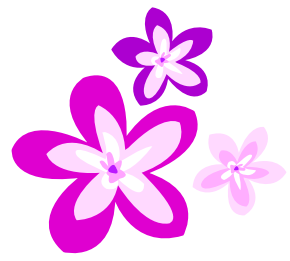


Kwojela ke ewi wawein am bok nañinmej in toñal?

How do you get diabetes?



Ñan jodrikdrik eo 20-24 yio dottañ
For young adults, 20-24 years old

Kwo maroñ bok nañinmej in toñal!

Ta in toñal?

Toñal ej juon nañinmej eo ej walok ñe ejjab emman an anbwinnum kōjerbale insulin eo ilo anbwinnum ak ñe anbwinnum ejjab maroñ komman insulin im ekomman an lap toñal ilo botoktokum. Elap an kauatata nañinmej in.



You could get diabetes!

What is diabetes?

Diabetes is an illness that affects the way your body uses insulin. Diabetes can also cause damages to your body.



Ewi wawein am bobrae toñal?

Ñan am jab bok nañinmej in toñal, kwoj aikuj loor wawein kein:

- Emmakitkit aolep raan
- Mōñā mōñā in aelōñ kein einwot leen wōjke ko
- Jolok kadōk im kobataat
- Kwon ejjimourur
- Kolaplok am mōñā vegetable ko
- Kajjejet awa in mōñā ko am
- Idaak aiboj aolep ien
- Mōñā fruit ko
- Kwon ikkure sports ko
- Mōñā mōñā ko ñan ejmour

Wawein kein remaroñ komman bwe kwon bok nañinmej in toñal:

- Ñe kwo killep
- Kwoj kobataat
- Elap am idaaq dennin kadok
- Elap am jijjet im bed bajjok
- Elap wot am mōñā mōñā ko renana ñan ejmour
- Edik am mōñā leen wōjke ko
- Ewor toñal ilo baamle eo am
- Elap jen 126 toñal eo am

How can you prevent diabetes?

Do these things to prevent diabetes:

- Exercise everyday
- Eat local food
- Quit smoking and drinking alcohol
- Get active
- Eat more vegetables
- Make a schedule for meals
- Always drink water
- Eat fruits
- Play sports
- Eat healthy foods

These things may cause you to get diabetes:

- Being overweight
- Smoking
- Drinking alcohol
- Sitting around and doing nothing
- Eating bad food
- Not eating fruits and vegetables
- Having family members with diabetes
- Having a blood sugar level greater than 126 mg/dl

