

Health

Worldviews Survey 2025

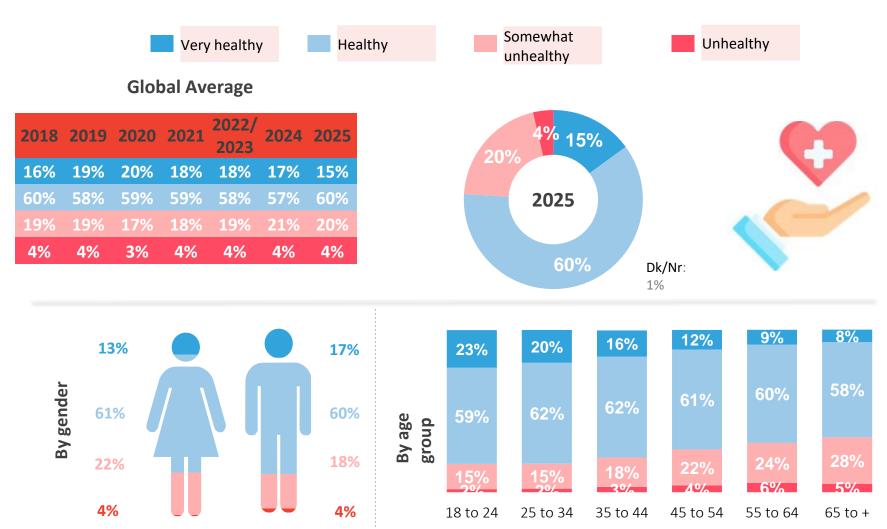




GENERAL HEALTH PERCEPTION



% within total population





% within total population

Very healthy

Healthy

Somewhat
unhealthy

Unhealthy



By education level

No education / Only basic education

14% 53%	23%	7%
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Completed Primary

12%	58%	23%	5%
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Completed Secondary School

13%	60%	22%	4%

Completed University

15% 63% 18% 3 %

Completed Higher level of education (Masters, PHD, etc.)



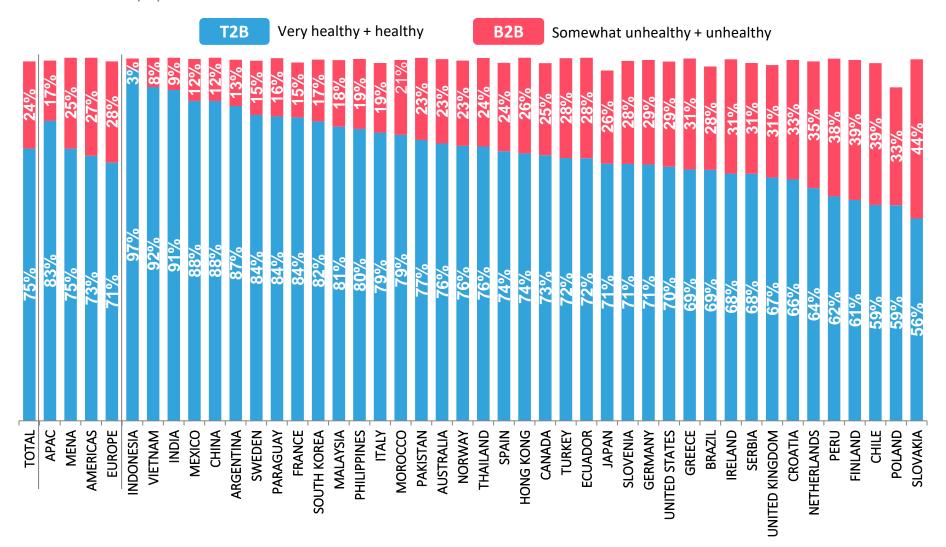
By employment

Working full (include self-employed)

18%	63%	16%29
Working Par	t-time 62%	21% 3%
Unemployed		0.00/
13%	53%	26% <mark>7</mark> %
Student 21%	61%	15%29
Housewife		
11%	61%	22% 4%
Retired/Disa	bled	
6%	53%	31% 9%



% within total population



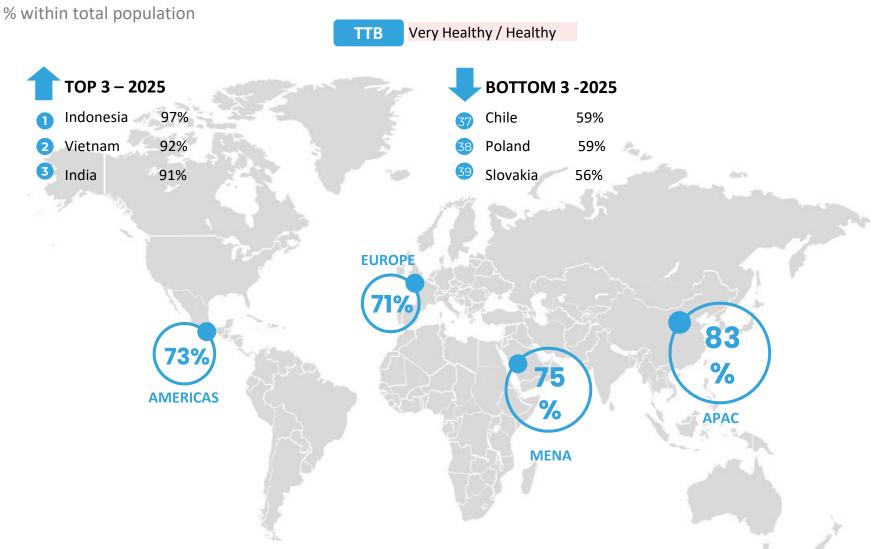


% within total population

ТТВ	2021	2022/ 2023	2024	2025
GLOBAL AVERAGE	77%	76%	74%	75%
Indonesia	No data	No data	96%	97%
Vietnam	93%	93%	93%	92%
India	89%	92%	89%	91%
Mexico	87%	88%	93%	88%
China	No data	No data	No data	88%
Argentina	80%	77%	72 %	87%
Sweden	No data	No data	83%	84%
Paraguay	84%	85%	89%	84%
France	81%	79 %	84%	84%
South Korea	No data	No data	80%	82%
Malaysia	88%	77 %	86%	81%
Philippines	89%	84%	78 %	80%
Italy	83%	84%	82%	79%
Morocco	No data	No data	No data	79%
Pakistan	91%	85%	84%	77%
Australia	No data	No data	No data	76%
Norway	No data	No data	No data	76%
Thailand	No data	No data	No data	76%
Spain	75%	76%	75 %	74%
Hong Kong	60%	60%	64%	74%

Canada 78% 77% 75% 73% Turkey 76% 80% 76% 72% Ecuador 72% 68% 73% 72% Japan 70% 68% 68% 71% Slovenia 77% 64% 68% 71% Germany 71% 68% 72% 71% United States 75% 77% 75% 69% Brazil 76% 78% 74% 69% Ireland 73% 72% 67% 68% Serbia 76% 71% 68% 68% United Kindom No data No data 70% 67% Croatia 68% 67% 68% 66% Netherlands No data 64% 71% 64% Peru 72% 70% 63% 62% Finland 62% 59% 58% 61% Chile 57% 63% 56% 59% Poland 55% 47% 54% 59%	ТТВ	2021	2022/ 2023	2024	2025
Ecuador 72% 68% 73% 72% Japan 70% 68% 68% 71% Slovenia 77% 64% 68% 71% Germany 71% 68% 72% 71% United States 75% 77% 75% 70% Greece 84% 77% 75% 69% Brazil 76% 78% 74% 69% Ireland 73% 72% 67% 68% Serbia 76% 71% 68% 68% United Kindom No data No data 70% 67% Croatia 68% 67% 68% 66% Netherlands No data 64% 71% 64% Peru 72% 70% 63% 62% Finland 62% 59% 58% 61% Chile 57% 63% 56% 59%	Canada	78%	77%	75%	73%
Japan 70% 68% 71% Slovenia 77% 64% 68% 71% Germany 71% 68% 72% 71% United States 75% 77% 75% 70% Greece 84% 77% 75% 69% Brazil 76% 78% 74% 69% Ireland 73% 72% 67% 68% Serbia 76% 71% 68% 68% United Kindom No data No data 70% 67% Croatia 68% 67% 68% 66% Netherlands No data 64% 71% 64% Peru 72% 70% 63% 62% Finland 62% 59% 58% 61% Chile 57% 63% 56% 59%	Turkey	76%	80%	76%	72 %
Slovenia 77% 64% 68% 71% Germany 71% 68% 72% 71% United States 75% 77% 75% 70% Greece 84% 77% 75% 69% Brazil 76% 78% 74% 69% Ireland 73% 72% 67% 68% Serbia 76% 71% 68% 68% United Kindom No data No data 70% 67% Croatia 68% 67% 68% 66% Netherlands No data 64% 71% 64% Peru 72% 70% 63% 62% Finland 62% 59% 58% 61% Chile 57% 63% 56% 59%	Ecuador	72%	68%	73%	72 %
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Greece 84% 77% 75% 69% Brazil 76% 78% 74% 69% Ireland 73% 72% 67% 68% Serbia 76% 71% 68% 68% United Kindom No data No data 70% 67% Croatia 68% 67% 68% 66% Netherlands No data 64% 71% 64% Peru 72% 70% 63% 62% Finland 62% 59% 58% 61% Chile 57% 63% 56% 59%	Germany	71%	68%	72 %	71%
Brazil 76% 78% 74% 69% Ireland 73% 72% 67% 68% Serbia 76% 71% 68% 68% United Kindom No data No data 70% 67% Croatia 68% 67% 68% 66% Netherlands No data 64% 71% 64% Peru 72% 70% 63% 62% Finland 62% 59% 58% 61% Chile 57% 63% 56% 59%	United States	75%	77%	75%	70%
Ireland 73% 72% 67% 68% Serbia 76% 71% 68% 68% United Kindom No data No data 70% 67% Croatia 68% 67% 68% 66% Netherlands No data 64% 71% 64% Peru 72% 70% 63% 62% Finland 62% 59% 58% 61% Chile 57% 63% 56% 59%	Greece	84%	77%	75%	69%
Serbia 76% 71% 68% 68% United Kindom No data No data 70% 67% Croatia 68% 67% 68% 66% Netherlands No data 64% 71% 64% Peru 72% 70% 63% 62% Finland 62% 59% 58% 61% Chile 57% 63% 56% 59%	Brazil	76%	78%	74%	69%
United Kindom No data No data 70% 67% Croatia 68% 67% 68% 66% Netherlands No data 64% 71% 64% Peru 72% 70% 63% 62% Finland 62% 59% 58% 61% Chile 57% 63% 56% 59%	Ireland	73%	72 %	67%	68%
Croatia 68% 67% 68% 66% Netherlands No data 64% 71% 64% Peru 72% 70% 63% 62% Finland 62% 59% 58% 61% Chile 57% 63% 56% 59%	Serbia	76%	71%	68%	68%
Netherlands No data 64% 71% 64% Peru 72% 70% 63% 62% Finland 62% 59% 58% 61% Chile 57% 63% 56% 59%	United Kindom	No data	No data	70%	67%
Peru 72% 70% 63% 62% Finland 62% 59% 58% 61% Chile 57% 63% 56% 59%	Croatia	68%	67 %	68%	66%
Finland 62% 59% 58% 61% Chile 57% 63% 56% 59%	Netherlands	No data	64%	71%	64%
Chile 57% 63% 56% 59%	Peru	72%	70%	63%	62 %
	Finland	62%	59%	58%	61%
Poland 55% 47% 54% 59%	Chile	57%	63%	56%	59%
	Poland	55%	47%	54%	59%
Slovakia No data No data No data 56%	Slovakia	No data	No data	No data	56%







HEALTH-RELATED HABITS





Summary of health-related habits

% within total population

HOW OFTEN DO PEOPLE ...?

A lot/ very often / Moderately/ fairly often

A little/ Sometimes

■ Very little/ occasionally/ Never

SMOKE

TAKE MEDICINES PRESCRIBED BY A DOCTOR

EXERCISE

SELF-MEDICATE

CONCERN ABOUT HEALTHY LIVING

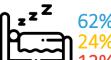
SLEEP WELL

169 7%

41% 20% 38%

43% 27% 29% 16% 19% 64%

55% 26% 18%



AVOID PRODUCTS THAT CAUSE AN ALLERGIC REACTION

40% 15% 38% TAKE VITAMIN SUPPLEMENTS



34% 21% 44% HAVE CONTACT WITH NATURE



) 47% 27% 25% PRACTICE MINDFULNESS TECHNIQUES



17% 18% 63% DRINK ALCOHOL



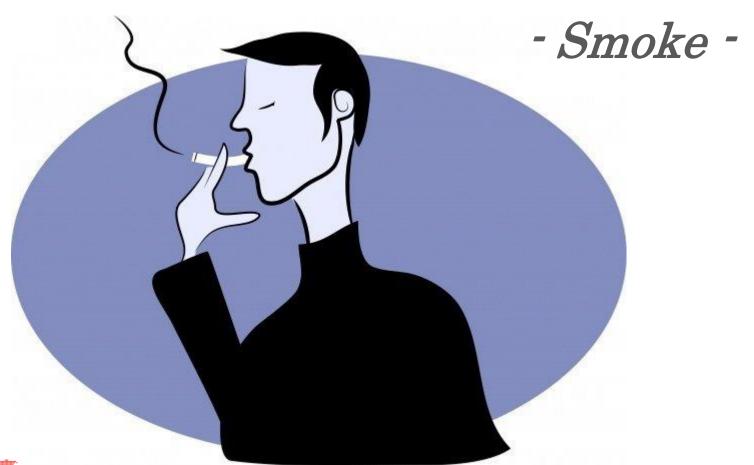
SUFFER FROM STRESS



33% 31% 35%



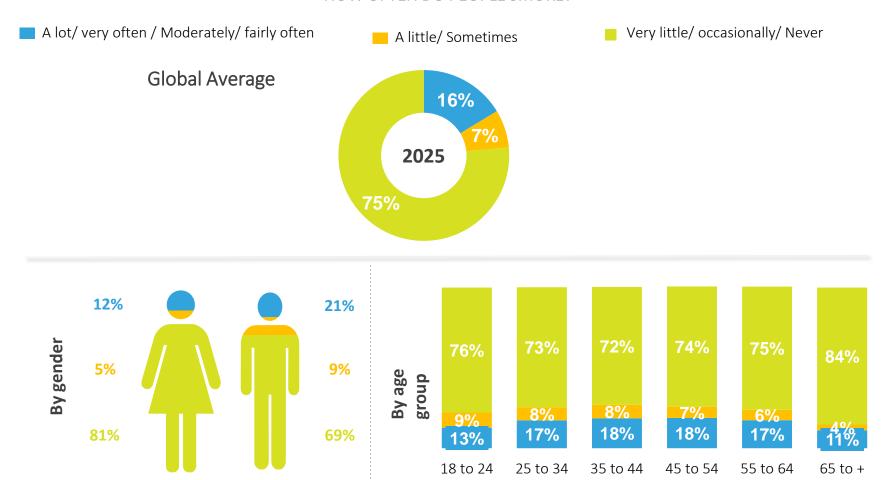
HEALTH-RELATED HABITS



Smoke

% within total population

HOW OFTEN DO PEOPLE SMOKE?





Smoke

% within total population

A lot/ very often / Moderately/ fairly often

A little/ Sometimes

Very little/ occasionally/ Never



By education level

No education / Only basic education

19% <mark>6% 73%</mark>

Completed Primary

21% 8% 69%

Completed Secondary School

18% 7% 74%

Completed University

14% 7% 78%

Completed Higher level of education (Masters, PHD, etc.)

12%7% 79%



By employment

Working full (include self-employed)

18% 9% 72%

Working Part-time

18% 7% 74%

Unemployed

21% 8% 70%

Student

10⁹ 7% 81%

Housewife

9°4% 85%

Retired/Disabled

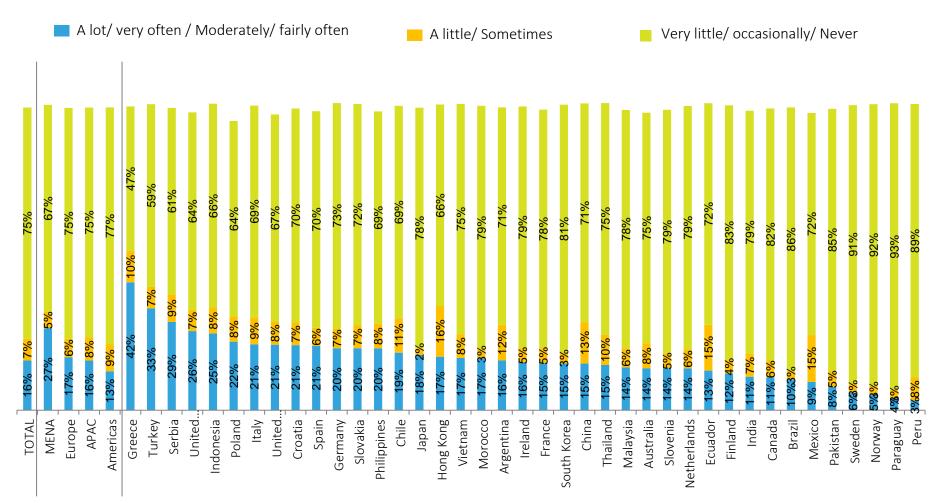
13 4% 81%



Smoke

% within total population

HOW OFTEN DO PEOPLE SMOKE?





HEALTH-RELATED HABITS

- Drink alcohol -

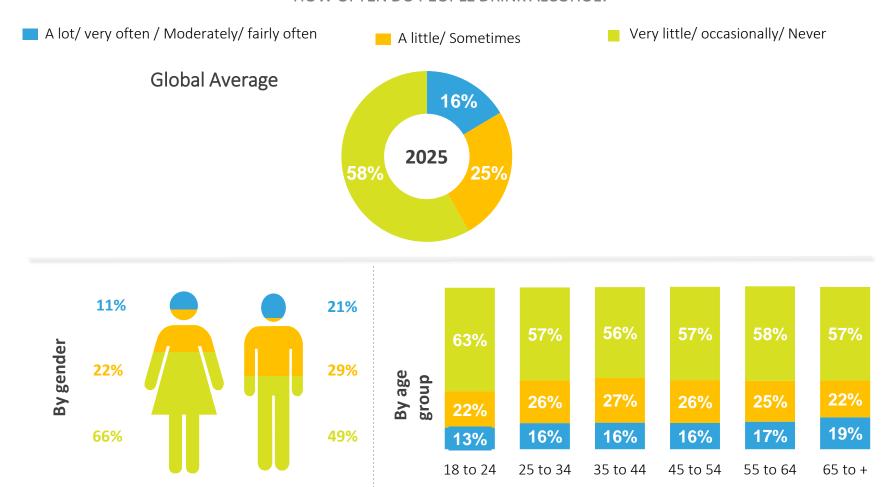




Drink Alcohol

% within total population

HOW OFTEN DO PEOPLE DRINK ALCOHOL?





Drink Alcohol

% within total population

A lot/ very often / Moderately/ fairly often

A little/ Sometimes

Very little/ occasionally/ Never



By education level

No education / Only basic education

13% 19% 65%

Completed Primary

12% 21% 65%

Completed Secondary School

14% 25% 60%

Completed University

18% 27% 54%

Completed Higher level of education (Masters, PHD, etc.)

21% 25% 53%



By employment

Working full (include self-employed)

19% 29% 52%

Working Part-time

15% 26% 59%

Unemployed

13% 25% 61%

Student

12% 23% 64%

Housewife

<mark>7% 14% 77%</mark>

Retired/Disabled

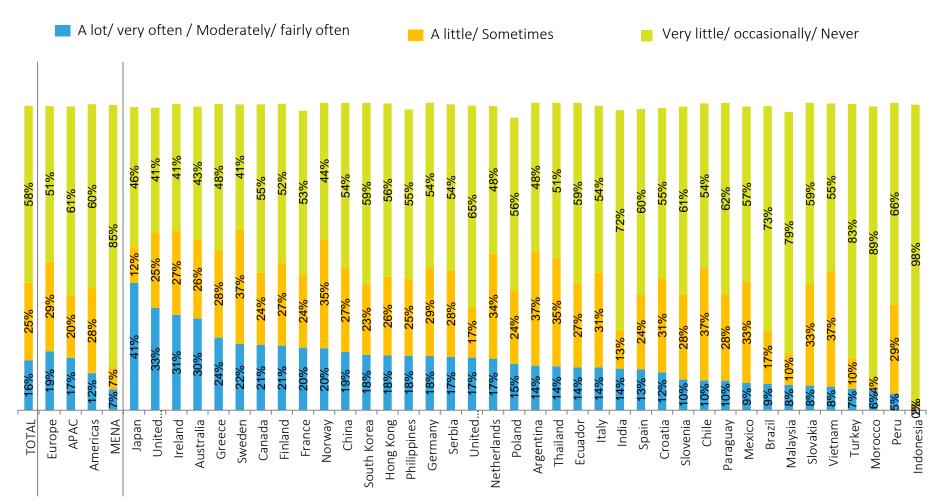
18% 22% 59%



Drink Alcohol

% within total population

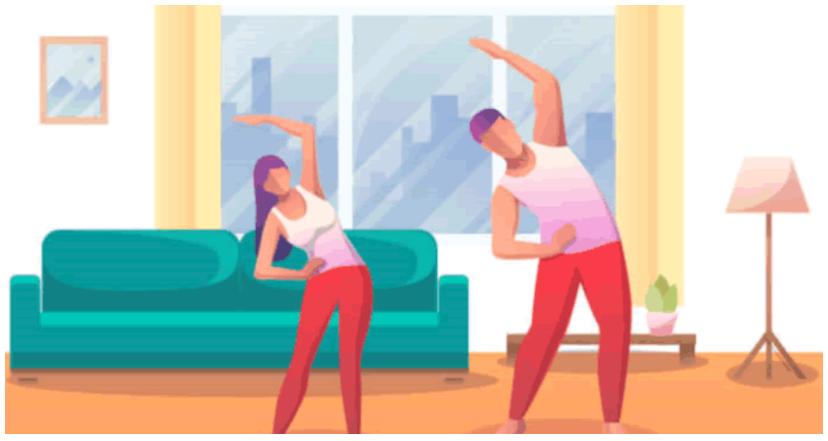
HOW OFTEN DO PEOPLE DRINK ALCOHOL?





HEALTH-RELATED HABITS

- Exercise -

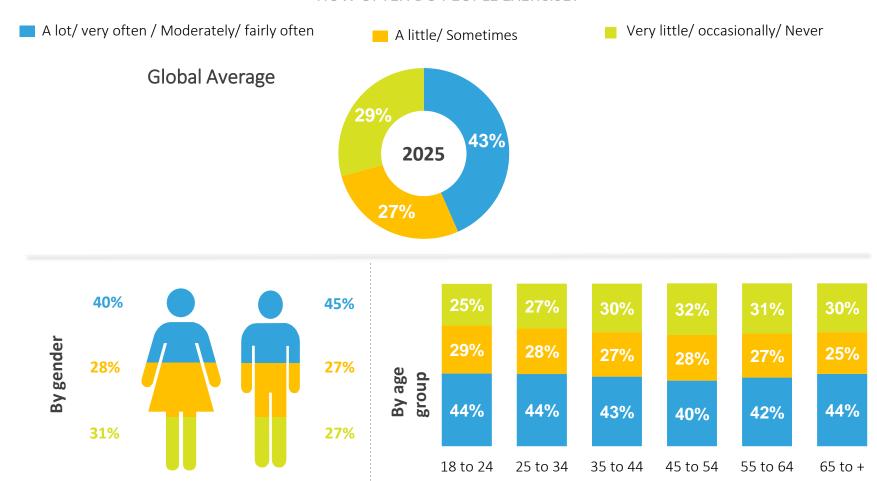




Exercise

% within total population

HOW OFTEN DO PEOPLE EXERCISE?





Exercise

% within total population

A lot/ very often / Moderately/ fairly often

A little/ Sometimes

Very little/ occasionally/ Never



By education level

No education / Only basic education

22% 43%

Completed Primary

36% 25% 39%

Completed Secondary School

37% 29% 34%

Completed University

49% 28% 23%

Completed Higher level of education (Masters, PHD, etc.)

58% 24% 18%



By employment

Working full (include self-employed)

46% 28% 26% Working Part-time

43% 29% 28%

Unemployed

33% 29% 37%

Student

45% 31% 23%

Housewife

32% 25% 42%

Retired/Disabled

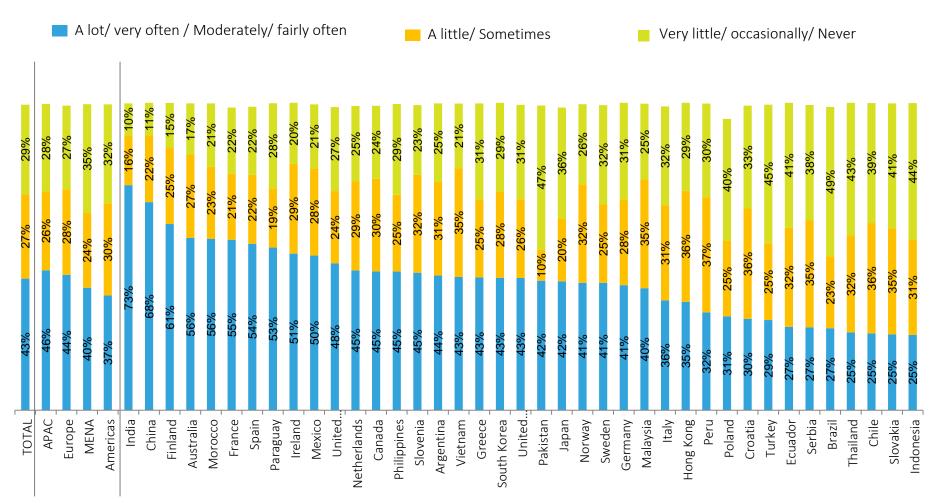
42% 26% 32%



Exercise

% within total population

HOW OFTEN DO PEOPLE EXERCISE?







HEALTH-RELATED HABITS

- Suffer from stress -

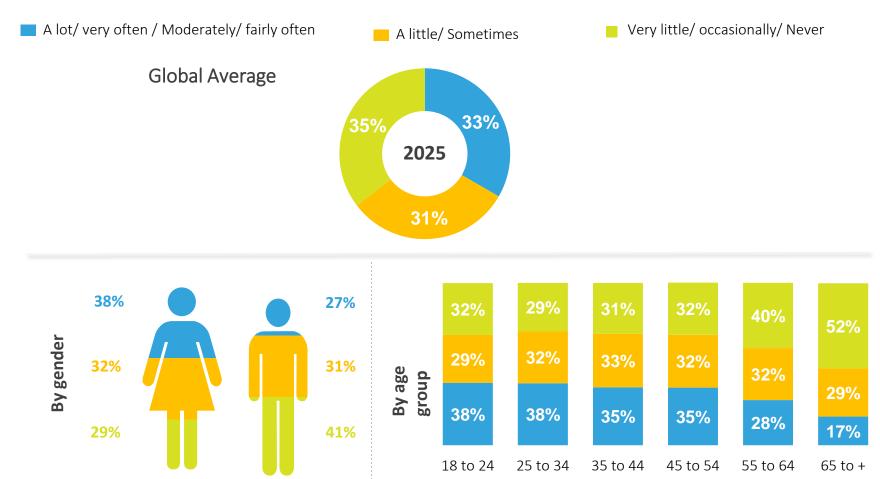




Suffer from stress

% within total population

HOW OFTEN DO PEOPLE SUFFER FROM STRESS?





Suffer from stress

% within total population

A lot/ very often / Moderately/ fairly often

A little/ Sometimes

Very little/ occasionally/ Never



By education level

No education / Only basic education

40% 21% 38%

Completed Primary

32% 29% 38%

Completed Secondary School

31% 30% 38%

Completed University

33% 34% 32%

Completed Higher level of education (Masters, PHD, etc.)

34% 33% 32%



By employment

Working full (include self-employed)

33% 33% 34%

Working Part-time

33% 34% 32%

Unemployed

43% 27% 29%

Student

41% 30% 27%

Housewife

35% 28% 35%

Retired/Disabled

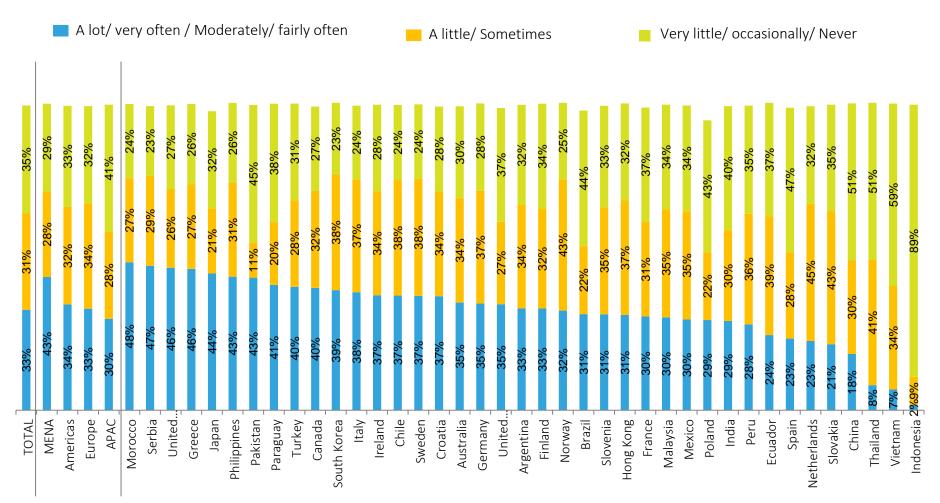
21% 28% 49%



Suffer from stress

% within total population

HOW OFTEN DO PEOPLE SUFFER FROM STRESS?





HEALTH-RELATED HABITS

- Take medicines prescribed by a doctor -

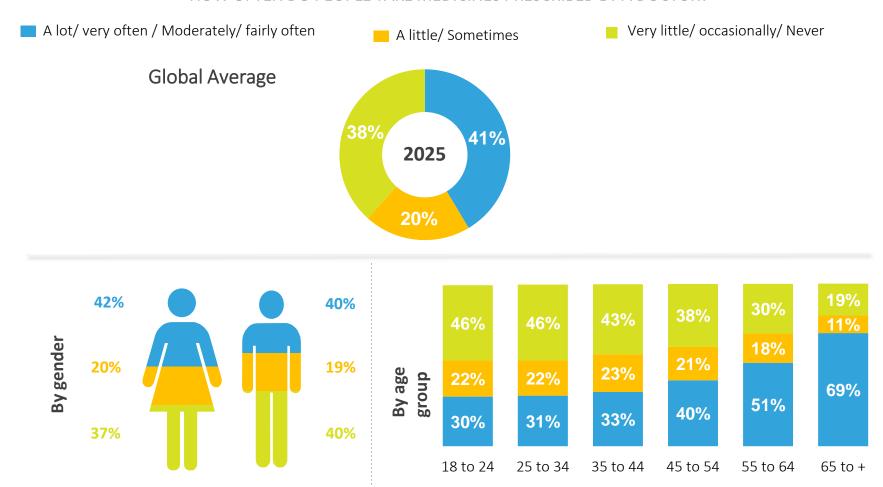




Take medicines prescribed by a doctor

% within total population

HOW OFTEN DO PEOPLE TAKE MEDICINES PRESCRIBED BY A DOCTOR?





Take medicines prescribed by a doctor

% within total population

A lot/ very often / Moderately/ fairly often

A little/ Sometimes

Very little/ occasionally/ Never



By education level

No education / Only basic education

48% 18% 32%

Completed Primary

43% 20% 36%

Completed Secondary School

40% 20% 39%

Completed University

40% 20% 39%

Completed Higher level of education (Masters, PHD, etc.)

42% 20% 37%



By employment

Working full (include self-employed)

35% 22% 42%

Working Part-time
38% 21% 40%

Unemployed

39% 20% 40%

Student

30% 19% 49%

Housewife

42% 22% 36%

Retired/Disabled

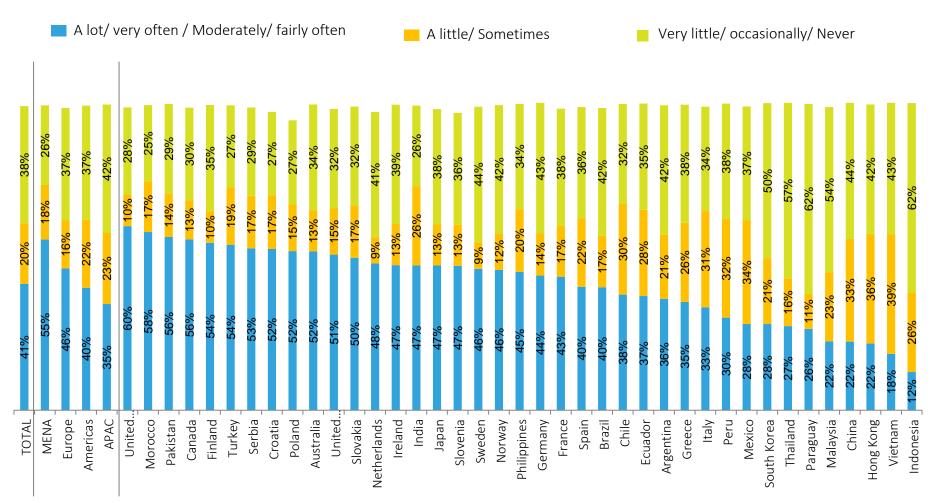
71% 10% 18%



Take medicines prescribed by a doctor

% within total population

HOW OFTEN DO PEOPLE TAKE MEDICINES PRESCRIBED BY A DOCTOR?





HEALTH-RELATED HABITS

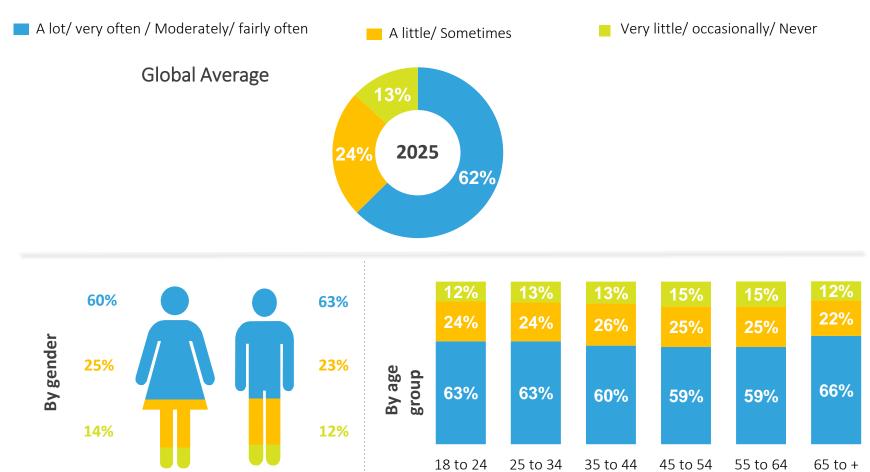




Sleep well

% within total population

HOW OFTEN DO PEOPLE SLEEP WELL?





Sleep well

% within total population

A lot/ very often / Moderately/ fairly often

A little/ Sometimes

Very little/ occasionally/ Never



By education level

No education / Only basic education

54% 25% 20%

Completed Primary

62% 23% 15%

Completed Secondary School

59% 26% 15%

Completed University

64% 24% 12%

Completed Higher level of education (Masters, PHD, etc.)

67%

<mark>22% 10%</mark>



By employment

Working full (include self-employed)

64% 24% 12%

Working Part-time

60% 26% 13%

Unemployed

52% 28% 19%

Student

64% 24% 11%

Housewife

60% 22% 16%

Retired/Disabled

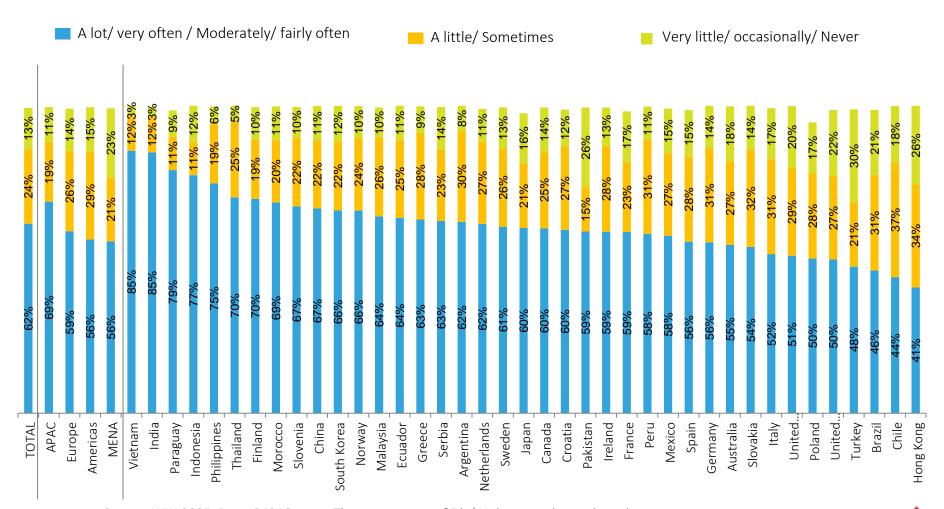
61% **24%** 14%

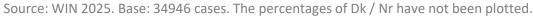


Sleep well

% within total population

HOW OFTEN DO PEOPLE SLEEP WELL?







HEALTH-RELATED HABITS

- Practice mindfulness techniques -

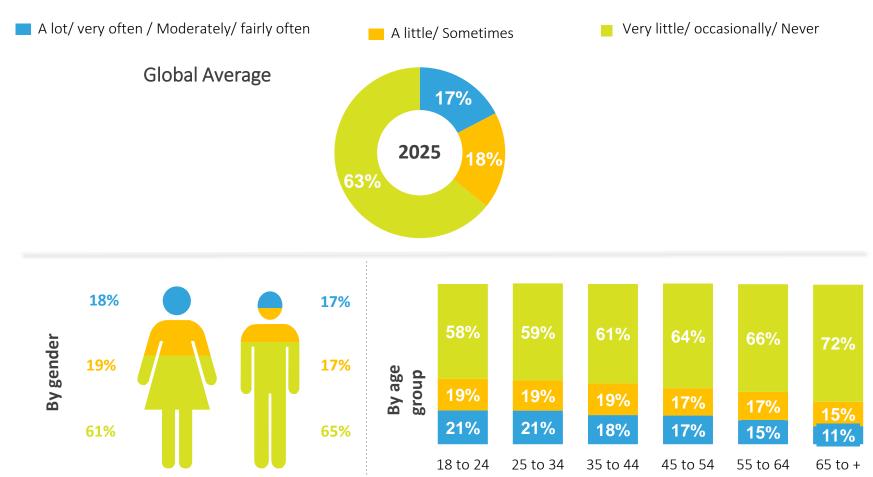




Practice mindfulness techniques

% within total population

HOW OFTEN DO PEOPLE PRACTICE MINDFULNESS TECHNIQUES?





Practice mindfulness techniques

% within total population

A lot/ very often / Moderately/ fairly often

A little/ Sometimes

Very little/ occasionally/ Never



By education level

No education / Only basic education

21% 20% 57%

Completed Primary

Completed Secondary School

15% 16% 67%

Completed University

18% 20% 61%

Completed Higher level of education (Masters, PHD, etc.)

26% 20% 53%



By employment

Working full (include self-employed)

19% 19% 61%

Working Part-time

19% 20% 58%

Unemployed

17% 17% 63%

Student

18% 19% 60%

Housewife

17% 15% 64%

Retired/Disabled

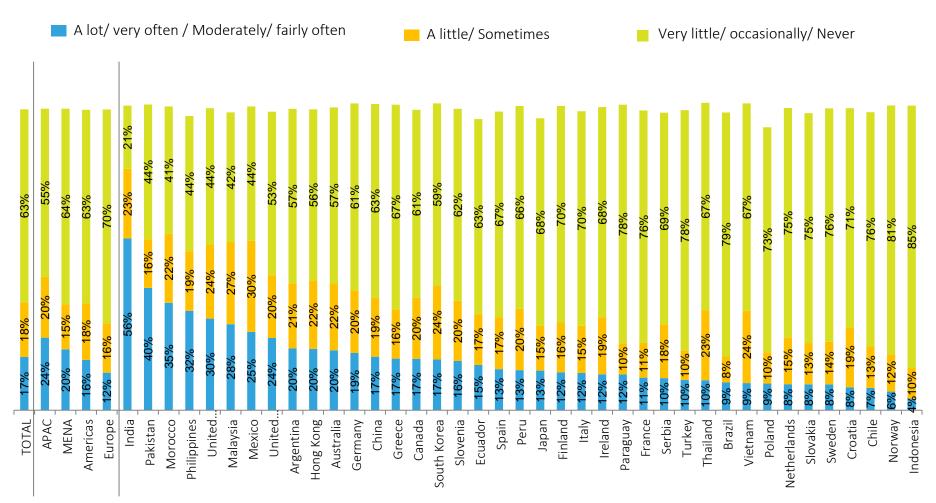
119 14% 72%



Practice mindfulness techniques

% within total population

HOW OFTEN DO PEOPLE PRACTICE MINDFULNESS TECHNIQUES?





HEALTH-RELATED HABITS

- Take vitamin supplements-

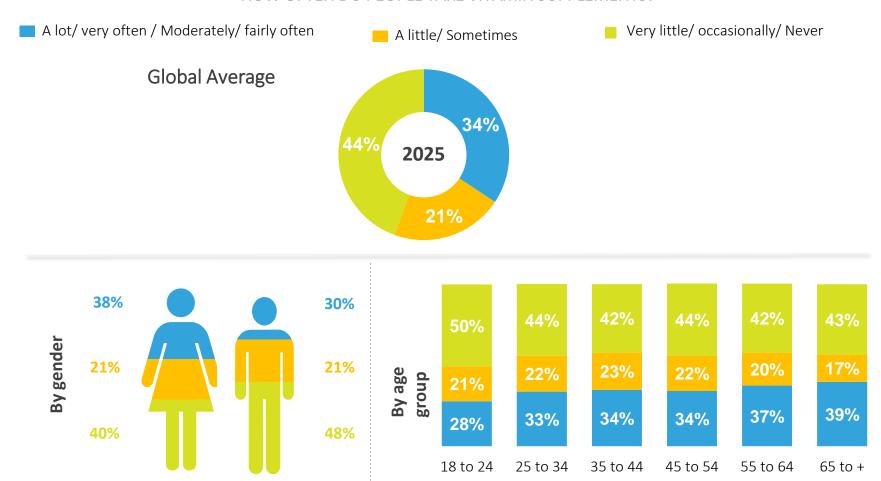




Take vitamin supplements

% within total population

HOW OFTEN DO PEOPLE TAKE VITAMIN SUPPLEMENTS?





Take vitamin supplements

% within total population

A lot/ very often / Moderately/ fairly often

A little/ Sometimes

Very little/ occasionally/ Never



By education level

No education / Only basic education

29% 15% 54%

Completed Primary

26% 19% 54%

Completed Secondary School

29% 22% 48%

Completed University

39% 21% 39%

Completed Higher level of education (Masters, PHD, etc.)

46% 21% 33%



By employment

Working full (include self-employed)

36% 23% 41%

Working Part-time

34% 21% 44%

Unemployed

23% 19% 56%

Student

28% 22% 49%

Housewife

29% 21% 49%

Retired/Disabled

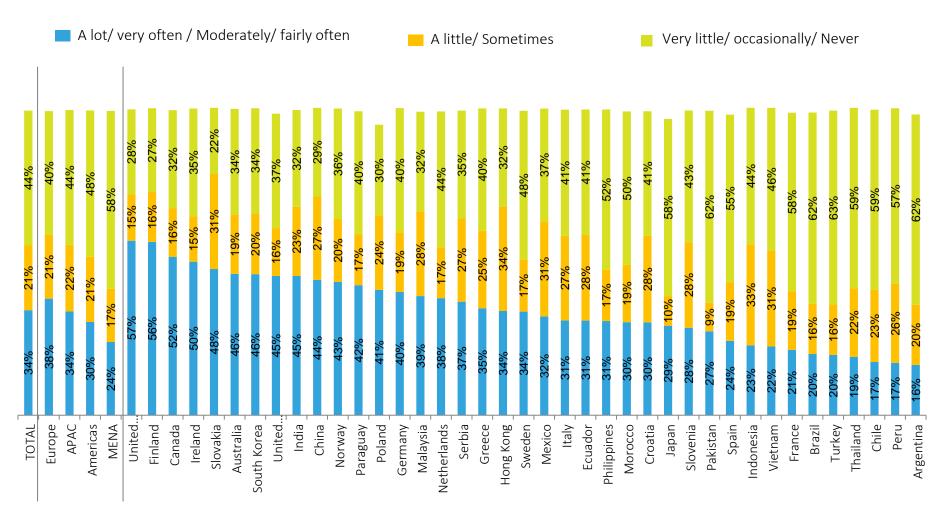
39% 16% 43%



Take vitamin supplements

% within total population

HOW OFTEN DO PEOPLE TAKE VITAMIN SUPPLEMENTS?





HEALTH-RELATED HABITS

- Avoid products that cause an allergic reaction -

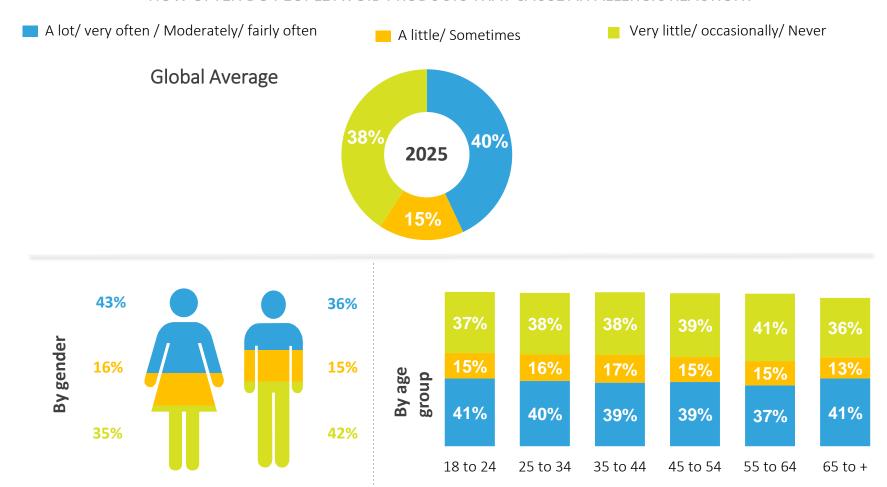




Avoid products that cause an allergic reaction

% within total population

HOW OFTEN DO PEOPLE AVOID PRODUCTS THAT CAUSE AN ALLERGIC REACTION?





Avoid products that cause an allergic reaction

% within total population

A lot/ very often / Moderately/ fairly often

A little/ Sometimes

Very little/ occasionally/ Never



By education level

No education / Only basic education

43% 13% 41%

Completed Primary

40% <mark>13%</mark> 41%

Completed Secondary School

37% 16% 40%

Completed University

41% 16% 37%

Completed Higher level of education (Masters, PHD, etc.)

44% **15%** 34%



By employment

Working full (include self-employed)

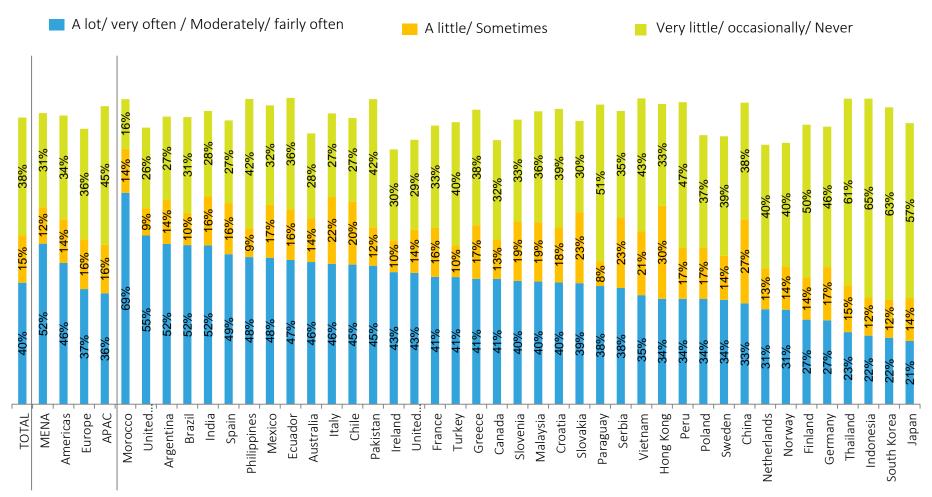
38%	17%	39%
Working Part-time		
41%	15%	37%
Unemployed		
41%	15%	38%
Student		
39%	15%	39%
Housewife		
39%	13%	43%
Retired/Disabled		
43%	13%	34%



Avoid products that cause an allergic reaction

% within total population

HOW OFTEN DO PEOPLE AVOID PRODUCTS THAT CAUSE AN ALLERGIC REACTION?





HEALTH-RELATED HABITS

- Concern about healthy living -

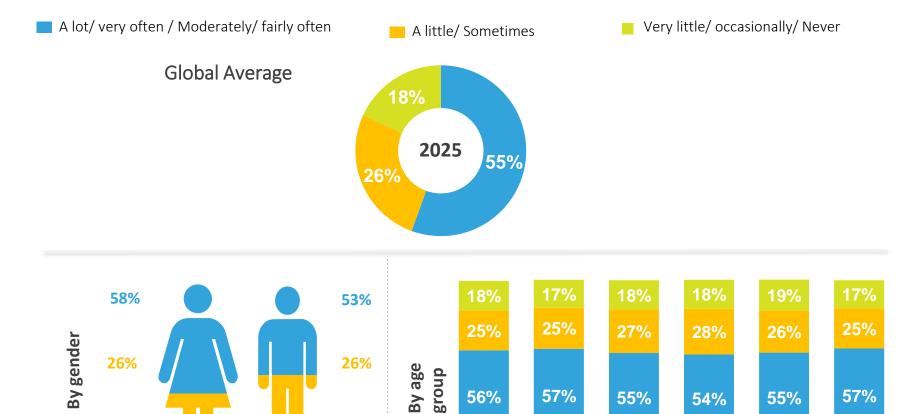




Concern about healthy living

% within total population

HOW OFTEN DO PEOPLE CONCERN ABOUT HEALTHY LIVING?



Source: WIN 2025. Base: 34946 cases. The percentages of Dk / Nr have not been plotted.

20%



15%

65 to +

55 to 64

18 to 24

25 to 34

35 to 44

45 to 54

Concern about healthy living

% within total population

A lot/ very often / Moderately/ fairly often

A little/ Sometimes

Very little/ occasionally/ Never



By education level

No education / Only basic education

 55%
 19%
 25%

Completed Primary

53% 26% 20%

Completed Secondary School

53% 27% 19%

Completed University

58% 26% 16%

Completed Higher level of education (Masters, PHD, etc.)

61% 25% 149



By employment

Working full (include self-employed)

56% 26% 17%

Working Part-time

57% 26% 17%

Unemployed

47% 30% 22%

Student

54% 27% 17%

Housewife

61% 22% 16%

Retired/Disabled

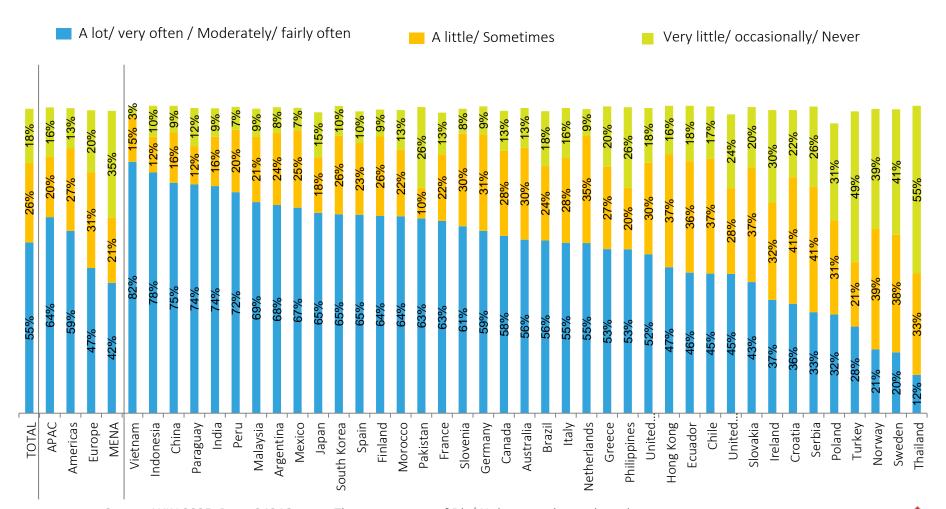
54% 27% 19%



Concern about healthy living

% within total population

HOW OFTEN DO PEOPLE CONCERN ABOUT HEALTHY LIVING?





HEALTH-RELATED HABITS

- Self-medicate -

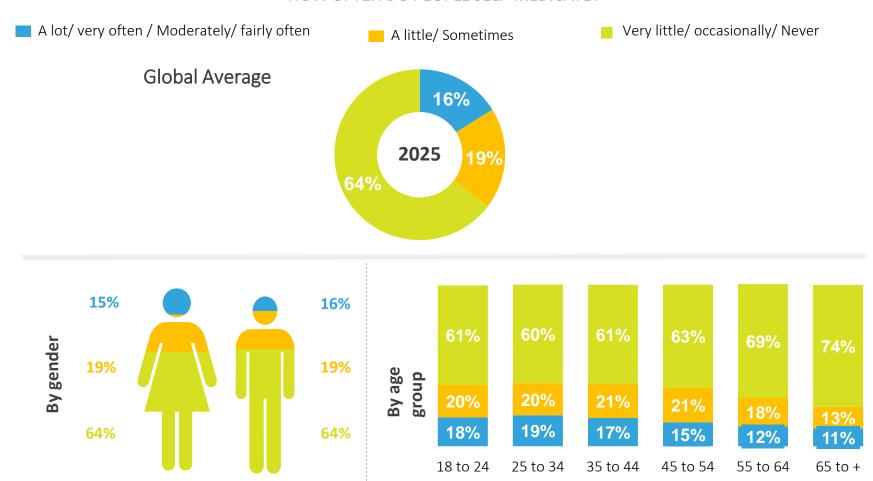




Self-medicate

% within total population

HOW OFTEN DO PEOPLE SELF-MEDICATE?





Self-medicate

% within total population

A lot/ very often / Moderately/ fairly often

A little/ Sometimes

Very little/ occasionally/ Never



By education level

No education / Only basic education

28% 17% 53%

Completed Primary

17% 18% 64%

Completed Secondary School

15% 20% 63%

Completed University

15% 18% 66%

Completed Higher level of education (Masters, PHD, etc.)

16% 17% 66%



By employment

Working full (include self-employed)

16% 20% 63%

Working Part-time

17% 20% 62%

Unemployed

17% 18% 63%

Student

13% 19% 65%

Housewife

18% 21% 59%

Retired/Disabled

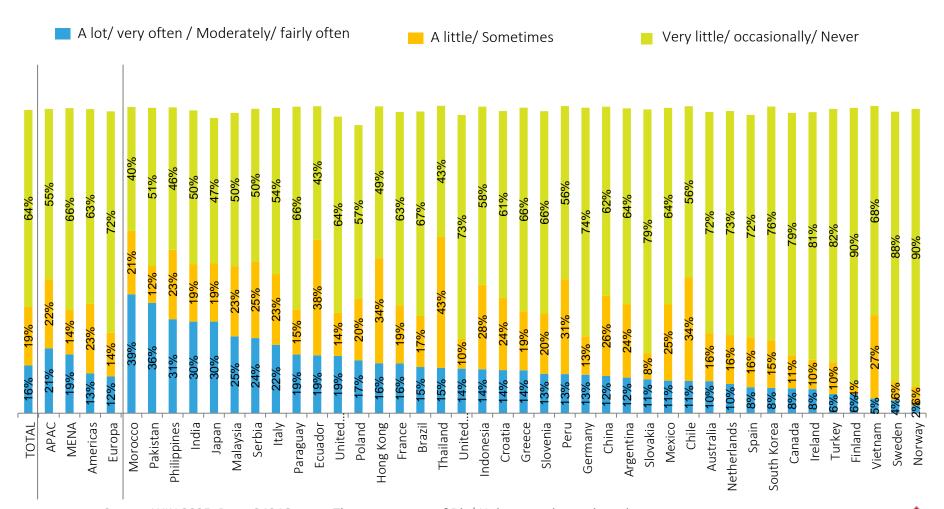
11⁹ 13% 75%



Self-medicate

% within total population

HOW OFTEN DO PEOPLE SELF-MEDICATE?





HEALTH-RELATED HABITS

- Have contact with nature -

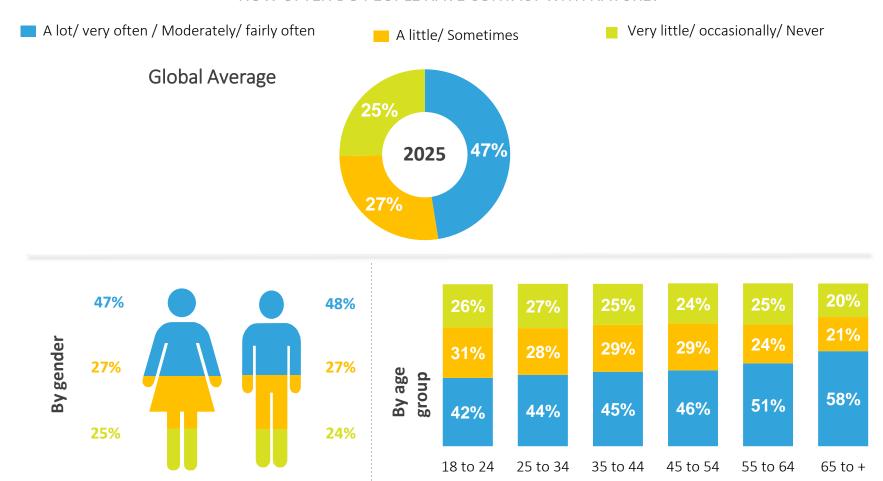




Have contact with nature

% within total population

HOW OFTEN DO PEOPLE HAVE CONTACT WITH NATURE?





Have contact with nature

% within total population

A lot/ very often / Moderately/ fairly often

A little/ Sometimes

Very little/ occasionally/ Never



By education level

No education / Only basic education

42% 18% 39%

Completed Primary

43% 24% 32%

Completed Secondary School

42% 29% 28%

Completed University

52% 27% 20%

Completed Higher level of education (Masters, PHD, etc.)

58% 25% 16%



By employment

Working full (include self-employed)

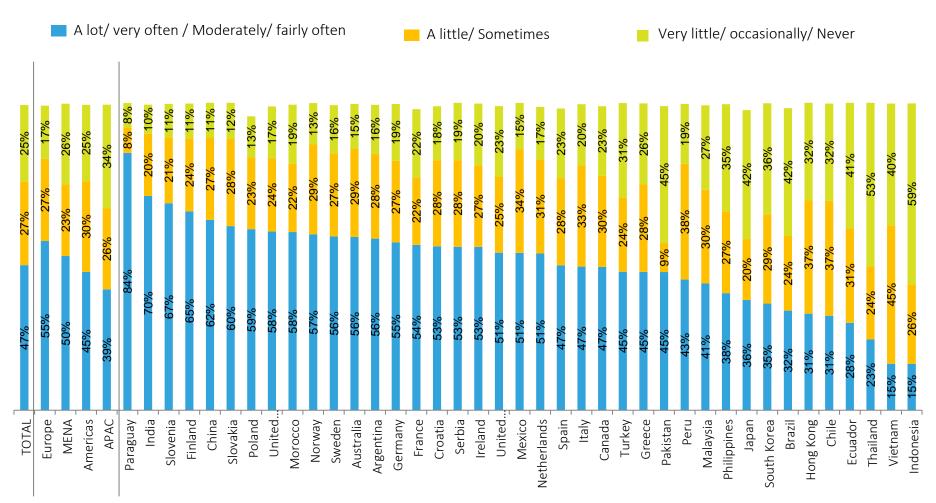
Working run (include sei	ii Cilipioy	cuj	
48%	2	9%	23%
Working Part-time			
46%	28	3%	25%
Unemployed			
42%	26%	o l	32%
Student			
39%	34%	6	26%
Housewife			
40%	25%		34%
Retired/Disabled			
57%		21%	21%



Have contact with nature

% within total population

HOW OFTEN DO PEOPLE HAVE CONTACT WITH NATURE?





Relation between perception of health and habits

		Very healthy + healthy	Somewhat unhealthy + unhealthy
TOTAL		75%	24%
Smoke	A lot/ very often + Moderately/ fairly often	72%	27%
Silloke	A little/sometimes	78%	22%
	Very little/ occasionally + Never	76%	23%
Drink Alcohol	A lot/ very often + Moderately/ fairly often	76%	23%
Drink Alconol	A little/sometimes	78%	21%
	Very little/ occasionally + Never	74%	25%
	A lot/ very often + Moderately/ fairly often	85%	15%
Exercise	A little/sometimes	74%	26%
	Very little/ occasionally + Never	63%	36%
	A lot/ very often + Moderately/ fairly often	64%	35%
Suffer from stress	A little/sometimes	78%	22%
	Very little/ occasionally + Never	84%	15%
Take medicines prescribed by a	A lot/ very often + Moderately/ fairly often	64%	35%
doctor	A little/sometimes	79%	20%
	Very little/ occasionally + Never	86%	14%
Sloop well	A lot/ very often + Moderately/ fairly often	84%	16%
Sleep well	A little/sometimes	68%	31%
	Very little/ occasionally + Never	53%	46%



Relation between perception of health and habits

		Very healthy + healthy	Somewhat unhealthy + unhealthy
TOTAL		75%	24%
Practice mindfulness techniques	A lot/ very often + Moderately/ fairly often	83%	17%
(e.g. meditation etc.)	A little/sometimes	77%	22%
	Very little/ occasionally + Never	73%	26%
Tala di tamina annula manta	A lot/ very often + Moderately/ fairly often	75%	24%
Take vitamin supplements	A little/sometimes	77%	23%
	Very little/ occasionally + Never	75%	24%
Avoid products that cause an	A lot/ very often + Moderately/ fairly often	76%	24%
allergic reaction	A little/sometimes	74%	26%
	Very little/ occasionally + Never	77%	22%
Company about bookby living	A lot/ very often + Moderately/ fairly often	79%	21%
Concern about healthy living	A little/sometimes	70%	29%
	Very little/ occasionally + Never	74%	25%
Self-medicate	A lot/ very often + Moderately/ fairly often	74%	25%
Sell-Medicate	A little/sometimes	74%	26%
	Very little/ occasionally + Never	76%	23%
House contact with nature	A lot/ very often + Moderately/ fairly often	81%	18%
Have contact with nature	A little/sometimes	74%	25%
······································	Very little/ occasionally + Never	67%	32%



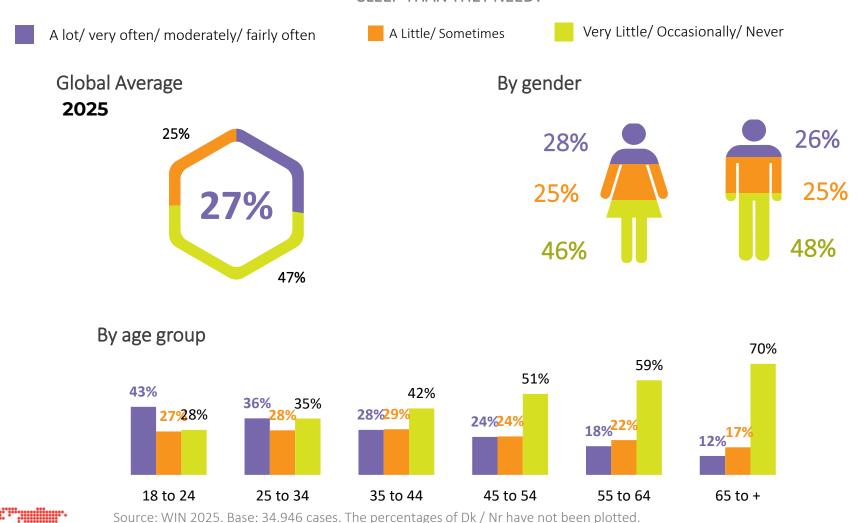


STAYED UP LATE AT NIGHT USING THE PHONE OR COMPUTER



Stayed up late at night using your phone or computer, resulting in less sleep than you need % within total population

HOW OFTEN DO PEOPLE STAYED UP LATE AT NIGHT USING THE PHONE OR COMPUTER, RESULTING IN LESS SLEEP THAN THEY NEED?

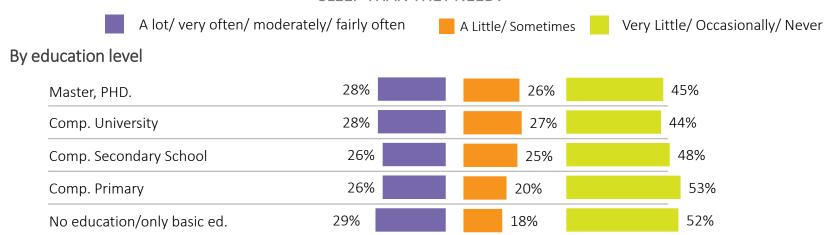




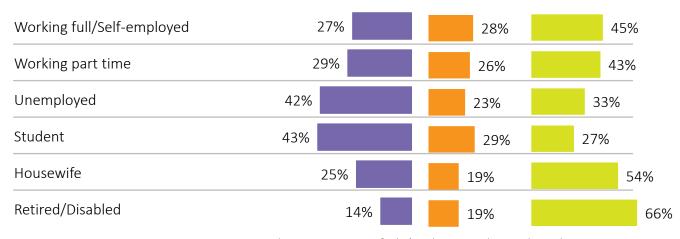
Stayed up late at night using your phone or computer, resulting in less sleep than you need

% within total population

HOW OFTEN DO PEOPLE STAYED UP LATE AT NIGHT USING THE PHONE OR COMPUTER, RESULTING IN LESS SLEEP THAN THEY NEED?



By employment

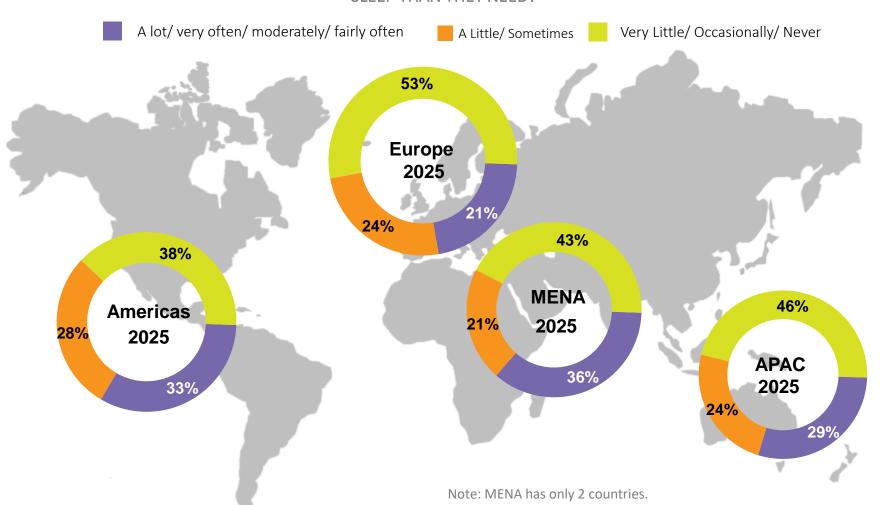






Stayed up late at night using your phone or computer, resulting in less sleep than you need % within total population

HOW OFTEN DO PEOPLE STAYED UP LATE AT NIGHT USING THE PHONE OR COMPUTER, RESULTING IN LESS SLEEP THAN THEY NEED?

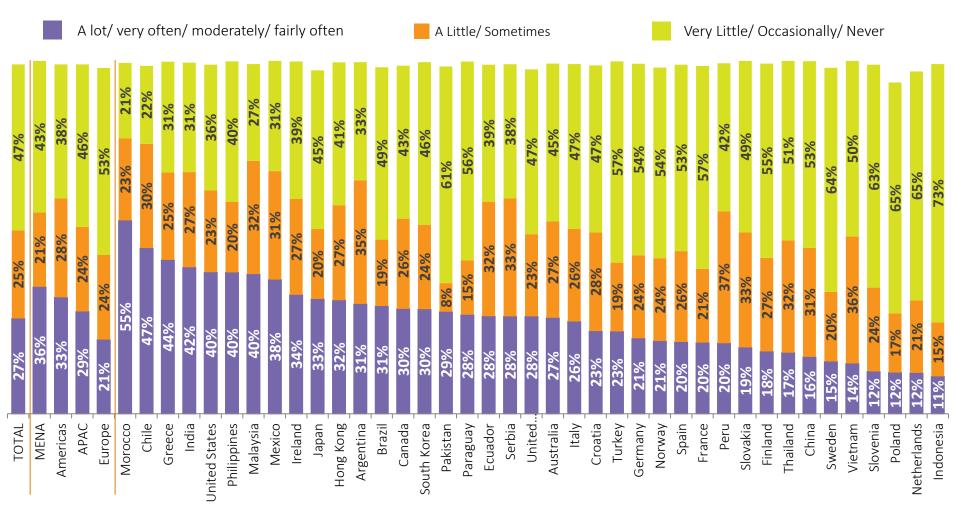




Stayed up late at night using your phone or computer, resulting in less sleep than you need

% within total population

HOW OFTEN DO PEOPLE STAYED UP LATE AT NIGHT USING THE PHONE OR COMPUTER, RESULTING IN LESS SLEEP THAN THEY NEED?



















Blurred Vision

Neck & Shoulder Pain

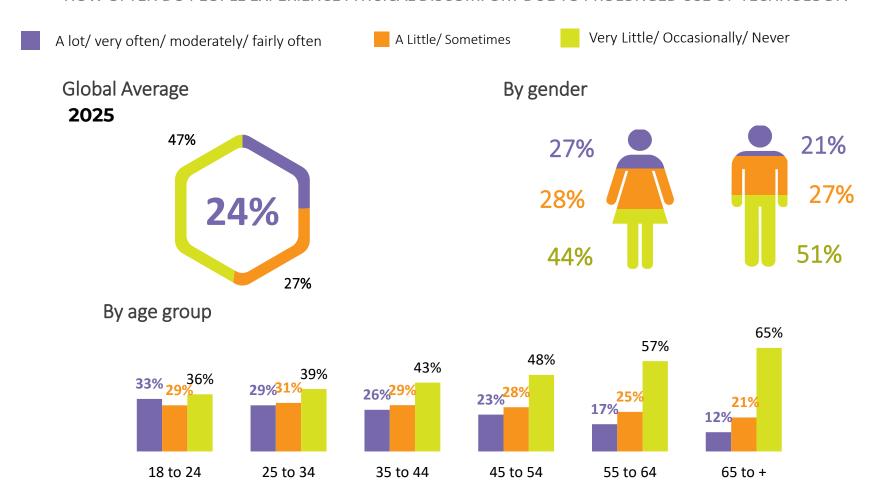
EXPERIENCED PHYSICAL DISCOMFORT (E.G., HEADACHES, EYE STRAIN, OR POOR POSTURE) DUE TO PROLONGED DEVICE USE (MOBILE PHONE, TABLET OR COMPUTER)



Physical discomfort (e.g., headaches, eye strain, or poor posture) due to prolonged device use (mobile phone, tablet or computer)

% within total population

HOW OFTEN DO PEOPLE EXPERIENCE PHYSICAL DISCOMFORT DUE TO PROLONGED USE OF TECHNOLOGY?





Physical discomfort (e.g., headaches, eye strain, or poor posture) due to prolonged device use (mobile phone, tablet or computer)

% within total population

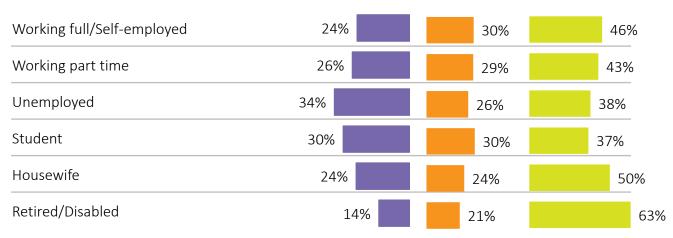
HOW OFTEN DO PEOPLE EXPERIENCE PHYSICAL DISCOMFORT DUE TO PROLONGED USE OF TECHNOLOGY?



By education level

Master, PHD.	25%	28%	46%
Comp. University	24%	30%	45%
Comp. Secondary School	23%	27%	49%
Comp. Primary	25%	25%	48%
No education/only basic ed.	32%	18%	48%

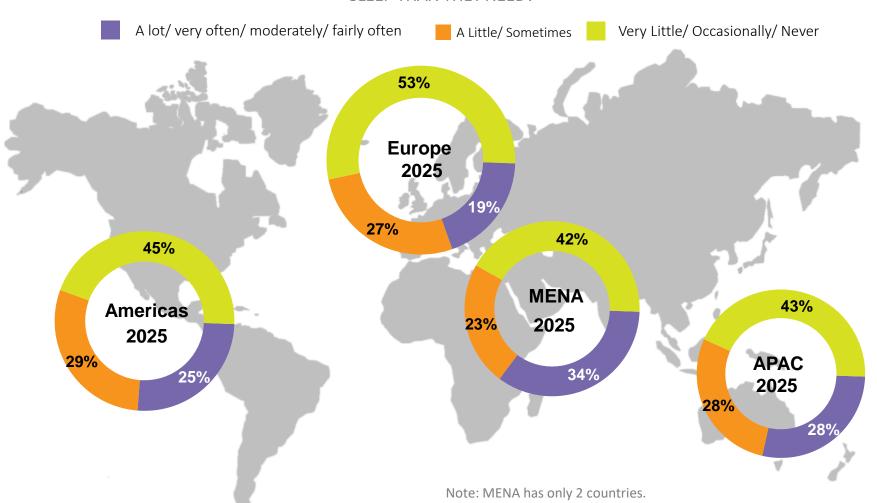
By employment





Stayed up late at night using your phone or computer, resulting in less sleep than you need % within total population

HOW OFTEN DO PEOPLE STAYED UP LATE AT NIGHT USING THE PHONE OR COMPUTER, RESULTING IN LESS SLEEP THAN THEY NEED?

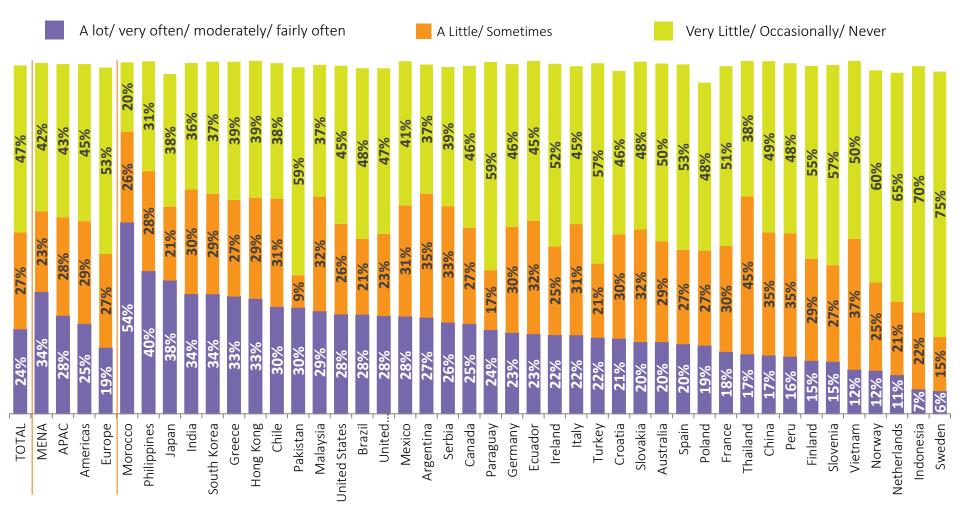




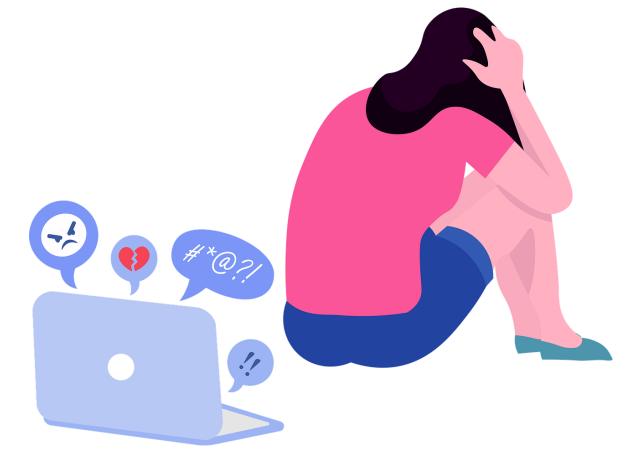
Physical discomfort (e.g., headaches, eye strain, or poor posture) due to prolonged device use (mobile phone, tablet or computer)

% within total population

HOW OFTEN DO PEOPLE EXPERIENCE PHYSICAL DISCOMFORT DUE TO PROLONGED USE OF TECHNOLOGY?







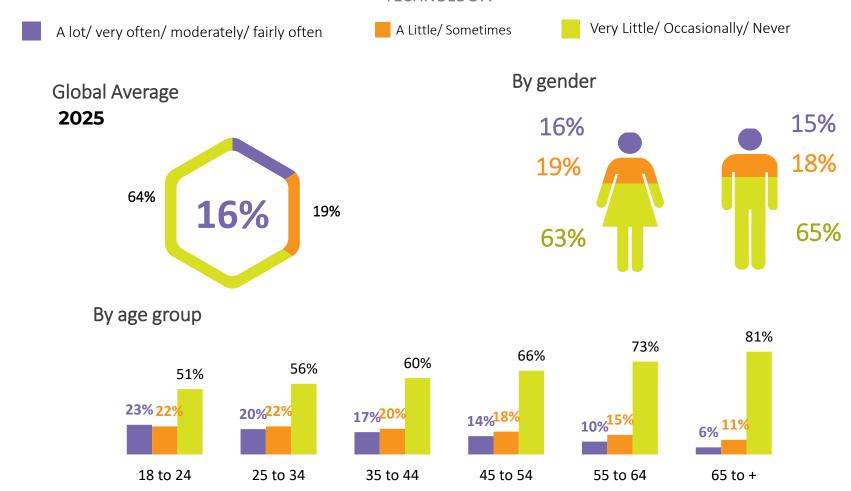
EXPERIENCED ANXIETY, DEPRESSION OR ANY OTHER MENTAL HEALTH ISSUE DUE TO EXCESSIVE TECHNOLOGY





% within total population

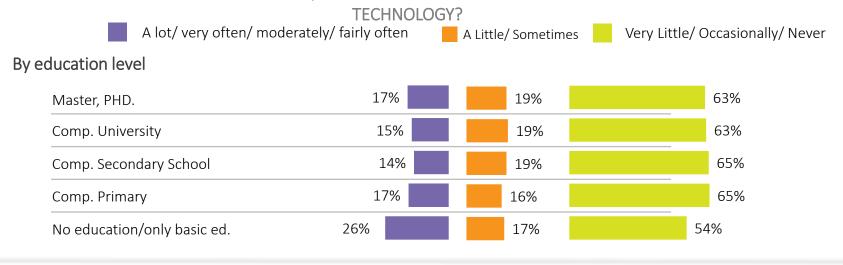
HOW OFTEN DO PEOPLE EXPERIENCE ANXIETY, DEPRESSION OR ANY OTHER MENTAL HEALTH ISSUE DUE TO EXCESSIVE TECHNOLOGY?



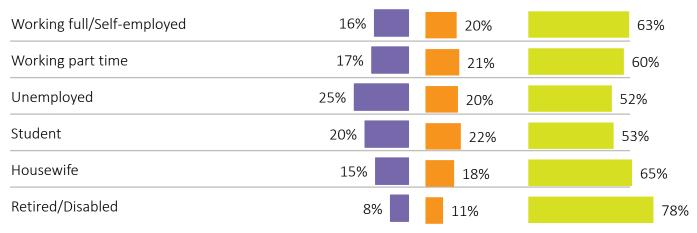


% within total population

HOW OFTEN DO PEOPLE EXPERIENCE ANXIETY, DEPRESSION OR ANY OTHER MENTAL HEALTH ISSUE DUE TO EXCESSIVE



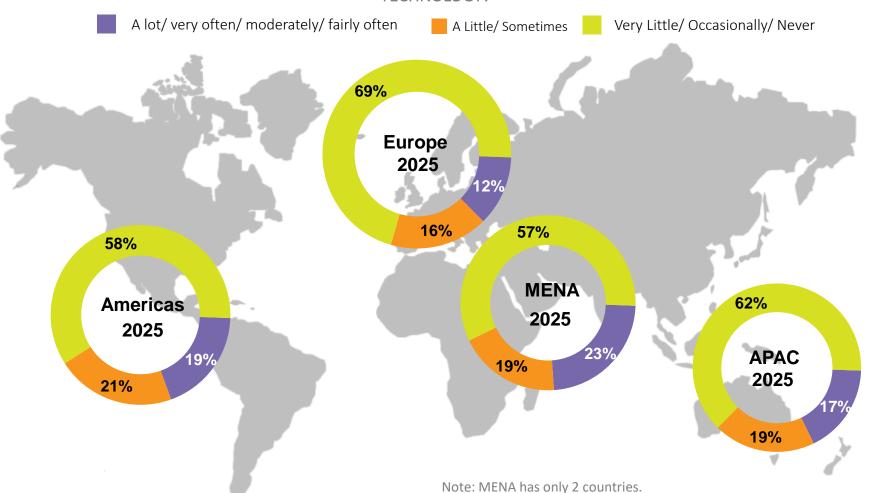
By employment





% within total population

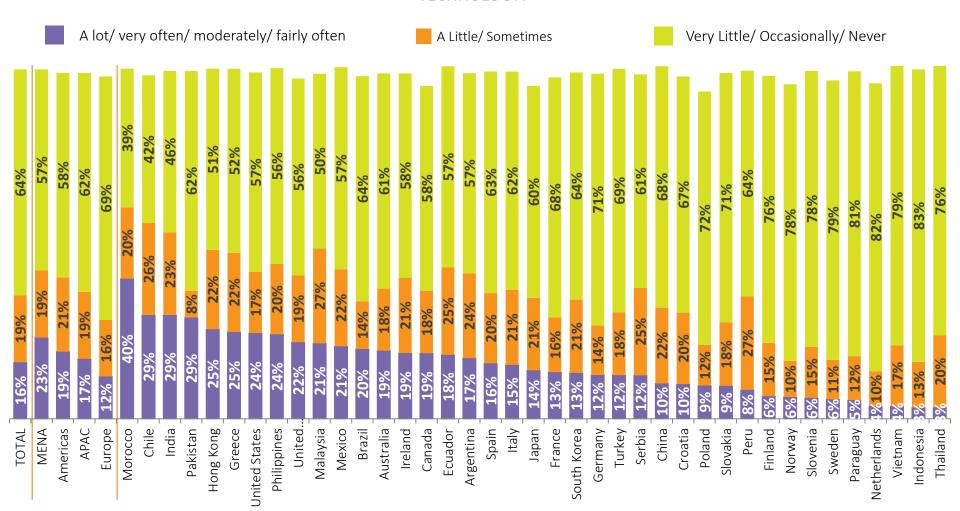
HOW OFTEN DO PEOPLE EXPERIENCE ANXIETY, DEPRESSION OR ANY OTHER MENTAL HEALTH ISSUE DUE TO EXCESSIVE TECHNOLOGY?





% within total population

HOW OFTEN DO PEOPLE EXPERIENCE ANXIETY, DEPRESSION OR ANY OTHER MENTAL HEALTH ISSUE DUE TO EXCESSIVE TECHNOLOGY?





Relation between perception of health and the impact of technology use on physical discomfort, sleep, and mental health

		Very healthy + healthy	Somewhat unhealthy + unhealthy
TOTAL		75%	24%
Physical discomfort (e.g., headaches, eye strain, or	A lot/ very often + Moderately/ fairly often	68%	31%
poor posture) due to	A little/sometimes	75%	24%
prolonged device use (mobile phone, tablet or computer)	Very little/ occasionally + Never	80%	20%
Stayed up late at night using	A lot/ very often + Moderately/ fairly often	70%	29%
your phone or computer,	A little/sometimes	76%	23%
resulting in less sleep than you need	Very little/ occasionally + Never	78%	21%
Anxiety, depression or any	A lot/ very often + Moderately/ fairly often	66%	33%
other mental health issue due	A little/sometimes	73%	26%
to excessive technology	Very little/ occasionally + Never	79%	21%



COMPARATIVE OF TREND QUESTIONS



Q1. How do you consider your overall health in general? TOTAL GLOBAL	2018	2019	2020	2021	2022/2023	2024	2025
Very healthy	16%	19%	20%	18%	18%	17%	15%
Healthy	60%	58%	59%	59%	58%	57%	60%
Somewhat unhealthy	19%	19%	17%	18%	19%	21%	20%
Unhealthy	4%	4%	3%	4%	4%	4%	4%



Behavior	Response	2018	2019	2020	2021	2022/2023	2024	2025
	A lot/ very often/ moderately/ fairly often	64%	61%	64%	65%	-	-	62%
Sleep well	A little/ Sometimes	23%	25%	23%	23%	-	-	24%
	Very little/ Occasionally/ Never	12%	13%	12%	12%	-	-	13%
	A lot/ very often/ moderately/ fairly often	37%	37%	39%	40%	-	-	43%
Exercise	A little/ Sometimes	29%	30%	29%	28%	-	-	27%
	Very little/ Occasionally/ Never	34%	32%	31%	31%	-	-	29%
	A lot/ very often/ moderately/ fairly often	30%	30%	31%	33%	-	-	33%
Suffer from stress	A little/ Sometimes	33%	34%	33%	32%	-	-	31%
	Very little/ Occasionally/ Never	35%	35%	35%	35%	-	-	35%
	A lot/ very often/ moderately/ fairly often	20%	17%	17%	18%	-	-	16%
Smoke	A little/ Sometimes	7%	8%	7%	7%	-	-	7%
	Very little/ Occasionally/ Never	72%	72%	75%	74%	-	-	75%



Behavior	Response	2018	2019	2020	2021	2022/2023	2024	2025
	A lot/ very often/ moderately/ fairly often	19%	17%	15%	16%	-	-	16%
Drink alcohol	A little/ Sometimes	24%	24%	22%	22%	-	-	25%
	Very little/ Occasionally/ Never	56%	57%	58%	58%	-	-	58%
Take medicines	A lot/ very often/ moderately/ fairly often	34%	35%	-	-	-	-	41%
prescribed by a	A little/ Sometimes	19%	19%	-	-	-	-	20%
doctor	Very little/ Occasionally/ Never	46%	44%	-	-	-	-	38%
	A lot/ very often/ moderately/ fairly often	-	54%	-	-	-	-	55%
Concern about healthy living	A little/ Sometimes	-	29%	-	-	-	-	26%
	Very little/ Occasionally/ Never	-	17%	-	-	-	-	18%
Practice	A lot/ very often/ moderately/ fairly often	14%	-	-	-	-	-	17%
mindfulness techniques (e.g.,	A little/ Sometimes	15%	-	-	-	-	-	18%
meditation, etc.)	Very little/ Occasionally/ Never	69%	-	-	-	-	-	63%



Behavior	Response	2018	2019	2020	2021	2022/2023	2024	2025
	A lot/ very often/ moderately/ fairly often	25%	-	-	-	-	-	34%
Take vitamin supplements	A little/ Sometimes	19%	-	-	-	-	-	21%
	Very little/ Occasionally/ Never	54%	-	-	-	-	-	44%
Avoid products	A lot/ very often/ moderately/ fairly often	30%	-	-	-	-	-	40%
Avoid products that cause an	A little/ Sometimes	14%	-	-	-	-	-	15%
allergic reaction	Very little/ Occasionally/ Never	48%	-	-	-	-	-	38%



Dates: Dec. 2nd 2024 to Feb. 7th 2025

METHODOLOGY

	Country	Company Name	Methodology	Sample	Coverage	2023-2024 Fieldwork Dates
1	Argentina	Voices Research & Consultancy	CAWI	1027	NATIONAL	30 Dec 2024 – 9 Jan 2025
2	Australia	Luma Research	Online Panel	500	NATIONAL	20-24 January 2025
3	Brazil	Market Analysis Brazil	CAWI	1032	NATIONAL	16-23 January 2025
4	Canada	LEGER	CAWI	1000	NATIONAL	9-19 January 2025
5	Chile	Activa Research	CAWI	1095	NATIONAL	10-27 January 2025
6	China	WisdomAsia	CAWI	1000	URBAN	Week 1-2 January 2025
7	Croatia	Institute for market and media research, Mediana Fides	CAWI	531	NATIONAL	17-23 January 2025
8	Ecuador	Centro de Estudios Y Datos - CEDATOS	CAPI	708	NATIONAL	1-3 February 2025
9	Finland	Taloustutkimus Oy	Online Panel	1112	NATIONAL	16-24 January 2023
10	France	BVA Xsight	CAWI / Online Panel	1001	NATIONAL	6-7 February 2025
11	Germany	Produkt+Markt	CAWI	1000	NATIONAL	20 Dec 2024 – 6 Jan 2025
12	Greece	Alternative Research Solutions	CAWI	500	NATIONAL	5-20 December 2024
13	Hong Kong	Consumer Search Group (CSG)	Online Panel	516	TERRITORY WIDE	31 Dec 2024 -10 Jan 2025
14	India	DataPrompt International Pvt. Ltd.	CAWI	1000	NATIONAL	19 Dec 2024 - 20 Jan 2025
15	Indonesia	DEKA	Face to Face	1000	NATIONAL	12-25 December 2024
16	Republic of Ireland	RED C Research & Marketing Ltd	CAWI	1013	NATIONAL	9-15 January 2025
17	Italy	BVA Doxa	CAWI	1000	NATIONAL	13-16 December 2024
18	Japan	Nippon Research Center, LTD.	CAWI	1131	NATIONAL	22-27 January 2025
19	Malaysia	Central Force International	Online Panel	1008	NATIONAL	2-9 December 2024
20	Mexico	Brand Investigation S.A.de C.V	Online	800	NATIONAL	9-18 January 2025

Dates: Dec. 2nd 2024 to Feb. 7th 2025

METHODOLOGY

	Country	Company Name	Methodology	Sample	Coverage	2023-2024 Fieldwork Dates
21	Morocco	Integrate Consulting SARL	Online	509	NATIONAL	21-24 January 2025
22	Norway	Opinion AS	CAWI	1031	NATIONAL	13-21 January 2025
23	Pakistan	Gallup Pakistan	CATI	1000	NATIONAL	3 Dec 2024 -2 Jan 2025
24	Paraguay	ICA Consultoría Estratégica	CATI	500	NATIONAL	8-31 January 2025
25	Peru	Datum Internacional	F2F	1204	NATIONAL	31 Jan – 7 Feb 2025
26	Philippines	Philippine Survey and Research Center, Inc. (PSRC)	CAPI	1000	NATIONAL	14-31 January 2025
27	Poland	Mareco Polska	CAWI	1080	NATIONAL	18-22 December 2024
28	Serbia	Institute for market and media research, Mediana Adria	CAWI	536	NATIONAL	17-23 January 2025
29	Slovakia	Go4insight	CAWI	500	NATIONAL	17-22 January 2025
30	Slovenia	Institute for market and media research, Mediana	CAWI	700	NATIONAL	17-21 January 2025
31	South Korea	Gallup Korea	CAWI	1085	NATIONAL	16-24 January 2025
32	Spain	Instituto DYM	CAWI	1014	NATIONAL	16-20 January 2025
33	Sweden	DEMOSKOP AB	CAWI	1004	NATIONAL	21 Dec 2024 – 23 Jan 2025
34	Thailand	INFOSEARCH LIMITED	F2F	500	NATIONAL	22 Dec 2024 – 18 Jan 2025
35	The Netherlands	Motivaction International B.V.	CAWI	1023	NATIONAL	6-18 December 2024
36	Turkey	Barem	CATI	775	NATIONAL	24-28 January 2025
37	United Kingdom	ORB International	CAWI	1000	NATIONAL	19-23 Dec 2024
38	USA	LEGER	CAWI	1000	NATIONAL	9-19 January 2025
39	Vietnam	Indochina Research (Vietnam) Ltd	CAPI	900	Hanoi, Ho Chi Minh city, Da Nang, Can Tho - Urban population	18 Dec 2024 – 10 Jan 2025

