

## **Health, Sustainability, and the Built Environment**

by DAK Kopec

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With the emergence of sick building syndrome in the 1970s and the emphasis on LEED standards today, many interior designers are becoming interested in the topics of health and sustainability. *Health, Sustainability, and the Built Environment* examines the concept of sustainability as it pertains to sustaining human health. By analyzing the many ways that humans interact with the built environment, the text teaches students how to identify both the positive and negative effects that their designs can have on the health of the occupants.



### **CONTENTS**

#### Part I Introduction to Environmental Health

- Chapter 1: Environmental Health and Sustainability
- Chapter 2: Overview of Human Body Systems
- Chapter 3: Common Environmentally Related Diseases

#### Part II The Built Environment and Health Threats

- Chapter 4: Common Contaminants
- Chapter 5: Indoor Climate
- Chapter 6: Energy Systems

#### Part III Creating Healthy Environments

- Chapter 7: Ergonomics
- Chapter 8: Creating Healthy Environments for Specific Populations
- Chapter 9: Safety Considerations
- Chapter 10: Promoting Healthy Lifestyles

### **FEATURES**

- Addresses contemporary issues for interior designers such as the meaning of building-related illness and sick building syndrome and how a well-planned built environment can support the needs of individuals with various health problems
- Provides examples of how interior designers can apply ergonomic principles to the following elements in the built environment: lighting, noise, space, and furnishings
- Discusses considerations designers must make for the three groups within all societies that often require extra assistance: children, disabled persons, and older adults
- Provides examples of how good design can help prevent injuries and deaths in the built environment and help prevent various diseases and injuries
- Gives examples of how designers can help clients make good decisions about techniques and products that conserve energy without harming human health
- Instructor's Guide and PowerPoint provides suggestions for planning the course, illustrates key concepts from the book, and provides the basis for classroom lectures and discussions for each chapter; compatible with PC and Mac platforms