



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

National Income Dynamics Study

Wave 1 (2008)

Iphepha lolwazi

IMILINGANISELO YAKHO YOMZIMBA

Ubude bomphenduli	_____ iisentimitha
Ubunzima bomphenduli	_____ iikilogram
Isinqe somphenduli	_____ iisentimitha

Ufundo 1 loxinzelelo lwegazi	Ufundo 2 loxinzelelo lwegazi
SYSTOLIC _____ DIASTOLIC _____ PULSE _____	SYSTOLIC _____ DIASTOLIC _____ PULSE _____

<input type="checkbox"/>	Ufundo lwethu loxinzelelo gazi lwakho luphakathi kwamaqondo aqhelekileyo (iSystolic ingaphantsi kwe-140 kwaye iDiastolic ingaphantsi kwama-90)
<input type="checkbox"/>	Ufundo lwexinzelelo lwakho lwegazi lungaphezulwana kunesiqhelo. Uxinzelelo lwegazi oluphezulu lwandisa ubungozi besifo sentliziyo kunye nokushwabana kweziglunu (istrowukhi). Uxinzelelo lwegazi oluphezulu lungabangela ezinye iingxaki esifana nokungasebenzi kwentliziyo, issifo ezintso kunye nokungaboni. Ungakwazi ukulawula uxinzelelo lwegazi oluhezulu ngokuthatha intshukumo.
<input type="checkbox"/>	Kucetyiswa ukuba ufune inyango kwiinyanga ezimbini. (iSystolic 140 ukuya kwi-59 okanye iDiastolic 90 to 99)
<input type="checkbox"/>	Kucetyiswa ukuba ufune unyango kwinyanga e-1. (iSystolic ili-160 ukuya kwi- 179 okanye iDiastolic ili-100 ukuya kwi-109)
<input type="checkbox"/>	Kucetyiswa ukuba ufune <u>unvango kwangoko.</u> (iSystolic ingaphezulu kwe-179 okanye iDiastolic ingaphezulu kwe-109)



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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)