The microbiota: a little-known organ crucial for our health...

1 in 5 people only know what the word microbiota means (21%)
24% said they know exactly what gut microbiota is.

Other microbiota are even less well known:
18% vaginal microbiota
17% oral microbiota
13% pulmonary microbiota

1 in 4 people have heard of the term dysbiosis (28%)

Microbiota explained by healthcare professionals: crucial!

2 in 5 people have been informed by their healthcare professional of the appropriate behaviors to adopt to preserve their microbiota balance (44%)
1 in 3 people have been informed by a healthcare professional that antibiotics can upset the microbiota balance (33%)

95% of people having received information repeatedly from their healthcare professional have adopted behaviors to limit the risk of microbiota imbalance vs 57% Overall

Parents are aware, but seniors are not adequately informed

66% of parents claim to have adopted practices in favor of maintaining a balanced microbiota
50% of seniors

48% of parents have been informed by their healthcare professional of the digestive problems associated with antibiotics
36% of seniors

26% of seniors have received information about the microbiota and its role from their healthcare professional vs 37% overall

Methodology:

6,500 individuals were surveyed online between March 21 and April 7, 2023 in 7 countries: the United States, Brazil, Mexico, France, Portugal, Spain and China.

Sample representativeness for each country was ensured using the quota method, applied to the respondents’ gender, age, region and occupation.