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

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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

Ken Cleaver  
*Team Lead - Higher Education*  
M+A Architects

Johnna Keller  
*Sustainability Manager*  
M+A Architects

Laurel Van Dromme  
*Chief of Strategic Partnerships & Special Projects*  
The Ohio State University

Bernadette Mazurek Melnyk  
*Vice President for Health Promotion, University Chief Wellness Officer, Dean and Professor, College of Nursing Professor of Pediatrics & Psychiatry, College of Medicine Executive Director*  
The Ohio State University
The WHY: A Perspective from The Ohio State University College of Nursing
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
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
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
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.

*The Ohio State University*

**College of Nursing**
Every day, we make behavioral choices that influence our health and wellness outcomes.

Our Environment Plays a Role in our Wellbeing
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?


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The ultimate goal of our buildings + communities:
To create a positive human experience.
Project Goals: Visioning Outcomes

- Stress reduction / support mental health and emotional well-being
- Daylight / optimal daylighting
- Social connections / connectedness
- Exercise / activeness
- Good air quality
- Access to healthy foods / snacks
- Sensory richness - soundscape, textures, natural materials, air movement, sense of life outside
- Enhanced cognitive function
- Artificial lighting temperature affects
- Being outdoors
- Space that promotes movement, positive mental health, natural light, social interaction if appropriate
- Varied, to accommodate a variety of personalities and activities
- Safety
- Groundedness
- Respond to deeply seated human desire for complexity in space, material, form, light, etc.
- Execute the design in the field
Project Goals → Sustainability Categories

**PROJECT GOAL**
- Stress Reduction
- Supporting Mental Health and Emotional Well-Being
- Daylighting / Optimal Daylighting / Qualities of Light
- Social Connections / Connectedness
- Exercise / Activeness
- Air Quality and Outdoor Connections
- Access to Healthy Foods / Snacks

**WELL**
- AIR
- WATER
- NOURISHMENT
- LIGHT
- MOVEMENT
- THERMAL COMFORT
- SOUND
- MATERIALS
- MIND
- COMMUNITY

**LEED**
- MATERIALS + RESOURCES
- INDOOR ENVIRONMENTAL QUALITY
- LOCATION + TRANSPORTATION
- INDOOR ENVIRONMENTAL QUALITY
- INNOVATION
- SUSTAINABLE SITES
Newton Hall - Site Context
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
MIND
COMMUNITY
SUSTAINABLE SITES
access to nature + biophilic design
THERMAL COMFORT
radiant heating
MOVEMENT
LOCATION + TRANSPORTATION
bike storage + active commuter support

MIND

COMMUNITY

SUSTAINABLE SITES
access to nature + biophilic design

THERMAL COMFORT
radiant heating

FIRST LEVEL
MOVEMENT
- bike storage + active commuter support

WATER
- drinking water promotion

NOURISHMENT
- nutrition education + mindful eating

MIND

COMMUNITY

SUSTAINABLE SITES
- access to nature + biophilic design

THERMAL COMFORT
- radiant heating

LOCATION + TRANSPORTATION

FIRST LEVEL
MIND
biophilic design: prospect + risk/prevent

SOUND
sound mapping + focus support:
collaborative spaces vs quiet zones

quiet

loud
MIND
biophilic design: prospect + risk (peril)

SOUND
sound mapping + focus support: collaborative spaces vs quiet zones

MOVEMENT
movement network and circulation

SECOND LEVEL
MIND
biophilic design: prospect + risk (peril)

SOUND
sound mapping + focus support: collaborative spaces vs quiet zones

MOVEMENT
movement network and circulation

SECOND LEVEL
MIND
biophilic design: prospect + risk (peril)

SOUND
sound mapping + focus support: collaborative spaces vs quiet zones

MOVEMENT
movement network and circulation

INDOOR ENVIRONMENTAL QUALITY

LIGHT
light exposure + daylight

SECOND LEVEL

AIR
MATERIALS
MATERIALS + RESOURCES
INDOOR ENVIRONMENTAL QUALITY

light exposure + daylight

MOOD

biophilic design: prospect + risk (peril)

SOUND

sound mapping + focus support: collaborative spaces vs quiet zones

MOVEMENT

movement network and circulation

NOURISHMENT

food preparation

LIGHT

light exposure + daylight
THIRD LEVEL
MIND restorative opportunities

mental health promotion, support, and education + stress support
SOUND
sound mapping + focus support:
collaborative spaces vs quiet zones

MIND
restorative opportunities

MIND
mental health promotion,
support, and education + stress support
MIND
restorative opportunities

SOUND
sound mapping + focus support:
collaborative spaces vs
quiet zones

INDOOR ENVIRONMENTAL
QUALITY

LIGHT
interior lighting design
MIND
restorative opportunities

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!

[The Ohio State University
College of Nursing]
Contact us

Laurel Van Dromme, MA  
*Chief of Strategic Partnerships & Special Projects*  
The Ohio State University College of Nursing  
e: vandromme.2@osu.edu

Ken Cleaver, LEED AP  
*Team Lead, Higher Education + Healthcare*  
M+A Architects  
e: kenc@ma-architects.com

Johnna S. Keller, AIA, LEED AP BD+C, LFA, WELL AP  
*Sustainability Manager | Project Manager*  
M+A Architects  
e: johnnak@ma-architects.com
WEST TERRACE REFINEMENT | OPTION B
**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