



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

National Income Dynamics Study

Wave 1 (2008)

Ikhasi Lelwazi

IINLINGANISO ZAKHO ZOMZIMBA

Ubude boPhendulako	_____ amasenthimitha
Ubudisi boPhendulako	_____ amakhilogremu
Idini loPhendulako	_____ amasenthimitha

Ihlathululo Yegandelelo Leengazi1	Ihlathululo Yegandelelo Leengazi 2
UKUPOMPA IINGAZI KWEHLIZIYO _____ UKUZALA KWEENGASI NGEHLIZIYWENI _____ IBETHO LEMITHAMBO _____	UKUPOMPA IINGAZI KWEHLIZIYO _____ UKUZALA KWEENGASI NGEHLIZIYWENI _____ IBETHO LEMITHAMBO _____

<input type="checkbox"/>	Ihlathululo yethu yegandelelo leengazi lakho isebujameni obujayelekileko (Ukupompa kweengazi yihliziyo kungaphasi kwe-140 begodu ukuzala kweengazi ngehliziyweni kungaphasi kwe- 90)
<input type="checkbox"/>	Ihlathululo yegandelelo leengazi zakho ingehla kunokujayelekileko. Igandelelo eliphezulu leengazi liyingozi ngombana lenza ihliziyo isebenze budisi khulu. Igandelelo eliphezulu leengazi godu lingabanga eminye imiraro efana nokubhalelwa kusebenza kwehliziyo, ubulwelwe beziso kanye nokuphophala. Ungalawula igandelelo eliphezulu leengazi ngokuthatha igadango.
<input type="checkbox"/>	Kuphakanyiswa bona ufune itlhogomelo lezokwelatjhwa kungakapheli iinyanga ezimbili (Ukupompa kweengazi yihliziyo yi-140 ukufika ku-159 namkha ukuzala kweengazi ngehliziyweni yi-90 ukufika ku-99)
<input type="checkbox"/>	Kuphakanyiswa bona ufune itlhogomelo lezokwelatjhwa kungakapheli inyanga yinye. (Ukupompa kweengazi yihliziyo yi-160 ukufika ku-179 namkha ukuzala kweengazi ngehliziyweni yi-9 100 ukufika ku-109)
<input type="checkbox"/>	Kuphakanyiswa bona ufune itlhogomelo lezokwelatjhwa msinyana. (Ukupompa kweengazi yihliziyo kungehla kwe-179 namkha ukuzala kweengazi ngehliziyweni kungehla kwe-109)

IsiNdebele



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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)