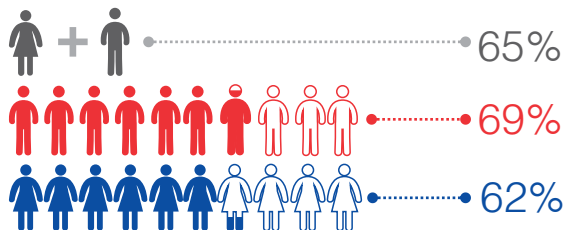




Capital.....	Bratislava
Population.....	5,447,011
Urban Population.....	53.7%
Life Expectancy.....	77
Gini index for income inequality.....	0.26
Human Development Index.....	0.830
Literacy Rate.....	100.0%
Deaths from non-communicable diseases.....	90.0%

World Bank income category ★★★★★ **High income**

Physical Activity Prevalence



18 + years, Guthold, et al. The Lancet Global Health (2018)

Percentage of Deaths due to Physical Inactivity

In Slovak Republic
8.9%worldwide, % of deaths
due to physical
inactivity = **9%**This Country Card is part of the 2nd Physical Activity Almanac
(free resource on the GoPA! website)For a description of the indicators and data sources visit:
www.globalphysicalactivityobservatory.com/country-cards

Policy and Surveillance Status

National physical activity policy/plan ☒ Yes ☐ No

Title

Národný akčný plán pre podporu pohybovej aktivity na roky 2017 - 2020
(National action plan to promote physical activity for 2017 – 2020), 2017;
Národný akčný plán v prevencii obezity na roky 2015 - 2025
(National Action Plan on Obesity Prevention 2015-2025), 2015

National recommendations ☒ Yes ☐ NoNational survey(s) including physical
activity questions ☒ Yes ☐ No

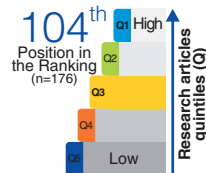
Surveys and instruments used to assess physical activity

World Health Survey 2003 (IPAQ); Eurobarometer 64.3 2005 (other);
Eurobarometer 80.2 2013 (other); Special Eurobarometer 412 2014 (Adapted
GPAQ); Special Eurobarometer 472 2017 (Adapted GPAQ)

National health monitoring system ☒ Yes ☐ NoPhysical activity ☒
Sedentary behavior (i.e. sitting time) ☒

Name(s)

Physical Activity Research



Sedentary Behavior (Sitting Time)

Total
Sitting
Time = **5.2**
hrs/day

Daily Sitting Time Global Tertile



European Commission (2017). Special Eurobarometer 472: Sport and Physical Activity Report.

Physical Activity Promotion
Capacity Pyramid

Contact Information

Name: Jarošlava Kopčáková
Institution: Department of Health Psychology and Research Methodology
Faculty of Medicine, P.J.Safarik University, Slovak Republic