

INSIGHT

Healthy Buildings | Healthy People

Designing for sustainability and wellness

By Alyssa Garvey

The current trend towards sustainability and wellness has been making an appearance in industries all over the globe. Wellness buzzwords have become woven into our daily culture and wellness is easily acknowledged as both desirable and marketable. We all know that what you put into and around your body has ramifications on your overall well-being and wellness. As a result, wellness standards are being developed and promoted in the food industry, design and cloth-

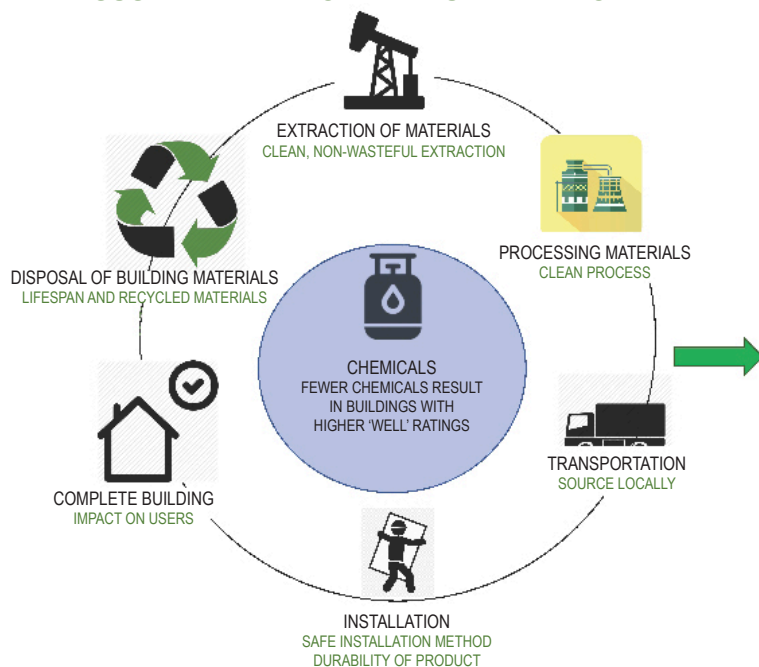
ing industries and the built environment encouraging adoption of these healthy initiatives.

In the architectural field, the development of the International Well Building Institute (WELL) is a response to this culture shift, (WellCertified.com). The goal of WELL is to create healthy spaces by designing, constructing and operating buildings to maximize occupant health and productivity. WELL tells us that healthy spaces protect us from that

which can make us sick, promote practices that can keep us well, and facilitate opportunities for us to connect with one another and live our lives to the fullest.

WELL looks at the whole picture, the sustainability of all the materials that go into creating a building and how those materials impact the user.

SUSTAINABILITY OF THE BUILT ENVIRONMENT



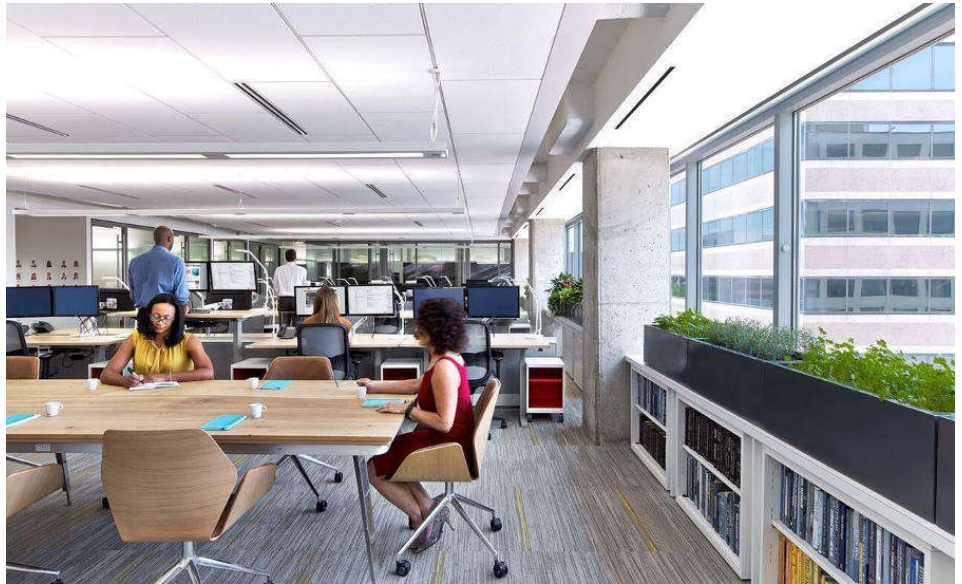
IMPACT ON OCCUPANT WELL-BEING



“WELL has allowed us to more positively impact the office environment for our employees from productivity, to health and wellness and talent retention...”

ASID does it WELL

One of the most recent buildings to become WELL certified is the American Society of Interior Designers (ASID) headquarters in Washington DC. This building achieved Platinum Level Certification under the LEED ID+C rating system, the first project in the world to achieve Platinum Certification from both WELL and LEED. (wellcertified.com) ASID headquarters is the workplace for the ASID national staff. The 8,500 square foot space was designed by Perkins+Will and is currently featured on the StoneWorld.com website.





Studio 111

Studio 111 design studio in Long Beach California is glowing with natural light. A sound masking system improves the acoustics of the space. Most importantly they have implemented fitness and nutrition programs including health food options for their staff. Studio 111 staff take part in self-care by having access to yoga during their work day.

“WELL has allowed us to more positively impact the office environment for our employees from productivity, to health and wellness and talent retention,” said sustainability director Sara Hickman on a recent Terramai.com blog post.



TD Bank Toronto

HOK’s office renovation for TD Bank’s Toronto office meets 60 WELL features; including the water filtration system and the lighting systems. Terramai.com

reports that in the office lounge, the combination of natural and artificial light creates a well balanced space for staff to recharge, socialize and concentrate.

Thought process

This just gives a brief understanding of the capabilities that WELL design can have on future projects. It looks beyond LEED practices and combines the two programs LEED and WELL, changing the overall thought process of design. What will the next generation of buildings look like? Will you have a say about it? Let’s make this a new era of WELL design by impacting users and the environment positively.



Alyssa Garvey is an interior designer at JSA Inc headquartered in Portsmouth NH. Her understanding of the human impacts of lighting, materials, and programming results in healthier spaces for all. Questions? Get in touch:
agarvey@jsainc.com
www.jsainc.com