

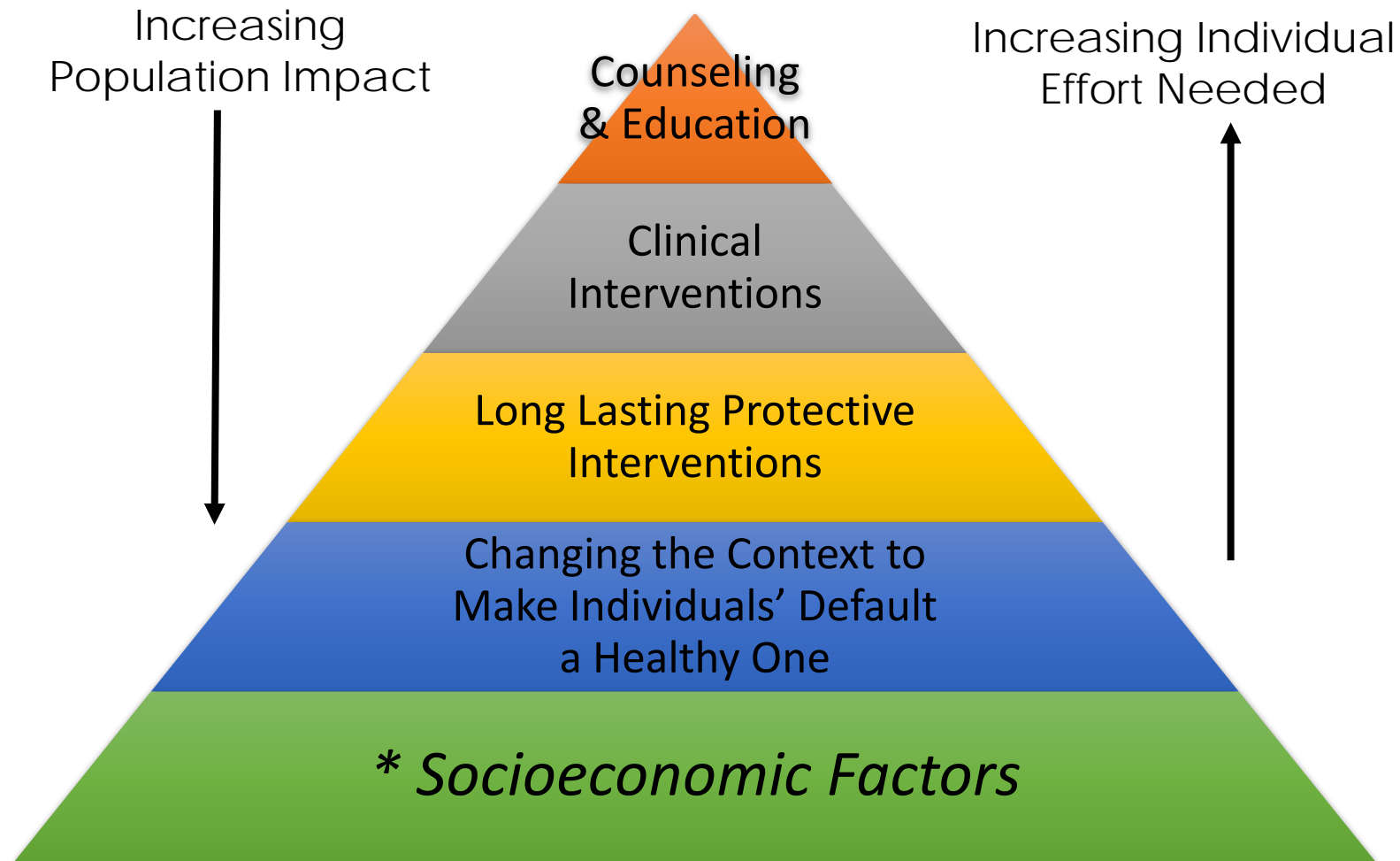
Driving Health Through Built Environment Interventions

Evidenced based design in action



Liz York, FAIA

5-Tiered Pyramid:



A New Synergy



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- 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

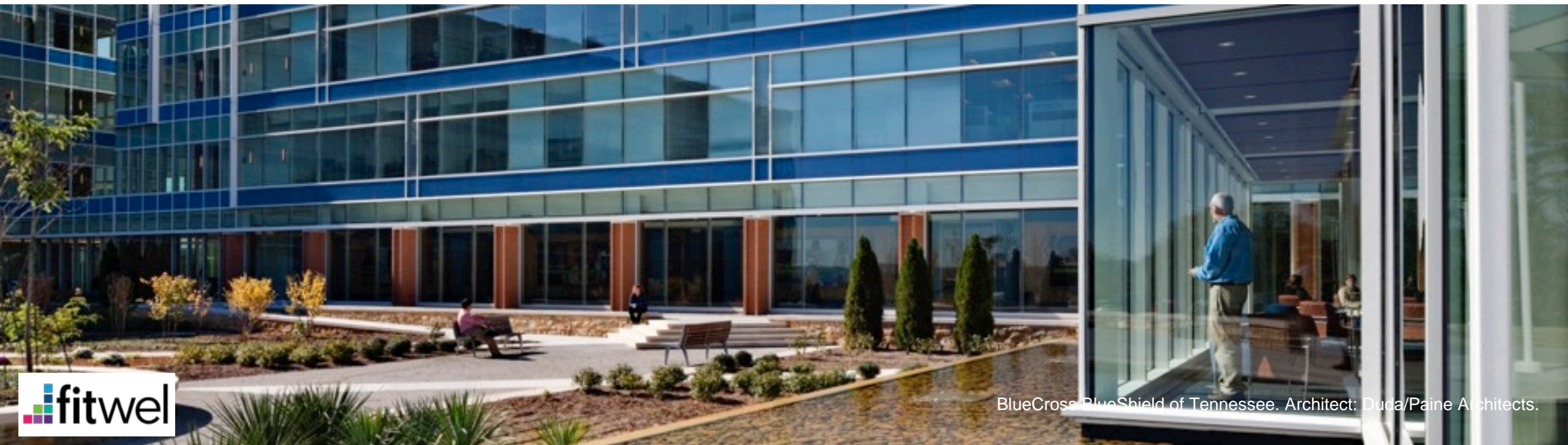
- Workplace health and promotion toolkit
- Health community design checklist



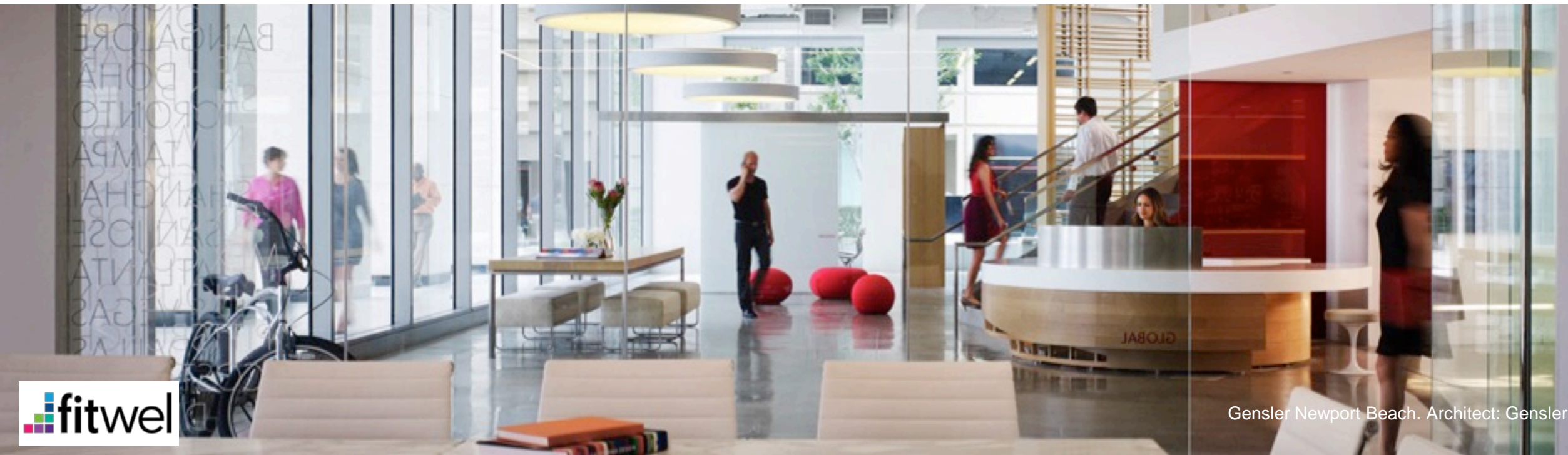
Welcome to Fitwel



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:

Level of Certification	Points	Certification Intent
A minimum of 90 points is required for certification		
Fitwel ★	90-104	Facility has achieved a basic level of health promotion.
Fitwel ★ ★	105-124	Facility has achieved an intermediate level of health promotion.
Fitwel ★ ★ ★	125 and above	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.

Fitwel Scorecard

Section ID	FACILITY FEATURE	Criteria ID	FITWEL STRATEGIES	RATIONALE	EVIDENCE
5	STAIRWELLS	5.1	Provide at least one <u>accessible stairwell to regular building occupants that connects all regularly occupied building floors</u>	Stairwells provide an opportunity for occupants to increase physical activity.	Lee, I. & Paffenbarger Jr, R.S. (1998). Physical Activity and Stroke Incidence: The Harvard Alumni Health Study. <i>Stroke</i> , 29: 2049-2054. Boreham, C.A., Wallace, W.F., Nevill, A. (2000). Training effects of accumulated daily stair-climbing exercise in previously sedentary young women. <i>Preventive Medicine</i> , Apr;30(4):277-81.
		5.2	Locate an accessible stairwell equally or more visible than any elevators and/or escalators at the main entrance.	Locating a stairwell in a visible area promotes its use and may increase occupants' physical activity.	Nicoll, G. & Zimring, C. (2009). Effect of innovative building design on physical activity. <i>Journal of Public Health Policy</i> . 30 Suppl 1:S111-23. Zimring, C., Joseph, A., Nicoll, G.L., & Tsepas, S. (2005). Influences of building design and site design on physical activity: research and intervention opportunities. <i>American Journal of Preventive Medicine</i> , Feb;28(2 Suppl 2):186-93. Bungum, T., Meacham, M., & Truax, N. (2007). The effects of signage and the physical environment on stair usage. <i>Journal of Physical Activity and Health</i> , Jul;4(3):237-44.
		5.3	Implement best practices in <u>stairwell design</u> to encourage stair use	Promoting stairwell use through additional best practices may increase occupants' physical activity.	Nicoll, G. (2007). Spatial Measures Associated with Stair Use. <i>American Journal of Health Promotion</i> . March/April, 21 (4s), 346-352.
		5.4	Place permanent <u>point-of-decision prompts</u> promoting stair use at elevator call areas	Signs promoting stairwell use located near elevators may encourage occupants to use them.	Brownell, K.D., Stunkard, A.J., Albaum, J.M. (1980). Evaluation and modification of exercise patterns in the natural environment. <i>American Journal of Psychiatry</i> , Dec;137(12):1540-5.



evidence-based scorecard

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



Building Access

- 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



Entrances + Ground Floor

- 4.3 Locate the main entrance oriented to pedestrian traffic and transit



Byron Rogers Federal Building + US Courthouse. Architect: HOK and Bennett Wagner & Grody Architects.

Stairwells

- 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



Workspaces

- 7.1 Provide natural daylight for majority of workspaces



Shared Spaces

8.3 Provide break areas that can accommodate lunch time activity



Water Supply

8.3 Provide water bottle refilling ability at water supply

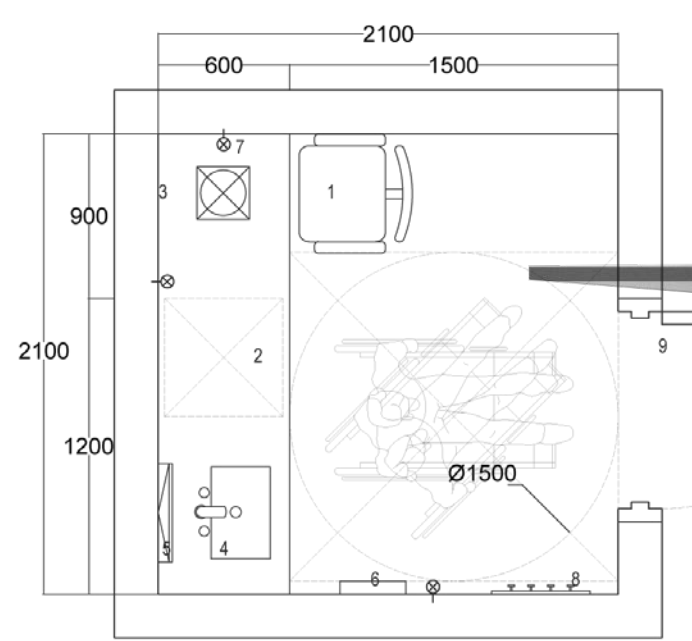


Cafeterias + Prepared Food Retail

10.2 Incentivize healthy
food selection with
choice architecture
practices



Lactation Room



Lactation room best practices:

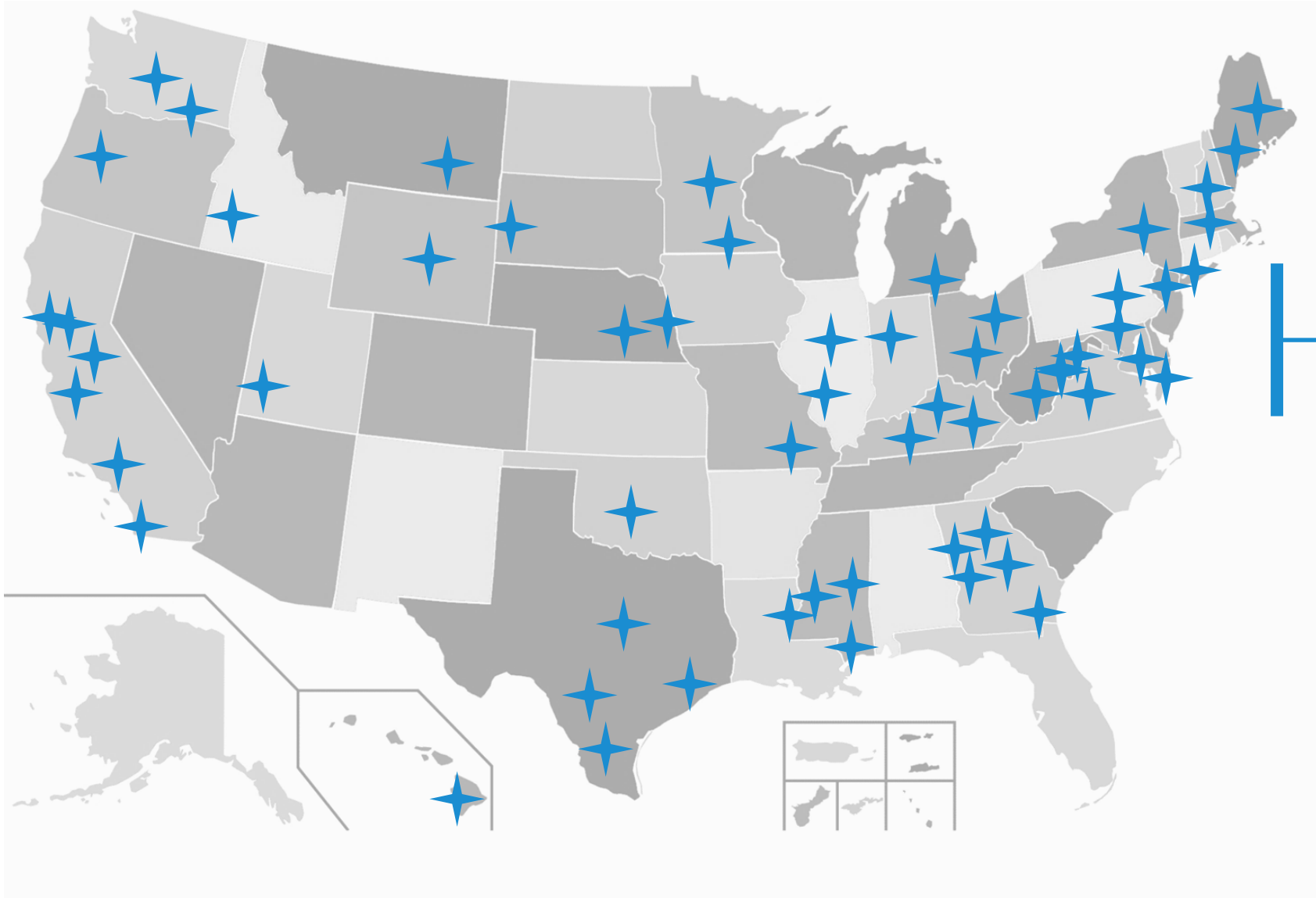
- Sink
- Fridge



Emergency Procedures

- 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?



CENTERS FOR DISEASE
CONTROL AND PREVENTION

EDWARD R. ROYAL
CAMPUS

Liz York, FAIA, LEED-AP

Chief Sustainability Officer
Associate Director for Quality and Sustainability

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