



Success story

DOBER TEK Slovenija



Initiative type: National cross-sectoral health and physical activity policy framework

Sector: Health | Education | Sport | Transport | Urban planning | Environment | Workplace | Social affairs | Youth | Civil society | Agriculture | Public sector | NGOs

Target group: Children | Adolescents | Adults | Older adults | Socially vulnerable groups

Implementation stage: Fully implemented | Evaluation phase | Planning

Transferability: Partly

▶ About the initiative

DOBER TEK Slovenija is a long-standing national policy framework promoting healthy nutrition and health-enhancing physical activity. Building on national strategies since 2005, the programme has developed into a comprehensive Health in All Policies approach.

The 2015–2025 programme strengthened collaboration across health, sport, education, transport, spatial planning, agriculture, environment and local communities. A new 2026–2036 national programme is currently being finalised, building on monitoring, implementation experience and external evaluation.

The programme aims to create supportive environments for active living, reduce health inequalities and prevent chronic disease throughout the life course.

▶ What is making it successful?

A major strength is its sustainable cross-sectoral framework, which embeds health and physical activity considerations beyond the health sector.

Key achievements include:

- Integration of physical activity into preventive healthcare through a nationwide network of Community Health Centres
- Recognition and employment of kinesiologists within multidisciplinary healthcare teams

- Stronger focus on physical literacy
- Monitoring of 24-hour movement behaviours and objective fitness indicators
- Guidelines for green-space planning that supports physical activity
- Intersectoral awareness campaigns and projects
- Comprehensive monitoring, evaluation and stakeholder engagement

▶ What could other countries learn?

The underlying model of long-term, cross-sectoral action and Health in All Policies is applicable elsewhere, although implementation needs to reflect each country's governance structures, institutional capacity and local context.

Successful transfer requires:

- Strong political commitment and long-term vision
- Clear governance and shared responsibilities
- Effective national–local coordination
- Robust monitoring and evaluation
- Qualified workforce capacity
- Integration into existing health, education and community services
- Stakeholder engagement and health literacy
- Adaptation to local needs and inequalities





Key challenges to promote HEPA

► Slovenia's wider challenge for physical activity promotion

Slovenia has strong HEPA policies, programmes and surveillance systems, but implementation remains uneven across sectors and local settings. Key challenges include sustaining intersectoral collaboration, strengthening coordination between national and local levels, and ensuring that existing initiatives are systematically aligned, adequately funded and embedded in long-term implementation structures.

Regional disparities, differences in institutional capacity and diverse community needs can also affect equitable access to physical activity, particularly for vulnerable groups. A further challenge is translating monitoring data and research evidence into coordinated policy action and sustainable local practice.

► 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	MAJOR
Political prioritisation	EXTREME
Lack of workforce capacity	MAJOR
Insufficient monitoring/data	MAJOR
Limited research translation into policy	MODERATE
Regional/local implementation gaps	EXTREME
Inequities in participation/access	MAJOR
Public engagement challenges	MAJOR
Other	NO IMPACT

► What is needed?

Slovenia would benefit from:

- A stronger and more formalised intersectoral governance mechanism
- Clear responsibilities and accountability across sectors and government levels
- Better national–local coordination
- Shared objectives, indicators and co-financing mechanisms
- Greater use of monitoring and results to inform policy
- Sustainable funding for successful long-term interventions
- Better integration of existing good practices into national policies



► How can the HEPA Europe Network help?

HEPA Europe could support Slovenia through peer learning, expert guidance, training and exchange of implementation experiences across countries. The Network can also help showcase successful national practices through factsheets and other dissemination activities, strengthening visibility, accountability and political commitment.

Slovenia is particularly interested in strengthening the integration of physical activity, physical fitness and 24-hour movement behaviour surveillance into evidence-informed HEPA policy.

The country sees potential for European collaboration on the development and harmonisation of objective indicators, including approaches linking surveillance data with policy evaluation and implementation.

Slovenia also highlights its expertise in physical fitness monitoring, physical literacy and population health surveillance as areas where it could contribute to European research, knowledge exchange and capacity building.



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