



If you are a Pacific Islander, you may be at risk for diabetes!

Type 2 diabetes (adult-onset diabetes) is a disease in which blood glucose (blood sugar) levels get too high in the body. Over time, this can affect almost every part of the body and cause serious health problems.

Some people, including Pacific Islanders, are more likely to get this disease than others. You should talk to your doctor if you marked “ YES” for any of these questions below:

YES **NO**

- Are you Pacific Islander, Native Hawaiian, 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?
- 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?

The next 2 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?

The good news is that many people can stop themselves from getting diabetes if they take **small steps** toward living a healthy life!



Papa Ola Lokahi



BE ACTIVE

Exercise daily, for 30 minutes or more. Choose activities that you enjoy:

- Take a walk
- Go fishing
- Go paddling or canoeing
- Go swimming
- Work in the yard or garden
- Play with your kids or grandkids

SMALL STEP:

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



EAT SMART

Choose healthy foods and eat smaller servings.

SMALL STEP:

Eat More: Local foods, fresh fruits and vegetables, whole grains (brown rice, oatmeal), fish.

Eat Less: Fried food, oily food, food that is high in fat and sugar.



LOSE WEIGHT

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

SMALL STEP:

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

TO LEARN MORE, call the Diabetes Prevention and Control Program (DPCP) or local diabetes agency in your region. They can help you learn more about living a healthy life and staying free from diabetes.

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BIG REWARDS

A healthy lifestyle begins with small steps that can stop diabetes from happening to you. There are also many other reasons to take care of your health.

Below, community members share some reasons why they take care of their health:

"Better health, longer life, and happier family..."

"To live long and strong enough to see your children get married, and to be there to share happy times with your children's children!"

"To enjoy more happy times with friends and loved ones."

"To be an inspiration to those you cherish!"

American Samoa DPCP (684) 633-2186

Commonwealth of the Northern Mariana Islands DPCP (670) 664-4030

Federated States of Micronesia, National DPCP (691) 320-2619

- Chuuk State DPCP (691) 330-4145
- Chuuk Women's Council (691) 330-8396
- Kosrae State DPCP (691) 370-3006
- Pohnpei State DPCP (691) 320-7843
- Yap State DPCP (691) 350-2114

Guam DPCP (671) 635-7478

Guam Diabetes Association (671) 632-1971

Republic of Belau DPCP (680) 488-4804

Republic of the Marshall Islands DPCP (692) 625-3355, ext. 2486

Youth to Youth in Health (Marshall Islands) (692) 625-3099