Confronting COVID-19:
Healthy Buildings; Optimizing Mental Health

Urban Land Institute | March 31
URBAN LAND INSTITUTE
Provide leadership in the responsible use of land and in creating and sustaining thriving communities worldwide

BUILDING HEALTHY PLACES
Leveraging the power of ULI’s global networks to shape projects and places in ways that improve the health of people and communities

Convenings | Research | Best Practices | Education
ULI Goals

Help ULI members:

• Understand the role they can play in slowing the spread of the disease
• Gain business and planning insights for navigating the crisis
• Help mitigate adverse impacts on vulnerable people

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www.uli.org/covid19
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Speakers: Healthy Buildings; Optimizing Mental Health

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Joanna Frank
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Leveraging the Built Environment to Promote Mental Health in the Face of COVID-19

Joanna Frank
President & CEO
Center for Active Design
(Operator of Fitwel Certification System)
The Center for Active Design (CfAD) is the leading international non-profit organization that advances design strategies to foster healthy and engaged communities.

FITWEL CHAMPION

Tishman Speyer

New York, NY
Photo Courtesy of Tishman Speyer
History of Health and the Built Environment

- Overcrowded cities
- Inadequate public health systems

Infectious disease epidemics (TB, Cholera, Yellow Fever)

1800

13% Chronic Diseases
57% Infectious Diseases

1881-1940

Cities used design + infrastructure to improve environmental problems, which led to a reduction in deaths from infectious diseases. New York City examples:

- Infrastructure: Croton Aqueduct; subway system
- Planning & Design: Central Park
- Policy: Tenement House Act; Zoning Ordinance
History of Health and the Built Environment

Environmental changes in the United States continue to design movement out of daily lives. The resulting lack of physical activity takes a toll on health.

1940

The proportion of deaths from infectious and chronic diseases in New York City reverses.

Federal highway financing and mortgage subsidies led to a rise in car ownership and car dependency. Only 1% of trips are made on bicycles and 9% on foot.
History of Health and the Built Environment

Physical inactivity and obesity are recognized as major risk factors for chronic disease.

2005

75% CHRONIC DISEASES

9% INFECTIOUS DISEASES

2007

74% ADULTS OVERWEIGHT/OBSESE

2030

86% ADULTS OVERWEIGHT/OBSESE

If trends continue, 86% of U.S. adults will be overweight or obese.

IT'S TIME TO REVERSE COURSE.

PRESENT DAY

For information, please visit: https://centerforactive design.org
Physical inactivity and social isolation are comparable to smoking as the leading causes of preventable death in the world.
The U.S. CDC and GSA led Fitwel’s development and pilot phase.

The Center for Active Design is Fitwel’s operator and is responsible for 3rd party certification.
Fitwel is built on 5,600 peer reviewed Public Health research studies

- Impacts Community Health
- Reduces Morbidity + Absenteeism
- Instills Feelings Of Wellbeing
- Social Equity For Vulnerable Populations
- Provides Healthy Food Options
- Promotes Occupant Safety
- Increases Physical Activity
Global State of Mental Health

According to the Lancet’s Global Burden of Disease, as of 2013, anxiety disorder and major depressive disorder were the most prevalent conditions, with 266 million cases of anxiety and 253 million cases of major depressive disorder per year.


Depression is ranked by WHO as the single largest contributor to global disability and anxiety disorders are ranked 6th.

Cost of Mental Health

According to the Mental Health Foundation in the United Kingdom, psychological problems in the UK result in 70 million lost work days, costing employers approximately £2.4 billion per year.

Designing the Spaces Where We Live and Work to Promote Mental Health

FITWEL CHAMPION
The Tower Companies
High-Quality Outdoor Spaces

Higher levels of neighborhood green space are associated with lower rates of depression, anxiety, and stress.

“The difference in depressive symptoms between an individual living in an environment with no tree canopy and an environment with 100% tree canopy is larger than the difference in symptoms associated with an individual who is uninsured compared to an individual with private insurance.”

“Gardening is associated with a wide range of health outcomes, including reductions in depression and anxiety symptoms, stress, and mood disturbance”

Air Quality

Residing within 50 to 200m of major roads has been shown to be linked to higher levels of anxiety for some populations.

Natural Daylight

Compared with employees who experienced the best lighting quality, those with the worst lighting quality at their workspaces were expected to use an average of 16 more hours of sick leave annually.

Views of Nature

Views of Nature have been shown to have therapeutic benefits. One study found that while patients with brick wall views spent an average of 8.70 days in the hospital, those with tree views spent 7.96 days.

Views of Nature

Window views of green space and indoor plants in the office have both been linked to reductions in stress.


AMP Brisbane Office
Optimizing Your Home Environment During COVID-19

• Combat Physical Inactivity and Social Isolation
• Create your own standing desk to avoid prolonged sedentary time
• Take gardening breaks or walks while social distancing
• Stock healthy food in the house
• Stay well hydrated
• Set up your desk with views of nature - through a window or indoor plants
• Freshen your indoor air - open a window, step outside
Optimizing Your Home Environment During COVID-19

• Give yourself daylight, and good task lighting
• Maintain a routine and good sleep habits
• Interact with your household - food, games, dancing!
• Support your community through phone calls, especially the vulnerable and those on the front lines
• Stay involved in public life through remote access
• Wash your hands
• Regular cleaning practices, specifically targeting high-touch areas
Preparing Your Workspace for Returning to Work

Adapted from Fitwel Workspace Strategies

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Perkins + Will
Demand for Healthy Buildings

75% of job seekers care that their potential employer supports and values their health and wellness.

57% of job seekers are more likely to stay with the company longer if their employer supports and values their health and wellness.


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WSP
Optimizing Buildings for COVID-19 Prevention

Educational Signage

Cleaning Protocols

Increase Ventilation

Maintain Optimal Humidity

Filter Indoor Air

HAND WASHING STEPS THE SPREAD OF GERMS

Signage Example Courtesy of Tishman Speyer
Learnings for the Future:
Building Trust

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QuadReal Property Group
Q&A

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