

Designing for Health and Wellbeing



Introduction

On August 7, 2018, Cundall, a corporate member of EmiratesGBC, delivered a Technical Workshop which gave an overview of designing buildings for the health and wellbeing for its occupants. The workshop was facilitated by Hala Yousef and Olga Rowley, who elaborated on WELL Building Standard (v1) with its 7 components and how the challenges associated with meeting them in the region.

WELL Building Standard

Commitment to sustainability should not only look at increasing resource efficiencies but should look at holistically improving the state of health for its occupants as well. This is important considering that globally, people spend over 90% of their lifetimes indoors on average. For businesses, the single biggest operational cost, in general, is the cost of its employees (~89% of its annual operational expenditure). Therefore, it becomes vital to look after the health and wellbeing of occupants of the building.

This is where standards such as the WELL Building Standard becomes useful, as it aids building owners and designers incorporate these elements into the design and function of the building. The WELL Standard is designed for people and is supported with years of research from the medical and buildings sector. It is also performance based and not prescriptive and therefore allows flexibility for project teams to meet the criteria according to their specific scenarios.

To find out more about the WELL Building Standard, click [here](#).

For the Workshop presentation, click [here](#).