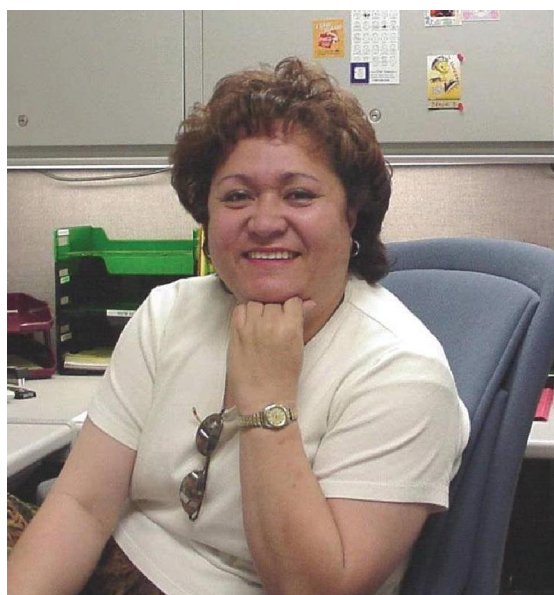


O le Ma'i O le Suka



Tu'ufa'atasia e

Ann Marie Brooks, MSN, CDE

ma

**Fa'aliliuina i le Gagana Samoa e
Senerita Auvaa**

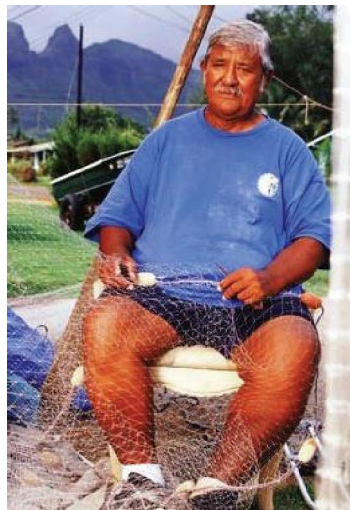
O le Ma'i Suka

- O le ma'i suka e leaga.
- O le ma'i suka e faaumatia ai lou soifua.
- O le to'atele (o tagata Samoa) e maua ile ma'i suka (tele nauā le suka i le toto).
- E fa'aleagaina ai:
 - Lau va'ai (tauasoa)
 - Vae (mutumutu ai vae)
 - Feusuaiga ma lou to'alua
- O le tele o le suka i lou toto e fa'aleagaina ai:
 - Lou fatu
 - Lou Mafaufau
 - Ou fatu ma'a
 - Alatoto o lou tino.
 - Ou Nifo
- E lē o i ai se fofo o le ma'i suka ae e mafia ona e pulea lelei le suka. E mafia ona e ola soifua maloloina.

English: Diabetes is serious; diabetes can kill; many Polynesians (Tongans) have diabetes; Diabetes (too much sugar in the blood) hurts the body; you could lose your: sight, feet, sexuality. Too much sugar in the blood can hurt: your heart, your brain, your kidneys, your blood vessels, your teeth. There is no cure for diabetes but you can control diabetes. You can be healthy.

E Tolu Ituaiga Ma'i Suka

- **Muamua** – E tele ina aafia ai le tupulaga talavou; e tatau ona faia tui.
- **Lua** – E tele ina aafia ai tagata ua sili atu ma le 30 tausaga le matua, a le o le tui, o fualaau e fa'aaogaina.
- **Tolu** – E tele ina aafia ai tinā o lo'o ma'itaga, e tatau lava ona tausia lelei e le tinā ia lava, ina ia maua se pepe maloloina.



Three kinds of diabetes: Type 1 usually strikes younger people, must have insulin; Type 2 usually strikes people over 30, may use insulin or pills. Third, gestational (during pregnancy), mother needs special care to have a healthy baby.

O Le Fa'atulagaina Lelei O Le Malosi O Le Suka I Lou Toto, E Maua Ai E Oe Le Soifua Maloloina.

- A maualalo tele (lalo ifo o le 70), e te fa'alogoina le tete o ou tino toe afu tele.
- A maualuga tele (luga a'e o le 200), e te fa'alogoina lou vaivai ma lou fia moe.

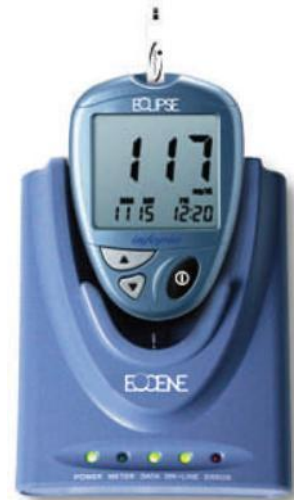
- O e gasegase (ma'i) nei?

Siaki lou suka,
Ola saogalemu,
Inu ia lava le vai auli.



Siaki Le Mauluga Po'o Le Maualalo O Lou Suka.

- Pe a fa'atonuina oe e le foma'i.
- Pe afai ua e fa'alogoina se suiga i lou tino.
- O le tulaga lelei lava e tataua ona iai lou suka o le va o le 80– 110 ae e te le'I taumafa, ae lalo o le 160, pe afai ua te'a le 1– 2 itula talu ina uma ona e tausami.



English: Normal blood sugar keeps you healthy; too low (below 70), you feel shaky and sweaty. Too high (over 200), you feel tired and sleepy. Are you sick today? Test your sugar; be safe; drink plenty of water. Test Blood sugar levels when the doctor says, when you feel "odd," and a good/safe level is: 80-110 pre-meal, under 160 after eating.

Fualaau O Le Suka

- O isi tagata ua latou fa'aogaina fualaau.
- O isi tagata ua fa'aogaina le tui.
- Inu fualaau i taimi fa'atulagaina.
- Inu fualaau i aso taitasi.



Diabetes Medicine: Some people take pills; some people take insulin; take medicine on time; take it every day.

Fa'atatau Mo Oe

- O oe lava e pule.
- E te fesoasoani lava oe ia te oe:

Aua e te taumafaina le tapa'a
Vaai lelei le maualuga/maualalo o lou suka.
Vaai lelei le maualuga/maualalo o lou toto.
Faia talavai o ou mata ma ou vae.
Faia lou tui o le fulu
Siaki pe o le a le malosia o le ga'o o lou tino, ma
Inu le fualaau o le asipurini (aspirin) I aso uma,
Se'i vagana ua taofia e le fomai.



English: About you: you are the boss; you can help yourself; don't smoke, watch blood sugar, watch blood pressure, have regular checkups of your eyes, feet; have a flu shot, cholesterol, and take a baby aspirin every day unless the doctor says no.

ʻE Mafai Ona Fesoasoani Lou Aiga Ma Au Uo Ia Te Oe

- Ia umi se taimi o e gao`io`i pe faia ni fa'amalosi tino.
- Filifilia o mea taumafa e lelei mo le soifua maloloina.
- Ia maua e oe le fiafia.
- Siaki lou suka.
- Auina atu oe i le fomai.
- Fa'atauina o au sapaalai po'o vailaau ma fualaau.



English: Family and friends can help you: move more, choose healthy foods, feel happy, test blood sugar, get to the doctor, and get supplies or medicine.

ʻE Umi Lava Ona Lelei Ou Vae

- Pe a fetau'i lelei ou se'evae.
- Re afai e molemole ma lelei totini e ta fa'aaogaina.
- Fufulu ou vae i aso uma ma fa'amago lelei.
- Aua e te savali e aunoa ma ni ou se'evae.
- Afai o i ai se manu'a i ou vae, ia vaaia loa le fomai, aua ne'i fa'atali.



English: Feet can last. Shoes must fit. Socks must be smooth. Wash feet daily and dry. Don't go barefoot. Do you have a sore? See a doctor ; don't wait.

'O Le Fa'agaioia O Lou Tino, E Maua Ai E Oe Le Malosi

- Faia mea e te fiafia lava iai.
- Taumafai e faia i aso uma lava.



English: Moving makes you stronger. Do something you like. Try to do it every day.

O Mea Taumafa Me Le Soifua Lau Lelei

- O meaai lelei e sili lona taua.
- O le fa'atulagaina o lou mamafa (ou pauna) e sili ona taua.
- E tatau ona mafai e le tino ona gaoioi solo.
- E manaomia e le tino le aofaiga fa'atulagaina o mea'ai.
 1. Ia tolu (3) aiga o le aso (aua ne'I misia se aiga).
 2. Taumafa I meaai eseese e lelei ma aoga mo oe.
 3. O mea taumafa fou lava, e sili atu lona lelei.
 4. Fa'aeteete lou taumafaina o mea'ai falai po'o meaai mai faleaiga e iai, McDonald ma le Burger King.



English: Food for health; healthy food is important; healthy weight is important; the body must be able to move. The body needs the right amount of food. Eat 3 meals a day (don't skip meals.) Eat a variety of good foods. Fresh food is best (no way to describe fiber). Eat less fried or "fast" foods.

O Le Lisi O Mea Taumafa I Lalo O Le Lanu Meamata E Fiafia Iai Le Lautele – E Mafai Ona E Taumafaina I Ni Vaega E Tele

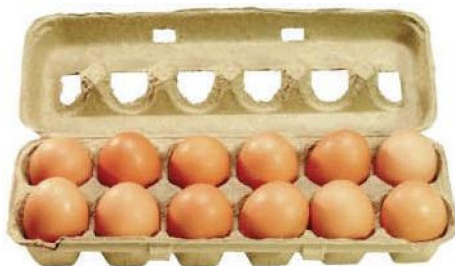
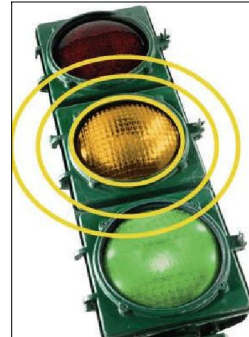
- Latisi, kapisi, pepa (Fualaaui Aina Lanumeamata)
- Kaloti
- Kolifalaoa (Cauliflower)
- Tamato
- Polokali (Broccoli)
- Aniani
- Lau Luau
- Kukama



English: Green light foods; you can eat a lot. The foods listed are: green vegetables, lettuce, cabbage, peppers, cucumbers carrots, cauliflower, tomatoes, onions, taro leaves. The photos are: bok choy, taro leaves, spinach, onions, tomatoes, and kimchee.

O Meaai Fa'atulagaina I Lalo O Le Lanu Samasama

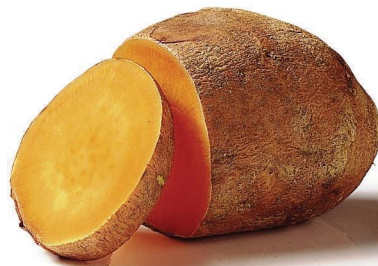
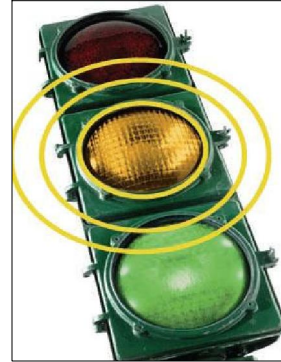
- Ia taumafaina se vaega o nei mea taumafa i aso taitasi, e taua tele le aofa'i e te fa'aaogaina.
- O fualaau aina suamalie, ia 3 – 4 ete fa'aaogaina i le aso.
- O le susu po'o le iokati (yogurt), e 2 – 3 ipu i le aso.



English: Yellow light foods: Eat some every day, amount is important. Fruit, 3-4 pieces per day. Milk or yogurt, 2-3 cups per day: eggs, 3 per week, lean meat or chicken or fish, 4-8 ounces per day. Shown are fruits, low fat yogurt, skim milk, brown eggs, fish.

O Meaai Fa'atulagaina I Lalo O Le Lanu Samasama

- Ia taumafaina se vaega o nei mea taumafa i aso taitasi, e taua tele le aofa'i e te fa'aaogaina.
- O meaai e tele ai le masoa, na o le 2– 3 (pe afa ipu) foi e fa'aaogaina i au tau-mafataga i le aso.
- O tagata laititi e laititi fo'i mea taumafa latou te fa'aaogaina a'o alii galulue malosi, e sili atu mea taumafa latou te fa'aaogaina.



English: Yellow light foods: Eat some every day, amount is important. Starchy foods, 2-3 servings (half cup) per meal. Small people eat less and working men eat more. Shown are green bananas, cassava, breadfruit, taro, tapioca, sweet potato and rice. Note: These foods are healthy and we are only suggesting that portions must be limited due to cultural problems with portion sizes.

Me`akai Maama Kulokula`

- Meaa`i o le lanu mumu, ia fa`aeteete, taumafa na o sina vaega itiiti lava.

Pateta Tipi (chips)
 Keke
 Pepakuki
 Asikulimi
 Pata poo masalini (margarine)
 Melonesi (mayonnaise)
 Sua o le salati (salad dressing)
 Masima
 Ava Samoa/Kava
 Ava Malosi
 Mea taumafa lololo (pa`u puaa)
 Apa susu suamalie
 Popo
 Meaa`i falai toe gao`a



English: Red light foods: be careful; eat only small portions—chips, cake, cookies, icecream, butter or margarine, mayonnaise, salad dressing, salt, kava, alcohol, food with fat, (pork skins), sweet condensed milk, coconut, and fatty, fried foods. Shown are maui onion chips, pineapple upside down cake, kauai kookies, haupia icecream, mayonnaise, sam choy's salad dressing, kava, shanghai lumpia.

Fa'afetai

Senerita Auva'a, Fa'aliliuna i le gagana Samoa (translator)

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Smith's Food and Drug

Thomas Stokoe, Reviewer

Utah Diabetes Control Program



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