

PRESS RELEASE

Prevention Must Have Priority Statement of the Kneipp-Bund e.V. regarding the Prevention Report and Public Health Index 2025

Berlin/Bad Wörishofen, December 2025 – SIGNIFICANT IMBALANCE IN THE HEALTHCARE SYSTEM – PREVENTION REMAINS ABSOLUTELY UNDERFUNDED WITH ONLY 0.2 PERCENT OF STATUTORY HEALTH INSURANCE (GKV) EXPENDITURE.

On the occasion of the publication of the GKV Prevention Report 2025 and the current Public Health Index 2025, the Kneipp-Bund calls for a significantly stronger political and financial commitment to prevention and health promotion in Germany. From the perspective of the federal association, both reports show once again that the German healthcare system continues to operate in a highly repair-oriented manner, with too little focus on strengthening health. With its approximately 200,000 members, the largest non-commercial health organization in Germany calls on politicians to use the current health policy challenges to take a decisive stand for more health promotion and to set the right course for it.

"Next to nothing is spent on avoiding illness in our healthcare system," explained Christina Haubrich, President of the Kneipp-Bund. The current figures from the Prevention Report confirm this imbalance: last year, around 9 euros were spent on prevention for each person with statutory insurance—compared to total benefit expenditures of over 4,000 euros. This means that only 0.2 percent of GKV expenditure continues to go toward preventive measures. "How health can be maintained or strengthened is neglected far too much in the German healthcare system. The system pays for every repair, but almost nothing for maintenance—even though exactly this maintenance would save many repairs".

Salutogenesis Belongs at the Center of Health Policy Decisions

The President emphasizes that health must not only become a topic once illness has already occurred. "We need an integrated system that understands health promotion, prevention, therapy, and aftercare as interrelated tasks". The question of how health arises must finally receive the same political attention as the treatment of disease. Prevention and cure must go hand in hand to ensure future-proof healthcare. "Salutogenesis belongs at the center of health policy decisions—it is the key to a sustainable, socially just, and economically viable health system designed to reduce illness costs and maintain quality of life".

Prevention Must Be Anchored Much More Strongly Structurally

The Public Health Index 2025, which presents a systematic overall assessment of health conditions in Germany for the first time, confirms the high need for reform: prevention,

health literacy, and municipal health structures score below average in a European comparison. For the Kneipp-Bund, this is further evidence that prevention must be anchored significantly more strongly both professionally and structurally throughout the entire supply system.

Strengthening Health Literacy and Anchoring Prevention in Everyday Life

The Kneipp-Bund e.V. represents about 200,000 people in Germany through its approximately 450 Kneipp clubs and 700 certified facilities—including 500 Kneipp kindergartens as well as numerous senior facilities. With its nationwide commitment, certified prevention courses, and educational offers, the umbrella organization helps to strengthen health literacy and anchor prevention in everyday life.

For nearly 130 years, the association has advocated for holistic health promotion based on Kneipp's natural healing methods. By anchoring the five Kneipp elements - **Water, Exercise, Nutrition, Medicinal Plants, and Balance** - in everyday environments, the Kneipp-Bund makes a central contribution to the practical realization of a salutogenetic health culture in Germany. This holistic approach is based on the realization that a highly effective immune system and physical fitness stimulate self-healing powers and strengthen resilience—indispensable requirements for today's lifestyle.

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