



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

# National Income Dynamics Study

**Wave 1 (2008)**

## Pampitshana ya Tshedimosetso

### GO METWA GA MMELE WA GAGO

Boleele jwa Moarabadipotso	Disentimetara di le _____
Boima Jwa Mmele jwa Moarabadipotso	Dikilogerama di le _____
Letheka la Moarabadipotso	Disentimetara di le _____

Dinomore tsa Kgatelelo ya Madi 1	Dinomore tsa Kgatelelo ya Madi 2
GO HUNYELA GA PELO _____ GO ATOLOGA GA PELO _____ GO UBA GA PELO _____	GO HUNYELA GA PELO _____ GO ATOLOGA GA PELO _____ GO UBA GA PELO _____

<input type="checkbox"/>	Dinomore tsa kgatelelo ya gago ya madi ke tsa selekanyo se se tshwanetseng (Go hunyela ga pelo kafa tlase ga 140 mme go Atologa ga pelo kafa tlase ga 90)
<input type="checkbox"/>	Dinomore tsa kgatelelo ya gago ya madi di kwa godimo go feta tse di tshwanetseng. Kgatelelo e e kwa godimo ya madi e kotsi ka gonne e imetsa pelo. Kgatelelo e e kwa godimo ya madi e godisa kotsi ya go ka tshwarwa ke bolwetse jwa pelo le go swa mhama. Kgatelelo e e kwa godimo ya madi gape e ka baka mathata a mangwe, a a jaaka go ema pelo, bolwetse jwa diphilo, le go fofala. O ka kgona go laola kgatelelo e e kwa godimo ya madi ka go tsaya kgato.
<input type="checkbox"/>	Go tshitshinngwa gore o batle thuso ya kalafi mo sebakeng sa dikgwedi tse 2 morago ga go itse ka bothata jono. (Go Hunyela ga Pelo 140 go ya go 159 kgotsa Go Atologa ga Pelo 90 go ya go 99)
<input type="checkbox"/>	Go tshitshinngwa gore o batle thuso ya kalafi mo sebakeng sa dikgwedi e le 1 morago ga go itse ka bothata jono. (Go Hunyela ga Pelo 160 go ya go 179 kgotsa Go Atologa ga Pelo 100 go ya go 109)
<input type="checkbox"/>	Go tshitshinngwa gore o batle <u>thuso ya kalafi ka bonako</u> . (Go Hunyela ga Pelo go feta 179 kgotsa Go Atologa ga Pelo 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 <b><u>medical care immediately</u></b> . (Systolic more than 179 or Diastolic more than 109)