

The below answer sheet is for your own self-assessment. Please keep your completed questionnaires and answers on file for your record. Sustainability Summit will send you a Refuel certificate once your questionnaire has been submitted.



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The latest trends in designing for Health & Wellbeing

1. Describe three ways in which specific design strategies (e.g., biophilic design, circadian lighting, or acoustic control) support physical and/or mental health in the built environment.
2. A developer plans to retrofit an office building to prioritise user health and wellbeing. Propose two design interventions based on recent trends and research in wellbeing-focused design.

Justify your response by referencing the impact on users and the potential implications for stakeholders, sustainability, and cost.
3. Which of the following best describes how architects are embedding wellbeing into core design practice?
 - A. By designing only for aesthetics and cultural symbolism
 - B. By relying solely on client preferences, without community input
 - C. By integrating environmental data, research insights, and inclusive design principles
 - D. By reducing design timelines to speed up project delivery

At the end of this panel, attendees will be able to:

- Outline the ways in which the built environment has been shown to affect physical and mental health
- Identify emerging trends in designing spaces that support physical, mental, and emotional health
- Identify successful examples of designing for health and wellbeing
- Explain how architects and developers are embedding wellbeing into the core of their practice
