

# SLOVENIA

## PHYSICAL ACTIVITY

### FACTSHEET 2018



Total population  
**2 065 895**

Median age  
**43.5 YEARS**

GDP per capita  
**18 500 €**



% of GDP for health: **6.7**  
% of GDP for education: **5.6**  
% of GDP for sports: **0.3**



Population **MALE**  
**49.6%**

Population **FEMALE**  
**50.4%**

Life expectancy, **MALES**  
**78.2 YEARS**

Life expectancy, **FEMALES**  
**84.3 YEARS**

Sources: Eurostat (2016)

#### Success story

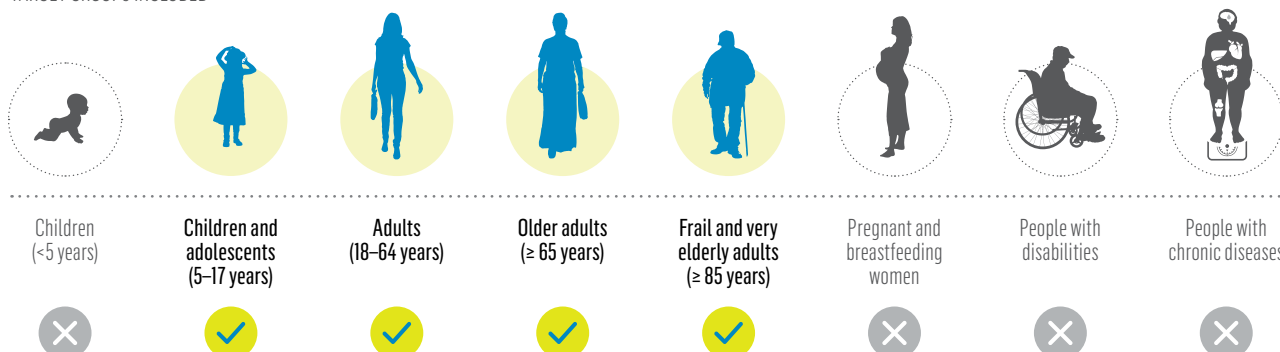
A programme to encourage walking in urban areas has been in place in Slovenia since 2011. The programme is led by the Institute for Spatial Planning, and implementation is organized effectively by local actors in many cities. On average, 31 group walks were conducted in 23 Slovenian cities per month. Urban walks have encouraged people to be physically active while getting to know their local environment, learning how to be physically active and strengthening personal relationships in local communities. Spatial planners and researchers regularly analyse neighbourhoods to identify walking routes based on the physical and social characteristics of the environment, the ability to observe and meet local people and opportunities for employees, children and young people to access work or school. This research enables assessment of the problem of physical inactivity and sedentary behaviour and helps to identify solutions. It also offers opportunities for active involvement of local actors in implementation of new programmes and interventions.



# MONITORING AND SURVEILLANCE

## National recommendations on physical activity for health

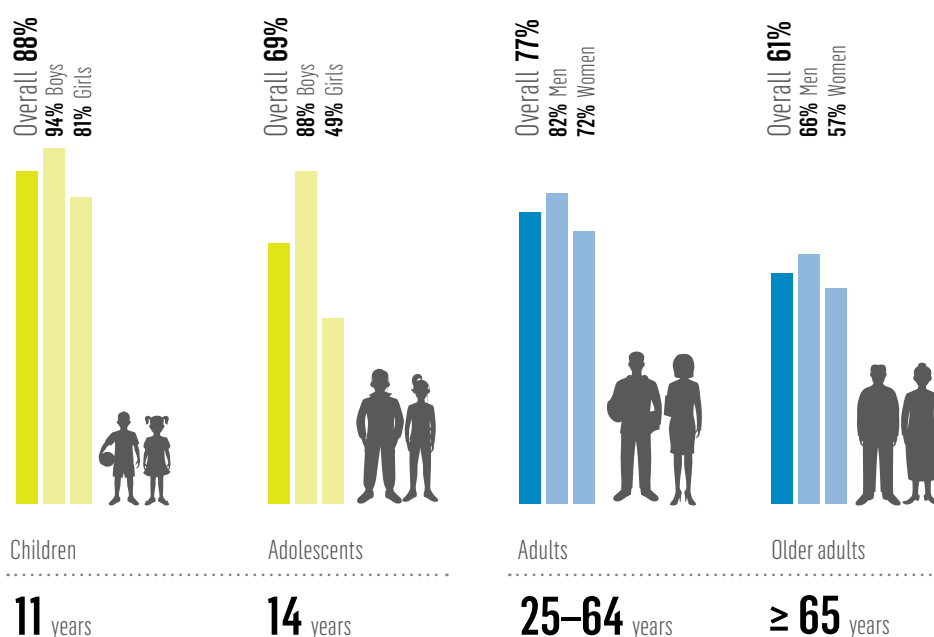
TARGET GROUPS INCLUDED



The national recommendations were implemented in 2015 and are based on WHO's global recommendations on physical activity for health (2010). Independent national recommendations on physical activity for health are in the process of being adopted.

## Level of physical activity

ESTIMATED PREVALENCE OF SUFFICIENT PHYSICAL ACTIVITY LEVELS

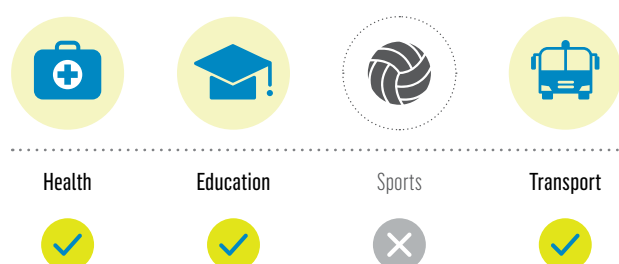


The **SLOfit** system has been operating in Slovenia since 1987 and monitors the physical and motor development of children and adolescents. In 2016, the web tool **"My SLOfit"** was developed to allow students and their parents to access their SLOfit results. This information can support parents, teachers and physicians to make informed decisions about the physical activities and dietary habits of children before, during and after school.

## Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS

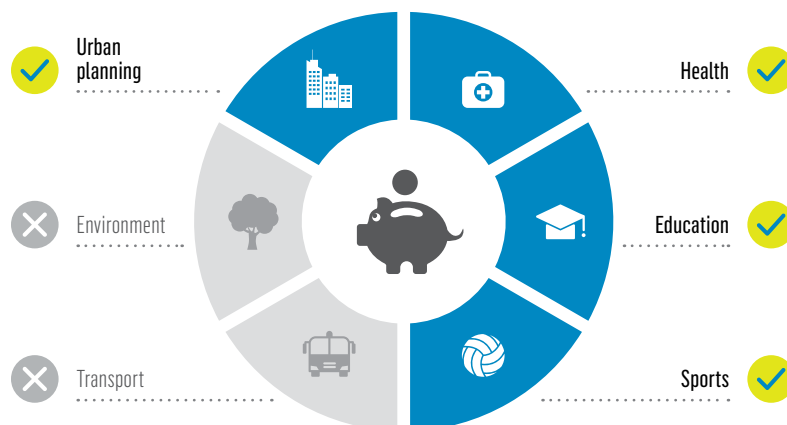
Physical activity is monitored continuously through the national CINDI health monitor and the Slovenian Public Opinion Survey, established in 1973 and led by the National Institute of Public Health and the Faculty of Social Sciences. Prevalence data for adults and older adults are reported from the European Health Information Survey (2014). For children and adolescents, the SLOfit system was implemented in 1982, and in 1987 it was introduced in all Slovenian schools to monitor activity levels and anthropometrics every year. The European Health Interview Survey and the Analysis of children's development trends in Slovenia study are also used to monitor physical activity.



# POLICY RESPONSE

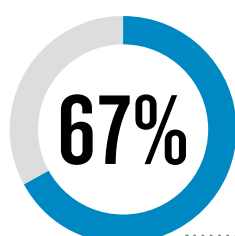
## Funding allocated specifically to physical activity promotion by sector

An intersectoral working group has been established that is responsible for developing physical activity action plans and monitoring and evaluating their implementation.



## National policies by sector

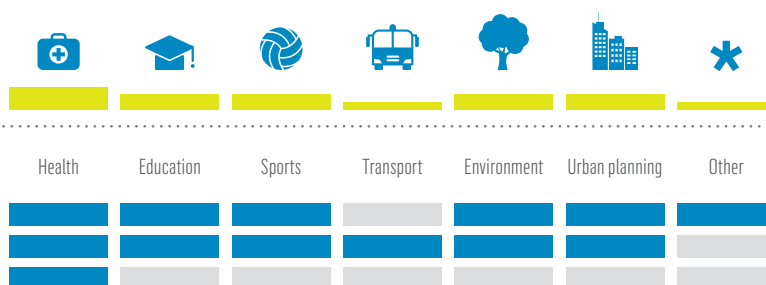
Sectors that are involved in each of the national policies or action plans to promote physical activity



Total number  
of policies

3

Policies with  
evaluation  
processes



## 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

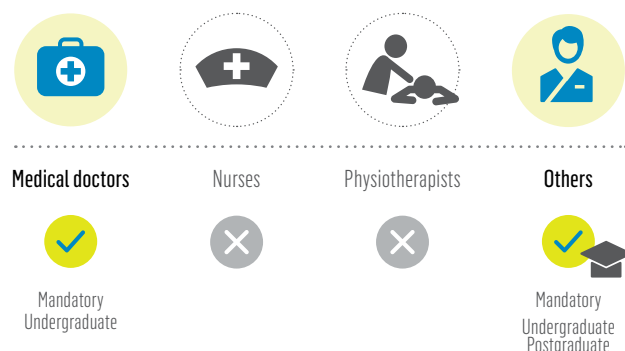


A resolution on a national programme for nutrition and health-enhancing physical activity 2015–2025 includes measures to provide opportunities for socially disadvantaged groups to be physically active. These include increasing the availability of green open spaces, organizing sporting activities, promoting recreational physical activity in nature and promoting active transport. The programme also increases opportunities to participate in high-quality sports and physical activity by financing through public funds and facilitating cooperation among health, education, social services and sports clubs.



## Physical activity promotion in the health sector

HEALTH PROFESSIONALS WHO ARE TRAINED IN PHYSICAL ACTIVITY AND HEALTH

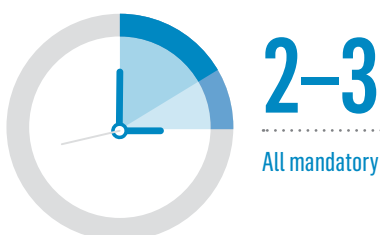


An innovative approach, called **"Counselling for physical and motor development"**, is taken to promote physical activity in the health sector. The service is aimed toward patients and individuals at risk due to overweight, obesity, poor diet or a medical condition. Advisory bureaus in the community consisting of physicians, kinesiologists, dieticians and nurses assess physical fitness and provide intensive support for lifestyle change. They also monitor intervention programmes, make reports, provide recommendations to patients and physicians and facilitate integration of health care into the local community.

Counselling on physical activity in Slovenia is part of the National Programme for Primary Prevention of Cardiovascular Diseases, established in 2002, led by the National Institute of Public Health and funded by the national Insurance company. Slovenia provides in-service training for health professionals in the Programme.

## Physical activity in schools

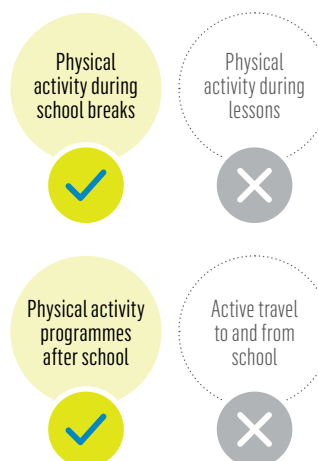
Total hours of physical education per week in **PRIMARY SCHOOLS**



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



During the school year 2018–2019, Slovenian primary schools will introduce one mandatory hour of physical education every day on an experimental basis, with the aim of improving the physical and psychological well-being of children, increasing their health awareness and promoting healthy lifestyles.



## Promotion of physical activity in the workplace

The "National Programme for Nutrition and Health-enhancing Physical Activity 2015–2025" includes measures to promote active transport to work and supports employers in implementing healthy lifestyle programmes and promoting physical activity at work.



## National awareness-raising campaign on physical activity

MEDIA USED IN NATIONAL CAMPAIGNS

**"Move for health"** ("Z Gibanjem Do Zdravja") is an annual national campaign to promote physical activity. It was established in 2001, led by the National Institute of Public Health and funded by the National Health Insurance Company.

