CommYOUnity:
Healthy Buildings + Healthy People

SR. HEALTHCARE DESIGN ARCHITECT

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LEARNING OBJECTIVES

Recognize how buildings can contribute to healthy people and healthy communities

Understand the attributes of healthy environments and how they engage the workforce

Discuss scalable strategies rural healthcare buildings and campuses can implement to support inclusive, integrated, and resilient communities

“
WE SHAPE OUR BUILDINGS AND
AFTERWARDS OUR BUILDINGS SHAPE US
Sir Winston Churchill

Health

What?

PSYCHOLOGICAL HEALTH

Connection to nature

Access to daylight

Occupant controls

Environments for respite, focus, and social connection

Effective acoustic design

SOCIAL HEALTH

Equitable amenities

Sense of connection

Spaces to support different social needs

PHYSICAL HEALTH

Ergonomic support

Circadian effective light

Comfort controls

Enhanced ventilation

Access to indoor and outdoor activity

Healthy food and clean water

Stair design to encourage regular use

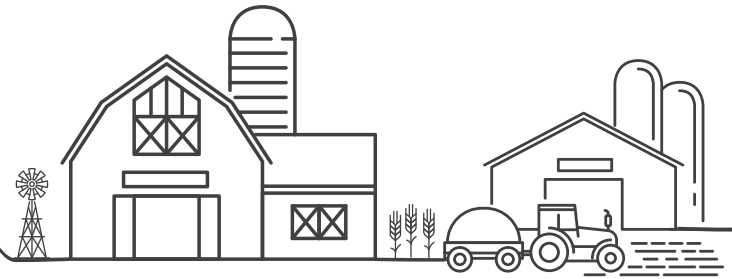
Why?

Attract + Retain Staff

Improved Visitor Experience

More Productive Workforce

Better Recovery



Alignment w/ ESG Policies

Who?

OUR PATIENTS

OUR WORKFORCE

OUR COMMUNITY

OUR PLANET

Is there a code that requires buildings to be healthy

positive

A CULTURE OF HEALTH

A working environment where employee health and wellness is valued, supported and promoted through programs, policies, benefits and design.

A culture of health integrates health and wellness into business operations and goals; and requires engagement across all levels of the organization.

Understand that physical, mental, and social health are intertwined.

The average hospital turned over 105% of its workforce in the past 5 years

2023 NSI National Health Care Retention & RN Staffing Report

Employees planning to leave an organization were 25% less satisfied with their physical workplace than those who planned to stay

The Rocky Mountain Institute

Factors associated with burnout among health workers.

Office of the
U.S. Surgeon General

PRESENTEEISM

Improvements in health and well-being lead to significantly enhanced job satisfaction with a 2% reduction in the prevalence of sick leave

BUILDING PERFORMANCE **DRIVES** HUMAN PERFORMANCE **DRIVES** BUSINESS PERFORMANCE

The average cost for turnover of a bedside RN was $52,350 in 2022

2023 NSI National Health Care Retention + RN Staffing Report

48% of Gen Zers + 44% of Millennials feel stressed all or most of the time

2021 Deloitte Global

78% of Millennials see Workplace Quality as important when choosing an employer

CBRE Millenials: Myths and realities 2016

In 2022 the average hospital lost between $6.6M - $10.5M due to RN turnover

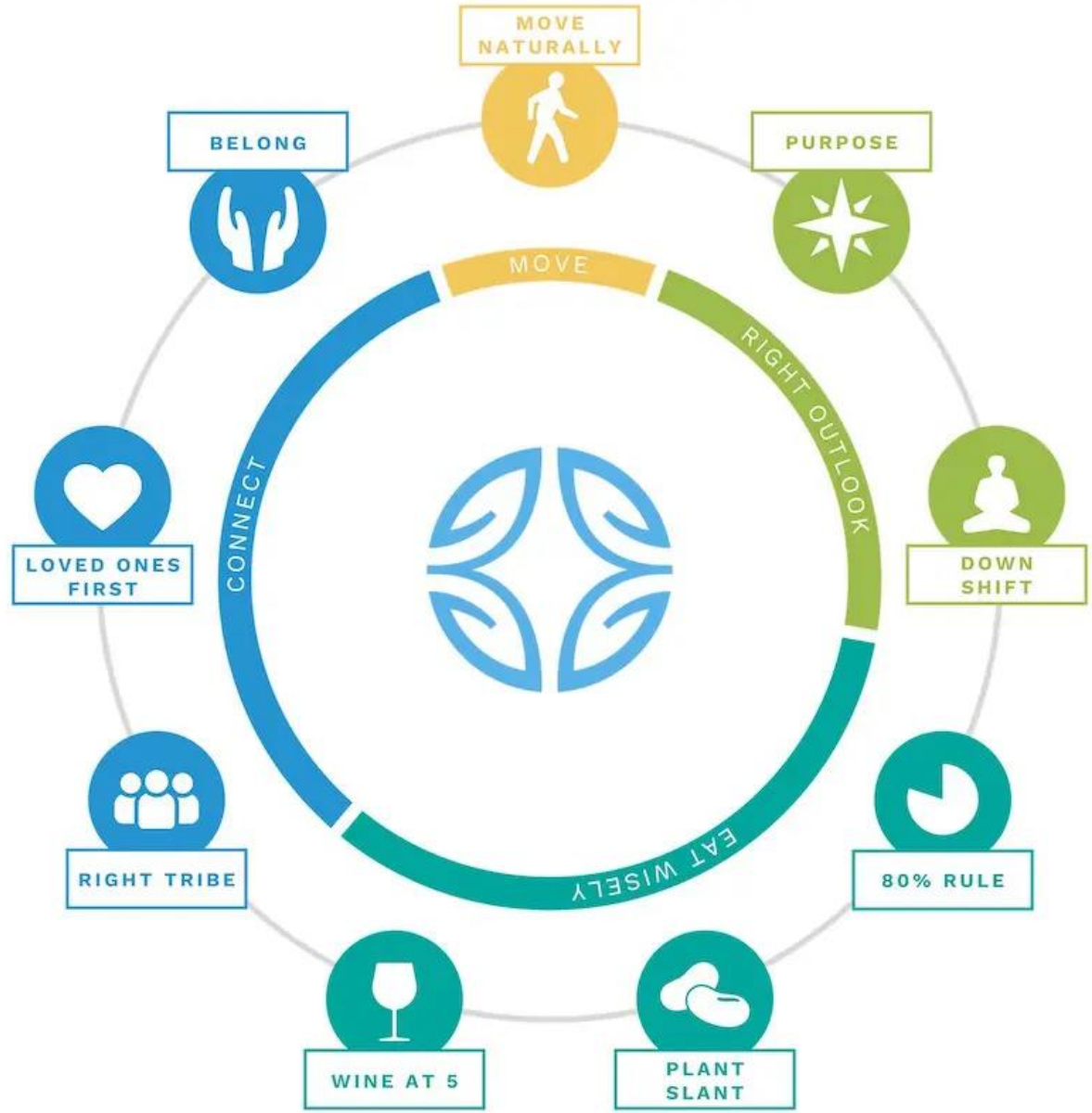
2023 NSI National Health Care Retention + RN Staffing Report

Source Healthy Buildings: How Indoor Spaces Drive Performance and Productivity

LIFE RADIUS

BLUE ZONES

live longer, better



10 COMPONENTS OF

INTERNATIONAL WELL BUILDING INSTITUTE™

- Air
- Water
- Nourishment
- Light
- Movement
- Thermal Comfort
- Sound
- Materials
- Mind
- Community

WELL Certified buildings report improvements in occupant **satisfaction** by 30%, and occupant **metal health** by 10%

AIR

Air testing + monitoring

Carbon filters, UV lamps

Maintenance logs

WATER

Water testing

Drinking water quality + promotion

Moisture management

Handwashing

NOURISHMENT

Healthy selections + advertising

Nutritional transparency

Mindful eating

Responsible food sourcing

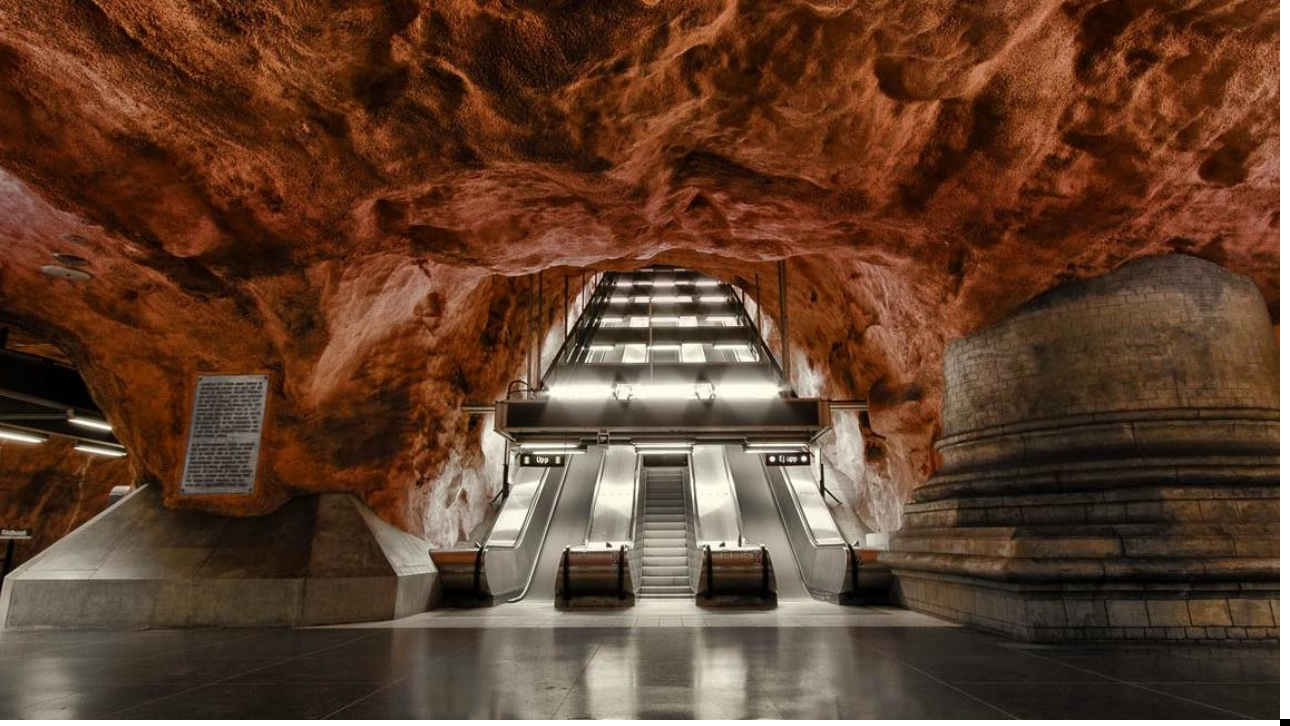
LIGHT

Daylight + lighting education

Equivalent melanopic lux

Visual balance

Electric light quality



MOVEMENT

Ergonomics

Movement network

Active furnishing

Self-monitoring

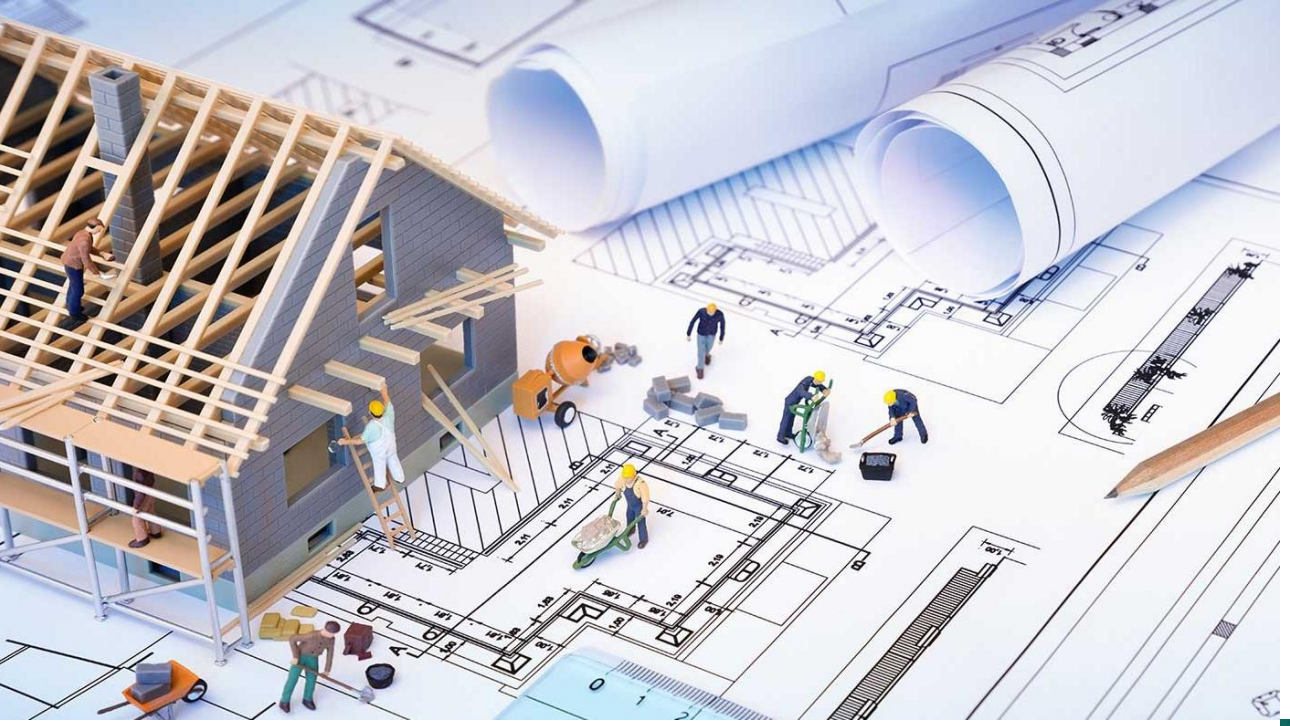
SOUND

Sound plan

Door selection

Dynamic Glass vs. Shades

Sound masking



MATERIALS

Emission control

Cleaning products + pesticides

Hazardous waste

Contact Reduction

MIND

Stress Support

Restorative support + spaces

Sleep support

COMMUNITY

Civic engagement

Organizational transparency

New Parent / Mother / Family support

Emergency preparedness

THERMAL COMFORT

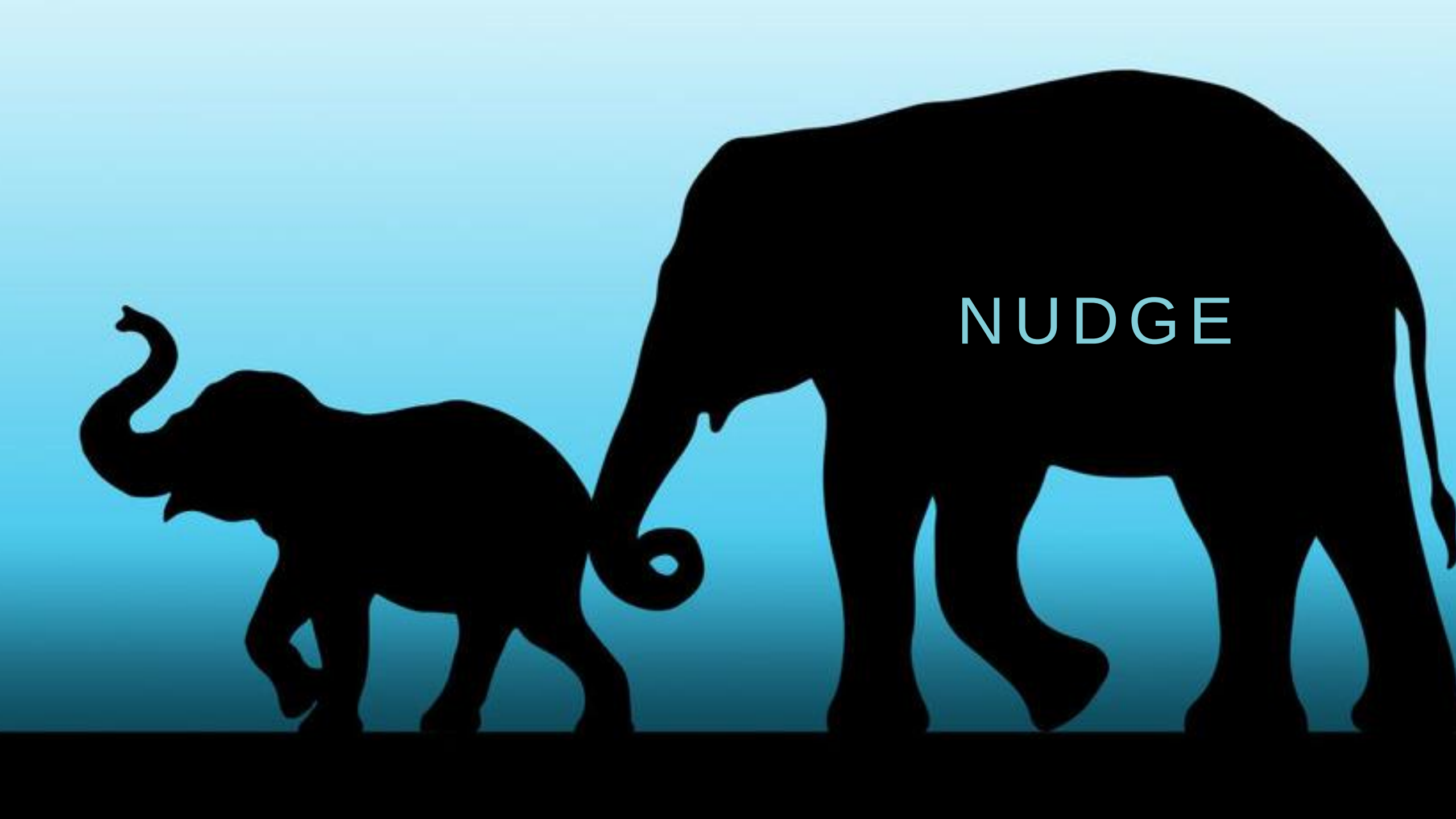
Temperature

Controls

Operable Windows

Humidity

Misconceptions
Recommission
Measure
Ask


NUDGE

REMEMBER THE FUTURE.