



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

National Income Dynamics Study

Wave 1 (2008)

Letlakala la tshedimošo

DIKELO TŠA GAGO TŠA MMELE

Botelele bja Mofetodi	_____ _____ _____ disentimetara
Boima bja Mofetodi	_____ _____ _____ dikilogramo
Letheka la Mofetodi	_____ _____ _____ disentimetara

Palelo ya kgatelelo ya madi ya 1	Palelo Ya kgatelelo ya madi ya 2
SISTOLIKI _____ _____ _____ DIASTOLIKI _____ _____ _____ THEBETHO _____ _____ _____	SISTOLIKI _____ _____ _____ DIASTOLIKI _____ _____ _____ THEBETHO _____ _____ _____

<input type="checkbox"/>	Dipalelo tša rena tša kgatelelo ya gago ya madi ka paka ye e tlwaelegilego (Sistoliki ya ka fase ga 140 le Diastoliki ya ka fase 90)
<input type="checkbox"/>	Dipalelo tša kgatelelo ya gao ya madi di godimo go feta ka mo go tlwaelegilego. Madi a magoloa kotsi kudu ka gobane a dira gore pelo ya gago e šome kudu ka maatla. Madi a magolo a oketša kotsi ya bolwetši bja pelo le strouku. Gape madi a magolo a ka hlola mathata a mangwe, bjalo ka go ema ga pelo, bolwetši bja dipshio, le go fofala. O ka laola madi a magolo ka go tšea magato
<input type="checkbox"/>	Go digelwa gore o nyake kalafo gare ga dikgwedi tše 2 (Sistoliki ya go thoma ka 140 go fihla ka 159 goba Diastoliki ya go thoma ka 90 go fihla ka 99)
<input type="checkbox"/>	Go digelwa gore o nyake kalafo gare ga dikgwedi. (Sistoliki ya go thoma ka 160 go fihla ka 179 goba Diastoliki ya go thoma ka 100 go fihla ka 109)
<input type="checkbox"/>	Go digelwa gore o nyake <u>tlhokomelo ya kalafo ka bonako</u> . (Sistoliki ya go feta 179 goba Diastoliki ya go feta 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)