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# Building a healthy world

**Author:** Greene, Gina



**Abstract (Abstract):**
Sustainable Design, also called Healthy Building Design, has come to the forefront in the architecture and construction industries to protect the environment and save precious resources. Three basic elements of sustainability are taken into consideration when renovations or new structures are designed. These elements are energy efficiency, resource efficiency and indoor air quality. Energy Efficiency stresses the use of daylighting techniques, better insulation, energy conservation, and the use of renewable energy sources. Resource Efficiency encompasses a variety of applications, including reusing existing structures, using salvaged materials, building the same square footage with fewer materials, designing for flexibility to lengthen a structure's life, and reducing construction waste. Also taken into consideration is the structure's possible deconstruction. If the building is ever slated for demolition, materials may be reused. Indoor Air Quality involves designing healthy interior spaces by providing proper ventilation, moisture control and the elimination of airborne contaminants. "Sustainable Design is architecture for the future, not just for today," said architect Rick Carter, vice president of LHB Engineers &Architects Minneapolis office and the head of LHB's Green Team. LHB's Healthy Building Design also extends to workplace design and affordable housing, municipal design, contractor services and alternative schools. For example, LHB recently designed a low-toxin house for a client suffering from multiple-chemical sensitivity. Additionally, they completed Health House '94, a family residence sponsored by the American Lung Association. "Our clients appreciate the healthy building design approach because it increases employee health and productivity, minimizes employer liability and lowers costs," explained Carter. The case for Healthy Building Design is being pushed by the Clinton Administration, which is expected to reinstate as many as nine environmental tax incentives, totaling more than $3 billion over five years that would promote energy efficiency and pollution reduction. These tax credits would range from incentives to buy energy-efficient homes to special credits for use of nonpolluting sources. President Clinton's next town meeting, to be held in May, will focus on the topic of sustainability. Additionally, governmental entities such as the United States Navy and the Department of Natural Resources have been incorporating the Healthy Building concepts into their contracts with architecture firms. Locally, the Minnesota DNR in its construction of a new consolidated area headquarters in Tower specifically requested "environmentally responsible or sustainable designs." The DNR's request for proposals stated, "It is a major goal of this project to use principles of environmentally responsible or 'sustainable' design. The designer will be required to address environmental goals related to site design, land use, water use, energy consumption, materials, waste management, and cycles of use, reuse and deconstruction." "It's a values driven issue for many firms," said Joel Schurke, director of environmental rsesources at the Cuningham Group in Minneapolis. "Sustainability helps to reduce the overhead and maintenance costs of buildings, which firms look at when forming supplier relationships and on planning levels. Sustainability factors redefine how communities get planned, with more emphasis on pathways and greenways and less emphasis on parking lots and roadways." Schurke added that when sustainability factors are taken into consideration, "It can change the overall design and orientation of a building." "Healthy Building Design can be used anywhere that you work, learn or live," said Carter. 1t is important to recognize the critical role that a safe, sound, healthy environment plays in our everyday lives." People can utilize sustainability everyday as their focus when making decisions - environmental, economic and social - according to Schurke. "When you make intentional choices in your business, whether it be for hiring professional services or how well your building consumes energy, all can be adjusted with sustainability in . 11 mind. 19

**Full text:**

Sustainable Design, also called Healthy Building Design, has come to the forefront in the architecture and construction industries to protect the environment and save precious resources. Three basic elements of sustainability are taken into consideration when renovations or new structures are designed. These elements are energy efficiency, resource efficiency and indoor air quality. Energy Efficiency stresses the use of daylighting techniques, better insulation, energy conservation, and the use of renewable energy sources. Resource Efficiency encompasses a variety of applications, including reusing existing structures, using salvaged materials, building the same square footage with fewer materials, designing for flexibility to lengthen a structure's life, and reducing construction waste. Also taken into consideration is the structure's possible deconstruction. If the building is ever slated for demolition, materials may be reused. Indoor Air Quality involves designing healthy interior spaces by providing proper ventilation, moisture control and the elimination of airborne contaminants. "Sustainable Design is architecture for the future, not just for today," said architect Rick Carter, vice president of LHB Engineers &Architects Minneapolis office and the head of LHB's Green Team. LHB's Healthy Building Design also extends to workplace design and affordable housing, municipal design, contractor services and alternative schools. For example, LHB recently designed a low-toxin house for a client suffering from multiple-chemical sensitivity. Additionally, they completed Health House '94, a family residence sponsored by the American Lung Association. "Our clients appreciate the healthy building design approach because it increases employee health and productivity, minimizes employer liability and lowers costs," explained Carter. The case for Healthy Building Design is being pushed by the Clinton Administration, which is expected to reinstate as many as nine environmental tax incentives, totaling more than $3 billion over five years that would promote energy efficiency and pollution reduction. These tax credits would range from incentives to buy energy-efficient homes to special credits for use of nonpolluting sources. President Clinton's next town meeting, to be held in May, will focus on the topic of sustainability. Additionally, governmental entities such as the United States Navy and the Department of Natural Resources have been incorporating the Healthy Building concepts into their contracts with architecture firms. Locally, the Minnesota DNR in its construction of a new consolidated area headquarters in Tower specifically requested "environmentally responsible or sustainable designs." The DNR's request for proposals stated, "It is a major goal of this project to use principles of environmentally responsible or 'sustainable' design. The designer will be required to address environmental goals related to site design, land use, water use, energy consumption, materials, waste management, and cycles of use, reuse and deconstruction." "It's a values driven issue for many firms," said Joel Schurke, director of environmental rsesources at the Cuningham Group in Minneapolis. "Sustainability helps to reduce the overhead and maintenance costs of buildings, which firms look at when forming supplier relationships and on planning levels. Sustainability factors redefine how communities get planned, with more emphasis on pathways and greenways and less emphasis on parking lots and roadways." Schurke added that when sustainability factors are taken into consideration, "It can change the overall design and orientation of a building." "Healthy Building Design can be used anywhere that you work, learn or live," said Carter. 1t is important to recognize the critical role that a safe, sound, healthy environment plays in our everyday lives." People can utilize sustainability everyday as their focus when making decisions - environmental, economic and social - according to Schurke. "When you make intentional choices in your business, whether it be for hiring professional services or how well your building consumes energy, all can be adjusted with sustainability in . 11 mind. 19

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