



# Designing for Health & Wellbeing

Dalia Wagdi | WELL AP & Faculty. Fitwel Ambassador



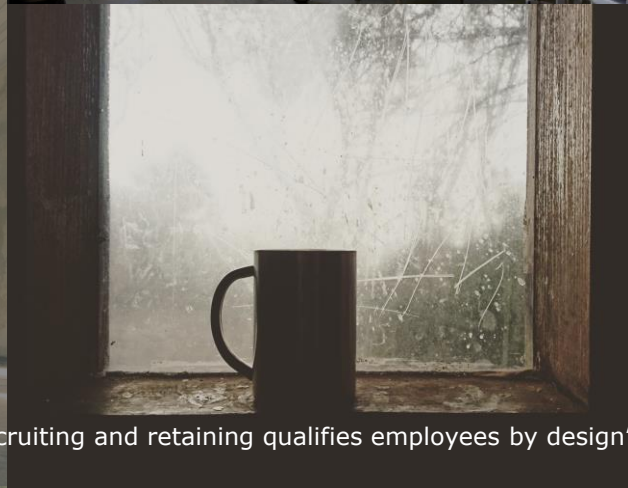
An aerial photograph of a city, likely Dubai, showing a dense cluster of skyscrapers in the background and a large residential area with many smaller buildings in the foreground. The word "INTRODUCTION" is overlaid in white text in the center of the image.

# INTRODUCTION



# OUR INTERIOR ENVIRONMENTS

Workplace design is one of the top three factors which impact performance and job satisfaction<sup>1</sup>



1. American Society of Interior Designers (1999). "Recruiting and retaining qualifies employees by design" *White paper*

# BENEFITS

## **For employees and clients:**

- Health-focused environment
  - Increased productivity
- Improved satisfaction and happiness at work

## **For company:**

- Attract and retain top talent, client and investors
  - Promote health to employees
    - Return on investment
    - Lead the industry

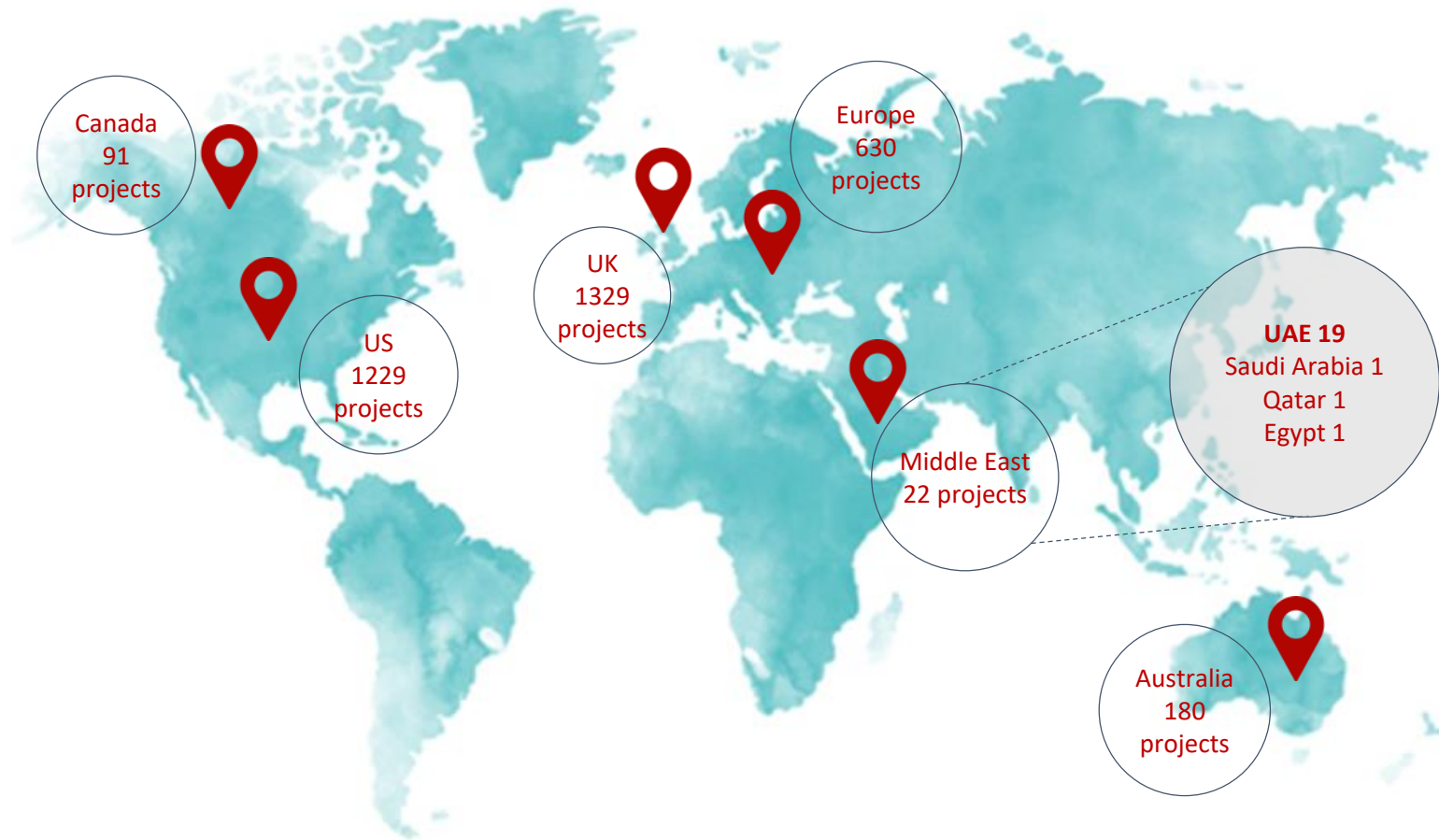
## **For residents:**

- Health-focused environment
  - Positive impact on health
- Improved energy and quality of sleep





# GLOBAL STATUS



# DUBAI'S PATHWAY TO WELLNESS

## THE PEOPLE - 'City of Happy, Creative & Empowered People' The people are the main focus of Dubai Plan 2021.



### THE PEOPLE

#### "City of Happy, Creative & Empowered People"

The people of Dubai are the main focus of Dubai Plan 2021. It is from this perspective that the plan addresses the traits and characteristics that must be reinforced and developed among the people of Dubai to ensure they are capable of driving the city forward into its future.

Accordingly, the theme focuses on reinforcing the feeling of responsibility each individual must have towards themselves and their families and society in pursuing and promoting education and personal development, and maintaining a healthy lifestyle, to enable them to play an active, productive, and innovate role in all aspects of the society and economy.

#### Aims

- 1 Educated, Cultured and Healthy Individuals:** Individuals who take care of their own wellbeing and that of their family through proactive measures to manage their health and enhance their skills and ability to contribute to the economy and society of Dubai building on their solid education and cultured upbringing.
- 2 Productive and Innovative in a Variety of Fields:** Individuals who strive to succeed, are financially self-sufficient, and embody the mindset and disposition of entrepreneurs and responsible citizens.
- 3 Happy Individuals Proud of Their Culture:** Individuals who are generally satisfied with their life in Dubai, confident about their future and proud of their cultural origins.
- 4 Are the Cornerstone for Dubai's Development across all fields:** Emiratis men and women playing an important role in the development of Dubai and filling critical roles across various sectors including social, economic, and urban.





## National Program for Happiness and Wellbeing Launches 120 Models to Enhance Wellbeing in the Workplace at Government and Private Entities

**NEWS** | 5 January 2019

The National Program for Happiness and Wellbeing has launched 120 practical models to enhance wellbeing in the workplace at both public and private sector entities.

The initiative supports government and private entities' efforts to promote wellbeing concepts and practices in the workplace, and facilitates the implementation of the National Agenda for Wellbeing.

The models aim to develop a work culture based on four pillars: enhancing health, strengthening relations, achieving capacities, and establishing purpose.

The models are an initiative of the National Program for Happiness and Wellbeing, to help human resources departments to improve working, injecting new ideas into their existing programmes and initiatives to promote wellbeing concepts and practices into the work environment and employ them to boost productivity and performance.

The National Program for Happiness and Wellbeing will be conducting training programmes and workshops for government and private entities to raise awareness of workplace wellbeing and help implement it across all sectors.


# HH Sheikh Mohammed Bin Rashed Al Maktoum

PM of the UAE and Ruler of Dubai

Reviewed the reports of employee satisfaction in 40 federal government bodies .. **The satisfaction rate in some entities is 93%.**

We have **5 entities with a 60% satisfaction rate!** These percentages are unacceptable. **Employee satisfaction is key to customer satisfaction.**

6 months is the deadline we give to the managers of these bodies to change the working environment. **The most expensive government capital is its employees.**



The image shows a screenshot of a tweet from HH Sheikh Mohammed Bin Rashed Al Maktoum. The tweet is in Arabic and discusses employee satisfaction in government entities. The text is as follows:

اطلعت على تقارير رضا الموظفين في ٤٠ جهة حكومية اتحادية .. تصل نسبة الرضا في بعض الجهات ٩٣% لدينا ٥ جهات تقل فيها نسبة الرضا عن ٦٠% ! هذه النسب غير مقبولة. رضا الموظفين مفتاح لرضا المتعاملين

٦ أشهر مهلة نعطيها لمدراء هذه الجهات لتغيير بيئة العمل رأس مال الحكومة الأعلى هو موظفيها

2:51 AM - 30 Jul 2018



# DESIGN COMPONENTS

**ACOUSTICS**

**SPACE &  
ERGONOMICS**

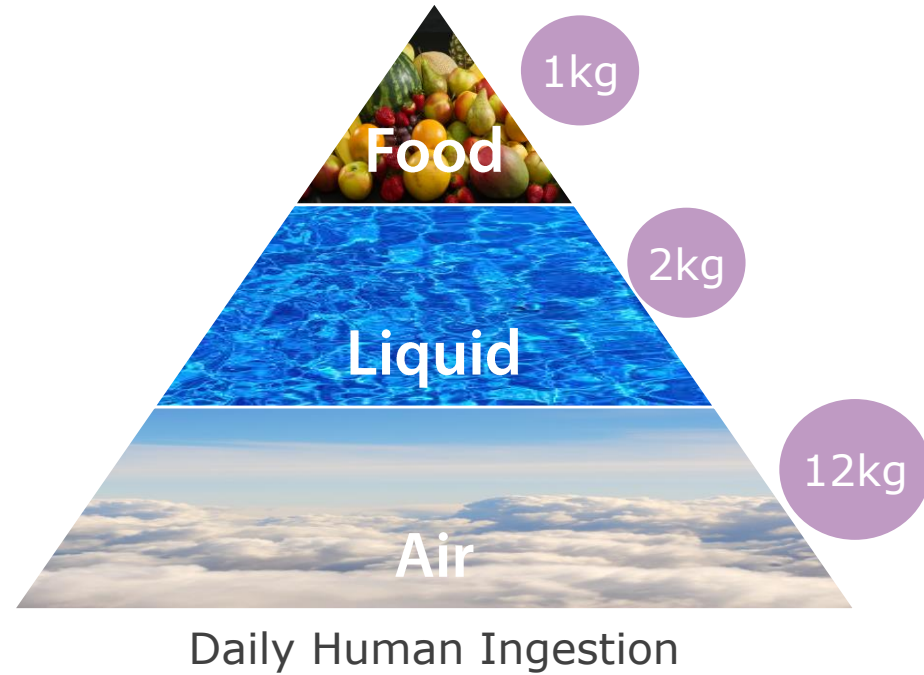
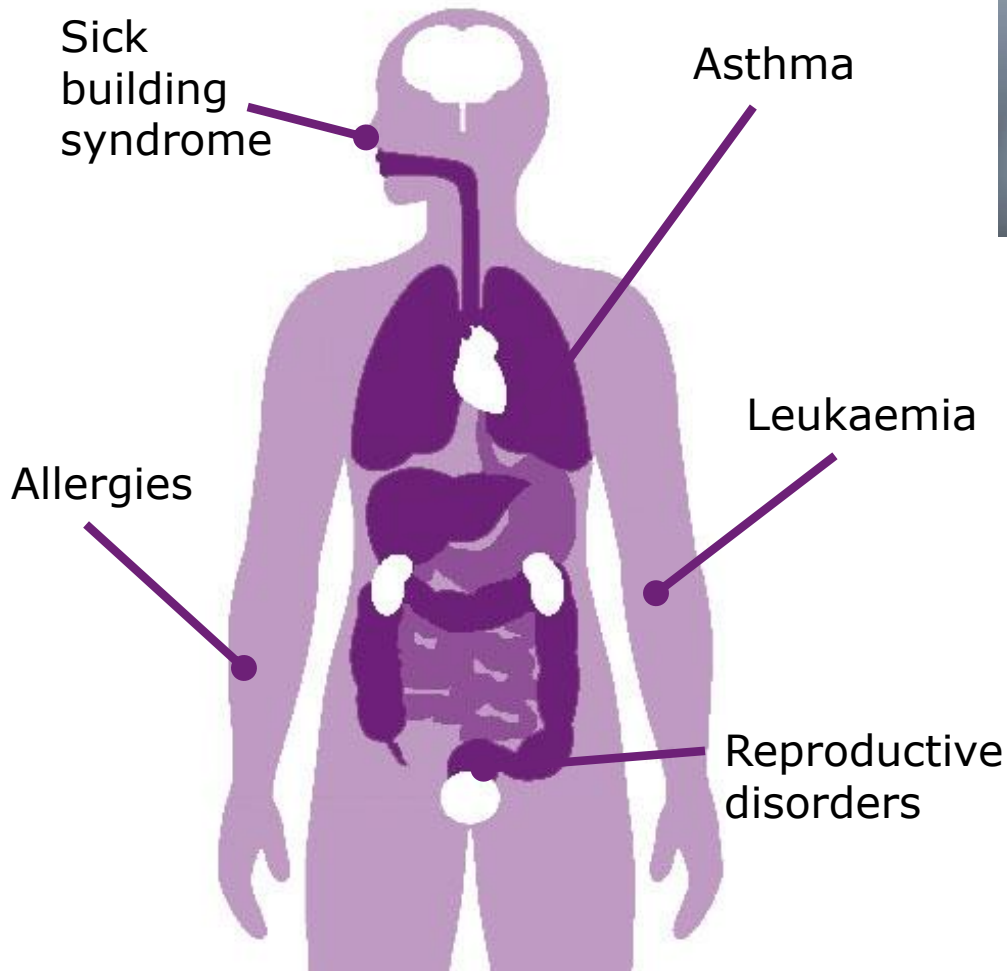


**MATERIALS**

**BUILDING  
SYSTEMS  
PERFORMANCE**

**LIGHTING**

# MATERIALS





# MATERIALS

- Low Chemical Emissions
- Elimination of toxic materials
- Material Transparency
- Dust and Pests





**MATERIALS** Low Chemical Emissions  
**Elimination of toxic materials**  
Material Transparency  
Dust and Pests







# MATERIALS

Low Chemical Emissions  
 Elimination of toxic materials  
**Material Transparency**  
 Dust and Pests

**Declare.**

**Aspecta One - Luxury Vinyl Tile**  
 Metroflor Corp. / Aspecta B.V.  
 Final Assembly: Zhangjiapang, Jiangsu, China  
 Life Expectancy: 20 Years  
 End of Life Options: Recyclable (100%)

**Ingredients:**  
 Filler: Calcium Carbonate; Polymer: PVC;  
 Plasticizer: Dioctyl Terephthalate (DOTP);  
 Modifiers: 2-propenenitril, Polymer with  
 1,3-Butadiene, Methyl Methacrylate, Copolymer  
 with Butyl Acrylate; Stabilizers: Calcium  
 Stearate, Zinc Stearate, Lanthanum(3+)  
 Stearate, UV Acrylic Layer; Polyurethane Foams  
 Triacrylate (TMPTA), Dipropylene glycol  
 Stearate, Fumed Silica, Crystalline-Free,  
 1,6-Hexanediol Diacrylate, Pigment:  
 Hydroxycyclohexyl Phenyl Ketone; Carbon  
 Black; Inks: C.I. Pigment Red 221, Vinyl  
 Chloride-Vinyl Acetate Copolymers

**Living Building Challenge Criteria:**  
 OR: 01 APR 2018  
 VOC Emission: CDW  
 LBC Red List Free  
 LBC Compliant  
 Declared

**Aspecta Five - Dalle En Vinyl De**  
 Metroflor Corp. / Aspecta B.V.  
 Assemblage Final: Shanghai, Pudong, Chine  
 Durée de Vie: 25 Ans  
 Options en Fin de Vie: Recyclable (100%)

**Declare.**

**Aspecta Five - Piastrelle Di Vinile Luxury**  
 Metroflor Corp. / Aspecta B.V.  
 Assemblaggio Finale: Shanghai, Pudong, Cina  
 Durata Utile: 25 Anni  
 Opzioni a Fine Durata: Riciclaggio (100%)

**Componenti:**  
 Polimero: Cloruro di Polivinile (PVC);  
 Materiale di Riempimento: Carbonato di  
 Calcio; Plastificante: Tereftalato di Diottile  
 (DOTP); Stabilizzatore #1: Stearato di Calcio;  
 Stabilizzatore #2: Stearato di Zinco; Pigmento:  
 Nerofumo; Componente Dello Strato Acrilico  
 UV #1: Tripropilenglicole Diacrilato (TPGDA);  
 Componente Dello Strato Acrilico UV #2:  
 Trimetilpropano Triacrilato (TMPTA);  
 Componente Dello Strato Acrilico UV #3:  
 Quarzo (Biossido di Silicio); Componente Dello  
 Strato Acrilico UV #4: Benzofenone; Inchiostro  
 #1: Colorante C.I. Rosso 22; Inchiostro #2:  
 Vinilcloruro, Copolimero di Vinilacetato

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**Aspecta One - Luxueuz**  
 Metroflor Corp. / Aspecta B.V.  
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 Levensduur: 20 Jaar  
 Mogelijkheden Einde Van de Levensduur: 100% Recyclebaar

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 Stearate, Zinc Stearate, Lanthanum(3+)  
 Stearate, UV Acrylic Layer; Polyurethane Foams  
 Triacrylate (TMPTA), Dipropylene glycol  
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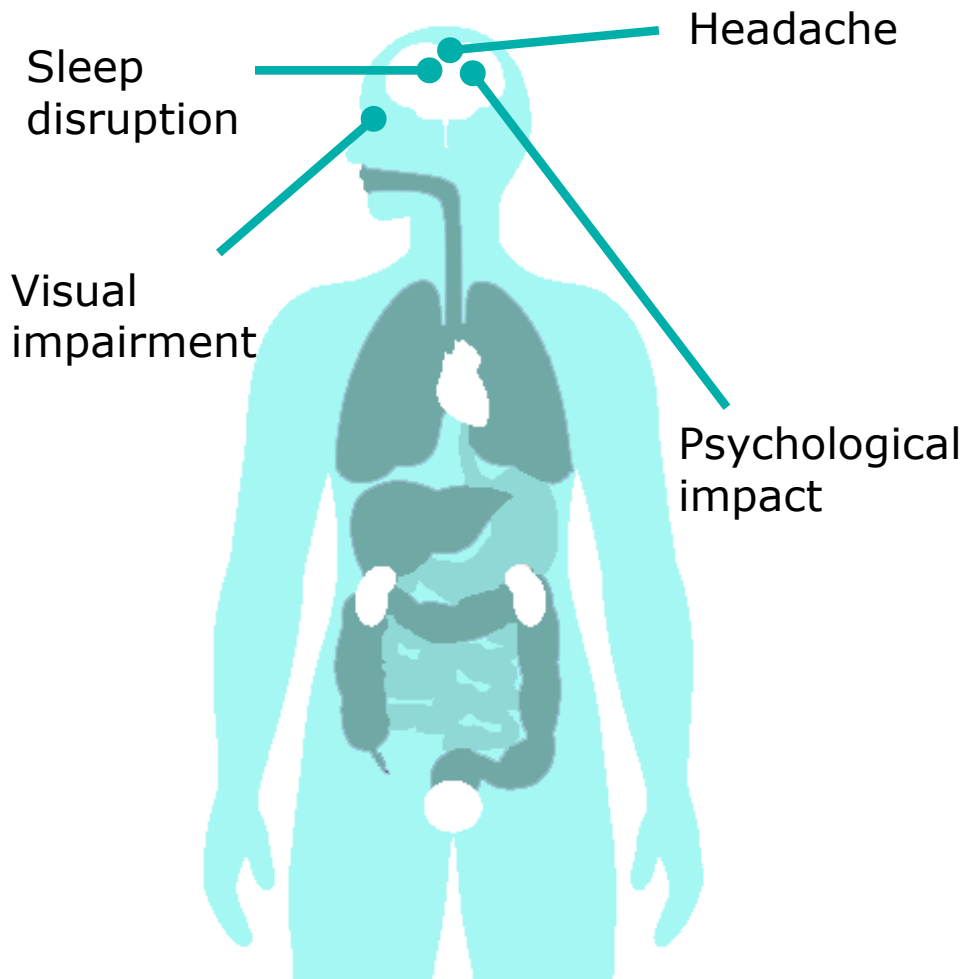


**MATERIALS** Low Chemical Emissions  
Elimination of toxic materials  
Material Transparency  
**Dust and Pests**





## LIGHTING





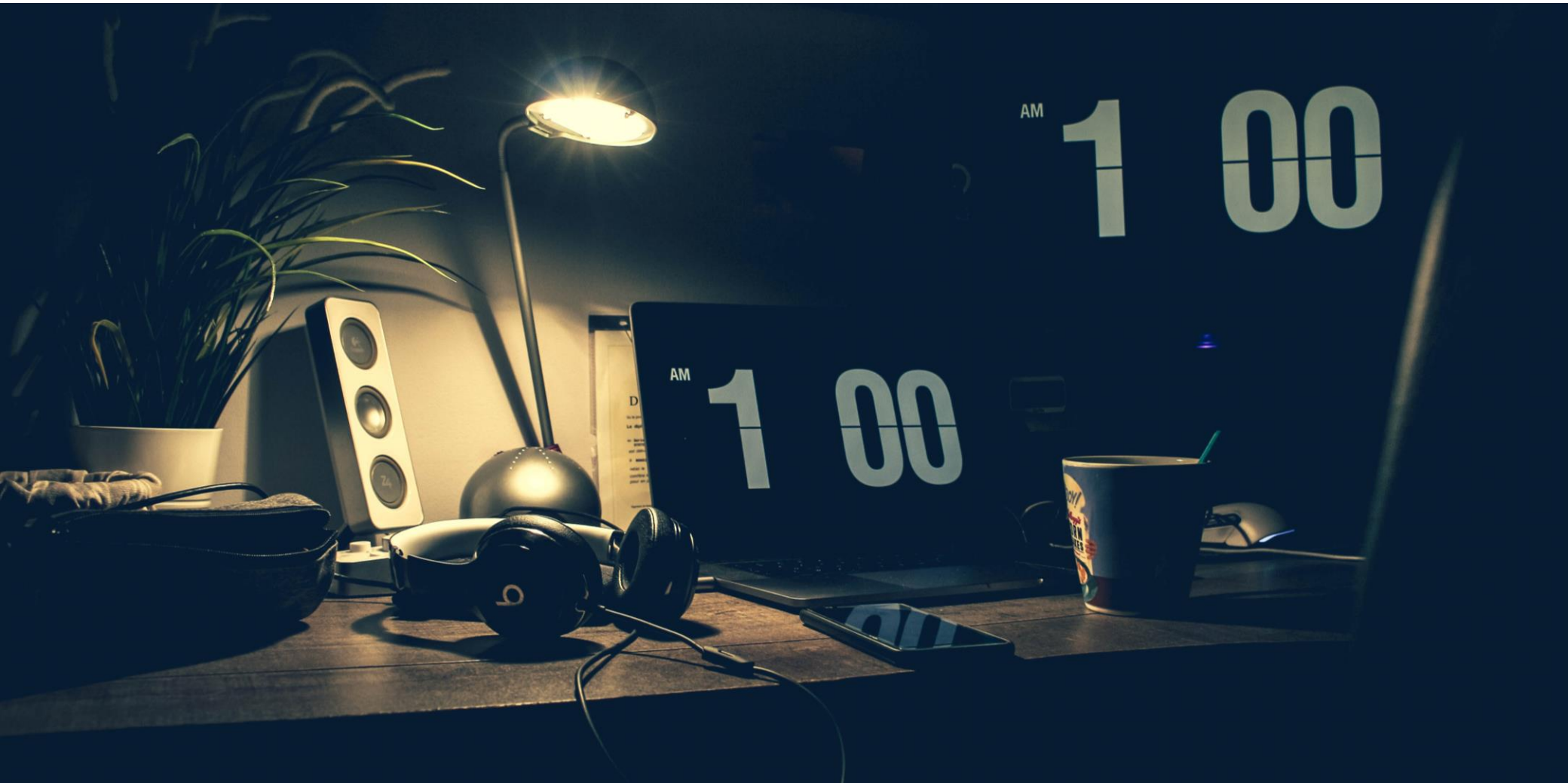
# LIGHTING

## Electric Lighting

Glare Control

Views

Surface Design







# LIGHTING

Electric Lighting  
**Glare Control**  
Views  
Surface Design







# LIGHTING

Electric Lighting  
Glare Control  
**Views**  
Surface Design



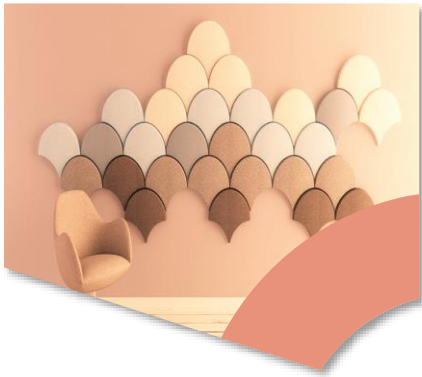


# LIGHTING

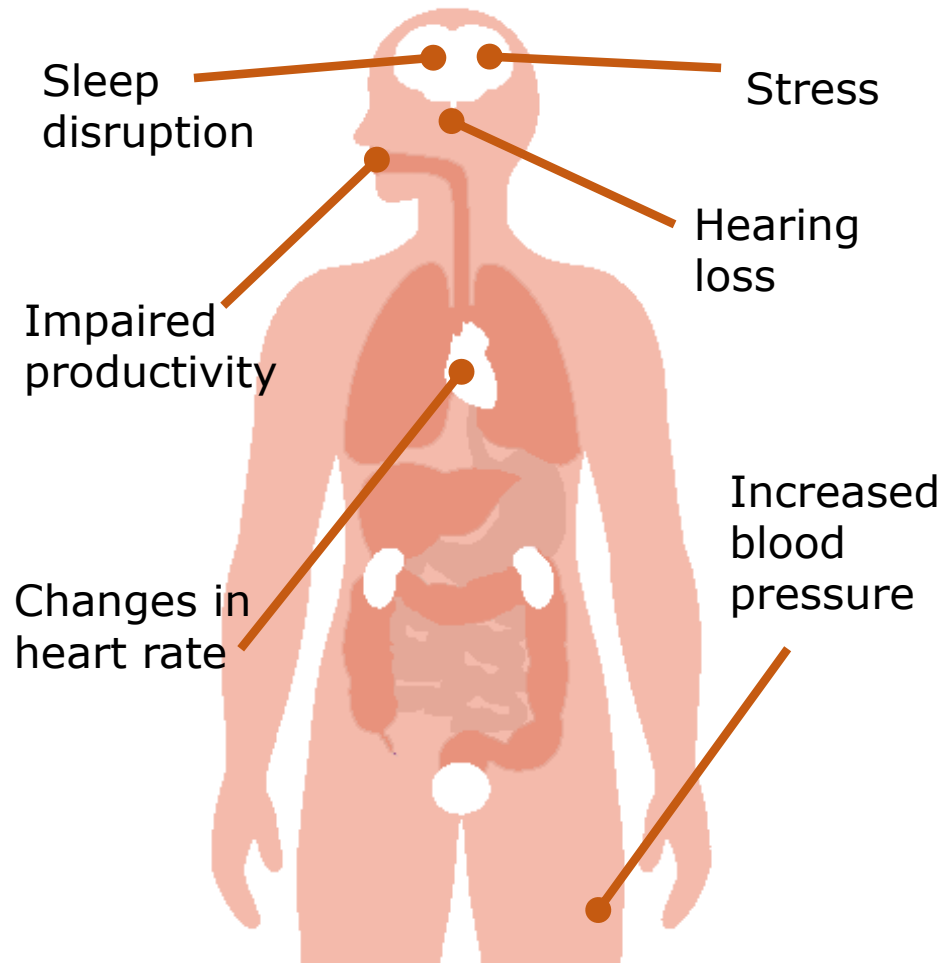
Electric Lighting  
Glare Control  
Views  
**Surface Design**

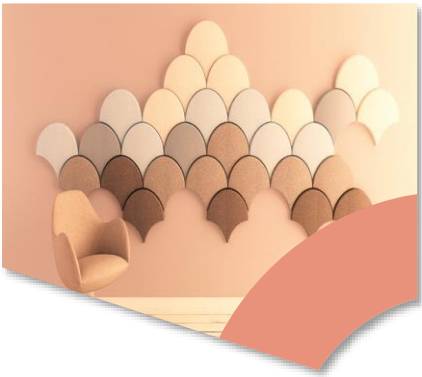






# ACOUSTICS

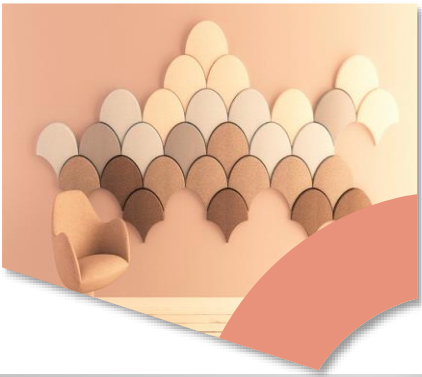




# ACOUSTICS

**Acoustic Plan**  
Sound Masking  
Sound Reducing Surfaces



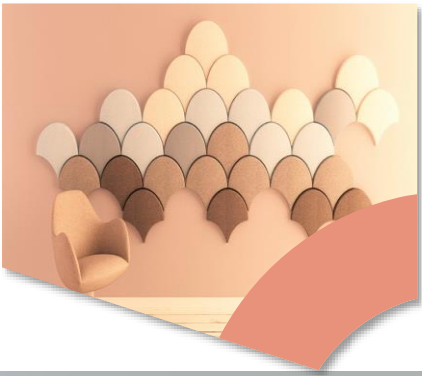


## ACOUSTICS

Acoustic Plan  
**Sound Masking**  
Sound Reducing Surfaces





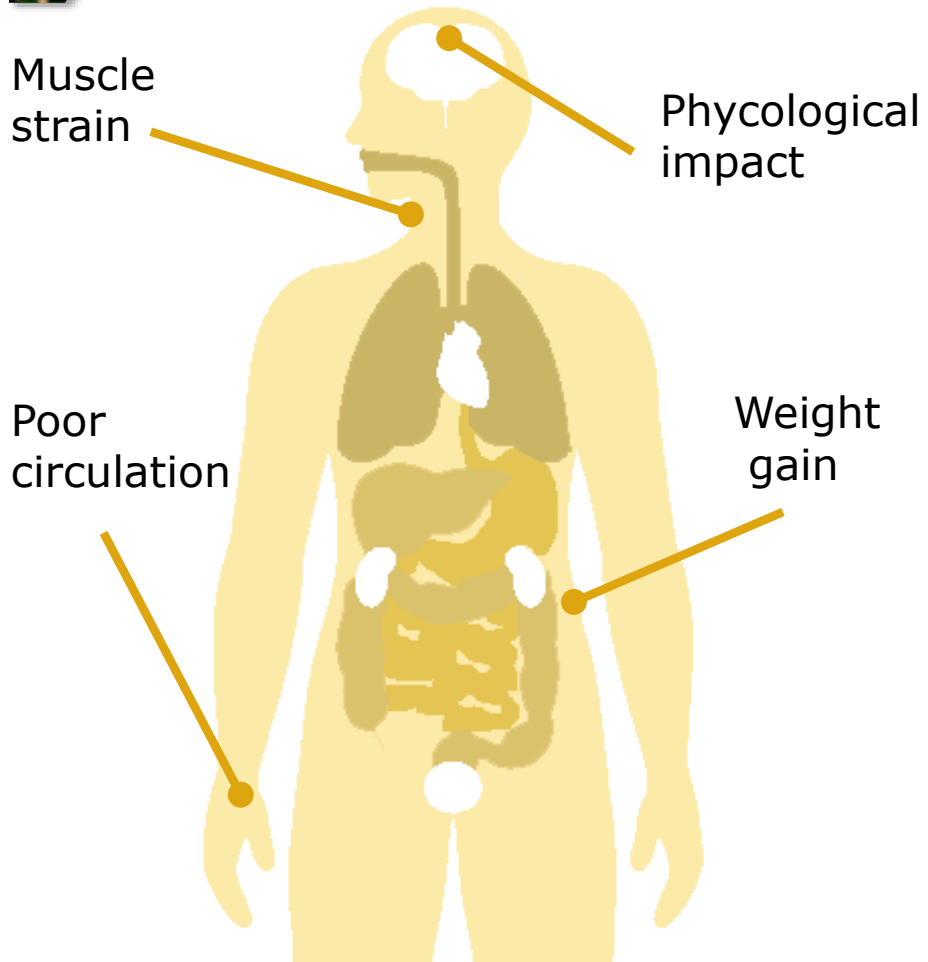
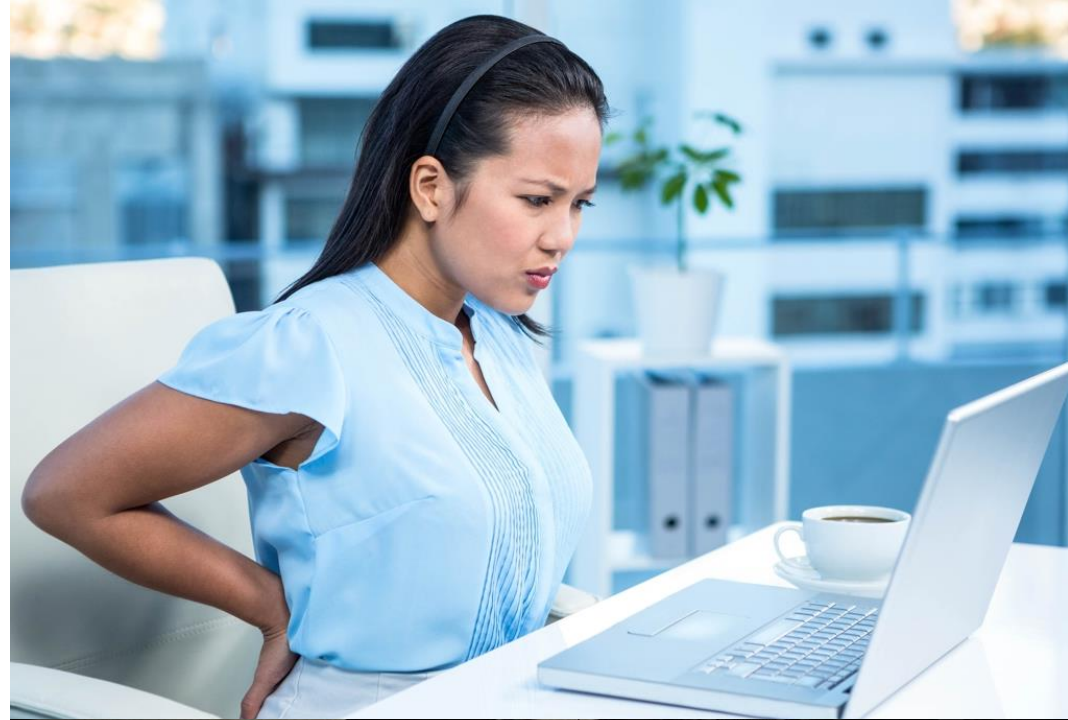


## ACOUSTICS

Acoustic Plan  
Sound Masking  
**Sound Reducing Surfaces**



# SPACE & ERGONOMICS





# SPACE & ERGONOMICS

**Space Layout**  
Ergonomic furniture  
Active features  
Biophilia





## SPACE & ERGONOMICS

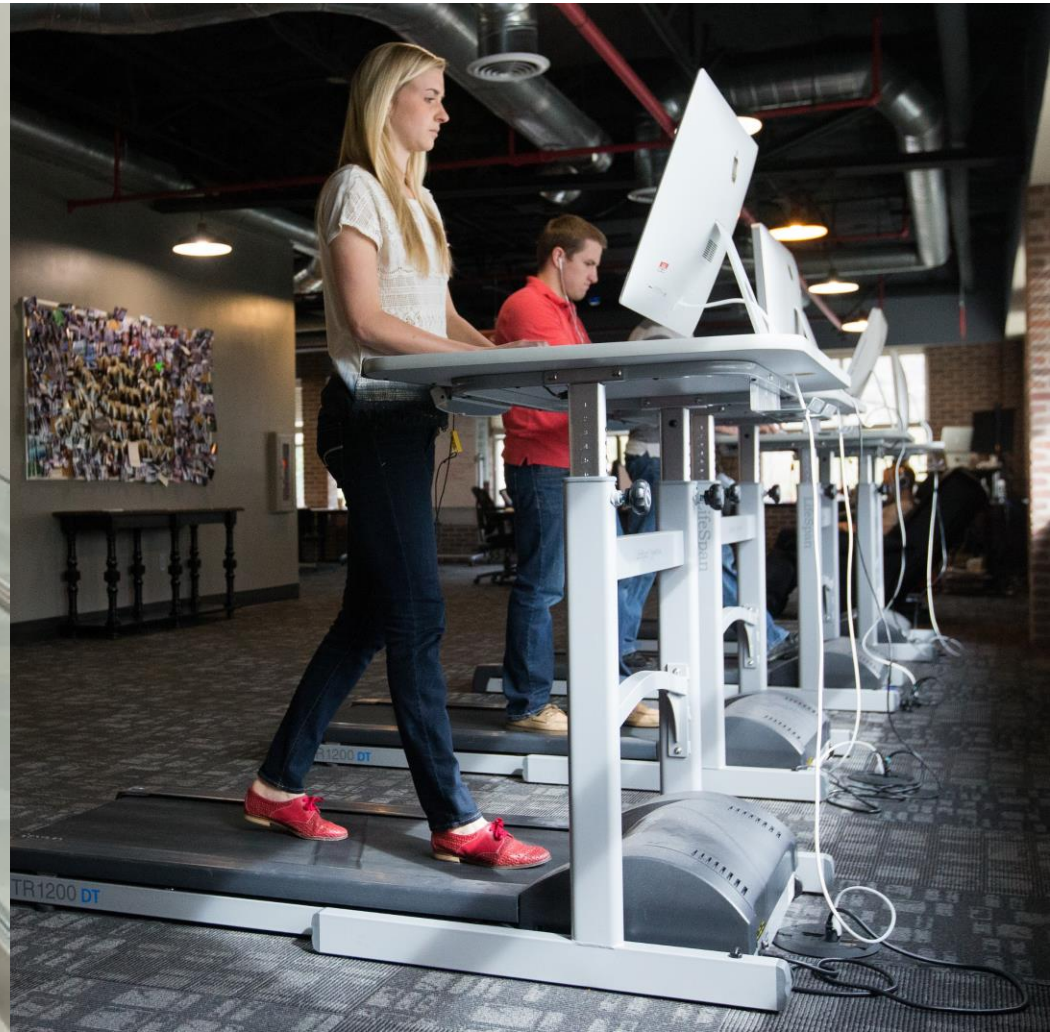
Space Layout  
**Ergonomic furniture**  
Active features  
Biophilia





# SPACE & ERGONOMICS

Space Layout  
Ergonomic furniture  
**Active features**  
Biophilia







## SPACE & ERGONOMICS

Space Layout  
Ergonomic furniture  
Active features  
**Biophilia**







# **BUILDING SYSTEMS PERFORMANCE**

**Air Filtration**  
Air Quality Monitoring  
Water Quality Testing  
Advanced Air Purification



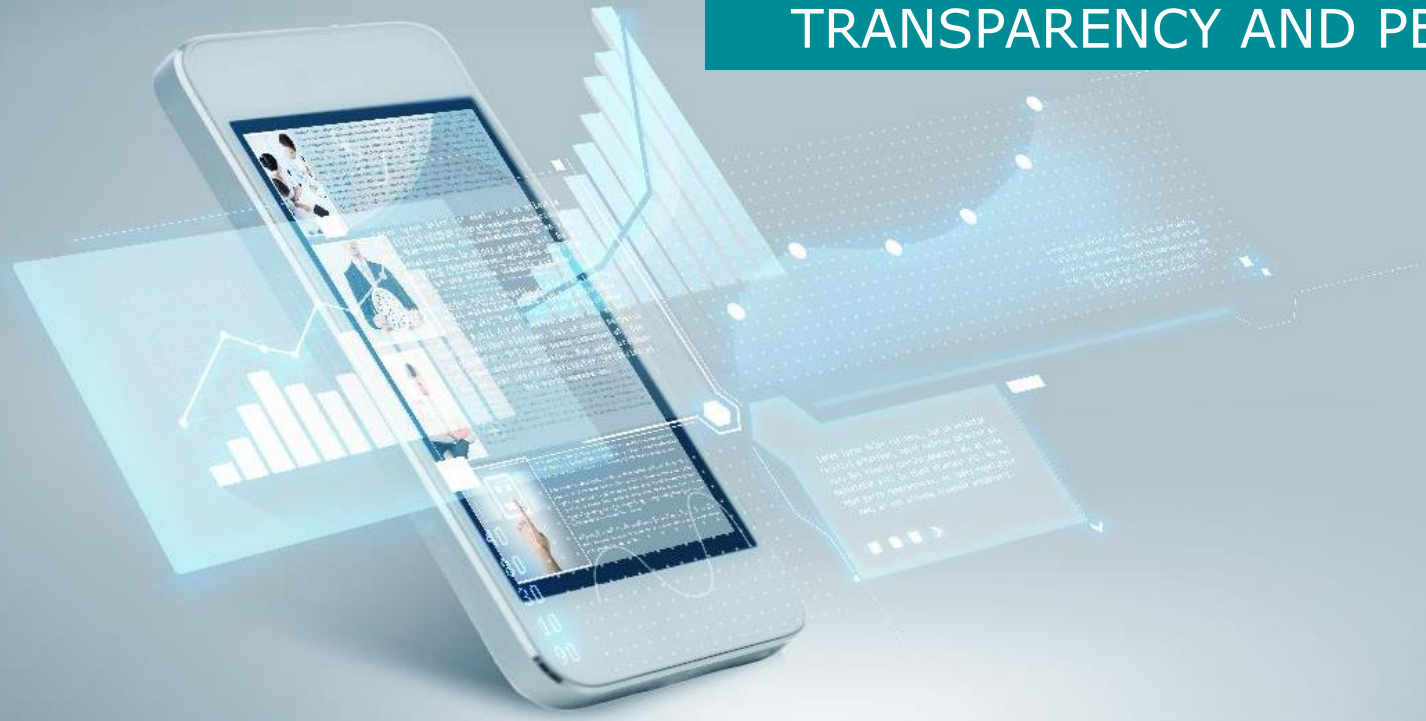




# BUILDING SYSTEMS PERFORMANCE

Air Filtration  
**Air Quality Monitoring**  
Water Quality Testing  
Advanced Air Purification

ENCOURAGES ONGOING  
TRANSPARENCY AND PERFORMANCE







# **BUILDING SYSTEMS PERFORMANCE**

Air Filtration  
Air Quality Monitoring  
**Water Quality Testing**  
Advanced Air Purification





## **BUILDING SYSTEMS PERFORMANCE**

Air Filtration  
Air Quality Monitoring  
Water Quality Monitoring  
**Advanced Air Purification**

Design with space in ducts to accommodate  
Activated Carbon Filtration

Absorbs:

- Contaminants:
- Dust
- Pollutants
- Allergens



# FINANCE REPORT

ACCOUNT REPORT

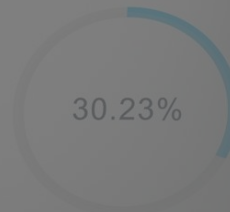
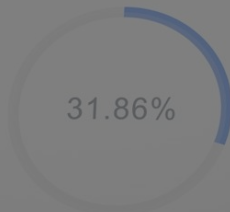
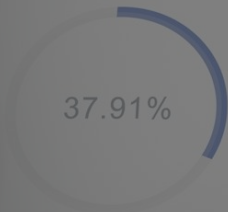
DASHBOARD > INCOME

DAILY WEEKLY MONTHLY



# CASE STUDIES

## TOTAL INCOME



LINE ITEMS	16.15 M\$
SHIPPING	0.15 M\$
TAXES	0%
TOTAL	16.3 M\$

LINE ITEMS	13.5 M\$
SHIPPING	0.2 M\$
TAXES	0%
TOTAL	13.7 M\$

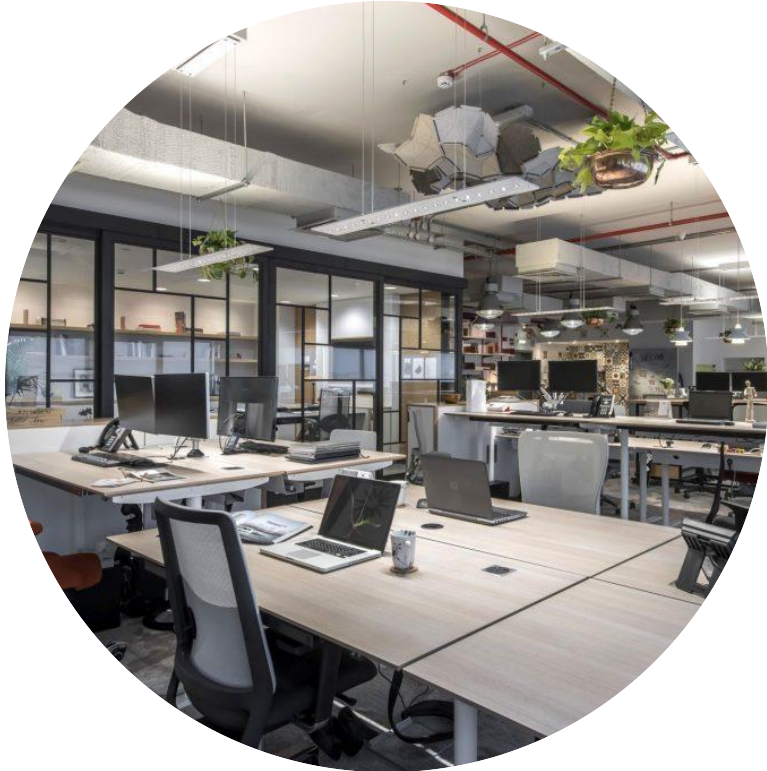
LINE ITEMS	13.00 M\$
SHIPPING	0 \$
TAXES	0%
TOTAL	13.00 M\$

# CASE STUDY 1





# FEATURES



Materials



Hanging Planters



Fresh flowers

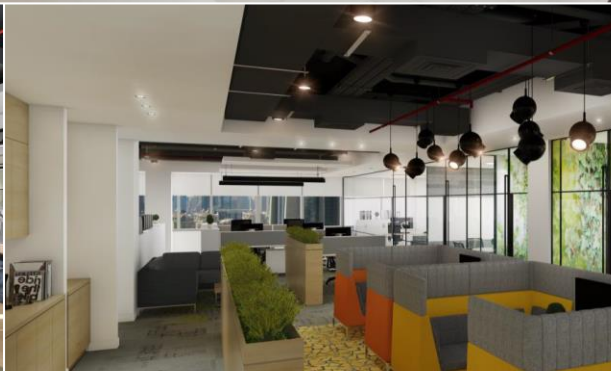
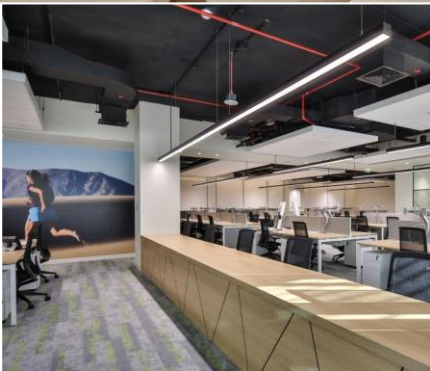


Furniture and Furnishing



Indoor Plants

# CASE STUDY 2



© yasserphoto.com



# FEATURES



Materials



Colors



Images

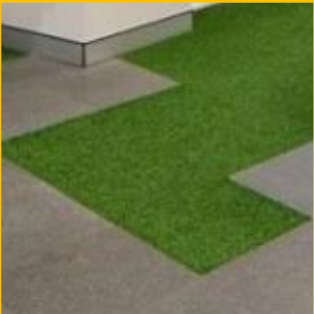


Moss Walls



Planters

# CASE STUDY 3 (confidential project)



Artificial Turf



Hanging planters & Mini Golf course



Views



Wave Pattern Carpets



Stone & Marble Walls

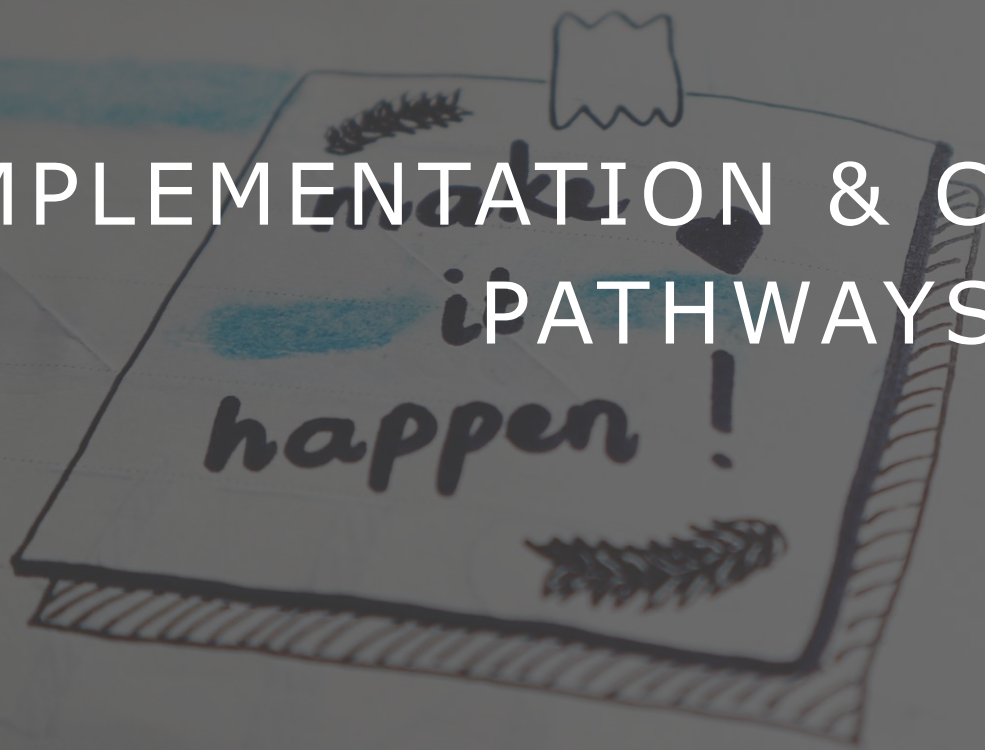


Fish Tank Wall & Water Fountains





IMPLEMENTATION & COMPLIANCE  
PATHWAYS



# ALTERNATIVE PATHWAYS

## Living Building

- Medium to High Cost
- Moderate Impact on productivity
- Can be quantified (optional)
- Products require research and detailed review
- Implementation requires guidance
- 400+ registered, 80+ certified projects [2-3 MENA region]

## Fitwel

- Low to Medium Cost
- High Impact on productivity
- Can be quantified (optional)
- Products are available
- Implementation requires guidance
- 650+ registered projects [2 from MENA region]



## WELL Certification

- Medium to High Cost
- High Impact on productivity
- Surveys required to measure productivity and satisfaction
- Products require research and detailed review
- Implementation requires guidance
- 1000+ registered, 160+ certified [20+ MENA]



## Designing for Health & Wellness

- Minimum Cost
- Moderate Impact on productivity, can be quantified
- Products are available
- Easy to implement



# LIVING BUILDING CHALLENGE



**PETAL  
CERTIFICATION**

---

**Three Petals** or more

One must be Water,  
Energy or Materials  
Petal

As well as imperatives:  
01: Limits to Growth  
20: Inspiration +  
Education



**LIVING  
BUILDING  
CHALLENGE**

---

**LIVING  
CERTIFICATION**

---

**All imperatives** are  
mandatory

Certification is  
based on actual  
performance



**ZERO ENERGY  
CERTIFICATION**

---

**Zero Energy  
(100% only)**

## **Applicable Petals:**

- Health & Happiness
  - Materials
  - Beauty

## **Key requirements:**

- Healthy Interior Environment
  - Biophilic Environment
    - Red List
- Human Scale & Humane Places
- Universal Access to Nature & Place
  - Beauty & Spirit

Fitwel Star Rating	
★ ☆ ☆	90-104
★ ★ ☆	105-124
★ ★ ★	125-144

### Applicable Building Types:

- Workplace
- Multifamily Residential

### Key requirements:

Location  
Access  
Outdoor Spaces  
Entrances & Ground Floor  
Stairs  
Indoor Environments  
Workspaces  
Shared Spaces  
Water Supply  
Food Services  
Wending Machines & Snack Bars  
Emergency Procedures



# WELL BUILDING STANDARD



## Certification Levels:



## Key concepts (v2)



AIR



WATER



NOURISHMENT



LIGHT



MOVEMENT



THERMAL  
COMFORT



SOUND



MATERIALS



MIND



COMMUNITY

## Applicable Building Types:

- Community
- Office
- Educational Facilities
- Retail
- Restaurants
- Residential
- Commercial Kitchens



**Thank you  
for listening!**

