

SLOVAKIA

PHYSICAL ACTIVITY

FACTSHEET 2018



Total population

5 435 343

Median age

39.8 YEARS

GDP per capita

14 600 €



% of GDP for health: **7.4**

% of GDP for education: **3.8**

% of GDP for sports: **0.2**



Population **MALE**

48.8%

Population **FEMALE**

51.2%

Life expectancy, **MALES**

73.8 YEARS

Life expectancy, **FEMALES**

80.7 YEARS

Sources: Eurostat (2016)

Success story

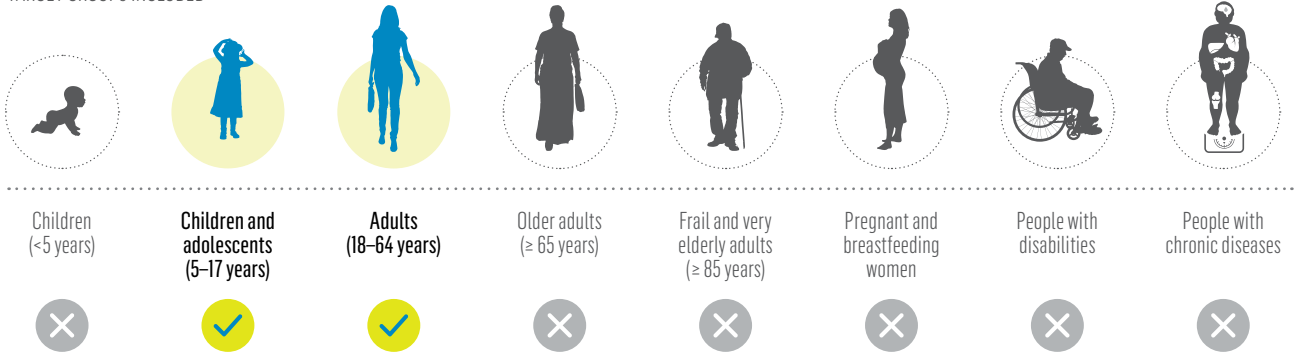
In 2015, a pilot campaign called **"To school on a bicycle"** ("Do školy na bicykli") was started. This national cycling campaign is led by the Ministry of Transport and Construction in collaboration with the Ministry of Education, Science, Research and Sport. It encourages primary school-aged children to cycle to school to increase their daily physical activity. In 2016, 135 schools and 27 458 students joined the initiative to cycle regularly to school. <http://doskolynabicykli.eu/>



MONITORING AND SURVEILLANCE

National recommendations on physical activity for health

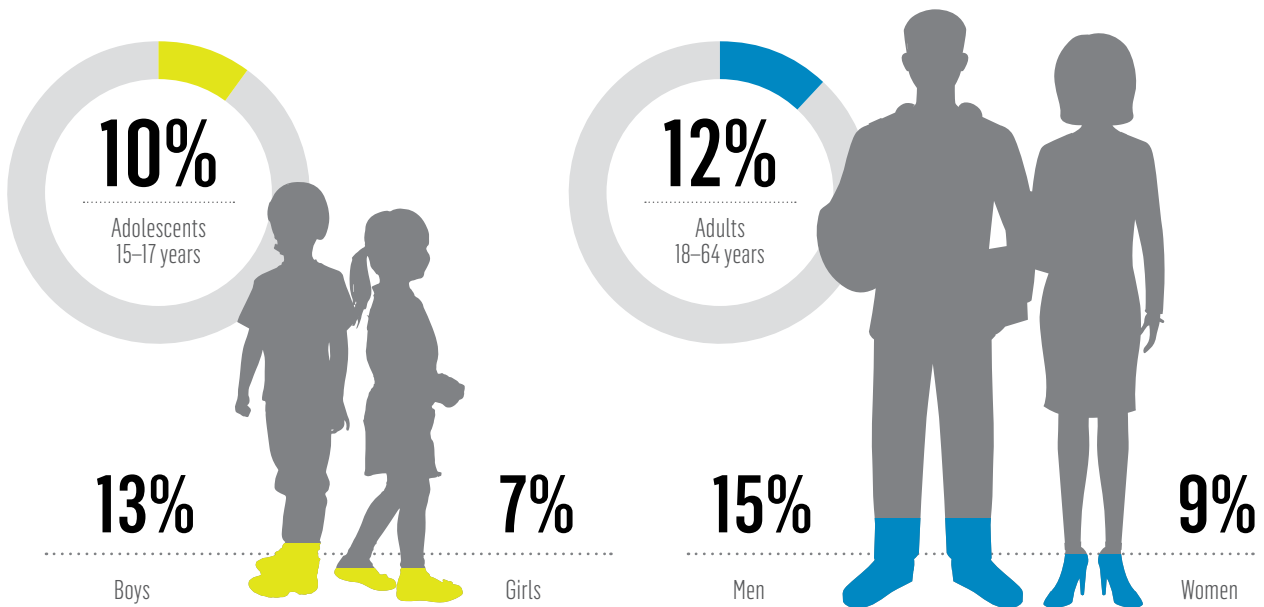
TARGET GROUPS INCLUDED



The national recommendations were implemented in 2017 and are based on WHO's global recommendations on physical activity for health (2010).

Level of physical activity

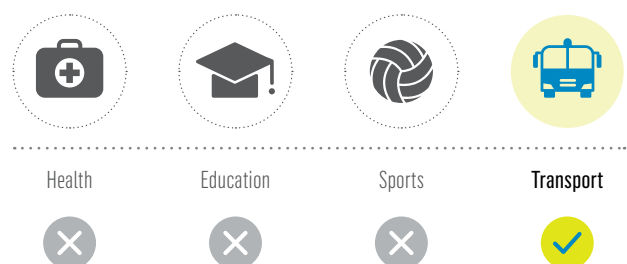
ESTIMATED PREVALENCE OF SUFFICIENT PHYSICAL ACTIVITY LEVELS



Data on physical activity were collected within the European Health Information Survey (2014).

Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS



POLICY RESPONSE



Physical activity promotion is coordinated by a multisectoral working group established to support implementation of the National Action Plan to Promote Physical Activity 2017–2020.

The **“Grab a ball, not drugs”** (“Zober loptu, nie drogy”) project has been in place since 2012 and is led by a nongovernmental organization. The goal is to involve children and adolescents in team ball sports in collaboration with 12 sports clubs in Slovakia. It also organizes informational and educational campaigns, competitions and other sporting events.



The aim of the National Action Plan to Promote Physical Activity 2017–2020 is to promote public health by encouraging the population to engage in physical activity and building the capacity of health professionals to promote physical activity. It is led by the Ministry of Health and also involves the education, sports and environment sectors.

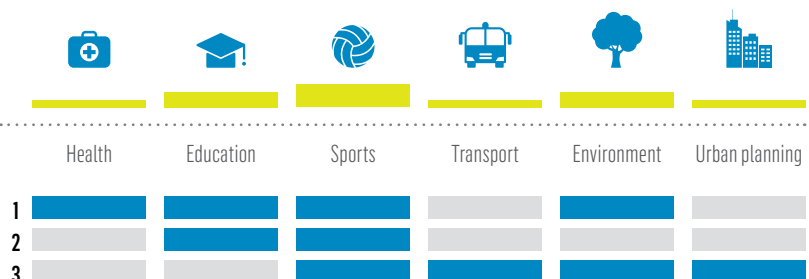
National policies by sector

Sectors that are involved in each of the national policies or action plans to promote physical activity

Total number of policies

Policies with evaluation processes – 0%

3



Target groups addressed by national policies

- Low socioeconomic groups
- Pregnant and breastfeeding women
- Ethnic minorities
- People deprived of liberty
- Migrants
- Older people
- People with disabilities
- People with chronic diseases



Physical activity promotion in the health sector

HEALTH PROFESSIONALS WHO ARE TRAINED IN PHYSICAL ACTIVITY AND HEALTH

A programme to provide counselling for physical activity has been in place since 2007, led by the Public Health Authority. Selected regional public health authorities provide additional support for physical activity through counselling.

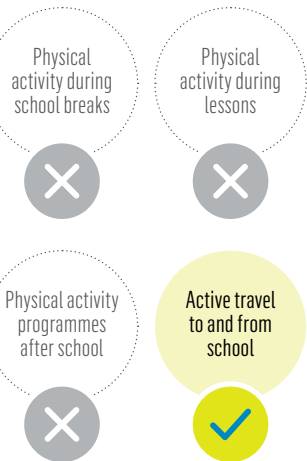


Physical activity in schools

Total hours of physical education per week in **PRIMARY SCHOOLS**



Total hours of physical education per week in **SECONDARY SCHOOLS**



A national strategy for the development of cycling for transport and for touring was established in 2013 by the Ministry of Transport and Construction. The strategy includes the promotion of active travel to school.

A national project to improve the qualification of physical education and sports teachers in elementary and secondary schools was implemented by the National Sports Centre in 2015. The goal was to train teachers to lead 1-h physical activity sessions with modern methods and tools. During the project, 141 trainers were trained at the Faculty of Physical Education and Sports of Comenius University in Bratislava. They then trained 3259 teachers. Overall, 1100 schools were involved.



Promotion of physical activity in the workplace

As part of the national strategy for the development of cycling for transport and for touring, "To work on a bicycle" programmes support active travel to work.

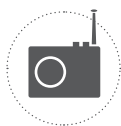


National awareness-raising campaign on physical activity

MEDIA USED IN NATIONAL CAMPAIGNS



Television



Radio



Newspapers



Social media



Public events



Public figures



The National Action Plan to Promote Physical Activity for 2017–2020 includes communication and behaviour-change campaigns.