



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

# National Income Dynamics Study

**Wave 1 (2008)**

**Likhasi Lemniningwane**

## KUKALWA KWENTIMBA WAKHO

Budze Balophendvulako	_____ _____ _____ wemasentimitha
Sisindvo Salophendvulako	_____ _____ _____ wemakhilogramu
Likhalo Lalophendvulako	_____ _____ _____ wemasentimitha

Kufundvwa kwemfutfo wengati 1	Kufundvwa kwemfutfo wengati 2
SYSTOLIC  _____ _____ _____  DIASTOLIC  _____ _____ _____  PULSE  _____ _____ _____	SYSTOLIC  _____ _____ _____  DIASTOLIC  _____ _____ _____  PULSE  _____ _____ _____

<input type="checkbox"/>	Kundvwa kwetfu kwemfutfo wengati kungekhatsi kweluhlu lolwetayelekile (I-Systolic ingaphasi kwa-140 kantsi i-Diastolic ngaphasi kwa-90)
<input type="checkbox"/>	Kufundvwa kwemfutfo wengati yakho kungetulu kwalokwetayelekile. Umfutfo wengati losetulu uyingoti ngobe wenta kwekutsi inhltiyo isebente ngemandla. Umfutfo wengati losetulu ungaphindze ubangele letinye tingoti, njengekuma kwenhltiyo, sifo setinso, nekuvaleka emehlo. Ungalawula umfutfo wengati losetulu ngekutsatsa sinyatselo.
<input type="checkbox"/>	Kunconotwa kwekutsi utfole lusito lwetekwelashwa ngekhati kwetinyanga letimbili. (ku-Systolic 140 kuya ku-159 nobe ku-Diastolic 90 kuya ku-99)
<input type="checkbox"/>	Kunconotwa kwekutsi utfole lusito lwetekwelashwa ngekhati kwenyanga yinye. (ku-Systolic 160 kuya ku-179 nobe ku-Diastolic 100 kuya ku-109)
<input type="checkbox"/>	Kuncontwa kwekutsi utfole <u>lusito lwetekwelashwa masinyane</u> . (ku-Systolic lengetulu kwa-179 nobe ku-Diastolic lengetulu kwa-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)