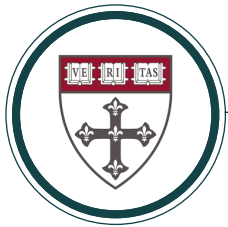


WELL:

Advancing Health Through Better Buildings

Health & Well-Being in School Buildings



“By the time a student graduates high school, **they will have spent more than 15,000 hours in a school, which is the second longest indoor exposure time after their home.** For K-12 students, this is a time of critical physiological, social, and emotional growth and development, [when they are susceptible] to many indoor conditions including indoor air pollution, mold, elevated noise levels, radon, asbestos, inadequate lighting and more”

-[Harvard School of Public Health](#)



For many, schools represent a safe haven, the center of the community where children develop and grow.

Increasingly, students, teachers and staff seek educational facilities that support their physical, mental and emotional health, as well as their academic needs. And they are better for it - [according to a study conducted](#) by the Harvard School of Public Health, improved indoor environmental conditions have been linked to a doubling of cognitive performance scores.



With WELL, educational institutions can capture data on building performance and human experience, and optimize space for health, productivity, creativity and collaboration over time. For leaders who value verified performance, prioritize risk management and want to make a highly visible commitment to health and well-being, WELL is an invaluable program.

What is **IWBI**?

The **International WELL Building Institute (IWBI)** is a public benefit corporation, with the mission to transform health and well-being in buildings, organizations and communities around the world.

What is the **WELL Building Standard**?

In 2014, IWBI launched the WELL Building Standard, **the leading tool for advancing health and well-being** in buildings, communities and organizations, globally.

Organizations can implement holistic health and well-being strategies across **10 concepts:**



Air



Water



Nourishment



Light



Movement



Thermal Comfort



Sound



Materials



Mind



Community

These 100+ strategies promote and protect our physical and mental health, supporting things like indoor air and water quality and diversity, equity and inclusion.

Schools are empowered to pursue the set of strategies that best fit their needs and to create custom plans for incrementally improving school buildings, administrative buildings and other spaces across the district.

The WELL Building Standard is Improving Health & Safety in Schools

Within the US alone there are over 132,000 schools and 50.7 million students populating public, private and charter facilities.



“Architects already leverage design strategies such as material selection and the WELL Building Standard to **ensure that schools are clean, safe and healthy environments.**”

-[Philip Poinelli](#),
FAIA, ALEP



Problem Solving with WELL

WELL can help tackle health and well-being challenges. Supported by science and research, WELL’s rigorous and comprehensive strategies can be applied in various ways to meet your unique needs.







PROBLEM:

Approximately **one in three students** meet criteria for a clinically significant mental health issue such as depression, anxiety, eating disorder, or self-injury—this translates to **nearly 7 million students** nationwide. Depression and states of chronic stress are associated with an increased risk of numerous adverse health consequences, such as cancer, cardiovascular disease, diabetes and asthma.

HOW WELL CAN HELP:

The WELL Mind concept promotes implementation of strategies that support cognitive and emotional health.

Improving opportunities for restoration through mindfulness programming, restorative spaces and support of optimal sleep can have a marked impact on physical and mental well-being, including relief from anxiety, depression, pain and stress. Additional design strategies, such as increasing nature contact within built spaces are linked with numerous benefits, including decreased levels of depression and anxiety, increased attentional capacity, better recovery from stress and illness, increased pain tolerance and increased psychological well-being.

-  • [Feature L03: Circadian Lighting Design](#)
-  • [Feature V09: Physical Activity Promotion](#)
-  • [Feature M02: Nature and Place](#)
-  • [Feature M03: Mental Health Services](#)
-  • [Feature M05: Stress Management](#)
-  • [Feature M06: Restorative Opportunities](#)

Another benefit? [Research suggests that improving student mental health can improve academic performance, persistence and graduation rates.](#)

PROBLEM:

When school building ventilation systems are not properly maintained or operated, they can have adverse health impacts. Low ventilation rates in classrooms are associated with increased illness, absence, sick building syndrome (SBS) symptoms, and reduced task performance. Air quality has a big impact on respiratory illness as well. Even low concentrations of chemicals such as benzene, ethylbenzene and toluene can increase the risk of asthma in young children.

HOW WELL CAN HELP:

The WELL Air concept aims to achieve high levels of indoor air quality through diverse strategies including source elimination or reduction, building design changes, operation strategies and human behavior interventions. WELL can help your school make air quality enhancements, such as switching to natural or displacement ventilation systems. **These changes can improve symptoms of respiratory illnesses and support cognitive improvements.**

- [Feature A03: Ventilation Design](#)
- [Feature A08: Air Quality Monitoring & Awareness](#)
- [Feature A09: Pollution Infiltration Management](#)
- [Feature A12: Air Filtration](#)
- [Feature A14: Microbe and Mold Control](#)



PROBLEM:

Childhood obesity is a serious problem in the United States, putting approximately 20% of children and adolescents at risk for poor health. Risks include, but are not limited to:



Additional information from CDC: <https://www.cdc.gov/obesity/childhood/causes.html>

HOW WELL CAN HELP:

The WELL Nourishment concept can be used to create food environments where the healthiest choice is the easiest choice. WELL can help with things like provisioning free drinking water, an effective strategy to redirect consumption away from sugar-sweetened beverages, while also increasing water consumption rates for both children and adults. WELL can also support schools with informative food displays, appropriate time allotments for meals and moving healthier items to eye-level in cafeterias. While some of these changes may seem minor, they are proven to be significant, increasing the odds of both children and adults to make healthier choices and to sustain these choices in the long-term.



- [Feature N02: Nutritional Transparency](#)
- [Feature N03: Refined Ingredients](#)
- [Feature N04: Food Advertising](#)
- [Feature N07: Nutritional Education](#)
- [Feature N12: Food Production](#)



WELL Designations

WELL Designations recognize health and well-being achievements.

WELL Certification is a holistic program addressing health and well-being that results in the achievement of one of four certification levels: Bronze, Silver, Gold or Platinum. Once organizations [enroll](#), they pursue comprehensive health-promoting criteria across all 10 concepts in WELL. Certification represents the highest pinnacle of health achievement for an individual facility within your school district.

Learn from the Leaders



"It has been a happy challenge to meet the high standards for environmental sustainability that we set for ourselves by pursuing **LEED Gold and WELL Gold certifications.**"

-Laila Taslimi

Founder, Untitled No. 1 School, a non-profit community school in Santa Monica, CA



The WELL Health-Safety Rating for Facility Operations and Management is a targeted program addressing health and well-being that results in the achievement of the WELL Health-Safety seal. Once organizations [enroll](#), they pursue a specific sub-set of criteria focused on operational policies, maintenance protocols, stakeholder engagement and emergency plans to address critical health and safety-related issues.

Learn from the Leaders



"**The safety and well-being of our students and staff is our top priority.** Ensuring that our buildings are optimized to provide a healthy learning and work environment is a critical part of that effort."

-Jeff Platenberg

Assistant Superintendent, Facilities and Transportation Services at Fairfax County Public Schools





“The health and safety of our students and staff, as well as others who use our school facilities, remain our top priority... **the WELL Health-Safety seal is testament that we are sincere in our efforts to go above and beyond to provide the safest environment possible for teaching and learning.**”

-Dr. John Rozzo
Superintendent, Upper St. Clair School District



WELL Portfolio: The WELL Portfolio subscription is a cost-effective, streamlined program for organizations interested in pursuing WELL Certification, the WELL Health-Safety Rating or other WELL designations across all of their buildings. When organizations enroll, their progress is tracked with a WELL Portfolio score and report. These indicate their progress towards improving health and well-being at a district level and may be used for ESG and relevant reporting.



“Our goal here is to make our buildings and facilities as conducive as possible to the health and wellness of our students and staff in the district...**there is nothing more important to parents than the health of their children.** the kids walking the halls of those schools are the future of Orrville. That really makes this an easy decision.”

-Jon Ritchie
Superintendent, [Orville School District](#)



Accessible Education Sector Pricing

We recognize and applaud the important mission-driven work that school systems are doing around the world. We want to encourage and enable all schools to implement WELL and we offer special discounted fees for education projects.

35% Discount
on all WELL fees
for Education
projects.

Research on Value of Healthier Schools

- [WGBC Better Places for People- Schools](#)
- [Schools for Health](#)
- [Clever Classrooms](#)
- [Impact of Biophilic Learning Spaces on Student Success](#)
- [Connecting Health and Education So Children Can Learn and Thrive](#)
- [Poor HVAC Commissioning & Maintenance Undermine](#)
- [Efforts to Improve IAQ – Johnson Controls](#)

WELL Supports Healthier Schools

- [WELL v2 and Educational Spaces: Promoting Healthy Schools](#)
- [Managing school stress: Why creating a “school-life” balance matters](#)
- [Kickstarting the academic year on the right foot](#)
- [Understanding the impact of design on mental health](#)
- [The effects of poor air quality on indoor environments](#)
- [The green schoolyards movement](#)

Education Sector Webcasts on Demand

- [Keeping COVID-19 out of the classroom](#)
- [How to create accessible, virtual learning and working environments](#)
- [Pass or fail? Educating our students in the age of COVID-19: A conversation with Randi Weingarten](#)

Covid Resources

- [IWBI: COVID-19 Teacher Training](#)
- [Schools for Health: Risk Reduction Strategies for Reopening Schools](#)
- [Centers for Disease Control and Prevention: Considerations for K-12 Schools: Readiness and Planning Tool](#)
- [The American Institute of Architects: Reopening America: Strategies for safer schools](#)
- [IFRC, UNICEF and WHO: Key Messages and Actions for COVID-19 Prevention and Control in Schools](#)
- [American Academy of Pediatrics: COVID-19 Planning Considerations: Guidance for School Re-entry](#)
- [UNICEF: How teachers can talk to children about coronavirus disease \(COVID\)](#)

The mission to advance health in buildings is growing rapidly with **over 1,000 leading organizations** pursuing WELL across **more than 34,600 projects** spanning **over 3 billion square feet** of space in **98 countries**. There are **over 20,200 professionals** expanding their expertise with the WELL AP credential in **over 113 countries**.

