

Fitwel Glossary



A

Abatement – Physical procedures undertaken to control exposure to asbestos and lead containing materials, including removal, encapsulation, enclosure, cleanup, and repair.

Access – Free and unfettered entry and use is available to all regular occupants.

Active Design Strategies – Utilization of Active Design strategies that are shown to increase stair use, such as posting motivational signs, installing a music system or creative lighting, moderating stairwell temperature, featuring engaging artwork and bright colors, and locating a window or skylight in the stairwell for increased daylight.

Active Workstation – Furniture designed to promote physical activity, including convertible sit-stand desks, workstations with treadmills or bicycles attached, under-desk elliptical machines, portable desk pedals, and stepper machines.

Ambient Air – Atmospheric air, exterior to buildings.

Area Median Income (AMI) – The median income of a household in a given region. Often AMI is based on metropolitan (MSA or equivalent) geographies, but can include district, county, and other regional definitions.

Areas with Chemical Use or Storage – Rooms or spaces that must have separate ventilation systems to prevent the circulation of chemical pollutants in indoor air, including garages, janitors' closets, laundry areas, science laboratories, art rooms, workshops, salons, and high volume copy rooms.

Assisted Living – Assisted living residences are age-restricted multifamily rental properties

that provide supportive care from trained employees to help residents with activities of daily living (ADLs), including eating, bathing, getting dressed, toileting, transferring, and continence.

Automated External Defibrillator (AED) – An easy-to-use medical device used to help those experiencing sudden cardiac arrest, by delivering an electrical shock to help the heart revive an appropriate rhythm.

B

Bicycle Lane – A dedicated and protected road or path that is separated from motor vehicles and pedestrians, and reserved for bicyclists use.

Bicycle Parking – Bicycle storage or racks that regular occupants can access 24 hours a day and use to park and lock bicycles.

Bicycle Parking, Long-Term – Bicycle storage or racks that are easily accessible to regular occupants and sheltered from the weather.

Bike Share Program – A service that provides bicycles for shared use on a short-term basis.

Bike Share Station – A docking area where individuals can pick up and drop off bikes borrowed through a community, neighborhood, or city bike share program.

Bottle Refilling Station – A water supply station created with a unique faucet or dispenser designed specifically for filling water jugs, glasses, or other similar items.

Break Area – A room or space that comfortably accommodates regular occupants and is furnished appropriately to accommodate lunchtime activity with a refrigerator, microwave, and sink.

Brownfields – Land or property on which development, redevelopment, or reuse may be affected by the presence of contamination by former uses, including industrial, mechanical, or chemical uses.

Building Entrance – Any doorway, set of doors, turnstiles, or any other entry point that is commonly used to gain access to the building by its visitors and regular occupants.

C

Campus – Projects on a common site that are owned by or under the control of a single entity.

Certified Emergency Responders – Any individual who completed a training course and received certification in mental health first aid and/or in providing support during medical emergencies. Individuals may become a certified first responder by completing First Aid or CPR courses offered by the Red Cross, American Heart Association, or international equivalent. Meanwhile, individuals can become certified in Mental Health First Aid response through courses on substance use disorder, trauma, and other topics provided by Mental Health First Aid International, the National Council for Behavioral Health, among other organizations.

Certified First Responder (CFR) – Any individual who completed a training course and received certification in providing support in medical emergencies. Sample support may include first aid or cardiopulmonary resuscitation (CPR). Individuals may become a certified first responder by completing the First Aid or CPR courses offered by the Red Cross, American Heart Association, or international equivalent.

Choice Architecture – A design approach

that is used to influence consumer choice by promoting healthy food options. Sample strategies include providing on-site nutritional information, offering healthy food options in central areas of the workplace, locating healthy products at checkout, or featuring healthy defaults, such as a side salad as opposed to chips.

Civic Commons – Physical spaces where the public can congregate, including parks, public plazas, and other publicly accessible areas.

Civic Resource – Functions and resources exclusively intended for the public, including government services, community-led services, and buildings and open spaces dedicated for exclusive community use.

Cleaning Protocol – A document that outlines cleaning standards and procedures to ensure relevant spaces are properly disinfected.

Common Space – Area located within the building or development that are open to all regular occupants for general use.

Communication Plan – An established protocol that defines how vital information is disseminated.

Community Destinations – Nodes of activity where regular occupants congregate, including public and private areas dedicated to commerce, socializing, civic uses, recreation, and daily living.

Community Engagement – Regular and routine practices to elicit direct input from community stakeholders.

Community Events – A scheduled activity or gathering open to the public and located within the local area.

Community Garden – A piece of land or plot(s)

gardened and maintained collectively by a group of people.

Construction Safety Program – A program that outlines practices, procedures, rules and regulations to ensure the safety of occupants and pedestrians during construction.

Corridor Design – The structure of and elements featured within hallways and other interior passageways.

Crop Share – A program where individuals can sign up to receive a portion of a local farm's harvest in exchange for a monetary investment or a certain number of work hours spent supporting the farm. Also known as a Community Supported Agriculture (CSA).

D

Dining Area – A space where meals are available and served daily to residents in a sit-down experience.

E

Emergency Address Notification System – A method of facilitating the one-way dissemination or broadcasting of messages to a group of people, alerting them to a pending or existing emergency. Samples of emergency notification methods include building- or site-wide notification systems, text notifications, and organization intranet notifications.

Emergency Equipment and Supplies – Items that prepare regular occupants for a range of emergency situations. Sample items include first aid kits, flashlights, food, and water.

Emergency Preparedness Plan – A written document that helps to define and guide individual actions to be taken in an emergency

situation.

Employee Occupants – Total number of full time and part-time employees and volunteers on-site during a single 12-hour shift.

Employee Retention Plan – A written protocol that addresses key employee concerns and addresses potential causes of turnover.

Enhanced Transit Stop – A transit stop that incorporates design elements providing riders with enhanced comfort and safety, including seating, lighting, and real-time transit information.

Entryway System – Any combination of grills, grates, slotted systems and/or mats located at entrances to reduce the amount of dirt, dust, pollen and other particles entering the building.

Exercise Room – A dedicated space used for physical activity that is free of charge to all regular occupants.

F

Fair Market Value – An unsubsidized fee consistent with average prices in the immediate vicinity.

Family Support Policy – A policy that provides flexibility to enable employees to manage unanticipated family events or caregiving responsibilities.

Farmers Market – A market at which farmers and/or produce vendors sell fruits, vegetables and sometimes meat, cheese, and bakery products directly to consumers.

Fitness Facility – A dedicated gym space that is staffed, offers classes, and includes cardio and strength training equipment, lockers, and

showers.

Fitwel Food Services Standard – A healthy food and beverage framework, based on the Food Service Guidelines for Federal Facilities, which provides guidelines for food, nutrition, facility efficiency, environmental support, and food safety in food service concession and vending operations, including cafeterias, cafés, snack bars, grills, concession stands, sundry shops, micro markets, and vending machines.

Flexible Furniture – Furniture that is not fixed in a set location or arrangement, but can be adjusted in placement and quantity by users. Examples may include cafe seating and tables, seating blocks, moveable benches, arrangeable picnic tables, and rolling loungers. Furniture that is locked by cord or chain but still moveable qualifies provided users can adequately rearrange as needed.

Flood-Prone Areas – Areas with a 1% chance of experiencing a flood each year according to FEMA or an internationally equivalent organization or agency. These areas are also known as 100-year flood zones.

Food Cooperative – A food distribution outlet, often a retailing outfit, organized financially as a cooperative, rather than a private or public company.

Fresh Food Delivery – A service that allows for groceries to be ordered and sent to private homes or businesses.

Fresh Produce – Whole fruits and vegetables.

Fruit and Vegetable Garden – An on-site plot where fruits and vegetables are cultivated.

Full-Service Grocery Store – A storefront that sells dairy products, fresh fruits and vegetables, and uncooked meats, poultry, and seafood.

G

Green Purchasing Policy – A purchasing framework that provides guidance in the selection of products or services with reduced human health and environmental impacts.

Greenfield Land – Undeveloped land that has not been impacted by human activity, such as agriculture, parks and recreation space, and real estate development. Greenfield development is synonymous with urban sprawl, as it necessitates an expansion of infrastructure and utilities, and often relies exclusively on personal automobile use.

Grocery Products – Foods commonly found at supermarkets that meet a variety of nutritional needs including pasta, rice, fruits, vegetables, dairy, bread, canned foods, meat, among other products.

H

Hand Hygiene – A means of cleaning and reducing pathogens on hands to reduce risk of transmitting contagious diseases.

Hand-Washing Sign – Publicly displayed, permanent signage specifying the health benefits of hand-washing.

Health Promotion Programming – Programming, including events, workshops, and classes that promote and encourage healthy behaviors.

Heat Island Effect – The trapping of heat within densely developed roads, buildings, and other impermeable infrastructure, creating an "island" of higher temperatures and retained heat at and near the surface.

I

Indoor Air Quality Policy – A policy that establishes standards for maintaining optimal air quality within a building after construction and during occupancy, including minimizing off-gassing and noxious odors, selecting appropriate products, and facilitating the assessment, and treatment of air quality issues.

Indoor Walking Path – A clear pathway where occupants can safely circulate.

Independent Living – Independent living residences are age-restricted multifamily rental properties with central dining facilities that provide residents with access to meals and other services such as housekeeping, transportation, and social or recreational activities.

Infill Development – Development or redevelopment of under-developed or undeveloped parcels within an existing community.

Integrated Pest Management Plan (IPM) – A plan that sets forth an environmentally friendly, health-promoting, and coordinated approach to controlling and preventing pests and using pesticides only as needed.

J

K

L

Lactation Room – A private and dedicated space, other than a bathroom, which includes a table, seating, sink, refrigerator, and an electrical outlet, and that can be used by regular occupants to express breast milk.

Lactation Station – A private and fully

enclosed area or pod, other than a bathroom, which includes seating, a table, and an electrical outlet, and that can be used by regular occupants to express breast milk.

Lead-Safe – Physical procedures undertaken to control hazardous release from lead-containing materials, including removal, encapsulation, enclosure, cleanup, and repair.

Light Pollution – Misdirected or excessive artificial light that can produce glare and sky glow, decrease visibility, and waste energy.

M

Main Building Entrance – The primary entry point(s) that most pedestrians are anticipated to use, opens internally to the building's lobby or principal ground level circulation space, and opens externally to the most heavily trafficked pedestrian right of way. Entrances from parking garages are not included.

Meal Planning Program – Individualized guidance that helps ensure proper nutrition and encourages healthy eating habits.

Memory Care Community (MCC) – Memory care communities are specialized residences for people living with Alzheimer's and other forms of dementia that provide residents with specialized care, supervision, and activities intended to stimulate memory and slow disease progression. MCC's also offer assistance with activities of daily living (ADLs), including eating, bathing, getting dressed, toileting, transferring, and continence.

Minimize Exterior-Sourced Noises – Utilization of strategies to shield the building or development from outside sounds.

Minimize Interior-Sourced Noises – Utilization of strategies that shield indoor spaces and

dwelling units from sounds caused by building occupants, appliances, and other interior sources.

Mold-Resistant Materials – Materials designed to disrupt the growth of mold, including but not limited to, using metal instead of wood for framing systems and swapping out plaster for gypsum wall board.

Multi-Purpose Room – A dedicated space that regular occupants can reserve for a range of health-promoting activities.

Multi-use Trails and Greenways – A non-vehicular corridor, usually scenic, dedicated for outdoor recreation. Materiality of the corridor may be kept natural, such as compacted dirt and gravel, or paved.

N

Natural Daylight – Light from outdoors that reaches interior spaces, including indoor workspaces, common areas, and regularly occupied areas.

Noise Pollution – Sustained unwanted or disturbing sound, which can adversely impact health.

Noxious Sources – Land uses and building functions that are shown to have adverse health impacts, including heavy mechanical, industrial, and agricultural sites that emit pollutants in high volume.

O

Occupant Commuter Survey – An annual survey of regular occupants on their transportation patterns.

Occupant Satisfaction Survey – An annual survey of all regular occupants that gathers

data related to on-site experiences.

Operable Shading – Manual blinds, curtains, or other coverings on a window that allow regular occupants to control the amount of sunlight reaching an interior space.

Operable Window – Windows that may be opened and shut to accommodate ventilation needs, as opposed to a fixed light or fixed sash.

Outdoor Fitness Area – A dedicated outdoor area that is outfitted with exercise or sports equipment for physical fitness.

Outdoor Pedestrian Area – Areas separated from motor vehicle right-of-way, designed for pedestrian activity, including sidewalks, plazas, promenades, and other spaces where pedestrians are the primary users and motor vehicles are not allowed.

Outdoor Space Amenity – A space exterior to the building that is equipped with paths, water features, or outdoor furniture such as seating areas or tables that improve comfort and encourage use of the outdoors by building occupants.

P

Paid Sick Leave Policy – A protocol that entitles employees to time off with compensation when ill.

Parking Efficiency Practices – Strategies designed to minimize the size and impact of parking areas provided on site to meet the needs of the community and encourage alternative commuting patterns.

Pedestrian Network – A system of interconnecting sidewalks, walkways, footpaths, and pathways that is exclusively reserved for pedestrian use and separated

from motor vehicle right-of-way.

Pedestrian Route – A direct route between the building and transit, or other on-site amenities and facilities, that is free of obstacles.

Pedestrian-Scale Lighting – Light fixtures that direct light at typical human heights rather than from above. Examples may include grounded lights that direct light upwards, lighting placed at human-height level along building exteriors, and human-height pole, bollard, and lamp lighting.

Permanent Signage – A durable and freestanding sign that is attached to the wall or ground, consistently displayed, not removable by regular occupants.

Placemaking – A collaborative process to improve the quality of existing community assets by programming and redesigning existing spaces, often as part of a creative, temporary exercise to demonstrate change incrementally.

Playground – An outdoor area with child-friendly equipment, designed to encourage play, movement, and social interaction among children.

Point-of-Decision Sign – Motivational messages placed near stairwells, at elevator call areas, and near escalators to encourage individuals to increase stair use. Signs may include information on the health benefits of stair use.

Prepared Food Area – Commercial spaces, including restaurants, cafeterias, delis, and food trucks which include staffed food preparation areas.

Pricing Incentives – A beneficial fee structure for consumers that is designed to encourage a behavior, such as healthy eating. Sample

fee structures include offering healthy value meals, healthy meal rewards plans, or charging a reduced rate for healthier food options, such as fruit and vegetables.

Project – Includes all spaces where Fitwel Strategies will be applied.

Project Boundary – When certifying a building or space within a building, the project boundary includes all spaces within the building footprint. For commercial and residential buildings, the project boundary includes residential units, tenant spaces, rooftops, parking garages, common areas, and all areas under the control of building owner/manager. For tenant spaces, the project boundary includes all areas that are leased to the tenant. Multiple buildings that are connected by at least one contiguous and programmed indoor and/or outdoor space qualify as one project. Parking garages and pedestrian circulation areas do not qualify as a programmed floor.

When certifying a site, the project boundary includes the contiguous area of land identified for certification, upon which development is completed or proposed.

Public Art – Visual art, including digital art, in the form of sculpture, mural, statue, or other visual medium that is located within the public realm, regardless of whether it is located on public or private property and whether it is funded by public or private money.

Publicly Accessible Use – Community spaces or commercial facilities such as a library, retail store, restaurant, or atrium that is open and welcoming to the general public and generates pedestrian traffic, and social interaction.

Q

Quiet Room – A dedicated, comfortable, and silent space that is shielded from public view and can be reserved for private use by regular occupants for activities such as meditation, prayer, and mental recharge.

R

Regular Occupants – Number of habitual users within the project boundary of a building or space where Fitwel Strategies will be applied, including all residents, full- and part-time employees and volunteers, but not transitional occupants (such as subway commuters passing through a portion of the building.) Number may be estimated using daily full-time equivalent figures used for code or zoning filing.

- For application within owner controlled areas of a multi-tenant commercial building using the Multi-Tenant Base Building or Retail Scorecards, regular occupants are considered occupants of owner controlled areas only, including on-site building staff.
- For application within an entire multi-tenant commercial building using the Multi-Tenant Whole Building Scorecard, regular occupants are considered all occupants of owner controlled areas and tenant spaces.
- For application within a single-tenant commercial building using the Single Tenant or Retail Scorecards, regular occupants are considered all occupants within the building
- For application within a commercial interior space using the Commercial Interior or Retail Scorecards, regular occupants are considered occupants of tenant-controlled areas only.
- For application within a commercial or residential site using the Commercial

Site or Community Scorecards, regular occupants are considered all occupants of owner controlled areas, tenant spaces, and residential buildings.

- For application within a senior housing facility using the Senior Housing Scorecard, regular occupants are considered all occupants of employee spaces and residential dwelling units.

Regularly occupied employee spaces – For application within a Senior Housing facility, includes all workspaces, such as workstations, flexible workspaces, and individual offices in addition to all spaces where employee occupants can gather to work, eat, take breaks or meet, such as meeting rooms, quiet rooms, and reception areas. Hallways, corridors, and elevator banks are not considered regularly occupied spaces.

Rent-Controlled – An affordable housing control that places a limit on the amount a landlord can demand for rental dwellings.

Rent-Stabilized – An affordable housing control that regulates lease renewal terms, minimizing year-to-year increases.

Resident Occupants – Number of all occupants of residential units.

Resource Center – A space with access to the internet and other technology support.

Restorative Garden – An outdoor landscape setting or area that is designed to support stress relief for individuals by providing a sense of connectedness with nature. The setting or area is not located adjacent to heavy motor vehicle traffic and does not have direct street views.

Room Darkening Shade – A heavy shade that blocks incoming light and can be controlled by residents.

Room Design Features – Elements within dwelling units that promote safety.

S

Safe Street Infrastructure – Features in street design that support use by pedestrians and bicyclists, such as traffic controls, calming appelements, high intersection density, sidewalks and bicycle paths or lanes.

Smoke-Free Policy – A policy that prohibits the use of all forms of inhaling, exhaling, and burning cigarette and vapor-based products.

Stair Safety, Best Practices in – Strategies designed to increase safety in stairs including, but not limited to, continuous handrails, high contrast tread edge highlighters, and the use of context appropriate lighting.

Stakeholder Collaboration Process – A process through which groups of people can exchange viewpoints, gather feedback, and develop solutions to enhance occupant health.

Stationary Fitness Equipment – An apparatus or device used during physical activity to enhance strength or the conditioning effects of exercise.

Street Furniture and Amenities – Street furniture, public art, and greenery that liven up public spaces and help support social interaction.

Substance Use Support Program – Meetings with qualified professionals that support those with addictions to dangerous substances such as alcohol or narcotics.

Support Services – Programming that provides guidance on a variety of topics impacting daily life or offer guidance during times of transition.

Surface Hygiene Stations – A stand-alone station equipped with disinfectants to prevent transmis-

sion of infection by encouraging individuals to disinfect and sanitize surfaces in common and shared spaces after use.

Sustainable Community Development – Real estate development that elevates equitable outcomes for community members by incorporating programs and practices to offset the adverse outcomes often resulting from new investment and development.

Sustainable Employment Program – A program and/or set of practices designed to increase employee productivity and retention through professional development, incentives and benefits, and support services.

T

Therapeutic Garden – A natural setting that provides a sensory experience and calming environment.

Thermal Control Devices – Manual thermostats, fans, or other devices or systems that allow regular occupants to control the temperature of their space. Thermal control devices do not include space heaters.

Tobacco-Free Policy – A policy that prohibits the use of tobacco products on-site and the use of all forms of inhaling, exhaling, and burning cigarette and vapor-based products.

Transit – A shared passenger transportation service, such as buses, trams, light rail, trains, subways, ferries, private buses, and carpools that run at scheduled times and are available for use by the general public.

Transit Benefits – A permanent and regularly occurring subsidy, financial incentive, or other program that encourages the daily use of public transit.

Transit Stop – An area where individuals access

public transportation.

U

Universally Accessible – Spaces and features that are designed and constructed in a manner that provides ready access to and use by individuals with disabilities.

V

Vending Machines and Snack Bars – A machine, pantry, kiosk, micro-market, convenience store, or other similar amenity, where regular occupants can obtain small articles of food or beverages.

Visitor Policy – A written protocol that establishes safe guidance for visitation and enables resident to connect with family and friends.

Views of Nature – Natural elements that are visible to regular occupants, including greenery, trees, and water.

W

Water Management Program – is a series of steps that reduce the risk of drinking water contamination. Through these steps, hazardous conditions within a building's water system can be identified and addressed, contributing to diminished risk of waterborne disease among regular occupants.

Walk Score® – A publicly accessible walkability index covering addresses in the United States, Canada, and Australia that is accessed at

Walkscore.com. Walk Score® measures the walkability of any address by analyzing walking routes to nearby amenities and awarding a score based on the distance to amenities in each category. Amenities within a 5-minute walk (.25 miles) are given maximum points. A decay function is used to give points to more distant amenities, with no points given after a 30-minute walk. Walk Score® also measures pedestrian friendliness by analyzing population density and road metrics, such as block length and intersection density.

Walking Trail – A path, separated from motor vehicle right-of-way, where individuals can walk and enjoy nature.

Water Stations – An area where potable drinking water can be easily accessed.

Wayfinding – The process of orienting users to their location within a set environment. Wayfinding most often utilizes navigational signage or directional signage to cue users to their surroundings, providing distances, destinations, and other helpful information to help aid and ease traversing a site.

X

Y

Z

Zero-Lot Line – A building footprint that extends or nearly extends to the limits of the site boundary.



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