



KWŌJ KE BER ILO KAUWŌTATA KŌN NAÑINMEJ IN TŌÑAL?

Elōñlok Jen 35% In Ritto Ro Ilo Iowa Rej Jino Nañinmej In Tōñal Ak Rejjab Jelā Ke Ewōr Aer Nañinmej In

KAUWŌTATA KO

- **IĪŌ** Ko ritto lok jen 45
- **JOÑAN EDDO IN ENBWIN** Elap jen joñan eddo ak lukkun eddo
- **FAMILY HISTORY** Ñe jinōm ak jemōm ak jeim ak jatim ewōr an type 2 tōñal
- **EKJEJAIJ** Jidrik makūtkūt ak ejjelok makūtkūt ñan jidrik (iumwin 3 raan ilo juon wiik)
- **EDDO ILO IEN KALOTAK** Kalotake juon niñniñ elaplok jen 9 poun ak ñe ekar lap tōñal eo am ke kwar bororo
- **JERBAL KO AN ENBWIN** Nañinmej in jikin niñniñ eo an juon kōrā (PCOS)
- **ARMEJ IN AELŌÑ KO JET** African Americans, Hispanic/Latino Americans, American Indians, Pacific Islanders, im jet Asian Americans ekkā aer bōk nañinmej in.

TA EO IMĀROÑ IN KOMMANE?

Jino ilo am bōk 7 kajjitōk ko jen teej eo Kauwōtata Ko Kōn Jino Nañinmej in Tōñal. Uwaak ko am renij kōtmane ñe kwōj jino bōk nañinmej in tōñal ak ñe emōj am tōñal kadede. Tal ñan doihaveprediabetes.org bwe kwon bōk teej in. Ekkar ñan uwaak ko am, kwe māroñ kōnaan kennaan ippen taktō eo am kōn kauwōtata eo am ñan bōk nañinmej in tōñal. Ebar emman ñe kwon komman am apoinmen ñan teej e bōtōktōkum.

EO JOÑAN AN EKKĀ JINO NAÑINMEJ IN TŌÑAL?

Jino nañinmej in tōñal ej juon nañinmej me joñan tōñal ilo bōtōktōkum elap jen joñan ak ejjab laplok bwe en taip 2 tōñal. Etōn 1 lok ñan 3 ritto ro ilo Amerka ewōr aer jino nañinmej in tōñal im etōn 8 lok ñan 10 armej rej jino nañinmej in tōñal rejjab jelā ke ewōr men in ippeer. Etōn juon mottan jilu ritto ro ilo Iowa ewōr aer jino nañinmej in tōñal.

NAÑINMEJ IN TŌÑAL EJ KE JELET MENONO E AŌ?

Aet, taip 2 tōñal ej kalaplok kauwōtata ñan nitbwil menono eo am ak nañinmej in sroke. Emāroñ kajorāan kūtnei, nōōb, ne, ak mej. Ñe kwonij jino kamarmōr jino nañinmej in tōñal eo am ilo mokaj ilo am komman oktak drikdrik ko ilo mour eo am, kwomāroñ in kabōjrak nañinmej in tōñal mokta jen an jinoe.

EWŌR KE JUON PŪROKRAAM ME EMĀROÑ IN JIPAÑ EŌ?

Ri-Iowa ro me ewōr aer jino nañinmej in tōñal remāroñ bōk jipañ ñan bōbrae nañinmej in tōñal taip 2. Pūrokraam in Bōbrae Nañinmej in Tōñal ej juon pūrokraam me ej jipañ bōbrae, ak kaitoklok iien jen am bōk nañinmej in tōñal taip 2. Pūrokraam in me 12 allōñ in ej jipañ iuk ñan tōbar mejenkajik eo am kōn mour in ejmour. Kwomāroñ kopalok ilo onlain, ak ñan ijo emōj tōloke ñan bōk jikin, ak ekārere.



JOLOK JET POUN IM KADRIPEPENLOK



KATAK BŌK MOÑĀ KO ELAP ŪN



EMMANLOK EJMOUR EO AM



KADRIKLOK KAUWŌTATA IN BŌK NAÑINMEJ IN TŌÑAL TAIP 2

"Inij lukkun kadeelel kōn pūrokraam in. Ej juon kiin kakajoor im katakin. Ñe kwonij jino lo tōbrak ko, men in enaj kakajoorlok kwe."

-Karla, Eo Ear Jipañ PreventT2 jen Central Iowa.



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