WEBINAR: HEALTH AND WELLBEING

The success of a building depends on many things, but a prominent consideration is the health and wellbeing of its occupants. The World Health Organization defines human health as a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity. Accordingly, there is a need to consider each of these five factors for all occupants of a building in order to keep them healthy. This is demanding because there are many stimuli, such as the thermal conditions, air quality, noise, and light, which affect each occupant differently. Furthermore, occupants’ perceptions of these stimuli may be affected by their demography, environment, cognition, and context. It is little wonder that the realisation of occupant satisfaction with their indoor environment has been described as a socio-cultural achievement.

The costs of ignoring this issue are tangible and considerable for businesses and governments; businesses must cover the cost of absenteeism and reduced productivity, whereas governments must bear the burden imposed on their health care and social security systems.

The challenge to Engineers is significant and so the CIBSE Natural Ventilation Group invites you to join its panel to discuss the health and wellbeing of occupants of buildings on Thursday 12th February 2015 between 1300-1400hrs.

You, the audience, will be encouraged to pose questions via email but an initial set of questions may include:

- How important are internal lighting levels, temperature, air movement, and noise for creating a stimulating environment? Does the control of these factors affect occupant perception?
- What is the difference in stimulation between natural and artificial sources of light and air, and are there ever benefits of artificial sources over natural?
- What is the evidence for improved productivity when increasing “natural” systems in a building?
- Are there ever unintended health consequences when attempting to modify an indoor environment?

THE PANEL

Anne Marie Aguilar (ARUP)

Ann-Marie is an Associate Director and Sustainable Design Specialist at Arup Associates. Her focus is on improving the human experience in the built environment and the opportunities to instil “Wellness in the Workplace”. She is a passionate advocate of the impact of Space Design on Human Behaviour & Performance and is accredited by the International Well Building Institute, based in Washington DC, USA.

Professor Derek Clements-Croome (University of Reading)

Derek worked in the building design and contracting industry before entering university life. He has founded and directed courses at Loughborough, Reading, and Bath Universities. Derek researches, writes and lectures on managing healthy and sustainable environments in buildings of all types. He is the author of “Sustainable Intelligent Buildings for Better Health, Comfort and Well-Being”; a report for the EU funded DENZERO Project.
Chris Trott (Foster and Partners)

Chris is a Partner and Head of Sustainability at Foster and Partners. He has over 30 years of experience in sustainable building design, master-planning, and low and zero carbon site-wide infrastructure design and sustainable building and policy consultancy.

Dr James Milner (London School of Hygiene and Tropical Medicine)

James is a lecturer at the London School of Hygiene and Tropical Medicine. His research involves mathematical modelling of the health impacts of environmental interventions and policies, with a particular focus on climate change mitigation strategies in the built environment.

Jointly chaired by Dr Shaun Fitzgerald (Breathing Buildings) and Dr Benjamin Jones (University of Nottingham)

Shaun is a co-founder and the CEO of Breathing Buildings. He holds a PhD from Cambridge University and has conducted extensive research into natural ventilation and energy demand reduction. He is a Fellow of the Royal Academy of Engineering (RAE) and a RAE Visiting Professor at Cambridge University.

Benjamin is an Assistant Professor at the University of Nottingham and Secretary of the CIBSE Natural Ventilation Group. His current focus is on analytical and modelling approaches to the indoor environment in the context of policy objectives to create a low-carbon building stock. He is particularly interested in the energy efficient ventilation of buildings.

CPD points will be available to those who join for the duration of the webinar.