Physical activity policy status in Slovakia

MOVING policy index

May 2023



This country snapshot presents detailed results of the **MOVING policy index** [1] for Slovakia. It highlights strengths and weaknesses in the design of national government physical activity policies. This snapshot supplements the policy index results with an in-depth look at the quality of policy design in each country. Full policy index results are outlined in the MOVING policy brief, which compares Slovakia to 29 other European countries.

Main messages

- 1 Slovakia implements policy actions in all six areas of the MOVING framework. The highest assessment received was good, and achieved in one policy area: public communication which builds behaviour change skills (N).
- 2 Within policy areas, weaknesses were identified in physical activity in and outside of the classroom alongside community initiatives (M), physical activity in the workplace (O), in addition to physical activity guidelines (N) and communication campaigns which promote physical activity (I).
- 3 Greater attention should be given to all areas of structures and surroundings which promote physical activity (V), where a poor assessment was achieved. Policy actions within transport infrastructure to promote active societies (I), public communication which builds behaviour change skills (N), and training on physical activity within healthcare (G) should also be strengthened. Within these areas, national government action and good policy design in areas V and I is key to improving overall environments that enable physical activity.

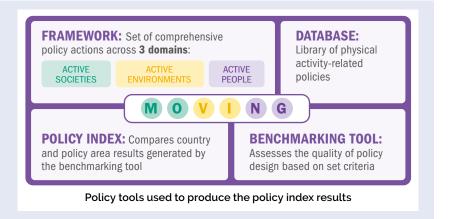
Overvie	ew of policy status	NO POLICIES IDENTIFIED	POOR	FAIR	MODERATE	GOOD	EXCELLENT	
M	Make opportunities and initiatives that promote physical activity in schools, the community and sport and recreation						FAIR	
0	Offer physical activity opportunities in the workplace and training in physical activity promotion across multiple professions					MODERATE		
V	Visualise and enact structures and surroundings which promote physical activity					POOR		
	Implement transport infrastructure and opportunities that support active societies				FAIR			
N	Normalise and increase physical activity through public communication that motivates and builds behaviour change skills			GOOD				
G	Give physical activity t	raining, assessment a	nd counsellin	g in healthca	ire settings	F/	AIR	

This snapshot is based on national level policies only. Policies issued by provincial, regional or local governments are outside the scope of this project.

Methods

The MOVING policy index methods are fully explained in the associated **policy brief**. In short, the policy index combines values for a) policy presence, and b) policy design for 23 benchmarks.

The benchmarks are applied to policies in the **MOVING database** [2], collected through a comprehensive scan in 30 European countries, including Slovakia.



No policy identified Meets up to 75% of policy design criteria Meets up to 25% of policy design criteria Meets up to 99% of policy design criteria Meets up to 50% of policy design criteria Meets all aspirational standards	Breakdown of policy index results (For full	ull details on the policy design criteria, consult the policy brief)			
	X No policy identified	Meets up to 75% of policy design criteria			
Meets up to 50% of policy design criteria Meets all aspirational standards	Meets up to 25% of policy design criteria	Meets up to 99% of policy design criteria			
	Meets up to 50% of policy design criteria	Meets all aspirational standards			

	Physical activity in schools and PE			
	Physical activity in and outside of classrooms			
RA	Physical activity outside of school hours			
IVI	Community and mass participation initiatives			
	Physical activity for people of all ages and abilities			
	Financial incentives to promote physical activity	×		
	Training for professions outside of healthcare			
U	Physical activity in the workplace			
	Design guidelines and regulations for buildings			
	Active design guidelines outside buildings	×		
W	Active design guidelines for open/green spaces	×		
V	Walking and cycling infrastructure			
	Integrated urban design and land-use policies	×		
	Access to quality public open space and green spaces	×		
	Policies to support public transport	×		
	Road safety actions including safety of pedestrians, cyclists etc	×		
	Mass communication campaigns to promote transport			
	Policies to promote active transport			
N	Mass media campaigns and social marketing promoting physical activity			
	Develop and communicate physical activity guidelines			
	Pre- and in-service training within health care	×		
G	Primary care (assessment, counselling and PA prescriptions)			
	Health care and outpatient settings	×		

Note: The policy landscape in any country evolves over time. These findings reflect our knowledge as of May 2023. To see latest results and for further technical information on the policy indexes, please consult our website: wcrf.org/our-policy-work.

For feedback or suggested updates, please email policy@wcrf.org. More info in the CO-CREATE project can be found at co-create.eu

[1] Policy index: wcrf.org/physical-activity-policy-index [2] Policy database: policydatabase.wcrf.org





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