BAYER BAROMETER 2022



WHAT DOES SELF-CARE AND HEALTH CARE MEAN IN YOUNG HUNGARIANS' OPINION?



47%



healthy nutrition, good eating habits

44% ensuring sufficient sleep



41% regular physical activity



HEALTH APPS - YES OR NO?





65%

of young Hungarians say YES to health apps



THE MOST POPULAR APPS USED BY THE YOUNG:

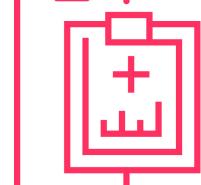
related to sports activities





related to energy used or calories burnt





related to physical health



