

A background image showing several pairs of hands cupping soil and small green seedlings, symbolizing care for the environment and food production. The image is overlaid with a semi-transparent white box containing text.

LEVERAGING THE BUILT ENVIRONMENT  
TO ADVANCE  
DIETARY AND PLANETARY HEALTH

NICE TO MEET YOU

ANJA MIKIC

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NOURISHMENT CONCEPT LEAD, STANDARD DEVELOPMENT

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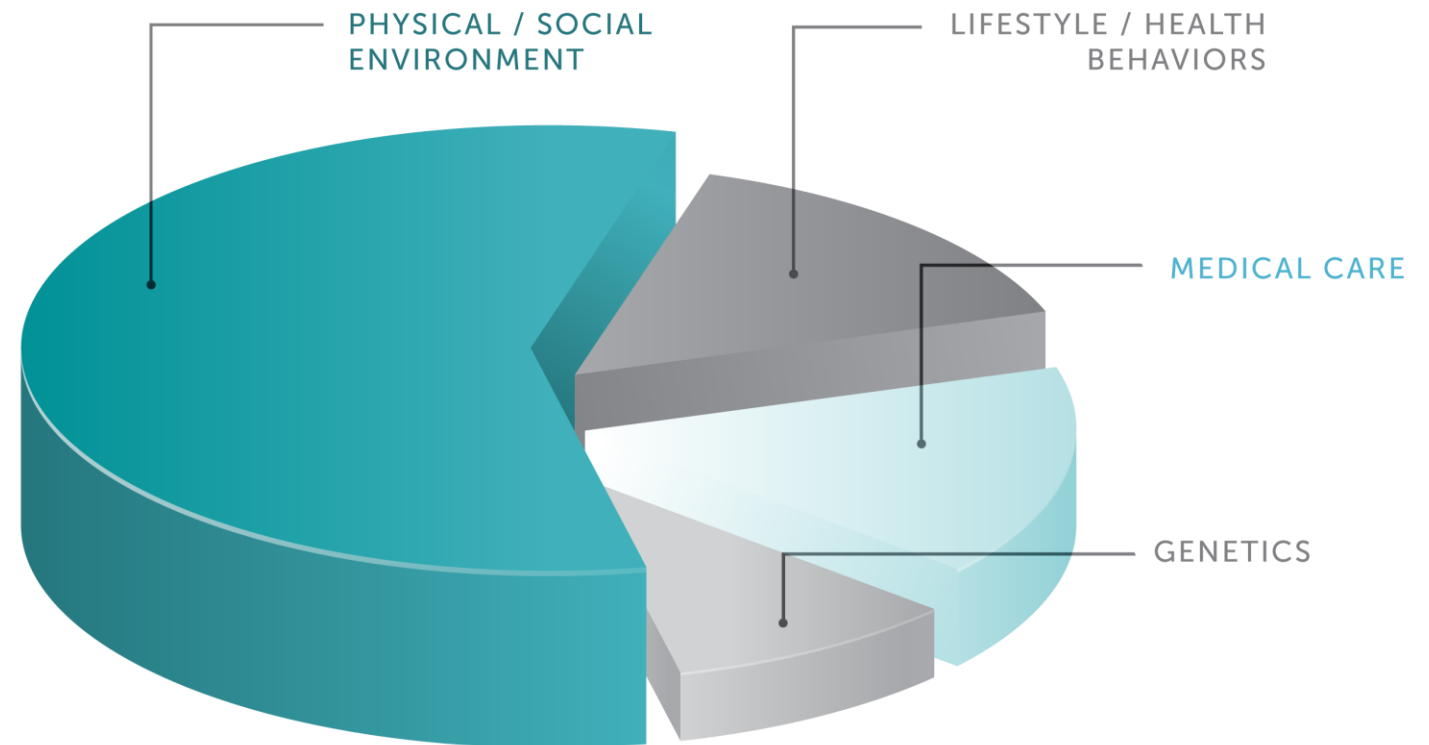
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HEALTH IS A STATE OF COMPLETE PHYSICAL,  
MENTAL, AND SOCIAL WELL-BEING, AND NOT  
MERELY THE ABSENCE OF DISEASE OR  
INFIRMITY.

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THE WORLD HEALTH ORGANIZATION

# WHAT DETERMINES THE STATE OF HEALTH?





WE SPEND ABOUT 90% OF  
OUR TIME INDOORS





# BUILDINGS AS PREVENTATIVE CARE

# A COMPREHENSIVE APPROACH TO WELL-BEING



AIR



WATER



NOURISHMENT



LIGHT



MOVEMENT



THERMAL  
COMFORT



SOUND



MATERIALS



MIND



COMMUNITY



# BETTER BUILDINGS ARE WELL

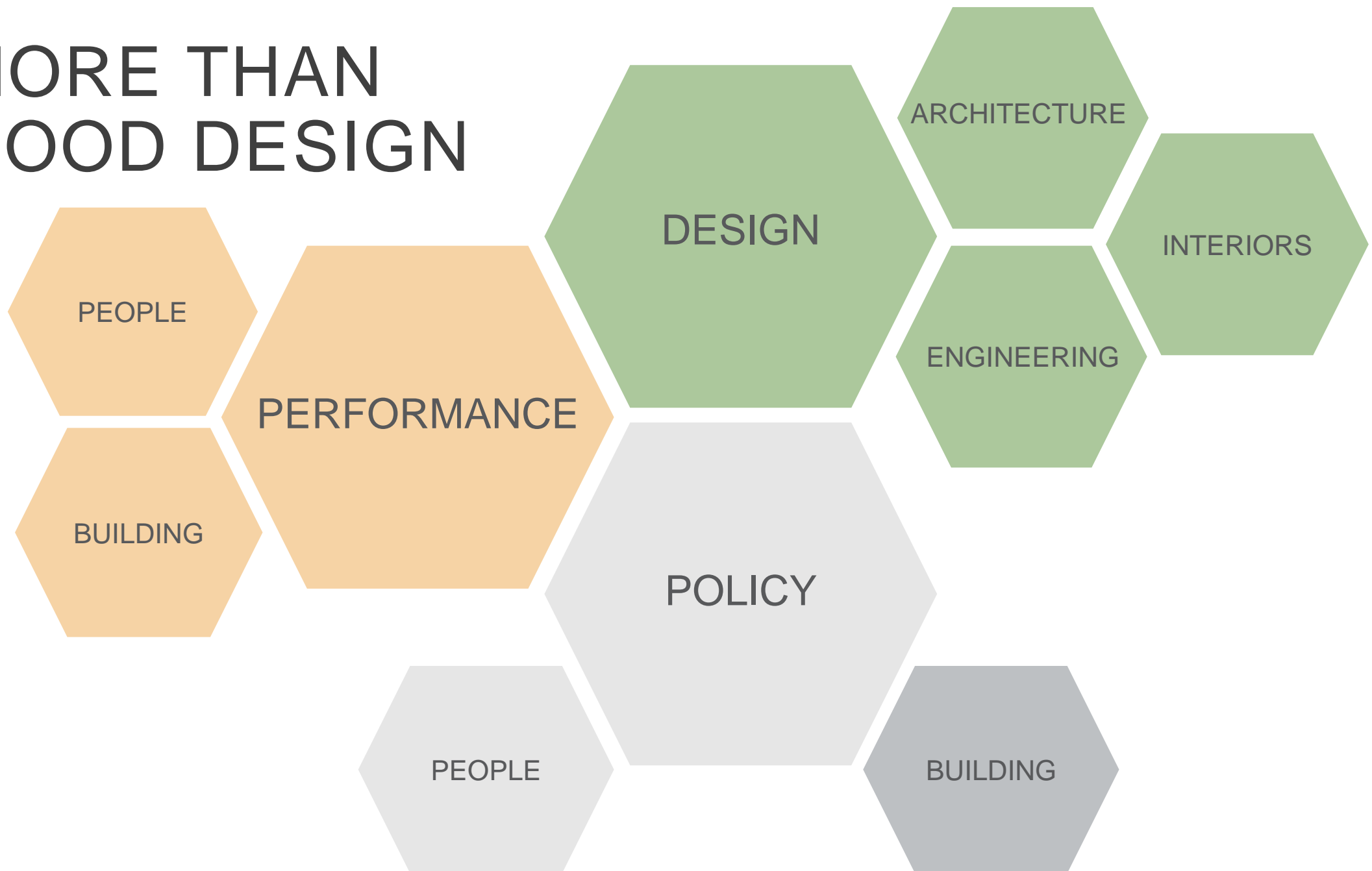


## THE WELL BUILDING STANDARD (WELL)

The premier global standard for healthy buildings. WELL measures, verifies and monitors building features that impact health and well-being.



# MORE THAN GOOD DESIGN



A group of people are sitting in a circle on the floor in a bright, white-walled room, practicing meditation. They have their hands in a prayer position. In the foreground, there is a large, lush green indoor plant with broad leaves. The text 'PEOPLE + PLANET' is overlaid on the image in a clean, sans-serif font, with a green plus sign between the words.

# PEOPLE + PLANET





# NOURISHMENT

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Encourage better eating habits by creating food environments where the healthiest choice is the easiest choice.

- Fruits and vegetables
- Nutritional transparency
- Ingredient restrictions
- Portion management
- Accommodating special diets
- Food advertising and education
- Mindful eating spaces
- Food preparation guidelines
- Food production and sourcing





# FRUITS AND VEGETABLES

Intent: Promote the consumption of fruits and vegetables by making fruits and vegetables easily accessible.

1. ENSURE FRUIT AND VEGETABLE AVAILABILITY
2. PROMOTE FRUIT AND VEGETABLE VISIBILITY





# RESPONSIBLE FOOD SOURCING

Intent: Reduce dietary exposure to pesticides, hormones and antibiotics.

1. IMPLEMENT RESPONSIBLE SOURCING
2. PROMOTE RESPONSIBLE SOURCING





# FOOD PRODUCTION

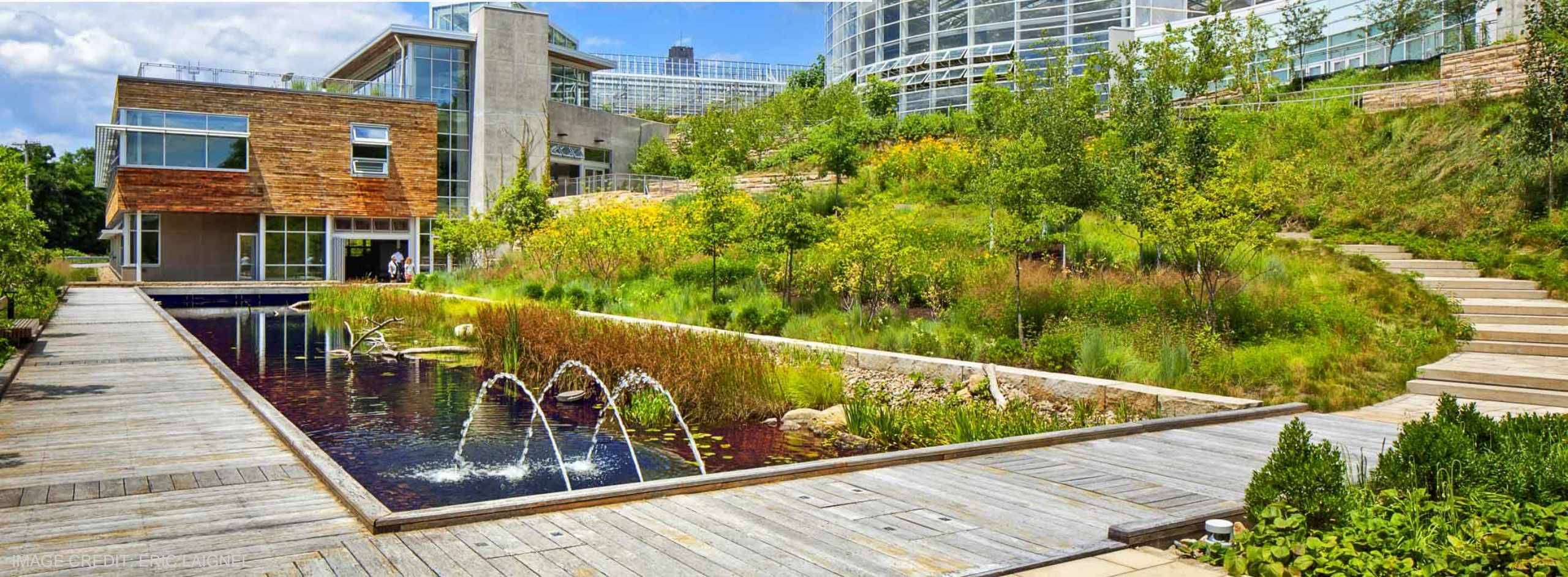
Intent: Improve access to fresh produce and provide opportunities for on-site food production.

1. PROVIDE GARDENING SPACE
2. PROVIDE PLANTING SUPPORT



# Phipps Conservatory

Center for Sustainable Landscapes





# KEY TAKEAWAYS

1. BUILDINGS AS AGENTS OF PUBLIC HEALTH
2. FOOD AT THE INTERSECTION OF PEOPLE  
AND PLANET
3. ARCHITECTURE AND ORGANIZATIONAL  
POLICIES THAT PROMOTE WELL-BEING



# THANK YOU

WELLCERTIFIED.COM

