

# Well-Being and Mental Health Wellness Collaborative

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Built and Natural Environment  
Sub-Committee Update

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Director, Office of Sustainability &  
Environment • CLAS Administration

# What is the Well-Being and Mental Health Campus Collaborative?

- The Collaborative is a structured, coordinated effort to substantively improve the health and well-being of all members of the University of Iowa community. It consists of participants who oversee mutually reinforcing activities around health and well-being on campus or in the community.
- The Well-Being and Mental Health Campus Collaborative is charged with outlining strategic priorities and a 3-year plan to meet the vision for the University of Iowa to:
  - embed well-being and mental health into all aspects of campus culture, and
  - leverage research, collaboration, and action to improve the well-being of our campus, the state, and the world



# Built & Natural Environment Subcommittee

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- The Subcommittee was charged by the Wellbeing and Mental Health Campus Collaborative with exploring the wellbeing needs of the University of Iowa campus as they relate to its interior and exterior spaces. Given the amount of time UI students, faculty, and staff spend in and on UI space, it is critical that we design and utilize its components with health and wellbeing as a priority. Doing so will not only contribute positively to the health and wellbeing of the community, but also to the productivity and overall success of the institution.
- In our first year, we produced two broad sets of recommendations: one around building design and standards and another around activating green space on campus. The SPARC committee asked that we continue our work on the former, so we have updated our subcommittee's charge and membership accordingly.

# Built & Natural Environment Subcommittee

## Design Standards Membership


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- **Stratis Giannakouros (Co-Chair)**, Director, Office of Sustainability and the Environment
- **Michael Weaver (Co-Chair)**, Program Manager, Office of the Vice President for Research
- **Adele Vanarsdale**, Director of Campus Project Planning, Business Manager's Office
- **Jenna Wischmeyer**, Compliance Director, Facilities Management
- **Kayla Whitworth**, Student, Office of Sustainability
- **Cory Christiansen**, Student, Office of Sustainability
- **Scott Gritsch**, Director, Landscape Services
- **Elizabeth Brackett**, Student, Campus Planning
- **Kobie Long**, Student, Office of Sustainability

# BNE Year 2

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- As part of our year 1 recommendations, the subcommittee produced a draft “Health and Wellness Design Questionnaire” with the intent that it could be used early in the design process to better identify partners who share our campus’ values in creating spaces that maximize student, faculty, and staff wellbeing.
  - Our subcommittee’s work product in year two will be to adapt the questionnaire to promote and infuse human-centered design principles in the processes that create and renovate our campus spaces.



A photograph of a modern building with large glass windows and a wooden deck overlooking a pond and trees. The building has a mix of wood and glass facades. The deck is made of light-colored wood and has a dark railing. The pond is in the foreground, and there are many green trees in the background.

## The Built and Natural Environment Sub-Committee engaged in a series of External Expert Interviews

- OPN-Marion Fire Station-IMU Renovation
- Neumann Monson-Stanley IFLI-UIHC In-Patient Tower
- ZGF-Children's Hospital-UIHC In-Patient Tower (Interior Design)
- HGA
- BNIM-ALL Harkin Institute

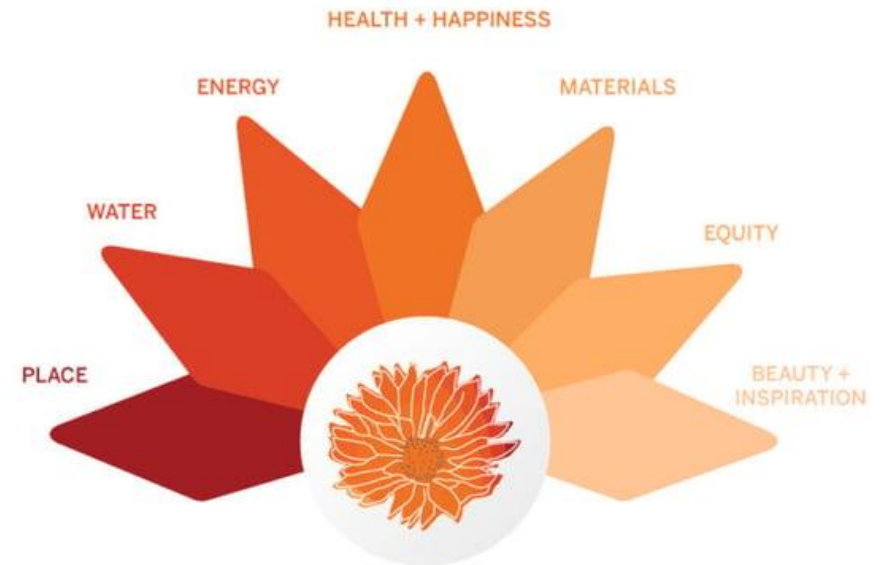
Marion Fire  
Station No. 1  
OPN Architects

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The Stanley Center's new home is anticipated to be one of the greenest buildings in the world. With guidance from Neumann Monson Architects, we are aiming for it to become the first such structure in the state of Iowa to be fully certified as a Living Building.

## NEUMANN MONSON ARCHITECTS





ZGF Architects are leading the way in incorporating Well Building and Biophilic Design in healthcare facilities





# Biophilic Healthcare Design

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# Biophilic Design for Wellness

Highlights from BNE subcommittee Conversation with [Bill Browning](#), founding partner of Terrapin Bright Green and Co-author of *14 Patterns of Biophilic Design*



**Bill Browning**

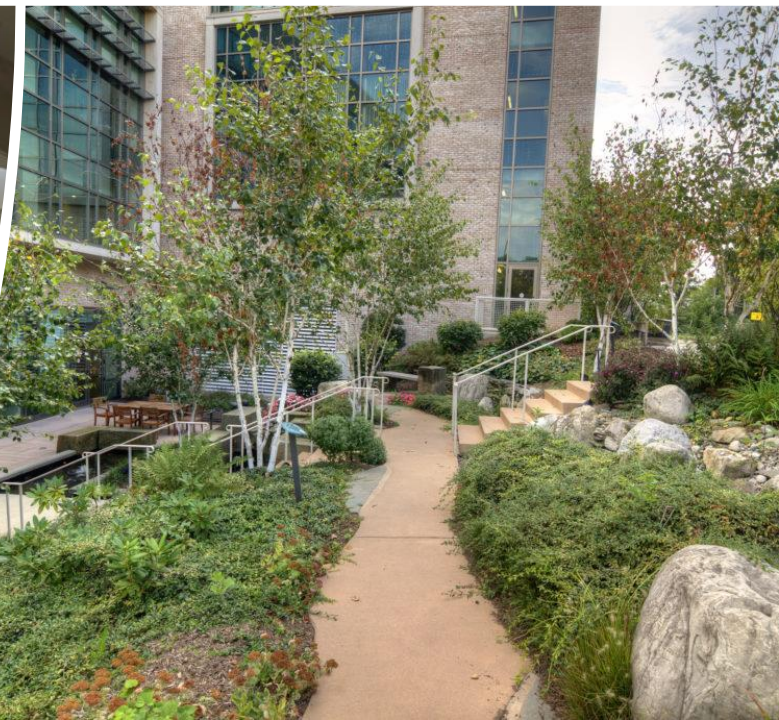
Biophilia and Well-being in the working environment

erface



**TERRAPIN**  
BRIGHT GREEN

Respite Spaces  
and Healing  
Gardens for  
campus  
Wellness



# Making Design work for people

[Well Building Standard](#) and the [Living Building Challenge](#) are steering the industry toward solutions that nurture psychological and physiological health. Behavioral health settings pose unique challenges for staff and patients. Using biophilic environmental cues will encourage improved and more regular sleep for patients and work toward reducing disruptive incidents. It will also provide staff with benefits germane to improving their overall health and the quality of their care in addition to the patient and staff experience.



## NOURISHMENT

- Selection/Availability
- Serving Size
- Information



## AIR

- Quality
- Purification
- Humidity



## FITNESS

- Fitness Centers
- Stairs
- Bike Room
- Incentives Programs



## WATER

- Quality
- Treatment
- Drinking Promotion



## COMFORT

- Ergonomics
- Sound Reduction
- Olfactory Comfort



## LIGHT

- Natural Access
- Color
- Dimming/Circadian Rhythms

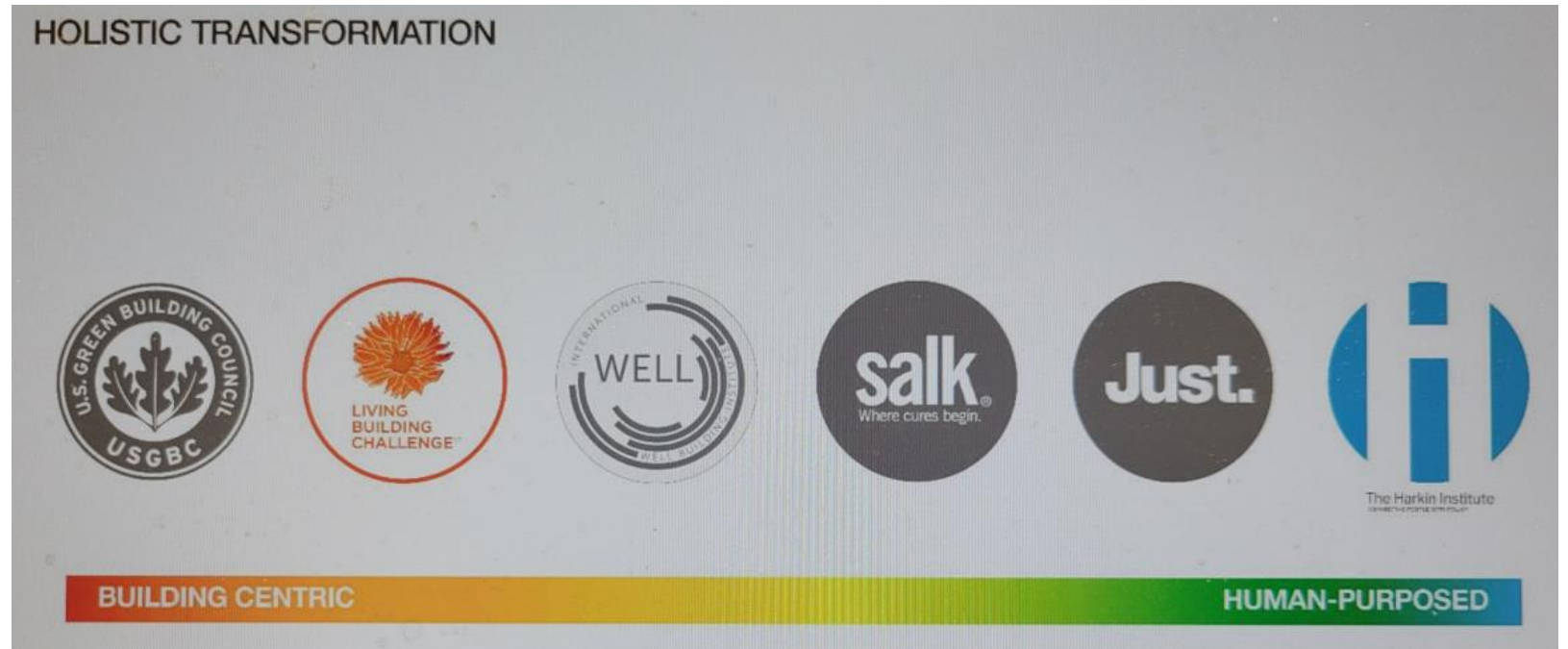


## MIND

- Collaboration
- Quiet Rooms
- On-site Child Care
- Health & Wellness Library

# Beyond LEED: The shift to Human- Centered Design

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# Next steps for the BNE Sub-Committee

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Internal Stakeholder Interviews  
(April-June)

Recommendations for University Design  
Standards Language inclusive of Wellness  
(Early Fall Semester)



Questions?

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