

Slovenia



Policies, Interventions and Actions

Commercial Determinants of Noncommunicable Diseases in the WHO European Region

This report highlights the substantial impact of commercial determinants on noncommunicable diseases (NCDs) in the WHO European Region. Nearly 7500 deaths per day in the Region are attributed to commercial determinants, such as tobacco, alcohol, processed food, fossil fuels and occupational practices. These commercial products and practices contribute to 25% of all deaths in the Region. The report's chapters systematically explore various facets of how commercial interests exacerbate NCDs and key strategies used by commercial actors to negatively influence NCD-related policies at the national and international level. The report also provides selected case studies from the Region to illustrate key strategies and outcomes of industry influence on health policies. The report then calls for urgent and coordinated action to address the commercial determinants of NCDs. It advocates for building coalitions based on the values of equity, sustainability, and resilience. Public health actors are urged to develop competencies in economic and legal frameworks, enforce transparency, and manage conflicts of interest effectively. The report underscores the need for robust financial reforms and strict regulation to curb industry power and protect public health. By implementing these strategies, the Region can accelerate progress towards global NCD targets and Sustainable Development Goals by 2030.

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2024 (ongoing)
Target age group:	Adults and children
Organisation:	World Health Organisation (WHO)
Linked document:	Download linked document
References:	World Health Organization. Regional Office for Europe. (2024) Commercial Determinants of Noncommunicable Diseases in the WHO European Region. World Health Organization. Regional Office for Europe. https://iris.who.int/handle/10665/376957 . License: CC BY-NC-SA 3.0 IGO

Annex III to Regulation (EC) No 1925/2006 of the European Parliament and of the Council as regards trans fat, other than trans fat naturally occurring in fat of animal origin

Measures to limit or virtually eliminate industrially-produced trans fatty acids in food intended for the final consumer and/or for supply to retail. Adopted by The European Commission from April 2019. (Available in multiple languages)

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2019 (ongoing)
Target age group:	Adults and children
Organisation:	The European Commission
Linked document:	Download linked document
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): https://extranet.who.int/nutrition/gina/en/node/36162 (last accessed 12.07.22) Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: https://gifna.who.int/

European practical and patient-centred guidelines for adult obesity management in primary care

This article aims to provide obesity management guidelines specifically tailored to GPs, favouring a practical patient-centred approach. The focus is on GP communication and motivational interviewing as well as on therapeutic patient education. The new guidelines highlight the importance of avoiding stigmatization, something frequently seen in different health care settings. In addition, managing the psychological aspects of the disease, such as improving self-esteem, body image and quality of life must not be neglected.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2019 (ongoing)
Linked document:	Download linked document
References:	Dominique Durrer Schutz, Luca Busetto, Dror Dicker, Nathalie Farpour-Lambert, Rachel Pryke, Hermann Toplak, Daniel Widmer, Volkan Yumuk, Yves Schutz; European Practical and Patient-Centred Guidelines for Adult Obesity Management in Primary Care. <i>Obes Facts</i> 15 March 2019; 12 (1): 40–66. https://doi.org/10.1159/000496183

NCD Country Profiles 2018 (Obesity Targets)

The profiles also provide data on the key metabolic risk factors, namely raised blood pressure, raised blood glucose and obesity and National Targets on Obesity (as of 2017)

Categories:	Evidence of Obesity Target
Year(s):	2017 (ongoing)
Target age group:	Adults and children
Organisation:	World Health Organisation
References:	Noncommunicable diseases country profiles 2018. Geneva: World Health Organization; 2018. Licence: CC BY-NC-SA 3.0 IGO.

School Fruit, Vegetables and Milk Scheme

"Applicable since 1 August 2017, the EU school fruit, vegetables and milk scheme combines two previous schemes (the school fruit and vegetables scheme and the school milk scheme) under a single legal framework for more efficiency and an enhanced focus on health and educational. The scheme supports the distribution of products, educational measures and information measures. The scheme supports the distribution of fruit, vegetables, milk and certain milk products to schoolchildren, from nursery to secondary school. EU countries approve a list of products (in collaboration with their health and nutrition authorities) which will help achieve the schemes objective of helping children to follow a healthy diet. Priority is for fresh fruit and vegetables and for plain milk. In order to support a varied diet and/or specific nutritional needs, EU countries may also make processed fruit and vegetables such as juices and soups and certain milk products such as yoghurt and cheese, available. Additionally, under stricter conditions, milk-based drinks may be included." - EU Commission

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2017 (ongoing)
Organisation:	European Commission
Find out more:	ec.europa.eu
References:	https://ec.europa.eu/info/food-farming-fisheries/key-policies/common-agricultural-policy/market-measures/school-fruit-vegetables-and-milk-scheme/school-scheme-explained_en

GNPR 2016-2017: Infant and young child nutrition - Breastfeeding promotion and/or counselling

This programme was reported by countries for the 2nd WHO Global Nutrition Policy Review 2016-2017 module on actions related to infant and young child nutrition. Information provided by WHO GINA Programme.

Categories:	Evidence of Breastfeeding promotion or related activity
Year(s):	2016 (ongoing)
Target age group:	Children
Find out more:	extranet.who.int
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): https://extranet.who.int/nutrition/gina/en Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: https://gifna.who.int/

National Health Care Plan 2016-2025

The resolution is a document that addresses the key problems of health and the health care system in Slovenia and lay the foundations for health in all policies. It represents the basis for the development of health care in Slovenia and for the preparation and adoption of appropriate regulations in the field of health insurance and health care activities, and maintains the vision of quality and accessible public health care.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2016-2025
Target age group:	Adults and children
Organisation:	Ministry of Health
Find out more:	www.gov.si
Linked document:	Download linked document

Prehrana.si

Prehrana.si is a national portal on food and nutrition, intended to inform the population about the benefits of a healthy diet and to provide credible information about nutrition.

Categories:	Evidence of Community Interventions/Campaign
Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2016 (ongoing)
Target age group:	Adults and children
Organisation:	Institute of Nutrition
Find out more:	www.prehrana.si

National Programme on Nutrition and Physical Activity for Health 2015-2025

A key strategic goal of this programme is to reduce the proportion of people living with overweight and obesity in Slovenia.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Categories (partial):	Evidence of National Obesity Strategy/Policy or Action plan Evidence of Physical Activity Guidelines/Policy
Year(s):	2015-2025
Target age group:	Adults and children
Organisation:	Ministry of Health
Find out more:	www.mz.gov.si
Linked document:	Download linked document

NCD targets for Slovenia

Slovenia's NCD targets include: • Reduce obesity among those aged 15+ years to 15% by 2025 (18.7% 2015) • Reduce the prevalence of overfed and obese children to 10% by 2025 (17.1% 2015)

Categories:	Evidence of NCD strategy
Year(s):	2015-2025
Target age group:	Adults and children
References:	https://extranet.who.int/ncdccc/Data/SVN_Slovenia_NCD_targets.pdf

European Union (EU) Action Plan on Childhood Obesity 2014-2020

EU Action plan. To contribute to halting the rise in overweight and obesity in children and young people (0-18 years) by 2020

Categories:	Transnational Obesity Strategies/Policy or Action Plan
Year(s):	2014-2020
Target age group:	Children
Organisation:	Ministry of Health
Find out more:	ec.europa.eu
Linked document:	Download linked document
References:	EU Action Plan on Childhood Table of contents [Internet]. Available from: https://ec.europa.eu/health/sites/health/files/nutrition_physical_activity/docs/childhoodobesity_actionplan_2014_2020_en.pdf &amp;amp;amp;amp;amp;amp;amp;amp;amp;amp;amp;amp;amp;amp;amp;amp;amp;amp;amp;zwj;

Active and Healthy Ageing in Slovenia

The long-term objective of the project is to promote more active and healthy ageing in Slovenia which will be implemented through a better integration of health and social system and local communities.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2013 (ongoing)
Target age group:	Adults
Organisation:	National Institute of Public Health (NIJZ)
Find out more:	www.staranje.si

National Programme for Youth 2013–2022

One of the objectives is to promote regular physical activity, balanced nutrition and maintenance of the recommended body weight among young people (15–29 years).

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Categories (partial):	Evidence of Physical Activity Guidelines/Policy
Year(s):	2013-2022
Target age group:	Children
Organisation:	Government
Find out more:	www.pisrs.si

School Pot

A school web portal which provides content and e-tools on organised diet and exercise in schools, kindergartens and other educational institutions in one place.

Categories:	Evidence of Community Interventions/Campaign
Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2013 (ongoing)
Target age group:	Children
Organisation:	The National Institute for Public Health (NIJZ) and Institute "Jozef Stefan" (IJS)
Find out more:	solskilonec.si

EU Regulation 1169/2011

Passed in 2011, EU Regulation 1169/2011 on the Provision of Food Information to Consumers requires a list of the nutrient content of most pre-packaged food to be provided on the back of the pack from October 2011.

Categories:	Labelling Regulation/Guidelines
Year(s):	2011 (ongoing)
Target age group:	Adults and children
Organisation:	European Parliament and the Council of the European Union
Find out more:	eur-lex.europa.eu
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): https://extranet.who.int/nutrition/gina/en/node/22917 (last accessed 28.06.22) Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: https://gifna.who.int/

Evaluation of the EU school milk and fruit scheme

European Court of Auditors (2011) Are the school milk and school fruit schemes effective? Special Report No 10. Publications Office of the European Union, Luxembourg.

Categories:	Health Effectiveness Reviews (obesity related)
Year(s):	2011 (ongoing)
Target age group:	Children
Organisation:	EUROPEAN COURT OF AUDITORS
Linked document:	Download linked document
References:	Information provided with kind permission of World Cancer Research Fund International from their NOURISHING framework www.wcrf.org/NOURISHING

Law on Audiovisual Media Services

A media law under which the Ministry of Health has to develop guidelines, including nutrition profiles, for reducing marketing pressure on children

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2011 (ongoing)
Target age group:	Children
Organisation:	Government of Slovenia
Find out more:	pisrs.si

Law on School Nutrition

This Law committed schools to the mandatory use of Dietary Guidelines for Healthy Nutrition and officially banned vending machines for food and beverages on school property. The law was amended in 2013.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2010 (ongoing)
Target age group:	Children
Organisation:	Government of Slovenia
Find out more:	www.uradni-list.si
Linked document:	Download linked document

Nutrition guidelines for educational institutions

Nutrition guidelines for educational institutions

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2010 (ongoing)
Target age group:	Children
Organisation:	Government
Find out more:	www.gov.si
Linked document:	Download linked document

School Fruit Scheme

The key objective of this programme is to encourage the consumption of fruit and vegetables in the daily diet and thereby raise the level of awareness of the importance of fruits and vegetables for health among children and adolescents.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2008 (ongoing)
Target age group:	Children
Organisation:	The Ministry of Agriculture and the Environment in collaboration with the Ministry of Education, Science and Sport and the Ministry of Health.
Find out more:	www.shemasolskegasadja.si

EU health and nutrient claims regulation

Regulation n° 1924/2006 establishes EU-wide rules on the use of specified health and nutrient claims. The European Commission approves claims provided they are based on scientific evidence and accessible consumers. The European Food Safety Authority is responsible for evaluating the scientific evidence supporting health claims. Nutrition claims may only be used on food defined as "healthy" by a nutrient profile.

Categories:	Labelling Regulation/Guidelines
Year(s):	2006 (ongoing)
Target age group:	Adults and children
Organisation:	European Commission
Linked document:	Download linked document
References:	https://eur-lex.europa.eu/legal-content/en/ALL/?uri=CELEX%3A32006R1924

Nutrition-Friendly Schools Initiative (NFSI)

"The NFSI is a school-based programme that addresses the double burden of malnutrition –undernutrition, including micronutrient deficiencies, and overweight/obesity. It is a tool for developing a school environment that promotes the nutritional well-being of school-age children and increases their physical activity levels."

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2006 (ongoing)
Target age group:	Children
Organisation:	World Health Organization
Linked document:	Download linked document
References:	https://ec.europa.eu/health/sites/default/files/nutrition_physical_activity/docs/implementation_report_a1c_en.pdf

12 steps to healthy eating (Slovene: 12 korakov do zdravega prehranjevanja)

Slovenia's dietary guidelines '12 steps to healthy eating' were published in 2000 and revised in 2011. The 'Food guide pyramid' (Slovene: Z zdravo prehrano in gibanjem do zdravja) was published in 2000 and revised in 2015. Slovenia's uses a food pyramid to illustrate graphically the messages of its guidelines. The "Food guide pyramid" is divided into four levels. Vegetables and fruits are placed at the bottom of the pyramid; cereals, tubers and legumes take the second level; animal source foods can be found on the third level. At the top there are fats and oils, and highly processed foods rich in sugar and fat, whose consumption should be minimized. Water, beverages and physical activity are also included in the pyramid.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2000 (ongoing)
Target age group:	Adults and children
Organisation:	National Institute of Public Health
References:	http://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/slovenia/en/

Food labelling

The Little Heart logo (formerly Protects Health label) is a government-endorsed voluntary interpretive label that can be used on pre-packed food and menus in public canteens that meet the requirements of the European Commission's Regulation No. 1924/2006 on Nutrition and Health Claims made on Foods. The initiative that was started by the Slovenian Heart Foundation is supported by the Slovenian Ministry of Health and the Ministry of Agriculture, Forestry and Food.

Categories:	Labelling Regulation/Guidelines
Year(s):	1993 (ongoing)
Target age group:	Adults and children
Organisation:	Slovenian Heart Foundation
Find out more:	zasrce.si

SLOfit

National surveillance system and healthy lifestyle intervention for physical and motor development. Present in all schools in Slovenia with annual monitoring. Data used to plan interventions to increase physical activity of population.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	1982 (ongoing)
Target age group:	Children
Find out more:	en.slofit.org

GNPR 2016-17 (q7) Breastfeeding promotion and/or counselling

WHO Global Nutrition Policy Review 2016-2017 reported the evidence of breastfeeding promotion and/or counselling (q7)

Categories:	Evidence of Breastfeeding promotion or related activity
Target age group:	Adults
Organisation:	Ministry of Health (information provided by the GINA program)
Find out more:	extranet.who.int
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): https://extranet.who.int/nutrition/gina/en Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: https://gifna.who.int/

School nutrition guidelines: overview of the implementation and evaluation

GregoriÄM et al. (2015) School nutrition guidelines: overview of the implementation and evaluation. Public Health Nutrition, 18(9), 1582-1592.

Categories:	Health Effectiveness Reviews (obesity related)
Find out more:	www.cambridge.org
References:	Information provided with kind permission of World Cancer Research Fund International from their NOURISHING framework www.wcrf.org/NOURISHING

Whole-Food Plant-Based Lifestyle Program

"Community-Based Whole-Food Plant-Based Lifestyle Program" for Slovenian adults including a focus on reducing overweight and obesity.

Categories:	Evidence of Community Interventions/Campaign
Target age group:	Adults
Linked document:	Download linked document
References:	https://www.hindawi.com/journals/jnme/2020/6950530/

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