Seeking Healthy Buildings

By Eva Matsuzaki

Is this challenge a no-brainer?

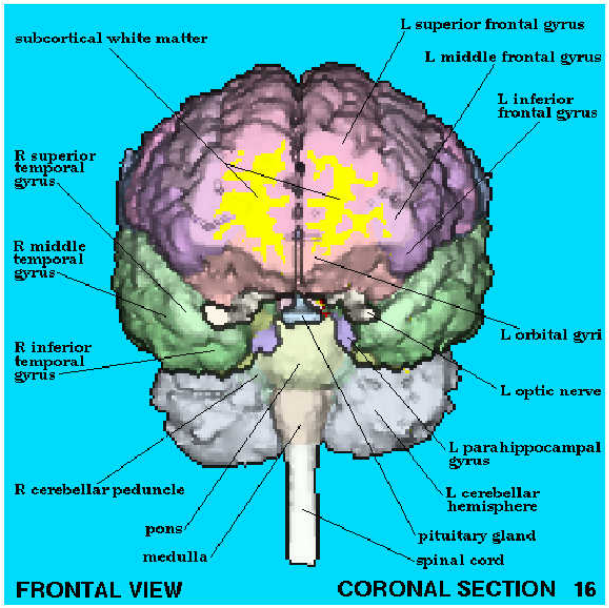


Figure 1

CAUTION!

THIS MACHINE HAS NO BRAIN USE YOUR OWN

A review of some of our existing conditions.

Energy

Materials

Water

Stress

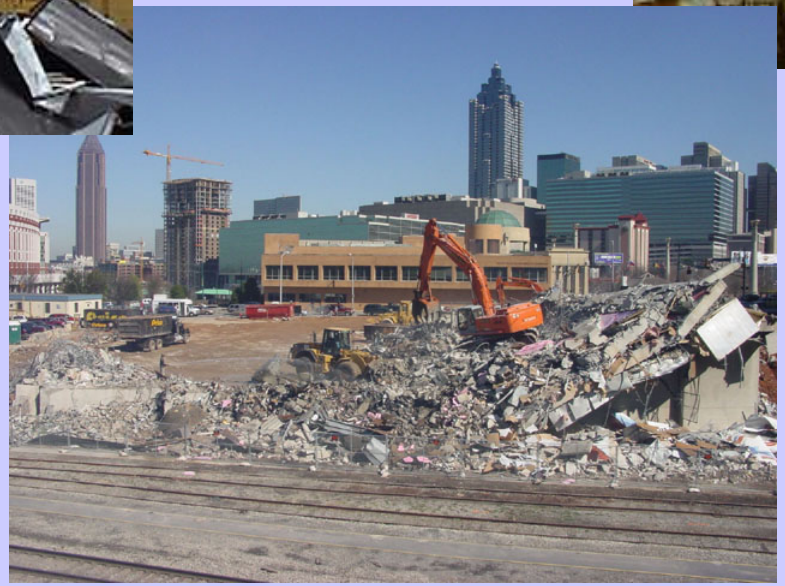
Indoor Air Quality

What’s wrong with these pictures?


I'm Killing
The Earth!
T822 ELM

Common demolition sites

Everything goes to the dump – average home produces 20 tons.

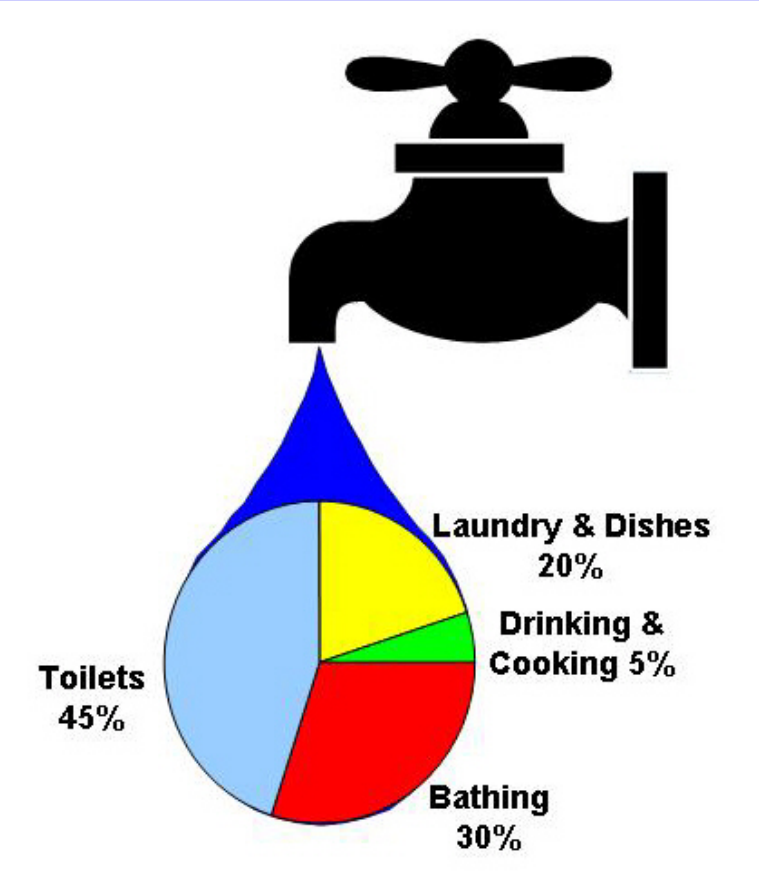


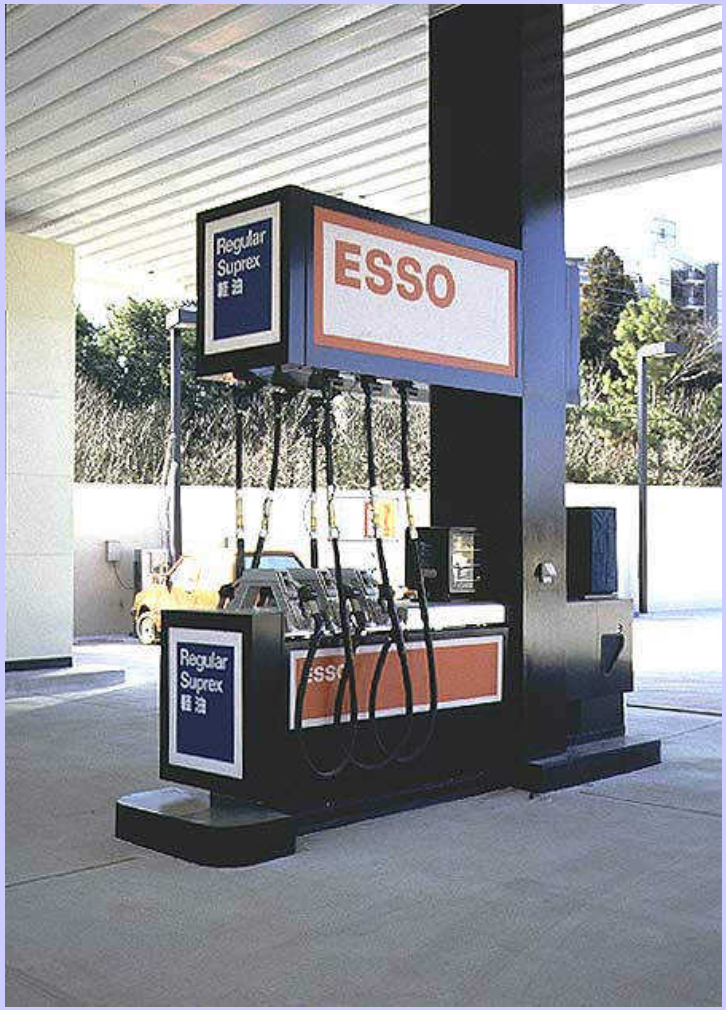
Water consumption

Average person in U.S. uses 90 gallons/day of potable water.

(40 gallons/day are flushed down the toilet)

The U.S. uses 2.7 billion gallons/day with 40% for irrigation.





Price of gas - $3/gallon

Price of water - $8/gallon

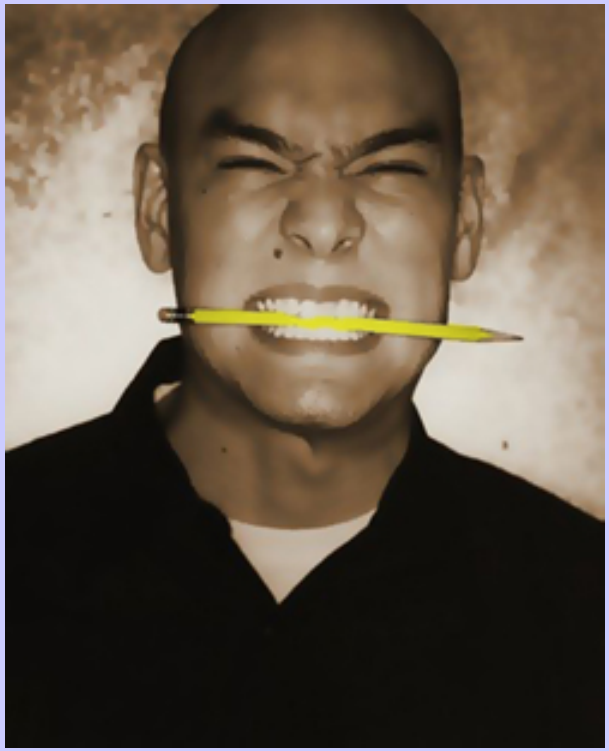
Really???

Indoor Air Quality

Lack of proper ventilation = mold, noxious off-gases, respiratory problems

Stressful work environments

Lack of daylight, ventilation, connection with nature – eye-strain



The Fix – Priority on health

More daylighting

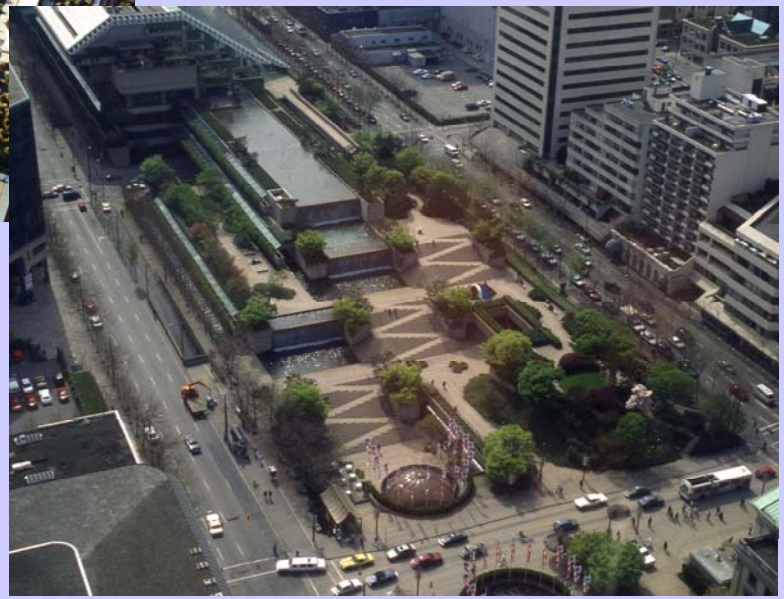
In stairs and hallways, at workspaces

More natural ventilation

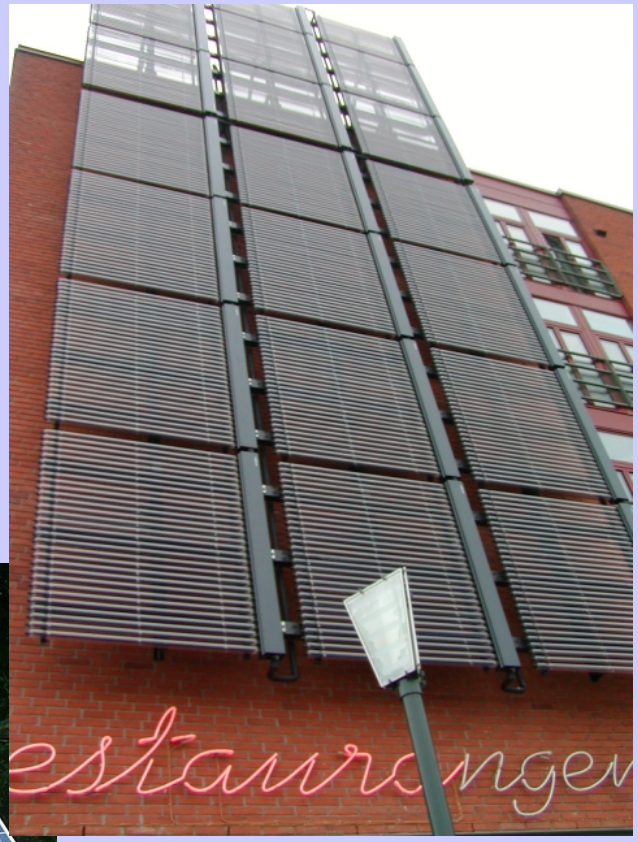
More opportunities for personal health and wellness: exercise rooms, bicycle storage, access to outdoors.

More Social Spaces

Connect with Nature



Alternate energy sources



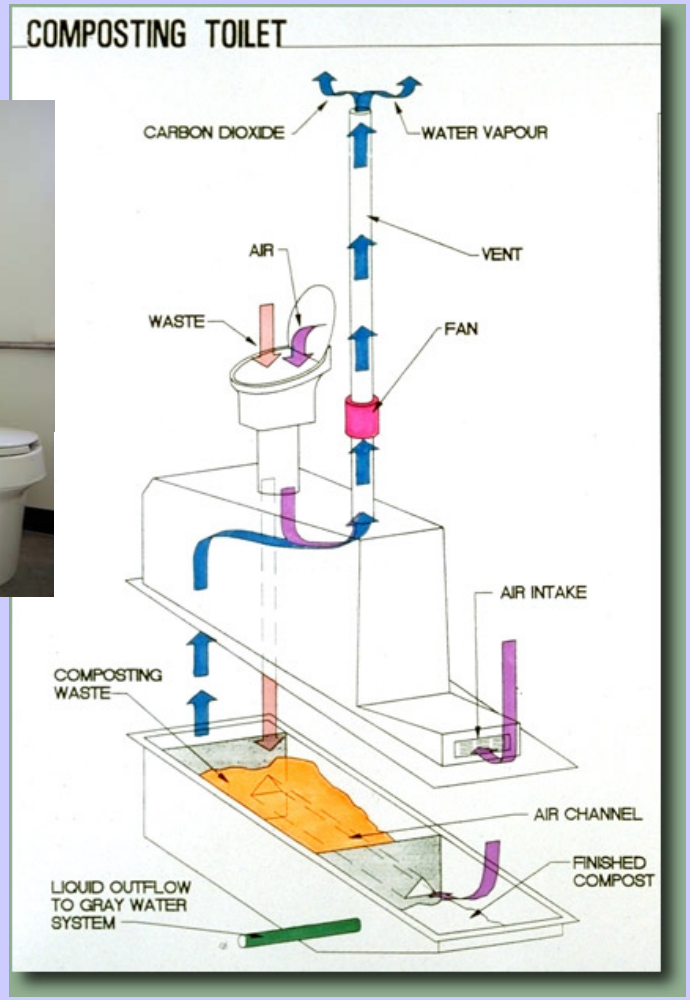
Consume Less Water

No sewer connections

(storm and sanitary).

- **Waterless** composting toilets and urinals
- Produce 1 cu.ft. compost/yr/toilet
- Gray water trench can feed irrigation system.

Or low-flush or dual flush toilets



Use Less Land

Mixed use land planning = fewer car trips

Easy access to transit , bicycle lanes

Promote Less Car Trips

BC Transit 800 Series Bus, "Have a Nice Day"

Doing it for healthy future generations

And doing it for healthy flora and fauna