

# One Health 4 Cities



## Integrated Action Plan

### Integrating the One Health Concept in the Health Guideline of the City of Munich

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## About this document

The URBACT Integrated Action Plan (IAP) is a city-level output that defines actions to be implemented within the city to **respond to the specific urban policy challenge of the One Health 4 Cities Network**. The IAP reflects the lessons learned from local stakeholders, transnational partners and the testing of actions at local level.

IAPs thus provide both a **focal point and end goal of the action planning journey** that cities undertake within their URBACT Action Planning Network (APN). IAPs help to ensure that both local-level discussions (within the URBACT Local Group) and transnational exchange (between the network partners) have a practical focus on planning a coherent set of actions to address the local policy challenge in each participating city, embedding an integrated and participative approach.

IAPs are **future oriented** – setting out the actions that cities and their local partners will implement beyond the life cycle of the URBACT network. For this reason, each IAP not only sets out what the city intends to do on its specific topic, but also has a **strong implementation focus**, for example through the identification of specific funding opportunities, governance structures and timelines for how the actions will be implemented and monitored.

## About the Network

The **One Health 4 Cities Network**, an Action Planning Network of URBACT IV Programme, brings light on how to implement the One Health approach in urban public policies, strategies, and projects. Comprising cities with varying levels of experience in One Health and local contexts, the network fosters a collaborative environment where the nine partners come together to learn and share experiences: Benissa (ES), Elefsina (GR), Kuopio (FI), Lahti (FI), Loulé (PT), Lyon (FR), Munich (DE), Eurometropolis of Strasbourg (FR) and Suceava (RO). The network aims to develop tools that empower decision-makers and operational teams to increase the positive impact of urban projects on the well-being and health of people, animals, and the environment. The network's lead partner is the City of Lyon.

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# Introduction

The city of Munich is updating its Health Guideline to strengthen its strategic response to growing social, environmental, and health-related challenges. As the city continues to expand, diversify, and adapt to climate change, protecting and promoting health requires a broader, more integrated understanding that accounts for the complex interactions between people, animals, and natural ecosystems.

The participation in the URBACT action planning network “One Health for Cities” provided the city of Munich with a framework for this expanded approach, with the integration of the One Health concept in the Health guideline as a goal.

Through extensive participation, cross-departmental expert cooperation, and evidence-based analysis, the URBACT Urban Local Group has developed a shared understanding of the city’s most urgent one health needs—rising social and health inequalities, uneven access to health-promoting environments, the health impacts of climate change, and increasing pressure on urban ecosystems. Together, they translated these insights into strategic priorities and practical measures designed to strengthen health equity, resilience, and environmental quality across the city.

By proposing to the city council to embed the results of the work of the URBACT Urban Local Group into its forthcoming Health Guideline, Munich commits to creating healthier living conditions for all residents while safeguarding biodiversity and ecosystem services. At the time of the publication of the Integrated Action Plan (IAP) the final approval of the new Health Guideline was still pending. The IAP provides a first insight into, how the city and its partners of the URBACT Urban Local Group plan to jointly implement these goals in the coming years, ensuring that human, animal, and environmental health are considered together in future planning, decision-making, and action.

# IAP SECTION 1: City Context & Vision

The starting point of the work of the local stakeholders in the URBACT Urban Local Group was a baseline study of the city context. The main results of the baseline study are presented in this section.

## 1.1 General Context

Munich is the Bavarian State Capital and the economic and social centre of southern Germany. Located near the Alps and surrounded by appealing environment and lakes, it is attracting businesses and the people who work for those. Due to economic growth along with the increasing urbanisation trend, the population rose to 1.6 million by the end of 2022 and is still growing which makes Munich the most densely populated city in Germany. It is expected that in 2040 nearly 1.81 million people will live in Munich. In addition, the Munich metropolitan region already now has more than 6 million inhabitants.



Figure 1: Source: Nagy, Michael: Pressefotos – Landeshauptstadt München

The “Perspektive München” (Perspective Munich) is the central urban planning tool of the city of Munich. It offers principles, guidelines, programmes, and measures that are continuously developed to achieve the strategic and technical goals of “Shaping the Future of Munich”. The overall system of the “Perspective Munich” contributes to the implementation of the United Nations Global Sustainability Goals (Social Development Goals) at the municipal level. The Social Development Goals encompass social, ecological, and economic aspects and are enshrined in the 2030 Agenda for Sustainable Development (Engagement Global, 2025). They are presented in Figure 2.



Figure 2: The four strategic guidelines of Perspektive München and the social development goals they contain (Department of Urban Planning and Building Regulations, 2024)

The central result of the latest update of the “Perspective Munich” is a new preamble, which, in the sense of a “City in Balance”, includes a commitment to sustainability and a focus on the common good as a fundamental value of Munich's urban development. The UN’s SDGs were integrated into its strategic goals as well. The document was developed using an innovative participation process both within the administration and in dialogue with citizens and various stakeholders of the urban society.





Figure 3: City in Balance-structure (Department of Urban Planning and Building Regulations, 2022)

A core concept is the new urban development plan “STEP2040 - City in Balance”, which sets the framework for action for future-oriented and sustainable urban development. The urban development concept STEP2040 is the plan for the future of Munich. The draft was widely discussed with the public and is currently being revised and transformed into a sustainability strategy. The city of Munich is pursuing the goal of becoming climate-neutral by 2035.

The “Perspective Munich” currently has four strategic and 16 thematic guidelines, one of them the Health Guideline. Figure 3 shows the “City in Balance”-structure together with the strategic and thematic guidelines.

## 1.2 Challenges

### Population Growth and Diversity

As mentioned above Munich continues to grow significantly – from the current approx. 1.6 million inhabitants to a projected 1.83 million by 2045. At the same time, the city is becoming considerably more diverse: already about half of all residents have a migration background, and over 30% hold foreign citizenship. A particularly large number of young people move to the city for education and work.



Munich remains a comparatively young city (average age currently ~41 years), yet the number of children and adolescents as well as older adults is increasing noticeably. This results in rising needs in prevention, health promotion, care, and medical services, particularly due to growing numbers of older people and individuals with multiple chronic conditions.

As Germany's densest city, Munich is increasingly reaching spatial limits. Land for new developments is becoming scarce, urban densification is increasing, and conflicts over land use are intensifying. At the same time, districts are developing very unevenly: strong growth is expected mainly at the outskirts, while many inner-city districts show little growth. This creates a significant need for locally tailored planning for prevention, healthcare, sports, leisure, and psychosocial infrastructure.

### **Social Inequality and Health Equity**

Despite high average incomes, social disparities are growing: in 2021, one in six people lived below the poverty line. Older adults, single parents, large families, people with disabilities or chronic illnesses, and people with a migration biography are disproportionately affected. Poverty is strongly linked to poorer health, lower wellbeing, and reduced life satisfaction.

Although the majority is satisfied with medical care, social inequalities remain visible: people with low income or foreign citizenship report significantly lower satisfaction. Shortages are reported particularly in general and paediatric care, with uneven distribution across districts. Staff shortages affect especially medicine, nursing, and midwifery. Refugees and other vulnerable groups face additional access barriers.

### **Impacts of Multiple Crises**

Munich, like Germany as a whole, is experiencing continuous crisis-related immigration, recently intensified by arrivals from Ukraine. The number of Ukrainian nationals has more than tripled between 2021 and 2024. Key challenges include access to medical, psychotherapeutic, and psychosocial care despite structural barriers.

Increasing heat, extreme weather events, and the spread of new infectious agents impact health and quality of life. Heatwaves raise the risk of acute and chronic illnesses; psychological stress due to climate impacts is also rising. Particularly vulnerable are infants, pregnant people, older adults, people with disabilities or pre-existing conditions, and individuals in precarious housing situations.

COVID-19 revealed significant social and regional differences in infection patterns. Facilities such as childcare centres, schools, nursing homes, and shared accommodations were especially affected. Children and adolescents experienced

substantial psychosocial and mental health burdens, with rising numbers of psychological disorders.

### **One Health–Specific Trends and Challenges**

The progressive transformation of urban ecosystems represents a central One Health challenge. Climate change shifts seasonal patterns, alters species compositions, and fosters the spread of non-native, potentially harmful species such as the tiger mosquito or invasive neophytes. At the same time, biodiversity tends to decline, weakening the resilience of urban ecosystems and undermining essential ecosystem services such as air purification, water regulation, pollination, and climate regulation. These developments directly affect plants and animals but also intersect with human health, for example through increased heat exposure, longer pollen seasons, rising vector-borne risks, and emerging infectious diseases. While the city has already launched various measures such as climate-adapted urban planning or biodiversity programmes, ecological effects materialise only over the long term.

In parallel, new interface risks emerge at the human–animal–environment nexus, requiring an integrated One Health perspective. Rising temperatures and extreme weather events increase health burdens for humans—especially vulnerable groups—while livestock, wildlife, and companion animals also suffer more from heat stress, parasites, and shifting pathogen dynamics. Intensifying urbanisation and increasing land sealing contribute to heat islands, higher pollutant loads, and limited access to green and blue-green spaces. At the same time, knowledge, coping capacities, and health literacy vary significantly across population groups, reinforcing social inequalities in dealing with environmental and climate risks and hindering equitable access to health-promoting resources. The growing complexity of these interconnected risks underscores the need for preventive, cross-sectoral, and ecologically oriented health strategies in the future.

## **1.3 Vision for a healthy city in Munich**

The health department of the City of Munich has developed the following vision for a healthy city:

*“The health of all Munich residents is our motivation and our highest priority. Together, we work to ensure health equity – so that all people in Munich, regardless of origin, income, or education, have the best possible access to prevention, the protection of their health, and a dignified burial.*

*We understand health, in the spirit of “One Health,” as healthy coexistence between humans, nature, and animals.”*

(Leitbild des Gesundheitsreferats, 2025)

To achieve this vision and to meet the challenges mentioned above the city has started a journey to update it's the Health Guideline in 2024. In the last Health Guideline, which was finalized in 2009, the city has committed itself to a holistic vision of health, to an integrated approach following the principles of health in all policies as well as to sustainability and equity in its health policy regardless of gender, age, origin, sexual orientation, and socio-economic status with a special focus on the most vulnerable social groups.

The goal of the participation of Munich to the One Health 4 Cities Network was to broaden this vision of health, integrating the One Health approach in the new Health Guideline.

The Health Guideline will be finalised in 2026 with a resolution of the city council. The participatory, intersectoral and integrated process to develop the new guideline as well as preliminary results in the field of One Health are presented in the next chapters.

## IAP SECTION 2:

### Updating the Health guideline: Process and guiding principles

The new Health Guideline is being developed following a Health in All Policies and a One Health approach through extensive citywide collaboration. Numerous municipal departments have been involved, including the Departments of Climate and Environmental Protection, Urban Planning and Building Regulations, Education and Sports, Labour and Economic Development, Social Services, Public Order, Mobility, and the City Directorate. In addition, many municipal institutions, local organisations, and representatives from politics and academia have been contributing. Dedicated citizens have also been providing their perspectives throughout the updating process.

#### 2.1 Updating the Health Guideline within the Framework of the One Health 4 Cities Network

The process to update the Health Guideline was closely connected to the participation of Munich in the "One Health 4 Cities." Network. The professional support from a One Health expert, the URBACT methodology and the tools developed by the Network were essential to the integration of the One Health approach at the local level. A local expert group (Urban Local Group) has been established, integrating many actors (Figure 4). Findings and insights from this collaboration will be incorporated directly into the guideline.



Figure 4: The composition of the groups involved in updating the Health Technical Guideline (own illustration)

## 2.2 Phases of the Updating Process

The updating process took place over two and a half years (January 2024–Middle of 2026) and was divided into four phases.

### Initiation Phase (January–June 2024)

The process began with two main events:

- an internal workshop for staff of the Department of Public Health, and
- a digital kick-off for other municipal departments.

Ten preliminary thematic fields were identified as the basis for further work. An internal working group was established to update the evidence base and the overarching trends and challenges. At the same time, Munich's URBACT Urban Local Group began its work on One Health.

### Public Participation Phase (June 2024–May 2025)

A comprehensive participation process was launched to gather needs, ideas and priorities from citizens and professionals. It consisted of four components:

- **Component 1: Working groups with experts and members of the Health Advisory Board (June–October 2024)**  
Workshops with 15–20 professionals per session prioritised the ten preliminary thematic fields and discussed trends, challenges and potential measures.
- **Component 2: Four regional forums – “participatory workshops” (September–November 2024)**  
Open workshops in four regions of Munich collected ideas for healthy living conditions. Around 200 people took part in the workshops and about 500 attended the forums.
- **Component 3: Online survey (February–March 2025)**  
An online questionnaire prioritised challenges and trends. A total of 3,130 people participated (2,457 completed the survey).
- **Component 4: Focus group interviews (April–May 2025)**  
Focus groups explored the experiences of vulnerable groups using guided discussions and, in some cases, the Photovoice method. Target groups included older adults in difficult situations, single parents, peer health counsellors, migrants, people with learning disabilities and long-term unemployed older men. In total, 50 people were interviewed.





Figure 5: Source: Gesundheitsreferat – Landeshauptstadt München

The results were analysed and assigned to the ten thematic fields, which were then prioritised. This ultimately led to the action fields and two cross-cutting themes, which should be at the core of the new Health Guideline.

### Development Phase (March 2025–September 2025)

Intersectoral working groups (12–20 participants each) were formed for every action field. Between April and July 2025, they jointly developed the content using impact-oriented planning. All participation results—especially from the online survey and focus groups—were incorporated. In line with the Health in All Policies approach, broad involvement from all relevant municipal departments was ensured. More than 20 external stakeholders, including welfare organisations, also participated.



Figure 6: Source: Gesundheitsreferat – Landeshauptstadt München

### **Impact-oriented planning**

Impact-oriented planning helps to systematically align projects, measures, or guidelines with the desired effects (in a setting or on target groups). Impact-oriented planning means:

- > Focusing on the positive changes that can actually be achieved for the target group
- > Linking to the needs and life situations of the target audience and to expertise from different areas
- > Developing realistic goals
- > Participatory and collaborative cooperation on an equal footing

To align the Health Guideline in a holistic and impact-oriented manner, the strategies, goals, measures, and project ideas will be oriented toward three levels of action: attitude, structure, and activity:

- > Attitude: Attitudes, (inner) attitudes, behaviours of actors or addressees
- > Structure: Infrastructures, networks, or social structures in which target groups or actors operate, work, or live
- > Activity: concrete measures and offers for addressees or actions of actors

### **Finalisation Phase (October 2025 – Middle of 2026)**

All results were consolidated, written up and coordinated with participating departments and partners. In the first half of 2026, the guideline will be submitted to the City Council. Following approval, a five-year implementation phase will begin, including monitoring of strategies, goals and key projects. An update of the guideline is planned for 2031.

## **2.3 Guiding principles**

The following concepts and principles guide the updating process of the Health Guideline:

The City of Munich follows the World Health Organization's holistic concept of health (2020). This understanding includes the physical, mental, and social dimensions of health and the ways in which they interact. Alongside objective indicators, Munich also considers people's subjective perceptions: individuals experience and assess their own health and well-being differently. Health is also viewed functionally—people are considered healthy when they are able to carry out everyday activities and participate in important areas of life, even when facing illnesses or limitations. This creates a fluid continuum between health and disease. Moreover, health is a dynamic state that is continuously restored, adapted, and shaped over the life course by many factors. Human health is closely connected to, and dependent on, the health of domestic and



wild animals, plants, and the broader environment. For this reason, the One Health approach—aimed at sustainably balancing the health of humans, animals, and ecosystems—forms an integral part of Munich’s health perspective.

The Dahlgren & Whitehead (1991) “rainbow model” illustrates the wide range of factors that influence health (Figure 4). In addition to individual factors such as age, gender, genetics, and health behaviour, social and community networks (e.g., friends, family, neighbourhoods), working and living conditions (e.g., housing, education, income, access to services), and overarching societal circumstances (e.g., peace/war, economy, politics, climate, environment) all play a significant role. To effectively protect and promote health, behavioural prevention (measures targeting individual behaviour) must be complemented by contextual prevention (measures that improve living conditions and reduce structural and social disadvantages). Environmental prevention seeks to reduce risks within people’s surroundings and to strengthen health resources.



Figure 7: Rainbow model, determinants of health (Hessische Arbeitsgemeinschaft e.V. (HAGE), 2020) according to Dahlgren & Whitehead 1991

This highlights the necessity for Health professionals to work closely with all relevant actors to help shape living environments that support good health. Health-promoting aspects should increasingly be integrated into policies, plans, and actions across the city (“Health in All Policies”). This is particularly important given that many behaviour-focused interventions assume that people will change their behaviour simply through increased knowledge or motivation. Professionally, however, it is clear that knowledge alone produces only limited behaviour change. Health promotion that aims for measurable, sustainable impact must therefore prioritise improvements in living conditions (Cooperation Network for Health Equity, 2018).

During the updating process and within the URBACT Urban Local Group a strong emphasis was therefore placed on integrating health considerations into planning and implementation processes across municipal departments and citywide development. The guideline should align with central aspects of various internal and cross-departmental strategies, including the education policy guideline, the Climate, Environment and Global Responsibility Framework, the Biodiversity Strategy, and action plans for implementing the European Charter for Equality of Women and Men as well as the UN Convention on the Rights of Persons with Disabilities.

## IAP SECTION 3: Action Planning Details

The following chapter presents preliminary results produced by the URBACT Urban Local Group for the update of the Health Guideline. The results are based on the public participation and on impact-oriented planning conducted during meetings of the group. The results as well as the further development and implementation of the new actions is subject to the approval of the city council of the Health Guideline in 2026 as well as to the availability of the necessary resources.

### 3.1 Crosscutting themes

As a result of public participation health equity and crisis resilience were defined as cross-cutting issues for the updating of the Health Guideline.

#### Health Equity

Health equity means ensuring that no group faces unfair or avoidable health disadvantages. In Munich as well, social inequalities—linked to income, education, migration background, disability, gender or age—lead to higher health risks, poorer living conditions, reduced access to services and shorter life expectancy. These disadvantages accumulate and reinforce one another (intersectionality). Because they strongly shape health opportunities, promoting health equity is a central priority of the Health Department and must guide all strategies, measures and projects.

#### Crisis Resilience

Health-related crises such as pandemics, extreme weather events, conflicts or disasters overwhelm normal public health capacities and create significant psychological, social and organisational strain. Cities are particularly vulnerable due to dense populations and complex infrastructures. Munich experienced this during COVID-19 and the refugee influx after the war in Ukraine. Strengthening resilience—through better preparedness, risk management, coordination and maintaining essential services—is therefore essential. Crisis resilience will be integrated as a cross-cutting theme in the Health Guideline to ensure Munich remains capable of protecting its population in future crises.

### 3.2 Action framework

The members of the URBACT Urban Local Group developed an action framework for One Health in Munich, following the logic of impact-oriented planning described in chapter 2.2. According to this framework Munich aims to promote health, strengthen resilience

and improve environmental conditions through an integrated, cross-departmental and participatory approach. Health should become a shared responsibility, with planning processes that systematically consider the needs of all livings and of different population groups, especially those in vulnerable situations. Main priorities should include expanding health-promoting green and blue infrastructure, reducing air and noise pollution, supporting sustainable diets and raising awareness of the interconnections between human, animal and environmental health.

The Urban Local Group's One Health vision for Munich is for the city to become a biodiverse, health-promoting living environment that meets the needs of all living beings. The city should embrace a holistic One Health perspective, recognising that human, animal and ecosystem health are interdependent. The city should aim to become resilient and adaptive to climate, ecological and social change, guided by environmental justice, social equity and equal opportunities for all.

### 3.3 Strategies developed by the URBACT Urban Local Group



Figure 8: Source: OH4C

To reach this vision the URBACT Urban Local Group defined objectives and strategies on the three levels of attitude, structure, and activity. These objectives and strategies will be integrated in the Health Strategy and are still pending political approval. They focus on:

- raising awareness for One Health aspects in disease prevention, health promotion and climate-related health protection in Munich

- integrating One Health aspects into urban planning processes to ensure residents live in healthy and biodiverse environments
- promoting low-threshold opportunities for public participation to create, maintain and improve natural, health-promoting public spaces
- promoting sustainable, bio and regional nutrition through education, communication and an increased consumption in public institutions.
- Engaging residents, especially underserved groups, in One Health projects
- Improving access to nature, and identifying city areas, where One Health can be experienced and learned
- Strengthening and expanding synergies between existing initiatives in climate, biodiversity and nutrition.

### 3.3 Actions

Following actions are already in progress and will be further developed and/ or monitored in the coming years to implement the strategies mentioned above (exemplary selection):

- **Networking and dissemination of the One Health approach:**

As part of the URBACT One Health 4 Cities project Munich has acquired expertise on One Health and tested tools and instruments to disseminate the One Health approach. The Health department plans to use its active role in regional, national and supraregional networks (for example the Healthy Cities network, to share this expertise and disseminate learnings and good practices for a municipal One Health approach. Further information is available at:

<https://urbact.eu/networks/one-health-4-cities>

- **Pandemic preparedness:**

The Department of Health participates in [the working group "Spatial Planning and Management for Pandemic-Resilient Cities"](#) of the Academy for Spatial Research and Planning in the Leibniz Association (ARL). The aim is to ensure that cities are better prepared for future pandemics – whether through the preparation of health, environmental, and social data based on integrated municipal health reporting, the design of urban open spaces, the provision of health infrastructure, or the spatial management of pandemics in acute situations. To this end, the working group is drawing up guidelines for municipal actors based on scientific findings and good examples from the coronavirus pandemic.

- **Health-related heat protection activities of the City of Munich:**

The Department of Health is developing, testing and monitoring various measures to mitigate the health-related effects of climate change, especially for groups of people



who are particularly affected by heat. These measures include:

- the development and updating of a target group-oriented heat warning system;
- raising public awareness, e.g., through lectures, high-profile events, or training for multipliers;
- the development and updating of the "map of cool places" (Figure 9)
- cooperation and exchange of experience with various institutions (e.g., Bavarian State Office for Health and Food Safety) and with partner cities.
- Expansion and operation of public and free drinking water fountains

For more information, visit: <https://stadt.muenchen.de/infos/hitze-gesundheit.html>

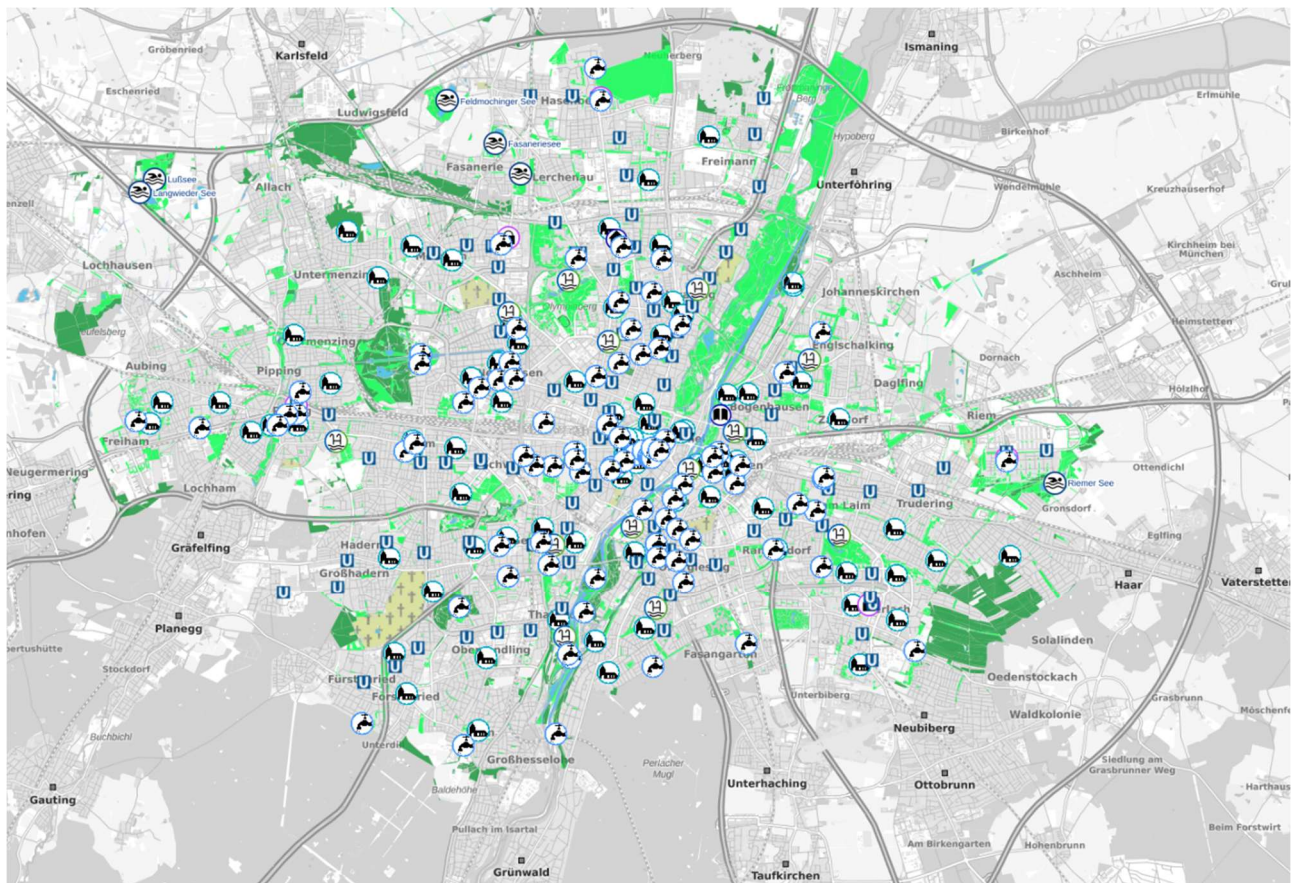


Figure 9: Karte Kühler Orte (map of cool places), GEO PORTAL MÜNCHEN,  
[https://geoportal.muenchen.de/portal/kuehle\\_orte/](https://geoportal.muenchen.de/portal/kuehle_orte/) (accessed on 27/11/2025)

- **Tiger mosquito monitoring by the Health Department:**

The Asian tiger mosquito is native to Southeast Asia. However, globalization and climate change have caused it to spread to Munich. This mosquito can transmit various diseases, including chikungunya, dengue, and Zika fever.

The Health Department has started to develop a concept to monitor the development of the tiger mosquito with the support of the population. Mosquito monitoring with a special focus on the Asian tiger mosquito is intended to gather early insights into how the tiger mosquito is spreading, to take measures to slow down its spread in Munich and to educate the population on how to slow down its spreading.



Figure 9: Hinweise zur Asiatischen Tigermücke (Information about the Asian tiger mosquito), Gesundheitsreferat (2025)

More information is available at <https://stadt.muenchen.de/infos/tigermuecke.html>

- **Minimizing harmful environmental influences:**

The Department of Climate and Environmental Protection, in cooperation with other departments and with public participation, regularly updates the [noise action plan](#) for urban roads and railways and the [clean air plan](#). Both plans contain information on measurement results, any exceedances of limit values, and measures to reduce exceedances of the legally defined limit values. The noise action plan includes, for example, comprehensive measures such as improving traffic flow through green waves or promoting public transport, as well as small-scale measures for study areas particularly affected by noise.

- **Cooperation between various actors in neighbourhoods:**

As part of [the prevention chains](#), several department of the city, non-governmental organisations, and local actors are working together in the two new development areas of Freiham and Neufreimann in a multi-professional network under the leadership of the Department of Health, the Department of Education and Sports, and the Department of Social Affairs. The aim is to prevent the consequences of child



poverty and promote equal opportunities for all children and young people by (further) developing effective preventive measures.

One of the focuses is to anchor health promotion in local structures. Local health management works closely with institutions in the respective district to develop projects and actions, e.g., on contact with nature, nutrition, exercise, and mental health, in the immediate living environment. This approach is being evaluated and further developed in cooperation with the University of Munich, the Federal Institute of Public Health and the TK health insurance.



Figure 11: Präventionskette (Prevention Chain), City of Munich

- **Urban Gardens in Munich / Munich herb garden:**

In Munich, around 50,000 citizens garden in communally organized urban gardens, on balconies, and in private gardens, while farms in the green belt produce organically. Despite increasing urbanization, there are numerous opportunities to create urban gardens, for example through unsealing and the use of roofs or brownfield sites. Urban gardens offer a variety of ecological and social benefits, such as promoting biodiversity, producing sustainable food, and creating intercultural meeting places, which contributes to improving the quality of life in the city. Further information is available at: <https://urbane-gaerten-muenchen.de/gaerten/> and <https://stadt.muenchen.de/infos/muenchner-krautgaerten.html>

- **Green sponsors:**

The aim of the sponsorships is to promote and strengthen participation and shared responsibility for playgrounds, green spaces, roadside green areas, and natural areas. The sponsors are contact persons for users. They represent their interests. More information at: <https://stadt.muenchen.de/infos/patenschaften-gruen-natur-spielplaetze.html>

- **“Haus der Kost” (House of Food):** Promoting the use of regional, seasonal organic food is very important in terms of sustainability and health. Stakeholders from the food industry and the City of Munich are working together at Haus der Kost to achieve this goal. The advisory centre provides free support, coaching, and advice to kitchen teams in communal catering, networks and coordinates organic initiatives and other relevant stakeholders, and thus acts as a hub for activities promoting a change in eating habits. For more information, visit: <https://rethink-muenchen.de/klimabewusst-leben/haus-der-kost/>

- **Promotion of active mobility and traffic safety:**

The issue of health is enshrined in the overarching mobility strategy of the state capital of Munich and in the individual sub-strategies. Of particular relevance here is the promotion of active mobility, i.e., walking and cycling. The city of Munich is therefore pursuing the goal [of becoming a city of short distances](#). In addition to creating suitable traffic areas, e.g., as a result of the [Munich Cycling Referendum](#), promotion through competitions such as [Stadt Land zu Fuß \(City Country on Foot\)](#) or [STADTRADELN \(City Cycling\)](#) and [Schulradeln \(School Cycling\)](#) also plays a role. In addition, the goal of [Vision Zero](#), i.e., no deaths or serious injuries in road traffic, is being pursued. In addition to many construction and traffic planning measures, the public awareness campaign [Merci Dir](#) is also intended to contribute to this goal.

The URBACT Urban local group has also formulated ideas for actions which are pending the approval of the city council in 2026. After the political approval the actions will be further substantiated, developed and implemented subject. Planned actions include:

- further development and implementing of the One-Health 4 Cities Network Instruments in Munich,
- expanding local health promotion and the systematic integration of (one) health factors in urban planning processes,
- communication and training on environmental health impacts,
- mapping of multiple environmental burdens to guide targeted interventions,
- enhancing biodiverse green spaces that foster human and ecological health.

### 3.4. Next Steps and Implementation

The results of the URBACT Urban Local Group have been integrated in the preliminary version of the new Health Guideline. After formal approval through all departments involved in the updating process the new Guideline will be submitted to the City Council in 2026. Following City Council approval, a five-year phase of implementation will begin in close cooperation with many internal and external partners.

A concept for the implementation is currently being developed. The plan will focus on ensuring that the Guideline not only gets implemented but also leads to positive changes in attitudes, structures, and activities.

Detailed planning will start at the beginning of 2026, including the development of indicators to monitor the reaching of the objectives, the allocation of responsibilities, the prioritisation of actions, the setting milestones, and establishing deadlines. The core quality principles—cross-departmental collaboration, participation, low-threshold access and impact orientation—will continue to guide all projects and actions.

## Conclusion



Figure 12: Source: Kohlrusch, Antje, AI-generated

Munich's Integrated Action Plan demonstrates the city's commitment to embedding the One Health approach into its strategic health planning and future development. Through broad participation, interdepartmental collaboration, and the support of the One Health 4 Cities Network, Munich has built a shared foundation for promoting the interconnected health of people, animals, and ecosystems. The forthcoming Health Guideline will translate this vision into concrete, impact-oriented actions that strengthen resilience, reduce health inequalities, and create healthier living environments for all residents. With strong partnerships, a clear strategic framework, and a focus on evidence-based implementation, Munich is well positioned to drive sustainable, long-term improvements in urban health.