Note: This presentation represents the deliberations of a task group to an independent advisory committee, and as such, may not be consistent with current GSA or other Federal agency policy.

Health and Wellness Task Group Update

JUNE 7, 2017
WHO Definition of Health

The World Health Organization (WHO) defined health in its broader sense in its 1948 constitution as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity."
Health & Wellness Task Group

Motion:
Propose evidence-based criteria to integrate health and wellness into all government facilities programs, drawing from approaches including buildings and health rating systems and biophilic design strategies.

Benefits:
Enhance employee health and performance and support agency mission achievement through the adoption of health focused building design and operations strategies
Identify a compelling business case for building-owning or managing agencies to adopt such practices
Guiding Principles Background

New Federal Guiding Principle (GP):

- Occupant Health and Wellness: Promote opportunities for voluntary increased physical movement of building occupants such as making stairwells an option for circulation, active workstations, fitness centers, and bicycle commuter facilities; and support convenient access to healthy dining options, potable water, daylight, plants, and exterior views.

Adds to other relevant GPs:

- Enhance Indoor Environmental Quality: Ventilation and Thermal Controls / Daylighting and Lighting Controls / Indoor Air Quality
- Reduce the Environmental Impact of Materials: Material Content and Performance
- Employ Integrated Design Principles: Integrated Design / Commissioning
Summary of Presentations

Fitwel
- Liz York and Joel Kimmons from CDC presented on Fitwel’s origins
- Eleni Reed and Denise Funkhouser shared GSA’s experience piloting and using the Fitwel program
- Joanna Frank and Giselle Sebag from the Center for Active Design (CfAD) provided a deeper look at the Fitwel scorecard and certification process

WELL Building Standard
- Rachel Gutter from the International WELL Building Institute (IWBI) presented the history and mission of the WELL Building Standard
- Susan Chung and Randy Fiser from the American Society for Interior Designers (ASID) shared their experiences implementing WELL at their new Washington DC headquarters
Fitwel Background

CDC, GSA and NYC NYC Department of Health and Mental Hygiene collaboration

Licensed to and operated by the Center for Active Design (CfAD)

Over 600 projects in system. GSA is pursuing Fitwel certification for 22 of its owned, existing buildings in FY 2017, 2 per Region

Fitwel provides 60+ low-cost, high-impact strategies for enhancing building environments to improve occupant health and productivity

All strategies are voluntary—strategies improve community health, reducing morbidity & absenteeism, instill well-being, support social equity, provide healthy food options, and/or increase physical activity
WELL Building Standard Background

The IWBI team includes public health, engineering, and building science experts.

Medical researchers, practitioners, and scientists were convened to develop building standards, employing a peer review process for research sources serving as a basis for the standards.

WELL demands more than good design; it requires data-driven environmental assessments through third-party on-site performance verification, with performance reviewed every three years.

WELL works with LEED, Green Star, BREEAM, and other globally-utilized rating systems to drive human and environmental sustainability.

Over 350 projects encompassing over 76 million square feet are utilizing WELL.
## Existing Buildings Crosswalk

**Diet – Exercise – Smoking Cessation**

- **Area of Positive Impact**
- **Related Guiding Principle**
- **Fitwel**
- **WELL Building Standard**
- **DoD Unified Facilities Criteria 1-200-02 (Dec 2016)**
- **GBI: Green Globes & Guiding Principle Compliance EB Assessment**
- **USGBC: LEED v.4 EBOM**
- **ASHRAE 189.1 (2014 / 2017)**

### Areas for Positive Impact

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Fitwel</td>
<td>Diet Building Initiative (EABH)</td>
<td>WELL Building Initiative (CBG)</td>
<td>LEED v.4 Existing Building Operations &amp; Maintenance (EBOM)</td>
<td>ASHRAE 189.1 - 2014 / 2017</td>
</tr>
</tbody>
</table>

**Guiding Principles**

- **Healthy Lunches & Snacks**
- **Physical Activity & Exercise**
- **Smoking Cessation**

**Related Guiding Principles**

- **Healthy Lunches & Snacks**
- **Physical Activity & Exercise**
- **Smoking Cessation**

**Fitwel**

- **WELL Building Standard**
- **DoD Unified Facilities Criteria 1-200-02 (Dec 2016)**

**GBI: Green Globes & Guiding Principle Compliance EB Assessment**

- **USGBC: LEED v.4 EBOM**
- **ASHRAE 189.1 (2014 / 2017)**

**Healthy Lunches & Snacks**

- **Examples:**
  - **Department of Health and Human Services,**
  - **Food Service Industry,**
  - **School Districts,**
  - **Local Governments,**

**Physical Activity & Exercise**

- **Examples:**
  - **Corporate Workplaces,**
  - **Schools,**
  - **Community Centers,**

**Smoking Cessation**

- **Examples:**
  - **Healthcare Providers,**
  - **Employees,**
  - **Smoking Cessation Programs,**

**Fitwel**

- **Examples:**
  - **Office Buildings,**
  - **Retail Stores,**
  - **Dining Establishments,**

**WELL Building Standard**

- **Examples:**
  - **New Office Buildings,**
  - **Renovated Buildings,**
  - **Schools,**

**DoD Unified Facilities Criteria 1-200-02 (Dec 2016)**

- **Examples:**
  - **Department of Defense Facilities,**
  - **Army Facilities,**
  - **Navy Facilities,**

**GBI: Green Globes & Guiding Principle Compliance EB Assessment**

- **Examples:**
  - **Green Globes Certification,**
  - **Guiding Principle Compliance,**
  - **EB Assessment,**

**USGBC: LEED v.4 EBOM**

- **Examples:**
  - **LEED v.4 EBOM Certification,**
  - **Green Building Rating System,**
  - **LEED v.4 EBOM Factors,**

**ASHRAE 189.1 (2014 / 2017)**

- **Examples:**
  - **Energy Conservation Standard,**
  - **ASHRAE 189.1-2014,**
  - **ASHRAE 189.1-2017,**

**Network Support**

- **Federal Agencies,**
- **State and Local Governments,**
- **Nonprofit Organizations,**
- **Businesses,**
- **Academia,**
- **Research Institutions,**
- **International Organizations,**

### Notes

- **DoD Unified Facilities Criteria 1-200-02 (Dec 2016):**
  - **Version:**
  - **Effective Date:**
  - **Purpose:**

- **GBI: Green Globes & Guiding Principle Compliance EB Assessment:**
  - **Version:**
  - **Effective Date:**
  - **Purpose:**

- **USGBC: LEED v.4 EBOM:**
  - **Version:**
  - **Effective Date:**
  - **Purpose:**

- **ASHRAE 189.1 - 2014 / 2017:**
  - **Version:**
  - **Effective Date:**
  - **Purpose:**

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**References and Suggested Reading:**

- **Journal Articles:**
- **Books:**
- **Technical Reports:**
- **Online Resources:**

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**Contact Information:**

- **Fitwel:**
- **WELL Building Standard:**
- **DoD Unified Facilities Criteria 1-200-02 (Dec 2016):**
- **GBI: Green Globes & Guiding Principle Compliance EB Assessment:**
- **USGBC: LEED v.4 EBOM:**
- **ASHRAE 189.1 (2014 / 2017):**

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**Acknowledgments:**

- **Contributors:**
- **Funders:**
- **Sponsors:**

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**Additional Resources:**

- **Glossary:**
- **FAQ:**
- **Case Studies:**
- **Training Resources:**
### Checklist for Simplification & Usability

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>General Health &amp; Wellness</td>
<td>Integrated Team Approach for Assessment, Operation and Management of Existing Buildings</td>
<td>1. Employ Integrated Assessment, Operation, and Management Principles</td>
<td>Fitwel: No specific requirement. Operational policies &amp; recommendations included in each credit</td>
</tr>
<tr>
<td></td>
<td></td>
<td>a. Integrated Assessment, Operation, and Management</td>
<td>WELL Building Standard: Mind Feature: Precondition 85 Integrative Design</td>
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<td>DoD Unified Facilities Criteria 1-200-02 (Dec 2016): Chapter 2 Building Design &amp; Construction</td>
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<td>2-2 Employ Integrated Design Principles</td>
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<td>Chapter 3 Assessment of Existing Buildings for High Performance and Sustainable Building (HPSB) Compliance</td>
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<tr>
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<td>3.2 Employ Integrated Assessment, Operation, and Management Principles</td>
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</tbody>
</table>

- Area for Positive Impact
- Means for Achieving Potential Outcome
- Guiding Principle for Sustainable Federal Building (EB)
- Applicable Guidelines, Standards and Rating Systems
<table>
<thead>
<tr>
<th><strong>Diet – Potable Water – GP Occupant Health</strong></th>
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<tbody>
<tr>
<td><strong>Fitwel</strong></td>
</tr>
<tr>
<td>9 Water Supply</td>
</tr>
<tr>
<td>10 Cafeteria and Prepared Food Retail &amp; 11 Vending Machines and Snack Bars</td>
</tr>
<tr>
<td><strong>WELL Building Standard</strong>: Nourishment Feature</td>
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<tr>
<td>30 Fundamental Water Quality (Precondition)</td>
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<tr>
<td>37 Drinking Water Promotion (Optimization)</td>
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<tr>
<td><strong>DoD Unified Facilities Criteria 1-200-02 (Dec 2016)</strong></td>
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<tr>
<td>Chapter 3 Employ Integrated Assessment, Operation, and Management Principles</td>
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<tr>
<td>3-5.4 Occupant Health and Wellness: Convenient Access to Potable Water</td>
</tr>
<tr>
<td><strong>Green Globes - EB</strong></td>
</tr>
<tr>
<td>4.0 Emissions, Effluents, &amp; Pollutant Controls: 4.10 Is the drinking water safe?</td>
</tr>
<tr>
<td>GBI Addressing 2-5.4 and 2-2.1.1 Access to Potable Water from the DoD UFC 1-200-02 in revised Guiding Principles Compliance Assessment Program.</td>
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<tr>
<td><strong>LEED v.4: EBOM/NC</strong></td>
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<tr>
<td>Pilot Credit 105: Lead Risk Reduction</td>
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<tr>
<td><strong>ASHRAE/ICC/IES/USGBC 189.1</strong></td>
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</table>
## H & W Concepts in Leased Settings

<table>
<thead>
<tr>
<th>H &amp; W Concept</th>
<th>Model Commercial Leasing Provisions (GBAC Task Group)</th>
<th>Leasing Setting/ User</th>
<th>Jamestown (encourages Energy Star + LEED)</th>
<th>GSA Lease Language (aligns w/GPs for leases)</th>
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Note: Pilot and Innovation credits were not included

“H and W matrix leased settings”
Possible Next Steps

- Review model leasing provisions to see what is directly or indirectly included in leasing language regarding Health & Wellness attributes.

- Transform the Checklist into more of a design guidance/reference document, which can link to other more detailed resources or incorporated in SFTool.

- Clarify which systems offer third party verification or certification as it may be a requirement for the user.

- Evaluation of any additional guidelines, standards, or rating systems that include relevant criteria to support compliance with the Health & Wellness GP requirements that should be added into the listing.

- Evaluation of cost that is associated with recommendations that are included within the Checklist guidance tool.
Resources

- https://fitwel.org/system
- https://www.wellcertified.com/en
- https://www.thegbi.org
- http://www.usgbc.org
- https://www.ashrae.org/standards-research--technology/standards--guidelines
Discussion Questions

1. Is the Task Group generally on track to produce recommendations and resources of use to Federal agencies?

2. What do you think should be included in the business case for health and wellness recommendations?

3. What other resources, standards, organizations, etc. should the Task Group be tapping in support of its work?