PLANNED MEASURES

Slovenia has successfully implemented many measures to improve eating habits and promote regular physical activity, which, in the future, will be upgraded with the following measures:

- Ensuring safe and healthy food, focused on sustainable local food supply and self-sufficiency in food production;
- Improving the composition of foods by reducing sugar, salt and fats in cooperation with industry and trade;
- Increasing healthy food choices in catering and tourism;
- Providing healthier meals for children, juveniles and students through organised and subsidised food;
- Promoting health through diet and physical activity at the workplace;
- Providing accessibility to healthy foods for economically disadvantaged and vulnerable groups;
- Increasing availability and affordability of sport and recreational programmes for various age groups in local environments, including schooling and education;
- Promoting active transport (walking and cycling);
- Improving recreational conditions and infrastructure to increase physical activity in different environments;
- Raising the awareness of consumers via adequate labelling, presentation and marketing of healthy food and limiting the marketing of foods that do not sustain children’s health;
- Upgrading preventive health care programmes for systemic screening and treatment of people with diet- and health-related problems and their inclusion in individualised intervention programmes and promotional programmes;
- Ensuring adequate nutrition and physical activity to patients in the healthcare system and the elderly in institutional care, adjusted to their specific needs;
- Education, training and research regarding healthy food and physical activity;
- Better informing and raising awareness of the public at large as well as of the stakeholders in the national programme.
The National Programme on Nutrition and Enhancing Physical Activity for Health 2015–2025, coordinated by the Ministry of Health and adopted by the National Parliament in 2015, is the response to increased obesity and chronic non-communicable diseases such as diabetes, cardiovascular diseases and diet-related cancers.

Slovenia belongs to a group of countries where the rate of obesity has doubled over the last thirty years. More than two thirds of men and about half of women have higher body mass than recommended.

The high prevalence and rise of overweight and obesity in children and young people is of particular concern, especially since Slovenia has recorded a higher trend of obesity than other EU Member States. Although it is encouraging that, since 2011, the number of overweight children and young people has slightly decreased and has reached the European average; however, the situation is far from satisfactory. As much as a fifth of girls and a quarter of boys have higher than the recommended body mass, calling for resolute action.

The National Programme is based on the active inclusion of numerous partners. Creating an environment that enables individuals to make healthy nutritional choices and promote their physical activity is possible only through a multisectoral and integrated approach, including healthcare, agriculture, education, sport, economy, tourism, environment and in cooperation with experts, non-governmental and private sectors (for example with food-processing industry, trade, catering) and local communities.

The National Programme on Nutrition and Enhancing Physical Activity for Health 2015–2025 aims to establish equal opportunities for health of the entire population. It seeks better health and quality of life for the Slovene population, regardless of socio-economic status, gender or age, on the one hand aiming at changing behavior and at the same time ensuring access to healthy nutritional choices and conditions for physical activity. Through cooperation we aim at achieving that all groups have access to healthy nutritional choices and conditions for physical activity. Through cooperation we aim at achieving that all groups have access to healthy nutritional choices and conditions for physical activity. Through cooperation we aim at achieving that all groups have access to healthy nutritional choices and conditions for physical activity. Through cooperation we aim at achieving that all groups have access to healthy nutritional choices and conditions for physical activity.

**Objective – The Main Problem: Obesity**

Obesity – the main problem of modern lifestyle

**Related Integrated Action is Necessary at Several Levels**

The National Programme is based on the active creation in environment the habits and conditions that are necessary for the healthy nutritional choices and conditions for physical activity. It is necessary to increase awareness of the need for healthy nutrition and physical activity, to promote the daily intake of fruits, vegetables and whole grains, to reduce the intake of saturated fats and trans fats, and to increase the daily physical activity.

**The Vision: Establishing Equal Opportunities for Health of the Entire Population**

This vision seeks to achieve that all groups have access to healthy nutritional choices and conditions for physical activity, to reduce the proportion of overweight and obese children, to decrease the proportion of overweight and obese adults, to reduce the proportion of people who consume soft drinks and sweets, to increase the consumption of vegetables, to reduce the proportion of physically active people, and to reduce the proportion of undernourished and functionally less capable people.

**Key Challenges**

- Achieving a decrease in the incidence of chronic diseases (e.g. diabetes, cardiovascular diseases, cancer) and obesity;
- Achieving energy and nutritional balance between metabolic needs and food intake;
- Reducing sedentary habits and lifestyle-related diseases.
- Advancing universal nutrition and environment policies.
- Advancing universal health and nutrition policies.
- Advancing universal policies on physical activity and lifestyle-related diseases.
- Advancing universal policies on nutrition and environment.
- Advancing universal policies on physical activity and lifestyle-related diseases.