

Wellbuilt for Wellbeing The Process of Discovery

GSA



wellbuilt *for* wellbeing

August 31, 2023

GSA's Summer Buildings and Health Series

Session Schedule - Recordings of past sessions are [available here](#)

- May 23: Health in Buildings Partnerships
- June 27: Circadian Lighting
- July 27: Enhanced Ventilation for Cleaner Indoor Air
- **Aug 31: Wellbuilt for Wellbeing**
- Oct 12: The Health in Buildings Roundtable Scoping Session

This series is a call for co-sponsors - Health in Buildings Roundtable!

- Government agencies, companies, research organizations, non-profits, etc
- Pilot, measure, and evaluate health-enhancing strategies
- To learn more or to join scoping meeting - email coskvig@nas.edu

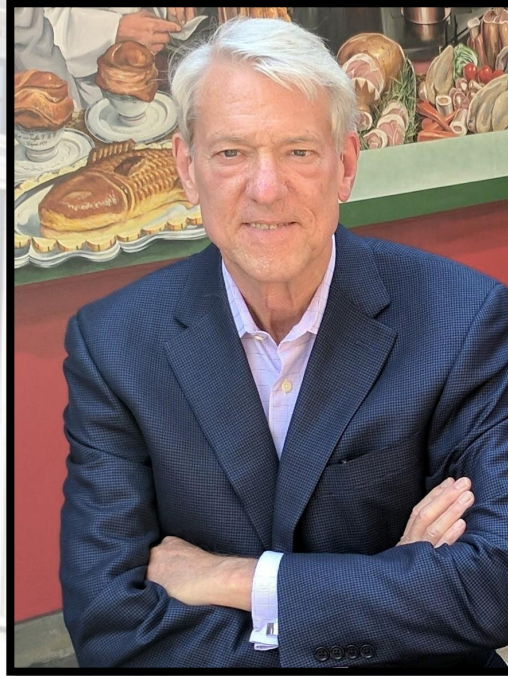
Today's Agenda

- **Introduction**
- **Findings from the Wellbuilt for Wellbeing research project**
- **Perspectives on human-centered design**
- **Reflecting on GSA's 50+ years of workplace evolution**
- **Q&A**

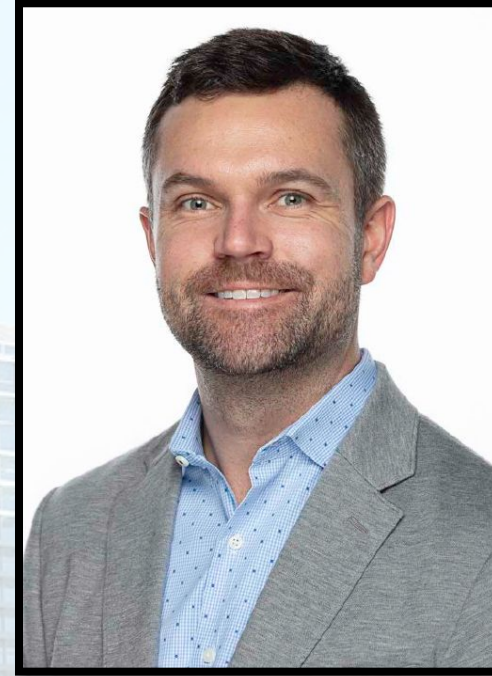
Today's Speakers



Esther Sternberg, MD
University of Arizona
(Moderator)



Kevin Kampschroer
US General Services
Administration



Casey Lindberg, PhD
HKS, Inc

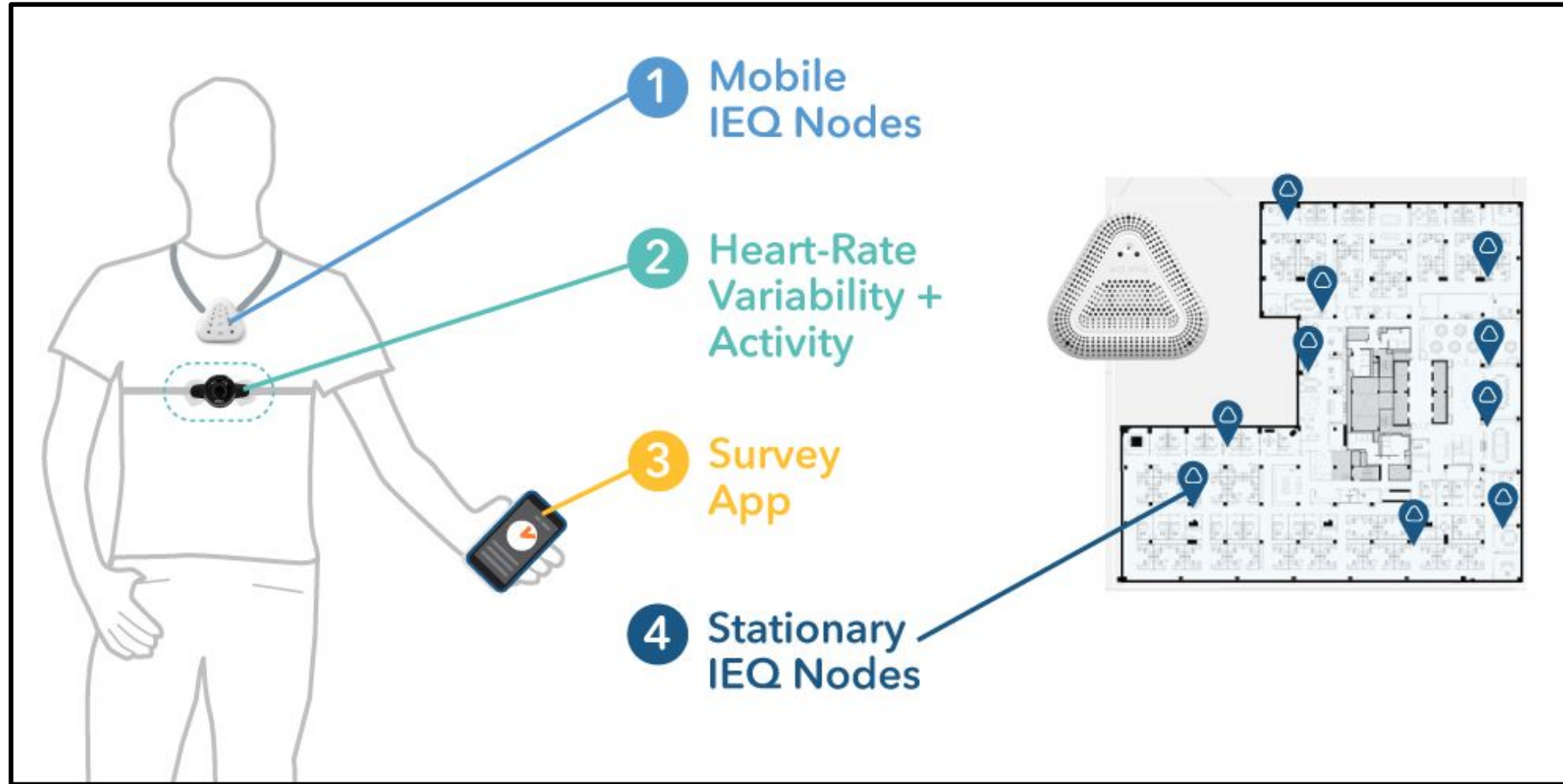


Brian Gilligan, PE
US General Services
Administration

Welcome Poll



[Slido.com: #healthinbuildings to access polls and Q&A](#)

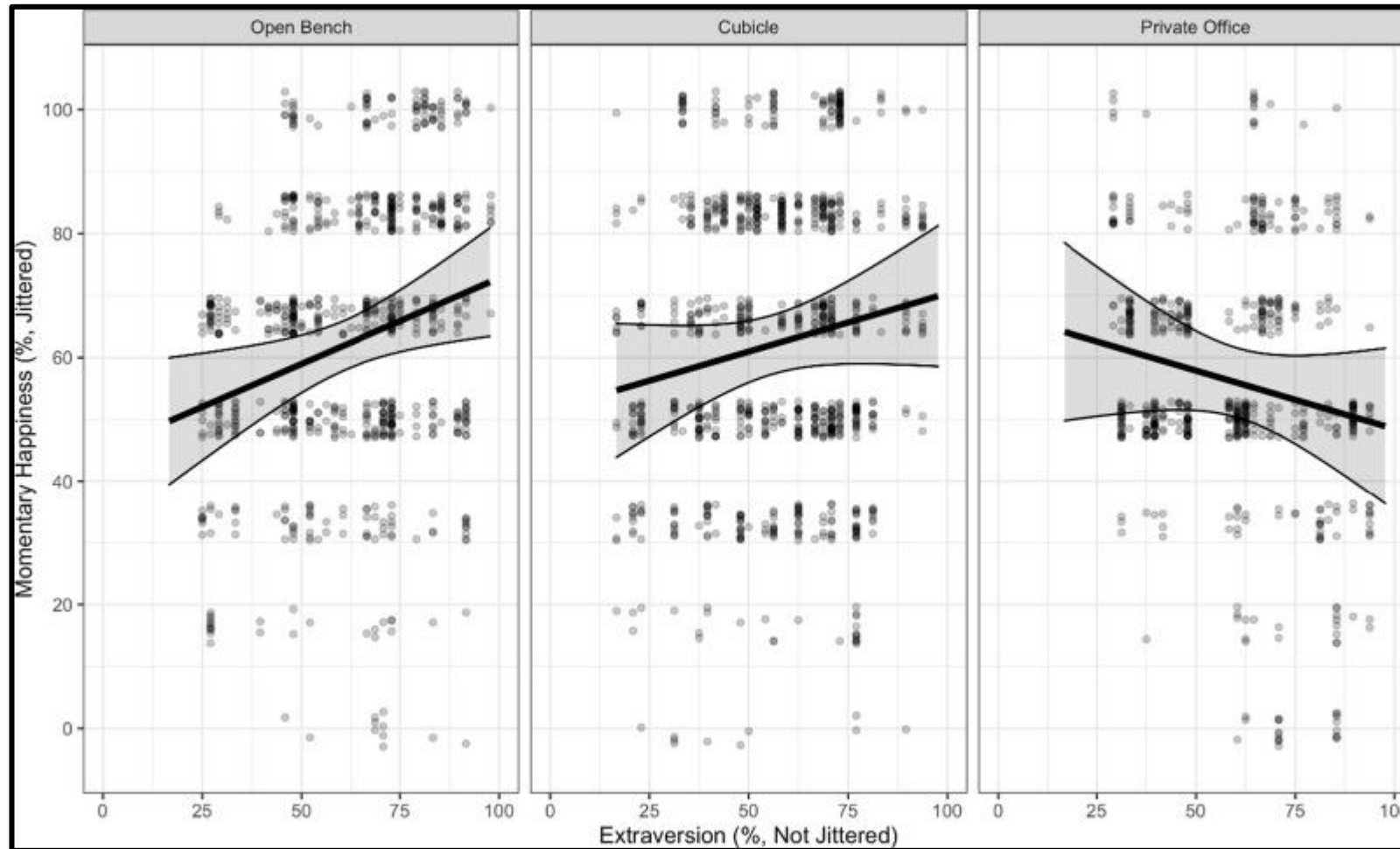


Personality Poll



Slido.com: #healthinbuildings to access polls and Q&A

Extraversion and happiness by workstation type



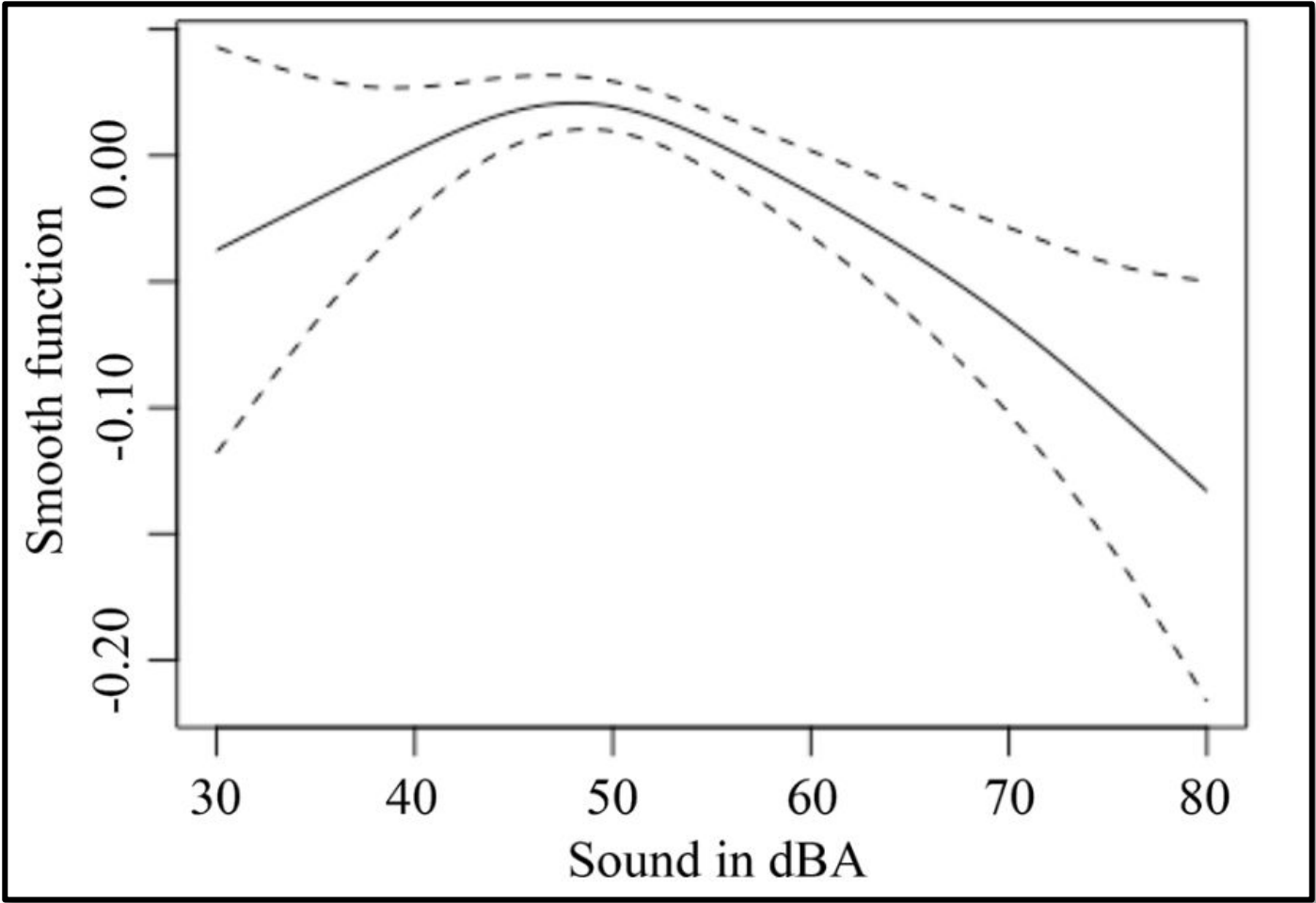
Baranski et al., 2023 | J. of Research and Personality

Sound-level Preferences Poll



[Slido.com: #healthinbuildings to access polls and Q&A](#)

Physiological wellbeing varied as a function of sound level



Srinivasan et al., 2023 | npj Digit. Med.

Thermal Comfort Poll

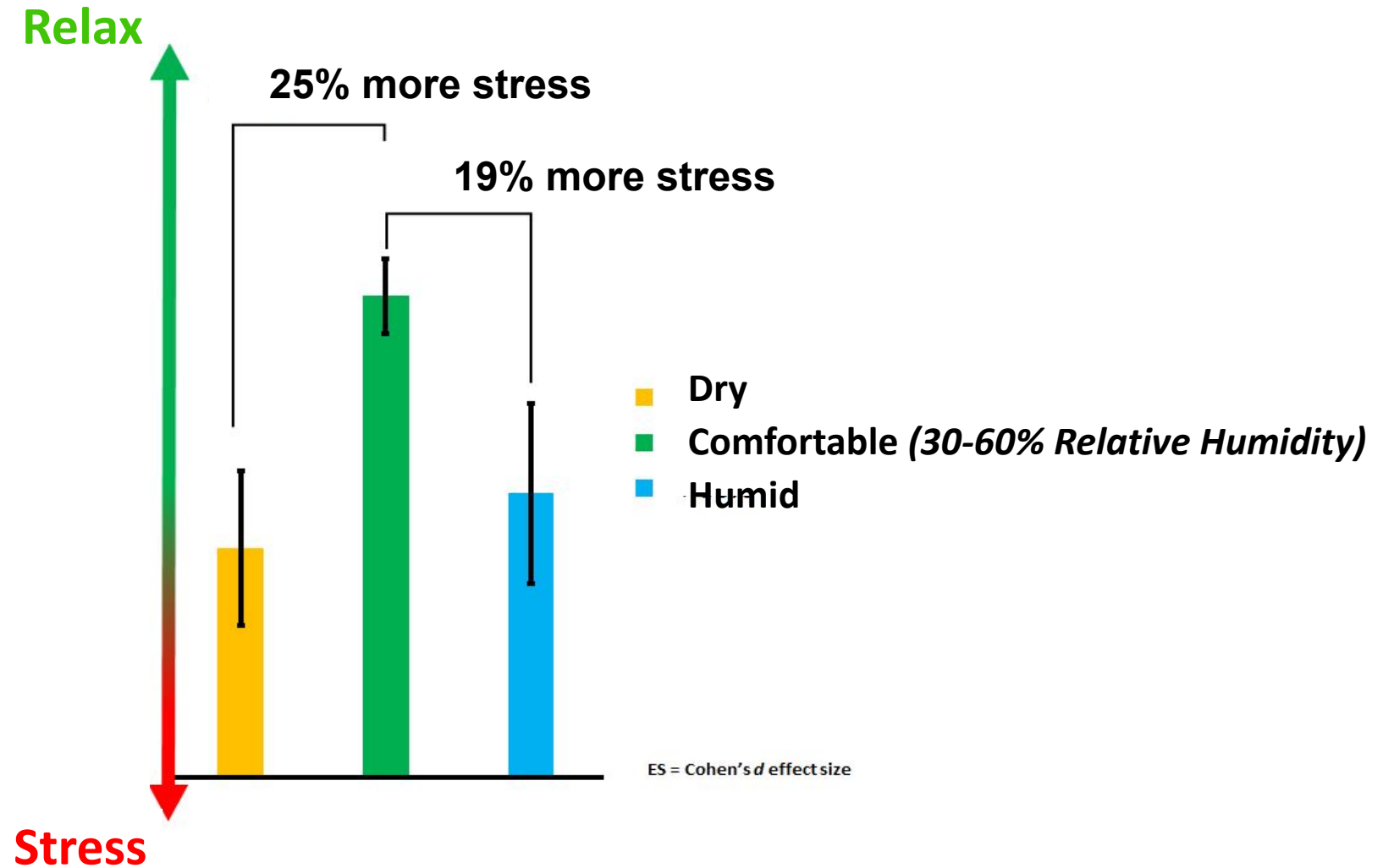


Slido.com: #healthinbuildings to access polls and Q&A

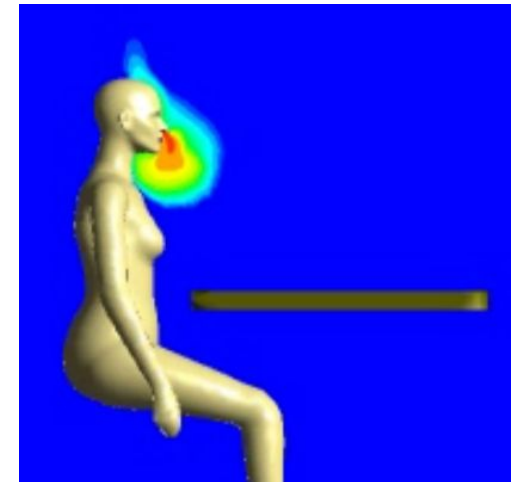
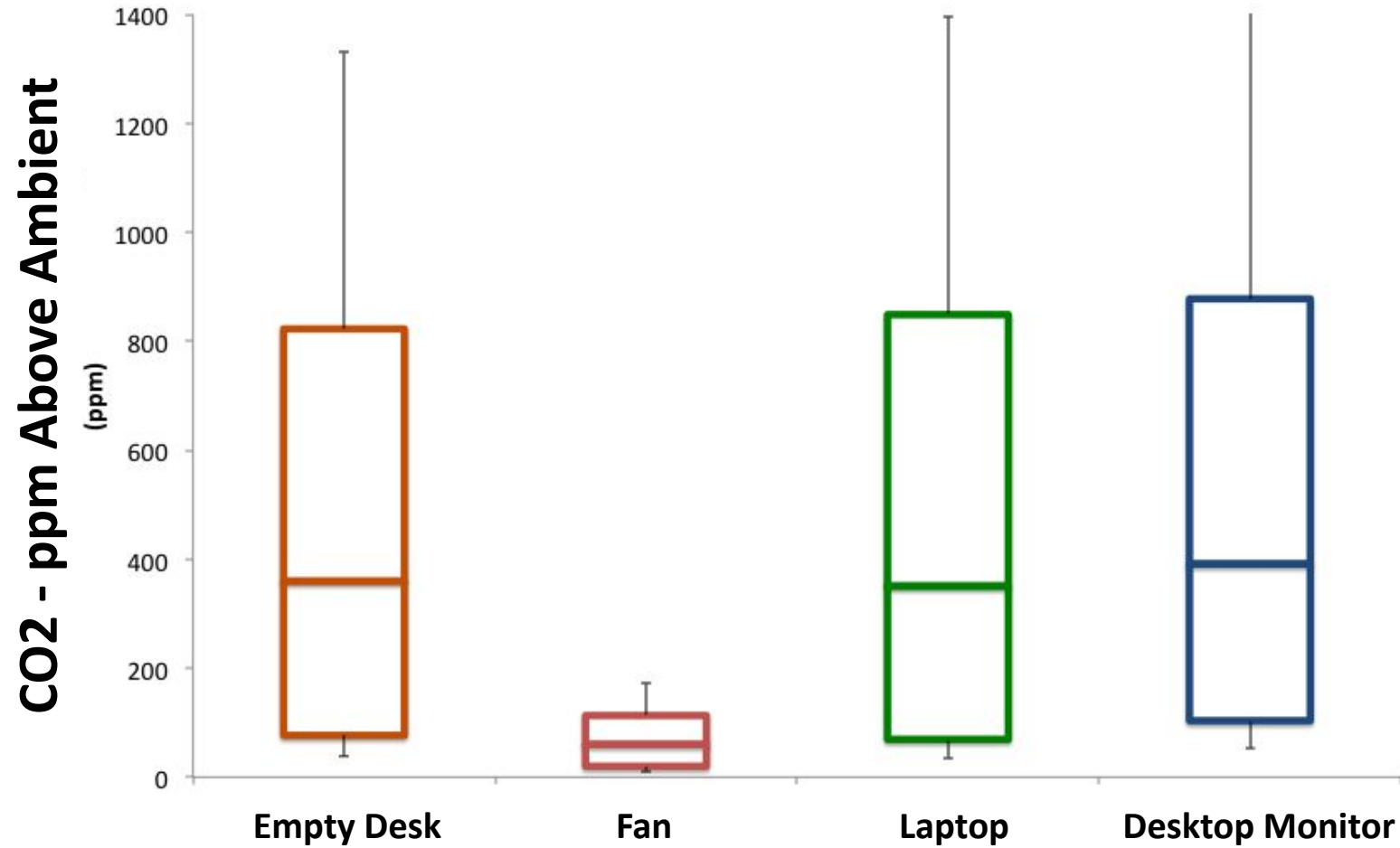
Thermal comfort is influenced by many factors



Physiological wellbeing lower in too-dry or too-humid air



Our personal CO2 bubble...



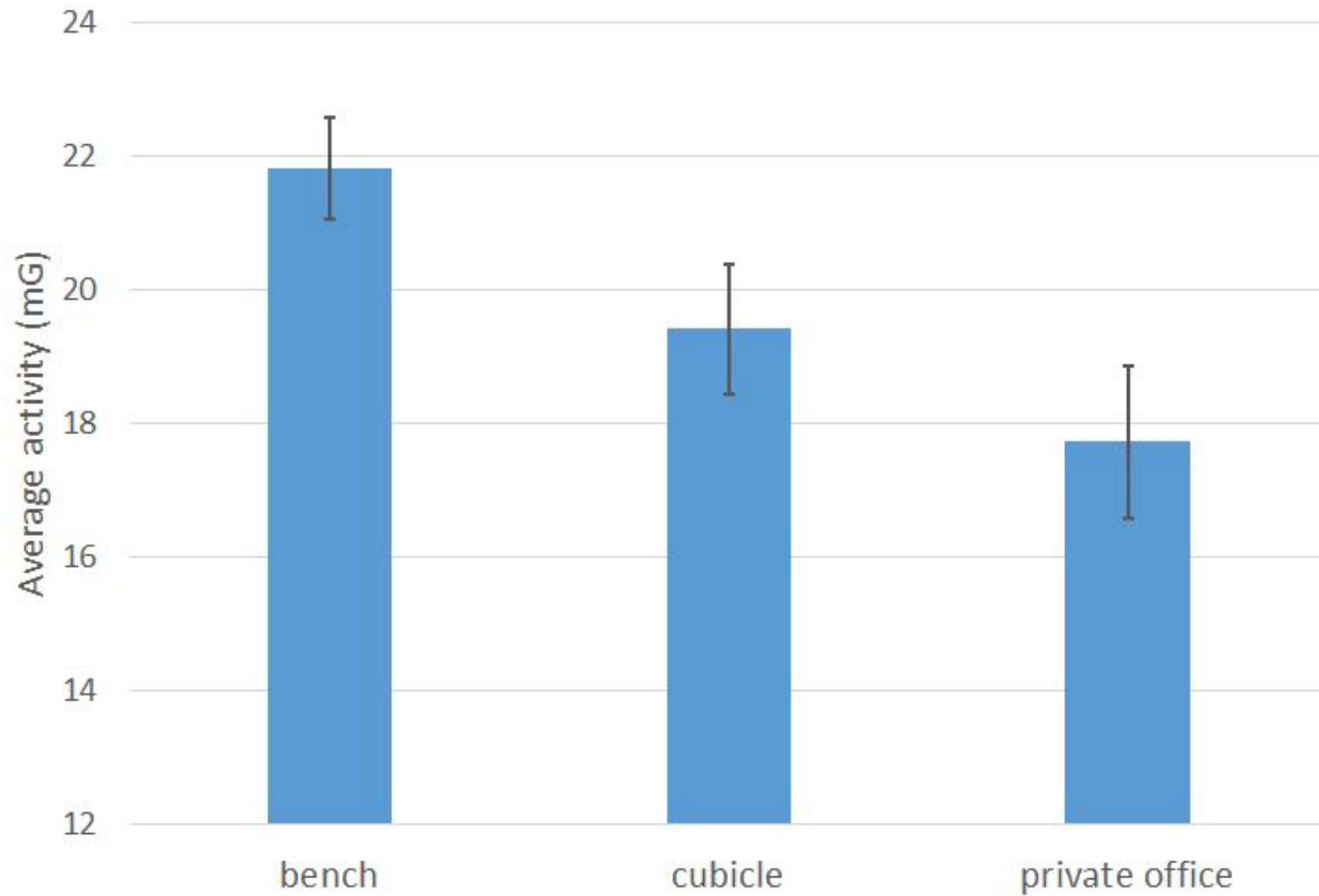
Simulation of
exhaled breath

Physical Activity Poll

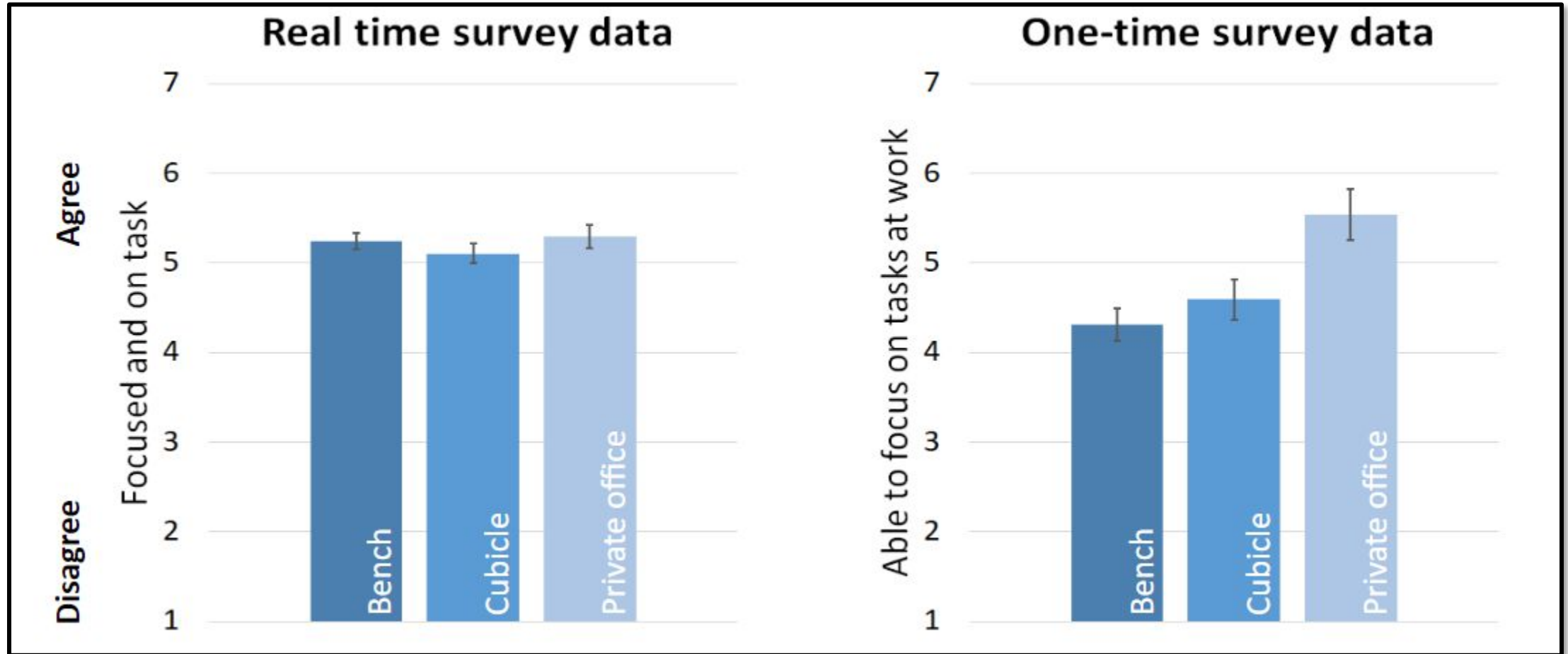


Slido.com: [#healthinbuildings](#) to access polls and Q&A

Physical Activity varied with office layout



Survey method matters!



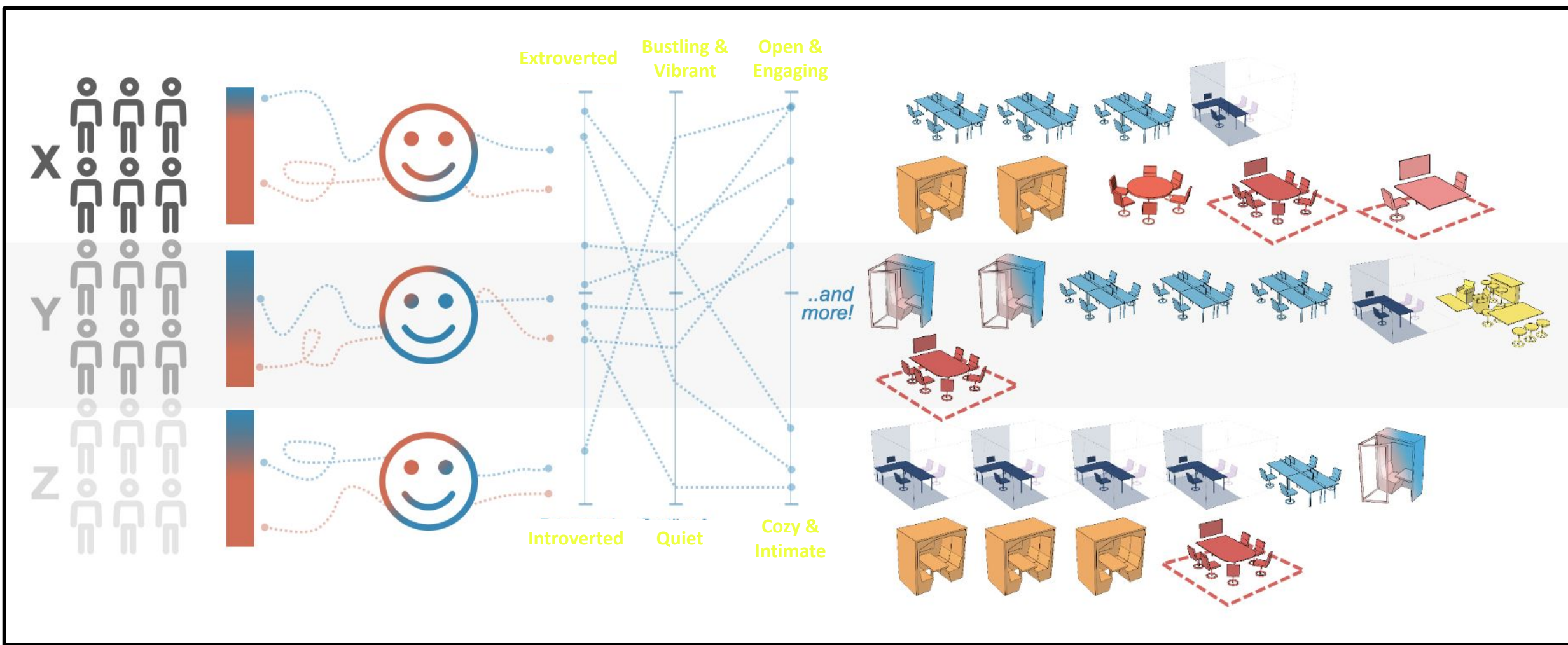
Baranski et al., 2023 | J. of Research and Personality

Days in the Office Poll

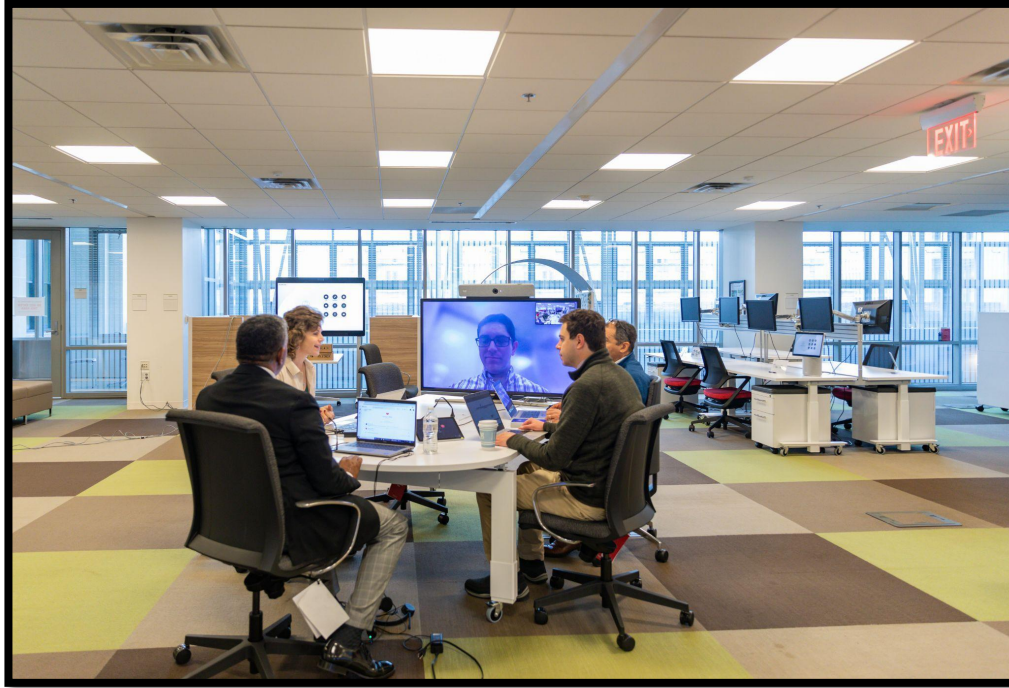
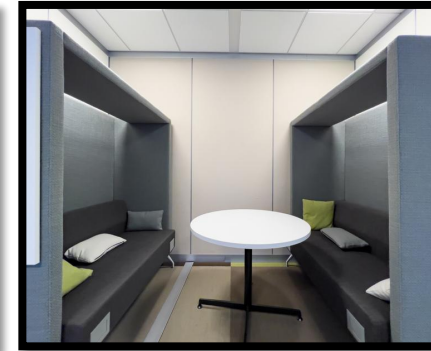
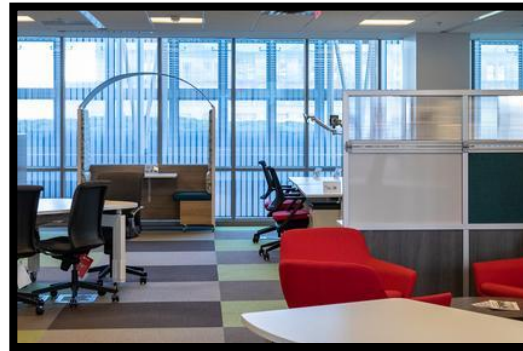
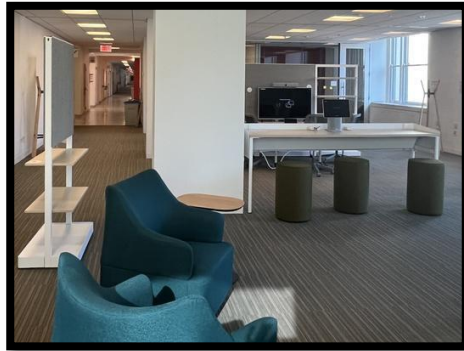
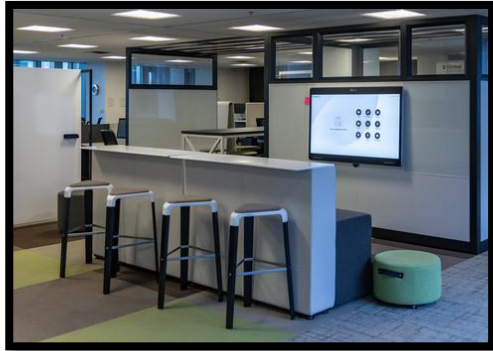


Slido.com: [#healthinbuildings](#) to access polls and Q&A

Workplace 2030 – Earning the commute



Workplace 2030 – Workplace Innovation Lab, Coworking



Return to the Office Poll



[Slido.com](https://www.slido.com): [#healthinbuildings](https://www.slido.com/join/healthinbuildings) to access polls and Q&A

- <https://www.gsa.gov/governmentwide-initiatives/federal-highperformance-green-buildings/resource-library/health/wellbuilt-for-wellbeing>

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Questions?

Wellbuilt for Wellbeing at GSA.GOV

GSA

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A



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