



**Some people, including Native Hawaiians,
are more likely to get diabetes than others.
Learn some ways to keep yourself
free from diabetes.**

Information in this flyer was adapted from the National Diabetes Education Program. This publication was made possible by the CDC (CA #05014). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC.

Talk to your doctor about diabetes if you marked “ YES” for any of these questions:

YES NO

- Are you Native Hawaiian, Pacific Islander, Asian American, Native American, Hispanic, or African American?
- Do you have family members with diabetes (such as parents, brothers, sisters)?
- Are you overweight?
- Do you exercise less than 3 times a week?

YES NO

- Has a doctor ever told you that you have high blood pressure (140/90 or higher)?
- Has a doctor ever told you that you have high cholesterol?

These questions are for women who have been pregnant:

- Did you ever have diabetes when you were pregnant?
- Did you give birth to a baby that weighed more than 9 pounds?

Our ancestors were mindful of their health and they lived free from diabetes. Today, we can take 3 small steps to be mindful of our health.

Step 1: Be Active

Step 2: Eat Smart

Step 3: Lose Weight



STEP 1: BE ACTIVE

Exercise daily for 30 minutes or more.

If you are not active now,
start with 10 minutes of exercise a day
and build up to 30 minutes or more.



Take a walk



Dance hula



Go paddling or canoeing



Go swimming



Work in the yard,
garden, or lo'i



Play with your
kids or grandkids



STEP 2: EAT SMART

Choose healthy foods like fresh fruits and vegetables, whole grains (brown rice, oatmeal), fish and poi.



You don't have to give up all the foods you love to eat. Eat smaller servings of fried food, oily food, and food that is high in fat and sugar.

STEP 3: LOSE WEIGHT

If you are heavier than you should be, losing weight may help to keep you free from diabetes.

You can lose weight—one pound at a time—by being more active and eating healthy.



BIG REWARDS

Community members share why they take small steps to stay free from diabetes...

“Better health, longer life, and happier ‘ohana...”

“To live long and strong enough to see my children get married, to hold my mo‘opuna (grandkids) in my arms, to see my mo‘opuna graduate from high school!”

“To enjoy more happy times with friends and loved ones.”

“To be an inspiration to those I cherish!”



If you live in Hawai'i and do not have a doctor or health care provider, call the Native Hawaiian Health Care System on your island:

Moloka'i
Nā Pu'uwai
(808) 560-3653

Kaua'i, Ni'ihau
Ho'ōla Lāhui Hawai'i
(808) 246-3511

O'ahu
Ke Ola Mamo
(808) 845-3388

Maui
Hui No Ke Ola Pono
(808) 244-4647

Hawai'i
Hui Mālama Ola
Nā 'Ōiwi
(808) 969-9220

Lāna'i
Ke Ola Hou O Lāna'i
(808) 565-6608

Pacific Diabetes Education Program
A program of Papa Ola Lōkahi
Phone: (808) 597-6555
or 1-866-600-4253 (toll-free)
Email: pdep@papaolalokahi.org
Website: www.pdep.org



Mahalo Piha to:
Association of Hawaiian Civic Clubs
Waimea Hawaiian Civic Club
Kohala Hawaiian Civic Club
Ali'i Pauahi Hawaiian Civic Club
Kualoa-He'eia/Ko'olaupoko Hawaiian Civic Club
Prince Kūhiō Hawaiian Civic Club
Queen Emma Hawaiian Civic Club



**EVERY HAWAIIAN
SHOULD KNOW:
YOU CAN STAY
DIABETES-FREE!**

