INTRODUCTION TO **WELL**™

INTERNATIONAL WELL BUILDING INSTITUTE™



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NICE TO MEET YOU

PRESENTER



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AGENDA

01 Global Health: Making a Difference

02 Real Estate: A Vehicle for Wellness

03 Get to Know WELL

04 The Value of Better Buildings

05 Q&A: Let's Talk



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LEARNING OBJECTIVES

By the end of this session, you will be able to:

- **Identify** environmental factors which influence human health and well-being.
- **Describe** the health effects of VOCs and airborne particulate matter addressed in Feature A01. Air Quality in the WELL Building Standard v2.
- **Outline** the requirements for Part 1. Manage Allergies and Alternatives in Feature N09. Special Diets in the WELL Building Standard v2.
- **Explain** the intent of Feature C04. Occupant Surveys in the WELL Building Standard v2 and provide an example of a topic addressed.

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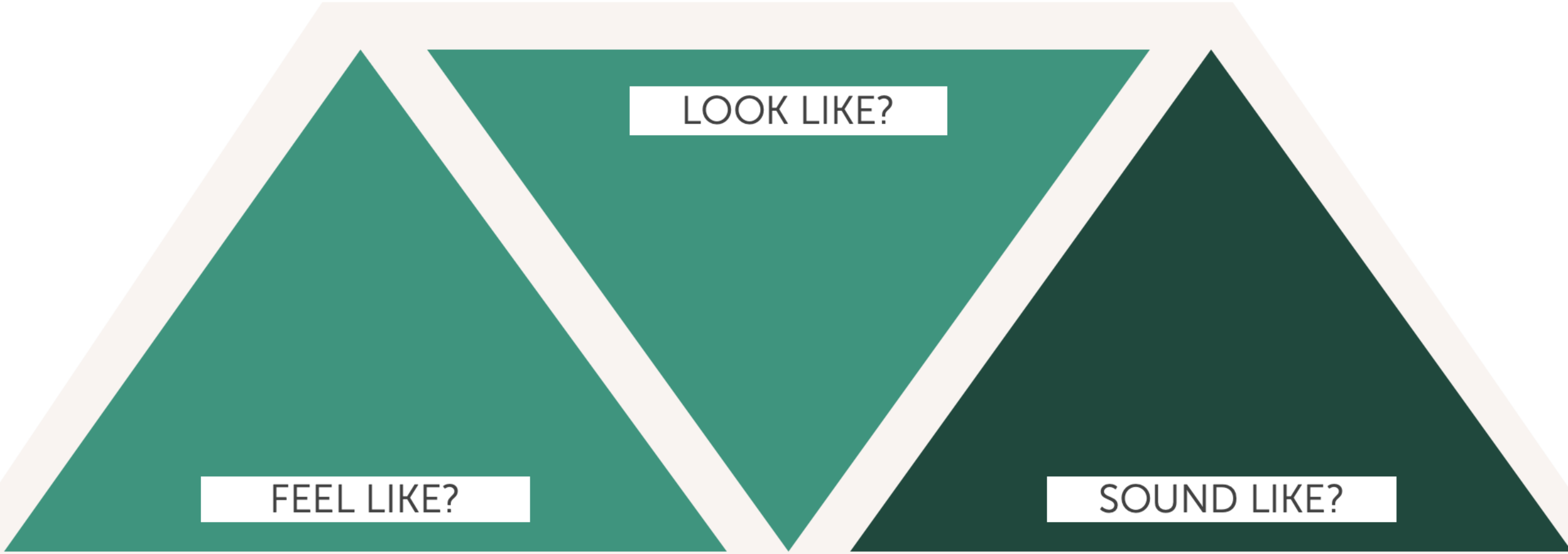
THINK ABOUT IT

WHAT DOES WELL-BEING...



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01

GLOBAL HEALTH: MAKING A DIFFERENCE

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HEALTH RISKS CAN BE PREVENTED

NCDs

(non-communicable diseases)

- Heart diseases
- Cancer
- Chronic lung diseases
- Diabetes

RISK FACTORS



Tobacco use



Alcohol



Physical inactivity



Unhealthy diet

World Health Organization (WHO). (2019). Global health observatory (GHO) data. Retrieved from https://www.who.int/gho/ncd/mortality_morbidity/ncd_total_text/en/

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WHAT DETERMINES THE STATE OF HEALTH?

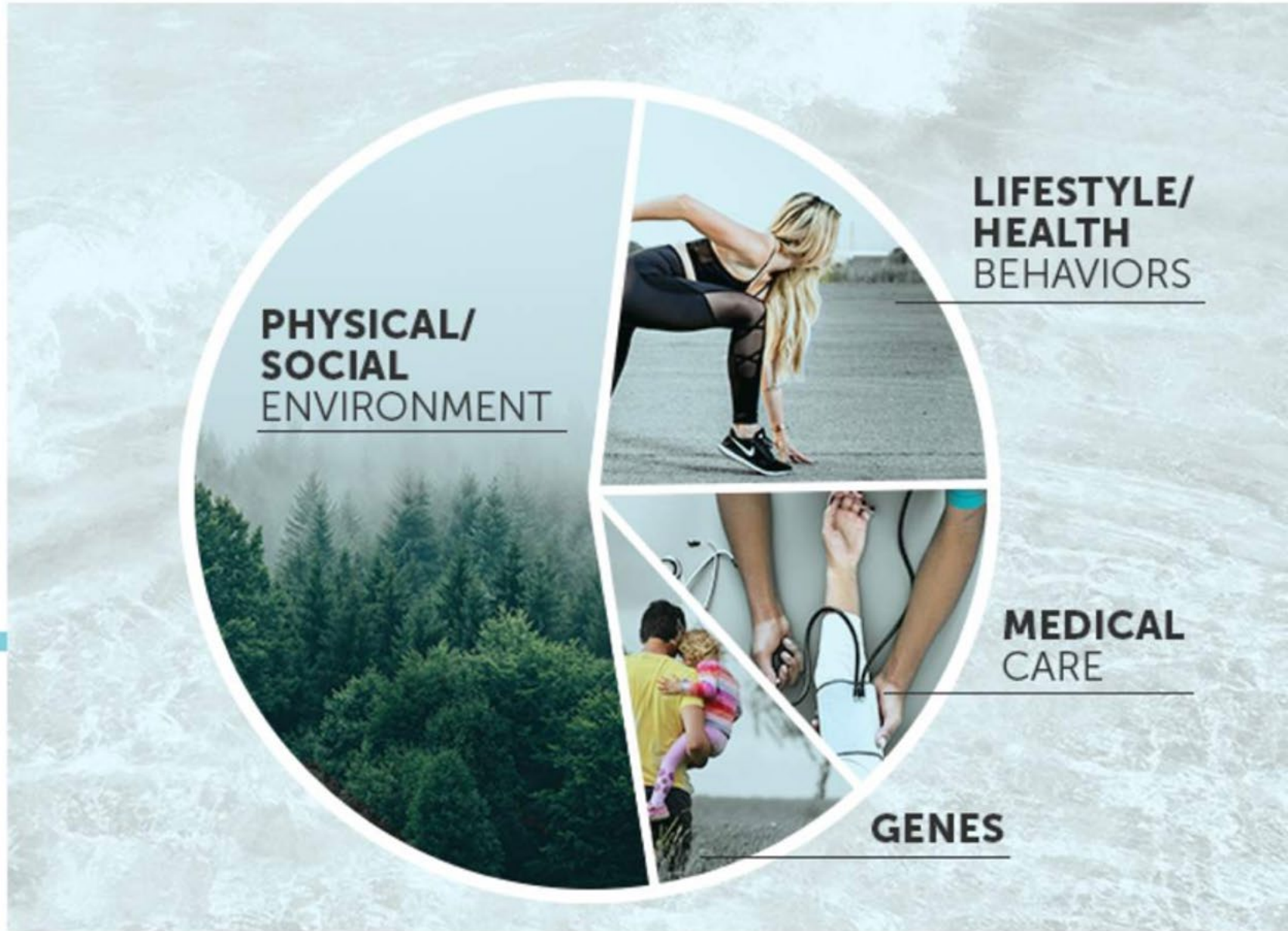

Image adapted from graphic in Centers for Disease Control and Prevention. NCHHSTP Social Determinants of Health: Frequently Asked Questions. 2014; https://www.cdc.gov/nchhstp/socialdeterminants/faq.html.

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HOW MUCH TIME DO YOU SPEND INDOORS EACH DAY?



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We spend approximately 90% of our time indoors, and our environment is the largest determinant of our overall health.







That means our health begins at home – and at work, and in all of the spaces we frequent on a daily basis.

Klepeis, N. E., Nelson, W. C., Ott W. R., Robinson, J. P., Tsang, A. M., Switzer, P., ... Engelmann, W. H. (2001). The National Human Activity Pattern Survey (NHAPS): a resource for assessing exposure to environmental pollutants. Journal of Exposure Science & Environmental Epidemiology, 11(3), 231-52. doi:10.1038/sj.jea.7500165

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02 REAL ESTATE: A VEHICLE FOR WELLNESS

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The mission behind **WELL** is universal:

Advance health in the places where we spend our lives.

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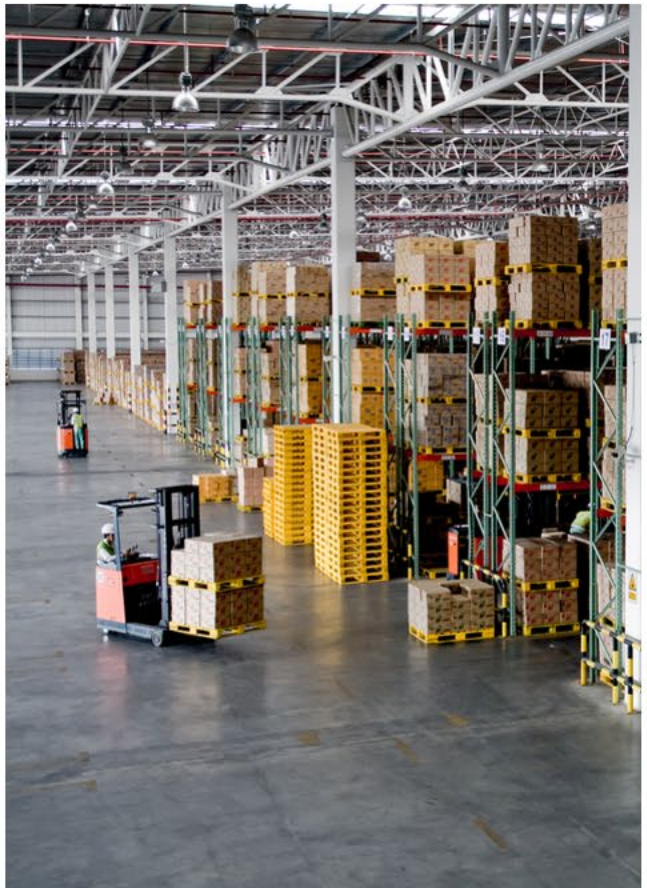
WELL FOR ALL SPACES

WELL v2 is designed to work with all types of building projects, from commercial buildings to warehouses, stadiums to hotels, schools to hospitals.









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WELL IS HOLISTIC

POLICY



OPERATIONS

DESIGN

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A COMPREHENSIVE APPROACH TO WELLBEING

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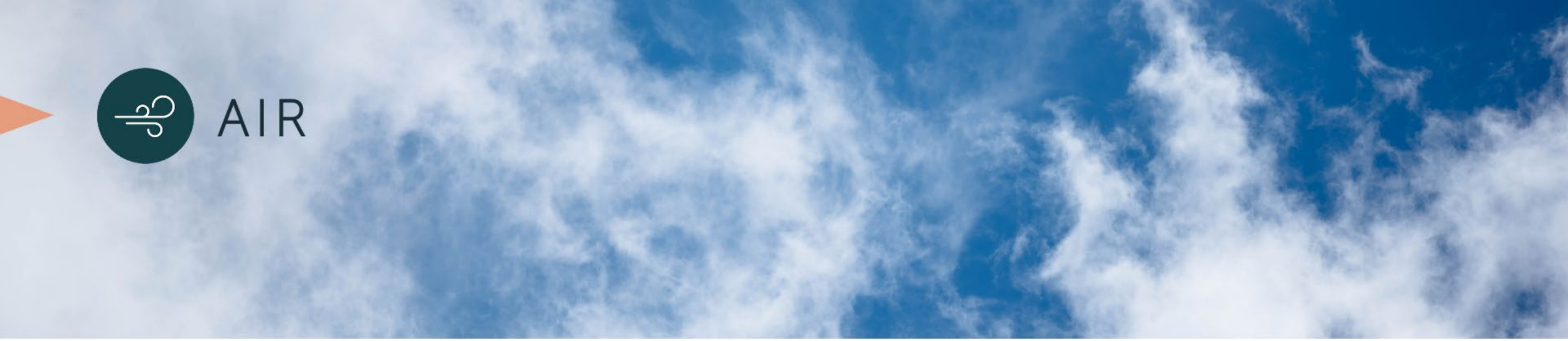

AIR

Achieve high-level indoor air quality across a building's lifetime.

- Air quality management
- Smoke-free environment
- Ventilation design and particle filtration
- Construction pollution management
- Improve supply air
- Air quality monitoring and awareness
- Pollution infiltration management
- Combustion minimisation
- Isolate sources of contaminated air
- Microbe and mold control

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WELL IN PRACTICE

AIR QUALITY MONITORING

HAWORTH OFFICE & SHOWROOM – SHANGHAI, CHINA

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WATER

Access to high quality drinking water and water management.

- Performance metrics and monitoring
- Legionella control
- Enhanced quality
- Drinking water promotion
- Moisture management
- Hygiene support

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WELL IN PRACTICE

WATER TESTING & FILTRATION

CUNDALL OFFICE – LONDON, UK

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NOURISHMENT

Encourage better eating habits by creating food environments where the healthiest choice is the easiest choice.

- Fruits and vegetables
- Nutritional transparency
- Refined ingredients
- Portion management
- Special diet accommodations
- Food advertising and education
- Mindful eating spaces
- Food preparation guidelines
- On-site food production
- Responsible food sourcing

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WELL IN PRACTICE

ROOFTOP GARDEN

COOKFOX ARCHITECTS – NEW YORK CITY, UNITED STATES

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LIGHT

Benefit from daylight and lighting systems designed to increase alertness, enhance experience and promote sleep.

- Appropriate light exposure
- Visual lighting design
- Circadian lighting design
- Glare control
- Daylight design strategies
- Daylight simulation
- Visual balance
- Electric light quality
- Occupant lighting control

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CIRCADIAN LIGHT

ARUP OFFICE – BOSTON, UNITED STATES

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MOVEMENT

Promote active living through environmental design strategies, policies and programs.

- Active buildings and communities
- Ergonomic design
- Active furnishings
- Circulation network
- Facilities for active occupants
- Site planning and selection
- Physical activity opportunities & promotion
- Physical activity spaces and equipment
- Self-monitoring

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MOVEMENT

SYMANTEC – MOUNTAIN VIEW, UNITED STATES

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THERMAL COMFORT

Maximize your productivity through improved HVAC system design and by meeting thermal preferences.

- Performance metrics
- Thermal zoning
- Individual controls
- Radiant thermal comfort
- Ongoing monitoring
- Humidity control

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THERMAL COMFORT

METROPOLE HQ – TAIPEI, TAIWAN

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SOUND

Improve your experience with optimal acoustical comfort parameters.

- Sound mapping
- Maximum noise levels
- Sound barriers
- Reverberation time
- Sound reducing surfaces
- Minimum background sound
- Enhanced audio devices

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SOUND BARRIERS

WORKSAFE VICTORIA – GEELONG, AUSTRALIA

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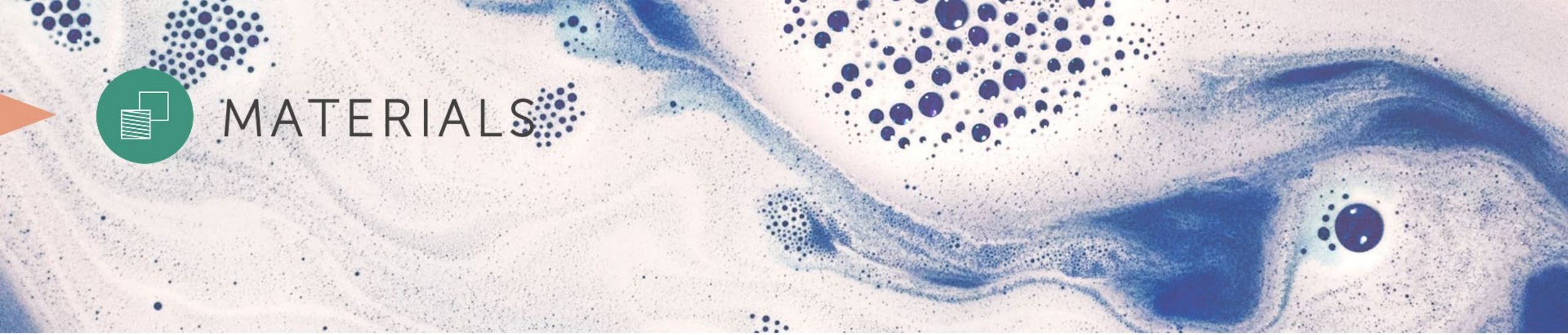

MATERIALS

Reduce human exposure to hazardous building materials.

- Lead, Asbestos, PCB and Mercury safety
- CCA and lead management
- Site remediation
- Material restrictions
- COC restrictions
- Materials transparency
- Materials optimization
- Waste management
- Minimal / low hazard pesticide use
- Cleaning products and protocols

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WELL IN PRACTICE

MATERIALS

ASID HEADQUARTERS – WASHINGTON D.C., UNITED STATES

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MIND

Support cognitive and emotional health through design, technology and treatment strategies.

- Mental health promotion
- Connection to nature
- Connection to place
- Mental health services and education
- Stress management
- Restorative opportunities and spaces
- Tobacco cessation
- Substance use services

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MIND FITNESS

ITOKI HQ – TOKYO, JAPAN

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COMMUNITY

Establish inclusive, integrated community through social equity, civic engagement and accessible design.

- Health and wellness promotion
- Accessibility and universal design
- Emergency preparedness
- Occupant surveys
- Health services and benefits
- New parent support
- Family support
- Civic engagement
- Diversity and inclusion
- Emergency resources

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CIVIC ENGAGEMENT

IWBI HQ – NEW YORK CITY, UNITED STATES

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03

GET TO KNOW WELL

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INTERNATIONAL WELL BUILDING INSTITUTE™

THE TEAM BEHIND WELL

The International WELL Building Institute (IWBI) is leading the global movement to transform our buildings and communities in ways that help people thrive.

Featured on Fast Company's World's Most Innovative Companies list - 2019

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IWBI's VISION IS SIMPLE:

HELP PEOPLE THRIVE

THROUGH BETTER BUILDINGS, STRONGER COMMUNITIES,

A THRIVING PLANET & REVOLUTIONARY ORGANIZATIONS.

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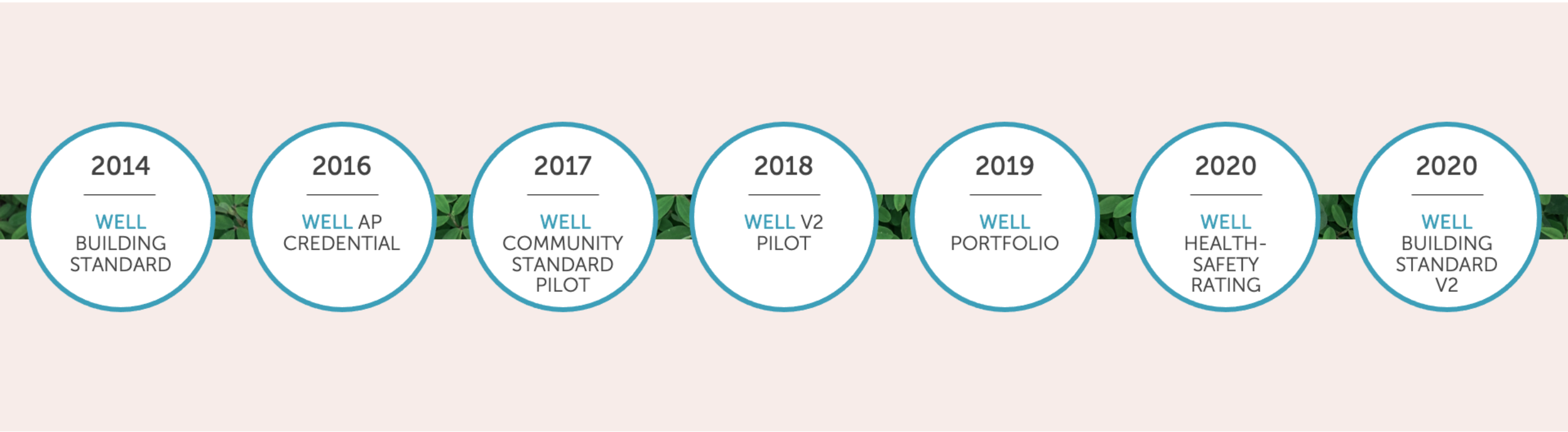
THE EVOLUTION OF **WELL**



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TRANSLATING WHAT WE KNOW

INTO WHAT WE PRACTICE



Equitable



Global



Evidence-based



Technically Robust



Customer focused



Resilient

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MULTIPLE PATHWAYS FOR YOUR **WELL JOURNEY**



WELL CERTIFICATION



PROFESSIONAL ACCREDITATION



MEMBERSHIP PROGRAM



WELL PORTFOLIO



WELL HEALTH-SAFETY RATING

VALIDATED BY A THIRD PARTY

For over five years, IWBI has partnered with Green Business Certification Inc. (GBCI) to provide third-party verification for WELL.

GBCI®

INTERNATIONAL WELL BUILDING INSTITUTE™





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WELL HEALTH-SAFETY RATING

The WELL Health-Safety Rating is an evidence-based, third-party verified rating focused on operational policies, maintenance protocols, emergency plans, and stakeholder education and engagement to address a post-COVID-19 environment now and broader health and safety-related issues into the future.



Operational Policies

Adoption of policies and procedures to facilitate a healthy and safe workplace or facility.



Maintenance Protocols

Implementation of facilities management and maintenance protocols designed to reduce the risk of infectious disease transmission.



Emergency Plans

Development of emergency plans and protocols that, when applied, help to safeguard building users.



Stakeholder Education and Engagement

Regular communications, education and signage that capture important updates, activities and information.

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LEAD WITH TRANSPARENCY

Visitors can easily scan the QR code on the seal and gain insight into how you third-party validated your health and safety efforts.



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WELL CERTIFICATION

Commit to baseline health strategies across WELL v2 and earn points based on additional **policy, design and operational strategies** to achieve one of four certification levels.



40 pts



50 pts



60 pts



80 pts

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VERIFIED PERFORMANCE

WELL Certification prioritizes accountability through a data-driven performance review and on-site environmental assessment.



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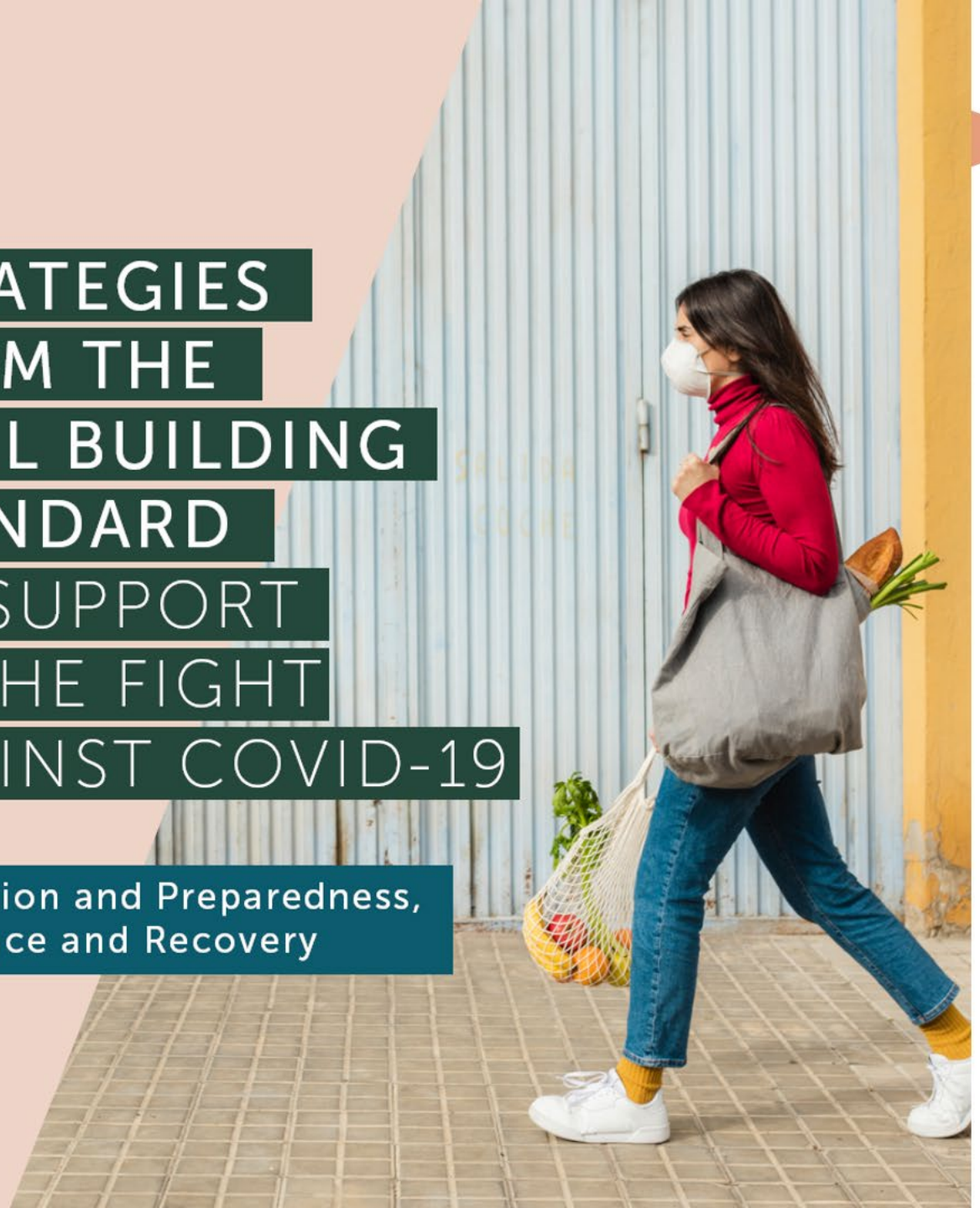

STRATEGIES FROM THE WELL BUILDING STANDARD TO SUPPORT IN THE FIGHT AGAINST COVID-19

Prevention and Preparedness, Resilience and Recovery

GLOBAL HEALTH & COVID-19

Empowering individuals and organizations to learn how to approach prevention and preparedness, resilience and recovery in relation to COVID-19 and other respiratory infections.

Access the free resource:
wellcertified.com/powerofplace/

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GREEN + WELL



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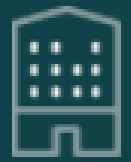
7,090 WELL APs
+ **7,423** WELL AP exam registrants

14,513 people from 98 countries



358 WELL certified projects
+ **4,657** WELL registered projects

5,015 projects with 719 MILLION SQ FT in 65 countries

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THE VALUE OF BETTER BUILDINGS

04



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COSTS OF POOR WELL-BEING

DIRECT & INDIRECT COSTS

Insurance

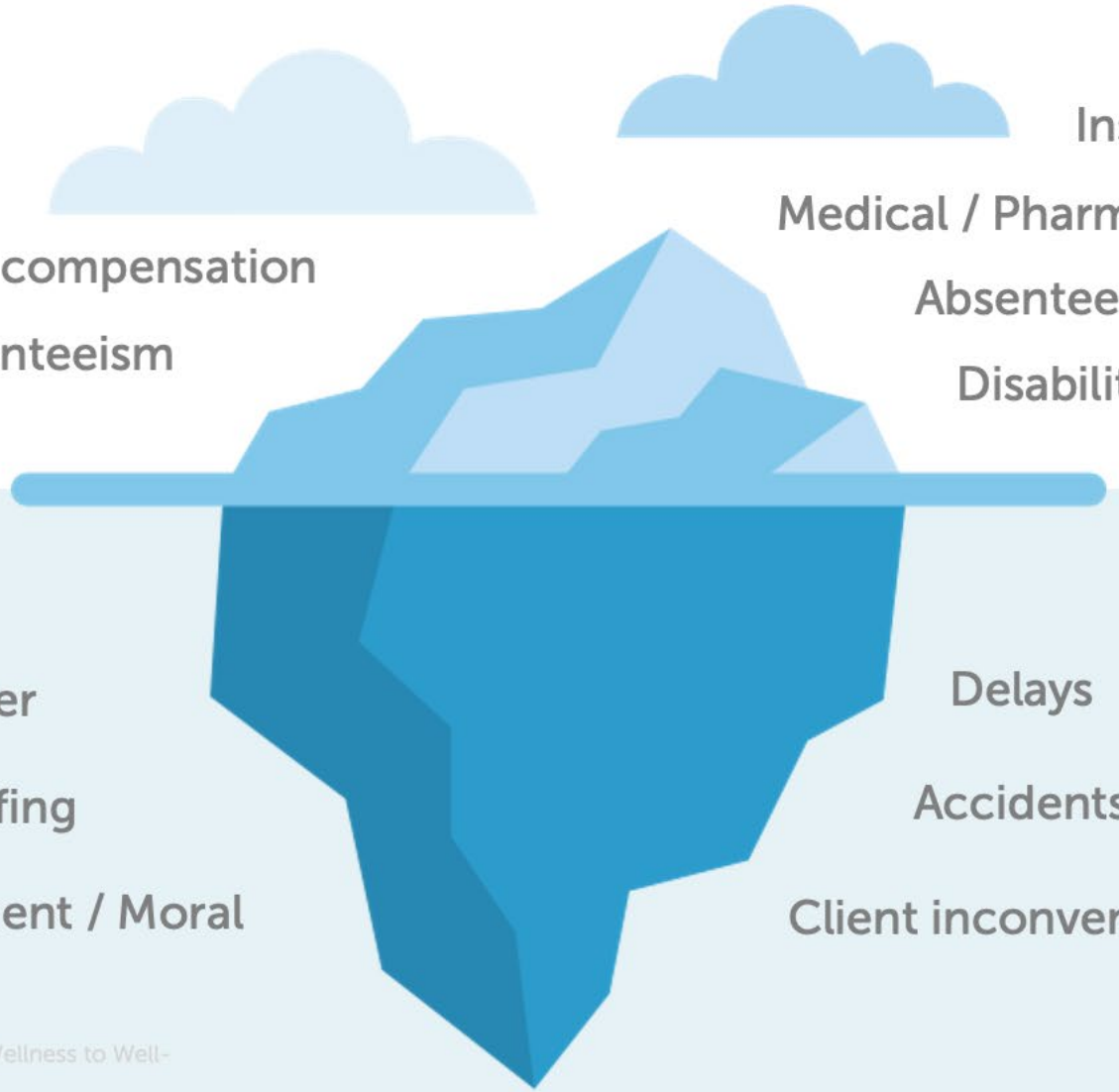
Medical / Pharmaceutical

Absenteeism

Disability

Worker's compensation

Presenteeism



HIDDEN COSTS

Turnover

Over staffing

Engagement / Moral

Delays

Accidents

Client inconvenience

Lister, K. (2014). What's Good for People, Moving from Wellness to Well-Being. Knoll Workplace Research. Retrieved from https://www.knoll.com/document/1353003180652/Well_Being_wp.pdf

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GLOBAL WELLNESS ECONOMY

COSTS QUOTED ARE IN US DOLLARS.

Traditional & complementary medicine $360B	Wellness real estate $134B	Workplace wellness $40B	Wellness tourism $639B	Personal care, beauty & anti-aging $1,083B
Thermal/mineral springs $56B	Fitness & mind-body $595B	Healthy eating, nutrition & weight loss $702B	Preventative & personalized medicine and public health $575B	Spa economy $119B

$4.2 TRILLION IN 2017

Note: Numbers do not add due to overlap in segments.

Global Wellness Institute. https://globalwellnessinstitute.org/press-room/press-releases/wellness-now-a-4-2-trillion-global-industry/

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INVESTING FOR HEALTH

The growing number of studies that show company promotion of employee health and well-being yields higher corporate financial value has spurred on the need for more comprehensive, comparable and standardized health and well-being metrics.[1]

LEARN MORE: wellcertified.com/investingforhealth



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1. Grossmeier J, Fabius R, Flynn JP, et al. Linking Workplace Health Promotion Best Practices and Organizational Financial Performance. J Occup Environ Med. 2016.50(1).16-23. doi:10.1097/JOM.DDDDDDDDDDDD631

URBAN LAND INSTITUTE REPORT:

THE BUSINESS CASE FOR HEALTHY BUILDINGS

CBRE'S OFFICES (TORONTO & VANCOUVER)

Key features include daylight/circadian lighting, ventilation/air quality, collaborative space, active staircase, sit/stand desks. Value added: greater employee satisfaction, recruitment and retention; and enhanced landlord/tenant partnerships. In these WELL-certified offices, the total employee turnover rate has fallen by almost a third and the hiring rate for new talent has doubled.

ARUP'S OFFICE (BOSTON)

Key features include daylight/circadian lighting, ventilation/air quality, collaborative space, sit/stand desks. Value added: improved productivity, attitude, collaboration and social cohesion among employees.

HOLLYWOOD PROPER RESIDENCES (HOLLYWOOD, CA)

Key features include daylight/extensive glazing, ventilation/air quality, noise abatement, biophilic design, and natural materials. Value added: 80 percent leased six months after opening, top-of-market rents

GENENTECH BUILDING 34, THE HUB (SAN FRANCISCO, CA)

Key features include daylight/extensive glazing, ventilation/air quality, primary health care center, active staircase, marketplace services, and a Zen garden. Value added: Growing use of healthy building services, improved recruitment and retention, higher employee engagement and satisfaction.

The Business Case for Healthy Buildings: Insights for Early Adopters. Urban Land Institute (January 2019). Retrieved from https://americas.uli.org/healthy-places/the-business-case-for-healthy-buildings-insights-for-early-adopters-report/

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WELL AT WORK

20-40%

Average participation in corporate wellness offerings[1]

<

100%

Participation in a WELL Certified space

1. Workplace Wellness Programs: Services Offered, Participation, and Incentives, Mattke S. et al., Rand Corporation Research Report for U.S. Department of Labor, 2014. Retrieved from https://www.rand.org/pubs/research_reports/RR724.html

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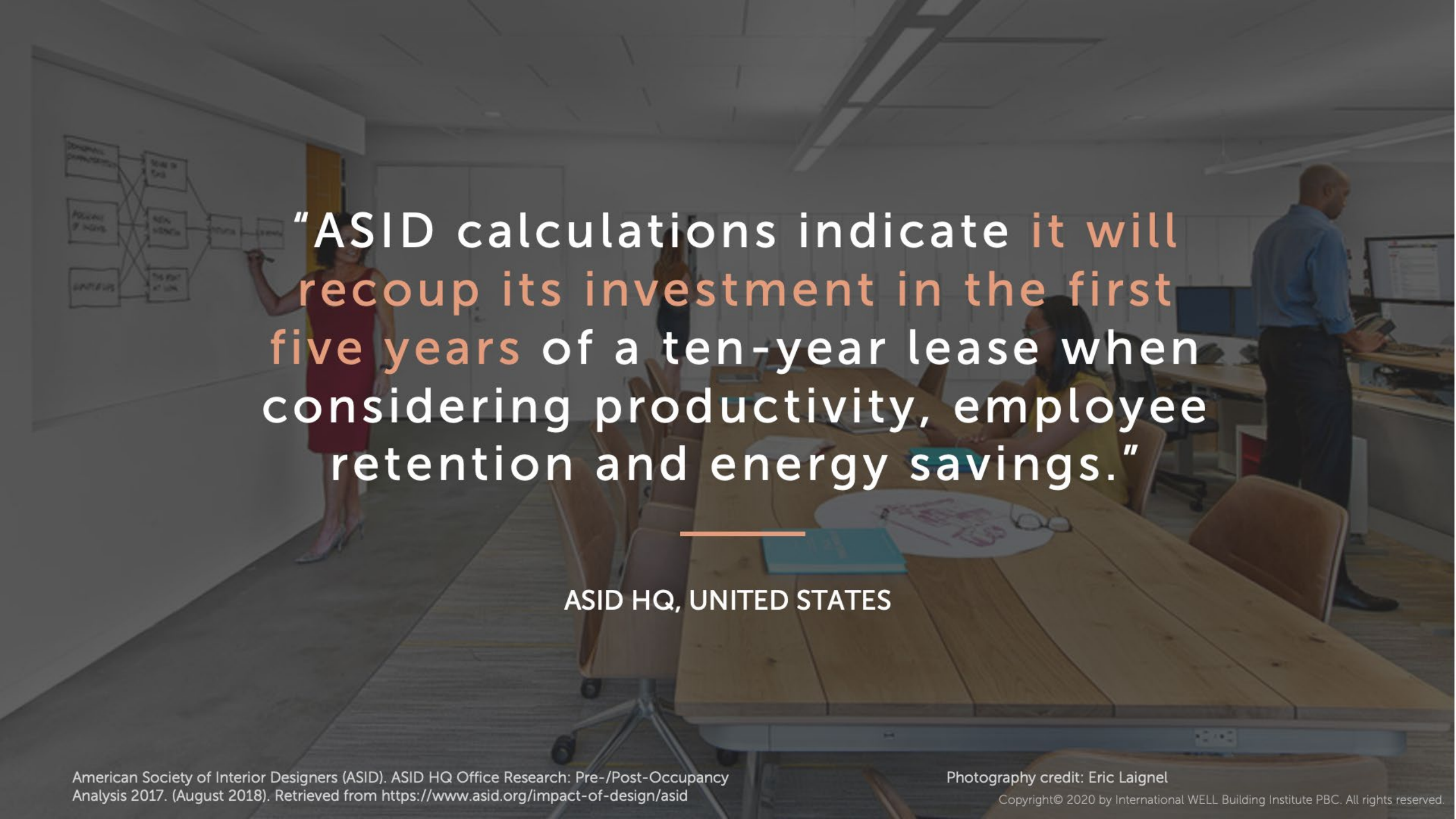

"ASID calculations indicate it will recoup its investment in the first five years of a ten-year lease when considering productivity, employee retention and energy savings."

ASID HQ, UNITED STATES

American Society of Interior Designers (ASID). ASID HQ Office Research: Pre-/Post-Occupancy Analysis 2017. (August 2018). Retrieved from https://www.asid.org/impact-of-design/asid

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05 Q & A

LET'S TALK

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WE ARE WELL

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