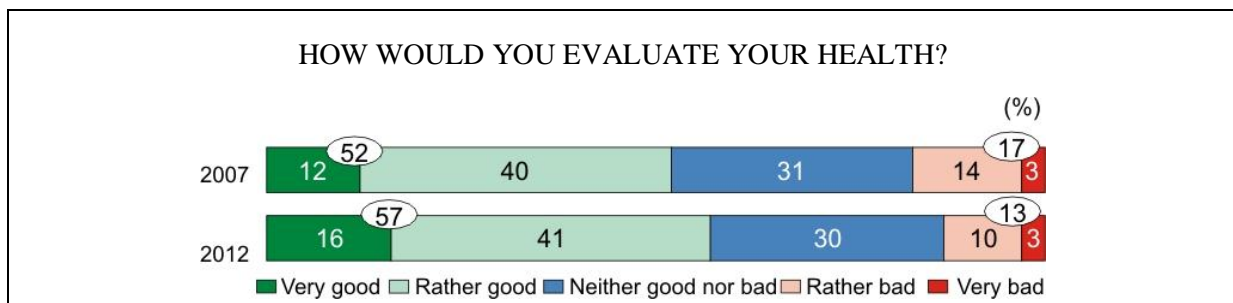
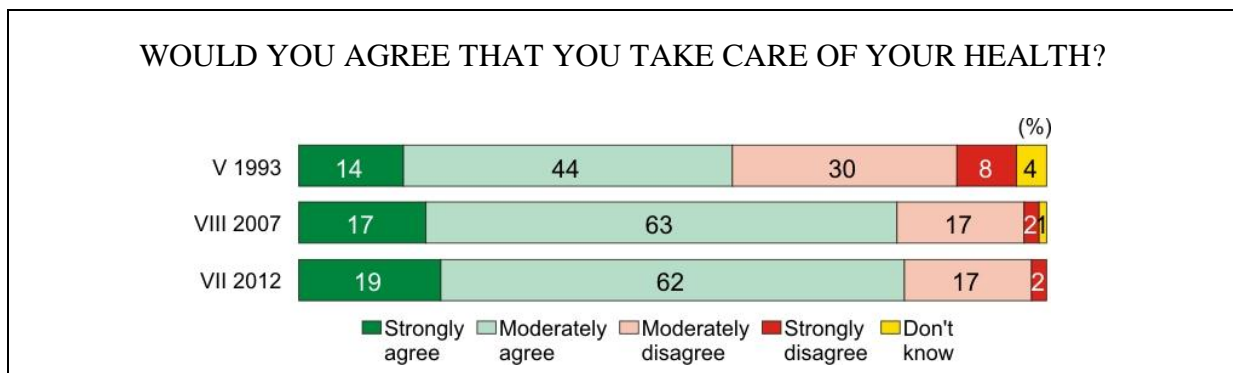


HEALTHY BEHAVIOUR

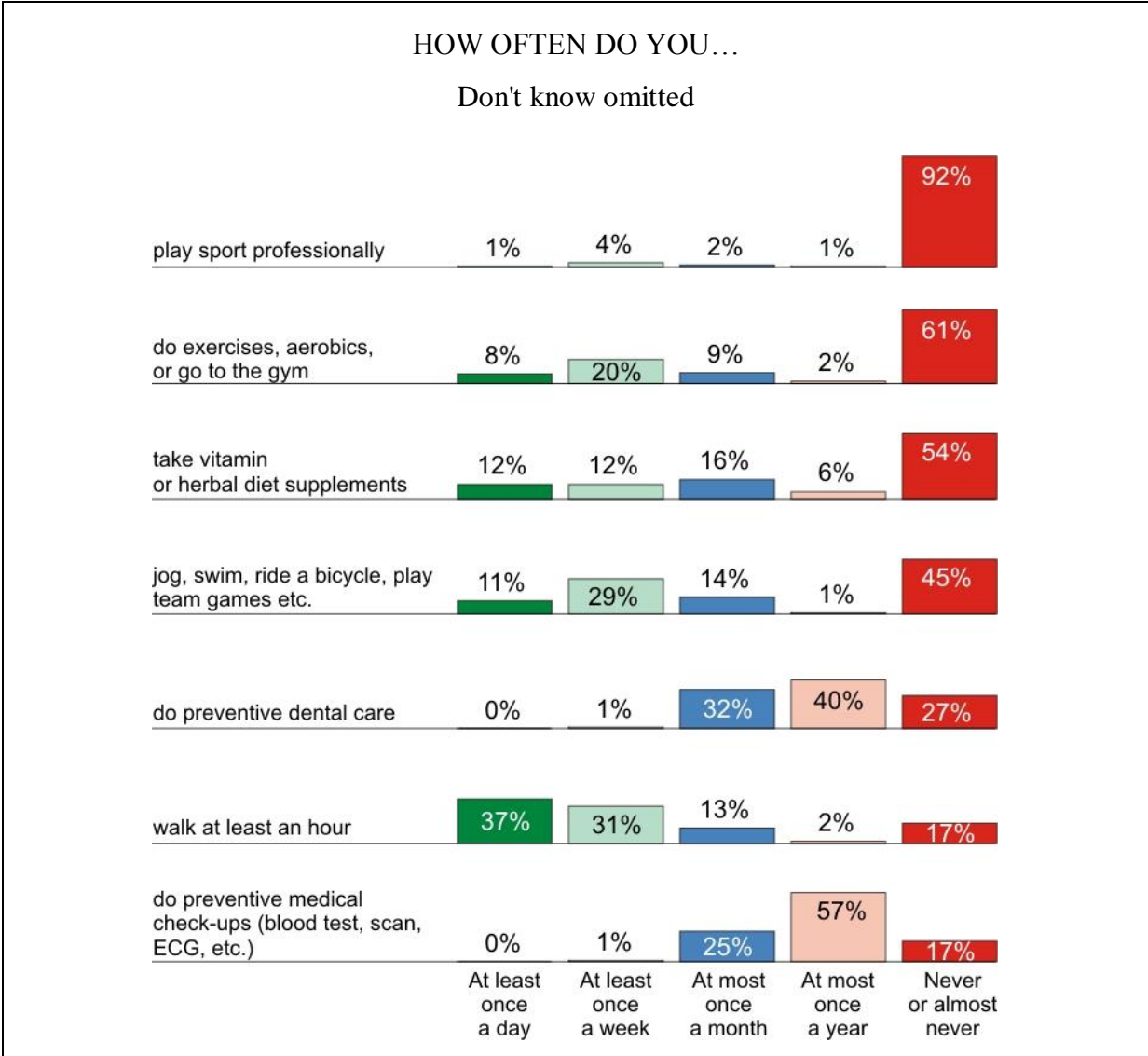
At present, almost three-fifths of adult Poles (57%) describe themselves as healthy, while 13% are dissatisfied with their health, and 30% are ambivalent: neither healthy nor unhealthy. In the last five years, the proportion of healthy people has increased, while the number of respondents unhappy with their health fell. Predictably, dissatisfaction with health increases with age. In the age group 65 plus, over a third (35%) are unhealthy, while one-fifth (19%) evaluate their health positively.



A vast majority of Poles (81%) say they take care of their health, while one-fifth (19%) admit they do not. These declarations have been stable in the last five years. From a long-term perspective, the proportion of people taking care of their health has increased by 23 pct. points since 1993. At the same time, the number of respondents doing nothing for their health fell by half.



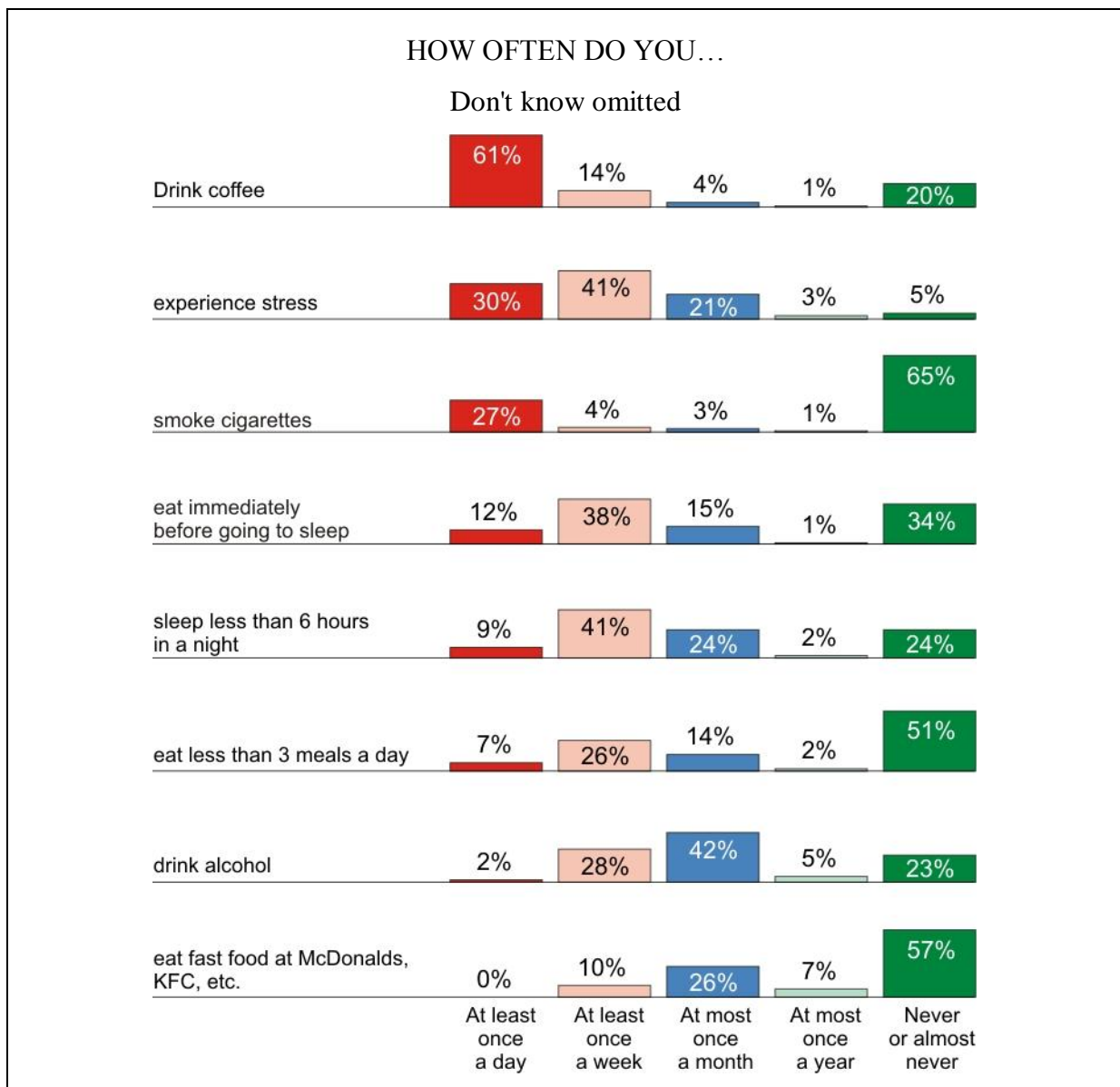
The real indicator of healthy lifestyle is not the general declaration, but everyday healthy and unhealthy behaviour written into the broad socio-cultural context. It appears that, while the majority of Poles declare taking care of their health, healthy behaviour is still far from universal.



Only 8% of respondents occasionally plays sports professionally to some degree. Three-fifths (61%) never do exercises or aerobics, while close to half (45%) never do activities such as: jogging, swimming, riding a bicycle, team games, etc. The majority (54%) do not usually take vitamin or herbal diet supplements, and a quarter (27%) never go to the dentist preventively. Almost one-fifth (17%) never find the time for a longer walk, and the same proportion (17%) do not check health preventively

Three-fifths (61%) drink coffee daily (including 15% who drink several cups of coffee), almost one-third (30%) experience stress daily, over a quarter (27%) smoke cigarettes every day, and one-eighth (12%) eat a meal immediately before going to sleep.

Half of respondents (50%) sleep less than six hours at least one night a week (including 9% for whom shorter sleep is a rule). One-third (33%) eat less than three meals at least one day a week (7% usually eat no more than twice a day). Almost a third (30%) drink alcohol at least once a week, and one-tenth (10%) eat fast food weekly.



More information about this topic can be found in CBOS report in Polish: *"Health and healthy behaviour"*, August 2012. Fieldwork for national sample: July 2012, N=960. The random address sample is representative for adult population of Poland.