

ALL YOU NEED IS HERE: WELLNESS STRATEGIES FOR EVERY BUILDING

Tristan Roberts
Chief Strategy Officer
BuildingGreen, Inc.





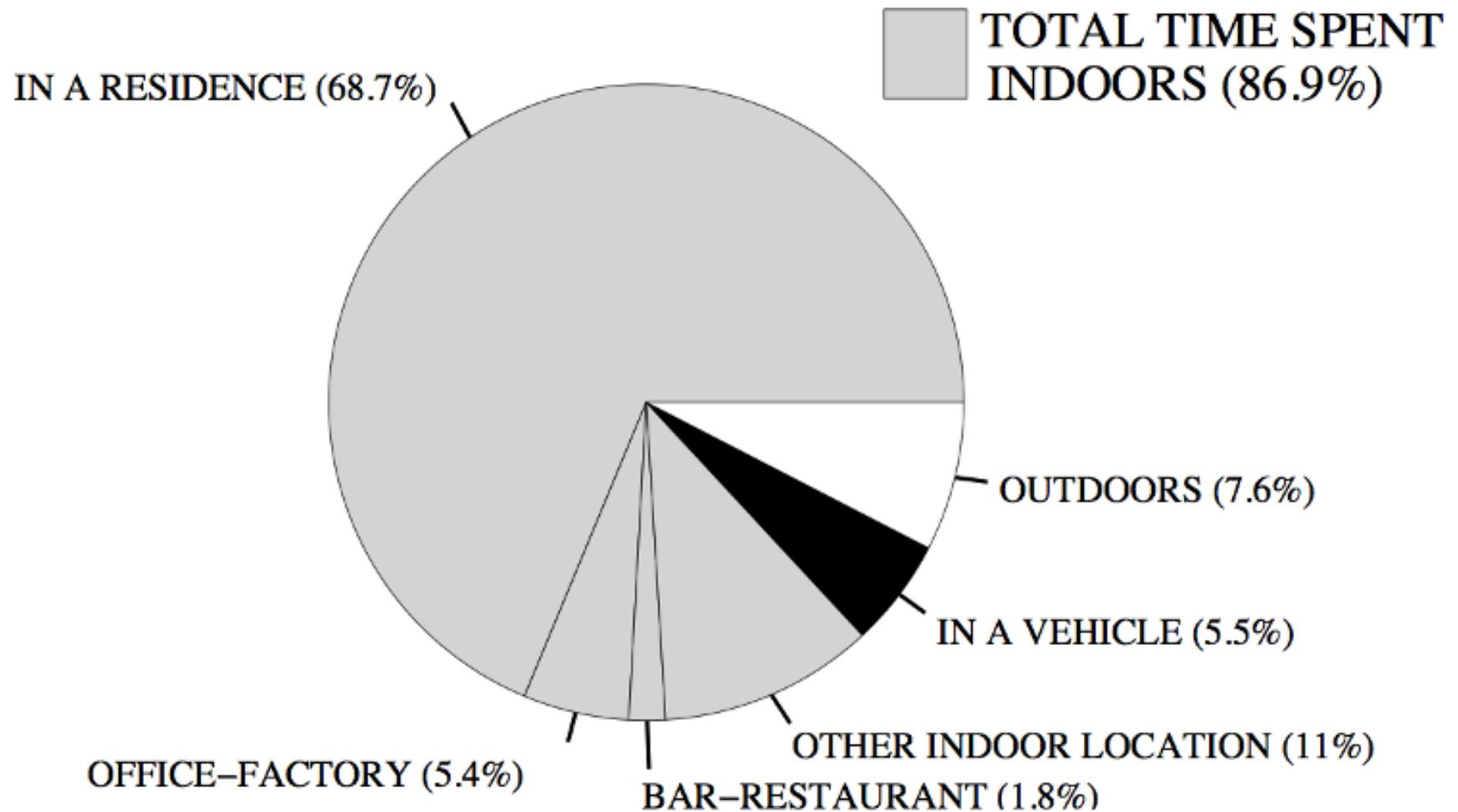
*“We spend 90% of
our time indoors.”*

– Everyone



NHAPS – Nation, Percentage Time Spent

Total n = 9,196



“The finding that emerges is that we are basically an indoor species.”

“In a modern society, total time outdoors is the most insignificant part of the day, often so small that it barely shows up in the total.”

– W.R. Ott





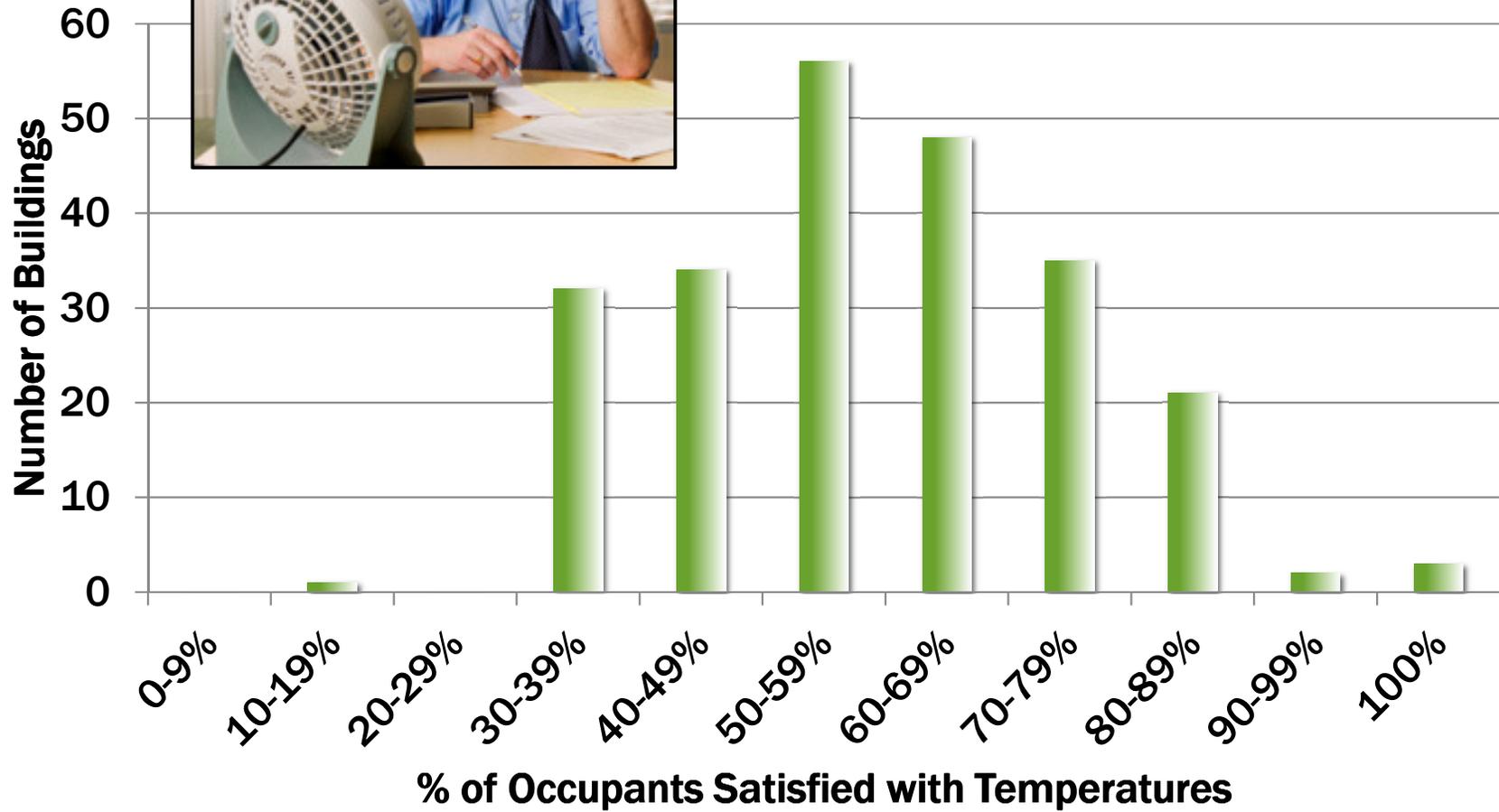








Thermal comfort?





Credit Chris Machian for The New York T



Photo: Connie Zhou Photography

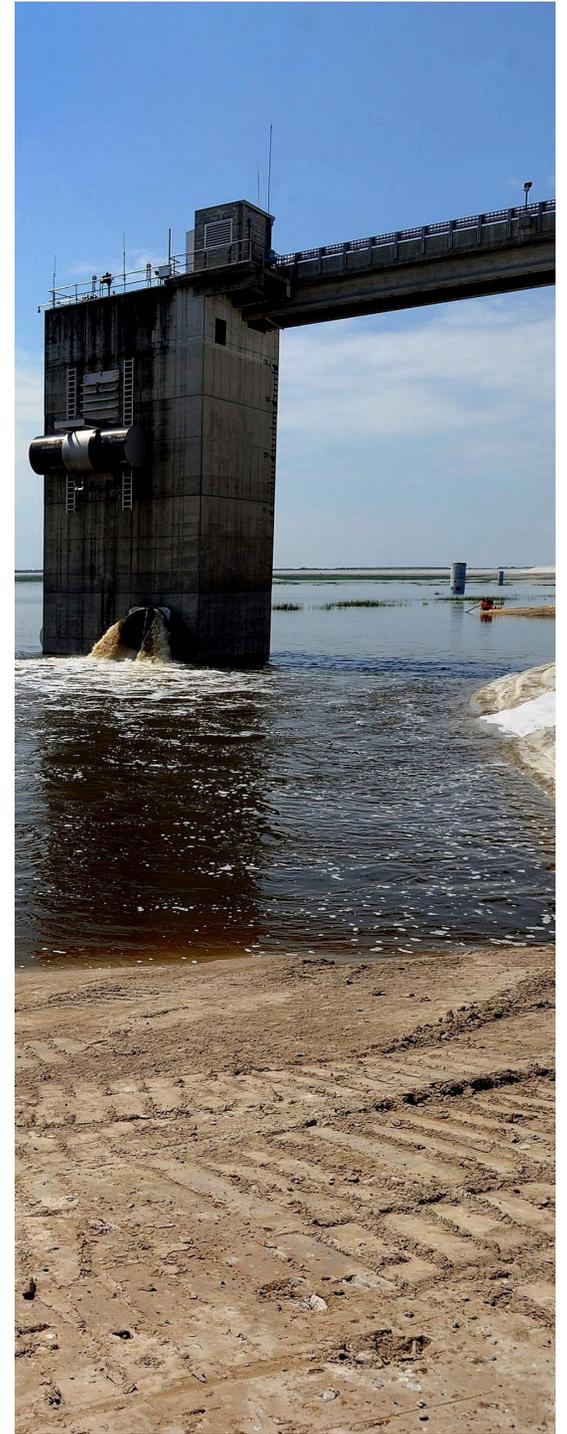




Photo: Trollbäck+Company











**THESE ARE NOT THE LBC CLIENTS
YOU ARE LOOKING FOR**



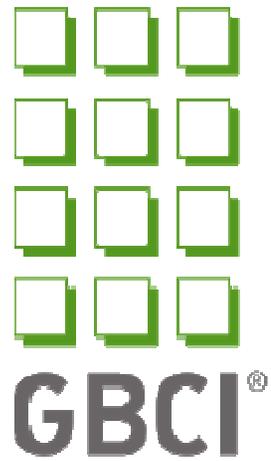


Photo: Lincoln Barbour

Is WELL a solution? Fitwel? LBC?



INTERNATIONAL
WELL
BUILDING
INSTITUTE



AIR

WATER

NOURISHMENT

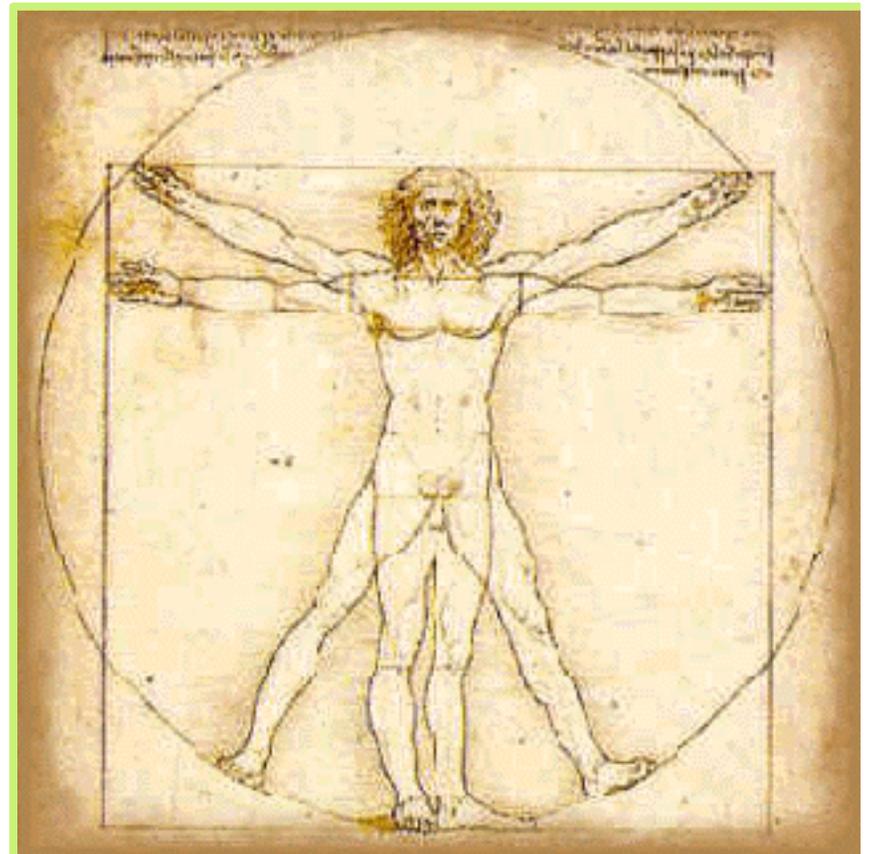
LIGHT

FITNESS

COMFORT

MIND

1. Cardiovascular
2. Digestive
3. Endocrine
4. Immune
5. Integumentary
6. Muscular
7. Nervous
8. Reproductive
9. Respiratory
10. Skeletal
11. Urinary





WELL

BUILDING STANDARD®

WELL SCORECARD



Adobe Reader File Edit View Window Help

23andMe Preliminary WELL cost estimate.pdf

Open | 1 / 2 | 132% | Tools | Fill & Sign | Comment

United States

WELL FEE ESTIMATE

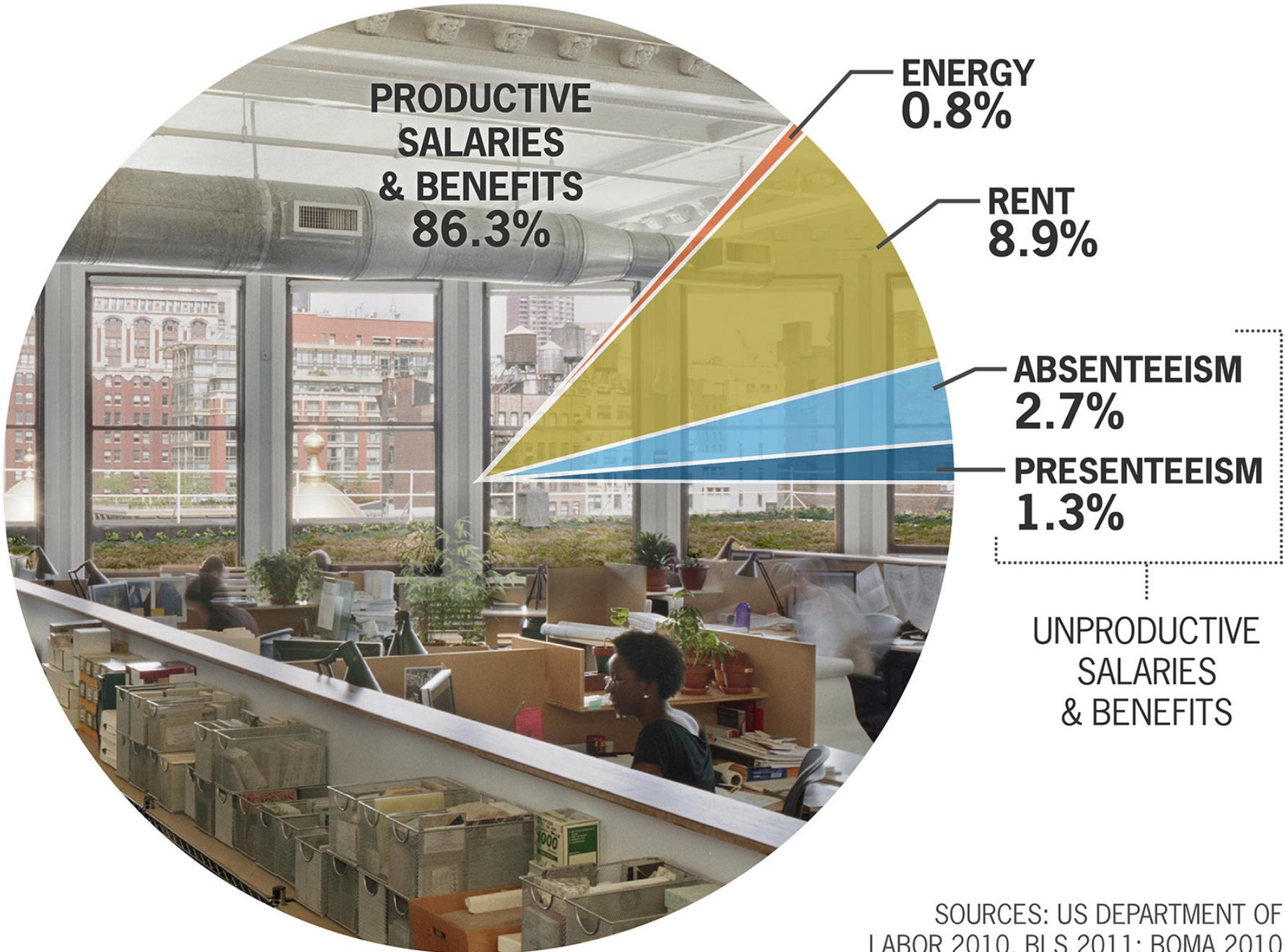
Payment schedule

Item	Amount
23ANDME - 34,000 SQ FT	
Registration: New and Existing Interiors	\$1,800 USD
Document Review, Performance Verification & Certification	\$10,000 USD
Due upon submission of documentation for review in WELL Online	\$5,000 USD
Due upon request for Performance Verification scheduling	\$5,000 USD
Sub total	\$11,800 USD
Total	\$11,800 USD

Fee summary - 34,000 sq ft

Item	List price  (http://www.wellcertified.com/well-pricing)	Offered price
Registration	\$1,800 USD	\$1,800 USD
Document Review, Performance Verification & Certification	\$20,000 USD	\$10,000 USD
Total		\$11,800 USD
	Per sq ft	\$0.35 USD

Additional payment terms



SOURCES: US DEPARTMENT OF LABOR 2010, BLS 2011; BOMA 2010

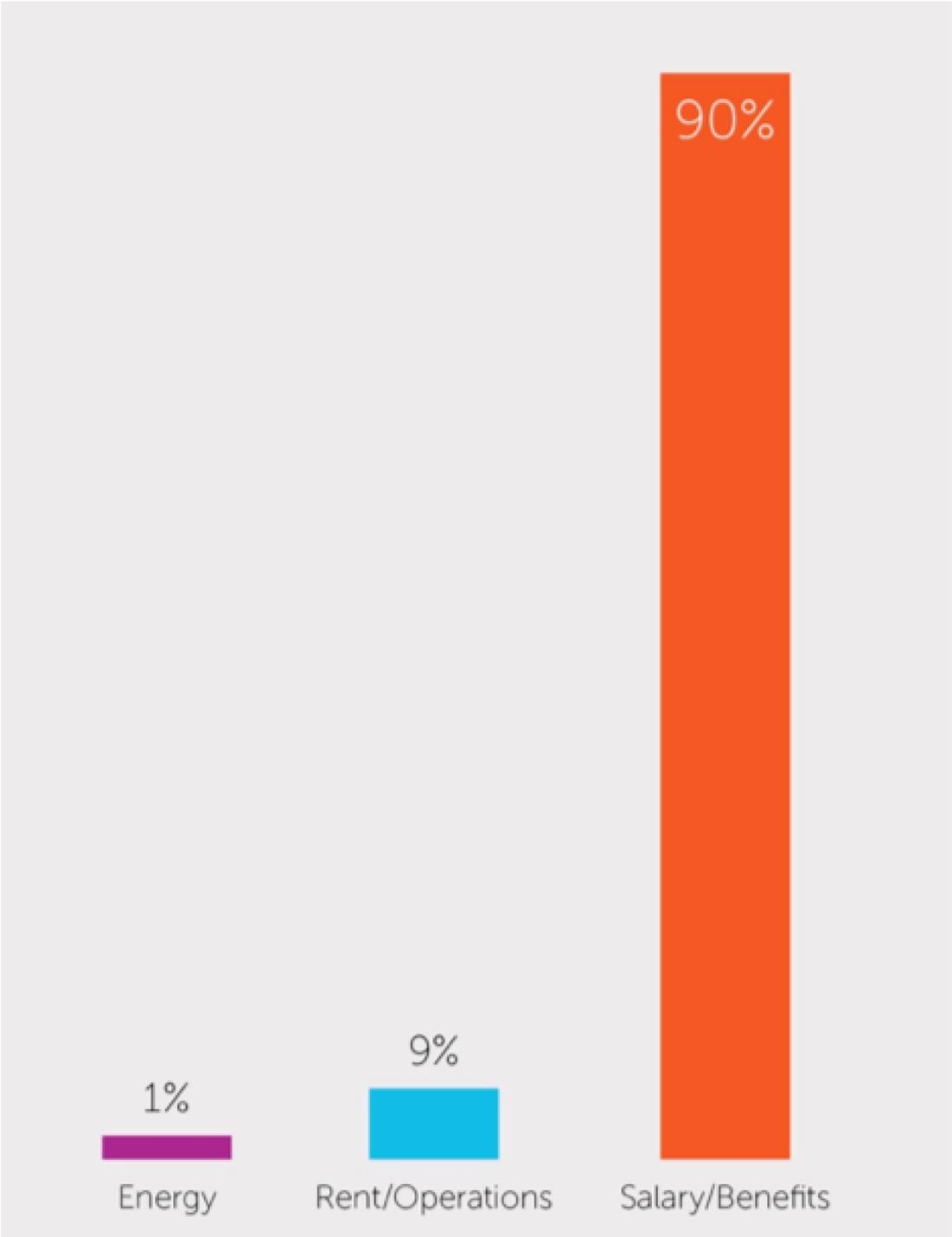




Photo courtesy IWBI



Fitwel

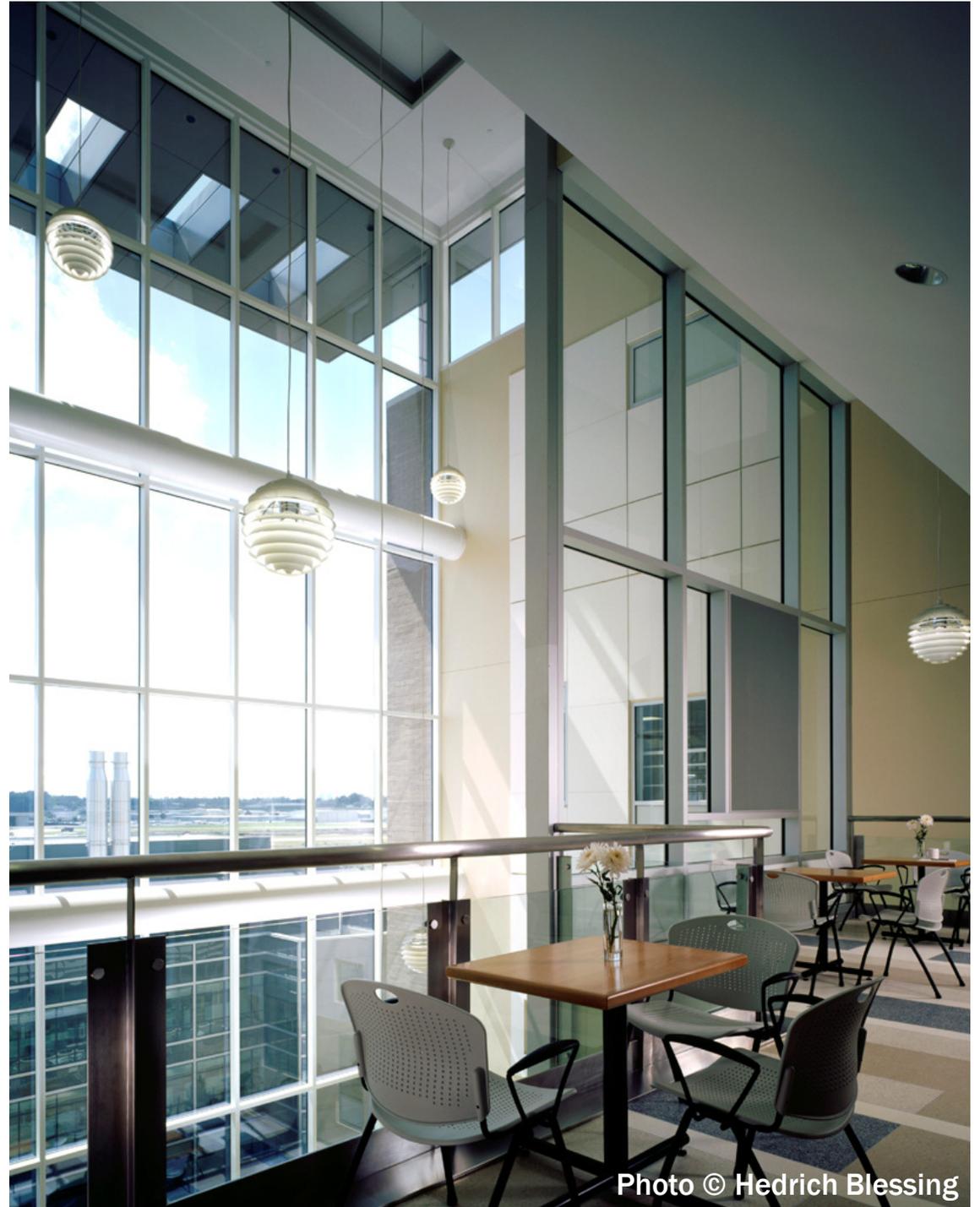


Photo © Hedrich Blessing



Photo: Alexandria Real Estate Equities

Fitwel: Accessible and evidence-based

 <small>the fitwel service marks (word and logos) are owned by the U.S. Department of Health and Human Services. Participation by The Center for Active Design does not constitute an endorsement.</small>									Final Score:	0
FITWEL WORKPLACE: SINGLE TENANT BUILDING									Stars:	0
PROJECT NAME										
DATE										
SECTION	STRATEGY ID	YES	NO	MAYBE	DOCUMENTS COMPLETE?	FITWEL STRATEGIES	POINTS AVAILABLE			POINTS EARNED
							YES	NOT APPLICABLE	ALTERNATIVE COMPLIANCE	
LOCATION	1.1				NO	Walk Score™ of 50 or above <i>Buildings and campuses in more walkable locations have been shown to foster improved health within individuals by increasing opportunities for regular physical activity.</i> Documentation Required <i>No certification documents needed for this strategy</i>	3.33			0
	1.2				NO	Walk Score™ of 70 or above <i>Buildings and campuses in more walkable locations have been shown to foster improved health within individuals by increasing opportunities for regular physical activity.</i> Documentation Required <i>No certification documents needed for this strategy</i>	5			0
	1.3				No	Walk Score™ of 90 or above <i>Buildings and campuses in more walkable locations have been shown to foster improved health within individuals by increasing opportunities for regular physical activity.</i> Documentation Required <i>No certification documents needed for this strategy</i>	5			0
	1.4				NO	Public transit stop located within 1/2 mile or 800 meters of the main building entrance <i>Transit use is associated with an increase in physical activity. It also increases access for employees and visitors who do not drive.</i> Documentation Required <i>No certification documentation is needed for this strategy. BOMA BEST Sustainable Buildings 3.0: 10.04.02 awarded credit is also accepted.</i>	4			0

“We are the CDC. We talk about health every day—but this is the first time I ever saw a building manager, an occupant, an architect, an interior designer, and a LEED sustainability specialist sitting around the table talking about how we could make our building healthier for our own people. If we can get that kind of meeting happening around the world, that would be a great accomplishment.”

– Liz York, Associate Director for Quality and Sustainability,
Centers for Disease Control

Fitwel: Affordable (\$6,500/project)



Fitwel: Behavior changing



Fitwel: As easy to use as an iPad



Fitwel: Too easy? Not specific enough?



The Living Building Challenge and wellness



Photo Courtesy Lake | Flato Architects

LBC and wellness

	BUILDINGS	RENOVATIONS	LANDSCAPE + INFRASTRUCTURE	
PLACE				01. LIMITS TO GROWTH
	SCALE JUMPING		SCALE JUMPING	02. URBAN AGRICULTURE
			SCALE JUMPING	03. HABITAT EXCHANGE
				04. HUMAN POWERED LIVING
WATER			SCALE JUMPING	05. NET POSITIVE WATER
ENERGY			SCALE JUMPING	06. NET POSITIVE ENERGY
HEALTH & HAPPINESS				07. CIVILIZED ENVIRONMENT
				08. HEALTHY INTERIOR ENVIRONMENT
				09. BIOPHILIC ENVIRONMENT
MATERIALS				10. RED LIST
			SCALE JUMPING	11. EMBODIED CARBON FOOTPRINT
				12. RESPONSIBLE INDUSTRY
				13. LIVING ECONOMY SOURCING
				14. NET POSITIVE WASTE
EQUITY				15. HUMAN SCALE + HUMANE PLACES
				16. UNIVERSAL ACCESS TO NATURE & PLACE
			SCALE JUMPING	17. EQUITABLE INVESTMENT
				18. JUST ORGANIZATIONS
BEAUTY				19. BEAUTY + SPIRIT



BUILDING

	LEED v4	LEED Pilot	Well v1	LBC 3.1	Fitwel v1
Active Design		+	◆	◆	
Biophilia			◆	◆	+
On-site Food Options		+	◆+	◆+	+
Materials Specification <i>Life Cycle Health Impact</i>		+		◆	
Daylight			✓	◆+	+
Interior Light Quality			◆		
Natural Ventilation				◆	
Thermal Comfort			◆	+	
Air Quality <i>VOCs, Flush Out, Testing, etc.</i>	◆ <i>testing optional</i>		◆✓ +	◆	+
Drinking Water Quality			◆✓		
Acoustics	◆+ <i>for schools</i>	+	◆✓ +		
Mental Health		+			+
Ergonomics/ Adjustable Furniture		+	◆		+



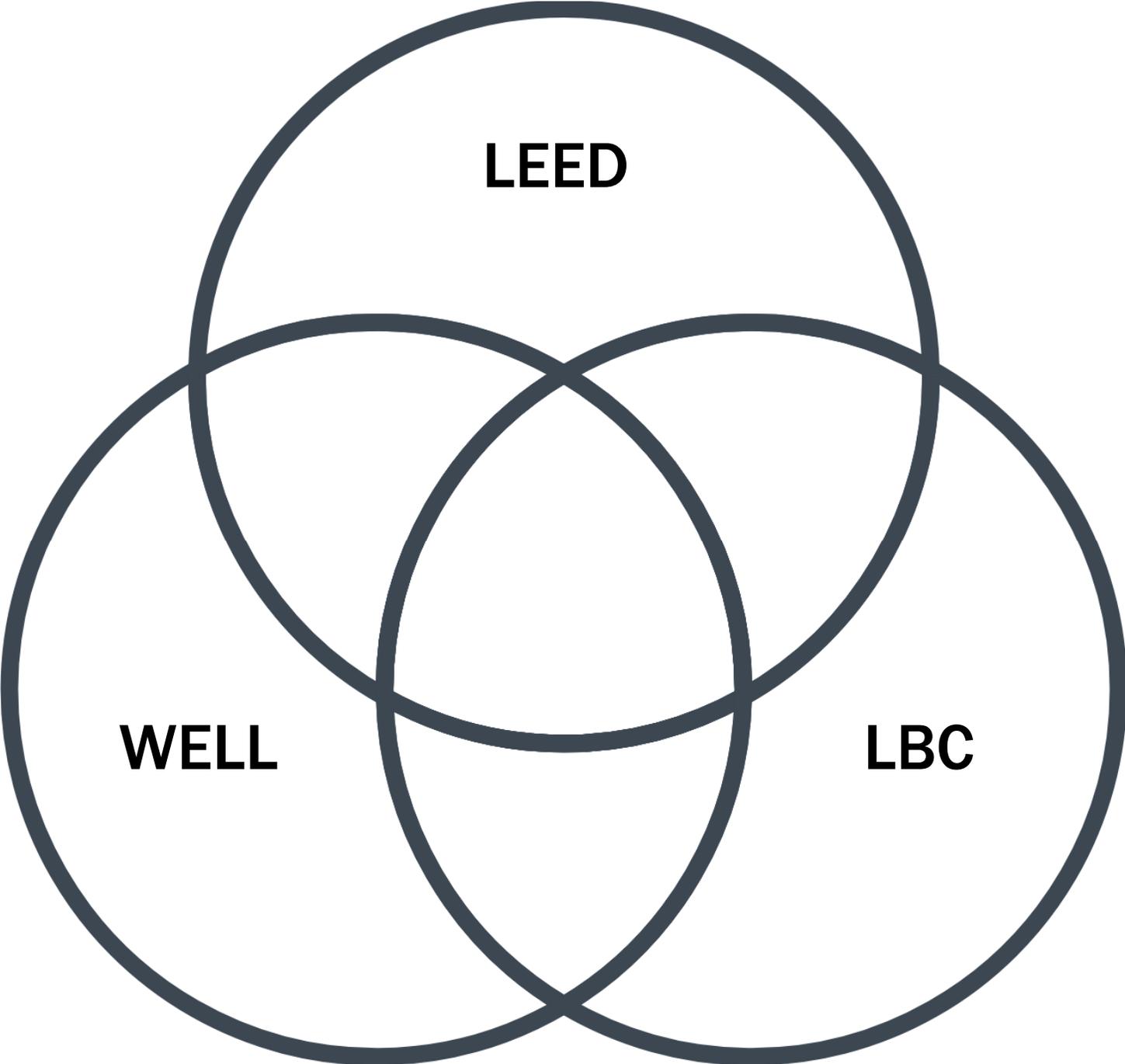
LOCATION & SITE

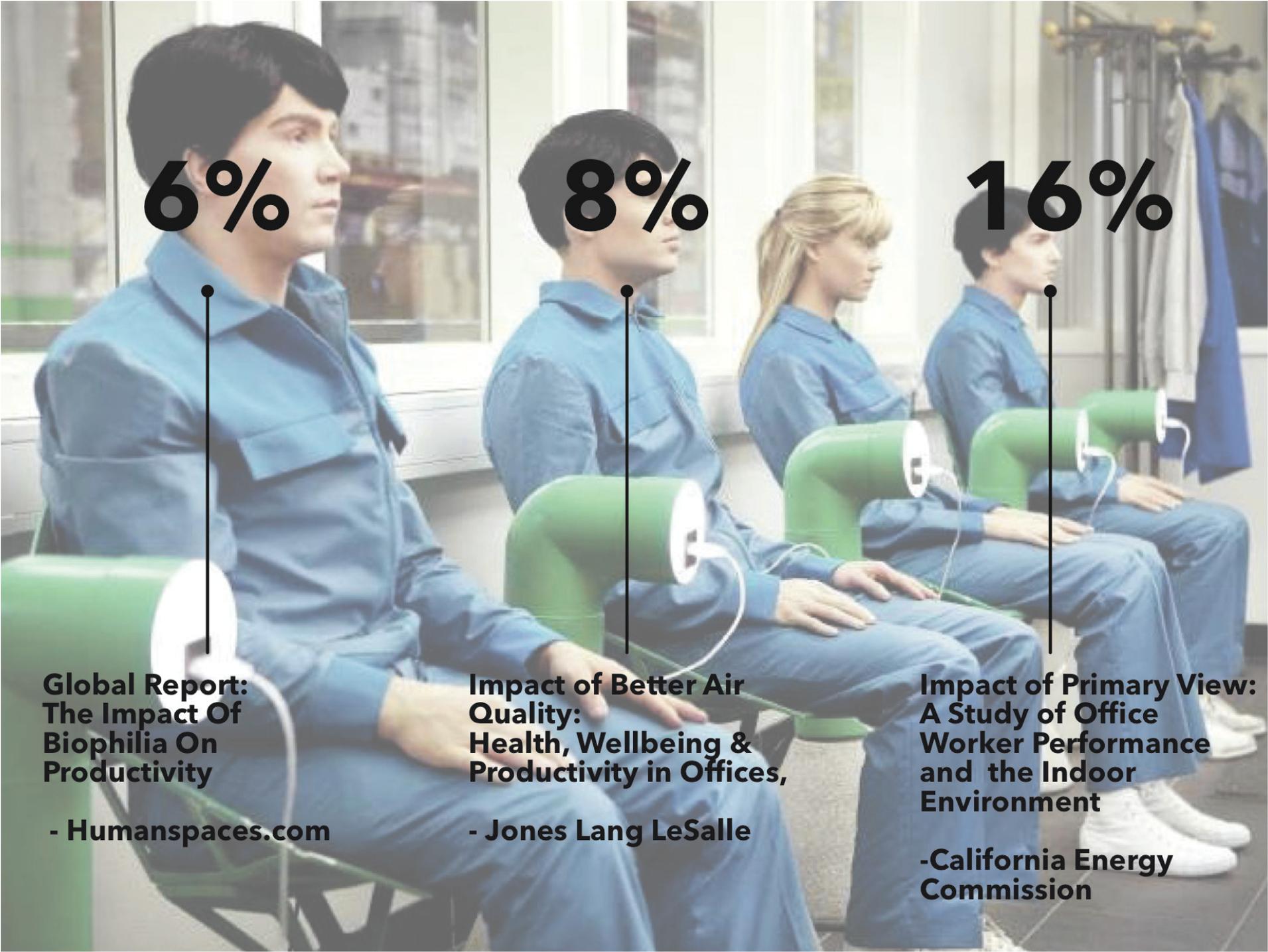
	LEED v4	LEED Pilot	Well v1	LBC 3.1	Fitwel v1
Walkability	+	+	+	◆+	
Public Transportation Access					+
Proximity to Green Space					
Onsite Green Space Creation					+
Proximity to Health Food Options	*				+
Services and Employment Access				+	
Safety		+			+
Resilient Community		+		+	+



OPERATIONS & MANAGEMENT

	LEED v4	LEED Pilot	Well v1	LBC 3.1	Fitwel v1
Ongoing IAQ Management	*	+	✓	+	
Healthy Behavior Promotion		+			





6%

**Global Report:
The Impact Of
Biophilia On
Productivity**

- Humanspaces.com

8%

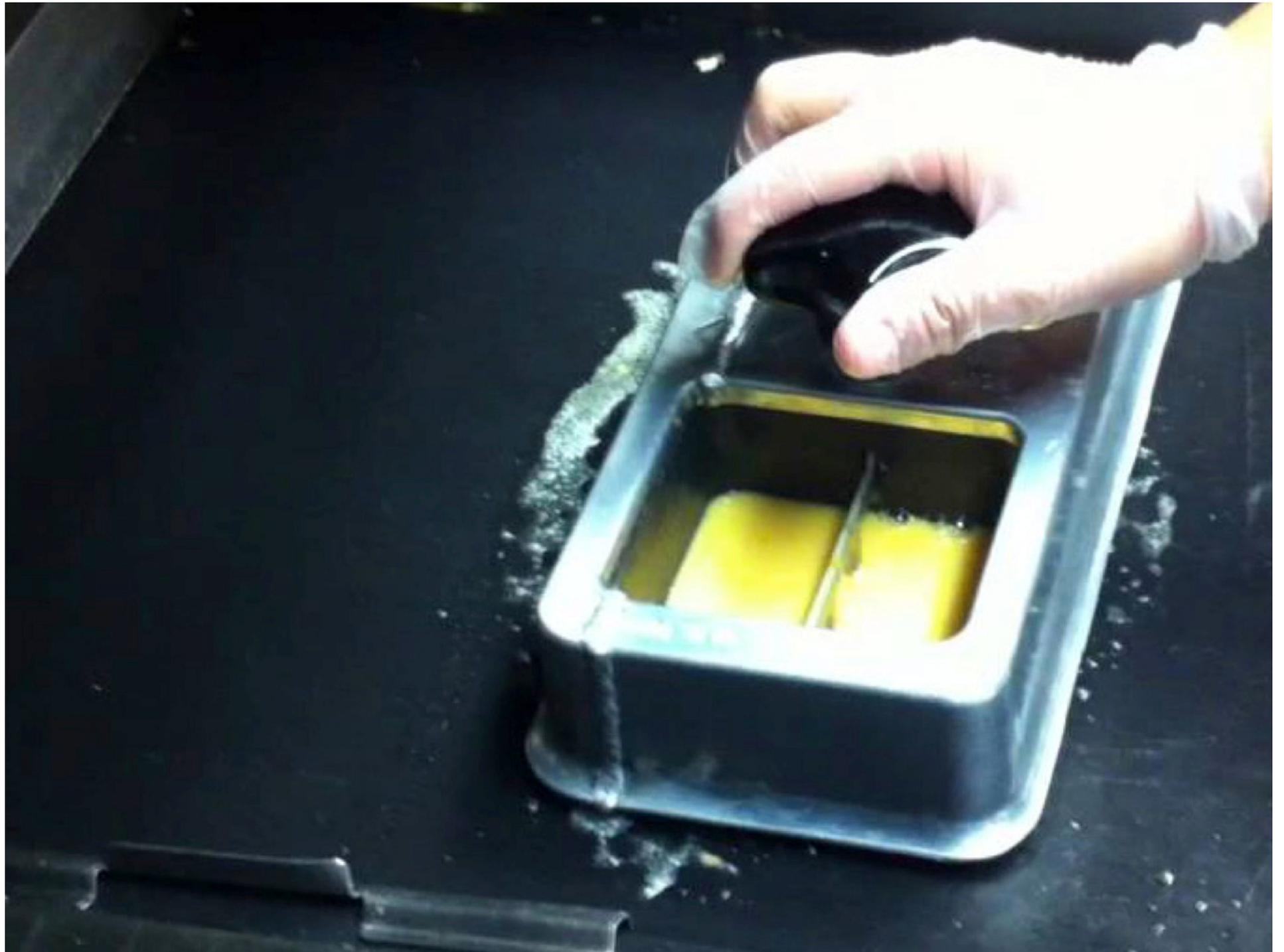
**Impact of Better Air
Quality:
Health, Wellbeing &
Productivity in Offices,**

- Jones Lang LeSalle

16%

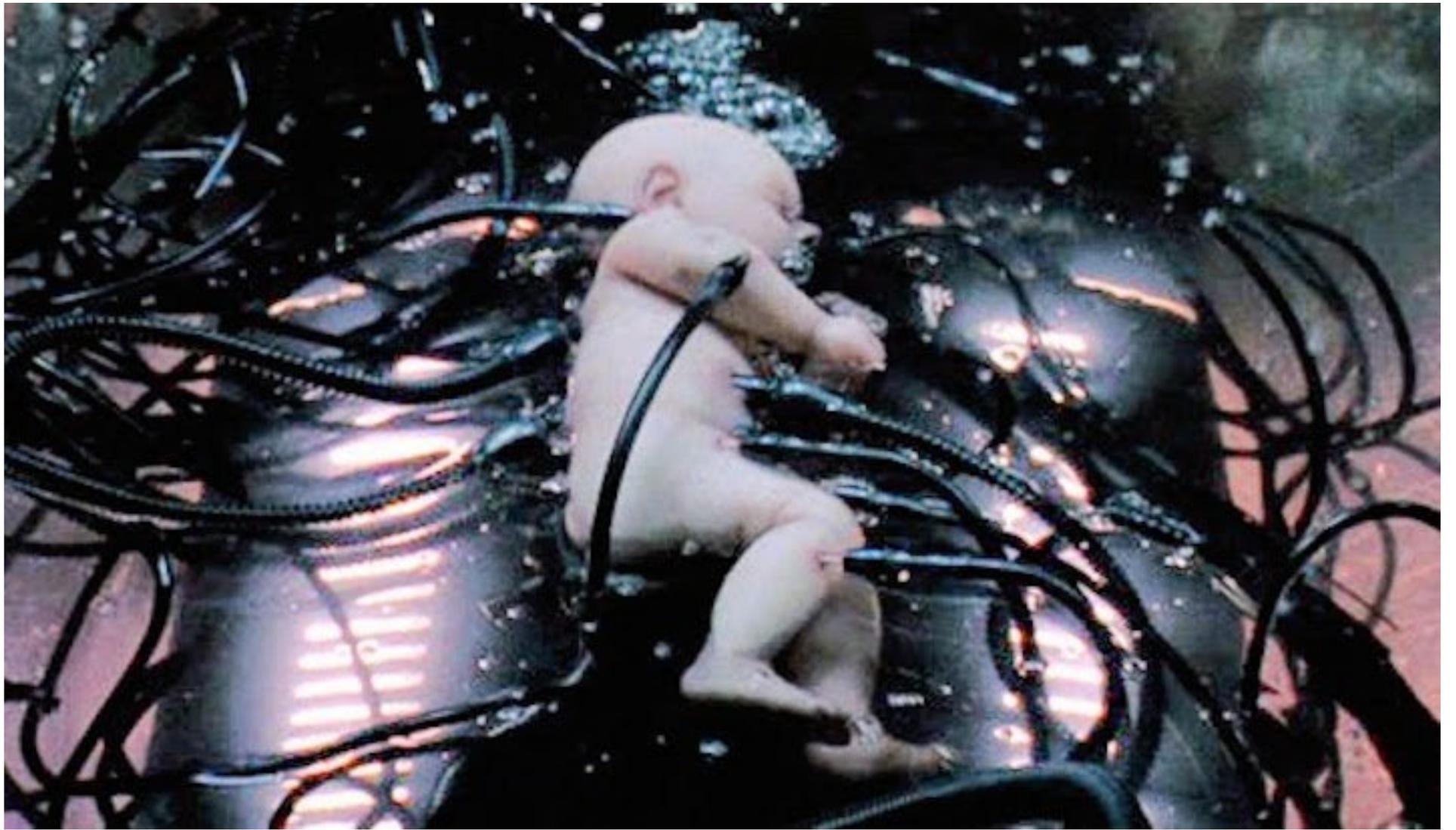
**Impact of Primary View:
A Study of Office
Worker Performance
and the Indoor
Environment**

**-California Energy
Commission**



Why is the output of a human the metric of success in design?







Are we asking the right
question?

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Thank you!

Questions, comments...

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