Driving Health Through Built Environment Interventions

*Evidenced based design in action*
A Framework for Public Health – 5-Tiered Pyramid:

- Socioeconomic Factors
- Changing the Context to Make Individuals’ Default a Healthy One
- Long Lasting Protective Interventions
- Clinical Interventions
- Counseling & Education
- Increasing Population Impact
- Increasing Individual Effort Needed
A New Synergy

- Active design guidelines
- Health & sustainability guidelines for concessions
- GSA’s P-100 facility guidelines
- PBS fitness center policy
- Guiding principles for high performance green buildings
- Workplace health and promotion toolkit
- Health community design checklist
Welcome to Fitwel
Fitwel provides 60+ low-cost, high-impact strategies for enhancing building environments to improve occupant health and productivity.
Fitwel’s chosen strategies have the strongest evidence base and potential to make the highest impact for businesses.
Fitwel takes a holistic approach to health.

- Impacts Community Health
- Reduces Morbidity + Absenteeism
- Instills Feelings of Wellbeing
- Social Equality for Vulnerable Populations
- Provides Healthy Food Options
- Promotes Occupant Safety
- Increases Physical Activity
## Fitwel:

<table>
<thead>
<tr>
<th>Level of Certification</th>
<th>Points</th>
<th>Certification Intent</th>
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<tbody>
<tr>
<td>A minimum of 90 points is required for certification</td>
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<tr>
<td>Fitwel ★</td>
<td>90-104</td>
<td>Facility has achieved a basic level of health promotion.</td>
</tr>
<tr>
<td>Fitwel ★★</td>
<td>105-124</td>
<td>Facility has achieved an intermediate level of health promotion.</td>
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<tr>
<td>Fitwel ★★★</td>
<td>125 and above</td>
<td>Facility provides an exceptional level of support for health-promoting designs and programs identified by Fitwel. They exemplify best practices that have achieved the highest possible level of support for healthy behaviors.</td>
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<tr>
<td>FACILITY FEATURE</td>
<td>FITWEL STRATEGIES</td>
<td>RATIONALE</td>
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Fitwel uses a simple, **web-based scorecard** that anyone can access through the Fitwel web portal.

- Strategies are weighted according to the **strength of evidence** and **health impact**.
- All strategies are voluntary—no prerequisites or must-have strategies that could be cost-prohibitive.
Location

1.3 Transit stop located within ½ mi of the building entrance

2.1 Provide a direct, accessible pedestrian route between a building entrance and transit
Outdoor Spaces

3.2 Provide a walking trail within the building site/campus
4.3 Locate the main entrance oriented to pedestrian traffic and transit.
5.5 Make stairs clearly visible with code-compliant glass or through prominent location

Indoor Environments

5.5 Adopt and implement a smoke-free policy for the building.

Staten Island University Hospital.
Workspaces

7.1 Provide natural daylight for majority of workspaces

8.3 Provide break areas that can accommodate lunch time activity.

Water Supply

8.3 Provide water bottle refilling ability at water supply
Cafeterias + Prepared Food Retail

10.2 Incentivize healthy food selection with choice architecture practices
Lactation Room

Lactation room best practices:
- Sink
- Fridge
12.2 Install an Automated External Defibrillator (AED) and adopt a testing schedule
2014 web-based pilot

- 6 NYC buildings
- 9 CDC buildings
- 74 GSA buildings
Fitwel Launch

CDC National Center for Chronic Disease Prevention and Health Promotion
Where can you incorporate health into your designs?
Questions?

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Centers for Disease Control and Prevention  
Office of Safety, Security and Asset Management  
Quality and Sustainability Office