

SLOVAKIA

COUNTRY PHYSICAL ACTIVITY FACTSHEET 2024

World Bank classification: NA
Total population: 5 434 712
Median age (years): 41.8
Gross Domestic Product (GDP) per capita (€): 16 340
GDP for health (%): 6.4
GDP for education (%): 4.5
GDP for sports (%): 1.1
Population, male (%): 48.9
Population, female (%): 51.1
Life expectancy, males (years): 73.6
Life expectancy, females (years): 80.5

Source: Eurostat
https://ec.europa.eu/eurostat/databrowser/view/tps00205/default/table?lang=en&category=t_demo.t_demo_mor



Photo: ©Henrieta Jarkovska

► National recommendations on physical activity for health

Target groups included

<input type="checkbox"/> NO	Children (< 5 years)	<input type="checkbox"/> NO	During pregnancy
<input type="checkbox"/> NO	Children and adolescents (5–17 years)	<input type="checkbox"/> NO	During breastfeeding
<input checked="" type="checkbox"/> YES	Adults (18–64 years)	<input checked="" type="checkbox"/> YES	People with disability
<input checked="" type="checkbox"/> YES	Older adults (≥ 65 years)	<input checked="" type="checkbox"/> YES	People with chronic diseases
<input type="checkbox"/> NO	Frail and very elderly adults (≥ 85 years)		

Link to national recommendations: <https://www.health.gov.sk/?vestniky-mz-sr>

► Monitoring and surveillance of physical activity

Sectors with surveillance systems



Health

☒ YES



Education

☒ YES



Sports

☐ NO



Transport

☐ NO

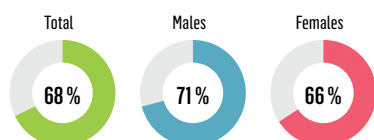
SLOVAKIA

COUNTRY PHYSICAL ACTIVITY FACTSHEET 2024

► Prevalence of physical activity

Physical activity indicators

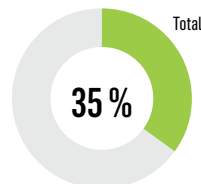
6–14 years



National report on physical activity of Slovak children and adolescents, 2015–2020; <https://archpublichealth.biomedcentral.com/articles/10.1186/s13690-024-01241-4>

≥ 60 min of moderate-to-vigorous physical activity per day

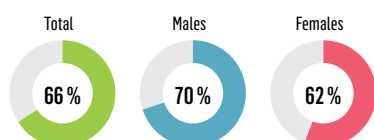
≥ 15 years



Eurobarometer, 2022; <https://europa.eu/eurobarometer/api/deliverable/download/file?deliverableId=83640>

Those who exercise and play sports regularly or with some regularity (%)

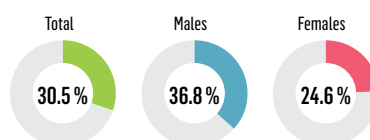
6–17 years



National report on physical activity of Slovak children and adolescents, 2015–2020; <https://archpublichealth.biomedcentral.com/articles/10.1186/s13690-024-01241-4>

≥ 60 min of moderate-to-vigorous physical activity per day

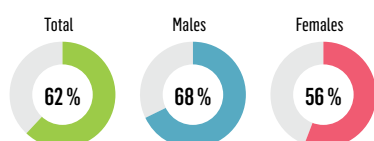
≥ 15 years



EHIS, 2019; <https://www.uvzsr.sk/documents/d/uvzen/akcny-plan-en-pdf>

≥ 150 min of aerobic physical activity per week

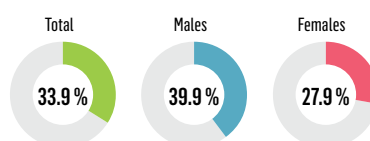
14–17 years



National report on physical activity of Slovak children and adolescents, 2015–2020; <https://archpublichealth.biomedcentral.com/articles/10.1186/s13690-024-01241-4>

≥ 60 min of moderate-to-vigorous physical activity per day

18–64 years



EHIS, 2019; <https://www.uvzsr.sk/documents/d/uvzen/akcny-plan-en-pdf>

≥ 150 min of aerobic physical activity per week

► National government coordination mechanism and leadership on the promotion of physical activity

The Public Health Authority of Slovakia established an inter-ministerial steering working group in 2023 that will participate in preparation and implementation of the Hottinger Baldwin Messtechnik (Hottinger Baldwin measurement technique) at national level.

https://www.uvzsr.sk/documents/d/uvz/pap_uvzsr_2022

► Funding for the promotion of physical activity for health

Funding allocated specifically to physical activity promotion by sector



Health

YES



Education

YES



Sports

YES



Environment

NO



Urban planning

NO



Transport

NO

► National policies or action plans for the promotion of physical activity for health

National policy highlights

The updated National Health Promotion Programme

is focused on preventing noncommunicable diseases by addressing key risk factors such as tobacco use, alcohol consumption, poor nutrition and physical inactivity. Aligned with the EU4Health 2021–2027 programme and the United Nations' Agenda 2030, particularly Goal 3, the programme ensures healthy lives and promotes well-being for all ages. It outlines preventive measures for both chronic non-infectious and infectious diseases, emphasizing the importance of physical activity, healthy eating, mental health support and improved living and working conditions. The update calls for a collaborative, multi-sectoral approach, involving various Government ministries, to effectively reduce the burden of noncommunicable diseases and improve the overall health of Slovakia's population.

<https://rokovania.gov.sk/RVL/Material/26769/1>

The National Action Plan for Physical Activity 2024–2030

builds on the updated National Health Support Programme for 2021–2030 and is aligned with the WHO global recommendations on physical activity for health. The aim is to tackle the critical issue of physical inactivity, a major risk factor for chronic noncommunicable diseases such as cardiovascular conditions, diabetes and certain cancers. By promoting regular physical activity, the plan seeks to improve public health, reduce disease prevalence and enhance overall well-being. It follows up on the previous National Action Plan (2017–2020) by continuing to support cross-sectoral initiatives, education and public campaigns. The updated plan will include new activities and strategies to further reduce physical inactivity rates and improve health outcomes in various population groups.

<https://rokovania.gov.sk/RVL/Material/26171/1>

National policies or action plans for the promotion of physical activity for health



- 1 Update of the National Health Promotion Programme
<https://rokovania.gov.sk/RVL/Material/26769/1>
- 2 National Action Plan for the Promotion of Physical Activity 2024–2030
<https://rokovania.gov.sk/RVL/Material/26171/1>

Sectors involved in the design of the policy or action plan



Health	1	2	Environment	1	2
Education	1	2	Urban planning	1	2
Sports	1	2	Transport	1	2

Plan for evaluation of a specific policy



Policy	1	2
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Target groups included



General population	1	2	Frail/elderly (≥ 85 years)	1	2	Low socio-economic groups	1	2
Children < 5 years	1	2	People with disability	1	2	Ethnic minorities	1	2
Children and adolescents (5–17 years)	1	2	People with chronic diseases	1	2	Deprived of liberty	1	2
Adults	1	2	Pregnant women	1	2	Migrants	1	2
Older adults (≥ 65 years)	1	2	Breastfeeding women	1	2	Unemployed people	1	2

► Sports clubs for health

Implementation of the WHO Guidelines for Sports Club for Health Programmes is progressing, although the number of sports clubs that apply the guidelines are not available. The Erasmus+ Programme has been instrumental in facilitating these activities. Additionally, the Sports Strategy 2020–2030 and Sports 2030 provide national guidance to encourage sports clubs to integrate health promotion into their activities. These strategies emphasize fostering a healthy and active society and incorporating digital innovations. The systemic approach to sports development in Slovakia is further supported by the public benefit programme Slovakia is Sporting, which collaborates with municipalities and cities to advance sports, support talented youth and aid top athletes.

<https://www.olympic.sk/>; <https://www.olympic.sk/clanok/strategia-sportu-2020-2030-ziskat-pre-sport-zodpovedajuce-spolocenske-ekonomicke-postavenie>






► Increasing access to exercise facilities for socially disadvantaged groups

Increasing access to exercise facilities for socially disadvantaged groups consists of supporting disabled citizens, Roma communities, children and youth, the elderly, asylum seekers, the homeless and the unemployed. The Ministry of Culture oversees these initiatives, which include school projects in natural settings and on sports fields, the programme Country Plays and FitNest Projects, all to improve access to physical activities for these groups.

► Counselling on physical activity and exercise prescription

Counselling is provided within the National Health Promotion Programme for 2021–2030 by public health professionals and organized by regional public health offices and the Slovak Public Health Office.

Health professionals who are trained in health-enhancing physical activity

	 Medical doctors	 Physiotherapists	 Nurses	 Nutritionists/ dieticians	 Psychologists
	NO	YES	NO	NO	NO
Undergraduate	—	YES	—	—	—
Postgraduate	—	YES	—	—	—
		Mandatory			

► Physical education in schools

Primary schools	Average per week	Secondary schools	Average per week
	3		2
	Mandatory		Mandatory

HEPA in training of physical education teachers

YES

Part of undergraduate studies Mandatory / Optional

YES

Part of postgraduate studies Mandatory / Optional

Promotion of physical activity in schools

YES

During school breaks

YES

After school

YES

During lessons

YES

Active travel to and from school

Infrastructure for leisure-time physical activity

Sport, Youth Fitness and Physical Activity develops sports infrastructure to support sports activities for all age groups and raise awareness about the importance of physical activity.

The National Action Plan for Promoting Physical Activity (2024–2030) outlines strategies to enhance access to physical activities by developing the necessary infrastructure, to create safe, accessible options for all population groups, including children, youth and seniors.

<https://national-policies.eacea.ec.europa.eu/youthwiki/chapters/slovakia/73-sport-youth-fitness-and-physical-activity>; <https://www.slov-lex.sk/legislativne-procesy/-/SK/dokumenty/LP-2024-172>

Promotion of physical activity in the workplace



National guidance or programme to promote active travel to work (e.g. walking, cycling)

YES

In line with the National Strategy for the Development of Bicycle Transport and Cycling Tourism in Slovakia (Government Resolution No. 223/2013), measures are being implemented to promote walking and to encourage cycling as integral parts of daily life for all adults.

https://smartmobility.gov.sk/wp-content/uploads/2021/05/Narodna_strategia_rozvoja_cyklistickej_dopravy.pdf



National guidance or programme to promote physical activity at the workplace

YES

The National Health Promotion Programme includes fostering healthy working and living conditions. Among its key initiatives is the Healthy Workplace Campaign to improve the working environment, conditions and lifestyles of employees. The aim is to reduce the incidence of occupational diseases and work-related injuries, while encouraging employers to create opportunities for increased physical activity by their workforce.

<https://osha.europa.eu/sk/campaigns-and-awards/healthy-workplaces-campaigns>; <https://rokovania.gov.sk/RVL/Material/26769/1>

► Community interventions for older adults



National guidance or programme for community interventions to promote physical activity in older adults

YES

Since 2014, Slovakia has been implementing the National Programme for Active Ageing 2014–2020. The first strategic document was dedicated to promoting active ageing, which was developed, adopted and executed as part of Slovakia's overarching vision to provide opportunities for better, sustainable development for all citizens. The National Programme for Active Ageing 2021–2030 continues to build on this work.

<https://www.employment.gov.sk/files/sk/ministerstvo/rada-vlady-slovenskej-republiky-prava-seniorov-prisposobovanie-verejnych-politik-procesu-starnutia-populacie/narodny-program-aktivneho-starnutia-roky-2014-2020/narodny-program-aktivneho-starnutia-roky-2021-2030.pdf>

► National awareness-raising campaign on physical activity

A nationwide campaign is being conducted to increase physical activity among the adult population, including an education campaign in all media motivating people to be physically active regularly. The goal is to improve the health of the inhabitants of Slovakia by reducing morbidity and mortality from chronic NCDs and eliminate one of the most important risk factors – insufficient physical activity – in the adult population.

Media used in national campaigns



Television

NO



Radio

NO



Newspapers

NO



Social media

NO



Public events

NO



Public figures

NO

**SLOVAK PUBLIC
HEALTH OFFICE
WEBSITE**

Other

YES

SUCCESS STORY

Launched in 2000, Healthy Workplace campaigns have become a cornerstone for promoting occupational safety and health across Europe. With the message "Safety and health at work is everyone's business", these campaigns offer free resources and awards to encourage best practices, making them the world's largest initiative in this field. They have effectively enhanced workplace safety for millions of workers and thousands of businesses.

<https://www.obecne-noviny.sk/clanky/ukoncili-sme-jubilejny-X-rocnik-celonarodnej-kampane-vyzvi-srdce-k-pohybu>



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