



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

National Income Dynamics Study

Wave 1 (2008)

Pampiri ya Tlhahisoleseding

DITEKANYETSO TSA MMELE WA HAO

Bolelele ba motho ya arabelang dipotso	_____ disenthimitha
Boima ba motho ya arabelang dipotso	_____ dikhilokramo
Letheka la motho ya arabelang dipotso	_____ disenthimitha

Palo ya 1 ya kgateello ya madi	Palo ya 2 ya kgateello ya madi
SISTOLIKI _____ DAESTOLIKI _____ MOTHAPO KUTLO _____	SISTOLIKI _____ DAESTOLIKI _____ MOTHAPO KUTLO _____

<input type="checkbox"/>	Dipalo tsa rona tsa kgateello ya hao ya madi di boemong bo tlwaelehleng (Sistoliki e tlase ho feta 140 le Daestoliki e tlase ho feta 90)
<input type="checkbox"/>	Dipalo tsa kgateello ya hao ya madi di phahame ho feta tse tlwaelehleng. Kgateello e phahameng ya madi e kotsi hobane e etsa hore pelo e sebetse ka thata haholo. Kgateello e phahameng ya madi e eketsa kotsi ya lefu la pelo le strouku. Kgateello e phahameng ya madi e ka boela ya baka mathata a mang, a jwalo ka ho ema ha pelo, lefu la diphiyo, le bofoku. O ka kgona ho laola kgateello e phahameng ya madi ka ho etsa ketso e itseng.
<input type="checkbox"/>	Ho kgothalletswa hore o tlameha ho batla tlhokomelo ya bongaka/meriana dikgweding tse 2. (Sistoliki e le 140 ho isa ho 159 kapa Daestoliki e le 90 ho isa ho 99)
<input type="checkbox"/>	Ho kgothalletswa hore o tlameha ho batla tlhokomelo ya bongaka/meriana kgwedding e le 1. (Sistoliki e le 160 ho isa ho 179 kapa Daestoliki e le 100 ho isa ho 109))
<input type="checkbox"/>	Ho kgothalletswa hore o tlameha ho batla tlhokomelo ya bongaka <u>hanghang</u> . Sistoliki e le ngata ho feta 179 kapa Daestoliki e le ngata ho 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)