

Body, Mind, Spirit and Facility:
Connecting Active Design and Personal Wellbeing

Dan Sullivan, AIA, LEED BD+C

Preston Scott, AIA, LEED BD+C





#### LEARNING OBJECTIVES

- Analyze how the seven dimensions of wellness can impact a physical building.
- Understand how current architectural buzz words like "Active Design", "Living Building", LEED and WELL rating systems can challenge patrons to renewed health and wellbeing.



NIRSA 2018 / NIRSA recreation #NIRSAbuild facilities INSTITUTE PRESENTED BY WWW MONDO

1.
INTRODUCTION





Dan Sullivan, Project Architect



Preston Scott, Project Architect



- National Collegiate Architects
- 220+ College/University Clients
- All Campus Building Types
- 190 + Recreation Centers
- \$2.5 Billion in Construction
- 1.3 Million Students Served \*
- One of the first architectural firms in U.S. to specialize in collegiate recreation facilities







Source: Univ. of Notre Dame



ROCKNE MEMORIAL, UNIV. OF NOTRE DAME (1938)

Cheer, Cheer for OLD NOTRE DAME...



#NIRSAbuild



Source: Univ. of Notre Dame





















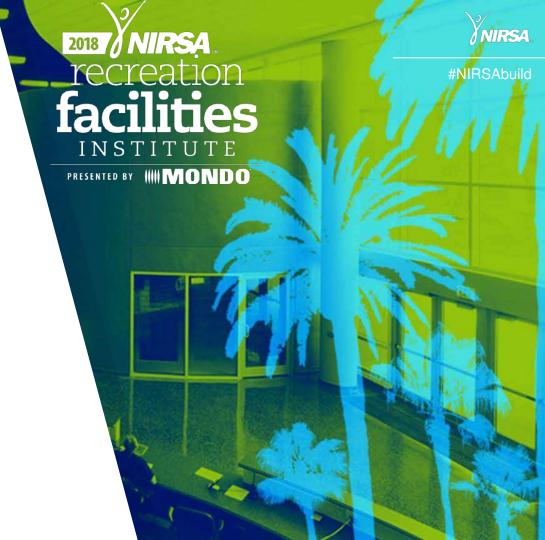


NIRSA

HOK

The Next Generation

2.
SEVEN
DIMENSIONS OF
WELLNESS





SEVEN DIMENSIONS OF #NIRSAbuild



#### Dr. Bill Hettler

Co-founder of the National Wellness Institute, developed a model of Wellness in 1976 that established the first six dimensions (Environmental added later).



Source: Viterbo University



# SEVEN DIMENSIONS OF



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### WELLNESS

#### NWI's Three Questions:

- Does this help people achieve their full potential?
- Does this recognize and address the whole person (multi-dimensional approach)?
- Does this affirm and mobilize peoples' positive qualities and strengths?

#### WHOLENESS REFLECTION EXERCISE

Wellness is an active process through which people become aware of, and make choices toward, a more successful existence.

#### STEP 1 Review the Six Dimensions of Wellness (See full description at NationalWellness.org/6Dimensions)

SPIRITUAL: sense of purpose; connecting to a higher power; meaning in life; knowing one's values; awareness of life as a journey; tolerance; integrity

ENOTIONAL: acceptance of feelings; management of emotions and stress; ability to center; resilience; attuned to others emotions

OCCUPATIONAL: financial health; ability to share gifts, talents, and skills through work; satisfying career; sense of achievement

PHYSICAL: regular exercise; healthy nutritional habits; self-care: monitoring vital signs: sense of vitality and energy; avoidance of alcohol, drug misuse, and tobacco use; connection to nature

> SOCIAL: positive connections; encouraging community; giving and receiving social support; intimacy; compassion; love

INTELLECTUAL: creativity: stimulating mental activities; learning; reading; problem-solving; staying current with events you enjoy

#### STEP 2 Assess Your Current Energy Investment

In which dimensions of wellness are you investing the most and least - energy right now? Color in each of the bars below to indicate how much time and energy you have positively invested in each of the six dimensions this week.

	STEP 3	Create Your Ideal Vision of Wholeness
--	--------	---------------------------------------

Imagine you have only 30 "energy blocks" to devote across the six dimensions. Fill in a total of 30 blocks below to indicate how your ideal self would distribute those blocks across the dimensions. Devote a minimum of 1 and a maximum of 10 energy blocks

	None	Just Enough	A Lot
Spiritual			
Emotional			
Occupational			
Physical			
Social			
Intellectual			

	1	2	3	4	5	6	7	8	9	10
Spiritual										
Emotional										
Occupational										
Physical										
Social										
Intellectual										

#### STEP 4 Reflect on Your Vision: Reconciliation, Rebalance, Values, Inspiration

Compare your actual energy habits and investments from Step 2 with the ideal vision in Step 3. What do you notice? What would you like to improve upon, feel, or be (if anything)? Accept whatever you notice as a possibility. As you do so, reflect on the different values listed below. Is there any value or group of values that you need to identify, align with, celebrate, or re-assert in your life that can be helpful to you right now? Check off up to five values. Can you think of others not on this list? What inspires you?

☐ Spirituality	□ Transformation	☐ Social Good	☐ Challenge	■ Boldness	☐ Stability	□ Popularity
☐ Family	☐ Legacy	☐ Beauty	☐ Fun	☐ Influence	☐ Service	☐ Pleasure
☐ Security	☐ Growth	☐ Success	☐ Curiosity	□ Power	☐ Friendship	☐ Religion
☐ Peace	□ Exploration	□ Wholeness	☐ justice	☐ Freedom	☐ Recognition	☐ Mystery
☐ Love	□ Community	☐ Achievement	Reputation	☐ Creativity	☐ Intimacy	☐ Gratitude
☐ Integrity	☐ Unity	□ Nature	☐ Wisdom	☐ Status	☐ Respect	☐ Adventure

### PHYSICAL WELLNESS

- Engaging in regular physical activity
- Healthy lifestyle eating choices
- Don't underestimate the benefits of getting appropriate sleep











Wellness is the active process of achieving well being.

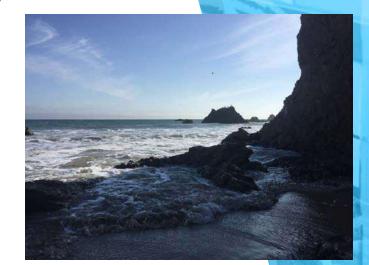




### **EMOTIONAL WELLNESS**

- Maintaining a positive approach to life
- Managing behaviors
- Recognizing and expressing feelings
- Controlling stress and solving problems in constructive ways

Stress levels reached and all-time LOW in 2015 and an all-time HIGH in 2018.



















### INTELLECTUAL WELLNESS

- Being open to new ideas, thinking critically and seeking new challenges
- Being creative and curious
- Expand your knowledge through resources and cultural activities





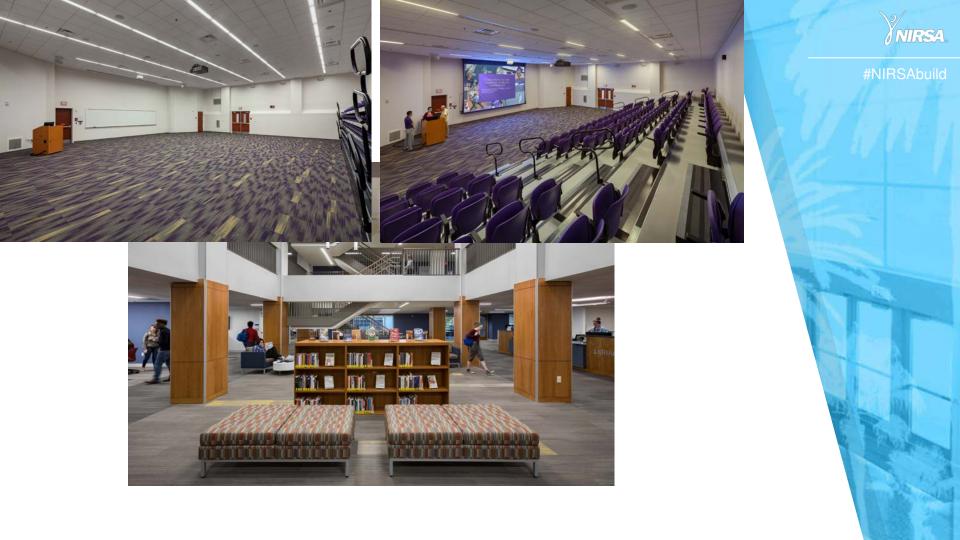














### SPIRITUAL WELLNESS

- About finding and staying true to yourself
- Meditation, prayer, yoga, relaxation
- Curiosity and contemplation of the arts
- Outdoor activities in nature























### SOCIAL WELLNESS

- Exercise with others
- Clubs, teams, social gatherings
- Experience different cultures
- Community involvement
- Gathering spaces for daily activities (eating, studying, etc.)
- Open layouts





















### **ENVIRONMENTAL WELLNESS**

- Living "green" (recycling, etc.)
- Enjoying/Feeling good about our surroundings
- Buildings that utilize green technology have happier users
- Open air/rooftop facilities

















### OCCUPATIONAL WELLNESS

- Work/life balance
- Development is correlated to how we feel about our task
- 3 "occupations" in a rec center
  - Employees
  - Student workers
  - Students





















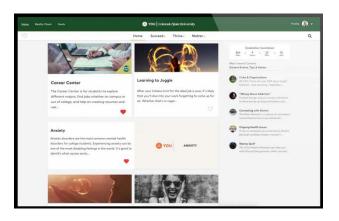


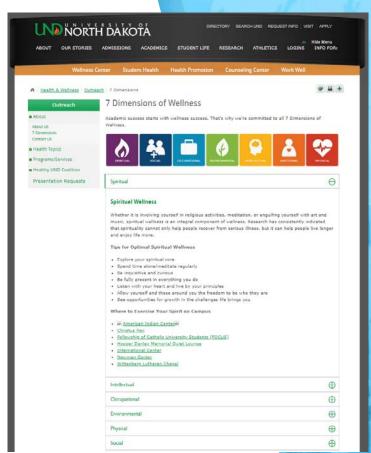




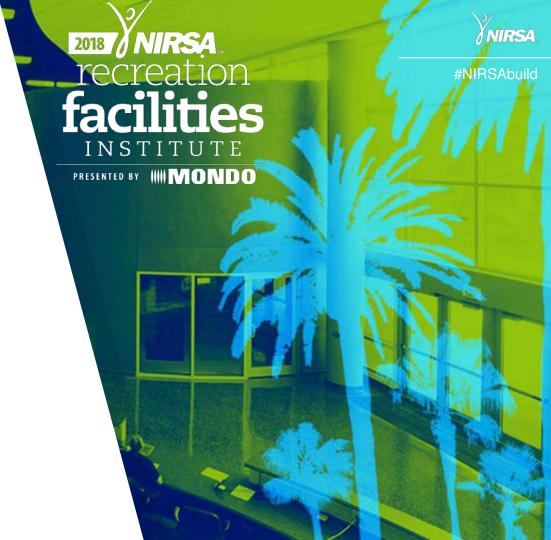
### Tech Aiding in Wellness

- University involvement in student wellness
- Energy consumption modeling





3. WELLNESS IN ARCHITECTURE





The Power of the Built Environment

## ACTIVE DESIGN

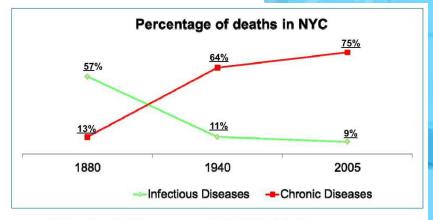
Active Design is an Evidence-Based approach to development that identifies urban planning and architectural solutions to support healthy communities.

# ACTIVE DESIGN ORIGINS

#### Center for Active Design

The need for comprehensive building standard change mirrors that of 100 years ago.





- Today, chronic disease accounts for 75% of deaths.
- In 2005, 133 million Americans almost 1 out of every 2 adults had at least one chronic illness.





# ACTIVE DESIGN OVERWEIGHT/ OBESITY RATES

1962: 46% OF ADULTS IN U.S.

1994: 59% 2007: 74% 2030: 86%

How do we change this trend?

## **ACTIVE DESIGN SCORE SHEET**



#### CHECKLIST BUILDING DESIGN

3.1		DESIGNATING STAIRS FOR EVERYDAY USE
	0	
	0	Focus on stairs rather than elevators as the principal means of vertical travel for those who are able to climb the stairs.
	0	In high-rise buildings, provide an integrated vertical circulation system that incorporates stair use for travel between adjacent floors, so that elevators are used primarily for vertical travel of four floors or more.
	0	Integrate the stair with the principle areas of orientation and travel within the building.
	0	Make the stairs accessible to the public areas of the building and, where possible, eliminate locks between staircases and floor areas.
3.2		STAIR LOCATION AND VISIBILITY
	0	Locate stairs near the building's entrance.
	0	Locate a stair targeted for everyday use near the elevator.
	0	Locate an appealing, visible stair directly on the building's principal paths of travel.
	0	Design stairs to be more visible. Use one or more of the following:
		□ Fire-rated glass enclosures instead of traditional opaque enclosures
		Open stairs between two or more floors with either the same or associated tenancies
		Furnish bus stop shelters with seating or places to lean.
3.3	_	STAIR DIMENSIONS
	-	Make stairs wide enough to accommodate travel in groups in two directions.
	0	Design stair risers and treads that are comfortable and safe.
3.4		APPEALING STAIR ENVIRONMENT
	0	Use articulated and unique stair compositions:
		□ Grand, sculptural staircases
		□ Exciting stair construction
	0	Provide visually appealing interior finishes
		Provide visually appealing interior finishes  Design stair environments that appeal to the senses.
		Design stair environments that appeal to the senses.  ☐ Highlight interesting views, such as prospects onto nature or indoor gathering areas.
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Do not program the elevators to return to the ground floor and rest in the open position when



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ghting and	articulating t	the elevator	while	visually	emphasizing	the

ildings, consider creating a second-floor lobby accessible from

er, size, and capacity of elevators to the minimum required by

rator travel speed or the cab door open-and-close speeds.

encourage brief bouts of walking to commonly used amenities

anize functions such as restrooms, lunchrooms, or cafeteria, s, shared equipment spaces, staff lounges, and meeting rooms a om individual work spaces.

ding developments, provide for tenant spaces that can post offices, places to purchase healthy food, and other functions.

ate common functions in the lobby area to promote walking to vork or after-school activities.

s, place functions such as community and recreational spaces, t offices on an alternative floor or a pleasant walking distance from

al building lobby functions on the second floor accessible by a

alternative floors, adjacent to staircases or ramps. program, consider the capacities and ages of specific inhabitants. ion in addition to electronic communication.

#### TIVE WALKING ROUTES

rvironments along paths of travel. ths of travel. ture along walking routes

refilling stations

alking routes within and around the building. markers.

#### T SUPPORT EXERCISE

es in commercial workplaces and residential buildings. es within centrally visible locations in the building. s from physical activity rooms.

oom facilities.

nd accessible bicycle storage, preferably on the ground floor. ind signage about facilities, services, and groups related to physical

commodate a building's various occupant groups. nking fountains throughout the building.

continuity on the lower one-to-two floors of the building exterior. maximum transparency along the street to help enliven the

mings into building facades. ind ramps as building design features. inhance nearby parks, plazas, and open spaces.

# **ACTIVE DESIGN**



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#### Site Decision Matrix

Design Parameters	Importance	Davis	Field	Tennis	Courts	Park A	ddition	F
Access - Pedestrian	14%	5	0.70	4	0.56	2	0.28	Ī
Access - Transit	10%	5	0.50	5	0.50	4	0.40	
Access - Housing	16%	5	0.80	4	0.64	3	0.48	Ī
Access - Parking	8%	4	0.32	5	0.40	4	0.32	
Campus Enhancement	15%	5	0.75	3	0.45	1	0.15	
Visibility	9%	5	0.45	4	0.36	2	0.18	
Neighborhood Impact	4%	2	0.08	2	0.08	3	0.12	Γ
Cost Effectiveness	15%	5	0.75	2	0.30	3	0.45	Γ
Utilities	0%		0.00	1	0.00		0.00	Γ
Environmental Impact	9%	4	0.36	3	0.27	3	0.27	
	100%		4.71		3.56	V .	2.65	Ī
	-							_









COMPLETED: 2015

AREA: 148,000 sf

COST: \$48 MILLION

AMENITIES: FITNESS, DINING

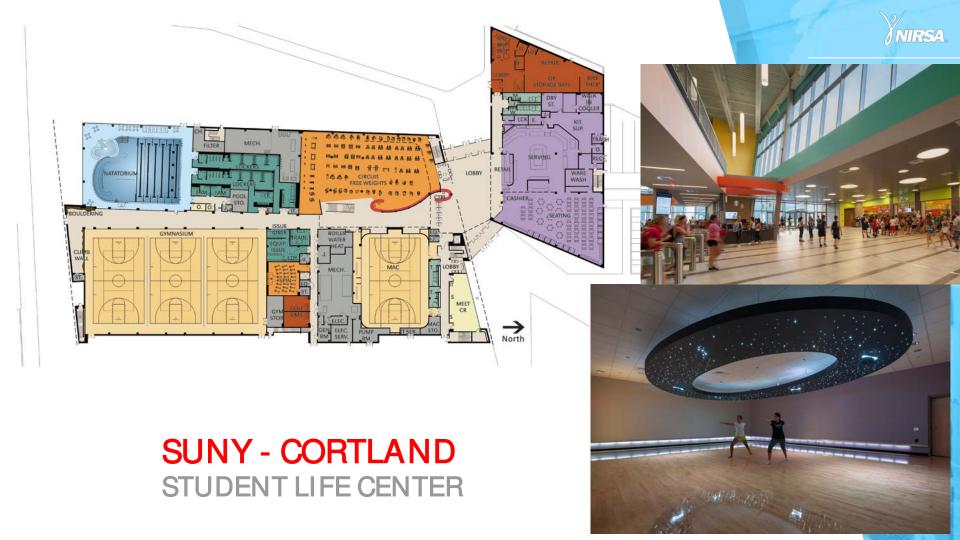
HALL, REC ADMIN OFFICES,

NATATORIUM,

3 CT. GYM, MAC, GAME ROOM

## **SUNY - CORTLAND** STUDENT LIFE CENTER







"A larger campus might have separate buildings but for smaller campus'...it is the way!" Rec Director Julian Wright

> **SUNY - CORTLAND** STUDENT LIFE CENTER



# WELL RATING SYSTEM

WELL is a performance-based system for measuring, certifying, and monitoring features of the built environment that impact human health and wellbeing.



## The WELL Building Standard

- Code of best practices
- Targets occupant experience
- Attract and retain people







WATER



NOURISHMENT



LIGHT





MIND









THERMAL COMFORT



SOUND



MATERIALS



COMMUNITY



#### WELL v2 Points



100 POINTS AVAILABLE (+10 POINTS IN INNOVATIONS), MORE WAYS TO GET THERE

- Pollution can be2.5x higherindoors than out
- WELL targets sources of pollution in air

- People consume far less water than is healthy
- WELL promotes clean water and more availability





- Over half of the world is overweight or obese
- WELL requires healthy options

- Disruption of circadian rhythm can lead to depression and chronic disease
- WELL provides illumination guidelines







- Physical inactivity is preventable and prevalent
- WELL discourages sedentary behavior
- One of the largest factors in comfort in buildings
- WELL promotes maximum thermal comfort



- Noise exposure affects our mental capabilities and emotional health
- WELL approaches sound holistically due to the various needs of differing spaces
- Chemical usage will increase at a rate 3x that of population growth
- WELL promotes safer alternative materials



- Environment directly affects our mental health
- WELL optimizes cognitive and emotional health



- Many lack sufficient health knowledge and information
- WELL supports
   access to
   information,
   health programs,
   etc.





# \$4,200,000,000,000

Health and Wellness as an industry

92% Personnel
2% BD+C

30 year expenses

90%

Of our time is spent indoors

Of employee's admit productivity suffers due to environment

# LEED RATING SYSTEM

LEED (Leadership in Energy and Environmental Design) is a green building certification system used world wide that aims to help building owners and operator be environmentally responsible and use resources efficiently.

## LEED and Green Buildings

- 80,000 projects
- Becoming standard at many schools





- Save money
- Consume less energy
- Use less water







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Platinum
1 Certified
1 Pursuing



Gold 8 Certified 5 Pursuing



Silver 8 Certified 5 Pursuing



Certified
3 Certified
1 Pursuing

Sustainable Design at H+C

## LEED Checklist

Credit Integrative Process

Reduced Parking Footprint

Heat Island Reduction Light Pollution Reduction



#### LEED v4 for BD+C: New Construction and Major Renovation

Project Checklist Project Name: Date:

0	0	0	Location and Transportation	<b>1</b> 6
			Credit LEED for Neighborhood Development Location	16
			Credit Sensitive Land Protection	1
			Credit High Priority Site	2
			Credit Surrounding Density and Diverse Uses	5
			Credit Access to Quality Transit	5

			Credit	Green Vehicles	1
0	0	0	Susta	ainable Sites	10
Υ			Prereq	Construction Activity Pollution Prevention	Require
			Credit	Site Assessment	1
			Credit	Site Development - Protect or Restore Habitat	2
			Credit	Open Space	1
			Credit	Rainwater Management	3

0	0	0	Water	Efficiency	11
Υ			Prereq	Outdoor Water Use Reduction	Required
Υ			Prereq	Indoor Water Use Reduction	Required
Υ			Prereq	Building-Level Water Metering	Required
			Credit	Outdoor Water Use Reduction	2
			Credit	Indoor Water Use Reduction	6
			Credit	Cooling Tower Water Use	2
			Credit	Water Metering	1

0 0	0	Energ	yy and Atmosphere	33
Υ		Prereq	Fundamental Commissioning and Verification	Required
Υ		Prereq	Minimum Energy Performance	Required
Y		Prereq	Building-Level Energy Metering	Required
Υ		Prereq	Fundamental Refrigerant Management	Required
		Credit	Enhanced Commissioning	6
		Credit	Optimize Energy Performance	18
		Credit	Advanced Energy Metering	1
		Credit	Demand Response	2
		Credit	Renewable Energy Production	3
		Credit	Enhanced Refrigerant Management	1
		Credit	Green Power and Carbon Offsets	2

v			Mutch	als and resources	10
Υ			Prereq	Storage and Collection of Recyclables	Required
Υ			Prereq	Construction and Demolition Waste Management Planning	Required
			Credit	Building Life-Cycle Impact Reduction	5
			Credit	Building Product Disclosure and Optimization - Environmental Product Declarations	2
			Credit	Building Product Disclosure and Optimization - Sourcing of Raw Materials	2
			Credit	Building Product Disclosure and Optimization - Material Ingredients	2
			Credit	Construction and Demolition Waste Management	2
0	0	0	Indoor	Environmental Quality	16
Υ	Ė	_	Prereq	Minimum Indoor Air Quality Performance	Required
Υ			Prereq	Environmental Tobacco Smoke Control	Required
			Credit	Enhanced Indoor Air Quality Strategies	2
			Credit	Low-Emitting Materials	3
			Credit	Construction Indoor Air Quality Management Plan	1
			Credit	Indoor Air Quality Assessment	2
			Credit	Thermal Comfort	1
			Credit	Interior Lighting	2
			Credit	Daylight	3
			Credit	Quality Views	1
			Credit	Acoustic Performance	1
0	0	0	Innova	ition	6
	Ť	Ů	Credit	Innovation	5
_			Credit	LEED Accredited Professional	1

Certified: 40 to 49 points, Silver: 50 to 59 points, Gold: 60 to 79 points, Platinum: 80 to 110

Possible Points:

0 0 Materials and Resources

0 0 Regional Priority

Regional Priority: Specific Credit Regional Priority: Specific Credit Regional Priority: Specific Credit Regional Priority: Specific Credit



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#### LEED Gold is the New Silver



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	LEED v1	LEED v4
Certified	26-32 points	40-49 points
Silver	33-38 points	50-59 points
Gold	39-51 points	60-79 points
Platinum	52 + points	80 - 110 points
Total Possible	69 points	110 points

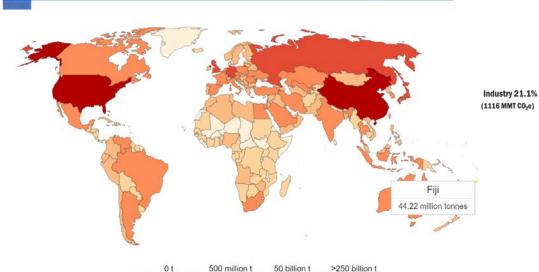


Credit: US Green Building Council

#### Reasons for LEED

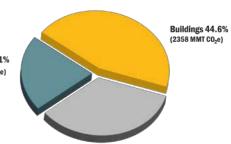






5 billion t

100 billion t



Transportation 34.3% (1816 MMT CO<sub>2</sub>e)

#### U.S. CO<sub>2</sub> Emissions by Sector

Source: ©2013 2030, Inc. / Architecture 2030. All Rights Reserved. Data Source: U.S. Energy Information Administration (2012).

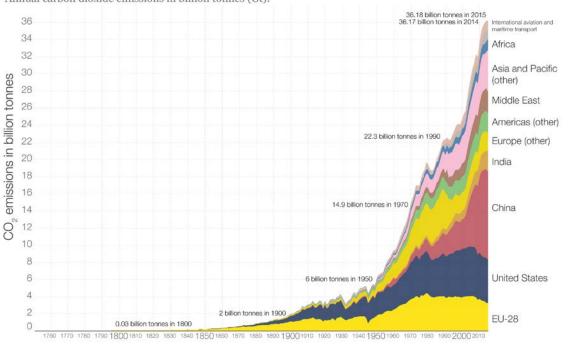
Source: Global Carbon Project (GCP); Carbon Dioxide Information Analysis Centre (CDIAC)

50 million t

CC BY-SA



# Global CO<sub>2</sub> emissions by world region, 1751 to 2015 Annual carbon dioxide emissions in billion tonnes (Gt).



Data source: Carbon Dioxide Information Analysis Center (CDIAC); aggregation by world region by Our World In Data. The interactive data visualization is available at OurWorldinData.org. There you find the raw data and more visualizations on this topic.

Licensed under CC-BY-SA.



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# LIVING BUILDING

The Living Building Challenge is a green building certification program and sustainable design framework that visualizes the ideals for the built environment.

## Living Building Challenge

Administered by the International Living Future Institute (ILFI)

#### 73 Certified Projects

- ► Living Certified 15
- ► Petal Certified 25
- ► Net Zero 33

380 Registered Projects



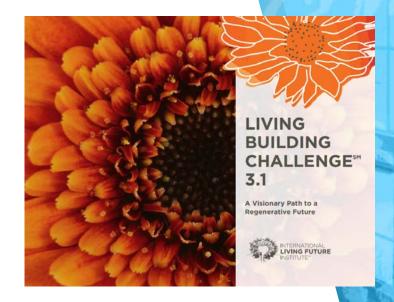
## Living Building Challenge

#### GOAL:

To counter climate change by pushing for an urban environment free of fossil fuels.

Requires Net Zero Energy, Waste and Water of every project

(Verified over 12 months of actual performance)



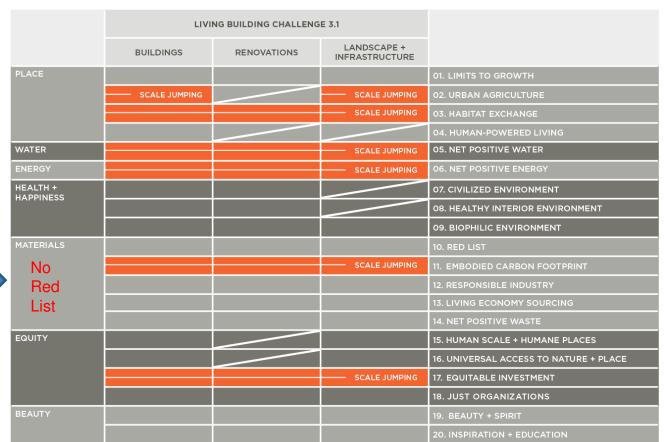
www.living-future.org

#### SUMMARY MATRIX

The 20 Imperatives of the Living Building Challenge: Follow down the column associated with each Typology to see which Imperatives apply.

Imperative omitted from Typology

Solutions beyond project footprint are permissible











COMPLETED: 2013 AREA: 42,300 sf

COST: \$13.5 MILLION

AMENITIES: 121 BEDS WITH

FLEXIBLE



#### **BEREA COLLEGE**

DEEP GREEN RESIDENCE HALL









- Poplar trees taken from FSC Certified forest hauled by mules
- Students milled and cut lumber for trim work and furniture
- 7' x 5' Berea Sundial made on campus
- 100% recycled brick, geothermal heat/cool, photovoltaic array

#### BEREA COLLEGE

DEEP GREEN RESIDENCE HALL

PETALS AWARDED:

PLACE HEALTH MATERIALS BEAUTY





## **BEREA COLLEGE**

DEEP GREEN RESIDENCE HALL





# Body, Mind, Spirit and Facility: Connecting Active Design and Personal Wellbeing

The Presentation will be available at <a href="www.hastingschivetta.com">www.hastingschivetta.com</a>
Go to the firm tab at the top of the page and it will be under resources

THANK YOU



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