Navajo translation by Frank Morgan

Utah Diabetes Prevention and Control Program
www.health.utah.gov/diabetes
Diabetes

Ats’7s Ch’iy11n Doo Hazh0’0 Choyool’98da Yileeh

A ts’7s ch’iy11n too hazh0’0 choyoo[’98da yileehgo t’11 7yis77baa hasti’.

Ats’7s ch’iy11n too hazh0’0 choyoo[’98da yileeh7g77bits’33d00 iin1 nihet’44h.

B 7a’ ashda’ii [3 ats’7s ch’iy11n too hazh0’0 choyoo[’98da yileeh7g77bee bidahodiit’i’ k ’ad.

Ats’7s ch’iy11n too hazh0’0 choyoo[’98 da yileehgo hadi[ bitahdi [ik1n7w0dahgo neel’3 47bits’33d00 ats’7s bich’8 nahwii’n1 yileeh.

Biniiinaa k0t’4ego h22h dahoo’aah too 1daa 1kojily33g00:
   A joo’7h7g77bhohodiit’i’ yileeh
   Hakee’ hats’33 yi[chxoohgo hats’33 nahtg00 k0l’88h
   A sht44zh too bin1zhd7zin 1hoo[’88h

Hadi[ bitah di [ik1n7[32go 47d77yihodii[t’ih:
   Haj47d7shjool
   Hatsiigh22’
   Hats3’1shk’azh7
   Hats’oos
   Hawoo’

A ts’7s ch’iy11n too hazh0’0 choyoo[’98 da yileeh7g77
doo bi’d44[n7 da, azh3 1k0t’4e nidi:
   T’11 h0 1daa 1hojily32go t’11 naadlo’go 1t’4
   Hatah y1’1hoot’44hgo nin11j7d1ah [eh

English: Diabetes. Diabetes is serious. Diabetes can kill. More and more people have diabetes. Diabetes (too much sugar in the blood) hurts the body. You could lose: your sight, your feet, your sexual ability. Too much sugar in the blood can hurt: your heart, brain, kidneys, blood vessels, and teeth. There is no cure, but you can control it and you can be healthy.
English: Kinds of diabetes. There are 3 kinds of diabetes: (1) Type 1. Younger people usually develop type 1 diabetes. Must use insulin. (2) Type 2. Most common kind. People over 30 usually develop type 2 diabetes. May use insulin or pills to manage. (3) Gestational. Happens during pregnancy. Mother needs extra care to have a healthy baby.
English: Blood Sugar. A normal blood sugar level keeps you healthy. Too low (below 70) makes the person feel shaky and sweaty. Too high (over 200) makes the person feel tired and sleepy. Are you sick today? Test your sugar, stay safe and drink plenty of water. Always check your blood sugar when the doctor says and when you feel “odd.” A normal and safe blood sugar level is 80-110 before you eat and under 60 after you eat (2 hours after).
English: Diabetes Medicine. Some people take pills; there are many kinds. Some people take insulin. Take your medicine on time. Take it every day.
English: About You! You are the boss. You can drink diet soda. You can help yourself. Don’t smoke; Watch blood sugar; Watch blood pressure; Have regular checkups: Eyes, Feet, Cholesterol (fat in the blood), Teeth, Have a flu shot. Take a baby aspirin every day unless the doctor says not to.
Dahak’ 47d00 ha’ 1[ch7h7da, d00 Din4 hach’ odaan7h7g77

$7h1k1 an1jahgo:

Binahj8 hats’ 7s jidis44h
d00 na’1zhd7ts’ - - d

Ch’iy1ln bee atah y1’1hoot’ 4h7g77
nish0hoot’ eeh

Binahj8 ho[ h0zh=

Hadi[ [ik1n7bitah 7g77 b7h7dazhneel’ 22h

A zee’ 71’ 7bich’ 8 a[n11j7d11h

A zee’ d00 bee 1daa 1hojily1n 7g77
Nish0hoot’ eeh

English: Family and Friends. They can help you: Exercise more; Choose healthy foods; Feel happy; Test blood sugar; Get to the doctor; Get supplies or medicine.
Exercise is Important! Do something you like to do. Try to do it every day.
Nikëe' y4ego baa h33h n7n7zin d00 baa 1h0ly3

English: Save your feet. Feet can last. Shoes must fit. Socks must be clean and smooth. Wash feet daily and dry them. Do not go barefoot. If you have a sore, go to the doctor, do not wait!
Eating for good 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. Avoid fried or “fast” foods—eat less of them. Fresh food with fiber is good.
English: Green Light Foods (May eat more): Carrots, tomatoes, cauliflower, onions, cucumbers, broccoli, spring greens, peppers, mushrooms and green beans. Diet soda, diet gelatin, and water, of course.
Ch'iy11n kwe'4 baa hane'7g747h1 yl'1t'44h 1kondi t'11 baa dzisti'go t'11 1[ch'9d7go ji y3

{ a' n7j7d99h d7d7t'11 n7j7d99h bik' eh

Haash n4elt'e'go? (! j7ts'7s7go 47 1[ch'9d7go; din4 nidaalnish7g747t'11 [32go )

Tsin bineest'2'; nanise' bineest'2': t11' d00 d98 go t'11 1kw779

A be' d00 abe' neesk'ih7 b22h ha'7zhah1 naakidi d00 t11' bee yik11[ b7ghahgo t'11 1kw779

Naa'ah00hai biy55zhii: dam0o n1'1dleehgo t1a'di n7j7d99h 47 doodago azee' 7l7' h71h1[n h7g77 bik' ehgo

A ts8 doo neesk' ah7g77, naa'ah00hai bits8, [00', 47 doodago bin11'1daa[ts'0z7binaa'o7 neesk'ih7g77 dah'adiidloh ounces bee w0lta'7g77d99 47 doodago tseeb77 b7ghahgo an1'1t'1ahj8

Nanise' b71stsii' ch'iy11n: naaki d00 t11' haak3 b7ghahgo N7masii, k'7heeshb7zhii ts'0s7, naad33', al00s, b22h/lees'11n, nanise' bin11', taaskaal abh7gho yid1n7, naa'o7, naa'o7doot'ti zh7, n7masii [ikan7, ak' ==' yik'32go, k0daat'4h7g77

English: Yellow Light Foods are Good (These foods are healthy, but it’s important to watch serving sizes). Smaller people need less; bigger or more active people need more. How much? Fruit: 3 to 4 pieces of fresh fruit per day. Milk or Yogurt: 2 to 3 cups per day. Eggs: 3 times a week or as the doctor says. Lean meat, chicken or fish: 4 to 8 ounces per day. Starchy Foods: Rice, potatoes, beans, corn, pasta, bread, mandioca -- 2 to 3 servings per meal.
English: Red Light Foods (Need to use less). Eat smaller portions: chips, cookies, treats, candies, salt, butter or margarine, fried foods, mayo, ice cream, sherbet. Avoid sweet drinks, juice.
Thank You

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