

# **AWARENESS OF NON-ALCOHOLIC FATTY LIVER DISEASE**

**Final report**

February 2022

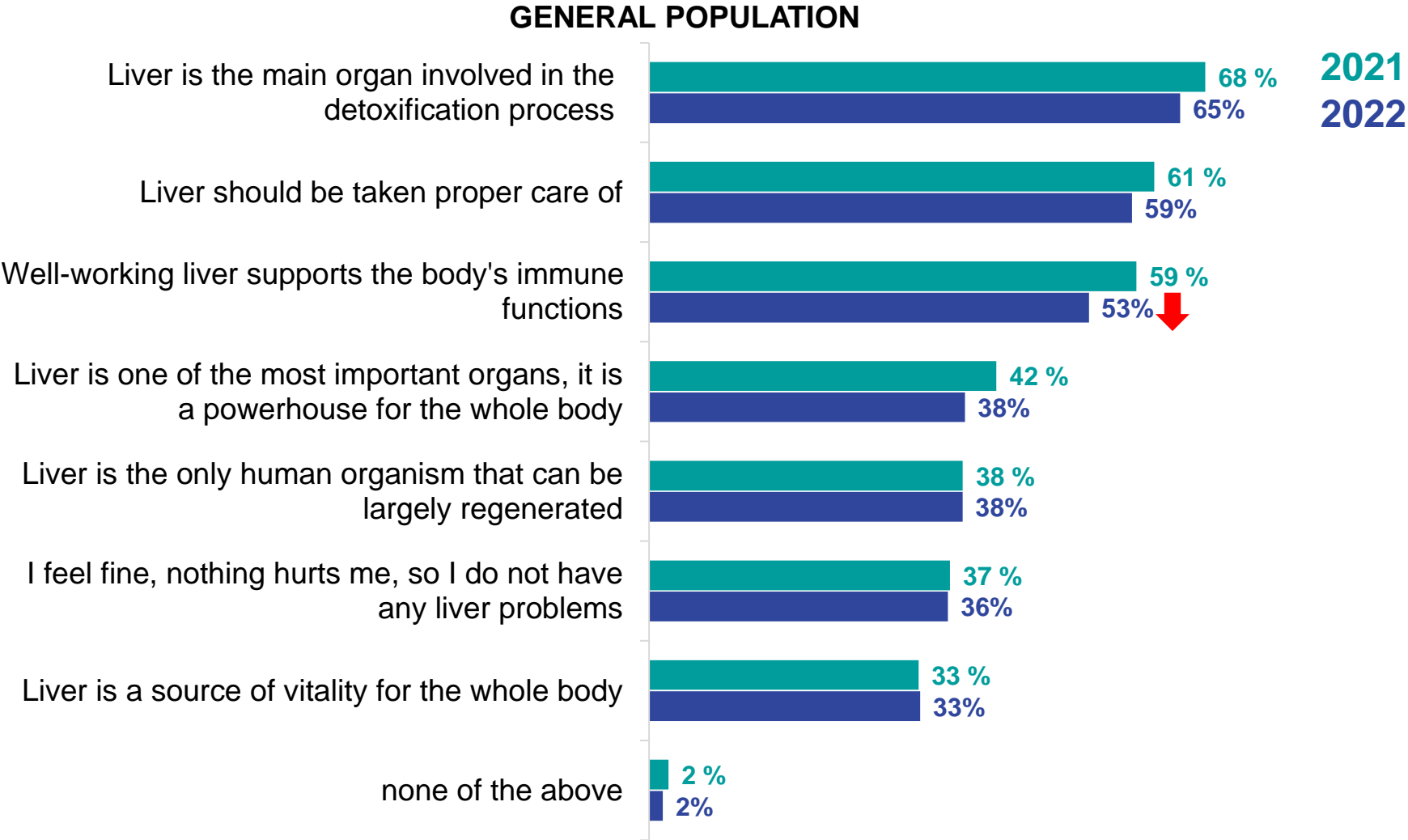
**GAME CHANGERS**



# **EXPLORATION OF KNOWLEDGE ABOUT LIVER**

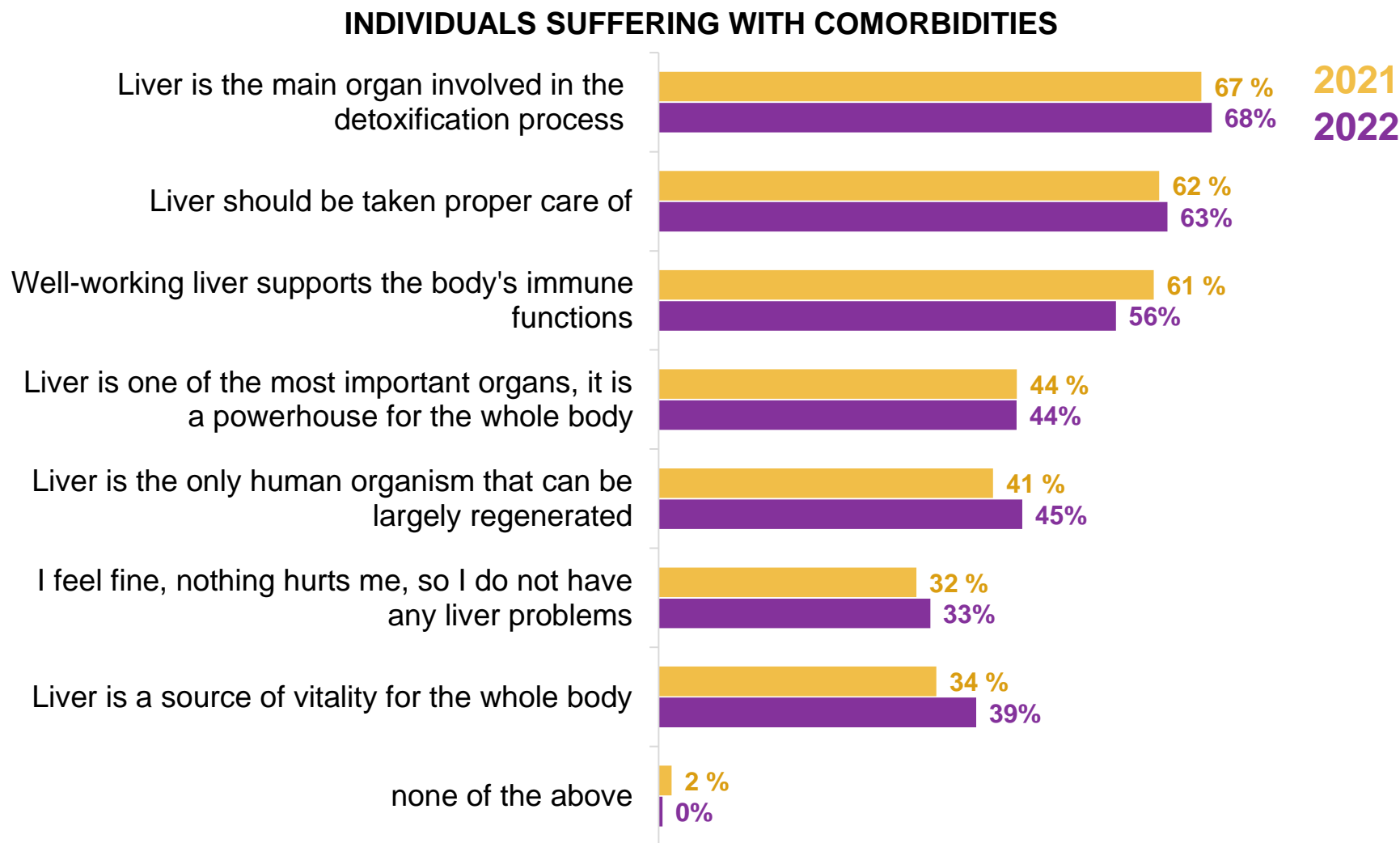
# Attitudes and Behaviors Towards Liver in General Population

General population have similar opinions about the liver as in the previous year. However, less people think that well-working liver supports immune functions of the body.



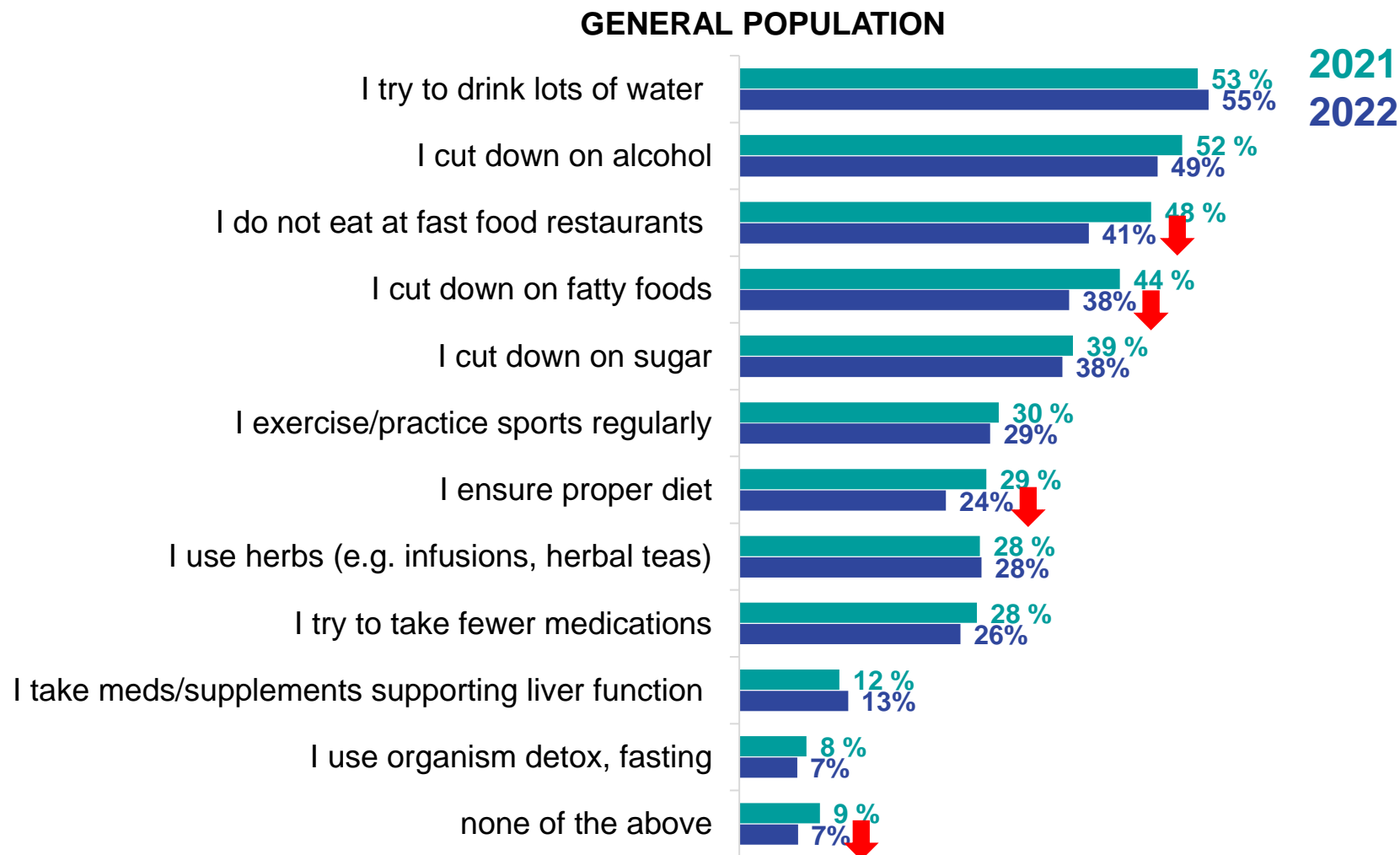
# Attitudes and Behaviors Towards Liver among Individuals with Comorbidities

Respondents with comorbidities have almost the same views on liver as in the previous year. The main function of liver is considered to be a detoxification.



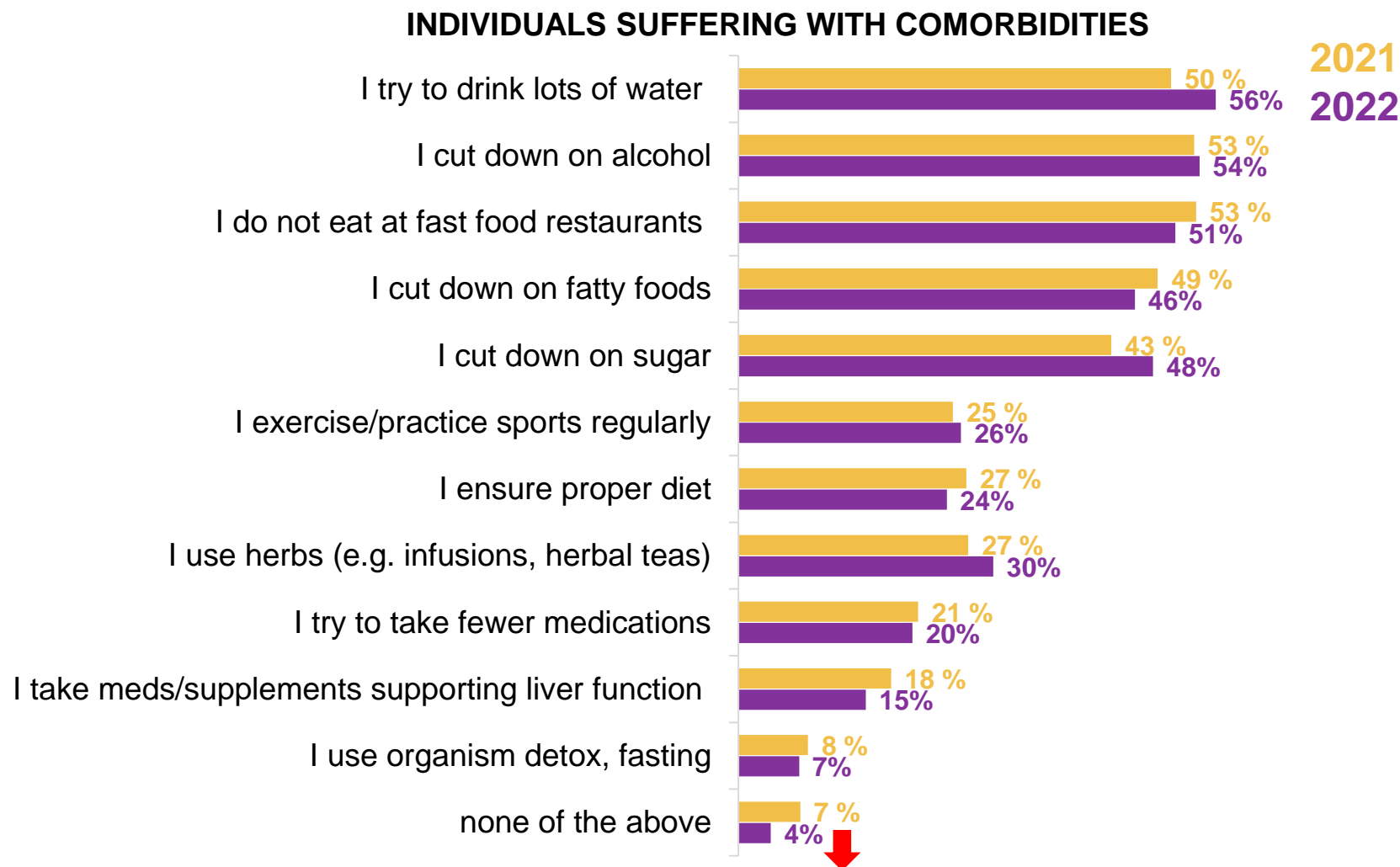
# Ways of Taking Care of Liver in General Population

Drinking lots of water and less alcohol are the main ways of taking care of liver. Compared with previous wave, people have more problems with healthy eating, mainly in terms of fast food, fatty foods and ensuring proper diet in general.



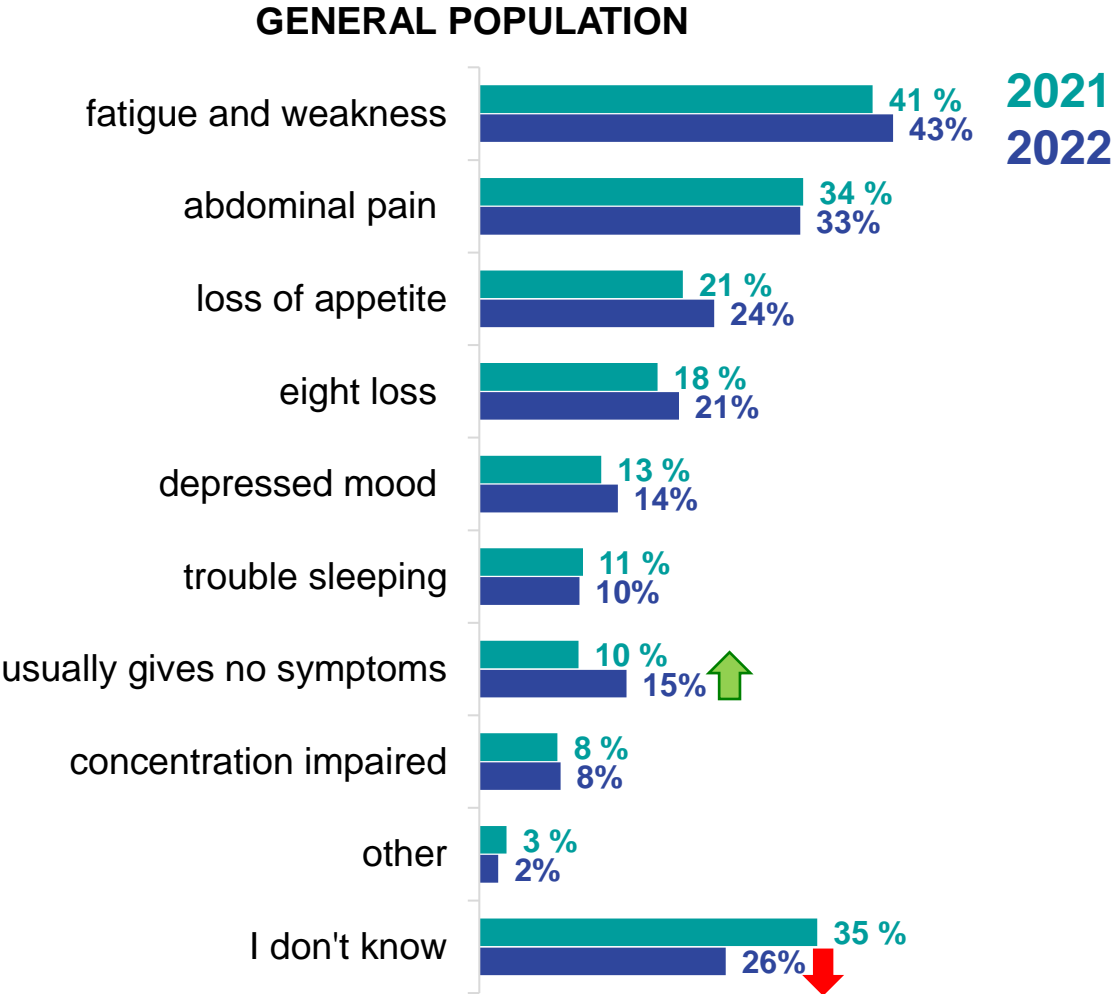
# Ways of Taking Care of Liver among Individuals with Comorbidities

Individual suffering from comorbidities have similar ways of taking care of their liver, it seems that more people are acting towards healthy livers.



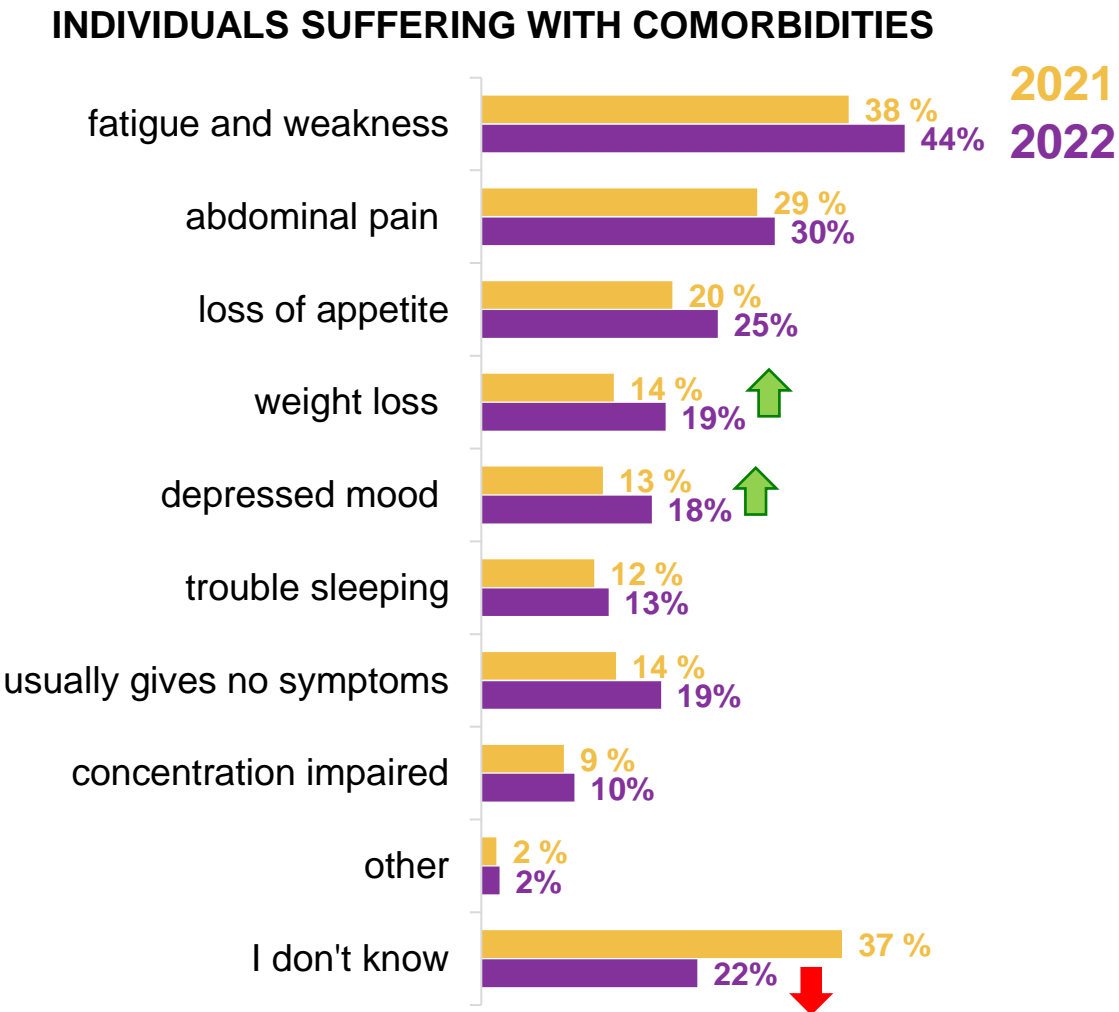
# Symptoms Indicating Liver Condition in General Population

Significantly more people compared to the last wave think that liver condition usually goes asymptomatic – about 15%. Fatigue and weakness stays as the top symptoms, followed by abdominal pain.



# Symptoms Indicating Liver Condition among Individuals with Comorbidities

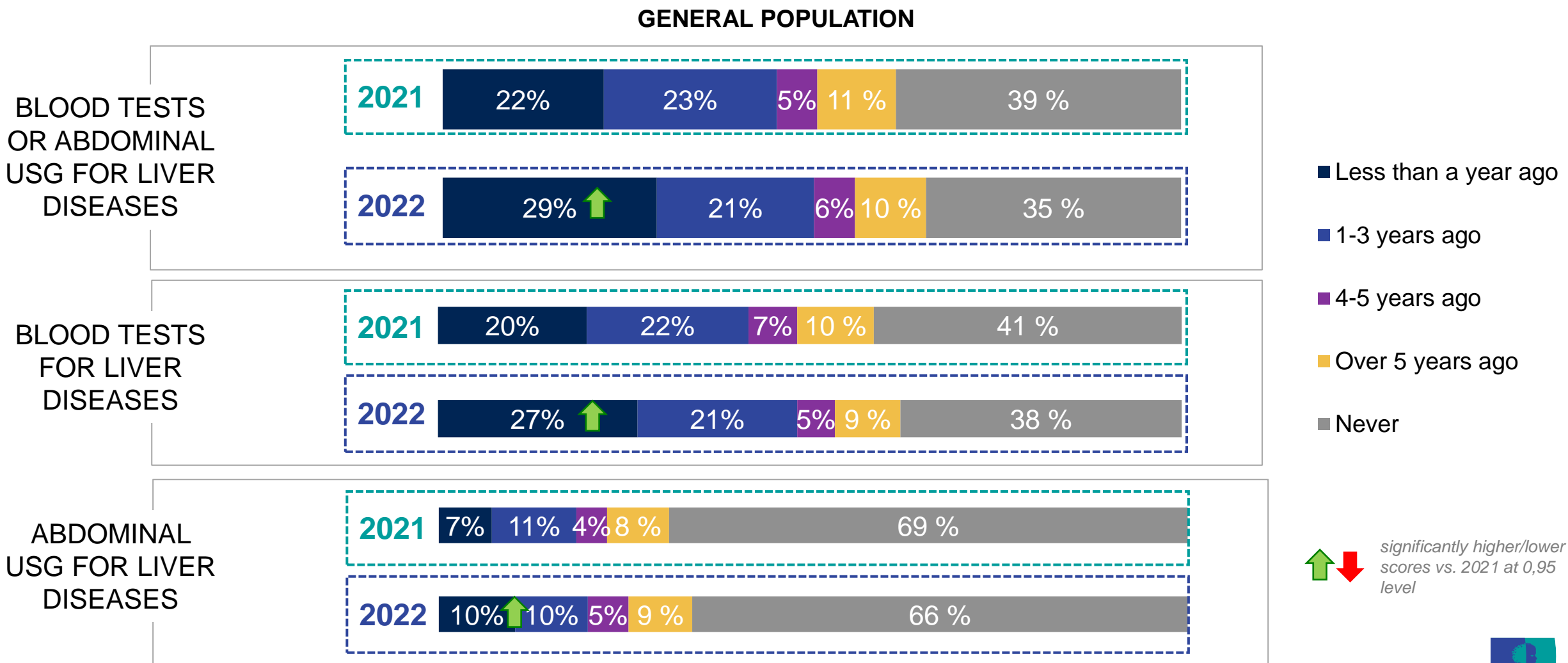
Weight loss and depressed mood are symptoms that were selected more often in comparison to the previous year by individuals with comorbidities. Overall, 15% more respondents suffering comorbidities have selected at least one symptom.





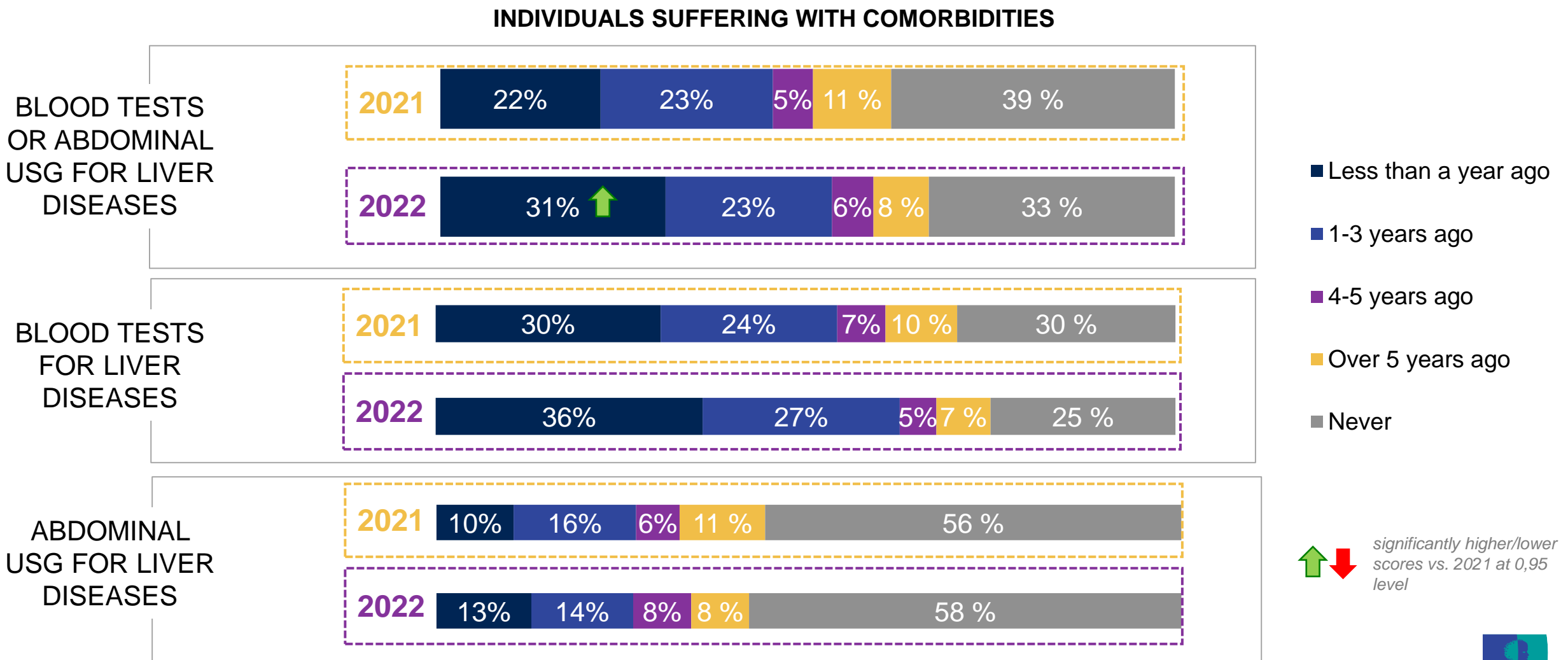
# Prophylactic of Liver Care in General Population

In year-to-year comparison, significantly more people have done either blood test or abdominal USG for liver diseases. Blood tests are more common for general population than abdominal USG in general.



# Prophylactic of Liver Care among Individuals with Comorbidities

More individuals who suffers from comorbidities have done at least one of the tests for liver diseases in the last year that in the previous year.

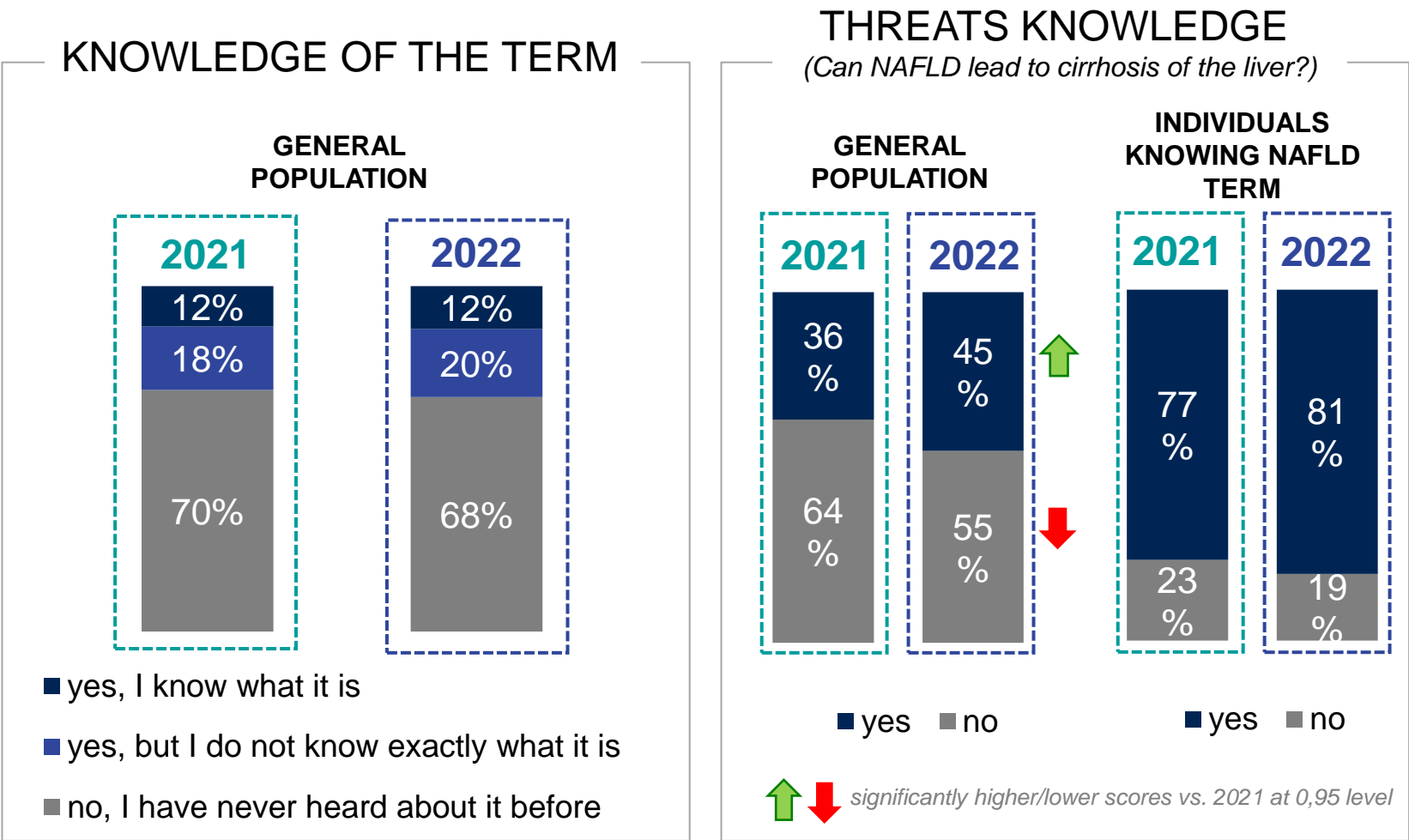


10 Question: Q4. When have you done blood tests for liver problems recently?; Q5. When have you done abdominal USG for liver problems recently?  
Base: Respondents suffering with at least one defined comorbidity (hypertension, type 2 diabetes, hypercholesterolaemia) 2021 n=441; 2022 n=424

# **EXPLORATION OF KNOWLEDGE ABOUT NON-ALCOHOLIC FATTY LIVER DISEASE**

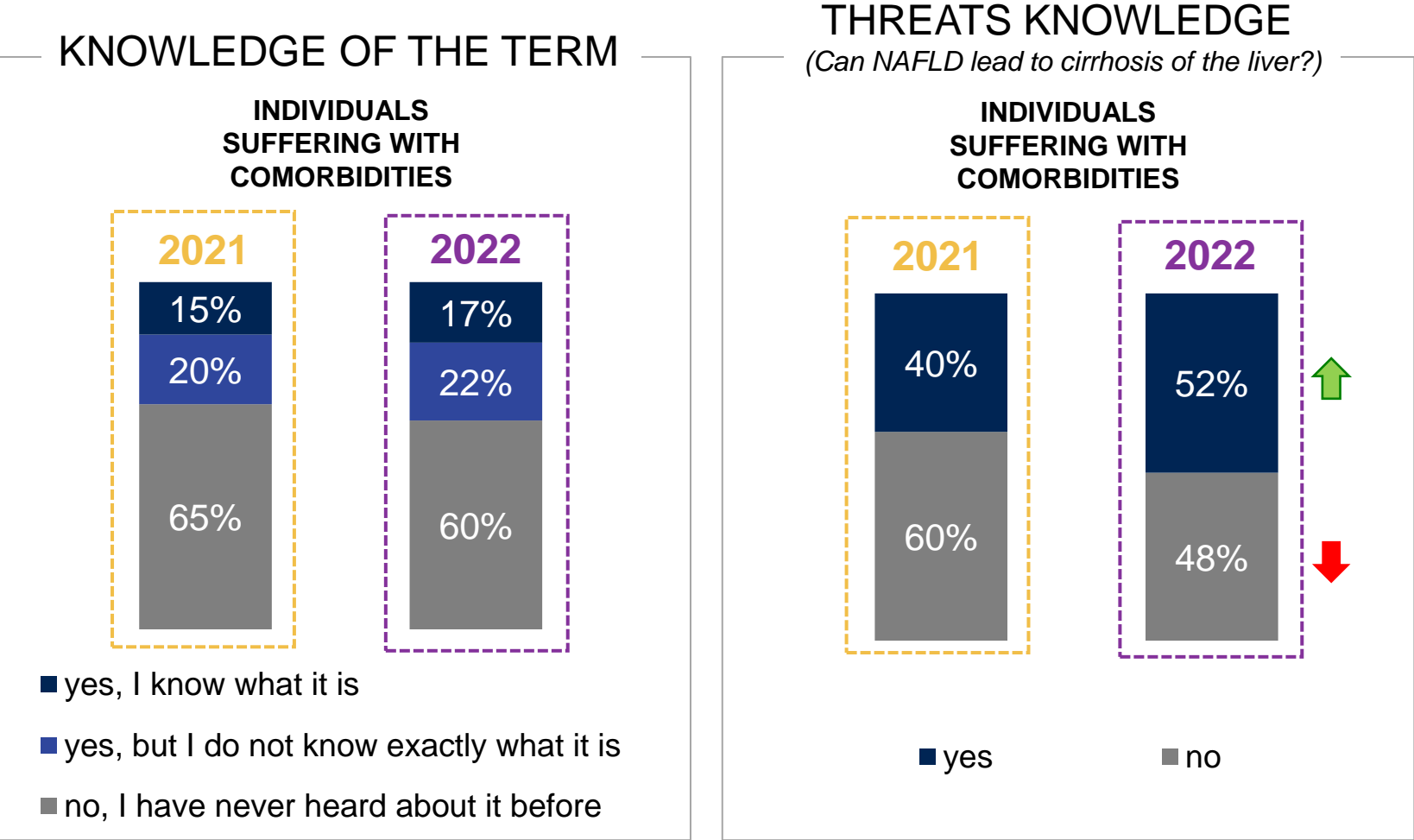
# General Knowledge about Non-alcoholic Fatty Liver Disease in General Population

The awareness of the term NAFLD among the general population stays the same in the year-to-year comparison, more people seems to know the threats of this disease now.



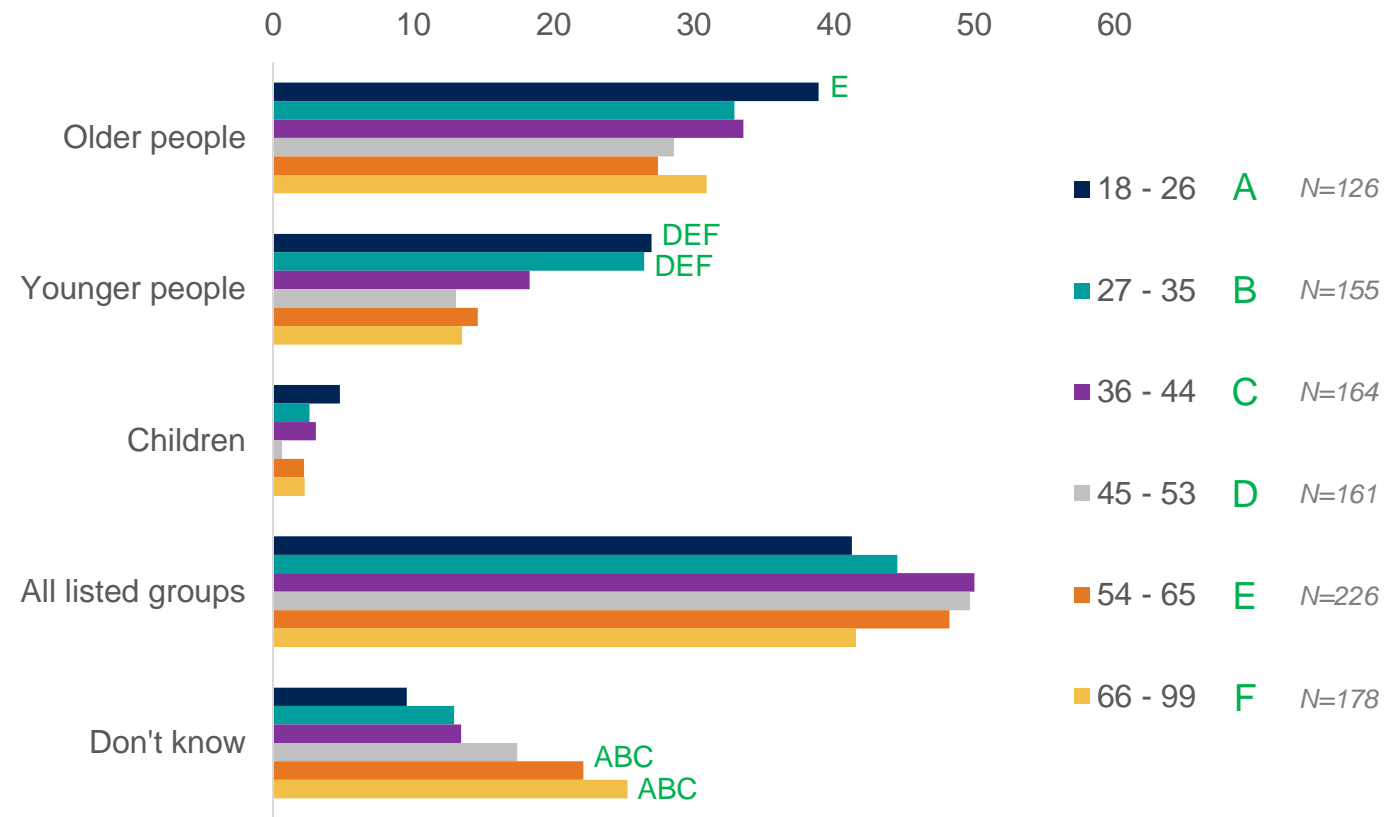
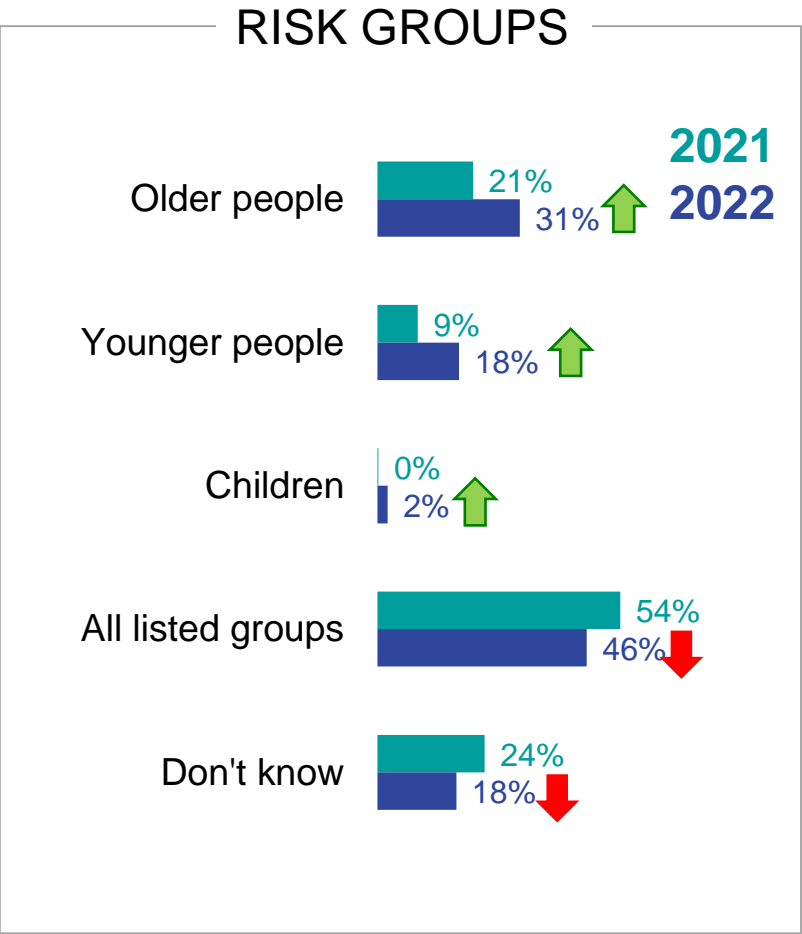
# General Knowledge about Non-alcoholic Fatty Liver Disease among Individuals with Comorbidities

Looking solely at the individual suffering from comorbidities, levels of NAFLD term knowledge stays the same as in the previous wave. More respondents seems to be aware that NAFLD can lead to the cirrhosis.



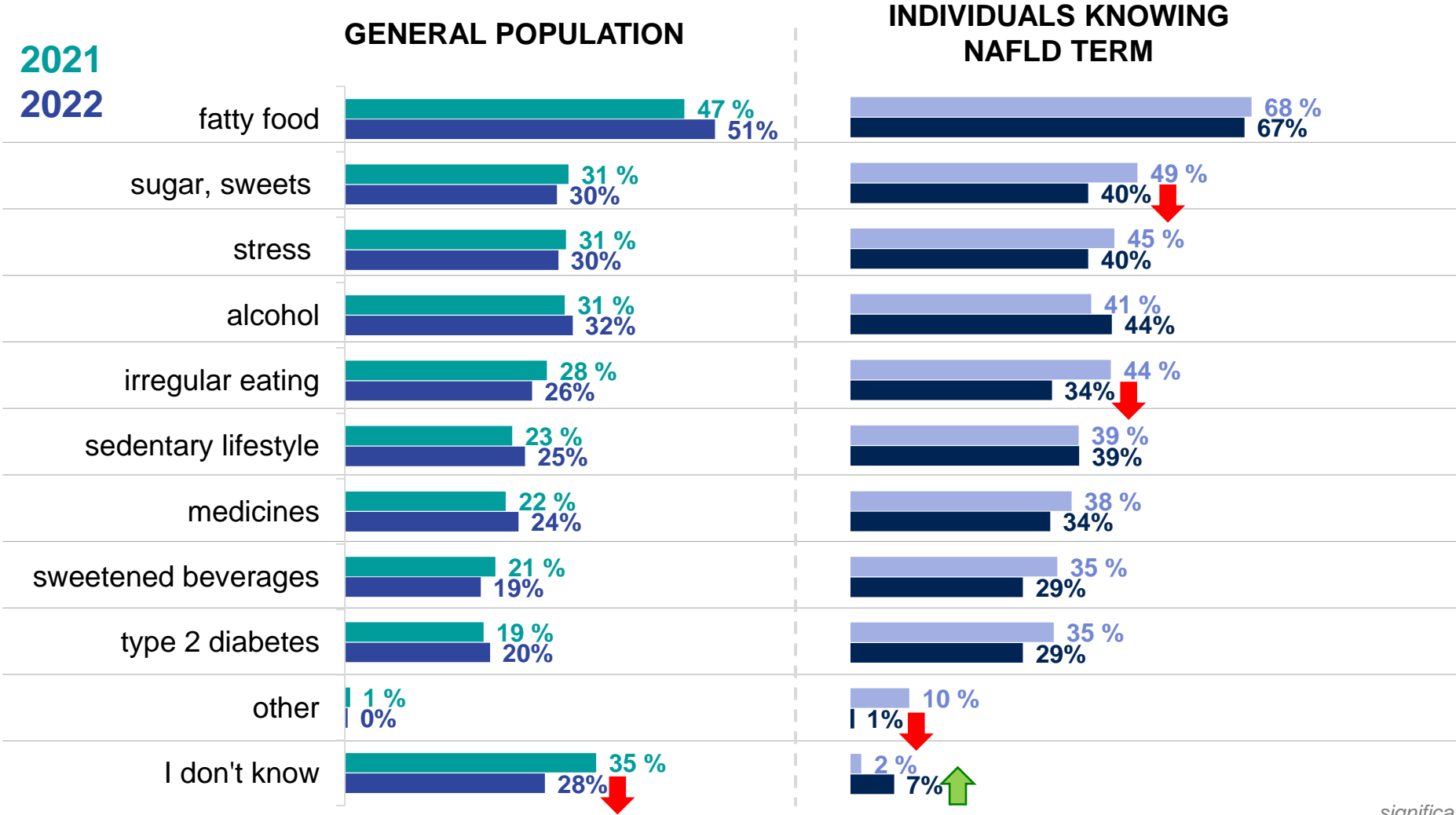
# Non-alcoholic Fatty Liver Disease Risk Groups among General Population

The view on risk groups changed significantly, people tend to list more specific groups and less often think that NAFLD may concern all age groups. Younger people are more aware of the risks of NAFLD for younger people, older people more often do not know which age groups may be concerned.



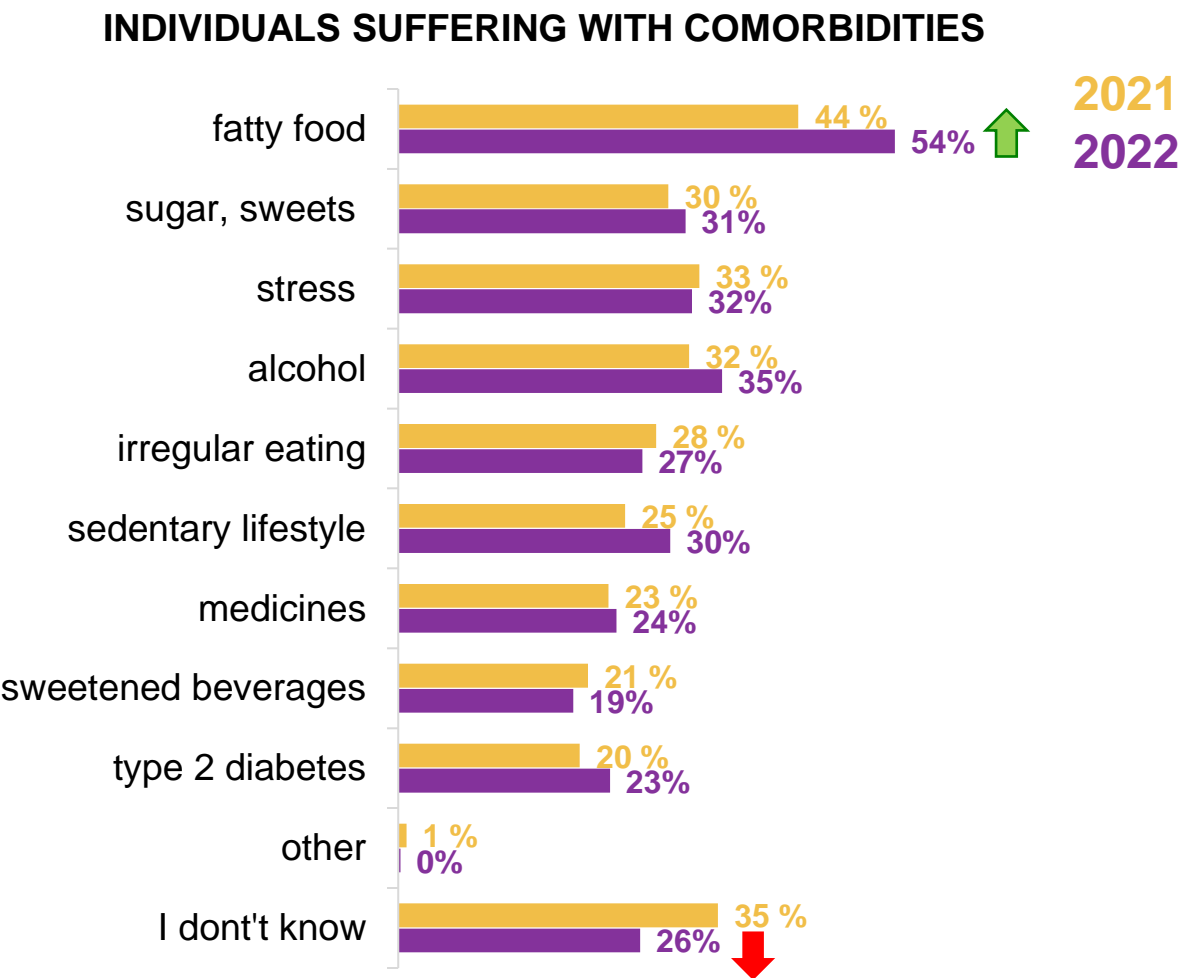
# Non-alcoholic Fatty Liver Disease Triggers in General Population

People have selected at least one NAFLD trigger more often than in the previous year. On the other hand, those who are aware of NAFLD are less often sure about the triggers. Some triggers were selected less often, namely sugar or sweets and irregular eating.



# Non-alcoholic Fatty Liver Disease Triggers among Individuals with Comorbidities

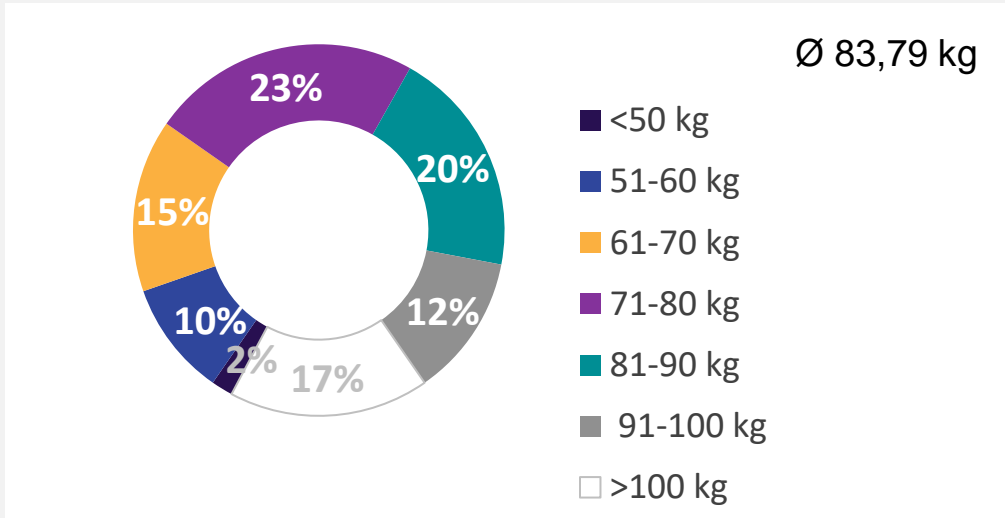
In year-to-year comparison, 10% more individuals suffering from comorbidities have chosen fatty food as NAFLD trigger. Significantly less respondents with comorbidities stated that they do not know any triggers.



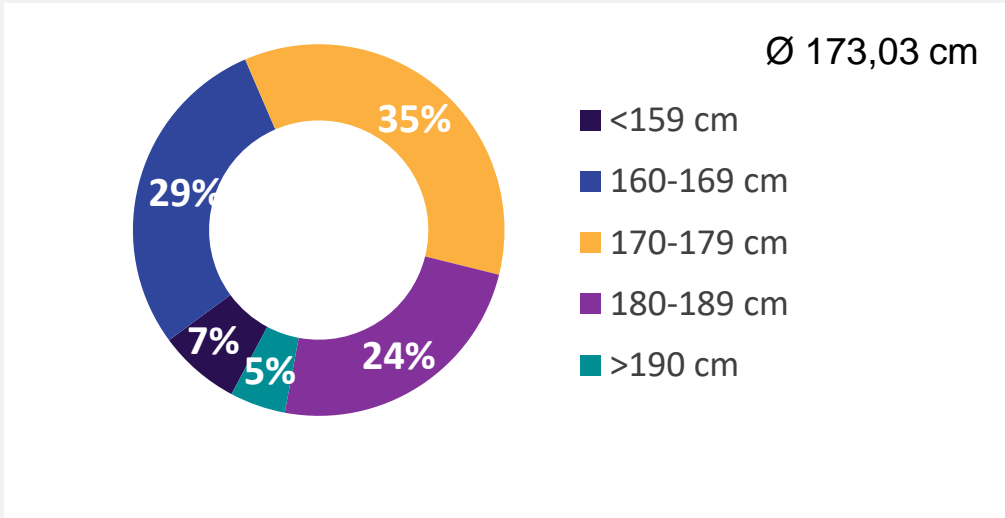


# SAMPLE PROFILE

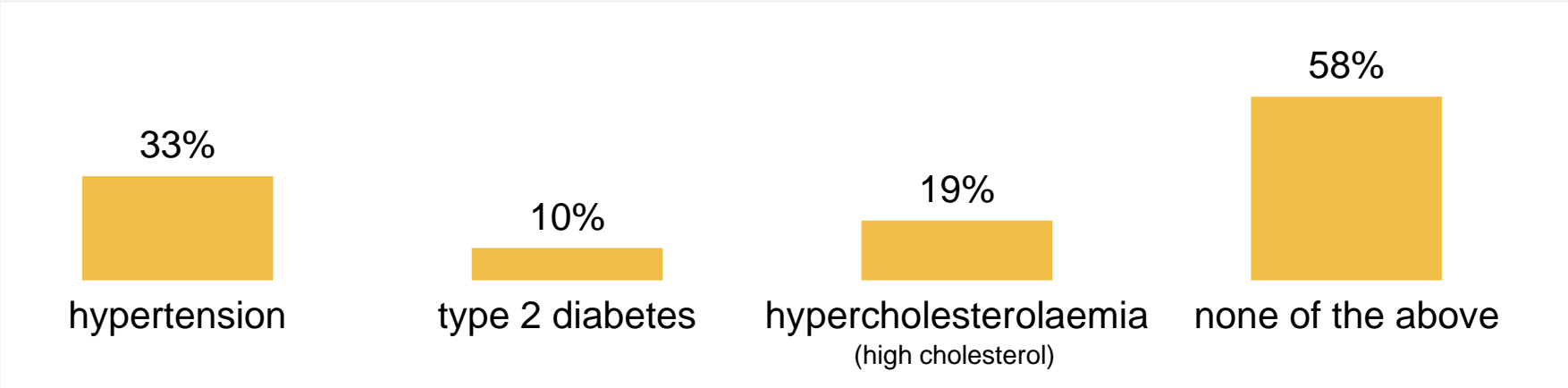
Weight



Body height

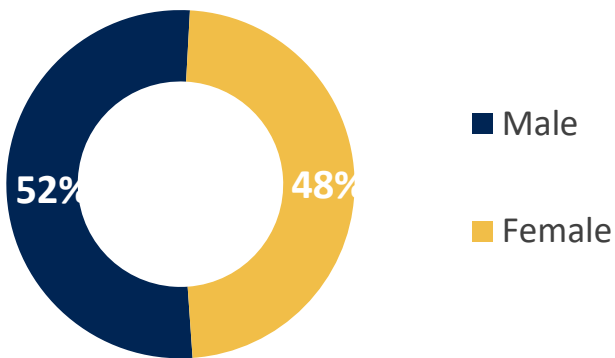


Comorbidities

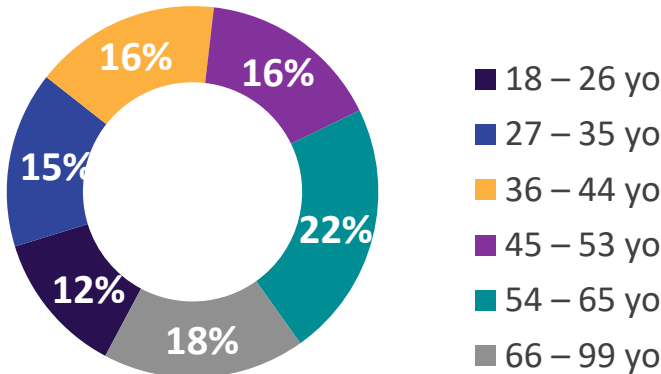


# Demography 2022

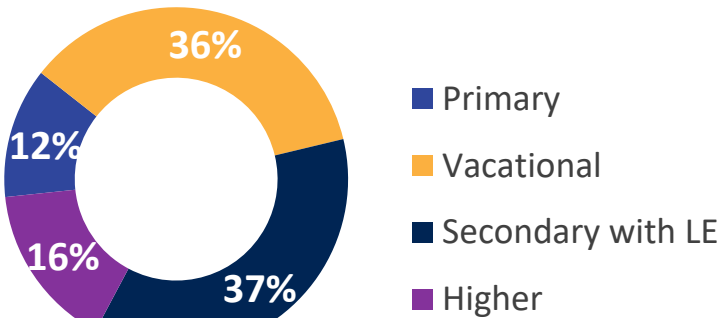
Gender



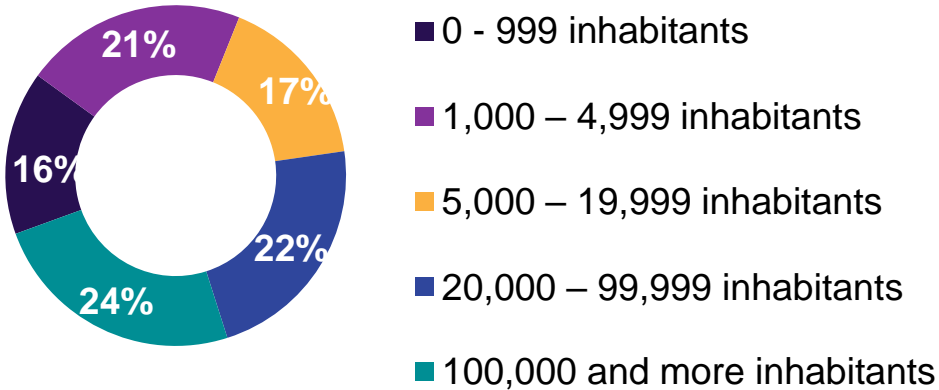
Age



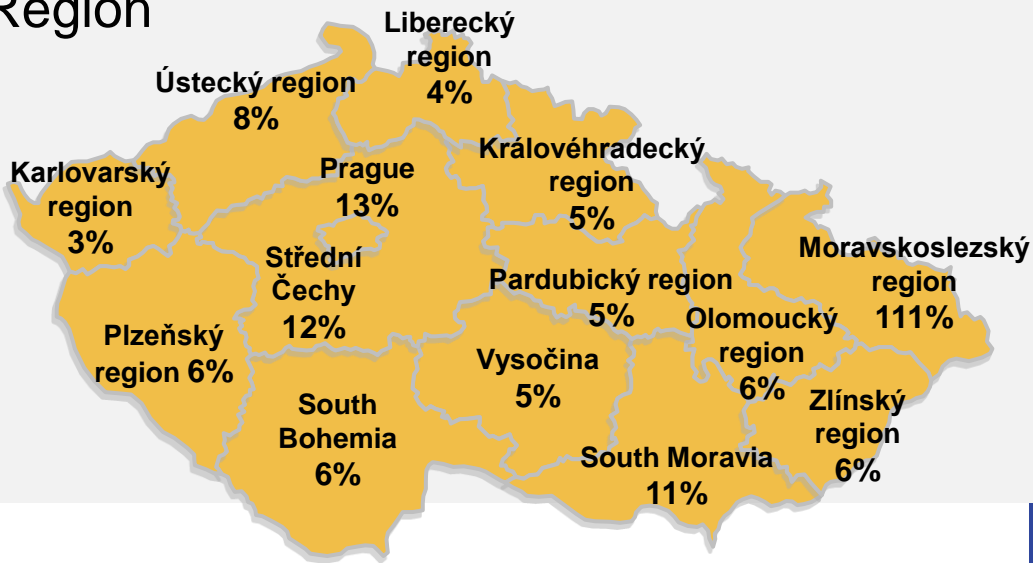
Education



Place of residence



Region



# Knowledge about Non-alcoholic Fatty Liver Disease in Detail

## DEMOGRAPHY

	GENDER		AGE						EDUCATION				PLACE OF RESIDENCE				
	male	female	18 - 26	27 - 35	36 - 44	45 - 53	54 - 65	66 - 99	primary	vocational	secondary	higher	< 1000 inhabitants	1 001 – 5 000 inhabitants	5 001 – 20 000 inhabitants	20 001 - 100 000 inhabitants	More than 100 000 inhabitants
Base:	525	485	126	155	164	161	226	178	124	360	369	157	157	213	168	226	246
yes, I know what it is	10%	15%	9%	9%	10%	11%	16%	16%	7%	11%	14%	17%	9%	11%	11%	15%	15%
yes, but I do not know exactly what it is	18%	21%	25%	19%	22%	19%	16%	20%	22%	18%	20%	23%	18%	26%	16%	20%	17%
no, i have never heard about it before	72%	63%	66%	72%	68%	70%	68%	64%	71%	72%	67%	60%	73%	63%	73%	65%	68%

## BMI INDEX

	DETAILED BMI INDEX						CLASSIFIED BMI INDEX		
	Underweight <18,5	Normal weight 18,5 - 24,9	Overweight 25 -29,9	Obesity- level I 30 - 34,9	Obesity- level II 35,00 - 39,99	Obesity- level III >40	Underweight/ normal weight <24,9	Overweight 25 -29,9	Obesity >30
Base:	15	322	377	182	76	38	337	377	296
yes, I know what it is	13%	9%	11%	14%	24%	24%	9%	11%	18%
yes, but I do not know exactly what it is	27%	18%	21%	18%	21%	18%	19%	21%	19%
no, i have never heard about it before	60%	72%	68%	69%	55%	58%	72%	68%	64%



### METHODOLOGY & TARGET GROUP



- On-line interviewing via IPSOS CASI panel
- Research Tool - Quantitative questionnaire  
LOI 10 minutes.
- Target Group: Representative sample of Czech population, 18-99 y.o.
- Sample: n=1010 respondents

**Study was conducted from 2022-1-28 until 2022-2-8.**