



Success story

Evaluation of the National Action Plan for Physical Activity



Initiative type: National policy evaluation

Sector: Health | Education | Sport | Workplace | Children & Youth | Ageing

Target group: Whole population

Implementation stage: Evaluation phase

Transferability: No

About the initiative

Slovakia is currently undertaking an evaluation of its National Action Plan for Physical Activity, approved by the Government in 2026. The Action Plan places physical activity as a national priority and takes a multisectoral approach involving health, education, sport, workplaces, children and young people, and older adults.

The evaluation process is intended to assess progress and support the continued development of physical activity policy across sectors.

What is making it successful?

A key enabling factor identified by Slovakia is multisectoral communication. Engagement between the different sectors involved in physical activity promotion has played an important role in developing and evaluating the National Action Plan.

What could other countries learn?

The experience highlights the importance of cross-sectoral communication and coordination when developing and evaluating national physical activity action plans.





Key challenges to promote HEPA

► Slovakia's wider challenge for physical activity promotion

The main challenge identified is securing funding for activities included in the National Action Plan and identifying appropriate funding opportunities. Without predictable financial resources, implementation of planned physical activity measures can be difficult to sustain.

► Country-level barriers to advancing HEPA

The following barriers are most persistent to advancing HEPA policy in the country.



BARRIER	IMPACT
Limited funding/resources	MODERATE
Weak intersectoral coordination	EXTREME
Political prioritisation	MODERATE
Lack of workforce capacity	MODERATE
Insufficient monitoring/data	MAJOR
Limited research translation into policy	MAJOR
Regional/local implementation gaps	MODERATE
Inequities in participation/access	MODERATE
Public engagement challenges	MODERATE
Other	MODERATE

► What is needed?

Slovakia identified the need for:

- Regular and predictable allocation of financial resources
- Sustainable funding mechanisms for National Action Plan activities
- Identification of additional funding opportunities to support implementation



► How can the HEPA Europe Network help?

Sharing information on European and national funding opportunities and examples of sustainable financing mechanisms could be particularly relevant.



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