



International Microbiota Observatory

L'Observatoire International
des Microbiotes

Fourth wave

Poland results

A large, light gray illustration of a diverse microbiome, featuring various shapes of bacteria, fungi, and other microorganisms, set against a white background. The illustration is positioned on the left side of the slide.

Methods



Methods





2023 Entrants

-  USA (n=500)
-  Brazil (n=500)
-  Mexico (n=1,000)
-  France (n=1,000)
-  Portugal (n=500)
-  China (n=1,000)

2024 Entrants

-  Poland (n=500)
-  Finland (n=500)
-  Vietnam (n=1000)

2025 Entrants





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

11
countries

7 500
respondents

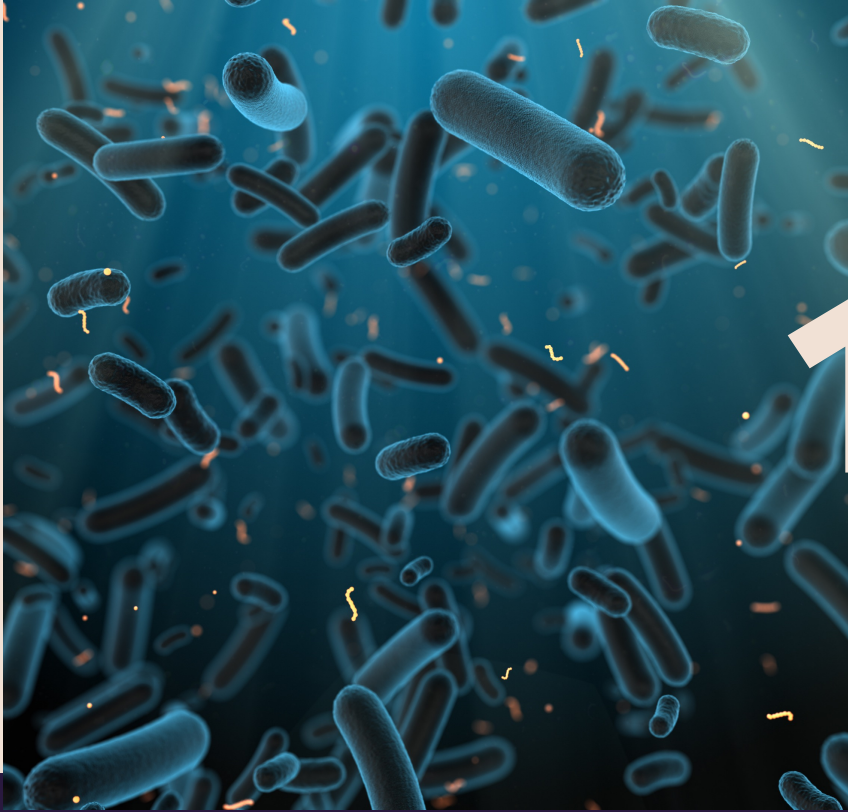
The International Microbiota Observatory was conducted online in **11 countries** from February 3rd – March 13th, 2026. Representative samples by country are ensured by the quota method applied to the respondent's gender, age, region and occupation.



Throughout the report, all results are presented in %. Statistical significance of sub-populations and with the previous wave are calculated at a confidence level of 95%. To enhance readability, significant differences are highlighted using  green and  orange colors, and evolution by arrows.  



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



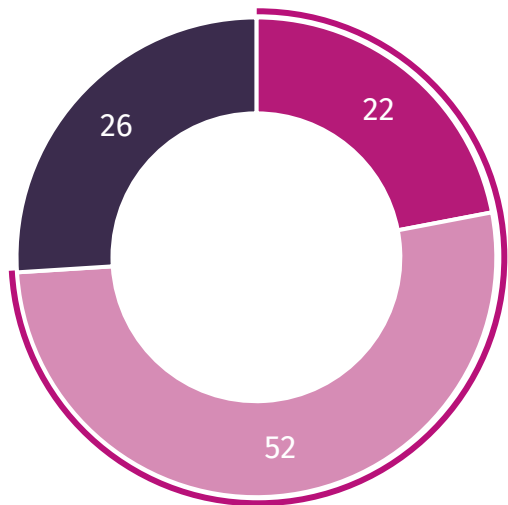
**Rising awareness of
Microbiome locations, but
accurate knowledge
remains low**



Polish awareness on the microbiome is not improving over the years, a similar awareness globally.



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

74% have already heard about the term microbiome

2025: 74%
2024: 75%



72%



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

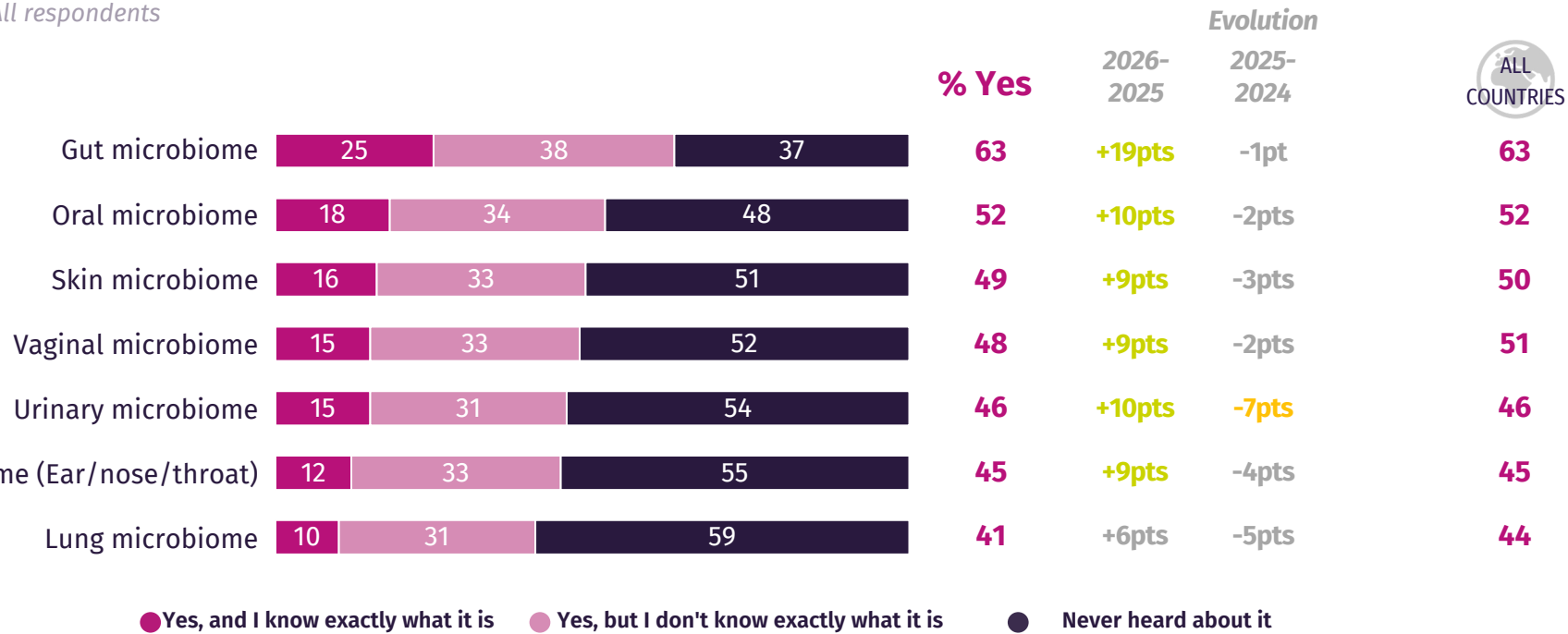


There has been some significant progress about the awareness of the different types of microbiome this last year.



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

Base: All respondents



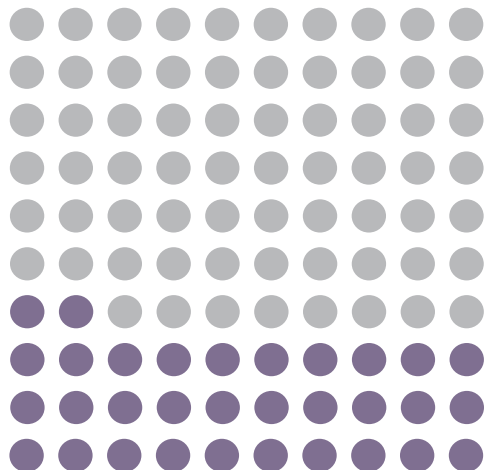


Awareness of all microbiome locations is slightly increasing compared to last year but precise knowledge is still very low.



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

Base: All respondents



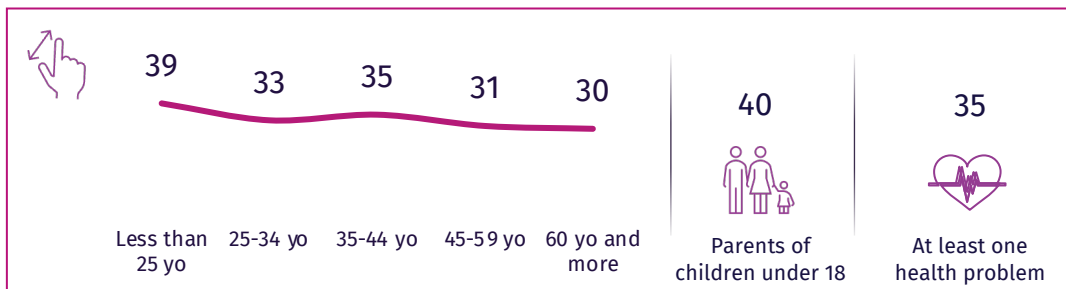
32% have already heard of each microbiome:
Gut, vaginal, skin, lung, urinary, oral and ENT microbiome

2025: 28%

2024: 31%



32%



But only **6%** know precisely all of them

2025 : 6%

2024 : 6%



7%



Despite widespread pro/prebiotic prescribing, patient education remains scarce and stagnant.

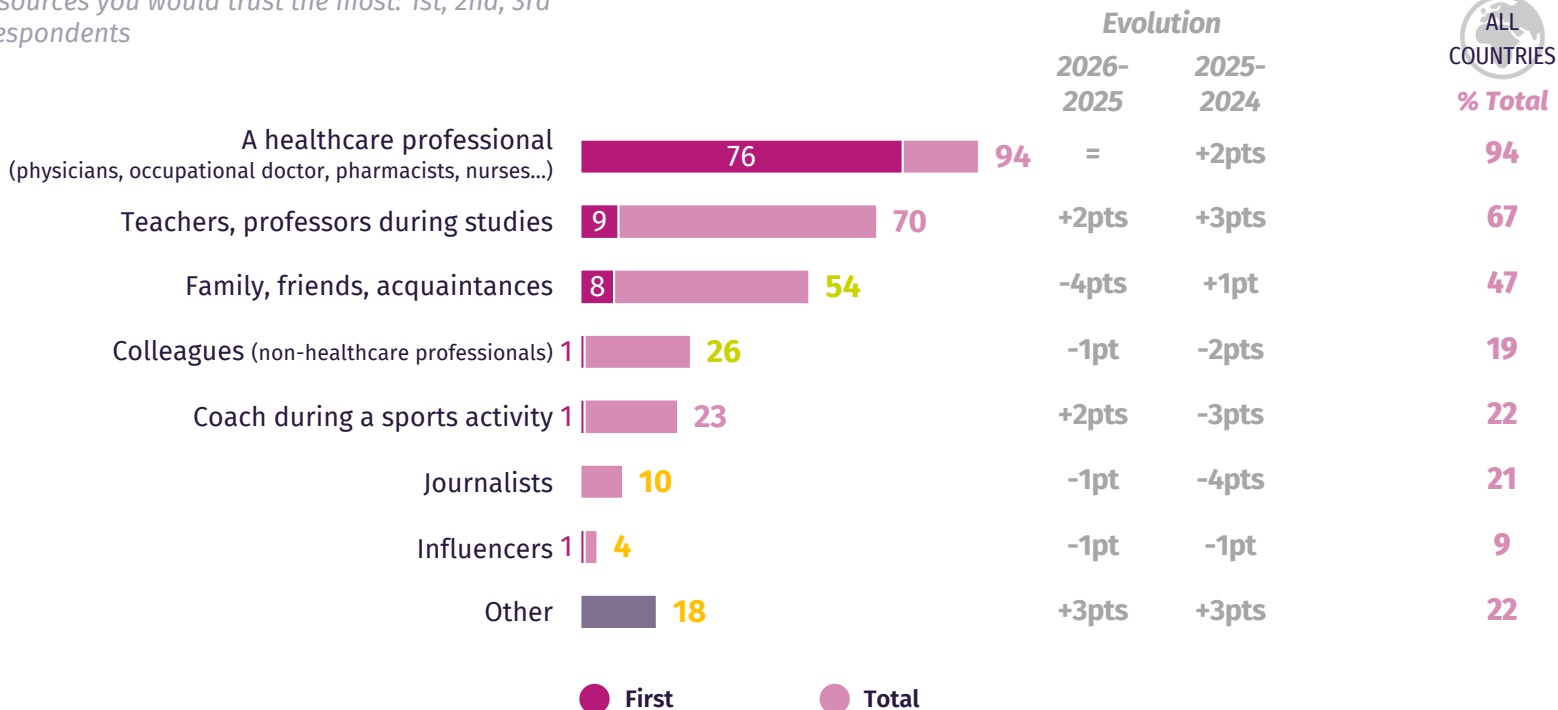
Through the years, healthcare professionals still stand out as the most trusted source of information about the microbiome, with $\frac{3}{4}$ saying they would first turn to them.



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





Universal trust in HCPs spans all demographics and peaks among the eldest.

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=43</i>	25-34 yo <i>n=77</i>	35-44 yo <i>n=94</i>	45-59 yo <i>n=125</i>	60 yo and more <i>n=161</i>	Men <i>n=240</i>	Women <i>n=260</i>	Parents of children under 18 <i>n=153</i>	At least one health problem <i>n=305</i>
A healthcare professional (physicians, occupational doctor, pharmacists, nurses...)	94	91	91	91	94	99	95	94	92	95
Teachers, professors during studies	70	82	69	69	66	71	73	67	69	71
Family, friends, acquaintances	54	42	49	55	53	60	54	55	50	52
Colleagues (non-healthcare professionals)	26	16	26	26	37	22	25	27	34	25
Coach during a sports activity	23	31	33	22	19	20	20	26	23	24
Journalists	10	9	10	10	11	11	14	7	9	10
Influencers	4	7	8	6	3	1	3	5	6	4
Other	18	23	14	22	17	18	17	19	17	19

● Significant differences vs total - superior

● Significant differences vs total - inferior



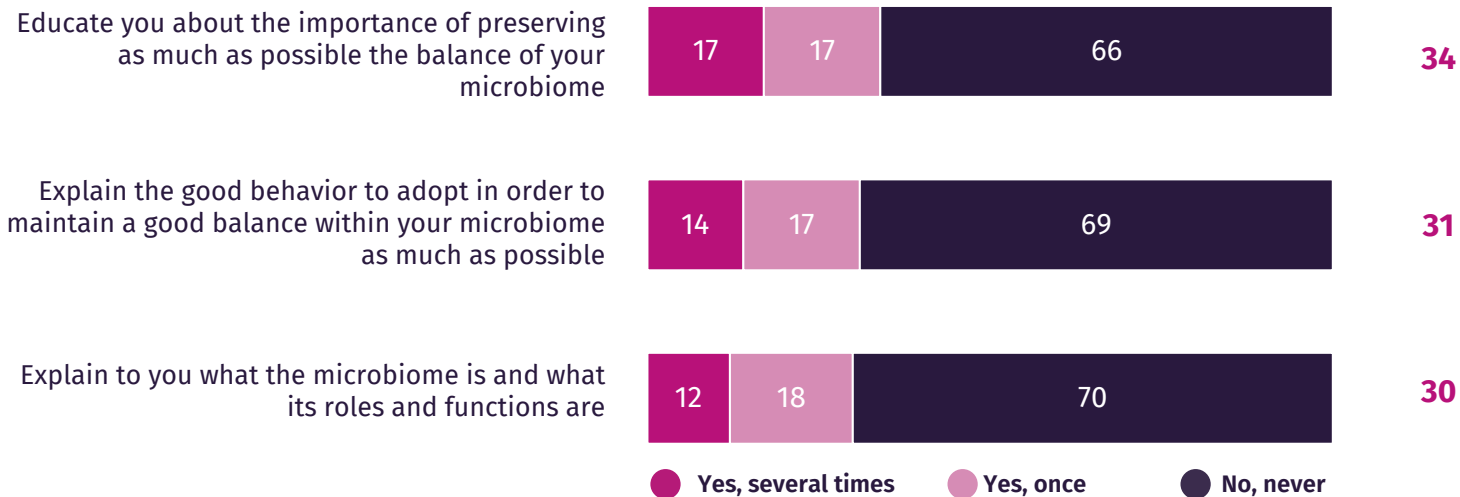
Polish people receive significantly less microbiome information from HCPs compared to global results



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

Only **23%** received **ALL THESE INFORMATION**, at least one time
7% received **all these information several times**

ALL COUNTRIES **33%**
11% **% Yes**



A full definition explaining the microbiome has been displayed to respondents before this question



Yet, counseling levels are moderate with signs of decline compared to last year.



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
		2026-2025	2025-2024	2024-2023	
% Received ALL THESE INFORMATION, at least one time	23	-8pts	-2pts		33
% Received ALL THESE INFORMATION, <u>several times</u>	7	-4pts	-1pt		11
Educate you about the importance of preserving as much as possible the balance of your microbiome	34	-9pts	=		43
Explain the good behavior to adopt in order to maintain a good balance within your microbiome as much as possible	31	-11pts	=		43
Explain to you what the microbiome is and what its roles and functions are	30	-9pts	=		39



The level of information delivered doesn't vary across demographics, except among parents who report being more informed by their HCPs.



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

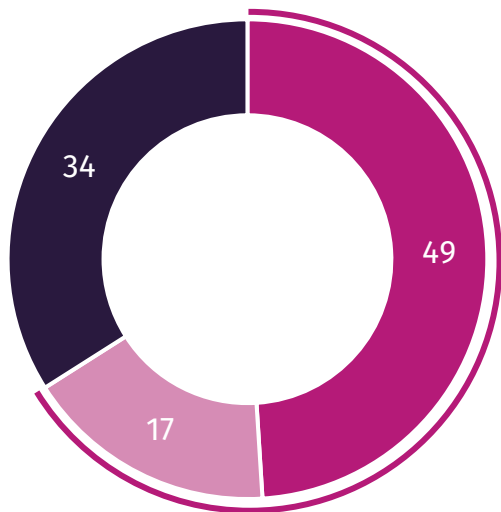
% Yes	Total	Less than 25 yo	25-34 yo	35-44 yo	45-59 yo	60 yo and more	Men	Women	Parents of children under 18	At least one health problem
	base n=500	n=43	n=77	n=94	n=125	n=161	n=240	n=260	n=153	n=305
Educate you about the importance of preserving as much as possible the balance of your microbiome	34	38	31	30	38	32	36	31	43	37
Explain the good behavior to adopt in order to maintain a good balance within your microbiome as much as possible	31	31	29	24	36	33	32	29	42	34
Explain to you what the microbiome is and what its roles and functions are	30	33	29	27	35	29	34	27	39	35



Two-thirds report being prescribed Pre- and Probiotics—surpassing the global average



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



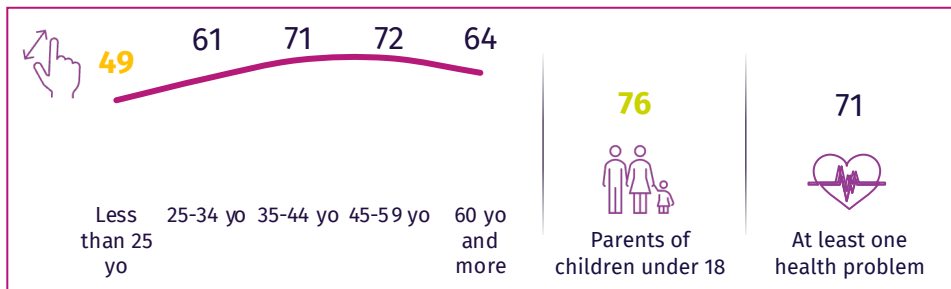
66% were prescribed with prebiotics or probiotics

2025: 71%

2024: 68%



51%



- Yes, several times
- Yes, once
- No never

Moreover, Microbiome guidance post-antibiotics is very moderate, similar to global practice.



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

Only **27%** received **ALL THESE INFORMATION** from their HCPs



25%

Tell you that taking antibiotics could have negative consequences on the balance of your microbiome



Tell you about any digestive disorders associated with taking antibiotics



Give you advice on limiting the negative consequences of taking antibiotics on your microbiome as much as possible



● Yes

● No

● Not applicable

Microbiome guidance post-antibiotics is not increasing over the years, showing signs of decline.



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

Base: All respondents

% Yes

	Total	Evolution			ALL COUNTRIES
		2026-2025	2025-2024	2024-2023	
% HAVE RECEIVED ALL THESE INFORMATION FROM THEIR HCPS	27	-3pts	-2pts		25
Tell you that taking antibiotics could have negative consequences on the balance of your microbiome	44	-5pts	+2pts		39
Tell you about any digestive disorders associated with taking antibiotics	41	-1pt	-3pts		45
Give you advice on limiting the negative consequences of taking antibiotics on your microbiome as much as possible	36	-8pts	+1pt		36



The level of Microbiome guidance post-antibiotics doesn't vary a lot with the 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=43	n=77	n=94	n=125	n=161	n=153	n=305
% HAVE RECEIVED ALL THESE INFORMATION FROM THEIR HCPS	27	17	18	23	34	30	34	29
Tell you that taking antibiotics could have negative consequences on the balance of your microbiome	44	43	35	44	45	49	52	46
Tell you about any digestive disorders associated with taking antibiotics	41	39	28	40	47	44	53	43
Give you advice on limiting the negative consequences of taking antibiotics on your microbiome as much as possible	36	28	31	33	40	41	43	39

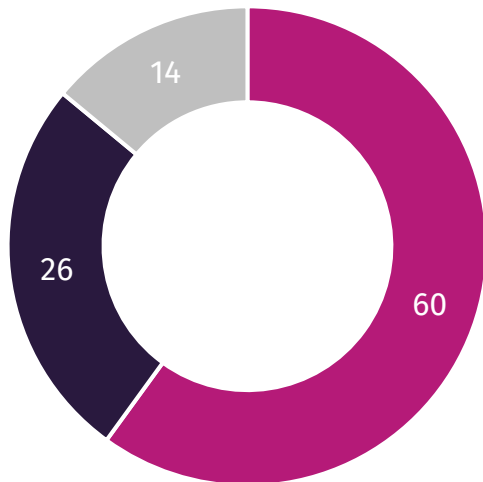
● Significant differences vs total - superior

● Significant differences vs total - inferior

Of all countries, Poland appears to be the one where people are most likely to be prescribed probiotics alongside antibiotics

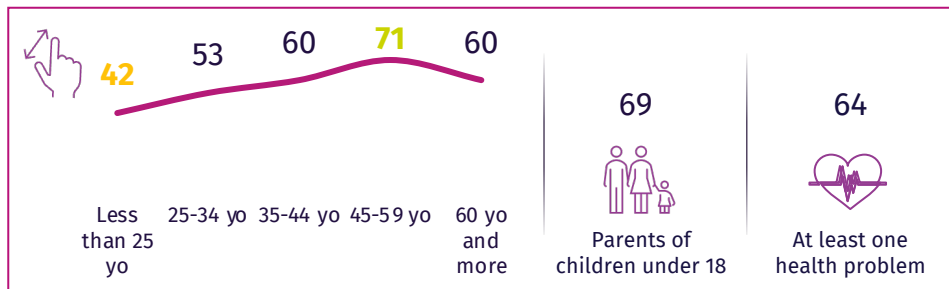


Question 7. The last time a doctor prescribed antibiotics, did they do the following?
Base: All respondents



60% were prescribed with prebiotics or probiotics

ALL COUNTRIES
38%



● Significant differences vs total - superior

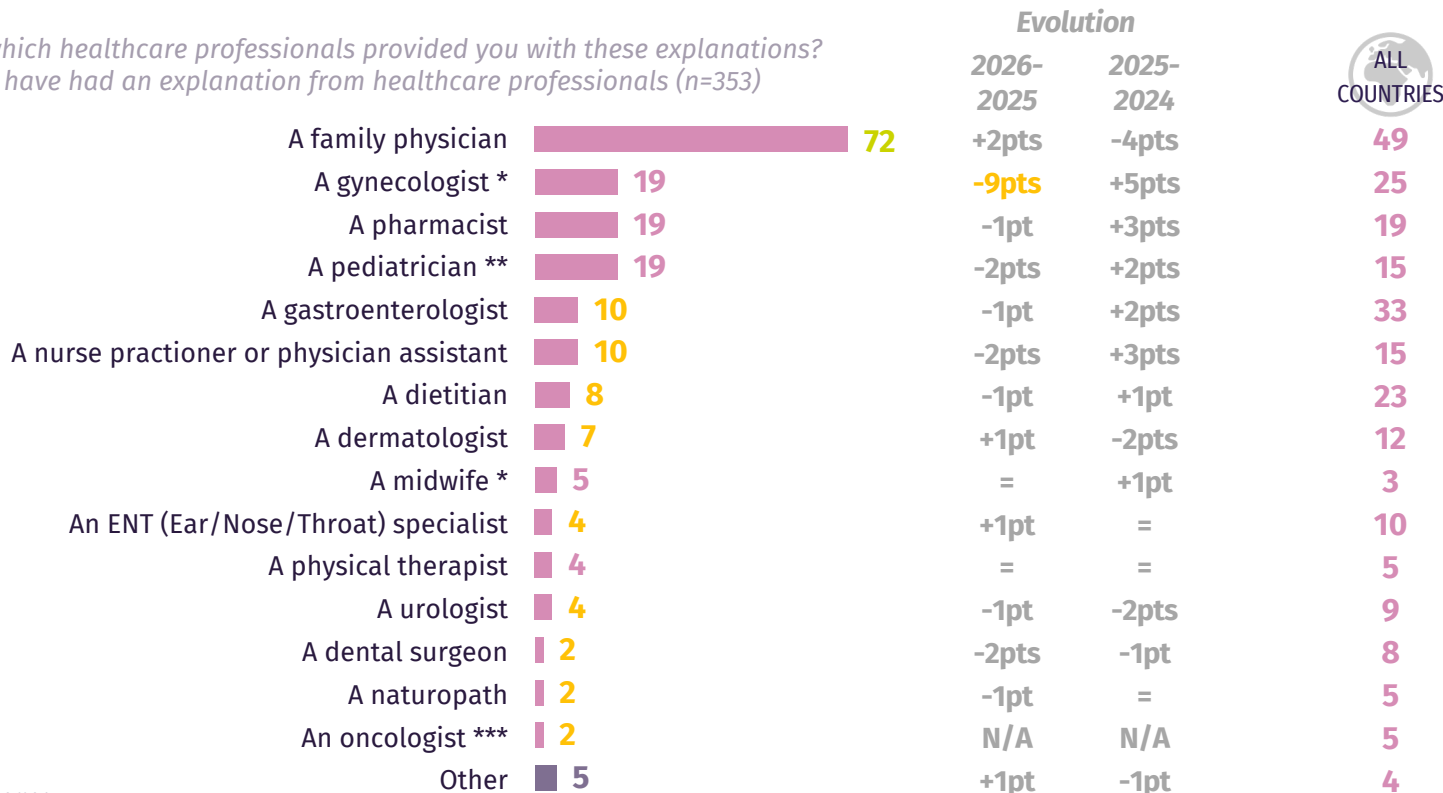
● Significant differences vs total - inferior



The Family physician is by far the first 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=353)



* Item displayed to women

** Item displayed to parents

*** This item has been added this year. Due to low basis of people suffering from cancer, this item is displayed on all respondents.



A source of information that does not vary a lot among demographics.

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

Base: People who've received some information from HCPs (n=353)

▲ Low basis, results must be interpreted with caution

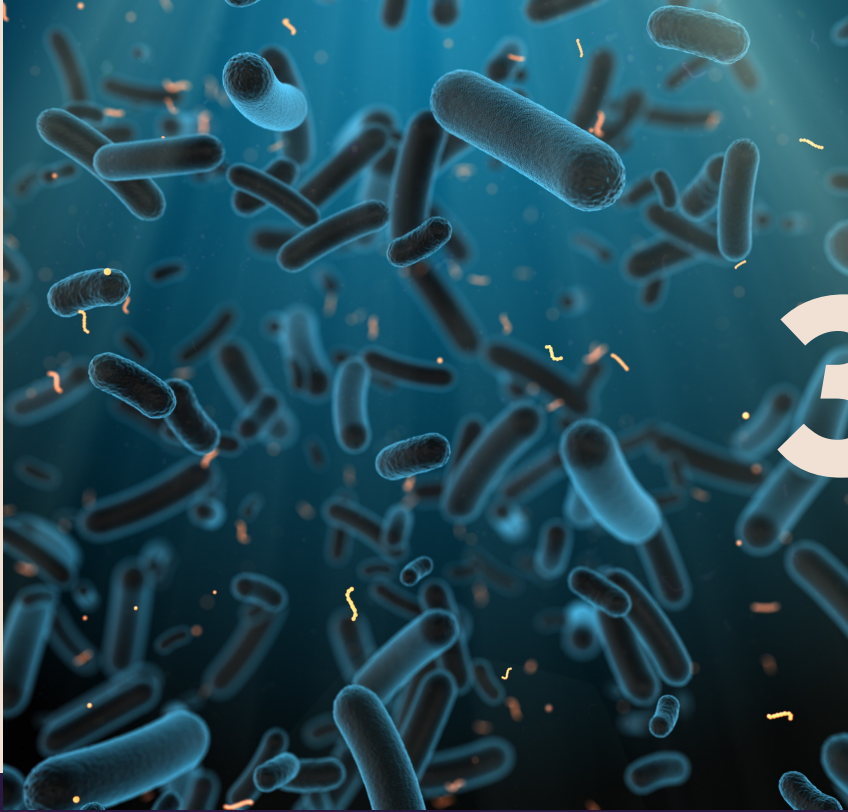
	Total	Less than 25 yo	25-34 yo	35-44 yo	45-59 yo	60 yo and more	Men	Women	Parents of children under 18	At least one health problem
base	n=353	n=28 ▲	n=52	n=68	n=93	n=112	n=160	n=193	n=123	n=232
A family physician	72	61	69	59	76	81	73	71	64	72
A gynecologist	19	15	22	23	16	15	0	19	26	16
A pharmacist	19	7	16	21	20	22	24	15	17	18
A pediatrician	19	62	13	20	21	0	15	23	19	19
A gastroenterologist	10	3	8	10	9	15	13	8	11	13
A nurse practitioner or physician assistant	10	7	17	12	7	7	9	10	12	11
A dietitian	8	4	21	0	9	7	8	8	9	10
A dermatologist	7	0	18	4	5	5	5	8	9	7
A midwife	5	10	13	7	0	0	0	5	12	3
An ENT (Ear, Nose, Throat) specialist	4	4	4	6	1	5	4	4	4	6
A physical therapist	4	0	2	8	3	4	3	5	6	4
A urologist	4	3	2	8	1	5	5	3	5	5
A dental surgeon	2	4	0	2	4	2	4	1	3	2
A naturopath	2	0	2	3	2	0	3	0	1	2
An oncologist*	2	0	4	3	0	3	5	0	3	3
Other	5	0	4	3	4	10	8	4	2	7

● Significant differences vs total - superior

● Significant differences vs total - inferior

● First source by profile

*This item has been added this year



3

**Poland's Microbiome
Knowledge: Broad across
domains, Unchanged in
recent years**

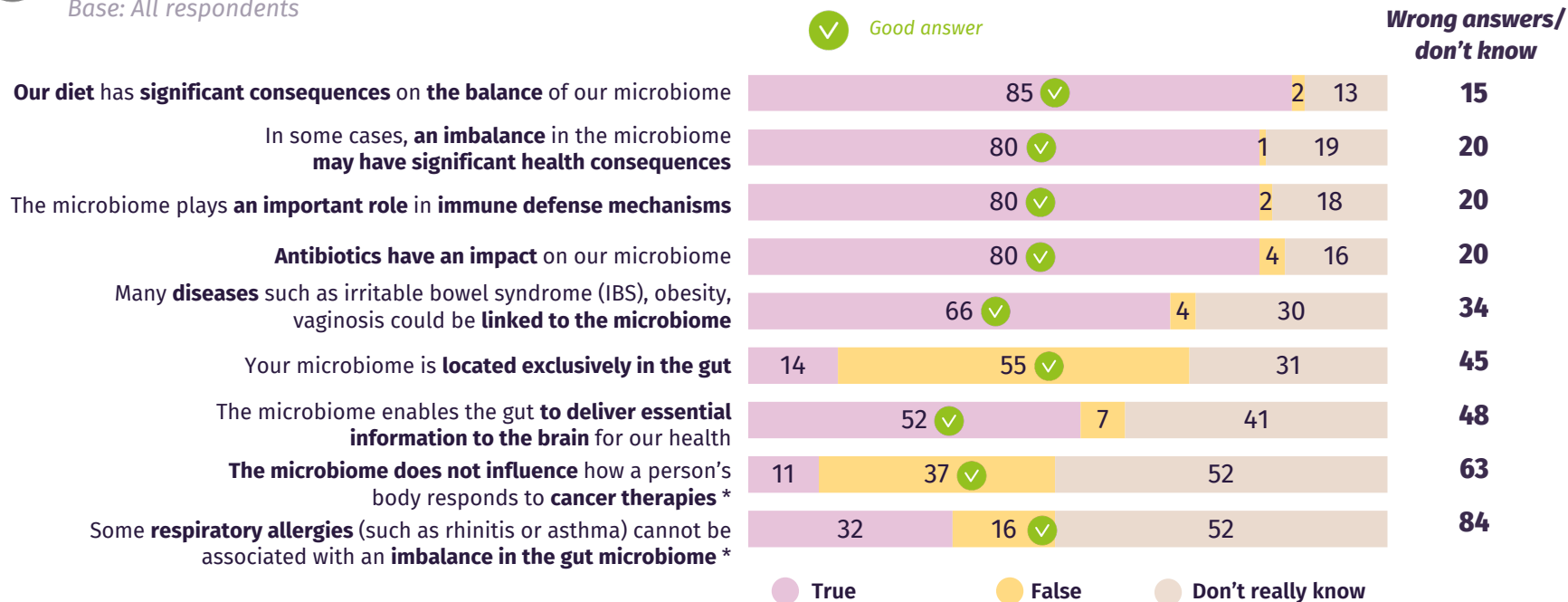


Most Poles maintain a good understanding of the microbiome's role and functions.



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



* These items have been added this year

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Overall microbiome knowledge in Poland has not improved in recent years; the only notable gain is greater awareness of the gut–brain axis over the past three years.



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	Evolution		ALL COUNTRIES
		2026-2025	2025-2024	
Our diet has significant consequences on the balance of our microbiome	85	+2pts	+1pt	79
In some cases, an imbalance in the microbiome may have significant health consequences	80	-1pt	+5pts	77
The microbiome plays an important role in immune defense mechanisms	80	-1pt	+5pts	76
Antibiotics have an impact on our microbiome	80	-4pts	+4pts	71
Many diseases such as irritable bowel syndrome (IBS), obesity, vaginosis could be linked to the microbiome	66	-2pts	-2pts	68
Your microbiome is located exclusively in the gut	55	-1pt	+6pts	49
The microbiome enables the gut to deliver essential information to the brain for our health	52	+2pts	+3pts	60
The microbiome does not influence how a person's body responds to cancer therapies *	37	N/A	N/A	40
Some respiratory allergies (such as rhinitis or asthma) cannot be associated with an imbalance in the gut microbiome *	16	N/A	N/A	23

● Significant differences vs total - superior

● Significant differences vs total - inferior

* These items have been added this year

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The level of knowledge does not vary much 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.

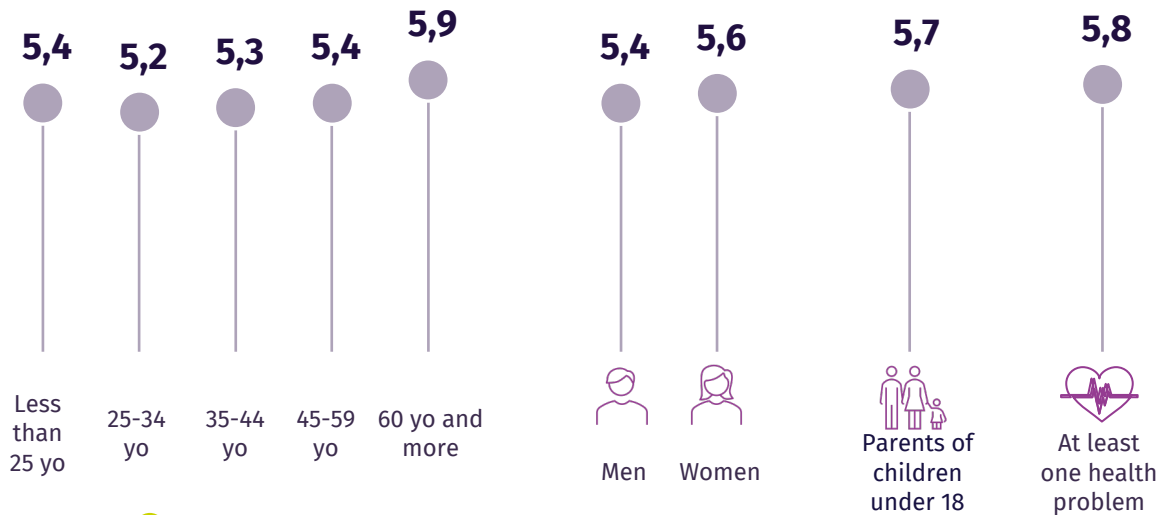
Base: All respondents



5,4

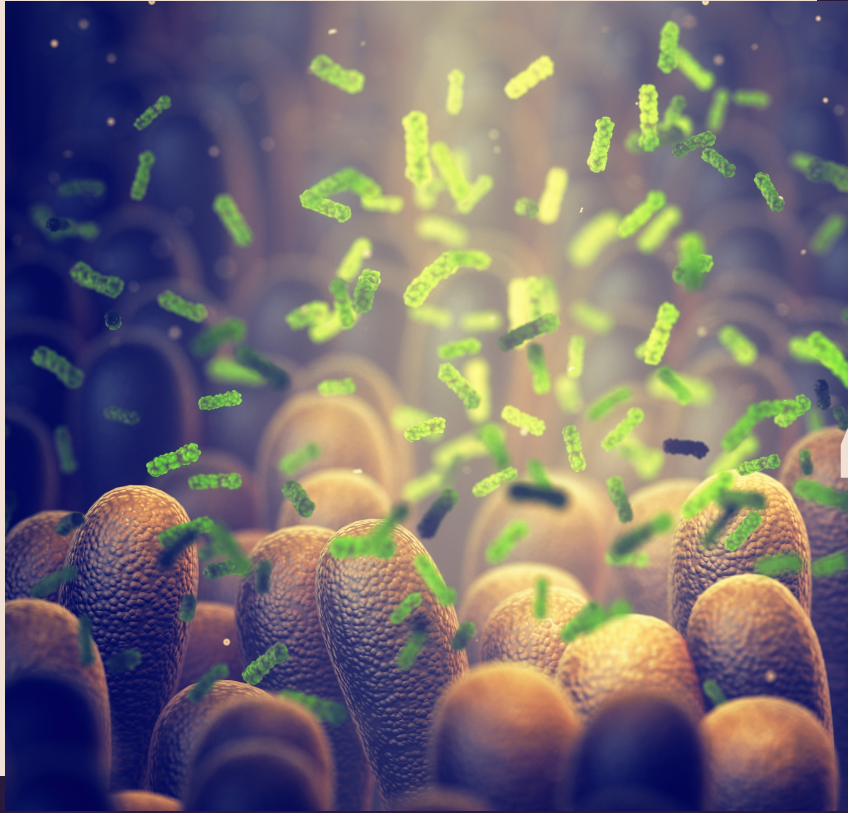
5,5/9

Number of good responses on average



● Significant differences vs total - superior

● Significant differences vs total - inferior



4 Strong habits reported, modest action

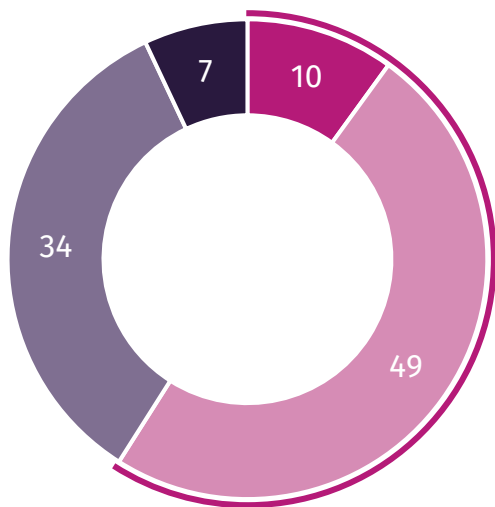


3 in 5 report taking action for their microbiome health, but most of them are changing 'a little' their behaviors.



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

59% have changed their

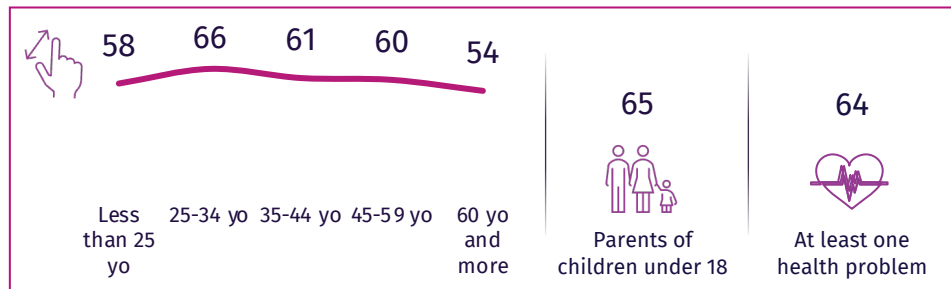
behaviors

2025: **64%**

2024: **65%** -6pts vs 2024



53%



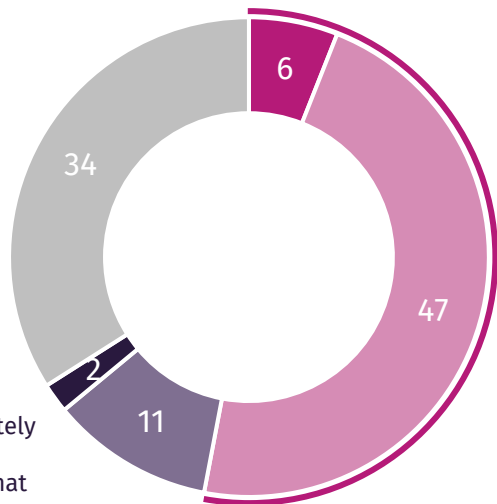
● Significant differences vs total - superior

● Significant differences vs total - inferior



However, Polish people are not sure about the balance of their gut microbiome with only half of them considering it as so, while a third really do not know.

NEW QUESTION Question 14V4. Do you consider that your gut microbiome is currently well balanced?
Base: All respondents

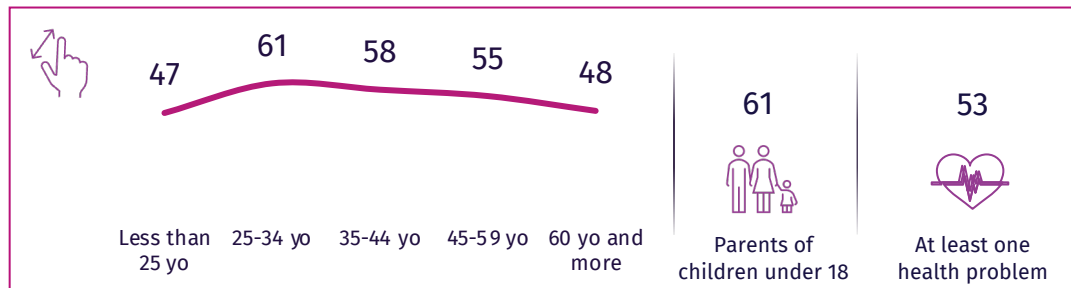


- Yes, completely
- Yes, somewhat
- No, not very
- No, not at all
- I cannot really say that

53% consider that their gut microbiome is currently well balanced



59%

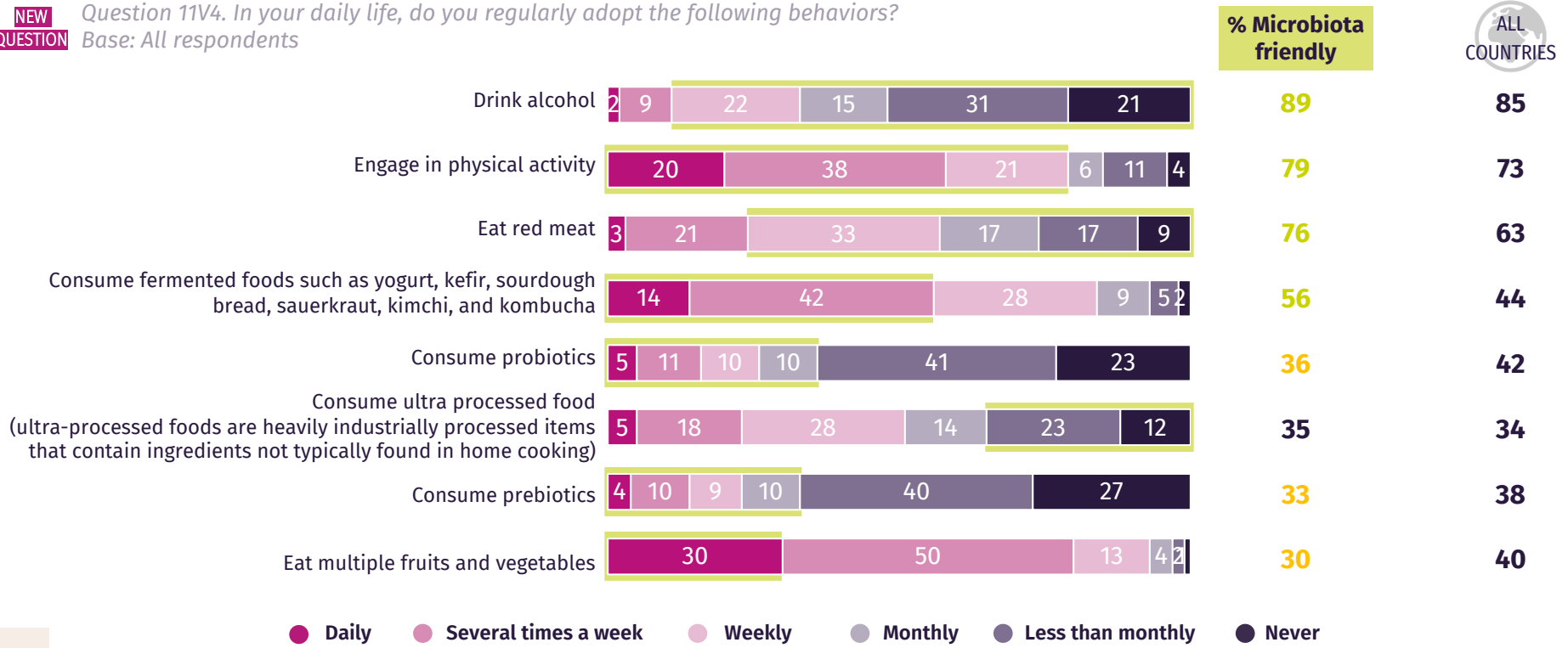


● Significant differences vs total - superior ● Significant differences vs total - inferior

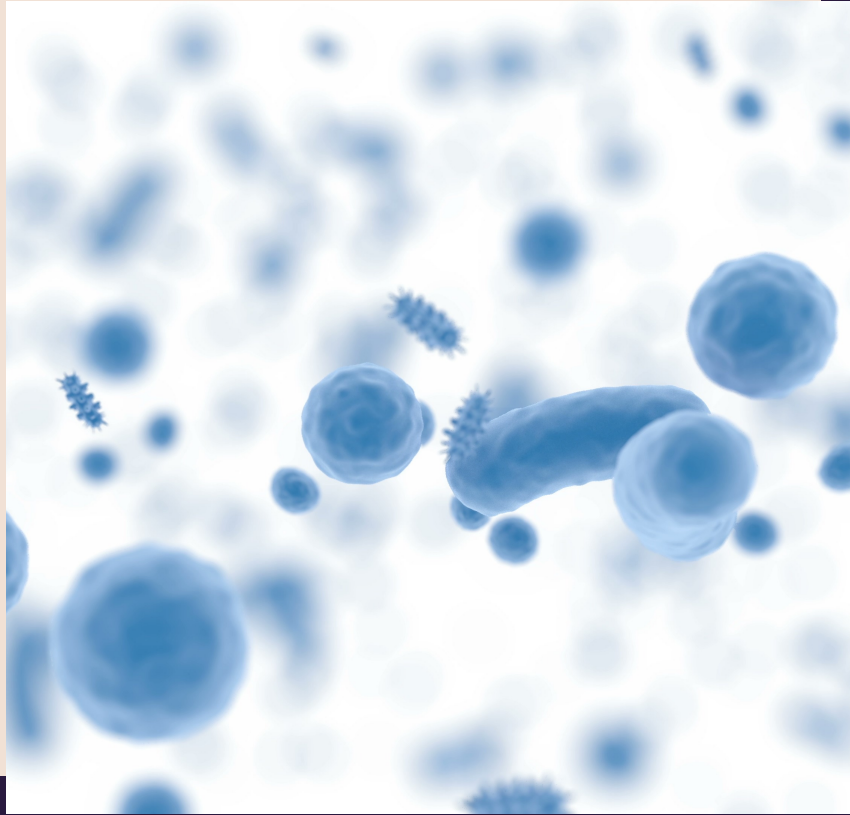
In Poland, standard healthy habits are widely reported, with the notable exception of irregular intake of fruits and vegetables and pre-/probiotics



NEW QUESTION Question 11V4. In your daily life, do you regularly adopt the following behaviors?
Base: All respondents



● Daily ● Several times a week ● Weekly ● Monthly ● Less than monthly ● Never



5 Focus on the first 1,000 days of life



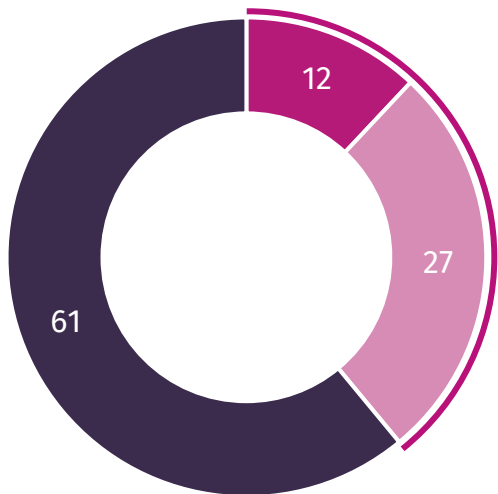
More than third of Polish parents have heard about the scientific concept of the « first 1,000 days of life » but most of them don't know exactly what it is.

NEW

Question 2V4. Have you ever heard about the scientific concept of the "first 1,000 days of life"?

QUESTION

Base: Parents or pregnant women (n=156)

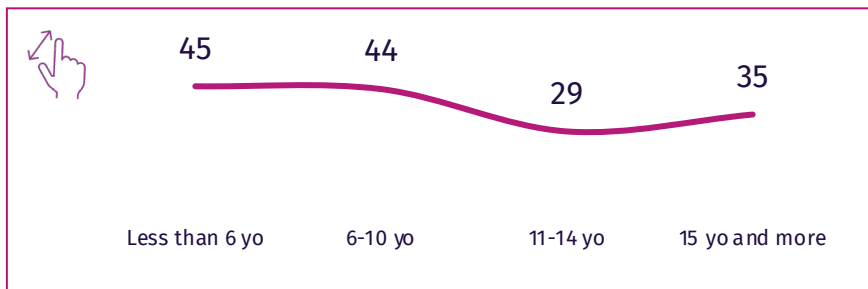


- Yes, and I know exactly what it is
- Yes, but I don't know exactly what it is
- No, I never heard about it

39% have heard about the scientific concept of the « first 1,000 days of life »
 24% among total population



43%



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



Significant misconceptions exist among Polish parents regarding early-life microbiome except the link between antibiotics and the development of gut microbiota

NEW QUESTION

Question 4V4. 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: Parents or pregnant women (n=156)



Good answer

Administering antibiotics during the early stages after birth can have a significant impact on the **development of gut microbiota**



% Wrong answers / don't know

Parents or pregnant women

ALL COUNTRIES

32

35

Babies living in urban areas tend to have a more balanced microbiome than those living in rural areas



66

62

By five years of age, the gut microbiota becomes **similar to that of an adult**



69

71

Pet exposure during early life **does not influence** the gut microbiota



74

62

A baby's microbiome starts developing while **still inside the mother's womb**



94

89

True

False

Don't really know



Polish parents' knowledge of child microbiome is low, similar to their global peers.

NEW QUESTION

Question 4V4. 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.

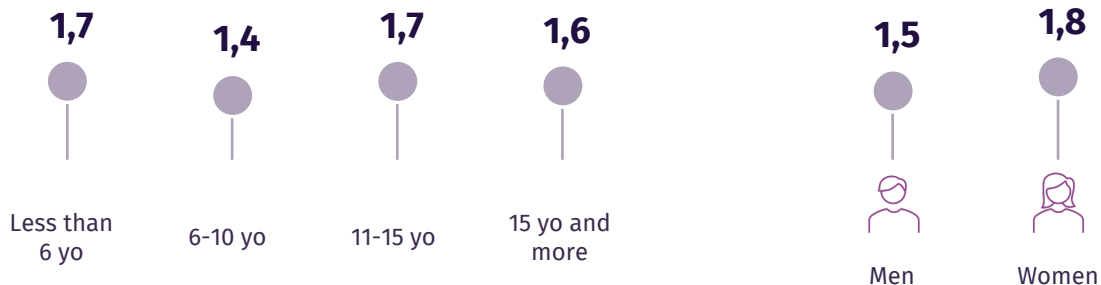
Base: Parents or pregnant women (n=156)

ALL COUNTRIES

1,8



Number of good responses on average



● Significant differences vs total - superior

● Significant differences vs total - inferior

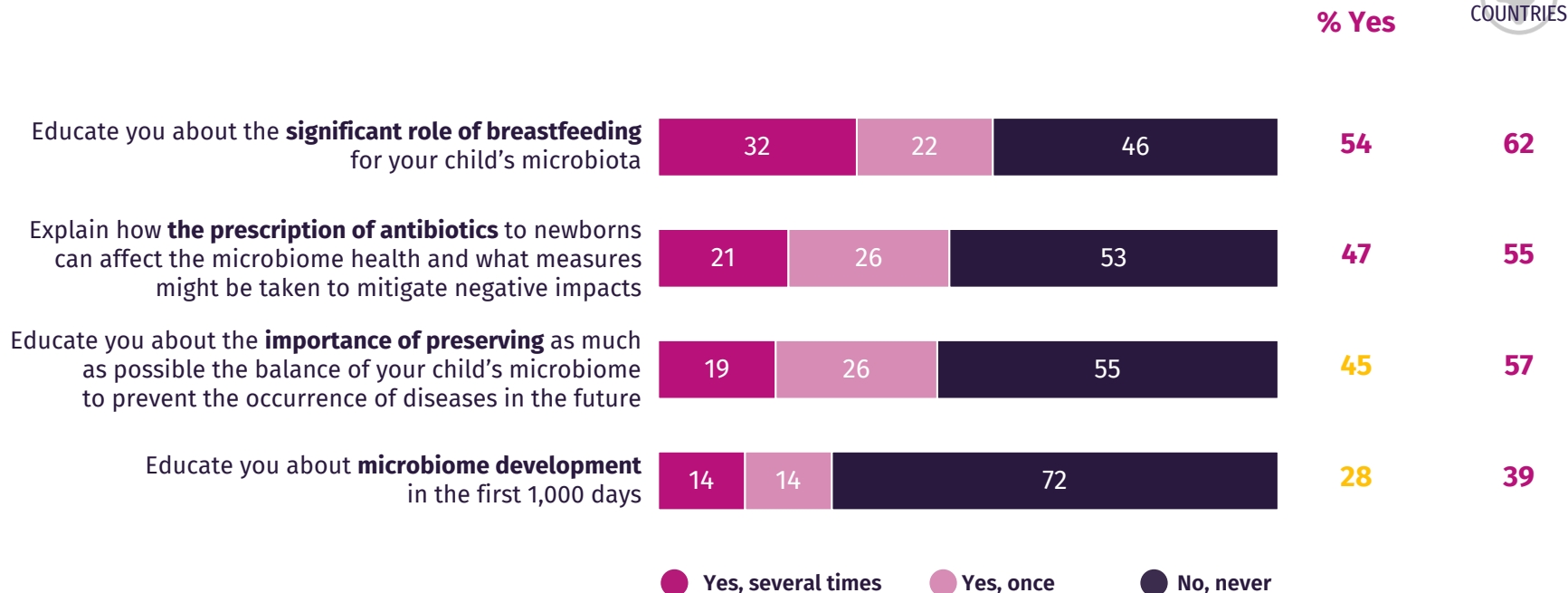


A minority of parents received information from the pediatrician about the microbiome development, the importance of preserving it and the impact of antibiotics.

NEW

Question 5V4. Has the pediatrician or the doctor monitoring your child's health ever done any of the following?

Base: Parents (n=153)





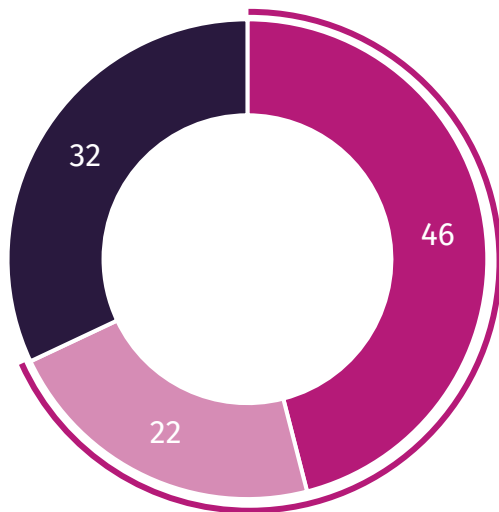
Two thirds were prescribed with prebiotics or probiotics for their child, a practice surpassing global norms.

NEW

QUESTION

Question 5V4. Has the pediatrician or the doctor monitoring your child's health ever done any of the following?

Base: Parents (n=153)



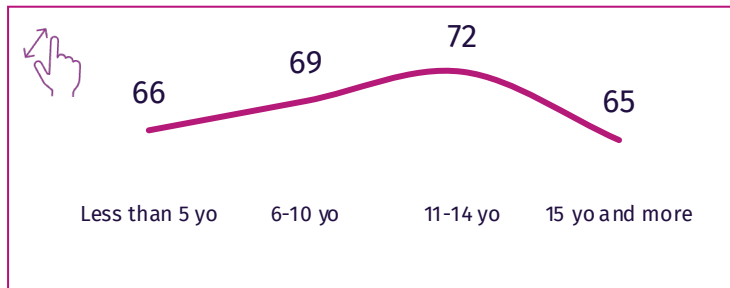
- Yes, several times
- Yes, once
- No never

68% were prescribed with prebiotics or probiotics for their child



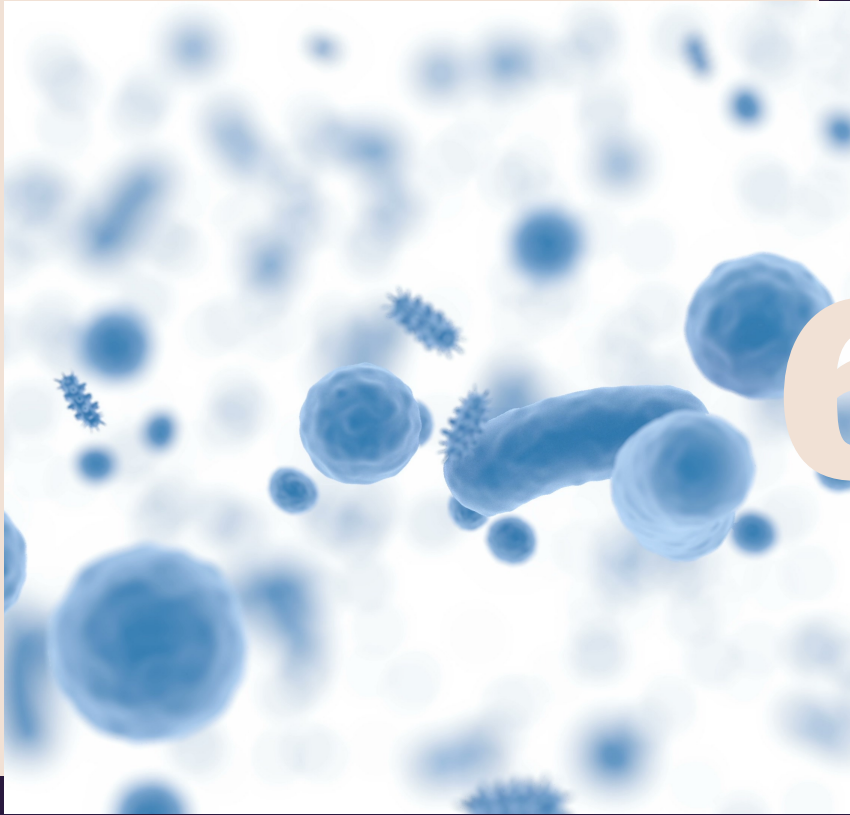
ALL COUNTRIES

57%



● Significant differences vs total - superior

● Significant differences vs total - inferior



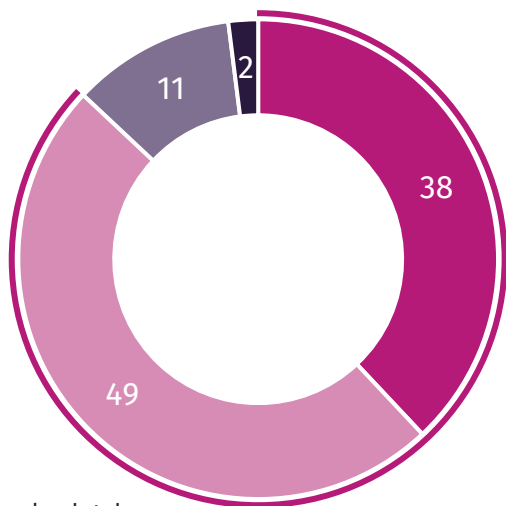
Focus on the vaginal microbiome

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



Most Polish women report that they know the difference between vagina and vulva.

NEW QUESTION Question 6V4. Do you know the difference between vagina and vulva?
Base: Women (n=260)

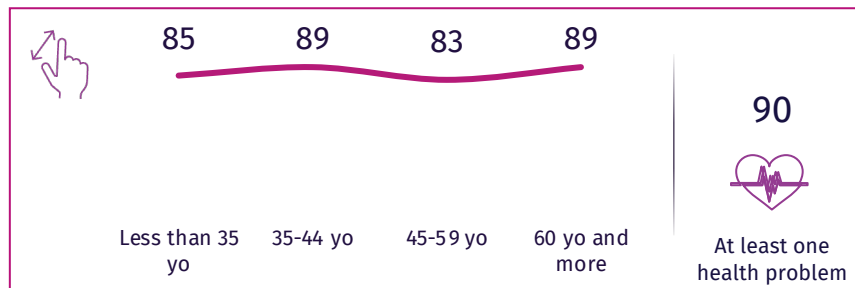


- Yes, absolutely
- Yes, somewhat
- No, not really
- No, not at all

87% know the difference between vagina and vulva



78%



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



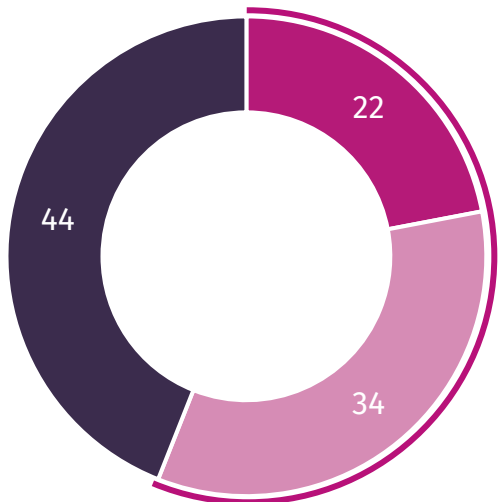
However, despite a strong evolution in Poland, only half women are aware of the term 'vaginal microbiome'.



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

Base: Women (n=260)

Vaginal microbiome



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

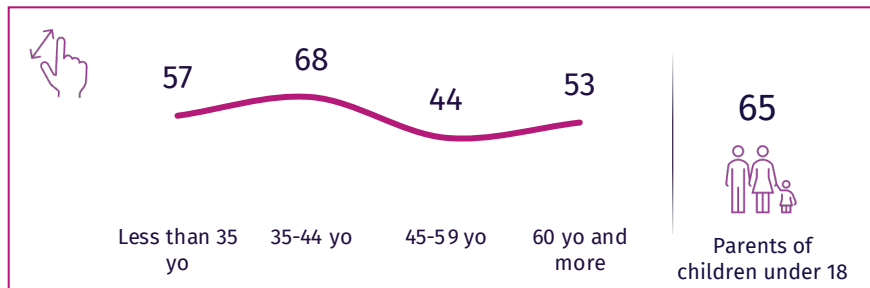
56% of women have already heard about the vaginal microbiome

2025: 44%

2024: 44% +12pts vs 2024



56%



● Significant differences vs total - superior

● Significant differences vs total - inferior

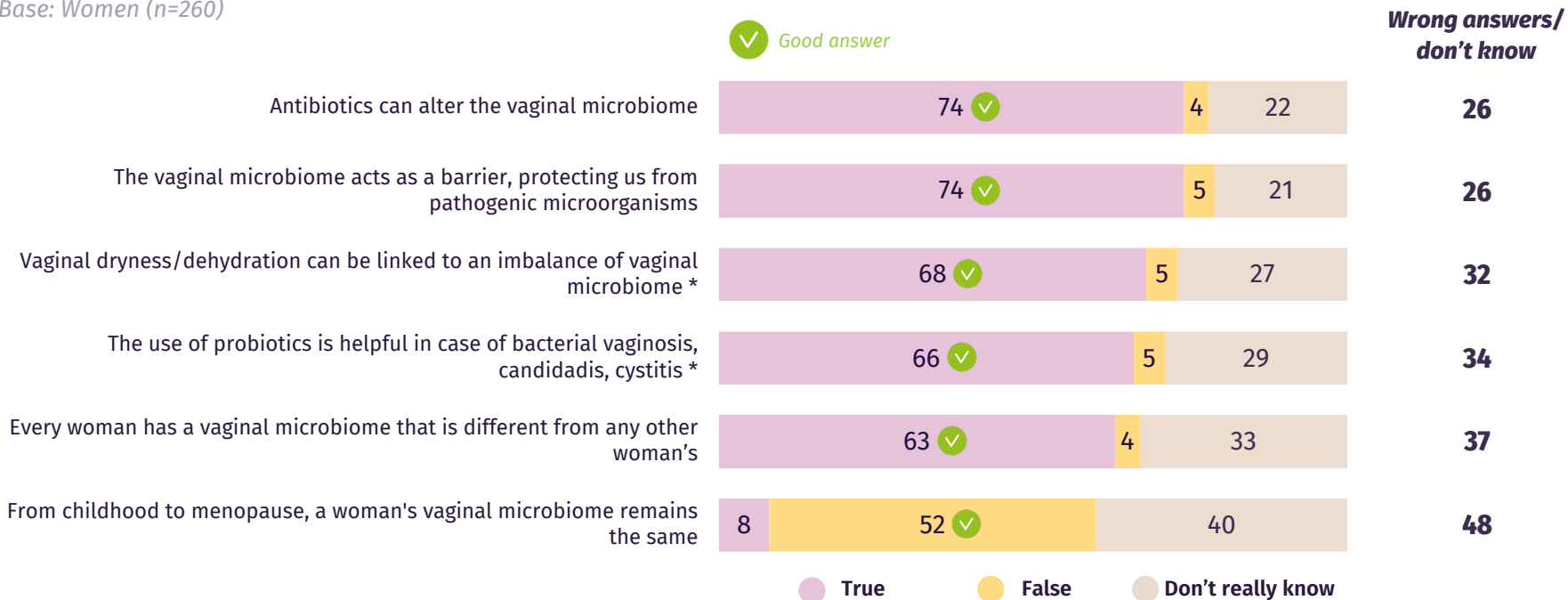


Core concepts understood: Polish women grasp the basics of vaginal microbiome's function. (1/2)



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 (n=260)



*These items have been added this year



Key knowledge gaps on gut-vaginal axis, the impact of smoking, estroprogestative pills and mode of delivery. (2/2)

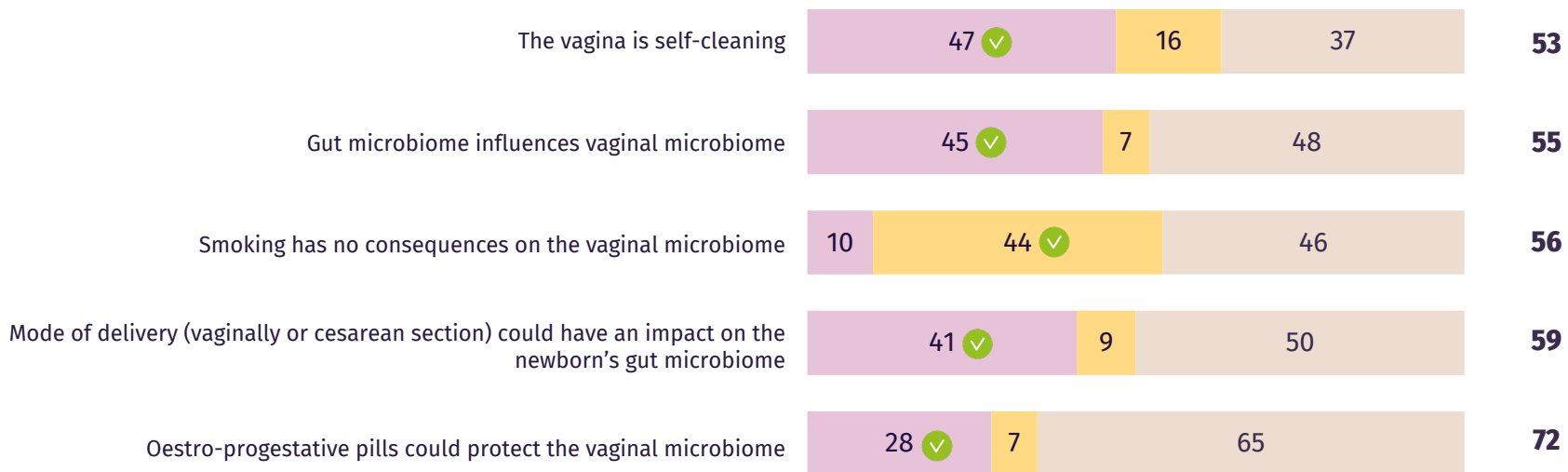


Question 13. For each of the following statements, tell us if you think it is TRUE or FALSE. If you are unsure about your answer, answer I don't really know.

Base: Women (n=260)

✓ Good answer

**Wrong answers/
don't know**



● True ● False ● Don't really know



Year after year, variations show how fragile the level of knowledge is among Polish women.

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 (n=260)

% good answer

	Total	Evolution			ALL COUNTRIES
		2026-2025	2025-2024	2024-2023	
Antibiotics can alter the vaginal microbiome	74	-9pts	+5pts		69
The vaginal microbiome acts as a barrier, protecting us from pathogenic microorganisms	74	-4pts	+4pts		64
Vaginal dryness/dehydration can be linked to an imbalance of vaginal microbiome *	68	N/A	N/A		65
The use of probiotics is helpful in case of bacterial vaginosis, candidadidis, cystitis *	66	N/A	N/A		56
Every woman has a vaginal microbiome that is different from any other woman's	63	+1pt	=		64
From childhood to menopause, a woman's vaginal microbiome remains the same	52	-11pts	+11pts		56
The vagina is self-cleaning	47	-2pts	=		57
Gut microbiome influences vaginal microbiome	45	+4pts	-10pts		45
Smoking has no consequences on the vaginal microbiome	44	-14pts	+5pts		50
Mode of delivery (vaginally or cesarean section) could have an impact on the newborn's gut microbiome	41	-6pts	+4pts		37
Oestro-progestative pills could protect the vaginal microbiome	28	+4pts	-6pts		21

*These items have been added this year



Significant differences vs total - superior



Significant differences vs total - inferior



Polish women's overall knowledge of vaginal microbiome is quite similar to global norms.



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.

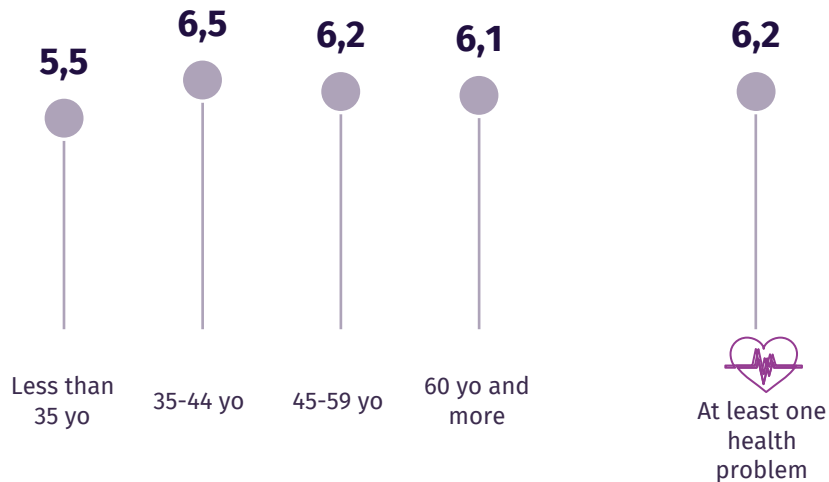
Base: Women (n=260)



5,8

6,0/11

Number of good responses on average



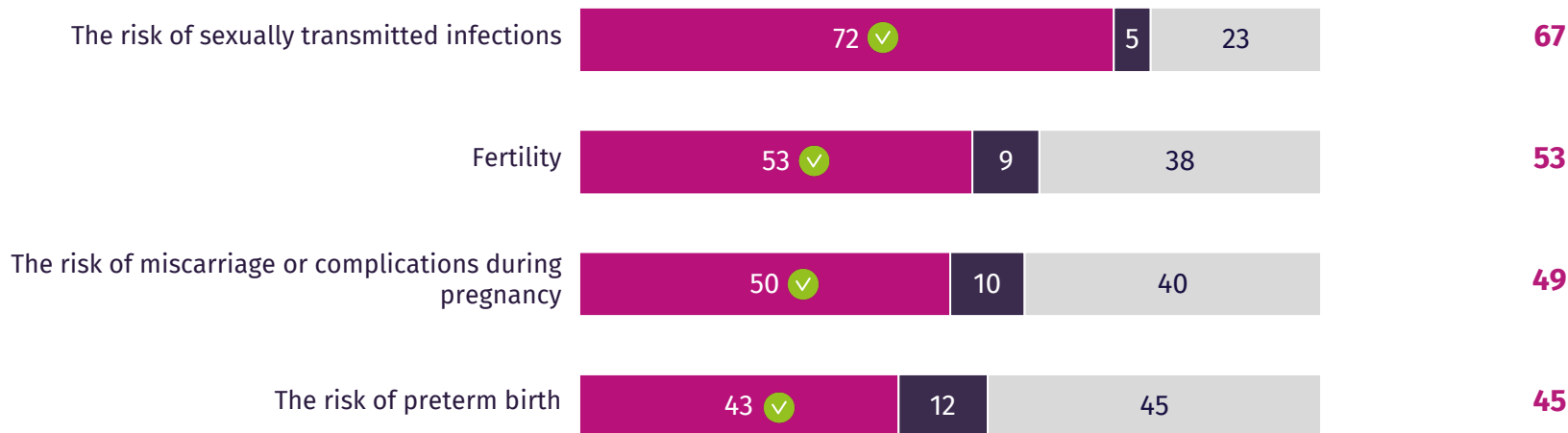
- Significant differences vs total - superior
- Significant differences vs total - inferior

In Poland, women have a good awareness of the impacts of unbalanced vaginal microbiome, except the link with preterm birth.



NEW
QUESTION

Question 7V4. Do you think that imbalances in the vaginal microbiome can have an impact on:
Base: Women (n=260)



● Yes ● No ● I don't know

✓ Good answer

Polish women exceed global norms in some microbiota-friendly habits—yet harmful practices persist : self-medication and overly frequent daily showers.



NEW QUESTION

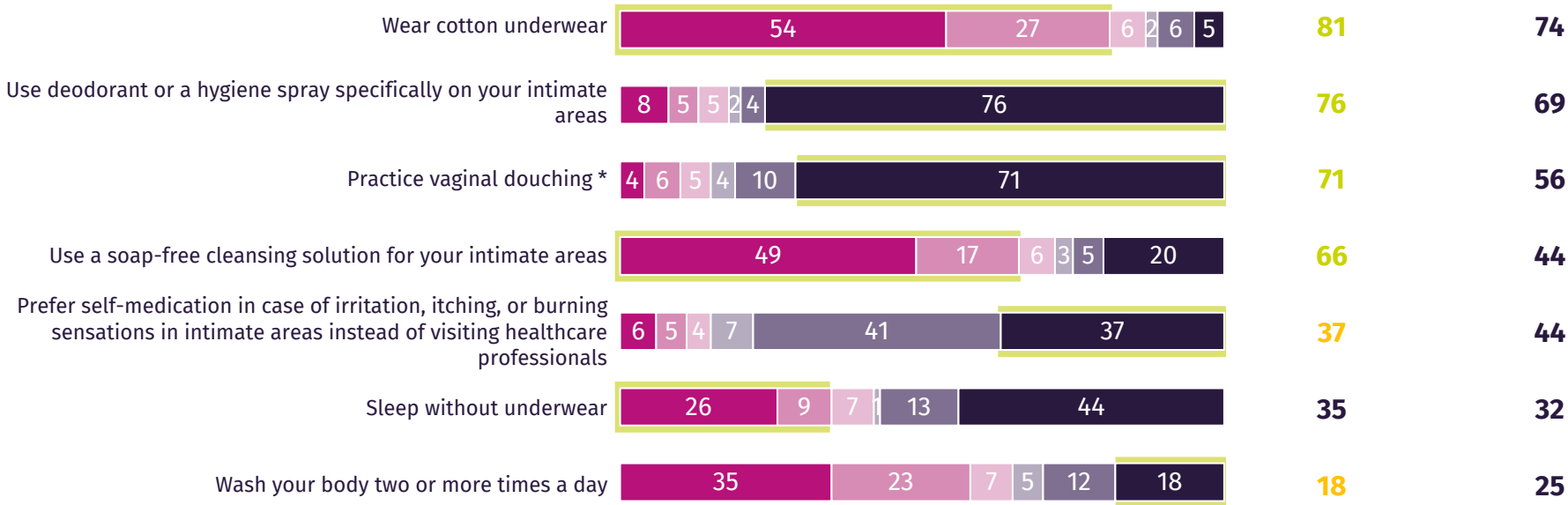
Question 11V4. How often do you include the following in your daily life?

Question 12V4. Regarding your intimate hygiene practices, which of the following behaviors do you perform?

Base: Women

% Microbiota friendly

ALL COUNTRIES



● Daily ● Several times a week ● Weekly ● Monthly ● Less than monthly ● Never

(*)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).



Very few women recall receiving all the information from their HCPs about the microbiome.

Question 14. Have healthcare professionals talked to you about the following?*

Base: Women (n=260)

24% received **ALL THESE INFORMATION**, at least one time
5% received **all these information several times**



30%
10%

% Yes

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



32

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



31

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



29

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

*The wording of the question was changed compared to last year



Among Polish women, information have not improved and appear to be declining, remaining below the global average



Question 14. Have healthcare professionals talked to you about the following?*

Base: Women (n=260)

% Yes

	Total	Evolution			ALL COUNTRIES
		2026-2025	2025-2024	2024-2023	
% Have received ALL THESE INFORMATION, at least one time	24	-2pts	-3pts		30
% Received ALL THESE INFORMATION, several times	5	-4pts	-5pts		10
Educate you on the importance of preserving as much as possible the balance of your vaginal microbiome	32	=	-4pts		40
Explain the good behaviors to adopt in order to maintain a good balance within your vaginal microbiome as much as possible	31	-1pt	-4pts		40
Explain to you what the vaginal microbiome is and what its roles and functions are	29	-3pts	-3pts		36

*The wording of the question was changed compared to last year

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



Specific guidance on intimate hygiene from HCPs is markedly less common in Poland.

NEW
QUESTION

Question 8V4. And more specifically, have healthcare professionals talked to you about the following?

Base: Women (n=260)

17% of women report that healthcare professionals discussed all these topics



25%



% Yes

The influence of hygiene products for intimate toilet on vaginal microbiome **35**

47

Guidance on the appropriate way to clean your intimate areas **31**

47

The influence of other hygiene products (sanitary pads, tampons, menstrual cups...) on vaginal microbiome **30**

42

Information about how sexual intercourse can potentially disrupt the natural balance of the vaginal microbiome **26**

37



Women in Poland are more comfortable discussing urinary tract or yeast infections and vaginal dryness with healthcare professionals than discussing sexual discomfort.

NEW

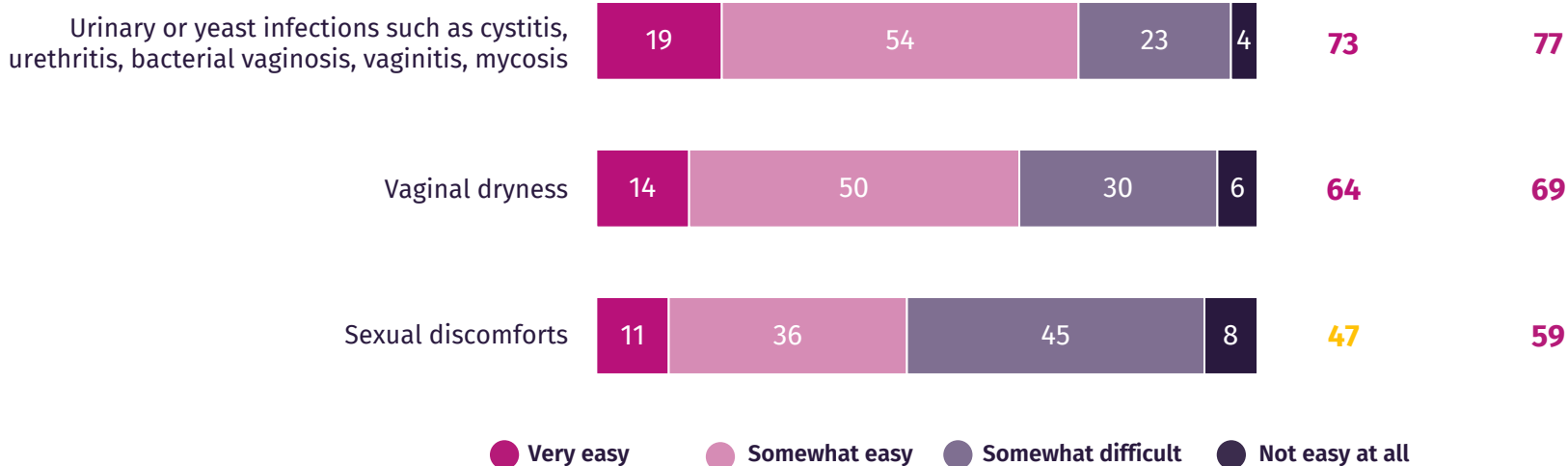
QUESTION

Question 9V4. How easily do you talk, or would you talk, about the following intimate health concerns with healthcare professionals?

Base: Women (n=260)



% Easy



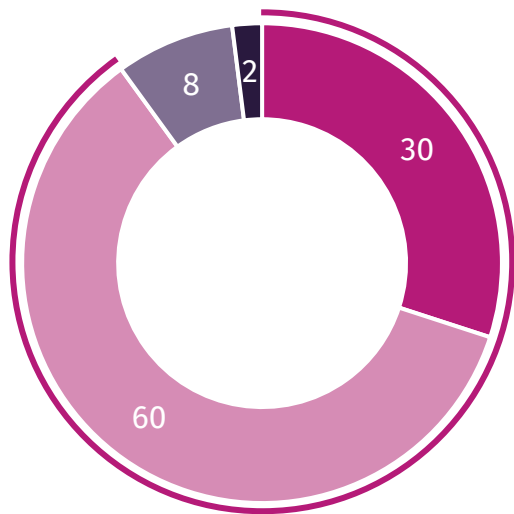


9 women in 10 would like to have more information about the importance of the vaginal microbiome and its impact on health.



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 (n=260)



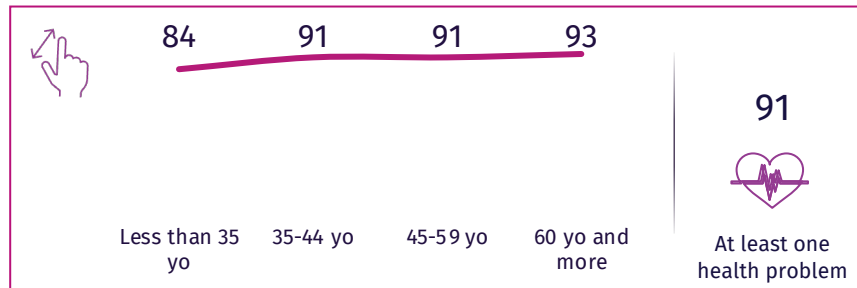
- Yes, absolutely
- Yes, somewhat
- No, not really
- No, not at all

90% would like to have more information about the importance of the vaginal microbiome and its impact on health

2025: 90%
2024: 86%



86%



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

A large, light gray illustration of a diverse microbiome, featuring various shapes of bacteria, fungi, and viruses, set against a white background that is slightly offset to the left and top of the dark blue page.

ANNEXES

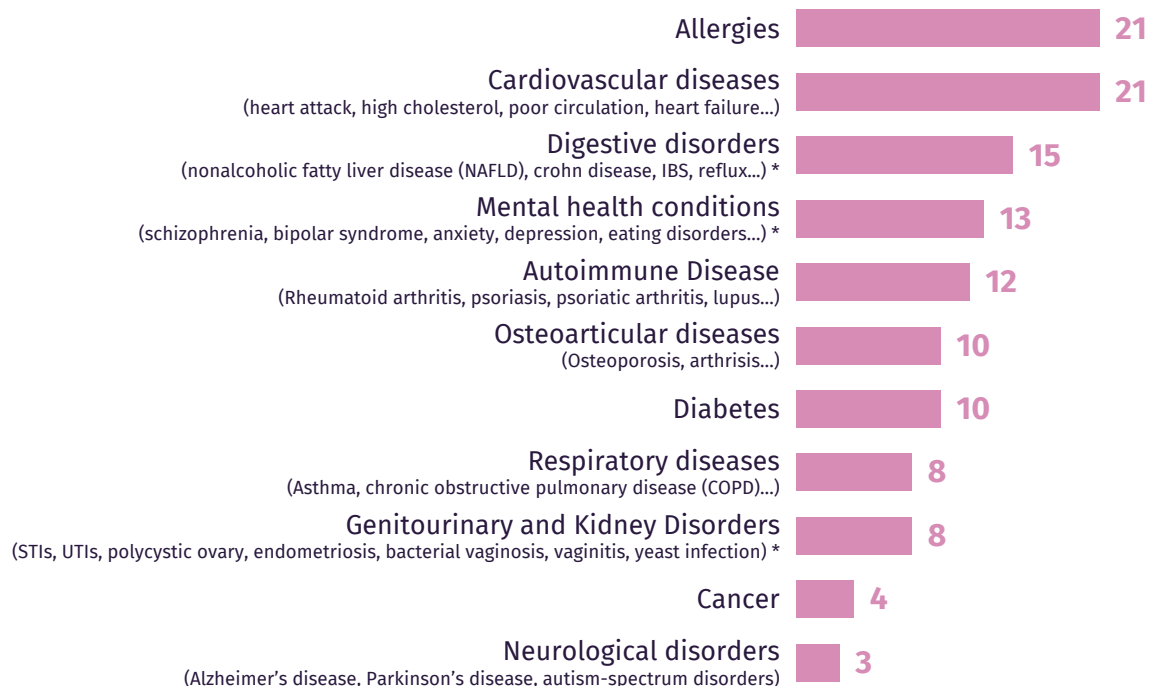


People with current conditions



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

Base: All respondents



*The wording of these items was changed compared to last year



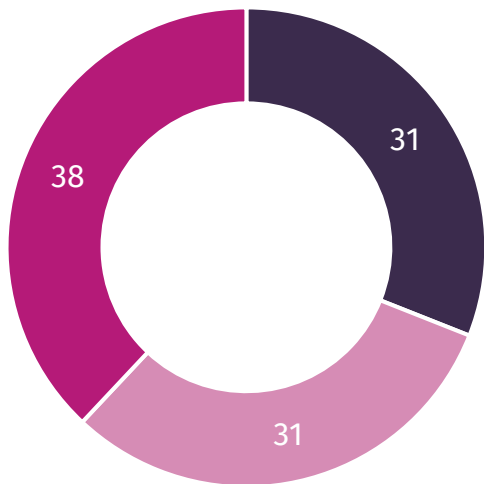
Smoking habits in Poland

NEW

QUESTION

Question 10V4. Do you smoke?

Base: All respondents



- Yes, I currently smoke
- I used to smoke but quit
- No, I've never smoked

31% are currently smoking



23%

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www.ipsos.com

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

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