

**O le
Ma'i
O le
Suka**



Tu'ufa'atasia e

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ma

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

www.health.utah.gov/diabetes

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 mafai ona e pulea lelei le suka. E mafai ona e ola soifua maloloina.

English: Diabetes is serious; diabetes can kill; many Polynesians (Samoans) have diabetes; Diabetes (too much sugar in the blood) hurts the body; you could lose your: sight, feet and sexuality. Too much sugar in the blood can hurt; your heart, your brain, your kidneys, your blood vessels, and 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 Mauualalo 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 tatau ona iai lou suka o le va o le 80 – 110 ae e te le'i taumafa, ae lalo ifo 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'aaogaina fualaau.
- O isi tagata ua fa'aaogaina 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 malosi 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 sapalai po'o vailaau ma fualaau.



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

E Umi Lava Ona Lelei Ou Vae

- Pe a fetau'i lelei ou se'evae.
- Pe afai e molemole ma lelei totini e te 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 Mo 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 Lanu-meamata).
- 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, onions, taro leaves. The photos are: broccoli, onions and tomatoes, kimchee, and greens.

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.
- O fuamoa, e na o le 3 i le vaiaso, o aano o manu fasi, moa po'o le i'a, e 4-8 aunese i le aso.
- O meaai e tele ai le masoa, na o le 2-3 (pe afa ipu) foi e fa'aaogaina i au taumafataga i le aso.
- O tagata laiti e laititi fo'i mea taumafa latou te fa'aaogaina a'o alii galulue malosi, e sili atu mea taumafa latou te fa'aaogaina.
- O ata ia o mea taumafa e fesoasoani ia te oe.

Fualaau-aima-suamalie

Araisa

Ufi

Niu

Fa'imata

Talo

I'a

Manioka

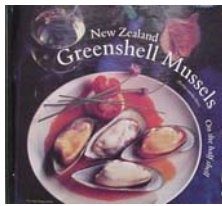
Mago

Maso

Tapioka

Apamasi

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. Starchy foods, 2-3 servings (half cup) per meal. Small people eat less and working men eat more. Shown are green bananas, fruit, taro, yams, tapioca and manioc, as well as rice. Note: These foods are healthy and we are only suggesting that portions must be limited due to cultural problems with portion sizes.



O Meaa'i Fa'atulagaina I Lalo O le Lanu Mumu

- 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



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