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

- 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 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

- Adolescents 15-17 years: 10% (Girls 7%, Boys 13%)
- Adults 18-64 years: 12% (Women 9%, Men 15%)

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

Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS

- Health
- Education
- Sports
- Transport

Transport sector is checked, indicating the presence of a surveillance system.
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.

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.

### National policies by sector

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<tr>
<th align="left">Sectors that are involved in each of the national policies or action plans to promote physical activity</th>
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<td align="left">Health</td>
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### 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

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

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

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