



NAVIGATING
PACIFIC
HEARTS

www.pacifichealthpartners.org

JONOUL WAWAIN KO NAN AN EJMOUR MENONO

TEN WAYS FOR A HEALTHY HEART

1. **Jela kauatata ko an nañinmej in menono.**
Know your risk factors for heart disease.
2. **Kenan ibben taktō eo am kilen kadrik lok kauatata ñan nañinmej in menono.**
Talk to your doctor about lowering your risk(s) for heart disease.
3. **En lōñ alen am kakōlkōl bōtōktōk eo am ilo juōn yiō.**
Check your blood pressure several times a year.
4. **Jela im melele kin jōnan cholesterol numba eo am.**
Know and understand your cholesterol numbers.
5. **Kakōlkōl jonan toñal eo am ñan nañinmej in Tōñal.**
Check your blood sugar for diabetes.
6. **Kabōjrak am kōbaataat jika im men ko aerlōkwōt im baat in jika ko.**
Stop smoking cigarettes or tobacco and avoid secondhand smoke.
7. **Kañ mōña ko rekar ñan kejbarok menono eo am.**
Eat healthy to protect your heart.
8. **Ikurre 30-rt minit ilo juon raan.**
Exercise at least 30-rt minutes per day.
9. **Drebij joñan am eddo bwe kwon ejmour.**
Maintain a healthy weight.
10. **Jela kōkale ko an metak obi m call 9-1-1 kiō wōt.**
Know the signs of a heart attack and call 9-1-1 right away.

This program is presented by Pacific Islander Health Partnership (PIHP) and its Navigating Pacific Hearts partners. Funded by The University of California, Riverside with support from the Foundation for the National Institutes of Health in partnership with *The Heart Truth*® Program of the National Heart, Lung, and Blood Institutes.



Juon Wot Iakwe

