Better Business, Better Bodies: Strategies to Create Healthy Buildings

Thursday, August 23rd, 2018 from 4:00 – 5:30 PM
Room 8
Panelists

Ryan Tinus
Director of Sustainability
Tishman Speyer

Jon Utech
Senior Director
Office for a Healthy Environment
Cleveland Clinic Foundation

Megan O’Neil
Energy Programs Manager
City of Atlanta, GA

Jordan Hibbs
Building Technologies Office
U.S. Department of Energy
Jon Utech, Cleveland Clinic
Healthy Buildings at Cleveland Clinic

Jon Utech, MBA, MSOD, LEED-AP
Senior Director
Office for a Healthy Environment
Center for Design
Sustainability’s Triple Bottom Line

Healthy Buildings

Community Health

Economic Health

Environmental Health
Sustainability in Healthcare
Leveraging the Determinants of Health

Population Health

- Health Care: 40%
- Health Behaviors: 30%
- Socio-Economic Factors: 20%
- Physical Environment: 10%

Source: “Community Health Centers Leveraging the Social Determinants of Health”
LEED - Certified Green Buildings

- Global Cardiovascular Innovation Center
- Twinsburg FHC
- Tomsich Pathology Laboratory Building
- Marymount Hospital Surgery Expansion

- JJ North Building
- E89 St Garage and Service Center
- Brecksville Data Center
- Richard E Jacobs FHC
- Hillcrest Hospital Seidman Tower
- Stephanie Tubbs Jones FHC
- Tausig Cancer Center (Submitted)
Cleveland Clinic London

• LEED Gold
• Reuse of existing facade
• More efficient use of volume
• Healthy materials
• 98% recycling target
• Community engagement
• Health is our North Star.
The cord blood of the "In utero/newborn" group contained 287 of 528 industrial compounds, pollutants and other chemicals tested, including chemicals linked to brain and nervous system toxicity, cancer, and birth defects and developmental delays.

Adults have 432 of 528.

Source: www.bodyburden.org
Cleveland Clinic
Functional Medicine Suite
Main Campus

- Functional Medicine - Q Building
- 17,000 sf
- Cost: $7 Million
- Dr. Mark Hyman
- 1st WELL project – Silver
Breathe easy with optimal indoor air quality

- Material selection
- Ventilation
- Filtration
- Moisture control
- Maintenance and operations
- Source of concern protection
- Construction purposes
WATER

Drink up: WELL promotes high quality water and improved accessibility

• Performance testing
• Treatment
• Maintenance and operations
• Hydration promotion
NOURISHMENT

Dig in to wholesome foods. WELL Certified™ buildings limit the presence of unhealthy ingredients and can encourage better eating habits.

- Healthy portions
- Mindful eating
- Food production
- Access to healthy foods
- Food preparation
- Allergies and alternatives
- Transparency
- Environmental Cues and influencers
LIGHT

 Benefit from daylight & lighting systems designed to increase alertness, enhance experience and promote sleep.

• Circadian design
• Daylighting
• Glare control

• Color quality
• Activity-based lighting levels
• Visual acuity
FITNESS

Keep moving with WELL’s integration of exercise and fitness into everyday life.

- Exterior active design
- Interior active design
- Activity-based working
- Physical activity spaces
- Awareness and habits
- Physical activity programs
COMFORT

Settle into a distraction-free, productive and comfortable space.

- Ergonomic
- Acoustics
- Thermal
- Olfactory
- Accessibility
Stay centered: WELL helps support cognitive and emotional health through design, technology and treatment strategies.

- Stakeholder engagement
- Transparency
- Wellness awareness and protocols
- Connection to nature
- Adaptable spaces
- Altruism
Ryan Tinus, Tishman Speyer
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WHO WE ARE

Tishman Speyer
Tishman Speyer is one of the leading owners, developers, operators and fund managers of first-class real estate worldwide. Across North America, Europe, Latin America, India and China, many of the world’s most prestigious corporations rely on Tishman Speyer to meet their space needs.

- Since Tishman Speyer’s inception in 1978, TS has acquired, developed and operated 403 assets totaling over 167 million square feet
- TS has assembled a property portfolio in excess of US $86.1 billion in total value across the United States, Europe, Latin America, India and China
- TS operates in 30 markets—across 7 countries and 4 continents, serving the space needs of over 2,100 tenants worldwide
- TS has a commitment to lead the way in energy conservation measures, water reduction, waste diversion and efficient operations, serving the environment while driving down operating costs
- From fund management to development, from construction to building operations—in everything we do, we believe in delivering exceptional quality and outstanding performance, and in creating real estate of enduring value around the world
SUSTAINABILITY ACCOMPLISHMENTS

100% of our US portfolio is EnergyStar rated

67 million sq ft (6 million sq m) have been LEED/BREEAM/HQE certified globally since 2006

48% of our current, managed portfolio is LEED/HQE/BREEAM certified

More than 95 individual projects have been certified globally since 2006

*The above statistics include assets in USA, Europe, Brazil, China and India.*
WHY HEALTH AND WELLNESS

Meeting Investor and Tenant concerns
INVESTORS

As a fund manager, Tishman Speyer routinely receives requests from investors asking for specific disclosures related to sustainability and participation in global standard frameworks. The company works constantly to balance these investor requests, as no two investors have the same preferences or priorities. Over the years, TS has responded to inquiries around the following initiatives that include health and wellness components (not exhaustive):

**GRESB**– Since 2012, Tishman Speyer has reported annually to the Global Real Estate Sustainability Benchmark (GRESB) which includes a detailed *Health and Well-being Module*, the company works on strategies throughout the year to improve their GRESB score

**GRI**– Tishman Speyer also reports to investors on sustainability related activities biannually through a GRI compliant Sustainability report

**INREV**– TS is a member of the European Association for Investors in Non-Listed Real Estate Vehicles (INREV), which releases their own sustainability reporting guidelines

**UN PRI**– TS has received requests from investors to become a signatory of the UN Principles for Responsible Investment

**UN SDGs**– TS has also considered aligning future reports with the UN Sustainable Development Goals (SDGs), which highlight health and well-being in Goal 3
Much like LEED and BREEAM certifications have grown in popularity to signify that buildings are environmental top performers, a number of health and wellness schemes have emerged to certify that buildings are designed to support and improve the health and well-being of their occupants.

Green building strategies are also top of mind after a Harvard study found that cognitive function scores were better in green building conditions compared to conventional building conditions across 9 functions—including crisis response, strategy, and focused activity level.
INTERSECTIONS

How we can impact health strategies
PROMOTING HEALTHY FOOD OPTIONS

Tishman Speyer takes it's role in promoting healthy food choices to employees and tenants very seriously and is constantly looking for ways to improve healthy food offerings and policies across the portfolio. As part of their larger health and wellness programming, Tishman Speyer launched Zo in early 2017.

Zo is a comprehensive suite of wellness and lifestyle services that will be available to all tenants globally.

SAMPLE OF HEALTHY FOOD STRATEGIES:

In New York, Zo offers tenants healthy food deliveries, both for groups and individuals, through in-house provider Savory.

TS supports local farmers markets, advertising them to tenants and hosting local vendors where they have space.

In Chicago, TS provides Farmer’s Fridge healthy vending machines in all buildings for tenants and employees.

Tishman Speyer also actively encourages property management teams and tenants to adopt healthy food policies based on the guidance found in the American Heart Association’s Guidance on Meetings and Events found in the “Healthy Workplace Food and Beverage Toolkit.”
The Zo platform also helps TS promote physical activity among tenants—the NY Zo Clubhouse hosts terrace yoga, bootcamp classes, and a martial arts club.

Externally, TS invests in parks and exercise equipment (ex: sports courts) near properties.

TS also maps tranquil walking trails for tenants.

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TS routinely installs bike rooms in their properties along with showers and locker rooms to encourage active commuting.

Tishman Speyer encourages tenants to consider active design when building out their spaces—offering potential for stairways between tenant floors and educating tenants on the benefits of active workstations.
Understanding the connection between air quality and cognitive performance and productivity, Tishman Speyer follows the most stringent air quality monitoring best practices and filters tenant air to the highest standards.
Megan O’Neil, City of Atlanta
City of Atlanta Mayor's Office of Resilience

MEGAN O’NEIL, ENERGY PROGRAMS MANAGER
Building a More Equitable Future for All

Atlanta U.S.

Building a more affordable, equitable, resilient Atlanta for all
URBAN RESILIENCE
Is the capacity of individuals, communities, institutions, businesses, and systems within a city to survive, adapt, and grow no matter what kinds of chronic stresses and acute shocks they experience.
RESILIENT ATLANTA'S VISIONS

VISION 01: PRESERVE AND CELEBRATE WHO WE ARE
Preserve and enhance Metro Atlanta’s culture, shared identity, and history to build social cohesion and cultivate the creative economy

VISION 02: ENABLE ALL METRO ATLANTANS TO PROSPER
Reduce the barriers preventing Atlantans from achieving economic stability and security to increase access to opportunity and move Atlanta out of the nation’s top 10 cities ranked for income inequality

VISION 03: BUILD OUR FUTURE CITY TODAY
Facilitate the development of an equitable and inclusive city while preserving and expanding Atlanta’s natural environment

VISION 04: DESIGN OUR SYSTEMS TO REFLECT OUR VALUES
Adapt Atlanta’s civic systems to enable the City to become a leader in equity, sustainability, and resilience
Atlanta Better Buildings Challenge

Voluntary initiative to reduce energy and water in Atlanta’s commercial buildings by 20% by 2020
Looking at wellbeing in our own assets
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