

MechSE WELLness

C04 Enhanced Occupant Survey

Intent: Evaluate comfort, satisfaction, health, etc. related to the well-being of occupants.

Each of us experiences health and well-being in a unique way, with personal goals and methods to achieve them. Given such diversity in our facility, it is challenging to prescribe a comprehensive set of features that are effective across all settings. Surveying occupants about their level of satisfaction with wellness initiatives provide valuable insight into how best to help everyone be well.

Impact: Providing individuals the ability to offer feedback helps identify problems and evaluate the effectiveness of interventions aimed at improving occupant health and well-being.

Requirements for the Sidney Lu Mechanical Engineering Building:

1. Semi-annually, conduct a survey regards quality of air, water, sound, light, thermal comfort, ergonomics, aesthetics, maintenance, cleanliness, access to nature, views, nourishment, work place wellness opportunities, healthy behavior support, physical activity promotions, personal productivity, self-rated health and well-being, and standard demographic information.
2. Include three additional questions on one topic within the realm of healthy behaviors, enhanced health and well-being, performance and resilience, policies and culture, or other.
3. Administer pre-occupancy survey and share aggregated results with occupants as requested.
4. Monitor and analyze survey trends.
5. Gather feedback about effectiveness of wellness features to occupants.
6. Upload the survey and results to WELL Online on an annual basis.

How do we accomplish these requirements?

Before occupying our new building, a survey was sent out to ascertain the health and well-being of individuals at their respective pre-Lu MEB location. Going forward, a survey is sent out as outlined above. Aggregated results inform the MechSE WELLness Committee's direction and promotion of our wellness culture.



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