International Microbiota Observatory

L'Observatoire International des Microbiotes

Fourth wave

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

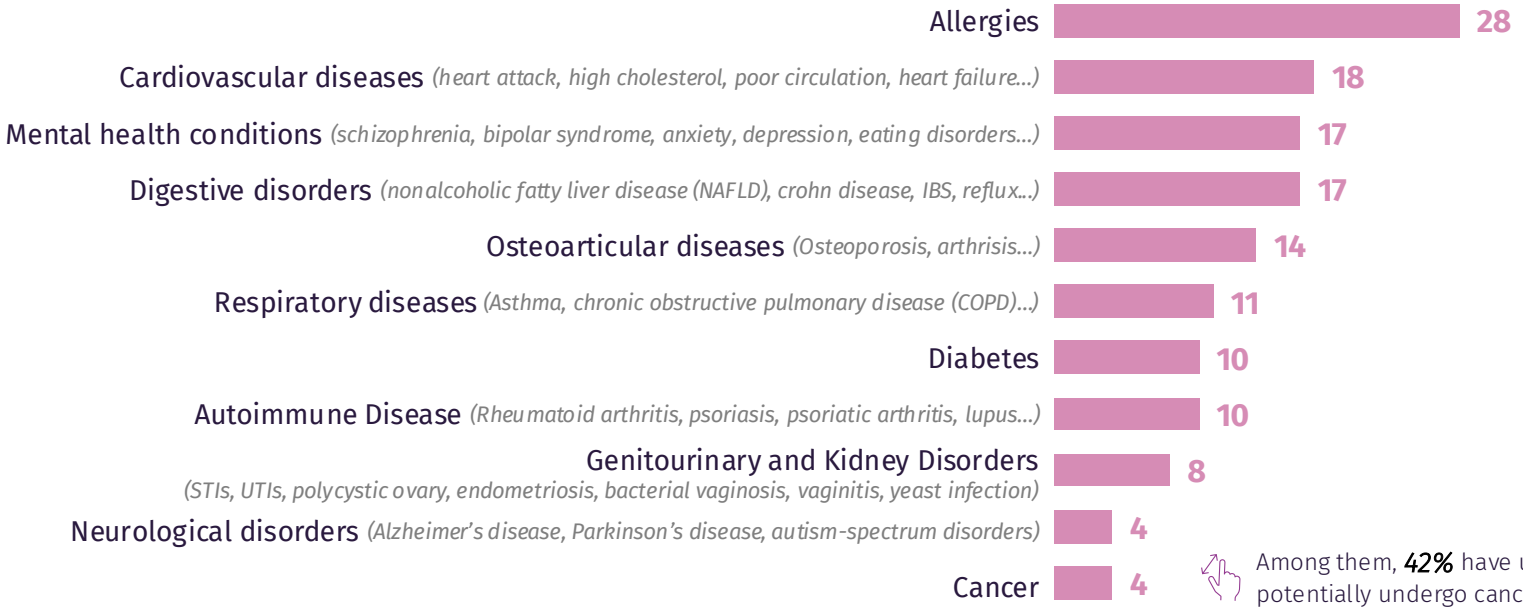
7 500 respondents

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. ↗ ↘

People with ongoing health conditions. A focus detailed throughout the report.

Question 4V2. Among the following health problems, indicate those you suffer from.
Base: All respondents

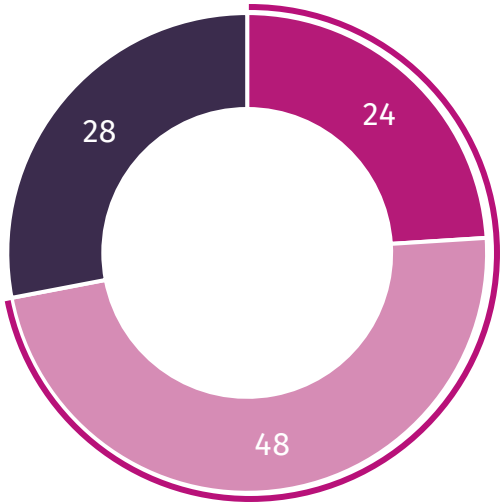


Among them, **42%** have undergone or will potentially undergo cancer immunotherapy

1 A growing awareness of diverse microbiome locations

In 2026, awareness of the microbiome remains steady, with more than 7 in 10 respondents familiar with the term. However, only a quarter know exactly what it is.

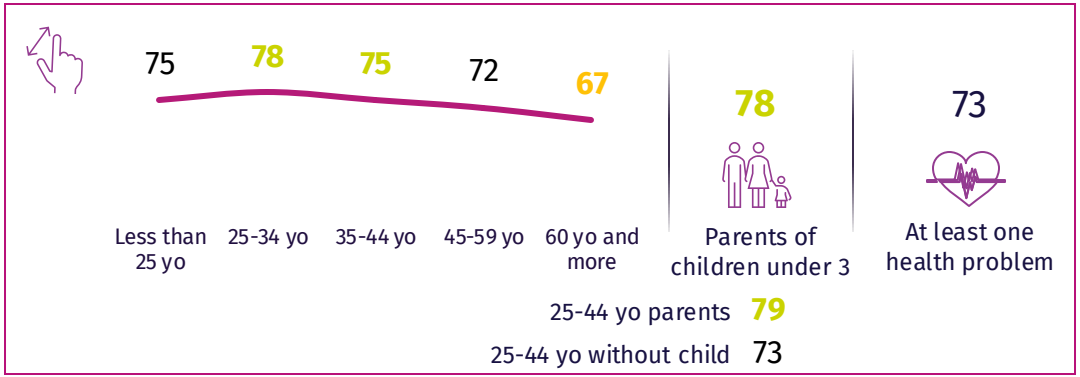
Question 2. Have you ever heard of the "microbiome"?
Base: All respondents



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

72% **have already heard about the term microbiome**

+1 point vs 2025



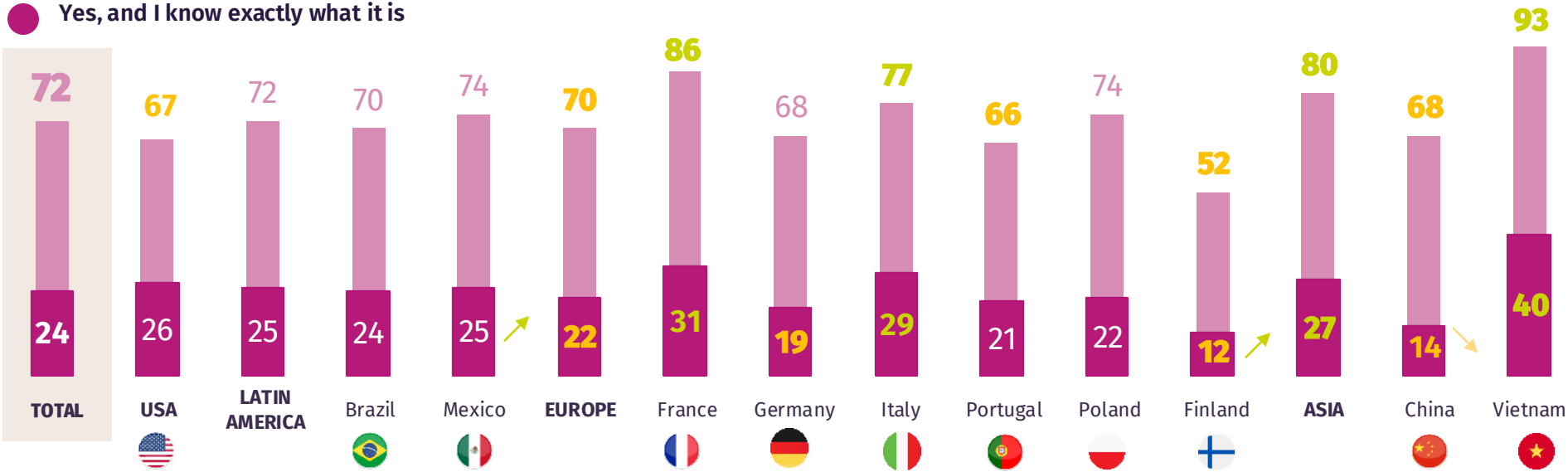
Significant differences vs total - superior Significant differences vs total - inferior

Awareness differs across countries, with Vietnam, France, and Italy once again standing out for for their accurate awareness of the microbiome.

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

% Yes

Yes, and I know exactly what it is



Significant differences vs total - superior

Significant differences vs total - inferior

Awareness of the microbiome has increased each year, especially in the USA, Brazil, Finland, and Mexico.

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

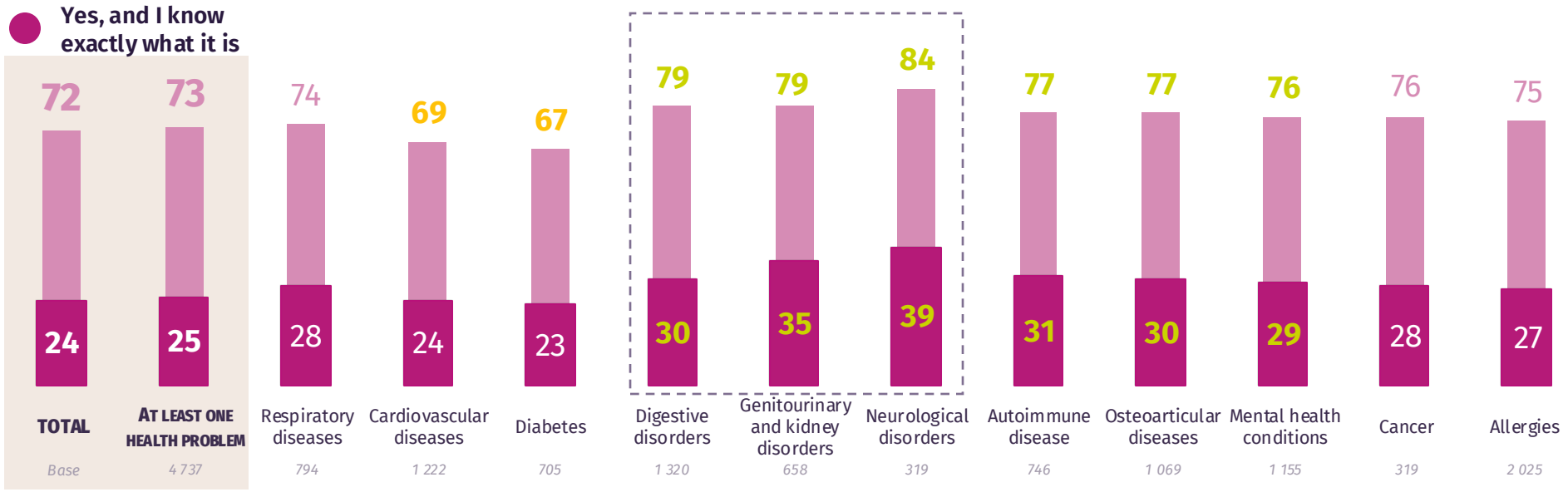
Subtotal "Yes"

	2023		2024		2025	2026	
CONSTANT SCOPE	**63**	↗	**70**		**71**	**72**	+9 points since 2023
USA	53	↗	62		63	**67**	+14points since 2023
Brazil	62		66	↗	73	**70**	+8points since 2023
Mexico	66	↗	71		72	**74**	+8points since 2023
France	81	↗	85		88	**86**	+5 points since 2023
Portugal	61		62		62	**66**	+5 points since 2023
China	57	↗	76	↘	69	**68**	+11 points since 2023
Germany	-		-		63	**68**	+5 points since 2025
Italy	-		-		78	**77**	
Poland	-		75		74	**74**	
Finland	-		41		46	**52**	+11 points since 2024
Vietnam	-		92		94	**93**	

Individuals suffering from digestive, genitourinary, kidney, and particularly neurological disorders seem to have a better knowledge of the microbiome.

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

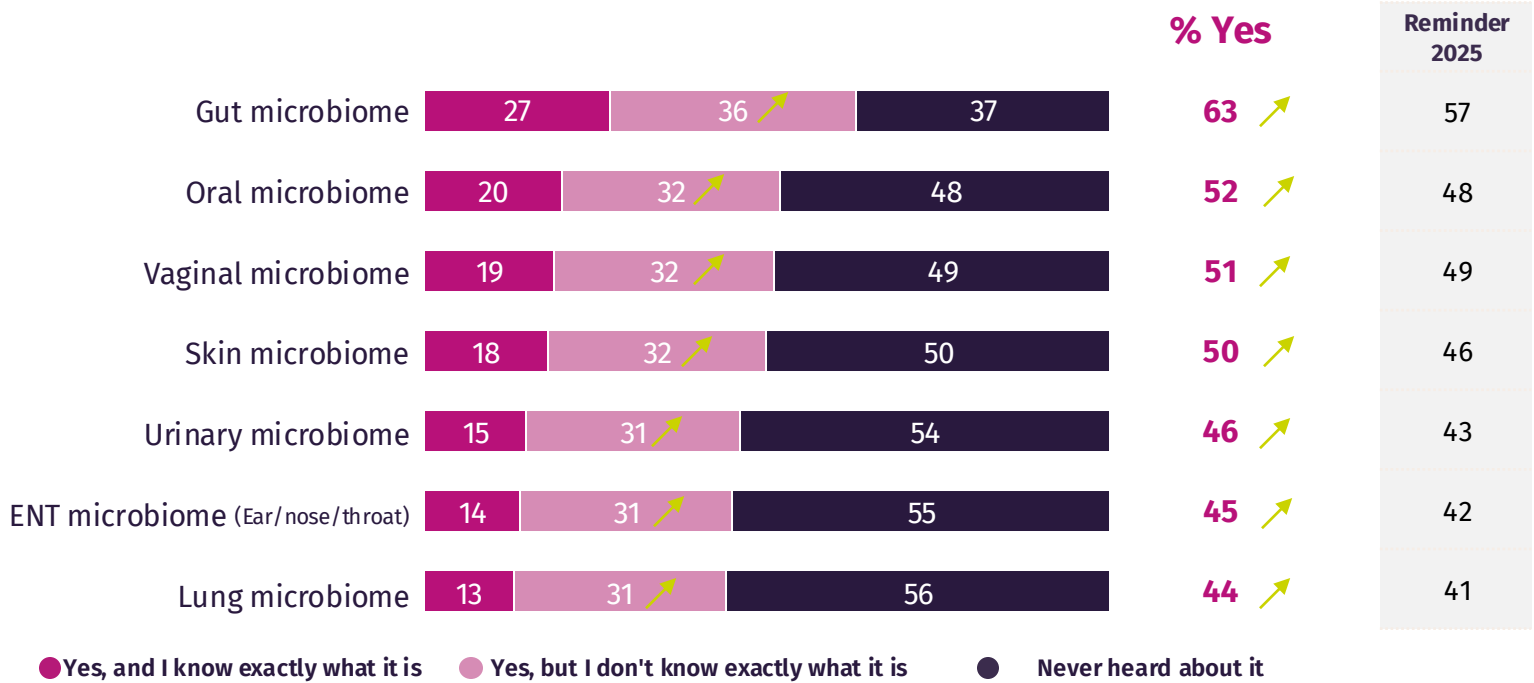
% Yes



Significant differences vs total - superior
Significant differences vs total - inferior
Significant differences vs at least one health problem - superior
Significant differences vs at least one health problem - inferior

Awareness of each microbiome has significantly increased compared to last year. The gut microbiome stands out as the most well-known.

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



Awareness of each microbiome is much stronger in Asia than in Europe, though knowledge of the gut microbiome is high in France and Italy.

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

% Yes	TOTAL	USA	LATIN AMERICA	Brazil	Mexico	EUROPE	France	Germany	Italy	Portugal	Poland	Finland	ASIA	China	Vietnam
Gut microbiome	**63**	58	65	62	67	60	74	54	69	54	63	48	75	62	90
Oral microbiome	**52**	47	54	54	54	46	51	38	51	41	52	43	74	62	85
Vaginal microbiome	**51**	47	56	56	55	45	51	41	53	42	48	37	66	53	81
Skin microbiome	**50**	50	50	49	51	44	42	46	45	41	49	41	69	55	84
Urinary microbiome	**46**	42	49	46	51	39	40	34	44	40	46	35	63	48	78
ENT microbiome (Ear/nose/throat)	**45**	41	47	47	48	38	36	32	40	36	45	37	65	49	81
Lung microbiome	**44**	40	47	48	45	37	38	35	39	37	41	35	62	48	76

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

Parents and respondents aged under 45 have better knowledge of the different microbiome locations. Parents aged 25-44 have even higher awareness.

Question 3. And more specifically, have you ever heard of the following terms?
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 3	25-44 yo parents	25-44 yo without child
Base	*7500*	*863*	*1 378*	*1 328*	*1 876*	*2 055*	*3 628*	*3 872*	*481*	*1674*	*1032*
Gut microbiome	**63**	66	70	66	64	58	61	65	69	70	64
Oral microbiome	**52**	58	61	58	50	45	53	52	62	64	53
Vaginal microbiome	**51**	57	59	55	50	43	46	56	61	62	50
Skin microbiome	**50**	57	59	56	47	42	49	51	61	61	52
Urinary microbiome	**46**	52	52	48	44	40	46	46	53	55	44
ENT microbiome (Ear/nose/throat)	**45**	51	53	46	42	39	45	44	56	55	42
Lung microbiome	**44**	52	51	46	41	38	45	42	54	53	42

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

The awareness of each microbiome is higher among individuals experiencing health issues, with particular emphasis on those with genitourinary, or neurological disorders.

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

% Yes	TOTAL	AT LEAST ONE HEALTH PROBLEM	Respiratory diseases	Cardiovascular diseases	Diabetes	Digestive disorders	Genitourinary and kidney disorders	Neurological disorders	Autoimmune disease	Osteoarticular diseases	Mental health conditions	Cancer	Allergies
Base	*7500*	*4 737*	*794*	*1 222*	*705*	*1 320*	*658*	*319*	*746*	*1 069*	*1 155*	*319*	*2 025*
Gut microbiome	**63**	**65**	66	60	58	73	72	75	69	69	67	66	68
Oral microbiome	**52**	**53**	54	49	50	60	66	66	60	58	55	54	57
Vaginal microbiome	**51**	**52**	56	48	47	60	66	66	59	58	56	51	56
Skin microbiome	**50**	**52**	55	48	49	59	64	67	58	56	55	51	56
Urinary microbiome	**46**	**47**	50	44	47	54	60	64	54	53	48	49	51
ENT microbiome (Ear/nose/throat)	**45**	**47**	50	45	45	53	58	60	54	53	48	47	51
Lung microbiome	**44**	**45**	50	43	43	51	57	60	51	51	46	50	48

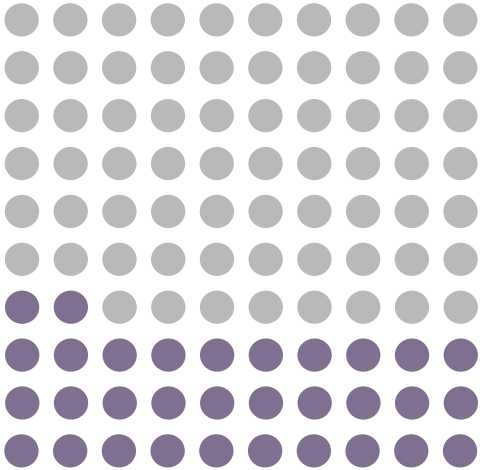
Significant differences vs total - superior
Significant differences vs total - inferior
Significant differences vs at least one health problem - superior
Significant differences vs at least one health problem - inferior

Awareness of microbiome diversity reaches nearly a third of respondents, and even more among parents aged 25-44 or those with a child under 3.

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

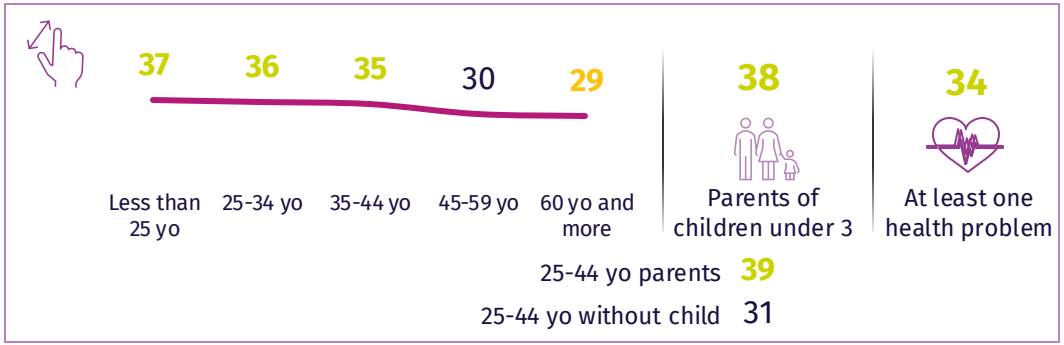
68% have heard of at least one microbiome

+ 6 points vs 2025



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

+ 1 point vs 2025



But only 7% know precisely all of them

stable vs 2025

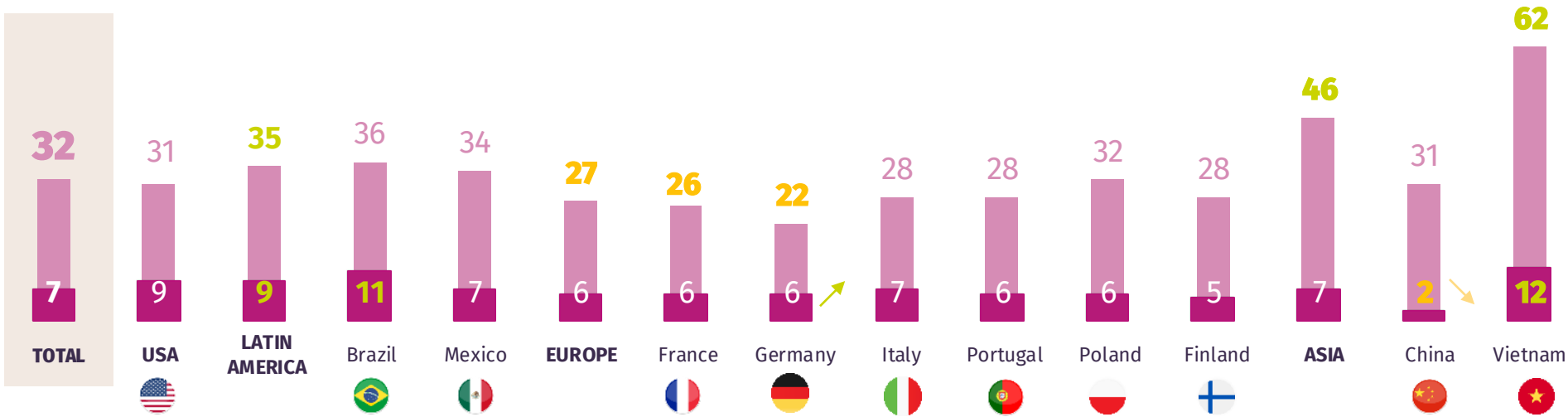
Significant differences vs total - superior Significant differences vs total - inferior

Microbiome diversity is not widely known across countries. Only the Vietnamese appear to be highly aware of all types of microbiomes.

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

% have already heard of each microbiome

% know precisely all microbiomes



Significant differences vs total - superior

Significant differences vs total - inferior

Awareness of the diversity of the microbiome has progressed compared to last year especially in USA, Brazil, Mexico, France or Finland.

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

% Have already heard of each microbiome

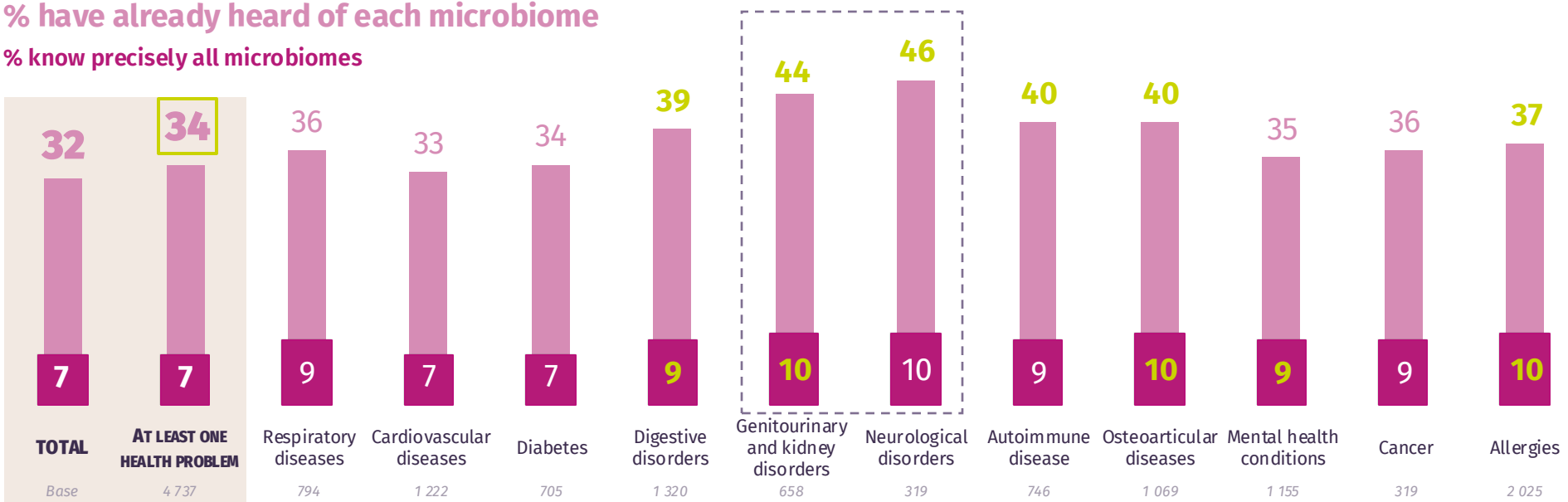
	2023		2024	2025		2026	
CONSTANT SCOPE	**26**	↗	**30**	**30**		**31**	+5 points since 2023
USA	21	↗	29	32		**31**	+10 points since 2023
Brazil	29		32	35		**36**	+7 points since 2023
Mexico	26	↗	32	29	↗	**34**	+8 points since 2023
France	21	↗	29	25		**26**	+5 points since 2023
Portugal	26		25	27		**28**	
China	34		30	30		**31**	
Germany	-		-	19		**22**	
Italy	-		-	32		**28**	
Poland	-		31	28		**32**	
Finland	-		20	25		**28**	+8 points since 2024
Vietnam	-		60	54	↗	**62**	

Only a third of people with health conditions know about microbiome diversity, with slightly better awareness among those with neurological or genitourinary disorders.

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

% have already heard of each microbiome

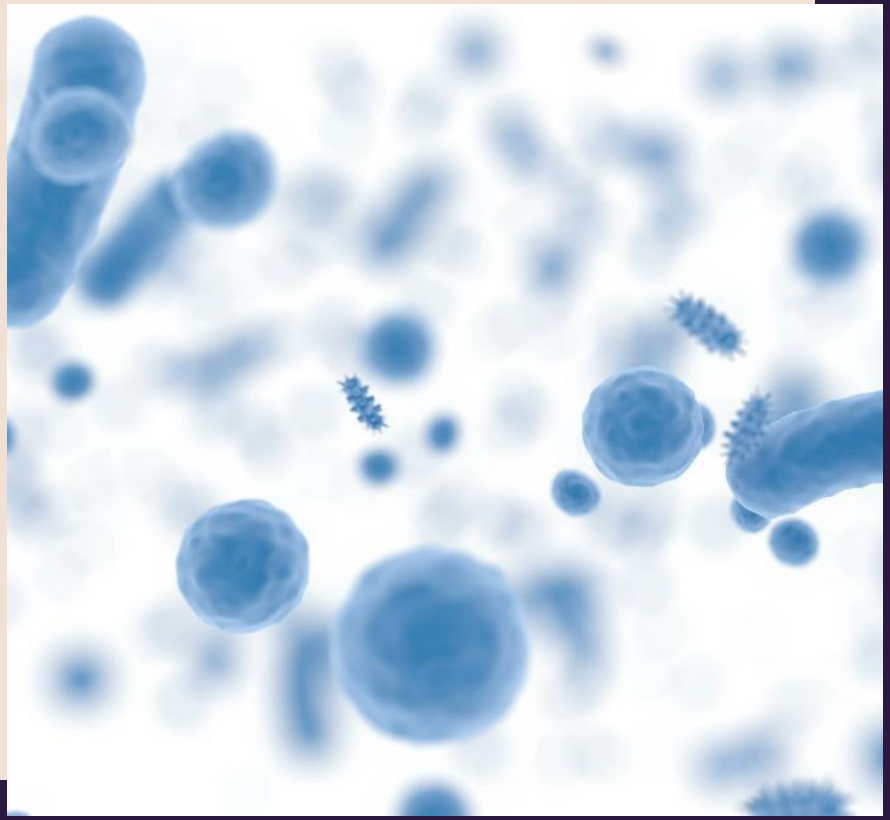
% know precisely all microbiomes



Significant differences vs total - superior
Significant differences vs total - inferior
Significant differences vs at least one health problem - superior
Significant differences vs at least one health problem - inferior

2

Yet, the information received from healthcare professionals shows signs of decline.

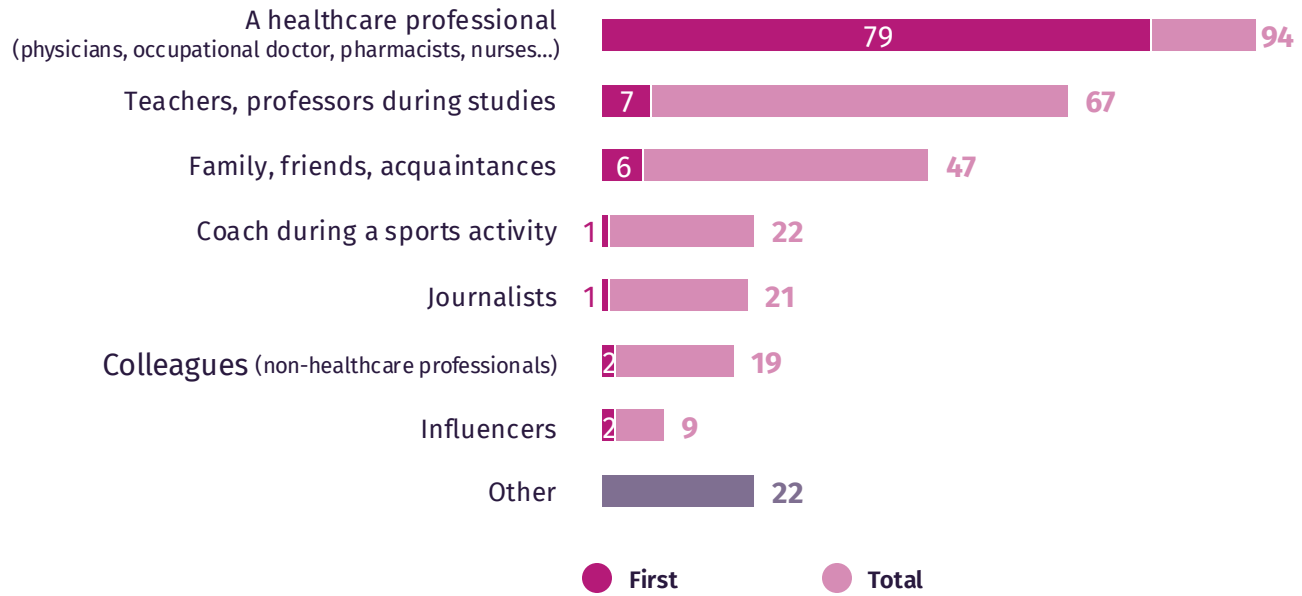


Text displayed to respondents:

The microbiome (or microbial flora) is a group of microorganisms such as bacteria, viruses, fungi and archaea, which live in symbiosis with our body, mainly in our digestive tract but also on the skin, in the lungs, ears, mouth and vagina.
The microbiome has many consequences for our health because it fulfils essential functions such as digesting food constituents, synthesizing vitamins and stimulating our immune system.
An unbalanced microbiome could be involved in certain diseases such as allergies, obesity and chronic inflammatory bowel diseases.
Recent studies also suggest that the microbiome can have an impact on our mental health and behavior, influencing our mood, cognition and motivation.

Healthcare professionals continue to be the leading source of relevant and trustworthy 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



	Reminder 2025
A healthcare professional (physicians, occupational doctor, pharmacists, nurses...)	94
Teachers, professors during studies	69
Family, friends, acquaintances	48
Coach during a sports activity	20
Journalists	23
Colleagues (non-healthcare professionals)	19
Influencers	10
Other	19

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

Healthcare professionals are consistently rated the most trustworthy source on the microbiome across all countries.

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	USA	LATIN AMERICA	Brazil	Mexico	EUROPE	France	Germany	Italy	Portugal	Poland	Finland	ASIA	China	Vietnam
A healthcare professional (physicians, occupational doctor, pharmacists, nurses...)	94	91	95	96	95	96	95	94	95	98	94	97	89	90	88
Teachers, professors during studies	67	63	73	68	78	66	61	61	74	62	70	64	68	78	58
Family, friends, acquaintances	47	50	41	40	42	47	47	52	46	52	54	28	54	50	57
Coach during a sports activity	22	13	24	26	22	24	19	29	23	31	23	18	20	17	23
Journalists	21	22	27	36	19	19	30	18	21	22	10	15	17	19	14
Colleagues (non-healthcare professionals)	19	23	19	13	26	17	13	15	13	13	26	20	23	19	27
Influencers	9	12	5	5	6	5	4	4	4	5	4	8	21	16	27
Other	22	26	15	17	13	28	32	26	24	17	18	51	9	10	7

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

People aged 60 and older are even more likely to trust healthcare professionals to provide microbiome relevant and trustworthy 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	25-34 yo	35-44 yo	45-59 yo	60 yo and more	Men	Women	Parents of children under 3
Base	*7500*	*863*	*1 378*	*1 328*	*1 876*	*2 055*	*3 628*	*3 872*	*481*
A healthcare professional (physicians, occupational doctor, pharmacists, nurses…)	**94**	91	90	92	94	98	93	94	86
Teachers, professors during studies	**67**	74	68	66	67	64	69	65	66
Family, friends, acquaintances	**47**	45	44	44	48	51	47	48	44
Coach during a sports activity	**22**	25	25	24	22	19	21	23	26
Journalists	**21**	24	24	22	18	19	21	20	24
Colleagues (non-healthcare professionals)	**19**	15	20	20	22	17	19	19	25
Influencers	**9**	10	13	11	7	5	9	8	17
Other	**22**	16	16	22	22	28	20	24	13

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

People with health issues also mainly rely on healthcare professionals for microbiome 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	AT LEAST ONE HEALTH PROBLEM	Respiratory diseases	Cardiovascular diseases	Diabetes	Digestive disorders	Genitourinary and kidney disorders	Neurological disorders	Autoimmune disease	Osteoarticular diseases	Mental health conditions	Cancer	Allergies
Base	*7500*	*4 737*	*794*	*1 222*	*705*	*1 320*	*658*	*319*	*746*	*1 069*	*1 155*	*319*	*2 025*
A healthcare professional (physicians, occupational doctor, pharmacists, nurses...)	**94**	**95**	**92**	95	**93**	94	**89**	**85**	**93**	95	**93**	**90**	95
Teachers, professors during studies	**67**	**68**	66	**65**	68	68	**63**	**55**	65	65	70	65	68
Family, friends, acquaintances	**47**	**47**	48	46	48	44	48	43	47	49	**41**	48	46
Coach during a sports activity	**22**	**23**	23	23	24	22	24	27	22	21	24	26	23
Journalists	**21**	**20**	21	19	**15**	**23**	19	**26**	21	**17**	**26**	17	20
Colleagues (non-healthcare professionals)	**19**	**19**	20	21	22	19	**25**	**27**	20	21	**16**	20	18
Influencers	**9**	**8**	10	8	9	**10**	**15**	**17**	**11**	**11**	9	**12**	8
Other	**22**	**22**	21	24	21	21	**18**	21	21	22	22	23	22

Significant differences vs total - superior
Significant differences vs total - inferior
Significant differences vs at least one health problem - superior
Significant differences vs at least one health problem - inferior

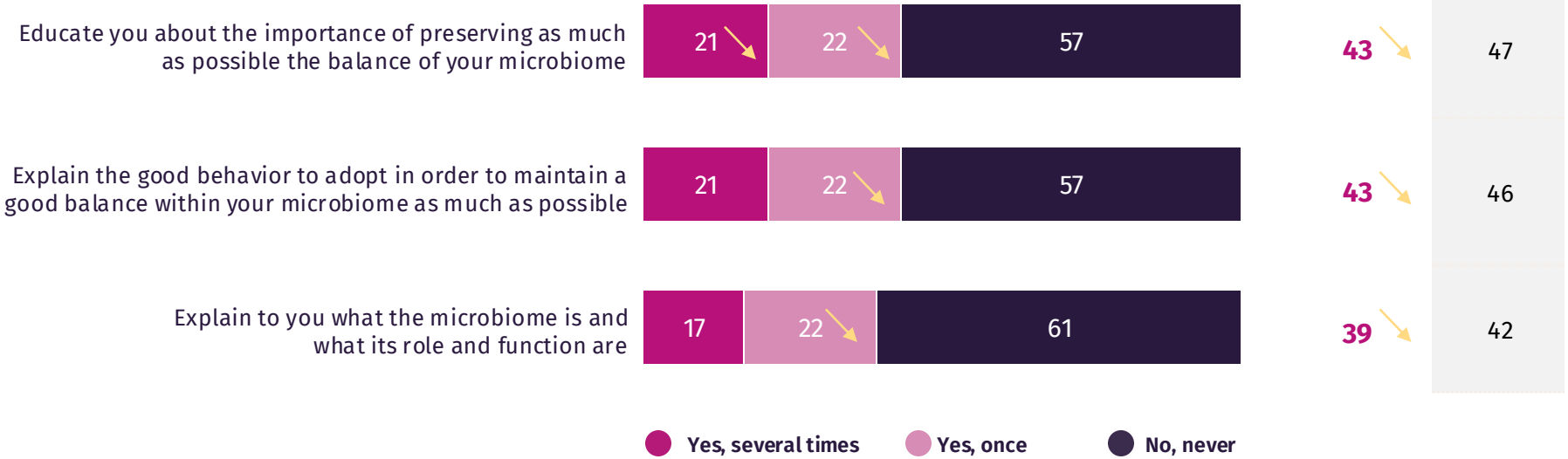
While the information provided by healthcare professionals remains limited, with fewer respondents receiving education from them this year…

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

50% **received at least one piece on information, at least one time** *(-5 points vs 2025)*

Only 33% received ALL THESE INFORMATION, at least one time *(-2 points vs 2025)*

11% received all these information several times *(stable vs 2025)*



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

This trend is consistent globally, with a lack of improvement and even a decrease in the information shared across all countries

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

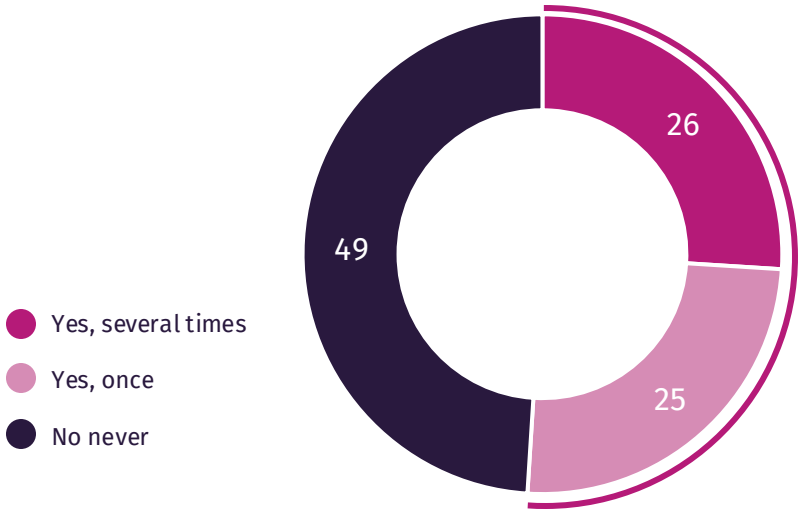
% Have received at least one piece of information, at least once

	2023		2024		2025		2026
CONSTANT SCOPE	**54**	↗	**57**		**58**	↘	**54**
USA	36	↗	50		50	↘	**44**
Brazil	56		61		66	↘	**58**
Mexico	71	↗	75		72		**72**
France	34	↗	47		45	↘	**37**
Portugal	43		42	↘	48		**47**
China	84	↘	67		64		**67**
Germany					35		**30**
Italy					53		**49**
Poland			48		52	↘	**40**
Finland			26		27		**27**
Vietnam			86		88	↘	**83**

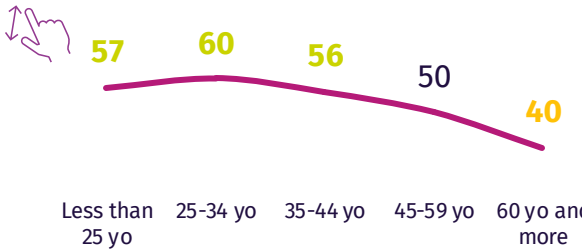
...there has been a slight increase in probiotic/ prebiotic prescriptions.

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

"Prescribe probiotics or prebiotics"



51% ↗ **were prescribed with probiotics or prebiotics**
+2 points vs 2025



68 Parents of children under 3

54 At least one health problem

25-44 yo parents **67**
25-44 yo without child **45**

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

Being informed about the microbiome is linked to more accurate knowledge and greater uptake of protective behaviors.

Individuals who have had all information, several times from HCPs (n=844)

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

Awareness of the microbiome & its diversity	
Know exactly what is « microbiome »	**54%** vs 24%*
Subtotal « Aware »	**87%** vs 72%
Subtotal Aware of the gut microbiome	**83%** vs 63%
Subtotal Aware of all microbiome	**68%** vs 32%
Level of knowledge around the microbiome	
Mean of good answers	**6,7/9** vs 5,4/9
Have changed their behaviors to maintain a balanced microbiome	
Have changed their behaviors	**85%** vs 53%

* *Reading note:* Among individuals who have received all the information on microbiome several times from HCPs, 54% know exactly what is microbiome, versus 24% among all respondents.

Asian and Latin American respondents are more likely to have received microbiome 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	USA	LATIN AMERICA	Brazil	Mexico	EUROPE	France	Germany	Italy	Portugal	Poland	Finland	ASIA	China	Vietnam
Prescribe probiotics or prebiotics	51	45	63	53	73	40	28	24	56	43	66	23	74	65	82
Educate you about the importance of preserving as much as possible the balance of your microbiome	43	38	56	51	61	33	30	27	39	41	34	26	66	57	74
Explain the good behavior to adopt in order to maintain a good balance within your microbiome as much as possible	43	38	58	52	63	32	30	25	41	43	31	20	65	56	74
Explain to you what the microbiome is and what its role and function are	39	36	48	43	54	28	26	23	34	35	30	20	64	52	75

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

Respondents aged under 45 and parents stand out as the ones who have received the most information from HCPs on microbiome.

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 3	25-44 yo parents	25-44 yo without child
Base	*7500*	*863*	*1 378*	*1 328*	*1 876*	*2 055*	*3 628*	*3 872*	*481*	*1674*	*1032*
Prescribe probiotics or prebiotics	**51**	57	60	56	50	40	48	53	68	45	67
Educate you about the importance of preserving as much as possible the balance of your microbiome	**43**	52	52	48	41	35	44	43	57	59	39
Explain the good behavior to adopt in order to maintain a good balance within your microbiome as much as possible	**43**	51	53	47	42	33	44	43	61	59	38
Explain to you what the microbiome is and what its role and function are	**39**	47	49	43	36	30	40	38	54	54	34

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

Despite receiving above-average information from HCPs, most people with health conditions remain uninformed about the microbiome.

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

% Yes

	TOTAL	AT LEAST ONE HEALTH PROBLEM	Respiratory diseases	Cardiovascular diseases	Diabetes	Digestive disorders	Genitourinary and kidney disorders	Neurological disorders	Autoimmune disease	Osteoarticular diseases	Mental health conditions	Cancer	Allergies
Base	*7500*	*4 737*	*794*	*1 222*	*705*	*1 320*	*658*	*319*	*746*	*1 069*	*1 155*	*319*	*2 025*
Prescribe probiotics or prebiotics	**51**	**54**	60	51	51	67	76	69	58	61	57	52	58
Educate you about the importance of preserving as much as possible the balance of your microbiome	**43**	**46**	51	43	45	54	61	65	50	53	50	48	50
Explain the good behavior to adopt in order to maintain a good balance within your microbiome as much as possible	**43**	**46**	50	44	45	54	62	64	49	52	48	46	50
Explain to you what the microbiome is and what its role and function are	**39**	**41**	47	39	41	50	59	60	44	48	42	43	45

Significant differences vs total - superior
Significant differences vs total - inferior
Significant differences vs at least one health problem - superior
Significant differences vs at least one health problem - inferior

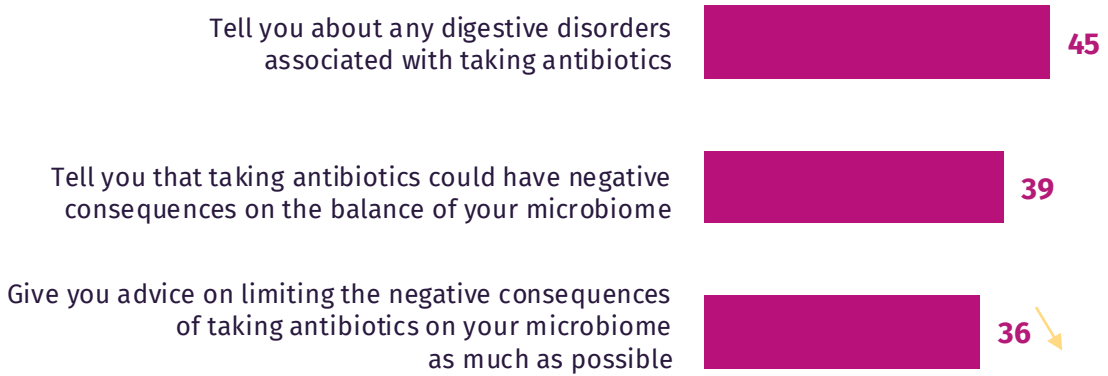
Even when antibiotics are prescribed, the information provided by healthcare professionals remains limited and shows no signs of increase.

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

% Yes

Only 25% received ALL THESE INFORMATION from their HCPs

Stable vs 2025



	Reminder 2025 *% Yes*
Tell you about any digestive disorders associated with taking antibiotics	46
Tell you that taking antibiotics could have negative consequences on the balance of your microbiome	39
Give you advice on limiting the negative consequences of taking antibiotics on your microbiome as much as possible	38

Patients in the US, France, Germany, Portugal, and Finland are less likely to receive microbiome information with antibiotic prescriptions.

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

% Yes

	TOTAL	USA	LATIN AMERICA	Brazil	Mexico	EUROPE	France	Germany	Italy	Portugal	Poland	Finland	ASIA	China	Vietnam
% HAVE RECEIVED ALL THESE INFORMATION FROM THEIR HCPS	**25**	19	24	22	27	21	17	14	27	19	27	19	42	35	50
Tell you about any digestive disorders associated with taking antibiotics	**45**	33	45	42	47	41	42	30	48	41	41	43	64	60	67
Tell you that taking antibiotics could have negative consequences on the balance of your microbiome	**39**	32	37	32	42	34	27	24	45	30	44	33	60	52	68
Give you advice on limiting the negative consequences of taking antibiotics on your microbiome as much as possible	**36**	31	37	34	40	30	27	20	41	30	36	24	58	50	66

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

Across countries, the situation remains very steady with no significant changes, except for an increase observed in China.

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

% Have received all the information at least one time

	2023		2024		2025	2026	
CONSTANT SCOPE	**21**	↗	**24**		**23**	**23**	
USA	15	↗	22		23	**19**	
Brazil	21		23		19	**22**	
Mexico	27	↗	32	↘	26	**27**	
France	16	↗	21		19	**17**	
Portugal	18		19		18	**19**	
China	28		29		32	**35**	+7 points since 2023
Germany	-		-		13	**14**	
Italy	-		-		32	**27**	
Poland	-		32		30	**27**	
Finland	-		18		15	**19**	
Vietnam	-		49		49	**50**	

Across countries, the proportion who report that HCPs offer guidance on reducing the adverse impact of antibiotics on the microbiome shows no signs of improvement.

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

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

	2023		2024		2025		2026
CONSTANT SCOPE	**35**	↗	**38**	↘	**36**		**35**
USA	26	↗	35		34		**31**
Brazil	32		36		33		**34**
Mexico	41	↗	48	↘	42		**40**
France	27		31		31		**27**
Portugal	30		30		30		**30**
China	53	↘	48		48		**50**
Germany	-		-		21		**20**
Italy	-		-		48	↘	**41**
Poland	-		43		44	↘	**36**
Finland	-		25		23		**24**
Vietnam	-		63		68		**66**

Parents are the ones who report more microbiome information from healthcare professionals when prescribed antibiotics.

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 3	25-44 yo parents	25-44 yo without child
Base	*7500*	*863*	*1 378*	*1 328*	*1 876*	*2 055*	*481*	*1674*	*1032*
% HAVE RECEIVED ALL THESE INFORMATION FROM THEIR HCPS	**25**	24	26	26	26	24	**31**	**31**	**19**
Tell you about any digestive disorders associated with taking antibiotics	**45**	47	47	47	45	**42**	**53**	**53**	**39**
Tell you that taking antibiotics could have negative consequences on the balance of your microbiome	**39**	42	**43**	41	38	**36**	**49**	**49**	**33**
Give you advice on limiting the negative consequences of taking antibiotics on your microbiome as much as possible	**36**	37	**41**	37	36	**33**	**46**	**47**	**29**

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

Even among people with health conditions, the majority had received no advice when prescribed antibiotics.

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

% Yes

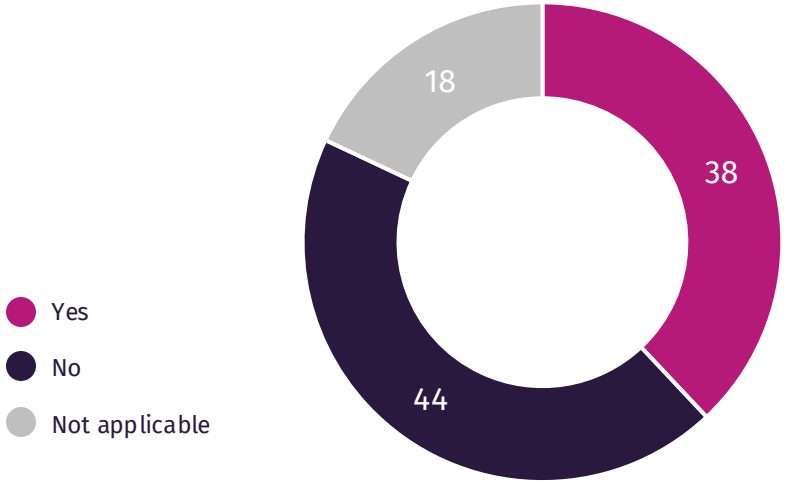
	TOTAL	AT LEAST ONE HEALTH PROBLEM	Respiratory diseases	Cardiovascular diseases	Diabetes	Digestive disorders	Genitourinary and kidney disorders	Neurological disorders	Autoimmune disease	Osteoarticular diseases	Mental health conditions	Cancer	Allergies
Base	*7500*	*4 737*	*794*	*1 222*	*705*	*1 320*	*658*	*319*	*746*	*1 069*	*1 155*	*319*	*2 025*
% HAVE RECEIVED ALL THESE INFORMATION FROM THEIR HCPS	**25**	**26**	28	27	26	32	36	35	30	34	25	30	29
Tell you about any digestive disorders associated with taking antibiotics	**45**	**47**	50	46	47	53	60	56	51	54	45	52	50
Tell you that taking antibiotics could have negative consequences on the balance of your microbiome	**39**	**41**	44	41	41	49	54	55	47	49	41	48	43
Give you advice on limiting the negative consequences of taking antibiotics on your microbiome as much as possible	**36**	**38**	41	38	39	44	50	49	45	47	36	41	40

Significant differences vs total - superior
Significant differences vs total - inferior
Significant differences vs at least one health problem - superior
Significant differences vs at least one health problem - inferior

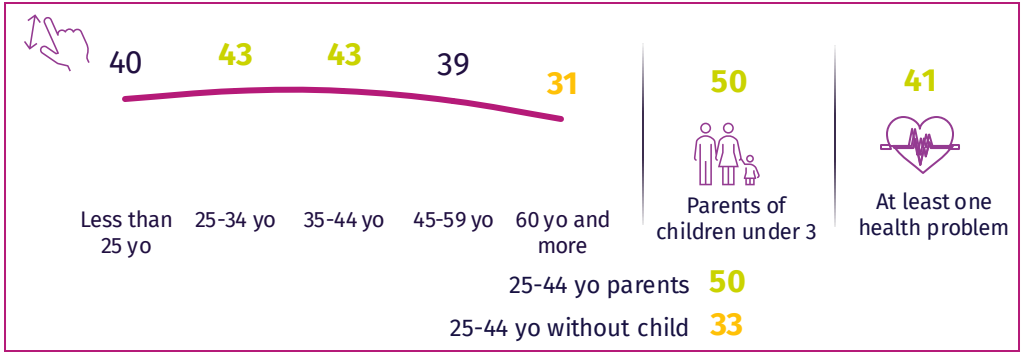
Almost 2 in 5 have been prescribed probiotics or prebiotics when receiving antibiotics.

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

"Prescribe probiotics or prebiotics"



38% **were prescribed with probiotics or prebiotics**



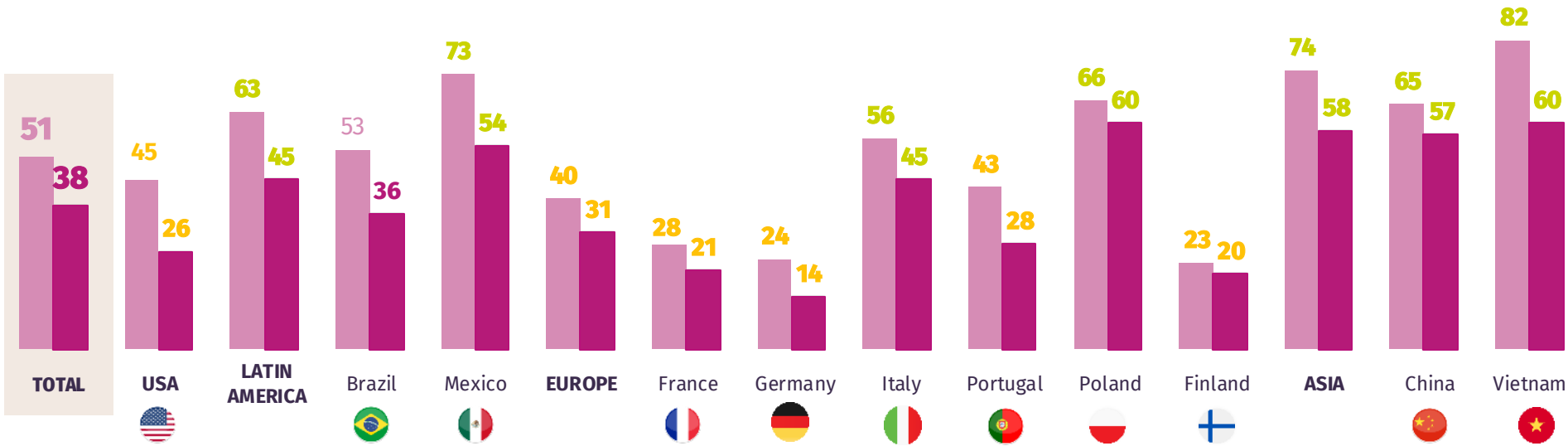
Significant differences vs total - superior Significant differences vs total - inferior

France, Germany, Finland, and the US have the lowest rates of probiotics or prebiotics prescriptions.

Question 5. Have any of the healthcare professionals you have seen ever done any of the following?
Question 7. The last time a doctor prescribed antibiotics, did they do the following?
Base: All respondents

% Prescription of probiotics or prebiotics

% Prescription of probiotics or prebiotics alongside antibiotics prescription



Significant differences vs total - superior

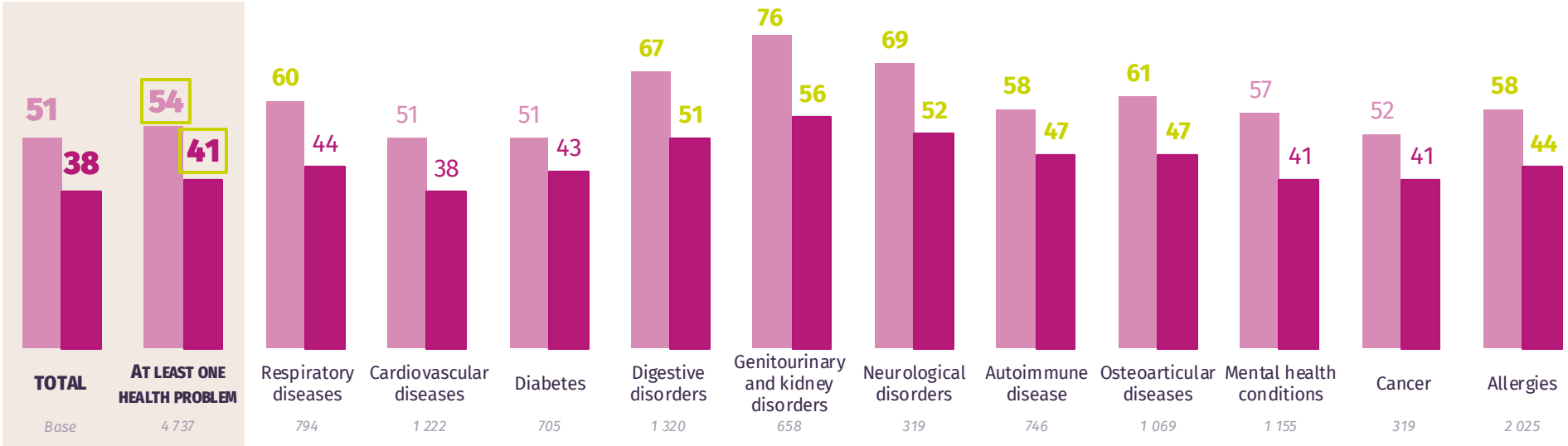
Significant differences vs total - inferior

People suffering from digestive, genitourinary, or neurological disorders are more likely to have had a prescription for probiotics or prebiotics, even though it's less frequent when combined with antibiotics.

Question 5. Have any of the healthcare professionals you have seen ever done any of the following?
Question 7. The last time a doctor prescribed antibiotics, did they do the following?
Base: All respondents

% Prescription of probiotics or prebiotics

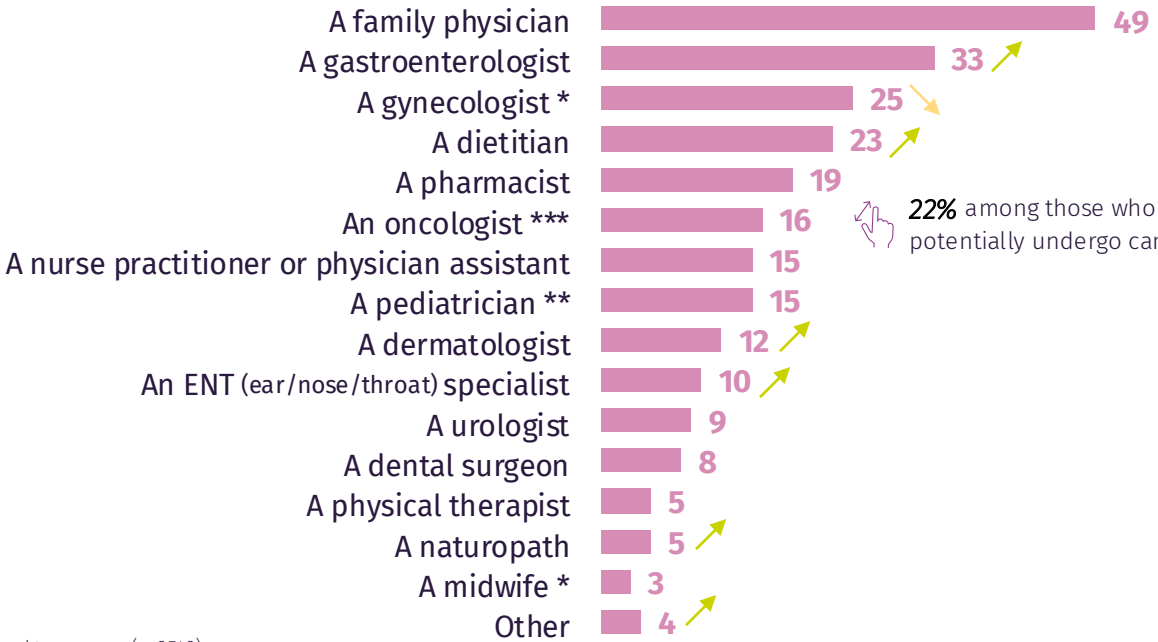
% Prescription of probiotics or prebiotics alongside antibiotics prescription



Significant differences vs total - superior
Significant differences vs total - inferior
Significant differences vs at least one health problem - superior
Significant differences vs at least one health problem - inferior

Among HCPs, family physicians come first in providing microbiome information, gastroenterologists second.

Question 6. And which healthcare professionals provided you with these explanations?
Base: People who've received information or probiotics/ prebiotics prescription from HCPs (n=4879)



	Reminder 2025
A family physician	48
A gastroenterologist	31
A gynecologist *	31
A dietitian	20
A pharmacist	18
An oncologist ***	-
A nurse practitioner or physician assistant	16
A pediatrician **	15
A dermatologist	10
An ENT (ear/nose/throat) specialist	8
A urologist	10
A dental surgeon	7
A physical therapist	5
A naturopath	4
A midwife *	4
Other	3

* Only displayed to women (n=2549)
** Only displayed to Parents (n=2378)
*** New item 2026, only displayed to respondents suffering from cancer (n=213)

In Asia, gastroenterologists are the main source of microbiome information, whereas in Finland, sources are more diverse, with people primarily relying on nurse practitioners.

Question 6. And which healthcare professionals provided you with these explanations?
Base: People who've received information or probiotics/ prebiotics prescription from HCPs (n=4879)

	TOTAL	USA	LATIN AMERICA	Brazil	Mexico	EUROPE	France	Germany	Italy	Portugal	Poland	Finland	ASIA	China	Vietnam
Base	*4 879*	*270*	*1 149*	*324*	*825*	*1 734*	*432*	*182*	*315*	*286*	*353*	*166*	*1 726*	*793*	*933*
A family physician	**49**	46	59	46	69	62	67	56	68	65	72	20	20	11	27
A gastroenterologist	**33**	24	39	41	38	18	18	16	26	25	10	10	56	58	55
A gynecologist	**25**	23	26	32	21	22	19	30	27	22	19	18	29	26	32
A dietitian	**23**	15	34	36	33	14	10	15	16	22	8	14	31	25	36
A pharmacist	**19**	20	13	17	11	21	30	16	27	19	19	12	21	13	28
A nurse practitioner or physician assistant	**15**	21	12	16	9	15	7	7	8	23	10	39	18	13	21
A pediatrician	**15**	15	15	18	14	14	10	13	14	12	19	9	16	12	18
A dermatologist	**12**	12	10	14	7	8	7	17	8	5	7	11	21	18	23
An ENT (ear/nose/throat) specialist	**10**	12	9	13	6	6	3	6	5	5	4	14	19	12	25
A urologist	**9**	10	8	12	6	5	3	6	8	7	4	3	16	13	19
A dental surgeon	**8**	9	4	5	3	5	6	6	3	6	2	14	16	13	19
A physical therapist	**5**	10	4	5	3	3	3	6	2	2	4	5	7	5	8
A naturopath	**5**	11	4	5	4	5	6	11	4	7	2	2	3	6	-*
An oncologist	**5**	9	6	10	3	3	5	5	4	4	2	2	7	6	8
A midwife	**3**	5	1	1	0	3	8	4	1	2	5	1	5	3	6
Other	**4**	6	4	7	2	5	4	6	2	4	5	13	2	2	1

Due to an insufficient sample size of sufferers, the percentage is displayed for the entire population

Significant differences vs total - superior Significant differences vs total - inferior First source by country

* This item was not shown in Vietnam

Men and older respondents are more likely to receive explanations from gastroenterologists than average.

Question 6. And which healthcare professionals provided you with these explanations?
Base: People who've received information or probiotics/ prebiotics prescription from HCPs (n=4879)

	TOTAL	Less than 25 yo	25-34 yo	35-44 yo	45-59 yo	60 yo and more	Men	Women	Parents of children under 3	25-44 yo parents	25-44 yo without child
Base	4 879	645	1 028	919	1 192	1 095	2 330	2 549	380	1 327	620
A family physician	49	45	42	47	49	59	52	47	41	45	45
A gastroenterologist	33	24	31	32	34	38	36	30	27	35	26
A gynecologist *	25	25	27	25	25	21	-	25	30	26	27
A dietitian	23	24	24	23	22	22	26	20	24	25	22
A pharmacist	19	18	21	19	18	21	20	18	16	19	21
A nurse practitioner or physician assistant	15	22	18	13	13	13	17	14	20	16	15
A pediatrician **	15	22	17	15	14	5	12	17	16	16	-
A dermatologist	12	14	16	12	11	10	13	12	15	15	13
An ENT (ear/nose/throat) specialist	10	15	12	10	8	10	12	9	10	13	8
A urologist	9	8	9	9	9	10	12	7	10	10	7
A dental surgeon	8	10	8	8	9	7	10	6	7	9	5
A physical therapist	5	7	6	5	4	4	6	4	7	6	4
A naturopath	5	4	5	6	5	4	6	4	5	5	6
An oncologist	5	7	6	6	4	5	7	4	10	7	4
A midwife *	3	4	6	4	2	1	-	3	10	7	2
Other	4	3	3	4	4	5	3	5	2	2	6

Due to an insufficient sample size of sufferers, the percentage is displayed for the entire population

Significant differences vs total - superior Significant differences vs total - inferior First source by profile

* Only displayed to Women
** Only displayed to Parents

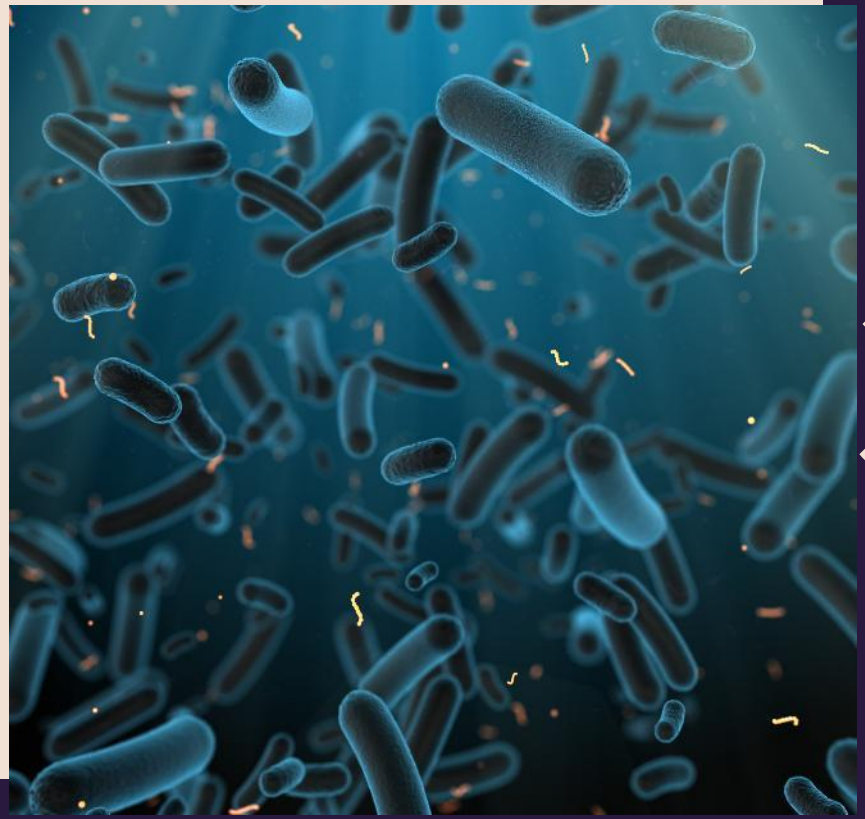
People suffering from digestive disorders have first received information from gastroenterologists.

Question 6. And which healthcare professionals provided you with these explanations?
Base: People who've received information or probiotics/ prebiotics prescription from HCPs (n=4879)

	TOTAL	AT LEAST ONE HEALTH PROBLEM	Respiratory diseases	Cardiovascular diseases	Diabetes	Digestive disorders	Genitourinary and kidney disorders	Neurological disorders	Autoimmune disease	Osteoarticular diseases	Mental health conditions	Cancer	Allergies
Base	*4 879*	*3 271*	*570*	*797*	*458*	*1 052*	*563*	*261*	*535*	*804*	*812*	*213*	*1 479*
A family physician	**49**	**49**	43	51	50	44	42	42	43	45	45	47	48
A gastroenterologist	**33**	**35**	38	34	36	48	35	33	37	44	33	37	36
A gynecologist	**25**	**26**	28	27	26	24	34	25	29	30	26	29	29
A dietitian	**23**	**23**	25	22	27	25	21	27	25	27	26	23	25
A pharmacist	**19**	**20**	21	20	21	21	22	22	23	24	20	17	20
A nurse practitioner or physician assistant	**15**	**16**	20	18	20	15	16	19	17	18	18	19	19
A pediatrician	**15**	**15**	19	14	14	11	17	17	15	15	16	17	16
A dermatologist	**12**	**13**	17	13	12	14	15	20	19	15	15	10	14
An ENT (ear/nose/throat) specialist	**10**	**11**	17	10	14	14	14	17	15	16	12	12	13
A urologist	**9**	**10**	14	11	15	11	17	15	14	13	9	18	11
A dental surgeon	**8**	**8**	11	9	10	9	11	12	12	10	8	12	10
A physical therapist	**5**	**5**	8	6	8	5	8	11	8	6	7	7	5
A naturopath	**5**	**5**	5	6	7	5	7	11	8	7	7	5	5
An oncologist	**5**	**6**	9	8	10	7	9	13	8	8	6	16	6
A midwife	**3**	**2**	3	2	3	2	5	3	2	3	2	3	2
Other	**4**	**4**	5	5	5	5	3	5	4	4	6	3	5

Due to an insufficient sample size of sufferers, the percentage is displayed for the entire population

Significant differences vs total - superior
Significant differences vs total - inferior
Significant differences vs at least one health problem - superior
Significant differences vs at least one health problem - inferior
First source by health problem

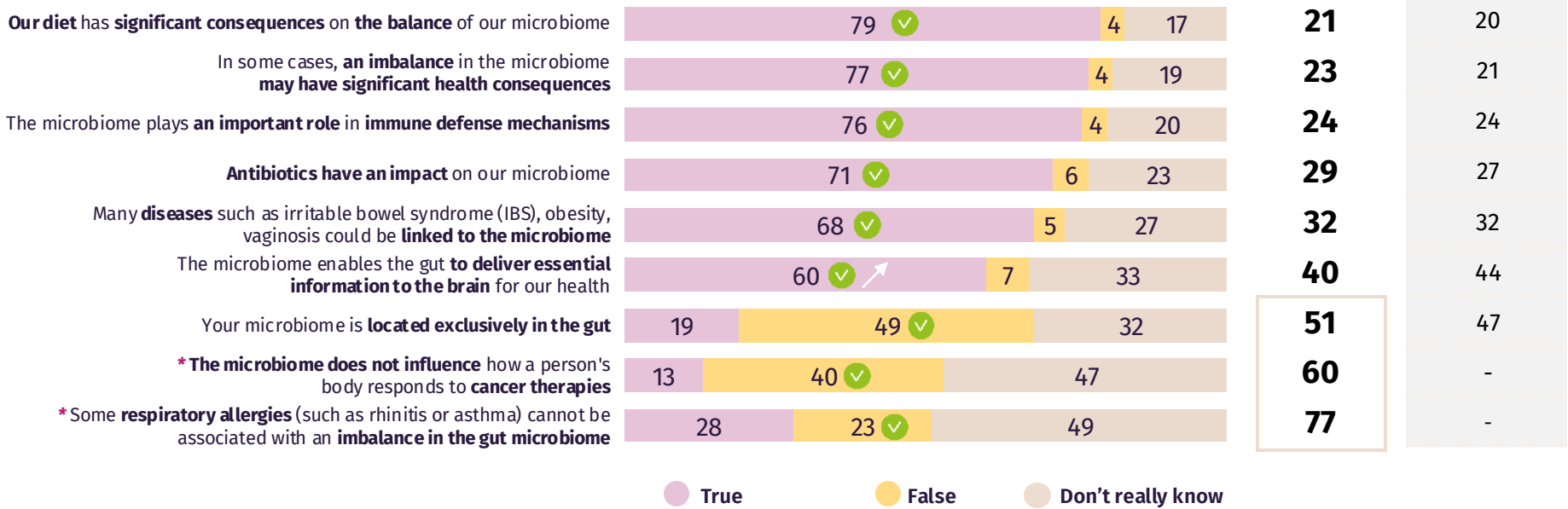


3

Thus, even with increased awareness, there is a pressing need to enhance microbiome knowledge with the support of healthcare professionals

More specific aspects of microbiome remain poorly known, whether regarding its diversity or its impact on diseases. Moreover, there are no signs of improvement.

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



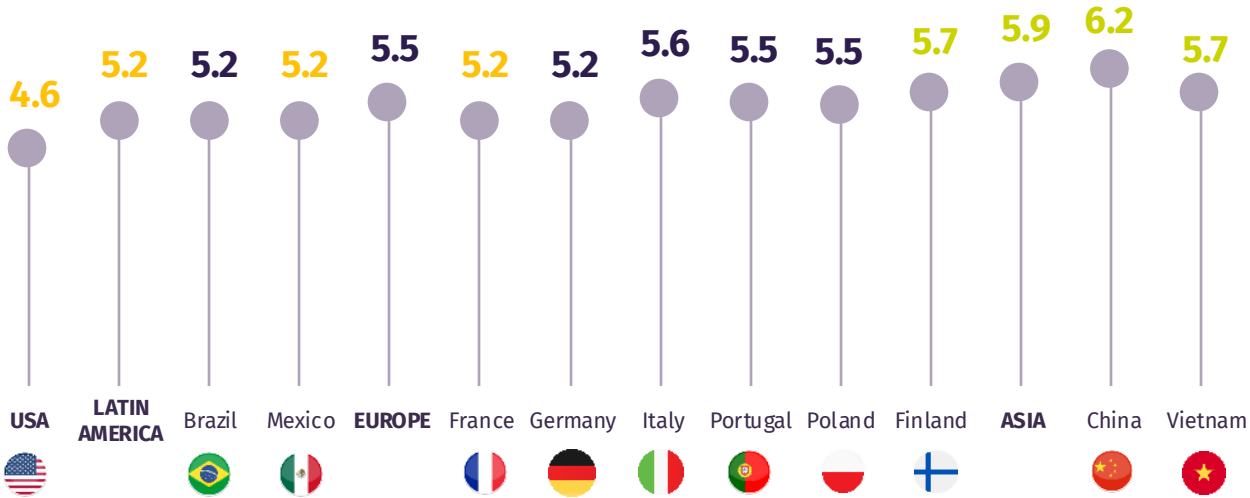
Good answer * New items

Definition displayed to respondents before this question: In the past, the term most commonly used was "flora", this term has now been renamed "microbiome".

Microbiome knowledge is generally limited across countries, with notably lower levels in the US, France, and Mexico.

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

Number of good responses on average



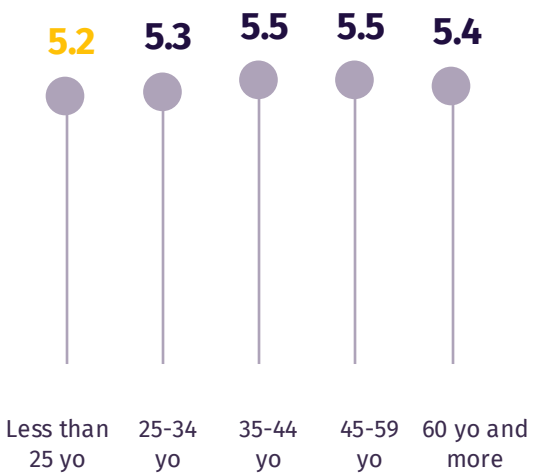
Significant differences vs total - superior

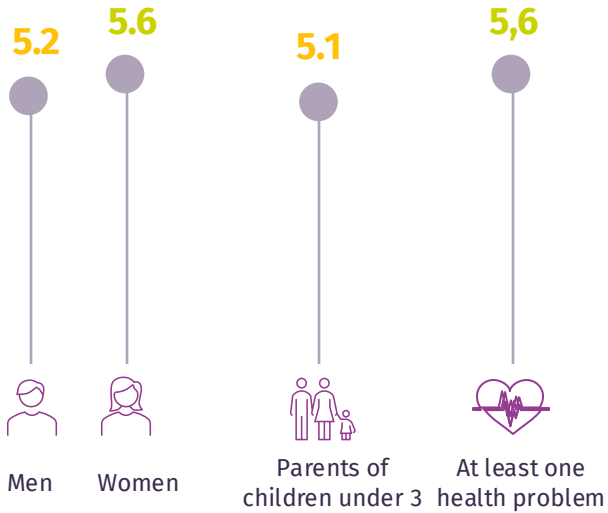
Significant differences vs total - inferior

Respondents aged under 25, men, and parents of young children appear to have lower knowledge of the 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

Number of good responses on average





Significant differences vs total - superior

Significant differences vs total - inferior

Uneven microbiome knowledge across countries: higher in Asia, Finland and Italy, lower in the US, Latin America, Germany and France.

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	USA	LATIN AMERICA	Brazil	Mexico	EUROPE	France	Germany	Italy	Portugal	Poland	Finland	ASIA	China	Vietnam
Our diet has **significant consequences** on **the balance** of our microbiome	**79**	67	76	74	78	82	79	78	84	82	85	84	82	81	82
In some cases, **an imbalance** in the microbiome **may have significant health consequences**	**77**	67	78	77	79	78	77	72	78	81	80	80	80	81	80
The microbiome plays **an important role** in **immune defense mechanisms**	**76**	65	74	70	78	76	75	70	78	76	80	79	80	80	80
Antibiotics have an impact on our microbiome	**71**	63	65	68	61	74	68	71	78	73	80	78	73	76	71
Many **diseases** such as irritable bowel syndrome (IBS), obesity, vaginosis could be **linked to the microbiome**	**68**	57	68	66	70	67	57	65	65	70	66	78	74	76	72
The microbiome enables the gut **to deliver essential information to the brain** for our health	**60**	48	61	63	58	58	55	58	58	63	52	62	68	71	65
Your microbiome is **located exclusively in the gut**	**49**	37	40	36	44	50	50	53	55	42	55	48	60	63	58
The microbiome does not influence how a person's body responds to **cancer therapies**	**40**	36	37	42	32	40	39	41	41	44	37	39	42	50	35
Some **respiratory allergies** (such as rhinitis or asthma) cannot be associated with an **imbalance in the gut microbiome**	**23**	17	25	26	25	20	18	17	22	19	16	26	32	40	25

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

Among those suffering from health problems, respondents with digestive disorders show higher microbiome awareness.

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

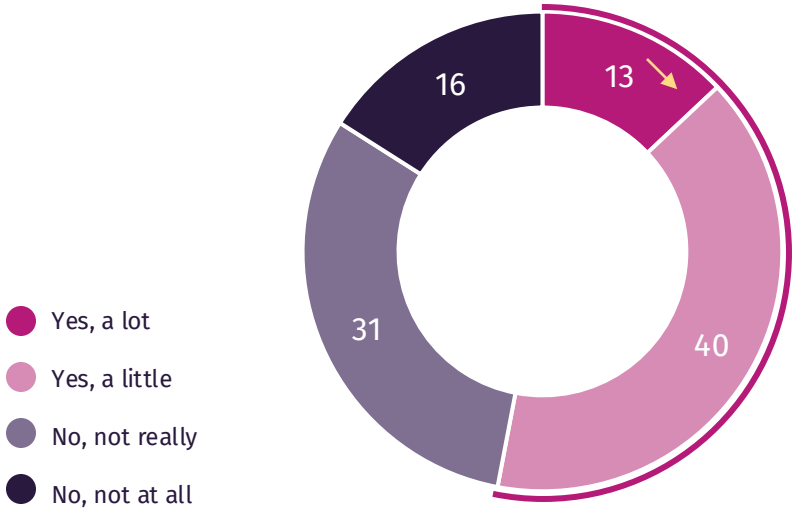
	TOTAL	AT LEAST ONE HEALTH PROBLEM	Respiratory diseases	Cardiovascular diseases	Diabetes	Digestive disorders	Genitourinary and kidney disorders	Neurological disorders	Autoimmune disease	Osteoarticular diseases	Mental health conditions	Cancer	Allergies
Base	*7500*	*4 737*	*794*	*1 222*	*705*	*1 320*	*658*	*319*	*746*	*1 069*	*1 155*	*319*	*2 025*
Our diet has **significant consequences** on **the balance** of our microbiome	**79**	**81**	79	83	79	86	80	77	83	83	80	80	83
In some cases, **an imbalance** in the microbiome **may have significant health consequences**	**77**	**80**	78	80	75	84	82	77	84	83	80	79	81
The microbiome plays **an important role** in **immune defense mechanisms**	**76**	**78**	77	78	74	83	78	75	80	82	78	79	78
Antibiotics have an impact on our microbiome	**71**	**74**	71	75	73	79	75	69	77	76	74	75	75
Many **diseases** such as irritable bowel syndrome (IBS), obesity, vaginosis could be **linked to the microbiome**	**68**	**70**	69	72	68	76	73	68	75	73	72	70	72
The microbiome enables the gut **to deliver essential information to the brain** for our health	**60**	**62**	62	62	61	68	65	65	68	66	64	63	62
Your microbiome is **located exclusively in the gut**	**49**	**50**	47	46	38	55	46	39	48	50	48	43	52
The microbiome does not influence how a person's body responds to **cancer therapies**	**40**	**40**	38	39	31	43	41	35	42	41	40	37	40
Some **respiratory allergies** (such as rhinitis or asthma) cannot be associated with an **imbalance in the gut microbiome**	**23**	**23**	21	21	20	27	26	21	24	23	24	18	23

Significant differences vs total - superior
Significant differences vs total - inferior
Significant differences vs at least one health problem - superior
Significant differences vs at least one health problem - inferior

4 Further progress is also needed on microbiome-friendly habits, as harmful microbiome behaviors are widespread

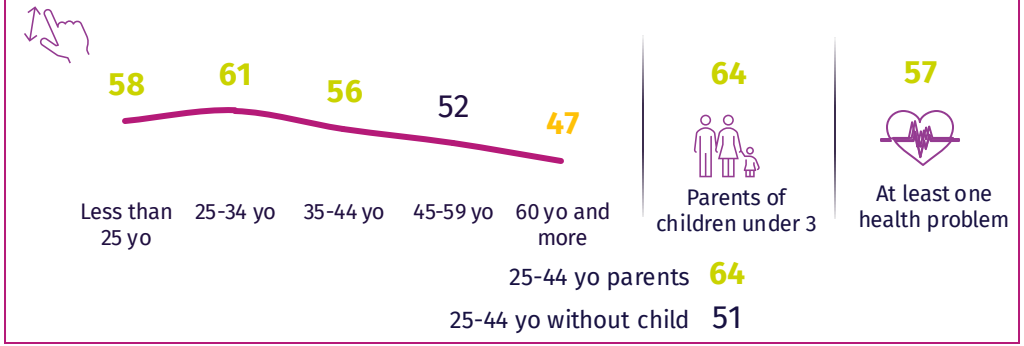
Half of respondents reported having adjusted their behaviors to support microbiome balance, with parents most likely to do so.

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



53% **have changed their behaviors**

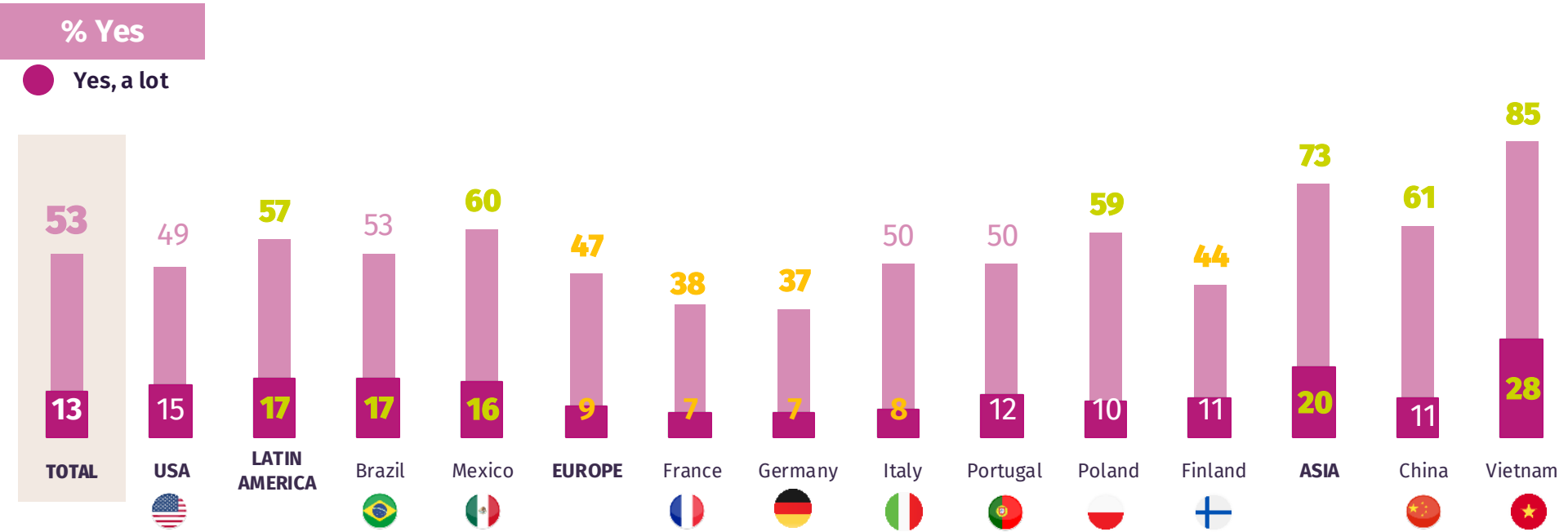
-3 points *vs 2025*



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

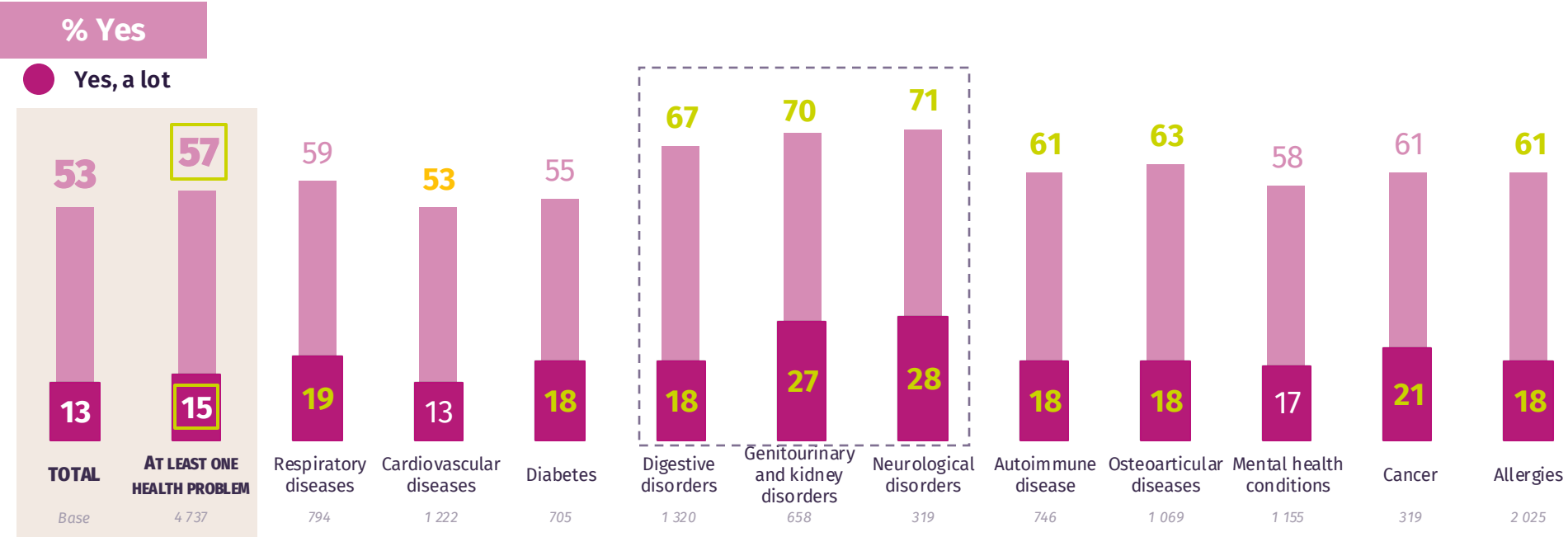
In Asia, Mexico, and Poland, people are more likely to have changed their behaviors to support their microbiome.

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



People suffering from digestive, genitourinary, or neurological conditions are more inclined to change their behaviors for the sake of their microbiome.

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

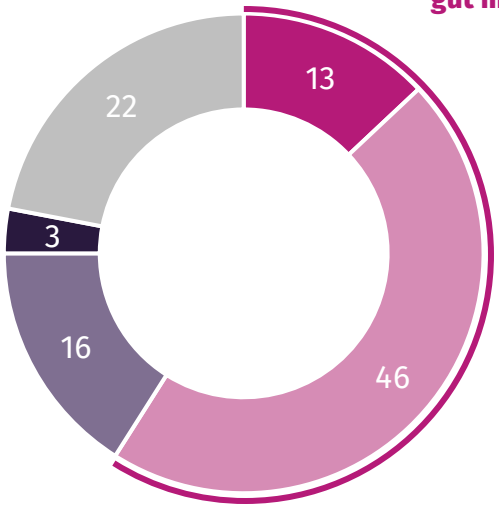


Significant differences vs total - superior
Significant differences vs total - inferior
Significant differences vs at least one health problem - superior
Significant differences vs at least one health problem - inferior

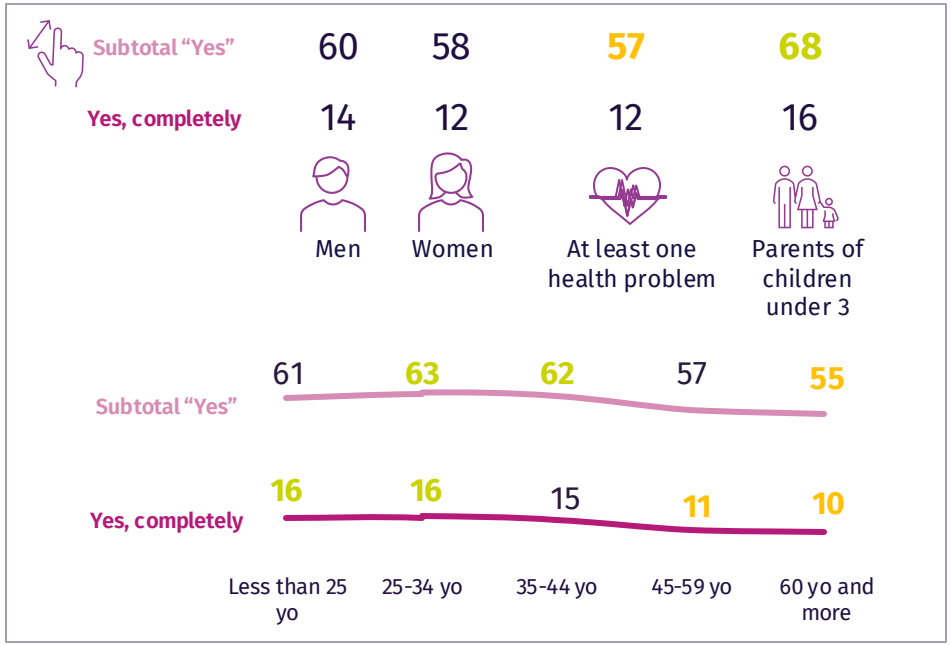
Most people consider their gut microbiome well balanced. However, only a minority describe it as “completely” balanced.

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

59% **consider that their gut microbiome is currently well balanced**



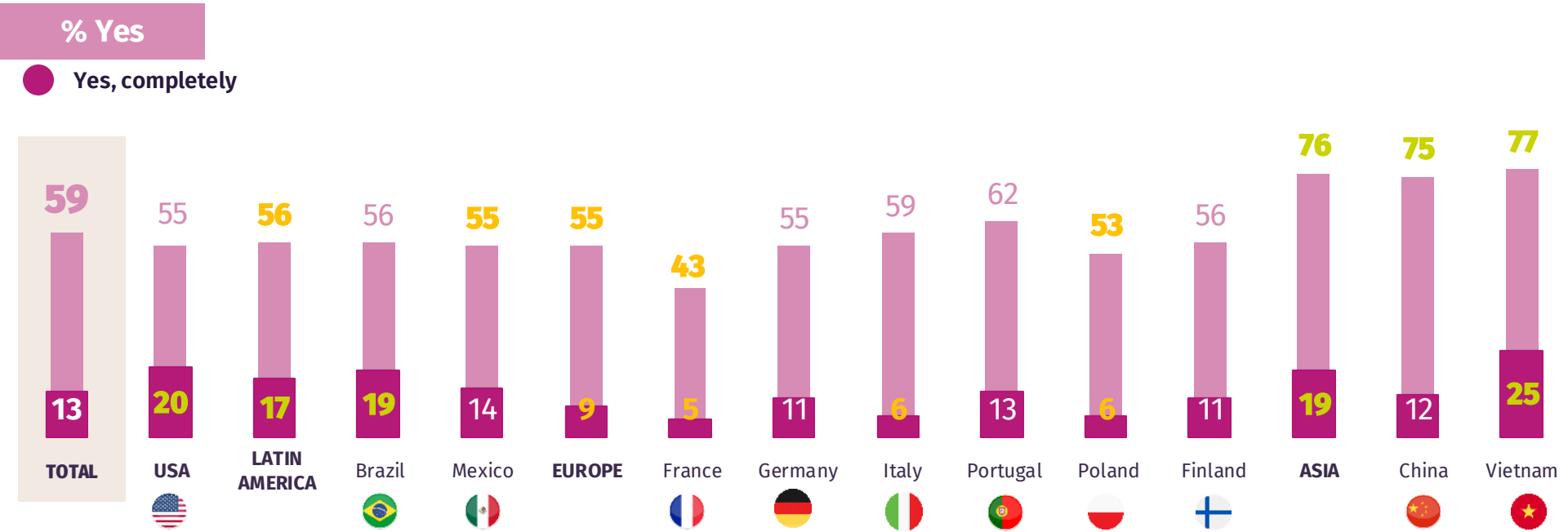
- Yes, completely
- Yes, somewhat
- No, not very
- No, not at all
- I cannot really say that



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

Asian respondents are more likely to consider that their gut microbiome is well balanced.

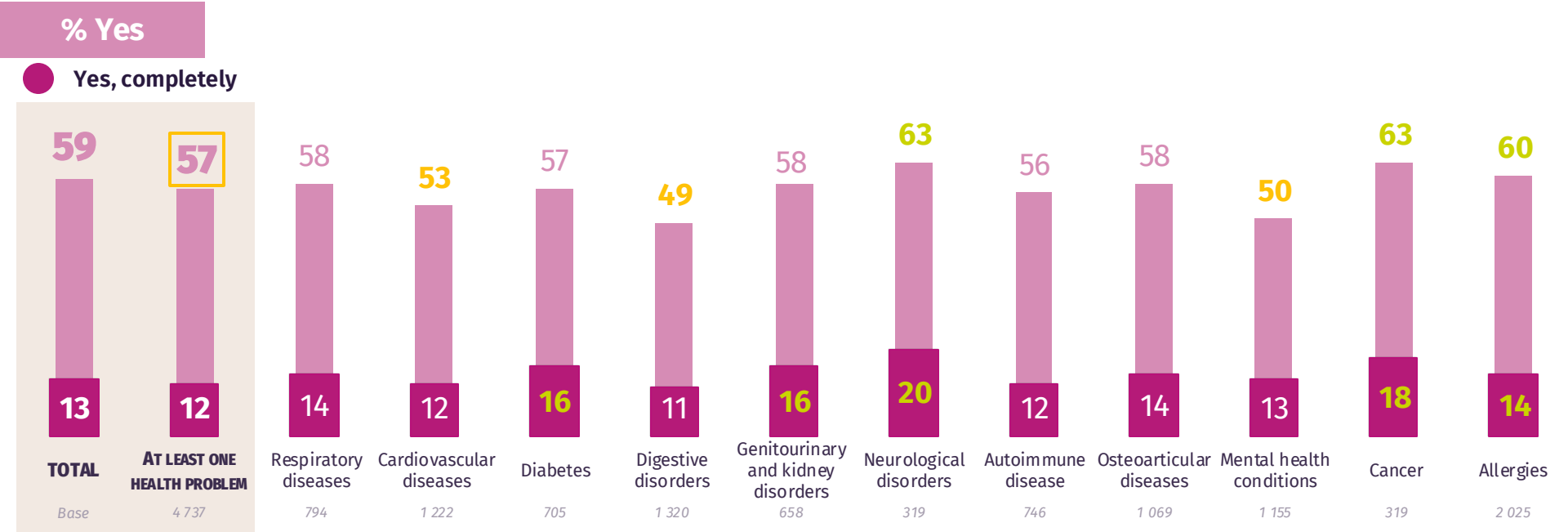
Question 14V4. Do you consider that your gut microbiome is currently well balanced? ***New question***
Base: All respondents



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

Among people with health problems, those with cardiovascular, digestive, or mental health conditions tend to be more critical of their gut microbiome's balance.

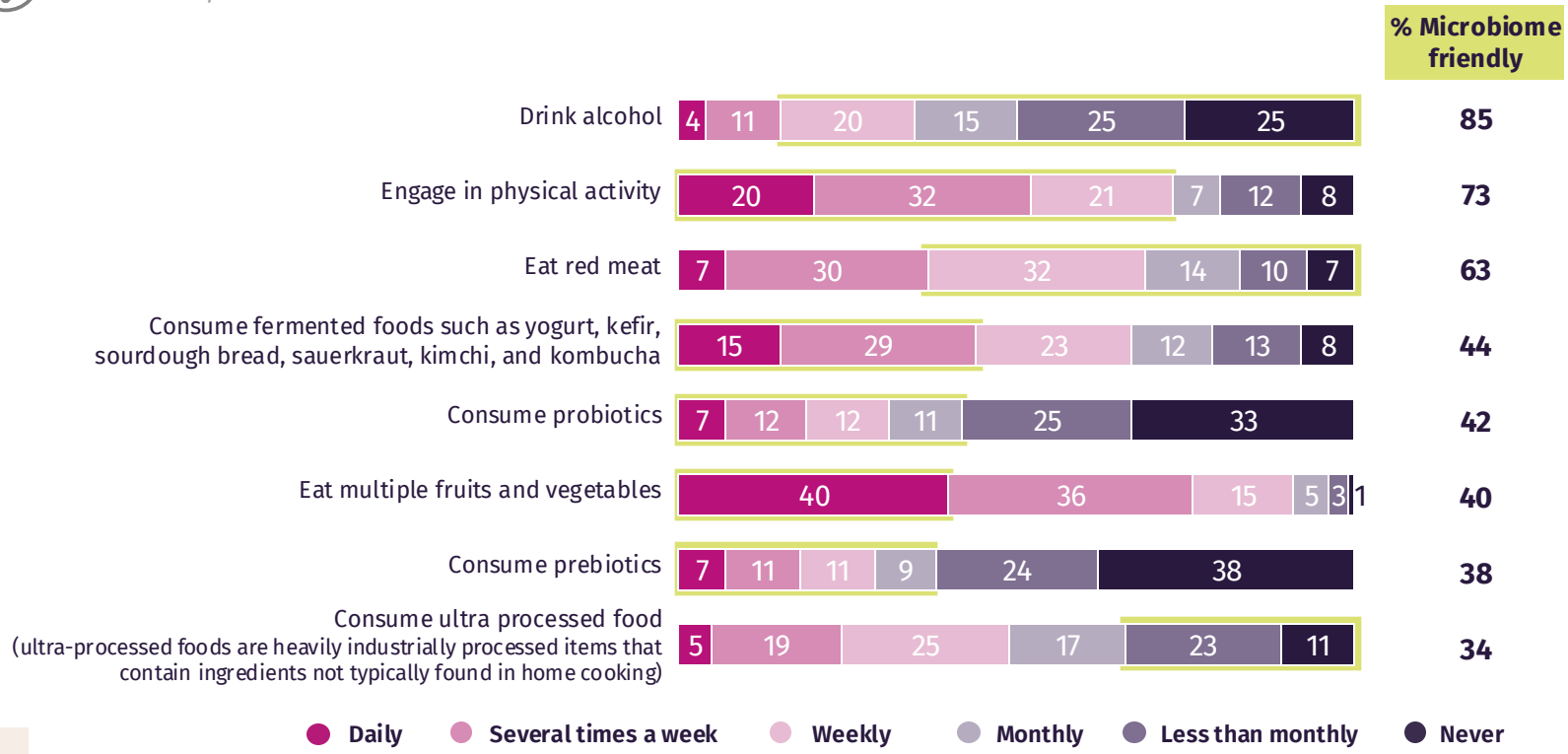
Question 14V4. Do you consider that your gut microbiome is currently well balanced? ***New question***
Base: All respondents



Significant differences vs total - superior
Significant differences vs total - inferior
Significant differences vs at least one health problem - superior
Significant differences vs at least one health problem - inferior

Major dietary habits are adopted by only a minority of respondents: consuming probiotics or prebiotics, eating various fruits and vegetables, avoiding ultra-processed food.

Question 11V4. How often do you include the following in your daily life? ***New question***
Base: All respondents



Dietary and lifestyle habits vary significantly across countries.

Question 11V4. How often do you include the following in your daily life? ***New question***
Base: All respondents

% Microbiome friendly

	TOTAL	USA	LATIN AMERICA	Brazil	Mexico	EUROPE	France	Germany	Italy	Portugal	Poland	Finland	ASIA	China	Vietnam
Drink alcohol	**85**	75	91	91	92	86	83	85	86	78	89	92	84	87	82
Engage in physical activity	**73**	79	69	66	73	72	71	68	65	68	79	83	79	79	80
Eat red meat	**63**	59	48	46	51	74	72	85	89	62	76	63	48	44	52
Consume fermented foods	**44**	41	35	30	39	46	43	44	42	41	56	52	47	42	52
Consume probiotics	**42**	49	48	41	55	29	21	19	40	34	36	21	70	69	70
Eat multiple fruits and vegetables	**40**	32	35	36	34	42	43	38	47	57	30	38	41	37	44
Consume prebiotics	**38**	41	44	37	51	25	16	16	35	28	33	20	73	63	82
Consume ultra processed food	**34**	26	24	26	23	37	43	38	41	36	35	31	36	35	35

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

Older respondents are more likely to adopt the most beneficial microbiome behaviors such as eating a variety of fruits and vegetables or avoiding ultra-processed food.

Question 11V4. How often do you include the following in your daily life? ***New question***
Base: All respondents

% Microbiome friendly

	TOTAL	Less than 25 yo	25-34 yo	35-44 yo	45-59 yo	60 yo and more	Men	Women	Parents of children under 3	25-44 yo parents	25-44 yo without child
Base	*7500*	*863*	*1 378*	*1 328*	*1 876*	*2 055*	*3 628*	*3 872*	*481*	*1674*	*1032*
Drink alcohol	**85**	92	88	86	85	82	80	90	88	84	89
Engage in physical activity	**73**	71	74	72	74	75	76	71	70	75	71
Eat red meat	**63**	59	59	60	61	72	59	67	53	55	66
Consume fermented foods	**44**	40	40	43	44	47	43	45	44	44	38
Consume probiotics	**42**	41	49	46	39	36	41	41	58	58	35
Eat multiple fruits and vegetables	**40**	32	31	36	39	49	37	42	33	34	32
Consume prebiotics	**38**	39	47	44	37	31	38	39	53	54	32
Consume ultra processed food	**34**	22	22	28	35	48	34	33	20	23	27

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

While people with health problems are more likely to consume prebiotics than average, they are less likely to avoid ultra-processed food.

Question 11V4. How often do you include the following in your daily life? ***New question***
Base: All respondents

% Microbiome friendly	TOTAL	AT LEAST ONE HEALTH PROBLEM	Respiratory diseases	Cardiovascular diseases	Diabetes	Digestive disorders	Genitourinary and kidney disorders	Neurological disorders	Autoimmune disease	Osteoarticular diseases	Mental health conditions	Cancer	Allergies
Base	*7500*	*4 737*	*794*	*1 222*	*705*	*1 320*	*658*	*319*	*746*	*1 069*	*1 155*	*319*	*2 025*
Drink alcohol	**85**	85	82	82	81	81	81	78	82	81	85	81	85
Engage in physical activity	**73**	74	70	72	70	76	72	72	74	75	70	75	76
Eat red meat	**63**	62	59	64	59	60	58	56	65	62	62	67	59
Consume fermented foods	**44**	45	46	46	48	48	49	52	52	51	43	50	47
Consume probiotics	**42**	43	44	42	45	51	59	58	49	51	41	48	46
Eat multiple fruits and vegetables	**40**	40	41	43	43	40	35	31	40	46	35	42	41
Consume prebiotics	**38**	41	44	38	45	49	56	56	48	48	39	43	44
Consume ultra processed food	**34**	31	29	32	35	27	23	22	30	36	23	32	28

Significant differences vs total - superior
Significant differences vs total - inferior
Significant differences vs at least one health problem - superior
Significant differences vs at least one health problem - inferior

Gut microbiota index

Methods

The creation of the **Gut Microbiota Index** involves a systematic approach, emphasizing self-reported behaviors related to gut health preservation. This is neither a diagnosis nor a clinical evaluation of the gut microbiota and in no way replaces a medical consultation. Here's how the index is constructed:

Objective: To categorize participants into three groups based on their behavior toward gut health preservation – those with "low", "medium", and "good" behaviors.

Items and Scale: The index utilizes 9 items, each assessed through a frequency scale ranging from "daily" to "never". This provides a nuanced understanding of each participant's behavioral tendencies.

Behavior Classification: For each behavior, expert consensus determined thresholds that categorize the actions into "low", "medium", or "good". If a participant's behavior is deemed 'poor', they receive 0 point for that item; "medium" behaviors receive 1 point, and "good" behaviors earn 2 points.

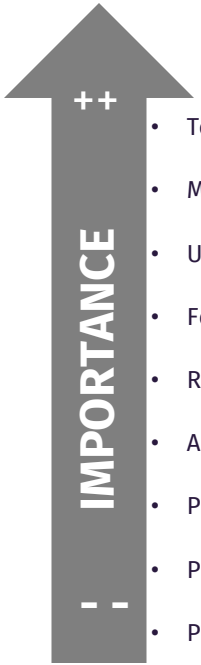
Weighting Variable: Recognizing that some behaviors might be more crucial for gut microbiota health, a hierarchical weighting system is applied. Each behavior is assigned a different weighting coefficient to reflect its relative importance.

Scoring System: The final gut microbiota score is computed by summing the points from all behaviors, adjusted by their respective weighting coefficients. A higher score indicates adherence to more beneficial behaviors for gut microbiota preservation. A score from 0 to 50 indicate a "low" adoption of gut microbiota beneficial behaviors, 51 to 75 a "medium" adoption of gut microbiota beneficial behaviors, and 76 to 100 a "good" adoption of gut microbiota beneficial behaviors.

- *It's important to note that this index is an initial attempt and open to improvements. Future iterations could benefit from feedback and empirical testing to enhance its accuracy and reliability.*

Gut microbiota index

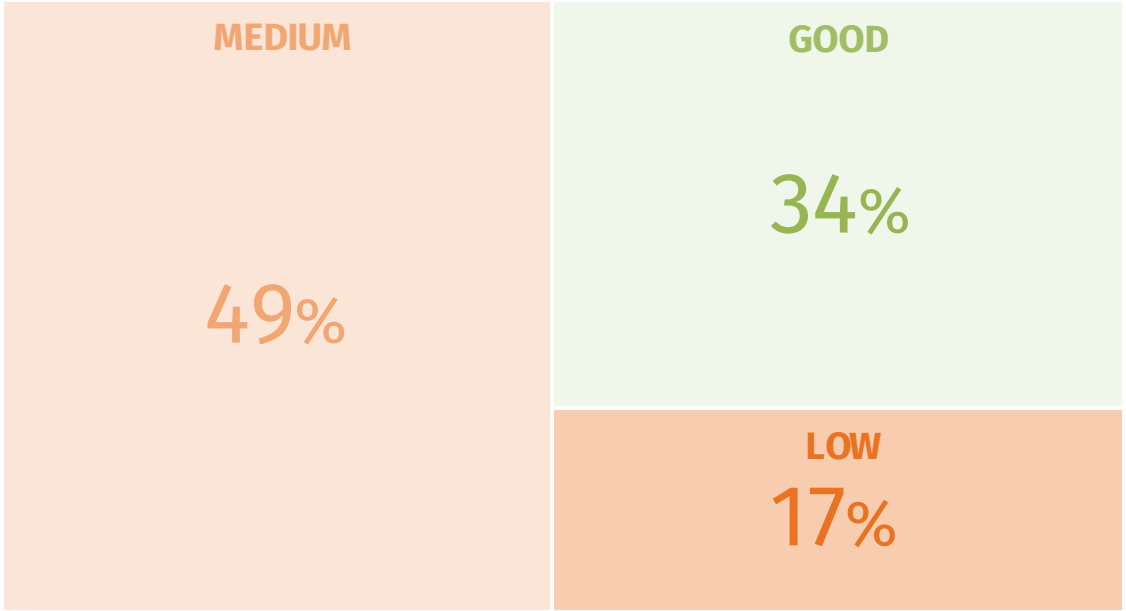
Details on each items and scales



	GOOD	MEDIUM	LOW
• Tobacco consumption	Past smokers / No smokers		Current smokers
• Multiple fruits and vegetables consumption	Daily	Several times a week	Less often
• Ultra processed food consumption	Less than monthly / never	Weekly/monthly	Daily / Several times a week
• Fermented foods consumption	Daily / Several times a week	Weekly	Monthly or less often
• Red meat consumption	Weekly or less frequently	Several times a week	Daily
• Alcohol consumption	Weekly or less frequently	Several times a week	Daily
• Physical activity	Daily / Several times a week/ weekly	Monthly	Less than monthly / never
• Probiotics consumption	Daily / Several times a week/ weekly/ Monthly	Less than monthly	Never
• Prebiotics consumption	Daily / Several times a week/ weekly/ Monthly	Less than monthly	Never

Gut microbiota index

Results



Gut microbiota index

Profiles (1/2)

Demographics

	TOTAL	Less than 25 yo	25-34 yo	35-44 yo	45-59 yo	60 yo and more	Men	Women
Base	*7500*	*863*	*1 378*	*1 328*	*1 876*	*2 055*	*3 628*	*3 872*
LOW	17	19	20	19	19	11	21	14
MEDIUM	49	55	53	51	47	44	50	47
GOOD	34	26	27	30	34	45	29	39

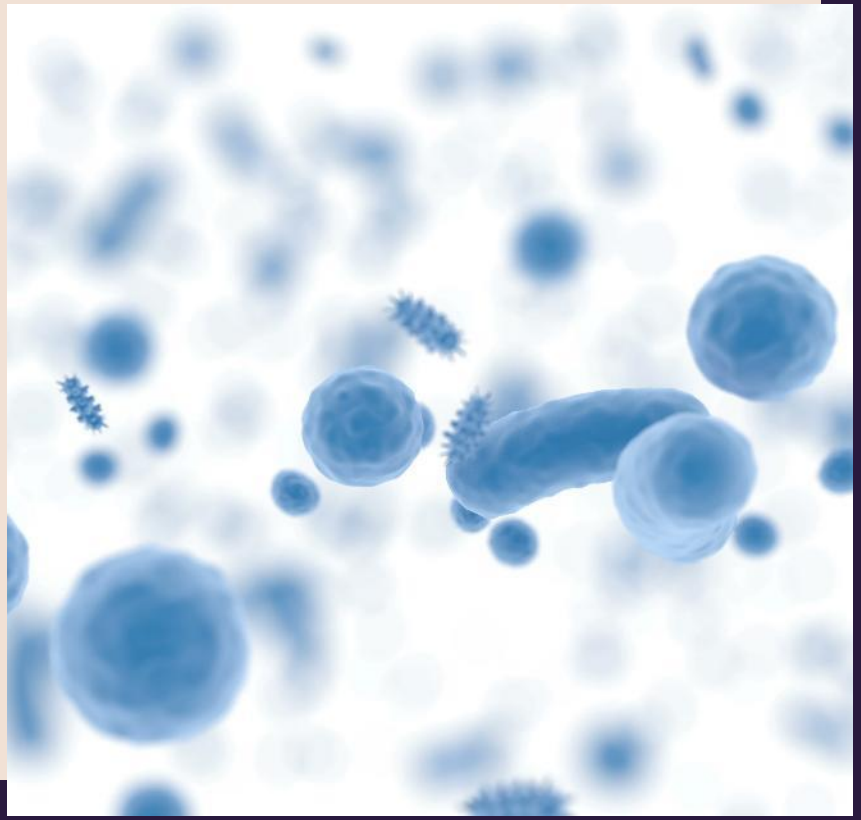
Countries

	TOTAL	USA	LATIN AMERICA	Brazil	Mexico	EUROPE	France	Germany	Italy	Portugal	Poland	Finland	ASIA	China	Vietnam
LOW	17	26	19	22	17	17	19	17	16	19	13	17	10	9	12
MEDIUM	49	48	54	55	53	46	45	48	45	47	50	43	51	53	48
GOOD	34	26	27	23	30	37	36	35	39	34	37	40	39	38	40

Gut microbiota index

Profiles (2/2)

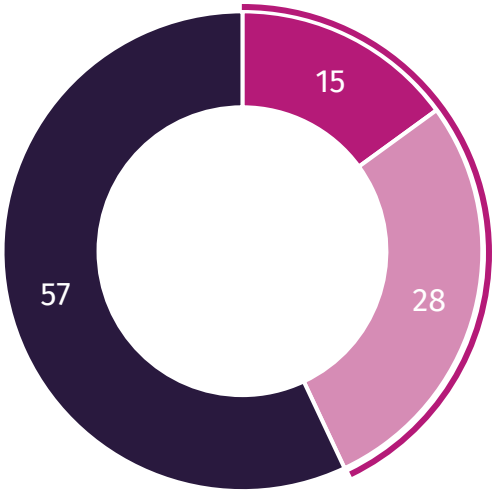
		LOW	MEDIUM	GOOD
Microbiome awareness				
Know exactly what is « microbiome »	24%	20%	23%	28%
Subtotal « Aware »	72%	64%	72%	77%
Subtotal Aware of the gut microbiome	63%	53%	63%	70%
Subtotal Aware of all microbiome	32%	27%	31%	37%
Microbiome knowledge assessment				
Overall mark	5,4/9	4,7/9	5,3/9	6,0/9
Information provided by HCPs				
Information about the microbiome role and functions, the importance of preserving it and the behaviors to adopt	33%	27%	31%	38%
Information about antibiotic consequences on microbiome and digestive disorders, and advice for limitate them	25%	19%	22%	32%



Focus on the first 1,000 days of life

Over 4 out of 10 parents or pregnant women have already heard about the scientific concept of the “first 1,000 days of life”. Only a minority know precisely what it is.

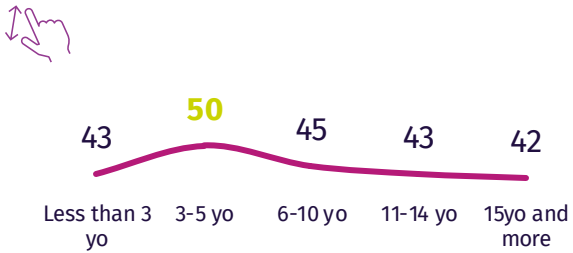
Question 2V4. Have you ever heard about the scientific concept of the “first 1,000 days of life”? ***New question***
Base: Parents or pregnant women (n=3040)



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

43% **of parents have heard about the scientific concept of the “first 1,000 days of life”**

28% among total population



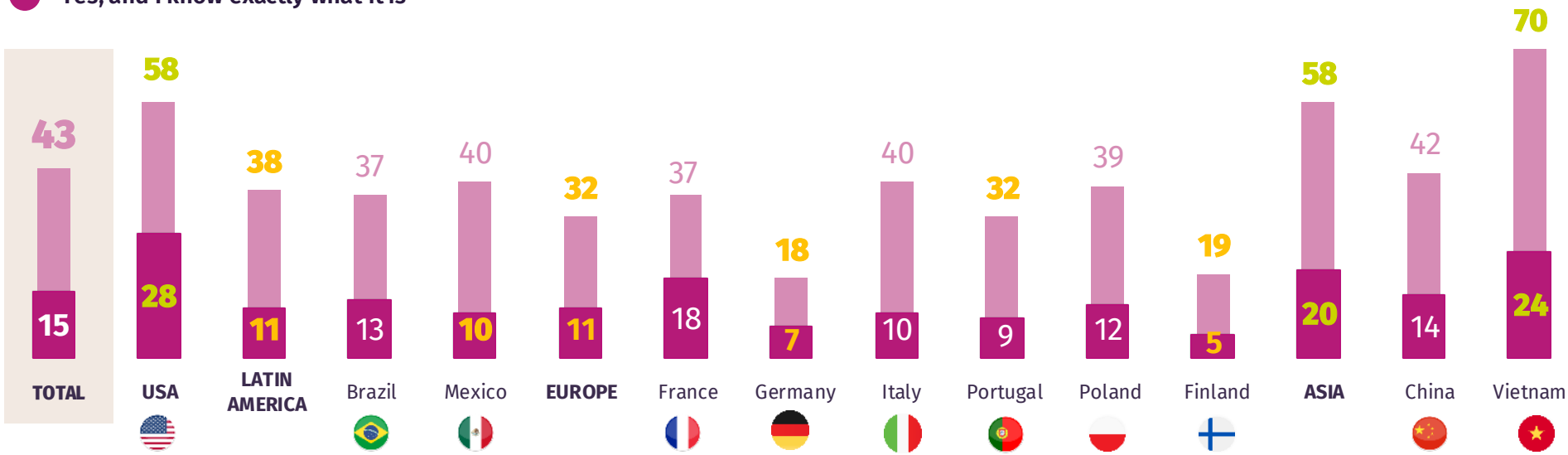
Significant differences vs total - superior Significant differences vs total - inferior

Most parents or pregnant women are unaware of the “first 1,000 days of life”, especially in Latin America and Europe.

Question 2V4. Have you ever heard about the scientific concept of the “first 1,000 days of life”? ***New question***
Base: Parents or pregnant women (n=3040)

% Yes

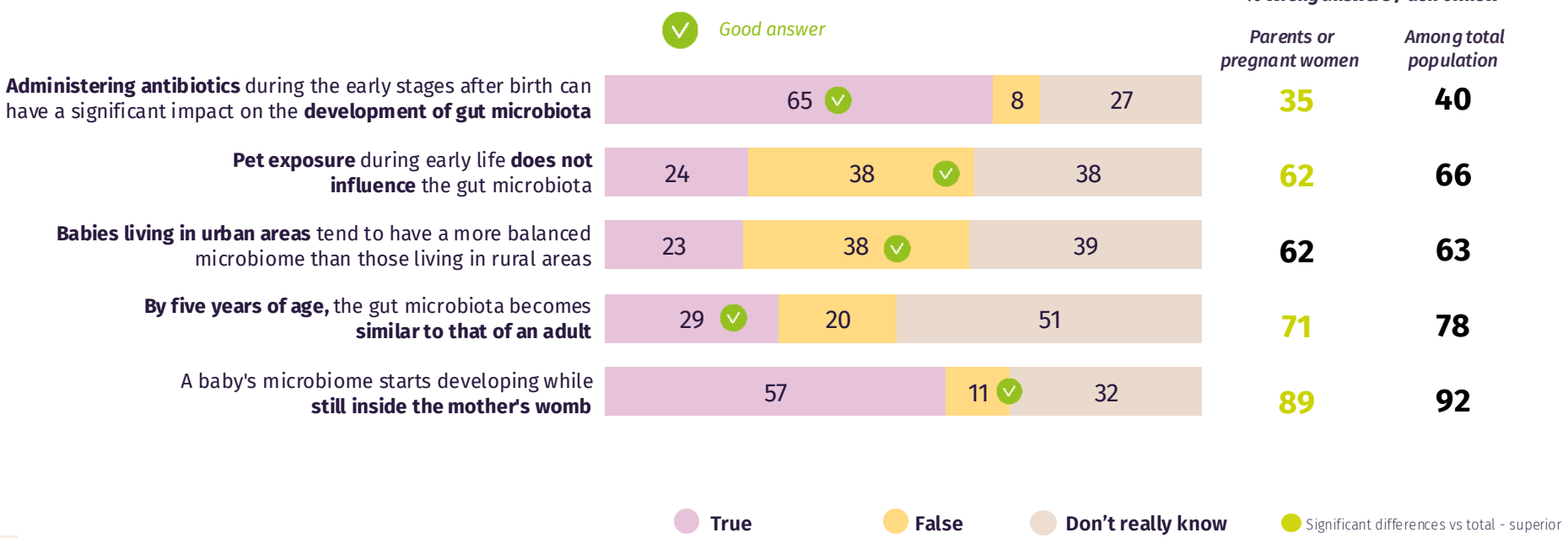
Yes, and I know exactly what it is



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

Apart from the impact of taking antibiotics at an early age, parents and pregnant women appear mostly uninformed about what can influence their child's microbiome.

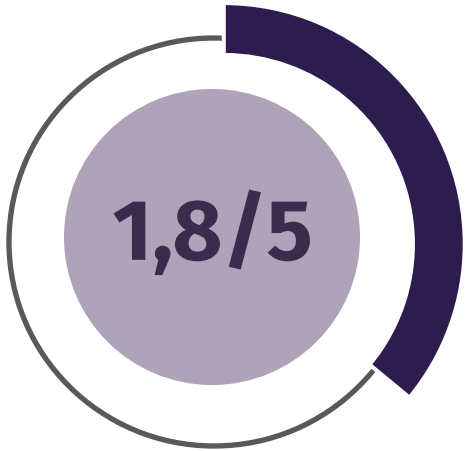
Question 4V4. For each of the following statements, tell us if you think it is true or false. If you are unsure about your answer, answer I don't really know. ***New question***
Base: Parents or pregnant women (n=3040)



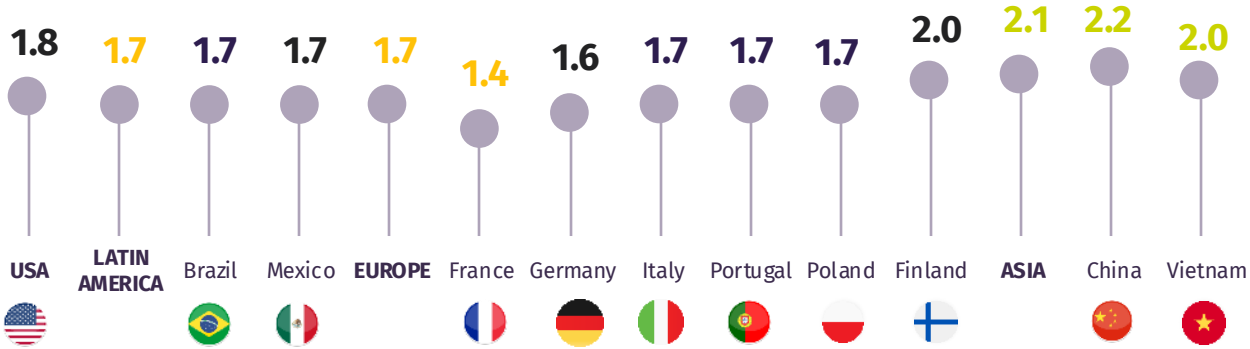
Knowledge about babies' microbiome is limited, even if slightly better in Finland and Asia.

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. ***New question***

Base: Parents or pregnant women (n=3040)



Number of good responses on average

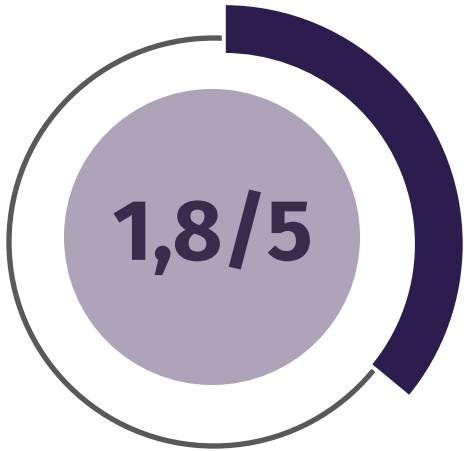


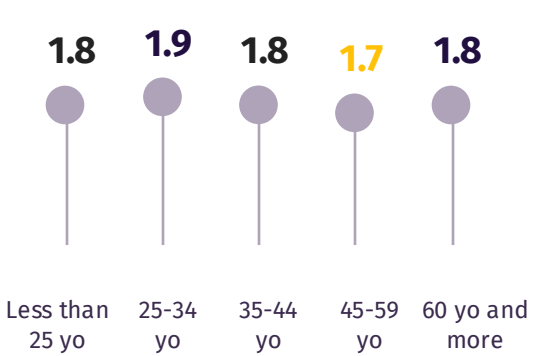
Significant differences vs total - superior

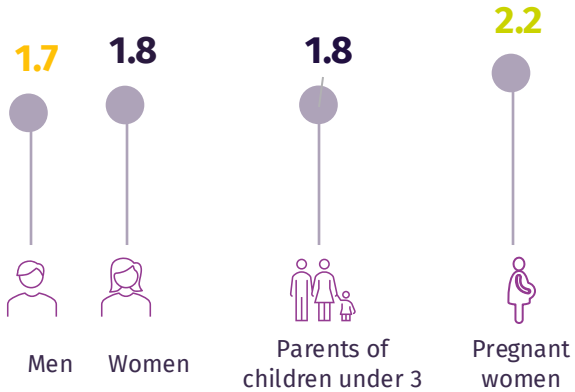
Significant differences vs total - inferior

Women, and especially pregnant women, are better informed than average about what can influence babies' microbiome.

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. ***New question***
Base: Parents or pregnant women (n=3040)







Significant differences vs total - superior

Significant differences vs total - inferior

Knowledge varies between countries. Finnish and Asian respondents seem to know a little bit more about child's microbiome.

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. ***New question***

Base: Parents or pregnant women (n=3040)

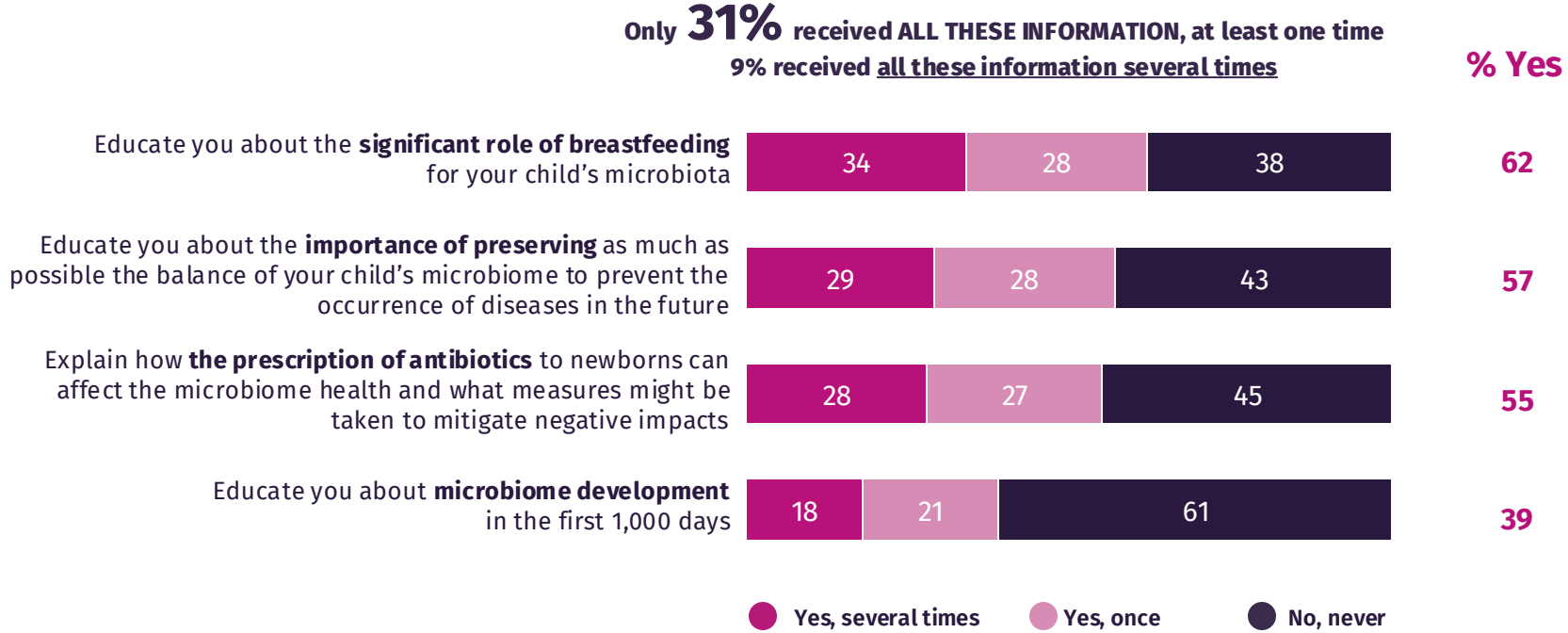
% good answer	TOTAL	USA	LATIN AMERICA	Brazil	Mexico	EUROPE	France	Germany	Italy	Portugal	Poland	Finland	ASIA	China	Vietnam
Administering antibiotics during the early stages after birth can have a significant impact on the **development of gut microbiota**	**65**	61	63	61	65	62	46	64	59	64	68	71	73	73	74
Pet exposure during early life **does not influence** the gut microbiota	**38**	34	33	33	32	35	33	34	31	38	26	51	47	56	40
Babies living in urban areas tend to have a more balanced microbiome than those living in rural areas	**38**	27	37	40	35	42	32	51	44	42	34	56	35	39	31
By five years of age, the gut microbiota becomes **similar to that of an adult**	**29**	40	25	26	24	20	19	12	19	16	31	18	42	37	46
A baby's microbiome starts developing while **still inside the mother's womb**	**11**	13	11	11	11	8	9	4	12	11	6	7	13	12	13

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

Education about microbiome development in the first 1,000 days of life is quite rare: less than a third of parents have received all information about child's microbiome from their pediatrician.

Question 5V4. Has the pediatrician or the doctor monitoring your child's health ever done any of the following?
Base: Parents (n=3000)

New question



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

Parents who have been informed by a pediatrician about child's microbiome show better knowledge about the "first 1,000 days of life" and what influences child's microbiome.

Parents who have had all information about child's microbiome, several times from their pediatrician (n=274)

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

Awareness of the first 1,000 days of life	
Know exactly what are the "first 1,000 days of life"	**48%** vs 15%*
Subtotal « Aware »	**84%** vs 43%
Level of knowledge around what can influence child's microbiome	
Mean of good answers	**2,9/6** vs 2,3/6

** Reading note:* Among parents who have received all the information on microbiome several times from their pediatrician, 48% know exactly what are the "first 1,000 days", versus 15% among all parents or pregnant women.

European parents have received very little information about their child's microbiome.

Question 5V4. Has the pediatrician or the doctor monitoring your child's health ever done any of the following? ***New question***
Base: Parents (n=3000)

% Yes

	TOTAL	USA	LATIN AMERICA	Brazil	Mexico	EUROPE	France	Germany	Italy	Portugal	Poland	Finland	ASIA	China	Vietnam
Educate you about the **significant role of breastfeeding** for your child's microbiota	**62**	61	68	61	74	47	38	27	51	60	54	47	77	69	83
Educate you about the **importance of preserving** as much as possible the balance of your child's microbiome to prevent the occurrence of diseases in the future	**57**	60	59	55	63	41	37	28	56	47	45	30	77	71	82
Explain how **the prescription of antibiotics** to newborns can affect the microbiome health and what measures might be taken to mitigate negative impacts	**55**	57	55	55	55	40	31	26	57	49	47	25	74	64	81
Educate you about **microbiome development** in the first 1,000 days	**39**	51	40	40	41	24	20	20	28	29	28	16	55	46	62

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

Younger parents, especially those aged 25-34, have been more informed by their pediatrician about child's microbiome.

Question 5V4. Has the pediatrician or the doctor monitoring your child's health ever done any of the following? ***New question***
Base: Parents (n=3000)

% Yes

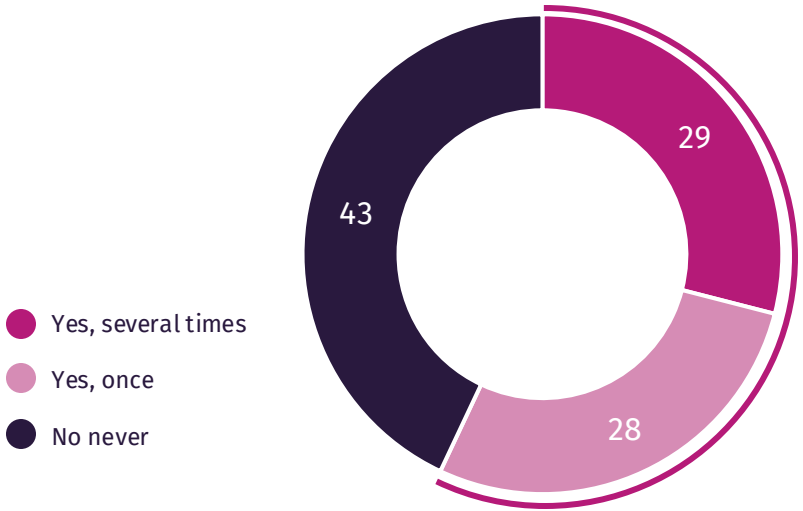
	TOTAL	Less than 25 yo	25-34 yo	35-44 yo	45-59 yo	60 yo and more	Men	Women	Parents of children under 3
Base		*280*	*765*	*909*	*785*	*261*	*1 360*	*1 640*	*481*
Educate you about the **significant role of breastfeeding** for your child's microbiota	**62**	62	**67**	**57**	60	**69**	63	61	65
Educate you about the **importance of preserving** as much as possible the balance of your child's microbiome to prevent the occurrence of diseases in the future	**57**	60	61	54	55	63	59	55	59
Explain how **the prescription of antibiotics** to newborns can affect the microbiome health and what measures might be taken to mitigate negative impacts	**55**	58	**61**	**49**	53	59	56	53	57
Educate you about **microbiome development** in the first 1,000 days	**39**	**49**	**47**	**35**	**32**	41	**43**	**36**	**47**

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

Half of parents recall their child being prescribed with probiotics or prebiotics.

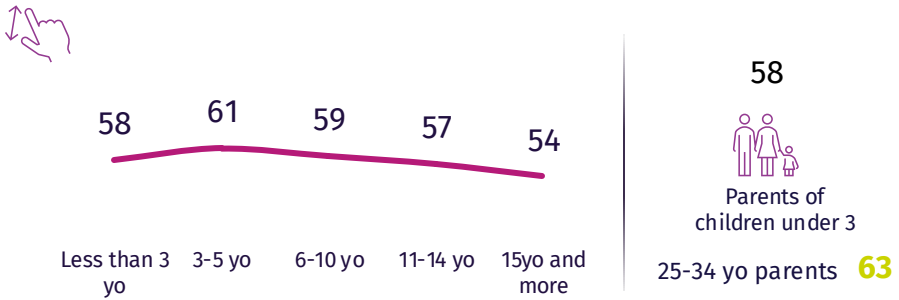
Question 5V4. Has the pediatrician or the doctor monitoring your child's health ever done any of the following? ***New question***
Base: Parents (n=3000)

"Prescribe probiotics or prebiotics for your child"



57% **were prescribed with probiotics or prebiotics for their child**

Global general population: 51% were prescribed with probiotics or prebiotics



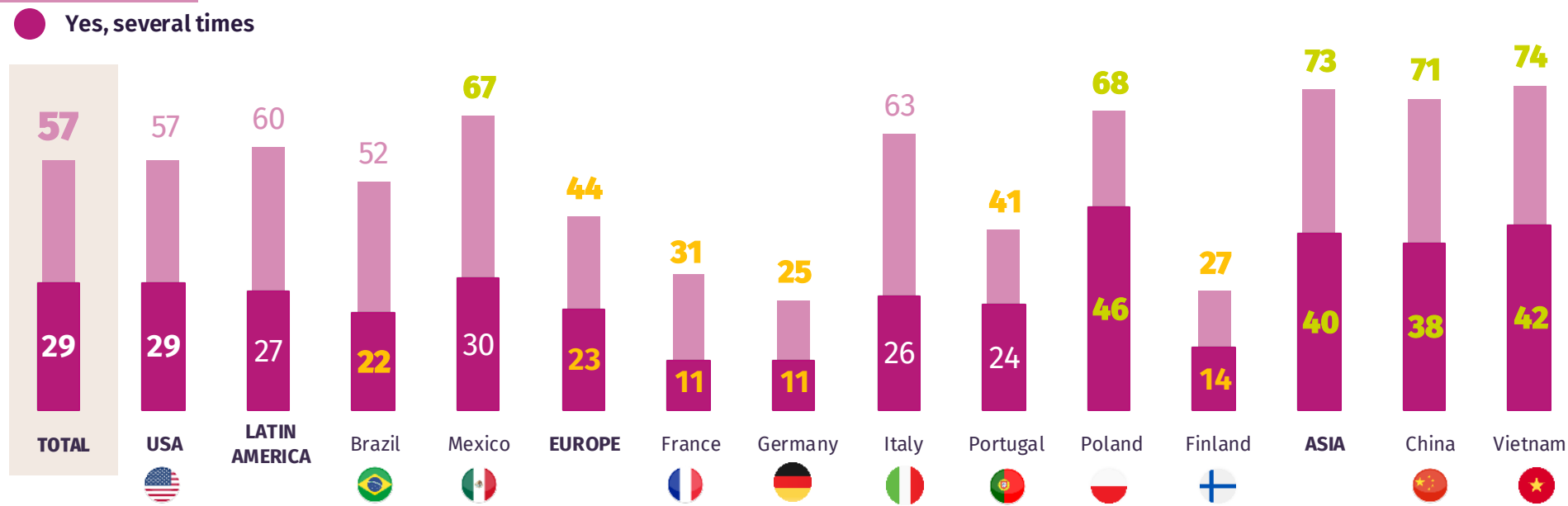
Significant differences vs total - superior Significant differences vs total - inferior

Children were more likely to have a prescription for probiotics or prebiotics in Mexico, Poland, China, and Vietnam.

Question 5V4. Has the pediatrician or the doctor monitoring your child's health ever done any of the following? ***New question***
Base: Parents (n=3000)

% Yes

"Prescribe probiotics or prebiotics for your child"



Significant differences vs total - superior

Significant differences vs total - inferior

THANK YOU