



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

National Income Dynamics Study

Wave 1 (2008)

Phepha ra Mahungu

MIMPIMO YA MIRI WA WENA

Vulehi bya Muhlamuri	_____ tisentimitara
Ntiko wa Muhlamuri	_____ tikhilogiramu
Xisuti xa Muhlamuri	_____ tisentimitara

Ntshikilelo wa ngati, nhlayo wa 1	Ntshikilelo wa ngati, nhlayo wa 2
MAFAMBELO YA NGATI EXIMATSINI XA MBILU _____ MAFAMBELO YA NGATI EKU BENI KA MBILU _____ MABELO YA MBILU _____	MAFAMBELO YA NGATI EXIMATSINI XA MBILU _____ MAFAMBELO YA NGATI EKU BENI KA MBILU _____ MABELO YA MBILU _____

<input type="checkbox"/>	Mahlayelo ya hina ya ntshikilelo wa ngati ya le ka ntlovelo (Mafambelo ya ngati eximatsini xa mbilu ya le hansi ka 140 na Mafambelo ya ngati eku beni ka mbilu ya le hansi ka 90)
<input type="checkbox"/>	Mahlayelo ya ntshikilelo wa ngati ya le henhla ka ntlovelo. Ntshikilelo wa le henhla wa ngati wu na khombo hikuva wu endla mbilu yi tirha ngopfu. Ntshikilelo wa le henhla wa ngati wu engetela nghozi yo khomiwa hi vuvabyi bya mbilu no oma swirho. Ntshikilelo wa le henhla wa ngati wu nga vanga swiphiko swin'wana, ku fana no hluleka ka mbilu, vuvabyi bya tinswa, na vubofu. U nga lawula ntshikilelo wa le henhla wa ngati hi ku teka goza.
<input type="checkbox"/>	Ku ringanyetiwa leswaku u fanele ku kuma vutshunguri ku nga si hela 2 wa tin'hweti. (Mafambelo ya ngati eximatsini xa mbilu 140 kuya eka 159 kumbe Mafambelo ya ngati eku beni ka mbilu 90 kuya eka 99)
<input type="checkbox"/>	Ku ringanyetiwa leswaku u fanele ku kuma vutshunguri ku nga si hela n'hweti yin'we. (Mafambelo ya ngati eximatsini xa mbilu 160 kuya eka 179 kumbe Mafambelo ya ngati eku beni ka mbilu 100 kuya eka 109)
<input type="checkbox"/>	Ku ringanyetiwa leswaku u kuma <u>vutshunguri hi xihatla</u> . (Mafambelo ya ngati eximatsini xa mbilu ya tlula 179 kumbe Mafambelo ya ngati eku beni ka mbilu ya tlula 109)

Xitsonga



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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)