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PUBLIC OPINION
RESEARCH CENTER
- CBOS -

5/7, Świętojerska
00-236 Warszawa
POLAND

Ph: (48) 22 629 35 69
(48) 22 628 37 04
(48) 22 860 04 52

Fax: (48) 22 629 40 89

E-mail: sekretariat@cbos.pl
<http://www.cbos.pl>

Editor:
Beata Roguska

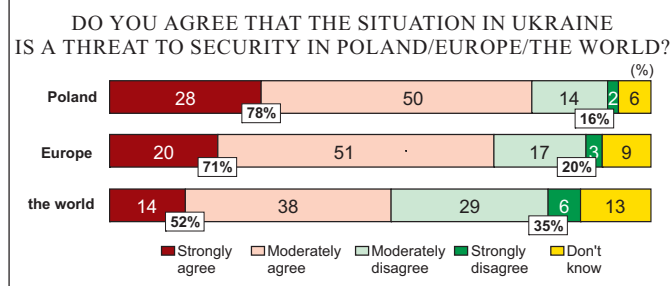
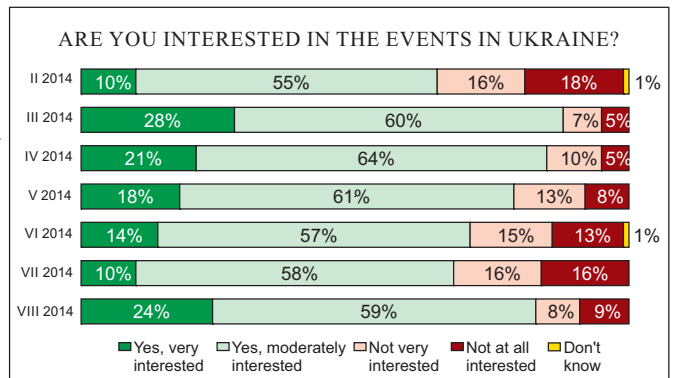
Translated by
Michał Wenzel

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CONFLICT IN UKRAINE AND TRADE WAR WITH RUSSIA

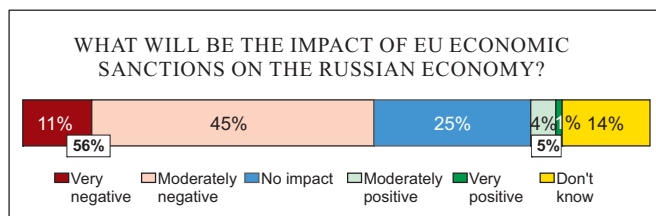
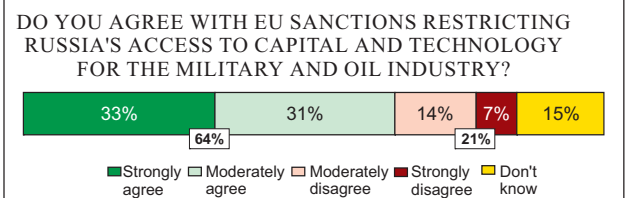
The deterioration of the conflict in eastern Ukraine has caused a resurgence of interest in this country among the Polish people. Four-fifths of respondents (83%) follow the situation in that country.

A vast majority of Poles follow the events in Ukraine with anxiety. Over three-quarters (78%) consider this conflict to be a threat for Poland. A similar



proportion (71%) think that it can undermine the order in Europe, and over half (52%) share the opinion that it is a threat to the peace in the world in general. The fear of the spread of this conflict has strengthened recently and is stronger than immediately after the Russian takeover of Crimea.

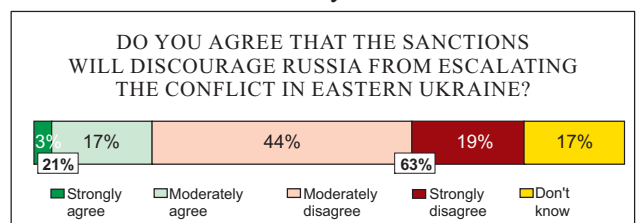
The majority of Poles (64%) agree with the decision to impose new sanctions. However, one-fifth of respondents (21%) oppose them. The strongest opposition is among farmers (35%), who are probably dissatisfied with the Russian ban on import of agricultural products, introduced as a response to sanctions.



The majority of respondents (56%) are convinced that Russia will experience negative consequences of reduced trade with the European Union. However, a quarter (25%) are

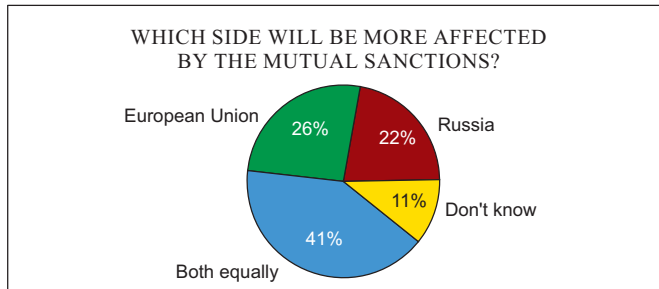
sceptical about the impact of the sanctions on the Russian economy.

Only one-fifth of respondents (20%) believe that the sanctions will discourage Russia from escalating the conflict in eastern Ukraine. Almost two-thirds (63%) are not convinced about their effectiveness.



In response to the economic sanctions imposed on Russia, the Russian government introduced restrictions on trade. It consists in the ban on import of goods (principally agricultural products) from the member states of the European Union, United States and other countries which supported the sanctions.

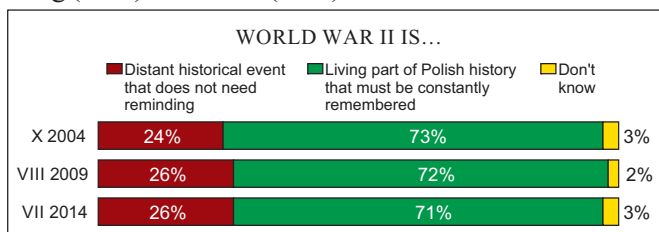
The opinions about the consequences of the mutual restrictions are divided. The belief that they will affect EU stronger (26%) is slightly more widespread than the opinion that they will principally hit Russia (22%). The prevailing opinion (41%) holds that both sides will be affected to equal degree.



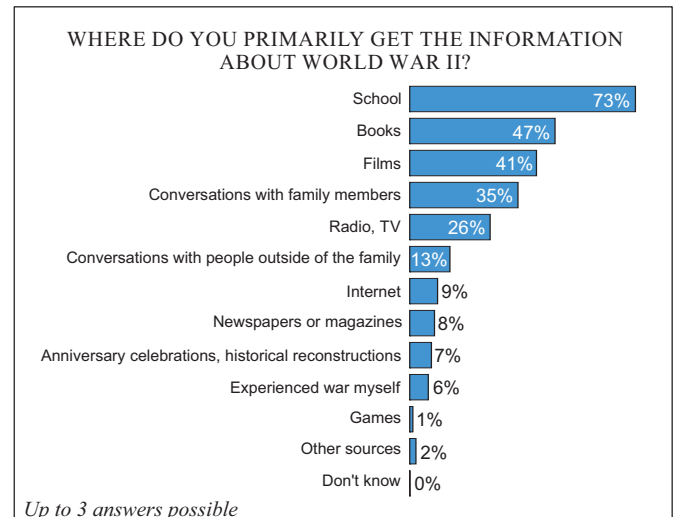
More information about this topic can be found in CBOS report in Polish: *"Conflict in Ukraine and trade war with Russia"*, August 2014. Fieldwork for national sample: August 2014, N=980. The random address sample is representative for adult population of Poland.

75TH ANNIVERSARY OF THE START OF WORLD WAR II

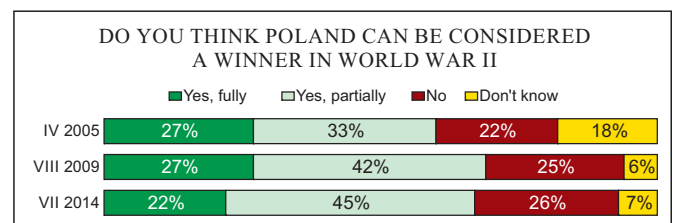
On 1st September, the 75th anniversary of the beginning of World War II passed. In spite of the passage of time and reduction in the number of people who remember the war, the number of people who think that it is a living part of Polish history has not changed significantly in the last 10 years. The conviction that World War II is a recent historical event which needs to be constantly remembered is expressed by 71% of respondents. The attitude to World War II is related to age. Young respondents are slightly more distant, as for them it is more commonly a distant historical event. However, they also in their majority think that it is a living part of the Polish history. Political orientation has the strongest impact on opinions: right-wing respondents consider it more often as a recent event (83%) than left-wing (64%) or centrist (66%).



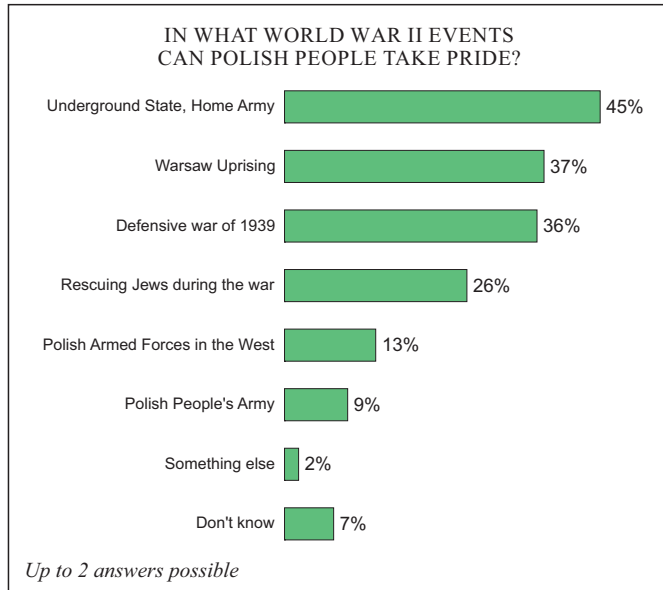
Poles derive their knowledge about World War II primarily from school. It is the most common source of information not only for the young people, but also for the middle-aged and seniors. Another important source of information are books and film, which are among the top three sources of information. Another important source is the family. More than a third of adult Poles declare getting information about the war primarily from family conversations. It is a topic of discussions mostly for older respondents (55 years and older). It is not as frequently a topic of conversations with people outside of the family, or these conversations are not as meaningful. Additionally, the media provide information about the war, primarily radio and television. For the youngest respondents (18-24 years of age), the internet is the most important medium. A small, but not marginal, group of respondents mentioned official anniversary events and historical reconstructions. A small number of respondents declare knowing the war from personal experience.



Formally, Poland was among the winners of World War II as one of the allied states. This opinion was not questioned during the period of People's Republic, but now is not obvious to most people. Only slightly more than a fifth (22%) have no doubts that Poland can be considered a winner of World War II. The proportion of people sharing this view has diminished in recent years. On the other hand, there has been an increase in the number of respondents who agree partially (from 33% in 2005 to 45% now). Over a quarter of respondents think that Poland cannot be considered a winner in World War II.



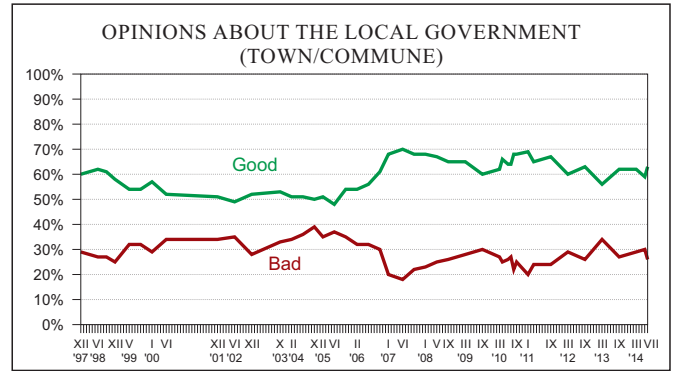
World War II is among the events which influenced the collective consciousness of Poles to the greatest extent. The attitude of the Polish people during the war is a source of pride. After 75 years since the war began, Poles take pride in the organization of the Underground State and the Home Army. A lot of respect is shown to the defence war of 1939 and the Warsaw Uprising. Slightly fewer people mentioned help for the Jews. Less frequently, respondents declared pride in the activity of Polish troops abroad: Polish Armed Forces in the West and Polish People's Army.



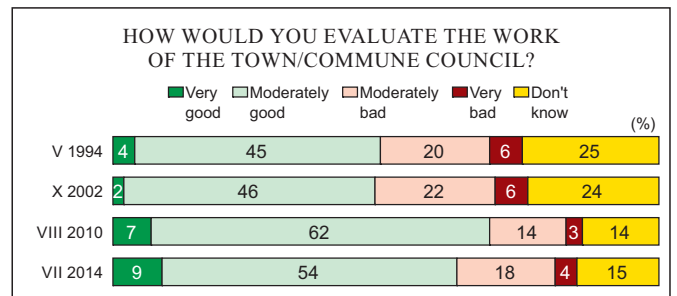
More information about this topic can be found in CBOS report in Polish: "75th anniversary of the start of World War II", August 2014. Fieldwork for national sample: July 2014, N=943. The random address sample is representative for adult population of Poland.

EVALUATION OF THE LOCAL GOVERNMENT BEFORE THE ELECTIONS

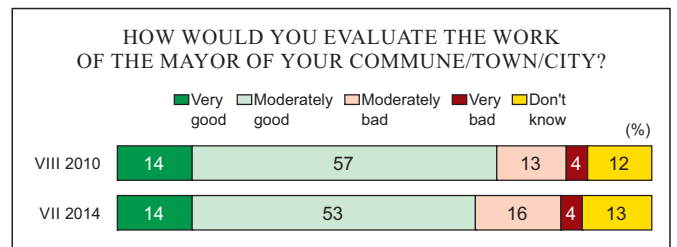
In November, Polish citizens will vote in local government elections for councillors on different levels and will elect mayors of towns and cities. In that way, they will democratically and directly rate the people exercising power in their towns, villages, communes (gmina), districts (powiat) and voivodships. Public opinion research indicates that the evaluation tends to be positive. In Poland the positive image of local government is deeply rooted in collective consciousness, as opposed to critical opinions about central government (parliament and government). The popularity of local government has also been improved by the increased local investment, possible through funds from the European Union.



Almost two-thirds of Poles (63%) have a good opinion about the local councils in their towns and communes, while only slightly more than one-fifth (22%) disagree. The current authorities do not enjoy the level of acceptance noted at the end of the previous term, but their rating is higher than evaluations given in 1994 and 2002.



The executive branch of the local government, i.e. mayors of communes, towns and cities, is rated even higher. Two-thirds of respondents (67%) are satisfied with their work, while a fifth (20%) evaluate their performance in office as poor.



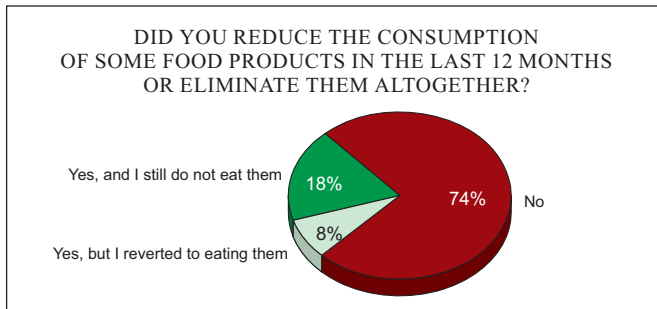
More information about this topic can be found in CBOS report in Polish: "Elections to the local government", August 2014. Fieldwork for national sample: July 2014, N=943. The random address sample is representative for adult population of Poland.

DIETARY HABITS

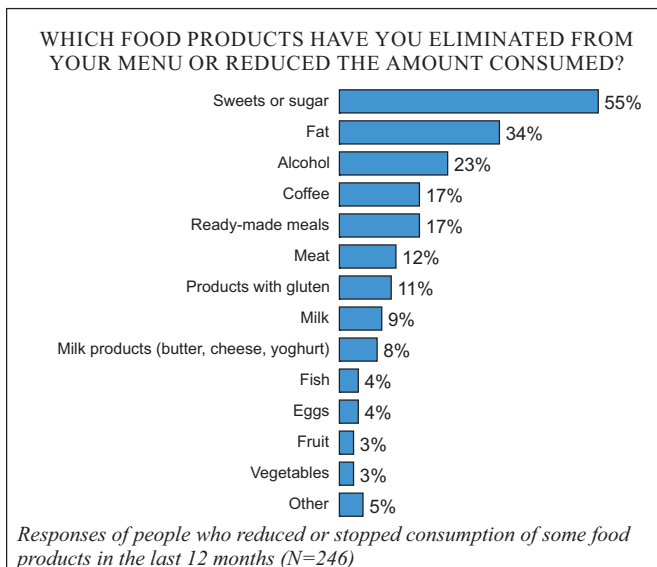
The popularity of different kinds of diets is increasing. On the one hand, physicians and dieticians advise conscious nutrition as a positive phenomenon, as it makes people healthier. On the other hand, they warn against rash and unreasonable diet that eliminates valuable food, especially in case of children.

Overall, 9% of adult Poles declare being on a special diet (specific nutrition program) in the last 12

months. Moreover, over a quarter of adults (26%) claim that they eliminated some products from their menu, at least temporarily.



The majority of respondents who eliminated some foods mention reducing or avoiding completely sugar and sweets, while one-third mentioned fat, and a quarter drink less alcohol. A relatively large number mentioned coffee and ready-made meals.



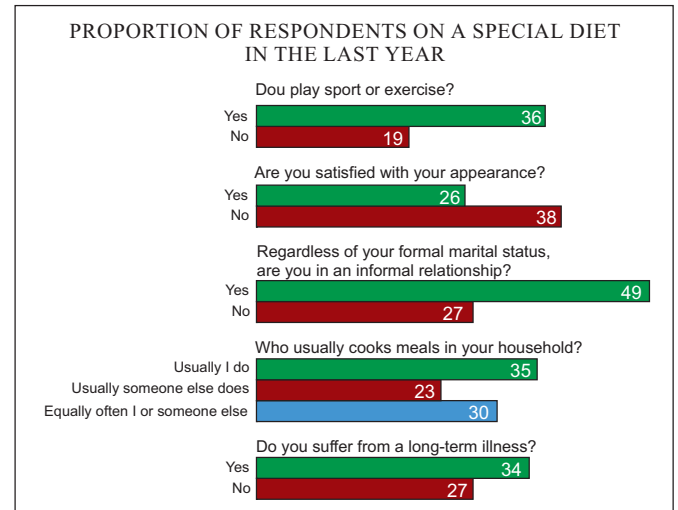
Three reasons for going on a diet were mentioned most commonly: slimming (36%), healthy nutrition or better lifestyle (35%) and health problems (34%). Less commonly, respondents mentioned advice from a

physician (23%), while other reasons appeared sporadically.

Considering all nutrition programs mentioned in the survey, it can be said that, altogether, 30% of respondents were on some kind of diet in the last year; among them, 26% eliminated or reduced consumption of some food products.

The analysis of socio-demographic determinants indicates that a special diet was most common among young people aged 18-24 (40%), people in informal relationships (49%), those living in biggest cities with over half a million inhabitants (42%), the best educated (38%), and those with monthly per capita income of more than 1,500 PLN (37%). Women (33%) go on a diet more frequently than men (26%).

Special nutrition is also associated with playing sport, dissatisfaction with appearance, and cooking meals at home. It can also be noted that patients suffering from long-term diseases go on a diet more often than healthy people.



More information about this topic can be found in CBOS report in Polish: "Dietary habits", August 2014. Fieldwork for national sample: July 2014, N=943. The random address sample is representative for adult population of Poland.

In addition to the reports referred to above, the following have been published recently (in Polish):

- ◆ Dietary Behaviors
- ◆ Party Preferences in August
- ◆ Attitude to Government in August
- ◆ Opinions about Parliament, President and Local Authorities

For more information on CBOS services and publications please contact:

CBOS POLAND
5/7, Świętojerska, 00-236 Warsaw
Phones: (48) 22 629 35 69, 22 628 37 04
Fax: (48) 22 629 40 89

e-mail: sekretariat@cbos.pl
http://www.cbos.pl

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