

HEALTHY COMMUNITY – HEALTHY CITY GESUNDE GEMEINDE – GESUNDE STADT



Webinar: A focus on certifications as a tool for municipalities to improve quality of life, Alliance in the Alps, 03.03.2026

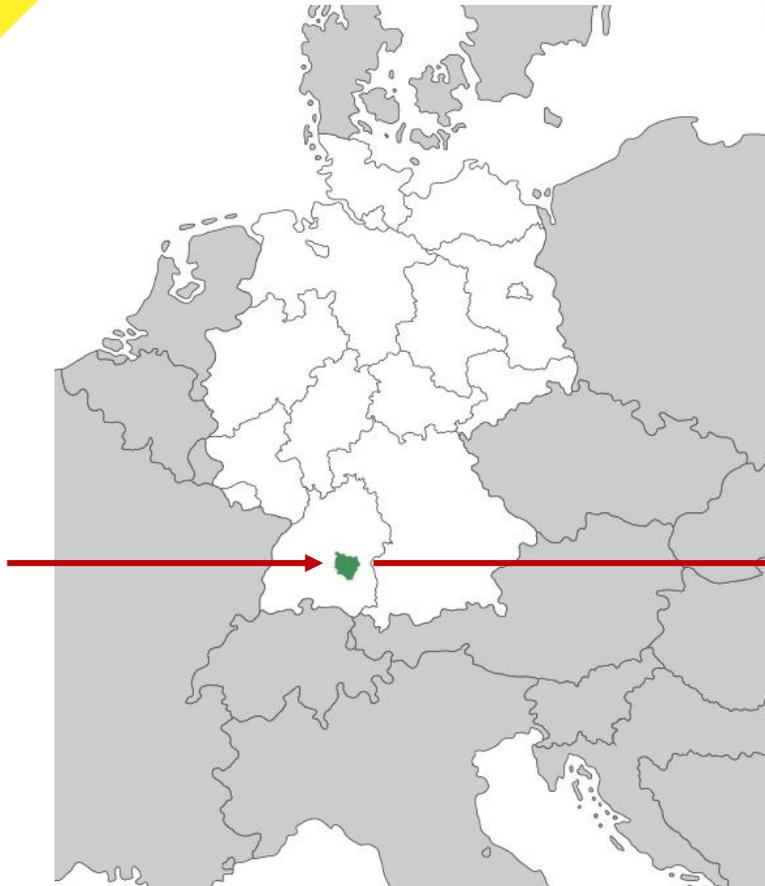
Sophia Keßler
District administration Reutlingen - health department



Gesunde Gemeinde - Gesunde Stadt

Kommunale Gesundheitskonferenz
Landkreis Reutlingen

THE DISTRICT OF REUTLINGEN



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big city



Swabian Alb

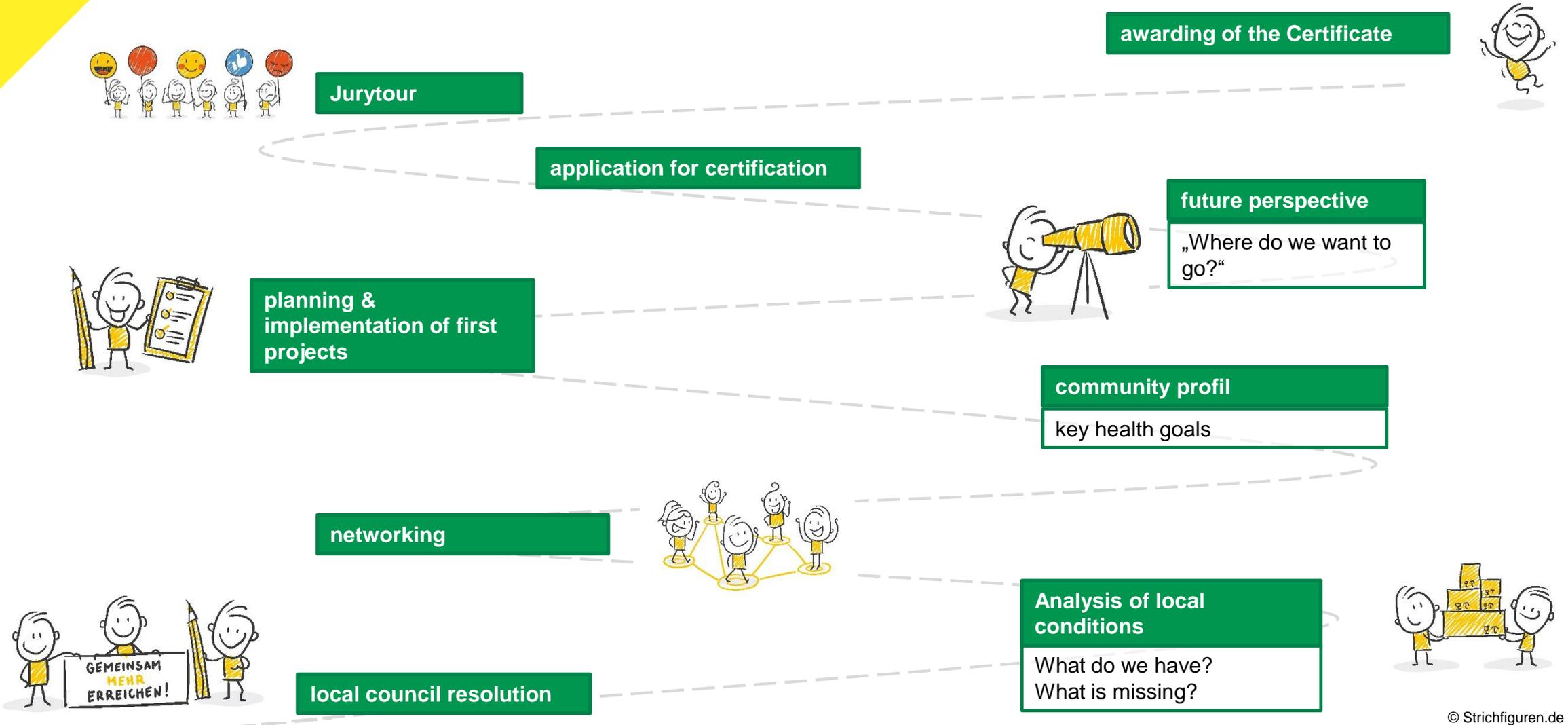
- 1.093 square kilometres
- 26 cities and communities
- 292.000 inhabitants
- More than 100.000 of them in the city of Reutlingen

CERTIFICATION PROCESS SINCE 2013



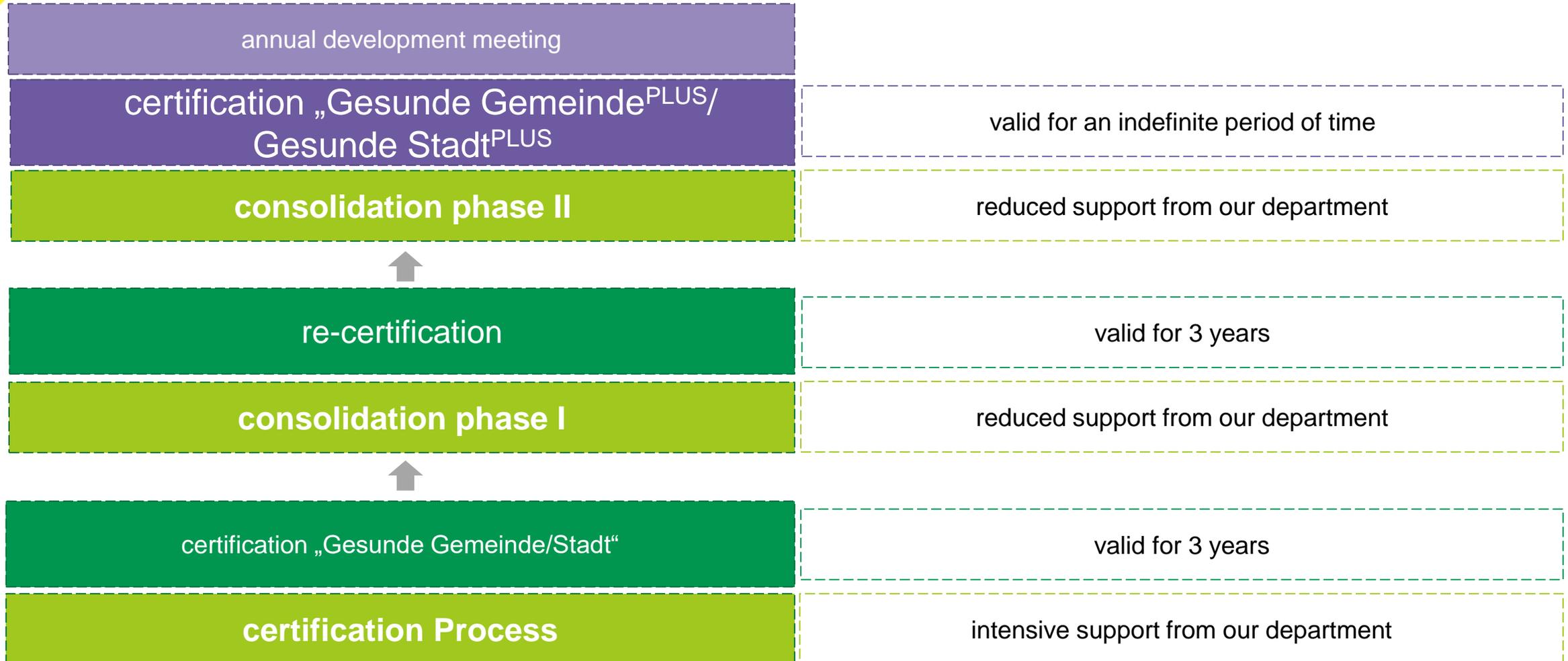
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CERTIFICATION PROCESS



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AFTER THE CERTIFICATION



POTENTIAL BENEFITS

A healthy community/city means to us...

Community and administration shaping the future together

Active civic engagement

Quality of life

Identifying resources & local characteristics

Multiple ways to participate actively

Opportunity to network

Strengthening health-promoting services and structures

Addressing current challenges



WHAT CAN EMERGE



**GESUNDHEITSWANDERWEG
HEALTH TRAIL**



**WOCHENMARKT
FARMERS' MARKET**



**SITZGYMNASTIK
SEATED GYMNASTICS**



**GESUNDHEITSTAG
HEALTH ACTION DAY**



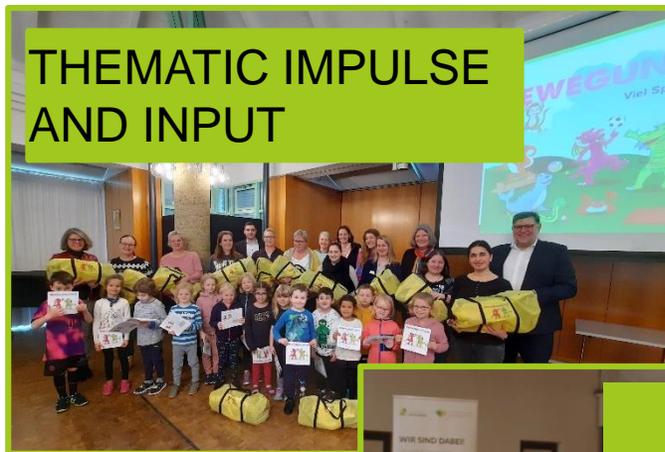
**FÖRDERPREIS
ENCOURAGEMENT AWARD**



**BACKEN IM BACKHAUS
BAKING IN THE BAKEHOUSE**

HOW WE CONTRIBUTE

The Health Planning Department continuously supports and guides stakeholders throughout the entire certification process and beyond, e.g.



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EXPERIENCE

- ◆ Where is health already embedded?
- ◆ Using local resources and needs: responding to regional conditions
- ◆ Considering previous processes, e.g. Quartier2030
- ◆ the concept as a framework: valuing the diversity of processes
- ◆ Seize windows of opportunity



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THANK YOU FOR LISTENING

Any questions?



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