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WOMEN AND HEALTH IN A WORLD HIT BY THE PANDEMIC



Ipsos Public Affairs
October 2020

INDEX

Topic	Page
IMPACT OF COVID-19 ON WOMEN'S HEALTH IN GENERAL	5
IMPACT OF COVID ON WOMEN'S ROLE AS HEALTH MANAGER OF THE FAMILY	12
THE PANDEMIC LEAD & HEALTHY HABITS ?	15
WOMEN'S FEELING OF VULNERABILITY TO HEALTH-RELATED RISKS	18
OUTLOOK FOR THE NEXT 6 MONTHS	20
APPENDIX : COUNTRY DETAIL TABLES	24

METHODOLOGY



TARGET

Survey conducted in **8 countries** (France, Germany, Italy, Spain, UK, Mexico, Nigeria, Thailand)

Representative samples of the population of women aged 18 y.o. and over in each of the countries surveyed (except Thailand 18-55 yo.)

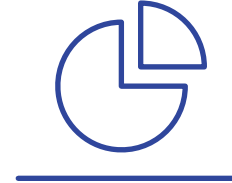
READING NOTE

- for Global results and sub-total for Europe, each country weighs the same.



COLLECTION DATES

October, 16th to 29th 2020

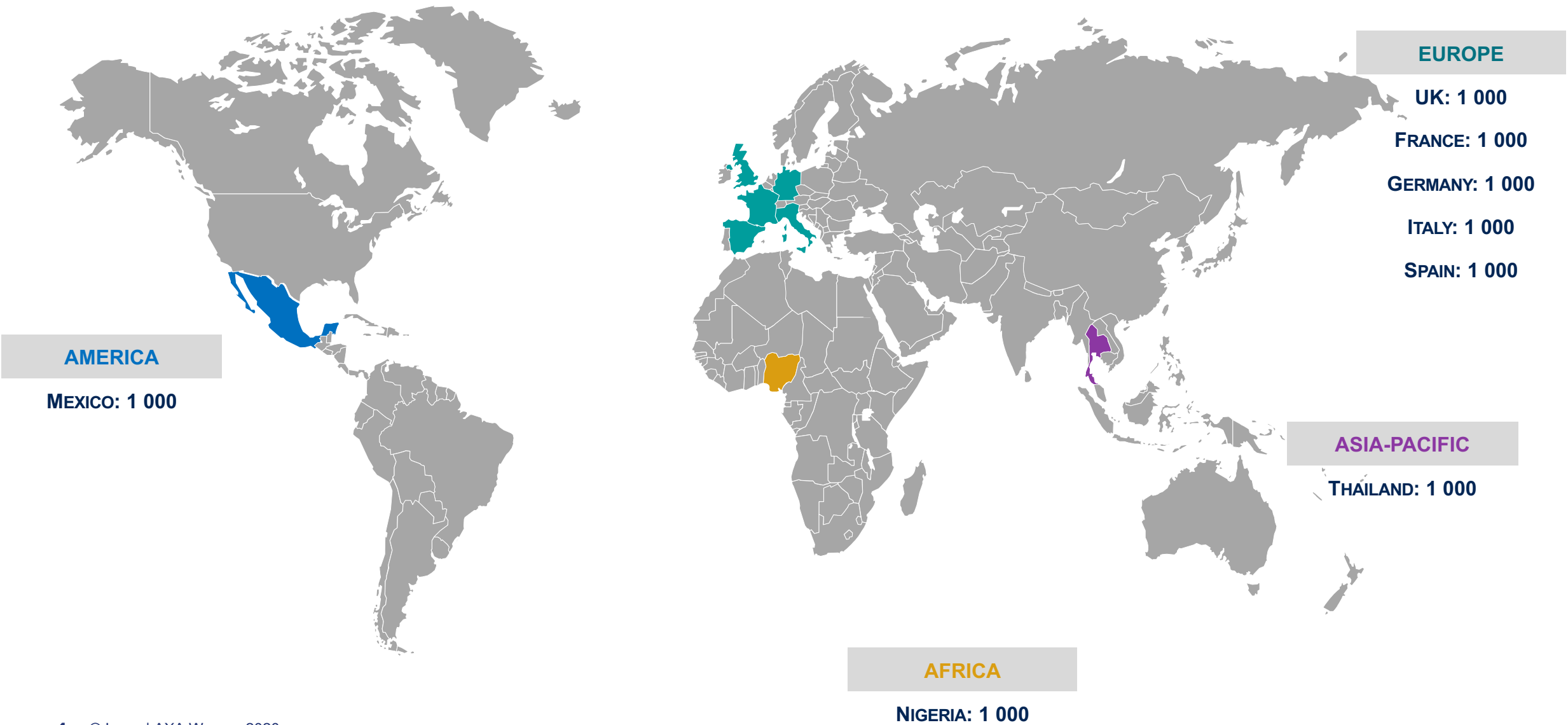


METHOD

Online interviews via Ipsos Access Panel.

Quota method applied to age, occupation / working status, region.

MORE THAN 8 000 WOMEN INTERVIEWED IN 8 COUNTRIES



How big is the impact of COVID-19 on women's health in general?

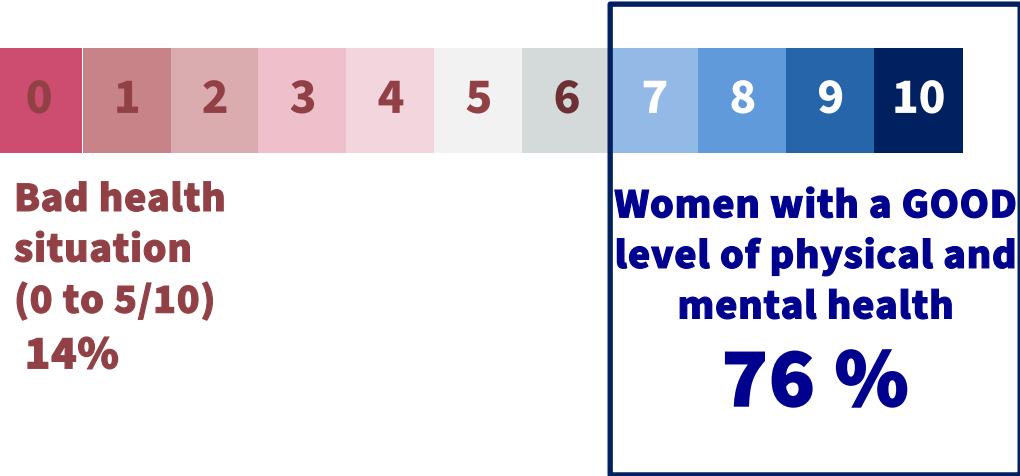
1

The proportion of women in good health decreased compared to end of 2019



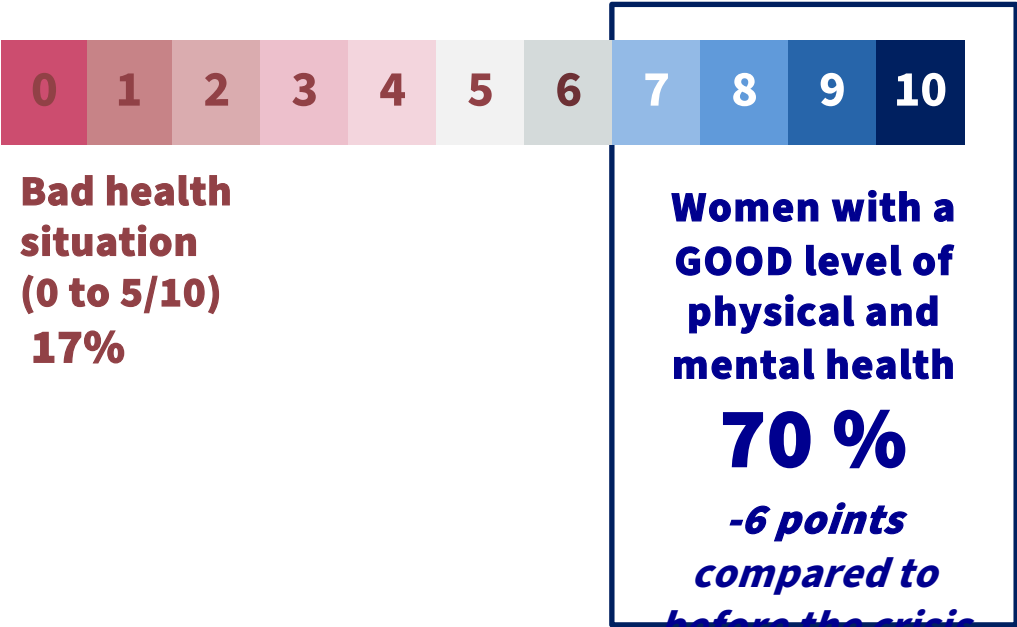
ALL COUNTRIES

Your health situation BEFORE the pandemic, end of 2019



Average 7.7/10

Your health situation TODAY*



-6 points
compared to
before the crisis

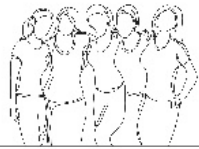
Average 7.3/10 (-0.4)

On a scale of 0 to 10, how would you rate... ? 0 meaning health situation is extremely bad, and 10 that it is very good

*taking into account your physical and mental health, level of well being and energy

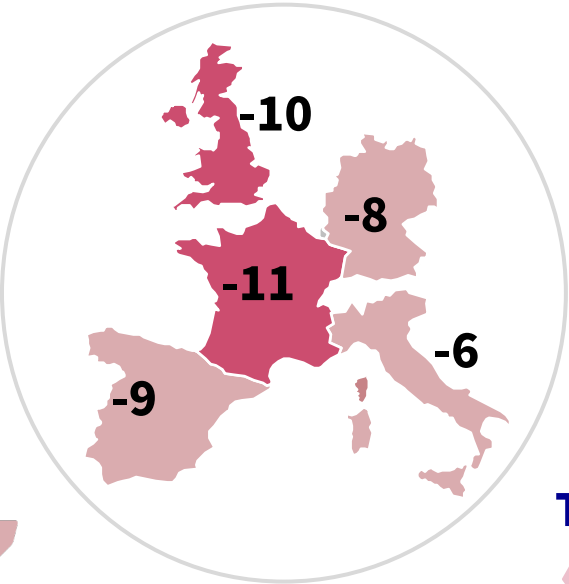


The pandemic had consequences on the health levels of women whatever their background, but hit even more cruelly disadvantaged women who already had lower levels of wellbeing before



ALL COUNTRIES

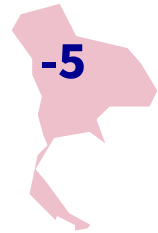
Europe -9



Mexico



Thailand



Nigeria



70% rate their health situation between 7 and 10 / 10
- 6 points compared to before the crisis

INCOME

Low
63% (-7)

Medium
70% (-8)

High
83% (-4)

OCCUPATION

Inactive / unemployed 
67% -6

Workers / elementary occupations
68% (-9)

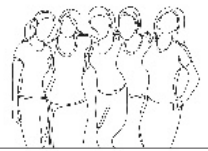
Technicians / clerks / service workers
71% (-8)

Managers and professionals
74% - 6

On a scale of 0 to 10, how would you rate... ? 0 meaning health situation is extremely bad, and 10 that it is very good

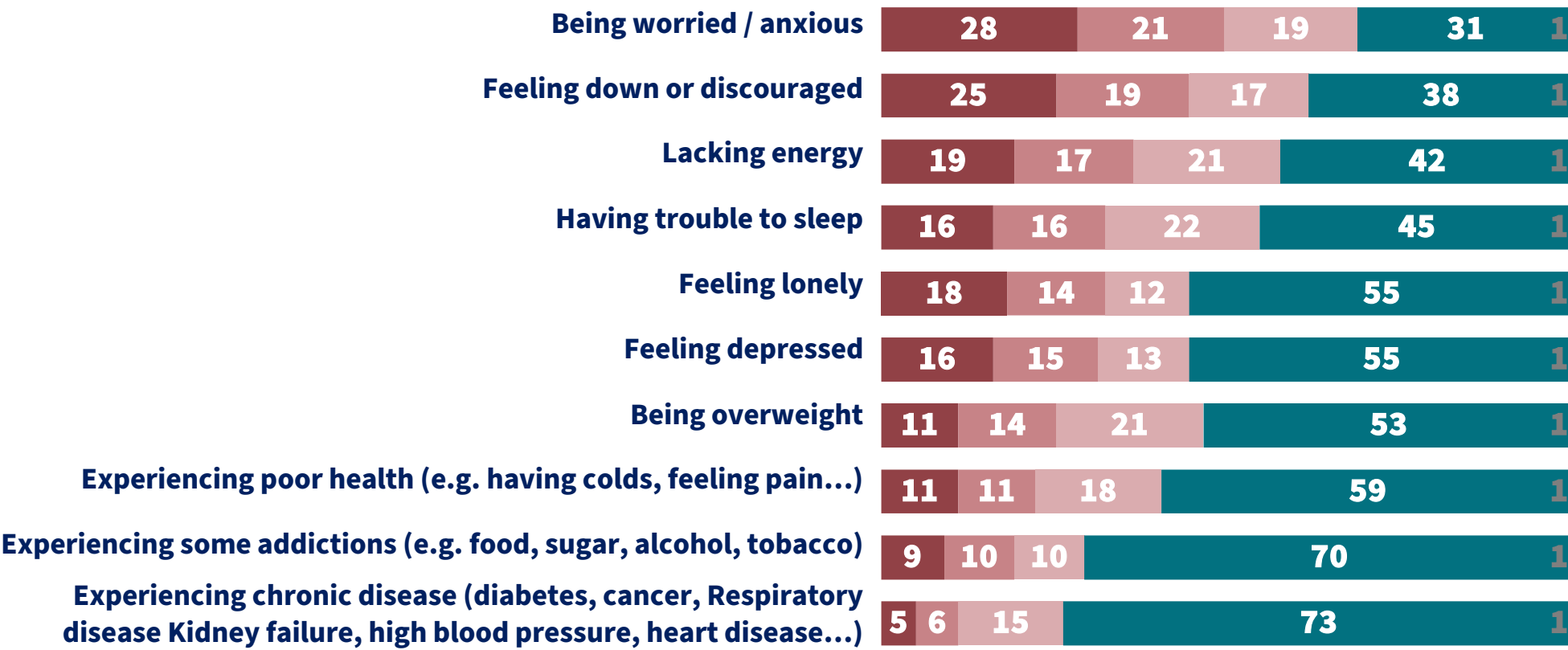


With the pandemic, a large number of women experienced new health problems or a worsening of their condition, especially as far as their mental health was concerned



ALL COUNTRIES

- Yes, and it started during the pandemic
- Yes, it started before but worsened during the pandemic
- Yes, it started before and stayed the same during the pandemic
- No
- I prefer not to answer



STARTED OR WORSENER DURING PANDEMIC	YES
49	68
44	61
36	57
32	54
32	44
31	44
25	46
22	40
19	29
11	26

Since the beginning of the pandemic, have you experienced the following things?

With the pandemic, on average women experienced 3 new or worsening health problems, especially women with children and managers and professionals having to deal with everything at the same time



ALL COUNTRIES

**On average 3 health problems / 10
Which started or worsened with the pandemic**

18-29 y.o.
3.4

No children below 18 y.o at home
2.5

30-44 y.o.
3.3

At least one child
3.6



(3.5 with 1, 3.9 with 2, 4 with 3 children)

45 y.o and over
2.6

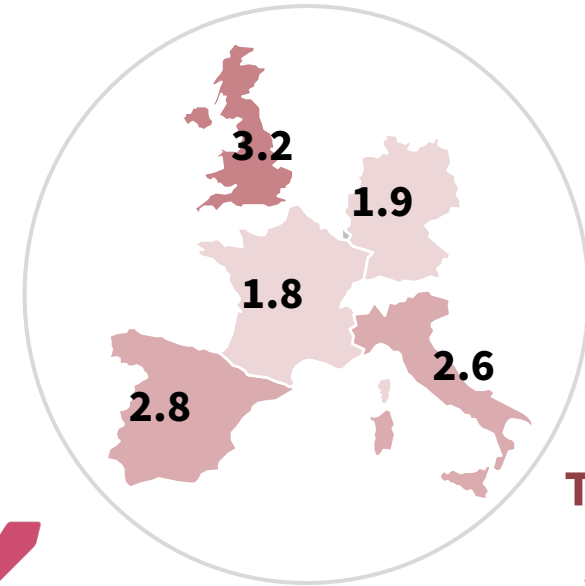
High income
3.6

Patients with chronic diseases
4.3

Managers and professionals
3.8



Europe 2.5



Mexico



Thailand



Nigeria



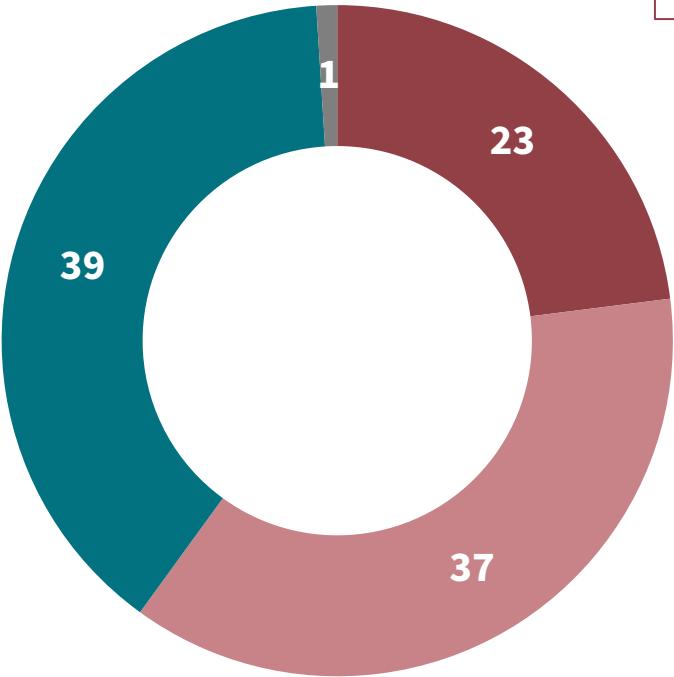
Since the beginning of the pandemic, have you experienced the following things?

A majority of patients with a chronic disease have fallen behind in the follow-up of their pathology



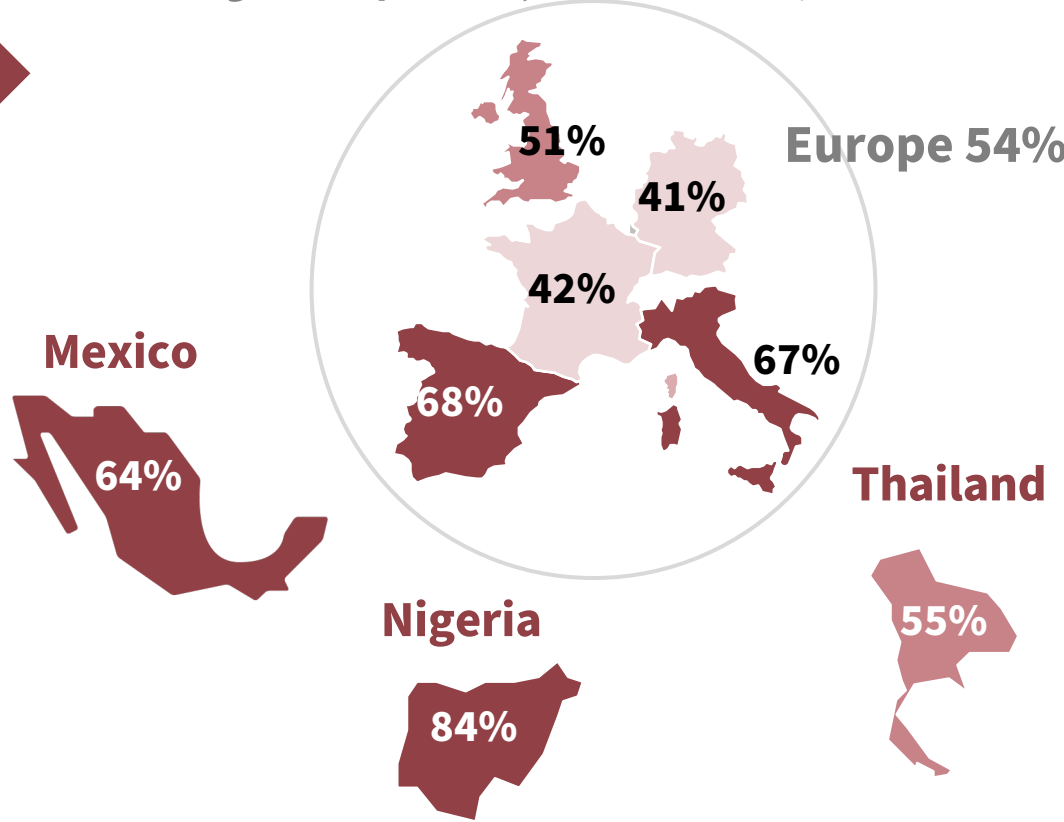
ALL COUNTRIES

- Yes, a lot
- Yes, a little
- No
- I prefer not to answer



Yes : 60%

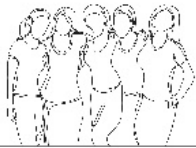
To those who are concerned by a chronic disease (diabetes, cancer, Respiratory disease, kidney failure, high blood pressure, heart disease...) : 26% of the sample



Have you fallen behind in the follow-up of your pathology since the beginning of the Covid-19 epidemic ?

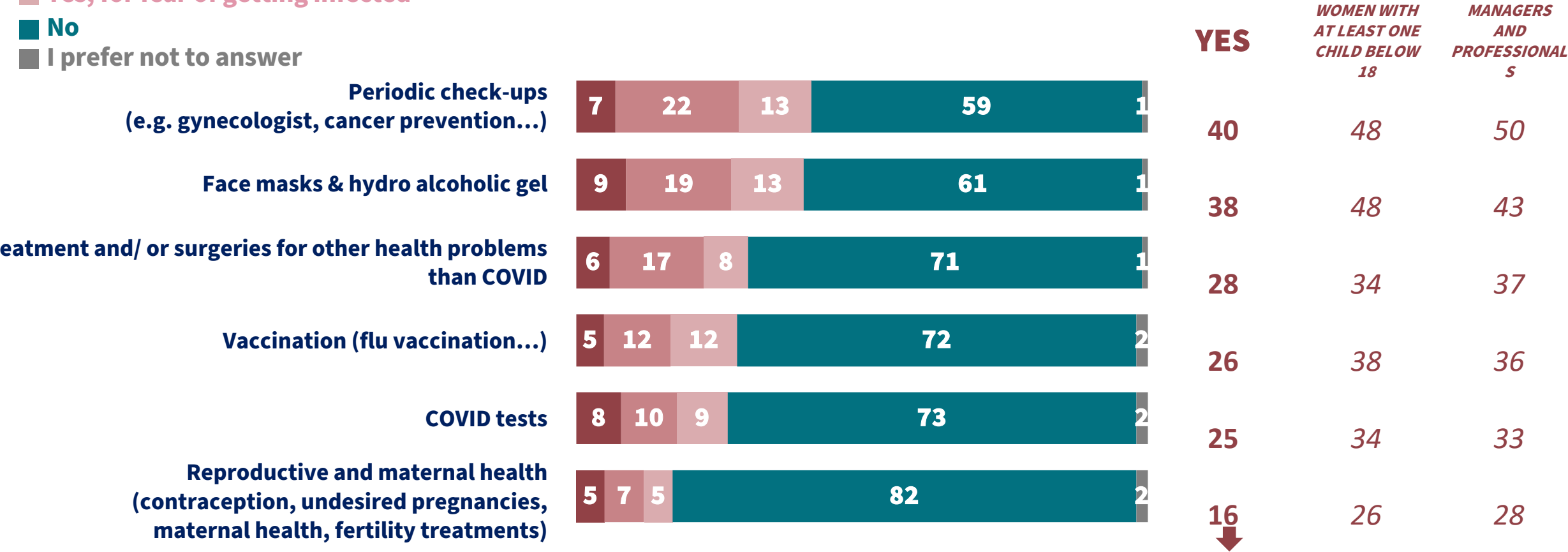


Many women experienced problems accessing in due time to healthcare both for COVID and non COVID issues, especially women with a busy schedule, be it for family or business reasons



ALL COUNTRIES

- Yes, for financial reasons
- Yes, for closure or lack of capacity of health care providers
- Yes, for fear of getting infected
- No
- I prefer not to answer



And since the beginning of the pandemic, did you experience problems accessing in due time...

22% of women below 45 yo,
29% of women with 5 people or more living together



How did the COVID impact women's role as health manager of the family?

2

During their life (and not only during the pandemic) a majority of women prioritize other's health before theirs, leading to consequences on their health situation



ALL COUNTRIES

- Yes, multiples times
- Yes, once
- No
- I prefer not to answer

YES

You prioritize other's health before yours (children, parents...)



72

Your pain is not taken into account seriously



53

You are not in a good health because you don't take time for yourself



53

You would be in better health if you had more money



52

You don't have proper access to healthcare

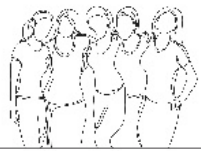


39

During your life, have you already experienced the following things when it comes to your health ? Having the feeling...



But since the beginning of the pandemic, women prioritized even more than before the health others, and their role as main health manager of the family was even reinforced.



ALL COUNTRIES

MORE THAN BEFORE

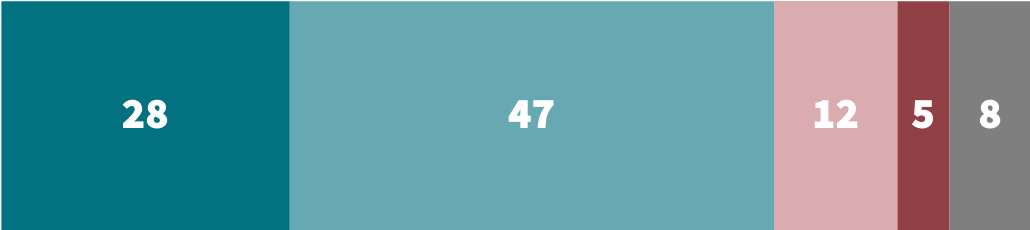
- Much more than before

■ A little more than before

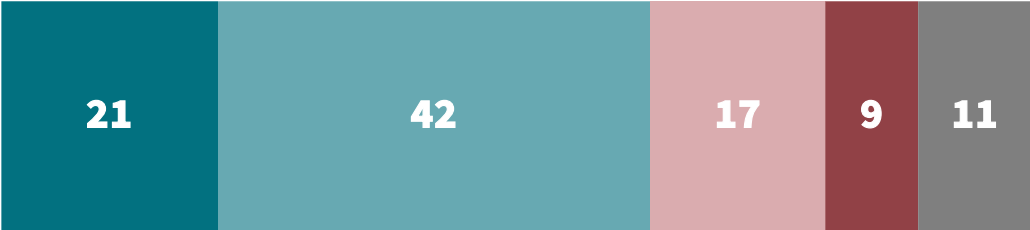
■ I prefer not to answer
- A little less than before

■ Much less than before

Prioritized the health and wellbeing of other family members (children, partner, parents) over yours



Acted as the main health manager of the family (i.e. taking care of health-related issues and appointments of the family members)



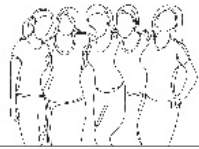
Since the beginning of the pandemic, have you...



**Did the pandemic lead to
taking healthy habits ?**

3

However, many women saw in these troubled times occasions to better take care of themselves, especially women with high income and high level of education



ALL COUNTRIES

- Much more than before
- A little more than before
- I prefer not to answer
- A little less than before
- Much less than before

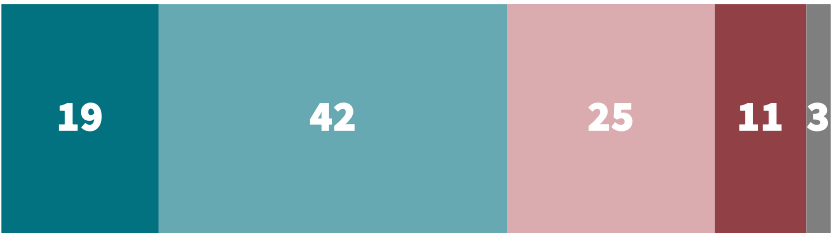
MORE
THAN
BEFORE

HIGH INCOME

HIGH LEVEL
OF
EDUCATION



Taken care of your own wellbeing
(e.g. physical activity, healthy diet...)

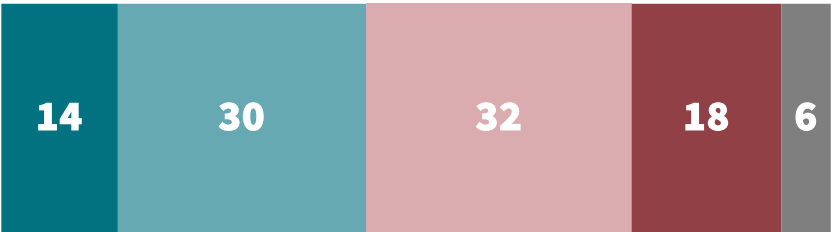


61

68

64

Taken care of your own health (e.g. doctor visits check-ups, treating a chronic condition, cancer prevention...)



44

56

48

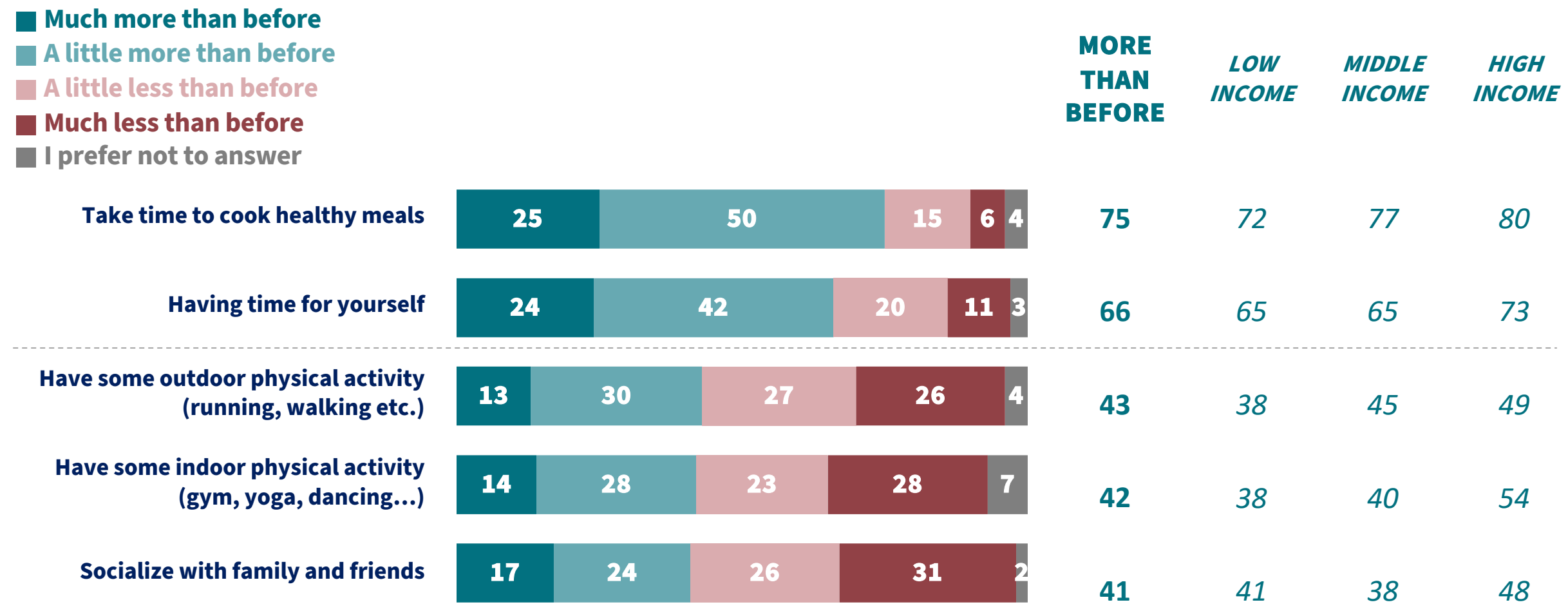
Since the beginning of the pandemic, have you...



A majority of women also say they took more time to cook healthy meals, and had also more time for themselves, especially women with a high level of income and busy professional life who were certainly not doing as much before.



ALL COUNTRIES



Since the beginning of the pandemic, are you doing the following things more than before, less, or neither more nor less ?



**How much did the crisis impact
women's feeling of
vulnerability to health-related
risks?**

4

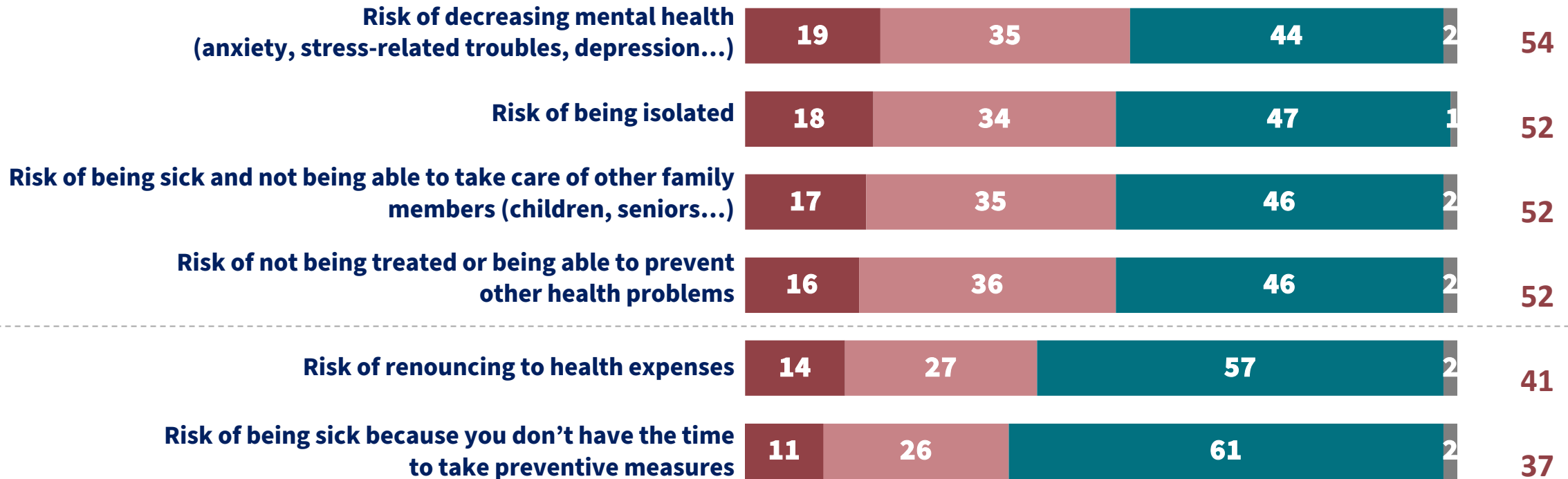
A majority of women feel more vulnerable to health risks as a consequence of the coronavirus crisis



ALL COUNTRIES

- Yes, much more
- Yes, a little more
- No
- I prefer not to answer

YES



Has the coronavirus crisis and all of its consequences made you more vulnerable to the following risks?

What is their outlook for the next 6 months, and what do they need to improve things?

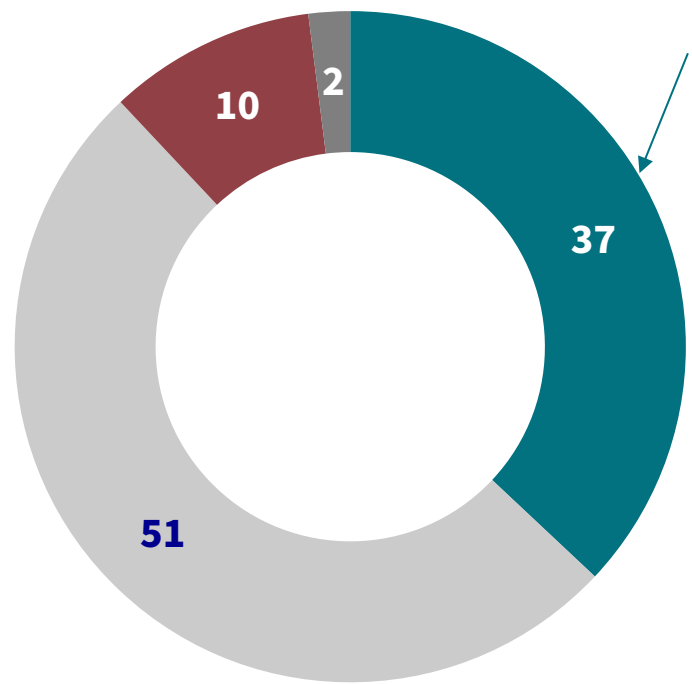
5

Only a bit more than one woman in 3 expect to be able to pay more attention do their personal health and wellbeing in the next 6 months, but a majority of women below 30 and mothers who think the time of lockdown is behind them



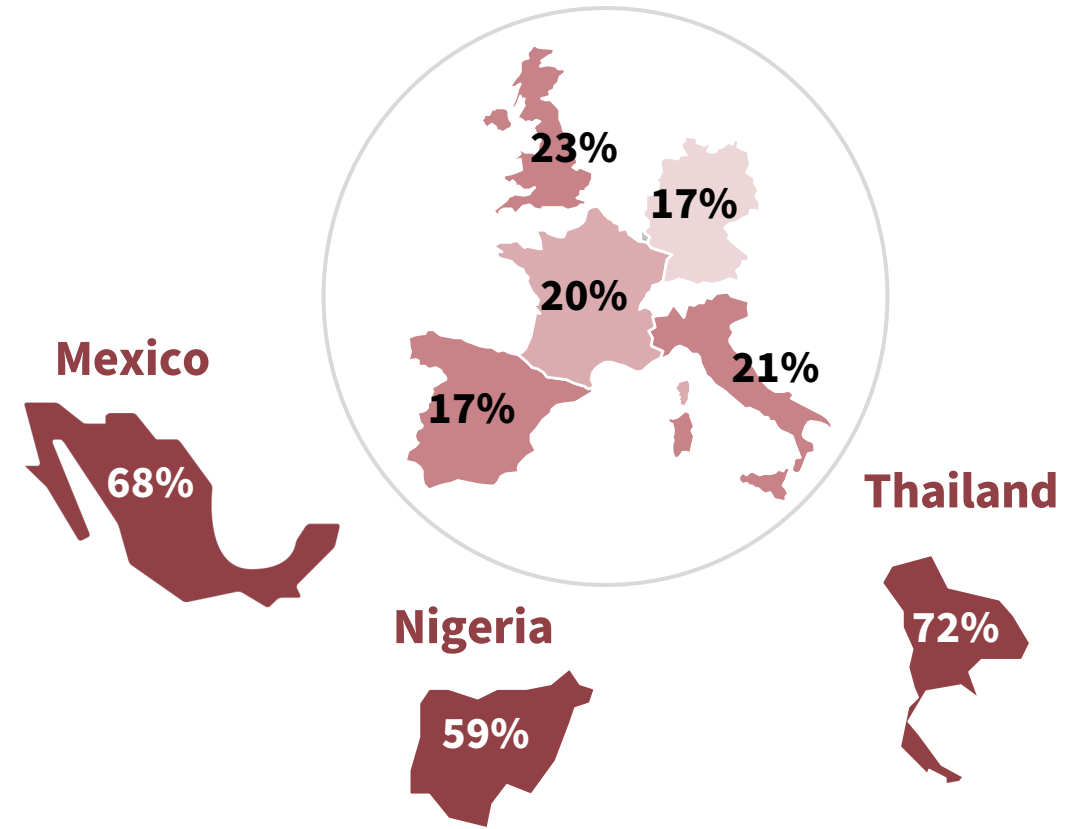
ALL COUNTRIES

- More (I will be able to pay more attention than now)
- Same as now
- Less
- I prefer not to answer



54% of women aged 18 to 29 y.o.
 51% of women with children below 18 y.o.
 53% of women with high income

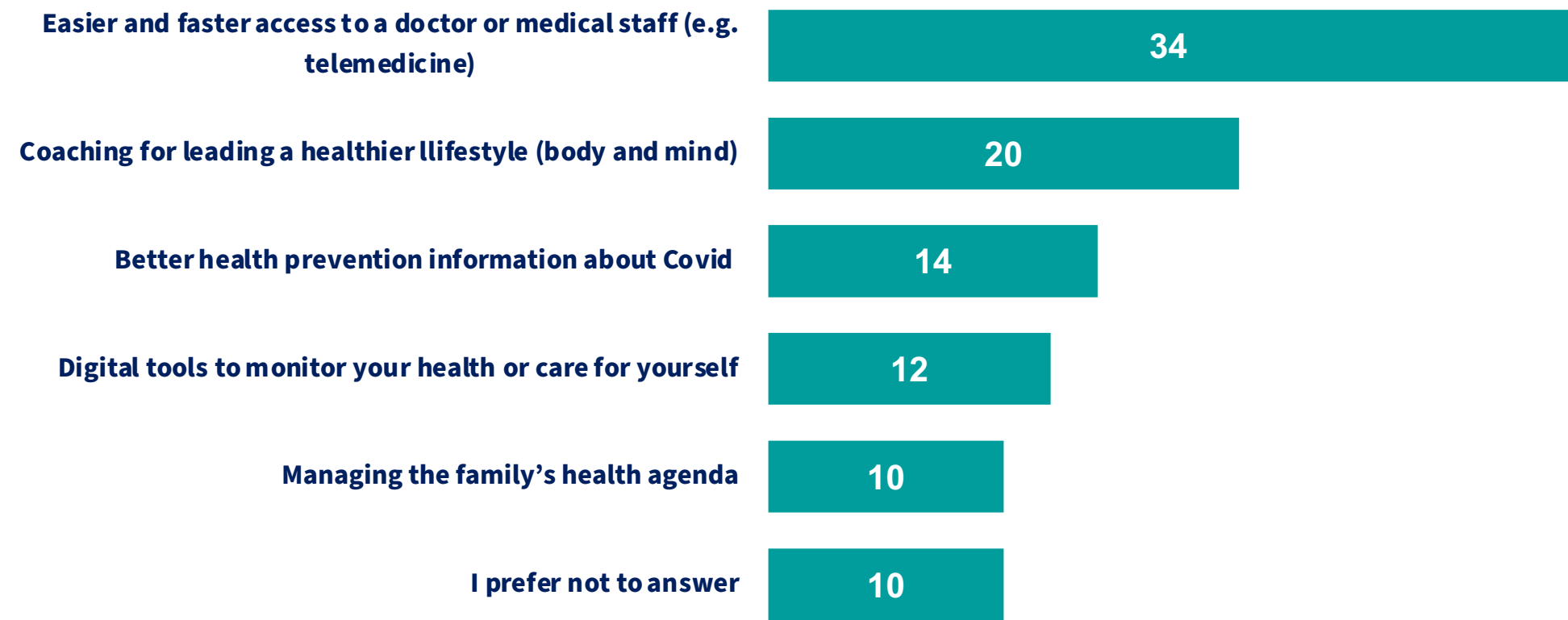
Europe 20%



To what extent do you expect to be able to pay attention to your personal health and wellbeing in six months from now?



With the second wave of the pandemic starting to hit the world, women expect first an easier and faster access to a doctor or medical staff



Looking forward, among the following things, what would help you the most to pay more attention to your own health ?

An easier and faster access to a doctor or medical staff is especially awaited in southern Europe, strongly hit by the first wave of the pandemic



ALL COUNTRIES

Easier and faster access to a doctor or medical staff
(e.g. telemedicine) **34%**

44 y.o. and over
40%

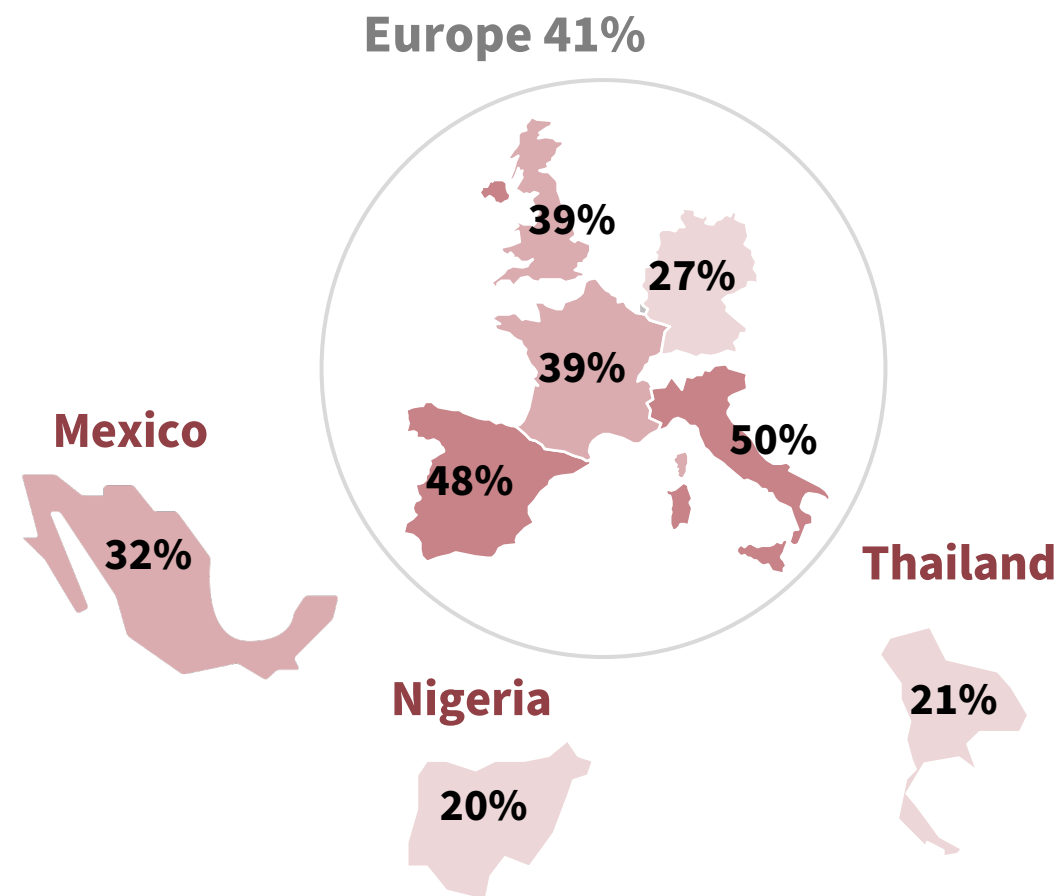


Inactive / unemployed
39%



Low level of education
39%

Including full-time parent /
home maker **41%**
Retired **42%**



Looking forward, among the following things, what would help you the most to pay more attention to your own health ?

APPENDIX 1

PROPORTION OF WOMEN IN GOOD HEALTH BEFORE AND TODAY: COUNTRY DETAILS



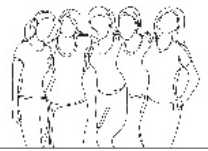
ALL COUNTRIES

<u>% OF WOMEN RATING THEIR HEALTH SITUATION BETWEEN 7 AND 10 / 10</u>	BEFORE THE PANDEMIC	TODAY	<i>DIFFERENCE (BEFORE / TODAY)</i>
GLOBAL	76	70	-6
TOTAL EUROPE	74	65	-9
FRANCE	78	67	-11
GERMANY	68	60	-8
ITALY	77	71	-6
SPAIN	77	68	-9
UK	70	60	-10
MEXICO	92	85	-7
NIGERIA	72	71	-1
THAILAND	78	73	-5

On a scale of 0 to 10, how would you rate... ? 0 meaning health situation is extremely bad, and 10 that it is very good

***taking into account your physical and mental health, level of well being and energy**

PROPORTION OF WOMEN IN GOOD HEALTH BEFORE AND TODAY: POPULATION SEGMENT DETAILS



<u>% OF WOMEN RATING THEIR HEALTH SITUATION BETWEEN 7 AND 10 / 10</u>	GLOBAL	AGE			WORKING STATUS		MARITAL STATUS		CHILDREN*	
		18-29 Y.O.	30-44 Y.O.	45 Y.O. AND MORE	WORKING	NOT WORKING	IN A RELATIONSHIP	SINGLE	NO CHILDREN	AT LEAST ONE CHILD
Before the pandemic	76	74	78	77	80	72	79	71	74	80
Today	70	66	72	70	72	67	73	65	66	74
Difference	-6	-8	-6	-7	-8	-5	-6	-6	-8	-6

**Children below 18 y.o. living in the household*

On a scale of 0 to 10, how would you rate... ? 0 meaning health situation is extremely bad, and 10 that it is very good

***taking into account your physical and mental health, level of well being and energy**

SITUATIONS EXPERIENCED DURING THE CRISIS: COUNTRY DETAILS



ALL COUNTRIES

% Started or worsened during pandemic	GLOBAL	EUROPE						MEXICO	NIGERIA	THAILAND
		TOTAL EUROPE	FRANCE	GERMANY	ITALY	SPAIN	UK			
Being worried / anxious	49	45	34	36	53	47	51	60	56	56
Feeling down or discouraged	44	40	30	27	46	49	52	52	53	49
Lacking energy	36	32	28	26	31	34	40	45	43	40
Having trouble to sleep	32	26	21	18	28	29	34	44	39	41
Feeling lonely	32	27	19	23	29	26	36	32	42	43
Feeling depressed	31	27	14	21	21	38	39	43	40	37
Being overweight	25	19	13	14	23	20	26	32	37	36
Experiencing poor health (...)	22	14	10	13	12	16	18	25	40	37
Experiencing some addictions (...)	19	14	11	8	15	16	20	26	30	22
Experiencing chronic disease (...)	11	6	6	7	6	8	7	8	26	19

Since the beginning of the pandemic, have you experienced the following things?



SITUATIONS EXPERIENCED DURING THE CRISIS: POPULATION SEGMENT DETAILS



% Started or worsened during pandemic	GLOBAL	AGE			WORKING STATUS		MARITAL STATUS		CHILDREN	
		18-29 Y.O.	30-44 Y.O.	45 Y.O. AND MORE	WORKING	NOT WORKING	IN A RELATIONSHIP	SINGLE	NO CHILDREN	AT LEAST ONE CHILD
Being worried / anxious	49	54	53	45	52	46	50	48	45	55
Feeling down or discouraged	44	51	48	39	47	41	44	45	40	51
Lacking energy	36	42	40	31	39	33	36	36	31	43
Having trouble to sleep	32	35	35	28	35	28	32	30	26	39
Feeling lonely	32	39	34	26	35	28	29	36	28	36
Feeling depressed	31	37	35	28	34	28	31	32	27	38
Being overweight	25	24	29	23	28	21	26	22	20	32
Experiencing poor health (...)	22	26	26	17	26	17	22	21	16	29
Experiencing some addictions (...)	19	23	20	15	22	15	19	17	13	25
Experiencing chronic disease (...)	11	11	12	10	13	9	12	8	7	16

Since the beginning of the pandemic, have you experienced the following things?



SITUATIONS EXPERIENCED DURING THE CRISIS: COUNTRY DETAILS



ALL COUNTRIES

<u>% YES</u>	GLOBAL	EUROPE						MEXICO	NIGERIA	THAILAND
		TOTAL EUROPE	FRANCE	GERMANY	ITALY	SPAIN	UK			
Periodic check-ups (e.g. gynecologist, cancer prevention...)	40	34	25	23	46	49	29	54	48	48
Face masks & hydro alcoholic gel	38	29	26	27	34	37	18	42	48	70
Treatment and/ or surgeries for other health problems than COVID	28	23	19	16	23	26	34	35	45	26
Vaccination (flu vaccination...)	26	14	7	12	17	16	16	49	46	48
COVID tests	25	14	14	11	12	21	14	41	47	37
Reproductive and maternal health (contraception, undesired pregnancies, maternal health, fertility treatments)	16	8	4	7	8	9	11	17	39	31

And since the beginning of the pandemic, did you experience problems accessing in due time...

SITUATIONS EXPERIENCED DURING THE CRISIS: POPULATION SEGMENT DETAILS



<u>% yes</u>	GLOBAL	AGE			WORKING STATUS		MARITAL STATUS		CHILDREN	
		18-29 Y.O.	30-44 Y.O.	45 Y.O. AND MORE	WORKING	NOT WORKING	IN A RELATIONSHIP	SINGLE	NO CHILDREN	AT LEAST ONE CHILD
Periodic check-ups (e.g. gynecologist, cancer prevention...)	40	38	44	39	44	37	44	35	34	48
Face masks & hydro alcoholic gel	38	45	45	31	43	33	39	37	30	48
Treatment and/ or surgeries for other health problems than COVID	28	29	28	27	30	26	30	25	23	34
Vaccination (flu vaccination...)	26	31	30	22	31	21	29	23	18	38
COVID tests	25	31	26	21	28	21	26	22	18	34
Reproductive and maternal health (...)	16	23	21	10	21	10	18	12	8	26

And since the beginning of the pandemic, did you experience problems accessing in due time...

EXPERIENCES WITH RESPECT TO HEALTH: COUNTRY DETAILS



<u>% YES</u>	GLOBAL	EUROPE						MEXICO	NIGERIA	THAILAND
		TOTAL EUROPE	FRANCE	GERMANY	ITALY	SPAIN	UK			
You prioritize other’s health before yours (children, parents...)	72	67	58	67	70	73	66	79	77	84
Your pain is not taken into account seriously	53	46	50	47	55	34	45	71	70	52
You are not in a good health because you don’t take time for yourself	53	44	53	49	41	34	43	61	75	66
You would be in better health if you had more money	52	40	36	35	53	38	39	60	78	75
You don’t have proper access to healthcare	39	29	31	24	43	27	22	57	64	41

During your life, have you already experienced the following things when it comes to your health ? Having the feeling...

EXPERIENCES WITH RESPECT TO HEALTH: POPULATION SEGMENT DETAILS



<u>% yes</u>	GLOBAL	AGE			WORKING STATUS		MARITAL STATUS		CHILDREN	
		18-29 Y.O.	30-44 Y.O.	45 Y.O. AND MORE	WORKING	NOT WORKING	IN A RELATIONSHIP	SINGLE	NO CHILDREN	AT LEAST ONE CHILD
You prioritize other’s health before yours (children, parents...)	72	72	77	69	75	69	75	67	64	82
Your pain is not taken into account seriously	53	62	55	48	54	52	52	54	48	59
You are not in a good health because you don’t take time for yourself	53	64	60	44	60	46	52	54	45	63
You would be in better health if you had more money	52	61	59	44	56	47	51	53	44	63
You don’t have proper access to healthcare	39	45	40	35	41	37	39	38	33	47

During your life, have you already experienced the following things when it comes to your health ? Having the feeling...

ACTIONS SINCE THE BEGINNING OF THE PANDEMIC: COUNTRY DETAILS



ALL COUNTRIES

<u>% MORE THAN BEFORE</u>	GLOBAL	EUROPE						MEXICO	NIGERIA	THAILAND
		TOTAL EUROPE	FRANCE	GERMANY	ITALY	SPAIN	UK			
Prioritized the health and wellbeing of other family members (children, partner, parents) over yours	75	70	65	63	74	79	70	88	74	83
Acted as the main health manager of the family (i.e. taking care of health-related issues and appointments of the family members)	63	55	55	44	52	66	59	80	71	75
Taken care of your own wellbeing (e.g. physical activity, healthy diet...)	61	55	61	57	49	54	53	67	72	73
Taken care of your own health (e.g. doctor visits check-ups, treating a chronic condition, cancer prevention...)	44	33	40	30	29	30	34	61	63	61

Since the beginning of the pandemic, have you...



ACTIONS SINCE THE BEGINNING OF THE PANDEMIC: POPULATION SEGMENT DETAILS



% <u>MORE THAN BEFORE</u>	GLOBAL	AGE			WORKING STATUS		MARITAL STATUS		CHILDREN	
		18-29 Y.O.	30-44 Y.O.	45 Y.O. AND MORE	WORKING	NOT WORKING	IN A RELATIONSHIP	SINGLE	NO CHILDREN	AT LEAST ONE CHILD
Prioritized the health and wellbeing of other family members (...) over yours	75	74	79	72	77	71	78	68	68	83
Acted as the main health manager of the family (...)	63	59	69	61	69	56	69	53	53	76
Taken care of your own wellbeing (...)	61	63	62	59	64	57	62	60	59	64
Taken care of your own health (...)	44	49	48	39	50	37	45	41	36	53

Since the beginning of the pandemic, have you...

ACTIONS SINCE THE BEGINNING OF THE PANDEMIC: COUNTRY DETAILS



ALL COUNTRIES

<u>% MORE THAN BEFORE</u>	GLOBAL	EUROPE						MEXICO	NIGERIA	THAILAND
		TOTAL EUROPE	FRANCE	GERMANY	ITALY	SPAIN	UK			
Take time to cook healthy meals	75	73	76	72	75	72	73	82	76	77
Having time for yourself	66	62	63	68	58	54	66	65	74	84
Have some outdoor physical activity (running, walking etc.)	43	42	40	54	31	35	50	26	55	55
Have some indoor physical activity (gym, yoga, dancing...)	42	33	37	41	25	28	33	44	71	57
Socialize with family and friends	41	32	63	44	26	15	11	20	76	74

Since the beginning of the pandemic, are you doing the following things more than before, less, or neither more nor less ?

ACTIONS SINCE THE BEGINNING OF THE PANDEMIC: POPULATION SEGMENT DETAILS



% MORE THAN BEFORE	GLOBAL	AGE			WORKING STATUS		MARITAL STATUS		CHILDREN	
		18-29 Y.O.	30-44 Y.O.	45 Y.O. AND MORE	WORKING	NOT WORKING	IN A RELATIONSHIP	SINGLE	NO CHILDREN	AT LEAST ONE CHILD
Take time to cook healthy meals	75	70	75	78	76	74	79	69	73	79
Having time for yourself	66	68	62	68	68	64	64	69	68	64
Have some outdoor physical activity (running, walking etc.)	43	45	44	42	49	37	44	41	41	46
Have some indoor physical activity (gym, yoga, dancing...)	42	55	46	34	50	34	43	41	36	50
Socialize with family and friends	41	55	45	33	49	33	41	42	34	50

Since the beginning of the pandemic, are you doing the following things more than before, less, or neither more nor less ?

FEELING OF VULNERABILITY: COUNTRY DETAILS



ALL COUNTRIES

<u>% YES</u>	GLOBAL	EUROPE						MEXICO	NIGERIA	THAILAND
		TOTAL EUROPE	FRANCE	GERMANY	ITALY	SPAIN	UK			
Risk of decreasing mental health (anxiety, stress-related troubles, depression...),	54	49	38	36	55	56	58	67	55	67
Risk of being isolated	52	49	37	37	58	57	55	65	58	45
Risk of being sick and not being able to take care of other family members (children, seniors...)	52	47	38	34	59	62	44	68	53	61
Risk of not being treated or being able to prevent other health problems	52	49	35	29	63	62	54	65	54	56
Risk of renouncing to health expenses	41	29	21	21	46	36	18	65	54	60
Risk of being sick because you don't have the time to take preventive measures	37	31	23	23	38	46	27	44	50	50

Has the coronavirus crisis and all of its consequences made you more vulnerable to the following risks?

FEELING OF VULNERABILITY POPULATION SEGMENT DETAILS



<u>% YES</u>	GLOBAL	AGE			WORKING STATUS		MARITAL STATUS		CHILDREN	
		18-29 Y.O.	30-44 Y.O.	45 Y.O. AND MORE	WORKING	NOT WORKING	IN A RELATIONSHIP	SINGLE	NO CHILDREN	AT LEAST ONE CHILD
Risk of decreasing mental health (...)	54	61	59	48	57	51	53	55	49	61
Risk of being isolated	52	56	52	48	51	52	50	54	49	55
Risk of being sick and not being able to take care of other family members (...)	52	50	55	51	53	52	56	47	46	61
Risk of not being treated or being able to prevent other health problems	52	50	52	53	52	52	54	50	48	57
Risk of renouncing to health expenses	41	44	44	37	43	38	42	38	32	52
Risk of being sick because you don't have the time to take preventive measures	37	41	40	35	41	34	39	35	31	47

Has the coronavirus crisis and all of its consequences made you more vulnerable to the following risks?



APPENDIX 2

OUR COMMITMENT



Professional codes, quality certification and data protection

Ipsos is a member of the following French and European professional Market Research and Opinion bodies:

- SYNTEC (www.syntec-etudes.com), French Union of Market Research companies
- ESOMAR (www.esomar.org) the European Society for Opinion and Market Research

Ipsos France is consequently committed to applying **the ICC/ESOMAR code** for opinion and market research. This code of conduct defines the ethical rules for Market Research professionals and sets out the protection offered to participants.

Ipsos France complies with the applicable laws. Ipsos has appointed a Data Protection Officer and has implemented a compliance plan to GDPR (Règlement (UE) 2016/679). For more information about the Ipsos Data Protection & Privacy Policy relative to personal data :
<https://www.ipsos.com/en/privacy-data-protection>

The retention period applicable to interviewees' personal data be as follows, unless otherwise agreed with the client :



- 12 months upon Ad Hoc Study completion
- 3 years upon each wave completion of a Continuous Study.

Ipsos France has received ISO 20252: 2012 certification by AFNOR CERTIFICATION



- This document was drawn up in accordance with these international Codes and Quality standards. The technical elements relative to the execution of the project are described in methodological approach or survey overview in the report.
- This project was carried out in accordance with these international Codes and Quality standards

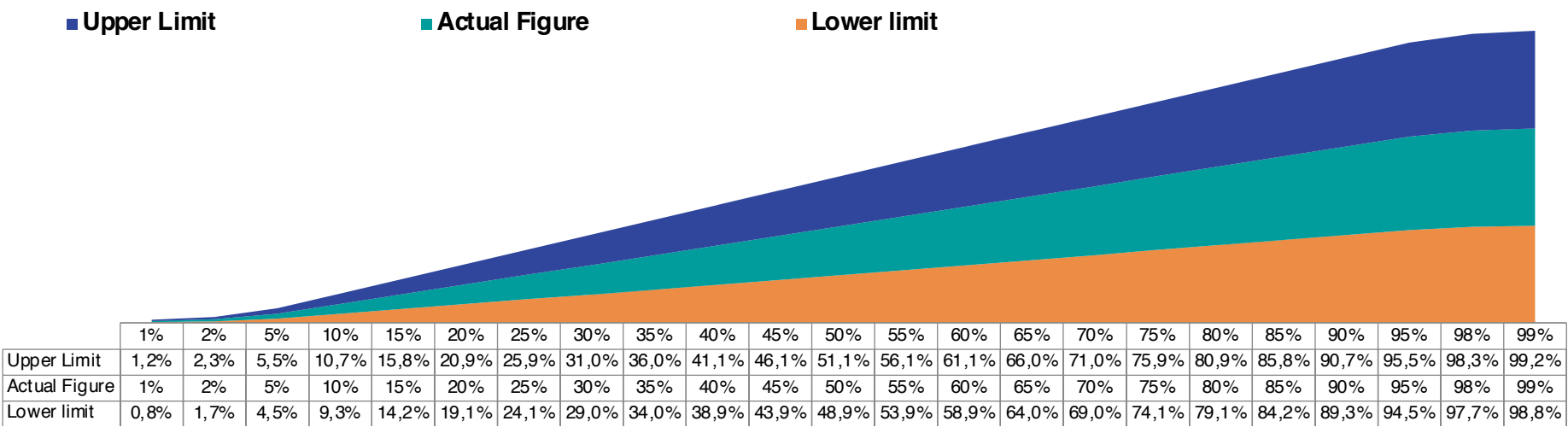
RELIABILITY OF RESULTS SPREADSHEET



In this instance, with regard to this study:

- Confidence interval: 95%
- Size of sample: 8000

The proportions observed are between :



ABOUT IPSOS

Ipsos is the third largest market research company in the world, present in 90 markets and employing more than 18,000 people.

Our research professionals, analysts and scientists have built unique multi-specialist capabilities that provide powerful insights into the actions, opinions and motivations of citizens, consumers, patients, customers or employees. Our 75 business solutions are based on primary data coming from our surveys, social media monitoring, and qualitative or observational techniques.

“Game Changers” – our tagline – summarises our ambition to help our 5,000 clients to navigate more easily our deeply changing world.

Founded in France in 1975, Ipsos is listed on the Euronext Paris since July 1st, 1999. The company is part of the SBF 120 and the Mid-60 index and is eligible for the Deferred Settlement Service (SRD).

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GAME CHANGERS

In our world of rapid change, the need for reliable information to make confident decisions has never been greater.

At Ipsos we believe our clients need more than a data supplier, they need a partner who can produce accurate and relevant information and turn it into actionable truth.

This is why our passionately curious experts not only provide the most precise measurement, but shape it to provide True Understanding of Society, Markets and People.

To do this we use the best of science, technology and know-how and apply the principles of security, simplicity, speed and substance to everything we do.

So that our clients can act faster, smarter and bolder. Ultimately, success comes down to a simple truth:

You act better when you are sure.