



N.i.D.S.
NATIONAL INCOME DYNAMICS STUDY

National Income Dynamics Study

Wave 1 (2008)

Bammbiri la Mafhungo

MIELO YA MUVHILI WAVHO

Vhulapfu ha mufhinduli	_____ senthimitha
Tshileme tsha mufhinduli	_____ khilogiramu
Khundu dza mufhinduli	_____ senthimitha

U vhalwa ha mutsiko wa malofha ha u 1		U vhalwa ha mutsiko wa malofha ha u 2
KU BOMMBELE KWA MALOFHA KHA MBILU _____ MUDIVHITHO WA MBILU _____ MUDIVHITHO _____		KU BOMMBELE KWA MALOFHA KHA MBILU _____ MUDIVHITHO WA MBILU _____ MUDIVHITHO _____
<input type="checkbox"/>	U dzhia mutsiko wavho wa malofha ndi zwithu zwo dowealeho (Kubombele kwa malofha kha mbilu thukhu kha 140 na mudivhitho wa mbilu thukhu kha 90)	
<input type="checkbox"/>	Mutsiko wavho wa malofha u ntha ha zwo dowealeho. Mutsiko wa malofha ure ntha u khombo ngauri u ita uri mbilu i shume nga maanda. Mutsiko wa malofha u re ntha u engedza khonadzeo ya vhulwadze ha mbilu na u oma lurumbu. Mutsiko wa malofha ure ntha u nga vhanga dziwe thaidzo, u fana na u kundelwa ha mbilu, vhulwadze ha tswio na u popula. Vha nga langula mutsiko wa malofha nga u dzhia vhukando.	
	<input type="checkbox"/>	Hu themendelwa uri vha tšoge ndondolo ya mutakalo hu sa athu u fhela mivhitho mivhitho. (Kubombele kwa malofha kha mbilu 140 u swika kha 159 kana Mudivhitho wa mbilu 90 u swika kha 99)
	<input type="checkbox"/>	Hu themendelwa uri vha tšoge ndondolo ya mutakalo hu sa athu u fhela mivhitho mivhitho. (Kubombele kwa malofha kha mbilu 160 u swika kha 179 kana Mudivhitho wa mbilu 100 u swika kha 109)
	<input type="checkbox"/>	Hu themendelwa uri vha tšoge ndondolo ya mutakalo nga u tshanya . Kubombele kwa malofha kha mbilu u fhira 179 kana Mudivhitho wa mbilu u fhira 109

Tshivenda



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Information Sheet

YOUR PHYSICAL MEASUREMENTS

Respondent's Height	_____ centimetres
Respondent's Weight	_____ kilograms
Respondent's Waist	_____ centimetres

Blood Pressure reading 1	Blood Pressure reading 2
SYSTOLIC _____ DIASTOLIC _____ PULSE _____	SYSTOLIC _____ DIASTOLIC _____ PULSE _____

<input type="checkbox"/>	Our readings of your blood pressure are within the normal range (Systolic less than 140 and Diastolic less than 90)
<input type="checkbox"/>	Your blood pressure readings are higher than normal. High blood pressure is dangerous because it makes the heart work too hard. High blood pressure increases the risk of heart disease and stroke. High blood pressure can also cause other problems, such as heart failure, kidney disease, and blindness. You can control high blood pressure by taking action.
<input type="checkbox"/>	It is recommended that you should seek medical care within 2 months. (Systolic 140 to 159 or Diastolic 90 to 99)
<input type="checkbox"/>	It is recommended that you should seek medical care within 1 month. (Systolic 160 to 179 or Diastolic 100 to 109)
<input type="checkbox"/>	It is recommended that you should seek <u>medical care immediately</u> . (Systolic more than 179 or Diastolic more than 109)