



International Microbiota Observatory

L'Observatoire International
des Microbiotes

Third wave

German results






A large, light-colored rectangular area on the left side of the slide, containing a dense, overlapping pattern of various bacterial shapes, including rods, cocci, and branching structures, rendered in a light gray or off-white color against a white background.

Methods




Methods


This international survey was conducted online in **11 countries** from January 21st– February 28th, 2025. **7,500 people** were interviewed in the 11 countries, among representative samples of the population aged 18 y.o. and more in each country.



6 countries had already been surveyed in 2024 and in 2023:

-  United States of America (n=1,000)
-  Brazil (n=500)
-  Mexico (n=1,000)
-  France (n=1,000)
-  Portugal (n=500)
-  China (n=1,000)

3 countries had been added to the survey in 2024:

-  Poland (n=500)
-  Finland (n=500)
-  Vietnam (n=500)

 *2 countries have been added to the scope this year:*

-  Germany (n=500)
-  Italy (n=500)

An automated selection from the Ipsos Panel ensured representative samples in each country (gender, age, employment status and country region) based on quota method.

Comments



ALL COUNTRIES

(n=7,500)



= Average response for all 11 countries.

= Focus on detailed results according to different criteria such as gender, age, presence of children under 3yo, individuals with health conditions.

 Significant differences vs total - superior

 Significant differences vs total - inferior

These coloured indications show results that are statistically different (above or below) the average for all respondents.

All results are presented in %.



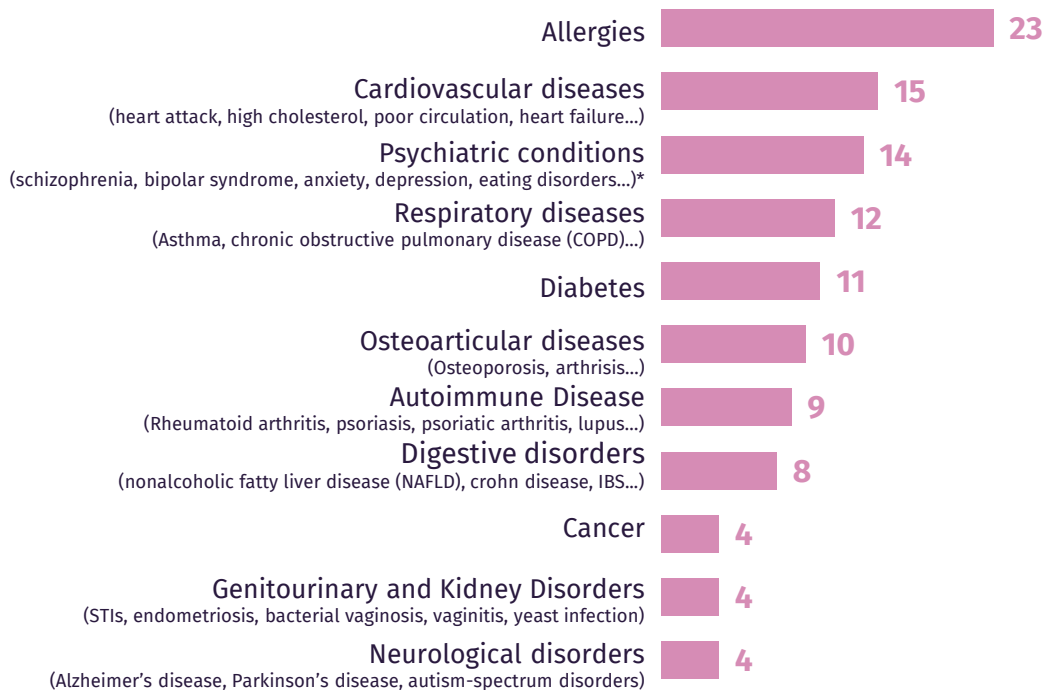
Some results have a low basis, results must be interpreted with cautious.



People with current conditions A focus detailed throughout the report

RS10. Among the following health problems, indicate those you suffer from.

Base: All respondents



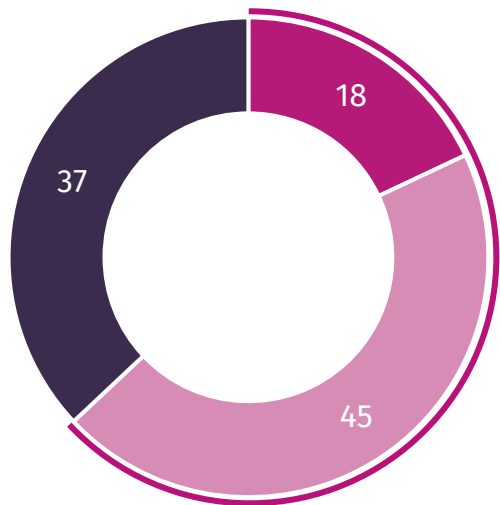
*This item has been detailed compared to last year



**Microbiome awareness
appears to be low in
Germany compared to the
global trends.**

In Germany, awareness of microbiome is significantly lower compared to global results: the majority have already heard of it, but less than 1/5 know exactly what it is.

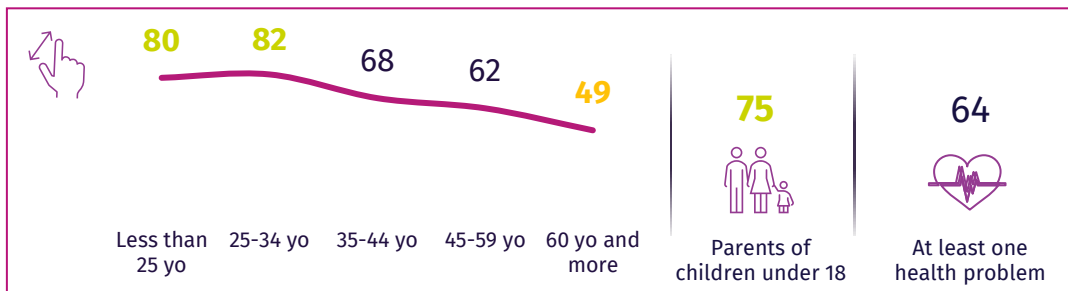
Question 2. Have you ever heard of the "microbiome"?
Base: All respondents



- Yes, and I know exactly what it is
- Yes, but I don't know exactly what it is
- No, I never heard about it

63% have already heard about the term microbiome

ALL COUNTRIES
71%



● Significant differences vs total - superior ● Significant differences vs total - inferior

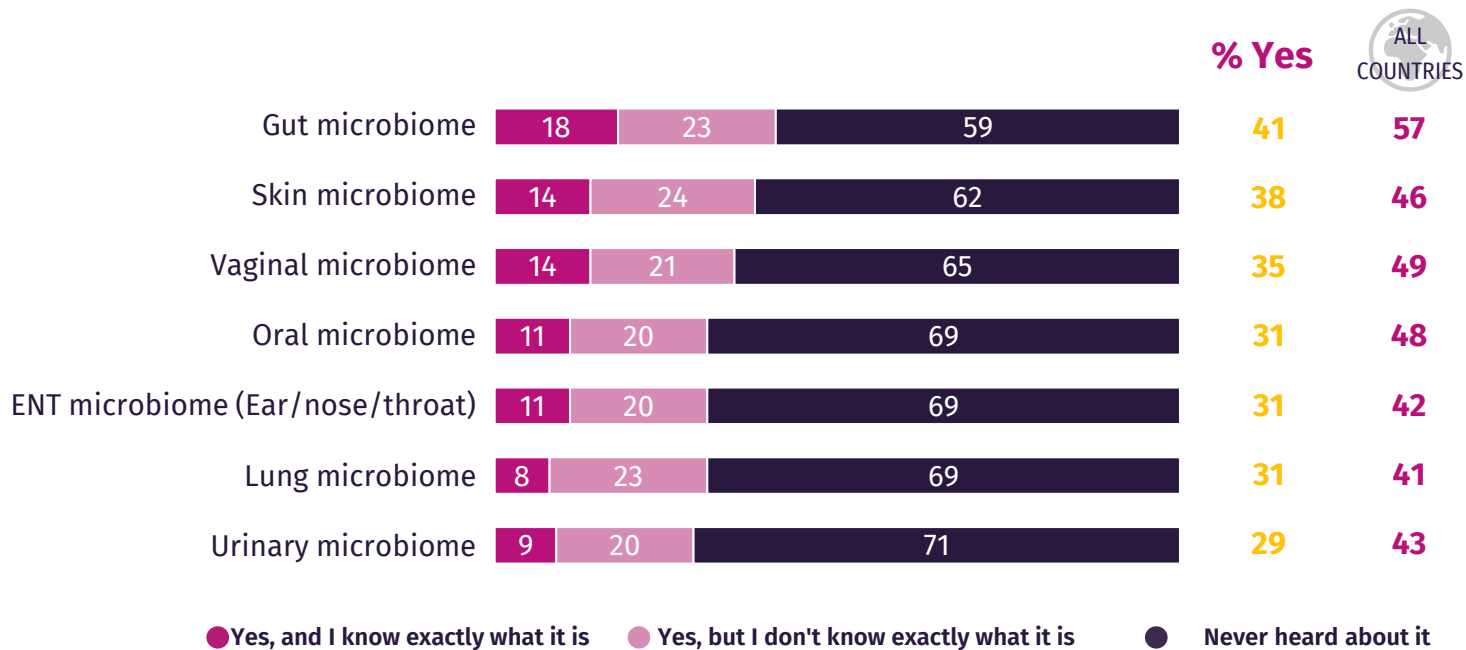


Germans have a limited awareness of the different types of microbiome, lower than global results. Few know exactly what they are.



Question 3. And more specifically, have you ever heard of the following terms?

Base: All respondents

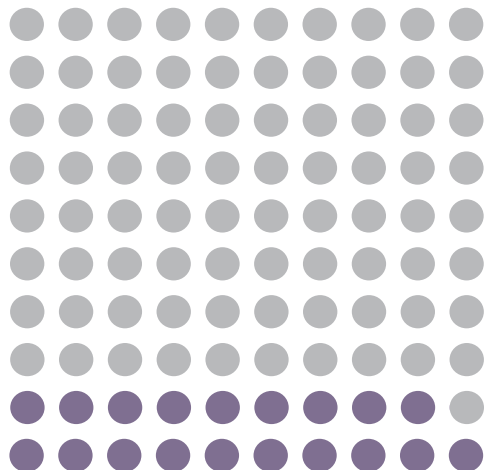




In total, around 1 out of 5 have already heard of each microbiome, which is significantly below the global trend.

Question 3. And more specifically, have you ever heard of the following terms?

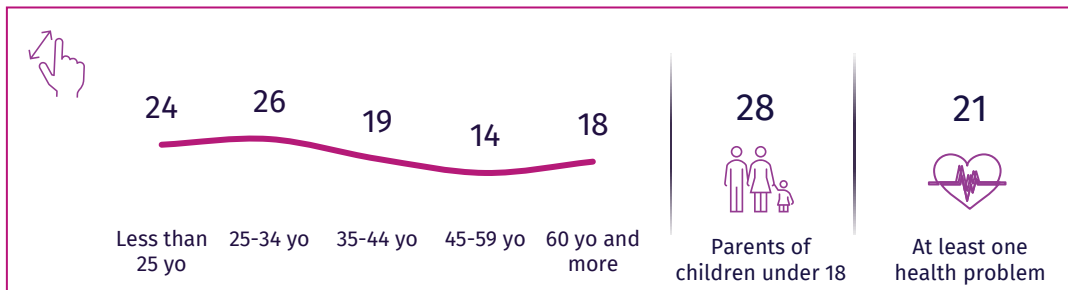
Base: All respondents



19% have already heard of each microbiome:
Gut, vaginal, skin, lung, urinary, oral and ENT microbiome



31%



But only **3%** know precisely all of them



7%



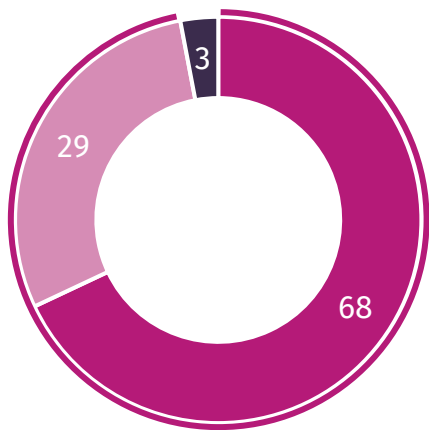
Among Germans, the term “flora” is a lot more popular than microbiome.



Question 2bis. And have you ever heard of these terms?

Base: All respondents

Gut flora

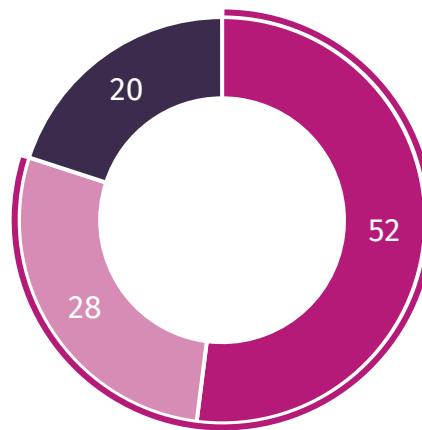


97%
have already heard
about gut flora



91%

Vaginal flora



80%
have already heard
about vaginal flora



81%



Yes, and I know exactly what it is



Yes, but I don't know exactly what it is



No, I never heard about it



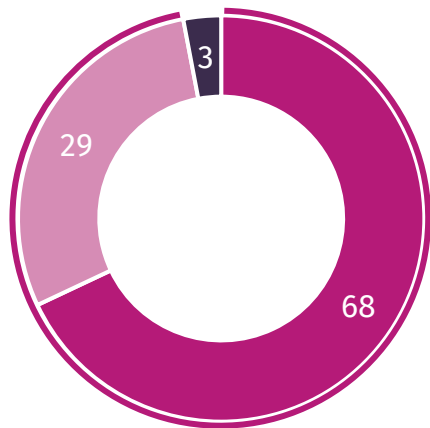
Most people are aware of gut flora, no matter their gender, age group or specific health conditions.



Question 2bis. And have you ever heard of these terms?

Base: All respondents

Gut flora

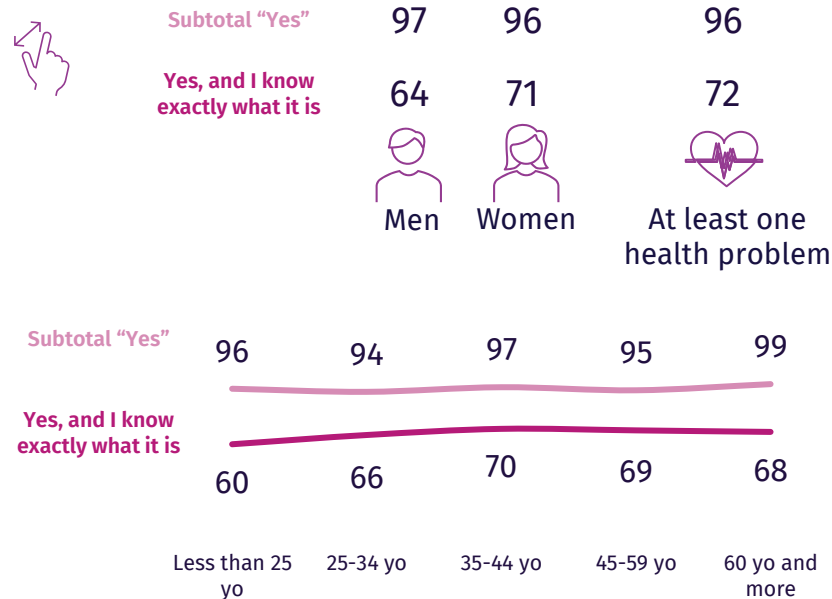


97%
have already heard
about gut flora



91%

- Yes, and I know exactly what it is
- Yes, but I don't know exactly what it is
- No, I never heard about it





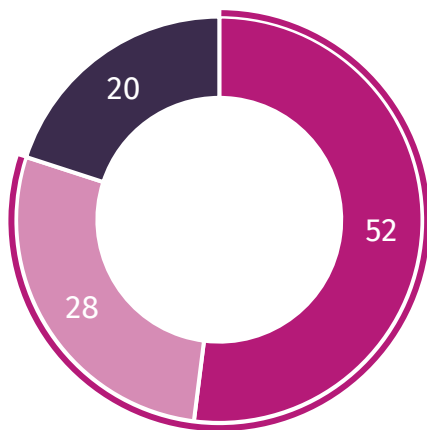
Women appear more aware of vaginal flora than men.



Question 2bis. And have you ever heard of these terms?

Base: All respondents

Vaginal flora



80%
have already heard
about vaginal flora



81%

- Yes, and I know exactly what it is
- Yes, but I don't know exactly what it is
- No, I never heard about it



Subtotal "Yes"

72

88

82

Yes, and I know
exactly what it is

36

67

56



Men



Women



At least one
health problem

Subtotal "Yes"

75

80

83

80

81

Yes, and I know
exactly what it is

52

55

51

54

50

Less than 25
yo

25-34 yo

35-44 yo

45-59 yo

60 yo and
more

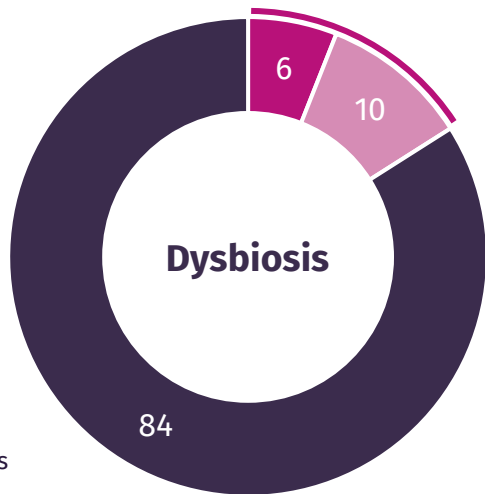


Awareness of dysbiosis in Germany is low, falling even below global averages. However, it's slightly more recognized among those aged 25-34.



Question 3. And more specifically, have you ever heard of the following terms?

Base: All respondents

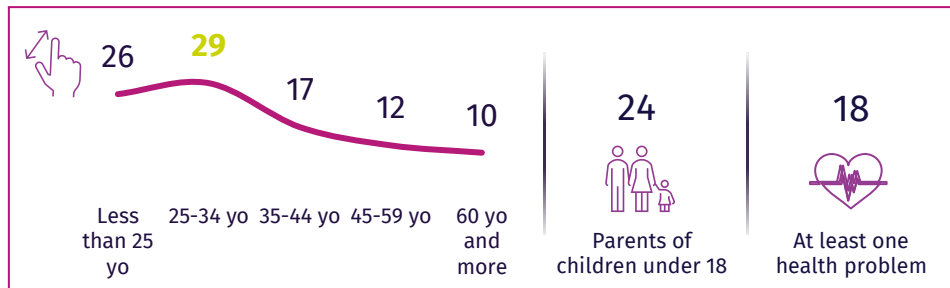


- Yes, and I know exactly what it is
- Yes, but I don't know exactly what it is
- Never heard about it

16% have already heard about the term 'dysbiosis'



33%



Significant differences vs total - superior Significant differences vs total - inferior



2

Microbiome literacy is limited in Germany, below global trends.



Germans seem aware of some aspects related to microbiome.



Question 4. For each of the following statements, tell us if you think it is TRUE or FALSE. If you are unsure about your answer, answer I don't really know.

Base: All respondents



Good answer

Wrong answers/
don't know

Antibiotics have an impact on our microbiome

73 ✓

4

23

27

In some cases, **an imbalance** in the microbiome **may have significant health consequences**

72 ✓

4

24

28

Our diet has **significant consequences** on the **balance** of our microbiome

72 ✓

5

23

28

The microbiome plays **an important role** in **immune defense mechanisms**

70 ✓

4

26

30

Many **diseases** such as irritable bowel syndrome (IBS), obesity, vaginosis could be **linked to the microbiome**

64 ✓

4

32

36

In the field of **vaginal health**, the microbiome plays **an important role** in **women's health**

64 ✓

5

31

36

The microbiome enables the gut **to deliver essential information to the brain** for our health

57 ✓

6

37

43

Your microbiome is **located exclusively in the gut**

12

55 ✓

33

45

The microbiome is only **made up of bacteria**

19

26 ✓

55

74



True



False



Don't really know





But, their overall knowledge falls significantly below the global average.



Question 4. For each of the following statements, tell us if you think it is TRUE or FALSE. If you are unsure about your answer, answer I don't really know.

Base: All respondents

% good answer

	Total	ALL COUNTRIES
Antibiotics have an impact on our microbiome	73	73
In some cases, an imbalance in the microbiome may have significant health consequences	72	79
Our diet has significant consequences on the balance of our microbiome	72	80
The microbiome plays an important role in immune defense mechanisms	70	76
Many diseases such as irritable bowel syndrome (IBS), obesity, vaginosis could be linked to the microbiome	64	68
In the field of vaginal health, the microbiome plays an important role in women's health	64	70
The microbiome enables the gut to deliver essential information to the brain for our health	57	56
Your microbiome is located exclusively in the gut	55	53
The microbiome is only made up of bacteria	26	32





Microbiome literacy is quite similar across demographics.



Question 4. For each of the following statements, tell us if you think it is TRUE or FALSE. If you are unsure about your answer, answer I don't really know.

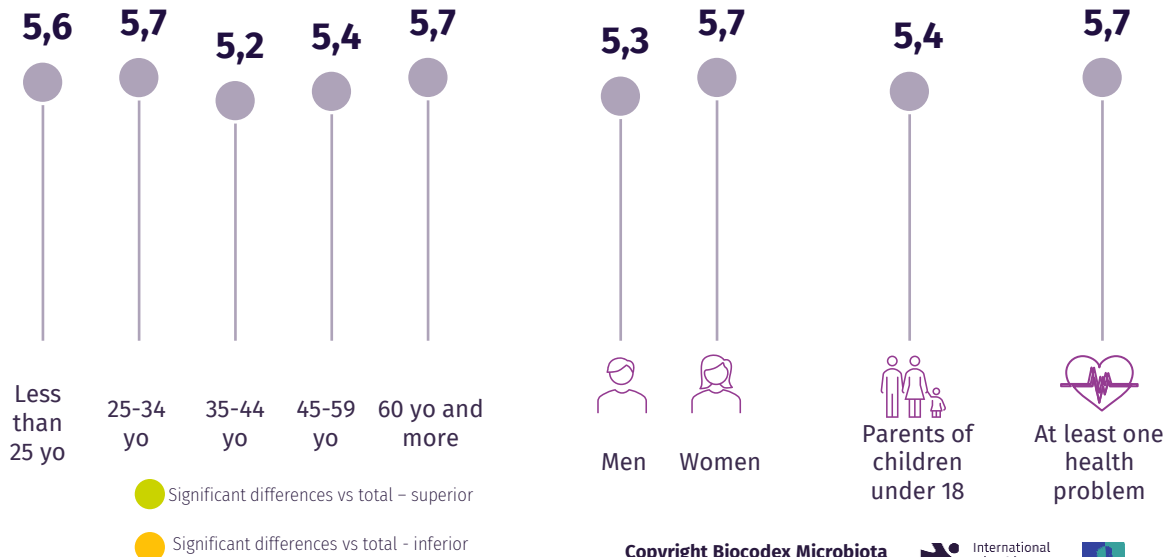
Base: All respondents



5,9

5,5/9

Number of good responses on average





3

When faced with a microbiome-related health problem, few Germans actually link it to their microbiome

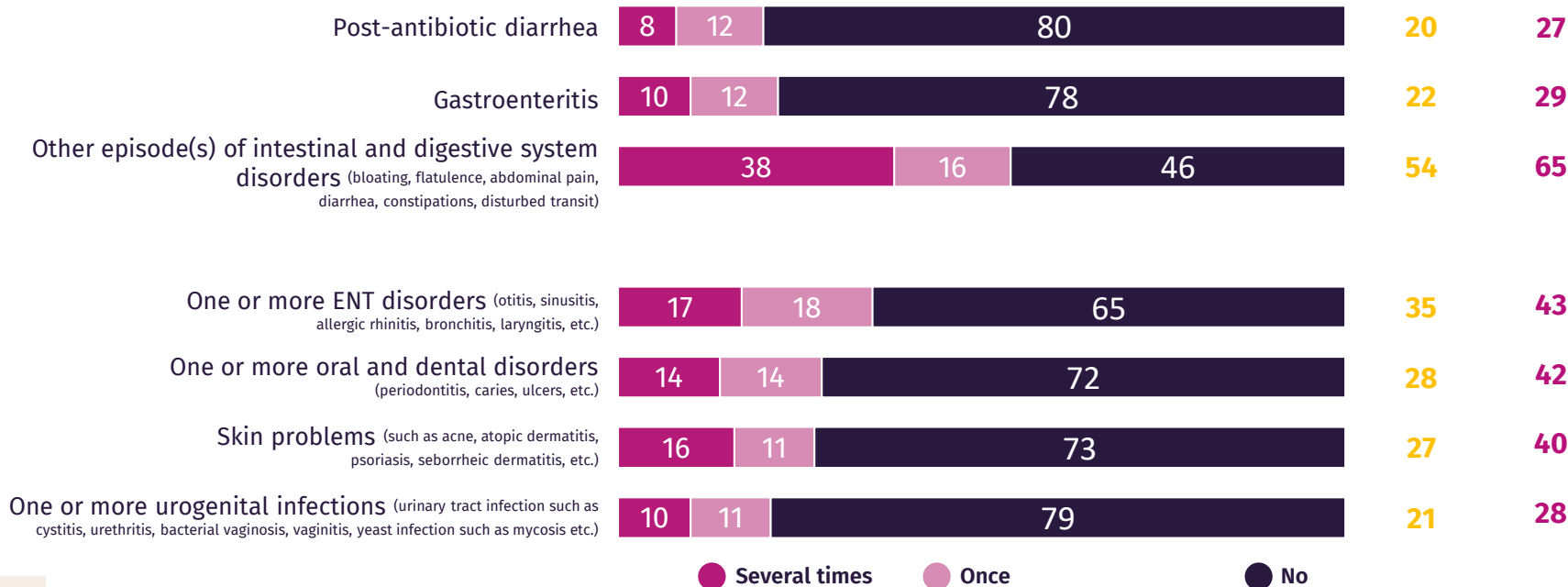
In the last 12 months, 1 in 5 people have experienced post-antibiotic diarrhea or gastroenteritis, while half had other episodes of intestinal and digestive system disorders.



Question 11a. Over the past 12 months, have you ever experienced the following problems?

Base: All respondents

% Yes



Several times



Once



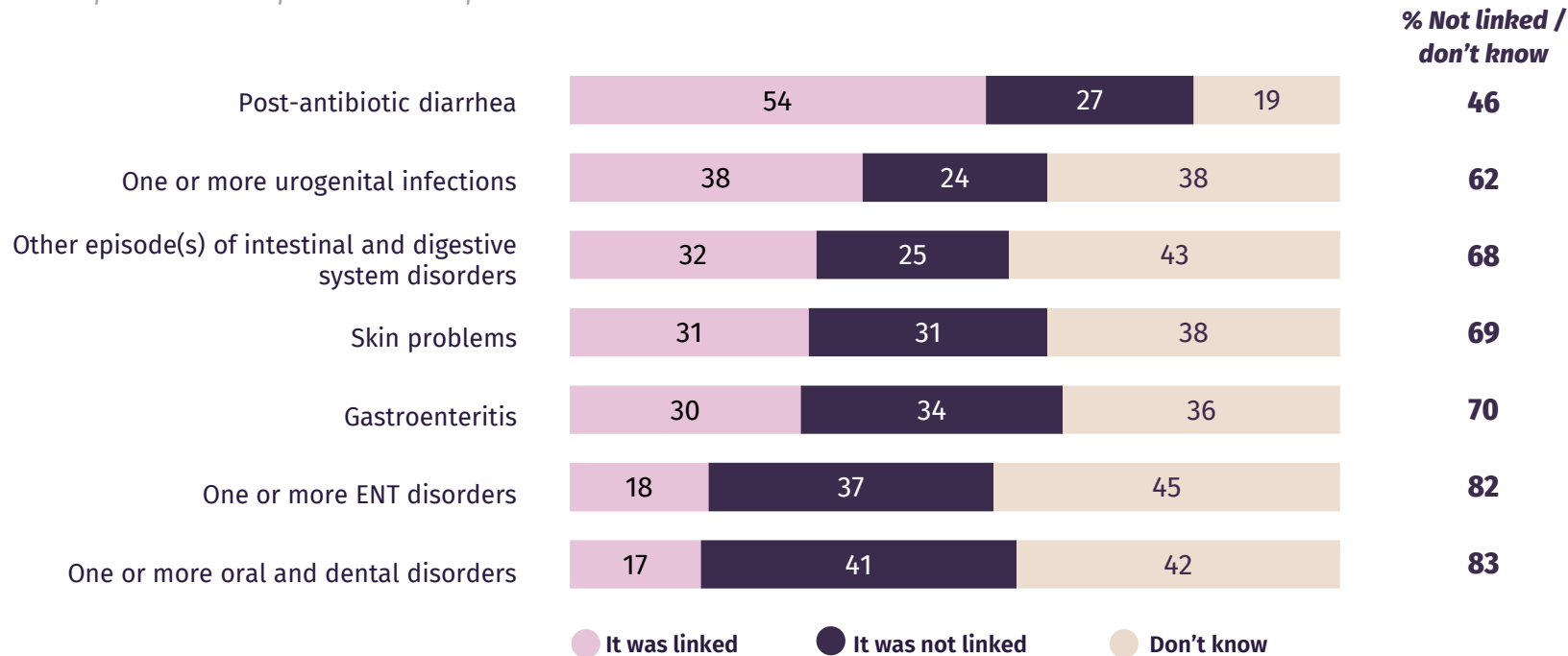
No



Post-antibiotic diarrhea is the only health issue that over half of Germans associate with their microbiome. For other health problems, Germans are generally uncertain about their connection to the microbiome.

Question 11b. And do you think this or these problems are linked to your microbiome?

Base: People who have experienced these problems



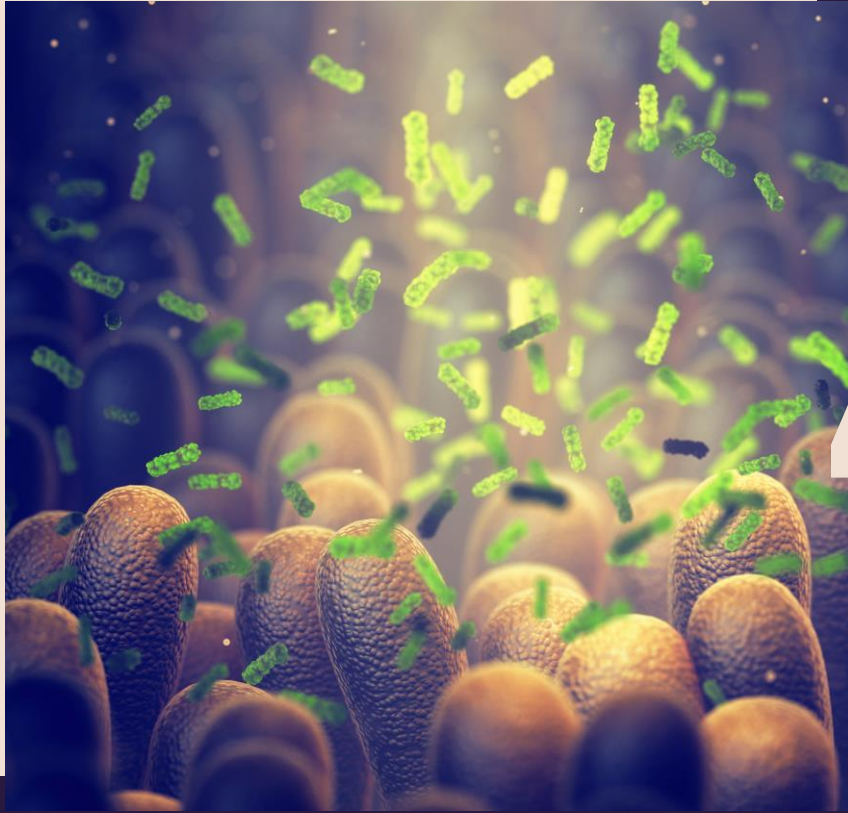
Germans are less likely than the global trend to associate their health problems with their microbiome.



Question 11b. And do you think this or these problems are linked to your microbiome?

Base: People who have experienced these problems

% linked	Total	ALL COUNTRIES
Post-antibiotic diarrhea	54	59
One or more urogenital infections	38	52
Other episode(s) of intestinal and digestive system disorders	32	48
Skin problems	31	37
Gastroenteritis	30	48
One or more ENT disorders	18	31
One or more oral and dental disorders	17	34



4

**To maintain a balanced
microbiome, few
Germans have changed
their behaviours...**

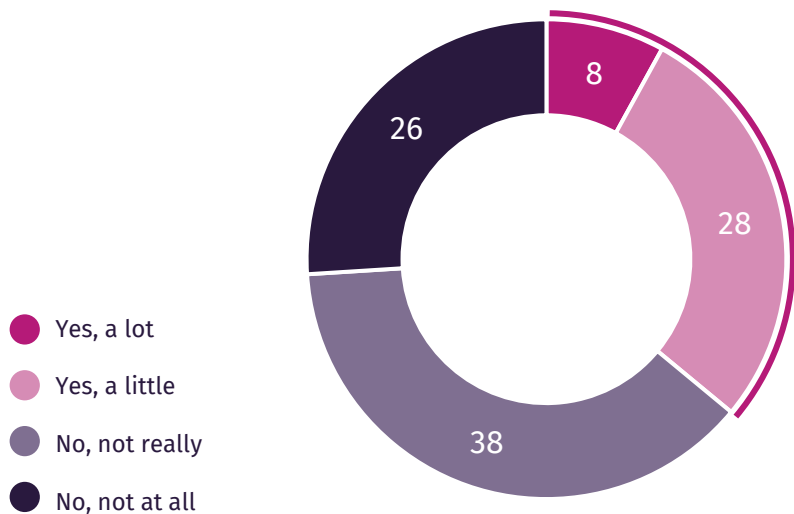


Only one third have changed their behaviors to keep their microbiome balanced and functioning as smoothly as possible, the lowest proportion observed among all countries.



Question 10. And in your daily life, have you changed your behaviors to keep your microbiome as balanced and functioning as smoothly as possible?

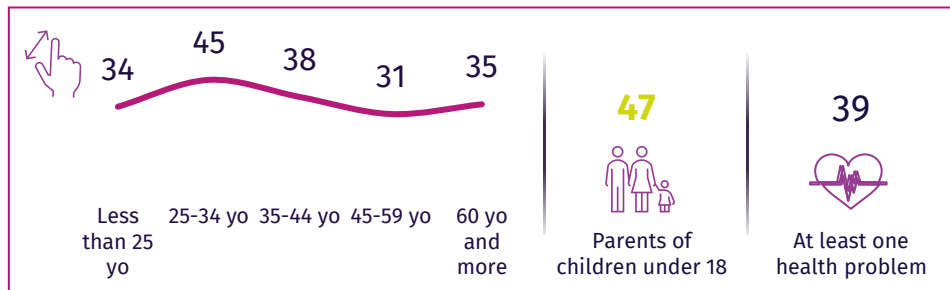
Base: All respondents



36% have changed their behaviors



56%



● Significant differences vs total - superior

● Significant differences vs total - inferior

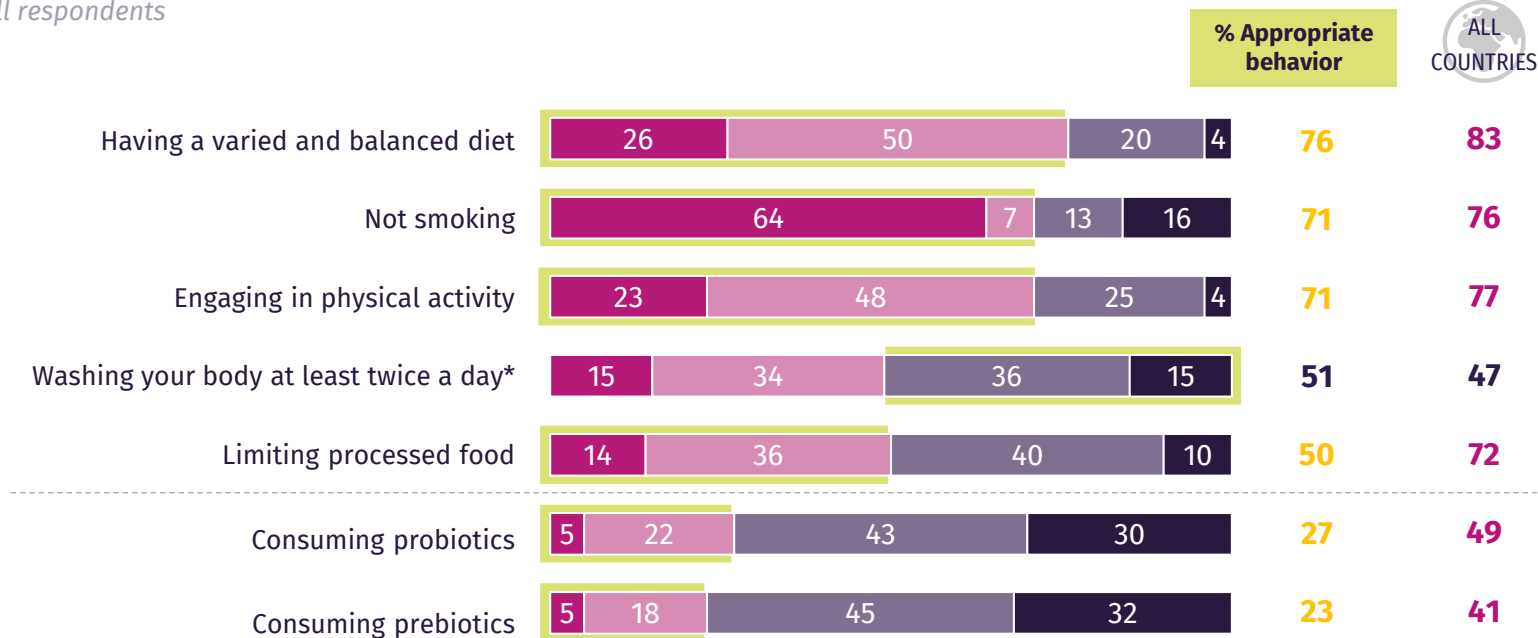


While 'standard' healthy behaviors are widely adopted by people, albeit at lower rates than global averages, few have embraced practices related to the consumption of probiotics and prebiotics.



Question 11. In your daily life, do you regularly adopt the following behaviors?

Base: All respondents



*This item has been detailed compared to last year



Yes, absolutely



Yes, somewhat



No, not really



No, not at all



Germans have adopted fewer positive behaviors for their microbiome than the average global results. No significant differences across demographics.



Question 11. In your daily life, do you regularly adopt the following behaviors?

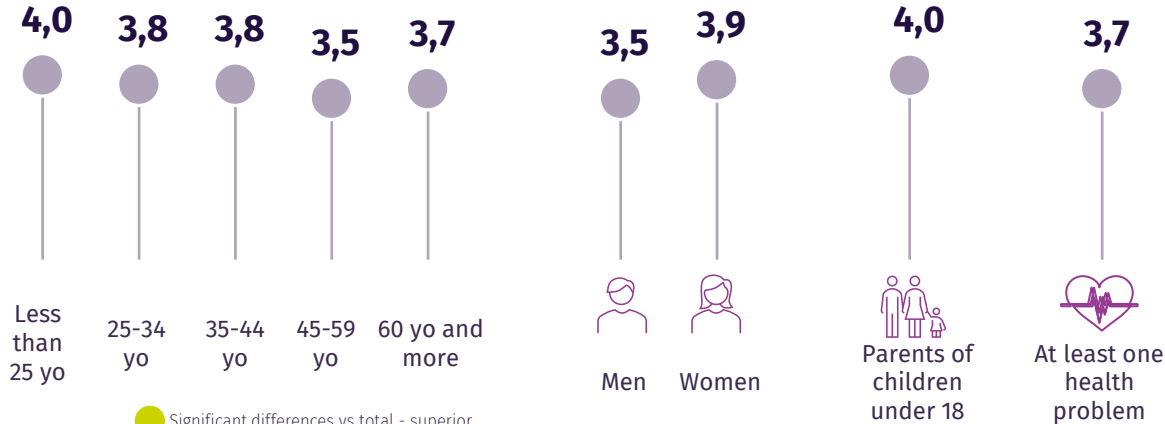
Base: All respondents



4,5

3,7/7

Number of good responses on average



Significant differences vs total - superior



Significant differences vs total - inferior

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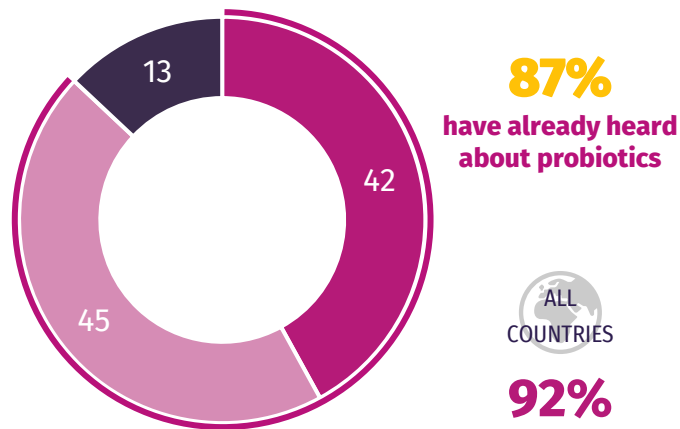
Awareness of probiotics and prebiotics is lower in Germany compared to global results.



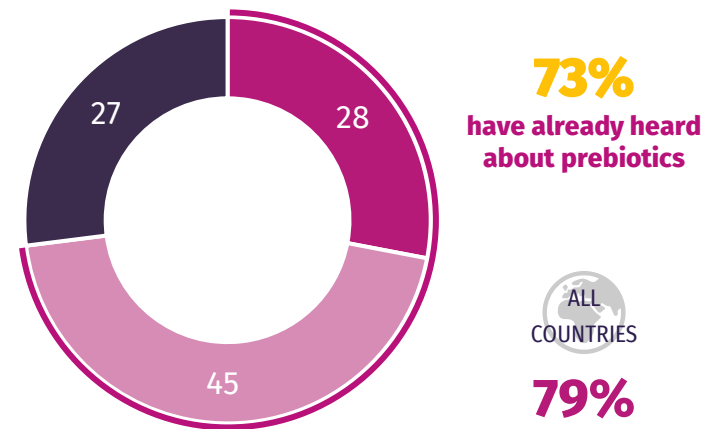
Question 2bis. And have you ever heard of these terms?

Base: All respondents

Probiotics



Prebiotics

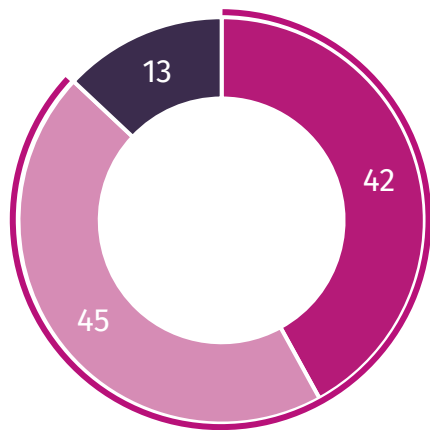


● Yes, and I know exactly what it is ● Yes, but I don't know exactly what it is ● No, I never heard about it

Women are more aware of probiotics compared to men.

Question 2bis. And have you ever heard of these terms?
Base: All respondents

Probiotics

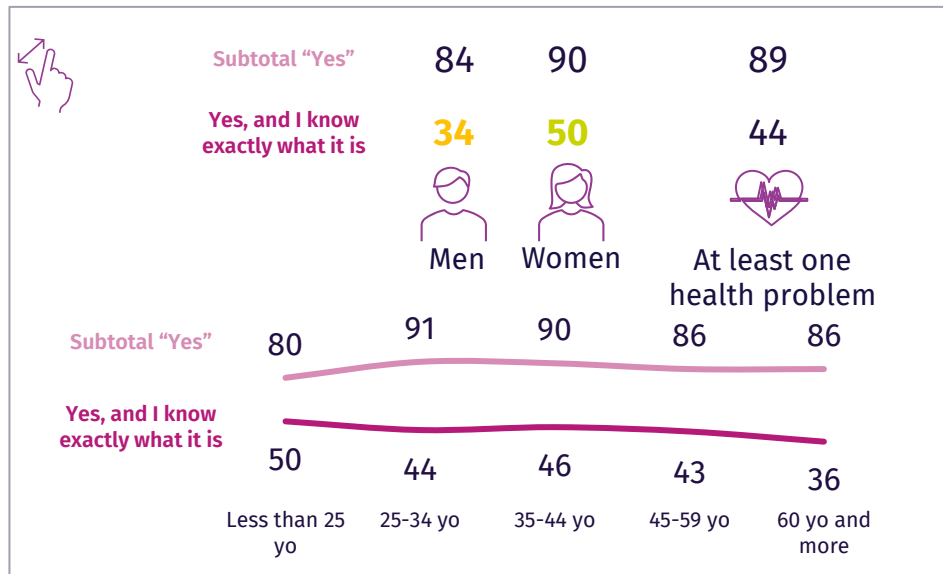


87%
have already heard
about probiotics



92%

● Yes, and I know exactly what it is
 ● Yes, but I don't know exactly what it is
 ● No, I never heard about it

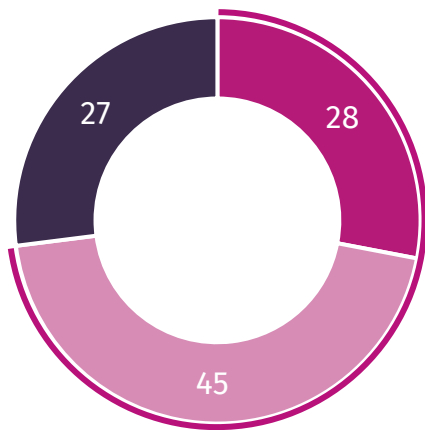


Similarly, women are also more aware of prebiotics compared to men.



Question 2bis. And have you ever heard of these terms?
Base: All respondents

Prebiotics

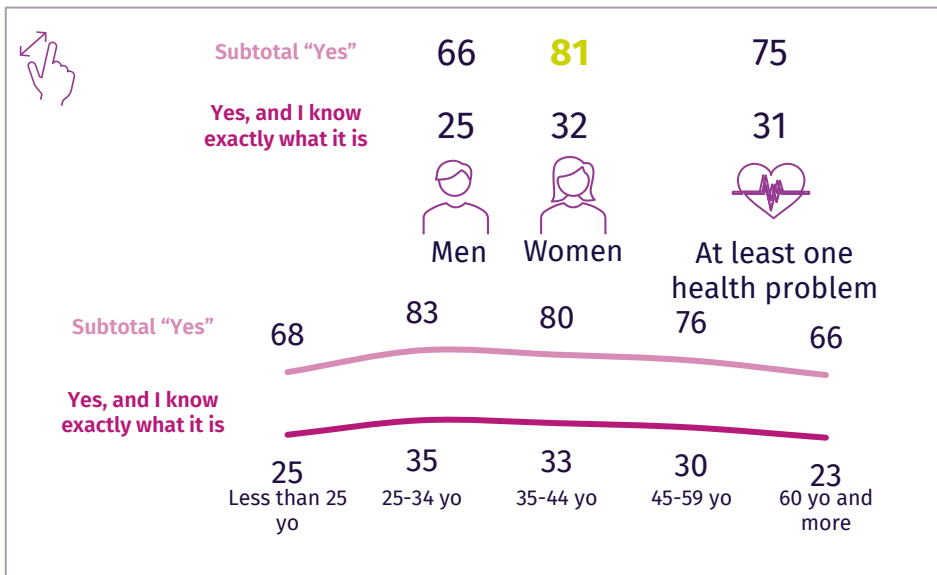


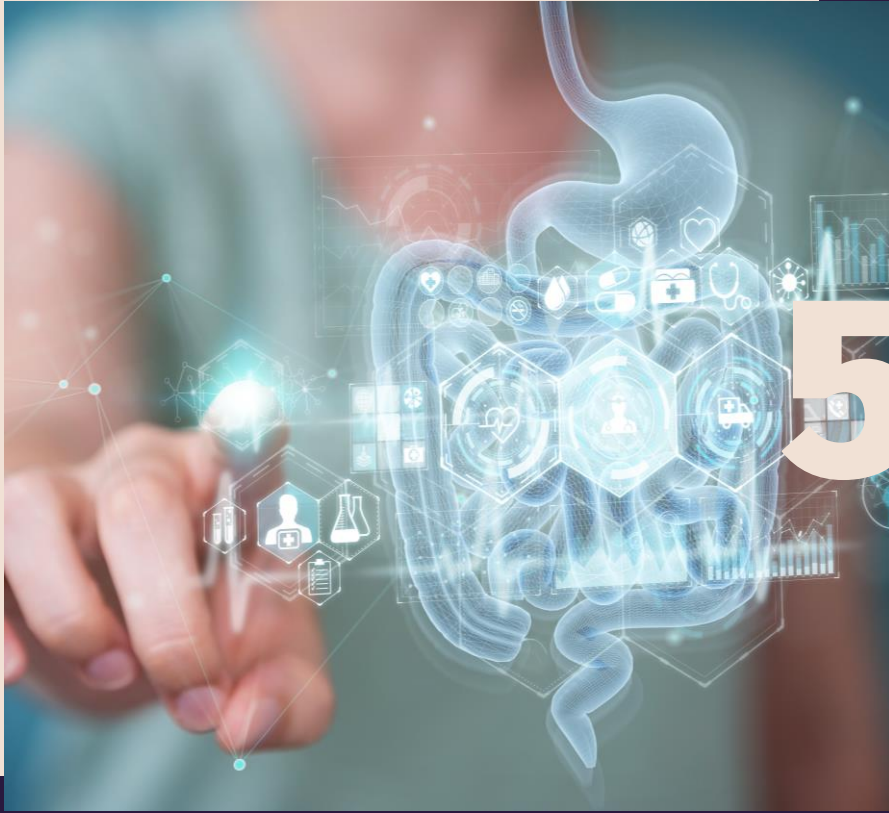
73%
have already heard
about prebiotics



79%

● Yes, and I know exactly what it is
 ● Yes, but I don't know exactly what it is
 ● No, I never heard about it





A larger role to play for the HCPs since they are the main and trustworthy source of information about microbiome.



1 in 5 people first heard about the microbiome while answering the survey.



Question 1V2. The microbiome, you first heard about it...

Base: All respondents





Respondents aged under 35 yo first heard about the microbiome through school or studies.



Question 1V2. The microbiome, you first heard about it...

Base: All respondents

	Total	Less than 25 yo n=44	25-34 yo n=76	35-44 yo n=77	45-59 yo n=127	60 yo and more n=176	Men n=244	Women n=256	Parents of children under 18 n=107	At least one health problem n=288
While answering this questionnaire	19	13	3	7	19	32	20	17	14	17
On television, in health-related programs	11	4	3	9	14	16	9	13	6	13
School/studies	8	35	18	0	5	3	6	10	8	9
Your family, friends, acquaintances	7	11	2	14	5	5	7	6	8	8
By a healthcare professional	6	6	8	1	4	7	4	7	4	7
In a booklet/brochure at your healthcare professional's office	5	0	3	8	5	4	4	5	7	5
On television during the news	5	5	10	5	5	4	8	3	4	4
Advertisements (TV, press, street ads...)	4	5	5	7	3	4	5	4	6	3
On social media (influencers...)	4	9	10	4	1	1	3	4	5	3
In national press (general, mainstream media)	2	0	1	0	4	1	3	0	2	2
In specialized press (wellness, health magazines)	2	0	3	4	1	3	2	3	2	2
On a blog, an online article	2	0	8	4	0	0	1	3	4	1
From your colleagues	2	0	1	3	4	0	1	2	2	3
Scientific podcast	1	0	4	3	1	0	0	3	4	1
In regional daily press	1	0	1	1	2	1	1	2	2	1
Occupational doctor / workplace nurse	1	2	2	3	1	0	2	1	4	0
On the radio	0	0	0	0	1	1	1	0	0	0
During a sports activity	0	0	1	0	1	0	0	0	2	1
Other	20	10	17	27	24	18	23	17	16	20



Significant differences vs total - superior



Significant differences vs total - inferior



First source by profile

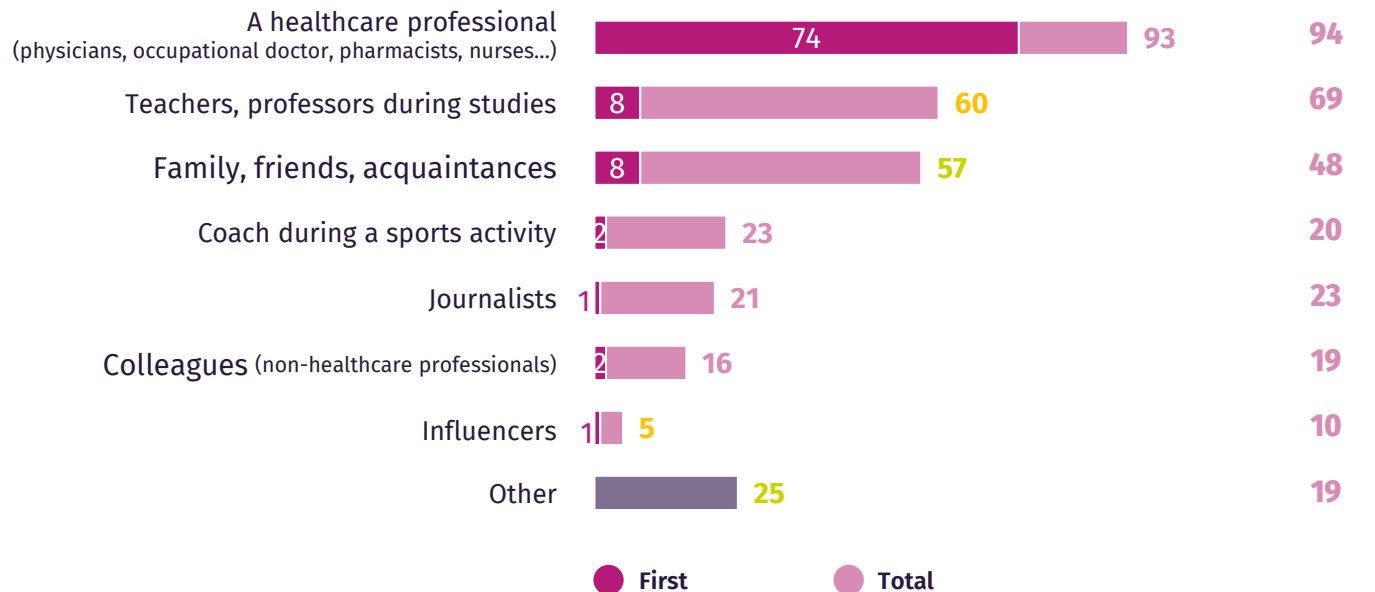


Healthcare professionals stand out as the most trusted source of information about the microbiome.

Question 2V2. For relevant and trustworthy information about microbiome, who would you trust the most?

Select the sources you would trust the most: 1st, 2nd, 3rd

Base: All respondents





And among all age categories, healthcare professionals remain as the most reliable source of information.

Question 2V2. For relevant and trustworthy information about microbiome, who would you trust the most?

Select the sources you would trust the most: 1st, 2nd, 3rd

Base: All respondents

	Total	Less than 25 yo n=44	25-34 yo n=76	35-44 yo n=77	45-59 yo n=127	60 yo and more n=176	Men n=244	Women n=256	Parents of children under 18 n=107	At least one health problem n=288
A healthcare professional (physicians, occupational doctor, pharmacists, nurses...)	93	91	89	87	94	98	94	93	85	94
Teachers, professors during studies	60	68	71	48	59	60	64	57	49	62
Family, friends, acquaintances	57	61	52	58	54	59	56	58	60	55
Coach during a sports activity	23	27	30	30	19	20	21	25	26	23
Journalists	21	8	21	25	28	17	20	21	27	23
Colleagues (non-healthcare professionals)	16	14	12	22	18	14	15	17	23	14
Influencers	5	10	10	4	5	4	5	6	11	5
Other	25	23	16	26	23	29	25	24	20	24



In Germany, very few have received these information about microbiome.



Question 5. Have any of the healthcare professionals you have seen ever done any of the following?

Base: All respondents

Only **11%** received **ALL THESE INFORMATION**, at least one time
2% received **all these information several times**

% Yes

Educate you about the importance of preserving
as much as possible the balance of your
microbiome



30

Explain the good behavior to adopt in order to
maintain a good balance within your microbiome
as much as possible



25

Explain to you what the microbiome is and what
its roles and functions are



25

Prescribe probiotics or prebiotics



21

● Yes, several times ● Yes, once ● No, never



Compared to global results, Germans are less likely to have received information from their healthcare professionals about their microbiome.



Question 5. Have any of the healthcare professionals you have seen ever done any of the following?

Base: All respondents

% Yes

	Total	ALL COUNTRIES
% Received ALL THESE INFORMATION, at least one time	11	29
% Received ALL THESE INFORMATION, <u>several times</u>	2	8
Educate you about the importance of preserving as much as possible the balance of your microbiome	30	47
Explain the good behavior to adopt in order to maintain a good balance within your microbiome as much as possible	25	46
Explain to you what the microbiome is and what its roles and functions are	25	42
Prescribe probiotics or prebiotics	21	49





Germans aged 25-34 have received the most information from their healthcare professionals but it still remains a minority.



Question 5. Have any of the healthcare professionals you have seen ever done any of the following? Base: All respondents

% Yes	Total	Less than 25 yo	25-34 yo	35-44 yo	45-59 yo	60 yo and more	Men	Women	Parents of children under 18	At least one health problem
	base n=500	n=44	n=76	n=77	n=127	n=176	n=244	n=256	n=107	n=288
Educate you about the importance of preserving as much as possible the balance of your microbiome	30	38	45	27	29	24	24	37	38	33
Explain the good behavior to adopt in order to maintain a good balance within your microbiome as much as possible	25	29	37	24	21	21	22	27	33	28
Explain to you what the microbiome is and what its roles and functions are	25	29	40	24	22	21	21	29	36	30
Prescribe probiotics or prebiotics	21	30	31	26	19	14	18	24	37	25

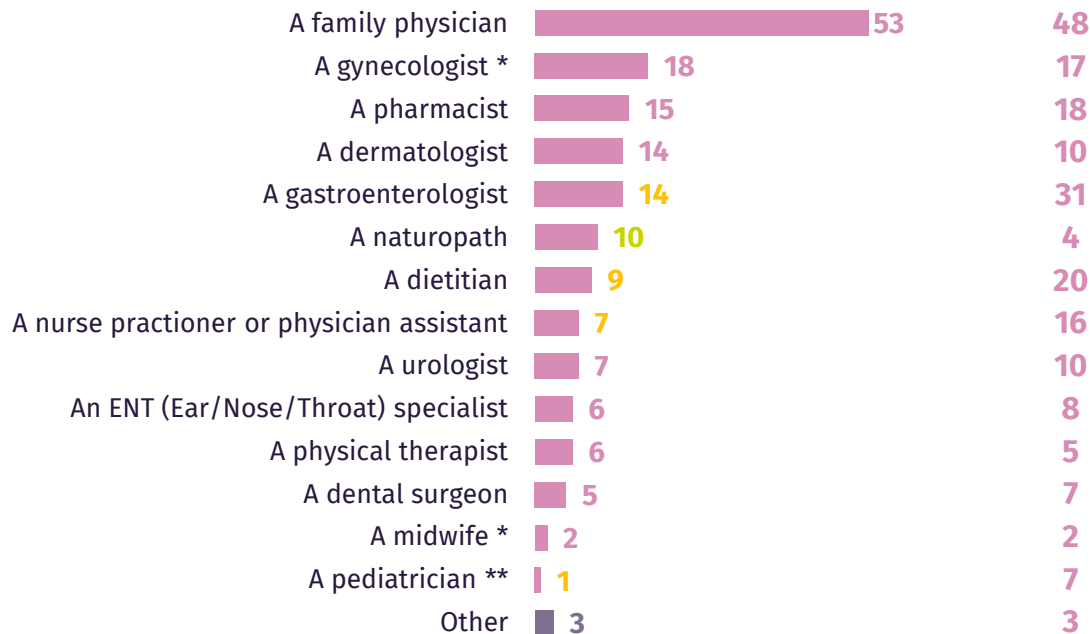


Family physicians is the #1 source of information about microbiome.



Question 6. And which healthcare professionals provided you with these explanations?

Base: People who have had an explanation from healthcare professionals (n=192)



* Item displayed to women

** Item displayed to parents





For women, family physicians and gynecologists are the primary sources of information about the microbiome.

Question 6. And which healthcare professionals provided you with these explanations?

Base: People who've received some information from HCPs (n=192)

	Total	Less than 25 yo	25-34 yo	35-44 yo	45-59 yo	60 yo and more	Men	Women	Parents of children under 18	At least one health problem
base	n=192	n=22 ▲	n=47	n=31 ▲	n=40	n=52	n=81	n=111	n=54	n=126
A family physician	53	33	48	46	60	66	60	48	51	52
A gynecologist	18	32	24	12	10	17	0	31	14	19
A pharmacist	15	13	8	20	22	12	12	16	18	16
A dermatologist	14	19	19	18	5	12	20	10	17	13
A gastroenterologist	14	8	7	6	19	23	13	15	17	15
A naturopath	10	4	7	13	14	10	11	9	6	12
A dietitian	9	10	7	17	5	8	9	9	10	7
A nurse practitioner or physician assistant	7	8	14	0	5	6	6	8	8	7
A urologist	7	0	2	15	5	12	14	2	10	8
An ENT (Ear, Nose, Throat) specialist	6	0	4	26	0	2	12	1	10	4
A physical therapist	6	8	8	6	5	3	5	6	7	5
A dental surgeon	5	5	10	3	2	3	5	5	5	4
A midwife	2	4	2	3	0	0	0	3	4	2
A pediatrician	1	4	0	3	0	0	0	2	3	1
Other	3	5	4	0	2	4	1	5	2	5

● Significant differences vs total - superior

● Significant differences vs total - inferior

● First source by profile

▲ Low basis, results must be interpreted with caution

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Even after being prescribed antibiotics, very few Germans have received information and advice, a lower proportion compared to global results.



Question 7. The last time a doctor prescribed antibiotics, did they do the following?

Base: All respondents

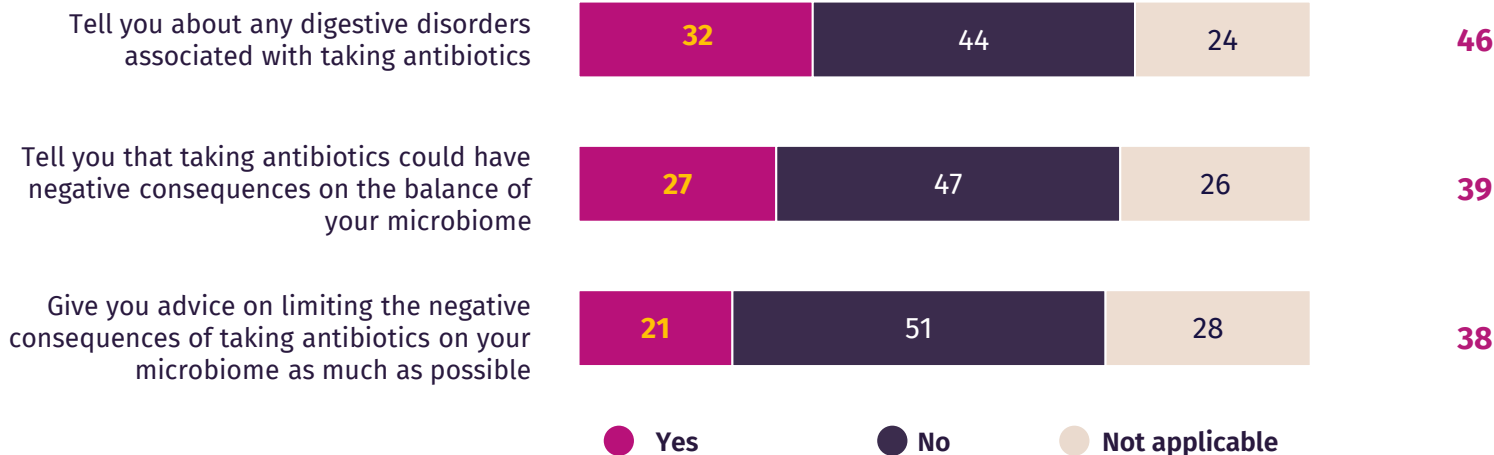
Only **13%** received **ALL THESE INFORMATION** from their HCPs



25%



% Yes



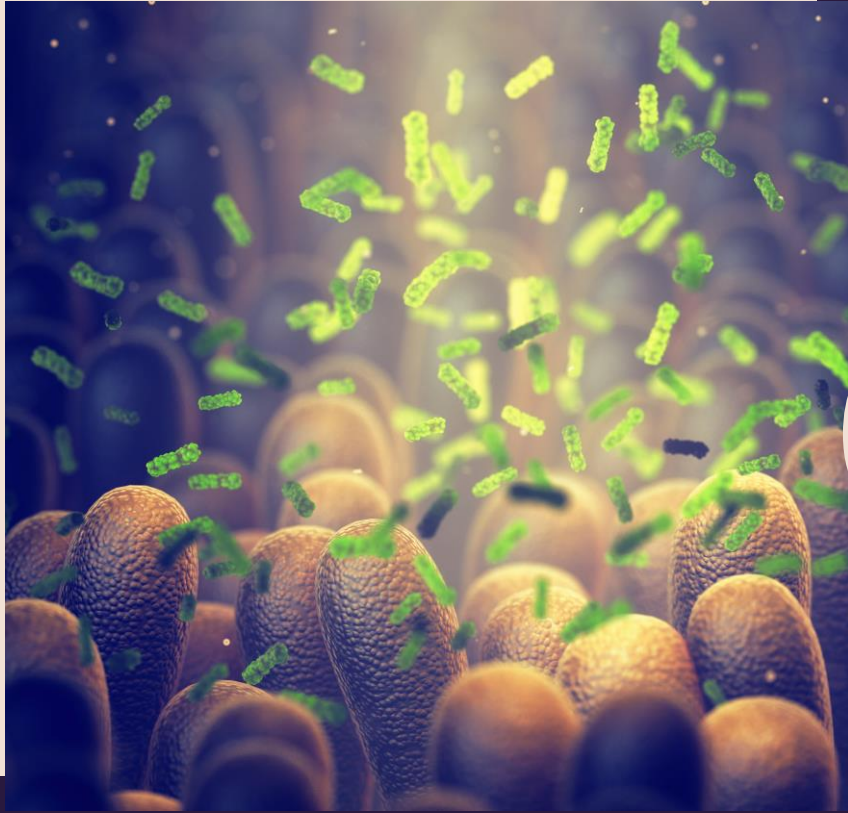


No significant differences across demographics.



Question 7. The last time a doctor prescribed antibiotics, did they do the following? / Base: All respondents

% Yes	Total	Less than 25 yo	25-34 yo	35-44 yo	45-59 yo	60 yo and more	Parents of children under 18	At least one health problem
	base n=500	n=44	n=76	n=77	n=127	n=176	n=107	n=288
% HAVE RECEIVED ALL THESE INFORMATION FROM THEIR HCPS	13	10	11	12	9	18	13	16
Tell you about any digestive disorders associated with taking antibiotics	32	29	26	44	22	38	33	39
Tell you that taking antibiotics could have negative consequences on the balance of your microbiome	27	39	32	25	21	26	30	31
Give you advice on limiting the negative consequences of taking antibiotics on your microbiome as much as possible	21	20	28	22	15	20	27	24

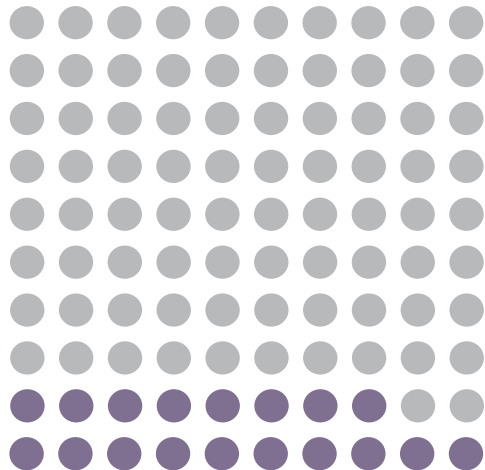


6 There's an encouraging level of enthusiasm among Germans for microbiome testing.

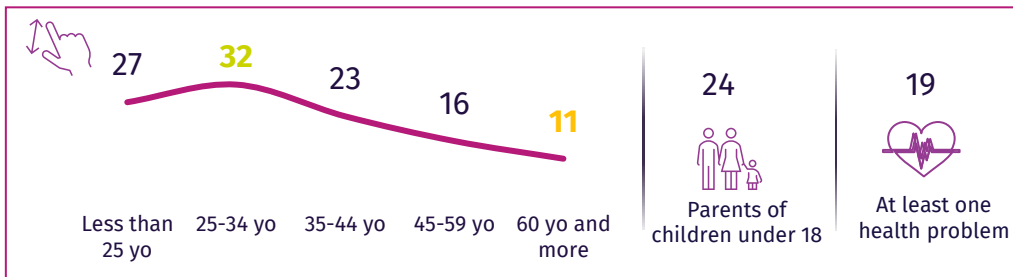


Microbiome testing awareness is limited to 18% of Germans, which is below global averages. However, this awareness rises to one-third among those aged 25-34.

NEW QUESTION Question 1-2025. Have you ever heard of testing your microbiome?
Base: All respondents



18% have already heard of testing their microbiome **27%**



● Significant differences vs total - superior

● Significant differences vs total - inferior



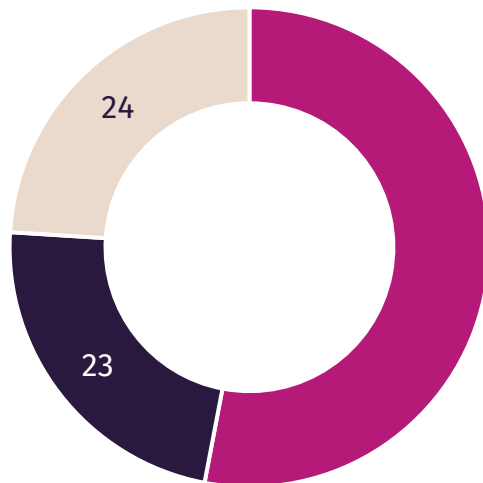
More than half would be interested in having their microbiome tested, which is quite similar across age groups.

NEW

QUESTION

Question 2-2025. Would you personally be interested in taking a microbiome test?

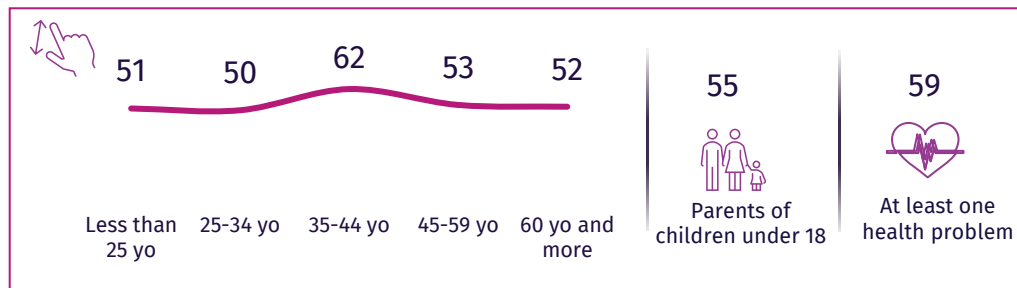
Base: All respondents



53% would be interested in taking a microbiome test

61%

70% among those who know exactly what a microbiome is



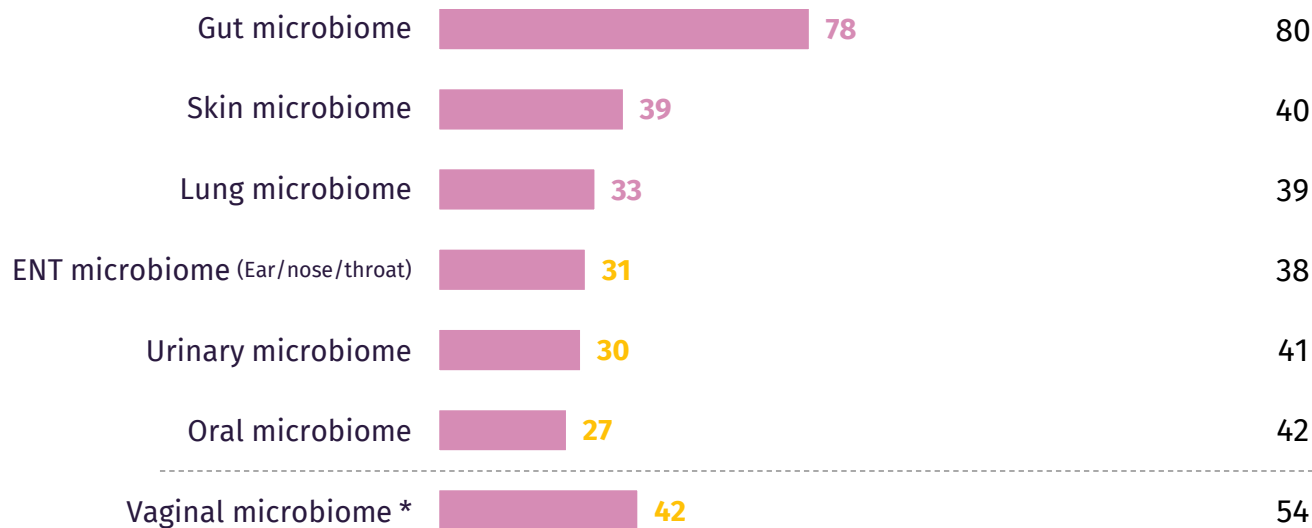
● Significant differences vs total - superior

● Significant differences vs total - inferior



Gut microbiome testing rank as the top choice for most of those interested in having a test.

NEW QUESTION Question 3-2025. Which one(s) would you be interested to test?
Base: Would be interested in taking a microbiome test (n=264)



* Item displayed to women

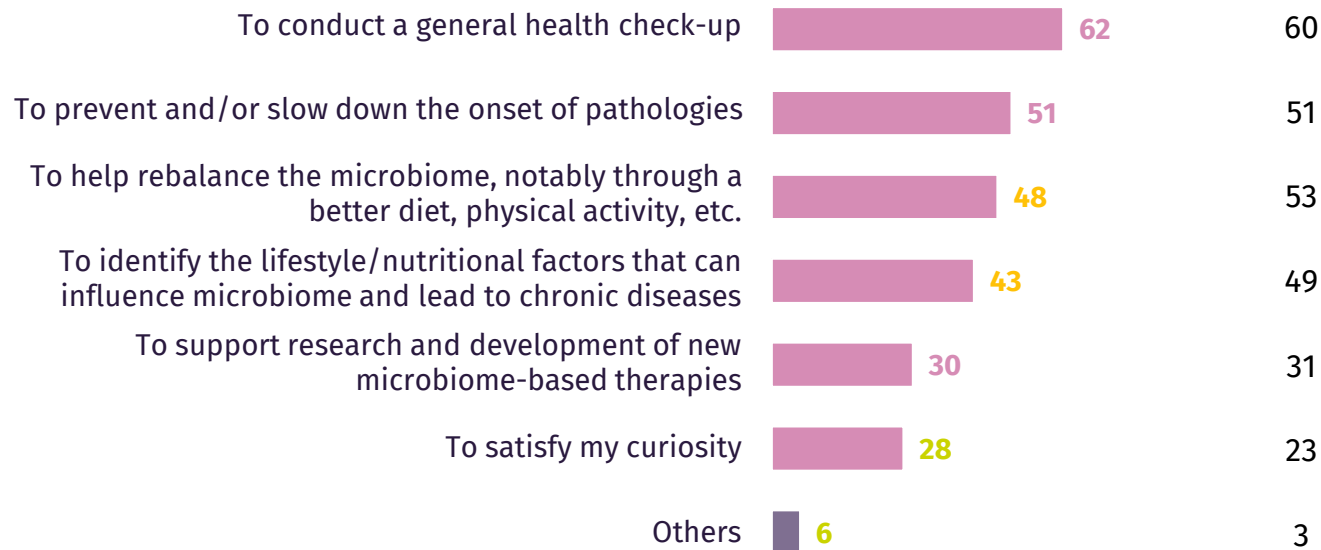


The majority believe microbiome testing would be beneficial for a general health check up or pathology prevention.

NEW
QUESTION

Question 4-2025. In your opinion, what are the reasons for which these tests might be useful?

Base: All respondents





Perceived benefits of such microbiome test is quite similar across demographics

NEW

QUESTION

Question 4-2025. In your opinion, what are the reasons for which these tests might be useful?

Base: All respondents

	TOTAL	Less than 25 yo	25-34 yo	35-44 yo	45-59 yo	60 yo and more	Men	Women	Parents of children under 18	At least one health problem
Base	n=500	n=44	n=76	n=77	n=127	n=176	n=244	n=256	n=107	n=288
To conduct a general health check-up	62	72	65	58	65	59	60	64	58	66
To prevent and/or slow down the onset of pathologies	51	55	52	52	51	50	47	56	54	51
To help rebalance the microbiome, notably through a better diet, physical activity, etc.	48	48	56	40	49	48	42	54	47	52
To identify the lifestyle/nutritional factors that can influence microbiome and lead to chronic diseases	43	56	51	39	46	36	42	44	45	43
To support research and development of new microbiome-based therapies	30	39	39	32	28	24	28	32	39	30
To satisfy my curiosity	28	38	26	37	29	22	31	26	28	27
Others	6	6	8	9	6	5	7	5	9	5

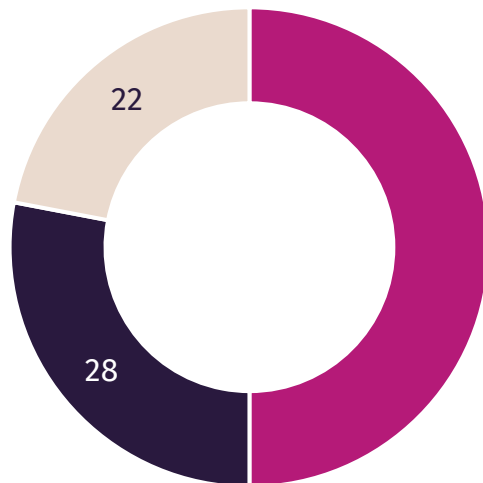


Stool donation willingness reaches half the population and more among those familiar to the microbiome.

NEW
QUESTION

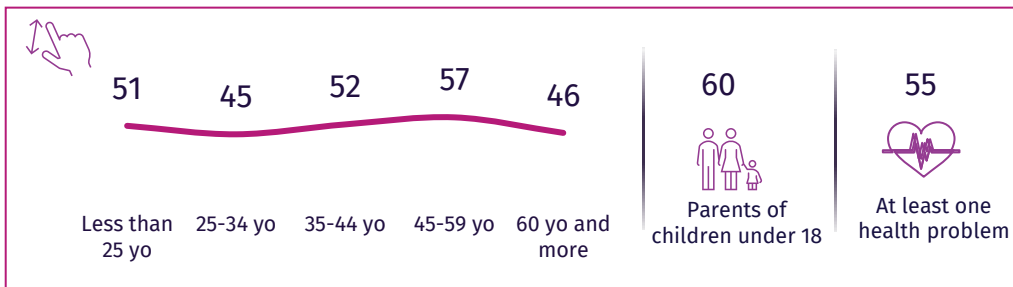
Question 5-2025. On a voluntary and anonymous basis, would you be willing to donate your stool (faecal sample) if it could contribute to advancing scientific knowledge in the fields of microbiome, nutrition, and health?

Base: All respondents



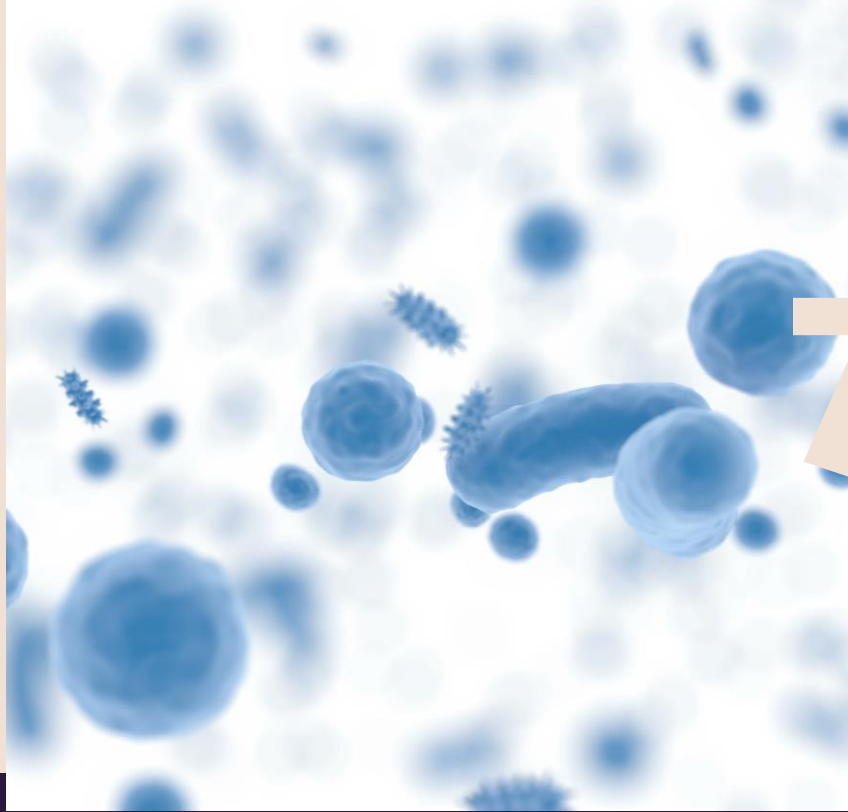
50% would be willing to donate their stool **59%**

70% among those who know exactly what a microbiome is



● Significant differences vs total - superior

● Significant differences vs total - inferior



Focus on the vaginal microbiome

In the next questions, we will discuss the vaginal microbiome, also known as vaginal flora.



The majority of German women understands the impacts of antibiotics on vaginal microbiome and the consequences of vaginal dryness.

(1/2)

Question 13. For each of the following statements, tell us if you think it is TRUE or FALSE. If you are unsure about your answer, answer I don't really know.

Base: Women



Good answer

Wrong answers/
don't know

Antibiotics can alter the vaginal microbiome

72 ✓

7

21

28

Vaginal dryness/dehydration has consequences on vaginal microbiome

64 ✓

6

30

36

The vagina is self-cleaning

62 ✓

16

22

38

Every woman has a vaginal microbiome that is different from any other woman's

61 ✓

5

34

39

From childhood to menopause, a woman's vaginal microbiome remains the same

7

56 ✓

37

44

The vaginal microbiome acts as a barrier, protecting us from pathogenic microorganisms

53 ✓

9

38

47



True



False



Don't really know



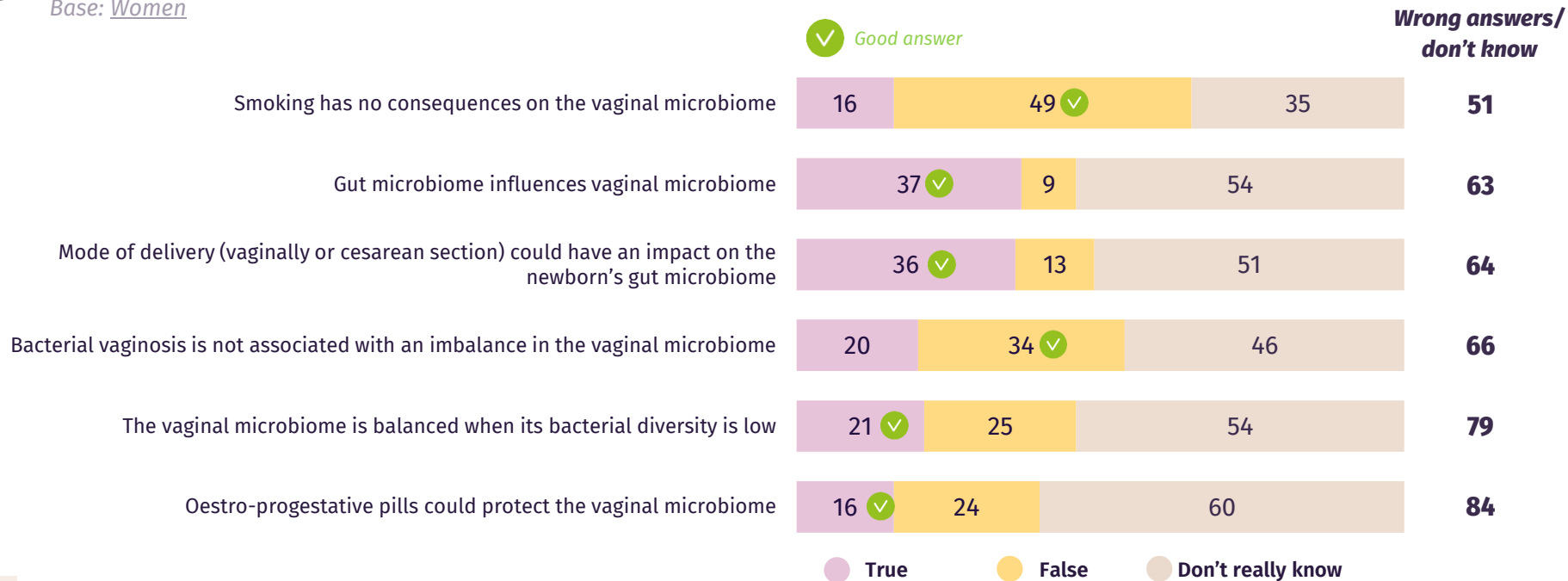
(2/2)

Knowledge about the vaginal microbiome is very limited for some aspects



Question 13. For each of the following statements, tell us if you think it is TRUE or FALSE. If you are unsure about your answer, answer I don't really know.

Base: Women





German women have lower knowledge compared to global results about the vaginal microbiome's barrier role, gut microbiome's influence on vaginal health, bacterial vaginosis's link to microbiome imbalance, and estro-progestative pills' potential microbiome protection.

Question 13. For each of the following statements, tell us if you think it is TRUE or FALSE. If you are unsure about your answer, answer I don't really know.

Base: Women

% good answer	Total	ALL COUNTRIES
Antibiotics can alter the vaginal microbiome	72	72
Vaginal dryness/dehydration has consequences on vaginal microbiome	64	68
The vagina is self-cleaning	62	58
Every woman has a vaginal microbiome that is different from any other woman's	61	66
From childhood to menopause, a woman's vaginal microbiome remains the same	56	60
The vaginal microbiome acts as a barrier, protecting us from pathogenic microorganisms	53	66
Smoking has no consequences on the vaginal microbiome	49	55
Gut microbiome influences vaginal microbiome	37	45
Mode of delivery (vaginally or cesarean section) could have an impact on the newborn's gut microbiome	36	41
Bacterial vaginosis is not associated with an imbalance in the vaginal microbiome	34	44
The vaginal microbiome is balanced when its bacterial diversity is low	21	26
Oestro-progestative pills could protect the vaginal microbiome	16	22



Significant differences vs total - superior



Significant differences vs total - inferior



German women's knowledge of vaginal microbiome is quite similar across demographics.



Question 13. For each of the following statements, tell us if you think it is TRUE or FALSE. If you are unsure about your answer, answer I don't really know.

Base: Women



6,2

5,6/12

Number of good responses on average

5,5

Less than 25 yo



6,0

25-34 yo

5,8

35-44 yo



5,6

45-59 yo

5,3

60 yo and more

5,8



At least one health problem



Significant differences vs total - superior



Significant differences vs total - inferior



Low basis, results must be interpreted with caution



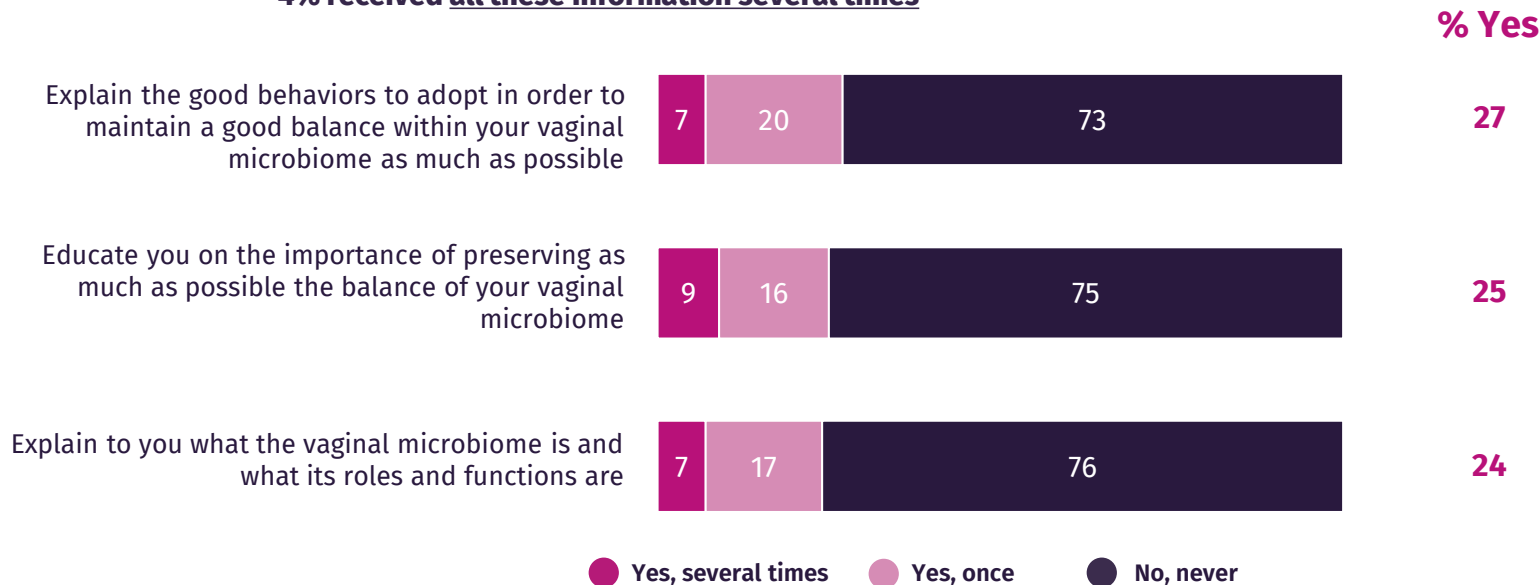
Few women have received any information or advice from their HCPs about the vaginal microbiome.



Question 14. Has the healthcare professional following your gynecological health talked to you about the following?

Base: Women

21% received **ALL THESE INFORMATION**, at least one time
4% received **all these information several times**





This is even less compared to global trends!



Question 14. Has the healthcare professional following your gynecological health talked to you about the following?

Base: Women

% Yes

	Total	ALL COUNTRIES
% Have received ALL THESE INFORMATION, at least one time	21	32
% Received ALL THESE INFORMATION, <u>several times</u>	4	11
Explain the good behaviors to adopt in order to maintain a good balance within your vaginal microbiome as much as possible	27	42
Educate you on the importance of preserving as much as possible the balance of your vaginal microbiome	25	42
Explain to you what the vaginal microbiome is and what its roles and functions are	24	37



Significant differences vs total - superior



Significant differences vs total - inferior



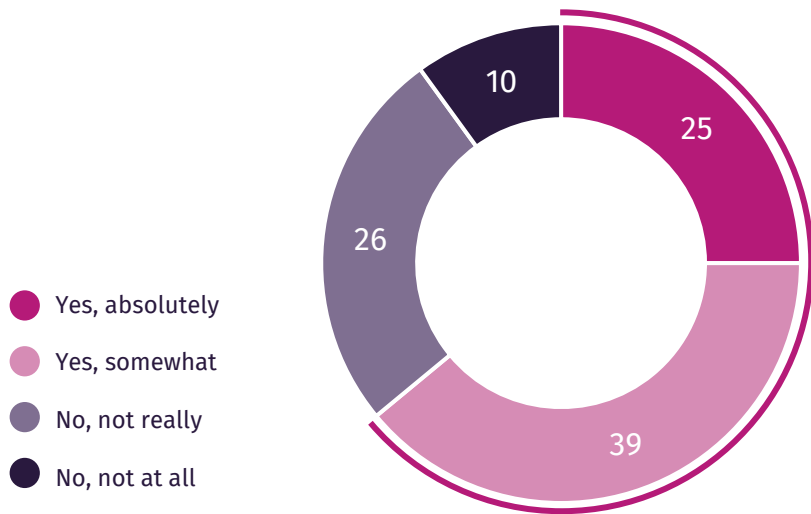


Around 2/3 of women would like to have more information about the importance of the vulvovaginal microbiome and its impact on health.



Question 15. And would you like the healthcare professional monitoring your gynecological health to tell you more about the importance of your vaginal microbiome and its impact on your health?

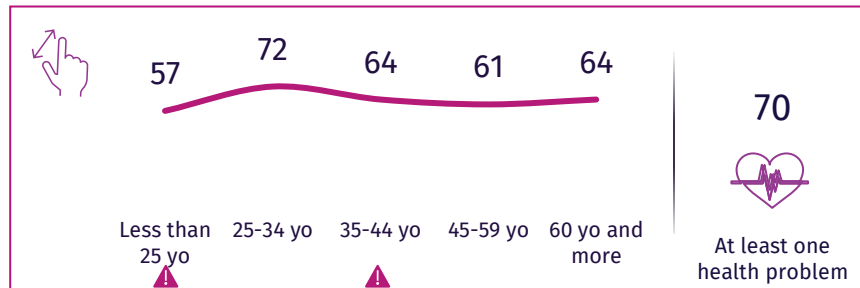
Base: Women



64% would like to have more information about the importance of the vaginal microbiome and its impact on health



85%



● Significant differences vs total - superior ● Significant differences vs total - inferior

⚠ Low basis, results must be interpreted with caution

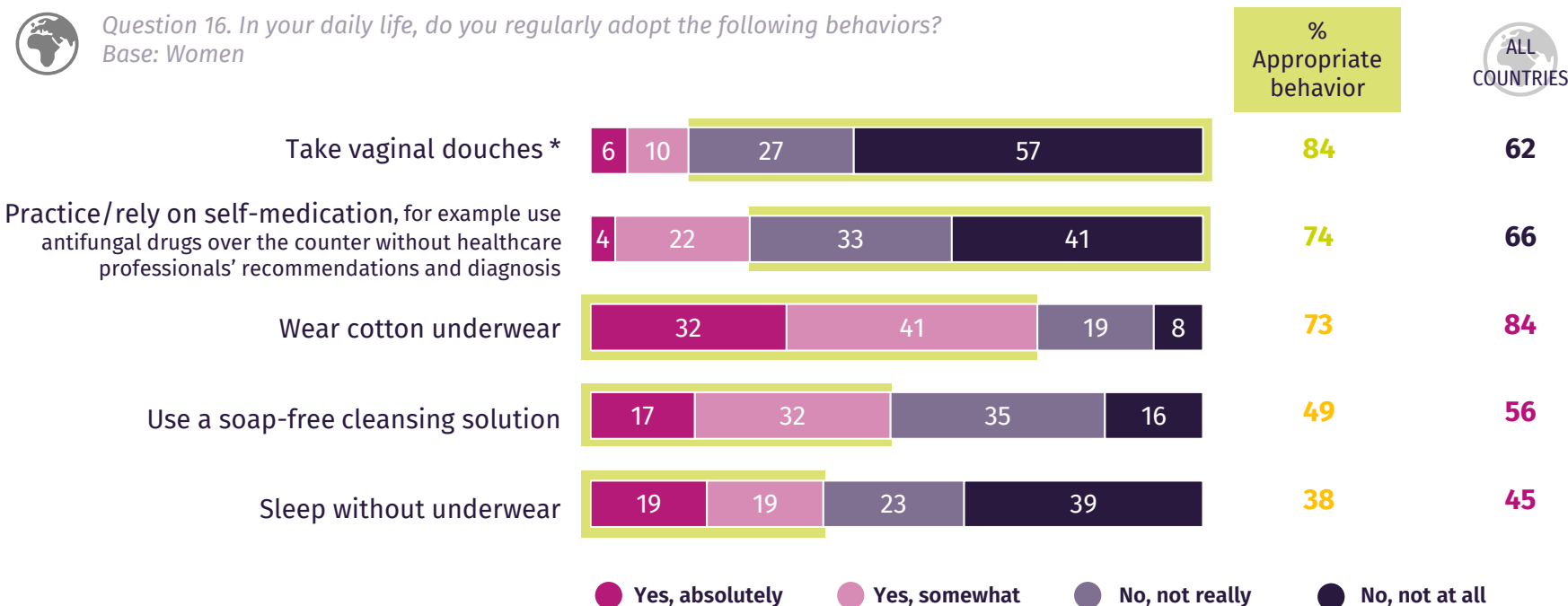


German women have adopted specific behaviors to protect their vaginal microbiome, particularly avoiding vaginal douches and self-medication. However, practices such as using soap-free cleansing solutions and sleeping without underwear are not widely embraced.



Question 16. In your daily life, do you regularly adopt the following behaviors?

Base: Women



*For this item, the following definition was provided: Vaginal douching is washing or cleaning out the inside of the vagina with water or a mixture of fluids to eliminate odors and "clean" the vagina. Please do not confuse the vaginal douching (The vagina is the inside) with vulvar washing (The vulva is the outside).



No significant differences in behavioral attitudes across age groups in Germany.



Question 16. In your daily life, do you regularly adopt the following behaviors?

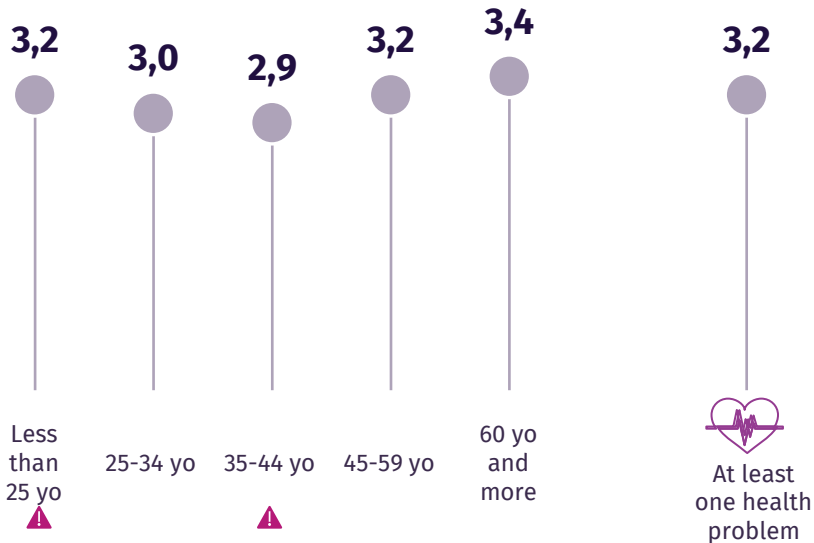
Base: Women

ALL
COUNTRIES

3,1

3,2/5

Number of appropriate behaviors
adopted on average



- Significant differences vs total - superior
- Significant differences vs total - inferior
- ▲ Low basis, results must be interpreted with caution

A large, light purple illustration of various bacterial shapes, including rods, cocci, and branching structures, set against a white background. This illustration is positioned on the left side of the slide, partially overlapping a dark purple background.

Main results per country

Learnings on German results



Awareness of the microbiome & its diversity	
Know exactly what is « microbiome »	18%
Subtotal « Aware »	63%
Subtotal Aware of the gut microbiome	41%
Subtotal Aware of all microbiome	19%
Level of knowledge around the microbiota	
Mean of good answers	5,5/9
Level of knowledge around the solutions which can maintain the microbiota balanced	
Know exactly what are probiotics	42%
Know exactly what are prebiotics	28%
Adoption and identification of appropriate behaviors to maintain a balanced microbiota	
Have changed their behaviors	36%
Level of information provided by healthcare professionals	
Received at least one piece of information at least once	38%
Microbiome testing	
Interested in taking a microbiome test	53%

Key learnings

Germany was added to the Observatory's scope this year. Microbiome awareness appears to be low in Germany compared to the global trends. Indeed, the term “flora” is a lot more popular than microbiome. Furthermore, Microbiome literacy is limited in Germany, below global trends. Regardless of age, the level of knowledge about the role and functions of the microbiome is similar. Besides, When faced with a microbiome-related health problem, few Germans actually link it to their microbiome. Consequently, to maintain a balanced microbiome, few Germans have changed their behaviours...Furthermore, their daily habits are not so appropriate and below global trends. In terms of information, very few have received any from healthcare professionals about microbiome, even when antibiotics have been prescribed. However, there's an encouraging level of enthusiasm among Germans for microbiome testing!

A large, light-colored rectangular area on the left side of the slide, containing a dense, overlapping pattern of stylized, light purple bacterial shapes. These shapes are elongated and have various branching or flagellar-like structures, resembling a microscopic view of a microbial community.

ANNEXES

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35 rue du Val de Marne 75 628 Paris,
Cedex 13 France
Tel. +33 1 41 98 90 00

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