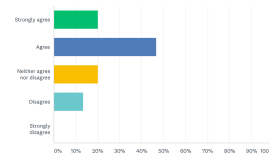


The WELL Building Standard: An Assessment of Effectiveness

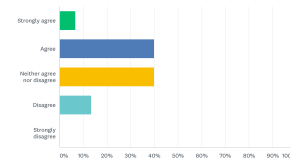
Abstract

This study focuses on the effectiveness of the WELL Building Standard. The WELL Building Standard is a relatively new standard (introduced in 2014) with the goal of improving the health and lifestyle of the occupants. Getting a project WELL certified is very similar to the LEED standard, in which points are assigned to certain aspects of the project, and of the points requirement is met, then the building is certified. WELL claims that their buildings have created more productive work spaces that are filled with more enthusiastic, energetic, healthier, and less stressed employees. This study tested this claim by surveying employees who occupy a building that is WELL Certified. The conclusion is very clearly that WELL does indeed have the effect that they claim and that it is most certainly a worthwhile certification for developers, owners, and business to peruse.

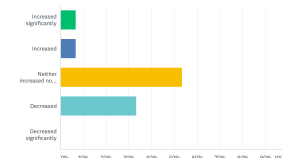
Since working in this space, I have had more energy and enthusiasm in the work place



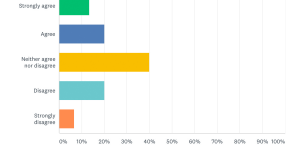
Since working in this space, I have had healthier eating habits



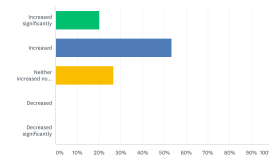
Since working in this space, my stress levels in the work place have



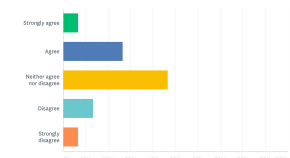
Since working in this space, I find that I exercise more often



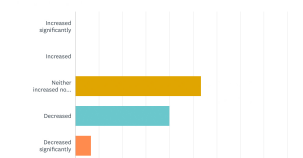
Since working in this space, my productivity as an employee has



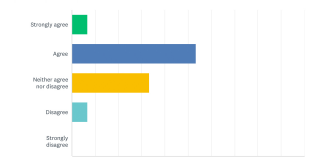
Since working in this space, I have been getting more sleep, and better quality sleep at night



Since working in this space, the number of work days I have missed due to illness has



Since working in this space, I feel as though I have been living a healthier lifestyle



CATEGORY

Eating Habits

Workplace Energy & Enthusiasm

Exercise Habits

Sleep Levels

Lifestyle Healthiness

Workplace Stress Levels

Workplace Productivity

Sick Days

OUTCOME



"WELL fosters a holistic formula for better health and wellness outcomes, leading to improvements in things like employee productivity, engagement and retention"

-IWBI CEO Randy Fiser