

# Healthy Hmong Lifestyles

Action Plan 2016, v2



# Tobacco Cessation

*Tseg Txhob Haus Luam Yeeb*

*Tsis Txhob Haus Luam Yeeb*

## Discussion - Tham

- Do you smoke tobacco, chew tobacco, or use e-cigarettes?  
If so, how much do you use?
- Have you thought about quitting?
- Are you or your children around someone who smokes?  
This is secondhand smoke.

## Key Messages - Cov Ntsab Lug

- ◇ Using tobacco is dangerous to your and your family members' health.
- ◇ Quitting tobacco and avoiding tobacco smoke improves your health and your family's health.
- ◇ You are the role-model for your children and grandchildren. If you do not want them to use tobacco, you should not use tobacco.
- ◇ It may be hard to quit tobacco, but it is possible.  
Many people have quit with the help of their clinic.
- ◇ Do not allow smoking in your apartment, apartment building, house, car, or work place. Even if people smoke outside, they still carry the smoke on their clothes.



## Action Plan - Kev Nqeg Teg Ua

Goal #1: \_\_\_\_\_

\_\_\_\_\_

Goal #2: \_\_\_\_\_

\_\_\_\_\_

## Resources:

- ECHO –Secondhand Smoke in Our Communities: [www.youtube.com](http://www.youtube.com)
- QuitPlan MN: [www.quitplan.com](http://www.quitplan.com) or call: 1-888-354-7526

# Healthy Weight

*Qhov Hnaav Kws Taab Tom Zoo*

*Qhov Hnaav Uas Tab Tom Zoo*

## Discussion - Tham

- What do you think about your weight?  
Is your weight just right, too little, or too much?

## Key Messages - Cov Ntsab Lug

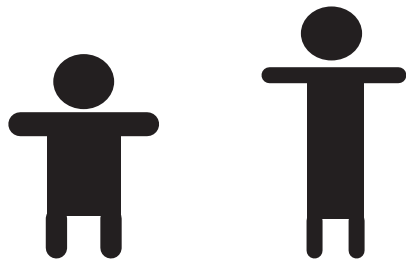
- ◇ Your weight is \_\_\_\_\_. Your height is \_\_\_\_\_.  
Your body mass index (BMI) is \_\_\_\_\_.
- ◇ For Asians, a BMI over 25 is considered obese (WHO 2004).
- ◇ If you are overweight, some weight loss (even 5-10 pounds) can improve your health.
- ◇ At a healthy weight, you will feel better—lighter, less short of breath, and more energetic.
- ◇ At a healthy weight, you will decrease your risk for diseases like diabetes, high blood pressure, heart attack, stroke, and kidney failure.
- ◇ At a healthy weight, you will be better able to take care of yourself and your family.

## Action Plan - Kev Nqeg Teg Ua

Goal #1: \_\_\_\_\_

Goal #2: \_\_\_\_\_

**140 pounds**  
is healthy on a  
taller person but  
**not** on a shorter  
person.



Height:      5'                      5' 6"

## Resources:

- ECHO – Get Fit, Eat Smart, and Be Well: [www.echominnesota.org](http://www.echominnesota.org)
- Hmong Health Promotion by Dr. Phua Xiong: [www.youtube.com](http://www.youtube.com)

# Healthy Eating

Zaub Mov Noj Zoo Paab Lub Cev  
Zaub Mov Noj Zoo Pab Lub Cev

## Discussion - Tham

- What do you think about your eating habits?
- What do you usually eat?
- How much rice and noodles do you eat each day?  
*(mov, mij, fawm, khaub poon)*
- How many vegetables do you eat most day?
- How much fruit do you eat most day?
- How much pop and juice do you drink most day?
- How much fatty foods (fatty meats, fried foods) do you eat most day?
- How often do you eat sweets?
- Who usually makes the meals and who does the grocery shopping?

Have **more** of these:  
*Noj ntau tshaaj*



Water

Have **less** of these:  
*Noj tsawg tshaaj*



## Key Messages - *Cov Ntsab Lug*

- ◇ Eat less rice. Eat less salt. Eat more vegetables.
- ◇ Eat *The Hmong Healthy Plate*\*:



### Usual Plate

- o ½ plate rice/noodles
- o ¼ plate meat
- o ¼ plate vegetables

### *Phaaj Peb Naj Nub Noj*

- ½ taig mov lossis fawm
- ¼ taig nqaj
- ¼ taig zaub



### Healthy Plate

- o ½ plate vegetables
- o ¼ plate rice/noodles
- o ¼ plate non-fatty meat

### *Phaaj Zoo Rua Peb*

- ½ taig zaub
- ¼ taig mov lossis fawm
- ¼ nqaj ntshiv

- ◇ Eat breakfast.
- ◇ Snack on fruits or vegetables in place of chips, cookies, and sweets.
- ◇ Drink water instead of pop or juice.
- ◇ Limit restaurant foods.
- ◇ Limit fatty foods and fatty meats.
- ◇ Give child size portions to children.

## Action Plan - *Kev Nqeg Teg Ua*

Goal #1: \_\_\_\_\_

Goal #2: \_\_\_\_\_

### Resources:

- Healthy Plates for Children: [www.choosemyplate.gov](http://www.choosemyplate.gov)
- Saint Paul Local Food: [www.stpaul.gov/localfood](http://www.stpaul.gov/localfood)

\*Adapted from UW Madison School of Medicine and Public Health

# Healthy Movement

*Siv Koj Lub Cev Kuas Tawm Fws*  
*Siv Koj Lub Cev Kom Tawm Fws*

## Discussion - Tham

- What do you think about your exercise habits?
- How often do you move your body/ do physical activity/ exercise?
- What physical activities do you like?
- What gets in the way of your being physically active?

## Key Messages - Cov Ntsab Lug

- ◇ You and your family will feel better if all of you are more active.
- ◇ Be more active every day, even 10 minutes more.
- ◇ Make small changes, like taking stairs, parking farther away, and walking after eating.
- ◇ Make big changes, like walk more every day, and join other people who are exercising, playing, and being active.
- ◇ Move your body so you can sweat.
- ◇ Limit TV, phone and computer screen time to 2 hours or less every day.

## Action Plan - Kev Nqeg Teg Ua

Goal #1: \_\_\_\_\_

Goal #2: \_\_\_\_\_



# My Exercise Calendar

Month:

SUN	MON	TUES	WED	THURS	FRI	SAT

## Resources:

- Active Living Ramsey County: [www.ramseycounty.us](http://www.ramseycounty.us)
- Minnesota Department of Health Guide to Creating Walk Groups: [www.health.state.mn.us](http://www.health.state.mn.us)

# Cultural Strengths

*Kaab Lig Kev Cai Zoo Ntawm Moob  
Kab Lig Kev Cai Zoo Ntawm Hmoob*

Remember, you have cultural strengths to help you be healthy.

## #1: Hmong people are strong, resilient, and resourceful.

*Moob yog ib haiv tuabneeg muaj peev xwm hab yoog tau rua txhua qhov chaw tshab.*

*Hmoob yog ib haiv tibneeg muaj peev xwm thiab yoog tau rau txhua qhov chaws tshiab.*

The Hmong people have adapted well to living in the United States, and must continue to change in order to be healthy.

## #2: Families take care of each other.

*Tsev tuabneeg moob yeej sib hlub hab sib paab.*

*Tsev tibneeg Hmoob yeej sib hlub thiab sib paab.*

In choosing healthy lifestyles, families can help each other to be a healthy weight, eat healthy, move more, and not use tobacco.

## #3: Traditional Hmong lifestyle in Asia was healthy.

*Moob kev noj haus thaum u zoo dlua kev noj haus taamsim nuav.*

*Hmoob kev noj haus thaum u zoo dua kev noj haus tam sis no.*

- Weight: People were not overweight.
- Diet: People had a healthy diet and ate fatty meats only a few times a year. People ate breakfast before working in the fields and they did not overeat. Additionally, people drank water everyday and never drank pop or juice.
- Activity: As farmers in the mountains, people worked hard everyday by moving their bodies. People were active.
- Tobacco: Very few people used tobacco.
- Balance: People knew that balance was important to maintaining physical, mental and spiritual health. They valued their bodies by having proper weight, proper amount of foods, daily exercise, and no harmful substances like tobacco.

