck? Team lom an kuh in kahsrekom in sokwack kuhtuh nahweyuck wowo ah. Kahsrh sie sin sie in kuhtanglah.

Suhmuhslah ma kom otwelah an wi nahweyuck ingacn ten:

Nga eis kahsrh se inge...

Nga sulaclah ma se inge...

Kuh ma se inge...

Mongo Lac/Lihk



Piac kac sin nahweyuck sasuc inge kom lie muh kom wacna orekmakin?

- Liyaclah menu na fohk sacn meet kom in muh tiac lut.
- Kapsra calories ke ma lun menu an in kasrekom ke sulaclah lom an.
- Eis sie mongo muhlahlah kuh srihk kuhtuh kom fin nuhnkuh in eis dessert.

- Plan in ahkyohkye ahsrosr meet liki ac/kuh tukun wi special dinner se sahyac.
- Lie kahs ke menu an ma ac kahsrekom in oraclah sulaclah wowo se, pa nuhke baked, steamed, kuh healthy/lighter choice.

- Fahk ohinge, “Nga ke eis side se ke ma se inge in pa main course luhk uh,”
“Kawuck luhk uh ac wiyuc share ma se inge, na kuht ke eis pac sie plate an,”
kuh “Use wihn sie to-go box an ke kom ac use ma nak an.”
- Nuhnkuh ke portion size ke kom lie mongo ma mwet sahyom ingacn order.

Meac sie ohiyac ma kom ke srihke?

In ahkolah nuhke toeni in facsin:

- Eis mongo srisrik e lohmah in kuh in ahkolah nuhke mongo pwacye se
- Eis mongo in litutacng kuh mongo srisrik lom an ke tahfuhn pacl meet ke len se
- Fahk kuhtuh sulaclah wowo ma tiac pwen mas.
- Us sie mongo healthy ah kom in tuh share
- Siuck lah kom kuh in us sie ma healthy ah



Kahsruh nuhke Ahkwoyeyacn Mongo Lom ke Toeni Sahyac

In kuh in mongo wo ke toeni kuh party se:

- Sifacna serve ikom ke portion srisrik
- Lwelah nuh sum in eis kutusrik ke ma kom luhngse
- Ahksrihkye eisyacn servings ke mongo starch
- Siuck lah meac sang oraclah kuh oreklac fuhkah mongo sacn
- Lohacng nuhke ma kom sang ke plate lom an
- Konwacack ohiyac ma ac oruh kom in tiac tu pahtlac ke buffet an
- Muhtana ke mwe nihm ma wacngin calories kac
- Us na sie glass in kof an in poum
- Ahksrihkye eisyacn mwe sruhi
- Fahk muh, “Mmoh, kulo.”



Toeni Luhn Mwet Tuhlan



Oraclah plate se ma wo emeet ke mongo ma oasr ke toeni an

Ma se emeet, motko ke kain in mongo yucyuc ma ac kuh in oasr ke toeni an. Tohkoh, uu se lom an ac oraclah plate se ma wo emeet ke mongo ma oasr ingacn. Esam in list kwewa mongo ma oasr ke toeni sacn ac mongo ma kom ac sulaclah nuhke plate lom an! Tukun kom oraclah lah meac kom ac kang an, motko ke ma ac kaksrekom ac ma ac wo nuh sum ma kuh in oraclah sulaclah wowo lom inge in ma kom ac pahlah in oruh.

**Appetizers/
Snacks**

Meats

Vegetables/Sides

Breads

Desserts

Drinks



Oraclah Plate Se Lom!



Sramsram kac Salik Part 2



Salik el otwelah elan ahkwoye mongo lal sahyac. El srihke in ahkolah mongo in infulwenlwen se lal ke fong meet an. Fin el moul lunch, el ac moul burger wi salad se. Pacl inge, el nihm diet soda ac refill ke kof ohyohu likina in nihm cola. Salik el oayapac etwaclah in eis na sie tonofa ma ninac kiac an oruh ac nwacklah plate lal an ke bean ac corn sald kuh roasted vegetables na yuc se.

In ahkacsmakinyacl ke atacn lunch sascu se lal inge, el ac fihliac lunch bag lal an infulwen tepuh in mongo ah elan muh lie meet liki el ahknwacsnwacslac ac motullac. El srihke pac in ahkkweyacl sifacna ke nahweyuck el oruh inge in sifacna orek opi healthy nuh sel el fin tahklacna in apweni lunch lal an ke lwen 5.



Module 11

Karuhnganwacng Ma Ahkfihsracsrye Ohiyac Tiacna Healthy



Session Focus



In akihlen ac orek ayaol nuhke ohiyac ma ac ahkkolukye srihke lom an kuh in kosraclah kuh kohllah sikyak luhn mihsen suka.

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 healthy in ahkkahlemye luhngse lom nuh sin met kom nuhnkuh
- ✓ Kom fin snack ke pacl in TV, taran in tiac mongo ke ahluh kuh bag luhlahp. Eis na suhnahn serving se na tari.
- ✓ Kom fin lungse oan lieyuk TV tukun mongo in ekuh lom an, oruh kom in ahsrosrlah ke pacl in advertisement 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 ekullah ohien mongo ac ahsrosr lal.

Inkaiyen pac! uh, Marta el tuhkahkwek ke ao 5:30 ke litutacng. Pac! se na el sun nien orek mongo ah, na el mutawaak 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, ikoac! 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 tuhlahlih nuhnak lal ah. El oan fin mwe oan lal ah ac lieyuck TV. El mongo muhlalah ke pack in “chips” se ac cola soko.

Ma in Etuh ke Mwe Ahkkoluk



Atac ma Martha el Oraclah ke Lwen se Lal

Pacl	Can	Suc oasr?	Meac Wo?	Meac Enenuh in Eklac	Meac Marta el kuh in oruh
5:30 am	Marta's Kitchen	Muhkwena	Nihm cup in coffee se elan acsmak Sang pacl lal sifacna meet liki el muhtwacwacack ke len sacn	Fuhlao sahyac se ma yohklac calories kac (300 calories)	
3:00 pm	Lounge luhn Staff	Adam	Som liki desk lal ah Fahlac neke lounge ah Sramsram nuh sin kawcuk lal, Adam Ituck snack	Fuhlao sahyac se ma yohklac calories kac (300 calories)	
Ekuh	Living room lal Marta ah	Partner lal	Monglac Engankin oasr luhn partner lal Tuyak ke show an	Snacks ac mwe nihm yohklac calories kac (500 calories)	

Sramsram kacI Marta – Part 2



Marta el sulacIah elan ahkpahyacl in kosraclah ohiyac ma ahkkolukye srihke lal. In pacl inge, el ahkyohkye pacl in mutul lal elan muh tiac sruhi ke lwen an. El srackna nihm coffee ke litutacng ac tahfuhn len tok. El tilac mongo fuhlao ke litutacng a el mongo oatmeal wi teaspoon se ke maple syrup, fresh blueberries, ac walnuts.

Marta ac Adam ahsrosr fahsr lukunum sel an ke minute 10. El ahkloeyacl liki vending machine ke acn in orekma ah. Likina ohiyac meet lal inge, El utuck veggies ac dip, fruit, kuh cheese ac crackers mwe snack lal.

Marta el srakna lieyuck TV in sang monglac lal tukun kafofo lal ke lwen se. El sislah minute 20-30 in fahsr, kuh fin koluk puhlan pacl an, elac ahsrosr tohu tukun mongo in ekuh. Pacl inge el eis cup 3 ke popcorn ac piru soko likina in chips nuhke mongo srisrik lal ke ekuh.

Marta el srukyac na atac wowo ma el oruh ac oruh pacna nahweyuck srisrik lal ingacn. Nahweyuck srisrik inge el pahkihn ac wona kac.

Mwe Ahkkoluk ma Wacna Sikyak



Ma Ahkkolukye Moul ke Stoh, Mongo, ac Muhta Tiac Mukwikwi

Ma wacna ahkkolukye moul ke stoh ah:

“Ke nga moul uh, nga lie candy e ke counter in checkout ah oruh nga wacna sang nuhke cart ah.”

“Ke nga ac eis email yurin stoh ah ke coupons ac sales, nga ac mongo ac moli oacna sie ma kihlucki molo inge.”

Ma wacna ahkkolukye mongo:

“Kuht eis popcorn na luhlahp se in toeni kac wi cola.”

“Nga wacna tui ke stosah in taco ah ke pacl in lunch break.”

“Ke ngwac long stosah in icecream ah, ngwac ituck icecream.”

“Sucu luhk ah ituck pizza ke fong in Friday nuhkwea.”

“Nga ac kawuck luhk ah wacna mongo chicken wings, nihm piru, ac mongo chips meet liki pacl in game.” “Uu luhn muhtwacn ah wacna mongo donut ac nihm coffee tukun alu ah.”

Ma wacna pwacnwacng in muhta tiac mukwikwi:

“Nga kawuck luhk uh wacna toeni muhta ke cafeteria ke pacl in lunch ke lwen nuhkwea.”

“Nga wacna sritacl video games tukun orekma ah.”

“Sucu luhk uh sritacl board games ke tafunlwen tok ke Saturday nuhkwea.”

“Fin tari dinner, na pacl in TV.”

Mwe Ahkkoluk ma Wacna Sikyak



Nahwelah Ohiyac Tiac wo nuhke mou, mongo ac muhta tiac mukwikwi

Directions: Wi uu lom an in sokwack kain in ma kuhpahsr nuhke ahkkolukyeyacn mou, mongo ac muhta tiac mukwikwi. Suhmuhsalah mwe akkoluk ingacn ke column soko ten lacsac inge. “San ma lom sifacna.” Tohkohyang, tukweni nuhnkuh ac sramsramkin ohiyac sasuc nuhke ma ingacn. Suhmuhsalah nuhnak lom an ke column soko ma fahk muh “Nahweyuck nuhke Ohiyac Sasuc.”

Ma Ahkkolukye Moul ke stoh ah	Nahweyuck nuhke Ohiyac Sasuc
Kihlucki kuh oasr coupon luhk nuhkac	<ul style="list-style-type: none"><i>Sokwack inkacnek ma kom ac save money ke ma healthy</i>
Ahkmwel ke nga lie uh	
Nga wacna moli	
Sang ma lom sifacna:	
Sang ma lom sifacna:	

Mwe Ahkkoluk ma Wacna Sikyak



Ma Ahkkolukye Mongo

Nga lungse mongo chips ke nga TV uh

Nga tui ke drive thru ah ke nga kasrusr nuh loh m ah tukun orekma

Nga engankin pacl luhk yurin sucu luhk uh – fal in oinge!

Nga masrinsracllah na pwacye ac fihsracsr in ikack pack na mongo liki in orek mongo

Ahkmwel ke nga lie kuh ngok uh

Nahweyuck nuhke Ohiyac Sasuc

- *Tiac mongo ke bag kuh mwe nweyuck luhlahp. Srihke serving size se kac fah kom kang.*

Mwe Ahkkoluk ma Wacna Sikyak



Ma Ahkkolukye Mongo

Nahweyuck nuhke Ohiyac Sasuc

Nga tiac ke kuhnanuc
mongo

Nga lie
advertisement ke
mongo inge ac mwel

Sang ma lom sifacna:

Sang ma lom sifacna:

Sang ma lom sifacna:

Mwe Ahkkoluk ma Wacna Sikyak



Ma Ahkfihsracsrye Muhta Tiac Mukwikwi

Nahweyuck nuhke Ohiyac Sasuc

Lieyuck TV kuh game

Sramsram ke phone

Sritacl video games ke computer

Wi sucu ac mwet kawuck

Muhta lun stosah sano tuhlih ah
in tari ke lutlut kuh practice lalos

Lie apps ke phone kuh facebook

Sang ma lom sifacna:

Sang ma lom sifacna:

- *Oruh kom in mukwikwi ke pacl in advertisement kuh break.*

Ma Ahkkolukyeyuc



Directions: Ke box se ten inge, kom lie ohiyac ma enenuh in nahweyuck, mwe akkoluk kuh akfihsracsr ma kuhpahsr nuhkac, nahweyuck nuhkac. Ke acn mwesahs lun box se inge, sang nuhnak lom in ahksahfyelah ma kom puhla muh kom oasr kac an. Meac kuhtuh ohiyac ma kom ke ekuhllah ke moul lom an? Meac oruh sikyak uh? Ahksahfye in nuhnkuh ke ma kom kuh in oruh in tiac sifil sikyak ohiyac inge.

Ohiyac Nga ke Nahwuh	Mwe Ahkkoluk/Ahkfihsracsrye in Sikyak	Meac Nga kuh in Oruh
Nga wacna sang chocolate nuhke cart lukh ah ke sahflah moul luk ke stoh ah	Stoh inge oruh in oacyac in fihliac ma emwem kuh chips ke checkout ah. Eltah etuh lah kom ullac ke orek sulohsohl ac fin oasr tuhlihk wi kom na elos ac ke in ituck ma inge.	Plan lac meet liki kom sun checkout an. Sruhkwack kuhtuh ma healthy an nohm ac tuhlihk nuhtum ma wi kom shopping an.
Nga wacna nguhllah meet liki dinner. Nga wacna snack meet liki nga ahkolah dinner healthy se. Nga kanglah bag in chips se meet liki dinner.	Normal in nguhllah meet liki dinner Maluhlac lasr uh kuht kuh in pangon muh kuht masrinsacl.	Plan lac in kanglah sie healthy snack ah in tiac kang ma unhealthy Nihm kof ma tuliyucki ke sronin fukunsahk in ahksroksrokye monum. Orekmakin ohiyac sahyen mongo in ahkfuhlwactye oraclah wowo lom ke lwen se.

Ma Ahkkolukyeyuc



Ohiyac Nga ke Nahwuh

Ke nga muhtwacta yurin sucu luhk uh, kuht ac muhta ke acn in mongo ah sramsram ac mongo lwen na fohn se. Nga wacna ahlukwelah ma fal ke ngwac som nuh we uh.

Sang ma lom sifacna:

Sang ma lom sifacna:

Sang ma lom sifacna:

Mwe Ahkkoluk/Ahkfihsracsrye in Sikyak

Toeni in sucu uh pwacnwacng mwe kihsrucng puhs in sikyak. Kain in ma upac kuh in sikyak ke sripen sucu ac kain in mongo ma ac ahkoeyuck ma kuh in use kain in puhla kuh mwe acsmakin.

Meac Nga kuh in Oruh

Oraclah sie plan an. Sang sucu ac mwet kom fototo nuh se an in lie. Srihke karingin in tiac mongo inmasrlon pacl, tusruk engankin in wi sucu lom an mongo. Utuck vegies mwe snack, oruh in oasr vitamins, minerals ac fiber kac in ahkkweye health lowos an. Plan lac in ahsrosr fahsr wi sucu lom an kuh kuhtwena mukwikwi in ahsrosr ma ac moklekwos.

Puhla ac Ma Pwacnwacng Sulacлах Lom



Directions: Pa inge kuhtuh ma kuh puhla ma wacna kollah nuhke sulacлах nuhke mongo tiac healthy. Eis kutusrik pacl an in nuhnkuh ke sie ohiyen mongo ma kom ke nahwuh, efuh kom ke orek nahweyuck nuhkac, ac meac kom ac oruh in nahwelah.

Puhla kuh nuhnak lom	Ohiyen Mongo se Ma kom ke Nahwuh	Efuh Kom ke Nahwuh	Meac kom ac oruh
Example: <i>Nga ullac</i>	<i>Pacl nga enenuh in ngwetngwet uh nga puhla muh nga ullac uh, nga fin mongo na nga ac kuh in muhta ngwetngwet</i>	<i>Nga mongo finne somlah pacl kuh fong uh tusruk nga tiacna masrinsracl uh yohkwelihk calories utyak kuh nga eis</i>	<i>Nga srihke in sa motullac, tusruk nga ac nuhmlah sie glass in kof ah kuh mongo sugar-free gum fin nga enenuh in muhta ngwetngwet in ahksahfye ma nga oruh uh</i>

Nga puhlakin ullac

Nga puhlakin elyah

Nga puhlakin ahngyang

Puhla ac Ma Pwacnwacng Sulacлах Lom



Puhla kuh nuhnak lom

**Ohiyen Mongo se Ma
kom ke Nahwuh**

Efuh Kom ke Nahwuh

Meac kom ac oruh

Nga puhlakin tuhfal

Nga puhlakin engan

Nga puhla muh
wacngin na pwacye
ma nga ac oruh

Nga puhlakin
muhkwelac



Module 12

Ahkfalye in Mukwikwi kuh Ahsrosr in Kosraclah Mihsen Suka (T2)



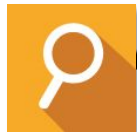
Mwe Sramsram Yohk

Mukwikwi kuh ahsrosr lom ke lusen pacl loes kuh in kasrekom in kosraclah kuh ahksuhmuhiye sikyak lun mihsen suka (type 2 diabetes).

Pa inge mwe sramsram lasr uh:

- Kuhtuh ma wo ke ahsrosr
- Kuhtuh ma ac oruh upac kom in ahsrosr ac kasruh nuhkac
- Fuhkah lusen fasruh lom ke mutwacwaciyen program uh me

Kom ac oraclah pac plan se lom sifacna!



ve Kasruh:

- ✓ Oruh kom in etuh lah "efuh." Ahkacsmakinye kom ke lwen nuhkwewa lah efuh kom ke mukwikwi kuh ahsrosr. Siyuck sin kawuck ac sucu lom an in ahkacsmakinyekom.
- ✓ Sifacna opi ikom. Ahkolah sie ma srisrik ah, sahyen mongo, in sang opi ikom pacl kom sun finsrak lom an. Siyuck sin sucu ac kawuck lom an in ahkkweye kom.



Sramsram Soko kac Alik



Alik el oasr in sensen in weack mihsen suka (type 2 diabetes). Doctor lal ah siyuck elan sislah pound 20 ac srihke in oruh mukwikwi kuh ahsrosr lal in sun minute 150 ke week se.

Kampare lal Alik pwacnacng el sun finsrak lal nuhke toasriaci ac ahsrosr lal. Suka ke srah lal ah oasr ke luhpah wo ac fal ingena. Doctor lal ah fahkwacng lah el tilac oasr in sensen in weack mihsen suk. Doctor lal Alik u fahkwacng elan kampare ke ohiyac wowo lal ac ahkacsmakinyaci ke kuhtuh ma wo ke ahsrosr:

- Ahkwoye motul ac puhla
- Ahkwoye balance ac mahlok
- Kihlyac blood pressure ac cholesterol
- Ahksrihkye sensen nuhke heart attack ac stroke
- Ahksrihkye level in stress
- Ahkyohkye Energy
- Ahkkweye muscles

Sramsram Soko kacI Alik-Part 2



Tusruk tok kuhtuh, schedule lal Alik ac luhman kahfofoyak na. Muhtwacn kiaci ah muhtwacwacack in oruh lutlut lal ke fong. Ma inge oruh, sahyen na len in orek mongo se lal nuh sin sucu lal ah, len luo sifilpac weacng ke week se.

Ingena, Alik el som moul ke paci in lunch break lal. Ohiyac se inge oruh el tiac kuh in ahsrosr fahsr ke lunch break lal.

Arlac upac nuh sel Alik in oraclah paci in ahsrosr lal. Weacng pac lah el sun finsrak nuhke ahksri lal, oruh el tiacna arlac kampare. Mukwikwi in ahsrosr lal uh luhman srihkeni na.

Alik el otwelah elan nahwuh. El wi tulihk nahtuhl in oruh mukwikwi in ahsrosr lal. El sifacna oraclah mwe sang srisrik nuh sel, sahyen mwe mongo, ke paci el sun finsrak nuhke mukwikwi in ahsrosr lal. El siyuck sin tuhlih nahtuhl inge in ahkyohkye kasruh lalos ke ma eltahl oruh lwen nuhkwea in muh kuh in yohkwelihk paci lal in mukwikwi kuh ahsrosr.

Misenge, Alik el sifil fohlohkohnwack mukwikwi in ahsrosr lal. El motko elan kuh in oruh na mukwikwi in ahsrosr lal ke lusen paci loeloes. El ke elan fokoko ac tiac mas. Weacng lah el lungse ma el puhla ke paci el mukwikwi kuh ahsrosr uh.

Fuhkah Kuhtangyen mwe Kihsrcung



Ac kuh in upac in mukwikwi kuh ahsrosr ke lusen pacl loes. Kuhtuh pa inge ma upac ma wacna sikyak ac ohiyac in kasruh. Suhmuhsrah nuhnak lom sifacna ke column soko ma fahk muh "Kuhtwena Kasruh Nuhkac". Mahkiac kais sie ma kom srihke an.

Mwe Kihsrcung	Ohiyac in Kuhtanglah	Kuhtwena ohiyac in Kuhtanglah
Nga tiacna ke	<input type="checkbox"/> Oruh kom in etuh lah "efuh." Ahkacsmakinye kom ke lwen nuhkwewa lah efuh kom ke mukwikwi kuh ahsrosr. Siyuck sin kawuck ac sucu lom an in ahkacsmakinyekom.	<input type="checkbox"/> _____ <input type="checkbox"/> _____
	<input type="checkbox"/> Motkwelah in wo. Oruh mukwikwi in ahsrosr lom an in ipin ma kom oruh an. Fihliac ke calendar an.	<input type="checkbox"/> _____
	<input type="checkbox"/> Orekma nuhke srihke lom in fokoko. Wi sie mwet ke sucu lom an kuh kawuck an in oruh mukwiwi in ahsrosr lom. Wi class kuh lutlut ma ahkfahsrye ahsrosr. Wi uu in ahsrosr fahsr.	<input type="checkbox"/> _____ <input type="checkbox"/> _____
	<input type="checkbox"/> Oruh in pwacr. Srihke na srihke kain in ohiyac sasuc ma ac oruh kom in mukwikwi kuh ahsrosr ne ke na kom konwacack ma kom pwacr kac an. Liyeyuck video kuh lohngyuck on ke pacl kom ahsrosr an. Srihke sie app in ahsrosr an.	<input type="checkbox"/> _____ <input type="checkbox"/> _____
	<input type="checkbox"/> Sifacna srihkekom. Oakiac finsrak sasuc nuhke ahsrosr lom an. Kuh, akuhtuhn nuh sin sie kawuck lom an.	<input type="checkbox"/> _____
	<input type="checkbox"/> Sifacna opi ikom. Oraclah mwe sang srisrik lom, sahyen mwe mongo, pacl kom sun finsrak nuhke ahsrosr lom an.	<input type="checkbox"/> _____

Fuhkah Kuhtangyen mwe Kihsrucng



Mwe Kihsrucng	Ohiyac in Kuhtanglah	Kuhtwena ohiyac in kuhtanglah
<p>Sriklac pacl luhk ke sripen ekyek luhn moul luhk uh.</p>	<p><input type="checkbox"/> Mukwikwi kuh ahsrosr pacl kom oruh orekma lom an. Oruh in pihsrpihsr mukwikwi lom an pacl kom imohm loh, imohm lihkihnihm ke insin in kalkucl mah, moul, kuh us kosro nuhtum an fahsr.</p>	<p><input type="checkbox"/> _____</p>
	<p><input type="checkbox"/> Oruh kom in mukwikwi kuh ahsrosr pac ke pacl kom muhta liyeyuck petsac an. Tohu, orekmakin pwacskuhl akwuck, fahsrot fahsruh ke pacl kom liyeyuck TV kuh petsac.</p>	<p><input type="checkbox"/> _____</p>
	<p><input type="checkbox"/> Oruh in oasr pacl in sramsram kuh ohsun lom. Fahsr wi kawuck lom an. Kuh sramsram ke phone an ke pacl kom fahsr.</p>	<p><input type="checkbox"/> _____</p>
	<p><input type="checkbox"/> Fahsr nuhke acn kom ac som nuh we an. Orekmakin pwacskuhl nuhke orekma. Oruh kom in park loes nuhke acn kom ac fahsr nuh we an. Orekmakin steps likina elevator. Srolah liki bus an ke acn in srolah se meet liki acn in srolah na pwacye lom an.</p>	<p><input type="checkbox"/> _____</p>
	<p><input type="checkbox"/> Sraclihk ac orekma nuhkac. Sraclik minute 150 se lom nuhke mukwikwi kuh ahsrosr lom an nuhke kais sie minute 10.</p>	<p><input type="checkbox"/> _____</p>
	<p><input type="checkbox"/> Siyuck ke kasruh. Siyuck sin sucu lom an in kasrekom ke orekma lom lwen nukwewa in muh kuh in yohkwelihk pacl lom in mukwikwi kuh ahsrosr.</p>	<p><input type="checkbox"/> _____</p>

Fuhkah Kuhtangyen mwe Kihsrucng



Mwe Kihsrucng	Ohiyac in Kuhtanglah	Kuhtwena Ohiyac in Kuhtanglah
<p>Srihklac money luk ke sripen ekyek ma sikyak ke moul luhk uh.</p>	<p><input type="checkbox"/> Oruh mukwikwi kuh ahsrosr ma kom sukohsohk in oruh pa nuhke fahsr, tacn, ac fahsrot fasruh ke acn kom oasr we an.</p> <p><input type="checkbox"/> Molwelah nuknuk in ahsrosr kuh kuhfwen ahsrosr ke pacl kihlucki molo an.</p> <p><input type="checkbox"/> Liye lah oasr lutlut in ahsrosr ma wangin molo ma ahkfahsryeyuck ke mura lom an.</p> <p><input type="checkbox"/> Liye lah oasr petsac in ahsrosr online kuh ke library.</p> <p><input type="checkbox"/> Soklah ke moul ma orekmakinyuck nuhke gym.</p>	<p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p>

Fuhkah Kuhtangyen mwe Kihsrucng



Mwe Kihsrucng	Ohiyac in Kuhtanglah	Kuhtwena ohiyac in Kuhtanglah
Puhlan pacl uh oruh upac in ahsrosr fahsr lihkihnihm.	<input type="checkbox"/> Nuknuk fal nuhke puhlan pacl.	<input type="checkbox"/> _____
	<input type="checkbox"/> Fahsr ke acn in moul luhlahp.	<input type="checkbox"/> _____
	<input type="checkbox"/> Srihke pac sie ohiyac sahyac nuhke mukwikwi kuh ahsrosr lom, fin pa nuhke kofkof.	<input type="checkbox"/> _____
Nga kihneta kuh ngalyak.	<input type="checkbox"/> Siyuck sin mwet orekma lohmi ono an lah kom ac unwe fuhkah kihnet kuh ngal lom an. Fin pa nuhke, kom enenuh in monglac kuh sang ice nuhke acn se ma kihnet kuh ngal ingacn.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
	<input type="checkbox"/> Sokwack sie pacna ohiyac ma ac oruh kom in mukwikwi kuh ahsrosr. Fin pa ngal niom, kom ac srack kuh in kofkof.	<input type="checkbox"/> _____ <input type="checkbox"/> _____
	<input type="checkbox"/> Orekmakin ma ac sruokweni kuh awiyac, fin enenuh.	<input type="checkbox"/> _____
	<input type="checkbox"/> Ahkyohkye mukwiwi kuh ahsrosr lom an.	<input type="checkbox"/> _____

Ngwetlah Lie Fahsruh Lom An!



Directions: Fahsrelihk nuhke uu srisrik, in-person kuh fin virtual, ac sramsramkin kihnsensiuck ekahsr inge:

Ahsrosr fuhkah kom oruh ke kom tuhfahna weacng program uh? Ahsrosr fuhkah kom oruh ingena?

Minute ekahsr ke lwen se kom sislah in ahsrosr ke kom tuhfahna muhtwacwacack ah? Misenge, minute ekahsr kom sislah in ahsrosr ke lwen se? How many minutes a day are you active now?

Fuhkah puhla lom ke ahsrosr ke kom muhtwacwacack ke program uh ah? Misenge, fuhkah puhla lom ke ahsrosr lom an?

Ke acn se ten inge, suhmuhslah lah meac kom eslah/lotwelah ke sramsram ma sikyak ke uu lom an. Tohkohyang, sie volunteer an in kuh in sruhmuhn nuh sin uu na fohn se ingacn.

Ma Kom Eslah/Lotwelah:

Ma Uu na fohn sacn Eslah/Lotwelah:

Ac Fuhkah Oreyac Ngan Ahsrosr?



Efuh kom ke ahsrosr ke lusen pacl loes se?

Meac ac kuh in kihsrucng kom in ahsrosr ke lusen pacl loes se?

Kom ac ahkwoye fuhkah mwe kihsrucng inge?



Mwe Kahsruh in Kuh in Ahsrosr ke Lwen Nuhkwewa



Steps srisrik lom ac kuh in kasrekom in mukwikwi kuh ahsrosr ke lwen nuhkwewa. Koac! Srihke! Liye lah fuhkah fahlac la an.

Fahsr Ke Pacl Kom Kuh

- Ke orekma ah, ahsro monum ac mukwikwi kuh ahsrosr ke lusen minute 30.
- Srolah liki bus kuh train an ke acn in tui se meet liki acn in tui na pwacye lom an.
- Fahlac fahsr ke lusen tahfuhn ao likina in liyeyuck TV.
- Fahsr nuh lucng likina in fahsr raun.
- Oruh in ohiyac se lom pa fahsr in lututacng in Sactte.
- Ahkloesyac park lom nuhke stoh an kom in muh fahsr.
- Fahsr ke Sacnri likina in stosah.
- Fahsr tukun mongo in ekuh.
- Fahsr ke pacl in monglac lom ke orekma ah.
- Orekmakin step likina in orekmakin escalator kuh elevator.
- Us kosro nuhtum an fahsr ke lusac loeloes.
- Fahsr pihsrpihsr ke acn in moul luhlahp.
- Fahsr nuhke stoh ah.
- Wi tuhlihk nuhtum an in fahsr nuhke lutlut ah.

Mwe Kahsruh in Kuh in Ahsrosr ke Lwen Nuhkwewa



Ahkyohkye Mukwikwi in Ahsrosr e Lohm ah

- Ahkwoye ma lohm sum an
- Imohm lihkihnihm orekmakin insin in imohm ma pahtpaht.
- Sroalwelah lohm sum an.
- Orekmakin rake in imohm lihkihnihm.
- Orekmakin sahfuhl in lafuhslah puhk kuh fohk.
- Imohm, insroacl kuh orekmakin vaccuum in oruh ahknwacsnwacs lohm sum an.
- Orekmakin poum in oul mwe kasruhsr okom an.





Oruh Kom in Mukwikwi ac Ahsrosr

- Tiac orekmakin insin ma ac oruh orekma lom, pa nuhke mwe kar sahrom.
- Sulacлах mukwikwi ma kom pwacr kac ma ac fal nuhke orekma lom ke lwen nuhkewa.
- Tacn nuhke on - kom kuh in muhkwenа kuh wi sie mwet ah.
- Oraclah opi srisrik nuh sum sifacna, tiac mwe mongo, ke pacл kom sun finsrak nuhke ahsrosr lom an.
- Kom fin som nuhke mukwikwi luhn tuhlihk nuhtum an, forfor likina in muhta na.
- Wi uu in ahsrosr fahsr, fahsr loeloес kuh fan finohl.
- Tohu kuh orekmakin resistance band ke pacл kom liyeyuck TV kuh petsac.
- Forot forma ke pacл kom liyeyuck TV an.
- Wi tuhlihk nuhtum an sritacl kahkah, Frisbee, kuh volleyball.
- Sarihke mukwikwi in ahsrosr sasuc.
- Orekmakin app in ahsrosr ke phone kuh computer an.
- Orekmakin petsac in ahsrosr.



Module 13

Karuhnganwacng Nuhnak Lom An in Tiac Nuhnukwekom



Mwe Sramsram Yohk



Karihngihnyen Nuhnak Lom an kuh in kosraclah kuh ahksuhmuhiye sikyak luhn mihsen suka

Pa inge mwe sramsram lasr uh:

- Ma tiac oacna sie ke nuhnak ma ac oraclah elyah nu sum ac nuhnak ma ac kaksre kom
- Kom ac oruh fuhkah kom in sang nuhnak ma ac kaksre kom ahollah nuhnak ma ac oraclah elyah nu sum

Kom ac oraclah pac “plan” se lom sifacna!



Mwe Kaksruh:

- ✓ Akihlenyac nuhnak tiac wo lom an
- ✓ Tui ke nuhnkweyacn ma ac ahkkolukye nuhnak lom an
- ✓ Nuhkuh ke ma ac kaksrekom

Sramsram kac Tulpe-Part 1



Tulpe el oasr ke sensen in weack mihsen suka, oruh el srihke in ahkwoye mongo lal ac ahsrosr.

Inkaiyen len uh, Tulpe el fahsr raun ke park ah. Tusruk, ke Tuesday, af. Tulpe el motko muh, “We, arulacna koluk puhlan pacl uh. Nga ac tari monglac ke misenge ke fahsr luhk uh.”

Tuhsruhktuh, Tulpe el esamwacklah el arlacna ahkfalye ahsrosr lal. Ahsrosr fahsr lal uh el ingena ipin ma el oruh ke lwen se, ac el arulacna engan sel sifacna!

Tulpe el srihke in ekuhllah nuhna tiac wo se lal ah nuhke ma in nuhnkuh ke ma ac kaksreacng se. “Af oruh nga ac tiac fahsr misenge, tuhsruhktuh nga ac oruh kuhtuh ahsrosr ke siah ah.”



Mwe Kahsruh nuhke Nuhnak Tiac Wo:

- Ahkpah in akihlen nuhnak tiac wo.
- Oruh action plan lom an in kuh in sikyak, ma kom kuh in oruh, kahlwem ac fihsracsr.
- Oruh in pwacr.
- Sifacna karinginkomyang: oruh kom in tiac stress, ahkfalye motul lom, mongo in wo, ac ahsrosr.
- Tahkuhnlah ma uh in wo.
- Kuhpahsr nuh sin mwet ma nuhnak wo.
- Ahkfuhlwactye oraclah wowo lom.

Steps 3 Nuhke Aholyen Nuhnak Tiac Wo nuhke Nuhnak ac Kahrenkomyang



1. **Akihlenyac nuhnak tiacna wo lom an. Meac kuhtuh nuhnak ma ahkmuhnahsye kuh tilokihn kom in eis mongo woac ahkfalye ahsrosr lom an?**

2. **Tilokihnyac nuhnak ma ac tiac kahrenkom an pacl se sikyak an. Kuhtuh mwet uh petsacelah stop sign sruhsrah luhlahp se. Kuhtuh luhmahlah ac lohng puhsren stosah soko ma lihksreni na tui kuh brake kuh petsacelah “STOP”! Kom ac tilokihnyac fuhkah nuhnak ma ac tiac kahrenkomyang uh?** _____

3. **Sislah pacl lom an in nuhnkuh ke ma ac wo nuh sum kuh kahrenkomyang uh. Meac kuhtuh nuhnak ma wo ac kahrenkomyang ma kuh in ekuhllah nuhnak ma tiac wo kuh ac oraclah elyah nuh sum uh?**

Ahollah Nuhnak Tiac Wo nuhke Nuhnak ac Kahrenkomyang



Ekullah Nuhnak Tiac Wo

Akiahlenyach kain in nuhnak tiac wo kuh in kahrenkom in ekullah nuhke nuhnak ac kahrenkomyang.

Types of Negative Thinking

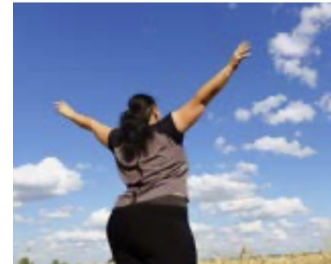
- All or Nothing—You see only the extremes. You don't see anything in between.
- Making Excuses—You blame situations, things, or other people for your choices.
- Filtering—You ignore the good and focus on the bad. For example, "I should be losing more weight each month."
- Self-Labeling—You call yourself something bad.
- Comparing—You compare yourself with other people and find yourself lacking.
- Pessimistic—You assume the worst.

Examples of Negative Thoughts

- I just know I'm going to get type 2 diabetes since both of my parents had it.
- I can't eat ice cream ever again.
- No one else supports my healthy lifestyle.
- I'm such a weakling.
- I can't meet my eating goals because my wife keeps baking cookies.
- Teo has lost so much more weight than I have.
- It's too cold (or hot) outside to go for a walk.
- I haven't stuck to my healthy eating plan this week.
- Stella is so much stronger than I am.
- Exercise is boring.
- I just know I'm going to get hurt. Then I won't be able to work out.
- I'm the world's worst cook.

When thinking about your negative thoughts and turning them around, consider these questions:

- When am I more negative?
- What around me causes me to be negative or think negative thoughts?
- What new routine can help me pause when I am thinking negative thoughts?
- What new routines can guide me toward helpful thinking?



Ekullah Nuhnak Tiac Wo nuhke Nuhnak ac Kahrenkomyang

Nuhnak Ma Tiac Kahrenreacng

Nimet Nuhnkuh Ouinge...

Nuhnkuh Sum Sifacna muh...

Nohfohnna kuh wacnginna. Kom nuhnkuh muhkwenana ke ma arlac ahluhkwehlah kuh upac an. Kom tiac nuhnkuh ke ma infulwac kuh luhpah fal.

Nga tiac kuh in sifil mongo ice cream.

Wacngin na pwacye pacr luhk in ahsrosr.

- Nga kuh in mongo ice cream ke kais kuhtuh pacl.
- Nga fin mongo ice cream, nga ac srihkeyac in muh tiac ahluhkwehlah ma fal.
- Nga sonna konwacack ahsrosr se nga pwacr kac uh.
- Nga ac srihke kain in ahsrosr puhs nga in konwacack ma nga pwacr kac uh.

Sukok Srihpac. Kom orekmakihn ma sikyak uh kuh mwet sahyac in pa sripac oruh kom tiac oraclah wo ma uh.

Arulacna fol kuh ohu acn lihk ac ingena nga in oruh ahsrosr fahsr luhk uh.

Nga tiac kuh in ahkfalye mongo fal nuh sihk uh ke srihpen muhtwacn kiuck uh oruh na mongo tiac fal nga in kang.

- Nga ac nokomwacng nuknuk fal nuhke puhlan pacl uh nga in kuh in oruh ahsrosr fahsr luhk uh.
- Nga ac oruh asrohsr ma nga kuh in oruh na lun lohmu uh.
- Nga muhnahslah na pwacye ke mongo tiac wo inge.
- Nga ac sap muhtwacn kiuhk uh in oruh mongo ma wo ac fal nuh sihk, tiac oraclah mas.

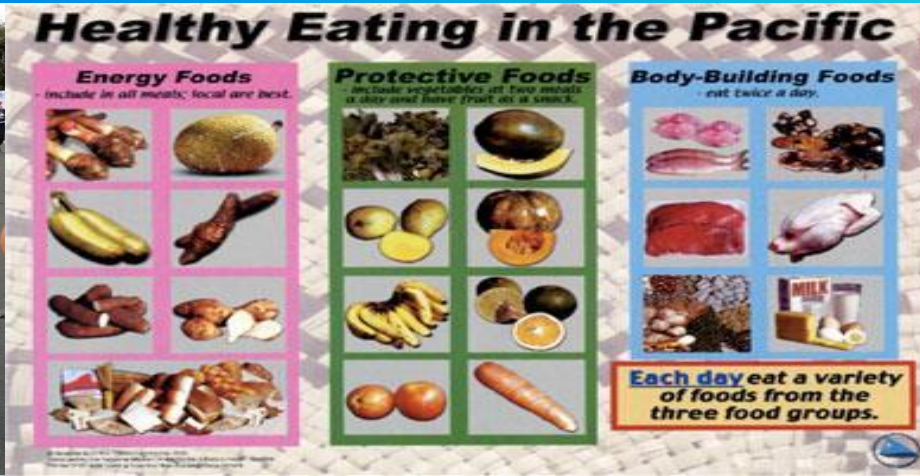
Ahollah Nuhnak Tiac Wo nuhke Nuhnak ac Kahsrekomyang

Nuhnak Ma Tiac Kahsreacng	Nimet Nuhnkuh Ouinge...	Nuhnkuh Sum Sifacna muh...
<p>Lie na La/Lwacmac. Kom lihkinsaci ma wo, lohacng na nuhke ma koluk.</p>	<p>Wacngihn na mwet sahyac ke kahsreyuc ke srihke luhk uh.</p> <p>Nga tiac na ahkfalye in kang mongo ma fal nga in eis ke wik sac.</p>	<ul style="list-style-type: none"> ▪ Shrue el srihke elan oruh kahsruh el kuh in oruh uh. ▪ Nga ac ngihsre kahsruh sin mwet sahyac. ▪ Nga ahkfalye mongo fal ke len ahkosr ke wik sac. ▪ Oasr lwemlwem luhk ma ac kahsruh nga in ahkfalye in kang mongo fal nuh sihk inge fahlac.
<p>Sifacna Srihkkihn Kom orekmakihn ine tiac wo nu sum sifacna.</p>	<p>Nga mwet na muhnahs nuhnkwac se.</p> <p>Nga pa nihkihn orek mongo emeet facluh uh.</p>	<ul style="list-style-type: none"> ▪ Nga kuh in fanyak ke yen fan ah ingena, tiac na mahlwack. ▪ Nga ac srihke kuhiyuck in ahkyohkye mukwikwi kuh asrosr luhk ke kais sie wik. ▪ Tuhlihk muhtwacn se nuhtihk ac lungse soup se nga oraclah ah. ▪ Nga ac kampare in lotwelah orek mongo uh.

Ahollah Nuhnak Tiac Wo nuhke Nuhnak ac Kahrenkomyang



Nuhnak Ma Tiac Kahrenreacng	Nimet Nuhnkuh Oinge...	Nuhnkuh Sum Sifacna muh...
<p>Orekma nuh sin Mwet Kom luhmwekom nuh sin mwet sahyac oruh kom motko muh kom suhfas.</p>	<p>Arulacna yohk paun Iso el sislah liki uh.</p> <p>Sepe el arulacna fokoko likiyuc na.</p>	<ul style="list-style-type: none"> ▪ Sumuhilac kuhtuh puhtatlac luhn paun luhk uh. ▪ Nga ac ngihsrac Iso elan kahrenreyuh fahk lah el oruh fuhkah in yohk paun el sislah. ▪ Nga ke kuhi kuhtuh liki na ngwe. ▪ Nga ac oruh ahsrosr ma ac oruh nga in fokokoi liki na meet ah.
<p>Nuhnkwacnah na in koluk Kom motkwelah na muh ac koluk ma uh.</p>	<p>Nga etuh na muh nga ac ngalyak, saflahiyac, nga ac tiac kuh in ahsrosr.</p> <p>Nga etuh na muh nga ac weack mihsen suka ke srihpen pahpah ac ninac kewana wi.</p>	<ul style="list-style-type: none"> ▪ Nga ac karihngihnyuc pacn nga ahsrosr uh in wacngihn elyah sikyak. ▪ Nga fin ngalyak, nga ac suk ahsrosr sahyac ma nga ac kuh in oruh. ▪ Yohk kahlwem luhk ke ohiyac ma ac kosracnah mihsen suka liki na ma pahpah ac ninac etuh. ▪ Nga ac oruh ma nga kuh in sang kosreyuclac liki mihsen suka.



Module 14

Tiac Fuhlweack



Mwe Sramsram Yohk



Sifil fohlohklac nuhke finsrak lom ke mongo ac ahsrosr tukun kom tohlah el yohk sripac nuhke oakiacn ohiyac wowo kom in muhtana kac.

Pa inge mwe sramsram lasr uh:

- Oruh in kuh ac wo nunak lom an
- Orekmakin steps 5 nuhke problem solving

Kom ac oraclah pac sie plan ah lom sifacna!



Mwe Kasruh:

- ✓ Sahp oasr pacl ma kom fototolac ke finsrak lom an ke week se kuh luo. Ohiyac se inge kuh in pangpang muh tohlah ac tiac ma sasuc se.
- ✓ Esam: Ac kuh in ma na yohk se pa tohlah sacn kom fin fuhlwehlah. Lah meac meac kom oruh, nimet fuhlweack!

Sramsram Soko kacI Kun-Part 1



Kun el oasr in sensen in weack mihsen suka (Type 2 diabetes). Ke lusen mahlwem luu, Kun el arulacna oraclah wo ke kwewana finsrak lal nuhke mongo ac ahsrosr. Kahlwem tuhnuh, el sislah pound 15.

Tusruktu ke Friday, kuhtuh sin mwet weluhl Kun orekma ah sisilac. El fosrngah muh el ac kuh in pa sisilac tohkohlos uh. Sripac inge pwacnacng el otwelah in orekma in upac in kuh in ahkwoyacl nuh sin mwet kol lal.

Ke Monday, Kun el tuhkuh arlac sa nuhke orekma ah. Kalmac pa, wacngin pacl lal in apweni mongo in infulwenlwen lal ke lotutacng sac. Oinge, el eslah candy soko ke vending machine ah ac tiacna eis mongo infulwenlwen wowo se.

In ahkwoye mwet kol lal ah, Kun el muhta na ke tepuh lal ah orekma ke pacl in mongo in infulwenlwen ah. Pwacnacng, el tiacna oraclah fahsr lal ma el wacna oruh ke pacl in mongo in infulwenlwen. Sripac se inge pwacnacng el tiacna oraclah lusen pacl ma el enenuh in ahsrosr ke lwen sac. El oruh oinge ke kais sie lwen ke week sac.

Ke weekend, Kun el ahngyahng sel sifacna ke el tiacna fahsr fal nuhke finsrak lal nuhke mongo ac ahsrosr. El toasri pound luu. El puhla muh el mwet na tiac oraclah se. El puhla muh el ke fuhlweack.

Sramsram kacI Kun-Part 2



Kun el otwelah elan oruh ip lal in fohlohk ac ahksuwosye kuh ahkwoye ac kosraclah kohkohlah lal ke srike lal ke pacI fahsruh uh. El tu kuh ke srihke lal.

Kun el orekmakin steps limekohsr nuhke nahweyacn elyah elan kuh in fohlohk nuhke finsrak lal.

Kun el Orekmakin Steps 5 nuhke Nahweyacn Elyah



Step 1: Ahkuhtweyac Elyah Lom An

Ma se emeet, Kun el ahkuhtweyac in kahlwem elyah lal uh. El akihlacnwack lah oasr ma 2 el oruh pwacnacng el som liki finsrak lal an:

Problem 1:

Problem 2:

El oacyacpac nuhnkuh ke ma oruh el tohlah ac akihlacnwack lah kwewana mwe elyah inge sikyak ke sripac sefanna:

Steps 5 Nuhke Nahweyacn Elyah

1. Ahkuhtweyac elyah lom an.
2. Konwacack lah mac kuh in sang ahkwoye.
3. Sulaclah ma se ma wo emeet an.
4. Oraclah sie plan ah Sotuni.
5. Srihke.

Tuna Kuh ac Srihke in Ahkwoyelah Mwe Elyah



Step 2: Sokwack lah Meac Kom Kuh in Oruh

Meac kuhtuh ohiyac ma Kun el kuh in oruh in ahkwoye elyah lal in sisilac liki orekma lal ah?

Tohkohyang, Kun el nuhnak ke kain in ohiyac ma el kuh in ikihl ingena wi in etuh muh elac eis healthy lunch se ke kais sie lwen.

In kuh in etuh muh el oraclah ahsrosr fal se lal ke kais sie lwen, el kuh in:

Step 3: Sulacлах ma se ma Wo Emeet

Tukun Kun el konwacack kain in ohiyac elan srihke, el sulacлах ma se ma wo emeet ah, oraclah action plan se, ac srihke.

Tuna Kuh ac Srihke in Ahkwoyelah Mwe Elyah

Step 4: Oraclah Sie Action Plan ah

Kun el orekmakin Action Plan Journal lal ah in suhmuhslah lah meac elac oruh meet liki class se tok lal ke Prevent T2.

Between now and the next session, my goal is to:		
Action 1: What I will do		Done? <input type="checkbox"/>
Where I will do it		
How long I will do it		
Challenges I might face		
Ways to overcome these challenges		
Action 2: What I will do		Done? <input type="checkbox"/>
Where I will do it		
How long I will do it		
Challenges I might face		
Ways to overcome these challenges		



Step 5: Srihke

Kun el srihke ahkfahsrye action plan lal ah, ac konwacack lah orekma! El oraclah elan kuh in eis lunch healthy se ac ahkfalye ahsrosr lal ke kais sie lwen.

Ke el orekmakin steps limekohsr ah, el konwacack lah meac tiacna wo ac lah elac ahkwoye fuhkah.

El oacyacpac konwacack lah meac se oruh sikyak elyah lal inge ac ahkacsmakinyacl sifacna lah finne ma uh tiac arlac fahsr wo, el srackna kuh in orek sulacлах wowo.

El sifacna kaksakuhnuhl ke el kuh in fohlohk nuhke finsrak lal ke mongo ac ahsrosr.



Nuhnkuh ke ma oruh-ac kuh in oruh- kom srolah liki finsrak lom ke mongo ac ahsrosr an. Sulaclah sie sin elyah inge. Srihke in tukung ke nuhnak lom an ac orekmakin steps limekohsr nuhke problem solving inge:

Steps 5 nuhke Problem Solving

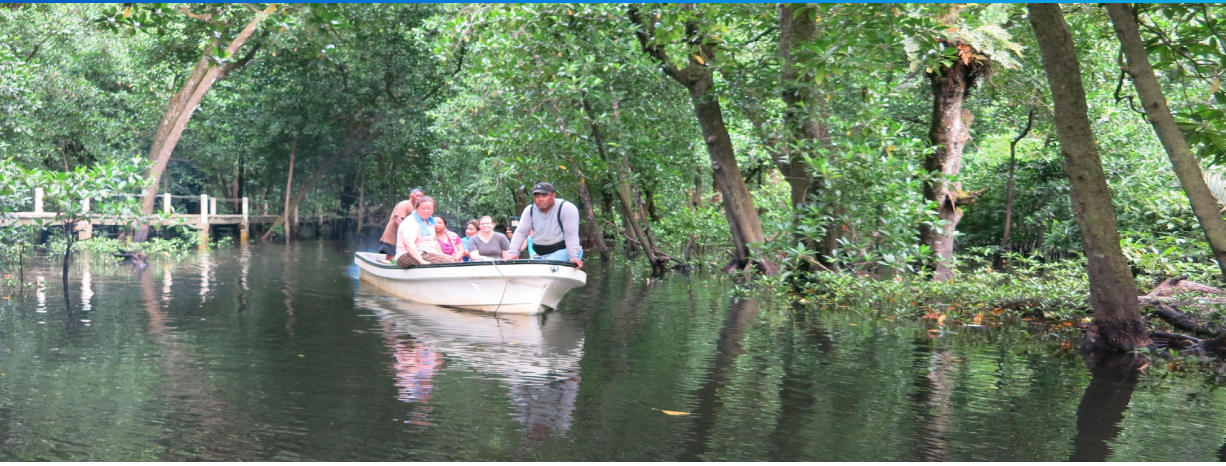
1. Ahkuhtweyac in kahlwem elyah lom an. Kom nuhnkuh tuh meac se oruh uh?

2. Sokwack lah meac kom kuh in oruh. Meac kuhtuh ohiyac ma kom kuh in orekmakin in sang ahkwoyelah elyah lom inge?

3. Sulaclah ma se ma wo emeet an. Piac kac sin ma ingacn ma kom lie muh ac orekma nuhke elyah se lom ingacn?

4. Oraclah sie action plan ah. (Orekmakin sie action plan sasuc an.)
Kom ac oruh in sikyak fuhkah ma kom sulaclah ingacn?

5. Srihke. Lie lah fuhkah fahlac la an!



Module 15

Eis Kahsruh



Mwe Sramsram Yohk



Pa inge mwe sramsram lasr uh:

Ac eisyuck fuhkah kahsrh sin:

- Sucu, kawuck, ac mwet kom wi orekma
- Uu, class, ac club
- Mwet sahslah kuh yohk etuh la ke kais kutu ma

Kom ac oraclah pac plan se lom sifacna!



Mwe Kahsrh:

- ✓ Sruhmuhn nuh sin sucu, kawuck ac mwet kom wi orekma ke ma kom oruh an, ac lah efuh kom oruh. Ac sruhmuhn nuh seltahl lah eltahl ac ahkkweye kom fuhkah.
- ✓ Suk kahsrh yurin community lom an. Kihsensiyuck sin u, class, ac club ma ac ahkkweye ohiyac ma ac karingin kom in fokoko ac tiac mas.

Sramsram Soko kac Palik

Palik el oasr in sensen in weack mihsen suka (type 2 diabetes). El ekullah atacn mongo ac ahsrosr lal in wo. Tusruktu, tiac pacl nuhkewewa el eis kahsruh ma el enenu sin sucu, kawuck ac mwet el wi orekma.

Ke lohm sel ah, tuhlihk nahtuhl ah tohrkahskahskihn muh elos ahsrelah kang ma elos lungse pa nuhke pizza ac ice cream. Muhtwacn kiagl ah tiacna insese nuhke pacl ma el sislah in oruh ahsrosr lal, a tiac yurin sucu lal. Ninac kiagl ah nuh fahk na nuh sel muh fal ma el asr kac uh. Ac kuhtuh sin mwet el wi orekma inge wacna utuck candy.

Palik el siyuck sin sucu, kawuck ac mwet el wi orekma inge in ahkkweyagl ke ohiyac in karingin elan fokoko ac tiac mas.

Muhtwacn kiagl ah tiac sifilpac elyah ke pacl ma el sislah liki sucu lal in oruh ahsrosr lal. Ma kahlwem uh pa, oasr pacl ma eltahl som dance. Sucu na fohn sac sritagl soccer kuh sritagl kahkah tukun mongo in ekuh.

Ninac kiagl Palik ah kaksuhkuhnuhl ke el ekullah ohiyac lal. El motko elan ekullah pac ohiyac. Mwet el wi orekma ah tui tiac sifil utuck candy.

Palik el oacyacpac wi eisyacn online course se ke health community. El ac mwet weluhl inge sramsramkin ma elos lotwelah ac ahkkweye sie sin sie. Ingena, eltahl akuhtuhn lah suc kac ac puhs emeet steps oraclah ke kais sie week.

Fuhkah Eisyacn Kahsruh



Sucu, Kawuck ac Mwet Wi Kom Orekma

Sucu lom, kawuck, ac mwet wi kom orekma an nuhnkwekom ac kena kasrekom. Tusruktuh, sahp eltahl tiacna kahlwem ke ma kom oruh an, kuh lah efuh kom oruh. Kuh eltahl tiac arlac etuh lah eltahl ac ahkkweye fuhkah srihke lom an. Kom muhkwen pa ac fahkwacng nuh seltahl uh.

Pa inge kuhtuh ohiyac ma kom ac oruh sucu, kawuck, ac mwet wi kom orekma an in ahkkweyekom in oruh ohiyac ma ac karingin kom in fokoko ac tiac mas:

- Sruhmuhn ma enenuh in etweyuck ke mihsen suka (type 2 diabetes) ac lah ac kosreyucklac fuhkah.
- Fahk nuh seltahl lah efuh kom srihke in oruh ohiyac in karingin kom in fokoko ac tiac mas.
- Siyuck ke puhsra fihsracsr seltahl in ahkkweye kom ke srihke lom an.
- Sang eltahl in lie lah fuhkah oraclah lom ke kais kuhtuh pacl.
- Oakiac masap luhn sucu.

Kom kuh pac in solwactahl in:

- Wi kom oruh mukwiwi in ahsrosr
- Wi kom in pwacpa ac moli mongo fal ac tiac oraclah mas
- Wi kom in ahkmol ac eis mongo fal ac tiac oraclah mas



Ma in Ahkfahsrye Sramsram

Sramsram lom an kuh in muhtwacwacack ke:

“Nga elyah ke health luhk uh ac luhngse in loes moul luhk uh. Nga srihke in ahkwoye health luhk uh.”

“Nga srihke kuhiyuck in muhta ke moul healthy se ac enenuh kasruh nuhke _____.”

Suhmuhsrah kuhtuh ma in ahkfahsrye sramsram lom an inse inge:



Ahkpah nuhke Eisyacn Kahsruh

Directions: Sokwack sie partner ah in srihke ohiyen nguhsr kahsruh sin sucu, kawuck, kuh mwet kom wi orekma in ahkkweye muhtwacngan moul healthy se lom. Nuhnkuh ke ma kom ac fahk an. Tohkohyang, wi partner lom an in srihke. Suhmuhsrah nuhnak kuh ma kom konwacack muh kahsruh ke sramsram lom an.

Nuhnak in Kahsruh/Mwe Ahkfihsracsrye Sukok Kahsruh Lom An

Fuhkah Eisyacn Kahsruh



Sucu, Kawcuk, ac Mwet wi kom Orekma

Sucu lom, kawuck, ac mwet wi kom orekma an ac kuh in tiac etuh lah eltahl ac ahkkweye fuhkah ohiyac lom in karingin in fokoko ac tiac mas. Sruhmuhn ma enenuh in etweyuck ke mihsen suka (type 2 diabetes) ac lah ac kosreyucklac fuhkah.

- Ke column soko lacsac ingacn, suhmuhsalah kuhtuh ohiyac ma ac kuh in ahkkolukye ohiyac ma ac karingin kom in fokoko ac tiac mas.
- Ke column soko ingacn, suhmuhsalah lah kom ac eis fuhkah kahsruh lalos an.

Ohiyac ma ac Ahkkolukye Kom in
Karingin kom in Fokoko ac Tiac
Mas

Example: Mukul tuhmuhk uh
moul potato chips.

Nga ac Eis Fuhkah Kahsruh Selos

Example: Nga ac ahkacsmakinyacl lah nga srihke in ahkwoye mongo luhk uh in kosraclah mihsen suka (type 2 diabetes). Nga ac siyuck elan tui ke moliyen chips inge, kuh fihliac na ke orekma ah.

Fuhkah Eisyacn Kahsruh



Uu, Class ac Club

Kuhtuh pa inge uu, class, ac club ma kuh in ahkkweye kom in oruh ohiyac ma ac karingin kom in fokoko ac tiac mas ac ohiyac ma kom kuh in konwacack kac an.

UU, Class, ac Club

Ohiyac ma Kom ac Konwacack kac an

UU

- UU in Ahkkweye
- Kasru ma osr online nuhke health

Class ac Club

Mongo Fal ac Wo

- Ahkmol Mongo Fal ac Wo
- Pwacpa ke Mongo Fal ac Wo

Mukwiwi in Ahsrosr

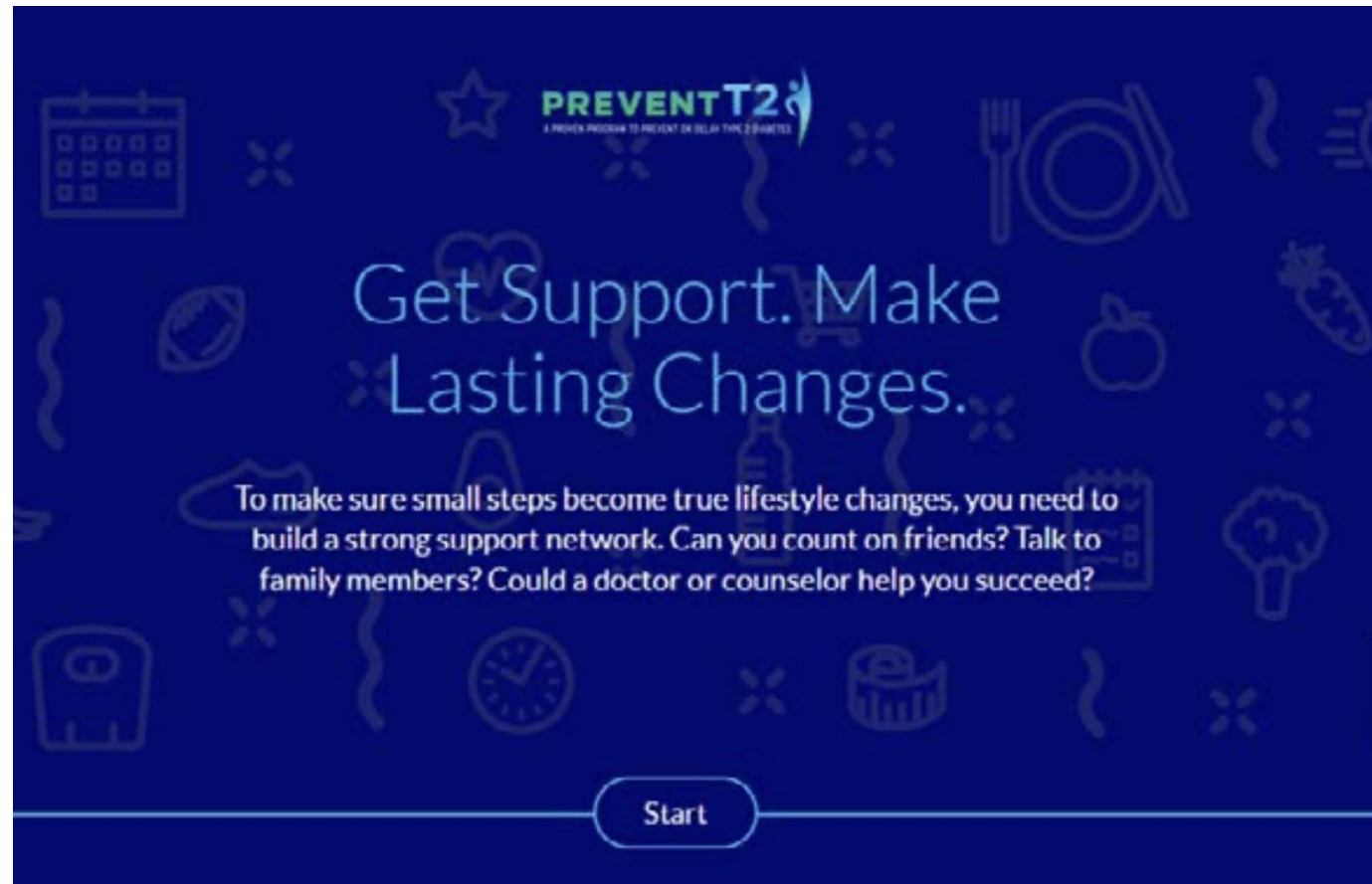
- Basketball
- Dancing
- Fahsr loeloes kuh Fan finohl
- Karate
- Kahsruhsr
- Fahsr
- Tohu
- Softball

- Siyuck sin mwet orekma lohm ono kuh CHC ah.
- Suk kasru library, gym, mura lom an, kuh iwac luhn mwet mahtuh.
- pangon American Diabetes Association: 800-DIABETES (800-342-2383).
- Pangon uu ke mura lom an.
- Pangon lohm ono kuh CHC.
- Lie ma suhmuhslah ke gym.
- Lie ke newspaper ah.
- Suk online, kuh ke book in telephone ah.
- Muhtwacwacack sie lom sifacna!

Plan in Kuhtanglah

Get Support Module

Ke “Get Support” module se inge, oasr kahsruh nuh sum nuhke sukyen social support ma ac oraclah eklac wowo ac Support Action Plan se ma kom kuh in orekmakin ac print.



www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=14



Module 16

Insacnweacng in Kosraclah Mishen Suka (T2)



Mwe Sramsram Yohk



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 fahsruh

Kom ac oraclah pac plan se lom sifacna!



Mwe Kasruh:

- ✓ Srihke ohiyac sasuc ac pwacr ma ac ahkwoye mongo lom ac oruh kom in ahsrosr
- ✓ 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, pacI 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 puhlakin insacnweacng lal. El srike elan kuh in muta ke moul wowo ac fokoko se inge ke lusen pacI loes.



Finsrak Lom nuhke Mahlwehm Ohnkohsr Fahsruh



Finsrak nuhke Mukwiwi in Ahsrosr

Ke mahlwehm ohnkohsr fahsruh uh, nga ac oraclah minute 150 ke mukwiwi in ahsrosr na fal kuh upac kuhtuh ke kais sie week.

Finsrak nuhke Toasriac

Nga pound _____.

Ke mahlwehm fahsruh uh, nga ac:

- Ahksrihkyelah toasriuck Nga ac sun pound _____.
- Muhta na ke toasriuck Nga ac muhtana ke pound _____.

Finsrak Lom nuhke MahlweM 6 Fahsruh



Finsrak Lom Sifacna nuhke MahlweM 6 Fahsruh

Pa inge finsrak sasuc ac ayaol nuhke finsrak luhk nuhke mahlweM 6 fahsruh ke program luhn Prevent T2:

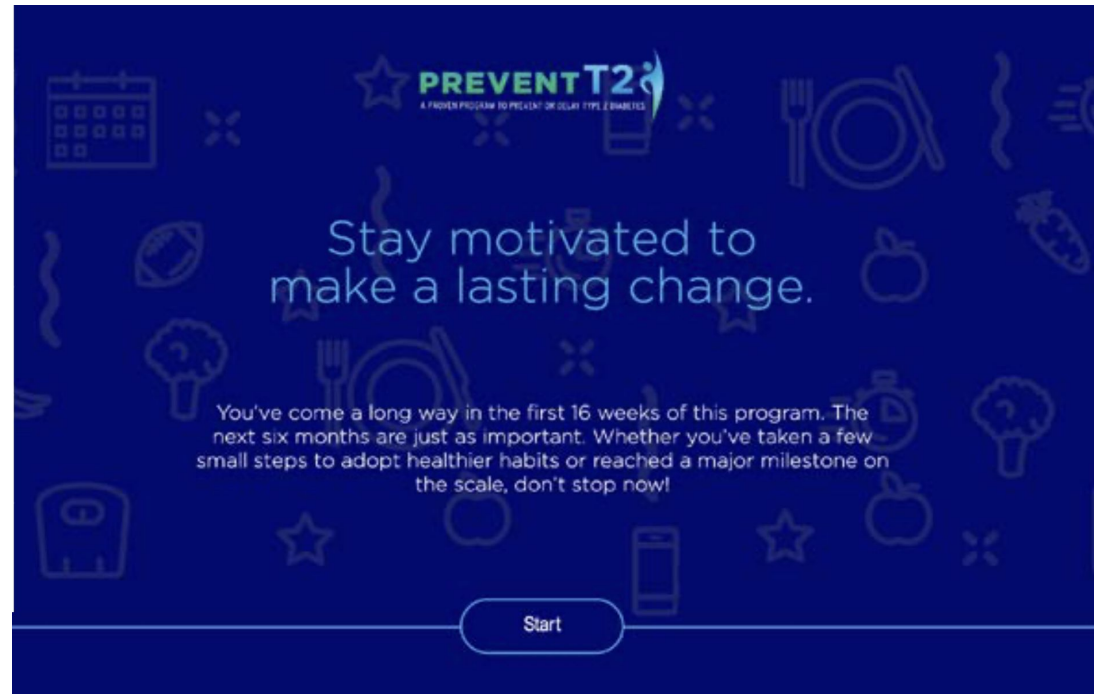
Plan in Kuhtanglah



Stay Motivated Module

“Stay Motivated” module se inge usot steps nuh sum in insacnweacng wi nuhnak in ahkkweyekom in tiac fuhlweack. Kom kuh in sifacna orek wuhlwelah lom in ahkkweye kom in insacnweacng nuhke finsrak lom an.

Stay Motivated Module



www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=16

Plan in Kuhtanglah



Wuhlwelah Lom Sifacna

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

Commit to action. Pledge to change.
Prevent type 2 diabetes.

As you get ready to switch from weekly to monthly meetings with your lifestyle change program, it's time to stop and reflect. How will you stay on track toward your goals? Take the step now to recommit to the program and to adopting lifelong healthy habits.

Let's go!

www.cdc.gov/diabetes/programs/preventt2/pledge.html?pledge=3

Ahkfuhlwactye Oraclah Wowo Lom



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

Ohiyac in Ahkfuhlwact

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

Kuhtwena Ohiyac in Ahkfuhlwact

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Ohiyac in Insacnweacng



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

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

Ohiyac in Insacnweacng



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



Module 17

Ke Tui Puhtat luhn Pound



Mwe Sramsram Yohk



Mukwilac lom ke tui puhtat luhn pound lom an kuh in kasrekom in kosraclah kuh ahksuhmuhiye sikyak lun mihsen suka (type 2 diabetes).

Pa inge mwe sramsram lasr uh:

- Efuh kuh in tui puhtat luhn pound
- Kuhtwena ohiyac ma kom ac puhla ma ahkkahlwemye lah oasr ma wowo sikyak ke health lom an.
- Fuhkah oreyac in sifil muhtwacwacack sisi pound

Kom ac oraclah pac plan se lom sifacna!



Kahsruh nuh Sum:

- ✓ Oakiac finsrak sasuc ma ac fal nuhke toasriom, fin enenu
- ✓ Oruh sisi pound lom an in finsrak nuhke pac loes se lom
- ✓ Ahkkweye muscle

Sramsram Soko kac! Notwe



Notwe el oasr ke sensen in weack mihsen suka (type 2 diabetes). Finsrak lal uh pa in sislah pound 22. Ma inge oruh el muhtwacwacack ahkwoye mongo lal ac oruh mukwiwi in ahsrosr lal.

Ke week ohnkohsr emeet ah, Notwe el sislah pound 12. Ke week se emeet ah, el sislah pound 2 ke el ahollah mwe nihm sahyac nuhke kof. El sislah pound 1-2 ke week se

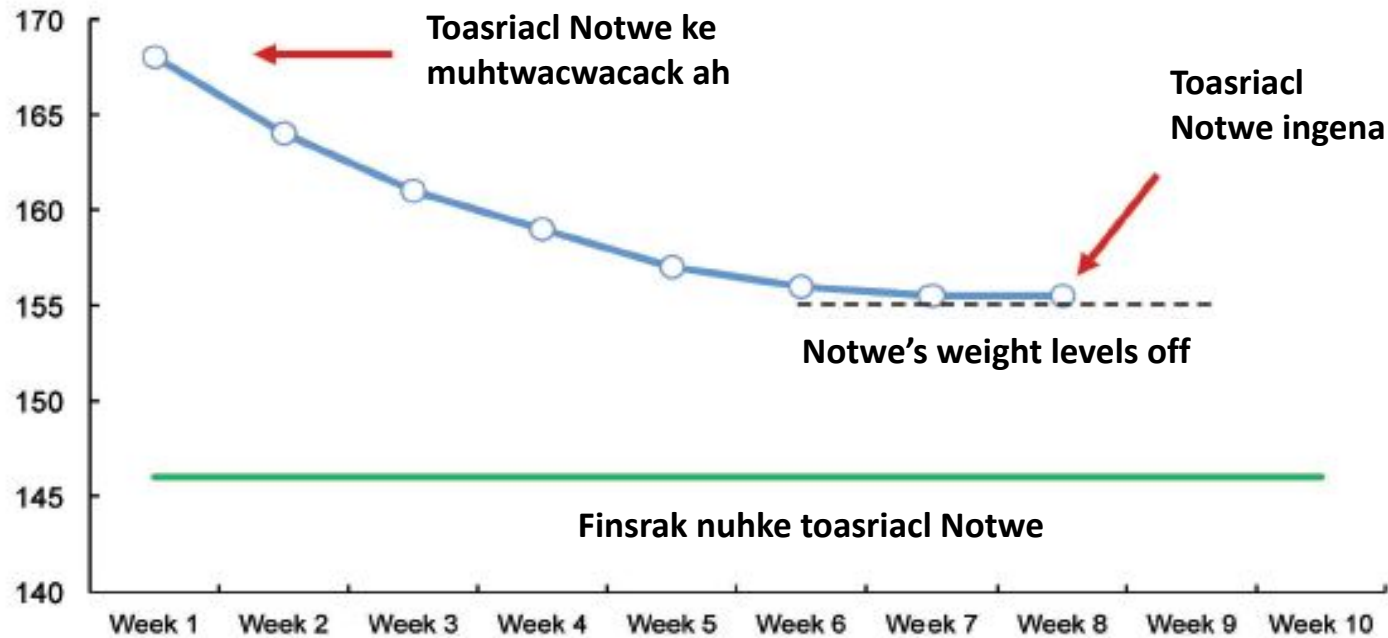
Notwe el elyah ke tui ke puhtat luhn pound lal. El sislah tahfuhn pound ke week ahk 7, toasri pound se ke week ahk 8 ac wacngin pound el sislah ke week ahk 9.

El ne kihructructwack tuh el srihke in wo nunak lal ac oakiac ohiyac wowo elan fahsr kac.

Notwe el akihlacnwack lah kain in sripac pa ahkkolukye sisi pound lal pwacnwacng el muhtwacwacack ke kain in ohiyac in ahkwoye pa nuhke, ahkyohkye ahsrosr fahsr, nihm tea, lohngyuck on, read book ac ahkyohkye eisyacn vegetables ac fibers ke mongo lal uh.

Ekyek srisrik inge kasrel. Notwe el ingena sislah pound sie nuhke luo ke week se.

Sisi Pound Lal Notwe



Enenuh nuhke calories lal Notwe ke lwen se

Meet liki Notwe el sisi pound:

Toasriac: pound 168

Luhpan calorie el enenu ke lwen se: 1,750

Ingena:

Toasriac: pound 156

Luhpan calorie el enenuh ke lwen se: 1,650

Eklac ke luhpan enenu nuhke calorie ke lwen se: **-100**

Ohiyac in Ahksrihkye Luhpan Calories



Pa inge kuhtuh ohiyac in ahksrihkye calories. Srihke oruh ayaol inge:

Likina in:	Sulaclah:
Cook ke buttter	Vegetable oil (olive, canola, etc.) kuh cooking spray
Heavy cream	Evaporated skim milk
Whole milk	2%, 1%, or skim milk
Sour cream	Greek yogurt kuh reduced-fat sour cream
Mayonnaise	Light mayo kuh Greek yogurt
Cream-based salad dressing	Oil-based salad dressing

Na esam lah srackna kuh in srihk calories kom finne sang ma in emahlah mongo nohm an. Srihke sang salsa, sauce fol, mustard, vinegar, sronin lemon, herbs, ac spices!

Ohiyac in Ahksrihkye Luhpan Calories



Sulaclah mwe nihm ma wacngin calories

- Calorie-free sparkling or seltzer water wi tul in 100% fruit juice
- Tea kuh coffee tiacna cream kuh sugar
- Kof wi kulun citrus kuh mint
- Kof wi berries kuh slice in kyuri
- Diet soda

Karingin Luhpan Mongo

- Pahlah in srihkeyac mongo nohm an kuh etuh lah fuhkah atacn serving size uh
- Lohacng nuhke serving size
- Plan lac na meet ke snacks kuh pacl in mongo
- Muhtwacwacack ke vegies ma tiacna staht kuh sronin soup
- Orekmakin plate srisrik, bowl, ac ahluh in serve
- Kahkhsrik mongo, kais kuhtuh nihm kof, ac sang pacl in ema kuh puhla ma kom kang an.

Ohiyac in Ahksrihkye Luhpan Calories



Ahksrihkye Orekmakihnyen Kihris

In kosraclah mongo an in tiac fulful, orekmakihn:

- Cooking sprays
- Kof kuh sronin boil
- Luhpah srisrik ke oil kuh butter nuhke pan

In ahollah butter ac oil ke fuhlao manman, orekmakihn:

- Veggie kuh fruit foruh wacngin sugar ituckyang nuhkac
- Plain Yogurt
- Sronin veggie kuh fruits wacngin srugar ituckyang nuhkac

Ahollah sauce ma kihrislac nuhke:

- Sauce fol
- Garlic foruh
- Sronin lemon
- Gravy ma low-fat
- Salad dressing ma low-fat
- Mustard
- Nonfat plain yogurt
- Salsa
- Vinegar

Ayaol Wowo nuhke Ingredients



Directions: Ahkolah in share recipe nuhtum an nuh sin uu lom an. Tuhkwani lie lah ingredients fuhkah kom kuh in orek ayaol nuhkac in healthy lac recipe sacn. Ahksahfye activity se inge in suhmuhslah lah meac kom lotwelah kuh eis ke sramsram luhn uu se inge.

Ayaol Wowo Nuhke Ingredients:

Ma kom Lotwelah ke Uu srisrik sacn:

Ma Kom Lotwelah ke Uu na fohn sacn:

Ohiyac in Ahksrihkye Luhpan Calories



Ahollah mwe nihm emwem nuhke:

- Low-fat soy milk
- Smoothie ma oreklac ke yogurt nonfat, skim milk ac fukunsahk kwekwelac ke ice ah
- Kof ma pangpang Sparkling water ma sihmlac muh 100% fruit juice
- Tea kuh coffee ma wangin cream kuh suka kac
- Sronin mahsrihk ma wangin suka intuckyang nuhkac
- Kof wi lemon, lime, kuh mint



Karihngihn luhpan mongo fal

- Tiac sislah pacl in mongo
- Srihkeyac mongo
- Lohacng nuhke luhpah fal
- Nuhnkwelah mongo srisrik ac mongo na pv
- Muhtwacwacack ke mahsrihk ma tiacna staht kuh sronin soup
- Orekmakihn plate srihsrihk



Mongo Srisrik 25 ma srihk liki Calories 100



1. Almonds fohn 13
2. Cookies oatmeal srisrik 1
3. Kiwifruits na fal 2
4. ½ cup fat-free yogurt
5. 1 slice raisin bread
6. Acpuhl na fal 1
7. Muh luhlahp 1
8. 1 cup strawberries
9. 1 stick low-fat string cheese
10. carrots srisrik 8 wi tablespoon in dip se
11. tin in cola srisrik 1
12. 1 cup blueberries with 2 tablespoons whipped topping
13. Ipin dark chocolate 1, kuh pohk tolu kac
14. ½ frozen banana dipped in two squares melted dark chocolate
15. 1 cup oat cereal
16. ½ cup sunflower seeds
17. 20 pistachios
18. 1 small latte with skim milk
19. 6 cups microwave popcorn
20. 1 small nonfat blueberry smoothie
21. 1 cup tomato soup
22. 10 baked pita chips with ¼ cup salsa
23. ½ apple (sliced) with 1 teaspoon natural peanut butter
24. 1 small sliced avocado

Ac Fuhkah Kom in Orekmakuhnlah Calories 100



Kais sie mukuikui inge orekmakuhnlah calories 100. Srikhe sie ma sasuc ah.

Orekma Lohmah

- Imac ke lusen minute 30 nuhke 45.
- Rake ke lusen minute 30.
- Laf fohk/puhkpuhk orekmakihn sahfuhl ke lusen minute 15.
- Owo ac ahksahromromye stosah ke lusen minute 45 nuhke 60.
- Owo window kuh falfucl ke lusen minute 45 nuhke 60.



Ac Fuhkah Kom in Orekmakuhnlah Calories 100



Sports

- Pwacskuhl ke lusen mile 5 ke minute 30 (minute 6 mile 1).
- Dance pihsrpihsr ke lusen minute 30.
- Oruh ahsrosr inkof ke lusen minute 30.
- Jump rope ke lusen minute 15.
- Sritacl basketball ke lusen minute 15 nuhke 20.
- Sritacl football ke lusen minute 45.
- Sritacl volleyball ke lusen minute 45 nuhke 60.
- Pahtok soko stroller an ke lusen mile 1.5 ke minute 30 (minute 20 mile 1).
- Kahsruhsr ke lusen mile 15 ke minute 15 (minute 10 mile 1).
- Sritacl basket ke lusen minute 30.
- Kofkof ke lusen minute 20.
- Fahsr ke lusen mile 1.75 ke minute 35 (minute 20 nuhke mile 1).
- Sifacna pahtok kom ke soko wheelchair an ke lusen minute 30 nuhke 40.





Mongo Srisrik ac Sisi Pound

Mongo srisrik uh ahksrihkye masrinsracl lasr ke pacl loes inmahsrlon pacl in mongo kuh pahtlac pacl in mongo lasr uh. Kuhtuh mongo srisrik uh yohk calories kac. Puhkantwen mongo srisrik tuhkuh sahye me (processed) ma calories lac uh kuh in yohk liki na mongo wowo na pwacye se lom! Ma inge wacna yohk sugar, salt, ac fat kac. Arulacna yohk sripac in acsmak ke suleyacn mongo srisrik inge.

- Sulaclah mongo srisrik ma koanong ke nutrients, pa nuhke vitamins ac minerals, ac fiber.
- Kom fin ke snack, nuhnkuh ke ma oruh kom ke ingacn. Ke kom ullac uh, arlac fihsracsr kom in suk in mongo srisrik. Ke pacl elyah nuhnak lom an, mongo srisrik uh kuh in eis nuhnkom. Ke pacl wacngin ma kom in oruh uh, mongo srisrik uh ac pwacnwacng in oasr ma kom mokle ke poum. Meet liki kom saplak nuhke mongo srisrik se, siuck sum sifacna lah kom masrinsracl na pwacye kuh kom ullac, wacnginlac ma kom in oruh, kuh kom koflah akwucki.
- Meet liki kom eis mongo srisrik an, eis sie glass in kof ah. Ke matwacsr fahsr nuh lucng, ac fihsracsr kuht in tahfonglac ke masrinsracl lasr nuhke maluh.

Ke kom srihke in sisi pound uh, lohacng nuhke mongo srisrik lom an. Kom ac kuh in ahkihlacnwack lah yohklac eisyac sum ke lwen se liki na kom motko an. Plan lac lah kom ac oruh fuhkah kom in falkihn ac in wo mongo in litutacng, infulwenlwen ac ekuh lom an. Fin kom sulaclah muh kom ac eis sie snack ah ke sie lwen ingacn, sulaclac ma wowo ac eis ke luhpah fal.

Mongo Srisrik ac Sisi Pound



Snacks srihk liki calories 150

Fresh, canned, kuh frozen fruit

- Whole fruit: apple, pear, peach, muh, kiwi, banana, mango kuh es
- 1 cup berries
- Peaches ke tin, pears, muh, tiac eis ma heavy syrup
- Frozen fruit – lie serving size ke label an

Small handful of unsalted low salt-nuts kuh seeds (¼ cup)

- Almonds
- Pistachios
- Walnuts
- Pecans
- Sunflower seeds
- Squash Seeds
- Mixed Nuts

Savory snacks

- 1 handful ke baked tortilla chips wi salsa
- 2 tbsp hummus wi baby carrots
- 1 stick part-skim string cheese
- 5 whole wheat crackers wi 1 part-skim cheese stick
- 3 cups ke popcorn (tiac sang butter)



Module 18

Eis Monglac in Mukwilac



Mwe Sramsram Yohk



Eis minute 2 in mukwilac inmahsrlon minute 30 nuhkwea kuh in kahsrekom in kosraclah kuh kohllah sikyak luhn mihsen suka (type 2).

Pa inge mwe sramsram lasr uh:

- Kuhpahsr lun muhta tiac mukwiwi ac mihsen suka
- Kuhtuh ma ac ahkkolukye eisyacn monglac in mukwikwi ac kahsruh nuhkac

Kom ac oraclah pac plan se lom sifacna!



Mwe Kasruh:

- ✓ Lohacng nuhke lusen pac kom sislah in muhta na tiac mukwikwi ke kais sie len.
- ✓ Srihke in eis 2 minute an nuhke monglac in ahsrosr inmasrlon minute 30 nukewa.



Sramsram soko kac! Srue



Srue el oasr in sensen in weack mihsen suka (type 2 diabetes). Doctor lal ah siyuck sel elan kuh in mukwikwiyak kuh ahsrosr ke lusen minute 150 ke week se, ahsrosr na fal kuh upac kutu. Tukun kutu pacl, el sun finsrak se inge.

Tokoyang, Doctor lal Srue ah siyuk elan mutawacack lohacng nuhke pacl ma el sislah in muta na tiac mukwikwi. Pa inge ma el konwacack.

Ke lotutang uh, Srue el muta san train in som nuke orekma ah. Inkaiyen len se, el sislah in muta ke siah lal ah, orekmakin computer. Kutu pal uh, el sramsram ke phone ah kuh meeting - suc el oacyacpac muta na tiac mukwikwi. El eis mongo in infulwenlwen lal ke tepuh soko ke room lun mwet orekma inge. Tukun orekma ah, el som nu lohmi sel ke train ah.

Ke el toeni kwewa lusen pacl inge, el lut kac. El konwacack tuhnuh el muhta tiac mukwikwi ke lusen ao 12 inmasrlon ao 16 ma el ngwetngwet. Finne el oraclah minute 150 in mukwikwi kuh ahsrosr ke week se, Srue el sislah pacl na yok se in muta tiac mukwiwi.

Srue el otwelah elan ahkwoye. Pacl inge, el srackna oraclah lusen minute 150 ke kais sie week. Tusruktu, el oacyacpa ahksrihkyelah pacl el sislah in muhta. El orekmakin app se ke phone natul ah in ahkacsmakinyacl elan eis monglac in mukwilac lal inmasrlon minute 30 nukewa. El tu na ke pacl el wi train ah. Ke orekma ah, el foroht forma in office lal ah ke pacl el sramsram ke phone ah ac orekmakin ball in ahsrosr se e ke computer ah. Wolac puhla lal Srue liki meet ah.

Sramsram Soko kacI Srue



Eis Monglac in Mukwilac Se

In usot kuhtuh nuhnak nuhke monglac in mukwilac, som nuhke resource guide se luhn CDC inge, “Physical Activity Breaks for the Workplace.”

[www.cdc.gov/workplacehealthpromotion/initiatives/resource-center/pdf/Workplace-Physical-Activity-Break-Guide-508.pdf]

Fuhkah Kuhtangyen Mwe Kihsrcung



Ac kuh in upac in sikyak monglac in mukwilac uh. Kuhtuh pa inge ma wacna kihsrcung ac ohiyac in kahsrub nuhkac. Suhmuhsrah nuhnak lom sifacna ke column soko ma fahk muh “Kuhtwena Ohiyac in Kuhtanglah”. Mark kais sie ma kom srihke an.

Mwe Kihsrcung	Ohiyac in Ahkweye Insacnweacng	Kuhtwena Ohiyac in Ahkweye Insacnweacng
Wacngin pacl luhk nuhke monglac in mukwilac.	Oakiac ma kom ac oruh ma ac nacnwack mukwilac lom an : <ul style="list-style-type: none"><input type="checkbox"/> Oruh mukwilac lom an in ipin ma kom oruh ke lunch<input type="checkbox"/> Likina in muhta na tukun dinner, oraclah sie monglac in mukwilac an.<input type="checkbox"/> Tuyak ac mukwilac tukun meeting loeloes. Ke kom forfor nuh sahyac: <ul style="list-style-type: none"><input type="checkbox"/> Srolah ke kais sie acn ke pacl kom wiwac.<input type="checkbox"/> Fin kom passenger se, oruh kom in mukwilac. Sruhk niom, orekmakin resistance band, kuh isacni muscles keim an.<input type="checkbox"/> Tu ke bus kuh train an.	Oakiac ma kom ac oruh ma ac nacnwack mukwilac lom an : <ul style="list-style-type: none"><input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____ Ke kom forfor nuh sahyac: <ul style="list-style-type: none"><input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____

Fuhkah Kuhtangyen Mwe Kihsrucng



Mwe Kihsrucng

Wangin pacl luhk nuhke monglac in mukwilac.

Ohiyac in Ahkweye Insacnweacng

Pacl kom lieyuck TV kuh petsac:

- Dance
- Push-up pesinkac an
- Tohu, kuh orekmakin resistance band
- Fahsr kuh kasrusr ke na acn kom oasr we
- Orekmakin pwacskuhl in ahsrosr
- Forot forma ke pacl in advertisement

Ke kom orekmakin computer:

- Muhta ke sie ball in ahsrosr ah
- Tuyak. Oruh in wo fuhlwactan an lun computer an

Kuhtwena Ohiyac in Ahkweye Insacnweacng

Pacl kom lieyuck TV kuh petsac:

- _____
- _____
- _____

Ke kom orekmakin computer:

- _____
- _____
- _____

Fuhkah Kuhtangyen Mwe Kihsrcung

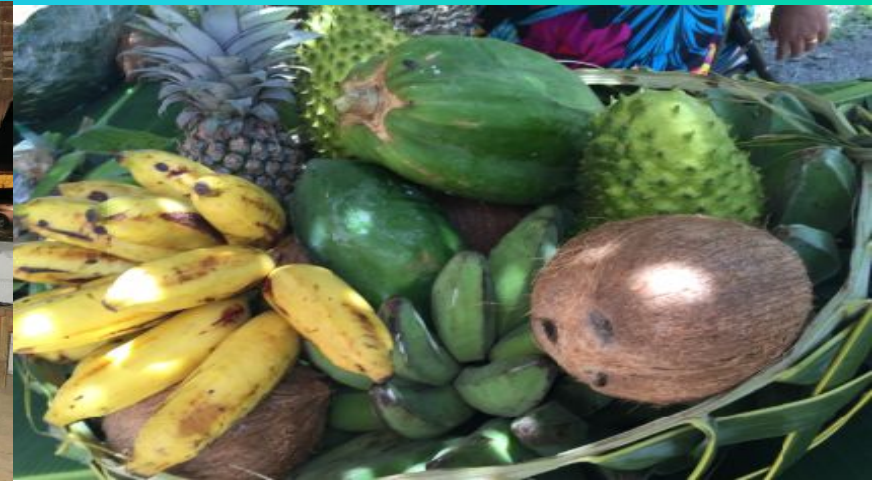


Mwe Kihsrcung	Ohiyac in Ahkweye Insacweacng	Kuhtwena Ohiyac in Ahkweye Insacweacng
<p>Wacngin pacl luhk nuhke monglac in mukwilac.</p>	<p>Ke kom sramsram ke phone:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Step nuh lac lac <input type="checkbox"/> Fahsr na ke acn kom tu we an <input type="checkbox"/> Foroht forma <p>Ke orekma ah (fin kom muhta na ke desk):</p> <ul style="list-style-type: none"> <input type="checkbox"/> Siuck mwet kom wi orekma an in oruh meeting ma kom ac tu na <input type="checkbox"/> Orekmakin step likina in elevator <input type="checkbox"/> Sramsram nuh sin mwet kom wi orekma an likina in email <input type="checkbox"/> Orekmakin insin in copy ma oan loes liki kom 	<p>Ke kom sramsram ke phone:</p> <ul style="list-style-type: none"> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <p>Ke orekma ah (fin kom muhta na ke desk):</p> <ul style="list-style-type: none"> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<p>Nga muhkuhlah in eis monglac in mukwilac.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Siuck kawuck kuh sucu in ahkacsmakinyekom <input type="checkbox"/> Fihliac ma suhmuhslah ke acn kom ac lie <input type="checkbox"/> Orekmakin sie timer ah <input type="checkbox"/> Orekmakin phone kuh apps ke computer in ahkacsmakinyekom 	<ul style="list-style-type: none"> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____

Fuhkah Kuhtangyen Mwe Kihsrcung



Mwe Kihsrcung	Ohiyac in Ahkweye Insacnweacng	Kuhtwena Ohiyac in Ahkweye Insacnweacng
SANG MA SUM SIFACNA:		<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
SANG MA SUM SIFACNA:		<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____



Module 19

Karuhnganwacng “Heart” Lom an in Healthy



Karuhnganwacng Heart Lom an in Healthy



Ke sripen kom oasr in sensen in weack mihsen suka (type 2 diabetes), ac kuh in fihsracsr nuh sum in sun elyah ke heart kuh ahlko. Ma inge pwacnwacng, yohk srihpac kom in karuhnganwacng heart lom an in healthy.

Pa inge mwe sramsram lasr uh:

- Efuh kuht in elyahkin heart lasr uh
- Kom ac karingin fuhkah heart lom an in healthy
- Efuh kom enenuh in karingin salt ac orekmakinyac an
- Kom ac ahksuhmahtyekom fuhkah in karingin kihris

Kom ac oraclah pac plan se lom sifacna!



Mwe Kahsruh:

- ✓ Ahollah kihris tiac wo nuhke ma healthy
- ✓ Oruh orekmakinyen kihris lom an in fal
- ✓ Ahksrihkye eisyacn mongo processed pa nuhke ikoac, won, ik, ac milk
- ✓ Eis ikoac ma srihk kuh wacngin kihris kac
- ✓ Orekmakin mwe emahlah mongo ma srihk salt kac

Ohiyac in Karingin Heart Lom an in Healthy



Sismohk, Srah Fuhlwact ac Yohklac lun Cholesterol

Ma tolu ma sensen emeet nuhke mihsen heart uh pa sismohk, srah fuhlwact (hypertentsion), ac yohklac luhn cholesterol. Wo ohiyac, oasr ma kom kuh in oruh in karingin heart lom an in kuh in healthy.

Tui ke Sismohk ke Sripen Heart Lom An

Sismohk el ahkkolukye ahiko keim an ke sripen el ac oraclah mahtoltollac ac ohsrihksrihklac pwacnwacng upac heart lom an in pump srah oan nuhke monum. Sismohk el oacyacpac oraclah srah lom an in fulful ac folot ac pwacnwacng fihsracsr na in oraclah acs. Ma se inge ac ahkfihsracsryekom nuhke stroke.

Tiacna na fihsracsr in tilokinyac sismohki – tuh kom kuh in oruh! In ahkyohkye etuh lom an, review handout se ke Ready, Set, Quit! handout provided by your coach.

Lohacng Nuhke Salt ac Pressure ke Srah Lom An

Yohk srihpen salt (sodium) nuhke balance luhn luhpan kof ke monum uh. Tusruktuh, fin yohklac salt na ac kuh in mwe elyah se nuh sin kuhtuh mwet uh. Ke pacl se ma yohklaclac sodium ke srah lom an, el ac ul kof an nuhke ahiko keim an, suc ac kohlwack pressure ke srah lom an. Mongo salt yohklac kuh in oraclah elyah na kahlwem ke monum, pa nuhke fahfwack niac. Fin kom puhla muh arlac upac tihngtihng ke fahluhk lom an, sahpa wo kom in lohacng pac nuhke mongo lom an.

Ohiyac in Karingin Heart Lom an in Healthy



Eisyacn mongo processed kuh packlac uh kuh in ahkyohkye salt kom eis uh. Srah fuhlwact el fin tiac karinginyuck ke lusen pacl, el kuh in pwacnwacng sikyak luhn mihsen heart kuh stroke nuh sin kuhtuh mwet uh. Sramsram nuh sin doctor lom an ke blood pressure lom an. Eltahl ac fahk lah enenuh in oasr e oyac ac lah enenuh kom in ituck ono in karingin.

Fin doctor lom an muh kom in ahksrihkye salt, srihke ma inge:

- Fin kuh, tiac eis mongo ma pre-packaged kuh frozen, ma inge wacna yohklac salt kac.
- Ahksrihkye mongo ke restaurant. Wacna yohklac calories, kihris, ac salt ke mongo inge.
- Readi labels ke mongo ac lie lah meac sang oraclah ingacn, fin pa nuhke salt, sodium, monosodium glutamate, and disodium phosphate.
- Nuhke vegetables ac beans lun tin, ohllah ke kof in eslah kuhtuh salt kac an.
- Fin kuh, orekmakin ma fresh ke orek mongo lom an likina in ma ke tin kuh ahkoeyucklac tari ma kuhka ke stoh an.

Srihke orekmakin herbs ac spices in emahlah mongo, yohkna kom fin enenuh in ahksrihkye salt.

Kuhtwena ohiyac nga kuh in ahksrihkye salt kac:

Ohiyac in Karingin Heart Lom an in Healthy



Karingin Cholesterol ke Srah

In kuh in etuh ke cholesterol ke srah an, ngwetlah lie engine ke stosah soko ac oil kac an. Oil el ahkmosralye ip ke engine an in kuh in orekma wo stosah soko an. Oacpana oil ke stosah uh, high-density lipoprotein, kuh HDL, el ahkmosralye ip ke mahno se, pa nuhke ahlko, in kuh in sifacni kuhtwena cholesterol ac eislah liki monin mwet se. HDL el oacyacpac kosraclah kuhtwena cholesterol in tiac srwemlah. Low-density lipoprotein, kuh LDL, pa cholesterol se ma srwemlah nuhke sisen ahlko keim an, kosraclah fahsr luhn srah. El ahkkolukye engine se ke monum an ac pwacnwacng in tiac orekma wo. Kom enenuh HDL in lain ma LDL el kuh in oruh nuhke mahnosr inge.

Fin arlac yohk cholesterol ke srah lom an, doctor elac prescribe ono, kuh fahk ma kom in nahwuh ke mongo ac mukwikwi in ahsrosr lom an. Cholesterol yohklac ke srah lom an kuh in oraclah plaque ma ac kuh in kapweni lun ahlko keim an, oraclah in kwekwe ac ohsrihksrihklac—ne pwacnwacng in kosraclah forfor luhn srah an.

Kuhtuh pac mwe sensen sahyac:

Meac pac 3 mwe sensen nuhke mihsen heart?



Ke cholesterol (plaque) el an sremlah ke arteries an, ahlko inge el muhtwacwack in ohsrihksrihklac, ac kuh in ahksrihkye kuh tilokihnyac fahsr luhn srah.

Source: www.cdc.gov/cholesterol/about.html

Ohiyac in Karingin Heart Lom an in Healthy

Ohiyac in Srihke nuhke Heart Healthy Se

Karunganwacng heart lom an in wo!

- Fin kom sismohk, kom kuh in tui ac karunganwacng heart lom an. In kahsrüh tui lom an, wi kahsrüh luhn mwet nuhke tui lom an, plan nuhke tui , mwe luti, ac in kuh in kahsrekom in soklah acn ma kuh in kasrekom in tui an, pangon **1-800-QUIT-NOW (1-800-784-8669)**.
- Fin kom nihm ono in srah fuhlwact, eis oacna ke ahkuhtweyucki an.
- Ahksrihkye eisyacn salt fin doctor lom an fahk.
- Fin kom nihm ono in ahksrihkye cholesterol ke srah lom an, eis oacna ke ahkuhtweyucki an.
- Srihke in kang fats ma healthy.
- Ahksrihkye luhpan mwe nihmnihm kom eis—mwe nihm sie nuh sin muhtwacn ac luo ke lwen se nuh sin mokul.
- Oruh mukwikwi in ahsrosr lom in sun minute 150 ke week se ke ahsrosr na fal kuh upac kuhtuh.
- Srihke in tiac muhta tiac mukwikwi ke lusen pacl loeloes. Eis 2 minute an in mukwilac ke minute 30 nuhkwewa.
- Karingin kuh ahksrihkye nuhnak elyah.
- Srihke in sun ac muhta ke pound fal.
- Eis ikoac, ik, won, milk ma fresh. Processed food uh wacna yohklac fat, salt, ac sugar kac.
- Eis ikoac tiac kihris. Eislah kihris liki won ac turkey. Oruh in oasr ik ke mongo lom an.
- Orekmakin herbs ac spices in emahlah mongo nohm an fin kom enenuh in karingin salt.

Karinginyen Heart Lom an in Healthy



Siyuck sin orekma ke acn in ono an:

- Fin kom enenuh in ituck ono in karingin heart lom an in healthy.
- Fin oasr test kom enenuh in eis in checki heart lom an, pa nuhke:
 - Blood Pressure test el srihkeyac force se ke srah lom an nuhke walls lun ahlko an.
 - Cholesterol test el srihkeyac luhan kihris ke srah lom an.

In ahkyohkye etuh lom ke heart health, review the “ABCs of Heart Health” or “4 PASOS ADELANTE”:

- millionhearts.hhs.gov/files/4_Steps_Forward_English.pdf
- millionhearts.hhs.gov/files/4_Steps_Forward.pdf

Meac kuhtuh ma kom nuhnkuh muh kom kuh in srihke ke week se inge?

Ahksuhmahtyekom ke Eisyacn Kihris



Kihris kom in Karingin kuh Tiac Eis

Kuhtuh kihris uh kuh in ahkkolukye heart lom an.

Kom kuh in karingin kom in tiac eis yohklac ke kihris tiac wo inge kom fin ukwe ma inge:





- Eislah kihris ke won kuh turkey.
- Eis ikoac ma srihk kihris, pa nuhke kain cut se ma oasr “loin” se ke ine an.
- Cook ke oils, pa nuhke olive oil, liki na in kihris kwekwe kuh butter.
- Orekmakin low-fat kuh fat-free mongo ma oreklac ke milk.

Fin recipe se enenuh in orekmakin ingredient se ma yohklac kihris tiac wo kac, lie lah kom kuh in ahollah nuhke vegetables kuh whole grains, kuh lower-fat dairy se, kuh ikoac tiac kihris se, kuh kihris wowo se.

Ahksuhmahtyekom ke Eisyacn Kihris



Kihris kom in Karingin kuh Tiac Eis




Foods With Fats To Avoid or Limit			
			
Chicken or Turkey Skin	Sauces Made with Butter or Cream	Palm Oil, Palm Kernel Oil	Fatback, Salt Pork
			
High-Fat Dairy Products Like Whole or 2% Milk, Cream, Ice Cream, Full-Fat Cheese	High-Fat Meats Like Ground Beef, Bologna, Hot Dogs, Sausage, Bacon, Spare Ribs	Lard	

Ahksuhmahtyekom ke Eisyacn Kihris



Kihris Wowo in Orekmakin

Kihris Wowo uh kuh in ahksrihkye luhpan cholesterol koluk ke srah lom an ac ahksrihkye sensen lom nuhke mihsen heart. Kuhtuh kihris wowo uh oasr omega-3 fatty acids kac, suc wo nuhke heart lom an. Omega-3 fatty acids kuh in kaksrekom in ahksrihye sensen lom nuhke mihsen heart ac stroke.

Foods High in Healthy Fats		
		
Avocado	Canola Oil	Nuts Like Almonds, Cashews, Pecans, and Peanuts
		
Olive Oil	Peanut Butter and Peanut Oil	Sesame Seeds
		
Corn Oil	Cottonseed Oil	Oil-based Salad Dressings

Ahksuhmahtyekom ke Eisyacn Kihris



Kihris Wowo in Orekmakin





		
Pumpkin and Sunflower Seeds	Safflower Oil	Soft (tub) Margarine
		
Soybean Oil	Sunflower Oil	Walnuts
 	 	 
Albacore Tuna	Herring	Rainbow Trout
 	 	 
Salmon	Sardines	Flaxseed and Flaxseed Oil

Ahksuhmahtyekom ke Eisyacn Kihris



Cook ke Kihris Wowo

Kuhtuh pa inge inkacnek lom in tiac orekmakin kihris koluk ac in karihngihn orekmakinyen kihris wowo ke kom cook uh. Suhmuhsalah ma kom nuhnkuh an ke column soko ma fahk muh, “Kuhtwena Nuhnak.” Check kais sie ma kom srihke an.

Instead of...	Cook the healthy way!	Other Ideas
 <p>Eating animal fat and skin</p>	 <ul style="list-style-type: none"> <input type="checkbox"/> Take the skin off chicken before you cook it. <input type="checkbox"/> Trim the fat off meat before you cook it. 	<ul style="list-style-type: none"> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
 <p>Frying or deep-frying in butter or lard</p>	 <ul style="list-style-type: none"> <input type="checkbox"/> Grill, roast, sauté, poach, or stir-fry in a small amount of vegetable oil such as olive or canola oil. <input type="checkbox"/> Use olive or canola oil. <input type="checkbox"/> Simmer in water or stock. <input type="checkbox"/> Steam or microwave. 	<ul style="list-style-type: none"> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____



Module 20

Moli ac Orekmakin Ahkmol Mongo ma ac Kosraclah Mihsen Suka (type 2 diabetes)



Session Focus

Moul ac ahkmol mongo wowo ac tiac pwen mas ac kuh in kahsrekom in kosraclah kuh ahksuhmuhiye sikyak luhn misen suka (Type 2 Diabetes).

Pa inge mwe sramsram lasr uh:

- Mongo wo ac fal nuh in mahno se
- Ohiyac wo ac fal nuhke moul mongo lasr
- Ohiyac wo ac fal nuhke ahkmolyeyacn mongo nwacsr uh

Kom ac oraclah pac plan se lom sifacna!



Mwe Kahsru:

- ✓ Suk lah oasr kihlucki ke molin mongo ke kain in stoh
- ✓ Srihkeyac luhpan serving nuhke snacks



Ma Yohk Sripac in Esam

- Mongo wowo uh kuh in konweyuckyak ke inkainyen stoh uh.
- Vegetables kuh fruits ma frozen kuh in orekmakinyuck fin molo mongo wowo an elyah.

Sramsram soko kac! Kun

Nina kiac! Kun ah wi mihsen suka. Kun el srihke elan tiac weack, pwacnwacng, el srihke in orek nahweyuck srisrik nuhke mongo ac mwe nihm lal. Ke sripen el sifacna cook nwac!, Kun el otwelah sel in nuhnkuh ma el moli uh.

Kun el som in mou! ke stoh ah, el liacack lah mongo wowo inge arulacna yohk molo. El elyahkin muh el fin eislah ma inge, el ac tiac luhngse. El nuhnkuh pac lah fruits ac vegetables sasuc ma el eislah inge ac kuh pac in koluklac meet liki el ac kang uh. Oasr pac kais kuhtuh mongo el lungse tuhsruh! el tiacna etuh cook kac uh, pa nuhke garbanzo beans ac spaghetti squash. El siuck sin ninac kiac! ah lah el oruh fuhkah in molwelah mongo healthy ke luhpan money ma oasr sel. Ninac kiac! ah ahkuhtweyac ke ma el oruh meet liki na el som oruh mou! lal ke stoh ah:

- Oracni coupons ke mongo wowo el luhngse
- Liac!ah lah meac kihlucki molo ke stoh ah
- Planelah mongo lal nuhke week se
- Liac!ah in wo lah meac oasr tari in loh! sel ah
- Suhmuhs!ah kwewa ma elac moli ke stoh ah
- Eis mwe kahr!uh muhlahlah ma tiac oraclah mas met liki som nuhke stoh ah
- Plan in eis mongo ma ahkoeyucklac tari, mweyen el etuh lah el ac kuh in orek ma healthy in wi yohkna ke pac! el silahklah!
- Srihke in oasr mongo sasuc se el orekmakin inmasrlon week nuhk!ewa in muh ahkpwacrye orek mongo lal uh

Sacnri tohkoh ah, Kun el kahr!uh ninac kiac! ah in som mou!. El lut ke luhpan mongo wowo ma ninac sac molwelah. El ituck fruits ac vegetables fresh weacng ikoac. El oacyacpac ituck beans wi ma frozen pa nuhke ik, ikoac, fruits ac vegetables. Infulwacn stoh ah el konwacack pac whole grains. El molwelah pac spaghetti squash se elan kuh pac lotwel! Kun lah ac ahkmolyeyuck fuhkah.

Kom ac Moul Mongo Healthy Fuhkah

Kun el otwelah elan etahi moul mongo luhn ninac kiaci ah. El konwacack molo na wowo nuhke frozen fruits ac vegetables ke stoh se an fototo nuh lohm sel ah. El sruhwack pac coupons nuhke mongo el eis arlac yohk. El konwacack pac recipe wowo online, sie ma ke chilli-lime roasted garbanzo beans. El orekmakin in oraclah stir-fry wowo se nwacn niac kiaci ah!

Mongo Pwacye ac Mongo Srisrik lal Kun

Kun el nuhnkuh ke luo nuhke tolu ma el kuh in nahwuh ke breakfast, kuhtuh mongo srisrik ma oasr ke calorie 100, lunch ac dinner ke inkaiyen week se.





Kom ac Moul Mongo Healthy Fuhkah

	Breakfast	Lunch	Snack	Dinner
Monday	Oatmeal Frozen blueberries Coffee with skim milk	Chicken breast Spinach and tomato salad Tea with lemon	½ apple	Black bean burrito with tomato, low-fat cheddar cheese, and salsa Sparkling water with orange slice
Tuesday	Nonfat plain yogurt ½ apple Coffee with skim milk	Turkey sandwich with lettuce and tomato Pickle Tea with lemon	Orange	Bell peppers stuffed with lean beef and brown rice Salad with spinach greens, tomato, and cucumber with 2 Tbsp Italian salad dressing Sparkling water with lemon
Wednesday	2 scrambled eggs with veggies 2 slices of whole wheat toast Coffee with skim milk	Chicken salad Pita chips Tea with lemon	Peppers with nonfat yogurt dip	Stir-fry with chili-lime roasted chickpeas and frozen vegetables Sparkling water with lemon

Kom ac Moul Mongo Healthy Fuhkah



	Breakfast	Lunch	Snack	Dinner
Thursday	Oatmeal Frozen mixed berries Coffee with skim milk	Chicken salad with 2 slices of whole wheat bread Tea with lemon	Air-popped popcorn	Baked pork loin Steamed frozen broccoli Spaghetti squash Sparkling water with lemon
Friday	Whole wheat bread with peanut butter Coffee with skim milk	Chicken breast Spinach and tomato salad Tea with lemon	Baked tortilla chips and salsa	Garden salad with chicken Baked potato Fruit Skim milk
Saturday	Scrambled egg substitute with veggies Coffee with skim milk	Turkey wrap with lettuce and tomato Tea with lemon	Low-fat chocolate pudding	Grilled turkey burger Whole wheat roll Salad Sparkling water with lemon
Sunday	Nonfat plain yogurt Strawberries Coffee with skim milk	Can of chunky vegetable soup Pita chips Tea with lemon	Handful of mixed, unsalted nuts	Chili from freezer (prepared previously) with beans, corn, salsa, low-fat cheddar cheese, and tomato Skim milk

Kom ac Moul Mongo Healthy Fuhkah



Mongo Luhk

	Breakfast	Lunch	Snack	Dinner
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Kom ac Moul Mongo Wowo Fuhkah



Shopping List lal Kun

Non-Starchy Veggies

- Bag of salad greens
- Romaine hearts
- Tomatoes
- Fresh red peppers
- Spinach
- Frozen broccoli
- Bell peppers
- Frozen mixed vegetables

Grains and Starchy Foods

- Oatmeal
- Black beans
- Garbanzo beans
- 100% whole wheat bread
- 100% cornmeal tortillas

Protein Foods

- Chicken Breast
- Fish
- Beans
- Eggs
- Eggs substitute
- Sliced turkey
- Pork Loin
- Lean ground beef

Other Items

- Salsa
- Garlic
- Hummus
- Mixed unsalted nuts

Dairy

- Low-fat cheddar cheese
- Skim milk
- Plain nonfat yogurt

Fruits

- Oranges
- Apples
- Frozen mixed berries
- Frozen blueberries
- Lemons

Drinks

- Unsweetened tea
- Sparkling water
- Coffee

Kom ac Moul Mongo Wowo Fuhkah



Tukun kom oraclah plan lom nuhke mongo lom ke week se, lie lah meac oasr lun kitchen an. Tohkohyang na kom oraclah lah meac kom enenuh in moli. Kom kuh in orekmakin shopping list se lal Kun inge in kasrekom.

Non-Starchy Veggies

- _____
- _____
- _____
- _____
- _____
- _____

Grains and Starchy Foods

- _____
- _____
- _____
- _____
- _____

Protein Foods

- _____
- _____
- _____
- _____
- _____

Other Items

- _____
- _____
- _____
- _____
- _____

Dairy

- _____
- _____
- _____

Fruits

- _____
- _____
- _____

Drinks

- _____
- _____
- _____

Kahsruh nuhke Shopping Wowo



Tiacna enenuh in yohk pacl kuh money kom sislah in molwelah mongo wowo. Srihke ma inge:

Meet Liki Kom Moul

- Suk lah piac stoh ma oasr kihlucki ke molin ma we. Esam pac drug store ma ngwacn. Lie newspaper an wi market kuh mwet imac an kuh pac in oasr ma wo kom konwacack we.
- Fin oasr discount card luhn stoh ingacn, srike in eislah sie lom.
- Oracni coupons ke ma wowo ma kom ke srihke an. Sokwack online, ke stoh ah kuh ke newspaper.
- Sukok recipe online, ke book, ac magazine. Sramsramkin nuhnak lom an nuh sin kawuck ac sucu lom an.
- Planelah ma kom ac kang ke week se. Motko ma kihlucki, coupons ke ma healthy, ac recipe sasuc ma kom ke srihke. Esam kain in ma ma ac kuh in ahkelyahye pacl in orek mongo kuh mongo lom an.
- Lie lah meac oasr ke ice, cupboard kuh lohmi sum an.
- Oraclah list se ke ma kom enenuh nuhke mongo ma kom planelah an.
- Kanglah sie ma srisrik healthy ah kom in tiac masrinsracl. Ohiyac se inge ac kasrekom in oraclah sulaclah wowo.

Kahsruh nuhke Shopping Wowo



Tiacna enenuh in yohk pacl kuh money kom sislah in molwelah mongo wowo. Srihke ma inge:

Ke Kom Moul An:

- Lie molin kain in atac ke ma se kuh lie brand luhn stoh ingacn meyen wacna srihk molo.
- Lie food labels ke ma oacna sie in kuh in oraclah sulaclah wowo ke pacl kom nikanlah.
- Muhtana ke list lom an. Srihke in tiac som nuhke acn in ma emwem, salt, kuh processed foods. Lohacng nuhke fruits, vegetables, grains, proteins, ac ma frozen kuh mongo in tin ma kom enenuh.
- Sulaclah carrots, apples, usr, potatoes, cabbage, beans, rice, ac oats. Ma inge wacna fihsracsr molo. Esam pac lah kuhtuh ma fihsracsr molo uh loes pacl kom enenuh in ahkmolye, pa nuhke dried beans.
- Moli veggies ac fruits ma oasr ke puhlan pacl sacn kuh ma frozen. Ma inge wacna fihsracsr pac molo ac wo emah. Kom fin moli vegies ac fruits lun tin, taran ma ma oasr sugar kuh salt ituckyang nuhkac, fin ma kom fah ohllah in wo.
- Sulaclah ma ma family packs, brand luhn stoh sacn, ac ma kihlucki molo. Ma inge wacna fihsracsr molo.
- Mongo kom sifacna ahkmolyelah uh wacna fihsracsr molo ac wo. Kom fin eis ma ahkoeyucklac tari, kanglah na kutusrik ac esam in eis sie ma healthy ah in wi, pa nuhke vegetable fresh se.
- Nuhke ma kom wacna kang an, sahp ac wo in molwelah ke luhpah luhlahp.

Recipes, Cookbooks and Recipe Videos, WIC Works Resource System (usda.gov) (wicworks.fns.usda.gov/resources/recipes-cookbooks-and-recipe-videos)

SNAP-Ed Recipes, SNAP-Ed (usda.gov) (snaped.fns.usda.gov/nutrition-education/snap-ed-recipes)

Kahsruh nuhke Shopping Wowo



Kuhtwena Nuhnak nuhke Shopping Wowo

Kahsruh Nuhke Orek Mongo Wowo

Kom kuh in oruh mongo ma kom lungse. Sarihke ma inge:

- Oraclah luhpah luhlahp ma ac kuh in oan kwekwelac ke ice an wo, pa nuhke sauce ac stew. Fihliac lun freezer an.
- Sihpsihpihkyac mah srihk ac fukun sahk an fihliyac lun aes lom an.
- Ahkmolye mongo an fal nuhke ma kom luhmahlah nuhke week se.
- Fin kom ac oruh mongo ahkoeyucklac tari se, eis sie mongo srisrik wowo an.
- Side kihn sie salad ma kyuri, tomato ac kuhtuh pac vegetables sahyac.
- Sarihkeyac luhpah ma fal nuh sin mwet se ke mongo srisrik pa nuhke popped corn. Fihliyac lun bag kuh mwe nenyuck mongo.
- Orekmakihn “slow cooker” kuh “instant pots”.
- Orekmakihn fukunsahk ac ikoac yolyak ke omelet, pasta kuh rice dish, stew, soup, salad “ku “burrito” in ahksrihkye sisi mani ac pacl kom sislah in orek mongo.

Kahsruh Nuhke Orek Mongo Wowo

Kom kuh in oruh mongo ma kom lungse. Srikhe ma inge.

- Sulaclah cheese ma fokoko emah ac srihk fat kac., pa Parmesan ac feta.
- Oraclah mongo kom lungse an in healthy lac.
- Sulaclah mwe mongo ma wo quality la.
- Sulaclah ma ma ac usot kain in em, atac, fohloh, ac tuhn.
- Karingin cook ke vegies, pa green beans ac broccoli in tiac upaclac, enenuh in kihrarar ac wona tuhna.
- Nahwelah mongo an ke herbs, spices, low-fat salad dressings, lemon juice, vinegar, hot sauce, plain nonfat yogurt, ac salsa.
- Grill kuh roast veggies ac ikoac tuhkuh emah an.
- Lotwelah kain in atach orek mongo ke book, mwe read, ac video. Kom kuh pac in wi sie cooking class ah.
- Sruhmuhn nuhnak lom an nuh sin kawuck ac sucu.
- Srikhe kain in orekmongo special ac kain in ingredients sasuc.

Ahksrikhe Orekmakinyen Kihris ke Orek Mongo

- Bake, grill, roast, kuh stir-fry in ke kuhtuhsrik oil wowo an
- Akmuhsraelah pan an ke cooking spray healthy
- Simmer ke kof kuh sronin inkoac
- Steam vegetables ac ik kuh orekmakin microwave
- Eslah kolo ke won an meet liki kom ahkmolye
- Suhpuhklah kihris liki ikoac an meet liki kom ahkmolye

Kahsruh Nuhke Orek Mongo Wowo



Kuhtwena Nuhnak nuhke Orek Mongo Wowo



Module 21

Srwelah Pacl in Ahsrosr



Session Focus



Ac kuh in iupac kom in srwelah minute 150 ke week se nuhke ahsrosr.

Pa inge mwe sramsram lasr uh:

- Kuhtuh ma wo ke ahsrosr
- Ma ahkupacye in srisrilac pacl in ahsrosr
- Ac orek fuhkah in oasr pacl in ahsrosr lasr

Kom ac oraclah pac “plan” se lom sifacna!



Mwe Kahsruh:

- ✓ Ikihl schedule lom an. Tuhkawkwek mihnit 30 in sa liki pacl nuhkewa kom in kuh in oruh ahsrosr fahsr lom ke litutacng an. Kuh, eis mongo in ekuh lom an minute 30 sa liki pacl nuhkewa kom in kuh in tukun mongo in ekuh lom an.
- ✓ Ngihstre mwet lom an in kahsrekom ke orekma loh ah in oasr pacl in ahsrosr lom
- ✓ Fin oasr elyah ke monum, us sie mwet ah in kasrekom
- ✓ Ahsrosr fahsr ke pacl in lunch
- ✓ Sang ahsrosr nuhke pacl oasr toeni luh sucu



Sramsram kacI Mark Part 1



Mark el oasr in sensen elan weack mihsen suka. Doctor lal ah ngisre elan ahsrosr ke luhpah na fal se kuh upac kuhtuh ke lusen mihnit 150 ke week se. Tuhsruhk, Mark el mwet na kahfofo se.

Ke weekdays uh, Mark el karingin tuhlihk nuhtin tuhlihk nahtuhl inge mweyen parents lalos inge orekma. Ke weekend, el orekma ke library ah. Ke ekuh uh, el lungse relax ac muhta lieyuck TV.

Upac nuh sel Mark elan ahkfalye enenuh nuh sel ke ahsrosr lal uh.

Sramsram kacI Mark Part 2



Srwelah Pacl nuhke Ahsrosr

Wi uu lom an in tuhkweni nuhnak. Meac kuhtuh inkacnek ma Mark el kuh in oruh in srwelah pacl in ahsrosr nuh lun schedule lal ke lwen se.

Mark el sulacIah sel elan nahwuh kuhtuh ohiyac lal. Pacl inge, el tuhkahkwek minute 30 sa liki pacl nuhkewa elan fahsr ke litutacng. El ahsrosr tohu ke pacl el lieyuck TV. El wi tuhlihke el karihngihn ac sritacI “soccer” suc oraclah ahsrosr na wowo nuh seltahl ac mwet nuhkewa arulacna pwacrkihn.

Mark el ingena ahkfalye enenuh nuhke ahsrosr lal ke week se.

Ma Oruh Upac in Oasr Pacl in Ahsrosr

Elyah ke Pacl

Meac oruh upac kom in oraclah minute 150 nuhke mukwikwi in ahsrosr ke week se?

Ac Oreklac Fuhkah Pacl nuhke Ahsrosr



Ac kuh in upac kom in srwelah pacl in ahkfalye enenuh nuhke ahsrosr lom an. Mahkiyac ma kom srihke tari ke ma tahklac inge.

Ma ac oruh kom in ahsrosr ke oacna sie pacl:

- ❑ Oraclihk minute 150 an nuhke minute 10 ke kais kutu pacl.
- ❑ Srwelah pacl nuhkac ac sang nuhke calendar an. Fihliac muh yohk sripac in sikyak.
- ❑ Ikihl schedule lom an. Kuh in sa ngutalik minute 30 in ahsrosr fahsr ke litutacng kuh sa mongo in ekuhi ke minute 30 meet an kom in kuh in ahsrosr fahsr tukun mongo an.
- ❑ Orekmakin sie app kuh tracker in ahsrosr an. Ma inge ac kahsrekom in orekmakin wo pacl lom an..



Ke kom shopping :

- ❑ Park stosah an in loes nuhke acn kom ac som nuh we an.
- ❑ Us basket an liki na in pahtokyuck cart.

Ke kom forfor in town:

- ❑ Srolah liki bus kuh train an ke stop se meet an. Fahsr ke lusen acn luhlah an.
- ❑ Park stosah nuhtum an in loes kuhtuh liki acn kom ac som nuh we an.
- ❑ Orekmakin stairs likina in elevator.
- ❑ Fahsr kuh orekmakin bicycle



Ac Oreklac Fuhkah Pacl nuhke Ahsrosr



Ke kom lieyuck TV:

- Dance kuh mokle monum.
- Tohu kuh orekmakihn mwe ulul in ahsrosr.
- Mahs kuh kahsruhsr raun ke acn kom oasr we an.
- Orekmakihn mwe ahsrosr – stationery bike, treadmill.

Ahkfalye ahsrosr ke pacl kom oruh orekma lom an:

- Sang kuhtuh on an ac dance

Mukwikwi in sa kuh pihsrpihsr ke kom oruh ma inge:

- Imac, imohm lukunum
- Ahsrosr fahsr wi kosro nuhtum an



Ac Oreklac Fuhkah Pacl nuhke Ahsrosr



Ke acn sensen:

- Sarihke ma fihsracsr ac orekmakin mwe ahsrosr ma oasr yurum
- Check lah oasr ahsrosr ma ahkfahsryeycuk ke community centers an.
- Lie lah oasr class in ahsrosr ke gym, parks, ac community centers an.
- Lie online lah oasr video in ahsrosr nuh sin mwet ma ac tuhfana muhtwacwacack.

Kahsruh nuhke Srwelah luhn Pacl in Ahsrosr



Finsrak nuhke mukwikwi in ahsrosr lom uh pa in oraclah minute 150 ke week se ke luhpah fal kuh upac kuhtuh.

Kom ac oraclah fuhkah pacl lom in sun finsrak sacn?



Module 22

Ahkfalye Pacl in Motul



Session Focus



Ahkfalyeyacn pacl in motul kuh in kaksrekom kosraclah kuh ahsuhmuhiye sikyak luhn mihsen suka (type 2 diabetes).



Pa inge mwe sramsram lasr uh:

- Efuh elyah motul uh
- Kuhtuh ma ac kaksrekom in ahkfalye pacl in monglac ma kom enenuh

Kom ac oraclah pac sie plan ah lom sifacna!



Mwe Kaksruh:

- ✓ Ukwe sie atac nuhke pacl in motul ma ac kaksruh ikom in mislac ac monglac.



Efuh Elyah Motul Uh

Studies ahkkahlwemye lah kom fin tiacna ahkfalye pacl in motul lom, insulin elac tiac orekma wo. Monum ac tiac orekmakuhnlah wo kihris an. Brain elac tiac pac puhla wo lah fal tari ma kom kanglah an.

American Academy of Sleep Medicine ac Sleep Research Society fahklah muh mwet mahtuh se enenuh in eis lusen ao 7 in motullac ke fong se.

Elyah tuhkuh ke Sriklac Pacl in Motul

Kom fin wacna tiac oraclah lusen pacl in motul lom in sun ao 7, kuh in:

- Ahkyohkye tiac orekma luhn insulin
- Oruh kom masrinsracl ke lwen tok an ac oruh kom kuh in tiac puhlakin kihp tukun kom mongo.
- Oruh fihsracsr kom in eis junk foods—suc ma yohklac carbs ac sugar kac
- Oruh upac in sisi pound
- Kohlwack blood pressure and lihksrweni na ahkyohkye sensen nuhke heart attack
- Oruh in muhnahtlah immune system lom an in lain infections
- Ahkyohkye sensen lom nuhke depression ac anxiety

In ahkyohkye, kom kuh in som nuhke Sleep for a Good Cause on CDC's website.

[www.cdc.gov/diabetes/library/features/diabetes-sleep.html]



Sramsram Soko kacI Sepe Part 1

Sepe el oasr in sensen in weack mihsen suka (type 2 diabetes). Doctor lal ah siyuck sel lah sun ao 7 el motul ke kais sie fong.

Sepe el isracsr. “Ma na pacye?” el siyuck. “ Fin wo ohiyac na ao lihmekosr ma.”

Puhs pacl Sepe el tiac elyah ke motul uh. Tuhsruhk puhs pacl el enenuh in toang na orekmakihn iwen monglac . Ma se inge oruh elan nuhnkuh ma nuhkewa el enenuh elan oruh ke len tok ah. Sahyac na, arulacna yohklac puhsren momong luhn mukul tuhmal ah. Ma inge kwewa oruh upac Sepe elan sul motullac. El wacna ngetnget pahtlac.

Fuhkah puhla lom kom fin tiacna ahkfalyelah pacl in motul lom ke fong uh?

Meac kuhtuh ma kom motko muh doctor lal Sepe ah ac sang nuh sel?

Sramsram Soko kacI Sepe Part 2



Doctor lal Sepe ah fahkwacng kain in ma elan srihke in kahsrel nuhke ahkwoyeyacn motul lal. El ahkuhtweyac lah ahkfalyeyacn pacl in motul lal uh kuh in kahsrel ke srihke lal in sisi pound.

In pacl inge, Sepe el ahksrihkye nihm kof lal in tiac fototo nuhke pacl in motul ac tiac eis caffeine ke ekuh. El oraclah list se ke ma elac oruh ke lwen tok ah ac fihliac sahyac. El suhkwacnac enenuh in tuhkahkwek in orekmakin bathroom ac ke fong uh. Fin el nguhtwaclihik, el ac lihksrweni momonglac in kahsrel sifil motullac likina elan nuhnkuh ke ma el tahkuhnlah elan oruh. El sang pac fan se in losraclah puhsren momong luhn mukul tuhmwacnac ah.

Sepe el ingena apkuran in sun ao 7 ma el enenuh in motullac ke fong se.

Fuhkah Kuhtangyen Ma Ahkupacye Monglac Wowo ke Fong Se

Ac kuh in upac in ahkfalye pacl in motul. Pa inge kuhtuh ma wacna ahkupacye ac ohiyac in kasruh nuhkac. Suhmuhsrah nuhnak lom an ke column soko ma fahk muh “Kuhtwena Kasruh Nuhke Motullac Wo”. Mahkiyac ma kom srihke tari an.

Ma Upac	Kahsruh nuhke Motullac Wo	Kuhtwena Kasruh Nuhke Motullac Wo
Arulacna wohwohn	<input type="checkbox"/> Orekmakihn mwe kohsrkohsr insrac. <input type="checkbox"/> Urohkick pahl, insin, kuh radio in taunyac puhsra ingacn. Kuh orekmakihn smart phone app asr puhsra ingan kac. <input type="checkbox"/> Kaliac sruhnguhl ac window. <input type="checkbox"/> Ngihstre mwet uh in mihsrac.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
Arlac Kahlwemlac	<input type="checkbox"/> Eis mwe ahklohsr fuckihl. <input type="checkbox"/> Orekmakihn mwe kohsrkohsr muhta.	<input type="checkbox"/> _____ <input type="checkbox"/> _____
Tiacna wo puhla luhk uh.	<input type="checkbox"/> Ahsrosr. <input type="checkbox"/> Fin kuh, eis bed ac ilul kom luhngse.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
Nga maluh	<input type="checkbox"/> Nihm kof ao luo met liki pacl in motul. <input type="checkbox"/> Fin enenuh se na kom in nihm kof ke pacl in motul, nihmyac na kutusrihk.	<input type="checkbox"/> _____ <input type="checkbox"/> _____
Nga nuh tuhkahk na in som nuh iwen monglac.	<input type="checkbox"/> Tiac eis caffeine ac mwe nihm sruhi. <input type="checkbox"/> Tui ke nihm kof an tiac suhpuhs liki ao luo meet liki pacl in motul.	<input type="checkbox"/> _____ <input type="checkbox"/> _____

Fuhkah Kuhtangyen Ma Ahkupacye Monglac Wowo ke Fong Se

Ma Upac

Tiacna wo puhla luhk
kuh nga koflah in
motullac

Kahsruh nuhke Motullac Wo

Ke lwen uh:

- Oraclah sie pacl an in pa pacl in tuhkahkwek lom ke kais sie lwen. Ohiyac se inge ac kasruh monum in kuh in pahlah in ukwe atac se.
- Tiac eis caffeine ac fin kuh, tui ke sismok an.
- Tiac motul srihsrihk. Kuh fin motul srihsrihk, oruh in fototo.
- Oruh kom in mukwikwi kuh ahsrosr.
- Karihngihn nuhnak yohklac.
- Siyuck sel doctor lah ono kom eis an pa oruh kom ngwetngwet na an.

Kuhtwena Kasruh Nuhke Motullac Wo

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Fuhkah Kuhtangyen Ma Ahkupacye Monglac Wowo ke Fong Se

Ma Upac	Kahsruh nuhke Motullac Wo	Kuhtwena Kasruh Nuhke Motullac Wo
<p>Tiacna wo puhla luhk kuh nga koflah in motullac</p>	<p>Ao ekahsr <u>meet liki pacl</u> in motul an:</p> <ul style="list-style-type: none"><input type="checkbox"/> Srihke in tiac orekmakihn computer, cell phone, kuh TV. Kahlwem kac an oruh brain lom an in nunkuh muh srackna pacl in ngetnget.<input type="checkbox"/> Kahingkihn orekma kuh mukwikwi upaclac.<input type="checkbox"/> Ukwe sie ohiyac in motul ah in kahsrekom in monglac. <p><u>Ke pacl</u> in motul:</p> <ul style="list-style-type: none"><input type="checkbox"/> Motul ke pacl sac na ke kais sie lwen. Ohiyac se inge kahsruh monum in pahlah.<input type="checkbox"/> Tiac kalyeikom sifacna in motul. Eslah clock kuh watch liki motom kom in tiac lohacng nuhke ao an.<input type="checkbox"/> Kom fin puhla muh kom ac tiac sa motul, srolah liki bed an.	<ul style="list-style-type: none"><input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____

Fuhkah Kuhtangyen Ma Ahkupacye Monglac Wowo ke Fong Se

Ma Upac	Kahsruh nuhke Motullac Wo	Kuhtwena Kasruh Nuhke Motullac Wo
MA YURUM SIFACNA <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____ _____ _____ _____ _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
MA YURUM SIFACNA <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____ _____ _____ _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
MA YURUM SIFACNA <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____ _____ _____ _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Ohiyac in Ahkmisye Ikom ac Monglac



Ac wo kom in ukwe sie atac nuhke pacl in motul in muh kasrekom in ami. Srihke in mutwacwacack ao ekasr meet liki pacl in motul na pwacye lom an. Pa inge kuhtuh ohiyac ma kom kuh in srihke kom in ami ac motullac.

- Lihksreni mongyak
- Ahklohsryelah lahm an
- Nihm herbal tea kuh mil fucsrucsr
- Ac
- Lohng on wowo
- Tahkuhnlah ma kom ac oruh ke lwen tok ah
- Riti sie book wowo ah
- Muhta lihkihnum
- Ahsroelah monum
- Yihyih kof fucsrucsr
- Suhmuhsalah sie journal ah

Meac sang ahmihsyekom kuh oruh kom in monglac ke sahflahiye n lwen se?





Module 23

Ahkfahsrye Ahsrosr Lom Pacl Kom Som nuh Sahyac



Mwe Sramsram Yohk



Ahkfahsryeyacn ahsrosr lom pacl kom som nuh sahyac uh kuh in kasrekom in kosraclah kuh ahksuhmuhiyelah sikyak luhn mihsen suka.

Pa inge mwe sramsram lasr uh:

- Kuhtuh ma ac oruh upac kom in oruh mukwikwi kuh ahsrosr lom pacl kom som nuh sahyac, ac kasruh nuhkac.

Kom ac oraclah pac plan se lom sifacna!



Mwe Kasruh:

- ✓ Fin kom ekin passenger se, muhta sruhk niom ke pacl stosah an kasrusr an.
- ✓ Oruh kom in mukwikwi kuh ahsrosr ke ohiyac ma tiac enenuh kuhfa in ahsrosr (fahsr, fahsrot fahsruh, tacn, push-up pesinkac, fanfan ke step, kuh orekmakin sie app in ahsrosr an).
- ✓ Lie kain in acn ke pacl kom oruh mukwikwi in ahsrosr lom an (fahsr, pwacskuhl, fahsr loeloes kuh fan finohl, kofkof, kuh kalkal)



Sramsram Soko kacil Kenye Part 1



Kenye el oasr in sensen in weack mihsen suka (type 2 diabetes). Ke sripac inge, el wi mwet tuhlan lal in ahsrosr fahsr ke kais sie lotutacng. El oacyacpac orekmakin “stationary bike” soko tukun mongo in ekuh. El sun finsrak lal in mukwikwi kuh ahsrosr tiac fototo liki minute 150 ke kais sie week, in oruh ahsrosr na fal kuh upac kuhtuh.

Kenye ac mukul tuhmwacil ah pwacpakin in muhtwacta yurin kawuck mahtuh laltahl ke weekend in ahkfuhlwact se. Eltahl ac kahsruhsr ke lusen ao ohnkohsr nuhke lohmsin kawuck laltahl inge kalmac pa arlac yohk pacl se eltahl ac muhta uh. Ke eltahl ac sun acn we uh, Kenye el ac tiac kuh in wi mwet tuhlan lal ah fahsr kuh orekmakin pwacskuhl in ahsrosr nahtuhl ah. El elyahkin lah elac tiac sun finsrak nuhke ahsrosr lal ke week sac.

Sramsram Soko kacI Kenye



Meac oruh upac kom in ahkfahsrye ahsrosr lom ke kom som nuh sahyac uh?

Fuhkah oraclah lom in akfalye ahkfahsryeyacn ahsrosr ke pacl kom som nuh sahyac uh?

Sramsram Soko kacil Kenye Part 2



Kenye el konwacack lah el ac oruh fuhkah elan mukwikwi kuh ahsrosr ke eltahl kahsruhsr ke stosah ah. El ac mukul tuhmwacl ah oraclah minute 2 nuhke monglac in mukwilac laltahl inmahsrton minute 30 nuhkwewa. Eltahl ac ahsrosr ac forfor ke kais sie acn in tui ingacn. Kenye el fahk nuh sin kawuck lal ah lah el mukwikwi kuh ahsrosr elan kosraclah mihsen suka (type 2 diabetes). El solwactahl in weluhl.

Kenye ac Srue, kawuck se lal, oraclah in fahsr ke kais sie lwen. Ohiyac na wowo se eltahl in etwacclah acn sac.

Srue el pwacpa eltahl in kallah ke soko oak ah. Kenye el soenna wi kalkal ke oak uh, tuhsruhk el srihke. Ac el arulacna luhngse!

Kenye el tiacna elyah ke ahkfahsryeyacn finsrak lal nuhke mukwikwi in ahsrosr ke week sac. El engan in etuh lah el kuh in oruh mukwikwi kuh ahsrosr lal pacl el som liki lohm ah.

Kasruh Fuhkah nuhke Ma Oruh Upac



Ac kuh in upac kom in oruh mukwikwi kuh ahsrosr lom ke pacl kom nuh sahyac uh. Kuhtuh pa inge ma wacna ahkkolukye/ahkupacye ac kasruh nuhkac kom in kuhtanglah. Suhmuhslah nuhnak lom sifacna ke column soko ma fahk muh "Kuhtwena Ohiyac in Kuhtanglah". Mahkiac kais sie ma kom srihke an.

Ma Oruh Upac	Ohiyac in Kuhtanglah	Kuhtwena Ohiyac in Kuhtanglah
Nga arulacna kahfofo ke inte uh.	<input type="checkbox"/> Lie kain in acn ke kom oruh mukwikwi kuh ahsrosr lom an (fahsr, pwacskuhl, fahsr loeloes kuh fan finohl, kofkof kuh kalkal).	<input type="checkbox"/> _____
		<input type="checkbox"/> _____
Nga muhtwacta yurin kawuck kuh sucu.	<input type="checkbox"/> Fahk nuh seltahl lah kom oruh mukwikwi in ahsrosr lom in kosraclah mihsen suka (type 2 diabetes). <input type="checkbox"/> Lie kuhtuh mukwikwi kuh ahsrosr ma eltahl kuh in wi kom oruh. Solwactahl in wi kom.	<input type="checkbox"/> _____
		<input type="checkbox"/> _____
Nga enenuh in kasruhsr ke lusac na loeloes, kalmac pac yohk pacl nga ac sislah nuhke muhta.	<input type="checkbox"/> Fin kom wi mwe kahsruhsr, sruhk niom pacl kasruhsr an. <input type="checkbox"/> Wi train ah. Kom ac kuh in forfor kuhtuhsrik. <input type="checkbox"/> Kom fin wi stosah, oruh kom in srwelah 2 minute an nuhke monglac in ahsrosr inmahsr lon minute 30 nuhkwewa.	<input type="checkbox"/> _____
		<input type="checkbox"/> _____
		<input type="checkbox"/> _____

Kasruh Fuhkah nuhke Ma Oruh Upac



Ma Oruh Upac	Ohiyac in Kuhtanglah	Kuhtwena Ohiyac in Kuhtanglah
Nga tiac etuh acn inge oruh nga tiac etuh lah nga ac fahsr nuh oyac.	<ul style="list-style-type: none"><input type="checkbox"/> Oruh ahsrosr fahsr lom an in ma ac kasrekom in etuh ke acn sacn.<input type="checkbox"/> Molwelah sie map ah in kasrekom ke forfor lom an.<input type="checkbox"/> Siyuck sin mwet in acn sacn lah piac acn in fahsr uh.<input type="checkbox"/> Sokwack map kuh inkacnek lom an ke computer ah.<input type="checkbox"/> Orekmakin sie app in map ah ke phone nuhtum an.<input type="checkbox"/> Fahsr ke stoh ah.	<ul style="list-style-type: none"><input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____

Kasruh Fuhkah nuhke Ma Oruh Upac



Ma Oruh Upac	Ohiyac in Kasru	Kuhtwena Kasruh Nuhkac
<p>Nga tiac kuh in orekmakin acn in ahsrosr luhk ah kuh kuhfa in ahsrosr e loh m ah.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Lie lah oasr acn in ahsrosr ma kom kuh in orekmakin. <input type="checkbox"/> Muhta ke hotel ma oasr acn in ahsrosr kuh yihyih we. <input type="checkbox"/> Us sie resistance band ah. <input type="checkbox"/> Rent soko pwacskuhl an. <input type="checkbox"/> Oruh mukwikwi in ahsrosr ma tiac enenuh kuhfa in ahsrosr (fahsr, foroht forma, tacn, push-up pesinkac, fan step, kuh orekmakin sie app in ahsrosr an). 	<ul style="list-style-type: none"> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<p>Mwet ma wiyuc ahsrosr uh wacngin.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Siyuck sin sie mwet ah in wi kom ahsrosr. <input type="checkbox"/> Sifacna ahsrosr. <input type="checkbox"/> Wi sie u in ahsrosr online an. <input type="checkbox"/> Sukok kasruh sin mwet wi kom ahsrosr an. 	<ul style="list-style-type: none"> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____

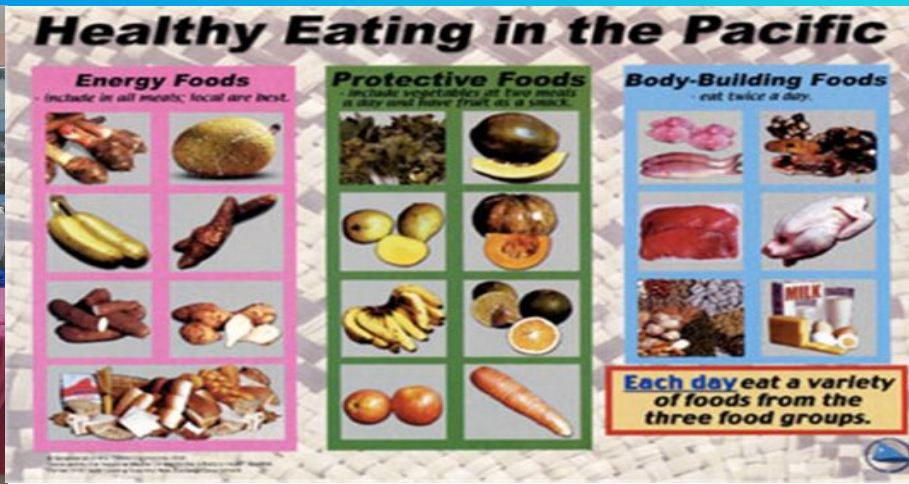
Kasruh Fuhkah nuhke Ma Oruh Upac



Ma Oruh Upac Nuh Sihk

Ohiyac in Kahsruh Nuhke Ma Oruh Upac Nuh Sik

- _____
- _____
- _____



Module 24

Kuhtuh pac Mwe Etwacack ke Mihsen Suka (T2 Diabetes)



Session Focus



Kom srihke kuhiyom in kosraclah kuh ahksuhmuhiye sikyak luhn Mihsen Suka (type 2 diabetes) ke ahksri ac mukwiwi in ahsrosr.

Pa inge mwe sramsram lasr uh:

- Ma kom enenuh in etuh ke mihsen suka (type 2 diabetes)
- Kom ac etuh fuhkah lah kom oasr ke mihsen suka
- Kom ac karingin fuhkah mihsen suka (type 2 diabetes)



Kom ac oraclah pac plan se lom sifacna!



Mwe Kahsruh:

- ✓ Lohacng nuhke mongo lom an in kosraclah mihsen suka.
- ✓ Muhtwacta nuh yohrohl doctor in kuh in check nuhke mihsen suka

Ma in Etweyuck ke Mihsen Suka



Ma in Etweyuck ke Type 2 Diabetes

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

Hormone kuh srano se pahngpahng insulin kahsrub glucose in som liki srah nuhke cells. Ohiyac se inge sang energy nuhke cells.

Ke mwet mihsen suka (type 2 diabetes) uh, mahnos tiac kuh in orekmakin wo insulin. Ohinge, suka el oan yohkwelikh ke srah ac tiacna som nuhke cells. Na cells inge tiacna eis wo energy.



Ma in Etweyuck ke Mihsen Suka



Ke mwet mihsen suka uh (type 2 diabetes), mahnoltahl tiac kuh in oraclah kuh orekmakin insulin wo. Sripac inge pwacnacng suka in oan na ke srah tiacna som nuh ke cells. Kalmac pa cells inge ac tiac na eis kuh fal se. Fin yohklac suka ke srah pahtlac ac kuh in oraclah kain in elyah nuhke mahnosr.

Mihsen Suka (Type 2 diabetes) el kuh in ahkkolukye:

- Heart ac ahlko, suc kuh in kollah nuhke heart attack ac stroke (ullac luhn mahno)
- Ahlko
- Kidney, ac kuh in kohllah nuhke muhsahllah kuh tiac orekma luhn kidney
- Ahtronmuhta ac kuh in kohllah nuhke kunlac
- Niac ac kuh in kohllah nuhke tahtlah/sihpsihplac
- Ikoen wihs
- Kolo

Ma in Etweyuck ke Mihsen Suka



Ac fihsracsr kom in weack mihsen suka (type 2 diabetes) kom fin:

- Arulacna toasrlac (overweight kuh obese)
- Sislah pac l yohk lom in muhta kuh oan
- Oasr inmahsrlon ninac, pahpah kuh tulik wiom wi mihsen suka (type 2 diabetes)
- Kom African American, Hispanic, Native American, kuh Asian American
- Kom yac 45 kuh mahtuh liki. Sahp sripac se inge ma ke inkaiyen mwet uh kahkhsriklac ke mukwiwi in ahsrosr lalos a toasri ke matwaclos fahs nuh lucng. Tusruktu, mihsen suka (type 2 diabetes) el akilenyuck muh kihluckyak inmahsrlon mwet fuhsr uh pac.
- Mihsen suka ke kom pih tuctuc ah (gestational diabetes)

Sramsram Soko kac! Alik ac Nena



Alik el oasr in sensen in weack mihsen suka (type 2 diabetes). El srihke elan kosraclah kuh ahksuhmuhiye sikyak la an ke ohiyac ma ac karuhnganuhl elan fokoko ac tiac mas.

Pahpah tuhmwac! Alik ah, Nena, el mihsen suka (type 2 diabetes). Finsrak lal uh pa in karihngihn suka lal ah in oan ke luhpah fal.

Ohiyen mongo ac mukwikwi in ahsrosr lal Alik ac Nena uh arulacna oacna sie. Eltahl kwewa srihke in sun ac muhtana ke paun ma fal toasriactahl in oasr kac. Eltahl kwewa lohacng pac nuhke ohiyen mongo ac mukwikwi lalos uh.

Sie ma Nena el oruh siena luhkwel Alik uh pa, el checki suka lal ah ke lwen nuhkwewa. Na el srike in lohacng nuhke results kuh sikyak ah. Nena el oacyacpac nihm ono in karingin suka lal ah.



Sramsram Soko kacil Alik ac Nena



Alik ac Nena kwewana srihke in lohacng nuhke health lalos uh. Tusruktuh, fusus kuhtuh muhtwacta lal Nena nuh yurin mwet luhn lohmi ono ah. Puhkantwen pac lab test lal. Weacng check suka lal uh, el enenuh in checkiyuck blood pressure, cholesterol, kidney, ahtronmuhtahl, ac niacil ke pacil enenuh uh.

Alik el srilac. Sikyak kuh result sahflah se lal ke check suka lal ah wona. Mwet luhn lohmi ono ah ma kahsrel ah fahkwacng lah el oruh ohiyac ma enenuh in kosraclah kuh ahksuhmuhiye sikyak luhn mihsen suka (type 2 diabetes).

Check suka sahflah se lal Nena ah wo pac. Mwet luhn lohmi ono ma kahsrel ah ahkkweyaci ac fahkwacng lah el arulacna oraclah ip lal in karingin suka lal in oan na ke luhpah fal.

Moul Lom ac Mihsen Suka



Ac fuhkah eklac lun moul lom an fin kom mihsen suka (type 2 diabetes)?

Meac kom ac oruh in kosraclah?



Kuh oasr mwet kom etuh muh mihsen suka? Fin ahok, siuck sel lah fuhkah eklac luhn moul lal ke sripen mas se inge ac el karihngihn fuhkah? Suhmuhslah ten ma kom sokwack an.

Kom kuh pac in fahk top lom an ac tafwelah mwe sramsram se inge nuh sin mwet sahyac ma kom kuh in sramsram nuhse ke social media.



Module 25

Kuhtuh pac Mwe Etwacack ke Carbs



Mwe Sramsram Yohk



Kahlwem lom ke carbohydrates (carbs) kuh in kasrekom in kosraclah kuh ahksuhmuhiye sikyak lun mihsen suka.

Pa inge mwe sramsram lasr uh:

- Kuhpahsr luhn carbs ac mihsen suka (type 2 diabetes)
- Kain in carbs
- Inkacnek in ahkwoye carbs

Kom ac oraclah pac plan se lom sifacna!



Mwe Kasruh:

- ✓ Ahksrihkye eisyacn processed foods.
- ✓ Likina in sulaclah apple pie, srihke apple stew wi cinnamon.



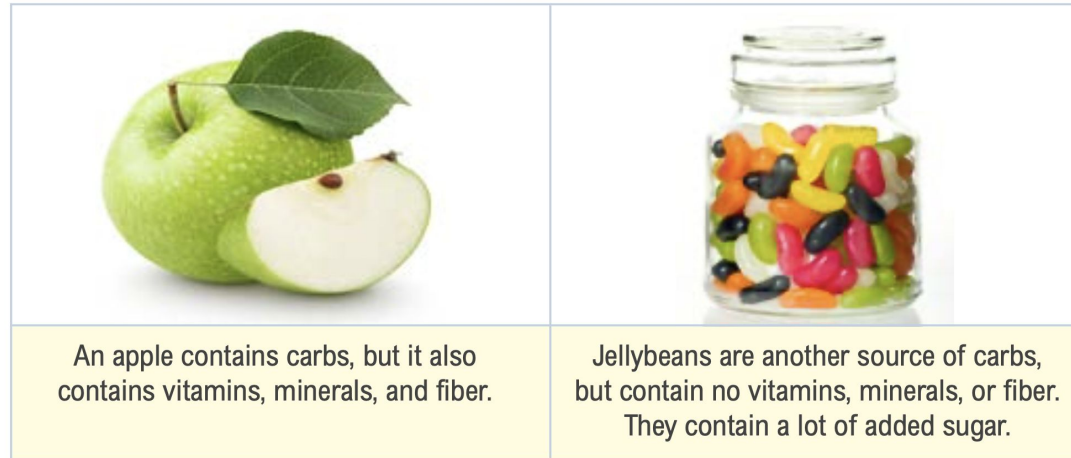
Carbs ac Mihsen Suka (Type 2)



Kuh kom etuh?

- Carbs el usot energy nuhke monum. El tuhkuh ke kain in mongo.
- Carbs nuhkwewa tiac oacna sie. Sielacna la uh ma ke fiber ac nutrients ke mongo se.

Ahksrihkye eisyacn **processed carbohydrate foods**. Processing ke mongo uh kuh in oruh carbs el pihsrpihsr in eklac nuhke sugar ke mahno se. Sweet potato bake se el siena liki mashed potato wi marshmallow kuh sweet potato chips.



Less Processed



More Processed



Kain in Carbs



Kain in Carbs

Oasr kain in carbs tolu:

1. Staht
2. Suka
3. Fiber kuh kaka ke mwe mongo

1. Mongo staht an pa:

- Starchy veggies
- Beans, peas, ac lentils
- Grains



Vegetables ma yohk staht kac:

- Corn
- Green peas
- Mos
- Tapioca
- Pahsruhk
- Usr in pohel
- Pihductuc
- Tongang
- Muhtah
- Kuhtak



Beans, Peas, ac lentils an pa:

- Black, pinto, ac kidney beans
- Black-eyed peas
- Garbanzo beans (chick peas)
- Red, brown, and black lentils
- Split peas

Kain in Carbs



Mongo Grain an pa:

- Whole grains
- Refined grains

Mongo ma oasr ke Whole Grains pa:

- Barley
- Bread ac kuhtwena mongo ma oreklac ke 100% wheat flour
- Brown ac wild rice
- Oats ac oatmeal
- 100% whole grain cereal
- Pasta kuh fuhlao ma oreklac ke 100% wheat flour
- Popcorn
- Tortillas ma oreklac ke 100% whole wheat flour kuh 100% cornmeal

Mongo ke Refined Grain pa:

- Bread ac kuhtwena fuhlao manman ma oreklac ke fuhlao tahkmwek se ma pangpang white flour
- Pasta kuh fuhlao ma oreklac ke fuhlao tahkmwek se ma pangpang white flour
- Rice fasrfasr

Sulaclah whole grains

Whole grains uh oasr fiber, vitamin, mineral, ac staht kac.

Refined grains uh staht muhkwenapa kac uh.

Kain in Carbs



2. Mongo Suka an pa:

- Suka ke fukunsahk (fructose)
- Suka ke milk (lactose)
- Suka fasrfasr, brown ac powder
- Corn syrup
- Maple syrup
- Honey
- Molasses

3. Mongo ma yohk fiber kac pa:

- Beans, peas, ac lentil
- Vegetables kuh mahsrik ac fukunsahk - yohkna ma ma oasr kolo kuh fihtac ma kom kuh in kang an
- Nuts, pa nuhke peanut, walnut, ac almond
- Mongo ma whole grain

Karingin Nuts Yohk calories kom eis kac.

Karingin Suka

Inmahsrlon carbs tolu ingan, suka pa yohk emeet kihluck oraclah nuhke suka ke srah lom an.

Eis in fal fiber

Fiber el tiacna itactuh kuh kuhnanuhi ke el utyak nuh in monum uh. Pwacnacng el kuh in kanwekomlac a srihk calories kom eis. El kuh pac in ahksrihkye suka ac cholesterol lom an.

Srihke in eis grams 25 nuhke 30 ke fiber ke kais sie lwen. Lie kuh readi ma suhmuhslah ke mwe mongo sacn in etuh lah luhpah kah fiber oasr lac.

Inkaiyacsr tiacna eis luhpan fiber fal se. Fin kom enenuh in ahkyohkye eisyacn fiber lom an, kahkahsrihk ahkyohkye ke lusen pacl se. Oacyacpac nihm kof in yohk. Ac kasrekom in kosraclah mihsen siac kuh fahsr luhn koanon siom.

Wo emeet pa kom in eis fiber ke mwe mongo, likina in eis ke ono. Sripac an pa puhkantwen nutrients ma kom kuh in eis ke mwe mongo sahyen fiber, pa nuhke vitamins ac minerals.



Added Sugar: Sugar el wacna ituckyang ke pacI orek mongo se. Yohk sripac in ahksrihkye eisyacn mongo ma yohklac sugar ituckyang nuhkac.

Mongo ma yohklac sugar ituckyang nuhkac:

- Cake
- Candy
- Cookies
- Kof emwem pa nuhke cola, coffee ac smoothies
- Ice cream

Ahkwoyeyacn Carbs



Kain in carbs kuht kanglah uh oraclah ekyek nuhke suka ke srah lasr uh – pwacnwacng in an ke luhpah fal pa key!

Sulaclah Carbohydrates ma Yohk Nutrients Kac

Mongo ma yohk nutrients kac uh pahngpahng pac muh superfoods, mweyen yohk vitamins, minerals, ac fiber kac; srihk kuh wacngin added sugar kac; ac apkuhran kuh oacpacna mongo na pwacye sacn. Mongo pangpang muh nutrient-dense inge kasrekom in usot nutrients ac energy ma monum enenuh.

Meac kuhtuh mongo carbohydrate ma nutrient-dense kom etuh?

Ahkwoyeyacn Carbs



Oraclah luhn Plate Se Lom

- Orekmakin plate method in nwacklah tahfuh plate lom an ke nutrient-dense veggies, ac quarter se ke mongo carb, na quarter se luhlah an ke ikoac kuh mongo ma plant-based protein.
- Kais kuhtuh muhtwacwacack! Kampare lah kom kuh in eis sie mongo ma carbohydrate-rich an ke mongo se lom. Example, fin oasr potato ke mongo se lom an, tiac eis bread kuh ahksrihkye luhpa ma kom ac eis kac an.

Ahksuhmahtye Sulaclah ke Carbs

Fin kom eis carbs, sulaclah mongo ma:

- Srihk calories, fat, ac sugar - Srihk processing kuh tiac ma processed
- Source wowo se ke fiber - Kahsruhpa ke vitamins ac minerals

Srihke ma inge:

Likina in ...	Srihke...
12 oz tin in cola	Kof wi slice in fruit kuh club soda
Bag srisrik in chips	Bag srisrik se ke baby carrots
Juice	Whole fruit
Potatoes (white)	Sweet potatoes

Ahkwoyeyacn Carbs



Instead of...	Try...
Bread made with refined flour	Bread made with 100% whole-wheat flour
White rice	Brown rice or barley
Cereal made with refined grains	Cereal made with whole grains or oatmeal
Full-fat yogurt made with sugar	Plain nonfat yogurt with berries
Apple pie	Stewed apple with cinnamon
Chocolate bar	Hot chocolate made with nonfat milk, cocoa powder, and a touch of sugar
ADD YOUR OWN	ADD YOUR OWN
ADD YOUR OWN	ADD YOUR OWN
ADD YOUR OWN	ADD YOUR OWN
ADD YOUR OWN	ADD YOUR OWN
ADD YOUR OWN	ADD YOUR OWN

Ahkwoyeyacn Carbs



Examples ke Healthy Carbs

Breakfast



Bowl of whole-grain oatmeal with blueberries and almonds



Whole-grain toast with peanut butter, bananas, and fresh strawberries

Lunch



Whole-grain pasta with broccoli



Whole-grain tortillas with pumpkin, garlic, and black beans

Ahkwoyeyacn Carbs



Examples ke Healthy Carbs

Dinner



Whole-wheat penne pasta with spinach and grilled chicken breast



Baked fish with brown rice and seasonal fruit and vegetables

Sramsram kac! Kun Part 1



Kun el oasr in sensen in weack mihsen suka. Doctor lal ah fahkwacng lah tiacna enenuh elan eslah carbs kuh tiacna kang tusruk elan kuh in eis carbs healthy. Doctor lal Kun ah ahkkweyacl muh elan srihke sihmihs ma el kang an ke week luu.

Kun el oraclah list se lal elan sang doctor elan lie:

Breakfasts

- Sugar in coffee
- Sweetened boxed cereal
- Orange juice
- Jam on toast
- Pastry at the local coffee shop
- Pancakes with syrup

Lunches

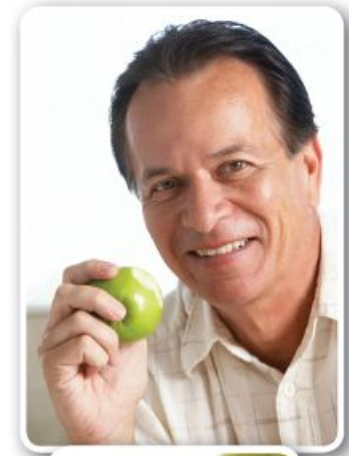
- Stir fry with white rice
- Drink like sodas, sweet tea, and lemonade
- White bread for sandwiches
- Burritos with white rice

Dinners:

- French fries and tater tots
- Pasta
- Beer or wine
- Cake

Snacks:

- Candy
- Corn chips, potato chips, crackers, and pretzels



Sramsram kacI Kun



Directions: Ke mongo ma Kun el list muh el kang ah, carbs fuhkah ma wo Kun elan sulacIah likina ma el kanglah ah? Ac meac kuhtuh ma el kuh in karingin kuh ahksrihkye? Orekmakin chart se ten inge nuhke top lom an.

Instead of...	Try...

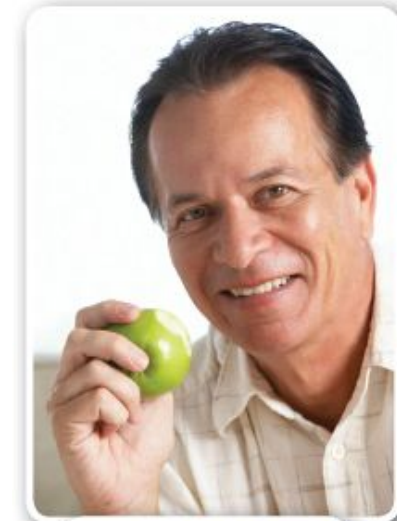
Sramsram kac Kun Part 2



Doctor lal Kun ah kaksrel elan kuh in ahkwoye eisyacn carbs lal.

- El ahksrihkyelah eisyacn ma emwem wi ma processed el kang ac srihke in balance mongo lal uh.
- Ingena el sulaclah in eis carbohydrates ma healthy, ac srihke in fal pac eisyacn protein ac vegetables lal uh.
- El orekmakin food labels in konwacack lah piac kac mongo healthy ma ac kaksrel in sun finsrak lal uh.
- El oacyacpac ahkfahsrye ahsrosr lal. Sahflahiyac, Kun el sislah pound 5, ac el puhla muh kuhi pac ikoacl.

Ke sripen ekyek inge, suka ke srah lal Kun ah kihlucki.



Carbs Luhk



Suhmuhslah kuhtuh carbs ma kom lungse. Suhmuhslah lah fuhkah fususien eisyacn ma inge ac luhpah kah kom kanglah ke kais sie pacI kom kang ingacn. Tohkoyang, motko lah kom enenuh in ahkwoye, fin enenuh, na kom suhmuhslah. wn.

My Favorite Carbs	How Often Do I Eat This?	How Much Do I Eat?	Do I Need A Healthy Change Idea?	Healthy Change I Will Make
<i>Bread</i>	<i>Every day, every meal</i>	<i>6 slices</i>	<i>Yes</i>	<i>I will have oatmeal instead of toast for breakfast.</i>
<i>Cookies</i>	<i>Not very often</i>	<i>Too much!</i>	<i>Yes</i>	<i>I won't keep cookies in the house. When I have them, I will stick to one serving.</i>
<i>Rice</i>	<i>Every meal</i>	<i>1/2 cup</i>	<i>No</i>	<i>Rice is a staple in our home and culture, so we have chosen to limit serving sizes for rice and swap out other carbs with healthier options.</i>
<i>Sugar in my coffee</i>	<i>Two cups of coffee a day</i>	<i>I don't know</i>	<i>Yes</i>	<i>I will measure and reduce my sugar and aim for one teaspoon per cup.</i>

Carbs Luhk



My Favorite Carbs	How Often Do I Eat This?	How Much Do I Eat?	Do I Need A Healthy Change Idea?	Healthy Change I Will Make

Oraclah Sie Vision Board Poster Ah

Directions: Oraclah sie poster ke petsac ac kahs ma ac fahkwack finsrak loeloes lom tukun Prevent T2 Program.



Oraclah Sie Vision Board Poster Ah

Kahsruh Nuhke Oraclah luhn Board

Pa inge kuhtuh ma ac kahsrekom in oraclah board lom an:

- Ngwetlah lie pacl fahsruh lom an. Tahkuhnlah finsrak lom nuhke yac se kuh ma kom ke in sikyak.
- Orekmakin poster board, cork board, kuh cardstock paper in sang oraclah vision board lom an.
- Orekmakin computer in oraclah petsac kuh sihm kahto/pwacr nuhke vision board lom an.
- Orekmakin magazine in sokwack petsac/kahs ac luhsacлах nuhke board, in ahkuhtweyac finsrak lom an
Orekmakin glue stick in sang fulusyac kahs kuh petsac kom luhsacлах ingacn.
- Orekmakin hand drawings kuh kahs sihmlac tari in sang ahkuhtweyac finsrak lom ke pwepuh.

Nuhnak nuhke Board Lom An

- Oracni petsac/kahs ma ac fahkwack finsrak nuhke pound lom an. Sifacna siuck sum: Fuhkah atacn mouluhk uh fin nga oraclah finsrak luhk uh?
- Oracni petsac ke ma oruh kom insacnweacng:
 - Petsac ke tuhlihk nuhtum an, sucu, mwet kawuck
 - Quotes ma ahkkweye kom
- Orekmakin petsac/kahs in ahkuhtweyac puhla lom ke fahsruh lom ne ke pacl se inge kuh finne nuhke pacl fahsruh uh
- Orekmakin petsac ke mongo ma ahkkweye kom
- Orekmakin petsac/kahs ma ahkkahlwemye lah kom ac lohacng nuhke oraclah lom ke pacl fahsruh uh
- Orekmakin petsac/kahs ma ahkkweye kom in ahsrosr



Module 26

Kosraclah Mihsen Suka Ke Lusen Moul Lom



Mwe Sramsram Yohk



Karihngihnyen moul wowo ke lusen moul lom ac kahsruh kosraclah kuh ahksuhmuhiye sikyak luhn mihsen suka.

Pa inge mwe sramsram lasr uh:

- Fahfahsruh lom ke mutawacack luhn “program” uh nuh ingena
- Meac kom kuh in oruh in tahfelah na ohiyac wowo ma ac kasruh moul fokoko lom finne sahflah “program” uh.
- Mwe finsrak yohk lom nuhke mahlem ohnkohsr fahsruh uh

Kom ac oraclah pac “plan” se lom sifacna!



Tips:

- Sokwack sie mwet ma kom lulalfongi muh ac kasrekomyou
- Sokwack ohiyac pwacr ma ac oruh kom in ahkwoye na mongo lom an
- Sikalweni in lohacng nuhke mongo ac ahsrosr lom an
- Sruhmuhn ma kom lotwelah muh ac kosraclah mihsen suka



Sramsram soko kacI Iso



Iso el oasr in sensen elan weack mihsen suka. Sripa se inge oruh el sroacng nuke Prevent T2 program. Program sac kahsrel elan oaru in oruh ma ac kahsruh oraclah moul fokoko ac tiac mas nuh sel. Iso el kang mongo ma wo ac fal nuh sel ac oaru in oruh ahsrosr fahsr lal ke len nuhkewa. El kampare elan ahkfalyelah mihnit 150 ke pacl el ahsrosr ke kais sie wik, ke luhpah fal kuh muhiyak kuhtuh se.

Kampare lal Iso inge oasr srihpac. Year se tukun el wi “program” sac, el tuhngalyac luhpah kuh toasr se ma enenuh elan oasr kac. El puhlakin insewowo yohk liki pacl met ah.

Tukun sahflah program sac, Iso el luhman suhnuhnkuhyak, sifilpacna fohlohklac kang mongo ma tiac wo kuh fal ac tiac ahkfalye pacl in ahsrosr lal. Saflahiyac, el sifil toasri ke pound 5.

Iso el etuh lah el enenuh in suk kahsruh nuhke ohiyac ma el oasr kac. El ngihsre sie sin met ma el osun nu se ke “program” ah in weluhl ke pacl el oruh ahsrosr fahsr lal. El sroacng pac nuhke lutlut orek mongo se luhn met mahtuh in mura lal ah.

Iso el etuh lah el enenuh na in tiac fuhlweack. El oakiyac luhpah sasuc se nuhke toasriyacI elan sifil tuhngal. El srihke kain in mongo usrnguck ac sasuc ke wik nuhkewa. El ac kawuck in ahsrosr se lal ah, ikikihl pac acn elos oruh fahsr lalos we.

Mihsenge, Iso el kang mongo ma wo ac fal nuh sel muhkwenac ac ahkfalye pacl in ahsrosr kuh mukwikwi lal. LuhpahI ac toasriyacI oasr ke luhpah ma ac tiac oraclah mas kuh elyah. El ingena tilac sensen kuh oasr ke Uh se ma ac fihsrasr in weack mihsen suka.

Finsrak Lom Nuhke Mahlwem Ohnkohsr Fahsruh



Finsrak Nuhke Ahsrosr

Ke mahlem ohnkohsr fahsruh uh, Nga ac srihke in ahkfalye mihnit 150 ke ahsrosr kuh mukwikwi luhk ke luhpa fal se kuh muhiyak kuhtuh.

Finsrak nuhke Toasriom

Nga pound _____. (Lwen Misenge: _____)

Ke mahlwem 6 fahsruh uh, nga ac:

- Sisi pound Nga ac sun pound _____
- Muhta na ke toasriuck Nga ac muhtana ke pound ____

Finsrak sasuc tukun tari Prevent T2 Program :

Sramsram soko kacil Iso



Kom ac konwacack fuhkah mwet in kaksrekom ac ma ac ahkkeyekom in tahfwelah na ohiyac wowo kom oruh an tukun sahflah program uh?



Oruh in Akihlenyuck Oraclah Lom An



Kom kuh in ma uh ahol PreventT2 lifestyle change program in oraclah puhsra nuh sin mwet uh. Resource ten inge ma in kaksrekom in akihlenyuck oraclah lom ke program uh.

Menu of Activities for Program Promotion and Outreach—lists activities Program Champions can choose to promote their lifestyle change program, from easy to more complex.

[www.cdc.gov/diabetes/prevention/pdf/champion-promotion-508.pdf]

Talking Points—helps Program Champions tell their story, describe the lifestyle change program, and answer questions.

[www.cdc.gov/diabetes/prevention/pdf/champion-talking-points-508.pdf]

Communication Tips for Outreach Activities—gives Program Champions suggestions on how to talk to potential participants, active listening, and managing the conversation.

[www.cdc.gov/diabetes/prevention/pdf/champion-outreach-tips-508.pdf]

Handling Tricky Conversations: Tips for Program Champions—gives suggestions on how to answer questions that are too personal, deal with doubters, what questions they should refer to others, and how to stay on topic.

[www.cdc.gov/diabetes/prevention/pdf/champion-conversations-508.pdf]

Finsrak Lom nuhke MahlweM 6 Fahsruh



Ohiyac Kom in Muhta Kac

Kom lotwelah kain in ohiyac in kuh muhta healthy ke program uh. Sikalweni in orekmakin ohiyac inge ke mahlwem ac yac fahsruh inge.

Lohacng nuhke mongo, ahsrosr, ac toasriom. Lohacng lom an ac fahk lah kom sun finsrak lom an. Weacng pacna, ac kahsrekom in fahk lah piac acn ma kom oraclah wo kac, ac piac acn ma kom enenuh in ahkwoye.

Fohlohk nuhke Finsrak Lom An. Wona fin kom srolah liki finsrak lom ke mongo kuh ahsrosr ke lusen pacl loes. Ma yohk uh pa in fohlohklac ac kosraclah in tiac tohlah ke pacl tok ah.

Ahksasucye action plan lom an fin enenuh. Nuhnkuh na nuhnkuh lah kom ac oruh fuhkah kom in healthy.



Finsrak Lom nuhke Mahlweem 6 Fahsruh

Ohiyac Kom in Muhta Kac

Eis kahsruh sin sucu, kawuck, ac mwet sahyac. Eltahl kuh in kasrekom in muhtana ke finsrak lom nuhke mongo ac ahsrosr.

Kuhtanglah Mwe Kihsrucng. Kom ac enenuh in ahkwoye kain in mwe kihsrucng ke lusen moul lom an- elyah ke pacl, ma ac ahkelyahye nuhnak lom an, mwe sruhf, ac puhs pac sahyac. Srihke in kosraclah mwe kihsrucng srihke lom an fin kuh, ac muhtwacnglah fin enenuh. Oruh kom in lwemlwem!

Insacnweacng. Soakiac finsrak sasuc. Ahkfuhlwactye kuhtanglah lom an. Srihke kain in recipe sasuc, kain in cook, ac ohiyac in ahkyohkye ahsrosr.



**Kom enenuh in sifil
lie ohiyac inge?**

Lie ahkuhtweyac ma
utokoht ke program
uh