Poland

Before WWII: Beset by economic and political turbulence during interwar years, leaving it vulnerable to future German and Soviet expansionist ambitions.

During WWII: In 1939, invaded by Nazi Germany from the west, and the Soviet Union from the east. Despite resistance, was quickly conquered and occupied. West and Central Poland would fall to the Nazis, and Eastern Poland to the Soviets. Poland would serve as a battleground throughout the war, utterly devastating the nation. In addition, millions of Poles (including about 3 million Polish Jews) were exterminated by the Nazi regime. Conquered by Russia in 1944, as Red Army pursued the Nazi army back to Germany.

After WWII: The Soviets rigged the post-war election to ensure the installation of a communist government. Poland would remain under Soviet control/influence until the collapse of the USSR in 1990.

WWII Affiliation: Conquered by Germany (Axis) in 1939. Conquered by Soviet Union (Allies) in 1944.

Casualties:

Total Deaths: 5,600,000 (Rank = 3 / 27)

Total Deaths % of Pop.: 16.1% (Rank = 1 / 27)

Military Deaths: 240,000 (Rank = 8 / 21)

Military Deaths % of Pop.: 0.7% (Rank = 8 / 21)

Civilian Deaths: 5,360,000 (Rank = 2 / 27)

Civilian Deaths % of Pop.: 15.4% (Rank = 1 / 27)

Jewish Holocaust Deaths: 3,000,000 (Rank = 1 / 21)

Jewish Holocaust Deaths % of Jewish Pop.: 100% (1 / 21)

(http://www.worldology.com/Europe/world_war_2_effect.htm)