

Designing for the Future: A Workplace for Health and Wellness

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ABSTRACT

As we spend about 93 percent of our time indoors, our surroundings have a significant impact on our behaviors, decisions, and overall health and wellness. Issues of obesity, hypertension, diabetes, heart disease, and stress can all be positively influenced by the choices we make when designing our workplace. Concurrently, the design of these spaces and our daily behaviors in them also have an impact on our environment. Using LEED and WELL Building standards as design guidelines, examine a case study of an association headquarters designed for occupant health and wellness, and the future of the workplace. This case study will explore the design principles to create healthy spaces, the protocols and culture needed to achieve wellness, and the sustainability practices implemented to lessen our carbon footprint on the environment – all with the goal to ultimately improve productivity, engagement and retention, or in other words, create a sustainable organization.

BIOGRAPHY

Susan Chung, Ph.D., is the senior research associate at the American Society of Interior Designers (ASID) where she connects design and research for improving human experiences in the interior environment. Valuing the needs of design practitioners, her work at ASID translates research on interior design issues and trends into applicable design implications and directs projects that investigate the impact of design. With a background in both interior design and organizational behavior research from her doctorate degree in Human Behavior and Design at Cornell University, she has a particular passion in how design attributes can enhance creative performance and overall health and well-being.