

FROM DATA TO DESIGN:

Implementing Evidence Based Practices to Optimize Health in Buildings

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The Natcher Conference Center

National Institutes of Health Campus

Bethesda, MD

People spend over 90% of the time indoors, and half of their waking hours at work in office buildings. Despite this simple fact, we know surprisingly little about the links between indoor environmental experience and human health. A missing component for designers and other building professionals is the metrics to determine whether a building is healthier – or not - for humans. New technologies are providing these metrics, thereby creating a basis for targeted interventions to optimize health and wellness in built environments.

This one-day conference, sponsored by the NIH Health in Buildings Roundtable (HiBR), will highlight how research teams are establishing a new knowledge base using wearable and portable devices to assess health outcomes linked to environmental experience. The results of these projects are producing new policy and practices that enhance wellness, including enhanced movement, healthy stress outcomes, improved circadian stimulation, and reduction in respiratory illness. The conference will explore issues and challenges of translating complex research findings into design, behavioral guidance, and building operational practices.

This will be an interactive conference format between the panelists and the participants. As a participant, you will have an opportunity to generate additional ideas and approaches to health in the “ideal” building that will form the basis of the HiBR conference in 2016.