



# International Microbiota Observatory

4<sup>TH</sup> EDITION - 2026

## The Microbiota journey: Navigating the baby microbiota in the first 1,000 days

### Parents and pregnant women show widespread recognition and understanding of the term “microbiota”



**79%** have already heard about the term “microbiota”

**vs 72%** of the global population



**80%** are aware the diet significantly impacts microbiota balance

**vs 79%** of the global population



**79%** are aware that, in some cases, microbiota imbalance may have significant health consequences

**vs 77%** of the global population

### Awareness of the “first 1,000 days” and baby microbiota development is limited, though higher among pregnant women



**43%** have heard of the scientific concept of the “first 1,000 days of life”

↳ **62%** among pregnant women

**65%** are aware that administering antibiotics during the early stages after birth can significantly impact the gut microbiota development

↳ **72%** among pregnant women

**29%** only are aware that by age 5, the gut microbiota becomes similar to that of an adult

↳ **40%** among pregnant women

**11%** only know that the baby microbiota does not start developing in utero

↳ **20%** among pregnant women

### Information by healthcare professional monitoring the child remain insufficient



**57%** » received information about the importance of preserving their child's microbiota balance to prevent future diseases

**55%** received explanations on how the antibiotic prescription for newborns can affect microbiota health and possible mitigation measures

**39%** received information on microbiota development in the first 1,000 days

### Healthcare professional advice boosts parents' understanding of baby microbiota

#### Among parents educated about microbiota development in the first 1,000 days:

**73%** know that administering antibiotics during the early stages after birth can have a significant impact on the development of gut microbiota

**vs 61%** of those not educated by HCPs

**48%** know by five years of age, the gut microbiota becomes similar to that of an adult

**vs 17%** of those not educated by HCPs

**42%** know pet exposure during early life does influence the gut microbiota

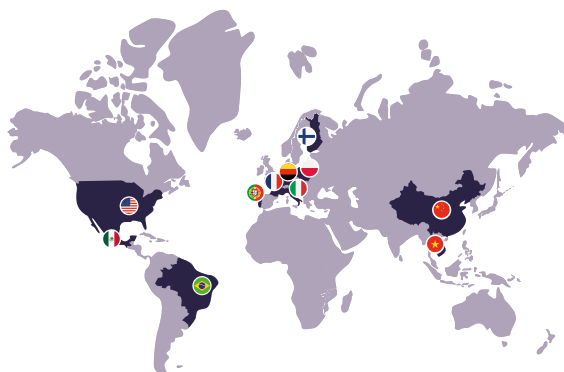
**vs 35%** of those not educated by HCPs

### Methodology:

7,500 individuals were surveyed online from February 3rd to March 13th, 2026 in 11 countries: USA, Brazil, Mexico, France, Portugal, Germany, Italy, China, Poland, Finland, Vietnam.

Representative samples by country ensured by the quota method applied to the respondent's gender, age, region and occupation.

Among the global sample, 3,040 respondents were parents or pregnant, providing the basis for our analysis.



**11** countries  
**7 500** respondents

including  
**3 040**

parents or pregnant women

