Designing for Health & Wellbeing

Dalia Wagdi | WELL AP & Faculty. Fitwel Ambassador

April 2019
INTRODUCTION
OUR INTERIOR ENVIRONMENTS

Workplace design is one of the top three factors which impact performance and job satisfaction.1

BENEFITS

For employees and clients:
- Health-focused environment
- Increased productivity
- Improved satisfaction and happiness at work

For company:
- Attract and retrain top talent, client and investors
- Promote health to employees
- Return on investment
- Lead the industry

For residents:
- Health-focused environment
- Positive impact on health
- Improved energy and quality of sleep
GLOBAL STATUS

Canada 91 projects

US 1229 projects

UK 1329 projects

Europe 630 projects

Middle East 22 projects

UAE 19
  Saudi Arabia 1
  Qatar 1
  Egypt 1

Australia 180 projects
DUBAI’S PATHWAY TO WELLNESS

THE PEOPLE - ‘City of Happy, Creative & Empowered People’
The people are the main focus of Dubai Plan 2021.

THE PEOPLE

“City of Happy, Creative & Empowered People”

The people of Dubai are the main focus of Dubai Plan 2021. It is from this perspective that the plan addresses the traits and characteristics that must be reinforced and developed among the people of Dubai to ensure they are capable of driving the city forward into its future.

Accordingly, the theme focuses on reinforcing the feeling of responsibility each individual must have towards themselves and their families and society in pursuing and promoting education and personal development, and maintaining a healthy lifestyle, to enable them to play an active, productive, and innovative role in all aspects of the society and economy.

<table>
<thead>
<tr>
<th>Aims</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Educated, Cultured and Healthy Individuals: Individuals who take care of their own wellbeing and that of their family through proactive measures to manage their health and enhance their skills and ability to contribute to the economy and society of Dubai building on their solid education and cultured upbringing.</td>
</tr>
<tr>
<td>2. Productive and Innovative in a Variety of Fields: Individuals who strive to succeed, are financially self-sufficient, and embody the mindset and disposition of entrepreneurs and responsible citizens.</td>
</tr>
<tr>
<td>3. Happy Individuals Proud of Their Culture: Individuals who are generally satisfied with their life in Dubai, confident about their future and proud of their cultural origin.</td>
</tr>
<tr>
<td>4. Are the Cornerstone for Dubai’s Development across all fields: Emiratis men and women playing an important role in the development of Dubai and filling critical roles across various sectors including social, economic, and urban.</td>
</tr>
</tbody>
</table>
National Program for Happiness and Wellbeing Launches 120 Models to Enhance Wellbeing in the Workplace at Government and Private Entities

NEWS  |  5 January 2019

The National Program for Happiness and Wellbeing has launched 120 practical models to enhance wellbeing in the workplace at both public and private sector entities.

The initiative supports government and private entities’ efforts to promote wellbeing concepts and practices in the workplace, and faciliates the implementation of the National Agenda for Wellbeing.

The models aim to develop a work culture based on four pillars: enhancing health, strengthening relations, achieving capacities, and establishing purpose.

The models are an initiative of the National Program for Happiness and Wellbeing, to help human resources departments to improve working, injecting new ideas into their existing programmes and initiatives to promote wellbeing concepts and practices into the work environment and employ them to boost productivity and performance.

The National Program for Happiness and Wellbeing will be conducting training programmes and workshops for government and private entities to raise awareness of workplace wellbeing and help implement it across all sectors.
Reviewed the reports of employee satisfaction in 40 federal government bodies. The satisfaction rate in some entities is 93%.

We have 5 entities with a 60% satisfaction rate! These percentages are unacceptable. Employee satisfaction is key to customer satisfaction.

6 months is the deadline we give to the managers of these bodies to change the working environment. The most expensive government capital is its employees.
DESIGN COMPONENTS

ACOUSTICS

SPACE & ERGONOMICS

LIGHTING

MATERIALS

BUILDING SYSTEMS PERFORMANCE
MATERIALS

- Sick building syndrome
- Asthma
- Leukaemia
- Allergies
- Reproductive disorders

Daily Human Ingestion

- Food: 1kg
- Liquid: 2kg
- Air: 12kg
MATERIALS

Low Chemical Emissions
Elimination of toxic materials
Material Transparency
Dust and Pests
MATERIALS

Low Chemical Emissions
Elimination of toxic materials
Material Transparency
Dust and Pests
MATERIALS

Low Chemical Emissions
Elimination of toxic materials
Material Transparency
Dust and Pests
MATERIALS

- Low Chemical Emissions
- Elimination of toxic materials
- Material Transparency
- Dust and Pests
Visual impairment
Sleep disruption
Headache
Psychological impact
Lighting

Electric Lighting
Glare Control
Views
Surface Design
LITHTING

Electric Lighting
Glare Control
Views
Surface Design
ACOUSTICS

- Sleep disruption
- Stress
- Hearing loss
- Impaired productivity
- Changes in heart rate
- Increased blood pressure
Acoustic Plan

Sound Masking

Sound Reducing Surfaces
Acoustic Plan

Sound Masking

Sound Reducing Surfaces
Acoustic Plan
Sound Masking
Sound Reducing Surfaces
Muscle strain

Phycological impact

Poor circulation

Weight gain

SPACE & ERGONOMICS
SPACE & ERGONOMICS

Space Layout
- Ergonomic furniture
- Active features
- Biophilia
SPACE & ERGONOMICS

Space Layout
Ergonomic furniture
Active features
Biophilia
SPACE & ERGONOMICS

Space Layout
Ergonomic furniture
Active features
Biophilia
SPACE & ERGONOMICS

Space Layout
Ergonomic furniture
Active features
Biophilia
Air Filtration
Air Quality Monitoring
Water Quality Testing
Advanced Air Purification
BUILDING SYSTEMS PERFORMANCE

Air Filtration
Air Quality Monitoring
Water Quality Testing
Advanced Air Purification

ENCOURAGES ONGOING TRANSPARENCY AND PERFORMANCE
BUILDING SYSTEMS PERFORMANCE

Air Filtration
Air Quality Monitoring
Water Quality Testing
Advanced Air Purification
Design with space in ducts to accommodate Activated Carbon Filtration

Absorbs:
- Contaminants:
- Dust
- Pollutants
- Allergens
CASE STUDIES
CASE STUDY 1
FEATURES

- Materials
- Hanging Planters
- Fresh flowers
- Furniture and Furnishing
- Indoor Plants
CASE STUDY 2
CASE STUDY 3 (confidential project)

- Artificial Turf
- Stone & Marble Walls
- Fish Tank Wall & Water Fountains
- Hanging planters & Mini Golf course
- Views
- Wave Pattern Carpets
IMPLEMENTATION & COMPLIANCE PATHWAYS
ALTERNATIVE PATHWAYS

Living Building
- Medium to High Cost
- Moderate Impact on productivity
- Can be quantified (optional)
- Products require research and detailed review
- Implementation requires guidance
- 400+ registered, 80+ certified projects [2-3 MENA region]

Fitwel
- Low to Medium Cost
- High Impact on productivity
- Can be quantified (optional)
- Products are available
- Implementation requires guidance
- 650+ registered projects [2 from MENA region]

WELL Certification
- Medium to High Cost
- High Impact on productivity
- Surveys required to measure productivity and satisfaction
- Products require research and detailed review
- Implementation requires guidance
- 1000+ registered, 160+ certified [20+ MENA]

Designing for Health & Wellness
- Minimum Cost
- Moderate Impact on productivity, can be quantified
- Products are available
- Easy to implement
LIVING BUILDING CHALLENGE

Applicable Petals:
- Health & Happiness
  - Materials
  - Beauty

Key requirements:
- Healthy Interior Environment
- Biophilic Environment
  - Red List
- Human Scale & Humane Places
- Universal Access to Nature & Place
  - Beauty & Spirit

PETAL CERTIFICATION
Three Petals or more
One must be Water, Energy or Materials Petal
As well as imperatives:
01: Limits to Growth
20: Inspiration + Education

LIVING CERTIFICATION
All imperatives are mandatory
Certification is based on actual performance

ZERO ENERGY CERTIFICATION
Zero Energy (100% only)
Applicable Building Types:
- Workplace
- Multifamily Residential

Key requirements:
Location
Access
Outdoor Spaces
 Entrances & Ground Floor
  Stairs
Indoor Environments
 Workspaces
 Shared Spaces
 Water Supply
 Food Services
Wending Machines & Snack Bars
Emergency Procedures
WELL BUILDING STANDARD

Certification Levels:

Key concepts (v2)

Applicable Building Types:
- Community
- Office
- Educational Facilities
  - Retail
  - Restaurants
- Residential
- Commercial Kitchens
Thank you for listening!