



REPUBLIKA SLOVENIJA
MINISTRSTVO ZA ZDRAVJE
REPUBLIC OF SLOVENIA
MINISTRY OF HEALTH

Cross-Sectoral Policies in the field of Nutrition and Physical Activity- Implementation and Evaluation

BATON PROJECT IN SLOVENIA

Marija Seljak
Director General for Public Health



Health Situation in Slovenia

- As other European countries, Slovenia also encounters problems with non-communicable diseases, overweight and obesity among different groups of the population
- We observe:
 - unbalanced and unhealthy nutrition and
 - insufficient physical activity habits.



Health Situation in Slovenia (ctd)

- **Chronic non-communicable diseases:**
 - Cardiovascular diseases are the leading cause of mortality and are covering **50% of cases**;
 - Cancer is in **26% of cases** the cause of mortality among Slovenians;
 - **54,6%** of adult population are overweight, **15%** are obese;
 - The incidence of diabetes has been estimated at **4,3%** of the adult population



European framework

- White Paper of the Commission on a Strategy for Europe on Nutrition, Overweight and Obesity related health issues (*EU Council Conclusions adopted in December 2007*)





Basic WHO documents

- Global Strategy on Diet, Physical Activity and health (WHA, May 2004)
- Charter on Counteracting Obesity (WHO European Ministerial Conference, Istanbul, November 2006)
- WHO European Action Plan for Food and Nutrition Policy 2007 – 2012 (September 2007)



WORLD HEALTH ORGANIZATION

GLOBAL STRATEGY ON DIET, PHYSICAL ACTIVITY AND HEALTH



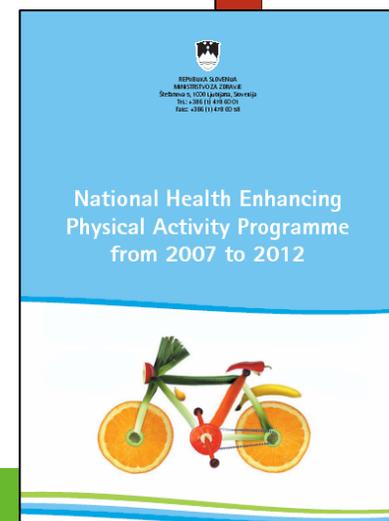
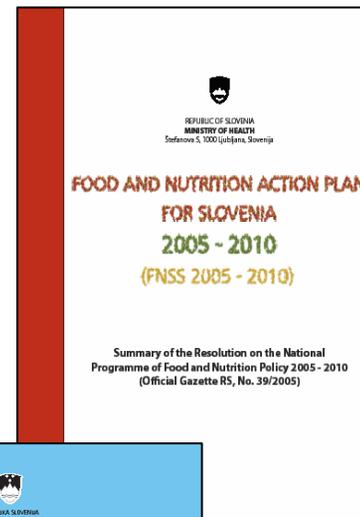
WHO
EUROPEAN
ACTION PLAN
FOR FOOD AND
NUTRITION
POLICY 2007-2012





National tools to reduce non-communicable diseases

- Resolution on the national programme of food and nutrition policy 2005-2010
- National Health Enhancing Physical Activity Programme 2007-2012





Resolution on the national programme of food and nutrition policy 2005 - 2010

- **Political document, adopted by National Assembly of the Republic of Slovenia, in May 2005;**
- **Three basic pillars:**
 1. food safety,
 2. balanced nutrition and
 3. local food supply
- **Basic goals of the Slovenian nutrition policy are:**
 - to ensure safe food,
 - to establish, preserve and strengthen healthy nutritional habits, and
 - to ensure adequate sustainable supply with high-quality health-beneficial food.



National Health Enhancing Physical Activity Programme 2007 - 2012 - (HEPA Slovenia)

- Adopted by the Government of the Republic of Slovenia in March 2007;
- Three main pillars:
 - Recreational free time physical activity
 - Physical activity at schools and workplaces
 - Transport physical activity
- The basic goal of the HEPA national programme is to encourage all forms of regular physical activity to be maintained throughout the entire lifetime



Why conference on cross-sectoral cooperation?

- “Tackling health inequalities” (UK Presidency)
- “Health in all policies” (Finland Presidency)
- Creation of the BATON trio presidency – *Germany, Portugal and Slovenia* (Germany Presidency)

Placed the issues of nutrition and physical activity high on the political agenda of the EU Member States



Aim of the Slovenian Presidency

- **MS questionnaire responds analysis about the implementation and evaluation of the nutrition and physical activity policies**
- **Pass on the baton to the forthcoming presiding countries**

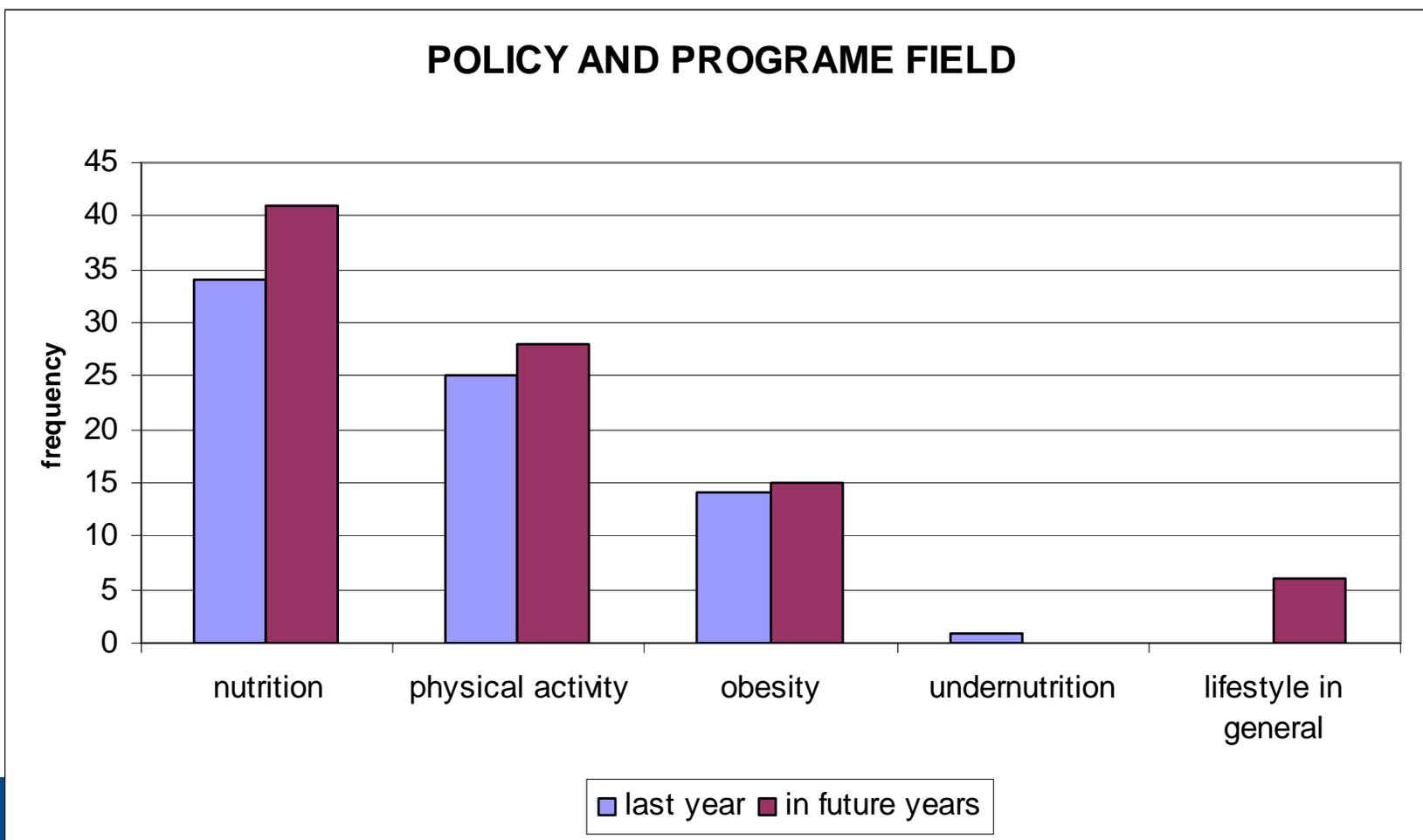


Questionnaire to Member States and Candidate Countries

- Questionnaire was posed to 27 MS, Croatia, Turkey and FYROM; 21 countries replied
- 5 questions (3 implementation, 2 evaluation) to key informants
- Qualitative analyzing method (**analysis of key words**, measuring **frequency**)
- Summary of the questionnaires to EU countries

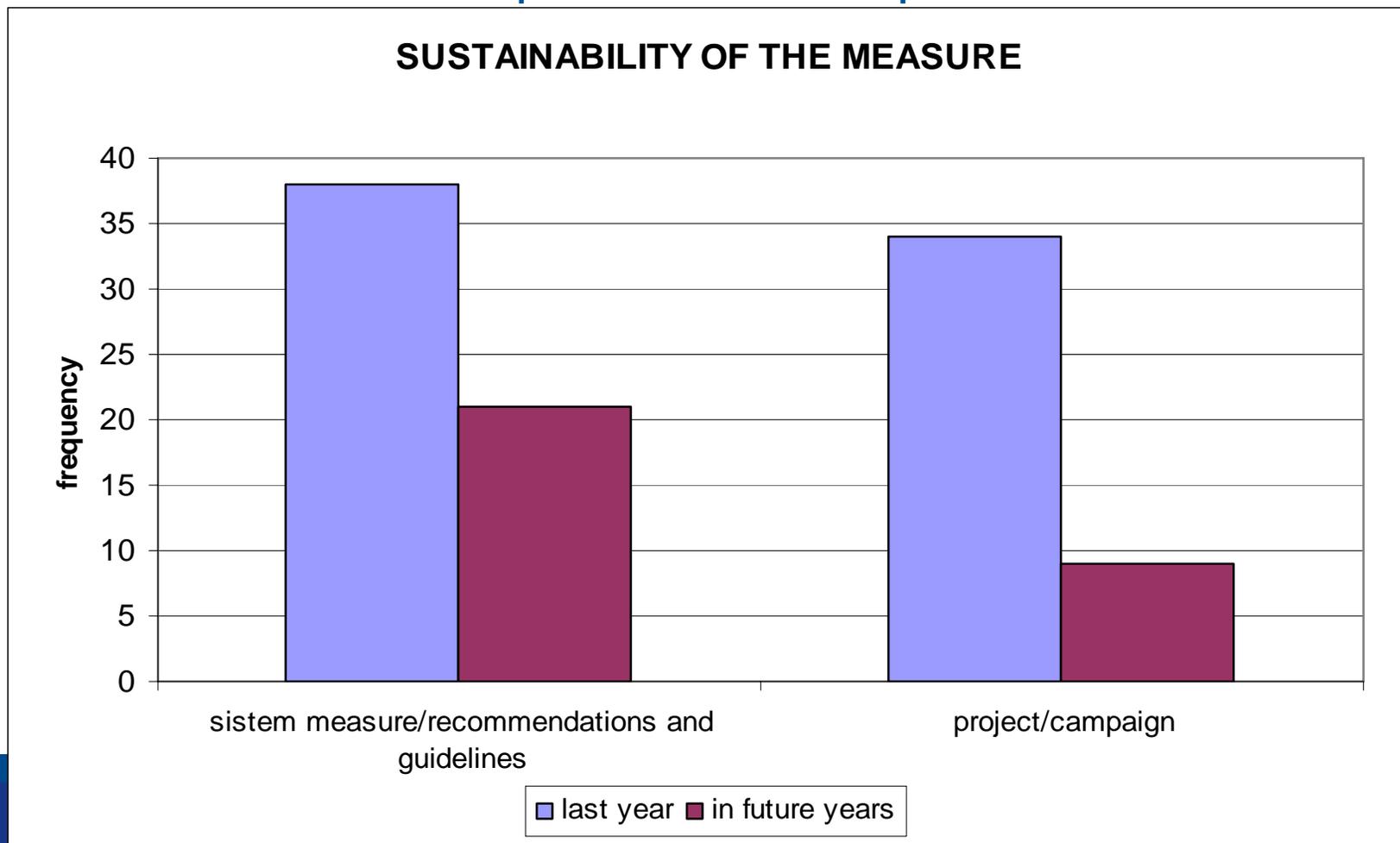


Comparison of frequencies of **reported activities** in the fields of nutrition, physical activity, overweight and obesity, under nutrition and healthy lifestyle in general, **for the past and future period**



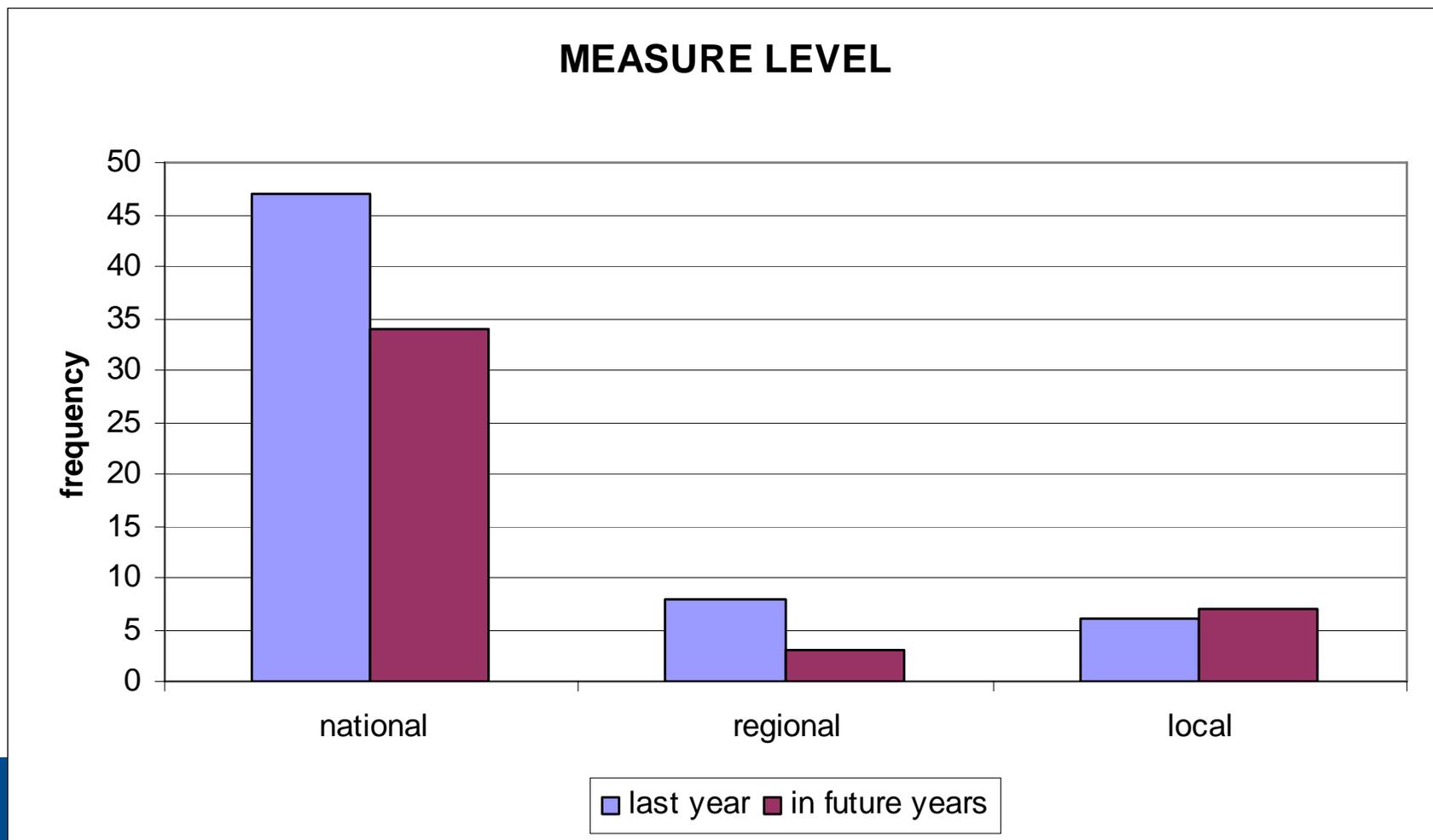


Frequencies of reported **institutionalized measures** in comparison with **temporary budgeted activities**, for the past and future period



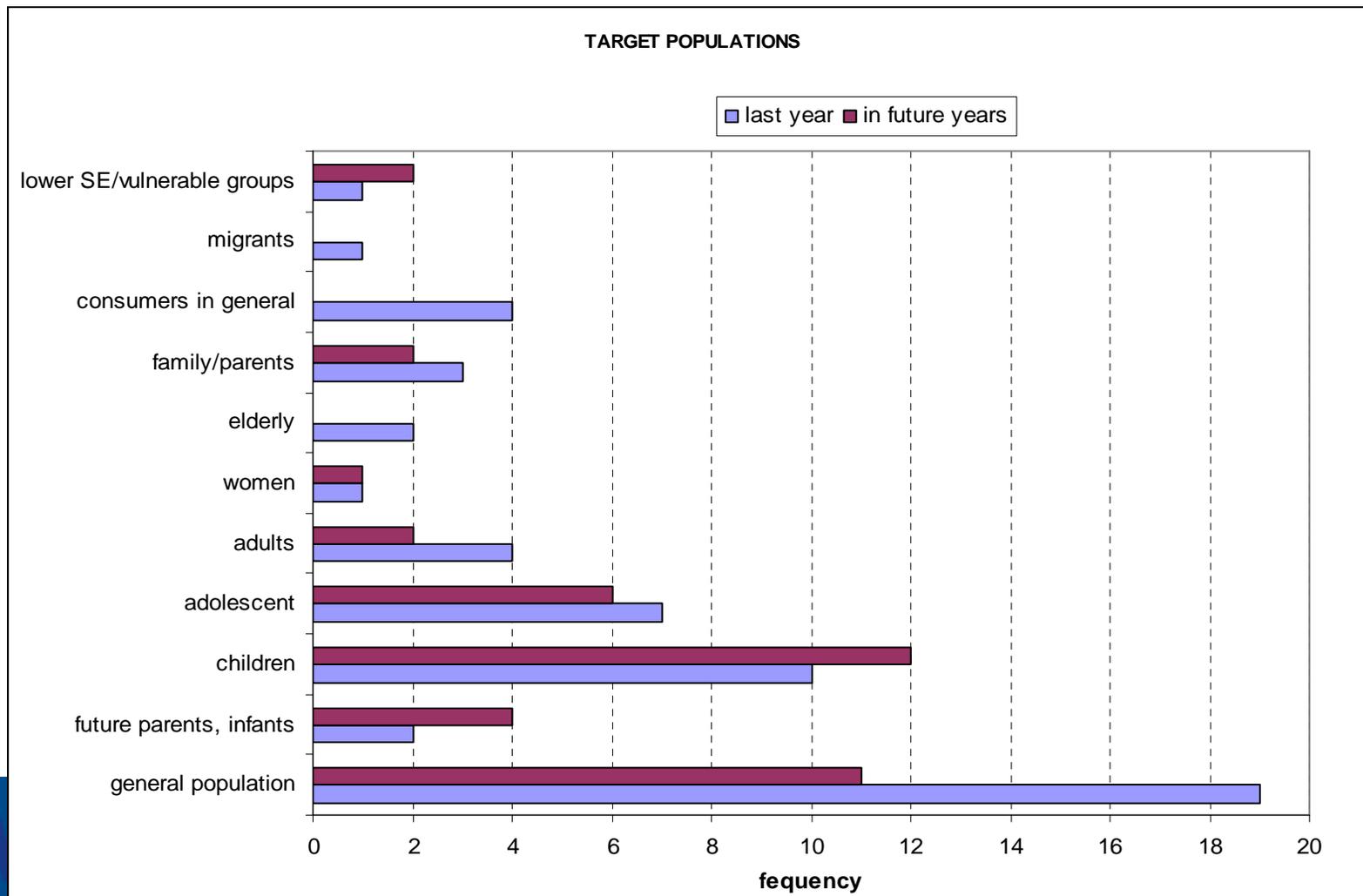


Comparison of frequencies of reported activities at the **national, regional and local level**, for the past and future period



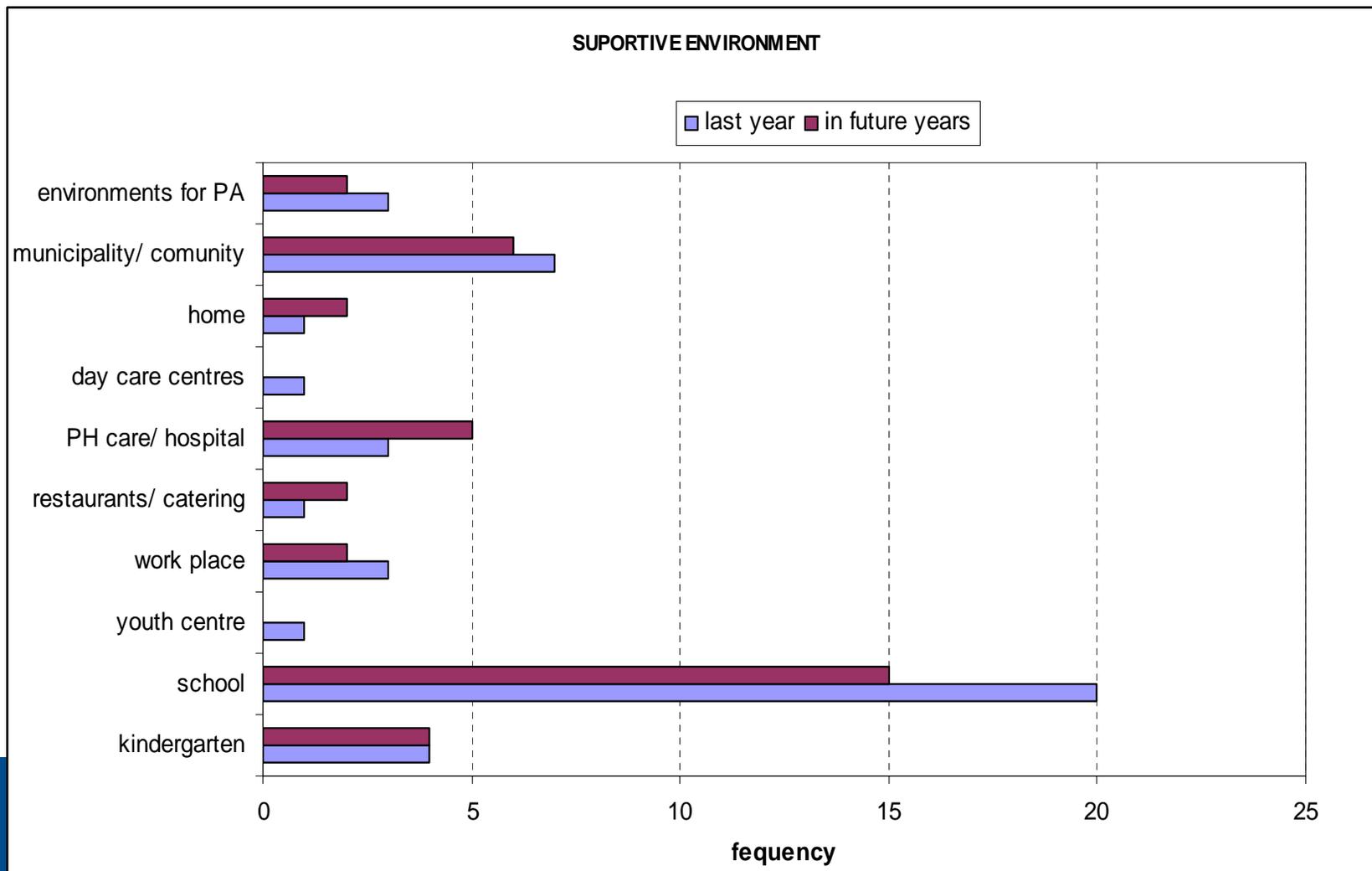


Comparison of frequencies of reported activities in different **target populations**, for the past and future period



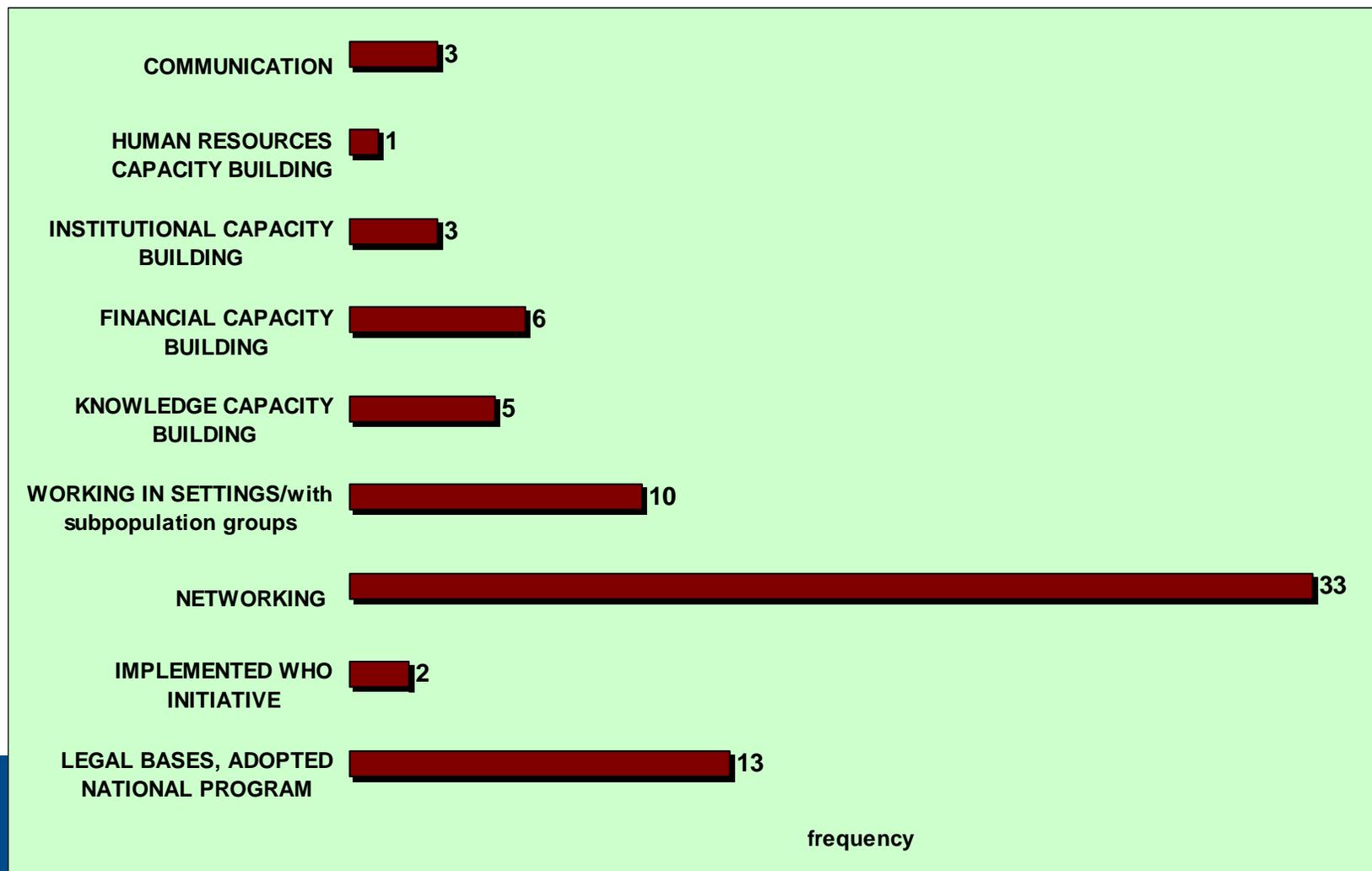


Comparison of frequencies of reported activities in different supportive environments, for the past and future period



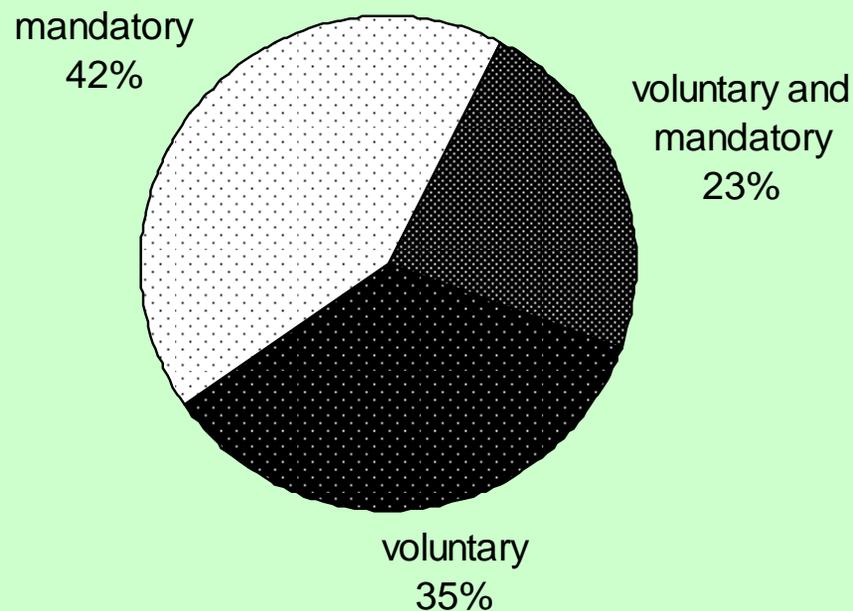


Reported main encouraging (facilitating) factors for the implementation of policies, programmes and other activities





Proportion of member states with mandatory, voluntary or combined application of evaluation





Conclusions I

- **Cross-sectoral cooperation** is a precondition for successful implementation of nutrition and physical activity policies
- **Permanent monitoring and evaluation** are necessary for assuring effectiveness of our measures.



Conclusions II

- In implementing the strategies we can all benefit from networking with an aim to **exchange knowledge, information and good practice.**
- Programmes and projects should be targeting **all population groups in all settings**, aiming to healthy **life style as an ultimate goal.**

Enjoy

VEGETABLE AND
FRUIT 5 PER DAY



PHYSICAL ACTIVITY
AT LEAST
30 MIN PER DAY

.....and enjoy in Slovenia!