



Creating Space for Change: How The Ohio State University is Changing Campus through Design for [WELL]-being

03.09.2020



Learning Objectives

1.

Describe the epidemic of the current climate of mental health disorders in the United States and how human-centric design rooted in evidence-based research can influence positive outcomes.

2.

Discuss the influence the built environment has on the state of health, and a space's effect on behavioral choices that influence health and wellness.

3.

Identify building design strategies used to facilitate positive mental health, with concepts for implementation that support healthy lifestyles leveraging both LEED and WELL.

4.

Illustrate an appropriate approach to incorporating discussions surrounding LEED and WELL principles into key design strategy meetings with clients.



Speakers



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Executive Director*

The Ohio State University



The WHY: A Perspective from The Ohio State University College of Nursing

One University Health & Wellness Council

Since early 2012, we have been building a university-wide comprehensive & integrative framework

VISION: To be the healthiest university and community on the globe

Grassroots campaign: >650 Buckeye Wellness Innovators across the university

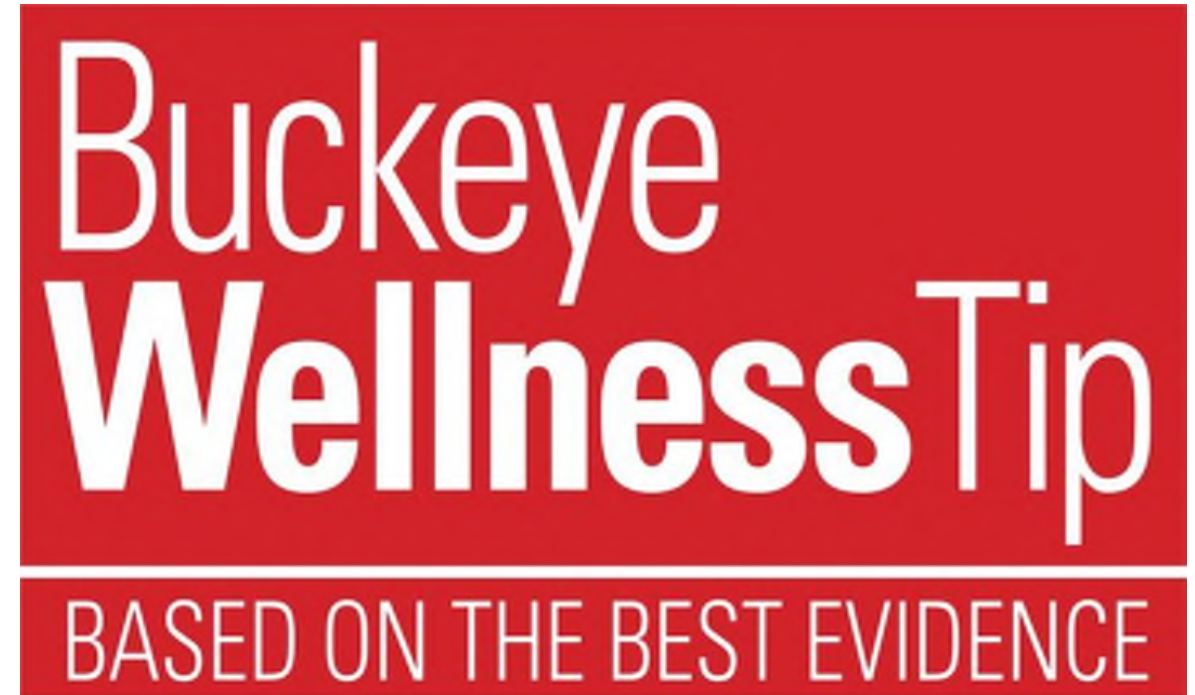


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Engaging, Evidence-Based + Fun!

- Data driven: health screenings, PHA
- Buckeye Wellness
Tips/Packs/YouTube
- Wellness Wednesdays
- Buckeye Wellness Innovators
- WalkStations and raising desks
- Wellness throughout the curriculum
- Friendly competitions



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Wellness at Ohio State

- The optimal state of living well, regardless of an individual's place on spectrum of health
- Encompasses 9 dimensions:
mental, physical, intellectual, emotional, social, occupational, financial, environmental and spiritual well-being



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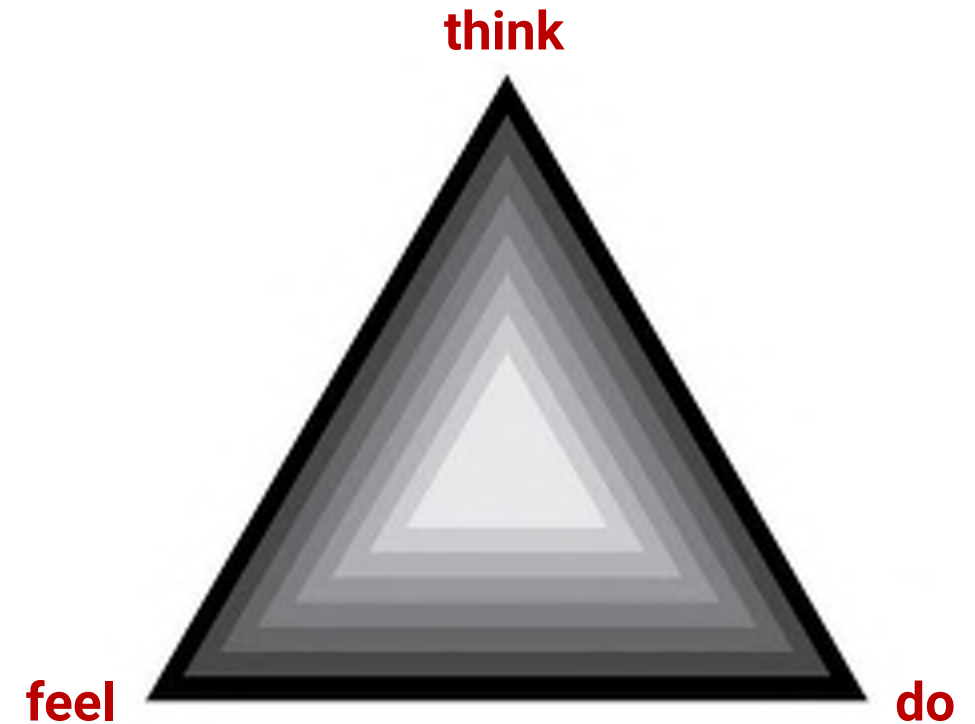
Current State of Mental Health in the U.S.

- **1 in 4 people have a mental health condition**
 - **Only 25% seek treatment**
- One out of 4 Americans have multiple chronic conditions, >50% likelihood that 1 is a mental health condition



Connections between Mental and Physical Wellbeing

- What we **think** affects what we feel and do.
- What we **do** affects how we think and feel.
- What we **feel** affects what we think and do.



College of Nursing: Growing to Support Wellness

- Enrollment growth:
1,100 students in 2011 → 2,300 in 2019
- Hiring growth: 150 in 2011 → 300 in 2019
- Increase in # of academic programs, research teams, endowed centers and Buckeye Wellness team
- Bring off-site employees back to Newton
- **Walk the Talk:** provide an environment that promotes healthy lifestyles including **mental** and emotional health, physical activity, good nutrition, while leveraging LEED and WELL.



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INNOVATION

Here, innovation is more than welcomed. It is embraced, encouraged and rewarded.



WELLNESS

Our culture of well-being provides opportunities for all to achieve optimal wellness of body, mind and spirit.

Our Environment Plays a Role in our Wellbeing

Every day, we make behavioral choices that influence our health and wellness outcomes.



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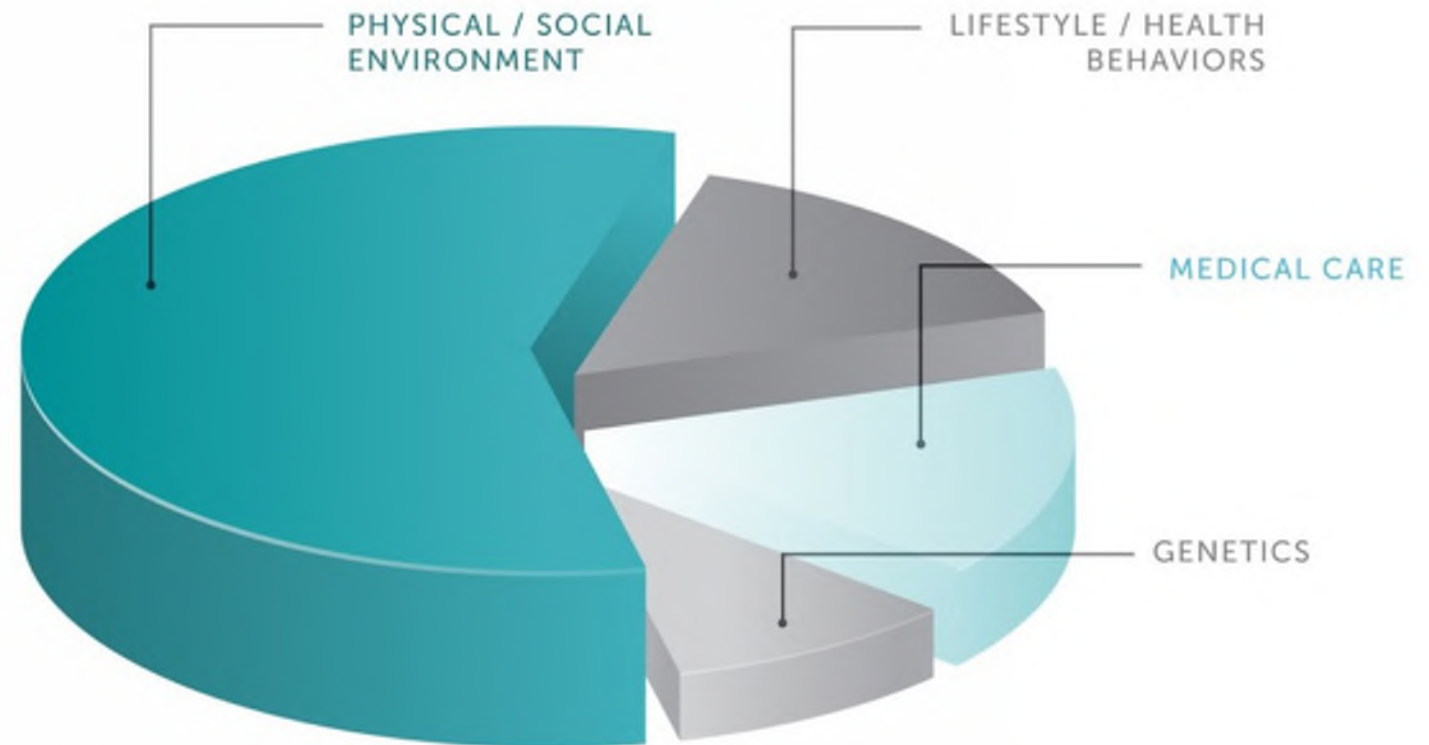


The HOW: The Big Impacts of WELL + LEED



The buildings where we live, work, learn and relax profoundly impact our health, well-being and productivity.

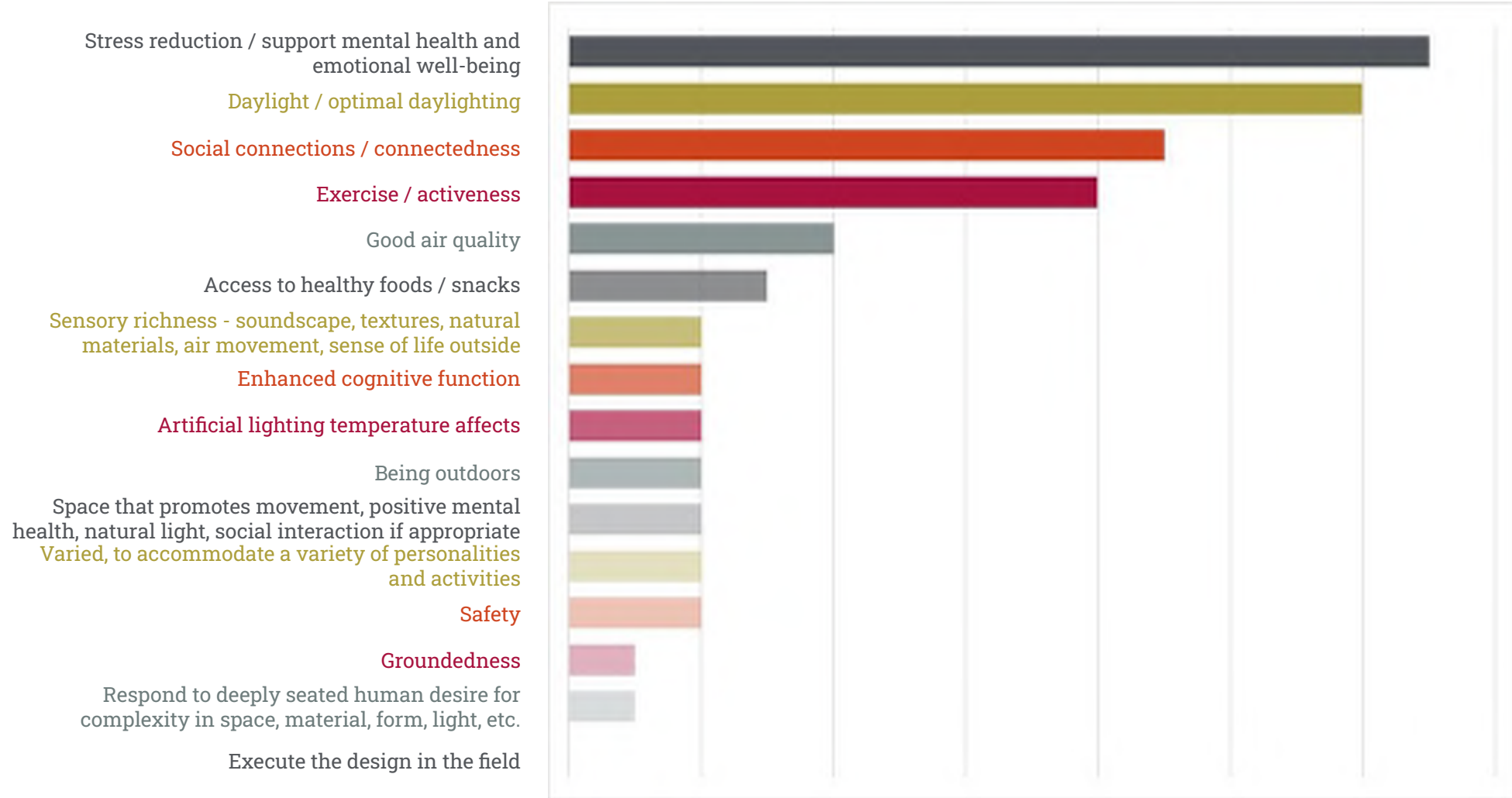
What determines the state of health?



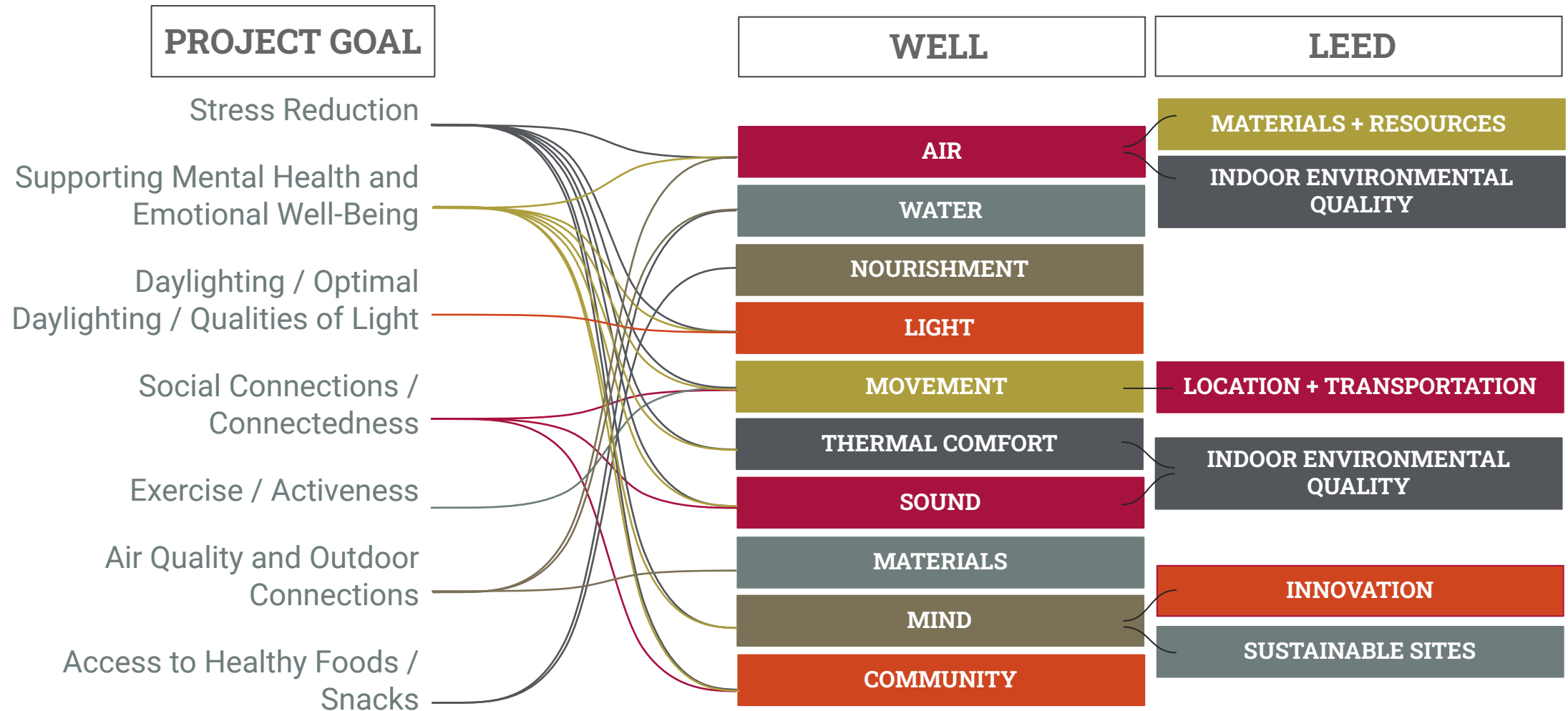
The ultimate goal of
our buildings +
communities:
**To create a positive
human experience.**



Project Goals: Visioning Outcomes



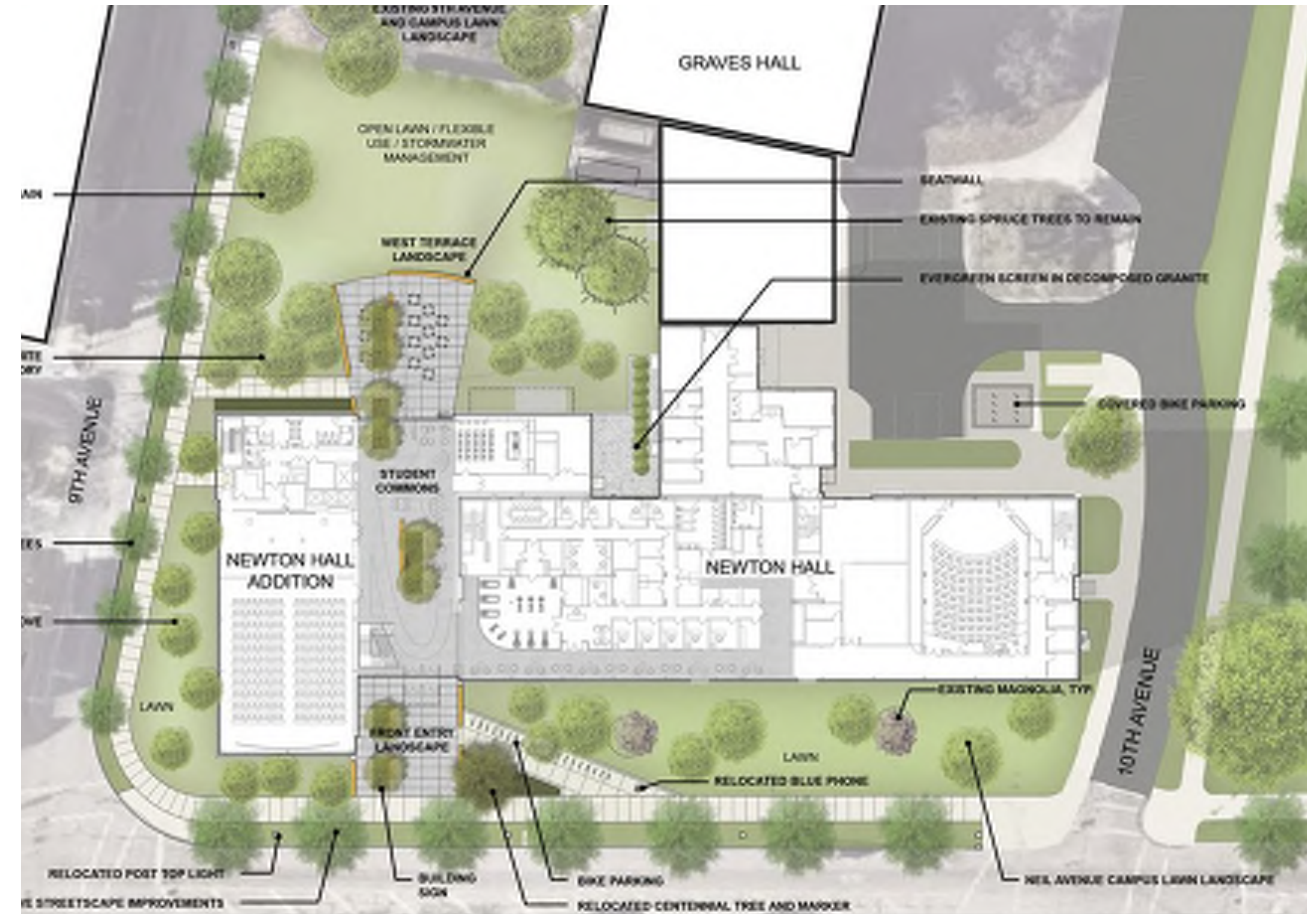
Project Goals → Sustainability Categories



Newton Hall - Site Context



Newton Hall - Design Concept



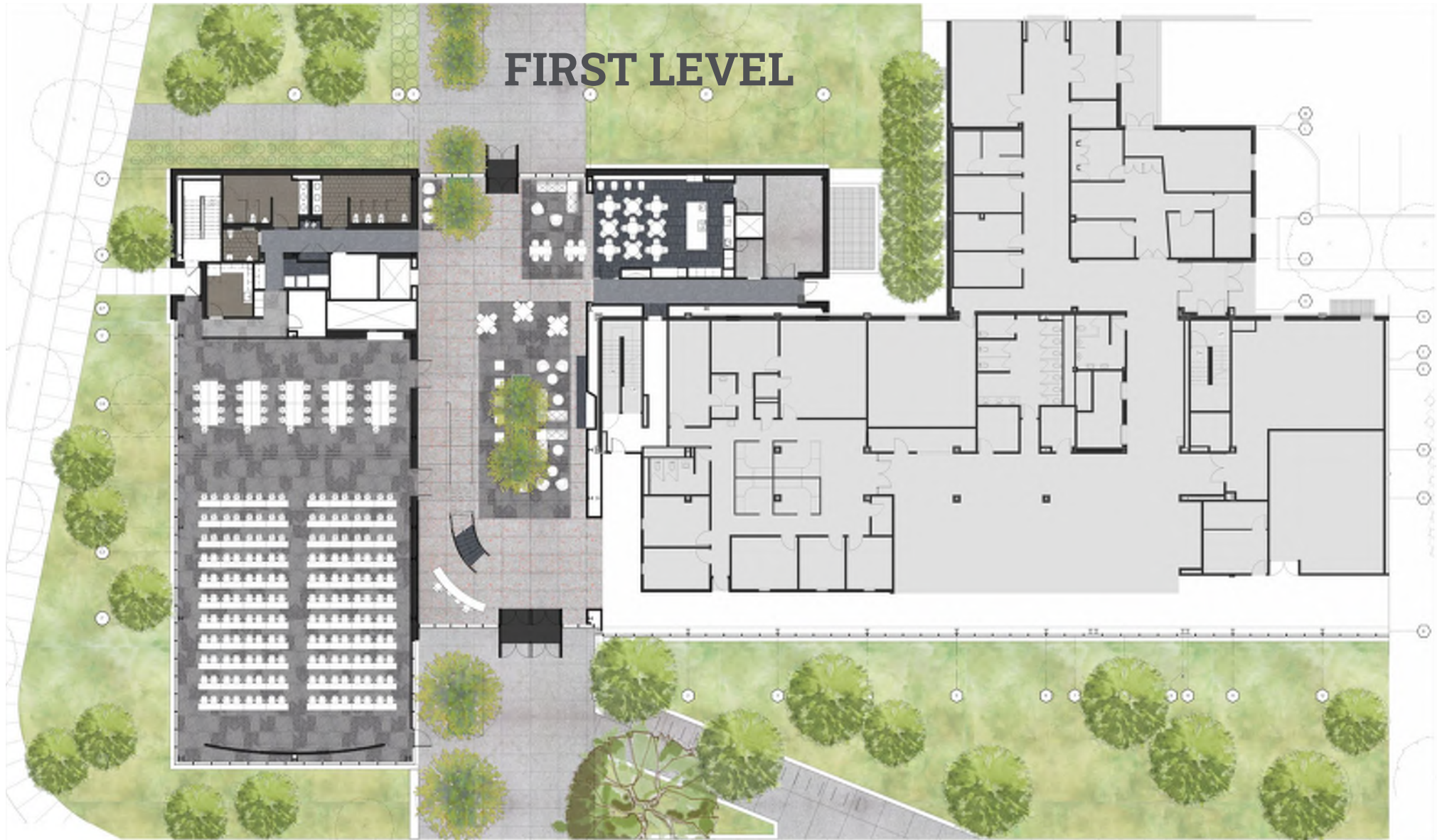
Our current project at the OSU College of Nursing is planned to be the University's first WELL building. The relationship of the addition to the existing building and the site is organized around the concept of the "Winter Garden of Wellness"

The OSU College of Nursing Expansion and Renovation

Neil Avenue Elevation



FIRST LEVEL



FIRST LEVEL

MIND

COMMUNITY

SUSTAINABLE SITES

access to nature +
biophilic design

THERMAL COMFORT

radiant heating



FIRST LEVEL

MIND

COMMUNITY

SUSTAINABLE SITES

access to nature +
biophilic design

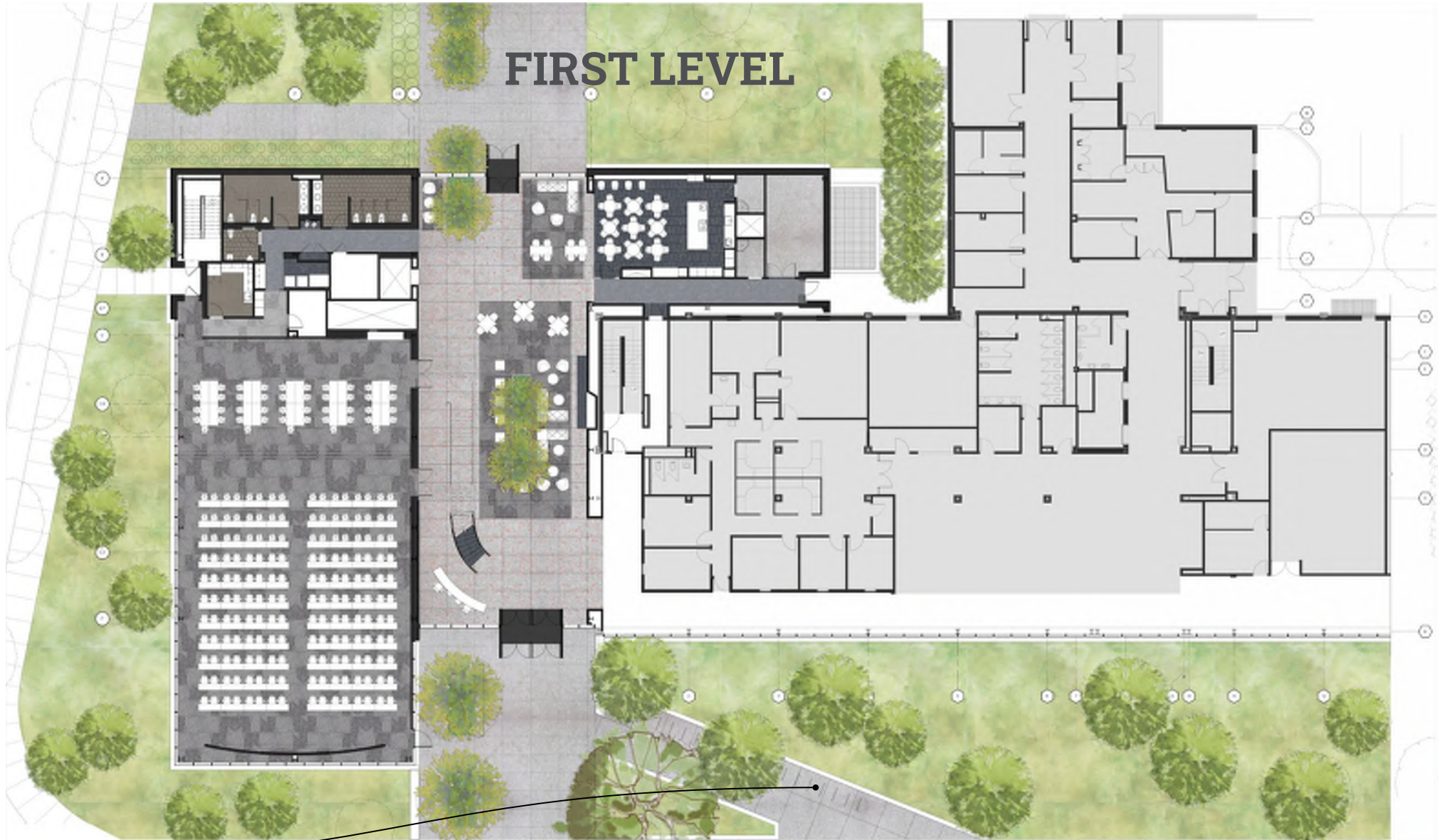
THERMAL COMFORT

radiant heating

MOVEMENT

LOCATION +
TRANSPORTATION

bike storage + active
commuter support



NOURISHMENT

nutrition education +
mindful eating

MIND

COMMUNITY

SUSTAINABLE SITES

access to nature +
biophilic design

WATER

drinking water promotion

THERMAL COMFORT

radiant heating

MOVEMENT

LOCATION + TRANSPORTATION

bike storage + active
commuter support

FIRST LEVEL





MIND

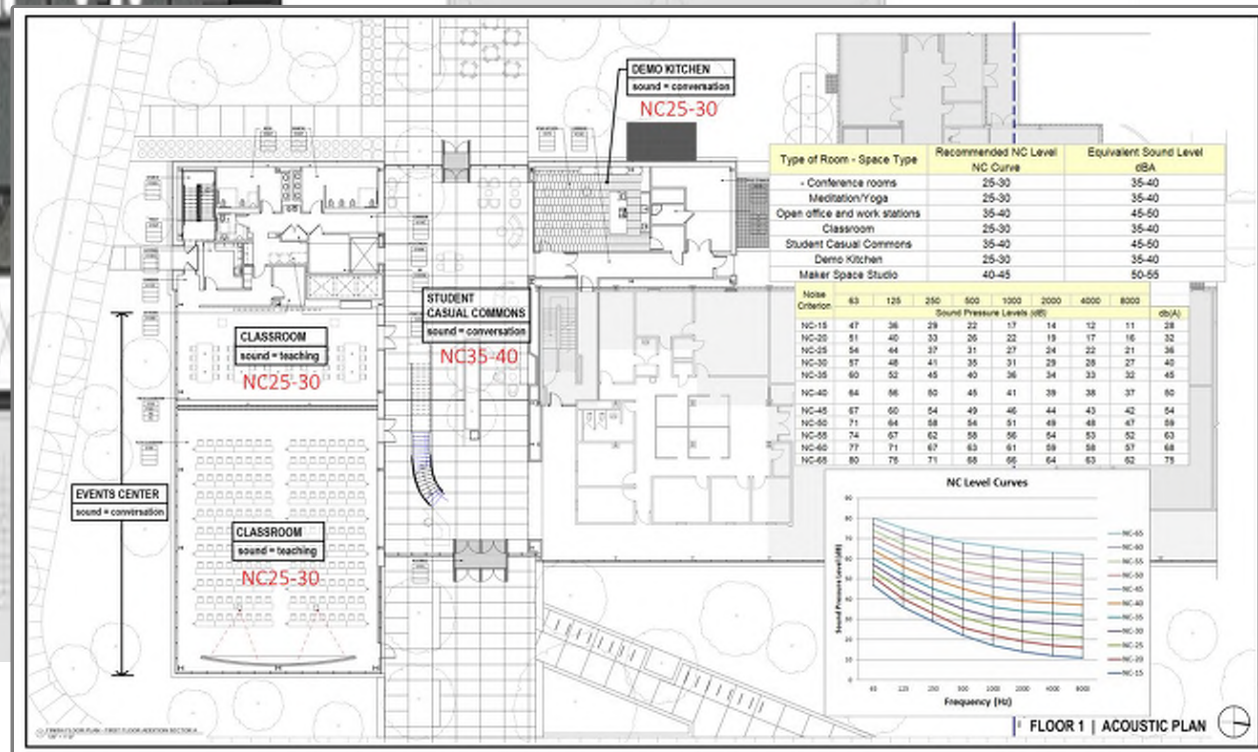
biophilic design: prospect +
risk/peril

MIND

SOUND

sound mapping + focus support:
collaborative spaces vs
quiet zones

loud
quiet



MIND

biophilic design: prospect +
risk/peril

MIND

SOUND

sound mapping + focus support:
collaborative spaces vs
quiet zones

MOVEMENT

movement network and
circulation

loud
quiet

SECOND LEVEL



MIND

biophilic design: prospect +
risk/peril

MIND

SOUND

sound mapping + focus support:
collaborative spaces vs
quiet zones

MOVEMENT

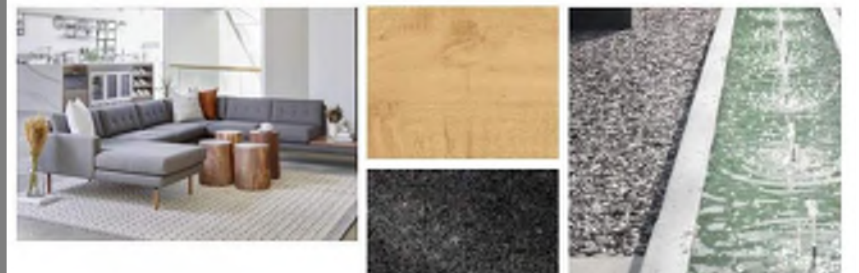
movement network and
circulation

loud
quiet

SECOND LEVEL



biophilic



AIR

MATERIALS

MATERIALS + RESOURCES

MIND

biophilic design: prospect + risk/peril

MIND

SOUND

sound mapping + focus support:
collaborative spaces vs
quiet zones

loud
quiet

MOVEMENT

movement network and
circulation

INDOOR ENVIRONMENTAL
QUALITY

LIGHT

light exposure + daylight



AIR

MATERIALS

MATERIALS + RESOURCES

MIND

biophilic design: prospect + risk/peril

MIND

SOUND

sound mapping + focus support:
collaborative spaces vs
quiet zones

MOVEMENT

movement network and
circulation

NOURISHMENT

food preparation

INDOOR ENVIRONMENTAL
QUALITY

LIGHT

light exposure + daylight



SECOND LEVEL

AIR

MATERIALS

MATERIALS + RESOURCES

MIND

biophilic design: prospect + risk/peril

COMMUNITY

single-user restrooms

MIND

SOUND

sound mapping + focus support:
collaborative spaces vs
quiet zones

MOVEMENT

movement network and
circulation

NOURISHMENT

food preparation

INDOOR ENVIRONMENTAL
QUALITY

LIGHT

light exposure + daylight



AIR

MATERIALS

MATERIALS + RESOURCES

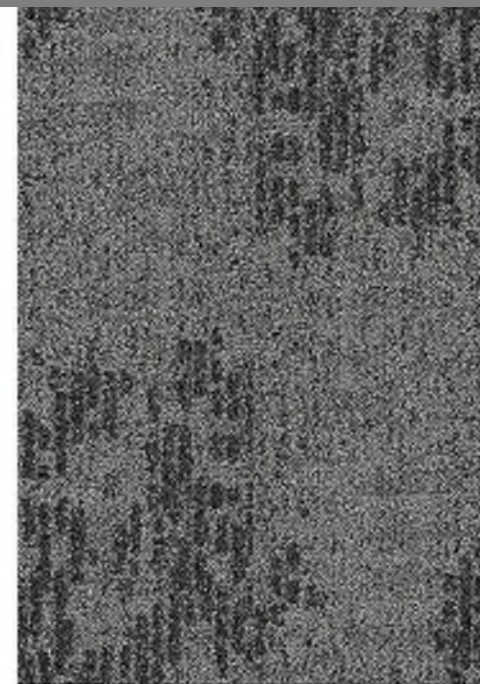


MIND

restorative opportunities



THIRD LEVEL



design inspiration



RESTFUL COMFORT

MEDITATIVE

RESTORATIVE MIND

MIND

mental health promotion,
support, and education +
stress support

MIND

restorative opportunities

MIND

SOUND

sound mapping + focus support:
collaborative spaces vs
quiet zones

loud

quiet

THIRD LEVEL

MIND

mental health promotion,
support, and education +
stress support



MIND

restorative opportunities

MIND

SOUND

sound mapping + focus support:
collaborative spaces vs
quiet zones

loud
quiet

INDOOR ENVIRONMENTAL
QUALITY

LIGHT

interior lighting design



MIND

restorative opportunities

MIND

SOUND

sound mapping + focus support:
collaborative spaces vs
quiet zones

MOVEMENT

adjustable sit-stand desks

INDOOR ENVIRONMENTAL
QUALITY

LIGHT

interior lighting design



Challenge: Today, Make One Change for Your Mental [WELL]-being

- Read 10 minutes in a **positive book** every morning
- Take **5 slow, deep breaths** when stressed
- **Sit less**, stand more
- **Laugh** more!
- **Take the stairs** instead of the elevator
- **Drink water** instead of a sugared beverage
- Hold 50 minute meetings instead of 60, and use the **10 minutes for a recovery break**

THANK YOU!



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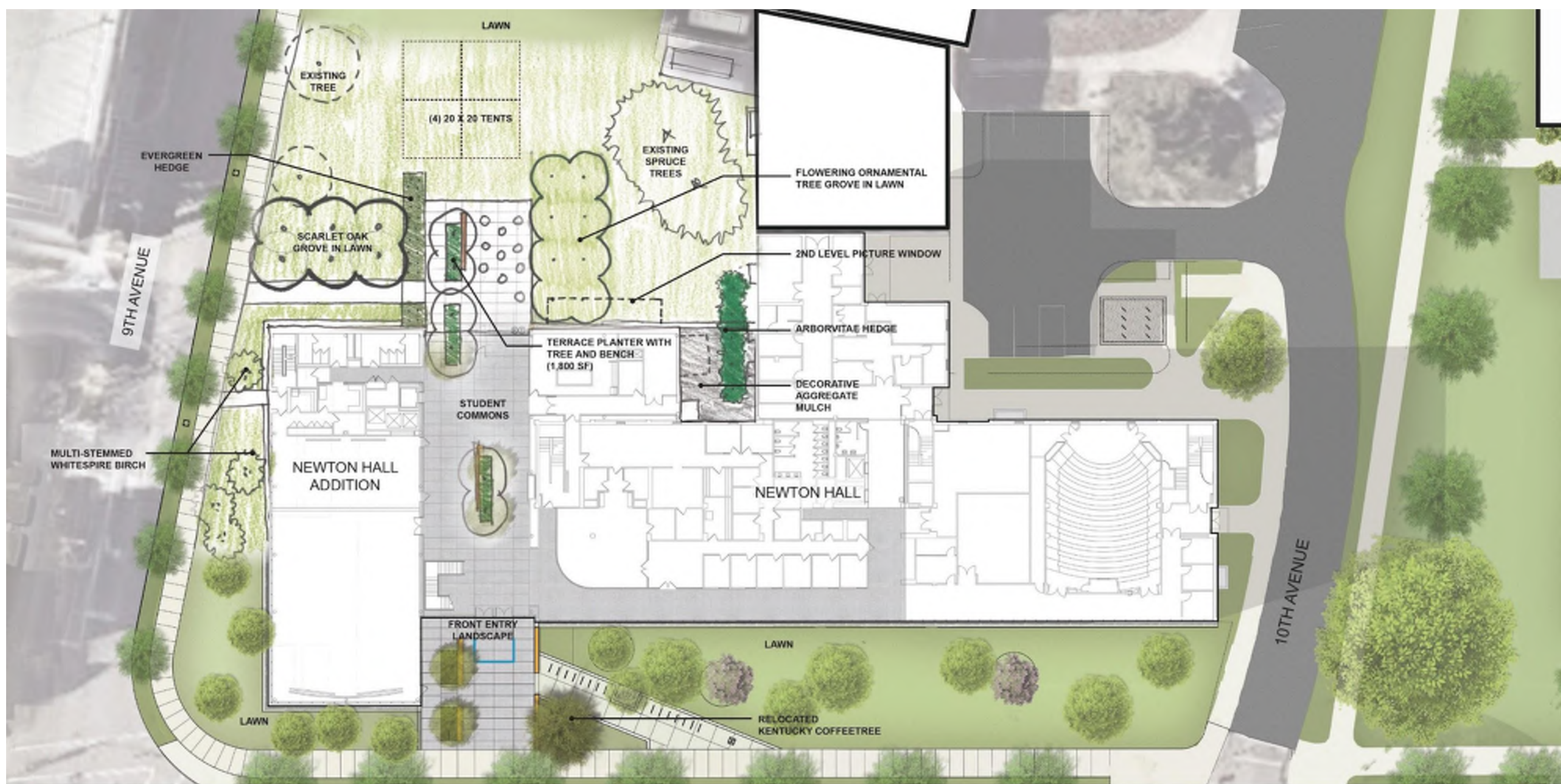
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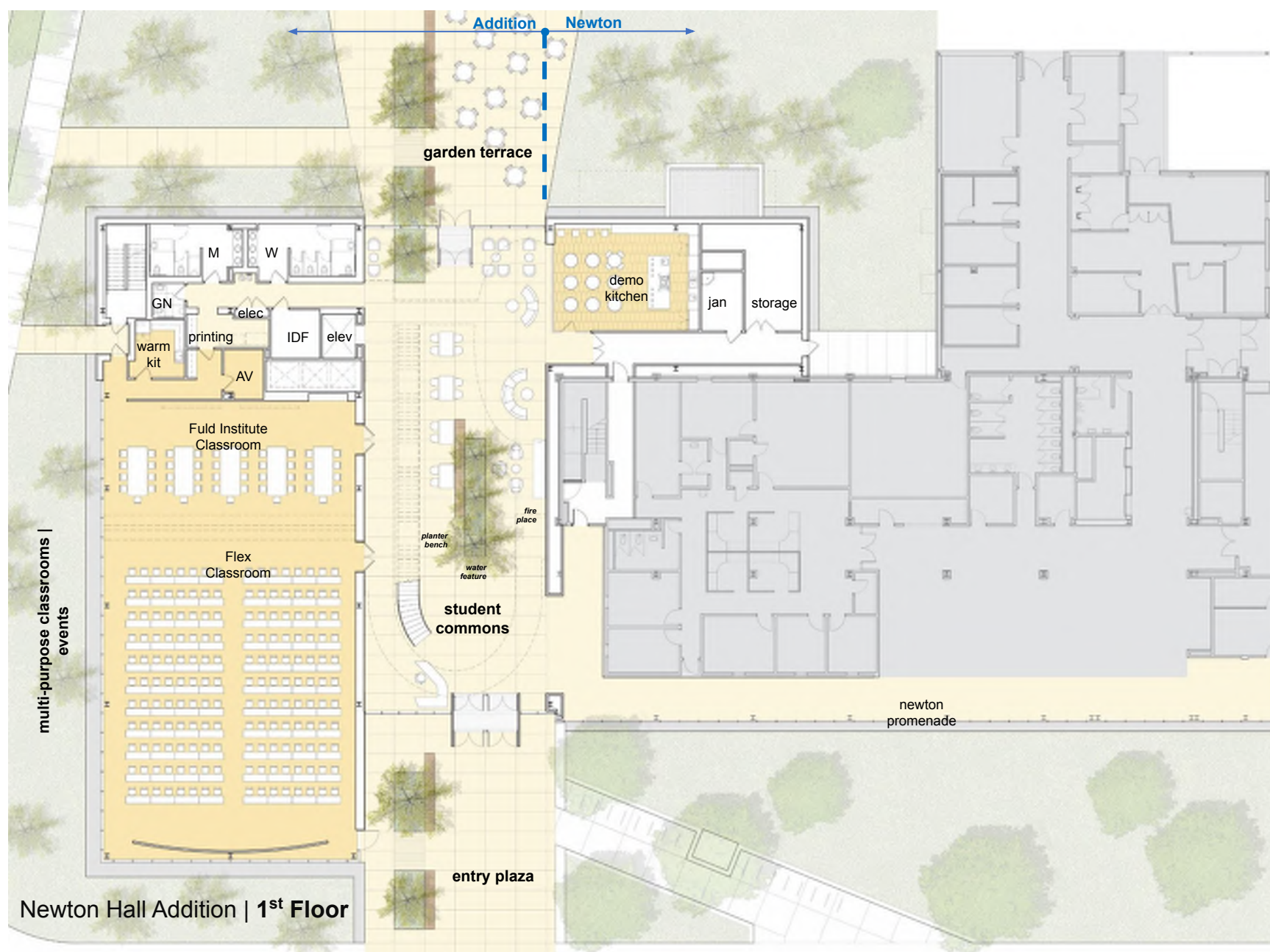
Sustainability Manager | Project Manager

M+A Architects

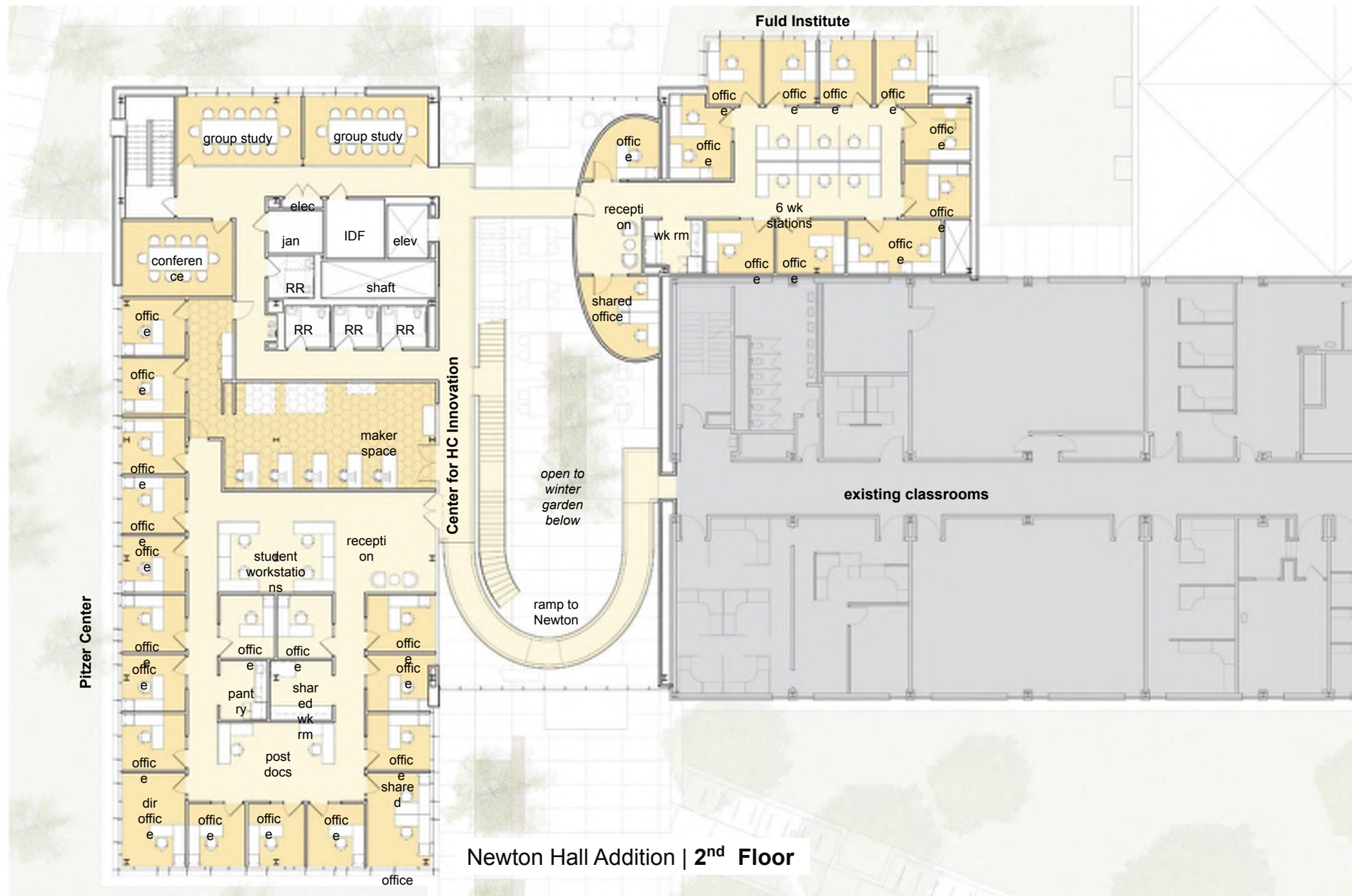
e: johnnak@ma-architects.com



WEST TERRACE REFINEMENT | OPTION B



NOURISHMENT!



Newton Hall Addition | 2nd Floor



Newton Hall Addition | 3rd Floor | 10,300 gsf

MIND: Newton Hall Design Features

Project Strategies:

WELL

- Mental Health Promotion, Support, and Education + Stress Support
- Access to Nature / Biophilic Design
- Restorative Opportunities, Spaces, and Programming
- Focus Support

LEED

- (pilot credit) Designing with Nature, Biophilic Design for the Indoor Environment
- Site Development - Open Space



COMMUNITY: Newton Hall Design Features

Project Strategies:

WELL

- Health and Wellness Awareness
- Integrative Design – Integrate Beauty and Design
- Health Services and Benefits + Health Promotion
- Bathroom Accommodations – Single-User Restrooms



MOVEMENT: Newton Hall Design Features

Project Strategies:

WELL

- Site Planning and Selection + Active Commuter and Occupant Support
- Exterior Active Design
- Movement Network and Circulation
- Physical Activity Spaces and Equipment
- Physical Activity Opportunities

LEED

- Surrounding Density and Diverse Uses
- Bicycle Facilities



LIGHT: Newton Hall Design Features

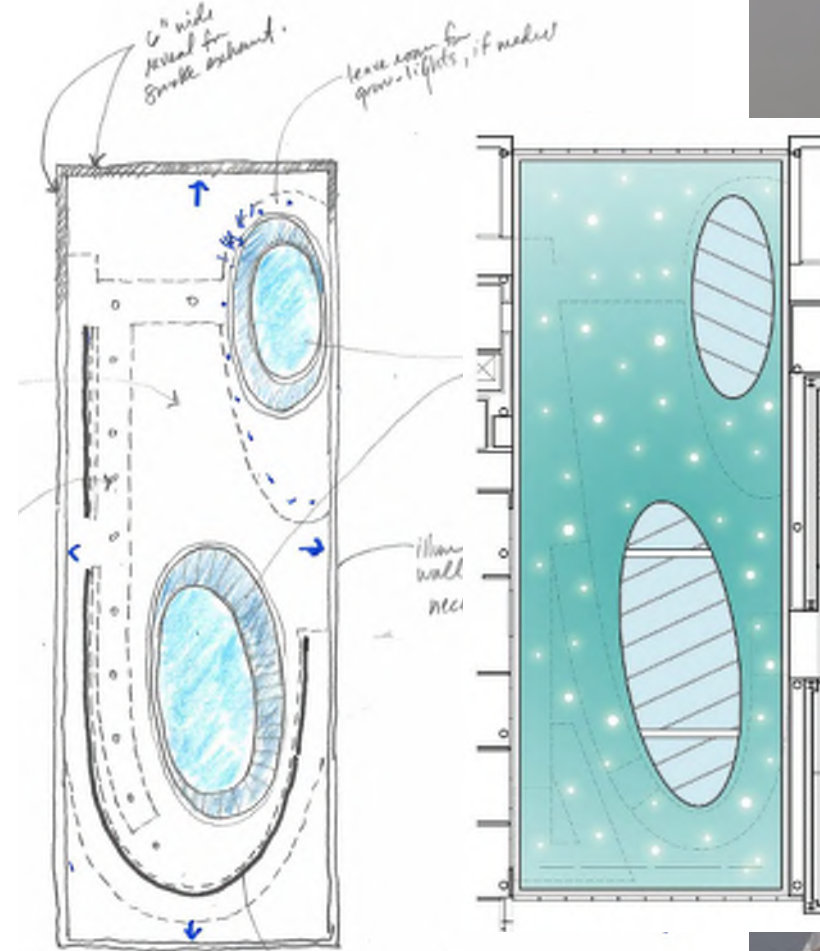
Project Strategies:

WELL

- Light Exposure and Education
- Visual Lighting Design
- Enhanced Daylight Access

LEED

- Interior Lighting
- Daylight



AIR: Newton Hall Design Features

Project Strategies:

WELL

- Fundamental Air Quality + Air Filtration
- Ventilation Effectiveness + Enhanced Ventilation
- Smoke-Free Environment
- Pollution Infiltration Management + Source Separation
- Construction Pollution Management
- Microbe and Mold Control
- Long-Term + Short-Term Emission Control

LEED

- IAQ Performance
- ETS Control
- Enhanced IAQ Strategies
- Low-Emitting Materials
- Construction IAQ Management
- IAQ Assessment



THERMAL COMFORT: Newton Hall Design Features

Project Strategies:

WELL

- Thermal Performance
- Enhanced Thermal Performance
- Radiant Thermal Comfort

LEED

- Thermal Comfort



SOUND: Newton Hall Design Features

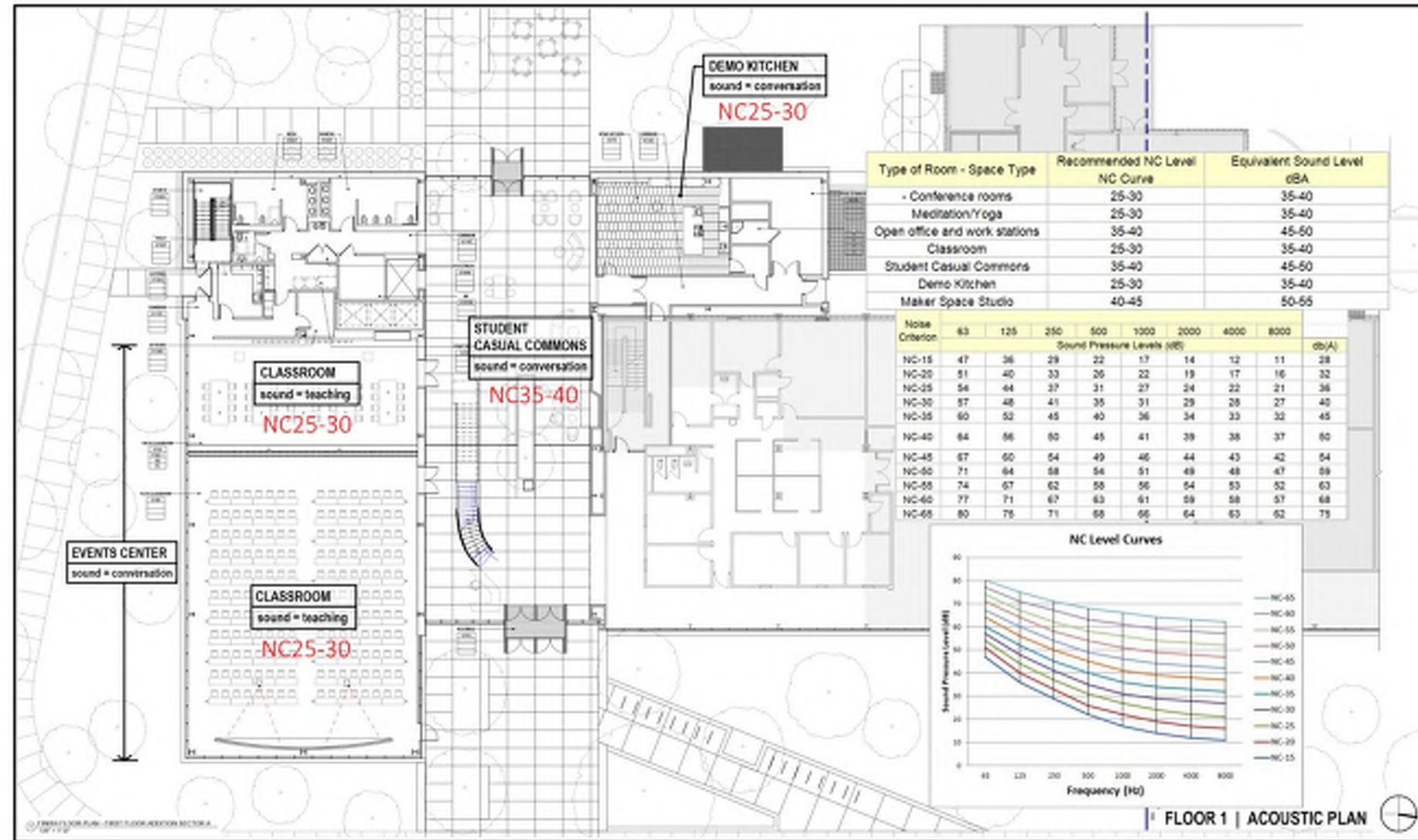
Project Strategies:

WELL

- Sound Mapping
- Maximum Noise Levels
- Sound Absorption

LEED

- Acoustic Performance



NOURISHMENT + WATER: Newton Hall Design Features

Project Strategies:

WELL

- Nutrition Education
- Mindful Eating
- Food Preparation
- Fundamental Water Quality + Water Contaminants
- Water Quality Consistency
- Drinking Water Promotion

