

Mahaki Suka'

**Fai'e
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Mahaki Suka'

- Ko e suka' `oku fakatu`utāmaki.
- Ko e suka' `e lava ke tāmāte.
- Ko e tokolahi `o e kau Polinisia' (kau Tonga) `oku nau ma`u `a e suka'.
- Mahaki suka' — Ko e fu`u hulu fau `a e lahi `o e suka' `i he totó — pea `oku' ne maumau`i `a e sino.'
- `E lava ke mole ai ho`o:
Sio'-mata kui
Va`e'-ve'e mutu, mo e
Fakafanau'
- Ko e fu`u lahi fau `a e suka': `i he totó `oku' ne maumau`i
Ho mafu'
Ho `atamai'
Ho kofuua'
Ho ngaahi halanga toto', mo
Ho nifo'
- `Oku' `ikai ke `i ai ha faito`o ki he suka' kā te ke lava pē `o māpule`i.
- `Oku lava pē ke ke mo`ui lelei.

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.

Ko e Kalasi `e 3 `o e Suka´

- **`Uluaki**—`oku meimei ke `ohofi `a e to`utupu´ pea pau ai ke nau huhu suka (insulin) kinautolu.
- **Ua**—`Oku meimei ke `ohofi `a e kakai motu`a ange he ta`u 30´. `E lava ke nau ngāue `aki `a e huhu suka´ pē ko e folo fo`i` akau´.
- **Tolu**—Hoko lolotonga `a e feitama` `a e kakai fefine´.

Kuo pau ke fai `a e tokanga makehe ki he fā`e ke ne ma`u ha pēpē mou`i lelei.



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.

`I he lahi fe `unga `a e suka´ `i he totó—`oku ke mo `ui lelei ai.

- `I he fu`u si`isi`i `a e suka´—` a ia ko e `i lalo he 70´,
Te ke ongo`i tāvaivaia, pupuha`ia mo tauta`a.
- Ko e fu`u hulu fau `a e suka´—`a ia ko e mā`olunga ange he 200,´ te ke ongo`i hela`ia mo fiemohea.
- `Oku ke ongo`i puke he `aho´ ni?

Sivi ho suka´,

Faka `ehi `ehi ma`u pē, mo

Inu `a e vai´ ke lahi.



Sivi ma`u pē `a e lahi ho suka´

- He taimi `oku tala atu `e he toketā´
- Taimi `oku ke ongo `i “faikehe” ai´
- Tu`uga totonu mo lelei ke `i ai ho suka´
Ko e 80-110 ki mu`a pea ke kai´.
- Tu`unga totonu mo lelei ke `i ai ho suka´,
ke `i lalo he 160 `i he `osi `a e kai´.

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.

Ko e ngaahí faito`o `o e Suka`

- Ko e kakai `e ni`ihi `oku` nau folo fo `i`akau
- Ko e kakai `e ni `ihi `oku` nau` huhu suka (insulin).
- Folo `a e fo `i `akau` pē huhu` `i hono taimi totonu.
- Fai `i he `aho kotoa pē.



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

Fekau`aki mo Koe

- Ko e pule` koe.
- Ko koe pē `e lava `o tokoni kiate koe`.

`Oua `e ifi tapaka

Tokanga`i `a e lahi `o e suka` `i ho toto`.

Tokanga`i `a e mā`olunga ho toto`

Sivi ma`u pē `i he taimi totonu `a ho:

mata`

ongo va`e`

huhu malu`i mei he flu`

ngako `i he toto` (kolesitalolo), mo e

Folo ma `u pē `a e `esipilini pēpē `e taha he `aho, tuku kehe kapau `oku ta`ofi `e he toketā`.



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 lava ke tokoni ho familiʻ mo ho ngaahi kaungāmeʻaʻ kiate koe ke ke:

- Ngaungaue mo longomouʻi
- Fili `a e me `akai `oku fakatupu mo `ui leleiʻ
- Mou`i fiefia
- Sivi `a e sukaʻ `i ho toto,ʻ
- `Ave koe ki he toketāʻ, mo
- `Omai ho `o ngaahi fiema`uʻ pē ko ho `o ngaahi faito`oʻ.



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.

‘E lava ke tolonga ho va‘e’

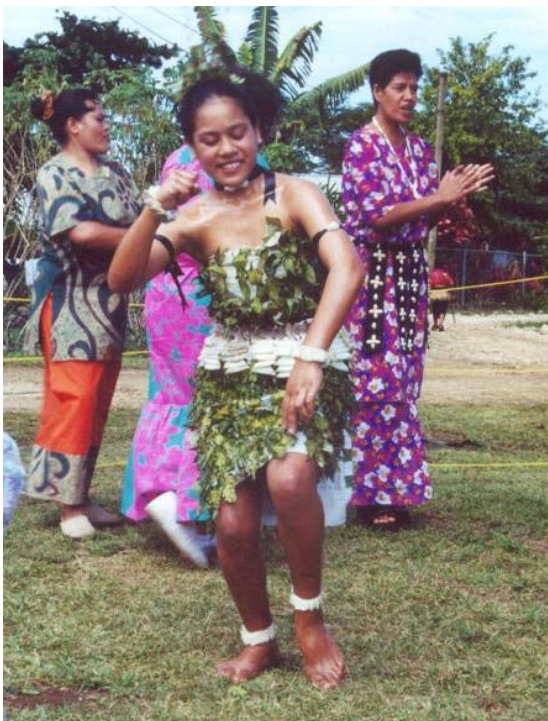
- Kuo pau pē ke hao lelei ‘a e sū ‘oku’ ke tui’.
- Tui e sitōkeni ‘oku molū mo molemole
- Fufulu ma ‘u pē ho va ‘e’ ‘i he ‘aho kotoa, pea holo mātu‘u.
- Óua ‘e ‘alu holo la‘iva‘e (ta ‘e sú).
- ‘Oku ‘i ai ha lavea pē ko ha fo‘i pala—Sio leva ki he toketā‘‘oua ‘e toe fakatatali.



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.

**`Oku hanga `e he longomou`i` `o ngaahi koe ke ke toe mālohi
ange**

- Fai `a e ngaahi me `a `oku` ke manako ki ai`
- Feinga ke ke fai ia `i he `aho kotoa pē



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

Me`akai fakatupu mo `ui lelei`

- `Oku mahu`inga `aupito `a e me`akai fakatupu mo`ui lelei`
- `Oku mahu`inga ke `oua te ke fu`u sino `o mahamahaki ai.
`Oku fiema `u `a e sino` ke longomo`ui.
- `Oku fiema`u `e he sino` `a e me`akai `oku fakafe`unga
 1. Kai tu`o 3 he `aho (`oua `e hala ha houa kai)
 2. Kai `a e ngaahi me`atokoni lelei kalasi kehekehe
 3. Ko e fua`i `akau `oku lelei `aupito ki he`etau mou`i`
 4. Fakasi`isi`i` `a e kai me `a ngako` mo fakapaku`, mo e kai `i he kalasi falekai hangē ko e Mekitānolo`



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.

Ko e Me`atokoni lelei taha—Maama Lanumata—Ta`e fakangatangata he ngaahi meátokoni ko eni

- Letisi, kapisi, polo (Vesitapolo lanumata)
- Kāloti
- Kolifalaoa
- Temata
- Onioni
- Lú
- Kiūkamupa

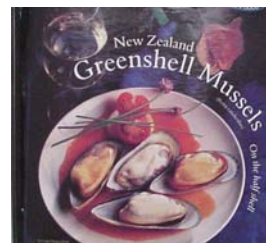


English: Green light foods; you can eat a lot. The foods listed are: green vegetables, lettuce, cabbage, peppers, cucumbers carrots, cauliflower, tomatoes, onions, taro leaves. The photos are: broccoli, onions and tomatoes, kimshee, and greens.

Me`akai Maama Engeenga`—Kai Fakafuofua he `aho kotoa.



- Fua `i `akau`—konga `e 3-4 he `aho.
- Hu`akau` ipu 2-3 `i he `aho.
- Kakano`i moa`, ika pe kakano `i manu— aunise `e 4-8 he `aho.
- Me`akai sitaasi`—vaeua ipu 2-3 `i he hikinga kai.
- Fo `imoa`—3 pē `i he uike.



Me`akai Maama Engeenga`—Kai Fakafuofua he `aho kotoa.

- Ko e kakai íiki´, ke nau kai si´i
- Ko e kakai tangata `oku ngāue´-te nau kai lahi ange
- `Oku hā atu `a e ngaahi tā `o e-



Siane mata
Talo
`Ufi
Mānioke
Kumala, pea mo e
Laise foki



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.

Me`akai Maama Kulokula`

- Fakatokanga: Fakasi`isi`i `aupito hono kai`

Kalasi pateta sipi (Chips)

Keke moe pisikete

`Aisikilimi

Pata pe koe masalini

Meioneisi

Lolo salati

Māsima

Kava mālohi

Me`akai ngako-hange ko e kili`i` puaka tunu`

Hu`akau kapa melie

Niu taufua

Fa`ahinga me`akai ngako pē fakapaku



English: Red light foods: be careful; eat only small portions—chips, cake, cookies, icecream, butter or margerine, mayonnaise, salad dressing, salt, kava, alcohol, food with fat, (pork skins), sweet condensed milk , coconut, and fatty, fried foods.

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