



# HealthbyDesign

Arch 409/509 I Seminar

Alfred A. Taubman College of Architecture and Urban Planning Meeting

Time and Location: Monday: 6pm-9pm Room 2108 A&AB

Instructor: Prof. Upali Nanda (upali@umich.edu. 832.729.7652. @upalinanda)

The world is in crisis today. It has more than ever before- and more to lose as well. At the core of this crisis is our health as a planet, as people, and as a society. This course is set up to explore systemic issues of health and address them along the design continuum- from information, to product, to place, to policy, while being anchored on the environments we live in, and the human minds & behaviors that shape them. The built environment sets the stage on which the theater of life happens- the question we pose is how to set the stage for better health, while understanding that we work in an interdependent eco-system.

## *How do we set the stage for better health, by design?*

This course is founded on the belief that design makes a difference. We will learn how to link design intent to health outcomes. We will understand what it means to truly improve health and wellbeing. What are the measures? Are they meaningful? Do they matter? Can we, as a community, link our design intent to meaningful outcomes, and honestly assess how (and why) we failed? We will learn about evidence-based design and evidence-challenging design. We will also learn about wellness focused certification systems- and why we started needing them (interested students will be given the tools to take EDAC, WELL and fitWELL certification). We will learn about core areas like public health, clinical outcomes, safety, technology, and human perception- and then seek to bridge this insight, across disciplines, towards one of the key issues of our times: Mental Health.



Guest speakers from other departments, as well as Kaiser Permanente, Michigan Medicine, Wellness certification programs, health agencies, and the design industry, will join most of these classes. Classes will be held in the evening to better include professionals. Each session will have a catalyst presentation, an interdisciplinary conversation, and a point of view generation. The outcome of the course will be a position paper (in any media chosen by the students) with a proposed intervention that is actionable, bridges disciplines, and addresses the design continuum. We encourage students from various disciplines to take this course- for a rich dialogue with actionable outcomes.

*About Faculty: Dr. Upali Nanda is an associate professor of practice at Taubman school of Architecture & Urban Planning, and the research director for HKS, a global architecture firm. She is also an adjunct faculty at the School of Public Health, a fellow of the Institute for Health Policy Innovation, and a board member for the Academy of Neuroscience for Architecture. In 2015 she was selected as one the 10 most influential people in Healthcare Design by Healthcare Design Magazine, followed by the Women in Architecture Innovator Award by Architectural Record magazine in 2018, for her work linking design to human outcomes. Via this course, she hopes to co-create with students and guest faculty, a nexus that can put aside disciplinary arrogance to effect real change, while leveraging the agency that our unique skillsets give us.*