

# UCR Healthy Campus Initiative Healthy Workplace Checklist

*Our built environment has a profound impact on our health, well-being, happiness and productivity*

With a growing body of research demonstrating that the environments in which people live and work can have a direct impact on their well-being, it is becoming critical to place people at the heart of building design and construction, operations and development decisions.

## **Built Environment**

The **Built Environment (BE)** encompasses “all man-made physical components of human settlements such as buildings, streets, open spaces, and infrastructure in terms of whether it promotes or discourages physical activity”. The **Work Environment (WE)** encompasses those factors at and/or associated with the workplace or work site that impact an individual’s physical activity and healthy eating options.

We can use the same principles of this field of the “**Built Environment and Health**” with both the **outdoor and indoor spaces at our workplace to promote health and support healthier lifestyle habits**. “Public health has traditionally addressed the built environment to tackle specific health issues such as sanitation, lead paint, workplace safety, fire codes and access for persons with disabilities. We now realize that how we design the built environment may hold tremendous potential for addressing many of the nation’s greatest current public health concerns including obesity, cardiovascular disease, diabetes, asthma, injury, depression, violence, and social inequities.” American Journal of Public Health, Sept, 2003, Editorial, Richard J. Jackson, MD, MPH

## **Goals**

- Create outdoor and indoor spaces at UCR that promote health and well-being
- Include components of the Built Environment and Health in the UCR campus master plan.

## **Built Environment Checklist and Recommendations**

### **Design of Outdoor spaces**

#### **Walkability**

- Sidewalks/pathways- Must have signal-protected crosswalks and traffic control devices at all major/busy intersections.
- Exercise trail/path- At least one designated for walking/exercise that is well maintained, well-lit, and visually appealing (i.e. route markers, mile markers, signage, etc.).

#### **Open spaces**

- Open spaces- Offer amenities to encourage physical activity (i.e. fitness stations, shade, etc.).
- Design open spaces- To be used for social gatherings and for private, quiet meditation and relaxation.

#### **Safety considerations for walking and biking paths**

- Appropriate lighting
- Access to hydration stations
- Tree canopy and landscaping
- Bike racks

#### **Signage, Way Finding**

- Campus maps- Include walking and bicycle routes including distance and level of difficulty, locations of hydration stations, way finding (1 mile, 2 mile markers) for walking routes. Consider wayfinding to healthy food establishments.

### **Design of Indoor Space**

#### **Ergonomics**

- Design work and classroom spaces in campus buildings to create and maintain a flexible ergonomic environment that properly accommodates users and promotes health, comfort, and productive work to reduce injury and illness.

- “Active” office designs - standing workstations, standing tables in conference rooms and classrooms, etc.
- “Active” classroom designs – standing kiosks at the Library, standing desks, etc.

### **Meeting Rooms**

- Include standing tables.
- Moveable furniture to allow for flexibility to use rooms for physical activity.

### **Stair Wells**

- Design new (or renovate existing) stairwells to encourage and support use as a simple means to add physical activity to the workday.
- Make them accessible and easy to find
- Improve the visual appeal of the stairwells with good lighting and light wall colors
- Improve the safety with rubber treading or carpeting; mirrors as needed for corners
- Install permanent, plastic holders for motivational signs in the location where people are likely to be making the choice between the stairs or elevator.
- Install prompt of decision signage by elevator banks to encourage stair use (on every floor)
- Install elevator wraps to encourage stair usage (on every floor)

### **Showers and Lockers and/or Changing Facilities**

- Include one shower with storage lockers for building occupants that walk or bike to work and/or exercise during the workday.
- Include changing facilities to support exercise before, during, or after work hours.

### **Hydration Station and water fountains**

- Design new and improve renovations to increase accessibility to tap water through water fountains (to code) and Hydration Stations
- Units designed for efficient refilling of water containers.

### **Lighting and Air Quality**

- Design buildings with windows that open and use natural light and air efficiently

### **Lactation Rooms-** Lactation Room for building occupants and support of campus policy

- Private space
- Minimum of one electrical outlet
- Close proximity to a sink
- Lock for door
- Chair or couch
- Refrigerator

### **Social spaces**

- Encourage team building and social interaction for formal and informal gathering through exercise areas, break rooms, kitchens, training space, and lactation/resting room.

### **Teaching Kitchen**

- Identify space as part of new construction or building redesign to include a teaching kitchen that can be used to teach cooking skills to faculty, staff, and students.

### **Farmers’ Market or Community Supported Agriculture (CSA)**

- Identify location to support a campus farmers’ market or CSA in a centralized area of campus.

### **Partnerships:**

- Capital Asset Strategies
- Architects and Engineers
- TAPS
- Facilities

### **Additional Resources:**

**WELL Building Standard (WELL)** — the first building standard to focus exclusively on the health and well-being of the people in buildings. <http://www.wellcertified.com/well>

<http://www.naiop.org/en/Magazine/2016/Summer-2016/Development-Ownership/Building-for--Wellness.aspx>