



HEALTHY BUILDINGS METHODOLOGY OVERVIEW

Combining the Leadership in Energy and Environmental Design (LEED) and WELL human-centric standards from the International WELL Building Institute guides organizations in creating a comprehensive methodology for designing and constructing a sustainable healthy building.

This methodology integrates the principles of both standards and serves as roadmap to developing a cohesive strategy and plan.

1. Preliminary Assessment

- a. Determine the project goals and objectives, including the desired LEED and WELL certification levels.
- b. Assess the project site for factors like proximity to public transportation, walkability, and access to amenities, which align with both standards.

2. Integrated Design

- a. Assemble a multidisciplinary team including architects, engineers, sustainability consultants, and health experts.
- b. Adopt an integrated design approach that emphasizes collaboration and communication between team members to ensure that sustainability and health considerations are incorporated from the early stages.

3. Sustainable Site Design

- a. Maximize site potential by considering factors such as site selection, land use, and ecosystem services to minimize environmental impact.
- b. Incorporate sustainable landscaping and stormwater management strategies that align with both LEED and WELL requirements.

4. Energy Efficiency

- a. Implement energy modeling and analysis to optimize building energy performance.

- b. Utilize energy-efficient systems and technologies for heating, cooling, ventilation, and lighting, considering both environmental impact and occupant well-being.

5. Water Efficiency

- a. Design and install water-efficient fixtures, fittings, and appliances to reduce water consumption.
- b. Incorporate strategies for rainwater harvesting and graywater reuse where feasible.

6. Material Selection

- a. Select materials with low environmental impact, considering factors like life-cycle assessment, recycled content, and local sourcing.
- b. Choose materials that meet the stringent requirements for indoor air quality and promote occupant health and well-being.

7. Indoor Environmental Quality (IEQ)

- a. Prioritize indoor air quality by using low-VOC materials, adequate ventilation systems, and air filtration measures.
- b. Optimize natural daylighting and views to enhance occupant comfort and well-being. c. Implement acoustic design strategies to minimize noise pollution.

8. Health and Wellness

- a. Implement strategies to enhance occupant health and well-being, such as providing access to healthy food options, promoting physical activity, and supporting mental well-being.
- b. Integrate biophilic design principles, incorporating natural elements and patterns to connect occupants with nature.

9. Commissioning and Performance Monitoring

- a. Ensure that the building's systems are properly commissioned to perform as intended.
- b. Implement performance monitoring systems to track energy consumption, water usage, and indoor environmental quality metrics.

10. Certification and Documentation

- a. Prepare and submit the necessary documentation to achieve both LEED and WELL certifications.
- b. Collaborate with the appropriate certification bodies to ensure compliance with the standards.

Throughout the entire process, it's essential to maintain open lines of communication among all stakeholders to address any conflicts or challenges that may arise. Regular monitoring and post-occupancy evaluations can help identify areas for improvement and ensure that the building continues to meet the combined LEED and WELL standards over time.