



Leicester Diabetes Centre

CREATE

GBE NO NI OBAATSO NI OKE AKUTSON HENANANYO OKADI WOLO NI KOO HEWALE KPAKPA NAMO ATSU NII



GA VERSION



AKƐ OKƐ NIBƆLEMƆ TSONE (WHEEL) BAAFEE WAMƆ NƆ YƐ HEWALE KPAPPA NAMƆ SHIHILE HE SANEGBAA



ƘƐ okƐ poster nƐƐ atsoƆ mƆ loo mƐƐ lƐ, ha amƐ be ƙesusu he akƐ, te hewale ƙpappa namƆ he nikasemƆ otii hemfonii nƐƐ amebaasumƆ amƐ ƙƐ bo awie he. Bi sane ko tamƆ.....

“Te amƐ mli nƆ ni baanye egba ohewale ƙpappa namƆ naa amƆ nƐƐ loo wƆ sƐƐ”

“Te nibii nƐƐ atenƆ nƆ ni obaasumƆ ni wƆ wie he lƐ?”

ƘƐ OSANEBIMƆ AƉ JARAN – MƆ ni be naajiemƆ ko tamƆ “hƐƐ” loo “daabi” lƐ tamƆ ƙƐ sa ni obi akƐ “NƆ fƐƐ nƆ yƐ jogbanƆ?” mƆn bi akƐ Te ohewojianƆ yƆƆ tƐnƆ?”

KAAFEE OHE MƆ NI KOJƆƆ - TamƆ, boƆmƆdenƆ akƐ onanƆ mƆ ko akƐ mƆ ni ja loo mƆ ni ejaaa, mƆ ni hi ƙƐ mƆ ni ehiii. Ehe ehiaa akƆ bo obaafƐ amƐ saalb, mƆn bo amƆ toi ni owo amƐ nƆaa.

OkƐ ekaawoo wiemƆ atsu nii - ƘƐemƆ mƐi lƐ boƆni amƐ yƆƆ jogbanƆ eha ni obƆ mƆdenƆ akƆ obaashi amƆ ƙƆn nƆ ƙƐ weimƆi tamƆ mo!” ObƆ mƆdenƆ!”

WO AMƐ EKAA NI OWAJE AMƐ - wa amƐ koni amƆ nu sƐenamƆ ni yƆƆ hewale ƙpappa namƆ shihile he.

AgbenƐ nyiemƆ hewale ƙpappa he nƆkwemƆi ni yƆƆ mfonii nƐƐ mli lƐ asƐƐ.



HEKANYAMŌ HE NIFEEMŌI AHE SANEBIMŌI BAA NĒE

- -“Kɛji onyɛɔ okanyaa ohe loo ofeɔ kanjan lɛ ewaa wɔ ni wɔnaa hewalɛ. Ani osusu nɛkɛ nii nɛɛ he pɛn?”
- “Nifeemɔi enyɛ obaanyɛ ofee?”
- Ni mɛɛ hekanyamō nifeemō gbɛ nɔ kɛji onyɛ ofee lɛ, yɛ bo osusumɔnaa lɛ, ebaawa bo?
- Ani nɔ ko yɛ ni efeemō ɲɔɔ onaa waa ni no hu aaanyɛ ewa ohewalɛ kpakpa namō?
- “Kɛji oyɛ hewalɛ kpakpa lɛ, tɛ ohe waa bo ehaa tɛnɲ?”
- “Ani nɔ ko yɛ ni baanyɛ efɛe gbɛtsii kɛha ohewalɛ namō?”
- “Kɛ nakai lɛ bɛɛ tɛ obaafɛe tɛnɲ oyɛ nakai nii lɛ nɔ lɛ?”

HEKANYAMŌ NIFEEMŌ HE WIEMŌI OTII KOMɛI:

Hekayamō hi kwraa fɛ nɔ ni ofɛɛ eko kwraa. Kɛji onyɛɔ ofeɔ nɔ ko kɛgbɔlɛɔ okpɔian daa lɛ, ehi naakpa, titri lɛ, kɛji obaanyɛ otse oshitamō bɛ nɔ kwraa lɛ. Daa gbi lɛ, kɛji onyɛɔ onyɛɔ hɛrɛbii minitii 5-10 lɛ, ehi waa diɛntɛ. Ebaanyɛ eke afii ejwɛ (4) po afata owala shihilɛ hɛ. Sɛɛnamɔi krokomɛi yɛ kpɔian gbɔlemō hɛ waa ekomɛi ji; etɛɔ tsui helɛ nɔ, etɛɔ sikli helɛ nɔ, onuɔ hɛ akɛ ohe ewa bo jogbanɲ diɛntɛ, ni etɛɔ tɔlɛ hu nɔ kwraa, onyɛɔ owɔɔ jogbanɲ, ehaa ni owuii kɛ ofaji amli naa hewalɛ diɛntɛ ni ehaaa ni ogbeji afɔ ohe waa kwraa.



OHE DALE HE SANE BIMOI

- “Obaasumo ni awie omlitsiimo he?”
- “Te efed bo tɛɛɛ keji mlitsiimo kemiiba omusu he gbɛ lɛ?”
- “Ani osusu akɛ obaanyɛ ona sɛɛnamo ko keji oha omlitsiimo bashi?”
- “Yɛ mɛɛ gbɛ no obaanyɛ ona sɛɛnamo ko keji onyɛ otse omlitsiimo no?”
- “No ni wekumɛi kɛ naanemɛi baawie yɛ omlitsiimo ni ebashi lɛ he lɛ,
- te obaajwɛi he tɛɛɛ?”
- “Mɛi gbɛ no obaanyɛ otso oketse omlitsiimo no?”
- “Mɛni yɛɛkpɔ oɲmo yɛ oyitson akɛ obaakpɛlɛ hewalɛ kpakpa namo niyenii gbɛ no?”
- “Be ko ni eho lɛ, mɛni po wa bo ni onyɛ otse omlitsiimo no
- “Ani no ko yɛ ni baafɛe gbetsii kɛha omlitsiimo notsemɔ no?”
- “Kɛ hɛɛ lɛ, no lɛ te obaafɛe tɛɛɛ onyɛ oye nɛkɛ gbetsii nɛɛ no?”

OHE HE WIEMO OTII KOMEI:

- 5kg mlitsiimo notsemɔ lɛ, nyɛɔ etseɔ gbɛ no ni obaanyɛ otse tsui helɛ no oha mlijaa nyɛɛmai etɛ (30%)
- Mlitsiimo notsemɔ lɛ, etseɔ gbɛ no ni ooona sikli healɛ no hu kwraa, cancer helai, kɛ sabatey loo kidni helɛ no. etseɔ ojwɛɛɛ mli helɛ no nɔɛɛɛ ni ehaa ni onuɔ gbomɔtson hewalɛ kpakpa he.
- Bɔɔ mɔɔɛɛ akɛ daa be nɛɛ ohaaa ohe lɛɛmo lɛ afɛɛ bibioo kwraa fe okɛlɛ mlijaa.



NIYENII HE SANE BIMCI

- “Te osusuo aake niyenii ni hewale yoo mli le tamɔ tɛɛɛ?”
- “Niyenii ni ofɔɔ yeli le, te onaa amɛ tɛɛɛ?”
- “Ani obaanyɛ ojwɛɛ gbɛ ko nɔ ni obaaha niyenii ni oyeɔ le oooha hwale
- srɔtoɔ ko aba mli?”
- “Tsakemɔ ko yɛ, ewulu loo fioo ko, ni osusuo ake obaanyɛ ofee?”
- “Te obaafɛɛ enɛ tɛɛɛ?”
- “Aso nɔ ko yɛ ni baanyɛ efɛɛ gbɛtsii nɔ kɛha bo ake obaaye niyenii
- ni hewale yɛ mli?”
- “Kɛ nakai le, aleenɔ nɔ ko yɛ ni obaanyɛ ofee yɛ enɛ he?”

NIYELI HE WIEMO OTII KOMEI:

- Kɛji oyeɔ niyenii kpakpa ni hewale ni sa yɛ mli le, etseɔ tsuihenɔwomɔ hela
- kɛ sikli hela nɔ.
- Eyeɔ ebua mɛɛ ketseɔ amɛ shwile kɛ mlitsiimɔ nɔ.
- Fɔ kɛ sikli fioo yeli kɛ aduawai kɛ tsei ayibii pii yeli baawa bo.



LAHENWOMO HE SANEBIMDI KOMEI:

- “Ani onye otee ni akwe loo acheck o BP?”
- “Aso mo ko enye egbala o BP shidaamo le mli ketsoo bo?”
- “Te osusuo tēn keji onye ona lanowomo ni ja ni naagba ko be he?”
- “Meni osusuo ake ebaanye ewa olanowomo shidaamo ni ja jogbanj ni naagba ko be he?”

LANOWOMO HE WIEMDI OTII KOMEI

- Mee titri ni yoo lahenowomo hela nne amenaaa okadii komai ni jekpo ye ame hewolonj. Wo mee ekaa ni ameya ni ameyakwe ame lahenowomo shidaamo. Keji onye otse olahenwomo no le, ebaawa bo ketse gbe no ni oona tsui hela, sabatey loo kidni hela, gbojomo ke sikli hela.
- Mee ni amejegbe ameshwi le, gbe no ni ame aaana lahenowomo hela le ye nwei aafee heboi ete. Kanjan feemo, shwile notsemo ke nso fioo yeli baanye etse lahenowomo no kwraa shi esa ake oko tsofa owala beanj fee.



BẸLẸ SHẸREMỌ HE SANEBIMỌI KOMẸI:

- “Obaasumọ ni wowie bẹlẹ shereṃṃ he?”
- “Te wiemọi nẹe atẹj nọ ni baatsọo oshidaamọ yẹ bẹlẹ shereṃṃ he amọ nẹe?”
 - “Mifeko mi jwẹjṃṃ akẹ makpa shereṃṃ”
 - “Mi jwẹj he akẹ esa ni makpa shereṃṃ”
 - “Mi jwẹj he akẹ masumọ ni makpa shereṃṃ yẹ nẹkẹ be (date)..... nẹe mli”
- “Te shereṃṃ ni otao okpa nẹe baafẹe sẹenamọ ko kẹha bo kẹ oweku tẹjẹ?”
- “Kẹji ofee ojwẹjṃṃ akẹ obaakpa shereṃṃ ni obọi mẹe kẹemọ lẹ, Te enẹ
- feemọ baawa bo kẹkpa shereṃṃ tẹjẹ?”

BẸLẸ SHẸREMỌ HE WIEMỌI OTII KOMẸI:

- Shereṃṃ haa gbẹ baa wọ he oya kẹha sikli hela namọ ni egbeleọ gbẹ kẹha tsui helai sọtọi fẹe kẹnaa hegbe kẹ mọo bo ni gbọjọmọ hela hu fata he.
- Kẹ mẹe efẹe kralo akẹ amẹbaakpa shereṃṃ lẹ, esa ni awa amẹ ni amẹkẹkpa, esa ni awo amẹ ekaa titri lẹ yẹ be ni amẹto akẹ amẹbaakpa lẹ ho ni amẹ nyeko amẹkpa.



OMLI KE OJWENMɔN HEWALE HE SANE BIMɔI KOMEI:

- “Gbi ete nɛɛ te onyɛɔ owajɛɔ ohe tɛɛɛ?”
- “Mɛni nibii komɛi fɛɔ ohiamɔ nii?”
- “Mɛni obaasumɔ ni wɔwie he?”
- “Ani onuɔ he akɛ wekumɛi, nanɛmɛi loo okutsɔɛɛbii miiwa bo?”
- “Ani onuɔ he akɛ ofata akutso lɛ he?”
- “Mɛni nibii komɛi haa omiishɛɔ ohe?”

OMLI KE OJWENMɔ MLI HEWIEMɔ OTII KOMEI:

- KEJI OHA Mɛɛ AHEGBɛ LOO OHA AMɛ BE KONI AMɛBɔ MɔDɛN AMɛWIE BɔNI AMɛHE Yɔɔ KE NIBII NI AHE HIA Mɔ LOO AMɛ IJI Nɔ KPAKPA KO.
- GBɔMɔTSON MUU Lɛ HEWALE KPAKPA NAMɔ, EDAMɔ Njɛɛ KOME Nɔ TAMɔ Mɔ Lɛ DIɛNTSɛ KE EHE WAMɔ, HEWALE KPAKPA NAMɔ NITSULɔI AWAMɔ (NIJI DATRɛFOI KEJI EHE BAAHIA) KE AKUTSO Lɛ HU WAMɔ.



DAANUMƆ HE SANEƆBIMƆI KOMƆI NƐƐ:

- “ObaasumƆ ni wowie daanumƆ he?”
- “MƐni ji osusumƆ yƐ daa abɔ ni onyɛɔ onuɔ he?”
- “Ani obaanyɛ otsake yƐ daa abɔ ni onyɛɔ onuɔ he?”
- “MƐni po baanyɛ efɛe sɛɛnamƆ kɛha bo kɛ owewku kɛtse daa abɔ ni onuɔ nɔ.
- “Ani nɔ ko yƐ ni aaanyɛ afɛe gbɛtsii kɛha bo akɛ obaatse daanumƆ nɔ?”
- “Kɛ nɔ ko yƐ nakai lɛ tɛ obaafɛe tɛŋŋ oye nɛkɛ gbɛtsii nɛɛ nɔ?”

DAANUMƆ HE ƆAAWOO:

- LahenɔwomƆ hela, gbɔɔɔmƆ loo stroki hela tsuihenɔwomƆ hela, sikli hela, kɛ hiɛdimƆ hela fɛɛ baanyɛ ejɛ daanumƆ trillii nɔ.
- DaanumƆ hiɛ calories ni baanyɛ ona musu shwilɛ ko ni ehiii kwraa

NAA NIBII FIOO KOMƆI NI BAAWA BO YƐ NIKASEMƆ NƐƐ MLI:

NO FALẸ

Carbohydrates jì niyenii mli hewalẹ ko ni he hia waa, ejaake amẹ haa wò hewalẹ, hewòò ehii wòbaatse carbohydrate niyenii lẹ fẹẹ afọ nakai – shi obaanyẹ otse eyeli nọ. gbẹ kpakpá nọ ni obaanyẹ ojwẹgẹ abò ni sa ake ona keji obaakwẹ nọkwẹmọ ni baa nẹẹ nọ.

• Aduawai ni staate
bẹ mli $\frac{1}{2}$



Staate niyenii $\frac{1}{4}$



$\frac{1}{4}$ Protein



Adults need a mix of physical activity to stay healthy.

Moderate-intensity aerobic activity*

Anything that gets your heart beating faster counts.



AND

Muscle-strengthening activity

Do activities that make your muscles work harder than usual.



* If you prefer vigorous-intensity aerobic activity (like running), aim for at least **75 minutes a week.**

If that's more than you can do right now, **do what you can.** Even 5 minutes of physical activity has real health benefits.

Walk. Run. Dance. Play. What's your move?

KE ONA OKADII NEE EKO YE MD LOO MEI KOMEI AHE LE WO AME NAA NI AMEYA HELATSAMCHE...

- HEWAAMD NI ONU YE OTSITSI TENGBE.
- KEJI OONU PIIMD KO HE YE KON ABEKUGBE, ONINE TALD, OTSEN LOO OSE.
- HEWAAMD NI ONU YE OHIE, ONINE LOO ONAJI, TITRI YE OGBOMOTO LE FA.
- KEJI MD KO HE EJODD LE, ETODD LE DANI ENYED EWIED, LOO DANI ENUD WIEMD KO SHIH
- KEJI ETODD BO DANI ONYED OKE OHINMEI KOME LOO ENYOD FEE NAA NII.
- KE ETODD BO KE NYIEMD, OHIE DID BO. ONYEEE ODAMD ONANE ND JOGBANJ LOO KEJI ONYIE LE KEKE OYAAGBEE SHI.
- OYITSO NI GBAA BO WAA BE MLI NI OLEEE ND NI FED BO.
- KE MD KO FOD EGBED SHI LOO ND FOD END NYOD.

Hope – (Hiɛɔkamɔ)

Mɛni haɔ onaa hiɛɔkamɔ?

Organized religion – (Jamɔ gbɛjianɔtoo kpakpa)

Oyɛ akutso ko mli, ni nakai akutso lɛ hi aha bo?

Personal- (Akwranko)

Mɛni ji bo diɛntɛ ohenumɔ ni oyɔɔ yɛ mumɔɲ saji ahe?

Amɔ nɛɛ mɛni nɔ ohɛɔ oyɛɔ?

Effects – (Hɛɛɛnamɔ)

Hemɔkɛyeli mli ni oyɔɔ lɛ, Te ekɔɔ ohewalɛ kpakpa namɔ he tɛɲɲ?



Akutson Hienaanobii log awolo:
Keji Akutson hienaanobii nɛɛ kɛ mɛɛ na hewalɛ kpakpa namɔ he sanegbaa eta lɛ, esa ni amɛ kɛ emli saji awo log wolo nɛɛ mli.

Be ni akɛfee hewalɛ kpakpa namɔ wiemɔ lɛ	Mɛɛ enyie okɛwie? Foo naajiemɔ kome he aklabatsa	Mɛni he okɛ amɛwie? Folɔmɔ nɔ ni he ni nye wie lɛ fɛɛ he aklabatsa	Wiemɔkɛtsɔɔmɔ lɛ, mɛni nii okɛfee? Folɔmɔ nɔ ni okɛfee lɛ fɛɛ he aklabatsa	Mɛɛ ni okɛwie lɛ, amɛ tenj mɔ loo mɛɛ komɛi yɛ tsui helɛ?	Mɛɛ ni okɛwie lɛ, amɛ tenj mɔ loo mɛɛ komɛi yɔɔ sikli helɛ?
07.03.23	1 2 3 4 5 6 7 8 9 10 Nɔ ni fe nyɔɔma lɛ, no lɛ ɣmaa yibɔi lɛ yɛ biɛ:	Mlitsiimɔ Niiyeli loo Nifeemɔ Lahenɔwomɔ Mumɔɣ/henumɔ hile kpakpa	ɣmalamɔ wiemɔ nii Dɛɣwolo Nijmalamɔ okadi wolo	Hɛɛ Daabi Mibɛ nɔ mi maa ko	Hɛɛ Daabi Mibɛ nɔ mi maa ko
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	nyɔŋma lɛ, ŋmaa yibɔi lɛ yɛ biɛ:	Niiyeli loo Nifeemo Lahenɔwomo Mumɔŋ/henumo hile kpakpa	Dɛŋwolo Niɣmalamo okadi wolo	Daabi Mibe no mi maa ko	Daabi Mibe no mi maa ko
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		Mumɔŋ/henumɔ hile kpakpa			
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	1 2 3 4 5 6 7 8 9 10 Nɔ ni fe	Mlitsiimɔ Niiyeli loo Nifeemɔ	Ŋmalamɔ wiemɔ nii Deŋwolo	Hɛɛ Daabi	Hɛɛ Daabi

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NOTES/COMMENTS/REMINDERS

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