

1st QUARTERLY REPORT



SNEAK PEEK OF MAIN ACTIVITIES

2nd Core Meeting in Lahti (FI)

Nature step to Health Strategy
Healthy Urban Planning
Local Roadmaps
Cluster Action Plans

Cluster Group in Kuopio (FI)

Forest Schools
Gender equality in schoolyards
Health benefits of nature
Finish culture crash course

People & Planet Conference

Evidence-based knowledge and solutions for tackling challenges around planetary and one health

Lyon's European study visit

A low-carbon journey in five European cities to learn about sustainability projects across the One Health thematics

About the One Health 4 Cities Network

The One Health 4 Cities Network, an Action Planning Network of URBACT IV Programme, brings light on implementing 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.

A Network of 9 European cities

The city of **Lyon** is
lead partner of the network



Network's Cluster Themes

- **Cluster 1:** Horizontal integration of One Health into policies, strategies, and projects
- **Cluster 2:** Urban Green & Blue Spaces and Health Promotion, Urban Biodiversity
- **Cluster 3:** Lifestyle and health promotion, healthy habits (e.g. diet, exercise)

Cities as a catalyst for One Health

Cities are central actors thanks to their characteristics of action. They are a key actor of the diagnosis of the health needs and inequalities among their population. They are implementing health prevention policies on the field, they are in charge of hygiene on their territory, and lead the urban policies to organize public spaces (WHO).



Suceava
Municipality

Lahti

loulé
Aqui e Agora

KUOPIO



AJUNTAMENT DE
BENISSA

Strasbourg.eu
eurometropole



2nd Core Meeting in Lahti, Finland 12-14 February 2024



Meeting Objectives

- Understand the Integrated Action Plan expectations and planning
- Advance knowledge on developing a One Health Strategy
- Learn about relevant urban planning tools and methods
- Draft local roadmaps for Integrated Action Plan implementation (part of IAP template)
- Co-develop the Cluster Action Plan
- Finalise Integrated Action Plan focus and define possible testing activities

Learning and Team Building Activities

Nature Pre-school Kaisla

Health Forest

Lahti Main Library

Meeting One Health Theme

- How to develop a long-term integrated strategy on One Health, exploring the Lahti's Nature Step to Health 10-year programme
- Urban planning tools and methods (Healthy Cities Generator, Healthy Streets, Place Standard, etc.)

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Main Learnings on making an One Health Integrated Strategy

Strategy design

- A long-term plan with intermediate evaluation moments is suitable for topics of one health and all subtopics (biodiversity, mobility, healthy lifestyle etc.).
- Scientific evidence-based data and local data can support the development of a strategy and gain buy-in across different city stakeholders.
- Fundings must be included in the strategy, even if there is very little or is too early (make a plan!)

Collaboration for strategy development

- Think in advance of the participatory approach.
- Conflicting urban agendas can harm the development of the strategy, silo thinking and silo working.
- Strategic partnerships with multi-governance bodies, politicians and scientists strengthen the strategy – don't do it alone!

Strategy implementation

- It is easy to agree on the city priorities at a high level but not as easy to develop concrete projects to drive the strategy.
- Communication and branding of the plan can go a long way! Create a narrative to bring people in.
- Adopt a more positive approach to communicating about One Health. For example, look into the health benefits of nature and not the negative impacts.



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Learning about healthy urban planning tools

The purpose of healthy urban planning tools help planners, developers, governments and citizens integrate health into the physical environment, aiding decision-making to help prioritise health during



Healthy Streets - Human Health Design

- Healthy Streets is based on 10 evidence-based Healthy Streets Indicators, each describing an aspect of the human experience of being on the streets.
- These ten must be prioritised and balanced to improve social, economic and environmental sustainability through how streets are designed and managed.



GreenUr - Green Spaces & Health Impact

- Quantify the impacts of green spaces at urban scale, (measure availability and accessibility of green spaces in cities) and calculate their potential direct health effects – on mental health or mortality reduction. GreenUr is a plug-in for QGIS, a free and open-source desktop geographic information system (GIS).



Inclusive Healthy places framework

- A tool for evaluating and creating healthy, inclusive public places that support health equity.
- It focuses on those social determinants of health that can be viewed through the lens of public space.

Workshop: Applying the Health Cities Generator to Lahti's city center

Healthy Cities Generator - Healthy Urban Planning



- The Healthy Cities Generator is a hands-on, practical planning tool designed to give actionable indicators for anyone looking to integrate health into planning.
- Based on a systematic review of scientific peer-reviewed publications linking urban determinants and their impact on health.



One Health 4 Cities *Cities in action for Human, Animal and Environmental health*

2nd Core Meeting in Lahti, Finland 12-14 February 2024



Cluster Meeting in Kuopio, Finland 15-16 February 2024

Cluster Focus

Urban Green & Blue Spaces and Health Promotion, Urban Biodiversity

Partners involved

Municipality of
Kuopio

Municipality of
Elesfina

Eurometropolis of
Strasbourg

Meeting Learnings

On nature benefits

- Nature has multiple benefits for humans to improve mental and physical health
- Nature enhances immunity (inner biodiversity)
- Nature is empowering, and builds people's confidence, skills and motivation
- Health-prevention programs can be more nature-oriented to be more effective

On inclusion

- Gender equality and equity support overall human health
- In nature and to nature we are all equal
- Nature programmes can foster social inclusion, as a way to create a group and identify with it



One replicable lesson per partner

- Kuopio: Analyse their budget with gender lenses
- Elefsina: Make more room to nature
- Strasbourg: Increase communication on the benefits of nature to health

People & Planet Conference, Finland 13-15 February 2024

Some of our takeaways

- Planetary Health and One Health are to be addressed now, with political commitment and strong leadership, we cannot expect future generations to deal with it.
- 80% of non-communicable diseases could be prevented with the right environmental changes, as mentioned by Matilda van den Bosch and the project GOGREENROUTES. There is ample evidence that nature positively affects human health, now is the time to take action.
- Nature loss is taking place outside and inside the human body. The human body and natural biodiversity and their interlinkages are critical determinants of our health and bring planetary stability as we learned from Professor Tari Haahtela.
- While safety concerns may drive us indoors, excessive sterilization of indoor environments can disrupt our health by limiting exposure to natural elements, potentially contributing to immune system issues. Safe indoor places are not healthy for the long term.



Discussion of Leaders

- The deputy mayor of the city of Lyon, Céline de Laurens, Niko Kynäräinen, the mayor of the city of Lahti together with Peter Defranceschi Director of ICLEI's global City Food program and head of ICLEI Brussels office and Sirpa Pietikäinen Member of the European Parliament, participated to the panel discussion of leaders 'Addressing the climate-health-nature nexus' of the people and planet Conference.
- Lahti and Lyon, the forerunner cities of planetary health and one health, respectively, showed their commitment and shared their paths to implementing holistic approaches for well-being and sustainable futures.

Study & inspirational trip of Lyon's representatives

7-16 February 2024

"Finspiration"



Céline De Laurens

Deputy Mayor
in charge of health, prevention
and environmental health



Steven Vasselin

Deputy Mayor
Responsible for early childhood

Having embarked on a low-carbon journey to attend Lahti's core meeting, Céline de Laurens and Steve Vasselin engaged with key leaders in Northern Europe and explored inspirational sustainability and educational projects.

"This study visit to Finland was incredibly inspiring, especially witnessing how people are connected to nature from early childhood. We invented the term 'Finspiration' to describe this experience."

Céline De Laurens

Key learnings, take away from the study visits

- Prioritizing urban risk prevention at any cost in the short-term may lead to adverse effects on the long-term health and well-being of both ecosystems and humans.
- The freedom to roam, a concept that grants individuals the right to enjoy outdoor activities in public and private forests, regardless of land ownership, should be acknowledged as intangible heritage and protected by UNESCO.



Other Activities

- The network officially supports One Sustainable Health forum through its declaration. This initiative promote the One Health approach and link it to the Dustainable Development Goals.
- We are currently building the One Health 4 Cities Toolbox

Coming up next...

- Developing an advocacy paper towards the EU institution to enhance the One Health approach into the European territory
- Developing an One Health promotion video that will be broadcasted at the ICLEI World Congress in Brasil, June 2024
- Cluster meetings in Loulé and Munich

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