

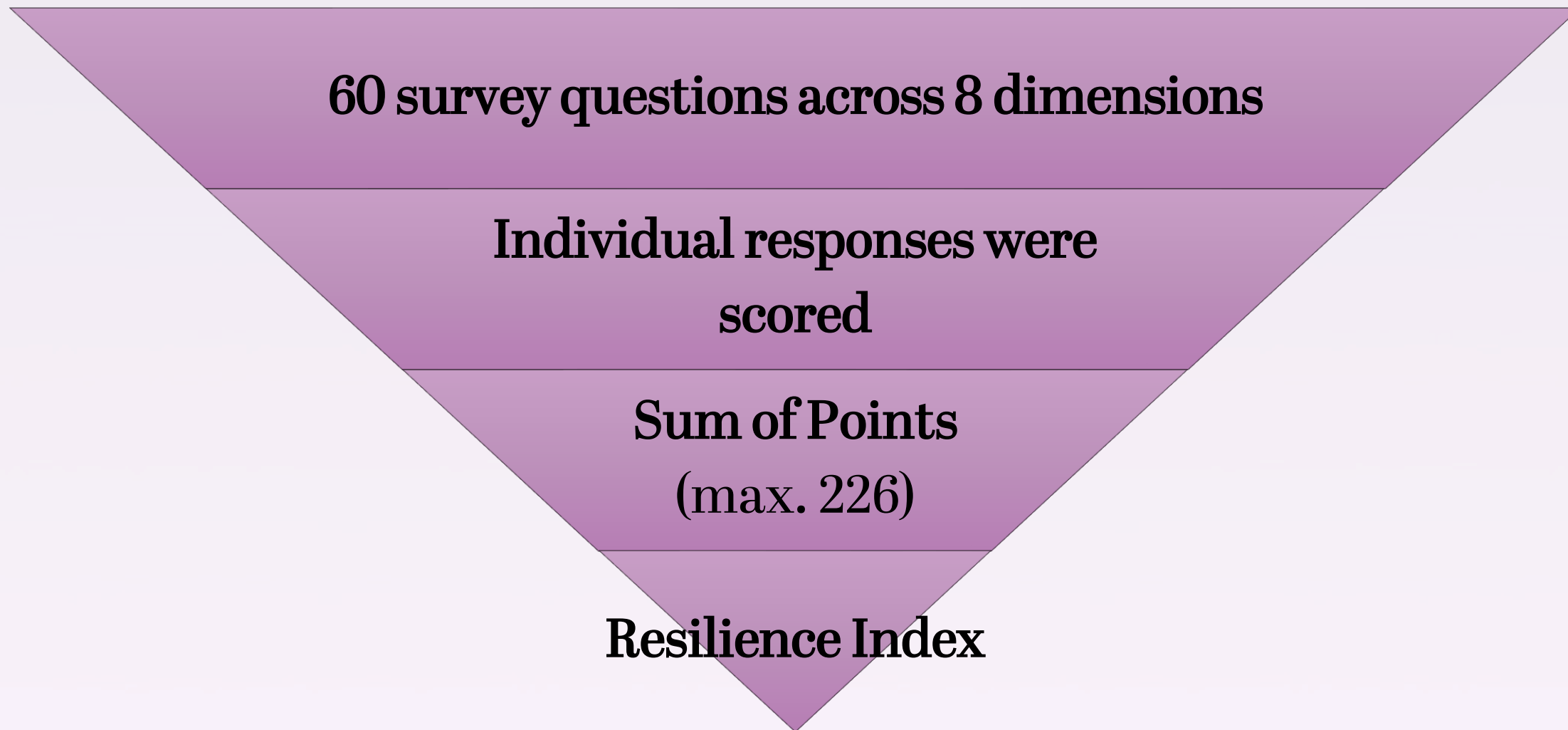
How Much Can We Take?

The Resilience of Czech Men and Women in Numbers

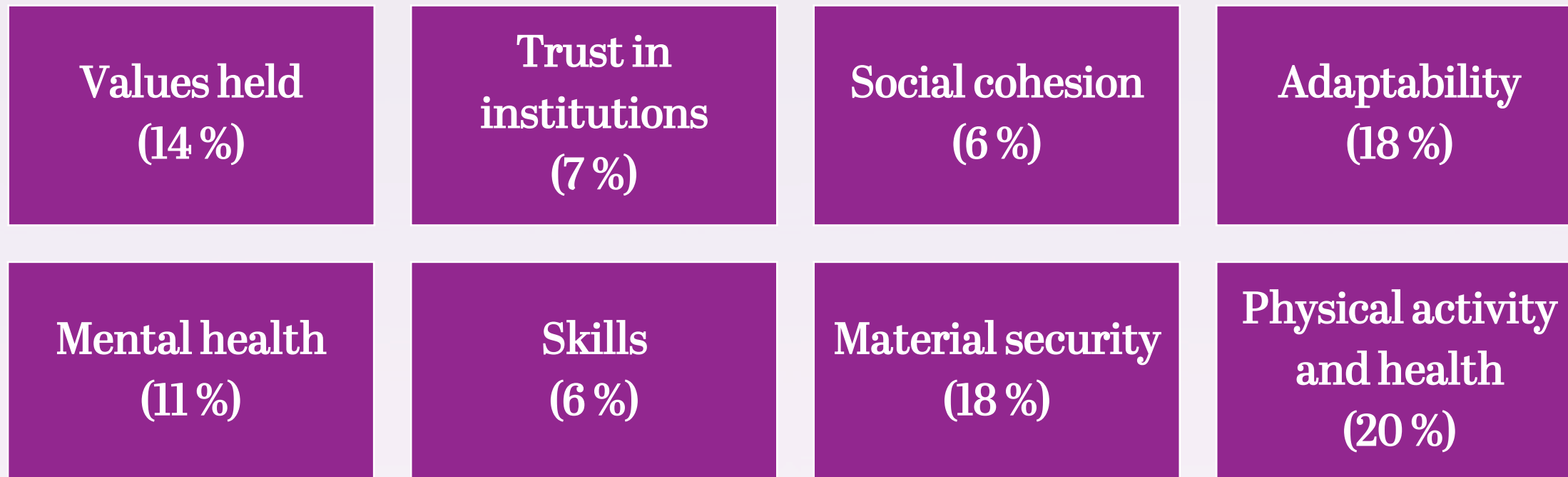
DATA COLLECTION:

- **N = 1 235 respondents aged 16 – 75 (8 172 079 people in the population of CZ)**
- **Data collection period: 23. 5. – 29. 5. 2025**
- **CAWI = 620, CAPI = 615**
- **LOI: 25 – 35 minutes**

How Was the Resilience Index Created?



INDIVIDUAL RESILIENCE = 8 DIMENSIONS



Gender, age, education, and other sociodemographic characteristics are not included in the index.

Breakdown of Items by Dimension

- **Values and Personal Beliefs:**
 - Life satisfaction
 - Faith
 - Importance of selected values (respect, belonging, security, dignity, freedom, etc.)
 - Optimism and positive worldview
- **Trust in State Institutions**
- **Social Cohesion**
 - Number of people who would help the respondent
 - Number of dependents
 - Membership in associations
 - Volunteering
 - Community involvement
 - Trust in others
- **Adaptability:**
 - Relationship to technology
 - Comfort in unfamiliar environments
 - Willingness to move to another city or country
- **Mental health (WHO index)**
- **Skills and Competencies**
 - Driver's license
 - Gun license
 - English and other languages
 - Entrepreneurship
 - Knowledge of a craft or other practical skills
- **Material Security**
 - Financial reserves
 - Home ownership
 - Ability to live outside a city
 - Self-sufficiency
 - Job/ work security
 - Means of transportation (car, motorcycle, etc.)
- **Physical Activity and Health**
 - BMI
 - Sleep
 - Frequency of physical activity
 - Presence of 7 selected illnesses
 - Medication use
 - Sick leave
 - Smoking, alcohol, drug use
 - Self-rated health status

Results by Dimension

- Dimensions in which Czechs perform the BEST:
 - Physical activity and health
 - Mental health
 - Values held
- Dimensions in which Czechs perform the WORST:
 - Adaptability
 - Skills
 - Social cohesion

The fact that we perform better in some dimensions does not necessarily mean we are doing well overall—on average score range from 58 to 67 % of the maximum

Health Status and Physical Activity

BMI Classification
 < 18,5 Underweight
 18,5 – 24,9 Normal Weight
25,0 – 29,9 Overweight
 30,0 – 34,9 Obesity Class I
 35,0 – 39,9 Obesity Class II
 ≥ 40 Obesity Class III

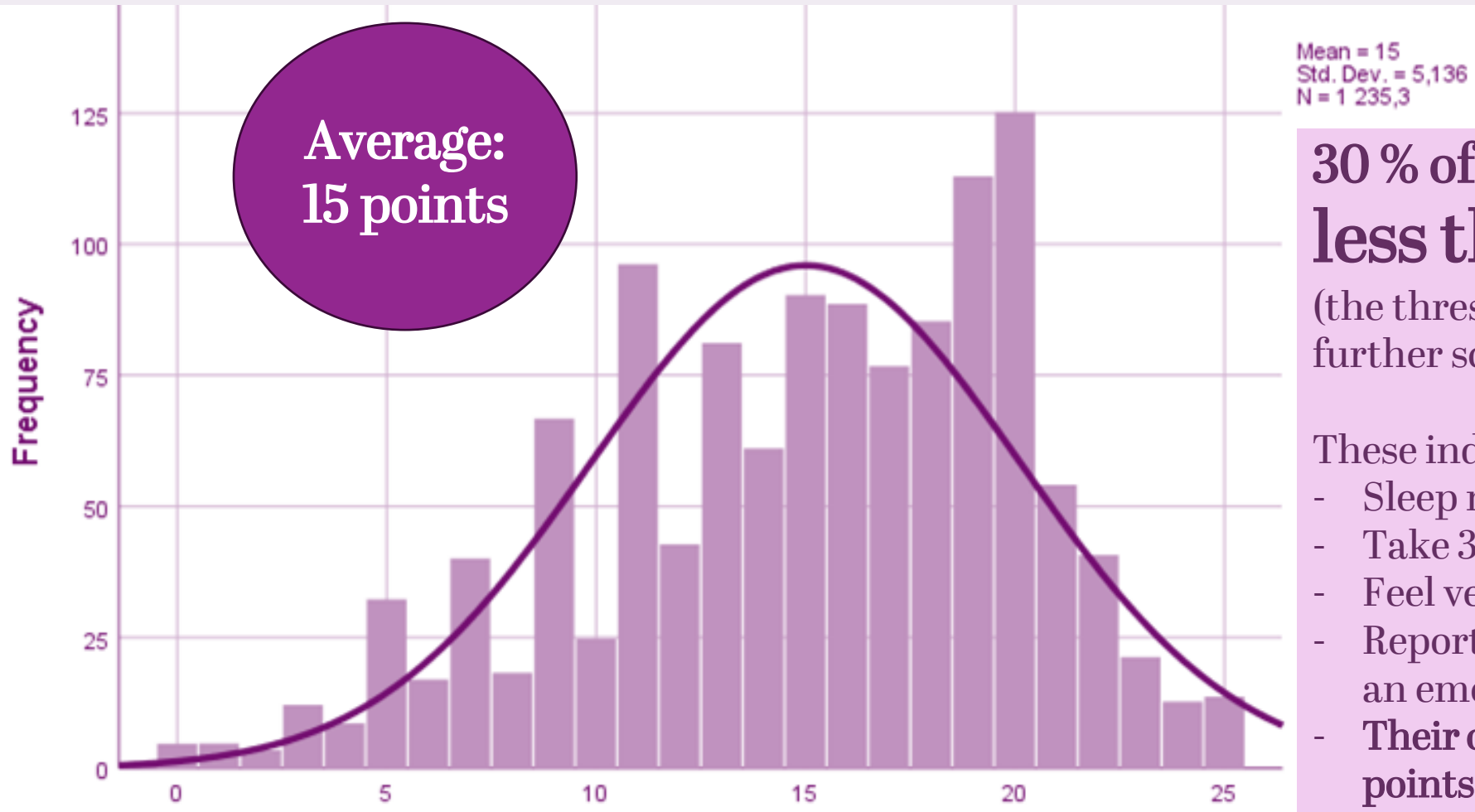
Health Status

- The average BMI in the Czech population falls within the overweight category (only members of Generation Z maintain an average within the normal weight range).
- Among those aged 60 to 75, 25% are being treated for diabetes and 59% for hypertension. Only one-quarter of this age group has no serious illness.
- Among the youngest generation, 4 % have hypertension and 5 % have a mental health diagnosis requiring professional care.

	Total	Baby boomers 1946-1964	Generation X 1965-1980	Generation Y 1981-1995	Generation Z 1996-2010
Diabetes requiring regular treatment	10%	24%	12%	3%	2%
High blood pressure (hypertension)	26%	59%	33%	11%	4%
Cardiovascular disease (e.g., post heart attack, heart failure)	5%	13%	5%	2%	2%
Chronic respiratory disease (e.g., asthma, COPD)	7%	12%	8%	5%	3%
Oncological disease (within the last 5 years)	3%	6%	2%	2%	2%
Autoimmune disease (e.g., multiple sclerosis, lupus)	3%	3%	3%	2%	2%
Psychological/ psychiatric diagnosis requiring professional care	6%	6%	8%	6%	5%
None of the above	59%	25%	49%	75%	85%
BMI index	26,6	28,4	27,9	25,9	23,6

WHO-5 Well-Being Index (maximum = 25)

(12 % of the population score between 20 – 25 points)



30 % of the population score less than 13 points

(the threshold indicating the need for further screening for depression)

These individuals typically:

- Sleep no more than 5 hours per day,
- Take 3 or more prescription drugs,
- Feel very insecure financially,
- Report that no one would help them in an emergency.
- **Their overall resilience index score is 80 points**

Feelings About the World Around Us

The world awaiting today's children will be **WORSE** than ours.

The most pessimistic group: women aged 45 and over.

And what kind of world do you think awaits today's children?	Total	Men aged 16-44	Men aged 45 and over	Women aged 16-44	Women aged 45 and over	Baby boomers 1946-1964	Generation X 1965-1980	Generation Y 1981-1995	Generation Z 1996-2010
Better	19%	26%	17%	23%	12%	15%	15%	18%	35%
The same	25%	26%	25%	27%	23%	24%	24%	27%	26%
Worse	<u>55%</u>	48%	58%	50%	<u>65%</u>	62%	61%	55%	39%

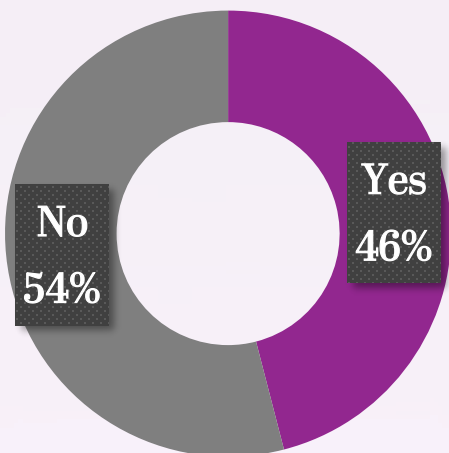
Defense / Military Training

How willing Are Czechs to participate in defense or military training — and what strategies do they consider in the event of military threat to the country?

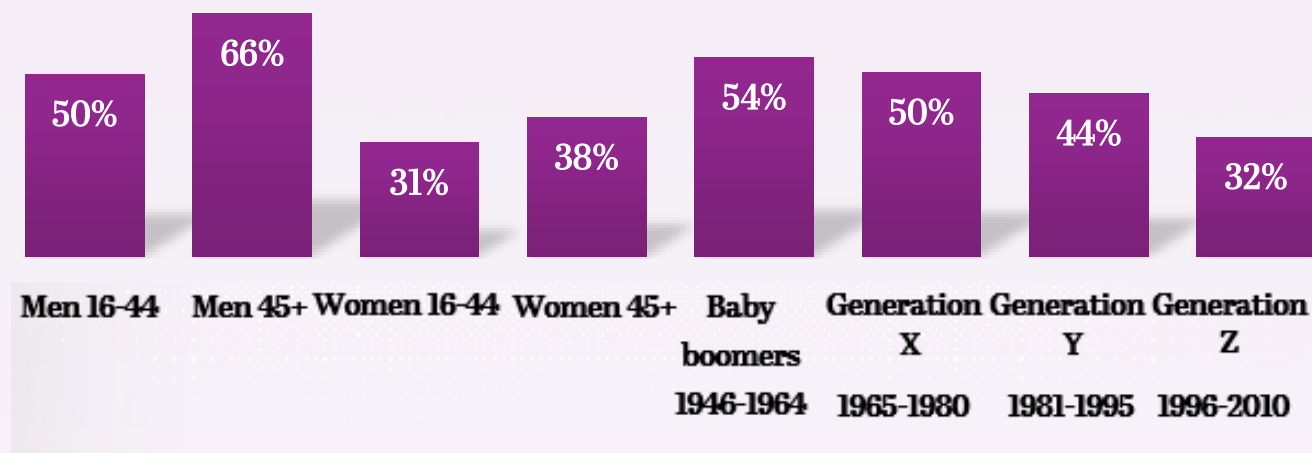
3-month mandatory training after high school is supported by just under half of the population - significantly more often by men than women, and more frequently by older generations

After finishing secondary school, every person (male and female) would complete a three-month basic training. This would allow the military to build a reserve force for territorial defense.

Would you agree with this proposal?



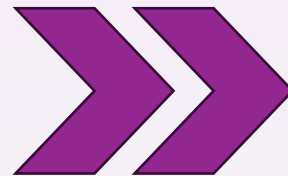
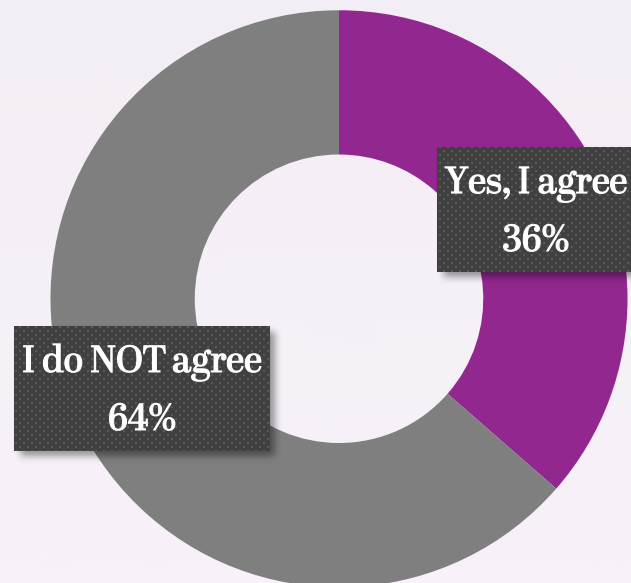
Support for the Proposal by Gender and Age Group, and by Generation



12-Month Mandatory Military Service?

36 % of the population agree, with the typical supporter being a male from the Boomer generation (59 % in favor)

Mandatory basic military service for both men and women, lasting 12 months, should be reinstated. Would an alternative option be to replace it with civilian service?



Men are significantly more likely to support mandatory military service (40 %) than women (33 %), and there are also major differences across generations:

- Generation Z shows the lowest level of support (24%), with no significant gender difference within this group
- The highest support comes from the Boomer generation (49 %), particularly among men, similar to the trend in Generation X.
- Women overall, across all age groups, support the idea in only about one-third of cases.
- Level of education does not play a significant role in shaping opinions on this issue.

11 % of the population are prepared to defend Czech Republic with a weapon in their hand in the event of a threat – significantly more often men (= 900 000 people) (19 % men aged under 45 and 5 % women under 45)

How would you respond if the Czech Republic were under military threat?

