

Integrated action plan

Integration of the One Health concept into the health guidelines of the City of Munich

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About this document

URBACT is a European exchange and learning program run by the EU for sustainable urban development. It supports cities of all sizes in jointly developing solutions to urban challenges. The 2021–2027 funding period focuses on fairer, healthier, greener, and more productive cities.

The program is part of European Territorial Cooperation and is funded by the European Regional Development Fund (ERDF). Cooperation takes place in international city networks. This document is part of the results of the URBACT One Health 4 Cities project (2023–2025).

The URBACT Integrated Action Plans (IAP) are the central outcome of a URBACT project. Each city develops a plan as part of its participation in the URBACT project. The plan describes the specific measures the city intends to implement in the coming years to address a particular urban policy challenge. This document is the result of the City of Munich's participation in the One Health 4 Cities Network.

The action plan was not developed at a desk, but was developed together with local stakeholders – for example, representatives from administration, politics, science, civil society, and other relevant areas. In addition, exchanges with partner cities from other countries (transnational partners) and practical experience from testing individual measures on site (testing of actions at local level) were incorporated into the plan.

For each participating URBACT network city, the IAP is the visible result of several years of work and learning in the URBACT Action Planning Network (APN). It brings together the results of local discussions in the URBACT Local Group and international exchanges of experience. The aim is to create a clearly structured and easily implementable action plan that is tailored to the specific needs of the city (local policy challenge) and pursues an integrated and participative approach.

The action plan is deliberately future-oriented. It outlines the steps that the city intends to implement together with its partners even after the end of the URBACT project (beyond the life cycle of the URBACT network). It is not just about ideas, but above all about concrete implementation: the plan contains information on possible funding opportunities, responsibilities and decision-making structures (governance structures) as well as timelines (). This makes it clear how the measures are to be implemented and how their progress is to be monitored and reviewed.

About the network

The One Health 4 Cities network, an action planning network of the URBACT IV program, examined how the One Health approach can be implemented in urban administrative

structures, strategies, and projects. The network includes cities with varying degrees of experience in One Health and local contexts and promotes a collaborative environment in which nine partners came 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 aimed 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 lead partner of the network was the city of Lyon.

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Introduction

The City of Munich updated its health guideline from 2023 to 2026 in order to adapt and strengthen its strategies in response to growing social, environmental, and health-related challenges. Munich is growing, becoming more diverse, and must adapt to climate change. This requires the protection and promotion of a broader and more integrated understanding of health that takes into account the complex interactions between humans, animals, and natural ecosystems.

The Integrated Action Plan (IAP) developed within the URBACT One Health 4 Cities network provides the framework for this expanded approach, with a focus on integrating the One Health concept into the Health Policy Framework.

Through comprehensive participation, cross-departmental professional collaboration, and evidence-based analysis, the URBACT Urban Local Group (ULG) has developed a shared understanding of the city's most pressing health needs—growing social/health inequalities, unequal access to health-promoting environments, the health impacts of climate change, and increasing pressure on urban ecosystems. The IAP translates these findings into strategic priorities and practical measures aimed at strengthening health equity, resilience, and environmental quality throughout the city.

The Urban Local Group therefore proposed to the City Council that the One Health concept be integrated into the Health Policy Guideline to create healthier living conditions for all residents while protecting biodiversity and ecosystem services. The IAP outlines how the city and its partners in the URBACT Urban Local Group plan to work together to achieve these goals in the coming years, ensuring that the health of people, animals, and the environment is incorporated into future planning, decisions, and actions.

IAP Part 1: City Context & Vision

The starting point for the work of local stakeholders in the URBACT Urban Local Group was a baseline study, i.e., an inventory of urban conditions. The most important findings of the baseline study are presented in this section.

1.1 General context

Munich is the capital of Bavaria and the economic and social center of southern Germany. Located near the Alps and surrounded by attractive countryside and lakes, it attracts businesses and the people who work for them. Due to economic growth and increasing urbanization, the population has risen to 1.6 million by the end of 2022 and continues to grow, making Munich the most densely populated city in Germany. It is expected that nearly 1.83 million people will live in Munich by 2045. In addition, the Munich metropolitan area already has more than 6 million inhabitants.



Image 1: Nagy, Michael: Press photos – State Capital Munich

"Perspektive München" is the central planning instrument of the city of Munich. It provides principles, guidelines, programs, and measures that are continuously developed to achieve the strategic and technical goals of "Shaping Munich's Future." The overall system of "Perspektive München" contributes to the implementation of the United Nations' global Sustainable Development Goals at the municipal level.



Image 2: The four strategic guidelines of Perspective Munich with the corresponding SDGs (Department of Urban Planning and Building Regulations, 2024)

The key result of the latest update to "Perspective Munich" is a new preamble that, in the spirit of a "city in balance," contains a commitment to sustainability and a focus on the common good as a fundamental value of Munich's urban development. The UN SDGs have also been integrated into the strategic goals.

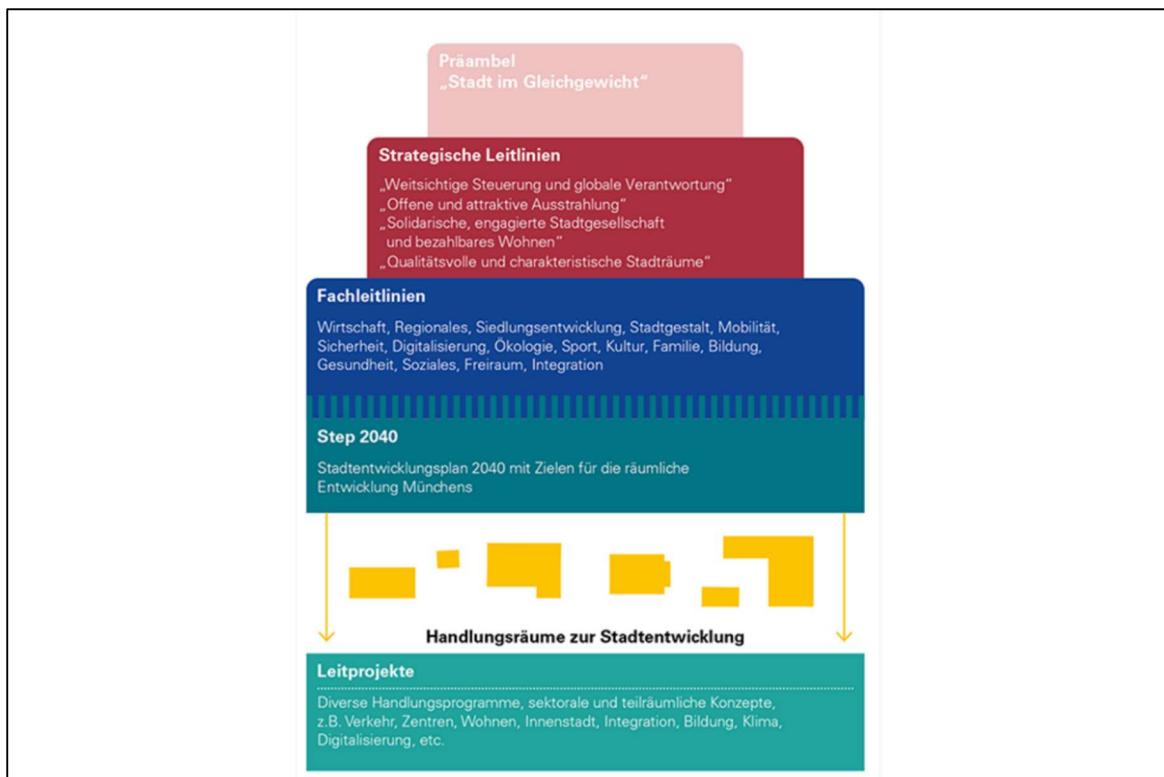


Image 3: City in balance (State Capital Munich Department of Urban Planning and Building Regulations, 2022)

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

The "Perspective Munich" currently comprises four strategic and 16 thematic guidelines, including the guideline on health. Figure 3 shows the structure of "City in Balance" together with the strategic and thematic guidelines.

1.2 Challenges

Population growth and diversity

As already mentioned, Munich continues to grow significantly – from currently around 1.6 million inhabitants to an estimated 1.83 million by 2045. At the same time, the city is becoming much more diverse: around half of all inhabitants already have a migration background, and over 30% are foreign nationals. A particularly large number of young people are moving to the city for education and work.

Munich remains a comparatively young city (average age currently around 41), but the number of children, young people, and older adults is rising noticeably. This is leading to increasing demand for prevention, health promotion, care, and medical services, particularly due to the growing number of older people and people with multiple chronic conditions.

As Germany's most densely populated city, Munich is increasingly reaching its spatial limits. Building land for new developments is becoming scarce, urban densification is increasing, and conflicts over land use are intensifying. At the same time, the city's districts are developing very unevenly: strong growth forecasts are mainly expected on the outskirts of the city, while many inner-city districts are showing little growth. This creates a considerable need for locally tailored planning for prevention, health care, sports, leisure, and psychosocial infrastructure.

Social inequality and health equity

Despite high average incomes, socioeconomic differences are growing: in 2021, one in six people lived below the poverty line. Older people, single parents, large families, people with disabilities or chronic illnesses, and people with a migration background are disproportionately affected. Poverty is closely linked to poorer health, lower well-being, and reduced life satisfaction.

Although the majority are satisfied with medical care, social inequalities remain visible: people with low incomes or foreign nationality report significantly lower satisfaction. Bottlenecks are particularly noticeable in general and pediatric care, with unequal distribution across neighborhoods. Staff shortages particularly affect the fields of medicine, nursing, and midwifery. Refugees and other vulnerable groups face additional barriers to access.

Impact of multiple crises

Munich, like the rest of Germany, is experiencing continuous crisis-related immigration, which has recently been exacerbated 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 are affecting health and quality of life. Heat waves increase the risk of acute and chronic diseases; psychological stress due to climate impacts is also on the rise. Young children, pregnant women, older people, people with disabilities or existing medical conditions, and people in precarious housing situations are particularly at risk.

COVID-19 revealed significant social and regional differences in infection patterns. Facilities such as daycare centers, schools, nursing homes, and shared accommodation

were particularly affected. Children and adolescents suffered considerable psychosocial and psychological stress, with rising numbers of mental illnesses.

One Health-specific trends and challenges

The ongoing transformation of urban ecosystems poses a key challenge for One Health. Climate change is altering seasonal patterns, changing species compositions, and promoting the spread of non-native, potentially harmful species such as tiger mosquitoes or invasive neophytes. At the same time, biodiversity is declining, weakening the resilience of urban ecosystems and jeopardizing essential ecosystem services such as air pollution control, water regulation, pollination, and climate regulation. These developments directly affect plants and animals, but also overlap with human health, for example through increased heat exposure, longer pollen seasons, rising vector-borne risks, and emerging infectious diseases. Although the city has already launched a wide range of measures such as climate-friendly urban planning and biodiversity programs, ecological effects only become apparent in the long term.

At the same time, new interface risks are emerging at the human-animal-environment interface, requiring an integrated One Health perspective. Rising temperatures and extreme weather events increase health risks for humans—especially vulnerable groups—while livestock, wildlife, and pets also suffer more from heat stress, parasites, and changing pathogen dynamics. Intensified urbanization and increasing land sealing contribute to heat islands, higher pollution levels, and limited access to green and blue spaces. At the same time, knowledge, coping skills, and health literacy vary considerably between population groups, exacerbating social inequalities in dealing with environmental and climate risks and preventing 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

As part of the new health guidelines, the City of Munich's Health Department has developed the following vision for a healthy city:

The vision of the City of Munich is a healthy city in which all people, regardless of origin, age, gender, gender and sexual identity, disability, income, and education, have access to needs-based prevention and medical care services and protection of their health. By contributing to the healthy design of relevant living conditions and focusing on compensating for unhealthy living conditions, the state capital contributes to healthy and social coexistence among the population.*

(Health Guideline 2026).

In order to achieve this vision and overcome the above-mentioned challenges, the city began updating its Health Guidelines in 2024. In the last Health Guidelines, which were completed in 2009, the city committed itself to a holistic vision of health, an integrated approach in line with the principles of health in all policies, and sustainability and equity in its health policy – regardless of gender, age, origin, sexual orientation, and socioeconomic status, with a special focus on the most vulnerable social groups.

The focus of Munich's participation in the URBACT One Health 4 Cities network and this integrated action plan was to expand this health vision and integrate the One Health approach into the new Health Guidelines. The Health Guidelines were finalized in 2026 with a resolution by the City Council. The participatory, intersectoral, and integrated process for developing the new guideline, as well as the results in the area of One Health, are presented in the following chapters.

IAP Chapter 2: Updating the Health Guideline – Process and Guiding Principles

The new Health Guideline were developed through comprehensive city-wide cooperation, taking into account a "Health in All Policies" approach and a One Health approach. Numerous municipal departments were involved, including the departments for climate and environmental protection, urban planning and building regulations, education and sport, labor and economics, as well as the social affairs department, the district administration department, the mobility department, the municipal department, and the directorate. In addition, many municipal institutions, local organizations, and representatives from politics and science contributed. Committed citizens also contributed their perspectives during the updating process.

2.1 Updating the Health Guideline within the framework of the One Health 4 Cities network

The process of updating the health guideline was closely linked to Munich's participation in the URBACT One Health 4 Cities network. The technical support provided by a One Health expert, the URBACT methodology, and the tools developed by the network were crucial for integrating the One Health approach at the local level. A local expert group (Urban Local Group) was set up, which integrated many stakeholders.



Figure 4: Composition of the committees and working groups (own representation)

2.2 Phases of the updating process

The updating process took place over two years (January 2024–January 2026) and is divided into four phases.

Kick-off phase (January–June 2024)

The process began with two major events:

- an internal workshop for employees of the Health Department and
- a digital kick-off for other municipal departments/divisions.

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

Public participation phase (June 2024–May 2025)

A comprehensive participation process was initiated to gather the needs, ideas, and priorities of citizens and experts. It consisted of four building blocks:

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



Image 5: Photo credit: Health Department – City of Munich

The results were analyzed and assigned to ten thematic areas, which were then prioritized. This led to the selection of the fields of action and the two overarching themes that were included in the new guideline.

Development phase (March 2025–September 2025)

The working groups (each with 12–20 participants) were formed for each field of action. 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 taken into account. In line with the "health in all policies" approach, broad participation from all relevant city departments was ensured. More than 20 external stakeholders, including welfare organizations, also participated.

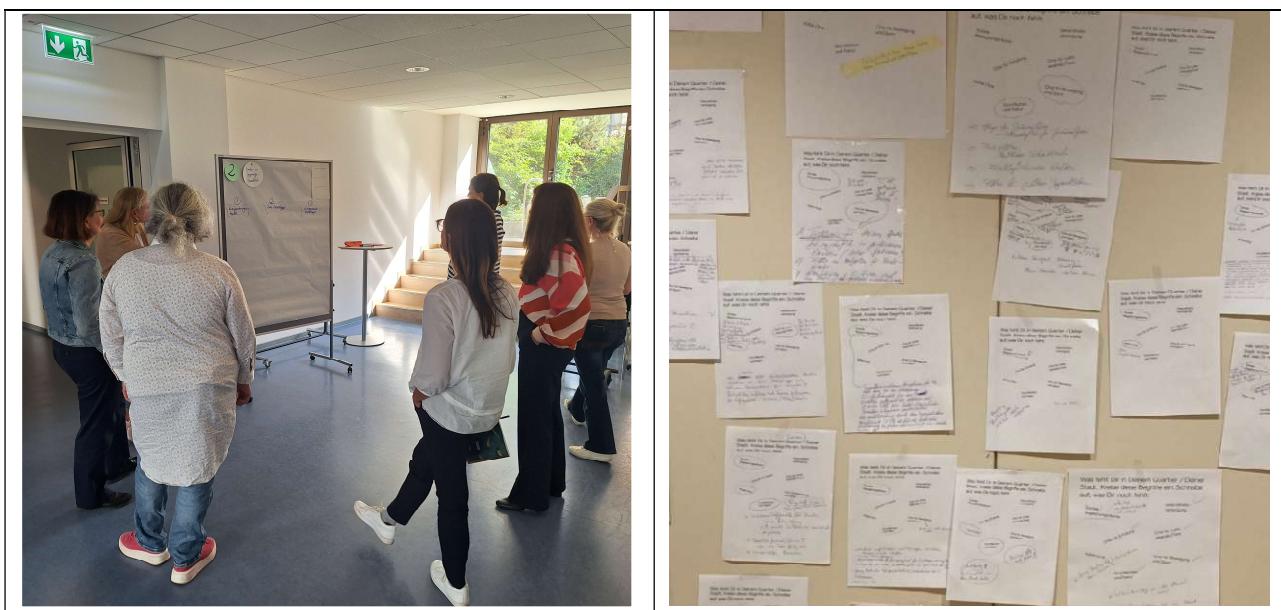


Image 6: Photo credit: Health Department – City of Munich

Impact-oriented planning

Impact-oriented planning helps to systematically align projects, measures, or guidelines with the desired effects (in a context or for 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 group as well as to expertise from various fields
- > Developing realistic goals
- > Participatory and cooperative collaboration on an equal footing

In order to align the health guideline in a holistic and impact-oriented manner, the strategies, goals, measures, and project ideas were aligned with three fields of action:

Attitude, structure, and activity:

- > Attitude: attitudes, (inner) mindsets, behaviors 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 by actors

Finalization phase (October 2025 – mid-2026)

All results were consolidated, written down, and coordinated with the departments and partners involved. In February 2026, the Health Guideline was presented to the city council. Once approved, a five-year implementation phase will begin, including monitoring of strategies, goals, and key projects. An update to the policy is planned for 2031.

2.3 Technical principles

The following concepts and principles guided the process of updating the health guideline:

The city of Munich follows the World Health Organization's (2020) holistic concept of health. This understanding encompasses the physical, mental, and social dimensions of health and the interactions between them. In addition to objective indicators, Munich also takes into account people's subjective perceptions: individuals experience and evaluate their own health and well-being differently. Health is also viewed functionally—people are considered healthy if they are able to perform everyday activities and participate in important areas of life, even if they are faced with illness or limitations. This creates a fluid continuum between health and illness. Furthermore, health is a dynamic state that is continuously restored, adapted, and shaped by many factors throughout the course of life. Human health is closely linked to and dependent on the health of domestic

and wild animals, plants, and the wider environment. For this reason, the "One Health" approach—which aims to sustainably harmonize the health of humans, animals, and ecosystems—is an integral part of Munich's health perspective.

The "rainbow model" by Dahlgren & Whitehead (1991) illustrates the multitude of factors that influence health (Figure 7). In addition to individual factors such as age, gender, genetics, and health behavior, social and community networks (e.g., friends, family, neighborhoods), working and living conditions (e.g., housing, education, income, access to services), and overarching social conditions (e.g., peace/war, economy, politics, climate, environment) also play a significant role. In order to effectively protect and promote health, behavioral prevention (measures targeting individual behavior) must be complemented by contextual prevention (measures that improve living conditions and reduce structural and social disadvantages). Environmental prevention aims to reduce risks in people's environments and strengthen health resources.



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

This underscores the need for health professionals to work closely with all relevant stakeholders to design living environments that support good health. Health-promoting aspects should be increasingly integrated into city policies, plans, and measures ("health in all policies"). This is particularly important because many behavior-focused interventions assume that people will simply change their behavior through more knowledge or motivation. However, it is clear to professionals that knowledge alone can only bring about limited behavioral changes. Health promotion that aims to achieve measurable and sustainable effects must therefore prioritize improvements in living conditions (Cooperation Network for Health Equity, 2018).

During the updating process and within the URBACT Urban Local Group, a strong focus was therefore placed on integrating health considerations into planning and implementation processes across urban departments. The policy should be consistent with key aspects of various internal and cross-departmental strategies, including the education policy, the framework for climate, environment, and global responsibility, the biodiversity strategy, and the action plans for implementing the European Charter for Equality of Women and Men and the UN Convention on the Rights of Persons with Disabilities.

IAP Chapter 3: Action Planning

The following chapter presents the results produced by the URBACT Urban Local Group for the update of the Health Technical Guidance Document. The results are based on public participation and impact-oriented planning carried out during the group's meetings.

3.1 Cross-cutting themes

As a result of public participation, health equity and crisis resilience were defined as cross-cutting themes for the update of the Health Guideline Document.

Health equity

Health equity means ensuring that no group is exposed to unfair or avoidable health disadvantages. In Munich, too, 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 each other (intersectionality). As they have a strong impact on health opportunities, promoting health equity is a key priority for the local 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 the normal capacities of the public health system and create considerable psychological, social, and organizational stress. Cities are particularly vulnerable due to their dense populations and complex infrastructures. Munich has experienced this during the coronavirus pandemic and with the refugee movements resulting from Russia's war of aggression against Ukraine since 2022. Strengthening resilience—through better preparation, risk management, coordination, and maintenance of essential services—is therefore essential. Crisis resilience is integrated into the health policy guideline as a cross-cutting issue to ensure that Munich is able to protect its population in future crises.

3.2 Framework for action

The members of the local working group (URBACT Urban Local Group) have developed a joint action framework for One Health in Munich. This framework aims to promote the

health of the population, strengthen the city's resilience, and improve environmental conditions through an integrated, cross-departmental, and participatory approach. Health should be understood as a shared responsibility. Planning and decision-making processes should systematically take into account the different realities and needs of the population, especially those of people in vulnerable situations. Key priorities include expanding health-promoting green and blue infrastructure, reducing air and noise pollution, promoting sustainable nutrition, and raising awareness of the close connection between human, animal, and ecological health.

The vision of the URBACT Urban Local Group for One Health in Munich is for the city to become a biodiverse, health-promoting living environment that meets the needs of all living beings. The city should adopt a holistic One Health perspective that recognizes that human, animal, and ecosystem health are interdependent. The city should strive to become resilient and adaptable to climate, ecological, and social changes, guided by environmental justice, social equality, and equal opportunities for all.

3.3 Strategies



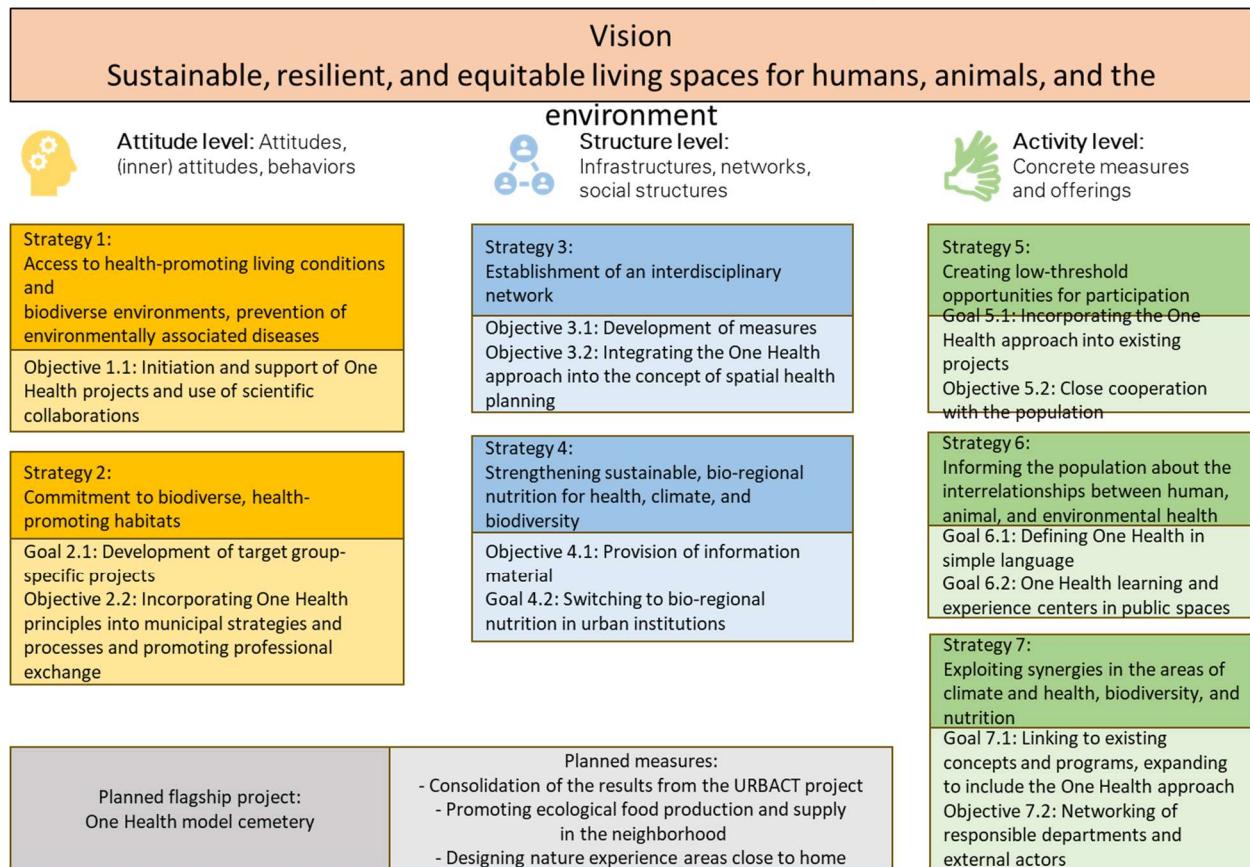
Image 8: Image credit: URBACT OH4C

To realize this vision, the URBACT Urban Local Group has addressed specific One Health issues and solutions in two of a total of five fields of action through objectives and working groups. In the fields of action "One Health, Climate, and Health" and "Health-Promoting Living Conditions," strategies are defined at three levels: a) attitude, b) structure, and c) activity. These goals and strategies are part of the Health Guideline. They focus, among other things, on:

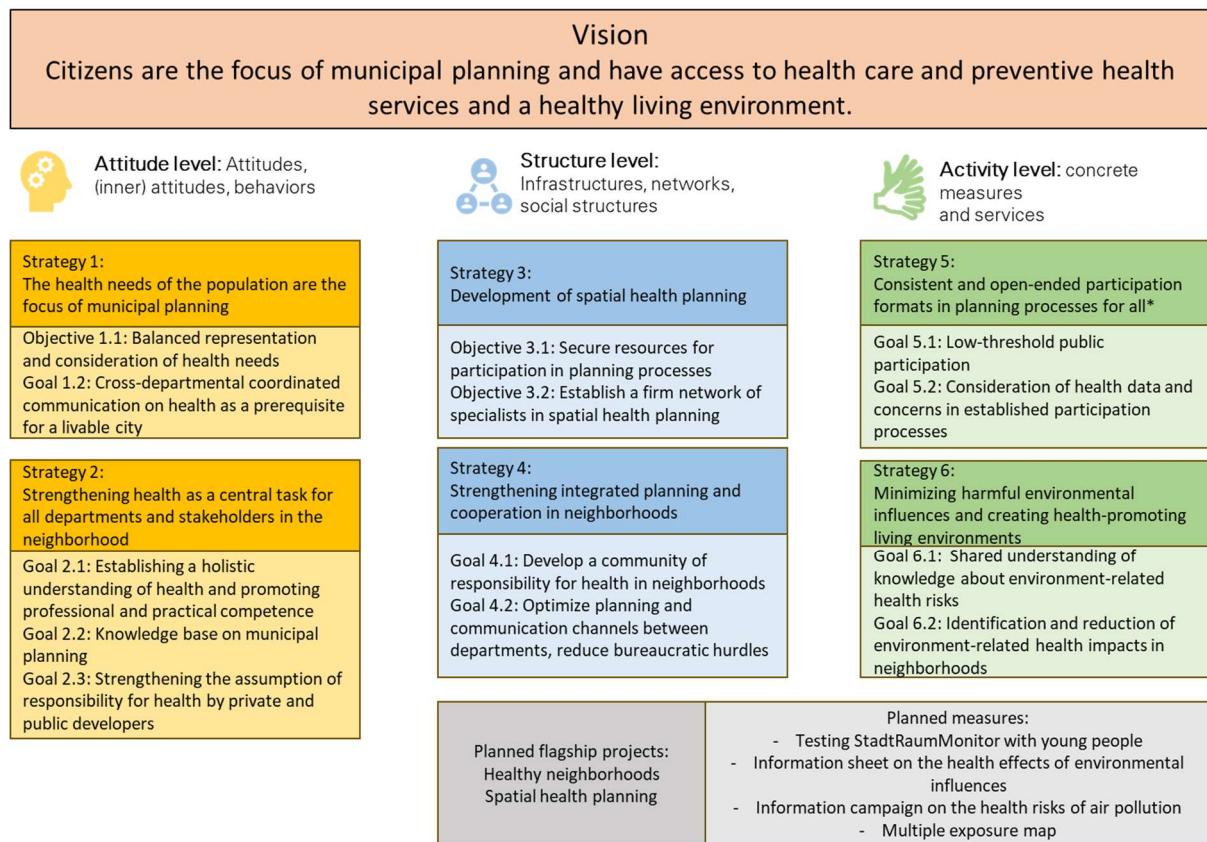
- Raising awareness of One Health aspects in prevention, health promotion, and climate-related health protection in Munich;
- Integrating One Health aspects into urban planning processes to ensure that residents live in a healthy and species-rich environment;
- Promoting low-threshold opportunities for public participation to create, maintain, and improve natural, health-promoting public spaces;
- Promoting sustainable, organic, and regional food through education, communication, and increased consumption in public institutions;
- Involving residents, especially disadvantaged groups, in One Health projects;

- Improving access to nature and identifying urban areas where One Health can be experienced and learned;
- Strengthening and expanding synergies between existing initiatives in the areas of climate, biodiversity, and nutrition.

Overview of Action Area 1: One Health, Climate, and Health



Overview of Action Area 2: Health-promoting living conditions



3.4 Measures

The following measures are already underway and will be further developed and/or expanded in the coming years to implement the above strategies, particularly with regard to One Health:

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

As part of the URBACT project "One Health 4 Cities," Munich has acquired expertise on the topic of One Health and tested instruments for disseminating the One Health approach. The Department of Health plans to use its active role in regional, national, and supraregional networks (e.g., the "Healthy Cities" network) to pass on this expertise and disseminate findings and best practices for a municipal One Health approach. Further information can be found at:

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

- **Preparing for health-related crises:**

The Department of Public 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 better prepare cities for future pandemics – whether through the processing 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 developing guidelines for municipal actors based on scientific findings and good examples from the coronavirus pandemic.

- **Health-related heat protection measures in the city of Munich:** The Department of Health develops and coordinates measures to protect health from the consequences of climate change, especially for population groups at risk from heat. These include a target group-oriented heat warning system, public relations work and training, the "map of cool places" and cooperation with specialist institutions and partner cities. In addition, health-promoting measures and preventive networks are being established in a model region as part of "Munich – healthy on site." The Health Department is also working with the Department of Urban Planning and Building Regulations on shading measures, for example, where tree planting is not possible (as implemented in the Creating NEBourhoods Together project at the Campus di Monaco in Neuperlach). Further information is available at: <https://stadt.muenchen.de/infos/hitze-gesundheit.html>

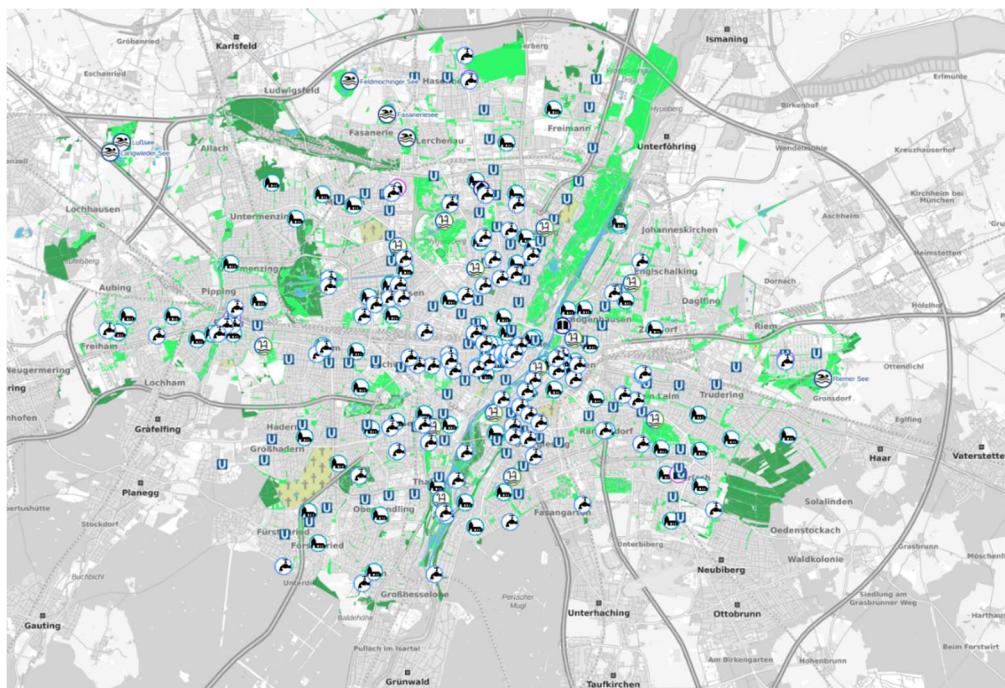


Image 9: Map of cool places, GEO PORTAL MÜNCHEN,
https://geoportal.muenchen.de/portal/kuehle_orte/ (accessed on 11/27/2025)

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

The Asian tiger mosquito originates from Southeast Asia and has spread to Munich as a result of globalization and climate change. It can transmit diseases such as chikungunya, dengue fever, and Zika fever.

With the support of the population, the Department of Health is developing a monitoring concept to detect the spread of the tiger mosquito at an early stage, take appropriate countermeasures, and inform the population about prevention options.

More information at:

<https://stadt.muenchen.de/infos/tigermuecke.html>



Landeshauptstadt
München
Gesundheitsreferat

Wichtige Hinweise zur Asiatischen Tigermücke

- Die asiatische Tigermücke stammt ursprünglich aus Südostasien und verbreitet sich seit einigen Jahren in Deutschland und auch in München.
- Sie ist tagaktiv, im Vergleich zu heimischen Mückenarten aggressiver und kann auch Krankheiten übertragen.

Mit den folgenden Maßnahmen im Garten oder auf dem Balkon helfen Sie, die Verbreitung der asiatischen Tigermücke in München deutlich zu verlangsamen:



Brutstätten säubern
Tigermücken legen ihre Eier am Rand von Gefäßen oberhalb der Wasseroberfläche ab. Reinigen Sie diesen Bereich regelmäßig mit Schwamm, Bürste und Seifenlauge.



Stehende Wasseransammlungen vermeiden
Vermeiden Sie stehendes Wasser in Eimern, Gießkannen, Blumenuntersetzen und der gleichen. Lagern Sie unbenutzte Behälter so, dass sich kein Wasser darin ansammeln kann, zum Beispiel umgedreht.

Weitere Informationen finden Sie hier:



Herstellergaben: Landeshauptstadt München, Gesundheitsreferat, Briennerstraße 28a, 80335 München
Materialien: eigene, facebook.com/muenchenes, instagran.com/ig_muenchen
Foto links: unsplash, Annie Spratt. Foto rechts: Pixabay. Gedruckt auf 100% Recyclingpapier, das mit dem Blauen Engel ausgezeichnet ist. Stand: Juli 2025

Image 9: Information on the Asian tiger mosquito, Health Department (2025)

- **Minimizing harmful environmental influences:**

The Department of Climate and Environmental Protection, in collaboration with other departments and with public participation, regularly updates the noise action plan and the clean air plan. Both plans show measurement results, possible limit exceedances, and measures to improve air quality and reduce noise. These include better traffic management, strengthening public transport, and targeted measures in particularly polluted areas.

- **Cooperation between different actors in city districts:**

In Munich's new districts of Freiham and Neufreimann, various municipal agencies, social institutions, and other partners are working closely together. The aim is to combat child poverty at an early stage and create equal opportunities for all children and young people. Effective prevention measures are being developed under the joint leadership of several departments.

In existing neighborhoods, the "Munich – Healthy Local" program strengthens local health promotion. Together with local institutions, projects are being developed on topics such as healthy eating, exercise, and mental health – directly in people's

living environments. Health discussions help to further develop the programs and anchor them permanently.



Image 11: Prevention chain, City of Munich

- **Urban and allotment gardens in Munich / Munich herb garden:**

In Munich, around 50,000 citizens garden in communally organized urban gardens and allotments, on balconies, and in private gardens, while businesses in the green belt grow organic produce. 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 sponsorships:**

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

- **Haus der Kost:**

The use of regional, seasonal organic food is important for health and sustainability. At the House of Food, the City of Munich and stakeholders from the food industry work together to promote this goal. The advice center supports kitchen teams in communal catering free of charge, networks relevant initiatives, and thus contributes

to a change in eating habits. Further information can be found at: <https://rethink-muenchen.de/klimabewusst-leben/haus-der-kost/>

- **Promoting active mobility and road safety:**

Health is a key issue in Munich's mobility strategy. There is a particular focus on promoting walking and cycling with the aim of creating a city of short distances. In addition to expanding suitable traffic areas, campaigns such as CITY CYCLING, City Country on Foot, and School Cycling are being implemented. Munich is also pursuing the Vision Zero goal of eliminating fatal and serious traffic accidents, supported by structural measures and the "Merci Dir" public awareness campaign.

The URBACT Urban Local Group has also formulated new measures and project ideas, which were submitted to the city council for approval in 2026. These measures will be further specified, developed, and—subject to the availability of the necessary financial and human resources—implemented. **Planned measures** include:

- **Further development and implementation of the One Health 4 Cities network tools in Munich**

Further development and consolidation of the results of the URBACT project "One Health 4 Cities" (2023–25): The aim of the project was to integrate the One Health approach into urban strategies. Together with European partner cities, Munich developed tools such as the One Health Score Tool and One Health Fresco. The local expert group established in the project will be continued in order to secure the results, integrate them into existing projects, and permanently anchor the One Health concept in urban structures and relevant strategies.

- **Support for local and regional businesses that produce organic food and development of marketing, sales, and supply structures:**

Supporting local organic farms and establishing regional supply structures, especially in disadvantaged neighborhoods. Accompanying education on sustainable, plant-based nutrition in schools and neighborhoods, and developing cooking and nutrition programs. Successful initiatives such as *NEBourhoods Edible Neighborhood* or the Education for Sustainable Development (ESD) platform will be included.

- **Protection, development, and nature-friendly use of biodiverse green spaces by citizens to improve contact and connection with nature (e.g., through nature experience areas):**

Biodiverse green spaces promote well-being and health. Under the leadership of the Department of Climate and Environmental Protection, recommendations from *CitySoundscapes* are to be implemented, with a focus on biodiversity, vegetation,

and acoustic comfort. In the *CitySoundscapes* project, project partners from various sectors in Munich are investigating the relationship between urban structures, biodiversity, and soundscapes and their influence on human health. The results will help to make urban spaces and green spaces more biodiverse and health-promoting in the future.

Practical participation formats, such as urban gardens and BioDivHubs, strengthen the experience of nature and *One Health synergies*. BioDivHubs is a cross-sector project to promote biodiversity in urban areas. Community gardens in model neighborhoods in Munich are used as a starting point to research and implement biodiversity-promoting measures together with residents, organizations, and scientists, and to raise awareness of these measures in the neighborhood.

Information sheet on the environment and health:

Creation of a fact sheet on the health effects of air pollution, noise, and heat with an overview of legal limits and WHO guidelines and a catalog of measures to be taken in case of exceedances. The target audience is city employees and external stakeholders.

- **Information campaign on air pollution:**

Preparation of understandable technical information on the health risks of polluted air by the Department of Climate and Environmental Protection in cooperation with the Department of Health. The aim is to raise awareness among the population and promote acceptance of further measures through various communication and participation formats.

- **Multiple exposure map:**

- Development of an integrated map for Munich that links environmental pollutants such as noise, air, and heat with health, social, and ecological resources. It is used for risk analysis and the targeted prioritization of measures in particularly polluted areas. Expansion of municipal health promotion and systematic integration of (One) Health factors into urban planning processes.

3.5 Flagship projects

The flagship projects in the Munich guidelines are innovative and key initiatives that aim to drive urban development (taking into account the One Health approach). These projects combine different areas of action and promote an integrated view of health, the environment, and quality of life in the city. Three flagship projects in the Munich Health

Guidelines relate to One Health and the resulting health goals for humans, animals, and ecosystems. Interdisciplinary cooperation and future monitoring are intended to ensure that the health of humans, animals, and the environment is taken into account and planned and implemented.

1. One Health model cemetery

This project aims to create a cemetery that serves not only as a place of mourning, but also as an example of sustainable design and ecological diversity. The model cemetery is designed as a green space that highlights the connection between humans, nature, and cultural practices. The integration of biodiversity and environmentally friendly practices is intended to raise awareness of ecological interrelationships.

Title	Flagship project	Development of natural and health-promoting recreational areas in Munich cemeteries / One Health model cemetery
Project participants		Munich Health Department and Municipal Cemeteries
Project objectives		The project aims to create natural, health-promoting, and peaceful recreational areas in sufficiently large cemeteries. By creating, maintaining, and expanding these natural spaces, the multifunctional use of cemeteries will be strengthened, contributing to a higher quality of life, improved health for people, animals, and ecosystems in the city, and better coping with grief.
Target group		Residents, plants, animals
Setting / spatial reference		Neighborhood
Description		The primary use of cemeteries is for burials. However, cemeteries in Munich fulfill numerous other functions: they are important for monument preservation, local recreation, health promotion, climate adaptation, climate protection, and biodiversity. These places offer retreats for mourners, those seeking relaxation, and animals. They create habitats for various species, promote natural vegetation, and support the ecological balance in the city. A key issue for the future of cemeteries is climate change. The focus here is on the interaction between cemetery and environmental issues and the sustainable use of cemetery land and buildings. Munich's municipal cemeteries want to design and develop cemeteries as green spaces and thus as essential components of a climate-resilient and health-promoting city. As part of interdepartmental cooperation, including with the

	Department of Climate and Environmental Protection, the flagship project aims to create multifunctional recreational areas in sufficiently large cemeteries. The creation of these recreational areas will promote the use of cemeteries as local, quiet, and health-promoting places and, in summer, as cooling environments in the middle of the city. The departments whose responsibilities are thematically related and the relevant technical guidelines (including the biodiversity strategy and technical guideline on open spaces) will be involved in the project's specification and implementation.
Innovation and special features	Promotion of biodiversity, climate resilience, and natural ecosystems; combination of natural and social functions; protection of existing near-natural areas; One Health-friendly design; promotion of flora and fauna; cemeteries as part of a networked urban green system
Start and duration	Until the end of 2026
Costs and financing	Funding will be provided from already budgeted funds or third-party funds.

2. Spatial health planning

The main objective of spatial health planning is the systematic recording of health issues and their structured integration into municipal planning processes. The Health Department is to act as a point of contact for other departments and external actors in order to anchor health in all relevant municipal planning. Spatial health planning pursues an integrative One Health approach by taking into account the interactions between human health, the environment, and animal welfare. By involving all relevant actors and focusing on health-promoting measures in urban planning, a sustainable and healthy living environment is created. Cooperation with various departments and external partners strengthens the interdisciplinary perspective that is crucial to the success of the One Health approach.

Title	Flagship project	Spatial health planning
Project participants	Health Department	
Project objectives		The objective is to establish spatial health planning in the Health Department, which systematically records health issues and incorporates them in a structured manner into municipal planning

	processes, as well as serving as a point of contact for other departments and external stakeholders. The aim is to anchor health as a fixed topic in all relevant municipal planning. In addition, the aim is to raise awareness and knowledge of health issues among specialists in other departments and external stakeholders.
Target group	Specialists in the administration, external stakeholders, residents
Setting / spatial reference	Entire urban area, especially in new development areas and urban renewal areas, as well as neighborhoods covered by the integrated neighborhood approach for climate-neutral, climate-resilient, and livable neighborhoods.
Description	<p>In Munich, there are spatial differences in terms of health risks and health-promoting living conditions. There are also differences in the density and quality of healthcare and prevention services in the individual neighborhoods. In order to better understand these differences and mitigate them through targeted measures, the Department of Health is currently establishing a spatial health plan. By strengthening the health concerns of the urban population in all relevant municipal planning processes and by participating in (neighborhood-related) committees, for example in formats of the Regional Network for Social Work in Munich (REGSAM), a contribution is made to ensuring that health-related topics, framework conditions, and locations are planned and established in a timely manner. This requires close cooperation with other departments of the City of Munich, in particular the Department of Climate and Environmental Protection, the Department of Urban Planning and Building Regulations, the Building Department, and the Department of Education and Sports. Health needs are to be assessed within the framework of municipal health reporting and in cooperation with local experts and residents, among others.</p> <p>In addition, based on the results of the URBACT project "One Health 4 Cities" and the research project CitySoundscapes, a health-promoting redesign of a green space is to be developed and implemented as a pilot project in cooperation with external partners and other departments. In this context, training courses and accompanying materials for municipal planners and external stakeholders will be used to impart basic knowledge about the health relevance of spatial planning and the environmental influences it helps to shape.</p>
Innovation and	To date, health issues have only been addressed sporadically and

special features	not systematically in municipal planning processes in Munich, particularly in urban development planning. In the context of the "Perspektive München" urban development concept, the city has good conditions for anchoring this concern citywide in the spirit of Health in All Policies.
Start and duration	2026: Concept for spatial health planning 2026-2030: Establishment of spatial health planning
Costs and financing	The spatial health planners will be financed from current funds.

3. Health-promoting school environment design

Another important flagship project is the design of health-promoting school environments from a One Health perspective and opening schoolyards to the public. This project promotes the use of school grounds as places for community activities and play opportunities for children and young people. It aims to strengthen social cohesion while promoting the health benefits of exercise and fresh air. Schools thus become active players in urban development and contribute to improving the quality of life in neighborhoods.

Title project	Health-promoting school environment design – close to nature, biodiverse, climate-resilient, and open to the neighborhood
Project manager (department)	The departments involved take the lead for their respective subject areas and work together across departments: Department of Education and Sports, Department of Climate and Environmental Protection, Department of Mobility, Department of Social Affairs, Department of Urban Planning and Building Regulations, Department of Health, and Munich ESD actors
Project objectives	Improving the physical and mental well- f living conditions for residents by providing access to nature-oriented schoolyards in the district, promoting physical and cognitive development, social skills, and the well-being of children and young people, strengthening the creative skills and self-efficacy of children, young people, and residents, improving the indoor climate, contributing to climate resilience, climate adaptation, and improving the microclimate in and around the school, contributing to the implementation of Munich's biodiversity strategy, increasing the proportion of green

	spaces in the city (recreation in the neighborhood).
Target group	Students, teachers, the entire school community, residents, initiatives, social and other educational institutions in the neighborhood
Setting / spatial reference	At a new school building or as part of a general renovation of a school, possibly in a redevelopment area and/or in a neighborhood with high socioeconomic challenges. The specific location will be determined during the implementation phase.
Description	With the mandatory all-day program in elementary schools starting in 2026, the responsibility and importance of schools as health-promoting living environments will grow. This includes topics such as the indoor climate in schools and the quality of the schoolyard. Experience with the approach of nature-oriented schoolyard design shows that this has positive effects on the general well-being, conflict avoidance, stress reduction, and cognitive and social development of students. Opening schoolyards to the neighborhood strengthens these effects beyond the school community and enables the dual use of scarce green spaces in urban areas. The decision to open Munich's schoolyards and sports areas offers particular potential in this regard. Together with all relevant external partners, those responsible for the project would like to contribute to the further development of schools into health-promoting, climate-resilient, biodiverse, and nature-oriented places of learning and encounter for all residents of the neighborhood in the spirit of the One Health approach. A transferable best practice concept is to be developed on the basis of a pilot school. Exemplary building blocks would include the participation of all target groups in the school and neighborhood throughout the entire course of the project, the design of inclusive and gender-equitable nature experience spaces, the improvement of the indoor climate, the promotion of exercise and sports, and the integration of existing and new offerings for students and neighborhood residents. The health-promoting effects are to be measured.
Innovation and special features	Implementation of the One Health approach in the neighborhood, promotion of health in the district, integration and bundling of existing initiatives, concepts, and projects, utilization and strengthening of synergy effects in line with the Health in All Policies approach.
Start and duration	2026 ff.

Costs and financing	Project costs cannot yet be quantified as project planning has not yet been completed. Implementation is subject to financing.
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3.6 Next steps and implementation

The results of the local working group (URBACT ULG) have been integrated into the new health guideline. Following approval by the city council, a five-year implementation phase will begin in close cooperation with many internal and external partners. Evidence-based health promotion and impact-oriented work will be expanded, with a focus on measures that bring real benefits to the target groups. After five years, an update will be carried out, on the basis of which new challenges or requirements for action will be integrated. A monitoring framework will track progress throughout the process. The central quality principles – cross-departmental cooperation, participation, low-threshold access, and impact orientation – will continue to guide all projects and measures.

Outlook

Munich's integrated action plan demonstrates the city's commitment to embedding the One Health approach in its strategic health planning and future development. Through broad participation, interdisciplinary collaboration, and the support of the One Health 4 Cities network, Munich has created a common foundation for promoting the interconnected health of people, animals, and ecosystems. The Health Guideline will translate this vision into concrete, impact-oriented measures 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.