

HEALTH & WELLBEING

Putting human health at
the forefront of property
design & operations

HEALTH & WELLBEING

Transitioning to a built environment that delivers healthy, equitable and resilient buildings, communities and cities.

A supportive ecosystem. As mammals, we have evolved to rely on natural stimuli to maintain biological equilibrium in the face of environmental stressors. An individual can only have agency over their health when they are part of a supportive ecosystem, which includes the places they inhabit. In urban environments, we increasingly depend on buildings to inspire and support us in realising our potential. Scientific literature abundantly demonstrates that our places of work play an important role in abating the worsening mental health crisis, as well as a deficit in cognitive function worth £70b in lost productivity to the UK alone.

Reassurance after COVID-19. As occupiers emerge tentatively back into their places of work, re-evaluating their outlook on workplace strategy in light of the pros and cons of working from home, the onus is on property owners to reinvigorate the modern value of the workplace. Having coped with remote working arrangements, what differentiation and added value does the office environment provide, and how does it protect from new and invisible risks whilst supporting the evolving priorities of occupiers?

A holistic approach. The demands of emerging climate risk strategies combined with increasing awareness of the health implications of the built environment has given rise to a new challenge: the need to establish enhanced feedback loops and monitor a whole building as it relates to the planet, its occupiers and its owners.

VIRAL RESPONSE

Whilst buildings themselves cannot solve the COVID-19 pandemic, it is evident that they will play a crucial role in minimising viral transmission. For example, it has been suggested that enhanced management of indoor air quality (IAQ) could be as effective as vaccinating 50-60% of the population¹.

With guidance emerging from a broad range of sources, it is important for building owners to identify strategic advice that is research-backed, whilst keeping in mind the unique nature and requirements of each asset. What could be a suitable solution for one asset could inadvertently increase risk for another, which is why it is increasingly important to establish asset-level feedback loops.

Landlords are challenged to optimise operational performance whilst enacting robust behavioural changes to offer reassurance to occupiers as they consider returning to the workplace.

Such approaches can be bespoke or aligned with certification frameworks, and should be audited against to ensure correct implementation.

New certification schemes provide a science-based and structured approach to both the establishment of strategic frameworks and asset-level monitoring. These include Fitwel's Viral Response Module and RESET Air, which now includes an index for quantifying infection rate potential.

Whether seeking to verify and demonstrate the effectiveness of an existing strategy through formal certification, or to devise a bespoke strategy, combining various sources of guidance, EVORA can help you to identify and instil the best approach for your portfolio.

Contact EVORA's Health & Wellbeing team to discuss your viral response strategy.

HOW WE CAN HELP

- Distillation of guidance, advice, gap analysis and strategy development.
- Entity-level certification to Fitwel's Viral Response Module to achieve 'Viral Response Certified' status.
- Asset-level certification to Fitwel's Viral Response Module to achieve 'Viral Response Approved' status (after achieving entity-level certification).
- 'Building Health Check', encompassing bespoke indoor environmental quality monitoring and enhancement programmes, which can be ongoing or timebound.
- RESET Air Certification, including quantification of Aerosol Infection Potential.

¹ Smieszek, T., Lazzari, G., & Salathé, M. (2019). Assessing the Dynamics and Control of Droplet- and Aerosol-Transmitted Influenza Using an Indoor Positioning System. Scientific Reports, 9(1)



STRATEGY



HOW WE CAN HELP

1. We'll work with you to understand your strategic ambitions, taking into consideration other priorities such as net-zero.
2. Identify suitable certification frameworks or bespoke requirements for design guidelines and/or operational practices.
3. Create tailored H&WB policies and procedures to embed strategy, which can include occupier engagement.
4. Our accredited professionals will conduct gap analyses, project management, asset enhancement and evidence collation to support certification to recognised standards.

Whether seeking to devise a bespoke strategy, align with a recognised standard, or undertake a one-off project, EVORA's health & wellbeing team can support the development of bespoke frameworks to instil better management practices, future-proof assets and attract/retain high-profile tenants, whilst also enhancing performance disclosure (e.g. GRESB).

With expertise in all recognised health & wellbeing standards, including Fitwel, WELL and RESET, we're able to advise on the best solutions to address your as



Figure 1. Fitwel is widely applicable, affordable, more practical for existing assets & has no pre-requisites.



Figure 2. WELL is more in-depth, requires ongoing performance verification, but is more prestigious & may result in better health outcomes.

Contact EVORA's Health & Wellbeing team for advice on strategy, certification frameworks, GRESB and more.

PLANT A SENSOR

Standing firmly behind the principle that you cannot improve what you cannot measure, EVORA proudly works in partnership with the World Green Building Council to support the Plant a Sensor Programme; a global air quality monitoring campaign aiming to raise awareness, enable vital research and improve the health & wellbeing of occupiers, residents and communities.

The Plant a Sensor campaign is a great starting point for beginning conversations with occupiers on health & wellbeing, whilst exemplifying your stance on social value. To reduce the detrimental impacts of air pollution on human health and the environment, both inside and outside of buildings, we need to be equipped with accurate and high-quality data sets through monitoring air quality.

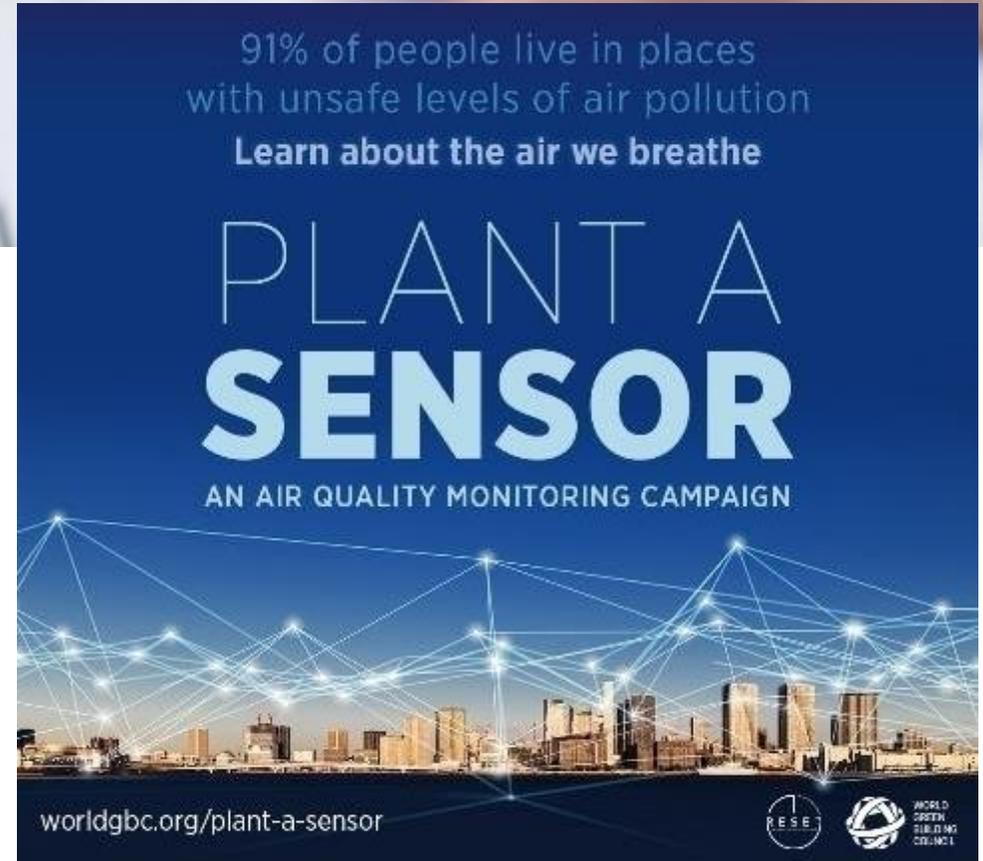
By harnessing the power of cloud technology and uniformly practiced standards, begin to capture and interpret live performance data in order to understand the performance of your assets, whilst supporting broader research, either publicly or anonymously.

HOW WE CAN HELP

- Advise on an appropriate monitoring strategy, whether monitoring outdoor/induct and/or indoor air.
- Source appropriate hardware, advising on deployment and project managing installation.
- Providing and configuring an interface with an approved monitoring platform.
- Monitoring and targeting of performance, which can be integrated with existing energy monitoring programmes.
- Contribution to the Plant a Sensor campaign
- Communicate outputs to stakeholders, including occupants and GRESB.

BENEFITS

- Start as small as you like.
- Enhance your approach to tenant health & wellbeing, community engagement, research and network activities, resilience, charity and ESG education.
- Send clear messages regarding your ambition to support global efforts to improve air quality.
- Identify opportunities to enhance internal environments, occupant wellbeing and productivity, data sharing and occupier engagement.



91% of people live in places with unsafe levels of air pollution
Learn about the air we breathe

PLANT A SENSOR

AN AIR QUALITY MONITORING CAMPAIGN

worldgbc.org/plant-a-sensor

RESER

WORLD GREEN BUILDING COUNCIL

CONTINUOUS MONITORING

“The purpose of performance monitoring is to know when and how to respond to change. By definition, a healthy building must be a responsive building,”
- Stanton Wong, President of RESET



As an industry, we are doing remarkably little air quality monitoring for both airborne pathogens, whose infectivity is directly influenced by building controls, and for ensuring conditions that facilitate health and productivity.

The last few months have proven that working from home full time can be reasonably effective and safe. It is therefore now more important than ever to be able to demonstrate that buildings:

- Are well operated and safe for tenants to return to
- Add value by fostering productivity, as differentiation from the home-working environment.

Continuous monitoring employs the utilisation of monitors to collect real-time data, which can be used to better understand how a building’s HVAC and air filtration systems are performing, whilst also quantifying wellbeing metrics, and supporting whole building optimisation.

Whether aligned with a recognised standard like RESET or otherwise, continuous monitoring provides key information to support a holistic approach to ESG, which is increasingly necessary in the face of the changing expectations of occupiers and ambitious emission reduction / net-zero targets.

Get in touch with EVORA’s Health & Wellbeing team to identify a strategy for your building or portfolio.

HOW WE CAN HELP

- Advise on monitoring strategy, including sourcing, project management and configuration of monitors, comprising base-build (HVAC) and/or workspace monitoring.
- Quantify key air quality metrics in real-time, including: Particulate matter, CO₂, chemical off-gassing (VOCs), temperature, humidity, and airborne infection potential.
- Provide recommendations and advice to improve building control and health & wellbeing, either stand-alone or integrated with an energy monitoring programme.
- Reporting and stakeholder engagement programmes, with bespoke reporting outputs, tailored to asset/fund strategy.
- Assistance with achieving RESET certification from RESET Accredited Professionals.

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