



XOG URURINTA DADKA WAAWEYN

Dadka ka weyn 18 sano

Bulashada Degmada Hennepin ee Qaaliga ahow:

Arrimaha caafimaadkaagu iyo jawaabahaaguba waa muhiim waxaana u baahanahay aragtidaada. Waxa aanu kuugu yaboohaynaa in aad ka qayb gasho xog ururintaan la yiraa SHAPE (Xog Ururinta Caafimaadka ee Dhamaan Dadka oo dhan iyo deegaanka). Xog ururinta jawaabahaaga waxa ay naga caawin doonaan caafimaadka bulshadeena. Ka qayb galku waa mid ikhtiyaar ah, wixii akhbaar ah oo aad bixisaana waa qarsoodi qofna lama wadaagi doono. Ka qayb galka xog ururintan ma saameyn doonto adeegyada aad ka hesho Degmada Hennepin.

Hadii aad u horey u sameysay xog ururintaan oo kale, waad ku mahadsan tahay! Uma baahnid in aad mar kale samaysid.

Xog ururinta SHAPE 2018 waxay ku waydiinayaan su'aalo ku saabsan adeegyada caafimaad, cuntada, jimicsiga, iyo bulshada aad ku dhex nooshahay. Xog ururintaan waxay qaadan doontaa 15 daqiiqo in lagu dhameystiro. Waad ka boodi kartaa su'aalaha aadan ku qanacsanayn in aad ka jawaabto.

Fadlan raac talaabooyinkan soo socda:

1. Kaliya hal qof oo qoyskaaga ka tirsan (da'da 18 jira ama ka weyn) ee adeega ka helaya halkaan manta ayaa laga codsanayaa in uu buuxiyo warbixintaan.
2. Buuxi xog ururinta warqadan ka dibna ku soo celi rugta ~~tabarucayaasha~~/shaqaalaha.
3. Si aan kuugu mahad celino waqtigaaga, waxa aanu ku siin doontaa \$5 oo ah kaaraka hadiyada ah sida aad u dhameystirtay xog ururintan.

Tabarucayaashayada ama shaqaalahayagu ayaa kaa caawin kara ka jawaabida wixii su'aal ah ee aad qabto, ama waxay ku caawimi karaan luqadaada. Hadii aad doonayso inaad cid kale kala hadasho xog ururintan, soo wac telefoonka 612-543-3034 ama u dir email SHAPE@hennepin.us. Akhbaar dheeraad ah ayaa ka heli karaa shabakada www.hennepin.us/SHAPE.



Waad ku mahadsantahay ka qayb galka barnaamijkan muhiimka ah. Arimaha caafimaadkaaga iyo jawaabtaaduba waa muhiim.

Si Daacad ah,

Susan Palchick

Agaasimaha Waaxda Caafimaad Guud

HABRAACA AFTIDA

 **Calaamadaha saxda**  **Calaamadaha khalada ah**

- Fadlan u isticmaal #2 qalin buluug ama mdaow ah si aad u sameyso
- Ha isticmaalina qalin rasaas cas ama khad
- Ha isticmaalina X ama calaamada saxda si aad u doorado jawaabta
- Ku buuxi jawaabahaaga gabi ahaanba goobada adigoo calaamad khad madow ah marinya inta ukunta u eg

XOG URURINTA SHAPE 2018
Xog Ururinta Caafimaadka Dadweynaha iyo Deegaanka

Fadlan dhameystir xog ururintan, ka jawaab su'aal walba si daacad ah intii aad awoodo. Jawaabahaaga waa qarsoodi.

QAYBTA A. CAAFIMAADKA GUUD IYO CUDURRADA JIRRA

A1. Inta Guud, ma oran lahayd caafimaadkaygu waa?

- Heer-sare
- Aad u wanaagsan
- Wanaagsan
- Dhex-dhexaad
- Liita

A2. Hadii aad ka fakarto xaaladaadda caafimaadkaaga, oo ay ku jiraan dhaawac ama xanuun, meeqa cisho ee ka mid ahaa 30 cisho ee la soo dhaafay ayaan caafimaadkaagu fiicnayn?

Inta maalmood

A3. Hadii aad ka fakarto caafimaadaaga maskaxda, oo ay ku jirto wal-walka ama walbahaarka, iyo niyad jabka, iyo dhibaatooyinka dareenka, meeqa cisho ee ka mid ahaa 30 kii cisho ee la dhaafay ayaan caafimaadkaaga maskaxdu fiicnayn?

Inta maalmood

A4. Labadii Asbuuc ee la soo dhaafay, intee goor ayaad dhibsatay mid kasta oo la mid ah kuwan soo socda?

a. Wax badan oo muxubo ama daneyn ah uma hayo sameynta waxyaabaha?

- Maya gabi ahaanba
- Dhowr cisho
- In ka badan maalmaha barkood
- In ku dhow maalin walba

b. Dareemid niyad xumo, wal-wal, ama rajo xumo

- Maya gabi ahaanba
- Dhowr cisho
- In ka badan maalmaha barkood
- In ku dhow maalin walba

A5. Waligaa dhaqtar ama kalkaaliso ama daryeel bixiye kale ma kugu sheegay in aad qabto mid ka mid ah kuwaan soo socda?

a. Dhiig-kar, sidoo kalena loo yaqaan alto-burisyooone

- Haa
- Haa, laakiin kaliya xilli uur aan lahaa uun
- Qarka u saarnaan dhiig kar
- Maya

b. Sonkorwoga ama cudurrada Sonkorta

- Haa
- Haa, laakiin kaliya xili uur aan lahaa uun
- Qarka u saarnaan sonkorta
- Maya

A6. Dherarkaaga waa meeqa adigoon kabo qabin?

Feet

Inches

AMA

Centimeters

A7. Culeyskaagu waa meeqa adigoon kabo qabin?

Hadii aad tahay haween uur leh hadda, fadlan noo sheeg culeyskaagii hore ee uurka ka horeeyey intii uu ahaa.

Pounds AMA

Kilograms

A8. Ma jiraa waxyaabo aadan sameyn karin iyadoo sababtu tahay xanuun jireed, mid miyir ama dhibaatooyin dareen ah?

- Haa
- Maya

A9. Dhibaato caafimaad ama mid naafanimo awgeed, ma uga baahtaa cid kale caawimaad ku saabsan baahida daryeelada ay ku jiraan wax cunida, qubeyska, dhar xirashada, ama ku dhex-dhex dhaqaaqida guriga?

- Haa
- Maya

A10. Dhibaato caafimaad ama mid naafanimo awgeed, ma uga baahataa cid kale caawimaad ku saabsan baahida joogtada ah ee maalin walba sida hawsha guriga, ganacsi, adeega, ama dibad u bixida sabab kasta aad u baxdide?

- Haa
- Maya

QAYBTA B. HELIDA DARYEELADA CAAFIMAAD

B1. Hadda ma haystaa mid ka mid ah noocyada kaararka caafimaad ee soo socda? (CALAAMADI DHAMAAN INTA KU QUSEEYSA)

- Kaar caafimaad oo shaqo, xaas/xile. waalid, qof kale shaqadii ay ku siisay
- Kaar caafimaad oo aad adiga ama qoyskaagu aad toos u gadateen (oo aan shaqo ku siin)
- Adeegyada Caafimaadka ee bulshooyinga qabiilada

Indianka

- Medicare
- Medicaid, Medical Assistance (MA), ama Prepaid Medical Assistance Program (PMAP)
- MinnesotaCare
- Caymiska MNSure
- CHAMPUS, TRICARE, ama Manfac (Veterans) ka
- Caymisyo kale oo Caafimaad (fadlan cadee):

-
- MA lahi kaar caafimaad

B2. 12 bileed ee la soo dhaafay, sanadka oo dhan kaar caafimaad ma lahayd, kaliya qayb sanadka ka mid ah uun, ama sanadka oo dhan ma aadan lahayd caymis?

- Sanadka oo dhan caymis lahayd
- Qayb ka mid sanadka uun caymis lahayd
- Sanadka oo dhan caymis aanan lahayn

B3. 12 bileed ee la soo dhaafay, makugu adkayd adiga iyo qoyskaaga si aad u bixisid lacagta caymiska, lacag bixinta, iyo intee lagaa jaray?

- Aad ayey noogu adkayd
- Waa yare nagu adkayd
- Aad nooguma adkayn
- Gabi ahaanba naguma adkayn
- Nama quseeyso: Ma lehi caymis bil walba la bixiyo, ama jeebka laga bixiyo

B4. 12 bileed ee la soo dhaafay, dhaqtar ama kalkaaliso ama kuwa kale oo daryeele ah ma ugu tagtay caafimaadkaaga awgiis?

- Haa
- Maya

B5. 12 kii bilood ee la soo dhaafay, mala kulan tahay caafimaadkaaga dartiis taqasusayaasha soo socda sida dhaqtarka maskaxda ama dhaqtarka cilmi nafsiga ama la taliye caafimaadkaaga maskaxda?

- Haa
- Maya

B6. 12 bileed ee la soo dhaafay, Ma jirtay mar aad u baahatay daryeel caafimaad?

- Haa
- Maya U GUDUB SU'AASHA B9

B7. Dib ma u dhigtay ama maba aadan helin daryeel aad is lahayd waa u baahanayd?

- Haa
- Maya U GUDUB SU'AASHA B9

B8. Sababtu ma waxay ahayd kharashka ama kaar caymis la'aan?

- Haa
- Maya

B9. 12 bileed ee la soo dhaafay, ma jirtay mar aad doonaysay in aad ka hadasho ama caawimaad u raadisato daryeel bixiye xanuunada ku saabsan wal-wal, walaac iyo dhibaatooyin caadifada ah ageed walbahaar siyaado ah, ama qasnaan?

Daryeel bixiyahu waxa uu noqon karaa, dhaqtarka maskaxda ama cilmi nafsiga, ama la taliye.

- Haa
- Maya U GUDUB SU'AASHA B12

B10. Dib ma u dhigtay ama maba aadan helin daryeel aad is lahayd waa u baahanayd?

- Haa
- Maya U GUDUB SU'AASHA B12

B11. Sababtu ma waxay ahayd kharashka ama kaar caymis la'aan?

- Haa
- Maya

B12. Marka aad jiran tahay ama daryeel u baahan tahay, Xagee baad inta badan tagaa? (MID UUN KALIYA KA DOORO)

- Xasiifka dhaqtarka ama rugta caafimaadka
- Qolka gaargaarka degdega ah
- Daryeelka Degdeg ah (Urgent Care)
- Rug caafimaad ama farsamashiye ku yaala dukaanka cuntada
- Aan ahayn meelaha caadi ah

B13. 12 bileed ee la soo dhaafay, dawo ma dhaaftay qaadashadeeda ama ma qaadatay uun in ka yar intii lagu qoray, ama ma aadan doonanba dawo lagu soo qoray iyadoo sababtu kharash la'aan?

- Haa
- Maya
- Wax dawo ah la iima qorin

B14. Mudo intee le'eg ayey ahayd markii kuugu dambaysay ee aad booqatay dhaqtar ilkaha ama rugta ilkaha sabab kastaba ha noqotee?

- Sanad gudihii
- 2 Sano gudahood
- 3 Sano gudahood
- 5 Sano gudahood
- Waligayba uma tagin

B15. 12 bileed ee la soo dhaafay, Intee goor ayaa daryeel bixiyahaagu kuu sheegay ama ku siiyey akhbaar ku saabsan caafimaadkaaga oo sahal loo fahmi karo?

- Mar walba
- Waqtiga intiisa badan
- Waqtiga qaarkii
- Marnaba
- Wax daryeel bixiye ah ma arag dhawaan

B16. 12 bileed ee la soo dhaafay, intee goor ayuu daryeel bixiyahaagu si xushmad leh kuula dhaqmay?

- Mar walba
- Waqtiga intiisa badan
- Waqtiga qaarkii
- Marnaba
- Wax daryeel bixiye ah ma arag dhawaan

QAYBTA C. SI SAXA LEH U NOOLAASHAHA IYO HAB-DHAQANKA

C1. Khudrad cunidu – aysan ku jirin bataatada shiilan – waa hal koob oo ansalaatada dooga ah ama koob barkii oo khudrad ah. Meeqa khudrad ah ayaa cuntay shalay?

Inta goor ee la cunay

C2. Khudrad cunidu waa cunida cad khudrad ah, ama khudrada gasaca ku jirta. Meeqa goor ayaaad khudrad cuntay shalay? (Ha ku darin khudrada qasan ee la cabo)

Inta goor ee la cunay

C3. Khudrada qasan ee la cabo ee 100% ahi waa 6 ounces. Meeqa goor ayaaad khudrad cuntay shalay?

Inta goor ee aad cuntay

C4. 30-kii cisho ee la soo dhaafay, oo aan ahayn shaqadaada joogtada ah, ma ka qayb gashay jimicsi ah sida orodka, is kala bixinta, golf, beerta, ama socodka jimicsiga?

- Haa
- Maya

C5. Caadiyan asbuucii, marka laga reebo shaqadaada joogtada ah, meeqa cisho ayaaad ugu yaraan 30 daqiiqo oo dhaqdhaqaaq jir ahaaneed ayaa sameysaa wuxuun jimicsi ah?

Dhaqdhaqaaqyada meel dhaxaadka ah waxay keenaan oo keliya dhidid yar iyo wax yar oo neefsashadaada kor u kacdo iyo wadnaho garaac.

Inta maalmood

C6. Caadi ahaan todobaadkii, marka laga reebo maalmaha aad shaqaysid, meeqa cisho ayaaad samaysaa jimicsi gaaraya ugu yaraan 20 daqiiqadood dhaqdhaqaaq adag?

Dhaqdhaqaaqa aadka u adag wuxuu keena dhidid aad u badan iyo wuxuu kor u qaadaa neefsiga iyo garaaca wadnaha.

Inta maalmood

C7. Caadi ahaan todobaadkii, meeqa cisho ayaaad SOCOTAA si aad u tagto meel (sida shaqada, dukaamada, ama wax soo yare qabsi)?

Inta maalmood

C8. Caadi ahaan todobaadkii, meeqa cisho ayaaad samaysaa BAASKIIL si aad ugu tagto iyo aad ku tagto jimicsi ama madadaalo?

Inta maalmood

Su'aalaha C9 ilaa iyo C11, u tix gali in cabida khamriga ay noqon karto cabida hal dhalo oo biir ama khamriga adag ama khamriyada kale ama cabitaano khamri ah oo isku qasan.

C9. 30 kii maalmood ee la soo dhaafay, meeqa cisho ayaaad ugu yaraan cabtay hal cabitaan oo khamri ah?

Inta maalmood

C10. 30 cisho ee la soo dhaafay, maalmaha aad khamriga cabtay celcelis ahaan, meeqa cabitaan ayaad cabtay?

Inta xabo ee aad cabtay

C11. Tix geli noocyo badan oo kala duwan oo khamri ah, 30 kii cisho ee la soo dhaafay, meeqa goor ayaad khamri cabtay...?

HAWEENKA: 4 ama in ka badan oo cabid ah markii

Inta goor ee aad cabtay

RAGGA: 5 ama in ka badan oo cabid ah markii

Inta goor ee aad cabtay

C12. Nolashaada oo dhan ugu yaraan ma cabtay 100 xabo oo sigaar ah? 100 xabo o sigaar ah = 5 baakad

- Haa
- Maya U GUDUB SU'AASHA C16

C13. Hadda sigaar ma cabtaa maalin walba, maalmaha qaarkood, ama gabi ahaan maya?

- Maalin walba
- Maalmaha qaarkood
- Maya gabi ahaanba U GUDUB SU'AASHA C16

C14. Nooca sigaarka ah ee aad cabtaa ma menthol baa mise waa non-menthol?

- Menthol
- Non-menthol
- Ma aha kan aan cabo caadiyan
- Sigaar ma cabo

C15. 12 bileed ee la soo dhaafay, ma joogisay cabida sigaarka hal maalin ama in ka badan sababtoo ah waxaad isku dayeysay in aad joojiso sigaar cabka?

- Haa
- Maya
- Sigaar ma cabo

C16. 12 bileed ee la soo dhaafay, ma isticmaashay wax tubaako ah sida tuubada, snuff, tubaakada calalinta, bidis, kreteks, snus, shiishada, ama noocyo kale oo tubaakada ka mid ah?

- Haa
- Maya

C17. Adiga ama cid kale oo marwalba sigaar ama pipes, ku dhex cabta guriga gudhiisa miyuu jiraa?

- Haa
- Maya

C18. Iminka ma isticmaashaa sigaarka korontada ah, sida e-cigarettes, e-hookahs, ama vaping pens?

- Maalin walba
- Maalmaha qaarkood
- Waa isticmaali jiray laakiin hada maya
- Marnaba

QAYBTA D. SIDA AAD DAREEMAYSO

Su'aalaha D1 ilaa iyo D7 sida aad dareemeysay mudadii lagu jiray 30 kii cisho eela soo dhaafay.

D1. Intee goor ayaad dareentay murugo oo wax kaa farxin karayeyba aysan jirin?

- Waqtina muddadaa
- Waqti yar uun
- Waqtiga qaarkii
- Waqtiga intiisa badan
- Waqtiga oo dhan

D2. Qiyaastii intee goor ayaad dareentay walwal?

- Waqtina muddadaa
- Waqti yar uun
- Waqtiga qaarkii
- Waqtiga intiisa badan
- Waqtiga oo dhan

D3. Imisa goor ayaad dareentay kacdoon ama nasasho la'aan siyaado ah oo gaarsiisan heer aadanba fadhiyi karayn?

- Waqtina mudadaa
- Waqti yar uun
- Waqtiga qaarkii
- Waqtiga intiisa badan
- Waqtiga oo dhan

D4. Qiyaastii imisa goor ayaad dareentay rajo la'aan?

- Waqtina muddadaa
- Waqti yar uun
- Waqtiga qaarkii
- Waqtiga intiisa badan
- Waqtiga oo dhan

D5. Intee goor ayaad dareentayan wax walba ay ahaayeen dadaal?

- Waqtina muddadaa
- Waqti yar uun
- Waqtiga qaarkii
- Waqtiga intiisa badan
- Waqtiga oo dhan

D6. Intee goor ayaad dareentay qiimo la'aan?

- Waqtina muddadaa
- Waqti yar uun
- Waqtiga qaarkii
- Waqtiga intiisa badan
- Waqtiga oo dhan

D7. Cadaadisku macnahiisu waa xaalada ciddi ay dareento fiigsanaan, kadaali, didsanaan, samir la'aan, ama aysan awoodin in aysan habeenkii seexan karin sababtoo ah walaaca maskaxdaada ku jira waqti walba. Intee goor ayaad dareentay walbahaar noocaan oo kale ah?

- Waqtina muddadaa
- Waqti yar uun
- Waqtiga qaarkii
- Waqtiga intiisa badan
- Waqtiga oo dhan

QAYBTA E. KU SAABSAN BEESHAADA

E1. Intee goor ayaad ka qayb gashaa hawlo la xiriira iskuul, beesha ama xaafadda?

- Asbuucii mar
- Bishii mar
- Dhowr goor sannadkii
- Sanadkii mar
- In ka yar sannadkii mar
- Marnaba

E2. Intee goor ayaad heshaa caawinaad bulshada iyo dareenka ee aad u baahan tahay?

Fadlan, ku dar inkasta oo gargaar sida saxiib, dariskas ama cid aad wada shaqaysaan.

- Mar walba
- Inta badan
- Mar marka qaarkod
- Mar mar dhifa
- Marnaba

E3. Intee goor ayaad cidla dareentaa?

- Mar walba
- Inta badan
- Mar marka qaarkood
- Mar mar dhifa
- Marnaba

E4. Intee in le'eg ayaad ku raacsan tahay ma diidan tahay oraahtan? Bulshadani waxay ku fiican tahay in caruurta lagu korsado.

- Aad u aydisan
- Xoogaa ayidan
- Xoogaa diidan
- Aad u diidan

E5. Guud ahaan, sidee aad u tix galisaa in xaafadaadu ay amaan uga tahay dambiyada?

- Aad amaan u ah
- Xoogaa amaan ah
- Xoogaa aan amaan ahayn
- Gabi ahaanba aan amaan ahayd

E5a. Waligaa marna galmo ma ku badalatay lacag, hoy, amaan, cunto, dhar, ama heer aad ka gaarto gaangimo?

- Haa, 12-bilood ee la soo dhaafay gudahood
- Haa, in ka badan 12 bilood ka hor
- Maya, marnaba

E6. 12 bileed ee la soo dhaafay, adiga ama qof ka mid ah qoyskaaga ma qaatay Medical Assistance (MA), gargaar cunto (sida cayr, ama SNAP), WIC, ama lacag cadaan ah sida MFIP ka ama cayrta guud (GA)?

- Haa
- Maya
- Ma garanayo

E7. 12 bileed ee la soo dhaafay, intee goor ayaad ka walwalshay in cuntadu kaa go'do ka hor inta aysan ku soo gelin lacag aad ku gadato cunto kale?

- In badan
- Mar marka qaarkood
- Mar mar dhif
- Marnaba

E8. 12 bileed ee la soo dhaafay, adiga ama qoyskaagu ma gafay bixinta kirada iyadoo sababtu tahay ma aadan haysan lacag kugu filan oo aad ku bixiso?

- Haa
- Maya

E9. 12 bileed ee la soo dhaafay, intee goor ayaa ku noolaatay gabaad, meel aan loogu tala galin in lagu noolaado ama qof kale gurigii sababtoo ah ma aadan haysan meel kale oo aado?

- Marnaba
- Hal mar
- Labo mar
- Sedex mar ama in ka badan

E10. 12 biled ee la soo dhaafay, Intoo goor ayaa gadiid la'aani ay kaa hor istaagay in aad tagto meelo aad u baahnayd in aad tagto sida shaqo, balan dhaqtar ama adeegasho?

- In badan
- Mar marka qaarkood
- Mar mar dhifa
- Marnaba

E11. Intee goor ayaa la kulantaa xaalad aad dareensan tahay in aan kagugu aqbalin iyadoo sababta tahay midabkaaga, dhaqankaaga, diintaada ama ajnabi ahaanta?

- Ugu yaraan asbuucii mar mar
- Hal ama labo goor bishii
- Dhowr goor sannadkii
- Sannadkii hal mar ama in ka yar
- Marnaba

E12. Intee goor ayaa la kulantaa xaalad aad dareensan tahay in aan lagugu aqbalin sababtoo ah jihada galmada ama aqoonsiga jinsiga?

- Ugu yaraan asbuucii mar mar
- Hal ama labo goor bishii
- Dhowr goor sannadkii
- Sannadkii hal mar ama in ka yar
- Marnaba

QAYBTA F. ADIGA KUGU SAABSAN

Su'aalahan soo socda waxaa loo adeegsadaa in ay naga caawiyaan fahamka cida sameynaysa aftida. Mar labaad, jawaabahaaga su'aalahan iyo su'aalaha kale o odhami waxa ay ahaan doonaan qarsoodi.

F1. Adigu ma waxaa tahay...

- Lab mise
- Dhadig

F2. Ma isu tix galisaa in aad tahay labeeb?

- Haa
- Maya

F3. Ma isu tix galisaa inaad tahay

- Hawayste cayn qof ka kuwan kiisa
- Qaniisad ama Qaniis
- Rag iyo dumar labadana la galmooda

F4. Meeqa sanno ayaad jirtaa?

Meeqa sano

F5. Waxbarashada heerkee ayaa ka gaartay ama meeqa sanadadood ayaa ku dhameysay?

- Dugsi sare ama ka hoos
- Dugsi sare ka baxay ama haysta shahaadada GED
- Qaar ka mid ah Kuliyaada, shahaadada Jaamacada ama xirfad/farsamo gacameed/ dugsi ganacsi
- Shahaado Jaamacadeed ama ka wax barasho sare

F6. Ma waxaa tahay Isbaanish ama Laatiino/a?

- Haa
- Maya

F7. Kuwaan soo socda kuwee ayaad isku tix galisaa in aad tahay? (CALAAMADI DHAMAAN INTA QUSEEYSA)

C a d a a n

Madow ama Afrikaanka Mareykanka

Hadii aad madow ama Afrikaanka Mareykanka tahay, ma waxaa tahay...?

- Afrikaanka Mareykanka
- Soomali, Oromo, Ethiopian, ama waxaad u dhalatay wadan kale oo bariga Afrika ah.
- Liberian, Nigerian, ama waxaad u dhalatay wadan kale oo Galbeedka Afrika ah
- Kuwa kale cadee, _____

Asiyaan ama Aasiyaanka Mareykanka

Hadii aad Asiyaan ama Aasiyaanka aad tahay Mareykanka, Ma waxaad tahay...?

- Hmong, Cambodian, Laotian, Thai, Vietnamese ama Burmese,
- Kuwa kale cadee _____

Hindida Mareykanka ama u Dhashay Alaska

U dhashay Hawaiiian ama Jasaa'irka Baasifiga

Kuwa kale cadee _____

F8. Fadlan soo sheeg dakhliga ku soo galay 2017 ee ka yimaada dhamaan canshuur bixiyayaasha iyo dhamaan ilaha, intaan canshuurta laga jarin.

Xasuusnow, jawaabahaagu waa kuwa qarsoodi ah

- \$10,000 ama ka yar
- \$10,001 - 15,000
- \$15,001 - 24,000
- \$24,001 - 32,000
- \$32,001 - 41,000
- \$41,001 - 49,000
- \$49,001 - 58,000
- \$58,001 - 66,000
- \$66,001 - \$74,000
- \$74,001 ama ka badan

F9. ADIGA MARKA LAGU DARO, meeqa qof ayaa qoyskiinu ka kooban tihiiin?

Inta qof ee ka weyn 18 sanno
(OO AAD ADIGU KU JIRTO)

Inta Ilmood ee jira 0-5

Inta Ilmood ee jira 6-17

F10. Hadda ma tahay...

- Guur ma jiraa ama ma la nooshahay qof sidii guur oo kale xiriir ah uu idinka ka dhaxeeyo-
- Kala baxid, furiin, ama laga dhintay
- Waligaa ma gursan

F11. Ma waxaad ku dhalatay wadanka United States ka?

- Haa U GUDUB SU'AASHA F12
- Maya

F12. Meeqa sanno ayaad wadanka United States ku noolayd?

Inta sanno ee aad halkan joogtay

Fadlan bixi ciwaankaaga. Ciwaankaaga waxaa kaliya oo isticmaali doona Kooxda Xog ururinta ee Degmada Hennepin (Hennepin County Survey Team) si loo tilmaamo cida ka soo jawaabtay xog ururintan. Mar labaad xasuusnow, waad diidi kartaa in aad ka jawaabto su'aashii aad rabto, mana saameyn doonto adeegyada aad ka hesho Degmada Hennepin (Hennepin County). Dhamaan akhbaarta aad bixisaa waa qarsoodi. Kaliya shaqaalaha xog ururinta ee Waaxda Caafimaadka ee Degmada Hennepin (Hennepin County Public Health) ayaa arki karta akhbaarta aad bixiso. Akhbaar kale ee dheeraad ah ayaa laga heli kartaa shabakada www.Hennepin.us/SHAPE. Haddii aad qabto wax su'aalo ah ee ku saabsan xog ururintaan, soo wac khadka 612-348-6150 ama e-mail u dir shape@hennepin.us.

Waa maxay ciwaankaagu?

Wadada (Tusaale ahaan: 123 Elm Street) _____

Aqalka/qolka # _____

Magaaladda _____ Lambarka Boostada _____

Ma jiraa wax faallo ah oo ku saabsan xog ururintaan? Fadlan la wadaag fikradaada meesha hoose.