

Background

This event will develop the implicit links between good health and good design and conversely, poor design and poor health, both in and out of the home.

Given the enormous rates of change in the industry and the zero carbon targets, the industry will be delivering more and more energy-efficient and air-tight buildings over the coming years. What are the potential health implications of this approach? How is indoor air quality likely to be affected and what are the wider health implications of thermally efficient design, especially if we get it wrong: from dust mites, asthma, mould, condensation and high humidity, to general comfort and overheating. These issues require rigorous examination.

The public health benefits of community and neighbourhood connections could offer new models and standards for development, as build programmes start to grow again. We will discuss the links between access to green spaces and good mental health and well being. What savings might be made in the NHS, if walking and cycling is encouraged through walkable neighbourhood design, there is good access to open spaces and homes offer excellent thermal comfort, ventilation and daylighting, with simple controls? What development and space standards do we need to adopt to enable thriving communities to develop? What value can we put to sustainable design and happy and healthy residents and occupiers?

Presentations will cover the range of current policy for design standards, tools such as Building for Life, measuring, monitoring and case studies .

Who should attend?

GHA members, developers, housebuilders, RSLs and client groups who want to understand the benefits of designing for health & well-being, together with costs and strategies for getting the best solutions.

To book a place at this event please email Lilja:
info@goodhomes.org.uk

Free for GHA members, £100 plus VAT (£115.00) for non members



Good Health through Good Homes

7th July 2009 from 2.15 - 5.30pm

**Venue: CABE
Commission for Architecture and the Built
Environment, 1 Kemble Street, London
WC2B 4AN**



Ecos Homes, Great Bow Yard, Community garden

Programme

- 13:45 Arrival and light refreshments
- 14.15 GHA Chair's introduction: Neil May
- 14.25 Health & well-being in and out of low carbon homes
CABE – Ed Hobson, Head of Research and Futures
Dominic Church, Senior Policy Advisor
An introduction to the links between design, planning and sustainability and general and mental health and wellbeing, both in and out of the home. To include detail of government policy in this area and the latest evidence and research information.
- 14.50 Evidence & case study of health impacts in the home
Dr Marcella Ucci, UCL
How might improved levels of airtightness and thermal efficiency impact on indoor air quality and resident health? With rising indoor temperatures and airtight dwellings, ventilation becomes crucial in ensuring good indoor air quality. If humidity levels increase then dust mites and mould are likely to prosper. How do we design to avoid this? What is the latest research and evidence?
- 15.15 Integrative health approach to design: Pines Calyx
Alistair Gould/ Dr Nichol Clarke: Real-Health Ventures & Carbon Free Group
The brief for Pines Calyx was to deliver the optimum healthy environment. How did this impact on the design process and what are the outcomes and feedback? What are the implications for the design of low carbon homes?
- 15.40 Discussion
- 16.00 Refreshment break
- 16.20 Case study: Health & well-being at BedZED and beyond
Sue Riddlestone, Director, BioRegional Development Group
Feedback from research and occupant surveys at BedZed, highlighting the mental health & well-being benefits of community interactions associated with the BedZed design.
- 16.45 The links between good access to safe green-space and wider mental health
Dr William Bird, Natural England
The SD commission estimate the cost of poor mental health in the UK to be £76 billion each year, with obesity costing £3.7 billion. Research shows that people living in areas with high levels of greenery to be three times more active and 40% less likely to be overweight than those living in areas with low levels of greenery.
- 17.10 Discussion/ Q&A
- 17.30 Close

[Site visits – summer 09](#)

[Sustainable neighbourhoods – Sept/ Oct 09](#)

[Industry transformation – Nov/ Dec 09](#)

[GHA Xmas Party & AGM – Dec 09](#)