

Hoos u dhig  
fursada uu  
kuugu dhici karo  
sokoroow adiga  
oo ku dadaalaya  
in aad jirkaaga  
culayska  
mii sanka saaran  
ka tuurtid si aad  
u hanato Miisan  
Jir caafimaad qaba.

## Shabakadda internet-ka ee Macluumaatka Sokoroowga

Hoos waxa ku quran goobo qoraal ood ka heleysid shabakadda-internetka, kuuna tilmaamaya siyaabaha aad isaga ilaalin karto ama kula noolaan karto cudurka sokorowga.

### National Diabetes Education Program

<http://ndep.nih.gov/>

Qoraalkani wuxuu ku saabsanyahay sidaad ku ogaanlahayd waxyaalahaa asaaska u ah jiritaanka sokorowga, iyo sida looga hortago ama loo la noolado hadii aad qabtid. Waana goob kugu xiraysa meelo kale oo shabakadda-internetka oo aad ka heli kartid akhbaar muhim ah oo ku saabsan sokorowga.

### One Healthy Life Leads To Another

<http://www.onehealthylife.org/>

Gootban qoraalkeedo wuxuu si fiican kaaga haqabeel tiraya ama kugu hayayaa akhbaar hufan oo ku saabsan mareeynta sokorowga. Waxaad kale oo ka akhrisan kartaa erey bixin sharaxeeda wadata oo badiyaba ay isticmaalaan hawladeenenda caafimaadka.

### Healthy Roads Media

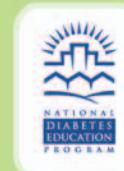
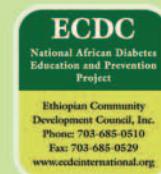
<http://www.healthyroadsmedia.org/type.html>

Warbixin ku saabsan cudurka Sonkorta iyo halista la socota iyo waxyaabaha muhiimka ah ee looga hortagi karo .

### Ethiopian Community Development Council, Inc.

<http://www.ecdcinternational.org>

Warbixin ku saabsan ka hortaga cudurka Sonkorta iyo habka maamulka, iyo waxyaabaha ee ECDC sameysa



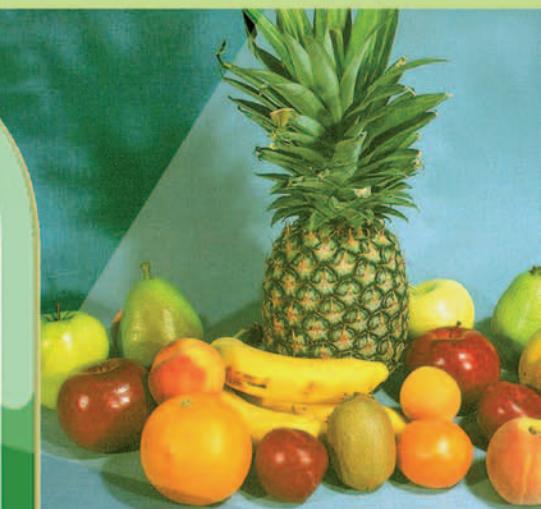
Website: [www.ndep.nih.gov](http://www.ndep.nih.gov)  
Phone: 1-800-438-5383

## KA HORTAG NOOCA 2 EE SOKAROOOWGA

Noqo mid caafimaad qaba



Sameey Socod iyo  
dhaqdhaqaaq joogta ah



Cuno nafaqa leh  
baa caafimaad leh

# Muxuu Yahay Nooca 2 ee Sokoroowga?

Sokorow waa cudur halis ah oo ka dhasha sonkorta dhiigga (magac kale oo loo yaqaan sokorowga waa dhiig macaan) ku jirta oo si xad dhaaf ah ugu badata. Waxay taranta sonkorta dhiigu horseed u noqon kartaa mashaakil cafimaad daro ay ka mid yihiin, Arag beel, Cagta oo la gooyo, iyo cudur wadnaha ku dhaca.

Nooca 2 ee Sokorowgu wuxuu badiyaaba ku dhacaa dadka hanaqaadka ah ama qaangaadhay oo culayska fuushan miisankiisu badanyahay, inta badana firfircooni ama xarakad ay sameeyaan yartayah. Hase yeshe, caruur ama cunugyo tiradoodu aalaaba sii kordheysyo ayuu sido kale abbaaraa nooca 2 ee sokorowgu. Sababta oo ah, miidsankooda ayaa culays fululaa, firfircoondona waa ku yartayah.

## Intee Baan Halis u Ahay?

Ilaa iyo 5 malyuun oo qof oo Amerika ku nool ayaa qaba sokoroowga, haddana aan iska warqabin.

**MA DHICI KARTAA INAAD ADIGU QABTIID , OO KA MID TAHAY?**

**Garo sidaad Halis ugha tahay sokoroow kugu dhaca.**  
Ka jawaab su'aalahaan. Natijjada tirada aad keentid, ka fiiri sanduuqay korkiisa ku dhigantahay. "Garo halista aad ku sugantahay".

Su'aal	Haa	Maya
Ma tahay qof haween ah oo leh cunug ama ilmo, culayska miisankiisu ka weeynyaa 9 boond (pound) marka uu dhashay?	1	0
Ma kula dhalatay gabadh ama wiil qabta sokoroowga?	1	0
Ma lee-dahay waalid (Aabe iyo Hooyo) qaba sokoroowga?	1	0
Ka fiiri qiyastada dherer qormada xariiqda (chart) halkan ku qoran . Ma ka weeynyahay culayska miisanka jirkaagu kan qormada ku tibaaxan ee ku aadan dhererkaaga?	5	0
Da'daadu ma ka weeyntahay 65 sanno? Ma sameysaa wax yarna ha noqote jir laylis ah maalin maalmaha ka mid ah?	5	0
Da'daadu ma u dhexaysaa 45 iyo 64 sano?	5	0
Da'daadu ma tahay 65 sanno?	9	0
Iyo Inta aad keentay		

## Jaartka Culeys Miisanka Jirka ee Halista ah

Dherer Cag./in. kabo la'aan	Miisaan ee pounds (Dhar la'aan & kabo)	Dherer Cag./in. kabo la'aan	Miisaan ee pounds (Dhar la'aan & kabo)	Dherer Cag./in. kabo la'aan	Miisaan ee pounds (Dhar la'aan & kabo)
4'10	129	5'4	157	5'10	188
4'11	133	5'5	162	5'11	193
5'0	138	5'6	167	6'0	199
5'1	143	5'7	172	6'1	204
5'2	147	5'8	177	6'2	210
5'3	152	5'9	182	6'3	216

## Garo tirada aad keentay

Haddii aad keentay...	Haddaba halista Aad ku sugantahay...
10 dhibcood ama ka badan	Inaad sokorow qabtid way xoogantahay. Fadlan u la tag foomkan takhtarkaaga ama daryeelle caafimaad si degdeg ah.
3 ilaa 9 dhibcood	Waa laga yaaba hadda in aad ka hoos martay siyaabihi in aad sokorow qabto lagugu garanlahaa, Laakin ha iloobin marnaba in wax isbedelikaraan oo feejignow. Ku dadaal in aad ka fogaatid wixii halis ku gelinaya. Haddi culays ku fuushanyahay, hadda dhin. Faahfaahin inta ka badan waxaad ka akhrisan kartaa qaybtu "Maxaan sameeyn karaa si aan uga hortago sokorooga?" Ka fogaow tobaako ama sigaar. Haddi kolestaroolkagu sareeyo ama dhiig kar kacsan aad leedahay, kala hadal takhtarkaaga in aad halis u tahay sokoroow kugu dhaca.

## Sidee Ayaan Isaga Baari Karaa Sokoroowga?

Haddii...	Ku dhaqaqaaq sidaan...
Aadan qabin caymis	Waxaaad tagtaa halka kugu dhow klinik lacag la'aan ah, ama qiimi yar lagu weydiinayo. Haddi kale, la xirir waaxda caafimaadka ee degmadaada.
Aad qabtid caymis guud oo koox kula wadaagto, sida kan shaqada, mid kuu gaar ah.	Waxaaad aragtaa daryeelahaga caafimaadka. Haddii aadan daryeelle qabin, waxaad waydiisaa shirkadda caymiska aad ku tirasnatahay, daryeelle kalsooni ku qaba caymiskaaga.
Medicaid (Deeq bixin daaweyn)	U tag daryeelahaga caafimaadka. Haddii aadan qabin daryeelle, la soo xirir xafiiska Medicaid ee dowladda. Haddi kalena, u tag kiliniik lacag la'aan ah ama qiimi jaban oo kuu dhow.
Medicare (Xanaano daaweyn)	Arag daryeelahaga caafimaadka. Medicare waxay bixinaysa qiimaha lagu saro haddii daryeeluuhu uu haysto sabab uu kuu baaro.

Waa muhiim inaad ogaato inaad qabtid sokoroow, sababto ah daawaynta hore lagu daaweyyaan waxay ka hortegi kartaa dhibata weyn uu jirka u keenayo sokoroowgu. Haddii aadan ku hadlin afka Ingiriisiga, mushkilo maleh, raadso qof qargaar kuu fidiya oo ku soo raaca. Qofkasi wuxu noqon karaa qof ka tirsan reerkaga ama saaxib.

## Maxaan Sameeyn Karaa si Aan uga hortago Sokoroowga?

Miisaankaaga oo culays badan saaranyahay wuxuu jirkaaga u keeni karaa inuusan si quman u samayn, una isticmaalin insulin-ka. Waa sidan siyaabaha aad ku kici kartid inaad hanatid miisaan jirkaga ku haboon oo macquul ah .

### WAA INAAD FIRFIRCOONI BARTAA JIRKAAGA OO MAALIN WALABA KA

**SHAQEYSIISAA.** Ilaa mudo yar oo 30 daqiqadood oo ah, asbuucii 5 maalmood, haddii aad socod ku talabsato, waxay jirka ugu filan tahay firfircooni, waxanay si weyn wax uga dhimeysa fursada aad ku qaadi kartid sokoroow. (Haddii aad tahay qof aan firfircooneyn, inta adaan xarako bilaabin, kalatasho takhtarkaaga qaybta ama nooca lali-jir dhis ee kuu haboon in aad ku dhaqaqdo.)



### CAQLI BUUXA KU KALA DOORO CUNADA

**AAD CUNTID HAD IYO JEER.** Cun khadar badan (tan macaan), bololna ahayn, khudaarta cagaaran, digir iyo miro sida gelayda (100% rooti ku badan yahay qamadiga, bariis cawlan, noocyada miraha). Yareey intaad karikartid, cuntada ay ku badantahay saliidu ama subaga, kuna dadaal in aad hoos u dhigtid xadiga kalooriyada (qiyaas ku salaysan awooda tamar ee cunadda laga helo) ee aad qadatid cuntid. Ka fogaaw cuntada, sida doolshaha, donuts-ka, humburger-ka, pizza-da, rootiga cad, chips-ka iyo soda-da (koka kolaha iwm).



### DAREEN U YEELO SIYAABABA AAD CADEEYSATEY IN AAD WAX U CUNTO si aad

markaba u dareento waxa aad cuneyasa in uu yahay cunadii aan caffimadka laheyn iyo in aad waxbadan cuntay. Waa inaad isku daydaa in aad bedesho caadada xun markaad ogaato. Tusaale: Guro ama dalbo xoogaa cuna ah xilgiba. Si aad isaga ilaalso sooda, biyo is ag dhig. Gabal khudaar ah oo macaan ama cagaaran, afka geli, halka aad kake iyo naacnac ka cuni lahayd.

Haddii aad noqoto qofkaa ku dhaqmay in uu yeesho culays jir caafimaad qaba, oo firfircooni, caqli buuxana ku kala doorta nooca cunada uu cunayo, hadaba, bilaaw inaad ku dhiiri gelisid saaxibada iyo reerkaaga inay iyaguna kugu deydaan oo raacaan tusaalahaaga.