

- Nres koj lub tshab ntawm qhov chaw nres tseb deb thaum koj mus pem lub khw loj (mall).
- Taug kev mus pem khw thiab lwm yam haujlwm.

**THAUM KOJ UA NTAU YAM NWS YUAV PAB KOJ:**

- Tiv thaiv koj kom koj tsis tshua muaj feem mob plawv, mob hlab ntsha paj hlwb tu, thiab mob ntshav qab zib.
- Pab kom koj cov pob qib txha ruaj dua.
- Ntxiv thiab pab kom koj tig tau ntau txoj kev.
- Pab kom koj ywj ywj txawm tias koj laus lawm
- Tiv thaiv kom koj tsis txhob mob pob txha nkig (osteoporosis) thiab pob txha dam (fractures)
- Pab kom koj zoo siab thiab kom koj tsis txhob txhawj txhawj thiab txhob tu tu siab.
- Pab kom koj saib koj tus kheej muaj nqis dua.
- Pab kom koj tsis txhob nyuaj nyuaj siab.

**TIV TAUJ TAU NTAWM:**

riht@uscridc.org  
 Tebchaws Asmesliskas Lub Koos  
 Haum Pab Cov Neeg Tawg Rog  
 Thiab Cov Neeg Tziv Teb Tsaw Chaw  
 1717 Massachusetts Ave., NW  
 Suite 200  
 Washington, DC 20036  
 Tus Xovtooj: 202 • 347 • 3507  
 Tus xa ntauwv fax: 202 • 347 • 7177  
 www.refugees.org

**Kom paub ntxiv txog kev pham (obesity) hauv vas (Internet) thov mus saib:**

American Heart Association  
 www.americanheart.org

American Diabetes Association  
 www.diabetes.org

The Centers for Disease Control and Prevention  
 www.cdc.gov

U.S. Department of Agriculture  
 www.usda.gov

Medline Plus  
 www.medlineplus.gov

•••

*Cov lus qhia tseem ceeb no yog muab los ntawm ib cov ntauwv uas tau raug sau los ntawm:*

*The Centers for Disease Control and Prevention (CDC)*

*U.S. Department of Agriculture (USDA)*

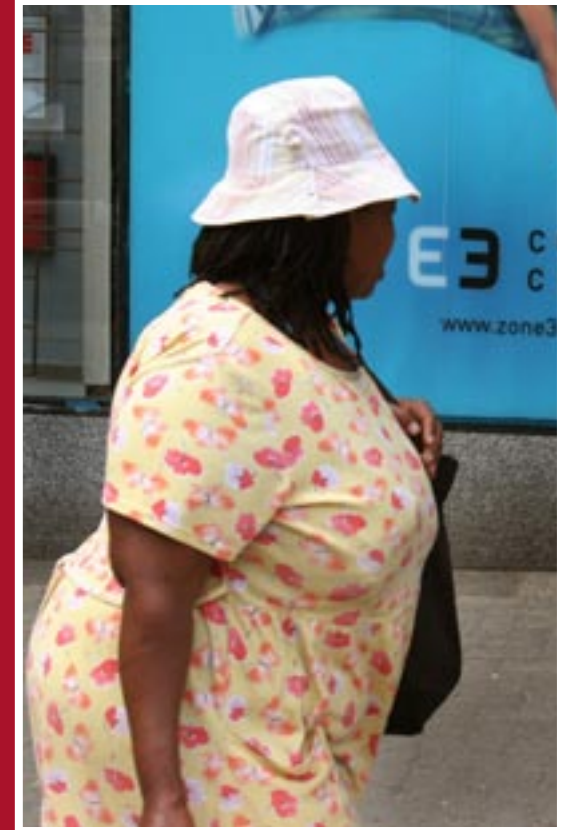
*American Heart Association*

*American Obesity Association*

*American Diabetes Association*

*Georgia State University, Department of Geography and Anthropology*

*Phau ntauwv qhia no tau tsim los ntawm ib cov nyiaj ntawm lub Koos Haum the Department of Health and Human Services Office of Refugee Resettlement.*



**Pham Yog Dab Tsi? (What is Obesity?)**

**(Hmong)**



**www.refugees.org**

*Protecting Refugees. Serving Immigrants. Upholding Freedom since 1911*

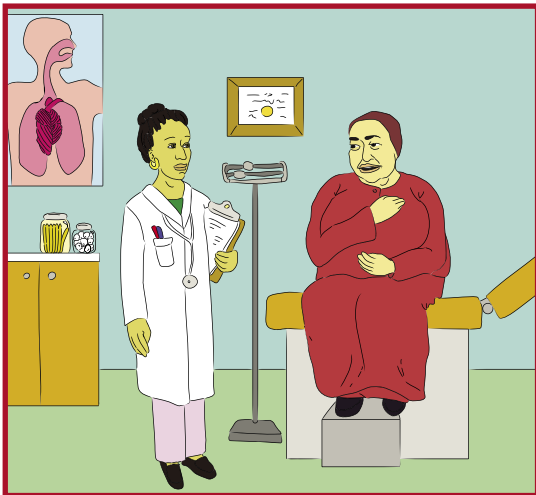
## PHAM YOG DAB TSI?

Pham (Obesity) yog Ib hom mob uas ua rau ib tug neeg rog rog thiab ua rau nws hynav hnyav. Feem ntau qhov teebmeem yog tias tug neeg ntauw d noj mov ntau dhau lawm thiab tsis khiav thiab dhia exercise kom txaus. Cov neeg tawg rog muaj cuab kav pib rog tuaj thaum lawv tsiv mus rau ib lub tebchaws tshiab thiab pib noj lwm yam khoom tshiab. Kev pham yuav ua tau teebmeem rau lub plawv, lub ntsws, cov pob qib txha, thiab cov pobtxha. Kev pham muaj cuab kav ua tau kom koj cov pob txha thiab pob qib txha puas, thiab ua tau kom koj txoj sia luv. Kev pham txiav koj txoj kev txav mus los los thiab muaj cuab kav ua teeb meem loj li nram qab no:

- Mob ntshav siab
- Mob ntshav qab zib
- Mob plawv
- Mob hlab ntshav saum paj hlwb tu
- Nyuaj ua pa

## YUAV UA LI CAS THIAJ LI TIV THAIV KOM TSIS TXHOB PHAM PHAM:

- Siv koj lub cev mus khiav thiab dhia exercise, tsawg kawg nkaus los kom yog 3 hnub tauj ib lus vasthiv thiab kom ntev li ntawm 30 feeb. Koj yuav pab tau kom koj siv koj lub cev yog tias koj taug kev,



ncaws npas thiab ntaus npas, ua teb, thiab nce thiab nqis ntaiv.

- Txhiv tsis txhob haus luam yeeb. Kev haus luam yeeb ua rau koj haj yam mob loj vim tias koj pham dhau heev lawm
- Noj txiv hmab txiv ntoo thiab zaub kom ntau.
- Tsis txhob haus caws thiab beer ntau ntau.

## LUS QHIA TXOG KEV NOJ MOV KOM ZOO RAU CEV:

- Txhua hnub noj ntau yam khoom uas muaj cov vitamins thiab minerals uas koj lub cev toobkas kom thiaj li yuav nyob zoo.
- Noj chips, cookies, khoom qab zib, qhaub noom, roj qab rog butter, roj qab rog margarine, roj qab rog mayonnaise, ntsev, khoom kib, ka lee, sherbet, thiab dej qab zib kom tsawg dua.
- Noj kom tsawg dua cov khoom uas kib thiab cov uas muaj muaj starch rog (ncuav pastries, ncuav biscuits, thiab ncuav muffins).

## LWM TXOJ KEV UA KOM IB PLUAS MOV ZOO NOJ DUA RAU LUB CEV:

- Noj cov nplej uas luag tau muab puab los ua nplev thiab cereal xws li cov nplej xim av uas luag tsis tau muab tshuaj los zawv kom cov xim tawm thiab cov mov xim av.
- Noj cov txiv hmab txiv ntoo thiab zaub.
- Thaum koj ua khoom noj siv cov rog, cov roj, lossis cov roj qab rog butter kom tsawg dua.
- Siv cov roj zaub uas lawv ua kom txuag txuag, kom txhob siv cov roj ua kua, cov roj shortening, cov roj qab rog butter, thiab cov roj qab rog margarine.
- Sim ci hauv qhov cub, ci ze qhov taws, muab txhiab, muab cub, lossis muab ci, kom tsis txhob mus kib.

- Siv cov nqaij uas tsis tshua muaj rog (nqaij qaij, nqaij nyug ntshiv, lossis nqaij qaij ntxhw)
- Siv cov mis, cheese, thiab yogurt uas tsis muaj rog, lossis cov uas yog 1% xwb.

## LWM TXOJ KEV PAB KOM KOJ SIV KOJ LUB CEV NTAU DUA:

- Taug kev! Txhua hnub mus taug kev ob zaug uas kav ntev li 15 feeb.
- Mus seev cev.
- Nrog koj cov menyuum ua si.
- Nce thiab nqis ntaiv, tsis txhob siv lub elevator.
- Tawm ntawm lub npav ua ntej qhov chaw uas koj niaj hnub tawm.
- Saib TV kom tsawg dua thiab txav mus txav los thaum qhauj lawm.

