Learning Objectives

1. To provide an overview of the WELL Building Standard™
2. To explain the benefits of designing healthy work environments.
3. To identify strategies for achieving healthy building performance.
4. Provide case examples of WELL Certified buildings or offices.
WELL
IS FOR PEOPLE
• Provides a model for design and construction to integrate human health features in the built environment

• Is a performance-based system to measure impact of built environment on human health
WELL v2™

The next version of the WELL Building Standard™

10 Concepts * 23 Preconditions required * 94 Optimizations

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We spend 90% of our time *indoors*. 
Unlock **human potential** through your building.
5,724 people of the WELL community in 73 COUNTRIES

3,483 WELL APs / 2,241 WELL AP exam registrants

973 WELL PROJECTS with 181 MILLION SQ FT in 35 countries

115 WELL certified projects / 858 WELL registered projects

www.WELLcertified.com
90% of employees admitted that their attitude about work is adversely affected by the quality of their workplace environment.

Invest in **people** for return on investment.
Occupant health outcomes:
The physical office factors influence the health of occupiers (health outcome) which can be measured or evaluated.

Health:
- Headaches
- Eye strain/damage
- Skin irritation
- Infections
- Fatigue
- Season Affective Disorder
- Asthma & breathing disorders
- Stress & depression
- Other physical complaints, e.g. backache
- Other serious disorders, including cardio vascular etc.

Occupant well-being and perception outcomes:
Health is an important element of well-being, but an occupant's sense of well-being is also comprised of their perception of numerous factors, including how productive they think they are:
- Perceived physical health
- Perceived psychological health
- Perceived productivity
- Perceived office environment
- Perceived organizational culture

Organizational or financial outcomes:
The office environment can have a direct impact on occupant productivity, in which health and well-being is often a compounding factor. This 'outcome' for the organization can be measured or evaluated in the following ways (not exhaustive), all of which have financial implications for the employer.

Productivity:
- Absenteeism
- Presenteeism
- Staff turnover/retention
- Revenue
- Medical costs
- Medical complaints
- Physical complaints
- Task efficiency & deadlines met
Corporate Health & Wellness

50% of U.S. employers with 50 or more employees, or 3/4 of the workforce, offer wellness promotion initiatives.¹

49% of U.S.-based companies say health and productivity programs are essential to their company strategy.²

“91% of employers report offering health and wellness programs for reasons beyond medical cost saving.”³

“Within the next 3-5 years, we can expect 99% of employers to offer health improvement and wellness programs.”⁴

¹Workplace Wellness Programs Study, 2013, Rand Corporation.
³Beyond ROI, Building employee health & wellness value of investment, 2013, Optum, Inc.
⁴Aon Hewitt 2013 Health Care Survey, Aon plc.
Working together to optimize building performance for *human health* and our *environment*.
WELL Certification Process

1. Registration
2. Documentation Requirements
3. Performance Verification
4. Certification
5. Recertification
THE WELL DIFFERENTIATOR
Data Driven Environmental Assessments Through Onsite

PERFORMANCE VERIFICATION
BRINGING WELL TO PRACTICE
Industry Experts on Healthy Environments

WELL ACCREDITED PROFESSIONAL (WELL AP)
Levels of WELL Certification
WELL is like a **NUTRITION LABEL** for your building, providing transparency on the quality of our built environment.
Seven Concepts

- air
- water
- nourishment
- light
- fitness
- comfort
- mind
WELL Features evaluate ongoing aspects of building performance and occupant behavior to support the operations and maintenance of healthy buildings throughout the building lifecycle.
Body Systems Applied to WELL Features

A simple way to express the built environment’s complex impact on the human body
air

Create optimal indoor air quality to support the health and well-being of building occupants.

material selection · ventilation · filtration · moisture control · maintenance & operations · source of concern protection · construction processes
Productivity improvements of 8-11% are not uncommon as a result of better air quality.

- World Green Building Council, 2015\(^1\)

Concentrations of some pollutant indicators can be 2 to 5 times higher indoors compared to outdoors.

- Environmental Protection Agency, 2012\(^2\)

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SOURCES OF INDOOR AIR QUALITY CONCERN

- Inadequate Ventilation: 52%
- Contamination from Inside Building: 16%
- Contamination from Outside Building: 10%
- Microbial Contamination: 5%
- Contamination from Building Fabric: 4%
- Unknown Source: 4%
water
Promote safe and clean water through proper filtration and other methods, and require the appropriate quality of water for various uses.

performance testing - treatment - maintenance & operations - hydration promotion
“Declining water quality has become a global issue of concern as human populations grow, industrial and agricultural activities expand, and climate change threatens to cause major alterations to the hydrological cycle.” ¹

Being dehydrated by just 2% can impair performance in tasks that require attention, psychomotor and immediate memory skills, as well as assessment of the subjective state.²

It’s been estimated that up to 80% of the U.S. adult population goes through their normal day in at least a mildly dehydrated state.³

¹ Policy Brief, UN Water, 2011.
³ Avoid Dehydration in the Workplace, Mike Marcovsky. ISHN, 2009.
nourishment

Require the availability of fresh, wholesome foods, limit unhealthy ingredients and encourage better eating habits and food culture.
Eating unhealthily is linked with a 66% increased risk of loss of productivity.¹

Adults with the greatest knowledge of nutrition are 25% more likely to eat a healthy diet.²

Greater fruit and vegetable intake is associated with a 27% lower odds of depression.³

¹ Population Health Management, Vol. 17, 2014
³ The association between fruit and vegetable consumption and mental health disorders: evidence from five waves of a national survey of Canadians. McMarlin, SE, FN, Jacka and Colman, I, 3-4, s.l.: Preventive Medicine, 2013, Vol. 56.
light

Provide illumination guidelines to minimize disruption to the body’s circadian system, enhance productivity and provide appropriate visual acuity. Require specialized lighting systems designed to increase alertness, enhance occupant experience and promote sleep.

circadian design · daylighting · glare control · color quality · activity-based lighting levels · visual acuity
Focused work increased by 15% for those who had window views.¹

Lack of access to natural light in workplaces and schools possess a 26% health hazard.²

Lack of natural light is considered the number one workplace health hazard by 36% of psychologists and psychiatrists.²
Circadian Lighting Emulates the Natural Environment

The eyes detect light and send this information to the brain, triggering the calibration of our 24-hour cycle. Light has impacts on human health and well-being outside of image formation and color perception – including:

* calibration of the body’s biological clock and circadian rhythms
* direct effects on alertness, mood and cognition
fitness

Allow for the seamless integration of exercise and fitness into everyday life by providing the physical features and components to support an active and healthy lifestyle.
Our environment is changing how we live.

Physical inactivity is the 4th leading risk factor for mortality.
What happens to your body when you sit for a prolonged period of time?

Calorie burning drops to less than 1 per minute.¹

Cardiovascular, endocrine, digestive, reproductive, respiratory, muscular, skeletal and nervous systems are negatively affected.²

Prolonged sitting disturbs mood, energy levels and productivity.³

²WBI Fitness Wettlaufer. Elements of Fitness: Physical Inactivity
comfort

Establish requirements to create a distraction-free, productive and comfortable indoor environment.

ergonomic · acoustics · thermal · olfactory · accessibility
Thermal Considerations

4% reduction in performance at warmer temperatures.¹

6% reduction in performance at cooler temperatures.¹

Acoustic Considerations

66% drop in performance when exposed to distracting noise.²


mind

Require design, technology and treatment strategies to provide a physical environment that optimizes cognitive and emotional health.

stakeholder engagement • transparency • wellness awareness & protocols • connection to nature • adaptable spaces • altruism
Biophilia

After 40-second microbreak, subjects who see green roofs, instead of concrete roofs, demonstrate higher concentration levels.

6% increase in concentration levels for those who saw the green roof.

8% drop in concentration levels for those who saw the concrete roof.

Adaptable spaces give individuals control over their environments, reducing stress and positively impacting job satisfaction and group cohesion.\(^1\)

After just four weeks of using sit-stand desks, subjects report feeling more comfortable, energized, healthier, happier, less stressed and more focused and productive.\(^2\)

Both private and open areas should be available and comfortable. Private spaces accommodate confidentiality, while open areas facilitate collaboration.\(^3\)


Get WELL Certified
wellcertified.com

GBCI:
Course name: WELL Building Standard
Course number: GBCI: 0920015329

AIA:
Course name: WELL Building Standard
Course number: 083018LL

Thank you!

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