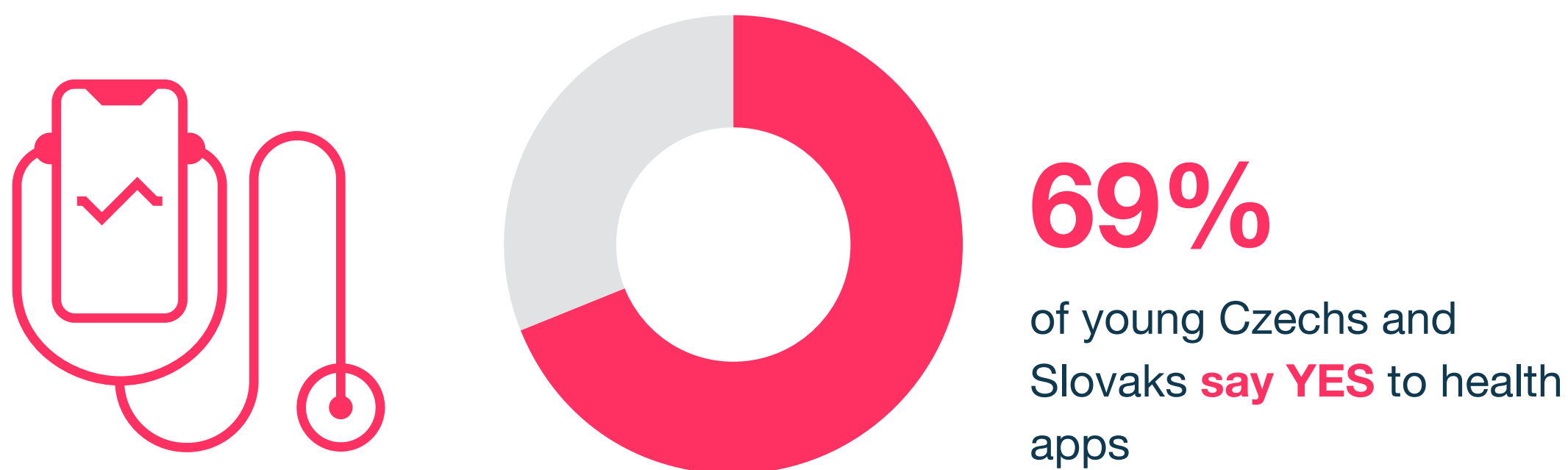


# BAYER BAROMETER 2022

## WHAT DOES SELF-CARE AND HEALTH CARE MEAN IN YOUNG OPINION OF YOUNG GENERATION?

Czechia	Slovakia	Icon	Description
46%	42%		Healthy nutrition, good eating habits
46%	32%		Ensuring sufficient sleep
44%	38%		Stress reduction
38%	37%		Regular physical activity
33%	36%		Daily basic hygiene

## HEALTH APPS – YES OR NO?



## THE MOST POPULAR APPS USED BY THE YOUNG:

Category	Czechia	Slovakia
Related to sports	35%	30%
Related to energy used or calories burnt	22%	16%
Related to physical health	20%	20%
Related to healthy nutrition	17%	20%

