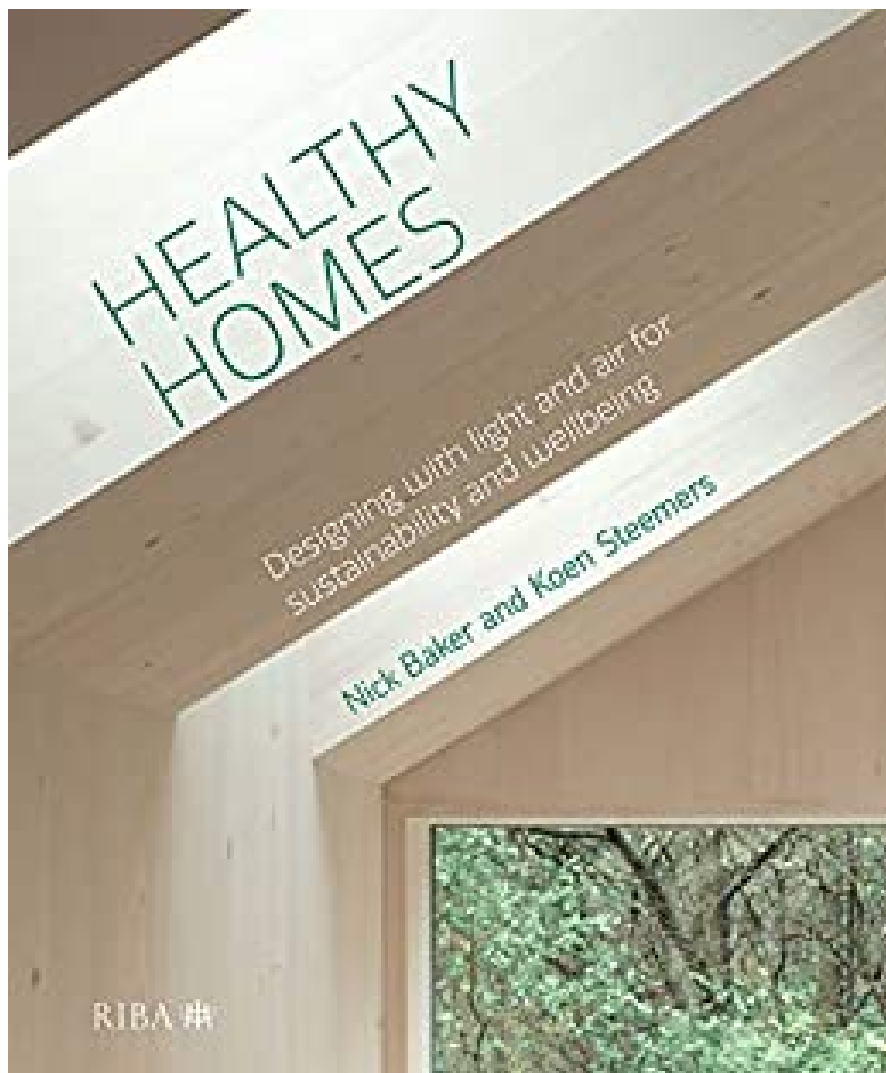


Healthy Homes: Designing with light and air for sustainability and wellbeing

by

Isabella Alston



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Synopsis

It is widely acknowledged that there is an urgent need to transform our housing stock to a better energy performance level. However, improving energy performance should not result in a negative impact on the health, wellbeing and the comfort of building occupants. There are many energy-neutral features that can be incorporated at small or zero cost which have a positive effect on wellbeing. This book aims to outline and discuss these aspects of building design. The issue of health and wellbeing has already entered into design advice for the workplace, where productivity and absenteeism are often used as indicators. This book concentrates on residential buildings, notably mass housing and affordable strategies, for which new, more socially and health-oriented indicators are being developed. Provides practical design guidance based on scientific evidence Explores both physical and psychological wellbeing Focuses on the home and immediate domestic environment Structured in an accessible way for architects and designers.

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