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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“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

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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.
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