October 17, 2013

Featured Speakers

Dr. John Howard, Director, National Institute for Occupational Safety and Health
Ms. Rosalyn Cama, President, Cama Inc.
Dr. Michele Gelfand, Professor, University of Maryland
Martin Cherniack, Professor, UConn Health Center

The afternoon speakers are grantees of the CPH-NEW Pilot Grant Program. The RFA for the request for applications can be found on the CPH-NEW website. Deadlines for letters of intent is October 15, 2013.
Physical Environment, Workplace Design & Health

Rosalyn Cama, FASID, EDAC
CAMA, Inc.
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University of Connecticut
Bachelor's of Science, Interior Design
Class of 1975
“Beauty is our word for perfection of those qualities of environment that have contributed most to human survival.”


AMERICANS SPEND ABOUT 90% OR MORE OF THEIR TIME INDOORS.
“Opposite of beauty is injury not ugliness.”

First consider workplace.
“Is this perfection of those qualities of environment that have contributed most to human survival?”

Is the 24/7 workplace making you sick?
Evidence-based Design

The process of basing decisions about the built environment on credible research to achieve the best possible outcomes.
Increasing employee wellness increases your bottom line
More than 60% of Millennials plan to leave their company within 3 years.

Stop the Revolving Door
How can companies encourage loyalty?

Beauty   Engagement   ROI   Population Health   EBD
**Staff Turnover**
Investments in the environment to increase staff satisfaction could potentially reduce the cost of staff turnover.
Technology Trends
Percent of American Adults (18+) Who Own:

- **Laptop**: 39%, 47%, 64%, 65%, 62%, 57%, 61% (2008-2013)
- **Desktop**: 65%, 64%, 62%, 57%, 56%, 58% (2008-2013)
- **Tablet**: 3%, 8%, 18%, 34% (2008-2013)

9 New Postures
Influenced by technology

OFFICE WORKERS SPEND
47%
of their time
doing computer-related work

THE DRAW
THE MULTI-DEVICE
THE TEXT
THE COCOON
THE SWIPE
THE SMART-LEAN
THE TRANCE
THE TAKE IT IN
THE STRUNCH

Beauty Engagement ROI Population Health EBD
The Turtle
What’s Technology Turning You Into?

The Eyes Always Win - A person will adapt their posture to see their computer screen better even though it may be uncomfortable.

8 of 10 WORKERS EXPERIENCE BACK PAIN AT SOME POINT

91% OF ALL COMPUTER USERS SUFFER FROM EYE STRAIN
Humans are Designed to Move
Furniture should support postural change

Each year back pain costs companies an estimated $7,400,000,000

The Envelop desk by Herman Miller supports three seated postures:

- Reclining
- Upright
- Forward leaning
ON AVERAGE THE CUBICLE HAS DOWNSIZED FROM AN 8’ X 10’ AREA TO A 5’ X 5’ WORKSPACE.

**Increased Workplace Density**
From 2010 to 2012, the average square foot per person dropped from 225 to 176. This number is predicted to drop as low as 100 sf/person by 2017
Shrinking Space
Designers are decreasing individual space and increasing common space to facilitate collaboration.

In 2020, 80% of office workers sit all day at a dedicated workstation.
“Headphones are the new wall.”

53% of employees are disturbed by others when trying to focus.

42% use makeshift solutions to block out distractions.

Beauty  Engagement  ROI  Population Health  EBD
Collaboration & Concentration
When focus is compromised in pursuit of collaboration, neither works well.

TIME SPENT COLLABORATING HAS DECREASED
20%

TIME SPENT FOCUSING HAS INCREASED
13%
Second Space

Five times more knowledge is generated during conversations between people than from other sources.

81% POSITIVE CORRELATION BETWEEN COLLABORATION AND INNOVATION

A NEW TREND IDENTIFIES COLLABORATION AS SPONTANEOUS, CAUTIOUS, AND UNDEFINABLE.
Sedentary Death Syndrome

YOU SIT MORE THAN YOU SLEEP!
OBESITY TRENDS AMONG U.S. ADULTS

- NO DATA
- 10%
- 10-14%
- 15-19%
- 20-24%
- 25-29%
- > 30%

ACTIVE DESIGN GUIDELINES
PROMOTING PHYSICAL ACTIVITY AND HEALTH IN DESIGN

Wellness Tracking
Join the FitBit Movement

Beauty  Engagement  ROI  Population Health  EBD
Health Leave (not just “sick” leave)
Incentives to stay well

“Casual Friday” Gets Active
Workout Clothes Friday...because it’s uncomfortable to workout in your jeans
A FOODA PROGRAM KEEPS EMPLOYEES HAPPY

Beauty  Engagement  ROI  Population Health  EBD
OSHA defines stress as a hazard of the workplace, costing U.S. industry more than $300 billion/yr.

10% of employee absences can be attributed to architecture with no connection to nature.

The Economics of Biophilia
What is the right kind of lighting?
It depends on your age and the task

OVER-LIGHTING CAN CAUSE EMPLOYEE HEALTH PROBLEMS AND HIGHER ENERGY COSTS.

AT AGE 60, OUR EYES NEED 3 TIMES AS MUCH LIGHT TO SEE AS THEY DID AT 20
At least 40% of U.S. and Canadian workers who participated in a 2010 Workforce Management survey say their jobs make them depressed.

Daylight & Job Satisfaction
Access to natural light is one of the few physical environmental attributes linked with higher staff satisfaction.
Daylight Exposure & Sleep
Natural light exposure throughout the day can lead to less afternoon drowsiness and a better night’s sleep.
COOK UP A GREAT RECIPE

When it comes to light, we know our stuff. And that includes the health and wellness benefits that light can offer. In fact, we’ve put the science into practice, with light projects in schools and hospitals. And it’s that very science we’ve squeezed into hue settings we like to call Light Recipes.

Light Recipes let you change the lighting for specific needs – to relax, concentrate, energize and read. Try it out for yourself. Just select one of the options on the phone and see how hue can transform the space. And the way you feel. What’s even better is you can still tweak the settings of any Light Recipe so it’s tuned perfectly for you.

The Individual’s Right to Light
People with control over their lighting consistently report greater satisfaction with their work environment.
PUT YOUR FEET UP

Sometimes after a long day all you want to do is hop onto the sofa and switch off your brain. Or slip into a bath and let the stresses of the day float away. That’s fine by us. And it’s why we created the ‘Relax’ recipe.

Choose the ‘Relax’ setting and all your selected light bulbs will change to a soft, soothing glow. It’s the perfect antidote to any hectic life, and the perfect excuse to do absolutely nothing.
TIME TO FOCUS

Just because the working day is over doesn’t mean the work is done. Sometimes you need to tie up those loose ends. Maybe get stuck into the paperwork you’ve been avoiding? Or help a bright young mind finish their mathematics homework.

Choose the ‘Concentrate’ setting and all your selected LED bulbs will change to a tone and brightness that’ll help keep you focused and alert. It’s a light setting we tested in a school. And it really helped the kids improve.
NEED A PICK ME UP?

You know what it’s like. It’s dull outside. You’re facing a mid-afternoon dip. And you just can’t seem to kick start your body back into life. We’ve all been there. Luckily hue knows the way out.

Choose the 'Energize' setting and all your selected light bulbs will bathe you in bright and vibrant light. It’ll give your energy levels a boost. Perfect for those moments when your batteries are running low.
READ A GOOD BOOK LATELY?

Your typical room light never quite seems to be right for reading. Either it’s too bright and the page glares at you. Or it’s too dull and you end up straining to make out the words. hue fixes that.

Choose the 'Reading' setting and all your selected wireless bulbs will change to the perfect white light, at just the right intensity. At the touch of a button, reading becomes a pleasure. Just don’t blame your choice of author on hue.
Technology, Personal Space & Privacy
Google Glass

SFO
JetBlue Airways 644
1:35pm
On time
in 3 min

JFK

Beauty  Engagement  ROI  Population Health  EBD
Sociometric Solutions®

Sociometric Solutions® creates better organizations by analyzing communication patterns with social sensing technology to drive innovative transformation services. We provide solutions to a wide variety of enterprises, from Fortune 100 mainstays to fast-growing mid-size firms, spanning a number of different sectors.
Decision Making Determinants

Values (belief)

Value $$$

Innovate

Lag - baseline

Beauty
Engagement
ROI
Population Health
EBD
Quality of Life - Integration of environments

Case Study: Microsoft
The workplaces highlight the infinitely more competitive recruiting landscape that Microsoft now inhabits.

73% of employees believe they could focus most effectively in an office setting than at home.
DAYLIGHT AND STAFF SATISFACTION

DAYLIGHT EXPOSURE & SLEEP


THE INDIVIDUAL’S RIGHT TO LIGHT


TECHNOLOGY, PERSONAL SPACE AND PRIVACY

PERFORMANCE ANALYTICS

QUALITY OF LIFE - INTEGRATION OF ENVIRONMENTS

WORKSTATIONS: STANDING & SEATED
CAMA, Inc.
www.camaincorporated.com

ASID Foundation Interior Design Research Grant
www.asidfoundation.org/Transform_2013.html

The Center for Health Design
www.healthdesign.org/