

# Webinar

## Confronting COVID-19: Healthy Buildings; Optimizing Mental Health

Date: March 31, 2020

00:00:00 --> 00:00:01: So welcome to all of you.

00:00:01 --> 00:00:05: I'm Rachel McCleary, senior vice president at ULI. I am,

00:00:05 --> 00:00:08: on behalf of ULI, I would like to welcome you

00:00:08 --> 00:00:11: to this global webinar on the coronavirus.

00:00:11 --> 00:00:16: This webinar on healthy building strategies and opportunities to maximize

00:00:16 --> 00:00:19: mental health through built environment is the 2nd in a

00:00:19 --> 00:00:22: series which ULI is offering members and real estate

00:00:22 --> 00:00:26: leaders who are working to navigate the challenges posed by

00:00:26 --> 00:00:29: the health crisis and who want to contribute to its

00:00:29 --> 00:00:30: resolution.

00:00:30 --> 00:00:32: Next slide.

00:00:32 --> 00:00:35: The Urban Land Institute is a research and education nonprofit

00:00:35 --> 00:00:39: whose mission is to provide leadership in the responsible use

00:00:39 --> 00:00:43: of land and creating and sustaining thriving communities worldwide.

00:00:43 --> 00:00:45: Excuse me if you are new to ULI.

00:00:45 --> 00:00:48: Welcome as we said last week in the last web.

00:00:48 --> 00:00:51: And as we know this is a very challenging time

00:00:51 --> 00:00:52: for you.

00:00:52 --> 00:00:53: Will I members, our partners,

00:00:53 --> 00:00:58: their colleagues and families? Our thoughts go out to individuals

00:00:58 --> 00:01:02: and communities who are coping with an ever deepening health

00:01:02 --> 00:01:03: and economic crisis.

00:01:03 --> 00:01:05: As are you alive family we want you to know

00:01:06 --> 00:01:07: that we are here for you.

00:01:07 --> 00:01:10: We are committed to doing all we can to support

00:01:10 --> 00:01:10: you,

00:01:10 --> 00:01:13: lie members and their partners as they navigate this strange

00:01:13 --> 00:01:15: new world of ever changing information.

00:01:15 --> 00:01:19: An worry. And although we cannot come together in person

00:01:19 --> 00:01:21: as is our practice with webinars like this one,

00:01:21 --> 00:01:24: we are coming together virtually now and in the coming

00:01:24 --> 00:01:27: weeks you will lie is rolling out on line and

00:01:27 --> 00:01:30: web based content of all kinds dedicated to informing and

00:01:30 --> 00:01:34: connecting you lie members around COVID-19 and other topics as

00:01:34 --> 00:01:35: well.

00:01:35 --> 00:01:38: The building Healthy Places Initiative was launched in 2013

00:01:38 --> 00:01:40: to

00:01:38 --> 00:01:40: leverage the power of you allies.

00:01:40 --> 00:01:43: Global networks, to shape projects and places in ways that

00:01:43 --> 00:01:46: improve the health of people and communities.

00:01:46 --> 00:01:49: Over the years we have been working with you,

00:01:49 --> 00:01:52: align members to explore the intersections of health,

00:01:52 --> 00:01:55: social equity, real estate and to promote healthy places.

00:01:55 --> 00:01:59: This crisis has underscored how critically important health is and

00:01:59 --> 00:02:01: highlighted more acutely than ever before,

00:02:01 --> 00:02:04: how interconnected. We all are rich and poor.

00:02:04 --> 00:02:06: Young and. Old, the US and the world.

00:02:06 --> 00:02:08: We need each other now more than ever.

00:02:08 --> 00:02:11: And now more than ever we need policy solutions and

00:02:11 --> 00:02:14: strategies that lift everyone up and leave no one behind.

00:02:14 --> 00:02:17: We know that all of you are problem solvers and

00:02:17 --> 00:02:19: you are dedicated to doing all you can to help

00:02:19 --> 00:02:22: prevent the spread of the virus to navigate the business

00:02:22 --> 00:02:25: and planning impacts and to help mitigate the impact of

00:02:25 --> 00:02:28: this crisis on communities and vulnerable people.

00:02:28 --> 00:02:30: We know that you are working to help cities and

00:02:30 --> 00:02:32: communicate communities,

00:02:32 --> 00:02:35: navigate the pandemic and rebuild after it in ways that

00:02:35 --> 00:02:35: foster.

00:02:35 --> 00:02:38: Social equity and provide opportunity for all.

00:02:38 --> 00:02:40: Our goal with this web and R series.

00:02:40 --> 00:02:43: Another coronavirus information and programming,

00:02:43 --> 00:02:46: is to give you insights and information that help you

00:02:46 --> 00:02:47: do just that.

00:02:47 --> 00:02:50: We have compiled information relevant to the real estate industry

00:02:50 --> 00:02:54: on our issue page you will [i.org/COVID-19](https://i.org/COVID-19) which we are  
 00:02:55 --> 00:02:58: updating regularly as more information becomes available.  
 00:02:58 --> 00:03:01: Overtime we're sharing this web and R and all related  
 00:03:01 --> 00:03:04: content in the spirit of information sharing an education,  
 00:03:04 --> 00:03:07: please see this see this statement on your screen for  
 00:03:07 --> 00:03:08: further important disclaimers.  
 00:03:08 --> 00:03:12: As you know, today's. Webinars focused on two intersecting  
 00:03:12 --> 00:03:15: topics.  
 00:03:15 --> 00:03:19: How to keep buildings healthy and how to optimize mental  
 00:03:19 --> 00:03:23: health with built environment strategies in this time of  
 00:03:23 --> 00:03:27: disruption  
 00:03:27 --> 00:03:28: last week we heard from infectious disease specialist Kathy  
 00:03:28 --> 00:03:31: Tracy,  
 00:03:31 --> 00:03:34: healthy buildings expert Whitney Austin Gray and emergency  
 00:03:34 --> 00:03:36: planner Susan  
 00:03:36 --> 00:03:40: Basak.  
 00:03:40 --> 00:03:42: Next week on April 7th will examine it considerations for  
 00:03:42 --> 00:03:45: multifamily buildings and affordable housing,  
 00:03:45 --> 00:03:49: and on April 14th will take a look at the  
 00:03:49 --> 00:03:52: shifting economic landscape and how to cope with the  
 00:03:52 --> 00:03:55: collapse  
 00:03:55 --> 00:03:57: of rent payments for housing and retail.  
 00:03:57 --> 00:04:00: All webinars are linked to an listed on that you  
 00:04:00 --> 00:04:02: will [i.org/COVID-19](https://i.org/COVID-19) issue page webinars are being recorded,  
 00:04:02 --> 00:04:04: a partial web and our partial recording of this webinar  
 00:04:04 --> 00:04:06: will be shared by email with registrants and will also  
 00:04:06 --> 00:04:09: be posted on the web.  
 00:04:09 --> 00:04:10: But Professor Alan's portion will be omitted from the  
 00:04:10 --> 00:04:13: recording  
 00:04:13 --> 00:04:17: and from the shared slides.  
 00:04:17 --> 00:04:21: So here are speakers for today's web and R.  
 00:04:21 --> 00:04:23: In the interest of time and getting to the meat  
 00:04:23 --> 00:04:26: of the matter will just offer quick names and titles  
 00:04:26 --> 00:04:30: for full full BIOS,  
 00:04:30 --> 00:04:33: please look at the web and our web page.  
 00:04:33 --> 00:04:35: I'm delighted to hand the moderating duties over to Elizabeth  
 00:04:35 --> 00:04:38: Shreve,  
 00:04:38 --> 00:04:41: Elizabeth's principle with the SWA Group based in San  
 00:04:41 --> 00:04:44: Francisco.  
 00:04:44 --> 00:04:47: And as our moderate are today,  
 00:04:47 --> 00:04:50: she is a long time you will remember and champion  
 00:04:50 --> 00:04:53: of the building Healthy Places Initiative and as chair of  
 00:04:53 --> 00:04:56: the UI Sustainable Development Product Council.  
 00:04:56 --> 00:04:59: Elizabeth thank you Rachel. Hello everyone,  
 00:04:59 --> 00:05:02:

00:04:35 --> 00:04:39: I'm so grateful to be here to moderate the connection  
00:04:39 --> 00:04:42: today or through this session with the UI community I've  
00:04:42 --> 00:04:45: been involved with building healthy places for.  
00:04:45 --> 00:04:47: A while and and we can all see how this  
00:04:47 --> 00:04:49: pandemic is really driving home.  
00:04:49 --> 00:04:53: The point that health is fundamental to the way that  
00:04:53 --> 00:04:56: we design and build with challenges that most of us  
00:04:56 --> 00:04:58: could never have foreseen.  
00:04:58 --> 00:05:02: So today we'll be hearing from First Doctor Joseph Allen,  
00:05:02 --> 00:05:07: assistant professor of exposure assessment science at the  
Harvard TH  
00:05:07 --> 00:05:10: Chan School of Public Health and director of the Healthy  
00:05:10 --> 00:05:12: Buildings Program.  
00:05:12 --> 00:05:15: There he is the recent author of healthy buildings,  
00:05:15 --> 00:05:19: how indoor spaces drive performance and productivity,  
00:05:19 --> 00:05:22: along with John Macomber at Harvard Business School,  
00:05:22 --> 00:05:27: and he'll be providing some links to his resources.  
00:05:27 --> 00:05:29: As part of his presentation,  
00:05:29 --> 00:05:33: our friend Joanna Frank, longtime friend of building healthy  
places,  
00:05:33 --> 00:05:37: is the founding president and CEO of the Center for  
00:05:37 --> 00:05:40: Active Design based in New York City,  
00:05:40 --> 00:05:45: where she advances design and development practices to  
foster healthy  
00:05:45 --> 00:05:47: and engaged communities so.  
00:05:47 --> 00:05:50: Here we are. It's early days in this pandemic and  
00:05:51 --> 00:05:54: one thing we know is that we're all faced with  
00:05:54 --> 00:05:55: so much uncertainty,  
00:05:55 --> 00:05:59: were isolated, and yet we're finding ways to connect often  
00:05:59 --> 00:06:01: in new and unexpected ways.  
00:06:01 --> 00:06:04: For example, yesterday I took a break from work for  
00:06:04 --> 00:06:07: a music jam session with my 98 year old father  
00:06:07 --> 00:06:11: who lives in a retirement community where six people have  
00:06:11 --> 00:06:14: died from COVID-19 this week were frantic,  
00:06:14 --> 00:06:17: of course, and he's chafing at missing his ukulele E  
00:06:17 --> 00:06:18: band rehearsals.  
00:06:18 --> 00:06:21: So we got on zoom with one of my brothers  
00:06:21 --> 00:06:23: in Nashville on the guitar.  
00:06:23 --> 00:06:26: My brother on banjo in New Hampshire.  
00:06:26 --> 00:06:29: My dad on Long Island with his ukulele E and  
00:06:29 --> 00:06:32: we made some really bad music together and we laughed.  
00:06:32 --> 00:06:35: We all felt like we were far away from each  
00:06:35 --> 00:06:36: other.

00:06:36 --> 00:06:38: An yet in some ways we were closer.

00:06:38 --> 00:06:41: We're facing the immediate situation at hand.

00:06:41 --> 00:06:43: How do we get through this crisis?

00:06:43 --> 00:06:48: And we're also facing the great unknown of what's ahead

00:06:48 --> 00:06:51: after the chain of transmission has slowed.

00:06:51 --> 00:06:55: So our speakers are going to help us today with

00:06:55 --> 00:06:56: what we do know.

00:06:56 --> 00:06:59: What are some of the immediate hacks that we can

00:06:59 --> 00:07:01: put into practice right now?

00:07:01 --> 00:07:05: What can we do at this moment to foster health

00:07:05 --> 00:07:08: and well being as we get through this crisis?

00:07:08 --> 00:07:11: And then, what are some of the possibilities and best

00:07:11 --> 00:07:13: practices for what lies ahead?

00:07:16 --> 00:07:19: And with that, I think we'll just jump right into

00:07:19 --> 00:07:19: it.

00:07:24 --> 00:07:28: I think public health experts are the clearly the unsung

00:07:28 --> 00:07:31: superheroes of the moment.

00:07:31 --> 00:07:34: So let's let's thank them as often as we possibly

00:07:35 --> 00:07:35: can,

00:07:35 --> 00:07:39: even though the only measure of success is that nothing

00:07:39 --> 00:07:40: happens.

00:07:40 --> 00:07:44: So with that, Joanna is going to address some of

00:07:44 --> 00:07:48: the aspects of mental health both in the near term

00:07:48 --> 00:07:50: and into the future.

00:07:50 --> 00:07:52: Joanna great, thank you so much.

00:07:52 --> 00:07:55: So great place for me to kind of segue.

00:07:55 --> 00:07:58: As my expertise is really in buildings,

00:07:58 --> 00:08:01: so we're going to jump straight into what will be

00:08:01 --> 00:08:04: the role of buildings as we go forward.

00:08:04 --> 00:08:06: So the Center for active design,

00:08:06 --> 00:08:09: the organization that I that I lead was actually created

00:08:09 --> 00:08:13: with the belief that the built environment could change the

00:08:13 --> 00:08:15: trajectory of health,

00:08:15 --> 00:08:18: and we believe that because of the body of public

00:08:18 --> 00:08:22: health evidence base that we were translating at the time,

00:08:22 --> 00:08:25: there's No 10 years ago to really look at how

00:08:25 --> 00:08:26: come we combat?

00:08:26 --> 00:08:29: Chronic disease and one of the things that gave us

00:08:29 --> 00:08:31: the belief that this was even possible,

00:08:31 --> 00:08:34: that we as a bunch of building designers and operators

00:08:34 --> 00:08:37: and real estate developers and City of New York?

00:08:37 --> 00:08:40: Why did we even think we could address public health?

00:08:40 --> 00:08:43: One of the reasons for that was actually looking at  
00:08:43 --> 00:08:46: the precedent of history and how New York City actually  
00:08:46 --> 00:08:49: was able to overcome its very high levels of infectious  
00:08:49 --> 00:08:52: disease. So these are the slides that I have now  
00:08:52 --> 00:08:55: used for a decade to talk about the precedent that  
00:08:55 --> 00:08:57: New York City is set in a looking at infectious  
00:08:57 --> 00:09:00: disease and how to leverage our buildings are built in  
00:09:00 --> 00:09:01: VIA.  
00:09:01 --> 00:09:03: Mentor policy around built environment,  
00:09:03 --> 00:09:06: so let me go back 10 years and present this  
00:09:06 --> 00:09:08: to you and really go back to the 1800s.  
00:09:08 --> 00:09:11: So in the 1800s the majority of New Yorkers were  
00:09:11 --> 00:09:15: dying of infectious disease and the way that New York  
00:09:15 --> 00:09:19: City actually looked at addressing that infectious disease was  
looking  
00:09:19 --> 00:09:22: at how can we take our built environment?  
00:09:22 --> 00:09:25: Both the physical elements of the built environment as well  
00:09:25 --> 00:09:28: as the policy and how can we leverage that to  
00:09:28 --> 00:09:30: combat this infectious disease?  
00:09:30 --> 00:09:33: The subway system was created to alleviate.  
00:09:33 --> 00:09:37: Overcrowding in lower Manhattan. The reservoir system and  
the piping  
00:09:37 --> 00:09:40: of water was created in order to bring fresh drinking  
00:09:40 --> 00:09:43: water to the residents of New York.  
00:09:43 --> 00:09:46: There was a policy created around how to set minimum  
00:09:46 --> 00:09:49: standards for light and air around housing.  
00:09:49 --> 00:09:52: The Tenement House Act was the first of its kind.  
00:09:52 --> 00:09:54: There were other policy changes as well.  
00:09:54 --> 00:09:59: A entire new Department was created called the Sanitation  
Department.  
00:09:59 --> 00:10:02: Prior to that, dead horses were left on the street.  
00:10:02 --> 00:10:06: That was typical. So sanitation was introduced as something  
that  
00:10:06 --> 00:10:08: was part of the public realm.  
00:10:08 --> 00:10:11: All of these these things were put in place,  
00:10:11 --> 00:10:14: and they had a dramatic impact on infectious disease rates.  
00:10:14 --> 00:10:17: And you can see here by the 1940s that there's  
00:10:17 --> 00:10:19: a complete reversal,  
00:10:19 --> 00:10:22: and that infectious diseases, now only down to,  
00:10:22 --> 00:10:25: is down to 11%, and we're really seeing a chronic  
00:10:25 --> 00:10:25: disease.  
00:10:25 --> 00:10:29: Is the thing that begins to be affecting the majority  
00:10:29 --> 00:10:32: of New Yorkers specifically and affecting the death rates.

00:10:32 --> 00:10:35: And this is all prior to the widespread use.  
 00:10:35 --> 00:10:38: Of antibiotics, so I think I'm starting with a message  
 00:10:38 --> 00:10:41: of hope because I think that you know we're talking  
 00:10:41 --> 00:10:43: about mental health specifically in this part,  
 00:10:43 --> 00:10:45: and I do feel like as a as a building  
 00:10:45 --> 00:10:46: professional,  
 00:10:46 --> 00:10:48: we had to feel like what is our role.  
 00:10:48 --> 00:10:50: What can we do? What place do we play in  
 00:10:50 --> 00:10:50: this?  
 00:10:50 --> 00:10:52: An I think that we have leverage.  
 00:10:52 --> 00:10:56: The built environment successfully in the past to overcome  
 00:10:56 --> 00:10:56: infectious  
 00:10:56 --> 00:10:59: disease.  
 00:10:56 --> 00:10:59: There's more than 100 years of public health research in  
 00:10:59 --> 00:11:00: how to do this.  
 00:11:00 --> 00:11:03: We are absolutely at the center of this coming going  
 00:11:03 --> 00:11:05: forward and there's a lot that we can do.  
 00:11:05 --> 00:11:07: And so I'm excited to share.  
 00:11:07 --> 00:11:08: Some of that with you today.  
 00:11:08 --> 00:11:12: What's interesting is that we have spent the last 10  
 00:11:12 --> 00:11:15: years really looking at how to overcome chronic disease  
 00:11:15 --> 00:11:19: using  
 00:11:15 --> 00:11:19: our built environment because that is what causes the  
 00:11:19 --> 00:11:21: majority  
 00:11:19 --> 00:11:21: of deaths in the US and globally.  
 00:11:21 --> 00:11:24: But there's a lot that we know about infectious disease,  
 00:11:24 --> 00:11:27: so we're excited to kind of bring this back to  
 00:11:27 --> 00:11:30: the forefront and talk about it with everybody in the  
 00:11:31 --> 00:11:32: coming weeks and months.  
 00:11:32 --> 00:11:35: So across the globe, the three leading causes of premature  
 00:11:36 --> 00:11:37: death it are smoking,  
 00:11:37 --> 00:11:39: perhaps no surprise to anybody.  
 00:11:39 --> 00:11:42: The other two, though I think I'm probably more of  
 00:11:42 --> 00:11:45: a surprise and that is physical inactivity and social isolation,  
 00:11:45 --> 00:11:49: and both of those are actually associated with negative  
 00:11:49 --> 00:11:50: mental  
 00:11:49 --> 00:11:50: health outcomes,  
 00:11:50 --> 00:11:52: which includes increase in anxiety,  
 00:11:52 --> 00:11:55: increase in depression and increase in stress.  
 00:11:55 --> 00:11:58: And we're really going to be focusing on mental health  
 00:11:58 --> 00:12:01: and how our built environment can be leveraged for mental  
 00:12:01 --> 00:12:02: health.  
 00:12:02 --> 00:12:04: For positive mental health outcomes,

00:12:04 --> 00:12:07: but we think we've talked a lot about the physical  
00:12:07 --> 00:12:08: infectious disease.  
00:12:08 --> 00:12:11: I think everybody will agree we under very high levels  
00:12:11 --> 00:12:12: of anxiety right now.  
00:12:12 --> 00:12:15: And there's a lot that we can use in our  
00:12:15 --> 00:12:18: built environment to to alleviate some of that stress and  
00:12:18 --> 00:12:19: anxiety,  
00:12:19 --> 00:12:22: and it's just good to understand the role that your  
00:12:22 --> 00:12:27: built environment is playing in either exacerbating or actually  
diminishing  
00:12:27 --> 00:12:29: those mental health issues.  
00:12:29 --> 00:12:32: So we run a building certification system as well as  
00:12:32 --> 00:12:33: other things,  
00:12:33 --> 00:12:36: but we run the fit well building certification system and  
00:12:36 --> 00:12:40: fit well is actually based on public health research.  
00:12:40 --> 00:12:42: It was created by the USCDC that I don't think  
00:12:42 --> 00:12:44: needs any introduction.  
00:12:44 --> 00:12:47: This point and the General Service Administration,  
00:12:47 --> 00:12:50: which is the arm of the US federal government that  
00:12:50 --> 00:12:54: actually manages the operation and building of federal  
buildings across  
00:12:54 --> 00:12:54: the US,  
00:12:54 --> 00:12:57: is about 9000 buildings and their portfolio.  
00:12:57 --> 00:13:00: So the CDC took this global evidence based coming out  
00:13:00 --> 00:13:04: of public health and translated it into practical design  
strategies  
00:13:04 --> 00:13:07: that could be used first and foremost on the GSA's  
00:13:07 --> 00:13:10: portfolio of existing buildings. And then we were selected as  
00:13:10 --> 00:13:12: the operator of fit well,  
00:13:12 --> 00:13:15: three years ago to really take this incredible evidence based  
00:13:15 --> 00:13:17: these set of strategies.  
00:13:17 --> 00:13:20: And bring them to the private sector and also kind  
00:13:20 --> 00:13:23: of a wider swath of the public sector and globally  
00:13:23 --> 00:13:23: as well.  
00:13:23 --> 00:13:26: So we operate fit well and we are the third  
00:13:26 --> 00:13:29: party certifier for fit well and behind fit well is  
00:13:29 --> 00:13:31: this amazing body of public health,  
00:13:31 --> 00:13:34: which is growing all the time public health research so  
00:13:34 --> 00:13:36: currently behind fit.  
00:13:36 --> 00:13:39: Well there are 5600 peer reviewed public health research  
studies  
00:13:39 --> 00:13:42: and up until now I would always have to explain  
00:13:42 --> 00:13:46: the difference between kind of public health and medical



health

00:13:46 --> 00:13:47: and and you know why this.

00:13:47 --> 00:13:50: Is important to all of us in the building industry

00:13:50 --> 00:13:53: and I don't think we need to do this anymore,

00:13:53 --> 00:13:56: so that's interesting how times change so very quickly.

00:13:56 --> 00:13:59: So this very large body of evidence is coming out

00:13:59 --> 00:14:02: of academic institutions around the world.

00:14:02 --> 00:14:05: It has been translated into the design and operational strategies

00:14:05 --> 00:14:07: that are there and housed within fit.

00:14:07 --> 00:14:10: Well, all of this you can download for free on

00:14:10 --> 00:14:11: football.org.

00:14:11 --> 00:14:13: All of the strategies in there to use it as

00:14:13 --> 00:14:14: a certification.

00:14:14 --> 00:14:17: There is a cost. We are a nonprofit.

00:14:17 --> 00:14:19: We try to keep that to an absolute minimum.

00:14:19 --> 00:14:22: To cover our time, but this evidence base exists.

00:14:22 --> 00:14:23: This is another, I think,

00:14:23 --> 00:14:26: a real kind of positive piece here is that we

00:14:26 --> 00:14:30: know what elements of our built environment are impacting our

00:14:30 --> 00:14:30: overall health,

00:14:30 --> 00:14:34: health holistically and then individually in these outcomes.

00:14:34 --> 00:14:37: So the outcomes listed on the screen right now are

00:14:37 --> 00:14:39: really looking at holistic health outcomes.

00:14:39 --> 00:14:41: Were looking at Community health,

00:14:41 --> 00:14:44: reducing morbidity, instill feelings of well being.

00:14:44 --> 00:14:47: That's where we're going to really concentrate today,

00:14:47 --> 00:14:50: so that's kind of all aspects of mental health.

00:14:50 --> 00:14:53: Social equity for vulnerable populations.

00:14:53 --> 00:14:56: Again, something that has been heightened in focus over the

00:14:56 --> 00:15:00: last few weeks and is otherwise something that I feel

00:15:00 --> 00:15:01: like is not top of mind.

00:15:01 --> 00:15:06: Providing healthy food options, promoting occupant safety and then increasing

00:15:06 --> 00:15:07: physical activity.

00:15:07 --> 00:15:11: So all of these together make up holistic health and

00:15:11 --> 00:15:14: every strategy within fit well has a body of evidence

00:15:14 --> 00:15:18: that shows a correlation or Association between that particular design

00:15:18 --> 00:15:21: or operational strategy. An impact on at least one of

00:15:22 --> 00:15:23: these health impact categories.

00:15:23 --> 00:15:26: The body of evidence is so large for public health

00:15:26 --> 00:15:28: that we can actually use it to weight each of

00:15:28 --> 00:15:29: the strategies.

00:15:29 --> 00:15:32: So you know that one strategy has a greater,

00:15:32 --> 00:15:34: measurable impact on health and another.

00:15:34 --> 00:15:37: And that's very important because all of us in the

00:15:37 --> 00:15:39: building industry you don't have unlimited budgets.

00:15:39 --> 00:15:41: You don't have unlimited opportunities.

00:15:41 --> 00:15:44: Everybody has to be able to prioritize what is going

00:15:44 --> 00:15:47: to have the greatest impact on health on this body

00:15:47 --> 00:15:50: of evidence really helps to inform that decision making so.

00:15:50 --> 00:15:53: Very important and very powerful and impactful and I think

00:15:53 --> 00:15:56: it's one of the reasons that fit well has already

00:15:56 --> 00:15:59: been so successful after a very short amount of time

00:15:59 --> 00:16:01: that it's it's answering a lot of the basic questions

00:16:02 --> 00:16:05: coming from the real estate industry coming from building

00:16:05 --> 00:16:06: owners

00:16:06 --> 00:16:08: and designers.

00:16:08 --> 00:16:09: And that is what should I prioritize.

00:16:09 --> 00:16:12: What should I do first?

00:16:12 --> 00:16:15: How am I going to have the greatest measurable impact

00:16:15 --> 00:16:17: that is specific to my building population through my

00:16:17 --> 00:16:19: community

00:16:19 --> 00:16:20: to my particular building type?

00:16:20 --> 00:16:22: So all of those questions can be answered.

00:16:22 --> 00:16:27: So just to kind of focus.

00:16:27 --> 00:16:29: In on the mental health,

00:16:29 --> 00:16:31: peace, mental health actually already accounts for the largest

00:16:31 --> 00:16:35: burden

00:16:35 --> 00:16:38: of disease globally.

00:16:38 --> 00:16:39: These are a number of British studies.

00:16:39 --> 00:16:44: I am British, but there's really no bias here.

00:16:44 --> 00:16:46: There is really looking at just the kind of the

00:16:46 --> 00:16:49: scale of anxiety,

00:16:49 --> 00:16:50: disorder and major depressive disorder and its its overall

00:16:50 --> 00:16:54: impact

00:16:54 --> 00:16:57: on absolutely on health.

00:16:57 --> 00:17:00: But also next side on the economic impact of mental

00:17:00 --> 00:17:03: health as well.

00:17:03 --> 00:17:05: Another UK study. Looking at the actual cost of loss

00:17:05 --> 00:17:07: of work associated with psychological problems,

00:17:07 --> 00:17:10: we see that across the globe this is not a

00:17:10 --> 00:17:13: US or UK or any other country issue.

00:17:13 --> 00:17:15: As I mentioned at the beginning,

00:17:05 --> 00:17:10: social isolation is up there within physical inactivity and smoking

00:17:10 --> 00:17:14: as the leading cause of premature death globally and accounts

00:17:14 --> 00:17:18: for the majority of last six sick days in the

00:17:18 --> 00:17:19: US, as well as in the UK.

00:17:19 --> 00:17:22: So all of this is really important.

00:17:22 --> 00:17:25: It was important before. The coronavirus and I I would

00:17:25 --> 00:17:28: say that it's going to be an even greater factor

00:17:28 --> 00:17:30: as we begin to return to work and right now

00:17:30 --> 00:17:34: as we are all isolated as practicing social distancing.

00:17:34 --> 00:17:36: So how do we design our spaces where we live

00:17:36 --> 00:17:38: and where we work to promote mental health,

00:17:38 --> 00:17:42: specifically promote mental health and it's interesting.

00:17:42 --> 00:17:45: We already just looked at Professor Alan's the diagram around

00:17:45 --> 00:17:47: direct impact and indirect impact.

00:17:47 --> 00:17:50: 'cause I'm going to talk a little bit about that

00:17:50 --> 00:17:50: also,

00:17:50 --> 00:17:52: but as it relates to mental health,

00:17:52 --> 00:17:56: so there are particular design and operational strategies that have

00:17:56 --> 00:17:58: a direct impact on mental health.

00:17:58 --> 00:18:00: But in the near term and then there are other

00:18:00 --> 00:18:04: strategies that have an indirect impact and a slightly longer

00:18:04 --> 00:18:06: duration before they impact mental health.

00:18:06 --> 00:18:10: So something like a strategy that promotes physical activity would

00:18:10 --> 00:18:12: be an example of an indirect strategy.

00:18:12 --> 00:18:16: So physical activity has an impact on your mental health,

00:18:16 --> 00:18:18: but only if you participated in it.

00:18:18 --> 00:18:20: So we are going to stick to those direct impacts

00:18:20 --> 00:18:22: or mental health today,

00:18:22 --> 00:18:24: just so that we could have narrowed it down to

00:18:25 --> 00:18:27: where the evidence base is strongest.

00:18:27 --> 00:18:28: As far as mental health.

00:18:28 --> 00:18:32: So we've kind of already talked about this a little

00:18:32 --> 00:18:32: bit.

00:18:32 --> 00:18:35: As far as outdoor space and access your greenery and

00:18:36 --> 00:18:40: how over the last decade we've perhaps become divorced from

00:18:40 --> 00:18:41: this in some ways,

00:18:41 --> 00:18:44: but we are profoundly impacted by our ability to be

00:18:44 --> 00:18:47: within nature to have access to tree canopy,

00:18:47 --> 00:18:50: it lowers our rates of depression,  
00:18:50 --> 00:18:54: anxiety, and stress, and a very important word there.  
00:18:54 --> 00:18:58: High-quality outdoor spaces. We see that the well maintained  
outdoor  
00:18:58 --> 00:18:59: space.  
00:18:59 --> 00:19:02: A well maintained greenery plantings trees all have a very  
00:19:02 --> 00:19:06: positive impact on addressing mental health and also  
associated with  
00:19:06 --> 00:19:07: trust as well.  
00:19:07 --> 00:19:10: But when you start to see that maintenance diminish,  
00:19:10 --> 00:19:14: you'll actually begin to see that these spaces can become  
00:19:14 --> 00:19:17: very negative very quickly if they are not maintained and  
00:19:17 --> 00:19:20: you will actually see a negative impact on trust.  
00:19:20 --> 00:19:23: If you have poorly maintained greenery so it has to  
00:19:23 --> 00:19:24: be well maintained,  
00:19:24 --> 00:19:27: but if it is, it has a very direct and  
00:19:27 --> 00:19:29: measurable impact on mental health outcomes.  
00:19:29 --> 00:19:32: Kind of staying within that outdoor idea.  
00:19:32 --> 00:19:35: We are simple creatures and digging around in the dirt  
00:19:35 --> 00:19:38: is very good for us so gardening is associated with  
00:19:38 --> 00:19:40: a wide range of health outcomes.  
00:19:40 --> 00:19:43: Includes including again, reducing depression,  
00:19:43 --> 00:19:45: anxiety, stress, and mood disturbances as well.  
00:19:45 --> 00:19:48: Lot of research around this doesn't have to be a  
00:19:48 --> 00:19:50: fruit and vegetable garden.  
00:19:50 --> 00:19:53: It can be any kind of gardening for vegetable gardening  
00:19:53 --> 00:19:57: is particularly interesting because it's also associated with a  
higher  
00:19:57 --> 00:20:00: likelihood that you will eat fruit and vegetables.  
00:20:00 --> 00:20:02: At the recommended daily amount,  
00:20:02 --> 00:20:05: which again then has that indirect impact on mental health  
00:20:05 --> 00:20:06: outcomes.  
00:20:06 --> 00:20:09: So this is actually interesting in that it's one of  
00:20:09 --> 00:20:11: the least use strategies in fit well.  
00:20:11 --> 00:20:13: And yet we know that it has such a profound  
00:20:13 --> 00:20:15: impact on many aspects of health.  
00:20:15 --> 00:20:18: We were already going to promote gardening and van fruit  
00:20:18 --> 00:20:20: and vegetable plot specifically,  
00:20:20 --> 00:20:23: so you better believe that you're going to be hearing  
00:20:23 --> 00:20:25: a lot more about this from us going forward air  
00:20:25 --> 00:20:26: quality.  
00:20:26 --> 00:20:29: So Doctor Allen has kind of talked about air quality

00:20:29 --> 00:20:30: a little bit.

00:20:30 --> 00:20:31: I want to bring it to the.

00:20:31 --> 00:20:35: Outdoor air quality. Indoor air quality is obviously very important.

00:20:35 --> 00:20:38: Outdoor air quality is just as important,

00:20:38 --> 00:20:43: so very important to understand that almost vulnerable vulnerable populations

00:20:43 --> 00:20:46: are often also the populations who are in areas with

00:20:46 --> 00:20:47: very poor air quality.

00:20:47 --> 00:20:50: Most just looking at the Maps of New York and

00:20:50 --> 00:20:53: seeing that the Bronx is being very hard.

00:20:53 --> 00:20:56: Hit with coronavirus deaths. It also has some of the

00:20:56 --> 00:21:00: worst outdoor air quality in the country and always the

00:21:00 --> 00:21:02: highest rates of chronic disease.

00:21:02 --> 00:21:05: Disparities, etc. Air quality is very important globally.

00:21:05 --> 00:21:08: Obviously we know about this and we also see that

00:21:08 --> 00:21:12: poor air quality is associated with higher levels of anxiety

00:21:12 --> 00:21:13: as well in some populations.

00:21:13 --> 00:21:15: So access to public transport,

00:21:15 --> 00:21:17: access to good quality outdoor air.

00:21:17 --> 00:21:21: These are all very important for mental health as well

00:21:21 --> 00:21:22: as equity as well.

00:21:22 --> 00:21:23: Natural day lighting. I mean,

00:21:23 --> 00:21:25: I can't say enough about this.

00:21:25 --> 00:21:28: This is such a simple thing to think about,

00:21:28 --> 00:21:31: and yet it has such an impact on our overall

00:21:31 --> 00:21:31: health.

00:21:31 --> 00:21:33: So natural day lighting is also.

00:21:33 --> 00:21:36: Not just allowing you to kind of be able to

00:21:36 --> 00:21:37: tell what time did is,

00:21:37 --> 00:21:40: but it's also going to affect your ability to sleep

00:21:40 --> 00:21:41: at night as well,

00:21:41 --> 00:21:45: so those people who have more access to daylight and

00:21:45 --> 00:21:49: natural daylight actually are seemed to have better sleep patterns

00:21:49 --> 00:21:49: as well,

00:21:49 --> 00:21:53: and sleep is so important to levels of anxiety and

00:21:53 --> 00:21:53: stress.

00:21:53 --> 00:21:56: It's also associated with obesity as well,

00:21:56 --> 00:21:57: so when you lose sleep,

00:21:57 --> 00:22:01: you're more likely to eat more calories the next day,

00:22:01 --> 00:22:04: and a lot of sleep disorder will result in higher

00:22:04 --> 00:22:06: levels of stress and so on.

00:22:06 --> 00:22:08: So natural day lighting incredibly important.

00:22:08 --> 00:22:11: It's associated directly with the amount of sick leave that

00:22:11 --> 00:22:12: that workers take.

00:22:12 --> 00:22:15: If you want to make the economic argument which has

00:22:15 --> 00:22:16: real estate professionals,

00:22:16 --> 00:22:19: we usually do so is direct correlation between that.

00:22:19 --> 00:22:22: I think. The other thing that's really important.

00:22:22 --> 00:22:25: It is that natural day lighting is something that our

00:22:25 --> 00:22:28: employees actually rate as one of the highest things that

00:22:28 --> 00:22:30: they are looking for when it comes to a place

00:22:30 --> 00:22:33: to work, such Alan kind of pointed like started to

00:22:33 --> 00:22:36: talk about this and we are absolutely very well aware

00:22:36 --> 00:22:38: of the demand from employees.

00:22:38 --> 00:22:41: For work environments that promote their health and

00:22:41 --> 00:22:44: Wellness,

00:22:44 --> 00:22:45: and natural lighting is number one on their list views

00:22:45 --> 00:22:48: of nature.

00:22:48 --> 00:22:51: So we've kind of talked about getting out into nature.

00:22:51 --> 00:22:54: Very important. But being able to see nature also has

00:22:54 --> 00:22:57: been shown to have a very therapeutic effect on people.

00:22:57 --> 00:23:01: There was a very famous study done about patients looking

00:23:01 --> 00:23:04: out of hospital windows and that their recovery time was

00:23:04 --> 00:23:06: faster than those who couldn't see nature out of the

00:23:06 --> 00:23:08: windows. We see this in our homes.

00:23:08 --> 00:23:10: We see it in our workplaces as well.

00:23:10 --> 00:23:13: Maybe you want recovering faster,

00:23:13 --> 00:23:15: but it does have a therapeutic effect and a positive

00:23:15 --> 00:23:17: impact on mental health outcomes generally,

00:23:17 --> 00:23:20: and it doesn't have to be as grand as a

00:23:20 --> 00:23:23: big forest that you have out of your window.

00:23:23 --> 00:23:26: With simple creatures we can really look at any kind

00:23:26 --> 00:23:27: of views of nature and it has a positive impact

00:23:27 --> 00:23:29: on the reduction of stress.

00:23:29 --> 00:23:31: It could have potted plants.

00:23:31 --> 00:23:34: It can be of use out of your window,

00:23:34 --> 00:23:37: even images of nature will have an impact on mental

00:23:37 --> 00:23:39: health,

00:23:39 --> 00:23:41: although not as greater raters as the real thing.

00:23:41 --> 00:23:43: So these are all really.

00:23:43 --> 00:23:46: Interesting and pretty easy hacks to do at home next,

00:23:46 --> 00:23:48: so I want to kind of bring this down.

00:23:48 --> 00:23:50: We don't usually talk about individual environments,

00:23:46 --> 00:23:48: but I did want to kind of bring it down  
00:23:48 --> 00:23:51: to what you can do today while you work at  
00:23:51 --> 00:23:51: home.  
00:23:51 --> 00:23:53: Or you know, as your social distancing.  
00:23:53 --> 00:23:55: Depending on where you are,  
00:23:55 --> 00:23:57: we work globally. We work with a lot of partners  
00:23:57 --> 00:24:00: who are at different phases in this epidemic.  
00:24:00 --> 00:24:03: At the moment pandemic, so optimizing your work  
environment we  
00:24:03 --> 00:24:04: can go through this list.  
00:24:04 --> 00:24:07: We will also have this available for folks in the  
00:24:07 --> 00:24:10: next couple of days with all the citations associated with  
00:24:10 --> 00:24:12: it so you don't have to.  
00:24:12 --> 00:24:15: Madly write it down so you're really looking at how  
00:24:15 --> 00:24:18: to combat physical inactivity and social isolation.  
00:24:18 --> 00:24:20: You need to really be thinking about how do I  
00:24:20 --> 00:24:22: avoid prolonged sedentary time?  
00:24:22 --> 00:24:25: How do I create my own standing desk?  
00:24:25 --> 00:24:27: I have a whole stack of recipe books that I've  
00:24:27 --> 00:24:29: created my own with.  
00:24:29 --> 00:24:31: Like how do we take those breaks?  
00:24:31 --> 00:24:34: Walking while social distancing, social isolation.  
00:24:34 --> 00:24:36: You still need to think about how do I interact  
00:24:36 --> 00:24:38: with people in a Safeway?  
00:24:38 --> 00:24:40: Maybe it's the folks that you live with.  
00:24:40 --> 00:24:43: Very important to take the time to do that too,  
00:24:43 --> 00:24:45: actually. Interact with one another,  
00:24:45 --> 00:24:48: healthy food, something like you must have healthy food in  
00:24:48 --> 00:24:51: your house if at all possible our eating habits.  
00:24:51 --> 00:24:54: What we eat absolutely has an impact on mental health  
00:24:54 --> 00:24:56: as well as our physical health.  
00:24:56 --> 00:24:59: Staying hydrated again, setting up your desk so that you  
00:24:59 --> 00:25:01: can see out of a window so you could see  
00:25:01 --> 00:25:04: plants ensuring that your indoor air quality is optimum by  
00:25:04 --> 00:25:06: opening a window or stepping outside,  
00:25:06 --> 00:25:10: give yourself that daylight. There's a lovely expression which  
is  
00:25:10 --> 00:25:11: daylight bathing.  
00:25:11 --> 00:25:13: If you just go stand in the sunshine.  
00:25:13 --> 00:25:14: If there is any. For a time,  
00:25:14 --> 00:25:16: and that's actually very good for you.  
00:25:16 --> 00:25:18: Setting up good task lighting,

00:25:18 --> 00:25:21: maintaining a routine, and good sleep habits.  
 00:25:21 --> 00:25:22: I don't know about you,  
 00:25:22 --> 00:25:24: but I live with a couple of older teenagers and  
 00:25:24 --> 00:25:25: my goodness,  
 00:25:25 --> 00:25:28: their sleep habits are terrible and I must make sure  
 00:25:28 --> 00:25:31: not to fall into them interacting with your household games,  
 00:25:31 --> 00:25:33: board games, dancing, get creative.  
 00:25:33 --> 00:25:36: It's really important that we move that we interact with  
 00:25:36 --> 00:25:38: one another to the greatest extent possible.  
 00:25:38 --> 00:25:41: Support your local community, reach out to people who are  
 00:25:41 --> 00:25:43: vulnerable people in the front lines,  
 00:25:43 --> 00:25:46: talk to them and we have very low levels of  
 00:25:46 --> 00:25:47: trust in the US already.  
 00:25:47 --> 00:25:51: Between neighbors between communities, let's try to start to  
 overcome  
 00:25:51 --> 00:25:52: some of those barriers.  
 00:25:52 --> 00:25:55: At this time, staying involved in public life through remote  
 00:25:55 --> 00:25:55: access.  
 00:25:55 --> 00:25:57: We're doing the census in the US.  
 00:25:57 --> 00:25:59: Right now there's a lot going on.  
 00:25:59 --> 00:26:02: Stay involved obviously. Can't be there physically,  
 00:26:02 --> 00:26:04: but we can be through our computers through all of  
 00:26:04 --> 00:26:06: those kind of devices that we use.  
 00:26:06 --> 00:26:09: Obviously wash your hands and then regular cleaning,  
 00:26:09 --> 00:26:12: cleaning practices, especially for high target areas.  
 00:26:12 --> 00:26:13: We're all living in these close,  
 00:26:13 --> 00:26:16: confined areas, especially who the folks in New York so  
 00:26:16 --> 00:26:17: very important.  
 00:26:17 --> 00:26:20: Again, kind of same cleaning practices we're looking at for  
 00:26:20 --> 00:26:23: officers that we bring those to our homes,  
 00:26:23 --> 00:26:24: especially in high high touch areas,  
 00:26:24 --> 00:26:26: so will will give this to everybody.  
 00:26:26 --> 00:26:29: You don't need to to be writing it down and  
 00:26:29 --> 00:26:29: well,  
 00:26:29 --> 00:26:31: like I said, will cite it as well.  
 00:26:31 --> 00:26:33: So we are working with folks across the world.  
 00:26:33 --> 00:26:36: Folks are beginning to look about preparing that to go  
 00:26:36 --> 00:26:37: back to work,  
 00:26:37 --> 00:26:40: which is exciting. It's really good to be talking to  
 00:26:40 --> 00:26:42: our partners in the Asia Pacific region as they had  
 00:26:42 --> 00:26:44: a different phase then we are here.  
 00:26:44 --> 00:26:46: So how do you repair your workplace?



00:26:46 --> 00:26:47: How do you get your?

00:26:47 --> 00:26:50: Tenants to come back your employees to come back to

00:26:50 --> 00:26:50: work.

00:26:50 --> 00:26:53: How do you, as an employee have that confidence to

00:26:53 --> 00:26:54: return back to work?

00:26:54 --> 00:26:56: This is very much about mental health.

00:26:56 --> 00:26:58: This is very much about trust,

00:26:58 --> 00:27:00: so here are some of those stats that Doctor Alan

00:27:00 --> 00:27:03: kind of just kind of touched on and that we

00:27:03 --> 00:27:04: often speak about.

00:27:04 --> 00:27:05: And that is that job seekers.

00:27:05 --> 00:27:07: If you are looking to attract talent,

00:27:07 --> 00:27:10: you need to be able to demonstrate to your employees

00:27:10 --> 00:27:13: that you are supporting their health and Wellness and you

00:27:13 --> 00:27:14: share their values.

00:27:14 --> 00:27:17: That was pre coronavirus. I can only imagine what that

00:27:17 --> 00:27:19: number is going to do afterwards.

00:27:19 --> 00:27:21: It's been growing now for the last decade.

00:27:21 --> 00:27:24: The other thing is that if you want to retain

00:27:24 --> 00:27:25: and attract,

00:27:25 --> 00:27:28: if you want to retain those those same employees again,

00:27:28 --> 00:27:32: you're going to have to demonstrate that you are promoting

00:27:32 --> 00:27:33: their health and Wellness.

00:27:33 --> 00:27:35: So how do you demonstrate this?

00:27:35 --> 00:27:37: How do you do this in a way that that

00:27:37 --> 00:27:39: builds trust and engenders trust?

00:27:39 --> 00:27:42: You'll notice that our list is very similar to Doctor

00:27:42 --> 00:27:43: Allen's list,

00:27:43 --> 00:27:46: and that is because we are all pulling from the

00:27:46 --> 00:27:47: same body of evidence.

00:27:47 --> 00:27:49: I am not a public health expert.

00:27:49 --> 00:27:52: We have fantastic public health expertise on staff.

00:27:52 --> 00:27:54: But I'm here to tell you there is a big

00:27:54 --> 00:27:55: body of evidence,

00:27:55 --> 00:27:58: and there's a reason that folks looking at the evidence

00:27:58 --> 00:28:01: base are coming up with the same strategy as it's

00:28:01 --> 00:28:03: because this is what is supported by the body of

00:28:03 --> 00:28:06: evidence. So I would say if you want your employees,

00:28:06 --> 00:28:09: your tenants, your investors to trust that you know what

00:28:09 --> 00:28:10: you're doing,

00:28:10 --> 00:28:13: you will use the evidence base to inform the strategies,

00:28:13 --> 00:28:16: and then you will communicate that to folks very important,

00:28:16 --> 00:28:18: that we communicate what we're doing,  
00:28:18 --> 00:28:21: why we're doing educational signage around hand washing,  
00:28:21 --> 00:28:22: only 40% of fit well.  
00:28:22 --> 00:28:24: Users were doing this before.  
00:28:24 --> 00:28:26: And I would say that's going to go up massively  
00:28:27 --> 00:28:27: because again,  
00:28:27 --> 00:28:30: people felt like it was insulting to put hand washing  
00:28:30 --> 00:28:32: sign in Class A office space.  
00:28:32 --> 00:28:35: I don't think they're going to think that anymore.  
00:28:35 --> 00:28:38: Cleaning protocols we've touched on ventilation.  
00:28:38 --> 00:28:41: All of these things. This is obviously a very reduced  
00:28:41 --> 00:28:41: list.  
00:28:41 --> 00:28:44: Again, this is on our website under the resources for  
00:28:44 --> 00:28:45: fitwell.org.  
00:28:45 --> 00:28:46: All of this is cited,  
00:28:46 --> 00:28:48: all of it has specificity to it,  
00:28:48 --> 00:28:51: so increase ventilation. Only just is you know the headline  
00:28:51 --> 00:28:52: here,  
00:28:52 --> 00:28:56: but there's very specific protocols that have already been  
established.  
00:28:56 --> 00:29:01: Way before the coronavirus, this current current coronavirus  
again,  
00:29:01 --> 00:29:03: humidity. This is all very specific,  
00:29:03 --> 00:29:06: and indoor air filtration as well,  
00:29:06 --> 00:29:09: so this doesn't need to be invented reinvented.  
00:29:09 --> 00:29:12: This is stuff that's best practices already,  
00:29:12 --> 00:29:15: it's it's very well known how to do this,  
00:29:15 --> 00:29:19: not maybe widely executed, but it's something that that is  
00:29:19 --> 00:29:21: is in our body of knowledge.  
00:29:21 --> 00:29:23: So as we kind of conclude this,  
00:29:23 --> 00:29:25: like how do we build trust?  
00:29:25 --> 00:29:27: I must say that. We,  
00:29:27 --> 00:29:29: as I mentioned, we work around the world.  
00:29:29 --> 00:29:32: We have folks who are really kind of at the  
00:29:32 --> 00:29:36: other end of this in the Asia Pacific region who  
00:29:36 --> 00:29:38: are now beginning to look at.  
00:29:38 --> 00:29:39: How do I get my tenants?  
00:29:39 --> 00:29:43: My shoppers, my employees, to come back to the built  
00:29:43 --> 00:29:44: environment?  
00:29:44 --> 00:29:45: Come back to our offices,  
00:29:45 --> 00:29:49: come back to our shopping malls to our public spaces,  
00:29:49 --> 00:29:53: gather together, and it's very interesting that there is at  
00:29:53 --> 00:29:56: this point still somewhat of a lack of trust.

00:29:56 --> 00:29:59: I was talking to a mall owner in the in  
00:29:59 --> 00:29:59: China.  
00:29:59 --> 00:30:02: They were talking about putting on an art exhibition talking  
00:30:02 --> 00:30:05: about all the ways that they will be promoting health  
00:30:05 --> 00:30:06: within their buildings.  
00:30:06 --> 00:30:10: So very important that you communicate what you're doing  
and  
00:30:10 --> 00:30:12: that it is going to resonate with your audience.  
00:30:12 --> 00:30:14: So whomever your occupants are.  
00:30:14 --> 00:30:17: And I also think that consistency is key to building  
00:30:17 --> 00:30:18: trust as well.  
00:30:18 --> 00:30:21: You can't just say that you're following these protocols,  
00:30:21 --> 00:30:23: you can't just say that you have all of these  
00:30:23 --> 00:30:26: different practices around optimum indoor air quality.  
00:30:26 --> 00:30:29: You also need to show the results of all of  
00:30:29 --> 00:30:31: the testing that you're doing.  
00:30:31 --> 00:30:33: You need to demonstrate in a very public way,  
00:30:33 --> 00:30:36: the way that you're doing that cleaning.  
00:30:36 --> 00:30:39: So really important that we are very vigilant in the  
00:30:39 --> 00:30:42: way that we actually enact all of these strategies because  
00:30:42 --> 00:30:45: I think people are going to be very quick to  
00:30:45 --> 00:30:49: to actually distrust that we're that we're following through on  
00:30:49 --> 00:30:51: these operational strategies so you know,  
00:30:51 --> 00:30:53: in a time of heightened anxiety,  
00:30:53 --> 00:30:56: I think this is something that we need to guard  
00:30:56 --> 00:30:56: against so.  
00:30:56 --> 00:30:59: This is kind of where we find ourselves today.  
00:30:59 --> 00:31:02: The last side we have a lot of our fantastic  
00:31:02 --> 00:31:04: partners who are using fit well.  
00:31:04 --> 00:31:07: This is. This is very much a partnership between us.  
00:31:07 --> 00:31:10: We have the evidence base we are here to translate  
00:31:10 --> 00:31:13: it for the building industry for the real estate developers,  
00:31:13 --> 00:31:17: for the owners and the large employers for everybody.  
00:31:17 --> 00:31:19: Really, it exists. We want you to use it so  
00:31:19 --> 00:31:22: it's exciting to be able to continue to work with  
00:31:22 --> 00:31:24: you and to really kind of respond.  
00:31:24 --> 00:31:27: We'd like to get a little bit ahead and not  
00:31:27 --> 00:31:29: just be responding and actually.  
00:31:29 --> 00:31:32: Be looking forward at how we can look at the  
00:31:32 --> 00:31:33: next month or next.  
00:31:33 --> 00:31:37: Two months of really looking at how to create this  
00:31:37 --> 00:31:39: messaging and this information for you.

00:31:39 --> 00:31:43: So thank you. Thank you both so much that would  
00:31:43 --> 00:31:44: those would really exciting.  
00:31:44 --> 00:31:48: We're clearly kind of thinking on our feet here as  
00:31:48 --> 00:31:48: well.  
00:31:48 --> 00:31:52: As you know, relying on information and data and evidence  
00:31:53 --> 00:31:56: that have come up in the past and adapting to  
00:31:56 --> 00:31:58: radically new situation.  
00:31:58 --> 00:32:01: So we have a lot of questions that have come  
00:32:01 --> 00:32:04: up and we've been trying to kind of collate them  
00:32:04 --> 00:32:05: as they come in.  
00:32:05 --> 00:32:09: Some people are using the chat box and some people  
00:32:09 --> 00:32:11: are using question and answer,  
00:32:11 --> 00:32:13: but we do see all those questions.  
00:32:13 --> 00:32:17: I'm going to start by fielding a few questions questions  
00:32:17 --> 00:32:20: that I think will be covered if you follow up  
00:32:20 --> 00:32:22: with the speakers publications.  
00:32:22 --> 00:32:26: We're going to leave to last if we have time.  
00:32:26 --> 00:32:33: OK so start with Joanna perhaps?  
00:32:33 --> 00:32:36: The issue of the densifying and many of us have  
00:32:36 --> 00:32:41: been focusing our practices on creating places that bring  
00:32:41 --> 00:32:42: people  
00:32:42 --> 00:32:46: closer together.  
00:32:46 --> 00:32:50: Team workspaces, civic life to community life,  
00:32:50 --> 00:32:54: cities foster, exchange of ideas and social interaction.  
00:32:54 --> 00:32:57: But what about the benefits of D densifying?  
00:32:57 --> 00:33:01: Do you see that as a possible outcome from as  
00:32:58 --> 00:33:01: we as we recover from this immediate crisis?  
00:33:01 --> 00:33:05: Sure, I mean I would say that I am.  
00:33:05 --> 00:33:07: I mean we mentioned this earlier right?  
00:33:07 --> 00:33:10: This has been our life's work to bring people together  
00:33:10 --> 00:33:14: to use the built environment to increase social interaction,  
00:33:14 --> 00:33:17: to increase trust to create public spaces that really bring  
00:33:17 --> 00:33:20: people together and address all of the kind of inequity  
00:33:20 --> 00:33:22: that we see in our built environment.  
00:33:22 --> 00:33:24: So I would say that.  
00:33:24 --> 00:33:30: D. Densifying built environments is absolutely not the  
00:33:30 --> 00:33:33: outcome that  
00:33:33 --> 00:33:38: we will be supporting going forward.  
00:33:38 --> 00:33:42: I think that we see very dense cities around the  
00:33:42 --> 00:33:45: world that have been some of the most effective at  
00:33:45 --> 00:33:47: addressing the spread of this virus.  
00:33:45 --> 00:33:47: Hong Kong comes to mind.

00:33:47 --> 00:33:51: Singapore Seoul. These are very dense cities,  
00:33:51 --> 00:33:55: so I think that to run all the way to  
00:33:55 --> 00:33:57: the other extreme and say.  
00:33:57 --> 00:34:00: We can no longer live in close proximity to one  
00:34:00 --> 00:34:01: another.  
00:34:01 --> 00:34:04: We can no longer share public spaces or streets or  
00:34:04 --> 00:34:06: gather in large groupings.  
00:34:06 --> 00:34:10: Is is not the outcome that we will be supporting,  
00:34:10 --> 00:34:13: and I would actually say that all of the folks  
00:34:13 --> 00:34:16: on the on the web and I hear the the  
00:34:16 --> 00:34:20: building industry really needs to have an informed and strong  
00:34:20 --> 00:34:24: argument based on the evidence base as to why creating  
00:34:24 --> 00:34:29: a more spread out built environment has negative  
consequences.  
00:34:29 --> 00:34:32: We you know we have a limited amount of resources  
00:34:32 --> 00:34:33: as a planet.  
00:34:33 --> 00:34:36: We need to think about sustainability and we need to  
00:34:36 --> 00:34:39: think about the ability to support public transport that requires  
00:34:39 --> 00:34:41: a certain density.  
00:34:41 --> 00:34:44: It's essential if we're going to reduce our carbon footprint,  
00:34:44 --> 00:34:47: so I think that we need to really look at  
00:34:47 --> 00:34:50: this holistically and bring it all together.  
00:34:50 --> 00:34:52: And not just react in this short term,  
00:34:52 --> 00:34:56: so I would say that we as the building industry  
00:34:56 --> 00:34:58: really need to to look at this and then come  
00:34:59 --> 00:35:01: together with the United Voice.  
00:35:01 --> 00:35:03: Elizabeth can I jump in on that 'cause I I'd  
00:35:03 --> 00:35:06: like to add something on the detoxification part.  
00:35:06 --> 00:35:08: Yeah, so I think it's a good comment and I  
00:35:09 --> 00:35:12: think we have to disentangle defensive vacation in terms of  
00:35:12 --> 00:35:13: city life,  
00:35:13 --> 00:35:17: verse densification inside buildings and dis entangle short-  
term versus long-term.  
00:35:17 --> 00:35:21: So certainly densification is good for a whole bunch of  
00:35:21 --> 00:35:21: reasons.  
00:35:21 --> 00:35:24: In cities I don't see that changing at all.  
00:35:24 --> 00:35:28: In fact, it's quite impossible considering the growth in  
populations  
00:35:28 --> 00:35:31: and for all those other reasons Joanna mentioned.  
00:35:31 --> 00:35:32: In the short term inside buildings,  
00:35:32 --> 00:35:35: there's no question we're going to densify.  
00:35:35 --> 00:35:37: I mean, this is what social distancing is,  
00:35:37 --> 00:35:40: what physical distancing isn't going to get a lot more

00:35:40 --> 00:35:40: creative.

00:35:40 --> 00:35:43: We're going to re populate our buildings and follow the

00:35:43 --> 00:35:46: path of Singapore of South Korea and other areas that

00:35:46 --> 00:35:49: have had success in flattening this curve because we're going

00:35:49 --> 00:35:51: to have to spread people out.

00:35:51 --> 00:35:52: I've been asked a lot lately.

00:35:52 --> 00:35:55: Does this mean the end of open floor plans?

00:35:55 --> 00:35:57: And I don't think that's the case at all and

00:35:57 --> 00:35:59: what it's going to be just like anything.

00:35:59 --> 00:36:02: It's hard to paint a broad stroke against one approach

00:36:02 --> 00:36:03: versus another.

00:36:03 --> 00:36:05: There are good and bad ways to do it,

00:36:05 --> 00:36:07: and so we can be smart.

00:36:07 --> 00:36:10: The evidence the scientific evidence shows and we have a

00:36:10 --> 00:36:12: new study led by one of my postdocs,

00:36:12 --> 00:36:16: mimosa danio showing higher risk of upper respiratory illness associated

00:36:16 --> 00:36:19: with higher occupant density and this is healthy students in

00:36:19 --> 00:36:19: dorms.

00:36:19 --> 00:36:22: So the evidence base is quite rich on the occupant

00:36:22 --> 00:36:23: density side of this.

00:36:23 --> 00:36:26: We're going to have to draw in that literature really

00:36:26 --> 00:36:30: strongly to make informed decisions and I think we definitely

00:36:30 --> 00:36:34: need to disentangle these short-term versus the long term approaches

00:36:34 --> 00:36:35: to dealing with. Covid now,

00:36:35 --> 00:36:39: but also thinking about the post Covid world a year

00:36:39 --> 00:36:41: from now or sooner if we get a really nice

00:36:41 --> 00:36:44: scientists breakthrough before that vaccine comes.

00:36:44 --> 00:36:47: Yeah, I think that's a great point.

00:36:47 --> 00:36:50: I think the difference between the density within a building

00:36:50 --> 00:36:52: and the density of a city,

00:36:52 --> 00:36:55: and I think what we see in the narrative is

00:36:55 --> 00:36:56: a word that is used.

00:36:56 --> 00:37:00: To respond to the folks kind of maybe pre existing

00:37:00 --> 00:37:03: ideas of our built environment.

00:37:03 --> 00:37:05: I don't know. But but yeah,

00:37:05 --> 00:37:09: absolutely so I I think that it's it's going to

00:37:09 --> 00:37:10: be.

00:37:10 --> 00:37:13: It's going to be about using that evidence based,

00:37:13 --> 00:37:14: so it's it's it's it's.

00:37:14 --> 00:37:18: It's great that folks are turning to the evidence based

00:37:18 --> 00:37:19: as much as they are,

00:37:19 --> 00:37:22: so we're all we're all going to dig in on

00:37:22 --> 00:37:23: this one.

00:37:23 --> 00:37:25: So thank you OK, and we know that people are

00:37:26 --> 00:37:30: using distance learning and remote workplace habits at sort of

00:37:30 --> 00:37:33: a digital infrastructure that's coming up and we have yet

00:37:33 --> 00:37:36: to see if that some of those habits are going

00:37:36 --> 00:37:37: to stick.

00:37:37 --> 00:37:40: You know, in the future that made the debt help.

00:37:40 --> 00:37:45: Offset some of the crowding and give us flexibility to

00:37:45 --> 00:37:45: respond.

00:37:45 --> 00:37:49: If, if, if hopefully, it won't happen,

00:37:49 --> 00:37:53: but another pandemic might come up.

00:37:53 --> 00:37:55: OK, a question for Joe.

00:37:55 --> 00:37:58: I think best practices for grocery shopping.

00:37:58 --> 00:38:03: Given that we're hopefully setting foot in groceries stores over

00:38:03 --> 00:38:05: the next several weeks,

00:38:05 --> 00:38:10: what about customers? Welcome grocery store managers be doing to

00:38:10 --> 00:38:15: minimize risk to customers and to workers in their stores.

00:38:15 --> 00:38:18: If you forget the great question your publications,

00:38:18 --> 00:38:21: then you can. You can just refer us to one

00:38:21 --> 00:38:23: of your publications.

00:38:23 --> 00:38:24: Yeah, I can see right through.

00:38:24 --> 00:38:26: It is an article in Washington Post I wrote and

00:38:26 --> 00:38:29: I'll give you some of the background in the science

00:38:29 --> 00:38:31: behind it and where this probably wear.

00:38:31 --> 00:38:32: This question came from this,

00:38:32 --> 00:38:34: but there's a lot of poor information out there that

00:38:35 --> 00:38:37: came largely from a preprint scientific study that wasn't peer

00:38:38 --> 00:38:39: reviewed and not questioning the science,

00:38:39 --> 00:38:41: but it needed some, I think,

00:38:41 --> 00:38:43: expert interpretation before it hit widespread,

00:38:43 --> 00:38:46: and that's the finding of virus detectable virus on many

00:38:46 --> 00:38:46: services.

00:38:46 --> 00:38:48: Cardboard for 24 hours, and it led to a string,

00:38:48 --> 00:38:50: I think of a lot of anxiety in the public

00:38:50 --> 00:38:51: thinking about,

00:38:51 --> 00:38:53: well, does this mean I can't accept the package?

00:38:53 --> 00:38:56: This mean I can't go to the grocery store?

00:38:56 --> 00:38:58: And certainly if we're going to be affected at social

00:38:58 --> 00:38:59: distancing,

00:38:59 --> 00:39:01: we're all going to have to remain.

00:39:01 --> 00:39:03: We're staying at home as best we can,

00:39:03 --> 00:39:05: except for these times that we need to get out

00:39:05 --> 00:39:06: with these essentials.

00:39:06 --> 00:39:09: And so the article talks about I can address this

00:39:09 --> 00:39:10: question specifically.

00:39:10 --> 00:39:12: Is that first? There's no such thing as no risk.

00:39:12 --> 00:39:14: The goal is to minimize risk,

00:39:14 --> 00:39:16: and in fact, I talked about this article that the

00:39:16 --> 00:39:18: risks here are de minimis.

00:39:18 --> 00:39:20: Ann. I said that there are small and manageable.

00:39:20 --> 00:39:22: The risks are low and manageable.

00:39:22 --> 00:39:24: You know Fomite transmission is real.

00:39:24 --> 00:39:27: This is definitely happening with this virus we've known about

00:39:27 --> 00:39:29: for my transmission for a long time.

00:39:29 --> 00:39:31: These are. Seas of diseases,

00:39:31 --> 00:39:34: inanimate surfaces. But if you take basic precautions you can

00:39:34 --> 00:39:35: protect yourself.

00:39:35 --> 00:39:38: You can protect the other people in case you're

00:39:38 --> 00:39:41: asymptomatic

00:39:41 --> 00:39:44: transmitter and this is the basics of hand washing.

00:39:44 --> 00:39:45: Maintaining 6 feet buffers. I think we're about to see

00:39:45 --> 00:39:47: the culture change in the US,

00:39:47 --> 00:39:49: where mass will become very commonplace.

00:39:49 --> 00:39:51: I think it's a smart approach,

00:39:51 --> 00:39:54: definitely not mass taken from healthcare.

00:39:54 --> 00:39:57: Do this shortage. I'm talking bout homemade masks and I

00:39:57 --> 00:39:58: think you'll see a lot more of that and you

00:39:58 --> 00:40:01: can protect yourself.

00:40:01 --> 00:40:05: You can protect the workers and they can protect you.

00:40:05 --> 00:40:08: So it's actually a manageable risk.

00:40:08 --> 00:40:12: OK, great, and while I've got Joe going.

00:40:12 --> 00:40:16: Quick question when's your book available?

00:40:16 --> 00:40:17: Well, so I don't mean just to be applied from

00:40:17 --> 00:40:19: the book.

00:40:19 --> 00:40:21: I appreciate somebody asking. It comes out on April 21st.

00:40:21 --> 00:40:23: You can order it now.

00:40:23 --> 00:40:24: We have a website, you can find it or if

00:40:24 --> 00:40:26: you just Google it.

00:40:26 --> 00:40:30: I would also want to lose my terrific collaborator,

00:40:30 --> 00:40:30: Co. Author and friend John Macomber from the Harvard



Business

00:40:30 --> 00:40:31: School.

00:40:31 --> 00:40:33: And he's an expert in real estate finance,

00:40:33 --> 00:40:35: who Co authored me. So thanks,

00:40:35 --> 00:40:38: thanks. Another quick question for Joe.

00:40:38 --> 00:40:42: What's the incubation period people are concerned about that cruise

00:40:43 --> 00:40:47: ship that showed the presence of the virus weeks later.

00:40:47 --> 00:40:49: Well, so different question. One is incubation period,

00:40:49 --> 00:40:54: the other words environmental persistence will address the incubation.

00:40:54 --> 00:40:57: I'm really surprised I've been talking about this recently that

00:40:57 --> 00:41:00: CDW haven't updated their guidance on this and actually look

00:41:00 --> 00:41:01: at CDC's guidance.

00:41:01 --> 00:41:04: They say this, the incubation period is based on data

00:41:04 --> 00:41:06: from MERS Co coronavirus,

00:41:06 --> 00:41:08: which was fine in the early days of this and

00:41:08 --> 00:41:10: we didn't know much about this virus,

00:41:10 --> 00:41:13: but we actually have data from this virus and I'm

00:41:13 --> 00:41:15: surprised they haven't updated this.

00:41:15 --> 00:41:18: I looked at the science on this just over the

00:41:18 --> 00:41:18: weekend.

00:41:18 --> 00:41:21: It's 5 days of the meeting incubation period,

00:41:21 --> 00:41:23: 97% of cases found by the 11th day or so,

00:41:23 --> 00:41:26: so that incubation. On the environment persistence,

00:41:26 --> 00:41:28: you know when I first found these cases in particular,

00:41:28 --> 00:41:31: that cruise ship. This is what tipped me off early

00:41:31 --> 00:41:31: on.

00:41:31 --> 00:41:34: Again, this forensic investigation thing that that multiple modes of

00:41:34 --> 00:41:35: transmission were happening.

00:41:35 --> 00:41:39: You don't get these kind of high prevalence.

00:41:39 --> 00:41:42: Infection rates happening in places in particular places that are

00:41:42 --> 00:41:43: starting to manage that,

00:41:43 --> 00:41:45: and you had explosive growth there.

00:41:45 --> 00:41:48: Same with the senior home in Kirkland and elsewhere,

00:41:48 --> 00:41:51: so it tells you the ultimate modes are operating in

00:41:51 --> 00:41:52: terms of it matters.

00:41:52 --> 00:41:54: A whole bunch of factors can determine how long it

00:41:54 --> 00:41:56: survives in the air and on surfaces,

00:41:56 --> 00:41:58: and I can point you to some of that that

00:41:58 --> 00:42:00: other that other research,  
00:42:00 --> 00:42:02: but I guess I'd point people more.  
00:42:02 --> 00:42:05: Control side of this. We know these modes of transmission,  
00:42:05 --> 00:42:06: we know how to counteract them,  
00:42:06 --> 00:42:09: hand washing, social distancing, cleaning services.  
00:42:09 --> 00:42:13: And then including these building level factors like ventilation,  
00:42:13 --> 00:42:15: filtration and relative humidity. OK,  
00:42:15 --> 00:42:21: great. Alright question, I think for Joe and maybe for  
00:42:21 --> 00:42:27: both of you people have closed governments have closed  
parks  
00:42:27 --> 00:42:31: and open spaces during this crisis.  
00:42:31 --> 00:42:36: Because they really don't have the manpower to monitor how  
00:42:36 --> 00:42:37: people excuse me.  
00:42:37 --> 00:42:42: Reflect respect, social distancing. What is a safe social  
distance  
00:42:42 --> 00:42:44: when you're outdoors?  
00:42:47 --> 00:42:50: Well, Joanne maybe you could address that because I you  
00:42:50 --> 00:42:50: know.  
00:42:50 --> 00:42:53: I think it speaks to one the importance of being  
00:42:53 --> 00:42:56: outside and mental health here and then I can maybe  
00:42:56 --> 00:42:59: address the specifics on what the guidance says specifically.  
00:42:59 --> 00:43:01: Show absolutely. I mean, I,  
00:43:01 --> 00:43:04: I think that we know that proximation nature,  
00:43:04 --> 00:43:07: the physical activity side of both our mental health and  
00:43:07 --> 00:43:09: physical health is so important.  
00:43:09 --> 00:43:12: I think people are actually really valuing the fact that  
00:43:13 --> 00:43:14: they do typically get outside.  
00:43:14 --> 00:43:17: And now that you know this is something like that,  
00:43:17 --> 00:43:21: think about it actually heightens our awareness of how much  
00:43:21 --> 00:43:22: we do crave that.  
00:43:22 --> 00:43:23: So I think that yes,  
00:43:23 --> 00:43:27: there there is obviously social distancing at the moment and  
00:43:27 --> 00:43:30: in places like New York City where we're based.  
00:43:30 --> 00:43:33: You know, it's hard when there's millions of people in  
00:43:33 --> 00:43:35: a relatively small area.  
00:43:35 --> 00:43:37: I had seen one idea which was to close the  
00:43:37 --> 00:43:41: streets to create like the Summer Streets program where we  
00:43:41 --> 00:43:44: actually take over a lot of the streetscape to create  
00:43:44 --> 00:43:48: more public space so people can actually be outside and  
00:43:48 --> 00:43:51: actually have the space between them in order to,  
00:43:51 --> 00:43:53: you know, kind of maintain those social,  
00:43:53 --> 00:43:55: those safe social distance numbers,  
00:43:55 --> 00:43:57: which I believe are two meters.

00:43:57 --> 00:44:00: 6 feet, is what I've read.

00:44:00 --> 00:44:04: Many Times Now, I don't think anyone's contradicted that yet,

00:44:04 --> 00:44:08: although everything done changing pretty quickly.

00:44:08 --> 00:44:11: So yeah, I think that just kind of being creative

00:44:11 --> 00:44:11: about,

00:44:11 --> 00:44:13: especially in the denser areas.

00:44:13 --> 00:44:16: We see the access to.

00:44:16 --> 00:44:19: Public space as again it's an equity issue.

00:44:19 --> 00:44:23: We already know this that the folks living in neighborhoods

00:44:23 --> 00:44:26: that already have a lot of the major health disparities

00:44:26 --> 00:44:30: of having higher rates of chronic disease having worse air

00:44:30 --> 00:44:34: quality. Also have the least access to well maintained public

00:44:34 --> 00:44:35: outdoor spaces.

00:44:35 --> 00:44:40: So again, you're just seeing this concentration of built environment

00:44:40 --> 00:44:44: factors that are absolutely leading to the fact that these

00:44:44 --> 00:44:47: populations have higher rates of chronic disease,

00:44:47 --> 00:44:49: have higher rates of. Uh,

00:44:49 --> 00:44:51: this COVID-19 disease, you know,

00:44:51 --> 00:44:54: and it's just exacerbated. So I think that we do

00:44:54 --> 00:44:58: absolutely need to once again look at our outdoor spaces.

00:44:58 --> 00:45:00: It's fascinating that in the 1800s,

00:45:00 --> 00:45:04: the press around Central Park and the park system was

00:45:04 --> 00:45:07: that it was specifically the workingman's long.

00:45:07 --> 00:45:10: That was how it was presented in the papers at

00:45:10 --> 00:45:13: the time that these park systems were really seen as

00:45:13 --> 00:45:14: that,

00:45:14 --> 00:45:16: and I think that we need to once again look

00:45:16 --> 00:45:20: at the ratio of public space and access to public

00:45:20 --> 00:45:23: space that we have across all of our built environments

00:45:23 --> 00:45:27: and. It enough in every instance and I I would

00:45:27 --> 00:45:30: I would say it isn't knowing what the what the

00:45:30 --> 00:45:32: numbers look like.

00:45:32 --> 00:45:34: Alright, great that's great Elizabeth.

00:45:34 --> 00:45:36: I'll just add a maybe point resource and it wasn't

00:45:36 --> 00:45:39: including this and maybe Rachel we can get this out

00:45:39 --> 00:45:41: at you alliance at [fourhealth.org](https://fourhealth.org) tube.

00:45:41 --> 00:45:43: Is it not that I wrote with the one of

00:45:43 --> 00:45:47: the leading experts at our school in infectious disease Epidemiology

00:45:47 --> 00:45:49: on myths around social distancing,

00:45:49 --> 00:45:52: and one of them is about getting outside and we

00:45:52 --> 00:45:55: use that all activity needs to stop and that's simply  
00:45:55 --> 00:45:55: not the case.

00:45:55 --> 00:45:57: And in that case we argue that we,  
00:45:57 --> 00:45:59: instead of using social distancing,  
00:45:59 --> 00:46:02: used word physical distance thing we want to maintain our  
00:46:02 --> 00:46:03: social connect.

00:46:03 --> 00:46:05: Connections but maintain a physical space.  
00:46:05 --> 00:46:08: This means going outside, getting out to parks,  
00:46:08 --> 00:46:11: and doing your best to make maintain doing your best.  
00:46:11 --> 00:46:14: Maintaining that 6 foot buffer which is actually based on  
00:46:14 --> 00:46:14: aerosol physics,  
00:46:14 --> 00:46:18: so it's it's. That's another evidence based recommendation.  
00:46:18 --> 00:46:20: Someone just didn't pick it out of a hat that  
00:46:20 --> 00:46:21: there's this distance.

00:46:21 --> 00:46:24: It's based on what we know about disease transmission,  
00:46:24 --> 00:46:26: air assault, and particles of different sizes.  
00:46:26 --> 00:46:29: It's going to involve a lot of social trust that  
00:46:29 --> 00:46:30: when you're out there,  
00:46:30 --> 00:46:32: people will stay in and do these things,  
00:46:32 --> 00:46:36: but sodas sodas. All of these interventions were doing right  
00:46:36 --> 00:46:38: hand washing the social trust you know.

00:46:38 --> 00:46:41: People covering their compensenses. This is all about social,  
00:46:41 --> 00:46:43: trusted people doing what's right.  
00:46:43 --> 00:46:46: We're going to have to depend on each other there,  
00:46:46 --> 00:46:49: right? Great? OK, so I'm going to have to jump  
00:46:49 --> 00:46:51: in because we are at a time.

00:46:51 --> 00:46:53: There's so many great questions here.  
00:46:53 --> 00:46:55: I hate to stop this conversation,  
00:46:55 --> 00:46:57: but I gotta ask both of you.

00:46:57 --> 00:47:00: One last question, what is the one thing that real  
00:47:00 --> 00:47:03: estate leaders should do or remember at this time?  
00:47:08 --> 00:47:11: Should I jump?

00:47:11 --> 00:47:15: Tradjenta so as a as a UX real estate developer,  
00:47:15 --> 00:47:18: I would say that we've got to stick to the  
00:47:18 --> 00:47:19: science.

00:47:19 --> 00:47:24: The real estate industry really has to stick to what  
00:47:24 --> 00:47:24: is.

00:47:24 --> 00:47:26: Backed by the evidence base,  
00:47:26 --> 00:47:28: because trust is going to be paramount,  
00:47:28 --> 00:47:32: and if you start winging it and doing stuff that  
00:47:32 --> 00:47:33: isn't evidence based,  
00:47:33 --> 00:47:36: I think that you have the risk reputational risk of

00:47:36 --> 00:47:40: really of diminishing that trust in your occupants.

00:47:40 --> 00:47:42: So I think to us this is this is the

00:47:42 --> 00:47:45: time to really hunker down with the evidence base.

00:47:48 --> 00:47:50: I'll second that and you know,

00:47:50 --> 00:47:53: I've been saying for a long time that the person

00:47:53 --> 00:47:56: who manages your building has a bigger impact on your

00:47:56 --> 00:47:57: health and your doctor,

00:47:57 --> 00:48:00: and I think this is that is not an exaggeration,

00:48:00 --> 00:48:03: and it's very clear and we're going to see buildings

00:48:03 --> 00:48:07: increasingly be seen as a first line of defense against

00:48:07 --> 00:48:08: all sorts of diseases.

00:48:08 --> 00:48:10: Not so it's going to be to protect us and

00:48:11 --> 00:48:13: also to promote our health and then let you know

00:48:13 --> 00:48:16: I'll bring in something again for my coauthor,

00:48:16 --> 00:48:18: John Mccumber. He likes to talk about.

00:48:18 --> 00:48:22: Healthy buildings going from a subjective nice have to an

00:48:22 --> 00:48:24: objective and competitive must have.

00:48:24 --> 00:48:27: This is something everyone is going to have to be

00:48:27 --> 00:48:29: doing and they need to be prepared.

00:48:29 --> 00:48:32: My very last comment. I just want to repeat something

00:48:32 --> 00:48:34: for it's a public health message.

00:48:34 --> 00:48:36: This is an all in moment like we've never seen

00:48:36 --> 00:48:39: an I'm going to encourage everyone to bring to bear

00:48:39 --> 00:48:42: whatever skill or expertise you have to this problem where

00:48:42 --> 00:48:46: we need every clever mind out there contributing whatever

00:48:46 --> 00:48:48: skill

00:48:46 --> 00:48:48: you have in any way you think or any way

00:48:48 --> 00:48:49: you can contribute.

00:48:49 --> 00:48:52: We need everybody in this fight,

00:48:52 --> 00:48:55: so thank you. Thank you,

00:48:55 --> 00:48:57: Elizabeth. Thank you, professor Alan.

00:48:57 --> 00:49:02: Thank you Joanna. I'll just invite everybody to join us

00:49:02 --> 00:49:03: for upcoming webinars.

00:49:03 --> 00:49:08: Our next one is on considerations for multifamily and

00:49:08 --> 00:49:09: affordable

00:49:08 --> 00:49:09: housing,

00:49:09 --> 00:49:13: and then the one after that is keeping businesses on

00:49:13 --> 00:49:17: track in this age of disruption with rents and retail

00:49:17 --> 00:49:23: will have on going links that you lie.org/COVID-19 you can

00:49:23 --> 00:49:27: be in touch with us anytime at **[email protected]** .

00:49:27 --> 00:49:31: Thank you, stay healthy, stay safe and we will see

00:49:31 --> 00:49:32: you next time.

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