Gut microbiota is mostly unknown to the public. In Belgium, France, Russia and in the US, the percentage of people who declares having already heard of “gut microbiota” represents a minority of population (from 17% to 28%). This percentage is a bit higher in Mexico and Turkey (from 37% to 42%). Most people think gut flora preservation is important but only a part of it already preserves one’s intestinal flora, mainly by paying attention to nutrition. On a scale between 1 and 10 to rate how important it is to take care about intestinal flora, general public gives rather high marks (average score from 7.8 to 8.6), especially in Russia and Mexico (average score from 8.8 to 9.5). Preservation of gut flora is important, but less than half of the population consider to take care of it (from 37% to 47%, depending on the country), except for Mexicans and Russians (60%-65% of people). Those who preserve their intestinal flora mostly pay attention to their diet, like having a good nutrition, eating fruits/vegetables or dairy products.

A NEED OF INFORMATION AND EXCHANGES BETWEEN HEALTHCARE PROFESSIONALS AND PATIENTS.

Training about gut flora is welcome by healthcare professionals, especially in Mexico, Russia and Turkey. When asked if they wish to receive training or information about gut flora, most healthcare professionals respond affirmatively (from 73% to 100%), especially Mexicans, Russians and Turkish. It is to be noted that Belgium pediatricians and gastroenterologists are less numerous to desire information (64% and 61% respectively), as well as US paediatricians and GP’s (64% and 63% respectively).

According to the public, discussions about gut flora with healthcare professionals are rare. Only a minority of the public has already discussed about gut flora with a doctor or a pharmacist: around a quarter of Belgians, French, Mexicans and Turkish (from 22% to 29%) and only 1 out of 10 in the US (10%). Nevertheless, almost half of Russian population has already discussed of gut flora with a doctor (45%). This can provide a partial explanation about their better knowledge on this matter.

The gut flora topic is mainly broached when healthcare professionals talk about gastrointestinal troubles or antibiotics. Professionals mainly discuss about gut flora with their patients when they broach certain diseases (around 70%) such as gastro-intestinal troubles, immune problems or irritable bowel syndrome, but also about certain medications/therapies (30-60% according to the medical specialty) such as antibiotics.

A PERFECTIBLE KNOWLEDGE OF GUT FLORA AND MICROBIOTA TO THE PUBLIC

Even if general public knows the terms “gut microbiota”, especially in Mexico and in France. Nevertheless, pharmacists are less numerous to know those terms in all countries compared to other professionals. Almost all gastro-enterologists are familiar with the terms “gut microbiota” (92%-100% of knowledge, depending on the country). Paediatricians and general practitioners also know what those terms refer to (from 77% to 98%), especially in France and Mexico. Most pharmacists know what gut microbiota is, but have the lowest level of knowledge (64%-82%), except in France. Indeed, all French pharmacists know what does terms refer to (95%).

GUT MICROBIOTA KNOWLEDGE AMONG THE DIFFERENT AUDIENCES BY COUNTRY

1 Microbiota knowledge, a study led by BVA for BIOCODEX from December 2016 to January 2017 in Belgium, France, Mexico, Russia, Turkey and the United States.
• Among general public: 1000 people representative of Belgian population, 1000 of French population, 1001 of Mexican population, 1001 of Russian population, 1061 of Turkish population and 995 of American population.
• Among healthcare professionals: BELGIUM: 100 pharmacists, 100 general practitioners, 50 paediatricians, 31 gastro-enterologists; FRANCE: 104 pharmacists, 101 general practitioners, 46 paediatricians, 50 gastro-enterologists; MEXICO: 60 pharmacists, 100 general practitioners, 50 paediatricians, 50 gastro-enterologists, RUSSIA: 101 pharmacists, 100 general practitioners, 50 paediatricians, 50 gastro-enterologists; TURKEY: 101 pharmacists, 100 general practitioners, 50 paediatricians, 50 gastro-enterologists, UNITED STATES: 100 pharmacists, 101 general practitioners, 50 paediatricians, 50 gastro-enterologists.