

## Ka aha mēnā kāore koe i te hiahia ki te whai i ngā huringa?

Ki te kore te maimoatanga me ngā huringa āhua noho, ka kino haere kē atu ō matehuka me te tūkiho i ō ia toto me ngā ioio. Ko te mutunga atu pea ko ngā raruraru me ō tākihi, waewae me ō karu. Ka piki anō pea i te mate manawa te tūponotanga o te mate manawa me te ikura roro.



## E wātea ana ngā tautoko

Ka whai hua ngā tāngata matehuka momo 2 katoa i te haere ake ki tētahi akoranga whakahaere whaiaro i te matehuka.

Mēnā kai te āpuru koe, he rōpū, he tāngata kei reira e wātea ana ki te hoatu kōrero āwhina mō te noho pai me te matehuka – me pātai ki tō kaiwhakarato hauora mō ngā kōwhiringa tautoko.



## Kāore koe i te mōhio mēnā he matehuka momo 2 koe?

He maha ngā tāngata kāore i te mōhio he matehuka momo 2 rātau. Me whiwhi whakamātautau toto HbA1c koe kia mōhio ai koe. Ka nui ake tō tau HbA1c, ka nui ake tō noho mōrea ki te pā mai o ngā mate e pā ana ki te matehuka.

Me whakarite he wā mō tētahi tātari matehuka me tō kaiwhakarato hauora mēnā koe he:

- taumaha rawa
- tuku iho te matehuka i tō whānau
- matehuka hapūtanga i te wā e hapū ana
- he Māori, nō Te Moananui-a-Kiwa, he uri Inia rānei
- toto pōrutu.



**Ka taea te 80% o te matehuka momo 2 te ārai atu mā ngā huringa āhua noho**

## He mea nui tō hauora

He mea tiki atu ēnei mōhiohio mai i te paetukutuku a Health Navigator NZ, e whakarato ana i ngā mōhiohio me ngā rauemi hauora pono e mārāma ana, e wātea ana.

Tirohia tā matau paetukutuku  
[hn.org.nz/t2diabetes](http://hn.org.nz/t2diabetes)



te reo Māori

## MATEHUKA MOMO 2

HAUORA  
PIPĪTAIAKI



## Te noho pai me te matehuka momo 2



Mō ētahi atu mōhiohio me pēhea te whakahaere te matehuka momo 2, haere ki: [hn.org.nz/t2diabetes](http://hn.org.nz/t2diabetes)



## He aha te matehuka momo 2?

Ko te matehuka momo 2 tētahi mate noa e kore e taea e tō tinana te whakahaere te rahi o te kūhuka i roto i tō huka. Ka tino nui rawa te kūhuka. Ka pēnei ki te uaua ki tō tinana te mahi, te whakamahi rānei i tētahi taiaki e kīā ana ko te taiaki huka. Ka hangaia te taiaki huka e tō repe taiaki me te āwhina i tō tinana ki te tukatuka i te kūhuka.

I roto i te wā, ka tūkinohia pea tō tinana, ā, ko te mutunga atu he nui ngā momo mate.

## Me pēhea taku ārai atu i ngā raruraru?

Ko te tikanga pai rawa mō te ārai atu, te autō rānei i ngā mate e pā ana ki te matehuka, ko te whakamatua i tō pēhanga toto me ngā taumata ngakototo kia noho ki roto i te ine whānui hauora. Ka taea e koe tēnei mā te whai i ngā huringa āhua noho, āta tiroiro i tō taumata kūhuka toto me te kai rongoā.

## Tirohia tō taumata kūhuka

Mēnā he matehuka koe ko tō whāinga kia whiwhi koe i tētahi whakamātautau HbA1c i ia toru ki te ono marama.

Ka inea e te whakamātautau HbA1c te nui o te kūhuka kua tipu i roto i tō toto i ngā marama e toru kua hipa. E whakaatu anō hoki he pēhea te pai o ngā huringa āhua noho me tō rongoā.



## Ngā huringa āhua noho ka taea e koe

### Me nui ake te nekeneke haere me te korikori

Ko te whāinga kia rua haora me te hāwhe o te korikori tinana āhua māmā i te wiki. Arā, ko te whakakapakapa ake i tō manawa, pērā i te hikoi tere, te kanikani rānei.



### Whakaheke taumaha

Mēnā he uaua ki a koe te whakaheke taumaha, ehara ko koe anake – he maha te hunga e uaua ana ki a rātau tēnei. Ko te mea pai he nui ngā tautoko kei te wātea.



### Me kai i ngā kai hauora

Me ngana ki te kai i ngā tūmomo kai rerekē, tae atu ki te huarākau me te huawhenua, ngā pata whānui, ngā mīti kore mōmona, ika me te hēki. Me tino iti te kai huka, mōmona me te tote (me ngā kai kua tukatukahia me ngā kai rangaranga).



### Me mutu te kai paipa

Ka nui ake i te kai paipa te tūpono pānga mai o ngā mate, arā, pērā i te mate manawa, ikura roro me te koretake o te rere o te toto. Ehara i te mea māmā te whakamutu, engari kei reira ngā tautoko me ngā tūmomo maimoatanga hei āwhina i a koe.



## Ngā rongoā

Ko te nuinga o te hunga matehuka momo 2 me whiwhi rongoā anō hei āwhina ki te whakaheke i te kūhuka toto me te ārai i ngā mate. Kotahi noa iho pea te rongoā ki ētahi tāngata hei whakahaere i tō rātau matehuka, ā, ki ētahi atu me nui ake.

He rerekē te mahi manaaki a tēnā, a tēnā, ā, ka mahi tahi tō kaiwhakarato hauora me koe ki te rapu i te mahere pai rawa mōu.



## Mahere rā māuiui

Mēnā kei te whai rongoā matehuka koe, me kōrero koe ki tō kaiwhakarato hauora mō tētahi mahere rā māuiui. Ka āwhina tēnei i a koe ki te whakahaere i tō rongoā ki te pāngia koe e te mate pērā i te rewharewha, whurū, mate tikotiko, ētahi atu whakapokenga (tae atu ki te KOWHEORI-19).

