



# SLOVAKIA

## PHYSICAL ACTIVITY FACTSHEET 2021

Total population: 5.46 m

Median age: 41.0 years

GDP per capita: 15 090 €

Life expectancy, males: 73.5 years

Life expectancy, females: 80.4 years

Sources: Eurostat (2020/2021)



### National recommendations on physical activity for health

#### TARGET GROUPS INCLUDED

☐ Children (< 5 years)

☒ Children and adolescents (5–17 years)

☒ Adults (18–64 years)

☐ Older adults (≥ 65 years)

☐ Frail and very elderly adults (≥ 85 years)

☐ Pregnant and breastfeeding women

☐ People with disabilities

☐ People with chronic diseases

The recommendations are based on [WHO recommendations](#) (2010) and were implemented in 2017.

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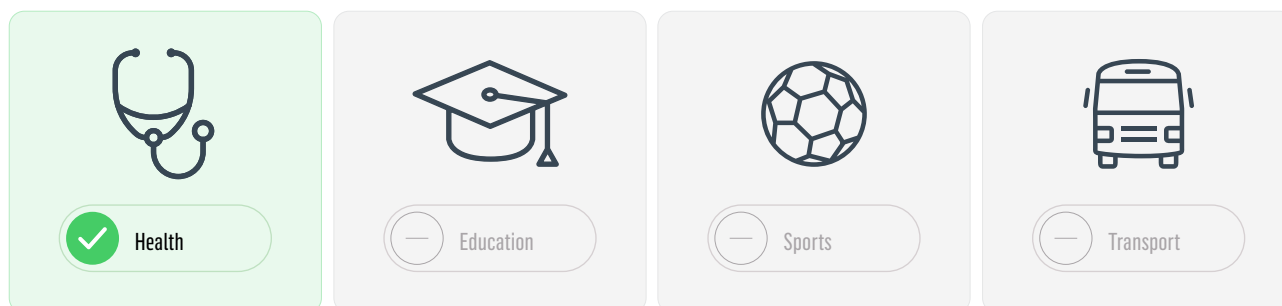
## PHYSICAL ACTIVITY

### FACTSHEET 2021

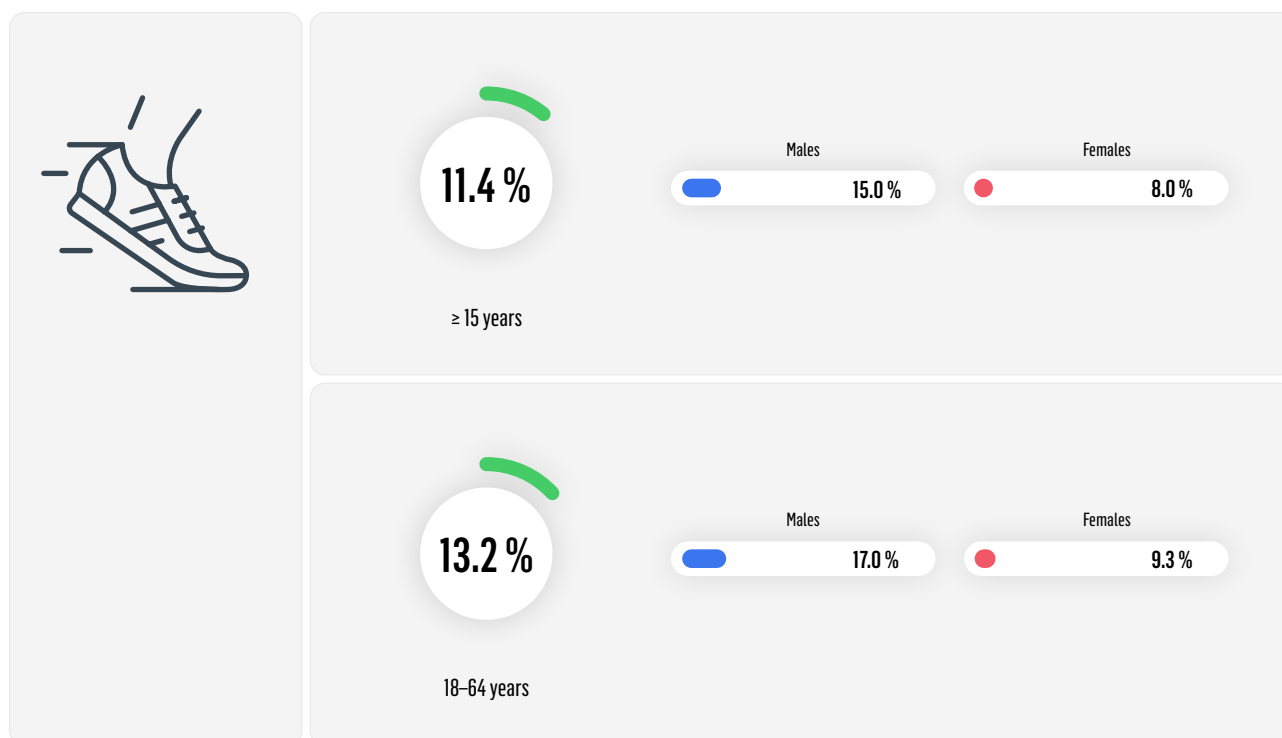


## Monitoring and surveillance of physical activity

### SECTORS WITH SURVEILLANCE SYSTEMS



## Estimated prevalence of sufficient physical activity levels



Levels of physical activity among adolescents and adults were assessed in the European Health Interview Survey in 2019.

## National government coordination mechanism and leadership in the promotion of physical activity

The Ministry of Health coordinates the working group for the National Action Plan to support physical activity, established in 2017.

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## PHYSICAL ACTIVITY FACTSHEET 2021



### Policy response



#### NATIONAL POLICIES OR ACTION PLANS FOR THE PROMOTION OF PHYSICAL ACTIVITY FOR HEALTH

- 1 NATIONAL ACTION PLAN TO PROMOTE PHYSICAL ACTIVITY FOR YEARS 2017–2020
- 2 UPDATED NATIONAL ACTION PLAN FOR THE SUPPORT OF PHYSICAL ACTIVITY

TOTAL NUMBER OF POLICIES

2



#### SECTORS INVOLVED IN THE DESIGN OF THE POLICY/ACTION PLAN

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

### POPULATION GROUPS TARGETED BY EACH POLICY



	1	2
Children and adolescents (5–17)	✓	✓
Adults	✓	✓



General population Children < 5 Older adults (≥ 65) Frail/elderly (≥ 85) People with disabilities	People with chronic diseases Pregnant women Breastfeeding women Low socio-economic groups	Ethnic minorities Deprived of liberty Migrants Unemployed people
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### POLICY HIGHLIGHTS

**1 National Action Plan to Promote Physical Activity for Years 2017–2020.** The Plan promotes physical activity throughout the life span as part of everyday life, including transport, the workplace, leisure time and the health-care system. It seeks to reduce the prevalence of insufficient physical activity by 10% in line with the SDGs. The Plan is based on the priority areas, objectives and tools of the Physical Activity Strategy for the WHO European Region 2016–2025. It also strengthens monitoring and surveillance to support professionals in physical activity and evaluation and implementation of the plan.

### Counselling on physical activity and exercise prescription

In accordance with professional guidelines of the Ministry of Health on the establishment, operation and activities of health protection and support, the basic task of health counselling centres is the prevention of chronic, noninfectious diseases in its population by influencing their knowledge and attitudes to health.

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## PHYSICAL ACTIVITY

### FACTSHEET 2021



#### Physical education in schools

PRIMARY SCHOOLS:	HOURS PER WEEK	SECONDARY SCHOOLS:	HOURS PER WEEK
	<b>3</b>		<b>3</b>
Mandatory		Mandatory	

#### PROMOTION OF PHYSICAL ACTIVITY IN SCHOOLS

<input type="radio"/> During breaks	<input type="radio"/> During lessons	<input type="radio"/> After school	<input checked="" type="checkbox"/> Travel to and from school
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The nationwide campaign “[To school by bike 2020](#)” encourages schools to promote cycling and support natural movement of students and teachers by improving the conditions for active mobility.

#### Promotion of physical activity in the workplace

	NATIONAL GUIDANCE OR PROGRAMME TO PROMOTE <b>ACTIVE TRAVEL TO WORK</b> (E.G., WALKING, CYCLING)	<input checked="" type="checkbox"/> Yes
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The aims of the campaign [To work on a bicycle](#) are to support sustainable mobility in cities, motivate local governments to create good-quality, safe conditions for the use of bicycles for transport around the city and motivate employers to create conditions for safe storage of bicycles to encourage employees to use a bicycle to commute to work.

#### National awareness-raising campaign on physical activity

##### MEDIA USED IN NATIONAL CAMPAIGNS

Television	Radio	Newspapers	Social media	Public events	Public figures	Other
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="checkbox"/> Yes	<input checked="" type="checkbox"/> Yes	<input type="radio"/>	<input type="radio"/>