



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

National Income Dynamics Study

Wave 1 (2008)

Inligtingsblad

U LIGGAAMSMATE

Respondent se Lengte	_____ _____ _____ sentimeter
Respondent se Gewig	_____ _____ _____ kilogram
Respondent se Middel	_____ _____ _____ sentimeter

Bloeddruklesing 1	Bloeddruklesing 2
SISTOLIES _____ _____ _____ DIASTOLIES _____ _____ _____ POLS _____ _____ _____	SISTOLIES _____ _____ _____ DIASTOLIES _____ _____ _____ POLS _____ _____ _____

<input type="checkbox"/>	U bloeddruklesings is binne die normale bestek (Sistolies minder as 140 en Diastolies minder as 90)
<input type="checkbox"/>	U bloeddruklesings is hoër as normaal. Hoë bloeddruk is gevaarlik, want dit maak dat die hart te hard werk. Hoë bloeddruk verhoog die risiko van hartsiektes en beroerte. Hoë bloeddruk kan ook aanleiding gee tot ander probleme soos hartversaking, niersiektes en blindheid. Hoë bloeddruk kan beheer word.
<input type="checkbox"/>	Raadpleeg asseblief u geneesheer binne die volgende 2 maande. (Sistolies 140 tot 159 of Diastolies 90 tot 99)
<input type="checkbox"/>	Raadpleeg asseblief u geneesheer binne die volgende maand. (Sistolies 160 tot 179 of Diastolies 100 tot 109)
<input type="checkbox"/>	Raadpleeg asseblief onmiddellik u geneesheer. (Sistolies meer as 179 of Diastolies meer as 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)