

# fitve

## **Our Fitwel Ambassadors**



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INTRODUCTION

## **Fitwel Vision**

Fitwel has a vision for a healthier future where every building is enhanced to support the well-being of its occupants and support healthy communities.



## INTRODUCTION

## **The Fitwel Certification**

- ✓ 2 Systems
  - Workplaces
  - Multifamily Residential
- ✓ 55+ Strategies
- ✓ 7 Health Impact Categories
- ✓ No cost-prohibitive prerequisites



## Created by:



#### US Centers for Disease Control and Prevention and General Services Administration

led the development and pilot phase of Fitwel.



### The Center for Active Design

is the operator of Fitwel and responsible for third-party certification.

#### APPROACH

## **Driven by:**



#### **Fitwel Ambassadors Program:**

Ambassadors are leaders and active participants in Fitwel's healthy building movement.

#### **Fitwel Champions Program:**

Champions are companies who demonstrate industry leadership, committed to advancing the building industry to support and promote health.



## **Fitwel Pilot**

- ✓ 89 buildings
- ✓ 61% were certified
- $\checkmark\,$  Fitwel was used as a framework for the rest

#### Pilot Phase Score Distribution





## Portfolio-based approach:





## Benchmark your buildings in one platform:





#### APPROACH

## **Health Impact Categories**

- ✓ 7 research-based categories
- ✓ Ranked by scientific evidence



#### APPROACH

## Fitwel strategies are categorized into the following 12 sections:



Score

#### **Fitwel Strategies**

#### **Points Available**

1. LO	CATION		Yes	NA	AC		Score
1.1	Walkability	Walk Score® of 50 or above	3.00				
1.2	Walkability	Walk Score® of 70 or above	4.50			[	
1.3	Walkability	Walk Score® of 90 or above	4.50				
1.4	Proximity to Transit	Public transit stop is located within ½ mile or 800 meters of the main property entrance	4.28				

2. ACCESS Yes NA AC 2.1 Pedestrian Routes Provide convenient and accessible pedestrian routes between amenities and 0.82 facilities 2.2 Short-Term Bicycle Parking Provide short-term bicycle parking within 100 feet or 30 meters of all main 0.90 building entrances for a minimum of 5% of residents 2.3 Long-Term Bicycle Parking Provide secure and covered long-term bicycle parking for a minimum of one 1.48 space per every two dwelling units 2.4 Bike Share Access Project site is less than ½ mile from a bike share station 1.48 2.5 Safe Street Infrastructure Provide safe and accessible street infrastructure for pedestrians and 4.28

bicyclists

elements

#### 2.7 Sidewalk Amenities 3. OUTDOOR SPACES

2.6 Transit Stops

2.70 Score

0.82

1.48

4.28

2.70

3.1	Walking Trails	Provide a walking trail of at least ¼ mile or 400 meters within the property accessible to all residents	4.28		4.28	
3.2	Bike Paths	Provide a bike path of at least 1 mile or 1600 meters within the property accessible to all residents	4.28		4.28	
3.3	Outdoor Fitness Equipment	Provide outdoor fitness equipment accessible to all residents	4.28		4.28	
3.4	Playgrounds	Provide playgrounds in outdoor spaces	4.28		4.28	
3.5	Restorative Garden	Provide a restorative garden accessible to all residents	2.63		2.63	
3.6	Proximity to Open Space	Provide outdoor common space accessible to all residents	4.28		4.28	
3.7	Outdoor Space Amenities	Outdoor spaces are enhanced with amenities	2.70		2.70	
3.8	Farmers Market	Offer on-site weekly farmers market or sale of produce	3.13		3.13	
3.9	Fruit and Vegetable Garden	Support an on-site fruit and vegetable garden accessible to all residents	4.44			
3.10	Tobacco-Free Outdoor Spaces	Adopt and implement a tobacco-free policy for all outdoor spaces	1.20	1.20		

Transit stops are furnished with benches, lighting, and shelter from the

Incorporate amenities into sidewalks and streetscapes

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#### Yes NA AC

2.70

2.70

#### **\_\_fit**Wel<sup>®</sup> Multi-Tenant Buildings Scorecard

#### **Fitwel Strategies**

#### **Points Available**

MULTI-TENANT BUILDINGS

1. LO	CATION	Yes	NA	AC	5	Score
1.1	Walkscore® of 50 or above	3.33				
1.2	Walkscore® of 70 or above	5.00				
1.3	Walkscore® of 90 or above	5.00			Γ	
1.4	Public transit stop located within ½ mile or 800 meters of the main building entrance	4.00				

2. BU	ILDING ACCESS	Yes	NA	AC	Score
2.1	Provide a direct, accessible pedestrian route between the main building entrance and public transit	1.33			
2.2	Conduct an annual building occupant commuter survey to support carpool/vanpool programs, determine bicycle storage demand, and assess potential bicycle use increase if bicycle facilities are improved	0.33			
2.3	Provide secure and covered bicycle parking within 100 feet of the main building entrance for a minimum of 5% of regular building occupants or exceed demand as dictated by occupant survey by 1%, whichever is greater	1.33			
2.4	Provide showers with lockers for a minimum of 1% of regular building occupants	1.33			
2.5	If parking is provided, charge fair market value for parking utilization to reduce single-occupancy vehicle (SOV) travel	2.00	2.00		
2.6	If parking is provided, assign a minimum of 5% priority parking spaces or exceed demand by at least 1% as dictated by the occupant commuter survey for carpools and vanpools	0.33	0.33		

3. OU	TDOOR SPACES	Yes	NA	AC	So	core
3.1	Provide an outdoor space amenity that is accessible from a building entrance to all tenants	1.00				
3.2	Provide a walking trail of at least ¼ mile or 400m within the building site/campus accessible to all tenants	1.33				
3.3	Provide fitness equipment in outdoor spaces accessible to all tenants	1.00				
3.4	Provide a restorative garden amenity accessible to all tenants	1.67				
3.5	Offer on-site weekly sale of produce or establish a farmers market in a publicly accessible location	1.67				
3.6	Support an on-site fruit and vegetable garden accessible to all tenants	1.00				
3.7	Establish and adopt an integrated pest management plan for the building and require that all new tenant leases and renewals comply	2.66				
3.8	Provide context-appropriate lighting at all pathways and parking areas	2.66	2.66			
3.9	Adopt a smoke-free policy for outdoor spaces	1.33	1.33			

4. ENTRANCES & GROUND FLOOR			NA	AC	Score
4.1	Provide permanent signage at all building and/or campus entrances publicizing a smoke-free building and site	0.67			
4.2	Provide at least one additional building entrance, other than the main entrance, oriented towards pedestrian traffic	1.33			
4.3	Locate the main entrance oriented towards pedestrian traffic	1.33			

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NA = Not Applicable AC = Alternative Compliance

Last Updated October 2, 2017

20	3. OU	TDOOR SPACES	Yes	NA	AC	Score
	3.7	Establish and adopt an integrated pest management plan for the building and require that all new tenant leases and renewals comply	2.66			
	3.8	Provide context-appropriate lighting at all pathways and parking areas	2.66	2.66		
	3.9	Adopt a smoke-free policy for outdoor spaces	1.33	1.33		

7. WC	DRKSPACES	Yes	NA	AC	Score
7.1	Provide natural daylight in a majority of workplaces	2.66			
7.2	Provide views of nature from a majority of building workspaces	3.33		3.33	
7.3	Provide operable shading in tenant spaces	0.33			
7.4	Provide access to sufficient active workstations for building owner and management staff and provide educational material to all new and existing tenants specifying the health benefits of active workstations	1.67			

#### APPROACH

## **The Certification Levels**



**One Star** 

Facility has achieved a basic level of health promotion (90-104 points)



#### Two Stars

Facility has achieved an intermediate level of health promotion (105-124 points)



#### **Three Stars**

Facility has achieved an exceptional level of health promotion (125-144 points)

## **Favorite Strategies**

## Strategy 7.2:

Provide views of nature and/or greenery in workplaces.



## **Favorite Strategies**

## Strategy 8.9:

Provide a dedicated fitness facility available free of charge to all tenants.





## Why Fitwel?



#### PROCESS

## Highly effective and cost-effective



## \$6,500 USD per project

- ✓ \$500 USD registration fee
- ✓ One-time \$6,000 USD fee for each project certification
- ✓ Fitwel Champion discount



## **Fitwel means business**



- ✓ Health and wellness impact the bottom line
- ✓ Productivity losses: \$225B annually
- ✓ 49% of building owners\* are willing to pay more for buildings demonstrated to have a positive impact on health
- ✓ The next trillion dollar industry

WHY

## 52% of all Millennials said

"living or working in a healthy environment" is influential to their personal health, compared with 47% of Gen-Xers and 41% of Baby Boomers\*





# Employee sick days and revenue



- ✓ Hours spent indoors/at work
  - 5.6 million commercial buildings in the US
  - 120 million employees who spend ~8.1 hours at work each day
- $\checkmark$  Multiple health risks
- ✓ Healthcare costs
- ✓ Annual employee absenteeism
  - Private sector: absent ~3% of the time
  - \$2K per employee annually

## WHY

## **ESG** as a Whole

- More robust health and wellness governance model
- Minimized impact on the local community
- $\checkmark\,$  The social impact
- ✓ Improved standing in disclosure programs such as GRESB



## **The WELL Building Standard**



A model for design and construction to integrate human health features in the built environment. Measures the impact of building environment on human health.

### CASE STUDY

## 33 N. LaSalle St., Chicago



- ✓ Location: Downtown Chicago
- ✓ Age: 89
- ✓ GSF: 477,171
- ✓ Green building certifications:
  - LEED EBOM
  - ENERGY STAR award

## WELL vs. FITWEL

Program Features	Fitwel	WELL
Registration	\$500	\$6,500
Certification	\$6,000	\$226,656
Performance Verification	\$0.00	\$113,328
Recertification	N/A	Every 3 Years
Pre-requisites	N/A	41
Documentation	Policies, annotated site plans, photos	Verification documents signed by key project team members (architect, Property Manager)
Verification	CfAD Reviews Documentation	Third party review of documentation and required On site testing performed by WELL team
Project Types	Multi-Tenant Workplace	Existing Building



## **Process** & **Timeline**

• Report

#### Assessment

- Building interview
- Site plan review
- Report development
- Recommended implementation

Candidate Selection

Complete Scorecard

Scorecard and Report

\*\*\*

**Review and Edits** 

## Is your building a good candidate?



Things to consider:

- ✓ Age
- $\checkmark$  Location
- ✓ Green certifications
- $\checkmark$  Healthy food options



# VO-UP







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