BUILDING FOR HEALTH
THE WELL MOVEMENT

NICE TO MEET YOU AND
WELCOME

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Today's Agenda

01 The Healthy Buildings Movement
02 Buildings as Preventative Care
03 Industry Research
04 The WELL Movement

"Health is a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity."

-The World Health Organization
The Evolution of Man

01

THE HEALTHY BUILDINGS MOVEMENT
COST OF CHRONIC DISEASE

Mental illnesses and chronic diseases are closely related. Chronic diseases can exacerbate symptoms of depression, and depressive disorders can themselves lead to chronic diseases. More than two-thirds of all adults believe that the U.S. health care system should place more emphasis on chronic disease preventive care.

In the US, 75% of our healthcare spending is on people with chronic conditions.

LIFE EXPECTANCY BY COUNTRY

WELL-BEING AND THE WORLD

76% of workers report that they are struggling with well-being

$300 BILLION: Cost of work-related stress in the United States

$650 BILLION: Cost of work-related stress in Europe

INVEST IN PEOPLE FOR RETURN ON INVESTMENT

WELL-BEING AND CORPORATE

$1.5 TRILLION

Cost of presenteeism to businesses each year – ten times higher than the cost of absenteeism

Businesses with highly satisfied, engaged employees are rewarded with:

- 37% lower absenteeism
- 21% higher productivity
- 10% higher customer satisfaction than those without

Source: Gallup
WHAT DETERMINES THE STATE OF HEALTH?

OUR ENVIRONMENT IS CHANGING HOW WE LIVE.

AND ... WE SPEND ABOUT 90% OF OUR TIME INDOORS.
THE BUILDINGS WHERE WE LIVE, WORK, LEARN AND RELAX PROFOUNDLY IMPACT OUR HEALTH, WELL-BEING AND PRODUCTIVITY.
BETTER BUILDINGS & COMMUNITIES

WELL positions building design and operations as agents of public health.

WELL measures, verifies and monitors building features that impact health and well-being.

WELL IS FOR PEOPLE
IWBI undertook a comprehensive expert peer review process, which included three phases—a scientific, medical and building expert review—and culminated in the release of the WELL Building Standard.
A COMPREHENSIVE APPROACH TO WELL-BEING

The WELL Building standard is made up of features that address seven concepts:

- AIR
- WATER
- NOURISHMENT
- LIGHT
- FITNESS
- COMFORT
- MIND

BODY SYSTEMS APPLIED TO WELL FEATURES

A SIMPLE WAY TO EXPRESS THE COMPLEX IMPACT THAT BUILDINGS CAN HAVE ON THE HUMAN BODY

- CARDIOVASCULAR
- DIGESTIVE
- ENDOCRINE
- IMMUNE
- INTEGUMENTARY
- MUSCULAR
- NERVOUS
- REPRODUCTIVE
- RESPIRATORY
- SKELETAL
- URINARY
WELL IS HOLISTIC

ULTIMATE GOAL OF OUR BUILDINGS & COMMUNITIES

AIR FEATURE SUMMARY

01 Performance
02 Material Selection
03 Ventilation
04 Filtration
05 Moisture Control
06 Construction Processes
07 Source of Concern Protection
08 Maintenance + Operations
BREATHING BETTER AIR?

Haworth Showroom
Shanghai, China
ULTIMATE GOAL OF OUR BUILT ENVIRONMENT

WATER FEATURE SUMMARY

01 Performance
02 Treatment
03 Maintenance + Operations
04 Hydration Promotion

STAYING HYDRATED?
ULTIMATE GOAL OF OUR BUILT ENVIRONMENT

NOURISHMENT FEATURE SUMMARY

01 Access to Healthy Foods
02 Environmental Cues
03 Healthy Portions
04 Allergies and Alternatives
05 Transparency
06 Food Production
07 Food Preparation
08 Mindful Eating
TD Bank
Toronto, Canada

Structure Tone
New York, NY
ULTIMATE GOAL OF OUR BUILT ENVIRONMENT

LIGHT FEATURE SUMMARY

01 Circadian Design
02 Visual Acuity
03 Daylighting
04 Glare Control
05 Color Quality

GOT THE RIGHT LIGHTING?
ULTIMATE GOAL OF OUR BUILT ENVIRONMENT

FITNESS feature summary

01 Interior Active Design
02 Awareness and Habits
03 Exterior Active Design
04 Onsite Activity Spaces
PHYSICALLY ACTIVE?

Structure Tone
New York, NY
ULTIMATE GOAL OF OUR BUILT ENVIRONMENT

COMFORT FEATURE SUMMARY

01 Ergonomics
02 Acoustics
03 Thermal
04 Olfactory
05 Accessibility
ACOUSTICALLY COMFORTABLE?

Cundall
London, UK
Haworth Showroom
Shanghai, China

ULTIMATE GOAL OF OUR BUILT ENVIRONMENT

MIND FEATURE SUMMARY

01 Wellness Awareness & Protocols
02 Connection to Nature
03 Adaptable Spaces
04 Aesthetics
05 Stakeholder Engagement
06 Altruism
07 Transparency
08 Innovation
CALM MIND?

ASID HQ
Washington DC
MEETING THE HEALTH INTENT

**INNOVATION PROPOSAL**
Recognizes interventions that address health and wellness in a way that is not currently addressed by the WELL Building Standard.

**ALTERNATIVE ADHERENCE PATH**
Recognizes strategies that meet the intent of an existing WELL feature, but through a unique method not currently stated in WELL.

**INTERNATIONAL EQUIVALENCY**
Recognizes international codes and standards that are deemed equivalent to those already referenced in the WELL Building Standard.
VERIFIED PERFORMANCE

The WELL differentiator: data-driven environmental assessments through on-site performance verification.

THE TEAM BEHIND WELL

IWBI is a public benefit corporation whose mission is to improve human health and well-being in buildings and communities everywhere.
Green Business Certification Inc. (GBCI), the same organization that administers LEED certification, provides third-party certification for WELL.
WELL IS GROUNDED IN AN EVER GROWING BODY OF RESEARCH

UNDERSTANDING PERFORMANCE THROUGH

BUSINESS  HUMAN  BUILDING

INDUSTRY RESEARCH  PUBLIC HEALTH RESEARCH  APPLIED RESEARCH  LABORATORY RESEARCH
Building professionals reported that they will expect to incorporate more healthy features into their projects over the next 5 years. Specifically, they will implement features that improve air quality, thermal comfort and productivity.

**ENHANCED AIR QUALITY**

**ENHANCED THERMAL COMFORT**

**BETTER LIGHTING & DAYLIGHT EXPOSURE**

**BIOPHILIC DESIGN PRINCIPLES**

**ENHANCED TENANT MOOD**

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**GLOBAL CHALLENGES**

- Physical inactivity is highly prevalent worldwide, with 23% of adults failing to meet international exercise and physical activity guidelines established by WHO.

- Individuals who are insufficiently active have a 20-30% higher risk of mortality compared to those who meet international recommendations.

- Over half of the world’s adult population is overweight or obese.

- Disruption to the body’s circadian rhythm are associated with chronic diseases including obesity, diabetes, and depression.

- Work-related musculoskeletal disorders result in over $2.5 billion in medical and other associated costs, including lost productivity.

- Mental, neurological, and substance use disorders account for 14% of the global burden of disease and depression alone is the leading cause of disability worldwide.

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CBRE GLOBAL HEADQUARTERS

WELL CERTIFIED OFFICE EMPLOYEE SURVEY

83% Feel more productive
92% Said the new space has created a positive effect on their health and well-being
94% Said that the new space has a positive impact on their business performance
93% Said that they are able to more easily collaborate with others

Source: CBRE. Global Corporate Headquarters Los Angeles, California, Workplace 360 Study 2014.

ENHANCED LEVELS OF APPLIED RESEARCH

BIOSTATISTICAL RESEARCH METHODS

Testing the impact of WELL in real-world setting using
• Occupant experience surveys
• Stakeholder interviews
• Business metrics, and
• Building performance and IEQ metrics

Results from pre- and post- WELL implementation analysis can better gauge the impact factor between the benefit/resource ratio by WELL Concept.

Stakeholder feedback on human resource allocations, project costs, facilities management information, and business metrics can further refine the case study analysis.
A DELOS AND MAYO CLINIC COLLABORATION

Actionable, human-centered research that creates healthier indoor environments

Environmental Data
Human Subject/Performance

FULL ADJUSTABLE:
• Air Quantity
• Temperature
• Humidity
• Ventilation Rate
• Filtration
• Acoustics
• Natural & Artificial Light
• Dynamic Glass
• Window Shades
• Occupant Density

COMPARE AND CONTRAST:
• Food
• Furniture
• Fitness
• Flexibility
• Plants
• Color
THE IMPACT OF GREEN BUILDINGS ON COGNITIVE FUNCTION

STUDY 1: INDOOR ENVIRONMENTAL QUALITY

HARVARD T.H. CHAN SCHOOL OF PUBLIC HEALTH:

PRINCIPAL INVESTIGATOR:
Dr. Joseph G. Allen, Assistant Professor of Exposure Assessment Science

CO-PRINCIPAL INVESTIGATOR:
Dr. Jack Spengler, Akira Yamaguchi Professor of Health and Human Habitation, Director, Harvard Center for Health and the Global Environment

PROJECT MANAGER:
Dr. Piers MacNauhton

SUNY UPSTATE MEDICAL UNIVERSITY:

CO-INVESTIGATOR:
Dr. Usha Satish, Professor of Psychiatry and Behavioral Sciences

SYRACUSE UNIVERSITY:

CO-INVESTIGATOR:
Dr. Suresh Santanam, Associate Professor of Biomedical and Chemical Engineering

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INDOOR ENVIRONMENTAL QUALITY CONDITIONS

Carbon dioxide levels at 950 parts per million
Ventilation rates at 20 cubic feet per minute of outdoor air per person
Indoor total volatile organic compounds between 500-700 micrograms/cubic meter

Source: Economic, Environmental and Health Implications of Enhanced Ventilation in Office Buildings, Piers MacNaughton, James Pegues, Usha Satish, Suresh Santanam, John Spengler, and Joseph Allen, 2015
The WELL Movement

CRISIS RESPONSE
scores were

131% HIGHER**

STRATEGY
scores were

288% HIGHER**

INFORMATION USAGE
scores were

299% HIGHER**

Source: Economic, Environmental and Health Implications of Enhanced Ventilation in Office Buildings, Piers MacNaughton, James Pegues, Usha Satish, Suresh Santanam, John Spengler, and Joseph Allen, 2015
DEMAND FOR WELL

Design for Healthy Behaviors is ranked #1 as both most transformative and fastest-moving sub-trend of the Health & Wellbeing macro trend.¹

ASID 2015 OUTLOOK

There are growing reports of WELL Certification being specified in requests for proposals.²

DELOITTE, 2016

WELL AT WORK

15% < 100%

Average participation in corporate wellness offerings

Participation in a WELL Certified space

Estimates based on 3,135,477 square metres, 300,000 employees and 250 workdays.
Cost represented is for certification fees only and does not include potential consulting or hard costs.

A MOVEMENT OF LEADERS:
JOIN THE WELL AP COMMUNITY

WELLCERTIFIED.COM/YOUR-COMMUNITY