



QUALITY OF LIFE IN POLAND

2016 EDITION



CENTRAL STATISTICAL OFFICE

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INTRODUCTION

For many years the Central Statistical Office has published a wide range of information allowing for the in-depth analysis of particular quality of life aspects. In this, 3rd edition of the publication, we present the updated set of core indicators that enable the assessment of important areas of quality of life. It has been assumed that core indicators refer to individuals or households and include both the objective and the subjective measures. Both types of indicators should be considered as complementary.

The concept of measuring the quality of life adopted by the CSO, refers to both international recommendations and the rich tradition of Polish research in this respect. According to this approach, a statistical measurement of quality of life takes into account the multidimensional nature of this concept. It is assumed, that the measurement includes not only all objective circumstances in which a human lives, but also the subjective quality of life, as experienced by individuals, which is also known as the subjective well-being.

Living conditions in a broad sense include, for instance, such specific thematic areas (also called as domains) as: the material living conditions, health, education, economic activity, leisure time and social relationships, personal safety, the quality of the state and the fundamental rights, as well as the quality of the environment at the place of residence. The measurement of subjective well-being covers the perceived quality of life, i.e. the satisfaction that people get from various aspects thereof and from the life as a whole, as well as the elements related to the emotional states and value system.

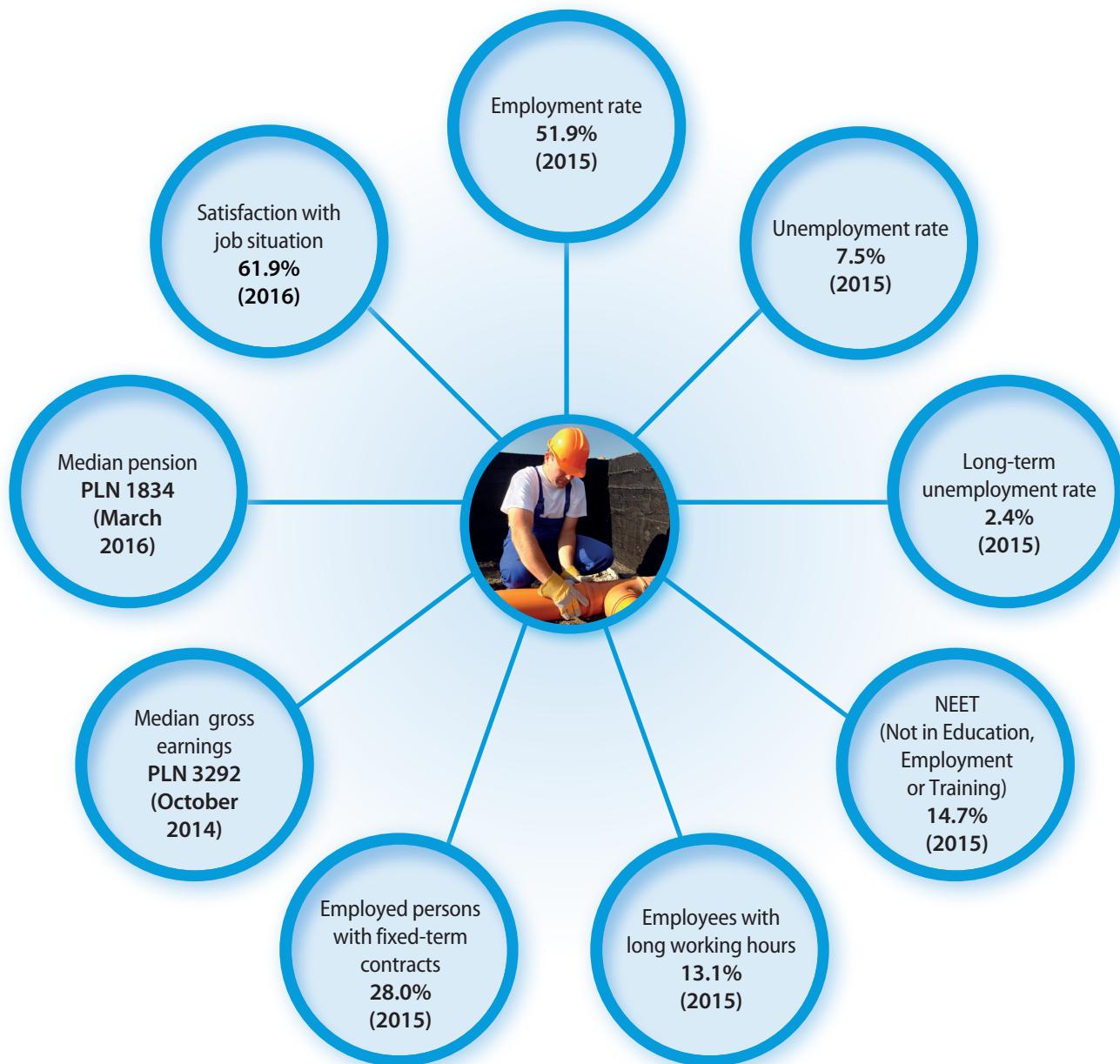
Most of the presented indicators of quality of life are calculated every year. In some cases – for substantial reasons (e.g. small variation of a phenomenon within a short time) or because of the frequency of data collection– the rates are calculated every few years.

This edition of the study presents the most up-to-date information mainly for the years 2015–2016. Indicators calculated on a basis of the EU Statistics on Income and Living Conditions (EU-SILC) and the Survey on Unpaid Work Outside the Household (PNZ) should be treated as provisional data.



^a Due to methodological reasons data presented in this edition of the folder are not comparable to the data published in the previous editions.

INDICATOR	DEFINITION	SOURCE
Average monthly available income	Available income means the sum of current household income from various sources reduced by the advance payment of personal income tax and the social security and health insurance contributions. Available income consists of income in cash and in kind, including the natural consumption and goods and services received free of charge. The indicator is presented per equivalent unit using the original OECD equivalence scale. The equivalence scales allows to compare households with various demographic composition (due to the number of persons and their age).	Household Budget Survey
Available income quintile share ratio	The ratio of the sum of income received by 20% of the population with the highest income (the 5th quintile) to the total income received by 20% of the population with the lowest income (the 1st quintile). The indicator is calculated on the basis of equivalent income of households with regard to the original OECD equivalence scale.	Household Budget Survey
At risk of extreme poverty rate	The percentage of persons in households in which the level of expenditure (including the value of goods received free of charge and the value of natural consumption) was lower than the accepted threshold of extreme poverty (subsistence minimum). The subsistence minimum is calculated by the Institute of Labour and Social Affairs (PISS). It includes only these needs whose satisfaction cannot be postponed and consumption below this level leads to biological destruction.	Household Budget Survey
At risk of multidimensional poverty rate	The percentage of households affected by the following three forms of poverty at the same time: income poverty, living conditions poverty and poverty in terms of the lack of budget balance.	Social Cohesion Survey
Indicator of good self-assessment of household's budget	The percentage of households that have enough money to afford a lot without savings or can afford a certain degree of luxury.	Household Budget Survey
Indicator of poor self-assessment of household's budget	The percentage of households that manage their money very economically each day, or their money is not enough to meet basic needs.	Household Budget Survey
Share of expenditure on food and non-alcoholic beverages in the total expenditure	The share of household expenditure earmarked for food and non-alcoholic beverages in the total expenditure (including the value of goods received free of charge and the value of natural consumption).	Household Budget Survey
Share of expenditure on the maintenance of flat in the total expenditure	The share of household's expenditure earmarked for housing, water, electricity, gas and other fuels in the total expenditure (including the value of goods received free of charge and the value of natural consumption).	Household Budget Survey
Indicator of poor sanitary conditions	The percentage of households that do not have hot running water or a toilet with running water flush or a bathroom with a bathtub/shower in their flat.	EU Statistics on Income and Living Conditions
Households living in too large dwellings	The percentage of households that find their dwellings too large for their needs.	EU Statistics on Income and Living Conditions
Households living in too small dwellings	The percentage of households that find their dwellings too small for their needs.	EU Statistics on Income and Living Conditions
Lack of money for food (% of households)	The percentage of households in which – for financial reasons – not all adults could afford to eat meat, poultry, fish or vegetarian equivalents and fresh fruits and vegetables every other day.	Social Cohesion Survey
Lack of money for at least one week of holidays once a year (% of households)	The percentage of households in which – for financial reasons – not all adults could afford at least one week of holidays (a trip outside the place of residence regardless of the season) once a year.	Social Cohesion Survey
No car for financial reasons (% of households)	The percentage of households without at least one private car for financial reasons.	EU Statistics on Income and Living Conditions



INDICATOR	DEFINITION	SOURCE
Employment rate	The share of employed persons (total or for a given group) in the total population aged 15 and more (total or for a given group).	Labour Force Survey
Unemployment rate	The share of unemployed persons (total or for a given group) in the number of economically active people (total or for a given group).	Labour Force Survey
Long-term unemployment rate	The percentage of unemployed persons looking for work for over 12 months (13 months or more) in the number of economically active population.	Labour Force Survey
NEET (Not in Education, Employment or Training)	The percentage of persons aged 18-24 who do not work (i.e. they are unemployed or inactive) and are not in further education or training (they have not participated in any form of education within the four weeks preceding the survey). In the data published by Eurostat, this indicator is referred to as NEET (not in employment and not in any education and training).	Labour Force Survey
Employees with long working hours	The percentage of employees who usually have extended working hours in a week (50 hours or more).	Labour Force Survey
Employed persons with fixed-term contracts	The percentage of employed persons working under fixed-term employment contracts in relation to all employed persons.	Labour Force Survey
Median gross earnings	The value means that half of the employees earn not more than this amount and the other half not less than it. The median gross earnings applies to the monthly gross wages per full-time job.	Salary Structure Survey
Median pension	The value means that half of pensioners receive benefits not higher than this amount and the other half – not lower. The median pension applies to gross pension benefits paid by the Social Insurance Institution.	Social Insurance Institution (ZUS)
Satisfaction with job situation	The percentage of persons aged 16 and more who declare that they are satisfied or very satisfied with their current job situation (type of the job, working hours, salary).	EU Statistics on Income and Living Conditions



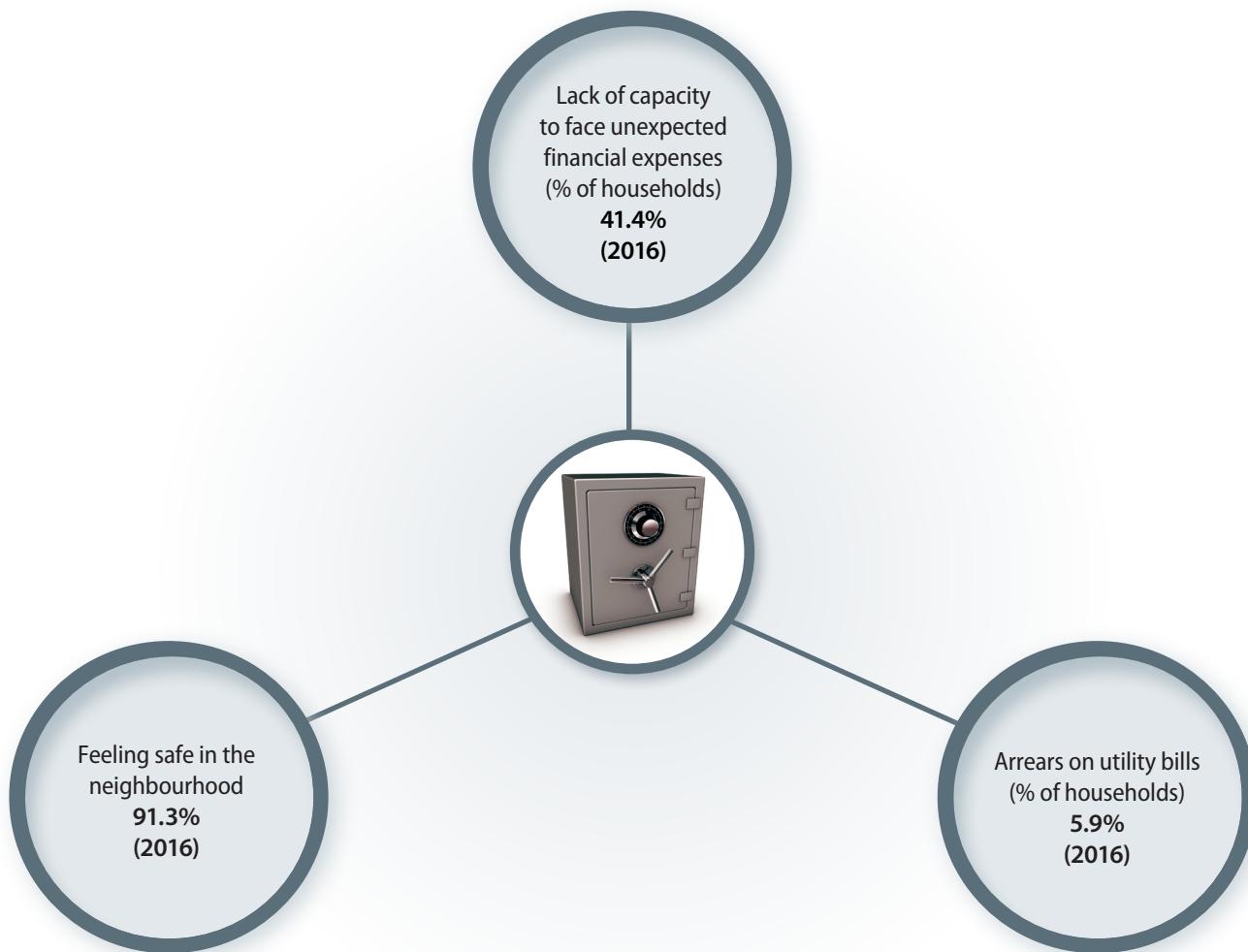
INDICATOR	DEFINITION	SOURCE
People with limited ability to perform daily activities	The percentage of persons aged 16 and more who declare to have a limited ability to perform activities that people usually do for 6 months or longer.	EU Statistics on Income and Living Conditions
Indicator of good health self-assessment	The percentage of persons aged 16 and more who self-assessed their overall health condition as good or very good.	EU Statistics on Income and Living Conditions
Indicator of poor health self-assessment	The percentage of persons aged 16 and more who self-assessed their overall health condition as poor or very poor.	EU Statistics on Income and Living Conditions
Persons aged 15 and more with overweight or obesity	The percentage of persons aged 15 and more with overweight or obesity. Monitoring of overweight and obesity in the population is possible with a use of a special measure referred to as body mass index (BMI). Obesity occurs when BMI has a value of at least 30 and overweight when it achieves from 25 to 30.	European Health Interview Survey
Daily tobacco smokers	The percentage of persons aged 15 and more who declare daily tobacco smoking.	European Health Interview Survey
Unmet need for consulting a medical specialist due to long waiting lists or lack of a referral letter	The percentage of persons aged 16 and more who did not take advantage of the consultation with a general practitioner or a medical specialist because of long waiting lists or lack of a referral letter, among persons who needed such consultation.	EU Statistics on Income and Living Conditions
Unmet need for consulting a medical specialist due to financial reasons	The percentage of persons aged 16 and more who did not take advantage of the consultation with a general practitioner or a medical specialist for financial reasons, among persons who needed such consultation.	EU Statistics on Income and Living Conditions



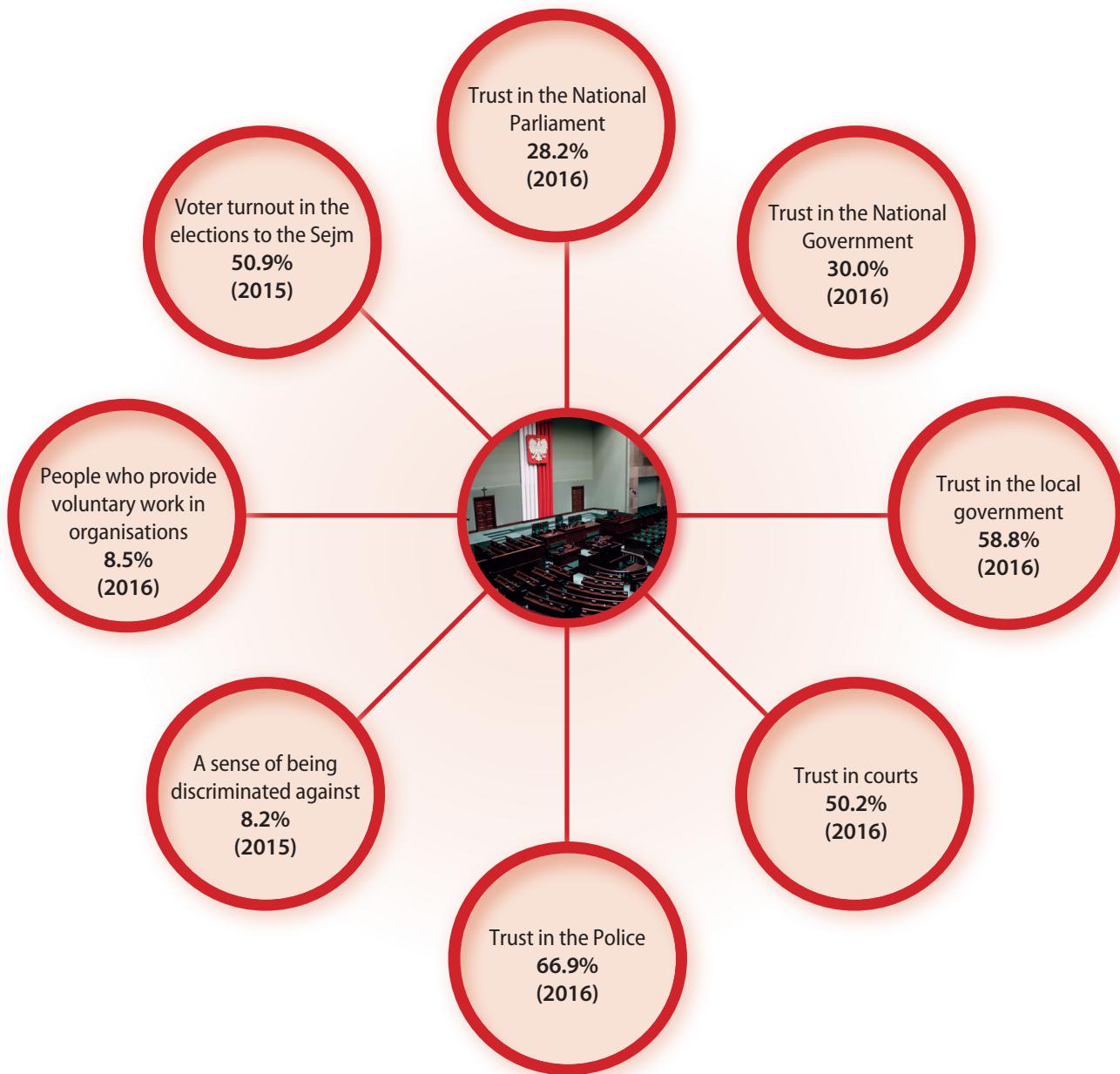
INDICATOR	DEFINITION	SOURCE
People who have a command of foreign languages	The percentage of persons aged 16 and more who declare that they have command of at least one foreign language at the communicative level (ability to use basic expressions and use the language to describe familiar things and situations).	Social Cohesion Survey
People aged 16-74 who regularly use a computer	The percentage of persons aged 16-74 who have regularly (e.g. at least once a week) used a computer within 3 months preceding the survey.	ICT usage in households and by individuals
People aged 16-74 who regularly use the Internet	The percentage of persons aged 16-74 who have regularly (e.g. at least once a week) used the Internet within 3 months preceding the survey.	ICT usage in households and by individuals
People aged above 25 with higher education	The percentage of persons aged above 25 with higher education (ISCED level 5 or higher).	Labour Force Survey
People aged above 25 with at most lower secondary education	The percentage of persons aged above 25 with at most lower secondary education (ISCED level 2 or lower).	Labour Force Survey
Persons aged 15-64 in education and training	The percentage of persons aged 15-64 in education and/or further education among the population in the same age group (within 4 weeks preceding the survey).	Labour Force Survey
Children aged 3-4 in preschool education	The percentage of children aged 3-4 in pre-school education institutions (in relation to the population of children at the same age).	Ministry of National Education



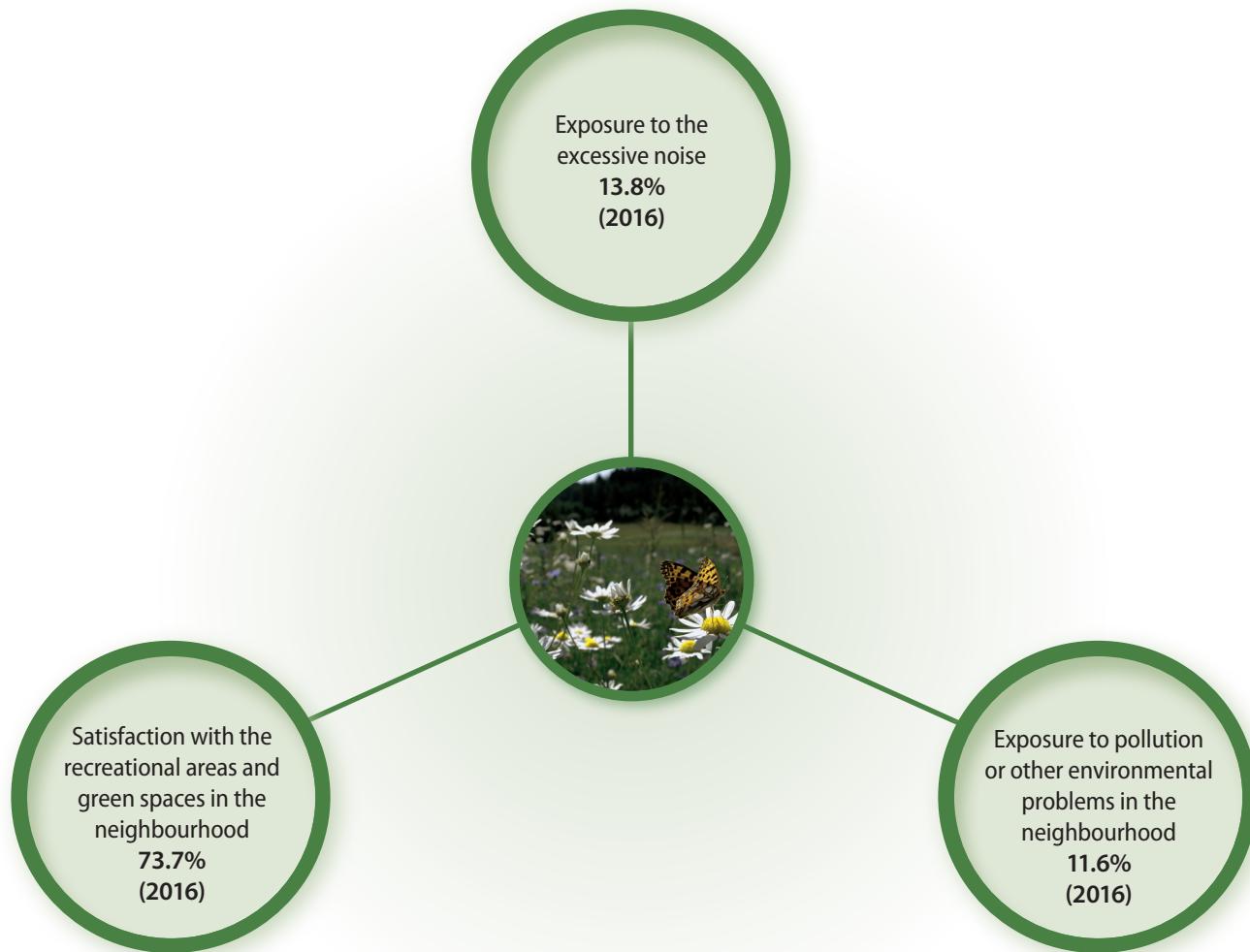
INDICATOR	DEFINITION	SOURCE
Lack of leisure time	The percentage of persons aged 16 and more who declare that during the weekday they do not have enough leisure time even to perform the necessary activities, or it is enough only for what they need to do, but they do not have any free time for themselves.	Social Cohesion Survey
Satisfaction with the amount of leisure time	The percentage of persons aged 16 and more who declare that they are satisfied or very satisfied with the amount of leisure time they have.	EU Statistics on Income and Living Conditions
Satisfaction with the way of spending leisure time	The percentage of persons aged 16 and more who declare that they are satisfied or very satisfied with the way of spending their leisure time.	EU Statistics on Income and Living Conditions
Social isolation indicator	The percentage of persons aged 16 and more with observed low intensity of social contacts (or lack thereof) with people outside the household.	Social Cohesion Survey
Possibility of receiving support from other people	The percentage of persons aged 16 and more who declare that they have relatives, friends, acquaintances or neighbours whom they can ask for help (e.g. for financial or moral assistance).	EU Statistics on Income and Living Conditions
Trust in people	The percentage of persons aged 16 and more declaring that they rather trust or definitely trust in people in general.	EU Statistics on Income and Living Conditions



INDICATOR	DEFINITION	SOURCE
Lack of capacity to face unexpected financial expenses (% of households)	The percentage of households claiming the lack of capacity to pay through their own resources for unexpected financial expenses amounting to PLN 1150.	EU Statistics on Income and Living Conditions
Arrears on utility bills (% of households)	Percentage of households, which due to financial reason, within 12 months preceding the survey, two or more times were unable to pay on time the utility bills, such as gas bills, electricity, water, sewage, rubbish bills, property tax and other bills for the main dwelling.	EU Statistics on Income and Living Conditions
Feeling safe in the neighbourhood	The percentage of persons aged 16 and more declaring that they feel very safe or rather safe when walking alone at night in the neighbourhood of their place of residence.	EU Statistics on Income and Living Conditions



NAZWA WSKAŹNIKA	DEFINICJA	ŹRÓDŁO
Trust in the National Parliament	The percentage of persons aged 16 and more declaring that they rather trust or definitely trust in the National Parliament.	EU Statistics on Income and Living Conditions
Trust in the National Government	The percentage of persons aged 16 and more declaring that they rather trust or definitely trust in the National Government.	EU Statistics on Income and Living Conditions
Trust in the local government	The percentage of persons aged 16 and more declaring that they rather trust or definitely trust in the local government.	EU Statistics on Income and Living Conditions
Trust in courts	The percentage of persons aged 16 and more declaring that they rather trust or definitely trust in courts.	EU Statistics on Income and Living Conditions
Trust in the Police	The percentage of persons aged 16 and more declaring that they rather trust or definitely trust in the Police.	EU Statistics on Income and Living Conditions
A sense of being discriminated against	The percentage of persons aged 16 and more who consider themselves as belonging to a social group that for any reason is treated less favourably (discriminated) than other groups in Poland.	Social Cohesion Survey
People who provide voluntary work in organisations	The percentage of persons aged 15 and more who provided within the 4 weeks preceding the survey unpaid and voluntary work within such organisations as: associations and similar social organisations, foundations, churches, communities or religious organisations, trade unions, political parties, as well as business, professional or employer associations, government or local government institutions and the institutions they run.	Unpaid Work Outside the Household
Voter turnout in the elections to the Sejm	The proportion of the number of votes cast (valid ballot papers) to the total number of persons entitled to vote in the elections to the Sejm (i.e. the lower house of the Polish parliament), expressed as a percentage.	National Electoral Commission



INDICATOR	DEFINITION	SOURCE
Exposure to the excessive noise	The percentage of households experiencing the excessive noise coming from neighbours or from the outside (traffic, industrial plants, economic activity) in their place of residence.	EU Statistics on Income and Living Conditions
Exposure to pollution or other environmental problems in the neighbourhood	Percentage of households experiencing the following problems related to the place where they live: pollution, grime or other environmental problems in the local area (smoke, dust, unpleasant smells or polluted water).	EU Statistics on Income and Living Conditions
Satisfaction with the recreational areas and green spaces in the neighbourhood	The percentage of persons aged 16 and more who declare that in general they were satisfied or very satisfied with the recreational areas and green spaces in the neighbourhood.	EU Statistics on Income and Living Conditions



INDICATOR	DEFINITION	SOURCE
Overall life satisfaction	The percentage of persons aged 16 and more who declared that they were satisfied or very satisfied with their lives.	EU Statistics on Income and Living Conditions
Aggregated indicator of good mental wellbeing	The percentage of persons aged 16 and more who did not experience any symptom of bad mental wellbeing and experienced at least 5 of 9 symptoms of good mental wellbeing within 1 month preceding the survey (i.e. for all the time or most of time they felt: full of life; calm and peaceful; full of energy; happy; and never (or very rarely) they felt: very nervous; so down in the dumps that nothing could cheer them up; downhearted and depressed; exhausted; tired).	Social Cohesion Survey
Aggregated indicator of bad mental wellbeing	Percentage of persons aged 16 and more who experienced at least 6 of 9 symptoms of bad mental wellbeing within 1 month preceding the survey (i.e. never (or very rarely) they felt: full of life; calm and peaceful; full of energy; happy; and for all the time or most of time they felt: very nervous; so down in the dumps that nothing could cheer them up; downhearted and depressed; exhausted; tired).	Social Cohesion Survey
Sense of meaning in life	The percentage of persons aged 16 and more who declared that they agreed or definitely agreed with a statement: 'I generally feel that what I do in life is meaningful'.	EU Statistics on Income and Living Conditions
Sense of optimism	The percentage of persons aged 16 and more who declared that they agreed or definitely agreed with a statement: 'I am optimistic about my future'.	EU Statistics on Income and Living Conditions

A multidimensional measurement of the quality of life requires a combination of information from multiple sources. Below you can find a brief description of the surveys conducted by the Central Statistical Office that formed the basis for the calculation of indicators of quality of life in this publication.

SOCIAL COHESION SURVEY (BSS)

The first edition of this cyclic, representative households survey was carried out in 2011 and the second edition was conducted in 2015. It is planned to repeat the BSS every 4 years. The aim of the social cohesion survey is to gather information allowing a comprehensive assessment of the quality of life (considering economic and social aspects), evaluated from the perspective of both objective and subjective indicators. Owing to the integration of individual data, it is possible to determine i.e. in which groups of the society there is an accumulation of favourable or unfavourable aspects of the quality of life, which factors determine these situations, and which relationships exist between various dimensions of the quality of life. A wide range of collected information enable e.g. to conduct a comprehensive assessment of the level and diversity of lifestyles as well as a multidimensional analysis of poverty, social exclusion, social capital and subjective well-being.

EU STATISTICS ON INCOME AND LIVING CONDITIONS (EU-SILC)

It is a representative household survey that has been conducted by the CSO since 2005 on an annual basis. The main goal of the EU-SILC is to provide comparable data on quality of life in countries within the European Union. The results of the survey are used to calculate e.g. indicators of income, poverty, material deprivation, and selected aspects of social exclusion. EU-SILC contains a module set of questions, which fulfil the current policy needs of the European Union.

HOUSEHOLD BUDGET SURVEY

It has been carried out by the CSO since 1957 on an annual basis. It is a representative household survey. The survey covers mainly household budget, i.e. the amount of revenues and outgoings (in cash and in kind) of all members of a given household and the quantitative consumption of selected goods and services. The survey allows to analyse the material aspects of living conditions of the population and to assess the impact of various factors on the level and diversity of the living conditions of the basic groups of households.

LABOUR FORCE SURVEY (LFS)

The survey has been carried out by the CSO since 1992 and improved in accordance with Eurostat recommendations. It is conducted with a use of the representative method. It covers all persons aged 15 and more who reside in randomly selected homes. The observation of the population covered by the survey is conducted by the households. The goal of the survey is to assess the economic activity of the population. The basic criterion for the breakdown of the population into the employed, the unemployed and economically inactive people is constituted by work (meaning the performance of work, the fact of having a job or searching for a job). The adopted order for identification of various population categories guarantees the classification of each person in only one category.

EUROPEAN HEALTH INTERVIEW SURVEY (EHIS)

It was conducted by the CSO for the first time in 2009. It is a representative survey aimed at assessing the health condition of the Polish population, taking into account the overall assessment of subjective overall condition of health, both the physical and mental one.

The survey covers such issues as: the frequency of incidence of the most serious, long-term health problems (e.g. the chronic ones), the level of fitness and limitations hindering the exercise of basic living activities as well as emotional states. The survey also makes it possible to monitor selected aspects of healthy and unhealthy behaviours. Second edition of the EHIS was conducted by the CSO in 2014. It is planned to repeat the survey every five years.

ICT USAGE IN HOUSEHOLDS AND BY INDIVIDUALS (ICT)

It has been conducted in Poland since 2004. It is a representative survey on the use of information and communication technologies (ICT) in households and by individuals, and it is carried out according to the methodology harmonised with European Union guidelines. It is conducted annually using the personal interview method. An interview on the use of ICT is conducted in households including persons aged 16–74.

The ICT survey is aimed at monitoring of usage of information and communication technologies by alternating inclusion of modules dedicated to selected research topics, including information competencies, the use of advanced internet services, mobile internet access and the use of social media.

UNPAID WORK OUTSIDE THE HOUSEHOLD (PNZ)

The survey was conducted for the first time in 2011 as a module of the Labour Force Survey. The second edition was carried out in 2016. The aim of the survey is to measure the economic and social dimension of work provided voluntarily and free of charge by Polish residents who have reached the age of 15. Apart from social work provided in various organisational units (associations, foundations, churches, trade unions, etc.), the survey also covers the work performed free of charge outside any organisational structures, e.g. for relatives and friends outside their own household, for strangers, as well as for the environment, town and community.

SALARY STRUCTURE SURVEY

The survey has been conducted since 1999 (since 2002 every two years). It is a representative survey covering the entities of the national economy employing 9 persons or more. The survey results enable analyzing the differentiation in salaries (average monthly and hourly remuneration) and their structure according to such characteristics as: sex, age, education, work experience, occupation and characteristics of the employers of these people, and hence the type of activity, property sector, company size and geographic location. The survey also makes it possible to describe the structure of employment according to the above-mentioned characteristics. On the basis of the results, the breakdowns of the employees by salary and basic measures of wage differentiation are also developed.