



THE 428

## Health and Sustainability Fact Sheet

### *Information on the Certifications under Registration for **The 428** project*

We understand that **The 428** is the first building to seek both a LEED certification and a WELL Building compliance in Minnesota. It is the first building seeking WELL compliance in St. Paul.

## WELL Building

### What is WELL? –a focus on occupant experience; it put's people first

- WELL, is not an acronym, it simply stands for well
- Administered by, International WELL Building Institute (IWBI)
- Four buildings in Minnesota are currently registered to seek certification or compliance
- WELL focuses on occupant experience and wellness/ corporate brand and image
- 3 Typologies: Core and Shell Compliance, Interiors Certification, and NEW and Existing Building Certification
- The 7 Pillars of WELL are:
  - **Air** – WELL promotes strategies to reduce or minimize sources of indoor air pollution.
  - **Water** – WELL promotes high quality water and improved accessibility
  - **Nourishment** – WELL limits the presence of unhealthy foods and encourages better food culture
  - **Light** – WELL promotes lighting systems designed to increase alertness, enhance experience, and promote sleep.
  - **Fitness** – WELL encourages the integration of exercise and fitness into everyday life.
  - **Comfort** – WELL creates distraction-free, productive, and comfortable indoor environments.
  - **Mind** – WELL optimizes cognitive and emotional health through design, technology, and treatment strategies.
- Innovation – WELL encourages innovation by allowing projects to submit ideas for new features under WELL concepts.
- There are 98 features under the 7 WELL Pillars
- Over time, 92% of corporate expenses can be attributed to personnel (salaries, sick time, etc.), and only 2% of costs are attributed to the design and construction of the building

- When people who work in a WELL compliant or certified building were surveyed by WELL:
  - 83% say they feel more productive
  - 92% say the space has created a positive effect on their health and well-being
  - 93% say they can more easily collaborate
  - 94% say that new space has a positive impact on the performance of their business
  - 100% say their clients are interested in their new way of working
- Generally, WELL Core and Shell Compliance will require more stringent: air quality standards, VOC reductions, material safety, drinking water quality, guidelines for foods and beverages brought into the building, lighting controls, fitness design, noise reduction, thermal comfort, and will create over health and wellness awareness.

### **A few of the highlighted features of The 428 WELL features are:**

- **The 428** is seeking Core and Shell Compliance and will encourage Tenants to seek Interior Certification
- **Comfort** –
  - Each regularly occupied space will meet specific sound pressure levels as measured when the space and adjacent spaces are unoccupied
  - Mechanical equipment will meet specific sound criteria
  - The ventilated thermal environment will meet specific ASHRAE Standards

#### ***Mind*** –

- Lobbies and other common spaces will meet the ASHRAE requirements for thermal comfort through hydronic radiant heating/cooling or electric radian systems
- The building will have a written policy and educational document detailing the building's health oriented mission
- The project will have a meaningful integration of public art
- Ceiling heights will provide expansive, comfortable, and open feel to the interior space

#### ***Air*** -

- High standards in reduction of Volatile Organic Compounds (“VOC’s”) in interior paints, adhesives, flooring, and insulation.
- Specific ASHRAE requirements will be met for ventilation design and the building's demand control ventilation
- Special accommodation for filters to provide increased quality of recirculated air
- Increased management specification for microbe and mold control
- Higher level of construction pollution control management
- Restricted use of pesticides and herbicides to higher standards

### ***Nourishment –***

- Foods, beverages, snacks, and meals sold or distributed on a daily basis by the tenants or owner will meet conditions that include reduced sugar and partially-hydrogenated oils or trans-fats
- Foods distributed will clearly identify certain allergens
- Positive nutritional messaging will be displayed in eating areas encouraging occupants in healthy food choices

### ***Light –***

- View window shading and daylight management criteria will be met.
- Glare minimization for all workstations, desks and other seating areas will be met.

### ***Fitness –***

- Inclusion of pedestrian amenities such as benches, movable chairs and tables and water re-filling stations.
- Promotion of pedestrian movement throughout building
- Bicycle storage and locker facilities.

\*Survey data from the International WELL Building Institute

## **LEED**

### **What is LEED? –a focus on the environment**

- Leadership in Energy and Environmental Design (LEED)
- Administered by, United States Green Building Council (USGBC)
- LEED has helped divert over 80 million tons of waste from landfills
- Contributes to commercial real estate values
- By 2018, LEED will have helped create an estimated 1.1 million green construction jobs
- The benefits of LEED are:
  - To save energy and resources
  - To attract tenants with values of sustainability
  - To produce high performance buildings and create healthy spaces

**The 428 is seeking LEED Silver certification.**

# Additional Sustainability Features

## Rainwater Harvesting

The 428 is considering a rainwater harvesting system which will flush toilets and urinals on all levels of the building. This rainwater harvesting system would provide a unique and innovative approach to stormwater management on a site that does not require on-site management for regulatory rules. The system will incorporate components of visibility throughout the building with the first component being a continuous monitoring and information display within the main lobby area. Then signs at each toilet/urinal will provide more visual evidence of how rainwater can serve multiple purposes.

The rainwater harvesting system is a unique approach for a property that is fully covered by the building, hence leaving no space to incorporate traditional stormwater features outside of the building. The building owner will be able to collect information from the system's controls and data monitoring software to evaluate the ongoing benefits and savings provided by the rainwater harvesting system.

The ability to develop the rainwater harvesting system, combined with the anticipated LEED Silver certification and WELL Building compliance positions this new and exciting building to attract attention from future tenants, as well as, the sustainability and wellness communities.