

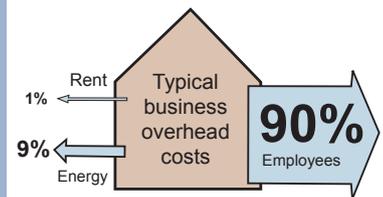
The relationship between building quality and occupant health has traditionally been demonstrated by phenomena such as ‘sick building syndrome’. Recent research from the UK and World Green Building Councils has demonstrated tangible social and economic links between building quality and occupant health and wellbeing. As a result, designing for **health, wellbeing** and **productivity** is gaining momentum in the building industry.

CATERING FOR HEALTH AND WELLBEING IN THE COMMERCIAL, RETAIL AND RESIDENTIAL SECTORS HAS BEEN SHOWN TO IMPROVE FINANCIAL RETURNS.

A typical business devotes 90% of its expenditure to staff.

Healthy staff turn healthy profits. How?

- Reduced absenteeism and ‘presenteeism’
- Increased productivity, employee efficiency and work turnover
- Improved staff retention and lower recruitment and training costs
- Higher business profits and improved company morale



HOW DO WE MAKE OUR BUILDINGS HEALTHY?

A range of core concepts exist within Health and Wellbeing literature that can be incorporated from design stage through to daily operations and user behaviour guidance.

So whether your project is Shell & Core, New Build or Fit-Out there are Health and Wellbeing measures that are suitable for your project and will benefit your people, customers or clients.

Health and Wellbeing Design Ideas for Your Project or Space					
	Shell & Core	New Construction		Interior Fit Out	
Commercial	Large windows to maximise natural daylight; Passive ventilation design for fresh air circulation; Water filtration; Overheating risk analysis & mitigation	Aesthetically pleasing architectural design; Comfort monitoring sensors and controls; Acoustic insulation; Circadian and low-lux ambient lighting; Landscape design for restful green spaces	Appealing design of staircase and communal areas to encourage exercise and socialising	Flexible working arrangements, both ergonomic (flexible desks) and environmental (thermal zoning)	
Retail			Optimise indoor air quality with mechanical ventilation using air filtration;	Bringing greenery and plant life indoors;	Comfortable environment; furniture ergonomics, olfactory consideration
			Inviting environment for customers (lighting ambience, thermal, acoustic and olfactory comfort);		
Residential			Separate laundry and living areas to control air humidity and quality;	Internal colour choices that relieve stress; Energy efficient and user friendly systems; Solar gain mitigation if required; Security features to reduce anxiety	
			Master-planning for communities; Adequate storage for stress-free life; Bedroom design promoting sleep		

Health and Wellbeing Operational Ideas for Your Employees or Clients		
Commercial	Exercise incentivisation schemes for employees Water filtration and availability Healthy food choice availability Stress reduction and mental health support	Biophilia - bringing greenery indoors Access to outdoors and green space Relaxation space provision Cleaning equipment that avoids chemical use, and also prevents illness spread Clean, tidy and stress free environments Managing thermal, acoustic and olfactory comfort Energy efficient systems to reduce utility bills
Retail	Childcare and travel support Communication with employees and/or customers and feedback addressed	
Residential	Guidance for residents on how to use, manage and maintain household equipment and spaces Support for residents with questions and issues, reducing housing related stress Community liason schemes and programmes Car free zones to encourage cycling and walking, and reduce air pollution	

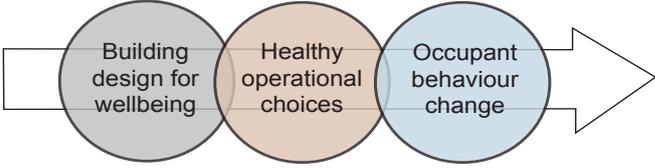
ASSESSING HEALTH AND WELLBEING

The **WELL Building Standard** requires an assessment of seven different core concepts of health and wellbeing, using a quantitative scoring standard similar to LEED or BREEAM.

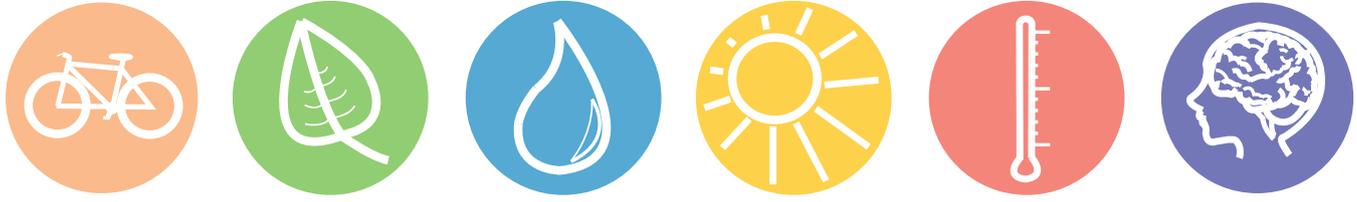
Three typologies (New and Existing Buildings, New and Existing Interiors and Shell and Core) ensure the standard's applicability to all buildings, and the extension of pilot programmes beyond commercial shows a relevance across a wide range of uses.

WELL Certification can work hand-in-hand with BREEAM, LEED and equivalent building standards. Buildings can be both healthy and sustainable, although direct clashes in interest - for example air filtration to maximise quality versus energy efficiency; natural daylight allowance versus overheating risk - are being recognised and viable solutions explored.

Health and Wellbeing assessment is a long term commitment, and stretches far beyond a series of design stage considerations.



Achievement of WELL Building Certification requires adherence from the full design team, and subseq building owners and managers to maintain and enforce healthy lifestyle policies, with the aim of providing long term benefit for the building user.



HOW CAN WE HELP YOU?

XCO2 offer workshops to provide a thorough background on health and wellbeing and its applicability to the built environment. We also complete bespoke project appraisals, undertake WELL pre-assessments and can offer consultation and operational guidance through a project lifespan and post-occupancy.

To learn more, about our health and wellbeing services or for more details on arranging workshops then get in touch via mail@xco2.com