

Introduction to Fitwel Certifications & Reporting Best Practices



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PRESENTERS

Our Fitwel Ambassadors



Eva Baldinger



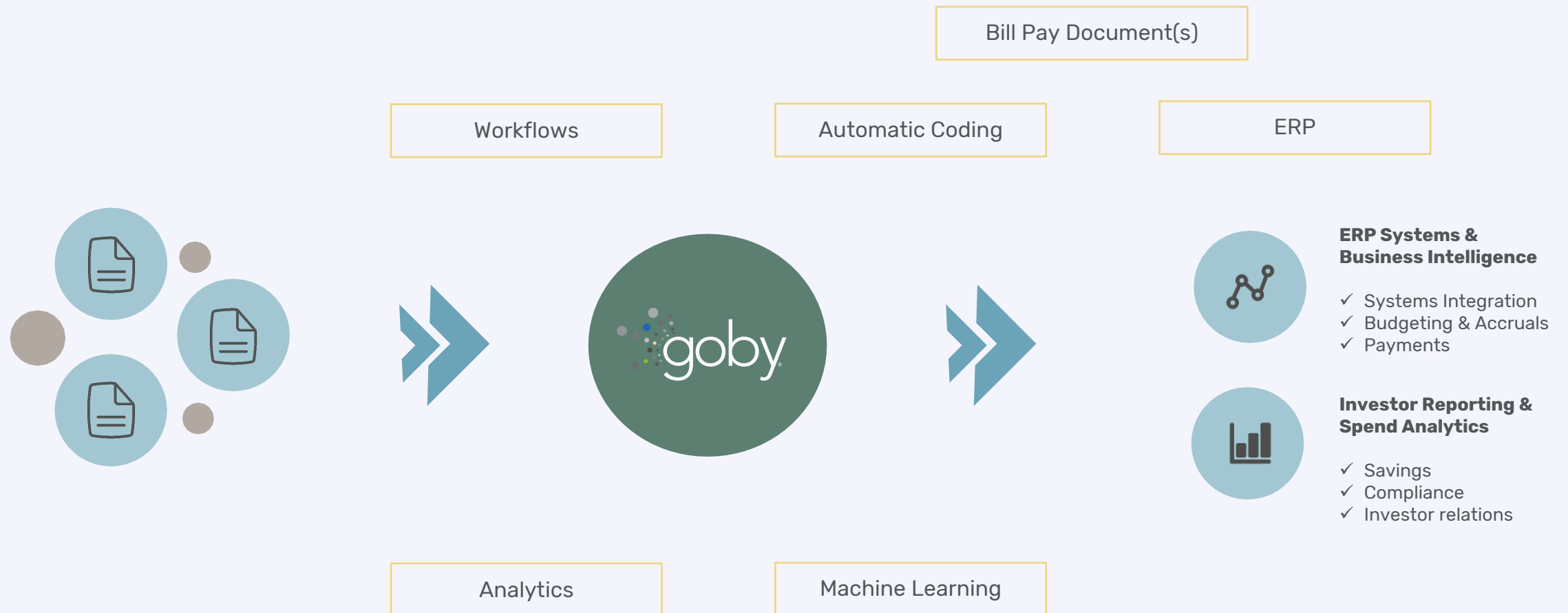
Nicole Phillips



Christine Cho

CAPTURE ONCE, REPORT EVERYWHERE

Goby enables cross functional teams to deliver both financial and operational reporting. One system replaces many...





INTRODUCTION

Fitwel Vision

Fitwel has a vision for a healthier future where every building is enhanced to support the well-being of its occupants and support healthy communities.



INTRODUCTION

The Fitwel Certification

- ✓ 2 Versions
 - ✓ Version 2.0
 - Workplace Scorecard
 - Multifamily Residential Scorecard
 - ✓ Version 2.1
 - Updated Workplace Scorecard
 - Updated Residential Scorecard
 - Newly Developed Retail Scorecard
 - Community Scorecard – In Pilot
 - New Construction Pathway
- ✓ 60+ Strategies
- ✓ 7 Health Impact Categories
- ✓ No cost-prohibitive prerequisites



Created by:



US Centers for Disease Control and Prevention and General Services Administration

led the development and pilot phase of Fitwel for workplaces



The Center for Active Design

is the operator of Fitwel and responsible for third-party certification.

APPROACH

Driven by:



Fitwel Ambassadors Program:

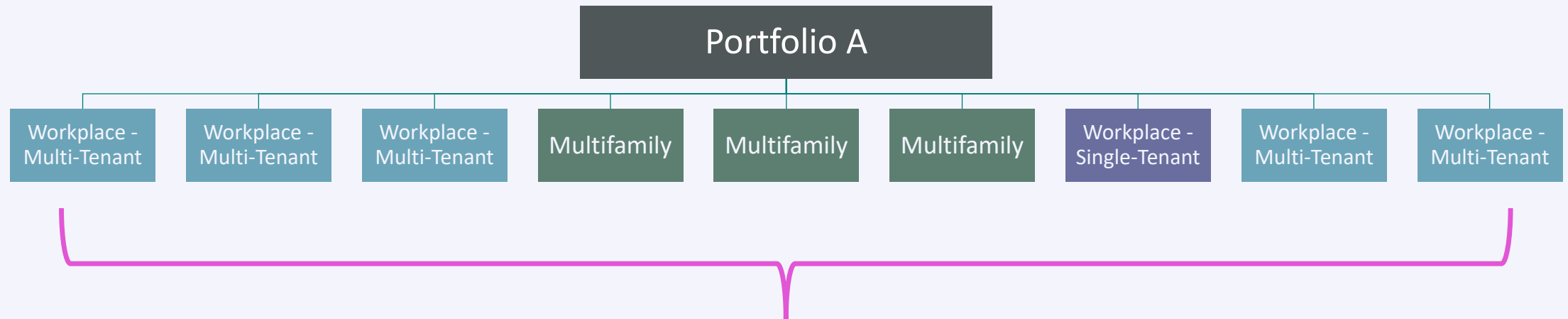
Ambassadors are leaders and active participants in Fitwel's healthy building movement. To date, there are 1,300+ Ambassadors across 35+ countries.

Fitwel Champions Program:

Champions are companies who demonstrate industry leadership, committed to advancing the building industry to support and promote health.

APPROACH

Portfolio-based approach



APPROACH

Health Impact Categories

- ✓ 7 research-based categories
- ✓ Ranked by scientific evidence



Impacts Surrounding Community Health -

Strategies that impact surrounding community health broaden the impact of the project past the health of on site occupants, reaching those who live, work, play, or learn in the neighboring areas

[read more](#)



Reduces Morbidity and Absenteeism -

Strategies that reduce morbidity and absenteeism promote decreased rates of chronic disease and mental health conditions, reductions in disease transmission, and fewer missed days of work.

[read more](#)



Supports Social Equity for Vulnerable Populations -

Strategies that support social equity for vulnerable populations ensure that a range of populations, including children, elderly, disabled, or socio-economically disadvantaged persons have increased access to health-promoting opportunities whether through universal accessibility,

[read more](#)



Instills Feelings of Well-Being -

Strategies that instill feelings of well-being promote inclusion, relaxation, and perceptions of safety, through rejuvenating and clean spaces, an enhanced connection to nature, and opportunities for social engagement.

[read more](#)



Enhances Access to Healthy Foods -

Strategies that enhance access to healthy foods provide occupants with expanded availability to fruits, vegetables, and other nutritious food options by diversifying the outlets and sources of healthier food options, promoting healthier choices, and reducing cost of healthier options

[read more](#)



Promotes Occupant Safety - Strategies that promote occupant safety decrease risk of crime and injury, protect bicyclists and pedestrians from vehicular traffic, and increase stair safety.



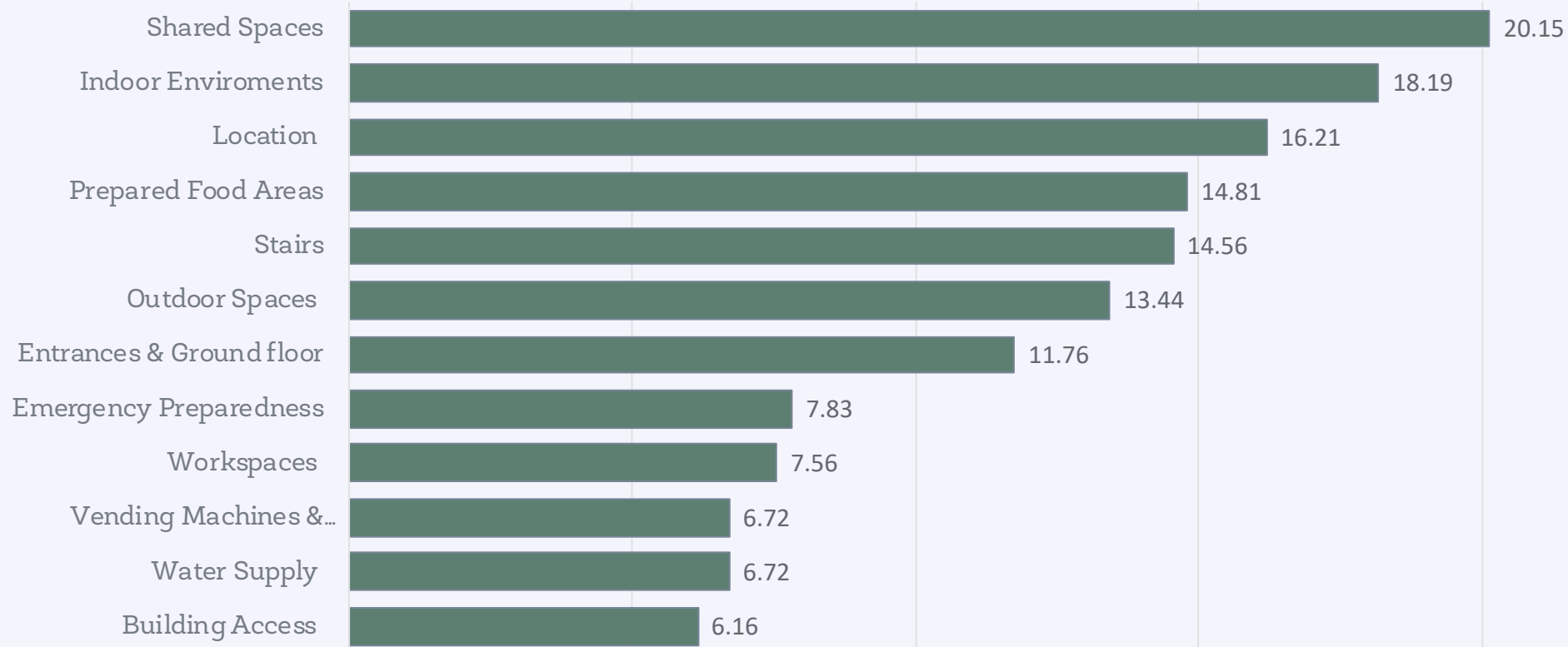
Increases Physical Activity -

Strategies that increase physical activity incorporate opportunities for movement into everyday life whether through encouraging active transportation, promoting stair use, or expanding access to indoor and outdoor fitness areas and equipment.

[read more](#)

APPROACH

Fitwel strategies are categorized into the following 12 sections:



Scorecard

3. OUTDOOR SPACES

		"Yes"	NA	AC	
3.1	Provide an outdoor space amenity accessible from a building entrance to all regular occupants	1.00		1.00	
3.2	Provide a walking trail of at least ¼ mile or 400 meters on the building site/campus accessible to all regular occupants	1.33		1.33	
3.3	Provide permanent fitness equipment in outdoor spaces accessible to all regular occupants	1.00		1.00	
3.4	Provide a restorative garden amenity accessible to all regular occupants	1.67		1.67	
3.5	Offer on-site weekly sale of produce or establish a farmers market in a location accessible to all regular occupants	1.67		1.67	
3.6	Support an on-site fruit and vegetable garden that is at least 1 square foot or .09 square meters per regular occupant, accessible to all regular occupants, and maintained weekly	1.00			
3.7	Establish and adopt an Integrated Pest Management (IPM) Plan	2.66			
3.8	Provide context-appropriate lighting at all pathways and parking areas	2.66	2.66		
3.9	Adopt a tobacco-free policy for all outdoor spaces	1.33	1.33		

6. INDOOR ENVIRONMENTS

		"Yes"	NA	AC	Score
6.1	Adopt and implement a tobacco-free building policy	3.00			
6.2	Certify that all asbestos has been properly abated throughout the building	4.66	4.66		
6.3	Adopt and implement an Indoor Air Quality (IAQ) Policy	4.66			
6.4	Adopt and implement a Green Purchasing Policy	0.33			
6.5	Provide separate ventilation in all areas with chemical use or storage	2.00			

Favorite Strategies

Strategy 7.2:

Provide views of nature and/or greenery in workplaces.



Favorite Strategies

Strategy 8.9:

Provide a dedicated fitness facility available at a competitive market rate to all tenants.



7 Workspaces

Total Points Available: 7.56

7.1 - Natural Daylight

7.2 - Views of Nature

7.3 - Operable Shading

7.4 - Active Workstations

7.5 - Thermal Control

Workspaces

7.1 - Natural Daylight

Provide regular occupants access to natural daylight

Points Allocated: 2.24

Health Impact Categories



Rationale

Access to natural daylight can reduce stress, contributing to improved mental health among occupants.

7.2 - Views of Nature

Provide regular occupants access to views of nature

Points Allocated: 2.80 / Alternative Compliance: 1.40

Health Impact Categories



Rationale

Views of greenery, trees, water, or other natural elements from workspaces allows occupants to connect with nature, contributing to reduced stress and enhanced mental health.

8 Shared Spaces

Total Points Available: 20.15

- 8.1 - Bathroom Cleaning Protocol
- 8.2 - Hand-Washing Signage
- 8.3 - Common Break Areas
- 8.4 - Break Areas Cleaning Protocol
- 8.5 - Quiet Room
- 8.6 - Lactation Rooms and Stations
- 8.7 - Multi-purpose Room
- 8.8 - Exercise Room
- 8.9 - Fitness Facility
- 8.10 - Crop Share Drop-off
- 8.11 - Health Programming
- 8.12 - Occupant Satisfaction Survey
- 8.13 - Stakeholder Collaboration Process



Shared Spaces

8.9 - Fitness Facility

Provide regular occupants subsidized access to a fitness facility

Points Allocated: 1.96

Health Impact Categories



Rationale

Subsidized access to a fitness facility can increase occupant access to physical activity opportunities, contributing to decreased absenteeism, enhanced physical and mental health, and improved social equity for vulnerable populations.

8.11 - Health Programming

Establish and implement health promotion programming for regular occupants

Points Allocated: 1.68

Health Impact Categories



Rationale

Providing on-site health programming can increase access to education and activities designed to improve occupant health.

APPROACH

The Certification Levels



One Star

Facility has achieved a basic level of health promotion (90-104 points)



Two Stars

Facility has achieved an intermediate level of health promotion (105-124 points)



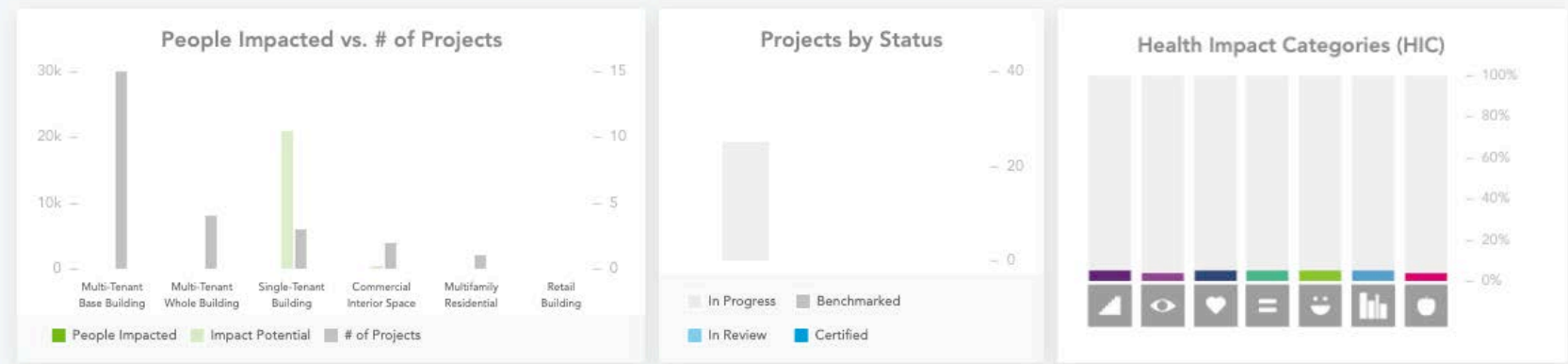
Three Stars

Facility has achieved an exceptional level of health promotion (125-144 points)

All Accounts

Goby







Edit Account



New Portfolio

Search

All ProjectsBy Portfolio

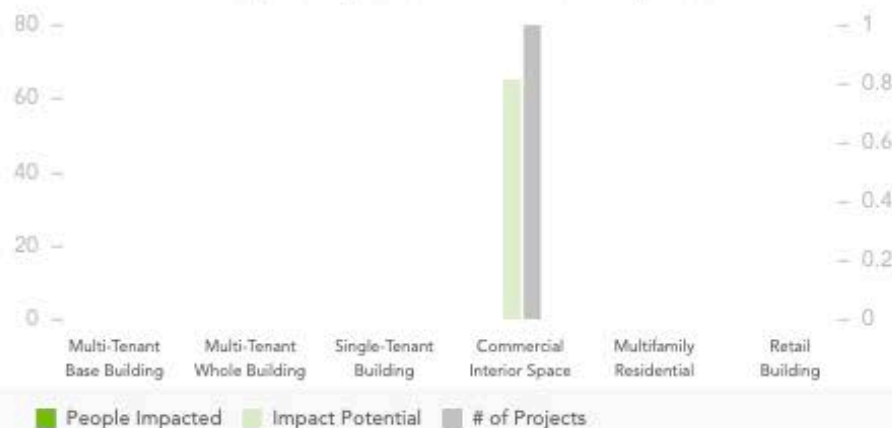
PORTFOLIO	STARTED	BENCHMARKED	SUBMITTED	CERTIFIED	AVG. SCORE	MANAGERS
	0	0	0	0	-	
	4	0	0	0	-	
 Goby HQ	1	0	0	0	-	

[← Goby](#)

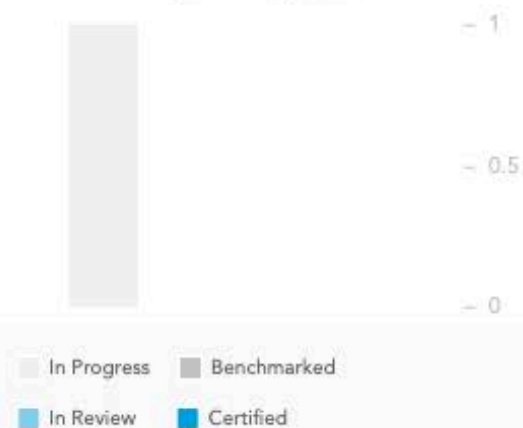
Goby HQ

[Edit Portfolio](#)

People Impacted vs. # of Projects



Projects by Status



Health Impact Categories (HIC)


[+ New Project](#)
[Q Search](#)

PROJECT ▾

PHASE ⬆

PROGRESS ⬆

ANTICIPATED SCORE ⬆

VERSION

TEAM



33 N LaSalle St
Chicago, IL

In Progress

43% Complete

98 points

v2.0





Anticipated Fitwel Score

START DATE
10/10/2018

85

90 105 125

Progress Toward Certification

20 strategies remaining

☐ Only Show Incomplete Sections

[Scorecard Summary](#) [Benchmark](#) [Pay for Certification](#)

1 Location
12 points ✓

2 Building Access
5 of 6

3 Outdoor Spaces
7 of 9

4 Entrances and Ground Floor
4 of 7

5 Stairwells
0 points ✓

Outdoor Spaces

3.1 / 1 point

Provide an outdoor space amenity accessible from a building entrance to all regular occupants



[Rationale & Sample Evidence](#) ▾

[Upload Required Documentation](#) ▾

Yes

Alternative Compliance

No

1 Document Uploaded ▾



Anticipated Fitwel Score

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90 105 125

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[Scorecard Summary](#)

[Benchmark](#)

[Pay for Certification](#)

1 Location
12 points ✓

2 Building Access
5 of 6

3 Outdoor Spaces
7 of 9

4 Entrances and Ground Floor
4 of 7

5 Stairwells
0 points ✓

6 Indoor Environment
4 of 5

7 Workspaces
2 of 4

8 Shared Spaces
4 of 9

9 Water Supply
0 of 2

Location

1.1 / 3.33 points

Walk Score® of 50 or above

[Rationale & Sample Evidence](#)

Yes

No



1.2 / 5 points

Walk Score® of 70 or above

[Rationale & Sample Evidence](#)

Yes

No



1.3 / 5 points

Walk Score® of 90 or above



The background image shows a large, modern interior space, likely a museum or a corporate headquarters. It features multiple levels with curved balconies and walkways. The architecture is characterized by clean lines and a mix of white and light blue tones. A central staircase with a metal railing leads up towards the top of the frame. A person is sitting on the steps of this staircase, looking towards the camera. The lighting is soft and even, highlighting the architectural details.

Why Fitwel?

WHY

Fitwel means business



- ✓ Health and wellness impact the bottom line
- ✓ Productivity losses: \$225B annually
- ✓ **49% of building owners*** are willing to pay more for buildings demonstrated to have a positive impact on health
- ✓ The next trillion dollar industry



WHY

52% of all Millennials said

“living or working in a healthy environment” is influential to their personal health, compared with 47% of Gen-Xers and 41% of Baby Boomers*

*Aon Hewitt, The Consumer Health Mindset - Unpack the Experience. Unleash the Possibilities, (pp. 12-20), 2014.



WHY

Employee sick days and revenue



- ✓ Hours spent indoors/at work
 - 5.6 million commercial buildings in the US
 - 120 million employees who spend ~8.1 hours at work each day
- ✓ Multiple health risks
- ✓ Healthcare costs
- ✓ Annual employee absenteeism
 - Private sector: absent ~3% of the time
 - \$2K per employee annually

WHY

ESG as a Whole

- ✓ More robust health and wellness governance model
- ✓ Minimized impact on the local community
- ✓ The social impact
- ✓ Improved standing in disclosure programs such as GRESB



PROCESS

Highly effective and cost-effective



Registration Fee: \$500 USD

Certification Fee: \$5,500 USD –
\$8,000+ per project (fees based on
project size)

Fitwel Champions: Receive a
Reduced Rate

PROCESS

Process & Timeline



CASE STUDY

33 N. LaSalle St., Chicago



- ✓ Location: Downtown Chicago
- ✓ Age: 89
- ✓ GSF: 477,171
- ✓ Green building certifications:
 - LEED EBOM
 - ENERGY STAR award

FITWEL TEAM



Lisa Creighton *Vice President, Strategy and Development*

Lisa Creighton is the Vice President of Strategy and Development at the Center for Active Design. In this role she oversees the strategic growth and direction of the organization and its signature Fitwel Certification System. Her past experience includes over a decade of making progress toward improving community health within the municipal, education and private sectors. Prior to entering the field of public health, Lisa worked in investment banking where she specialized in global mergers and acquisitions in the life science and healthcare sectors. Lisa holds a Master of Public Health and Master of Business Administration from Johns Hopkins University and a Bachelor of Arts from New York University.



Zach Flora *Senior Associate*

Zachary Flora is a Senior Associate at the Center for Active Design supporting Fitwel, a unique building certification that positively impacts occupant health through evidence-based design and operational strategies. Through his experience in strategic programming, project management, and community engagement he supports Fitwel Champions, Ambassadors, and users to assist in the application of Fitwel to diverse projects around the globe. Additionally, Zach leads the Fitwel Ambassador program working to engage and empower leaders in the healthy building movement. Zach has a Master's in Urban Planning and Design from Georgetown University, where he focused on the intersection of urban design and public health.

Fitwel v2.1, launched June 3rd, 2019, advances the Fitwel vision where every building and community is optimized for health.

- **Project Pathways**
 - New Construction
 - Existing Building
- **Fitwel Scorecards**
 - Community
 - Retail
 - Workplace
 - Multifamily Residential



Thank
you!

CONTACT US



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RESOURCES

Fitwel Website

- Reference Guide for the Fitwel Certification System: Workplace

Fitwel v2.1 Updates

