

A background image showing a pair of hands cupped together, holding dark brown soil. Several small green seedlings with two leaves each are growing out of the soil. The image is slightly blurred and has a soft, natural light feel. A white rectangular border is superimposed over the center of the image, containing the text.

LEVERAGING THE BUILT ENVIRONMENT TO ADVANCE DIETARY AND PLANETARY HEALTH

NICE TO MEET YOU

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NOURISHMENT CONCEPT LEAD, STANDARD DEVELOPMENT

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INTERNATIONAL WELL BUILDING INSTITUTE

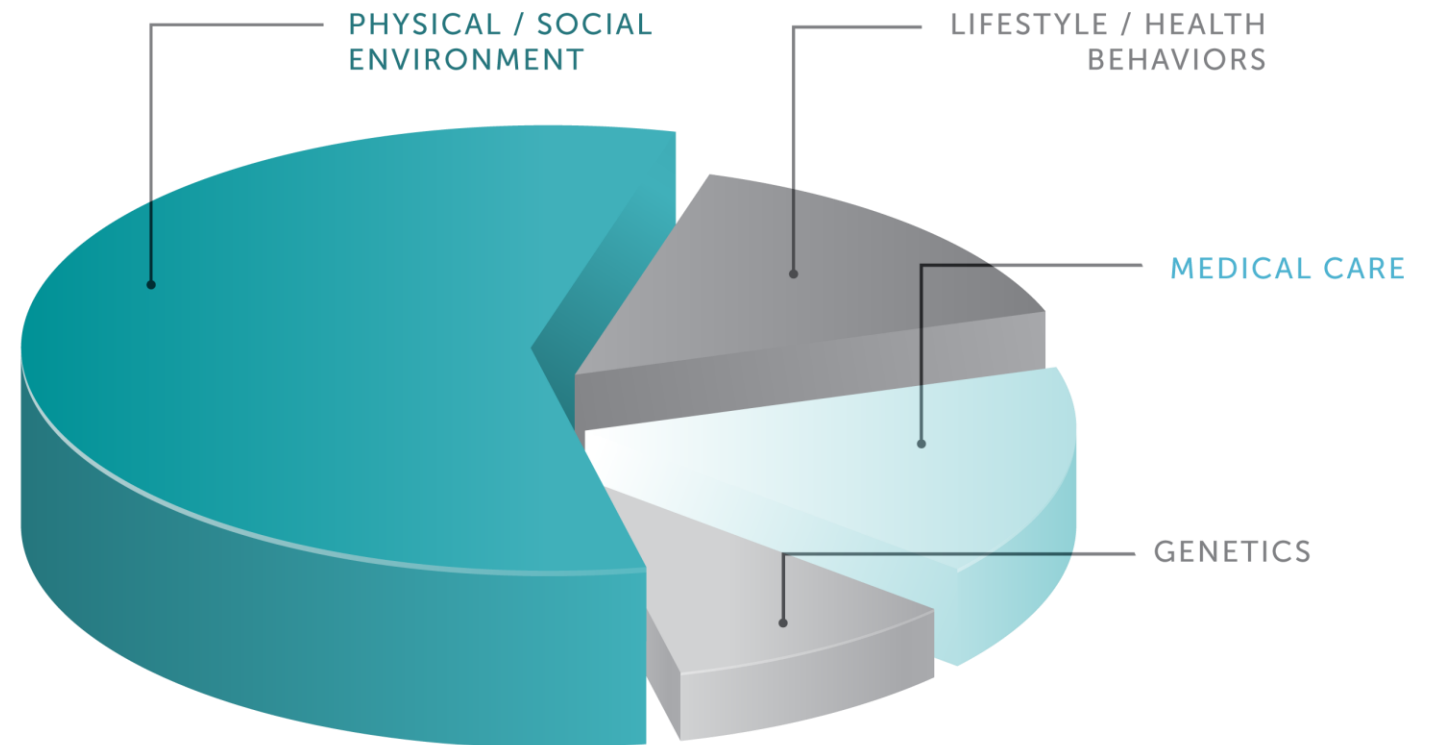
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HEALTH IS A STATE OF COMPLETE PHYSICAL,
MENTAL, AND SOCIAL WELL-BEING, AND NOT
MERELY THE ABSENCE OF DISEASE OR
INFIRMITY.

THE WORLD HEALTH ORGANIZATION

WHAT DETERMINES THE STATE OF HEALTH?





WE SPEND ABOUT 90% OF
OUR TIME INDOORS



BUILDINGS AS PREVENTATIVE CARE

A COMPREHENSIVE APPROACH TO WELL-BEING



AIR



WATER



NOURISHMENT



LIGHT



MOVEMENT



THERMAL
COMFORT



SOUND



MATERIALS



MIND



COMMUNITY



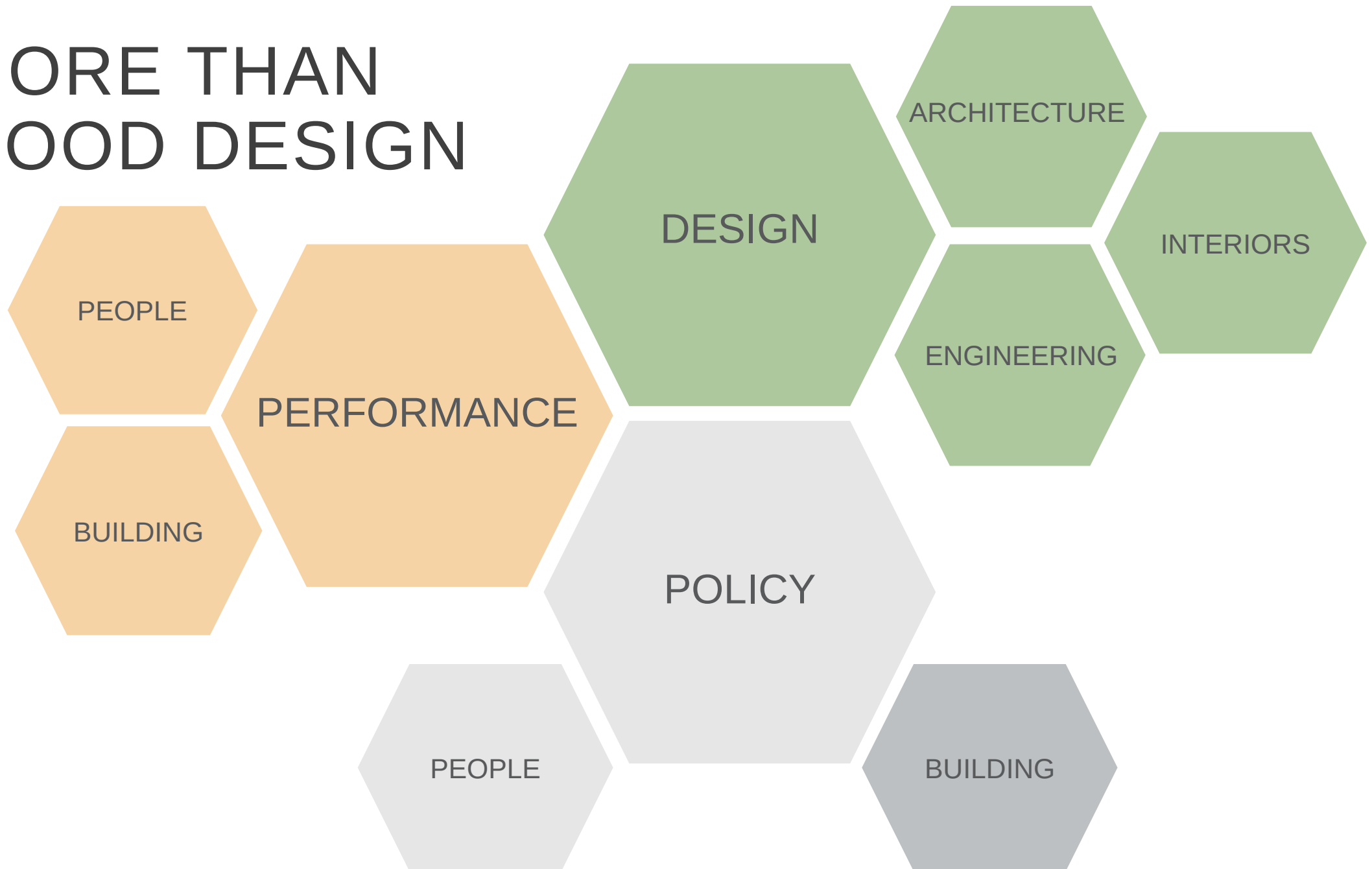
BETTER BUILDINGS ARE WELL



THE WELL BUILDING STANDARD (WELL)

The premier global standard for healthy buildings. WELL measures, verifies and monitors building features that impact health and well-being.

MORE THAN GOOD DESIGN



The background image shows a group of people in a bright, modern room with white brick walls, practicing yoga or meditation. They are sitting on the floor in a circle, with their hands in a prayer position. In the foreground, there is a large, lush green indoor plant with broad leaves, partially obscuring the bottom of the frame. The overall atmosphere is calm and focused.

PEOPLE + PLANET



NOURISHMENT

Encourage better eating habits by creating food environments where the healthiest choice is the easiest choice.

- Fruits and vegetables
- Nutritional transparency
- Ingredient restrictions
- Portion management
- Accommodating special diets
- Food advertising and education
- Mindful eating spaces
- Food preparation guidelines
- Food production and sourcing



FRUITS AND VEGETABLES

Intent: Promote the consumption of fruits and vegetables by making fruits and vegetables easily accessible.

1. ENSURE FRUIT AND VEGETABLE AVAILABILITY
2. PROMOTE FRUIT AND VEGETABLE VISIBILITY



RESPONSIBLE FOOD SOURCING

Intent: Reduce dietary exposure to pesticides, hormones and antibiotics.

1. IMPLEMENT RESPONSIBLE SOURCING
2. PROMOTE RESPONSIBLE SOURCING





FOOD PRODUCTION

Intent: Improve access to fresh produce and provide opportunities for on-site food production.

1. PROVIDE GARDENING SPACE
2. PROVIDE PLANTING SUPPORT

Phipps Conservatory

Center for Sustainable Landscapes



KEY TAKEAWAYS

1. BUILDINGS AS AGENTS OF PUBLIC HEALTH
2. FOOD AT THE INTERSECTION OF PEOPLE
AND PLANET
3. ARCHITECTURE AND ORGANIZATIONAL
POLICIES THAT PROMOTE WELL-BEING

THANK YOU

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