



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

# National Income Dynamics Study

**Wave 1 (2008)**

**Ikhasi Lolwazi**

## IZILINGANISO ZOKWAKHEKA KOMZIMBA WAKHO

Ubude Bomuntu Okuxoxiswana Naye	amasentimitha _____
Isisindo Somuntu Okuxoxiswana Naye	amakhilogramu _____
Ikhali Lomuntu Okuxoxiswana Naye	amasentimitha _____

Isibalo Sokushaya Kwegazi soku-1	Isibalo Sokushaya Kwegazi sesi- 2
AMA-SYSTOLIC  _____  AMA-DIASTOLIC  _____  UKUSHAYA KOMTHAMBO _____	AMA-SYSTOLIC  _____  AMA-DIASTOLIC  _____  UKUSHAYA KOMTHAMBO _____

<input type="checkbox"/>	Isibalo sethu sokushaya kwegazi lakho kungaphakathi kwezinga elifanele (Ama-Systolic angaphansi kwe-140 nama-Diastolic angaphansi kwama-90)
<input type="checkbox"/>	Isibalo sezinga lokushaya kwegazi lakho singaphezu kwaloku okujwayelekile. Izinga lokushaya kwegazi okuphezulu liyingozi ngoba lenza ukuthi inhliziyi isebenze kanzima kakhulu. Izinga lokushaya kwegazi okuphezulu landisa amathuba esifo senhliziyo nesokuthwebuleka umzimba (i-stroke). Izinga lokushaya kwegazi okuphezulu kungenzeka libange ezinye izinkinga, ezifana nokwenza inhliziyi ihluleka ukusebenza, isifo sezinso, kanye nobumpumputhe. Ungaphatha ukushaya kwegazi eliphezulu ngokwenza okuthile.
<input type="checkbox"/>	Kuphakanyiswa ukuthi ufune ukunakekelwa kwezokwelashwa ezinyangeni ezi-2. (Ama-Systolic ayi-140 ukuya kwayi-159 noma ayi-Diastolic angama-90 ukuya kwangama-99)
<input type="checkbox"/>	Kuphakanyiswa ukuthi ufune ukunakekelwa kwezokwelashwa enyangeni e-1. (Ama-Systolic ayi-160 ukuya e-179 noma ama-Diastolic ayi-100 ukuya ku-109)
<input type="checkbox"/>	Kuphakanyiswa ukuthi ufune <u>ukunakekelwa kwezokwelashwa ngokushesha</u> . (Ama-Systolic angaphezu kwayi-179 noma ama-Diastolic angaphezu kwayi-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
<b>SYSTOLIC</b>  _____  <b>DIASTOLIC</b>  _____  <b>PULSE</b>  _____	<b>SYSTOLIC</b>  _____  <b>DIASTOLIC</b>  _____  <b>PULSE</b>  _____

<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 <b><u>medical care immediately</u></b> . (Systolic more than 179 or Diastolic more than 109)