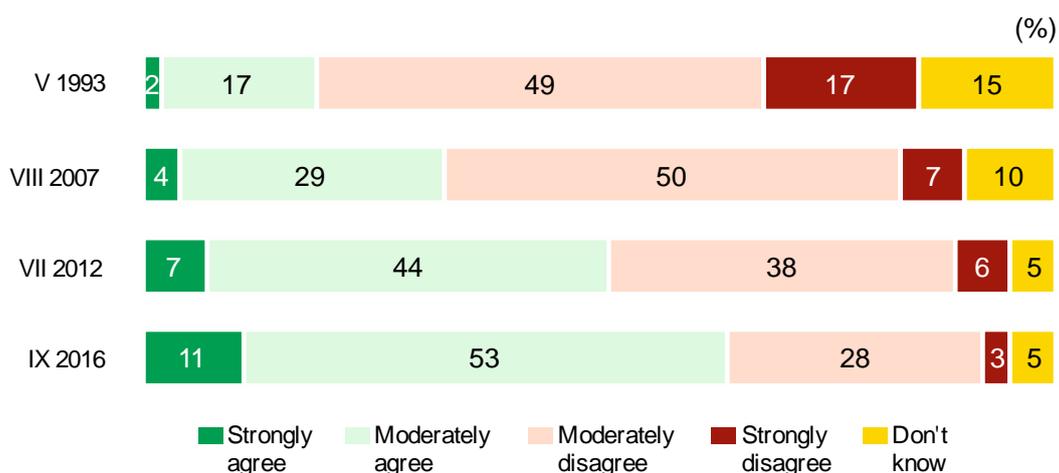


Health and healthy behaviour

Almost two-thirds of respondents (64%) think that healthy lifestyle is popular in Poland. The conviction that healthy lifestyle is popular is growing systematically and significantly. The proportion of respondents noticing symptoms of care about health has increased by 13 percentage points since 2013. Compared with 1993 the group is over three times larger.

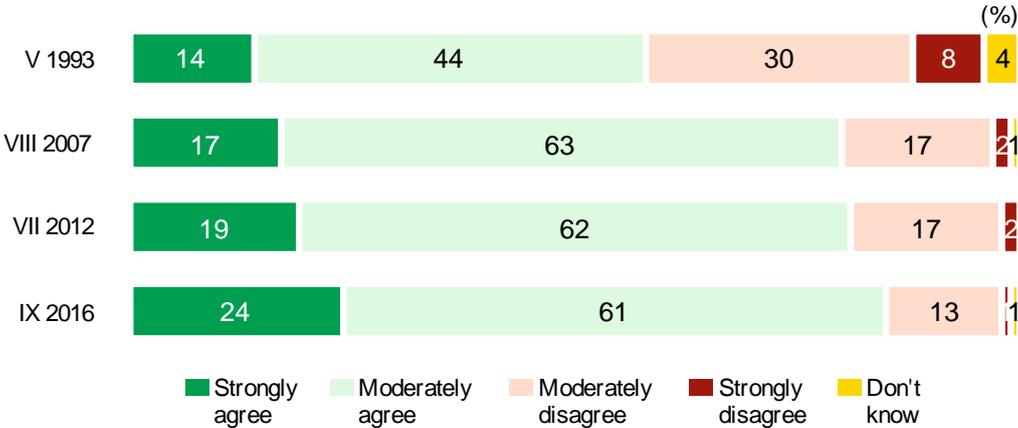
Do you agree that healthy lifestyle is popular in Poland?



Increased common belief that taking care of health is important for Poles is accompanied by a rise in declared personal healthy lifestyle. In the last four years the proportion of people

claiming to live a healthy life rose from 81% to 85%. Since 1993 the percentage of people who care about their health has increased by 27 points.

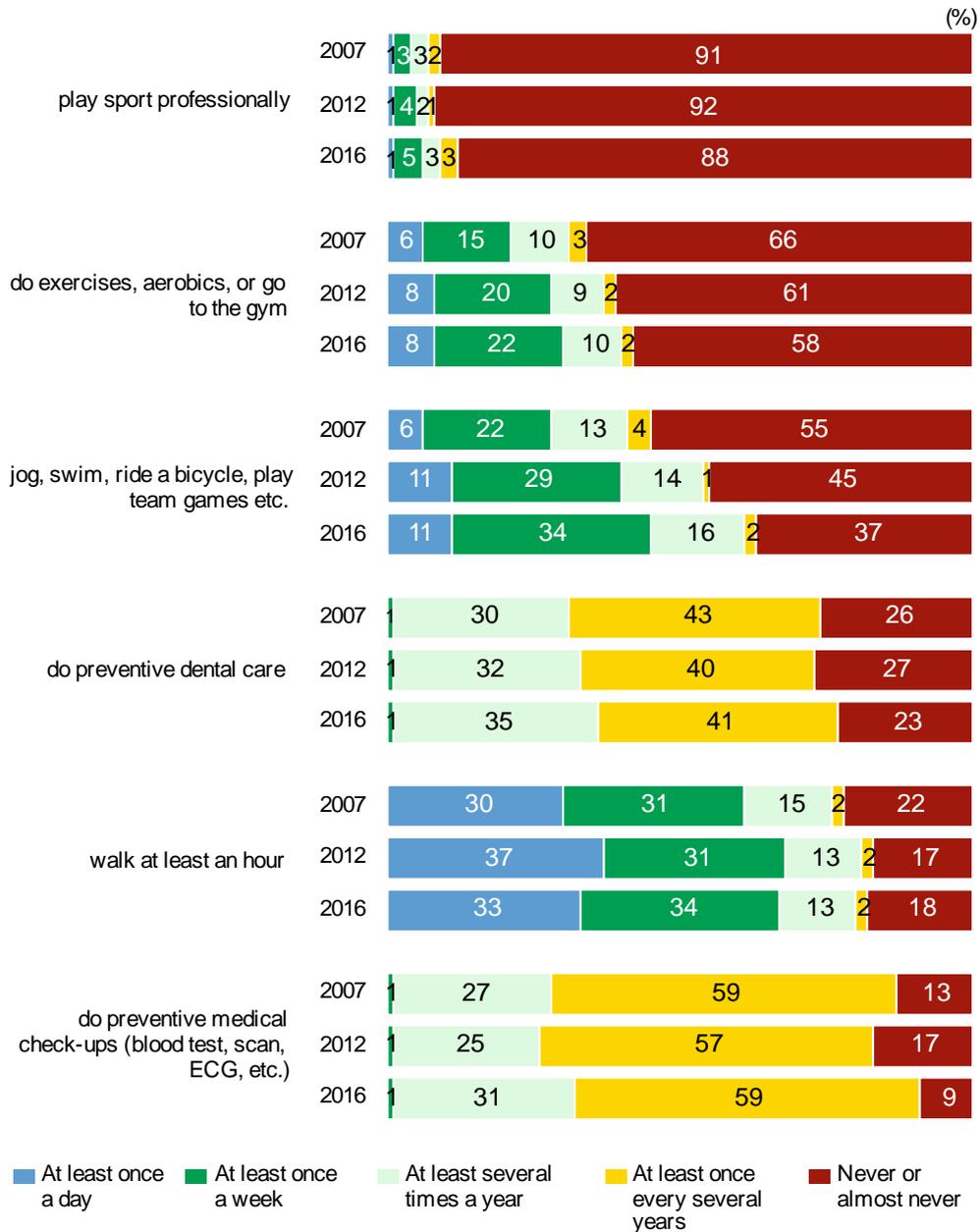
Would you agree that you take care of your health?



Actual care about health is indicated not by declarations but by healthy and unhealthy behaviour. Although a vast majority of Poles declare having a healthy lifestyle, actual healthy behavior is still not universal. The majority of Poles (88%) do not play sport professionally. Almost three-fifths (58%) never or hardly ever do exercises, aerobics, or go to the gym, while over a third (37%) never jog, swim, ride a bicycle or play team games. Almost a quarter (23%) do not do preventive dental care. Almost one-fifth of adults (18%) do not find time for a long walk, while one-eleventh (9%) do not do preventive medical check-ups.

Moreover, a quarter of Poles (25%) smoke cigarettes daily while a slightly smaller proportion (23%) experience daily stress and one-seventh (14%) drink sweet carbonated drinks daily. Almost half (49%) sleep less than six hours at least once a week, in which 8% experience this regularly. Almost a third (30%) eat fewer than three meals a day at least once a week, in which one-eleventh (9%) usually eat no more than twice a day. A quarter of respondents (26%) drink alcohol at least once a week while one-sixteenth (6%) eat in fast food restaurants at least once a week.

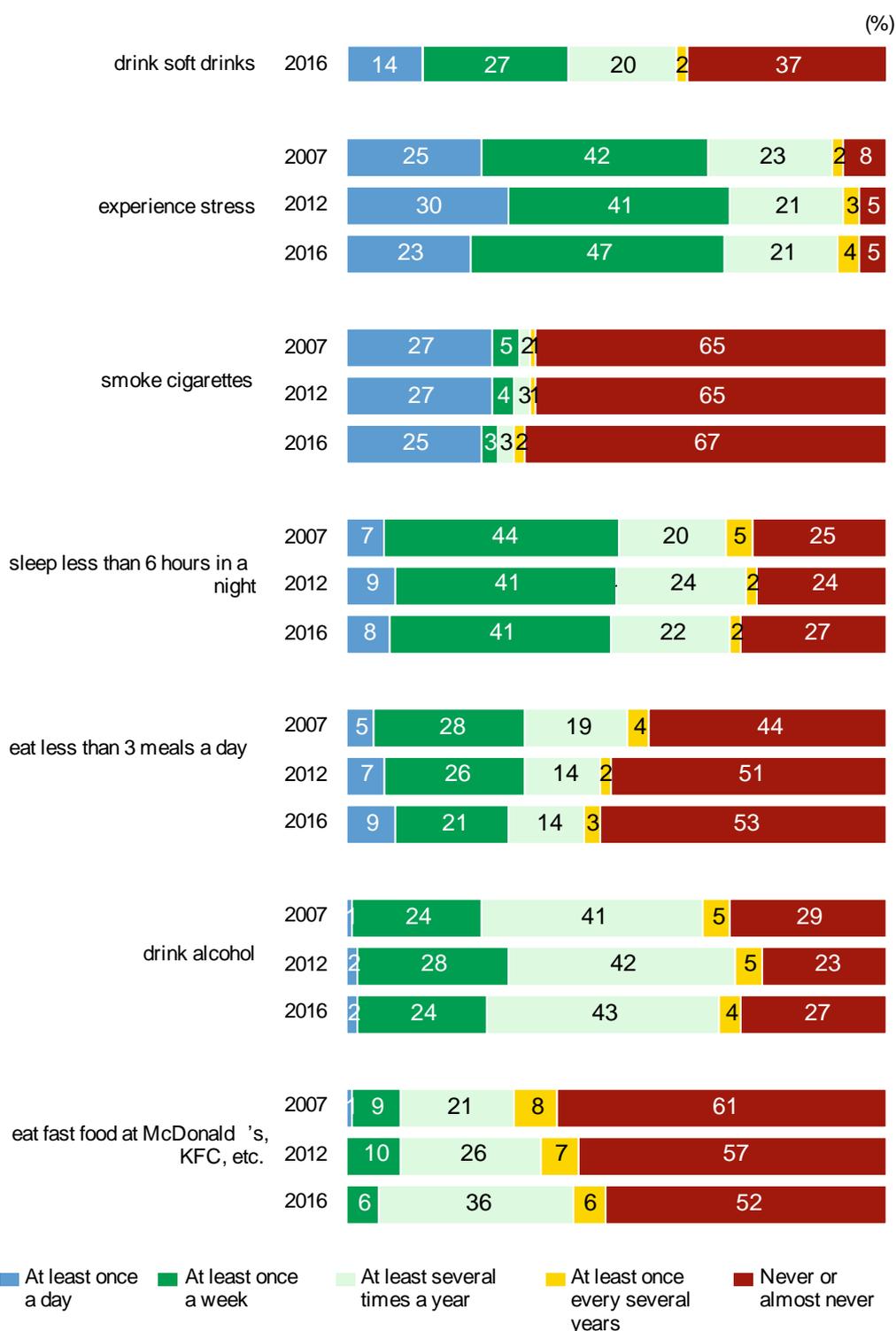
How often do you...



Don't know omitted

Compared with 2012 there has been an increase in the proportion of respondents doing medical check-ups regularly, doing preventive dental care, engaged in activities such as jogging, swimming, cycling or team sports, going to the gym and playing professional sports. There has been a slight decrease in frequency of such unhealthy behaviour as: experiencing stress, smoking cigarettes, drinking alcohol and eating fast food. However, the overall number of people eating in fast food restaurants has increased.

How often do you...



Don't know omitted

More information about this topic can be found in CBOS report in Polish: "Health and Healthy Behaviour", October 2016. Fieldwork for national sample: September 2016, N=981. The random address sample is representative for adult population of Poland.