

# The WELL Building Standard

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## ABSTRACT

The indoor spaces in which we live, work and play have a significant impact on our health and wellbeing. Therefore, how we design, construct, and operate buildings plays an essential role in the intersection between the built environment and human health. Although there are several programs centered around the sustainability and environmental impact of buildings, the availability of those that focus on the factors that influence health and wellbeing has been limited. In order to bridge the gap, Delos Living LLC created the WELL Building Standard™ and established the International WELL Building Institute.

There are seven key areas that serve as conceptual pillars of the WELL Building Standard: Air, Water, Nourishment, Light, Fitness, Comfort and Mind. Nested in these concepts are more than 100 features that are derived from rigorous medical, scientific and architectural research and can be implemented into the design, policies and overall performance of buildings. The core of the WELL Building Standard is performance-based: pre-specified, measurable limits must be met and verified in order to meet certification guidelines. Verification comes in the form of audits and submission of documentation. The audits occur after occupancy and are the final step in certification; additional audits ensue every three years for a building to be re-certified.

## BIOGRAPHY

Upon joining Delos over three years ago, Trevor helped write and develop the WELL Building Standard. He is currently a Director for Delos Labs, the company's research and development department. Trevor's life-long passion for understanding and impacting human and environmental health has led him down a varied path that includes work in documentary filmmaking and urban hydroponic agriculture. He holds a BA in environmental studies from Dartmouth College. He studied eco-physiology of green roofing and its impact on storm-water runoff in NYC at Columbia University where he earned his MA in ecology, evolution, and environmental biology.