Sustainability and Interior Design

Lisa Tucker, PhD, FASID, AIA
Virginia Tech School of Architecture + Design
Outline

Segments of the presentation:

• Overview of time spent indoors and the impact of interior design on human beings
• Overview of EPDs and rating systems
• Overview of the WELL Being Standard
• Integrating a sustainable approach
Impact of interior design on human beings

Humans spend over 90% of time indoors

Negative impacts from buildings
- IAQ (asthma, headaches, congestion, inability to focus)
- Circadian rhythm problems
- Chemical sensitivity
- Loss of productivity
  ...and more
WELL Building Standard

7 Concepts (102 features)

Air
Water
Nourishment
Light
Fitness
Comfort
Mind
WELL Building Standard

Designed to work with LEED
(Integrative process, location and transportation, sustainable sites, water efficiency, energy and atmosphere, materials and resources, indoor environmental quality, innovation)

Goes beyond LEED
- every three years
- mind/body relationship
- focus on humans not the building

Both required an integrated team to be successful
Air

Smoking ban
VOC reduction
  EPDs and Product rating systems
Air filtration
Humidity control
Pest control
Toxic material reduction
Healthy entrance
Operable windows
Advanced air purification
Cleanable environment
Cleaning protocol and equipment
Water

Fundamental water quality
Contaminants (inorganic, organic, agricultural)
Water additives
Water treatment
Water testing
Drinking water promotion
Nourishment

Fruits and vegetables
Processed foods
Hand washing
Food contamination
Artificial ingredients
Safe food preparation materials
Serving sizes
Nutritional information
Food storage
Safe and responsible food production
Mindful eating
Light

Visual lighting design
Circadian lighting design
Color quality
Electric and solar glare control
Surface design/low glare workstation design
Daylight modeling
Right to light
Automated shading and dimming

A. Parameters of circadian rhythm

National institutesofhealth.gov
Fitness

Interior fitness circulation
Activity incentive programs
Structured fitness opportunities
Physical activity spaces
Active transportation
Fitness equipment
Active furnishings
Comfort

ADA
Ergonomics
Noise
Thermal comfort
Olfactory comfort
Sound control

ADA 25
AMERICANS WITH DISABILITIES ACT
1990-2015
Mind

Health and wellness awareness
Integrative design
Post occupancy surveys
Healthy sleep policies
Biophilia
Business travel policies
Workplace family support
Self monitoring
Stress and addiction treatment
Altruism
Material transparency
Beauty and design
Integrated approach

Integrated team required to design these into the building and to maintain them

Coordination with all team members including local building officials