Similar to European countries:

- Asian-Chinese competition,
- Liquidation of some textiles companies,
- Decreasing tendencies in textile production,
- Value of production sold in the whole textile branch in Poland was:
  - ca. 2.1 bln USD in 2009,
  - Dropped by 9% in comparison to 2008.

### Cotton Yarn Production in Poland

<table>
<thead>
<tr>
<th>Year</th>
<th>2008</th>
<th>2009</th>
<th>Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Value</td>
<td>5830</td>
<td>1420</td>
<td>-75%</td>
</tr>
</tbody>
</table>

### The number of cotton mills in Poland

### Changes in production and import of cotton fabrics in Poland
- Products made of natural fibers as a niche product for demanding consumers
- High quality of Polish natural fibers textiles
- Boutiques with natural fibers products as a main way of sale
- Development of bed-linen production
- Stabilization and good prospects for development of Polish knitting branch
- Significant development of production of cosmetic and hygienic products based on cotton raw material

**Chance for improvement and positive aspects of cotton sector in Poland**

From newborn to old age

**Textiles made of natural fibers guarantee well-being.**

**Clothing effect on electromiographical parameters**

- Correct record
- Incorrect record

Examples of EMG recordings obtained in the healthy volunteers:
- Control activity - after wearing natural fibers clothing
- Slight changes of amplitude - after wearing natural fibers clothing with high thermal resistance
- Changes of amplitude - after wearing clothing made of blended natural fibers / polyester fibers
- Changes of amplitude - after wearing polyester clothes

**Research supporting the promotion of textiles made of natural fibres**

Total Antioxidant Status (TAS) decreased significantly when volunteers worn polyester clothes. This indicates that PES can be responsible for oxidative stress. Clothes made of natural cellulosic fibers do not have such negative effect on human body.

Investigation of energetic cost of volunteers' physical effort while wearing garment made of cellulosic and polyester fibers showed that garments made of cellulosic fibers had the most favorable effect on the energetic cost of physical work, the time of restitution of volunteers and their endurance and efficiency.

The endurance of volunteers wearing 100% cellulosic fiber garment was better than in case of run without garment or in case wearing PES garment.

The most unfavorable effect on the endurance of volunteers was observed in case of wearing the garment made of 100% PES microfibers.

Pyjamas made of natural fibers improves sebaceous glands activity. Synthetic clothes can cause the reduction of sebaceous glands activity, reduction of serum secretion, which process, by covering the surface of the skin, protects it from drying and susceptibility to bacteria and atopic dermatitis.

The studies proved, that garment made of cellulosic fibers like cotton, linen and hemp has a positive influence on physiological parameters of human body.

Actions related to popularization of research on everyday clothing capability for ensuring health and well-being can improve consumption of natural textile products and improve the situation in natural fibers sector.
Location: Central Europe,
Border countries: Poland, Germany, Lithuania, Russia (Kaliningrad Oblast), Slovakia, Ukraine

The country extends:
- 578 km (358 mi) from north to south
- 689 km (429 mi) from east to west
Total area - 312,843 sq km
(120,726 sq mi)
(9th largest country in the world, 69th largest in Europe)

Population - over 38 million people

Industries: machine building, iron and steel, coal mining, copper, sulfur, chemicals, shipbuilding, food processing, glass, beverages, textiles, timber

Agricultural products: potatoes, fruits, vegetables, forest products, wheat, barley, rye, sugar beets, flax, hemp

Thank you very much