

Research shows that indoor environments have a profound impact on the health, wellness, and productivity of building occupants and guests. For example, a Harvard study showed a 61-101% increase in cognitive function under green building conditions. A study in the Journal for Clinical Sleep Medicine found that workers in offices with access to windows get 46 more minutes of sleep per night. To earn these points:

- *Send information on the health, wellness, and productivity benefits of green buildings to at least one tenant representative or one internal stakeholder (in the case of owner-operators and operators).*
- *Internal stakeholders include leaders or decision makers in finance, asset management, clinical operations, compliance, or even human resources, given the productivity impacts. Consider providing the information to someone with enough interest and influence to provide additional support for your sustainability program and goals.*

Use [this template](#) to craft your message. You may deliver this message via email, in a meeting or as a meeting agenda item, or as part of your corporate policies, tenant handbook, or tenant improvement standards.

The template draws upon the following resources, which are key to a business case and strategy for healthy indoor environments:

- [Research](#) by the Harvard T.H. Chan School of Public Health's Center for Health and the Global Environment, in collaboration with other leading academic research institutions, on the impact of green buildings on cognitive function, and [The 9 Foundations of a Healthy Building](#), which resulted from the research.
- World Green Building Council reports ["Building the Business Case: Health, Wellbeing and Productivity in Offices"](#) and ["Doing Right by Planet and People: The Business Case for Health and Wellbeing in Green Building"](#)
- Resources from [Healthier Hospitals](#). Over 1,300 hospitals, outpatient centers, and other healthcare facilities have used Healthier Hospitals strategies to improve their sustainability performance.

1. How, when, and to whom did you distribute information to at least one tenant representative or internal stakeholder on the health, wellness, and productivity impacts of indoor environments?

2. Describe the response you received from the party or team you engaged. Were they aware of the health and wellness impacts of indoor environments? Did it influence their view of the building's sustainability efforts?

Alternative Documentation

Instead of this form, you may submit the following to IREM®:

- Paragraph summarizing your outreach to a tenant representative or internal stakeholder