fituel Driving the Healthy Building Movement: The Fituel Certification SystemCoreNet June Program



U.S. CDC Building 106. Atlanta, Georgia, U.S.

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Photo courtesy of Perkins+Will

CENTER FOR ACTIVE DESIGN^M

The Center for Active Design is the leading international non-profit organization that advances design strategies to foster healthy and engaged communities. Physical inactivity is now comparable to smoking as the leading cause of preventable death in the world





James F. Battin U.S. Courthouse, Billings, MT Photo Credit: Courtesy of NBBJ



Today's children are expected to be the first generation to have a shorter life expectancy than their parents

> Pocket Park Photo credit: GGLO

The Business Case for Health

In the United States, the annual private sector employee absenteeism rate is 3%, costing businesses \$2,074 per employee, per year

Browning, B. et al. (2012). The Economics of Biophilia: Why designing with nature in mind makes financial sense. Terrapin Bright Green LLC, New York



Perkins+Will's Minneapolis Office, Minneapolis, MN Photo Courtesy of Corey Gaffe 49% of building owners are willing to pay more for buildings demonstrated to have a positive impact on health

McGraw Hill Construction. The Drive Toward Healthier Buildings The Market Drivers and Impact of Building Design and Construction on Occupant Health, Well-Being and Productivity. Smart Market Report 2014.



Skyline Tower, Seattle, Washington Photo Courtesy of Kilroy Realty Corporation

78%

of millennials see workplace quality as important when choosing an employer and

69% will trade other benefits for better workplaces

CBRE Research (2016). Millennials: Myths and realities.



Perkins+Will's Minneapolis Office, Minneapolis, MN Photo Courtesy of Corey Gaffe

Prioritizing Health & Wellness Drives Financial Performance

A study comparing 45 companies who received high scores in a health and wellness self-assessment had their stock price appreciate by 235%, compared to the S&P 500 Index appreciation 159% over a 6-year simulation period

Linking Workplace Health Promotion Best Practices and Organizational Financial Performance" -J.Grossneir, et. al January 2016



Green Acre at 10300 Campus Point Drive, San Diego, CA Photo Courtesy of Alexandria Real Estate Equities, Inc.



Sources: Grossmeier J et al. Linking workplace health promotion best practices and organizational financial performance. JOEM 2016;58(1):16-29. Goetzel RZ et al. The stock performance of C. Everett Koop Award winners compared with the Standard & Poor's 500 Index. JOEM 2016;58(1):9-15. Fabius R et al. Tracking the market performance of companies that integrate a culture of health and safety. JOEM 2016;58(1):3-8. Note: Slide provided by HERO-HEALTH, 2016. All rights reserved.

fitwel has a vision for a healthier future where every building is enhanced to support the wellbeing of its occupants, and support healthy communities



J.S. CDC Building 106. Atlanta, Georgia, U.S. Photo courtesy of Perkins+Wil

The World's Leading Certification System for Health

400+

Projects Certified or In Progress

650+ 445,000+

Total occupants impacted

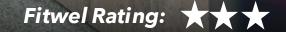
FAST COMPANY Named one of FastCompany's 2017 Top 10 Most Innovative Companies in Social Good!

Ambassadors

01 Chobani	03 Zipline	05 Unilever	07 Qlik	09 Yazda
02 GoFundMe	04 Nike	06 Patagonia	08 Fitwel	10 Alphabet

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



Lyndon Baines Johnson Building, Washington, DC Photo Courtesy of the U.S. General Services Administration



3,000+

evidence-based research studies support Fitwel

55+

operational and have the strongest health evidence base and potential to make the highest impact for health design strategies

> **Greenbridge** Photo courtesy of Steve Keating

Fitwel's weighted points system supports prioritization Stronger impact = more points



Impacts Community Health

Reduces Morbidity + Absenteeism



Promotes Occupant Safety

Photo courtesy of Perkins+Will

What Makes Fitwel Unique



 \mathbf{X}

Cost-effective

No prerequisites



S

Dynamic weighted point system

Applicable across a portfolio

> **Google Oxygen. New York, NY** © HLW International. Photographer: Frank Oudeman/OTTO

A Portfolio-Based Approach



Commercial Interior Spaces

Single-Tenant Building



Multi-Tenant Building



Multi-Family Residential

Newell Rubbermaid Design Center, Kalamazoo, MI. Courtesy of Perkins+Will
 Bishop Henry Whipple Federal Building, Fort Snelling, MN Courtesy of HGA. Credit Morgan Sheff Photography.
 3. 25 York Street. Toronto, CA. Courtesy of Menkes DevelopmentLtd.
 4. Arbor House, Bronx, NY. Photo courtesy of Bernstein Associates





Healthy Housing RewardsTM

+

fitwel®

Intervale Green Photo courtesy of WEDCO

Fitwel Costs

\$500
Annual registration fee per project
\$6,000
Maximum certification fee

Arbor House Photo courtesy of Bernstein Associates



Case Study: Multi-Tenant Office Building Tribeca West Kilroy Realty Corporation

Fitwel Rating: 🕇

Photo courtesy of Kilroy Realty Corp



Kilroy applies Fitwel to 23% of its portfolio.
10 Fitwel certified properties in Los Angeles, San Francisco, Bellevue & Seattle

"Fitwel allows us to demonstrate to our tenants that our buildings promote healthy outcomes both inside and out. Further, the system provides an accessible roadmap to allow our building teams to make positive, tangible changes that will help our health scores improve over time."

Sara Neff Senior Vice President of Sustainability

Photo courtesy of Kilroy Realty Corporation

Kilroy: Key Milestones & Impact

2016

Kilroy becomes a Fitwel Champion

May 2017

Sustainability Team works with the management team, building engineers & security team to gather documentation

June 2017

The management team walked the sustainability team through the site.

July 2017

Sustainability team engages tenants, improves the food environment & expands emergency supplies

August 2017

Kilroy receives a Fitwel 1 Star Rating for Tribeca West



studioIDS: Key Milestones & Impact

- October 2016: Perkins+Will becomes a Fitwel Champion, committing to achieving certification for all of its North American offices.
- **December 2016:** Team hosts a kick-off meeting in early December. Gather documentation throughout the month and submit their project for review at the end of the month.
- **January 2017:** The team reviews the Initial Review Report issued by the Fitwel Certification Team.
- **February–July 2017:** The team incorporates feedback then submits additional information and updated documentation in July for further consideration.
- **August 2017:** Perkins+Will receives a Fitwel 2 Star Rating joining Fitwel certified offices in Durham, Atlanta and London.

September 2018–present: Perkins+Will continue to advance additional Fitwel certifications within its offices in North America and the United Kingdom.



Perkins+Will Minneapolis: studioIDS

Location
Walk Score of 90+
Proximity to transit

Building Access

 Pedestrian route to transit
 Commuter survey Outdoor Space
Restorative garden
Farmers market

Indoor Environment

Chemical storage ventilation
Indoor air quality policyminimal use of materials

> studioIDS Photo courtesy of Perkins+Will

Perkins+Will Minneapolis: studioIDS

Shared spaces
Common break area
Multi-purpose room for wellness activities

*Emergency Procedures*AED machine
Certified first responders
Emergency notification

Workspaces

Natural daylight
Views of nature
Active workstations

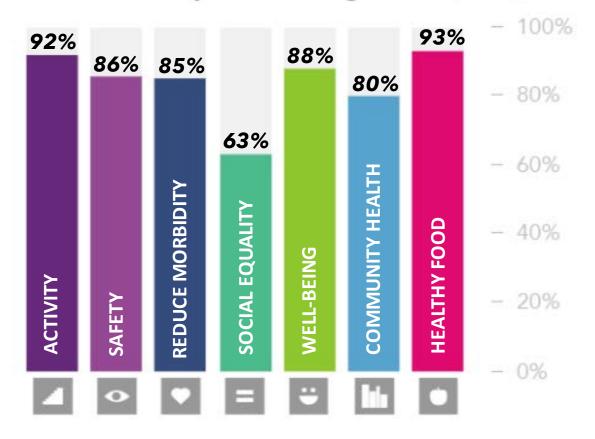
Water Supply
ADA water supply
Filtered water bottle filler

studioIDS Photo courtesy of Perkins+Will

Lessons Learned

- Location
- Stairwells
- Lactation room
- Documentation requirements
- LEED and Fitwel

Health Impact Categories (HIC)



Stay Connected

Website

www.fitwel.org

Mailing List

www.fitwel.org/contact

Resources (case studies) www.fitwel.org/resources

Twitter

@active_design @fitwel

LinkedIn

Center for Active Design Fitwel Certification System

> Superkilen Urban Park. Copenhagen, Denmark Photo Courtesy of BIG, Iwan Baan and Jens Lindhe

Questions

Superkilen Urban Park. Copenhagen, Denmark Photo Courtesy of BIG, Iwan Baan and Jens Lindhe