

**National Action Plan for the Promotion of Physical
Activity 2024-2030**

June 2024

1. INTRODUCTION

Physical activity is one of the most important determinants of health. Regular physical activity has a positive impact on human health and is used in the prevention of chronic non-communicable diseases such as cardiovascular diseases, diabetes mellitus and certain types of oncological diseases. It also helps prevent hypertension, maintain a healthy body weight, and contributes to improving mental health, quality of life, and well-being. Insufficient physical activity, or physical inactivity, is one of the main risk factors for morbidity and mortality from chronic non-communicable diseases. People who are insufficiently physically active have a 20% to 30% higher risk of dying compared to people who are sufficiently physically active.

The National Action Plan for the Promotion of Physical Activity 2024-2030 is based on the Updated National Programme for Health Promotion 2021-2030, approved by the Government of the Slovak Republic by Resolution No 44/2022 and the World Health Organisation (WHO) Global Recommendations on Physical Activity, issued in 2010 and supplemented in 2020.

The National Action Plan for the Promotion of Physical Activity 2024-2030 follows on from the National Action Plan for the Promotion of Physical Activity 2017-2020, which was approved by the Government of the Slovak Republic by Resolution No 218 of 3 May 2017. The main objective of the National Action Plan for the Promotion of Physical Activity 2017-2020 was to improve the level of public health through the promotion of physical activity across sectors and to support the training of professionals in the field of physical activity. The objectives of the National Action Plan were to promote the maintenance of an adequate form of physical activity throughout the life course and to relatively reduce the prevalence of physical inactivity by 10% in line with the global targets.

During the 3 years of the action plan, a number of educational activities and activities aimed at promoting physical activity were carried out, both for the general public and for specific groups of the population, such as children and youth, disadvantaged groups of the population, the elderly and others. Lectures, individual counselling, thematic campaigns, professional seminars, exercises or workshops also contributed to raising awareness of the benefits of physical activity. In addition to the above-mentioned activities, data were also collected on physical activity and lifestyle in primary and secondary school pupils and students under tasks 5.1.1 and 5.1.3 under the responsibility of the Ministry of Health of the Slovak Republic and the PHA of the Slovak Republic, and data were collected in the population aged 15 and over as part of the European Health Survey (EHIS). Subsequently, an evaluation of the collected data was carried out.

Information on the implementation of the National Action Plan for the Promotion of Physical Activity for 2017-2020 was prepared in 2021. The material is published on the website of the Government Office of the Slovak Republic, under 'Government deliberations', available on the internet: <https://rokovanie.gov.sk/RVL/Material/26171/1>. The information described the performance of the tasks set from 2017 to 2020. The following were involved and cooperated in the implementation of the tasks defined in the Action Plan:

- Ministry of Health of the Slovak Republic,
- Ministry of Education, Research, Development and Youth of the Slovak Republic,
- Ministry of Culture of the Slovak Republic,
- Ministry of Labour, Social Affairs and Family of the Slovak Republic,
- Ministry of Transport of the Slovak Republic,
- Statistical Office of the Slovak Republic.

List of abbreviations used

CDR	Centers for children and families
EHIS	European Health Survey
HAZZ	Fire and Rescue Service
HBSC	Health Behaviour in School-aged Children
MCRaŠ SR	Ministry of Tourism and Sport of the Slovak Republic
MD SR	Ministry of Transport of the Slovak Republic
MIRRI SR	Ministry of Investment, Regional Development and Informatization of the Slovak Republic
MK SR	Ministry of Culture of the Slovak Republic
MO SR	Ministry of Defence of the Slovak Republic
MPRV SR	Ministry of Agriculture and Rural Development of the Slovak Republic
MPSVR SR	Ministry of Labour, Social Affairs and Family of the Slovak Republic
MŠ	Kindergarten
MŠVVaM SR	Ministry of Education, Research, Development and Youth of the Slovak Republic
MoI SR	Ministry of Interior of the Slovak Republic
MZ SR	Ministry of Health of the Slovak Republic
MŽP SR	Ministry of Environment of the Slovak Republic
NIVAM	National Institute of Education and Youth
NP	The National Park
OPZaVkJ	Department of Health Promotion and Health Education
RCPU	Regional Teacher Support Centre
RÚŠS	Regional School Administration Office
RPHA	Regional Public Health Authority
SR	Slovak Republic
SŠ	Secondary school
TaŠV	Physical and sports education

ÚPSVR	Central Office of Labour, Social Affairs and Family
ÚVZ SR	Public Health Authority of the Slovak Republic
VŠ	College
VÚC	Higher territorial units
WHO	World Health Organization
ZŠ	Primary school
ZUŠ	Primary Art School

2. PURPOSE AND OBJECTIVE

2.1 The main purpose

The main objective of the new National Action Plan for the Promotion of Physical Activity 2024-2030 is to:

- improving the level of public health by promoting physical activity across sectors;
- increasing the level of health-enhancing physical activity for all inhabitants of the Slovak Republic,
- contributing to the prevention of chronic non-communicable diseases.

2.2 Objectives

- Increase in the proportion of the population that reaches the minimum recommended amount of time spent on physical activity, according to the WHO.
- Relatively reduce the prevalence of physical inactivity by 5% in adults and adolescents by 2030, in line with WHO recommendations.
- Raise awareness of the health benefits of physical activity.

The objectives of the National Action Plan will be met through new tasks. The National Action Plan for the Promotion of Physical Activity 2024-2030 highlights the multisectoral nature of the solution for the promotion of physical activity and at the same time builds on the possibilities and competences at the level of individual departments.

3. MOVEMENT ACTIVITIES

The WHO defines physical activity as any physical movement performed by the musculoskeletal system that requires energy expenditure. Physical activity refers to any movement, including leisure, transport from place to place or as part of the performance of work. Moderate and high-intensity physical activity improves health. Insufficient physical activity is a risk factor for several chronic diseases.

Exercise is a physical activity that is planned, structured and repeated to improve the condition of certain parts of the body. Exercise serves to improve health, fitness and is also an important means of physical rehabilitation.

Moving inactivity or a sedentary lifestyle are associated with a number of disease conditions. It has become a major risk factor for obesity and the diseases it leads to. These are cardiovascular diseases including increased blood pressure, stroke, type 2 diabetes mellitus, functional and degenerative musculoskeletal disorders and osteoporosis. People who are physically inactive are twice as likely to develop cardiovascular disease as those who are active. Provided that physical activity is systematic, regular, sufficiently intense and of adequate duration, it will positively affect the life of a person, which will translate into improved performance of the whole organism.

Popular forms of physical activity include walking, cycling, sports, active recreation or games. They can be carried out at any skill level and are accessible to everyone.

3.1 WHO age-specific recommendations

Children up to 1 year:

- Physical activity several times a day, especially through interactive games for children who are not yet seated, is recommended for at least 30 minutes in the abdominal position, spread over shorter time intervals during the day.

Children aged 1-2 years:

- Spend at least 180 minutes of various types of physical activity of any intensity, including medium to high, spread over shorter time intervals during the day;
- Physical inactivity is not recommended for more than 1 hour at a time (sitting in a stroller, watching TV - only for children over 2 years old, sitting in a chair).

Children aged 3-4 years:

- Spend at least 180 minutes of various types of physical activity of any intensity, of which at least 60 minutes are medium to high intensity physical activity distributed throughout the day;
- not be restricted for more than 1 hour at a time (e.g. strollers and carriers) or to sit for longer periods of time and viewing the TV is not recommended for more than 1 hour.

Children and adolescents aged 5-17 years:

- take an average of 60 minutes per day of mostly aerobic physical activity of moderate to high intensity during the week;
- include intense aerobic activities, as well as those that strengthen muscles and bones, at least 3 days a week,
- limit the time spent sitting, especially the amount of time spent in front of the TV.

Adults aged 18-64:

- Perform at least 150-300 minutes of moderate-intensity aerobic exercise, or at least 75-150 minutes of high-intensity aerobic exercise, or an equivalent combination of medium-intensity and intense exercise throughout the week;
- Perform muscle-strengthening activities at moderate or greater intensity that involve all major muscle groups two or more days a week as they provide additional health benefits.
- may increase moderate-intensity aerobic physical activity to more than 300 minutes, or perform more than 150 minutes of high-intensity aerobic physical activity, or an equivalent combination of moderate- and high-intensity activity throughout the week for additional health benefits;
- Limit the time spent sitting. Replacing sedentary time with physical activity of any intensity provides health benefits and helps reduce the harmful health effects of high levels of sedentary behaviour.
- all adults and older adults should aim to achieve more than the recommended level of moderate to high intensity physical activity.

Adults aged 65 years and over:

In adults of this age group, physical activity includes recreational or leisure-time physical activity. They can do the movement through transport (walks, cycling), households (homework, garden work), but also through planned exercise and games in the context of family and community activities.

Recommendations:

- Perform at least 150 minutes of moderately intense aerobic exercise, or at least 75 minutes of high-intensity exercise per week, or an equivalent combination of moderate and high-intensity exercise throughout the week;
- Aerobic activity should be performed at intervals of at least 10 minutes.
- For additional health benefits, adults aged 65 and over should increase their moderate-intensity aerobic physical activity to 300 minutes per week or devote 150 minutes of high-intensity aerobic physical activity per week, or an equivalent combination of moderate-intensity activity.
- adults of this age group with poor mobility should exercise to improve their balance 3 or more days a week;
- Muscle-strengthening activities should be performed on 2 or more days a week.
- if adults of this age group cannot perform the recommended amount of physical activity for health reasons, they should be as physically active as their abilities and conditions allow;
- As part of their weekly physical activity, older adults should perform a variety of multi-component physical activity that emphasizes functional balance and strength training of medium or greater intensity, at least 3 days a week, to increase functional capacity and prevent falls.

Pregnant women and women after childbirth (without health problems):

- Perform at least 150 minutes of moderate-intensity aerobic exercise throughout the week.
- should limit the amount of time spent sitting and replace it with an activity of any intensity, including low intensity.

Adults living with chronic diseases (hypertension, type 2 diabetes, HIV and cancer survivors):

- should carry out at least 150-300 minutes of moderate-intensity aerobic physical activity, or at least 75-150 minutes of high-intensity aerobic physical activity, or an equivalent combination of medium- and high-intensity activity during the week;
- They should also perform muscle-strengthening activities of medium or greater intensity that involve all major muscle groups 2 or more days a week, as this provides additional health benefits.

- As part of their weekly physical activity, older adults should perform varied multi-component physical activity that emphasizes functional balance and strength training at medium or greater intensity, 3 or more days a week, to increase functional capacity and prevent falls.

Children and adolescents living with disabilities:

- Perform moderate to high intensity physical activity for at least 60 minutes per day;
- include high aerobic activity as well as muscle and bone strengthening activities, at least 3 times a week,
- should limit the amount of time spent in sedentary work, in particular the amount of time spent in front of a screen.

Adults with disabilities:

- should carry out at least 150-300 minutes of moderate-intensity aerobic physical activity, or at least 75-150 minutes of high-intensity aerobic physical activity, or an equivalent combination of medium- and high-intensity activity during the week;
- They should also perform muscle-strengthening activities of medium or greater intensity, which include all major muscle groups 2 or more days a week, to provide additional health benefits.
- As part of their weekly physical activity, older adults should perform a varied multi-component physical activity that emphasizes functional balance and strength training with medium or greater intensity, 3 or more days a week, to increase functional capacity and prevent falls.

4. BENEFITS OF PHYSICAL ACTIVITY

Regular physical activity, such as walking, cycling, sports or active rest, provides significant health benefits. At least some physical activity is better than none. By becoming more active during the day in relatively simple ways, people can more easily reach the recommended level of activity.

Regular physical activity can:

- improve muscular and cardiorespiratory fitness,
- improve bone health,
- reduce the risk of hypertension, ischaemic heart disease, stroke, type 2 diabetes mellitus, various types of cancer (including breast and colon cancer) and depression;
- reduce the risk of falls as well as hip or vertebral fractures,
- It helps maintain a healthy body weight.

In children and adolescents, physical activity improves:

- physical fitness (cardiorespiratory and muscular fitness),
- cardiometabolic health (blood pressure, dyslipidaemia, glucose and insulin resistance);

- bone health;
- cognitive outcomes (e.g. academic performance);
- mental health (reduced symptoms of depression);
- reduced adiposity.

In adults and older adults, higher levels of physical activity improve:

- the risk of mortality from cardiovascular diseases;
- occurrence of hypertension,
- oncological diseases of the bladder, breast, colon, endometrium, stomach and kidneys, esophageal adenocarcinoma,
- incidence of type 2 diabetes mellitus,
- prevents falls,
- mental health (reduced symptoms of anxiety and depression);
- cognitive health;
- sleep,
- level of adiposity.

4.1 Health risks of sedentary behaviour

The way of life of people is becoming increasingly sedentary due to the use of motorized transport and the increased use of screens for work, education and recreation. A higher incidence of sedentary behaviour is associated with the following health consequences:

In children and adolescents:

- increased adiposity (weight gain),
- worse cardiometabolic health, fitness, behaviour,
- reduced sleep time.

In adults:

- occurrence of cardiovascular diseases, oncological diseases and type 2 diabetes mellitus,
- mortality from cardiovascular diseases and oncological diseases.

5. CURRENT STATE

5.1 Levels of physical activity in the world according to the WHO

- More than a quarter of the world's adult population (1.4 billion adults) is not physically active enough.
- Globally, about 1 in 3 women and 1 in 4 men do not exercise enough.
- Inactivity rates are twice as high in high-income countries as in low-income countries.
- Since 2001, there has been no improvement in the global level of physical activity.
- Insufficient activity increased by 5% between 2001 and 2016 in high-income countries (from 31.6% to 36.8%).

Worldwide, 28% of adults aged 18 and over were not sufficiently active in 2016 (men 23% and women 32%). This means that they do not meet the global recommendations of at least 150 minutes of moderate intensity or 75 minutes of intense physical activity per week.

In 2016, 81% of adolescents aged 11 to 17 were underactive globally. Adolescent girls were less active than adolescent boys, with 85% versus 78% not meeting WHO recommendations for at least 60 minutes of moderate to vigorous physical activity per day. In high-income countries, 26% of men and 35% of women were underactive, compared to 12% of men and 24% of women in low-income countries.

The decrease in physical activity is partly due to leisure inactivity and sedentary behaviour at work and at home. Similarly, an increase in the use of 'passive' modes of transport contributes to the lack of physical activity. Increased physical inactivity has a negative impact on the environment, economic development, community prosperity, quality of life and the healthcare system.

5.2 Level of physical activity in Slovakia

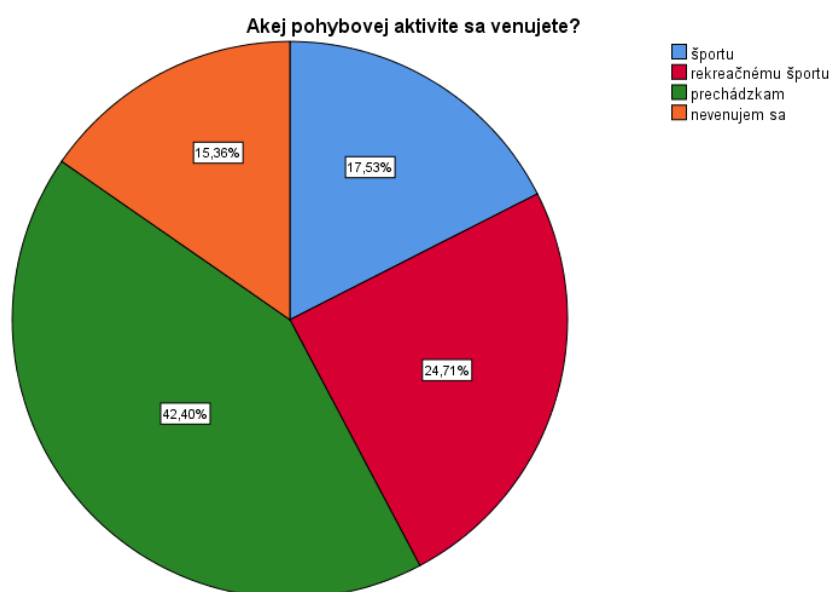
Survey Health Awareness and Behaviour of the Residents of the Slovak Republic

Data related to physical activity were collected by the Public Health Authority of the Slovak Republic in 2022 through the Health Awareness and Behaviour of the Population of the Slovak Republic survey. The survey has been carried out since 2013 in a three-year interval and examines the level of health awareness of people living in Slovakia.

In 2022, the research sample consisted of 3,764 respondents, of whom 1,882 were women and 1,882 were men. The average age of the respondents was 44 years, the youngest respondent was 15 years old and the oldest was 97 years old.

Distribution of respondents by type of physical activity

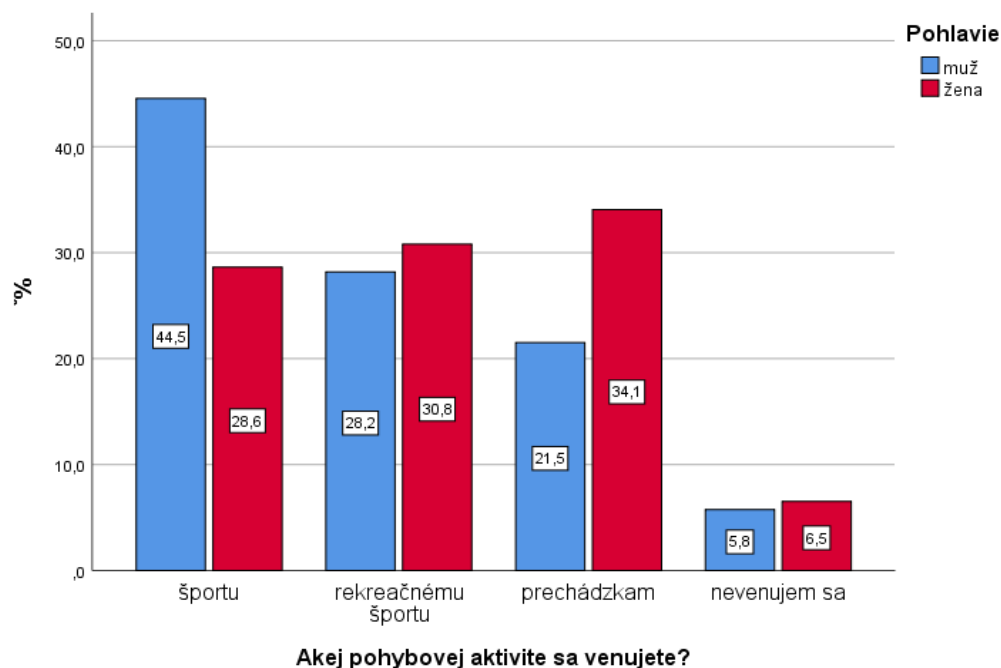
The survey results showed (Figure 1) that respondents are most likely to take walks (42.4%), followed by recreational sport (24.7%). 17.5% of respondents are engaged in sport and 15.4% of respondents do not engage in physical activity.



Graph 1: Distribution of respondents by type of physical activity

Source: Public Health Authority of the Slovak Republic

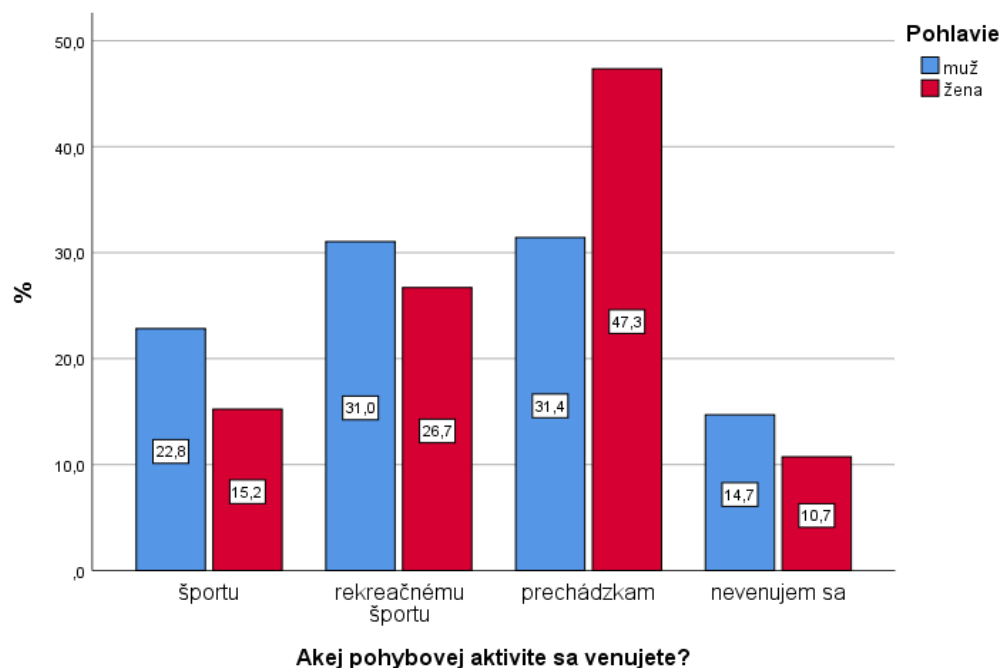
Figure 2 shows the percentage of men and women aged 15-18 who answered the question: 'What kind of physical activity do you do?'



Graph 2: Distribution of respondents by type of physical activity for the age category 15-18 years

Source: Public Health Authority of the Slovak Republic

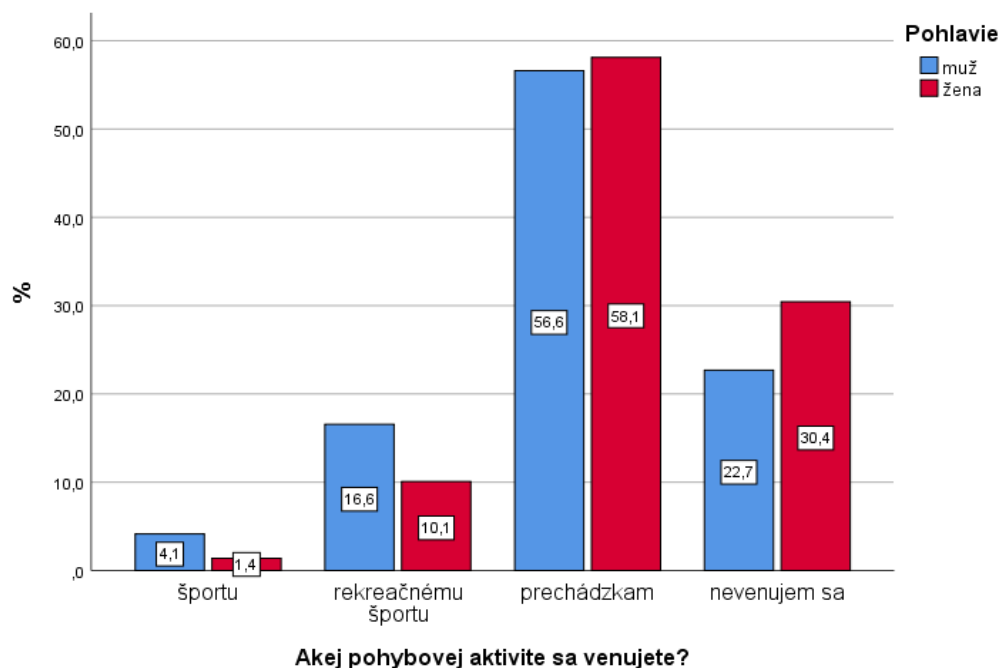
Figure 3 shows the percentage of men and women aged 19-65 who answered the question: ‘What kind of physical activity do you do?’



Graph 3: Distribution of respondents by type of physical activity for the age category 19-65 years

Source: Public Health Authority of the Slovak Republic

Figure 4 shows the percentage of men and women aged 66+ who answered the question: ‘What kind of physical activity do you do?’



Graph 4: Distribution of respondents by type of physical activity for age category 66+
Source: Public Health Authority of the Slovak Republic

Distribution of respondents by frequency of physical activity

On the frequency of physical activity, 33.2% of respondents indicated that they exercise less than 3.5 hours per week; 31.1% of respondents reported more than 3.5 hours per week. Approximately 3.5 hours per week was reported by 23.2% of respondents and 12.5% of respondents never responded (Figure 5).

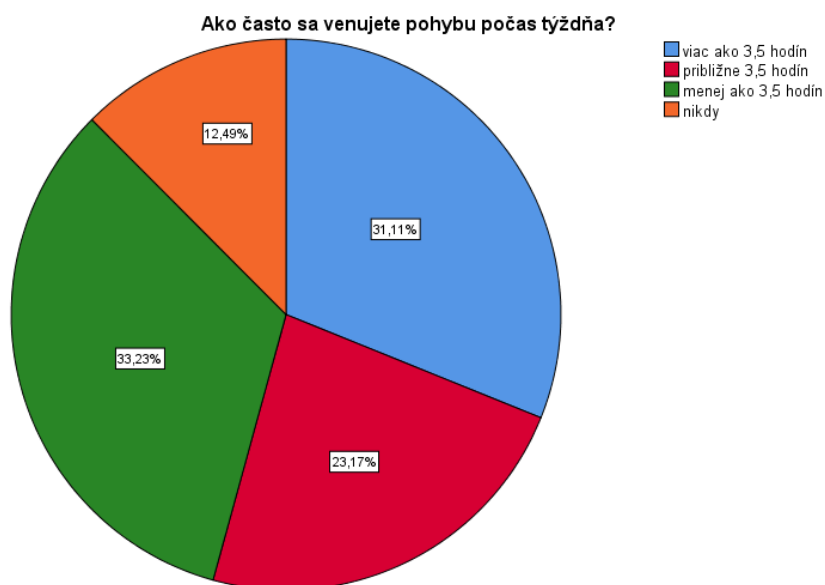


Figure 5: Distribution of respondents by frequency of physical activity
Source: Public Health Authority of the Slovak Republic

Figure 6 shows the percentage of men and women aged 15-18 who answered the question: 'How often do you exercise during the week?'

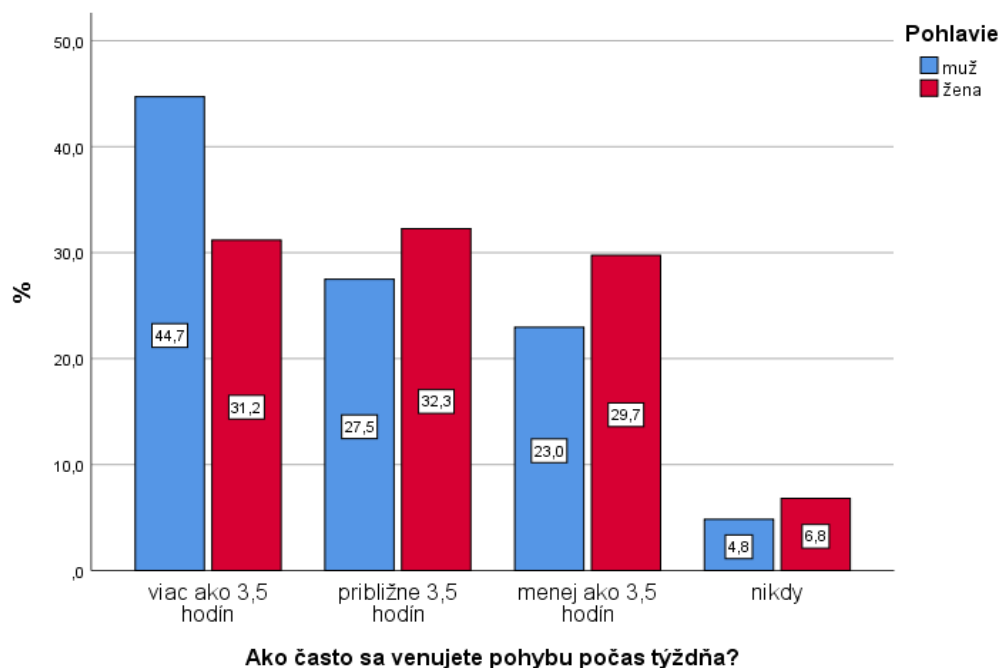


Figure 6: Distribution of respondents by frequency of physical activity for the age category 15-18 years

Source: Public Health Authority of the Slovak Republic

Figure 7 shows the percentage of men and women aged 19-65 who answered the question: 'How often do you exercise during the week?'

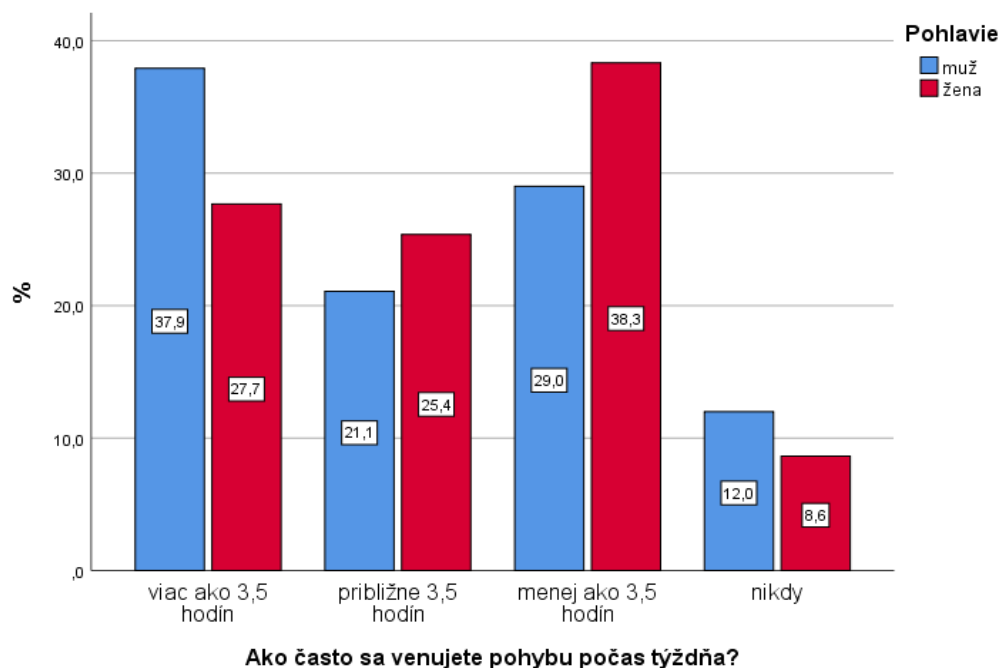


Figure 7: Distribution of respondents by frequency of physical activity for the age category 19-65 years

Source: Public Health Authority of the Slovak Republic

Figure 8 shows the percentage of men and women aged 66+ who answered the question: 'How often do you exercise during the week?'

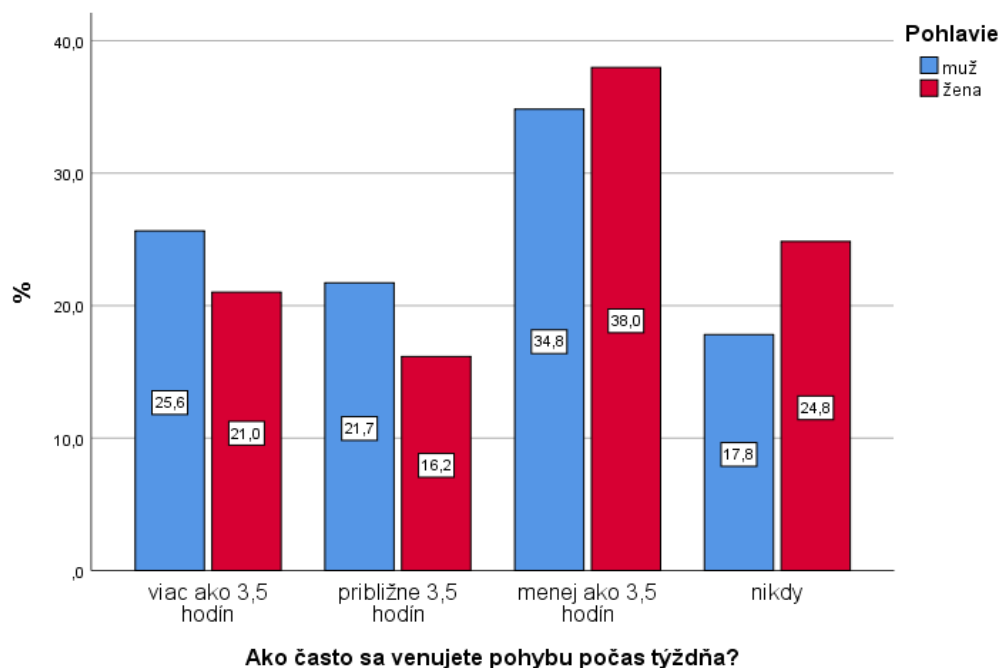


Figure 8: Distribution of respondents by frequency of physical activity for the age category 66+ years

Source: Public Health Authority of the Slovak Republic

Distribution of respondents by physical condition

According to that survey, in 2022, 59.8% and 22.6% of respondents were stating their physical condition as being fairly good and not very good, respectively. Excellent physical condition was reported by 14.4% of respondents and poor physical condition by 3.2% of respondents (Figure 9).

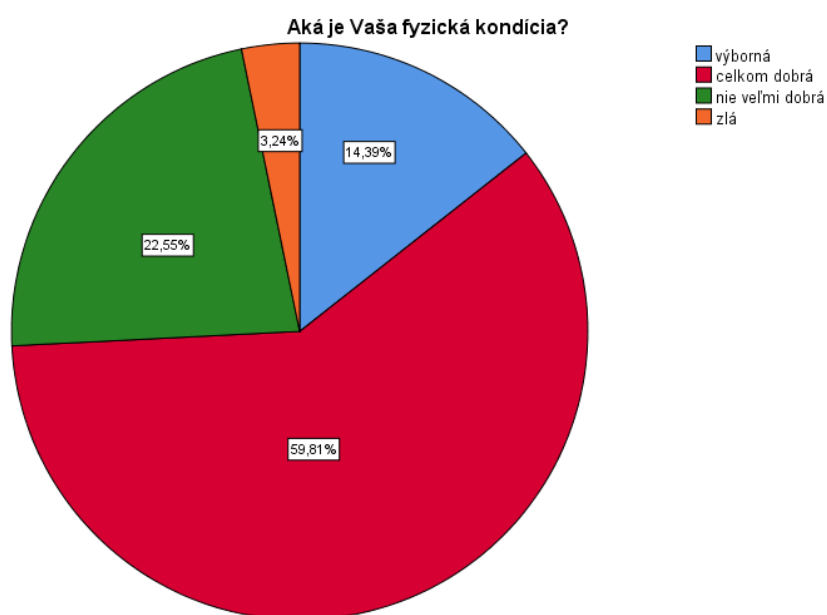


Figure 9: Distribution of respondents by physical condition

Source: Public Health Authority of the Slovak Republic

Health Behaviour in School-aged Children (HBSC) survey

The international cross-sectional study ‘Health Behaviour in School-aged Children’ (HBSC) looked at the health and healthy behaviour of schoolchildren aged 11, 13 and 15. Compared to 2014 and 2018, the survey found a decrease in the incidence of sufficient physical activity in the group of 11-year-old boys. The decrease was also observed between 2018 and 2022 in the group of 13-year-olds and 15-year-old boys, as well as in 11-year-old girls. Looking at the long-term comparison between 2014 and 2022, there was a statistically significant decrease in the prevalence of sufficient physical activity across all age groups of boys and girls, with the exception of 15-year-old girls. No statistically significant changes were observed in this group.

	Boys			Girls		
	11-year-	13-year-	15-year-	11-year-	13-year-	15-year-
2014 vs. 2018	↓	??	??	??	??	??
2018 vs. 2022	??	↓	↓	↓	??	??
2014 vs. 2022	↓	↓	↓	↓	↓	??

Table 1: Regular physical activity – comparison 2014 vs. 2018 vs. 2022

Source: HBSC Survey 2021/2022

European Health Survey (EHIS)

In 2019, the Statistical Office of the Slovak Republic in Slovakia carried out the 3rd wave of the European Health Survey (EHIS), the 4th wave of the survey will be carried out in 2025. The results of the 2019 EHIS survey showed that the WHO recommendation on physical activity, at least 150 minutes of aerobic physical activity per week, met 30.5% of the Slovak population aged 15 and over. Compared to 2014, this is an increase, in 2014 this recommendation was met by 29.4% of the Slovak population aged 15 and over.

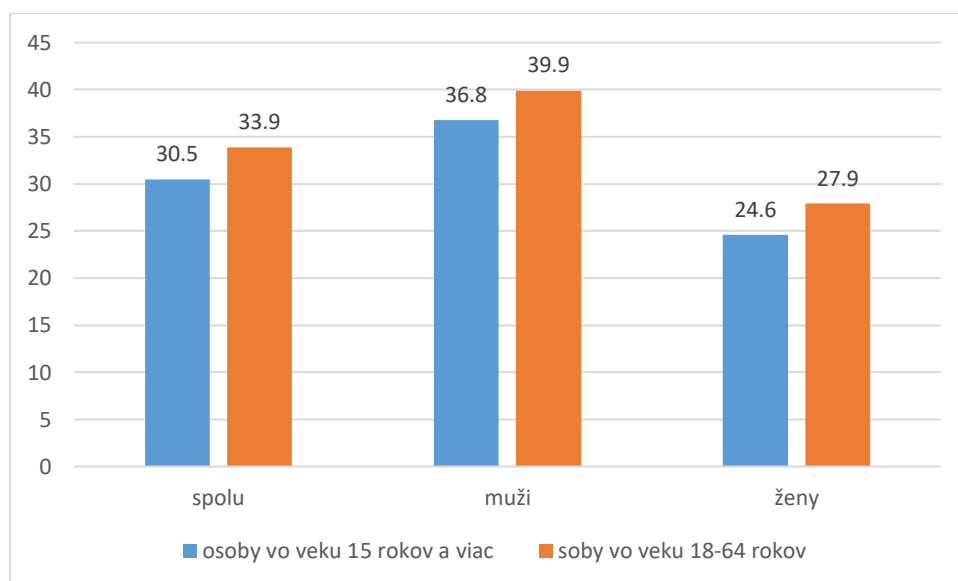


Figure 10: Proportion of the population that complied with the WHO recommendation of aerobic physical activity of at least 150 minutes per week in 2019 (%)

Source: Statistical Office of the Slovak Republic EHIS 2019

The survey also showed a decreasing proportion of the Slovak population aged 15 and over, which at the same time complied with both WHO recommendations in the area of physical activity (aerobic physical activity of at least 150 minutes per week, at least 2 days a week performed muscle strengthening activities). In 2014, this share of the population was 10.2%. In the current 2019 survey, it decreased to 9,9 %.

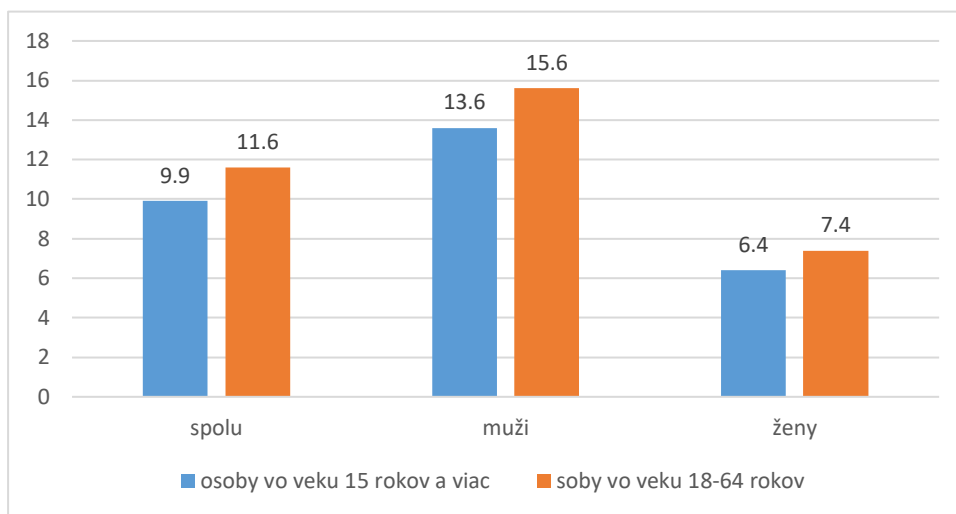


Figure 11: Distribution of respondents by frequency of physical activity in 2019
Source: Statistical Office of the Slovak Republic EHIS 2019

Eurobarometer on sport and physical activity

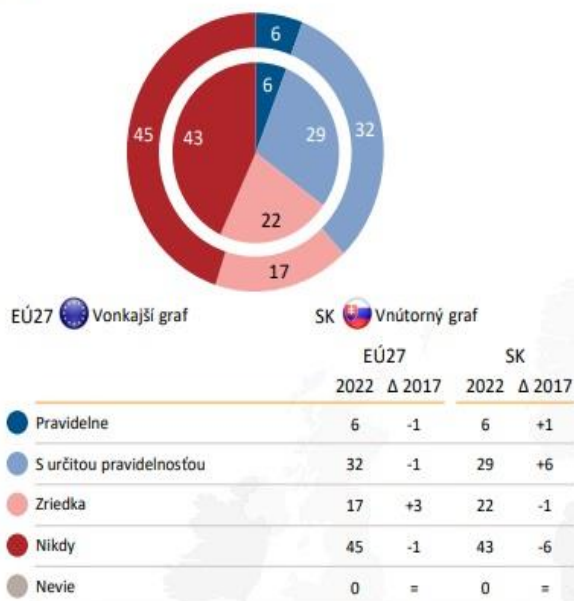
A European Commission Eurobarometer survey on sport and physical activity was conducted in 2022. The results were based on respondents' answers to around twenty questions. The number of respondents was 26 580 Europeans across all EU Member States, while the number of respondents for Slovakia was 1011. The data collection took place between April and May 2022.

The results showed that 38% of Europeans exercise or exercise at least once a week and 17% exercise less than once a week. According to the results, 45% of Europeans do not exercise or engage in any physical activity at all. In Slovakia, 35% of Slovaks exercise and play sports, the average in Europe is 38%. 43% of Slovaks do not exercise at all. Approximately 21% of Slovaks engage in other physical activity, such as gardening, dancing or cycling. The main motivating factor for sport was the improvement of health for half of respondents in Slovakia (50%), according to the survey. In contrast, 47% of respondents perceived lack of time as a major obstacle to regular sporting activity.

The survey also showed that during the COVID-19 pandemic half of Europeans reduced their physical activity to half or stopped their physical activity altogether. Around a third of respondents to the survey prefer to play sports at home, which may also be one of the consequences of the COVID-19 pandemic.

1. FREKVENCIA CVIČENIA ALEBO ŠPORTOVANIA

QB1. Ako často cvičíte alebo sa venujete športovaniu?
(%)



EÚ27 Vonkajší graf

SK Vnútný graf

'Nikdy alebo len zriedka'

	EÚ27	SK
Pohlavie.		
Muž	57	58
Žena	65	72
Pohlavie a vek		
Muž 15 – 24	27	23
Muž 25 – 39	46	47
Muž 40 – 54	60	60
Muž 55+	73	80
Žena 15 – 24	42	56
Žena 25 – 39	59	64
Žena 40 – 54	64	65
Žena 55+	75	84
Sociálno-profesijná kategória		
Samostatne zárobkovo činná osoba	58	48
Manažéri	47	46
Iní kancelárski pracovníci	57	64
Robotníci	65	63
Osoby starajúce sa o domácnosť	80	65
Nezamestnaní	68	81
Na dôchodku	74	87
Študenti	30	30

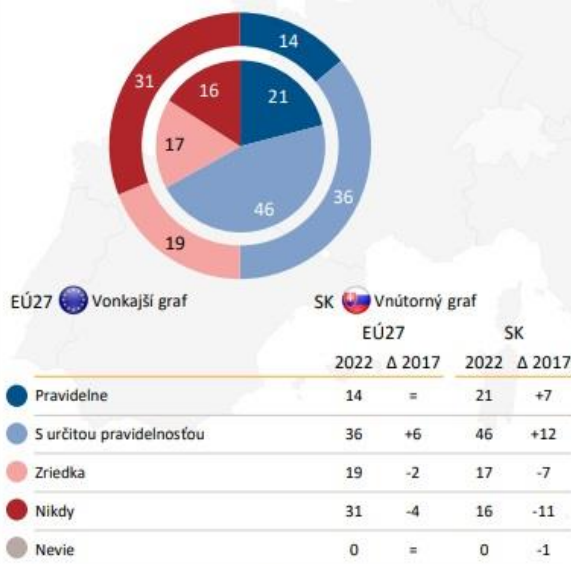
Sociálno-demografické členenie

Vývoj: apr./máj 2022 (EB97.3) – dec. 2017 (EB88.4)

Fig.1: Frequency of exercise or sports
Source: Eurobarometer 2022

2. FREKVENCIA VENOVANIA SA FYZICKEJ AKTIVITE MIMO ŠPORTU

QB2. A ako často sa venujete inej fyzickej aktivite, napríklad presunu z miesta na miesto na bicykli, tancovaniu, práci v záhrade a pod.?
(%)



EÚ27 Vonkajší graf

SK Vnútný graf

'Nikdy alebo len zriedka'

	EÚ27	SK
Pohlavie.		
Muž	47	25
Žena	54	40
Pohlavie a vek		
Muž 15 – 24	30	24
Muž 25 – 39	44	22
Muž 40 – 54	51	19
Muž 55+	52	35
Žena 15 – 24	42	45
Žena 25 – 39	52	26
Žena 40 – 54	52	37
Žena 55+	57	48
Sociálno-profesijná kategória		
Samostatne zárobkovo činná osoba	53	18
Manažéri	40	18
Iní kancelárski pracovníci	49	26
Robotníci	52	26
Osoby starajúce sa o domácnosť	67	39
Nezamestnaní	56	47
Na dôchodku	55	48
Študenti	34	34

Sociálno-demografické členenie

Vývoj: apr./máj 2022 (EB97.3) – dec. 2017 (EB88.4)

Fig.2: Levels of physical activity and time spent sitting
Source: Eurobarometer 2

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PROPOSES FOR ACTIVITIES WITHIN THE ROLE OF RESORTS TO THE NATIONAL ACTION PLAN FOR THE PROMOTION OF PHYSICAL ACTIVITY 2024-2030

Ministry of Health of the Slovak Republic

Inputs	Activities	Target group	Outputs	Results	
				Impacts	Results
PHA SR, employees of RPHA, material in the performance of normal work agenda	Evaluation of physical fitness of pupils of the 5th year of primary school and repeating of pupils of the 8th year of primary school, anthropometric measurements, lifestyle questionnaire, targeted intervention activities focused on topics related to healthy lifestyle, importance of physical activity, prevention,	5th and 8th grade students	Number of pupils examined, results of individual examinations, tests, subsequent comparison	Increased awareness of the state of physical fitness of pupils, support for physical activity, motivation for positive lifestyle change	Enhancing health awareness, improving the health status of children and youth, increasing health literacy

Inputs	Activities	Target group	Outputs	Results	
				Impacts	Results
PHA SR, employees of RPHA, material in the performance of normal work agenda	Open Day on the occasion of "World Day of Moving to Health" - Preventive examinations – anthropometric parameters, biochemical blood tests, expert advice on the importance of physical activity	Adult population	Number of clients examined consultative health, results of individual examinations	Increased health literacy, support for physical activity, motivation for positive lifestyle change	Increasing health awareness, improving the health status of the adult population, increasing health literacy
Employees of OPZaVkZ RÚVZ SR and PHA SR the time needed to prepare, implement and evaluate the campaign as part of the normal work agenda.	National campaign "Challenge your heart moving"	Residents of the Slovak Republic, primary adult population of the Slovak Republic	Number of completed participation letters, i.e. campaign participants, data on the level of physical activity in leisure time before and during the campaign, obtained by processing the participation letters.	Increase physical activity in the participants involved, reflection of physical activity during the campaign on the subjective feeling of health and body	Improve the state of health of the population of the Slovak Republic, reduce morbidity and mortality from chronic non-communicable diseases by influencing one of

Inputs	Activities	Target group	Outputs	Results	
				Impacts	Results
				weight of participants	the most important risk factors physical inactivity, Reducing the prevalence of overweight and obesity; improving the quality of life.
PHA SR, employees of RPHA, time in the performance of normal work agenda	Educational activities for seniors "The importance of physical activity and prevention of falls" - activity complemented by a questionnaire on the frequency of physical activity in seniors	Seniors	Number of educated seniors, number of completed questionnaires	Strengthening of knowledge about appropriate way of physical activity, support of physical activity, motivation for positive change of lifestyle	Increase health awareness, improve health status of seniors, increase health literacy

Ministry of Transport of the Slovak Republic

Inputs	Activities	Target group	Outputs	Results	
				Impacts	Results
MD SR	National campaign “To work by bicycle” (11th year and more)	Municipalities, higher territorial units, employers, employees	Number of participating municipalities, VUCs, employers, employees + mileage by bicycle, on foot and public passenger transport	1. Reducing the number of cars in municipalities, improving the environment in municipalities (quality of life), improving the health of the population	In the long term – population using bicycles, walking, public passenger transport for work
MD SR	National campaign “To school by bicycle” (8th year and more)	Municipalities, elementary schools and kindergartens	Number of participating primary and secondary schools + measures taken in favour of safe commuting of children to schools and school facilities	Improving safety around schools and school facilities, improving the mobility of children and young people, improving the environment (quality of life) around schools	In the long term – number of children and youth using bicycles, walking, public passenger transport to work

Inputs	Activities	Target group	Outputs	Results	
				Impacts	Results
				and school facilities/municipalities	

Ministry of Culture of the Slovak Republic

Inputs	Activities	Target group	Outputs	Results	
				Impacts	Results
Staffing capacity of the Ministry of Culture of the Slovak Republic	Support physical activity of persons belonging to disadvantaged groups of the population through the subsidy system of the Ministry of Culture of the Slovak Republic	persons belonging to disadvantaged groups of the population (persons with disabilities, elderly, children at risk of poverty, etc.)	Number of projects supported; amount allocated	empowering individuals/communities – increasing capacity, skills, expertise and networks in the community; healthy lifestyle, strengthening knowledge of the appropriate way of physical activity,	reduced prevalence of overweight and obesity, improved quality of life;
Personnel capacities of organisations of the Ministry of Culture of the Slovak Republic	To implement non-formal education projects in the field of dance culture for different target groups	children and youth, people of working age, seniors, teachers in schools, elementary schools, secondary schools, university students	number of projects implemented by organisations under the founding authority of the Ministry of Culture of the Slovak Republic with regard to individual target	empowering individuals/communities – increasing capacity, skills, expertise and networks in the community;	reduced prevalence of overweight and obesity, improved quality of life;

Inputs	Activities	Target group	Outputs	Results	
				Impacts	Results
			groups, number of participants in these events	healthy lifestyle, strengthening knowledge of the appropriate way of physical activity,	
Personnel capacities of organizations of the Ministry of Culture of the Slovak Republic, MŠVVM and organizations established by territorial self-government	To ensure the creation and distribution of specialized methodological materials for the teaching of dance in preschool, school and extracurricular education.	Pupils and teachers in schools, elementary schools, elementary schools, pedagogues in the field of interest art activities	Number of expert methodological materials compiled Number of methodological materials made available and distributed	empowering individuals/communities – increasing capacity, skills, expertise and networks in the community; healthy lifestyle, strengthening knowledge of the appropriate way of physical activity,	reduced prevalence of overweight and obesity, improved quality of life;

Ministry of Interior of the Slovak Republic

Inputs	Activities	Target group	Outputs	Results	
				Impacts	Results
MoI SR HaZZ	Promote physical activity and create conditions for the development of physical fitness of members during the performance of civil service and supervise participation and fulfilment in designated dates and times.	Members of the HaZZ	Increase in the number of health professionals.	Raise awareness of the positive impact of physical activity on the performance of official duties. Regeneration of the body after physical exertion.	Improvement of physical fitness of members of HaZZ.
MoI SR HaZZ	Raise awareness and interest of firefighters in the sport of firefighting	Members of the HaZZ	Increased interest in firefighting sport.	Improved accessibility for the implementation of	Increasing qualitative and

Inputs	Activities	Target group	Outputs	Results	
				Impacts	Results
				the different disciplines of fire sport.	quantitative indicators.

Ministry of Environment of the Slovak Republic

Inputs	Activities	Target group	Outputs	Results	
				Impacts	Results
time, human resources	Support for the reconstruction and construction of cycle paths and hiking trails as part of development projects for the national parks Muránska planina and Poloniny	Visitors to national parks Muránska planina and Poloniny, general public	Number and total length of reconstructed and newly built cycle paths and hiking trails in the National Park Muránska planina and Poloniny	Increasing the possibilities of physical activity in the National Park Muránska planina and Poloniny	Increased physical activity of visitors to the National Park Muránska planina and Poloniny
time, human resources	Building and reconstructing hiking trails in national parks	Visitors to national parks, general public	Number and total length of reconstructed and newly built cycle paths and hiking trails in national parks	Increasing opportunities for physical activity in national parks	Increased physical activity of visitors to national parks

Ministry of Labour, Social Affairs and Family of the Slovak Republic

Inputs	Activities	Target group	Outputs	Results	
				Impacts	Results
Centres for Children and Families (CDR), PSVR headquarters and partners	To create conditions for the development of various types of physical activities of children corresponding to their developmental and individual needs in CDR in the framework of recreational, sporting and leisure activities.	A child placed in a CDR on the basis of a court residence order.	<ul style="list-style-type: none"> - Modified conditions in the CDR programme for leisure, sport and recreational activities (Section 1 (r) of Decree No 103/2018). - Activities supporting the sporting and leisure activities of children. 	CDRs create better conditions for leisure, recreational and sporting activities, taking into account the individual interests of the child. Sports activity promotes the all-round development of the child and develops his healthy self-esteem, therefore, CDR employees in children purposefully develop their abilities and talents, support children in physical and leisure activities.	<p>A responsible approach to the meaningful spending of children's leisure time. Promoting a healthy lifestyle and healthy lifestyle habits and developing children's individual potential, talent and interests.</p> <p>Increased number of children attending sports and leisure activities.</p>

Ministry of Education, Research, Development and Youth of the Slovak Republic

Inputs	Activities	Target group	Outputs	Results	
				Impacts	Results
MŠVVaM SR	Implement the Active school concept (create a quality management system for physical activities in schools).	primary and secondary school pupils, teachers, directors, founders, parents	Number of schools actively involved in the Active school project	Increased awareness of health-enhancing physical activity and sports among children, active participation of schools, higher proportion of daily physical activity of pupils according to WHO recommendations	Increased number and share of pupils engaged in physical and sport activities beyond standard physical and sport education classes in schools and trend in their participation.

	Promote programmes focusing on physical activity in pre-primary education.	Children of kindergartens	Number of kindergartens participating in the system	Positive relationship to health-enhancing physical activity and sport in children	Increased number of children in kindergarten involved in physical activity in schools.
MŠVVaM SR, NIVAM, RCPÚ, RÚŠŠ	Bring attractive content of TŠV lessons, especially at the 1st level of elementary school by strengthening - quality (improvement of the training and education of physical and sports education teachers, innovation of the content of TŠV lessons) and - quantity of human resources (specialists for TAŠV / trainers in selected schools). Set up funding for a system of innovative forms of education in physical and sports education classes.	Primary School Students (Priority grade 1)	Number of pupils, classes and schools involved in the system of innovative activities in physical and sports education classes	Increasing interest in physical activity and creating permanent healthy lifestyle habits	Increased number and share of pupils, classes and schools involved in physical and sport activities in schools and trend of their participation.

	Regularly monitor students' endurance and fitness.	Primary school students (particularly 1st and 3rd grade)	regularly collected data of tested pupils, classes, schools	Improving children's performance by improving the content and scope of pupils' movement in schools and gradually increasing the share of time pupils spend in physical and sports education classes	Increasing trend of achieved results of testing of physical abilities, acquired skills and knowledge of pupils.
	Increase the attractiveness of school sports competitions	Primary school, secondary school	Higher quality and more attractive sports competitions	Increasing the motivation of pupils, teachers and schools to participate and organise school sport competitions	Increasing number and share of pupils participating in the new system of sports competitions and trend in their interest (increase in number).

Ministry of Tourism and Sport

Inputs	Activities	Target group	Outputs	Results	
				Impacts	Results
MCRaŠ SR, National Sports Centre, as part of the regular agenda	Support projects with an impact on improving people’s quality of life, such as social inclusion, gaining physical literacy, improving physical and mental health.	residents of all ages	Increased population involved in physical activity and sport	A healthier population due to increased interest in physical activity and the development of permanent healthy lifestyle habits	Increased number and share of population engaged in physical activity and sport identified by the survey

	To increase awareness and participation in international events and initiatives aimed at sport for all.	sports organisations	Number of sports organisations involved in international events		Growing number of participants in international events and initiatives
MCRaŠ SR as part of the regular agenda	Support the training, lifelong learning, upskilling, personal development, career development and strengthening of social skills of sports professionals, support the training of athletes	Trainers, instructors, sports professionals and athletes	Number and quality of sports professionals	Increasing the share of the population involved in leisure activities of both residents and competitive sport	Growing number of graduates - professionals, coaches, instructors and athletes and share of those who applied to the labour market
MCRaŠ SR, Fund for the Support of Sport within the Regular Agenda	Support the development of regional infrastructure for physical and sport activities of all population groups	residents of all ages	Increased number of regional sports facilities	Improved availability of quality and functional regional sports infrastructure	Number and share of inhabitants able to use sports infrastructure (availability)

Ministry of Defence of the Slovak Republic

Inputs	Activities	Target group	Outputs	Results	
				Impacts	Results
AOS premises and material security, KTVŠ teachers, time within the performance of normal work agenda	Diagnosis of somatometric parameters and their impact on health and physical performance. Expert advice on somatometry and physical performance.	Members of the Slovak Armed Forces, cadets of AOS, employees of AOS	Number of cadets and staff examined, results of examinations and recommendations	Increased awareness on the state of physical fitness and somatometric parameters of the officers OS SR, cadets and AOS employees, motivation for positive Lifestyle change	Increasing awareness of a healthy lifestyle, improving the health status of members of the Armed Forces of the Slovak Republic, increasing health literacy
AOS, KTVŠ teachers, time within the performance of normal work agenda	Victory over Fascism Day March – the activity will take place once a week during the National Day of Victory over Fascism (8 th May) by visiting places of reverence across Slovakia in the form of an accelerated transfer.	Members of the Slovak Armed Forces, general public	Publication of photo documentation from places of reverence and publication of the route of transfer	Awareness of the history of victory over fascism, paying tribute to the fallen, development of physical performance in the form of accelerated transfer	Increased awareness of the historical event, respect for the deceased and development of physical performance in the form of

Inputs	Activities	Target group	Outputs	Results	
				Impacts	Results
					movement from one to tens of kilometres

Ministry of Agriculture and Rural Development of the Slovak Republic

Inputs	Activities	Target group	Outputs	Results	
				Impacts	Results
Ministry of Agriculture and Rural Development of the Slovak Republic (APA – RDP of the Slovak Republic 2014-2022, SP SPP 2023-2027)	Support for investment in the construction and/or reconstruction of so-called tourist infrastructure (tourist routes, cycle routes, signposting, cosy tourist routes, etc.)	Residents of the Slovak Republic	Number of projects supported, total amount of investments.	1. Supporting the dedication of leisure activities of the population in the forest environment with a positive impact not only on physical but also mental health.	1. Improvement of conditions for active digestion of leisure activities of the population in forests. 2. Directing the population's stay in forests in a way that minimises the risk to human health as well as damage to forests from public use.

Statistical Office of the Slovak Republic

Inputs	Activities	Target group	Outputs	Results	
				Impacts	Results
Staff of the Statistical Office of the Slovak Republic	Monitoring physical activity, exercise, eating habits in the Slovak population through indicators of the European selection finding about the health EHIS, to be carried out by the Statistical Office of the Slovak Republic in 2025.	The target population is persons aged 15 years and over.	Elaboration of the brief report from the results of selection finding EHIS for the area of physical activity. The survey is carried out at a 5-year interval, so it is not possible to evaluate the task on an annual basis.	Promoting physical activity through monitoring of the development of physical activity, exercise and eating habits; statistical surveys and their subsequent evaluation.	Description and analysis of the current situation, which will be part of the evidence for health policy-making