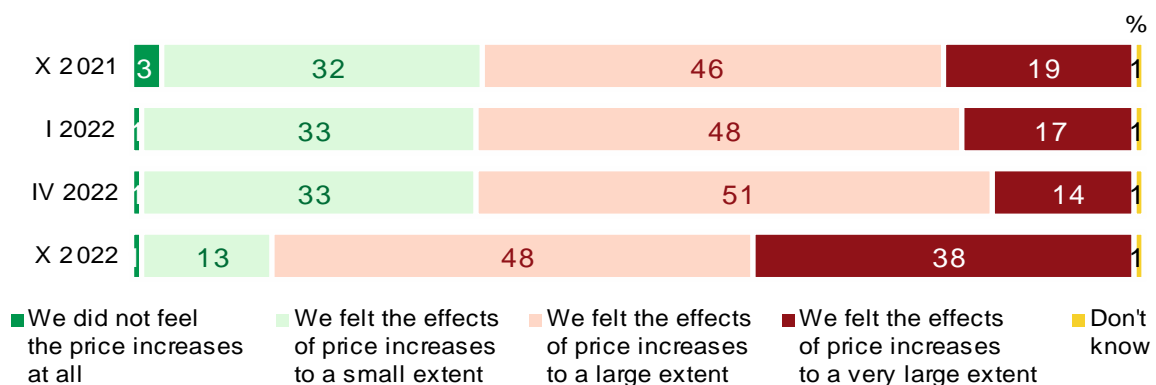


## Coping with inflation

Poles increasingly feel the effects of price increases. Until April, about two-thirds of respondents declared being affected by inflation to a strong or even very strong degree, and now this percentage has risen to 86%. Over the last six months, the percentage of people suffering from its effects has increased significantly, by as much as 21 percentage points.

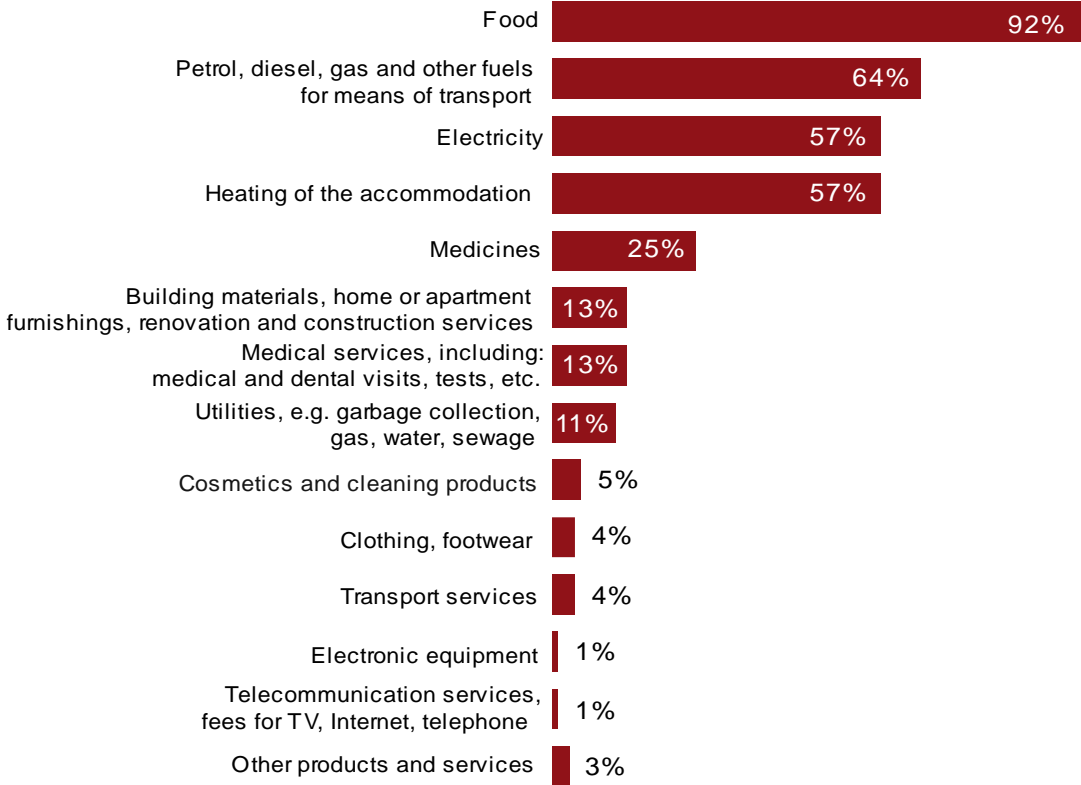
### To what extent are price increases felt in your household?



According to the declarations, the most severe is the increase in food prices (92%), followed by the increase in fuel prices for means of transport (64%), the increase in electricity prices (57%) and the cost of heating a flat or house (57%). For a smaller group of respondents, the most noticeable are increases in the prices of medicines (25%), medical services (13%),

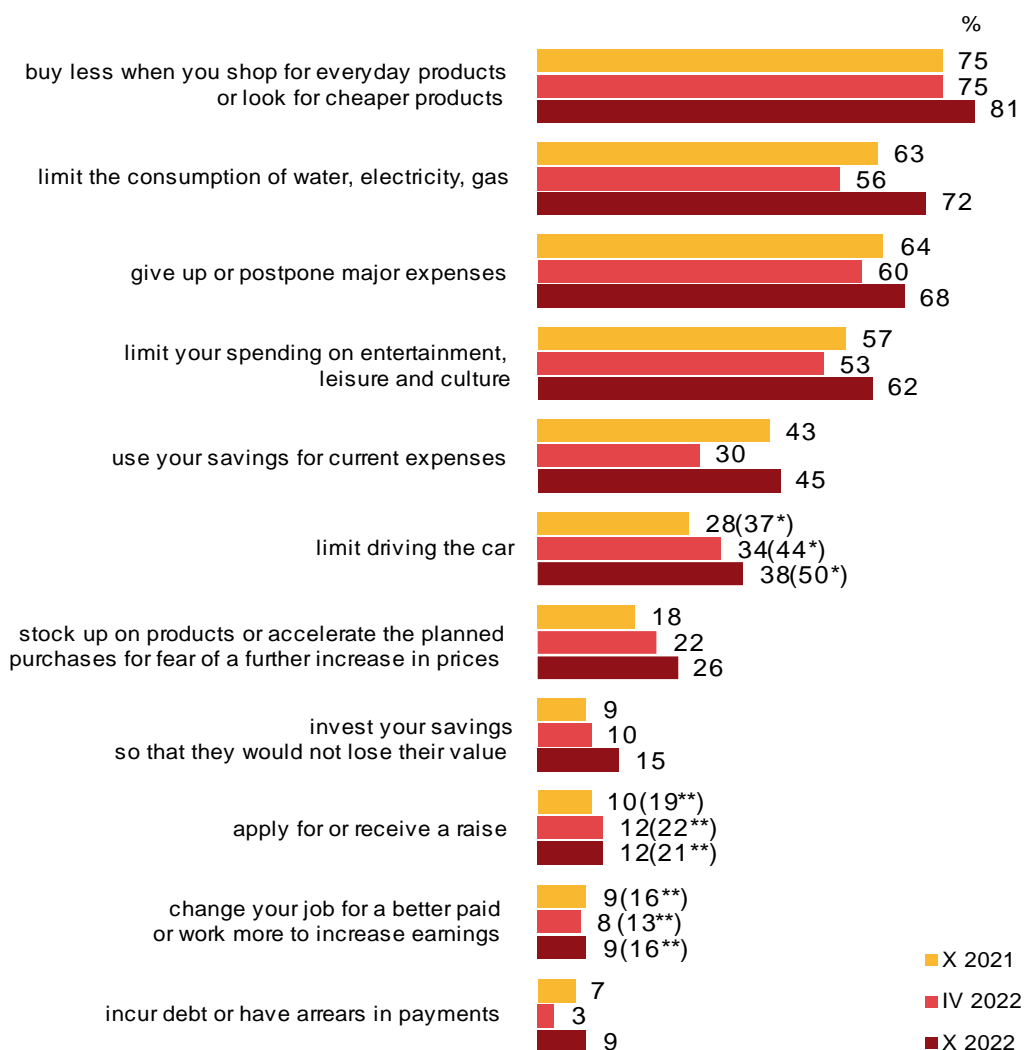
construction materials, home furnishings (13%) and utilities, e.g. waste disposal, water supply or sewage (11%). The remaining products and services were indicated by relatively few respondents, from 1% to 5%.

**Please indicate, which price increases are the most noticeable in your household?**  
*Responses of people whose households felt price increase (N=1023)*



Poles take more and more actions to deal with inflation. Most often they limit everyday purchases and look for cheaper substitutes (81% of respondents do it, compared to 75% in April) and they limit the consumption of water, electricity and gas (72% compared to 56%). They also often give up larger expenses or put them off for later (68% compared to 60%) and limit their spending on entertainment, leisure and culture (62% compared to 53%).

**Due to the increasing prices of some products and services in recent months, do you do the following (percentage of affirmative responses):**



\* Results as percentage of households who have a car.

\*\* Results as percentage of people in employment.

More information about this topic can be found in CBOS report in Polish: "How Do Poles Cope with Inflation?", October 2022. Fieldwork for national sample: October 2022, N=1041. The random sample is representative for adult population of Poland.