

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.



REPUBLIC OF SLOVENIA
MINISTRY OF HEALTH



DÖBER TEK Slovenija

National Programme on Nutrition and Health
Enhancing Physical Activity 2015–2025

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.

RELATED INTEGRATED ACTION IS NECESSARY AT SEVERAL LEVELS

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.



OBESEITY – THE MAIN PROBLEM OF MODERN LIFESTYLE

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 satisfying. As much as a fifth of girls and a quarter of boys have higher than the recommended body mass, calling for resolute action.



VISION: ESTABLISHING EQUAL OPPORTUNITIES FOR HEALTH OF THE ENTIRE POPULATION

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 Slovenes have access to healthy nutritional choices and conditions for physical activity.

OBJECTIVES SET BY THE NATIONAL PROGRAMME FOR A 10-YEAR PERIOD

BREASTFEEDING

Increase the proportion of **exclusively breast-fed children** at age of **6 months**, to **20 %**.

Increase the **proportion of breast-fed children** with adequate supplementary diet at age of **12 months**, to **40 %**.

BREAKFAST HABITS

Increase the proportion of those having breakfast daily, by **10 %**.

VEGETABLE CONSUMPTION

Increase the proportion of those consuming **vegetables** at least once a day, by **10 %** and reduce gap between genders.

FRUIT CONSUMPTION

Increase the proportion of those consuming **fruit** at least once a day, by **5 %** and reduce gap between genders.

PHYSICAL ACTIVITY

Increase the proportion of physically active people, by **10 %**.



WEIGHT

Reduce the proportion of overweight and obese **children**, by **10 %**.

Reduce the proportion of overweight and obese **adults**, by **5 %**.

SUGAR

Reduce the proportion of people who consume soft drinks and sweets, by **15 %**.

SALT

Reduce salt intake in population, by **15 %**.

SATURATED AND TRANS FATS

Reduce the intake of saturated fats and trans fats.

UNDERNOURISHED, FUNCTIONALLY LESS CAPABLE

Reduce the proportion of undernourished and functionally less capable, elderly and patients.

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 lifestyles.