



International Microbiota Observatory

L'Observatoire International
des Microbiotes

Third wave

Portuguese results






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.

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



Significant changes since the first wave (2023)

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

All results are presented in %.



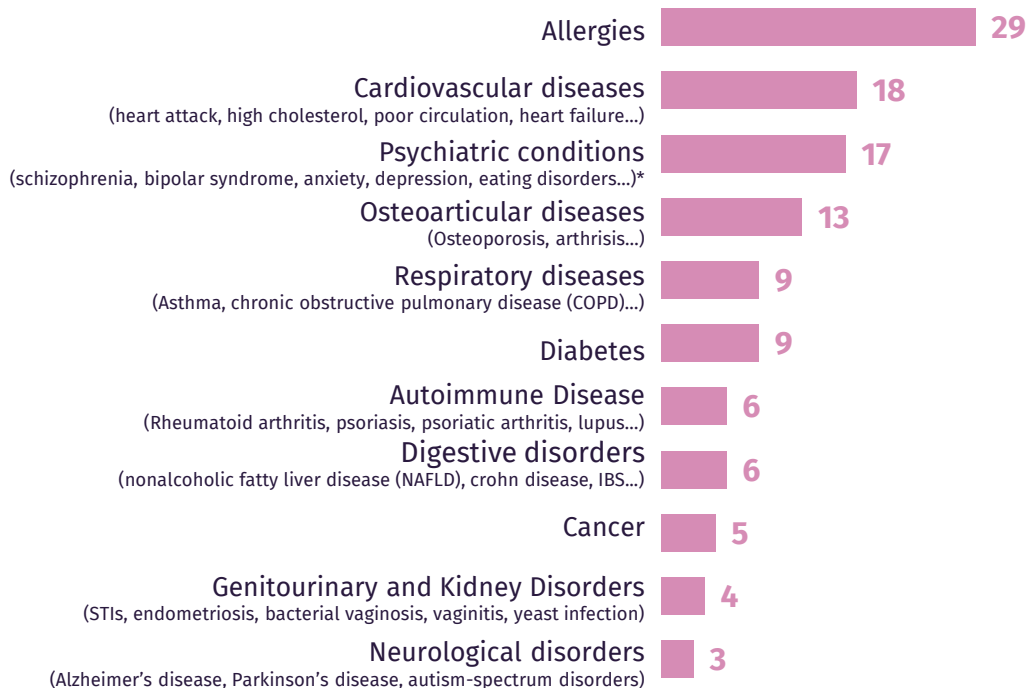
Some results have a low basis, results must be interpreted with cautious.



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 in Portugal continues to lag behind global averages, remaining at a low level

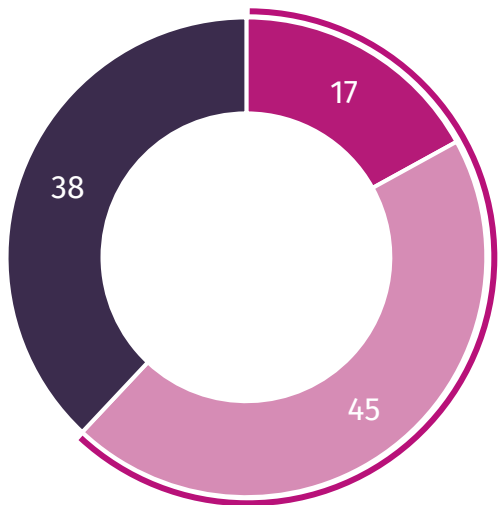


Microbiome awareness in Portugal lags significantly behind other countries, showing no improvement over the past two years.



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

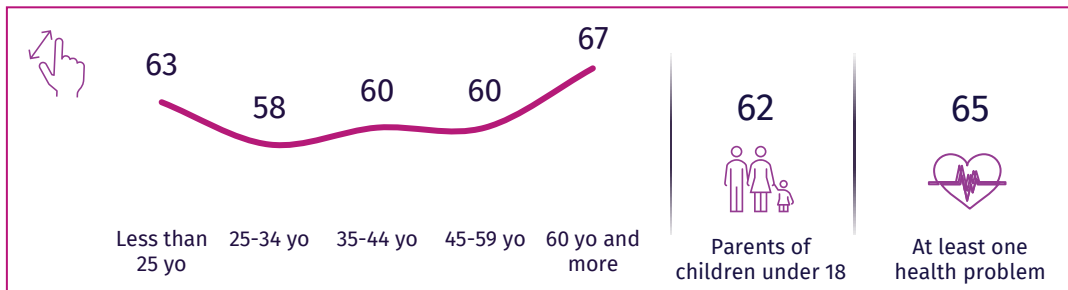
62% have already heard about the term microbiome

2024 : 62%

2023 : 61%



71%



● Significant differences vs total - superior

● Significant differences vs total - inferior

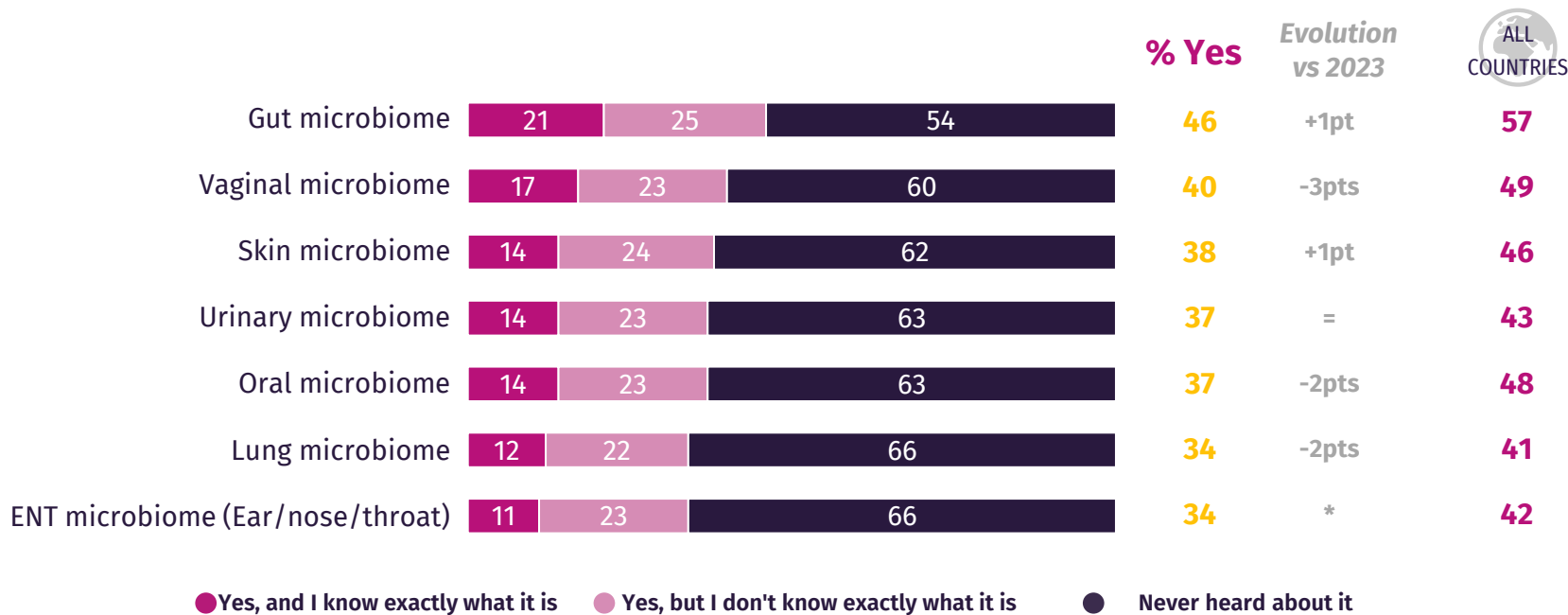


There has been no progress in awareness of different microbiome types, with levels remaining lower than global averages



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

Base: All respondents



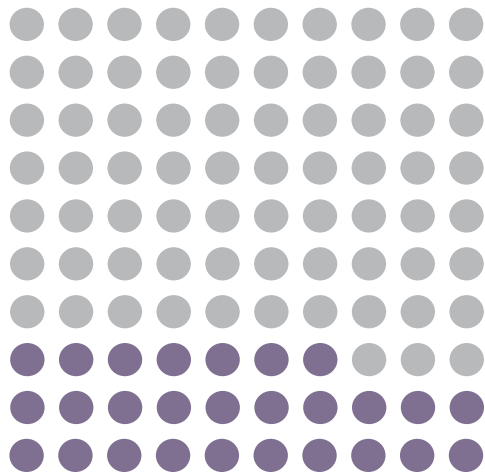
*This item has been detailed in 2024, no evolution possible vs 2023



Thus, awareness of each type of microbiome remains similar to previous years and consistent across demographics.

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

Base: All respondents



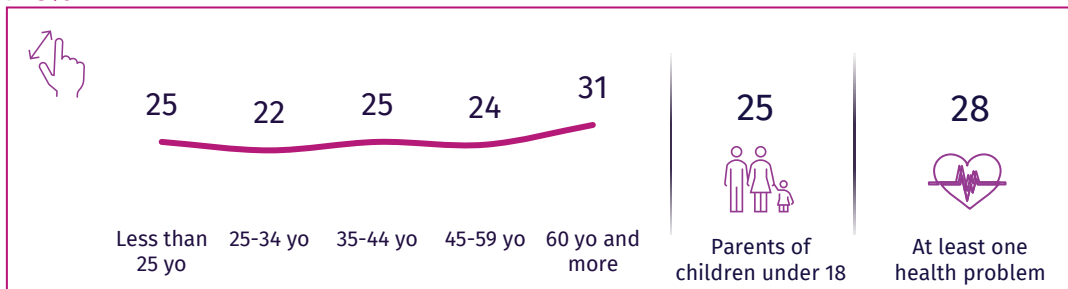
27% have already heard of each microbiome:
Gut, vaginal, skin, lung, urinary, oral and ENT microbiome

2024 : **25%**

2023 : **26%**



31%



But only **7%** know precisely all of them

2024 : **8%**

2023 : **7%** = vs 2023



7%



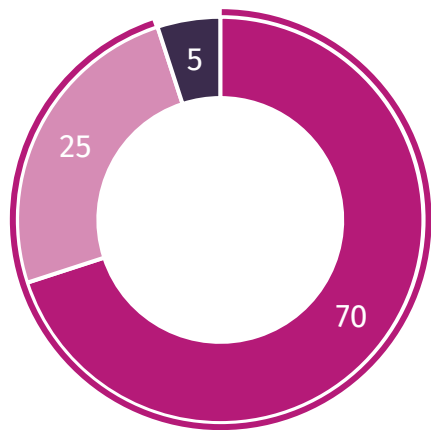
As in previous years, the term 'flora' remains more popular than 'microbiome,' with the majority knowing exactly what it means. This awareness is higher compared to global results.



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

Base: All respondents

Gut flora



95%

**have already heard
about gut flora**

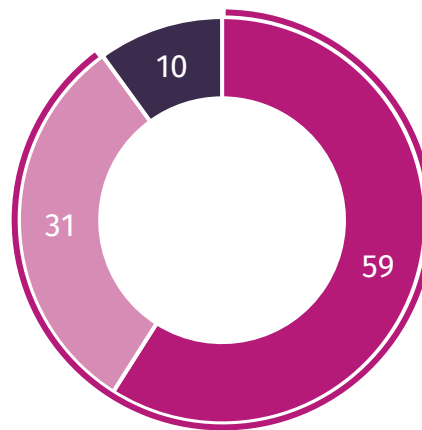
2024 : 97%

2023 : 95%



91%

Vaginal flora



90%

**have already heard
about vaginal flora**

2024 : 91%

2023 : 90%



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

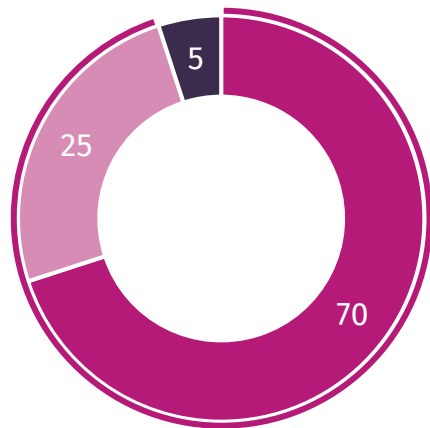
People aged under 25 seem to be less aware of the term 'gut flora'.



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

Base: All respondents

Gut flora



95%

have already heard about gut flora

2024 : 97%

2023 : 95%



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



Subtotal "Yes"

93

96

96

Yes, and I know exactly what it is

65

74

74



Men



Women



At least one health problem

Subtotal "Yes"

85

93

99

96

95

Yes, and I know exactly what it is

44

61

75

79

71

Less than 25 yo

25-34 yo

35-44 yo

45-59 yo

60 yo and more



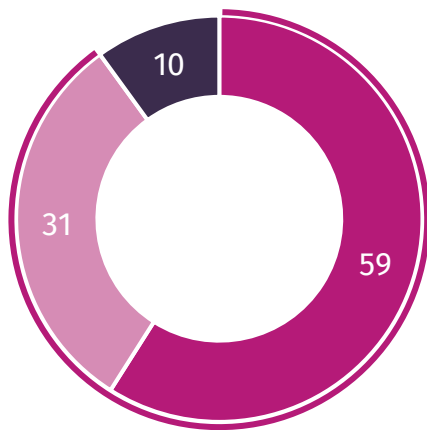
Women appear more aware of vaginal flora compared to men.



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

Base: All respondents

Vaginal flora



90%

have already heard
about vaginal flora

2024 : 91%

2023 : 90%



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"

84

95

92

Yes, and I know
exactly what it is

42

73

63



Men



Women



At least one
health problem

Subtotal "Yes"

82

97

90

93

88

Yes, and I know
exactly what it is

48

56

59

66

58

Less than 25
yo

25-34 yo

35-44 yo

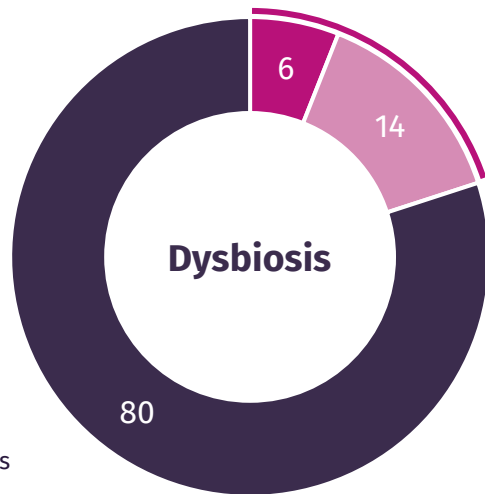
45-59 yo

60 yo and
more

The term 'dysbiosis' struggles for recognition in Portugal, with awareness levels trailing behind the global average.

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

20% have already heard about the term 'dysbiosis'

2024 : 21%

2023 : 23%



33%



Significant differences vs total - superior

Significant differences vs total - inferior



Knowledge of the role and functions of the microbiome has improved slightly, although there is still room for improvement.

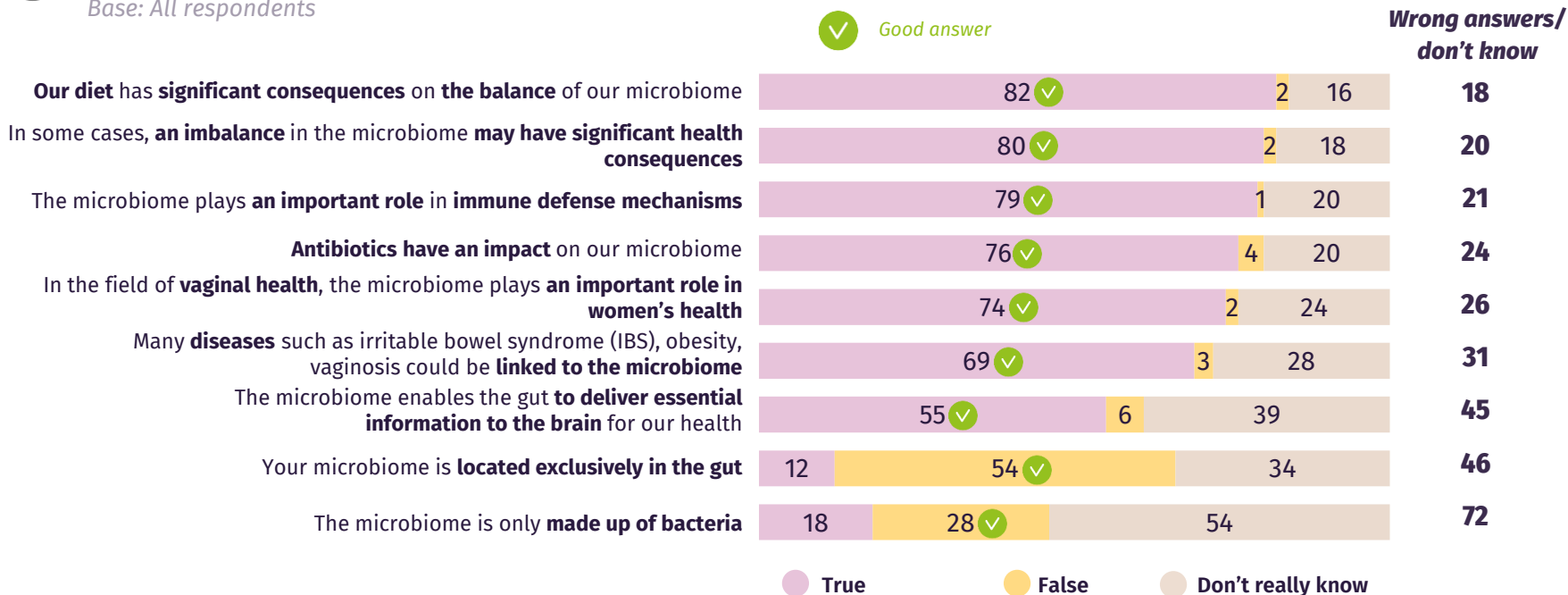


Portuguese awareness of the microbiome covers some basic aspects, but comprehensive knowledge about its role, diversity, and composition is still lacking



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





Knowledge about the microbiome has improved slightly this year, especially regarding the fact that the microbiome is not solely located in the gut.



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

Evolution



% good answer

	Total	2025-2024	2024-2023	ALL COUNTRIES
Our diet has significant consequences on the balance of our microbiome	82	=	-1	80
In some cases, an imbalance in the microbiome may have significant health consequences	80	-1	-4	79
The microbiome plays an important role in immune defense mechanisms	79	+3	=	76
Antibiotics have an impact on our microbiome	76	+3	+1	73
In the field of vaginal health , the microbiome plays an important role in women's health	74	+5	-4	70
Many diseases such as irritable bowel syndrome (IBS), obesity, vaginosis could be linked to the microbiome	69	+6	Non posé	68
The microbiome enables the gut to deliver essential information to the brain for our health	55	+2	-3	56
Your microbiome is located exclusively in the gut	54	+7	-2	53
The microbiome is only made up of bacteria	28	+2	Non posé	32





Knowledge about the microbiome's role and functions is more limited among youngsters.



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.

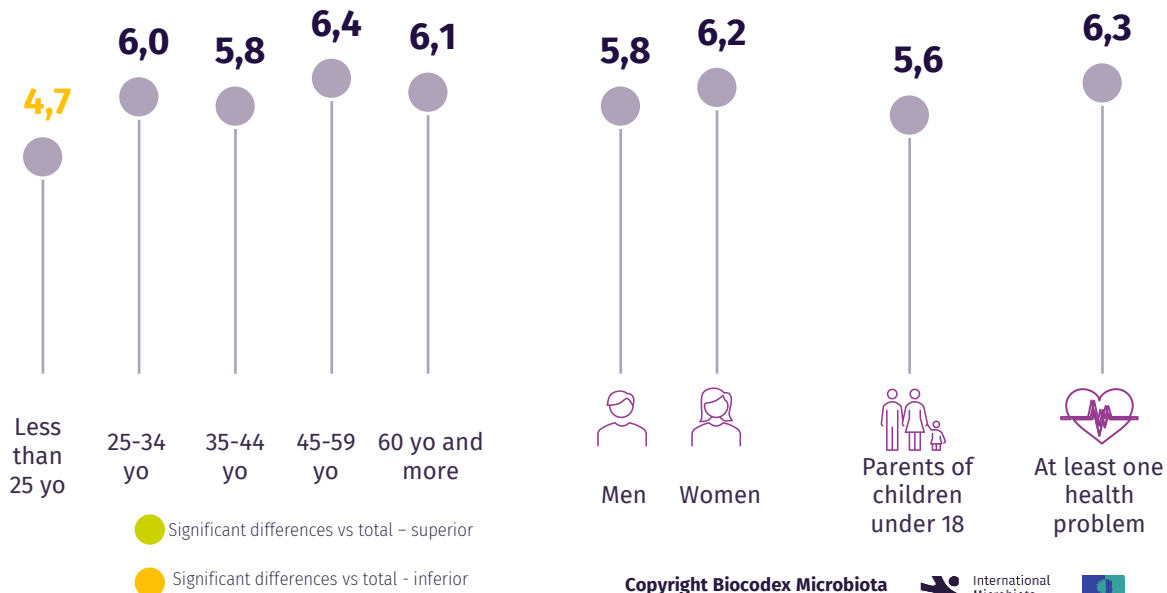
Base: All respondents



5,9

6,0/9

Number of good responses on average





While some Portuguese people attribute health issues to their microbiome, they fall below global averages in making this connection.

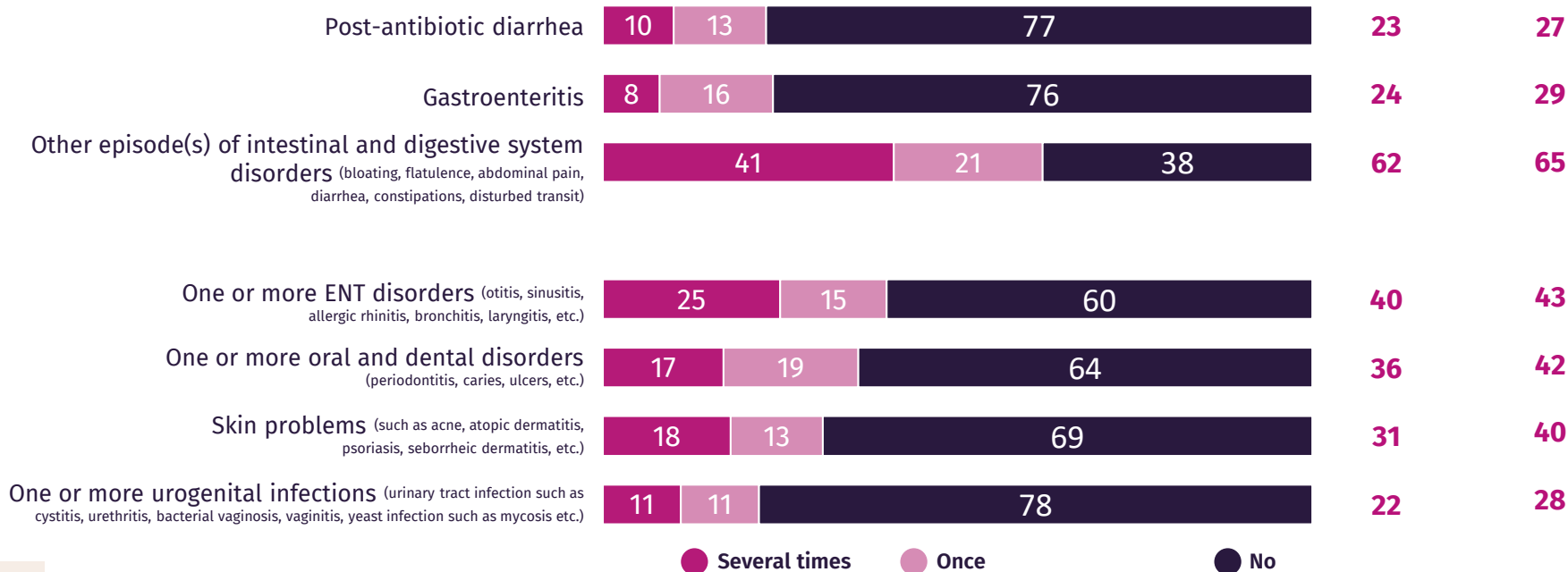
In the last 12 months, 1 in 4 people have experienced post-antibiotic diarrhea or gastroenteritis, while 2 out of 3 had other episodes of intestinal and digestive system disorders.



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

Base: All respondents

% Yes



Several times



Once



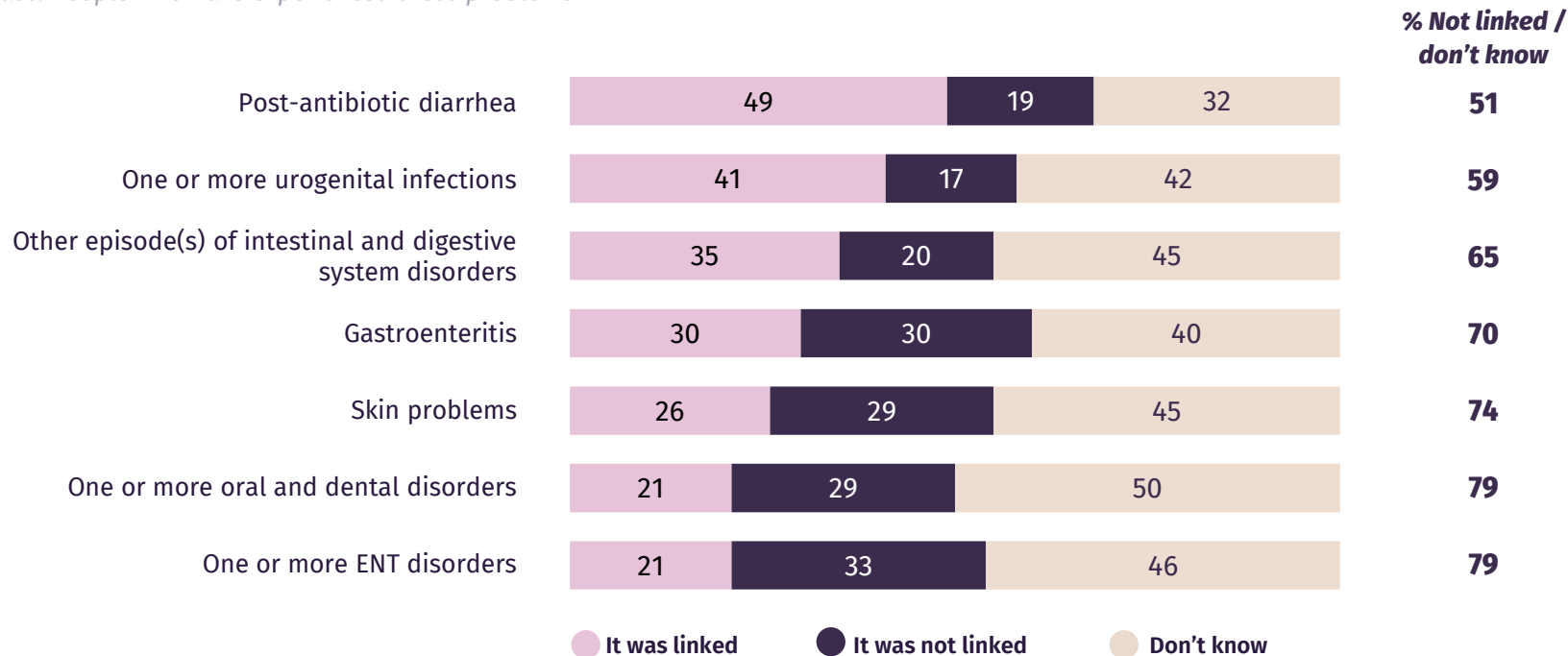
No

About half of Portuguese people made a connection with their microbiome, when they are suffering from post-antibiotic diarrhea or urogenital infections.



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

Base: People who have experienced these problems





But the Portuguese people shows a lower tendency than the global average to link their health problems to 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	Evolution vs 2024	ALL COUNTRIES
Post-antibiotic diarrhea	49	+4pts	59
One or more urogenital infections	41	-10pts	52
Other episode(s) of intestinal and digestive system disorders	35	-3pts	48
Gastroenteritis	30	-10pts	48
Skin problems	26	-5pts	37
One or more oral and dental disorders	21	=	34
One or more ENT disorders	21	+9pts	31



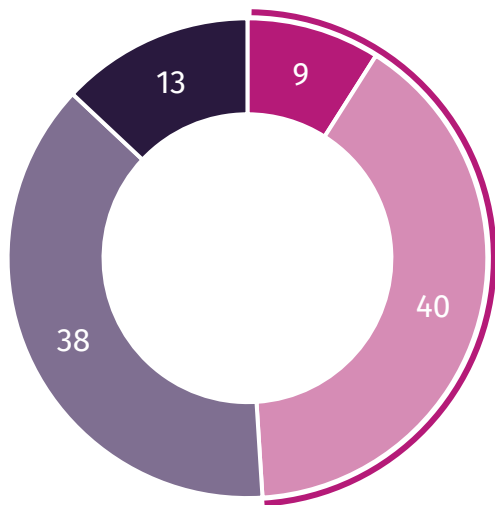
4 Only a small number of Portuguese people have changed their behaviors to maintain their microbiome balance.



Almost half of the population has changed their behaviors to keep their microbiome balanced and functioning as smoothly as possible, which is less than the global average.

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



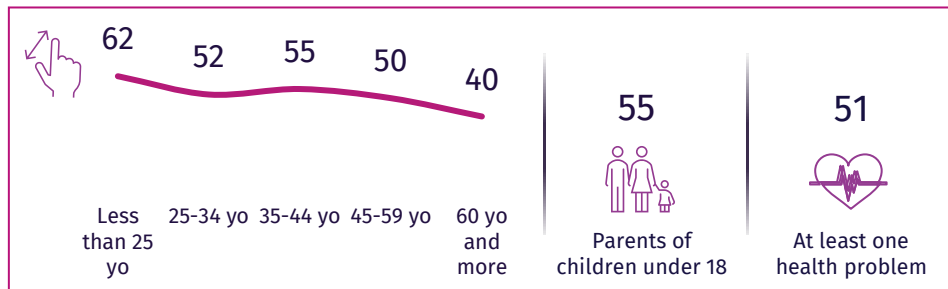
- Yes, a lot
- Yes, a little
- No, not really
- No, not at all

49% have changed their behaviors

2024 : **47%** +2pts vs 2024



56%



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

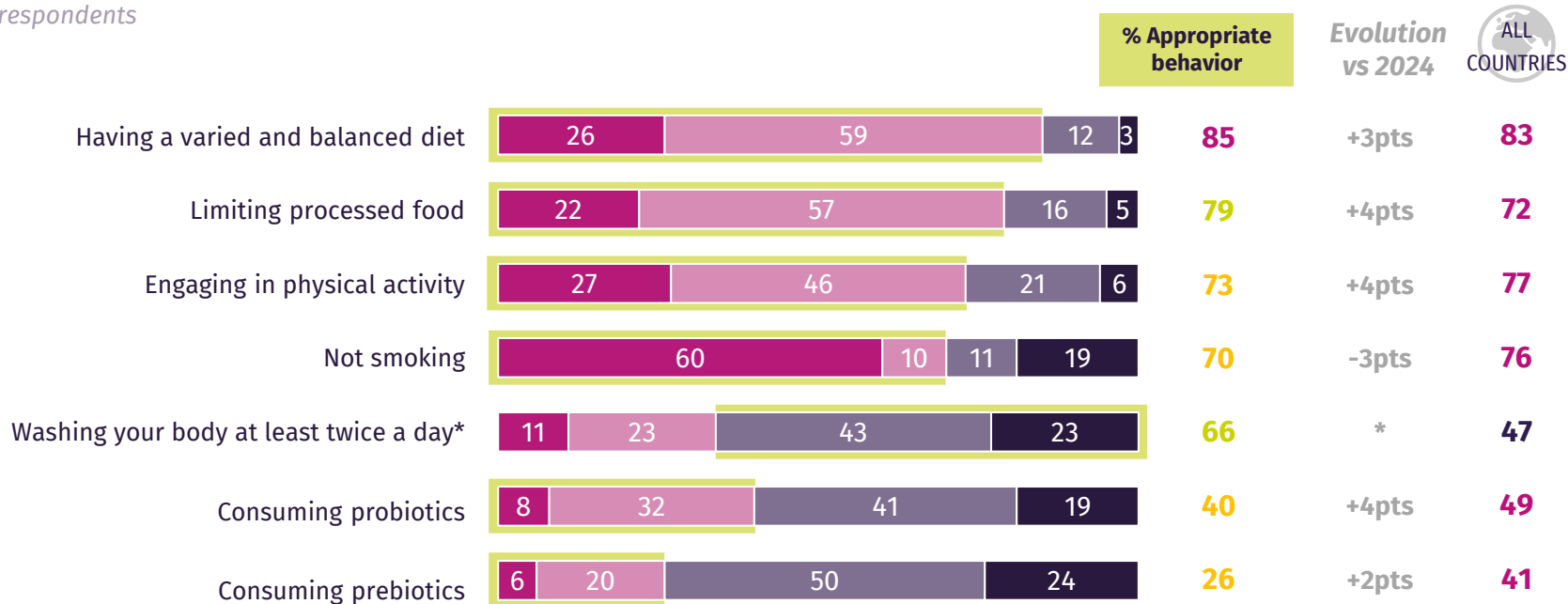


Common healthy habits have seen a small increase since last year, but Portuguese still trail global averages in physical activity and consumption of pro/prebiotics.



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, no evolution possible

● Yes, absolutely ● Yes, somewhat ● No, not really ● No, not at all



People aged under 25 have adopted fewer healthy behaviors for their microbiome compared to the average.



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

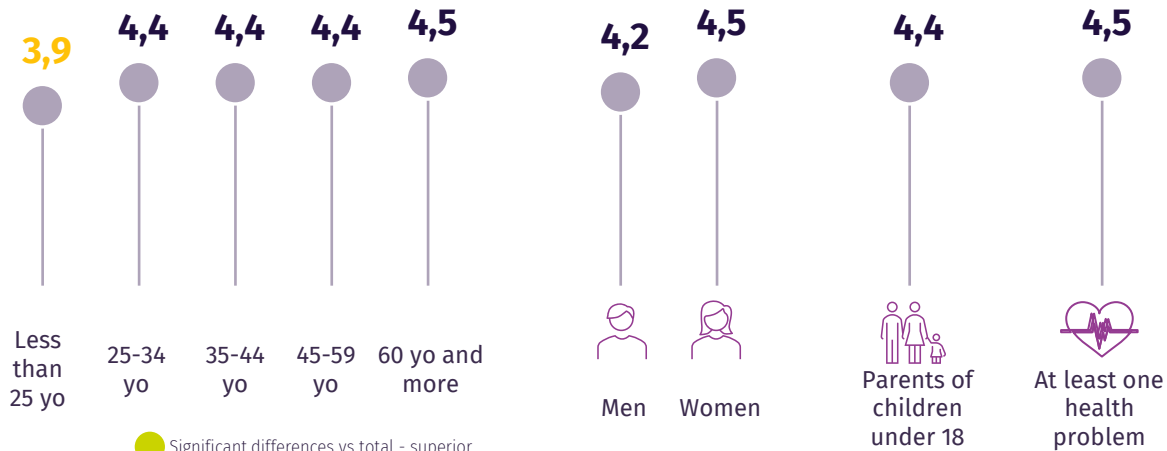
Base: All respondents



4,5



Number of good responses on average



Significant differences vs total - superior

Significant differences vs total - inferior



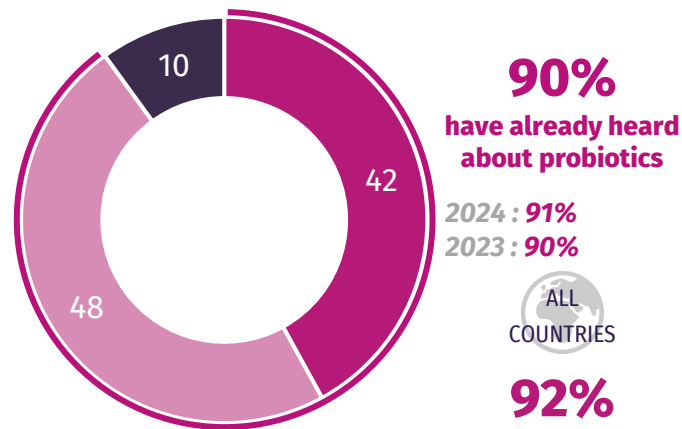
Awareness of prebiotics in Portugal is slightly increasing but still remains below average.



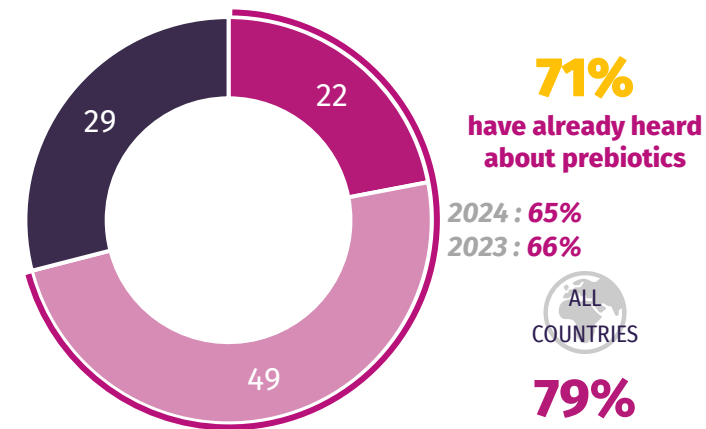
Question 2bis. And have you ever heard of these terms?

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



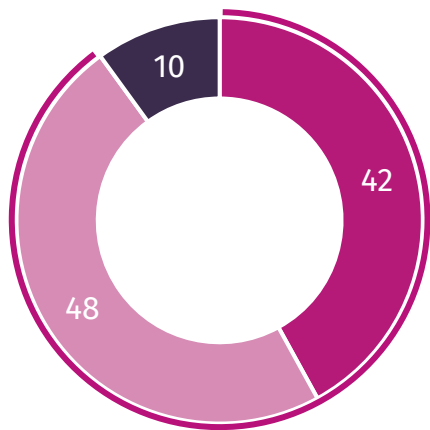
Those under 25 tend to have a more limited notion of probiotics.



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

Base: All respondents

Probiotics



90%
have already heard
about probiotics

2024 : 91%
2023 : 90%



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



Subtotal "Yes"

87

93

93

Yes, and I know
exactly what it is

35

48

47



Men



Women



At least one
health problem

Subtotal "Yes"

81

94

89

93

90

Yes, and I know
exactly what it is

23

38

51

41

46

Less than 25
yo

25-34 yo

35-44 yo

45-59 yo

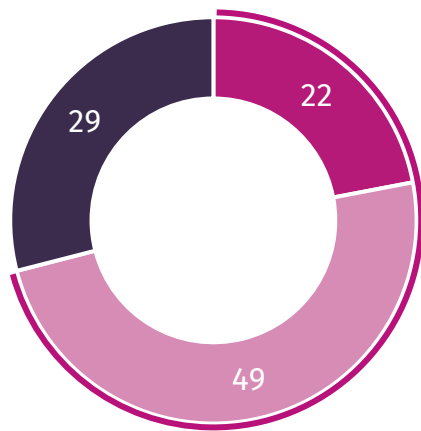
60 yo and
more

Those under 25 tend to have a more limited notion of prebiotics.



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

Prebiotics



71%
have already heard
about prebiotics

2024 : 65%
2023 : 66%



79%



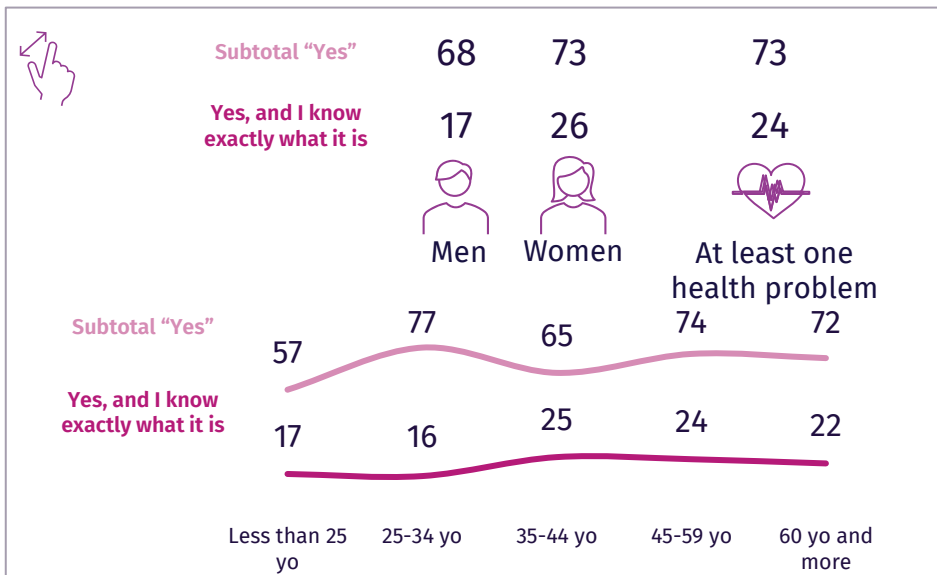
Yes, and I know exactly what it is

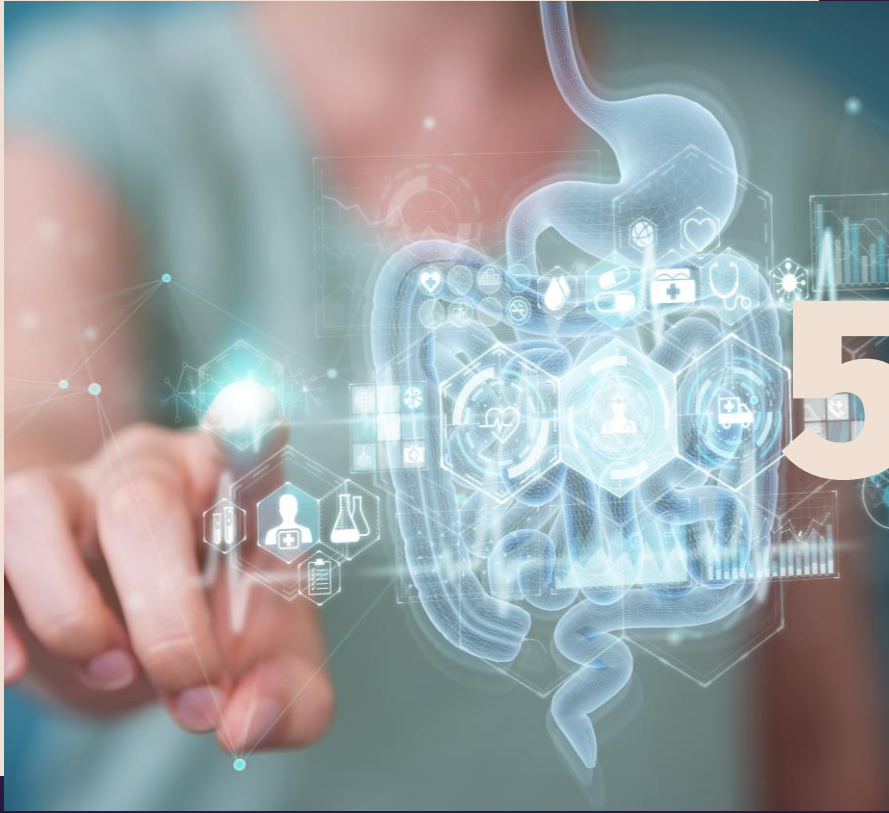


Yes, but I don't know exactly what it is



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.

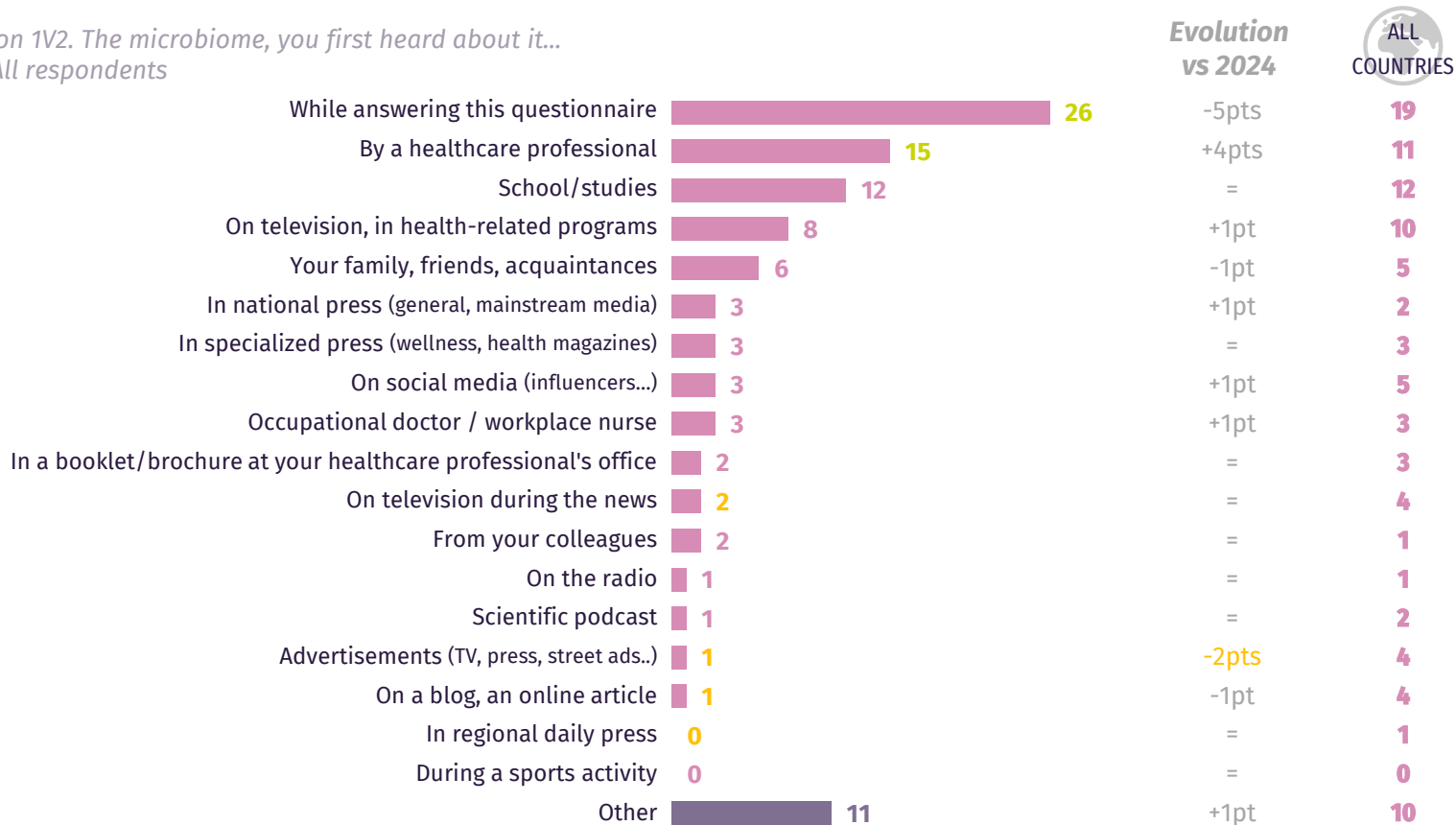


1 in 4 people discover the microbiome answering the survey. Otherwise, the main sources are healthcare professionals, schools and health-related programs on TV.



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

Base: All respondents



People aged under 25 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 <i>n=47</i>	25-34 yo <i>n=58</i>	35-44 yo <i>n=84</i>	45-59 yo <i>n=148</i>	60 yo and more <i>n=163</i>	Men <i>n=233</i>	Women <i>n=267</i>	At least one health problem <i>n=309</i>
While answering this questionnaire	26	16	14	21	26	34	33	19	25
By a healthcare professional	15	9	13	11	22	15	13	17	15
School/studies	12	30	21	18	8	5	9	15	12
On television, in health-related programs	8	4	7	10	10	7	8	8	7
Your family, friends, acquaintances	6	6	5	7	4	8	7	5	6
In national press (general, mainstream media)	3	0	2	1	3	5	4	2	4
In specialized press (wellness, health magazines)	3	4	0	0	4	4	2	3	3
On social media (influencers...)	3	4	3	7	3	1	2	4	4
Occupational doctor / workplace nurse	3	0	3	2	2	3	3	3	3
In a booklet/brochure at your healthcare professional's office	2	0	2	3	1	2	0	2	2
On television during the news	2	3	3	1	1	2	3	1	2
From your colleagues	2	8	2	0	1	1	2	1	1
On the radio	1	2	5	0	0	0	1	1	1
Scientific podcast	1	2	3	1	0	1	1	2	2
Advertisements (TV, press, street ads.)	1	3	1	1	0	1	1	1	1
On a blog, an online article	1	0	0	3	2	1	2	1	1
In regional daily press	0	0	0	0	0	1	1	0	0
During a sports activity	0	0	2	0	1	0	0	0	1
Other	11	9	14	14	12	9	8	15	10

● Significant differences vs total - superior

● Significant differences vs total - inferior

● First source by profile

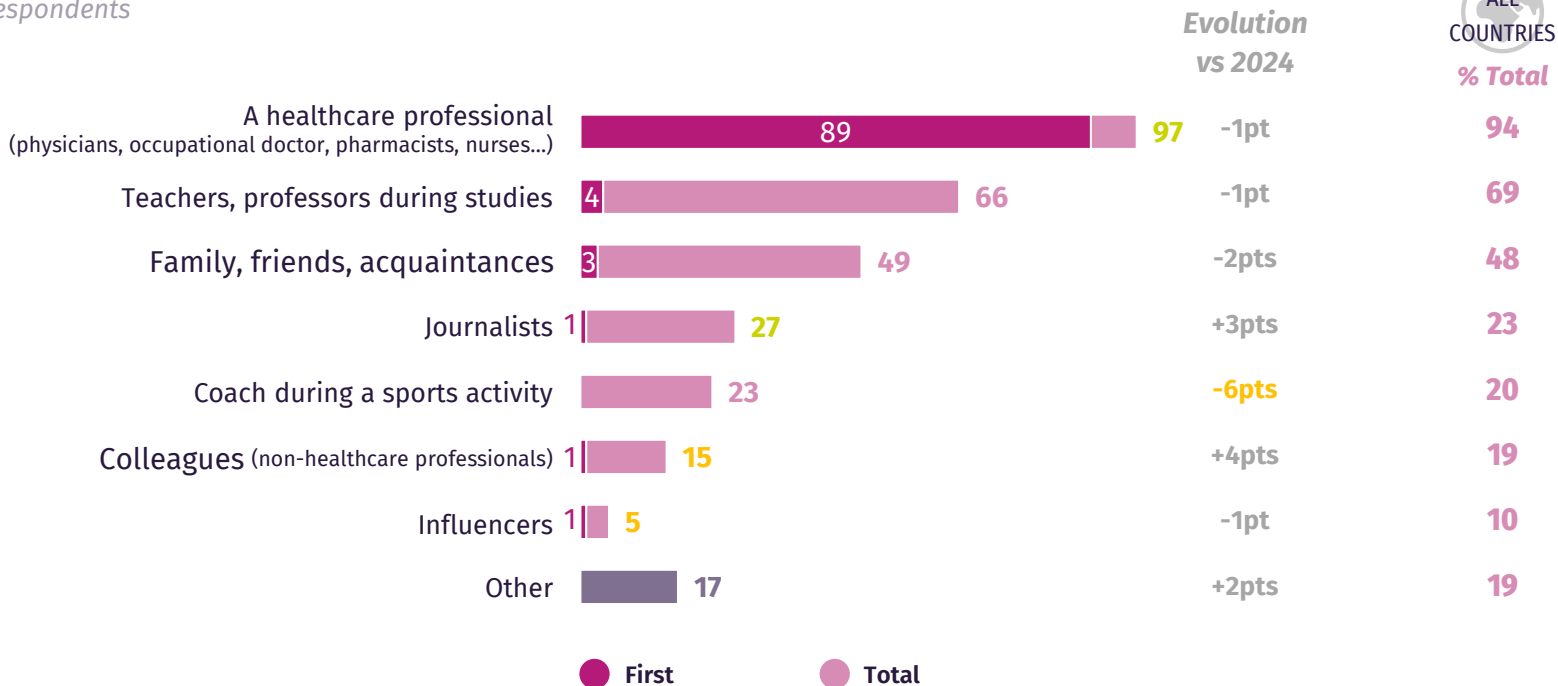


Healthcare professionals stand out as the most trusted source of information about the microbiome.

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





Regardless of age, people consistently view healthcare professionals as the most trustworthy 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 <i>n=47</i>	25-34 yo <i>n=58</i>	35-44 yo <i>n=84</i>	45-59 yo <i>n=148</i>	60 yo and more <i>n=163</i>	Men <i>n=233</i>	Women <i>n=267</i>	At least one health problem <i>n=309</i>
A healthcare professional (physicians, occupational doctor, pharmacists, nurses...)	97	85	93	97	100	99	97	97	97
Teachers, professors during studies	66	68	75	68	68	60	69	63	65
Family, friends, acquaintances	49	45	38	47	41	61	48	50	52
Journalists	27	27	36	27	25	25	30	24	25
Coach during a sports activity	23	27	27	24	23	21	23	23	21
Colleagues (non-healthcare professionals)	15	11	15	14	19	14	14	16	14
Influencers	5	9	6	9	3	4	5	6	6
Other	17	27	10	14	22	16	14	20	19



A minority of Portuguese people have received information from healthcare professionals.

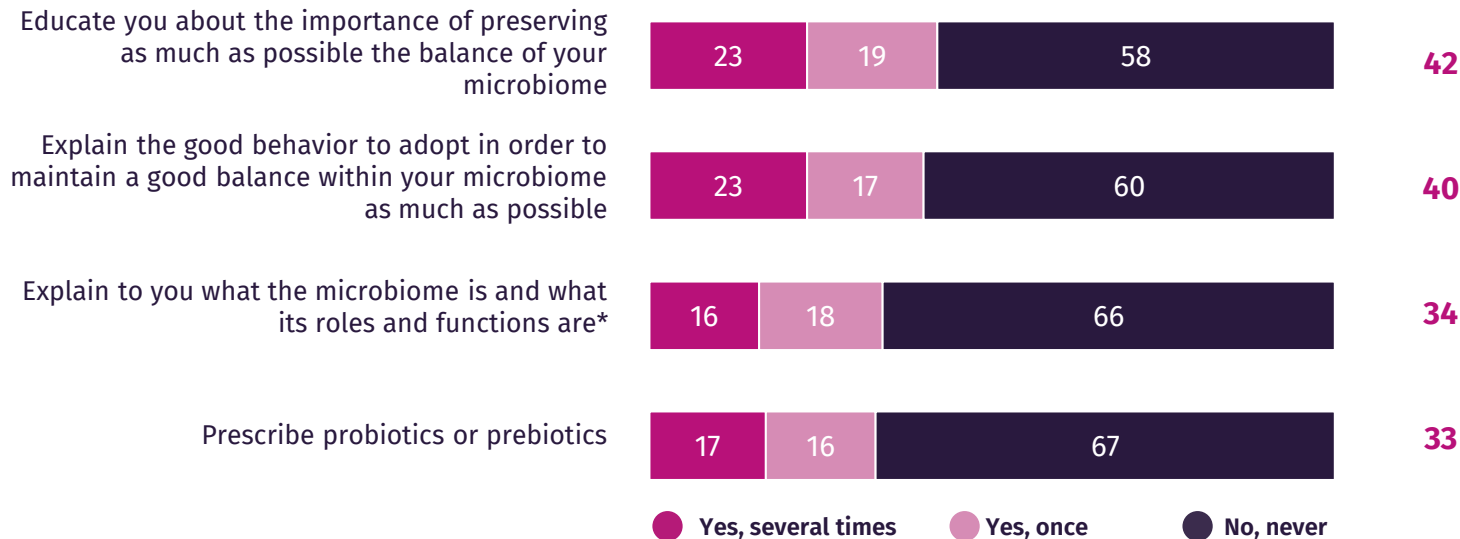


Question 5. Have any of the healthcare professionals you have seen ever done any of the following?

Base: All respondents

Only **19%** received **ALL THESE INFORMATION**, at least one time
7% received all these information several times

% Yes





They are less likely to have received such information compared to the global average. However, there has been a slight increase over the past two years.



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

Base: All respondents

% Yes	Total	Evolution		ALL COUNTRIES
		2025-2024	2024-2023	
% Received ALL THESE INFORMATION, at least one time	19	+1	+3	29
% Received ALL THESE INFORMATION, <u>several times</u>	7	+1	+3	8
Educate you about the importance of preserving as much as possible the balance of your microbiome	42	+5	+1	47
Explain the good behavior to adopt in order to maintain a good balance within your microbiome as much as possible	40	+2	+3	46
Explain to you what the microbiome is and what its roles and functions are*	34	+3	+5	42
Prescribe probiotics or prebiotics	33	+2	-1	49

*The wording of this item was changed compared to last year



Significant differences vs total - superior



Significant differences vs total - inferior





Regardless of demographics, few Portuguese have received such information from healthcare professionals.



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	At least one health problem
	base n=500	n=47	n=58	n=84	n=148	n=163	n=233	n=267	n=309
Educate you about the importance of preserving as much as possible the balance of your microbiome	42	41	35	39	41	46	42	41	43
Explain the good behavior to adopt in order to maintain a good balance within your microbiome as much as possible	40	41	37	37	42	41	41	39	41
Explain to you what the microbiome is and what its roles and functions are*	34	27	39	36	37	31	32	36	35
Prescribe probiotics or prebiotics	33	34	44	36	31	28	30	36	35

*The wording of this item was changed compared to last year

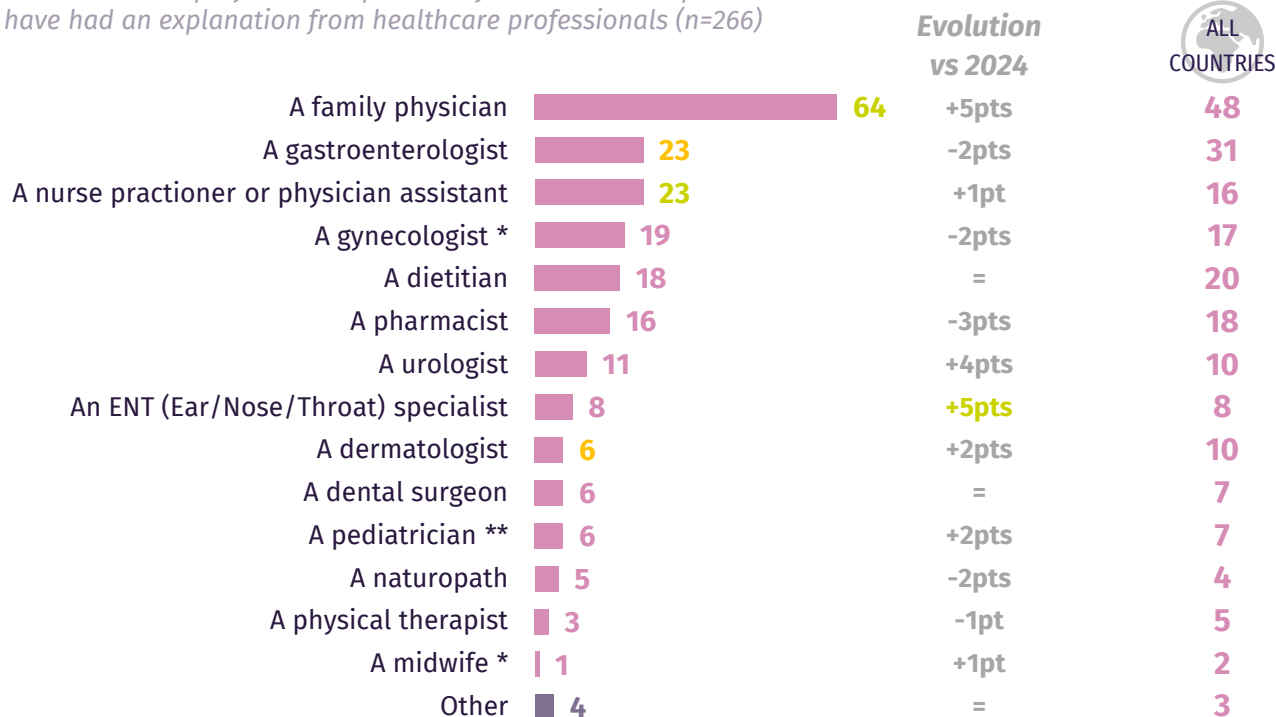


Family physician, is the top 1 professional source of information about microbiome in Portugal.



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

Base: People who have had an explanation from healthcare professionals (n=266)



* Item displayed to women

** Item displayed to parents



Regardless of demographics, family physician is the top 1 professional source of information about microbiome.

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

Base: People who've received some information from HCPs (n=266)

	Total	Less than 25 yo	25-34 yo	35-44 yo	45-59 yo	60 yo and more	Men	Women	At least one health problem
base	n=266	n=29 ▲	n=32 ▲	n=44	n=76	n=85	n=119	n=147	n=170
A family physician	64	40	61	46	74	73	75	55	62
A gastroenterologist	23	18	18	19	25	27	28	19	24
A nurse practitioner or physician assistant	23	34	17	24	18	26	20	26	25
A gynecologist	19	7	30	20	20	16	0	34	18
A dietitian	18	10	16	25	16	20	18	18	18
A pharmacist	16	32	9	10	16	16	12	19	16
A urologist	11	15	9	17	7	11	12	10	10
An ENT (Ear, Nose, Throat) specialist	8	9	12	11	8	5	9	7	8
A dermatologist	6	0	12	5	5	8	6	6	6
A dental surgeon	6	7	8	5	4	6	5	6	5
A pediatrician	6	16	6	11	5	1	4	8	8
A naturopath	5	8	3	7	4	6	6	5	5
A physical therapist	3	11	6	0	2	0	2	3	3
A midwife	1	7	3	0	0	0	0	2	2
Other	4	4	9	0	3	5	3	5	6

● Significant differences vs total - superior

● Significant differences vs total - inferior

● First source by profile

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International
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Observatory

Ipsos



Consistent with previous years, microbiome education accompanying antibiotic prescriptions remains limited to a minority, falling short of global results.



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

Base: All respondents

Only **18%** received ALL THESE INFORMATION from their HCPs

2024 : 19%

2023 : 18%



25%

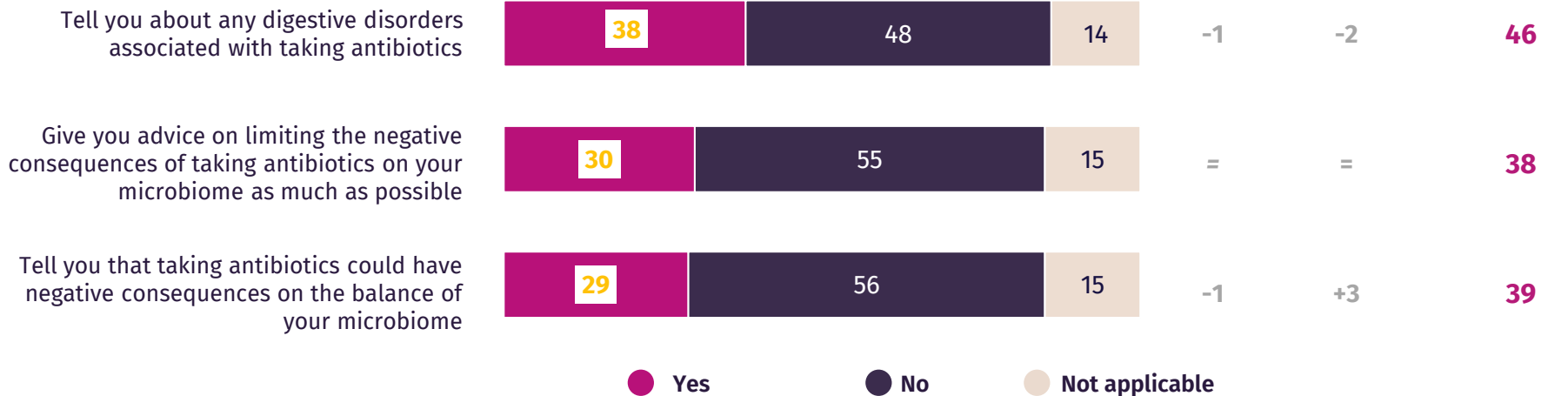
Evolution

2025-2024

2024-2023



% Yes





People aged 60 or more received more information and advice when prescribed antibiotics compared to youngsters.



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

% Yes	Total base n=500	Less than 25 yo n=47	25-34 yo n=58	35-44 yo n=84	45-59 yo n=148	60 yo and more n=163	At least one health problem n=309
% HAVE RECEIVED ALL THESE INFORMATION FROM THEIR HCPS	18	2	16	11	19	26	21
Tell you about any digestive disorders associated with taking antibiotics	38	26	38	29	42	42	44
Give you advice on limiting the negative consequences of taking antibiotics on your microbiome as much as possible	30	21	32	21	29	37	35
Tell you that taking antibiotics could have negative consequences on the balance of your microbiome	29	25	33	24	29	32	32



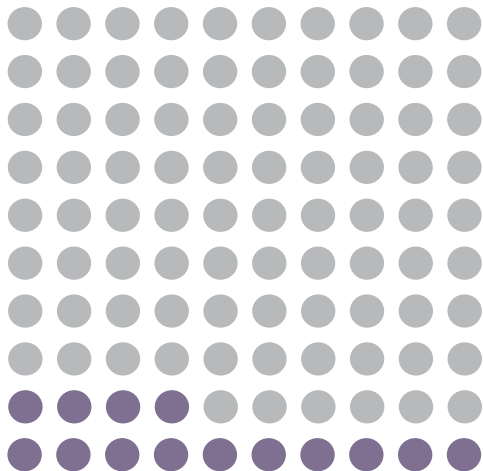
6

Despite lower awareness of microbiome testing, Portuguese express interest and an equal percentage would consider stool donation to further scientific research.

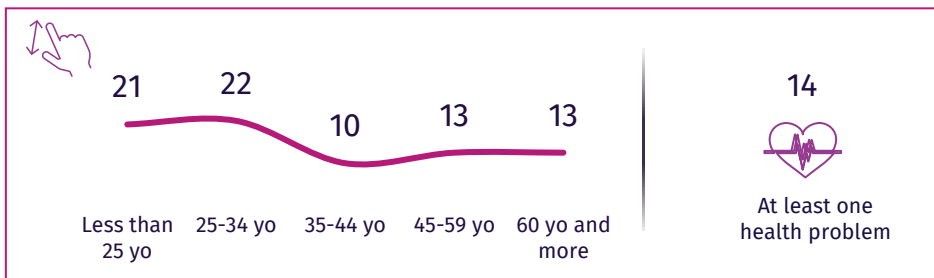


Microbiome testing is largely unknown to most Portuguese individuals.

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



14% have already heard of testing their microbiome **27%**



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



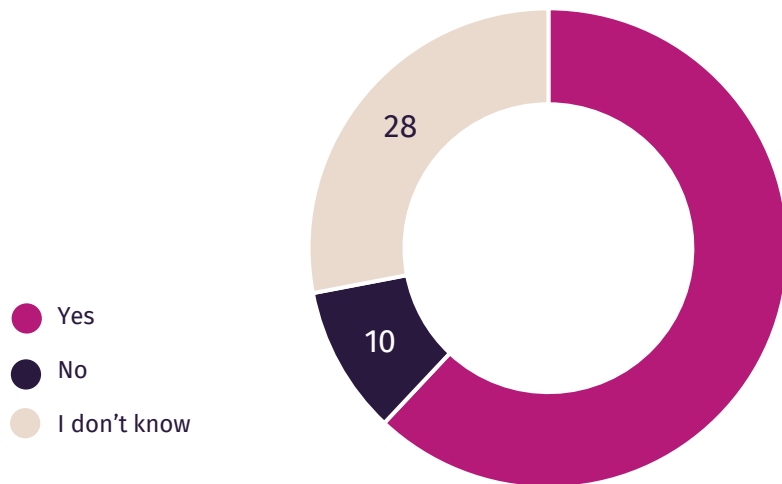
Nevertheless, around 3 in 5 would be interested in having their microbiome tested.

NEW

QUESTION

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

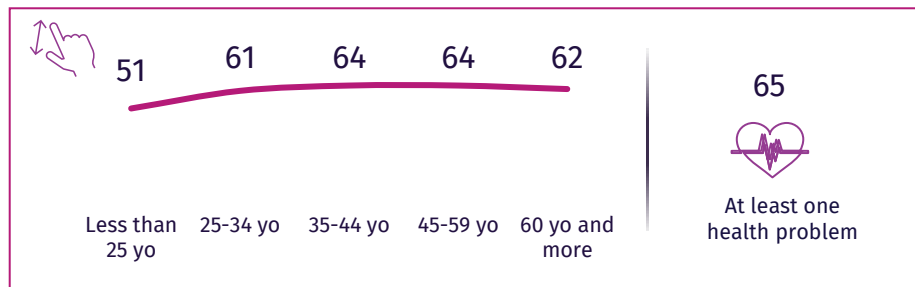
Base: All respondents



62% would be interested in taking a microbiome test

ALL
COUNTRIES

61%



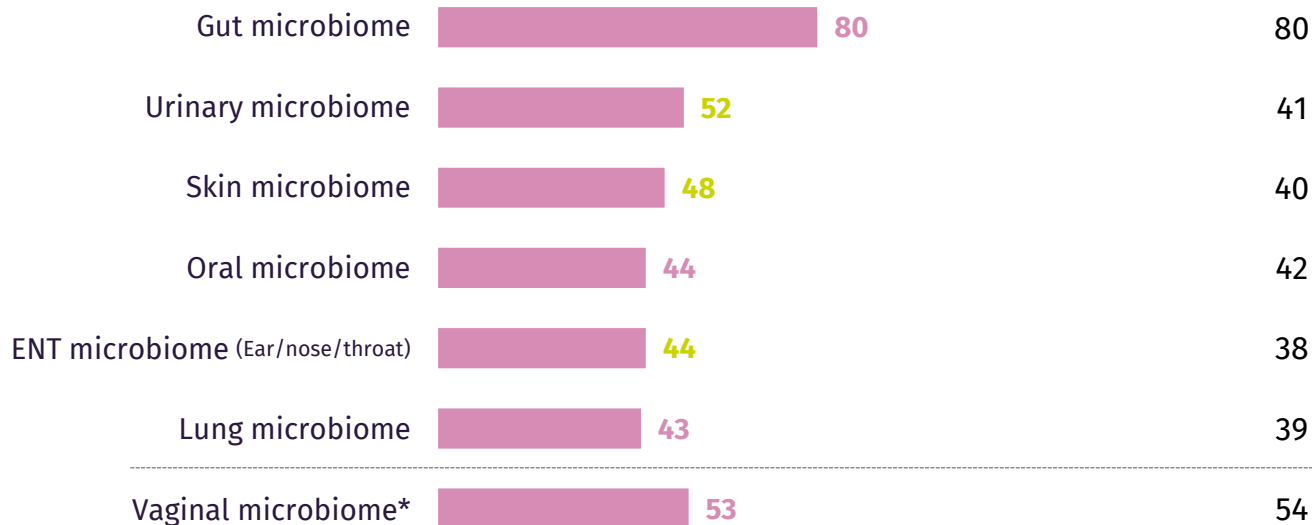
● Significant differences vs total - superior

● Significant differences vs total - inferior



Gut microbiome testing ranks as the top choice for most Portuguese people. Additionally, they express more interest in testing urinary, skin, and ENT microbiomes compared to the global average

NEW QUESTION Question 3-2025. Which one(s) would you be interested to test?
Base: Would be interested in taking a microbiome test (n=312)



* Item displayed to women



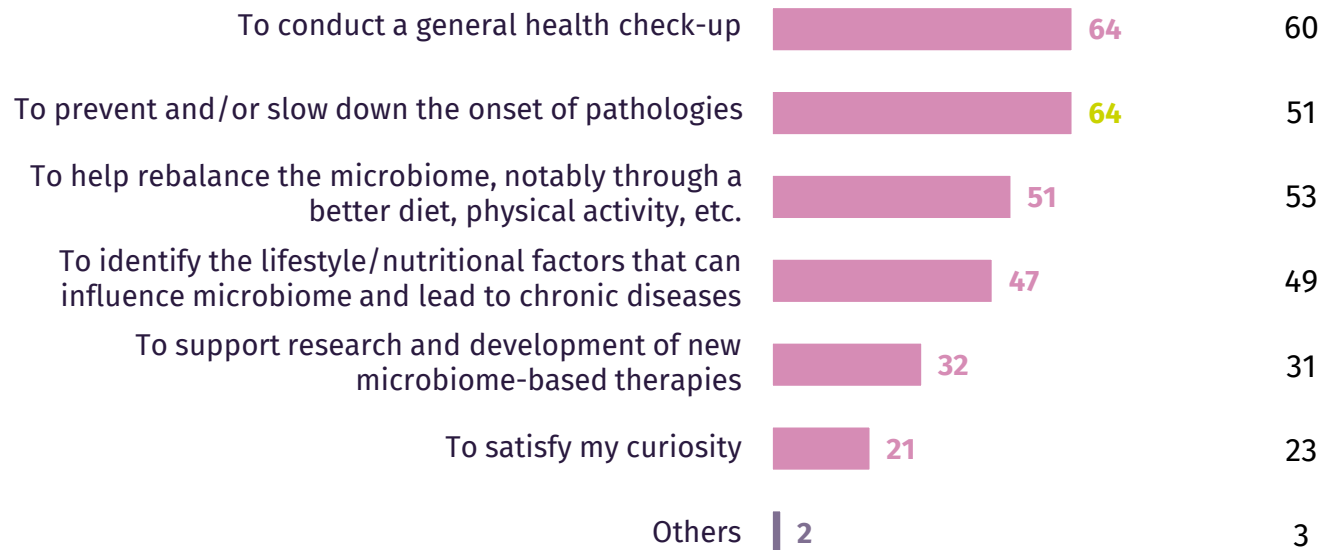
The majority believe microbiome testing would be most useful for general health check-ups, pathology prevention, or slowing down disease progression.

NEW

QUESTION

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

Base: All respondents





Portuguese aged 60 and over are more likely to believe microbiome testing might be useful for a general health check-up.

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	At least one health problem
Base	n=500	n=47	n=58	n=84	n=148	n=163	n=233	n=267	n=309
To conduct a general health check-up	64	46	58	69	57	74	63	65	66
To prevent and/or slow down the onset of pathologies	64	46	63	65	71	63	60	67	67
To help rebalance the microbiome, notably through a better diet, physical activity, etc.	51	43	50	54	53	50	48	53	55
To identify the lifestyle/nutritional factors that can influence microbiome and lead to chronic diseases	47	35	46	49	48	49	44	49	49
To support research and development of new microbiome-based therapies	32	26	36	39	33	28	31	32	34
To satisfy my curiosity	21	32	16	26	18	19	23	19	22
Others	2	3	2	3	1	1	2	1	1

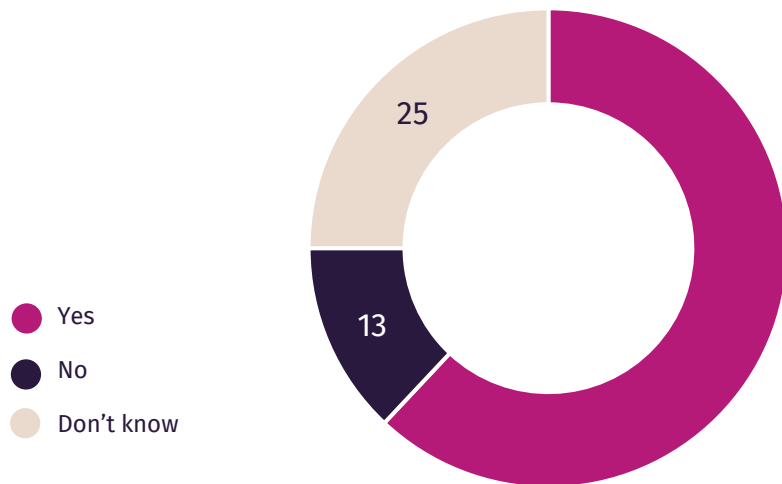


Stool donation acceptance in Portugal mirrors the worldwide average, with three out of five open to the idea.

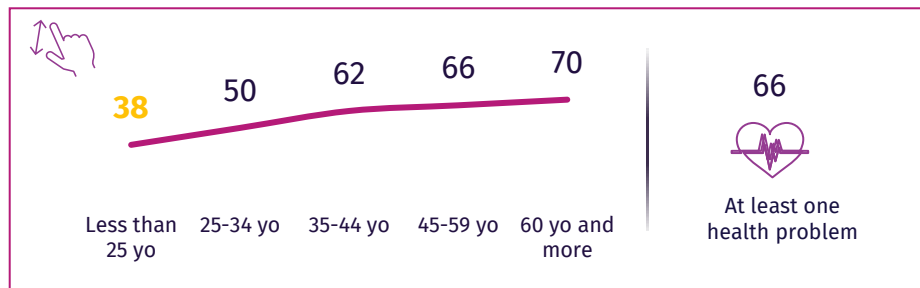
NEW
QUESTION

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

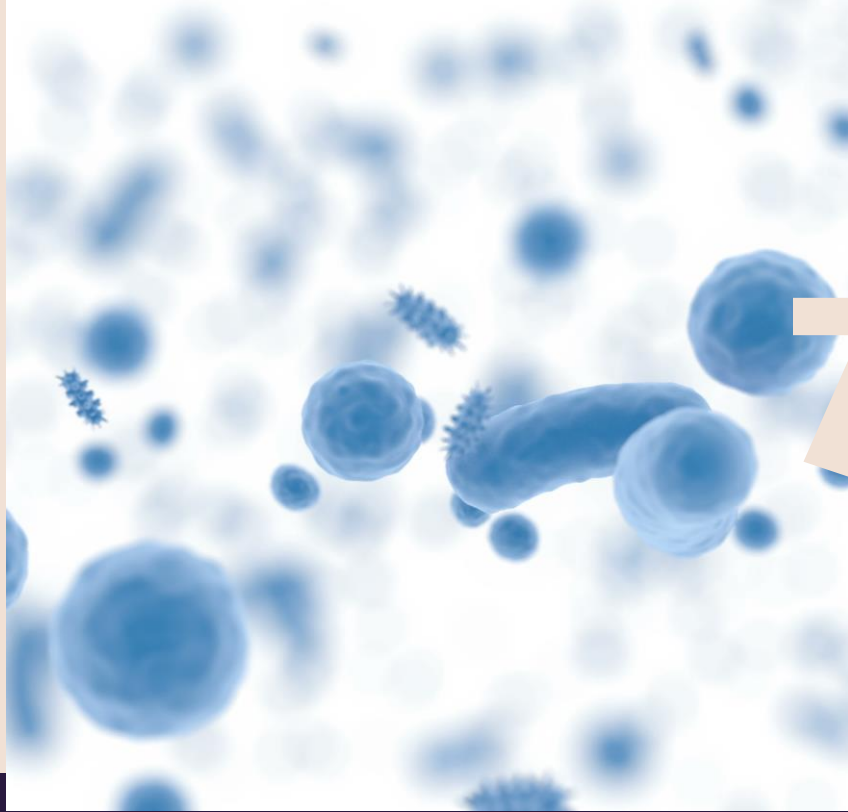


62% would be willing to donate their stool **59%**



● 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.



Some aspects of the vaginal microbiome are well-known by Portuguese women, such as the fact that the microbiome is unique to each woman and that it changes from childhood to menopause. (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

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

76 ✓ 3 21

24

Antibiotics can alter the vaginal microbiome

76 ✓ 3 21

24

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

7 71 ✓ 22

29

Vaginal dryness/dehydration has consequences on vaginal microbiome

70 ✓ 3 27

30

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

66 ✓ 5 29

34

The vagina is self-cleaning

62 ✓ 9 29

38

True

False

Don't really know



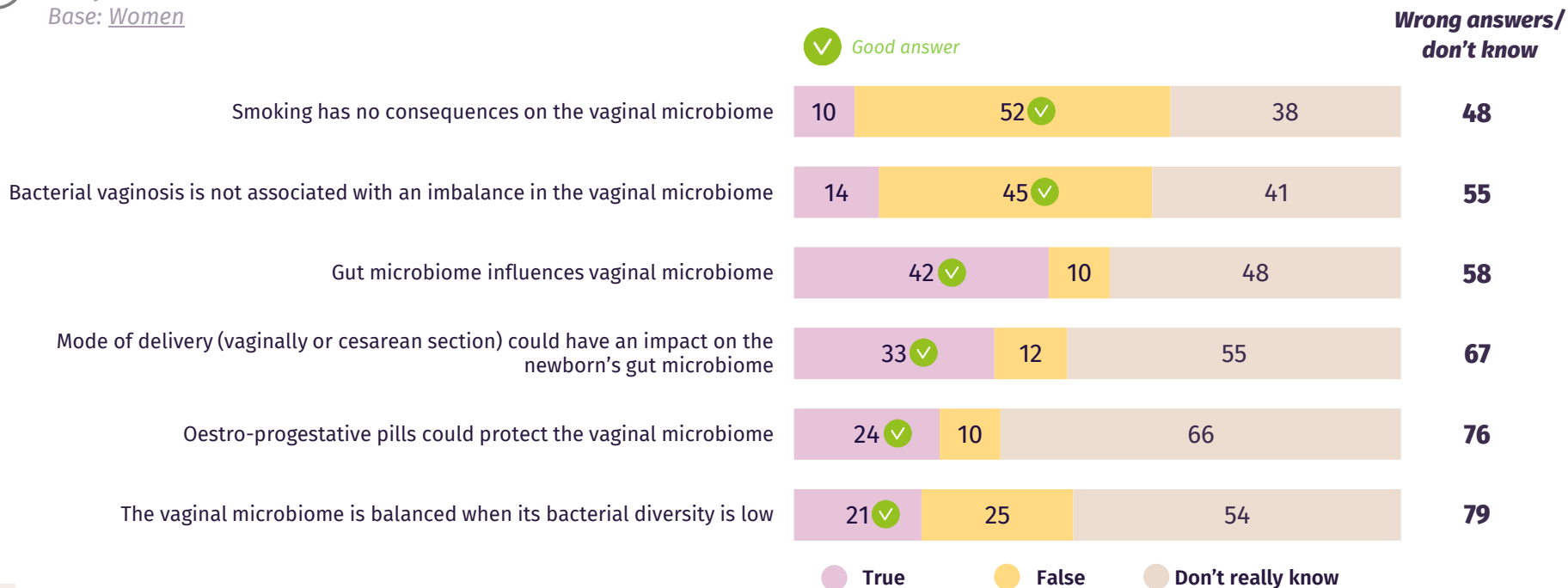
(2/2)

However, other aspects of vaginal microbiome are poorly known, particularly regarding its bacterial composition.



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





Compared to worldwide trends, Portuguese women show a mixed level of vaginal microbiome awareness, with stronger knowledge in certain aspects but gaps in others

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	Evolution		ALL COUNTRIES
		2025-2024	2024-2023	
Every woman has a vaginal microbiome that is different from any other woman's	76	+5	+7	66
Antibiotics can alter the vaginal microbiome	76	=	*	72
From childhood to menopause, a woman's vaginal microbiome remains the same	71	=	+5	60
Vaginal dryness/dehydration has consequences on vaginal microbiome	70	-5	*	68
The vaginal microbiome acts as a barrier, protecting us from pathogenic microorganisms	66	-6	+2	66
The vagina is self-cleaning	62	+5	-2	58
Smoking has no consequences on the vaginal microbiome	52	-7	*	55
Bacterial vaginosis is not associated with an imbalance in the vaginal microbiome	45	-3	+11	44
Gut microbiome influences vaginal microbiome	42	+6	*	45
Mode of delivery (vaginally or cesarean section) could have an impact on the newborn's gut microbiome	33	+2	*	41
Oestro-progestative pills could protect the vaginal microbiome	24	+3	*	22
The vaginal microbiome is balanced when its bacterial diversity is low	21	+6	-11	26

* Item not asked in 2023



Significant differences vs total - superior



Significant differences vs total - inferior





The knowledge of vaginal microbiome roles and functions remains steady across age groups.



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.

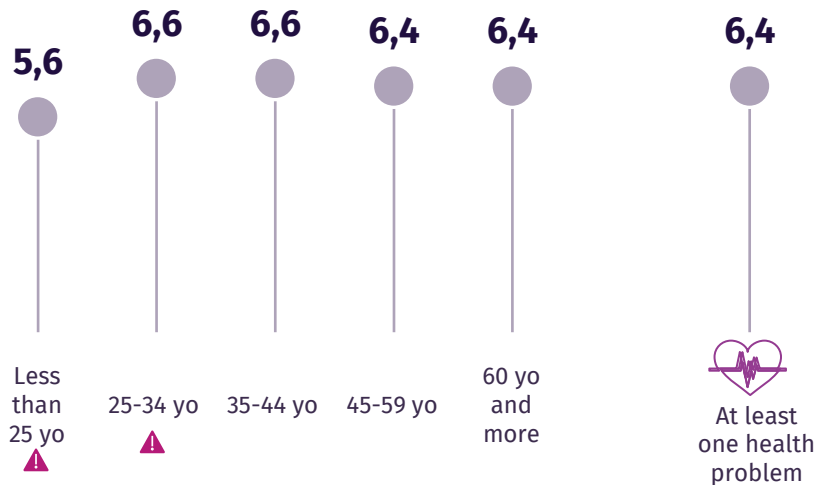
Base: Women



6,2

6,4/12

Number of good responses on average



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



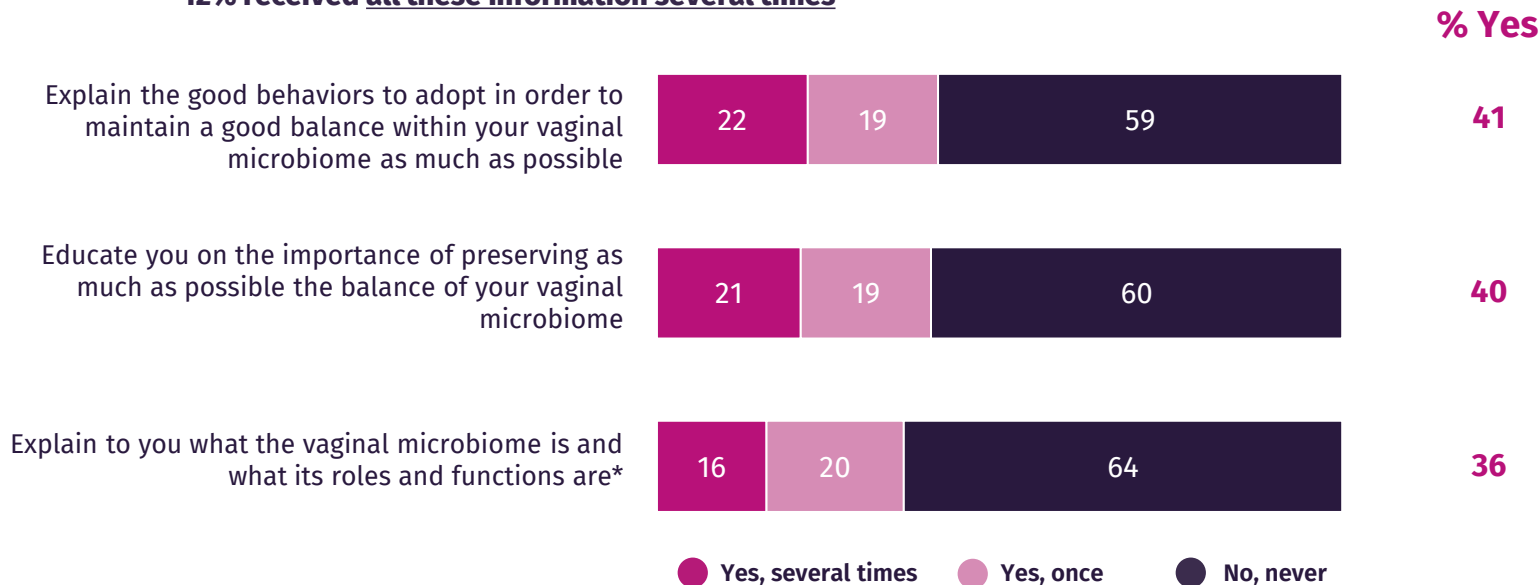
Very few women have received any information or advice from their HCPs about the microbiome.



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

Base: Women

30% received **ALL THESE INFORMATION**, at least one time
12% received **all these information several times**



*The wording of this item was changed compared to last year



Information received by Portuguese women on the vaginal microbiome are close to global results.



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

Base: Women

% Yes

	Total	Evolution		ALL COUNTRIES
		2025-2024	2024-2023	
% Have received ALL THESE INFORMATION, at least one time	30	-6	+12	32
% Received ALL THESE INFORMATION, several times	12	-2	+6	11
Explain the good behaviors to adopt in order to maintain a good balance within your vaginal microbiome as much as possible	41	-7	+6	42
Educate you on the importance of preserving as much as possible the balance of your vaginal microbiome	40	-9	+12	42
Explain to you what the vaginal microbiome is and what its roles and functions are*	36	-3	+11	37



Significant differences vs total - superior



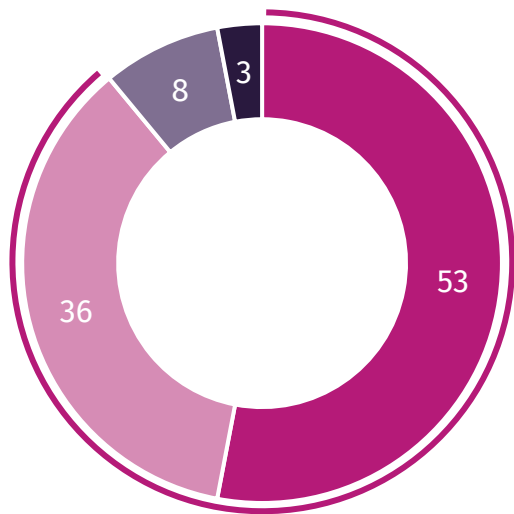
Significant differences vs total - inferior



Most of women would like to have more information about the importance of the vaginal 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



- Yes, absolutely
- Yes, somewhat
- No, not really
- No, not at all

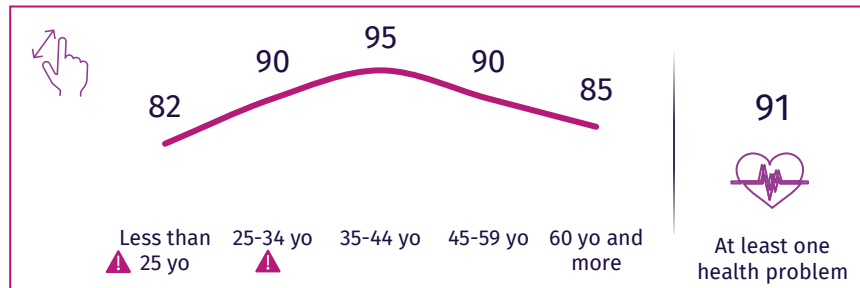
89% would like to have more information about the importance of the vaginal microbiome and its impact on health

2024 : **89%**

2023 : **92%**



85%



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

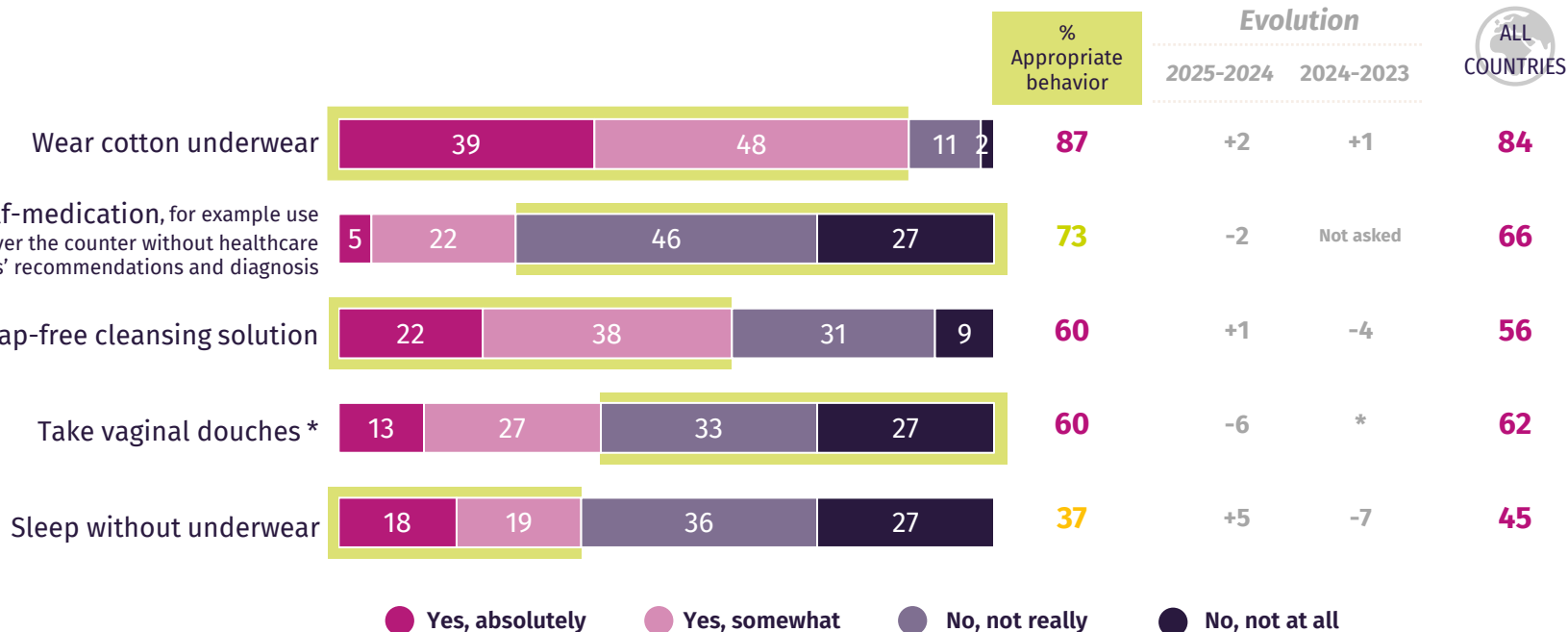
▲ Low basis, results must be interpreted with caution

Most Portuguese women wear cotton underwear and avoid relying on self-medication. Only sleeping without underwear seems less common.



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

Base: Women



*For this item, the following definition was provided in 2024: 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).



Women aged 60 and over are more likely to adopt appropriate behaviors for their vaginal microbiome.



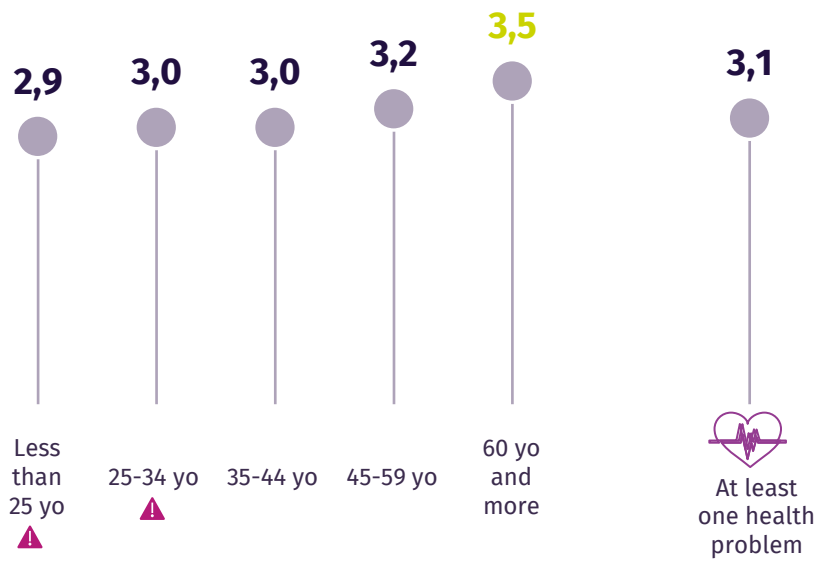
Question 16. In your daily life, do you regularly adopt the following behaviors?
Base: Women



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

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Institute et Ipsos - mars 2025



A large, light purple illustration of various bacterial shapes, including rods, cocci, and branching structures, filling the left side of the slide.

Main results per country

Learnings on Portuguese results



Awareness of the microbiome & its diversity	
Know exactly what is « microbiome »	17%
Subtotal « Aware »	62%
Subtotal Aware of the gut microbiome	46%
Subtotal Aware of all microbiome	27%
Level of knowledge around the microbiota	
Mean of good answers	6,0/9
Level of knowledge around the solutions which can maintain the microbiota balanced	
Know exactly what are probiotics	42%
Know exactly what are prebiotics	22%
Adoption and identification of appropriate behaviors to maintain a balanced microbiota	
Have changed their behaviors	49%
Level of information provided by healthcare professionals	
Received at least one piece of information at least once	52%
Microbiome testing	
Interested in taking a microbiome test	62%

Key learnings

Microbiome awareness in Portugal remains lower than in other countries, showing no improvement. As in the previous year, Portuguese people are more familiar with the term "flora," demonstrating above-average knowledge of this concept compared to global results.

Regarding understanding of the microbiome's role and functions, Portuguese results align closely with global averages. However, there has been a slight improvement this year, particularly in the recognition that the microbiome is not exclusively located in the gut.

Approximately half of the Portuguese population has adopted behaviors to maintain a balanced and well-functioning microbiome. This proportion, however, still falls below the global average and shows no signs of improvement. Notably, the Portuguese are least likely to consume probiotics and prebiotics or engage in regular physical activity.

This trend can be attributed to the lack of information: only a minority of Portuguese have received information about the microbiome, which is less compared to other countries. In Portugal, healthcare professionals are considered the most trusted source of microbiome information. For those who have received information, it was primarily from their family physicians.

Interestingly, despite lower awareness of microbiome testing, Portuguese people express interest in it. An equal percentage would consider stool donation to further scientific research.

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 structures, resembling a microscopic view of a microbial community.

ANNEXES

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