

Title of Project: Exploring office building financial and physical characteristics and the well-being of their occupants—A Seattle pilot study

Submitted by: Sofia Dermisi, Anne Vernez Moudon, Alon Bassok

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This pilot study assesses the possible relationships between office building characteristics/performance and the well-being of office workers. To date, we extracted real estate information for office buildings (classes A, B and C) in the cities of Seattle and Bellevue (from CoStar) and matched them to two sustainability labeling/certification programs (Energy Star and LEED). In addition, three studies providing detailed health and physical activity profiles of individuals in the Seattle area were mined for study participants who reported working in these office buildings. Matching the real estate data with the health and physical activity data was complemented with information on the built environment for the areas around the office buildings. A total of 108 participants were matched with office buildings for which we had real estate and sustainability data (35 class A, 48 class B, and 12 class C). As seen in Figure 1, some of the buildings are clustered in the downtown areas of Seattle and Bellevue, while others are scattered beyond those two clusters. The study is now advancing to model the association between office workers' Body Mass Index (BMI), a proxy for well-being, as the outcome, with office building, built environment, and socioeconomic demographic characteristics as the predictors. At a later stage, the study may include survey information on participant's perceived health status in relation to their office environment.

