Summary: We spend 90% of our time indoors. Indoor environment has a significant impact on our health and well-being. The WELL Building Standard provided us a holistic approach to quantify interventions to improve our indoor environments, so that our buildings can be a vehicle to make us healthier, happier and more productive. This presentation will introduce the framework of healthy buildings and elaborate two concepts: mental health - a behavioral modifiable risk factor and a potential disease burden and indoor air quality - an environmental modifiable risk factor. We will discuss why they are important from a scientific standpoint and how to improve them through building design and operations. We look forward to further research and innovation in this interdisciplinary field of healthy buildings.

Bio: Dr. Zhao is the Head of Delos Labs, and Executive Vice President at Delos LLC. He has 13 years of research and innovation experience in Human-building Interaction, specifically focusing on smart buildings and their impact on human health and well-being, as well as environmental sustainability. He received his PhD degree from Carnegie Mellon University, and Master's and Bachelor's degrees from Tongji University. Delos is New York City based a global wellness leader with a mission to enhance health and well-being in the spaces where we live, work, learn and play. It has offices in Canada, China, and Australia.

Please contact the host, Prof. Zhao Pan (zhao.pan@uwaterloo.ca), if any questions