1. **OBJECTIVE** Explain the **various organizations**' approaches to designing for wellness.

2. **OBJECTIVE** Introduce to the **Urban Land Institute’s** Building Healthy Places toolkit.

3. **OBJECTIVE** Discuss importance of **healthy interior environments**.

4. **OBJECTIVE** Illustrate **connections** between the guidelines for wellness design.
ORGANIZATIONS

- AIA Active Design & Fit City
- Academy of Neuroscience and Architecture
- USGBC LEED certification, LEED APs, and LEED Cx
- WELL certification and WELL APs, and WELL Cx
- ULI Building Healthy Places
Building Healthy Places Initiative

Around the world, communities face pressing health challenges related to the built environment. For many years, ULI and its members have been active players in discussions and projects that make the link between human health and development; we know that health is a core component of thriving communities.

The ULI Building Healthy Places Initiative is building on that work with a multi-disciplined program— including research and publications, convenings, and advisory activities—to leverage the power of the Institute’s global networks to shape projects and places in ways that improve the health of people and communities.

Through the Building Healthy Places Initiative, which launched in July 2013, ULI is working to promote health across the globe.

Leveraging the power of ULI’s global networks to shape projects and places in ways that improve the health of people and communities.
Evidence-Based Recommendations

1. Incorporate a mix of land uses
2. Design well-connected street networks at the human scale
3. Provide sidewalks and enticing, pedestrian-oriented streetscapes
4. Provide infrastructure to support biking
5. Design visible, enticing stairs to encourage everyday use
6. Install stair prompts and signage
7. Provide high-quality spaces for multigenerational play and recreation
8. Build play spaces for children
9. Accommodate a grocery store
10. Host a farmers market
11. Promote healthy food retail
12. Support on-site gardening and farming
13. Enhance access to drinking water
14. Ban smoking
15. Use materials and products that support healthy indoor air quality
16. Facilitate proper ventilation and airflow
17. Maximize indoor lighting quality
18. Minimize noise pollution
19. Increase access to nature
20. Facilitate social engagement
21. Adopt pet-friendly policies
Providing infrastructure to support biking can help create healthy places. One strategy is to provide bikeways within the street network. This can be complemented with maximizing connections to existing bicycle networks, including multi-use trails and greenways. The shift in activities is evident with the phrase “...no gates, no golf...” and “...cycling is the new golfing...” highlighting the growing popularity of cycling as a lifestyle option.
RECOMMENDATIONS

9. Accommodate a grocery store
10. Host a farmers market
11. Promote healthy food retail
12. Support on-site gardening and farming
13. Enhance access to drinking water
CASE STUDY: OAKLAND PARK

UFI Oversees:
• Discovery Farm
• Gardens
• Community Garden
• Farmers Market

http://ufi.us.org/programs/community-garden/
CASE STUDY: OAKLAND PARK

- UFI partnership with city
- 32 raised bed gardens
- Year round availability
- Garden chats

http://ufi.us.org/programs/community-garden/
CASE STUDY: OAKLAND PARK

Revenue streams:
• Food sales & tools
• Leased garden space
• Farmshare program
• Training
• Specialty crops

Community asset value:
• Apartment leaseout
• Placemaking
RECOMMENDATIONS

14. Ban smoking
15. Use materials and products that support healthy indoor air quality
16. Facilitate proper ventilation and airflow
17. Maximize indoor lighting quality
18. Minimize noise pollution
19. Increase access to nature
20. Facilitate social engagement
21. Adopt pet-friendly policies
Biophilia, “the urge to affiliate with other forms of life”

An attraction to all that is alive and vital.

- windows to nature
- fresh air
- daylight
- green spaces
Nature promotes positive emotions, psychological resilience and well-being.

Research shows, pleasant environments stimulate opioid receptors, so that we feel a sense of pleasure.
BENEFITS:

• Increased productivity
• Healthier occupants
• Higher cognitive performance
• Reduced absenteeism
Biofiltration breaks down VOCs and cleans air, which allows lower ventilation rates, reducing costs.

Nedlaw Living Walls
www.naturaire.com
INDOOR LIGHTING QUALITY

HEALTH IMPACT
Of concern are multiple health related issues, which may include:

» Seasonal Affective Disorder (SAD)
» Serotonin regulation
» Circadian rhythm
» Melatonin management
» Carbohydrate digestion
» Antioxidant effects of melatonin
» Healthy eye development
» Age related macular degeneration
» Chronotype
» Delayed Sleep Phase Syndrome (DSPS)
» Remediation of jet lag
» Healthy sleep patterns
» Vitamin D

https://www.wellcertified.com/
ACTIVE DESIGN MIAMI: Design & Policy Strategies for Healthier Communities

Municipal Planning & Assessment Tool

BUILDING HEALTHY PLACES TOOLKIT

THE WELL BUILDING STANDARD®

Strategies for Enhancing Health in the Built Environment
Building design strategies:

- Physical activity
- Connectivity
- Biophilia
- Healthy food / gardening
- Clean water
THANK YOU FOR YOUR ATTENTION!
Thank you for your attention!

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