

Statement of the Slovak Republic
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Mr. Chair,

Slovakia aligns itself with the statement delivered by Cyprus on behalf of EU and its MS.

The Slovak Republic recognizes healthy ageing as one of the defining public health and social challenges of our time. Like many countries, Slovakia is experiencing significant demographic change characterized by population ageing and a growing proportion of older persons. According to the 2021 census, the share of people aged 65 and over increased from 12.7 percent in 2011 to 17.1 percent in 2021, while the proportion of the working-age population has declined. These trends require comprehensive and forward-looking policies to ensure dignity, health, and quality of life for all generations.

Slovakia considers prevention and health promotion to be the most effective and sustainable tools for healthy ageing. Chronic non-communicable diseases, particularly cardiovascular diseases, diabetes, and cancer, remain the leading causes of mortality and morbidity in our country. Their risk factors often develop throughout the life course, beginning in early childhood and increasing with age.

For this reason, Slovakia places strong emphasis on strengthening primary prevention, regular health screenings, and improving health literacy across society. Our nationwide network of Health Counselling Centers, operating for more than thirty years within the public health system, provides free professional counselling and targeted education on healthy nutrition, physical activity, smoking cessation, and other preventive measures.

The Slovak Republic also emphasizes the importance of promoting healthy lifestyles, mental well-being, and equitable access to prevention services, including for people living in remote regions and vulnerable groups. Healthy ageing must be inclusive and accessible to all. Importantly, healthy ageing begins long before old age. Preparation during middle age is essential to maintaining functional capacity, independence, and well-being later in life.

Building healthy habits, preventing chronic diseases, and supporting active lifestyles between the ages of 40 and 65 can significantly improve outcomes in older age.

Slovakia remains committed to advancing policies that support active and healthy ageing throughout the life course, in line with the goals of sustainable development and the WHO Decade of Healthy Ageing Initiative.

Thank you.