



Healthy Affordable Housing

BRIDGING RESEARCH AND PRACTICE

CHAM The Consortium for Housing and Asset Management

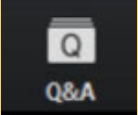
September 30, 2021
2:00 EDT
www.chamonline.org

1

Logistics

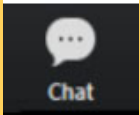
Questions

- Write into the Q&A section



Chat

- Share your ideas



Feedback

- Survey will pop up on your screen when you leave the webinar

Slides and Recording

- Slides are there now
- Recording by Friday

www.chamonline.org/webinars

2

Thank you to our
Sponsor!



3

Presenters



Alex Melikan (Moderator)

Assistant Director
TCAM, An MRI Company



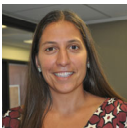
Sara Karerat

Director of Applied Research
Center for Active Design



Joanna Frank

President & CEO
Center for Active Design



Dena Xifaras

Senior Vice President, Ownership and
Operations
Preservation of Affordable Housing



4

Agenda

- ▶ Introduction (10 minutes)
- ▶ Recording of Presentations (60 minutes)
- ▶ Live Q & A (20 Minutes)



5

The Intersection of Innovation, Design, and Health in Affordable Housing

July 2021

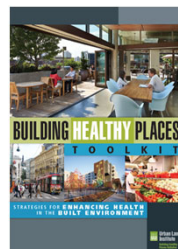
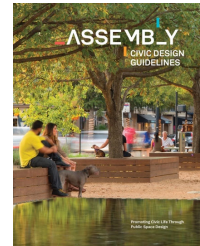
Joanna Frank,
President and CEO, Center for Active Design

Arbor House
Photo Courtesy of Bernstein Associates

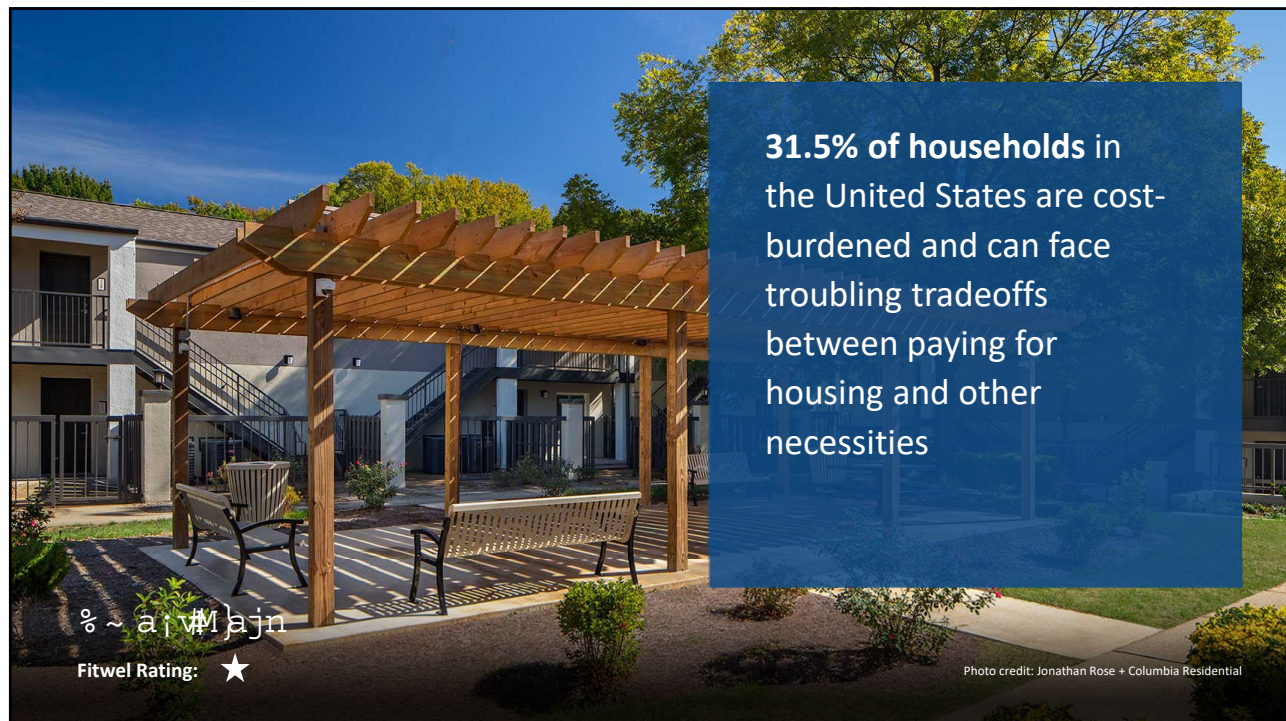
6



The Center for Active Design is the leading international non-profit organization that advances design and operations strategies to foster healthy and engaged communities



7



8



9



10



11



12

Interconnected Health Outcomes

A holistic approach can maximize health impacts; attention to equity is crucial

The diagram consists of three overlapping circles: a blue circle on the left labeled 'mental', a red circle on the right labeled 'social', and a green circle at the bottom labeled 'physical'. The intersections are shaded with different patterns: diagonal lines for mental/social, horizontal lines for social/physical, and vertical lines for mental/physical. The central intersection of all three is shaded with a cross-hatch pattern.

Annotations around the diagram:

- Top right: **social ties** can buffer effects of stressful events
- Right: **social isolation** increases risk of early death
- Bottom left: **Higher levels of physical activity** are associated with better mood

Aria Apartments
Courtesy of Perry Rose

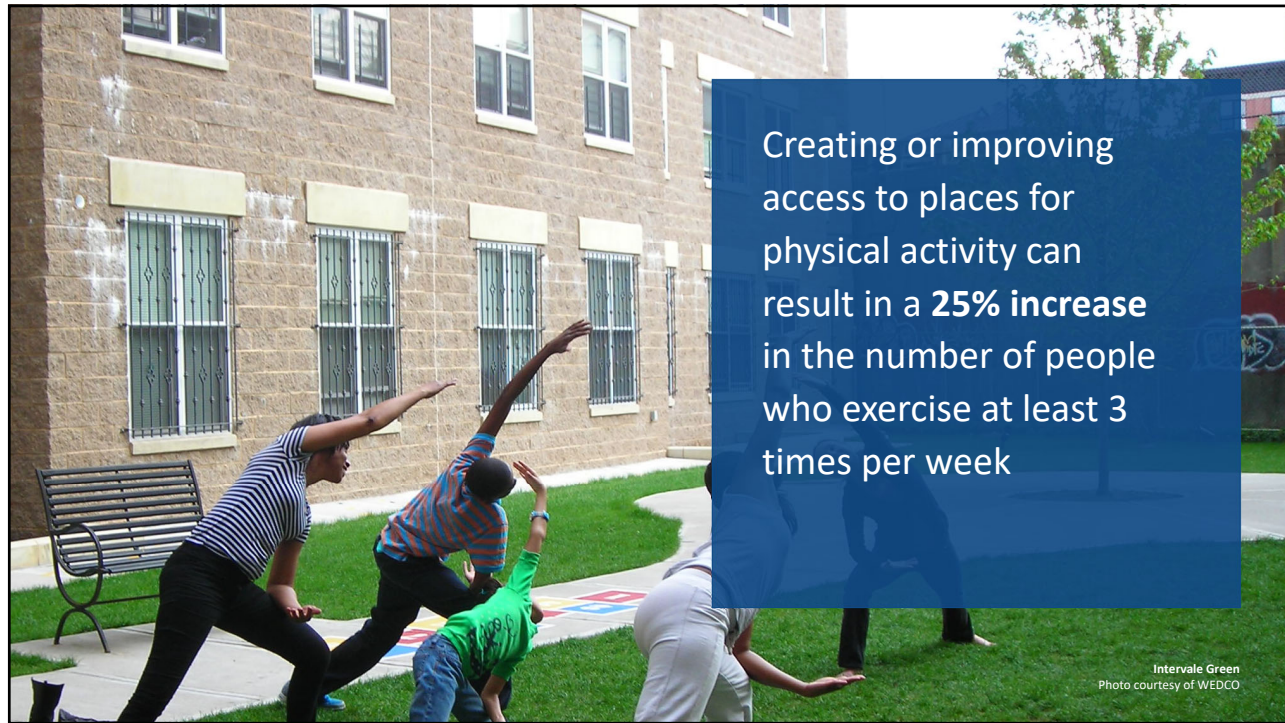
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Nearly 75% of total healthcare spending is attributed to chronic diseases, equaling approximately **\$5,300 per person annually**

Fitwel Rating: ★

Photo courtesy of Mercy Housing

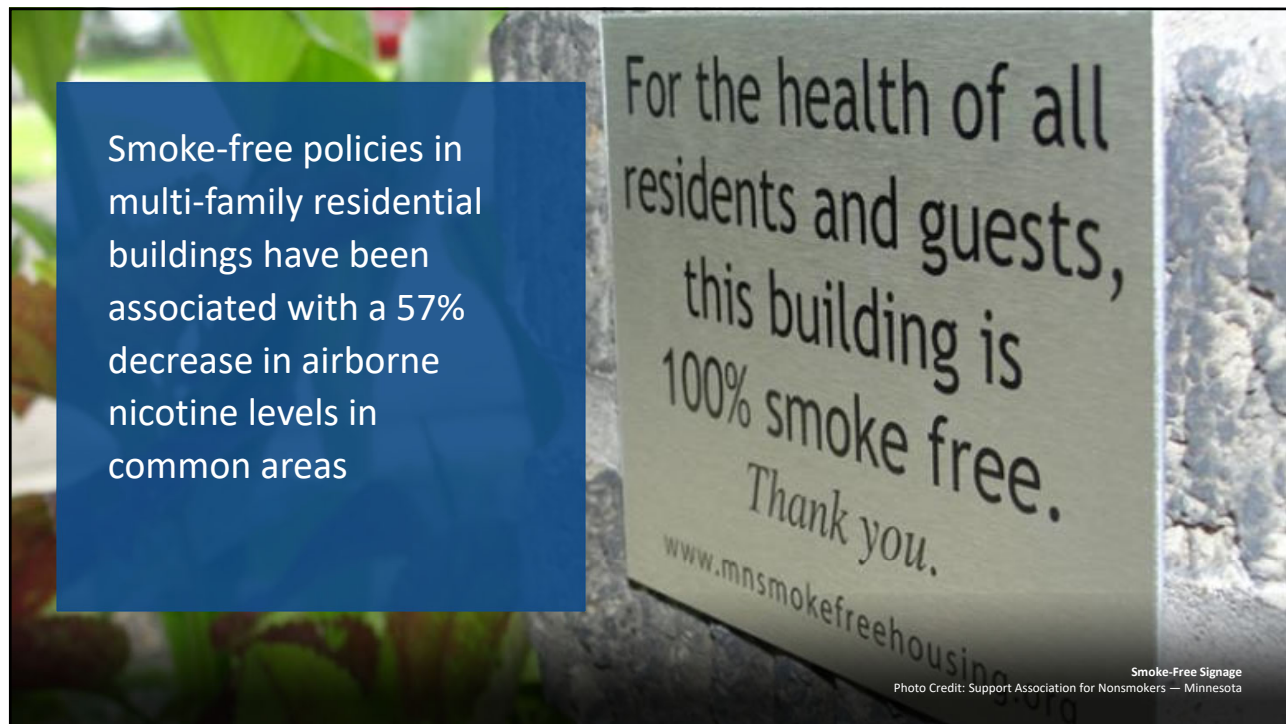
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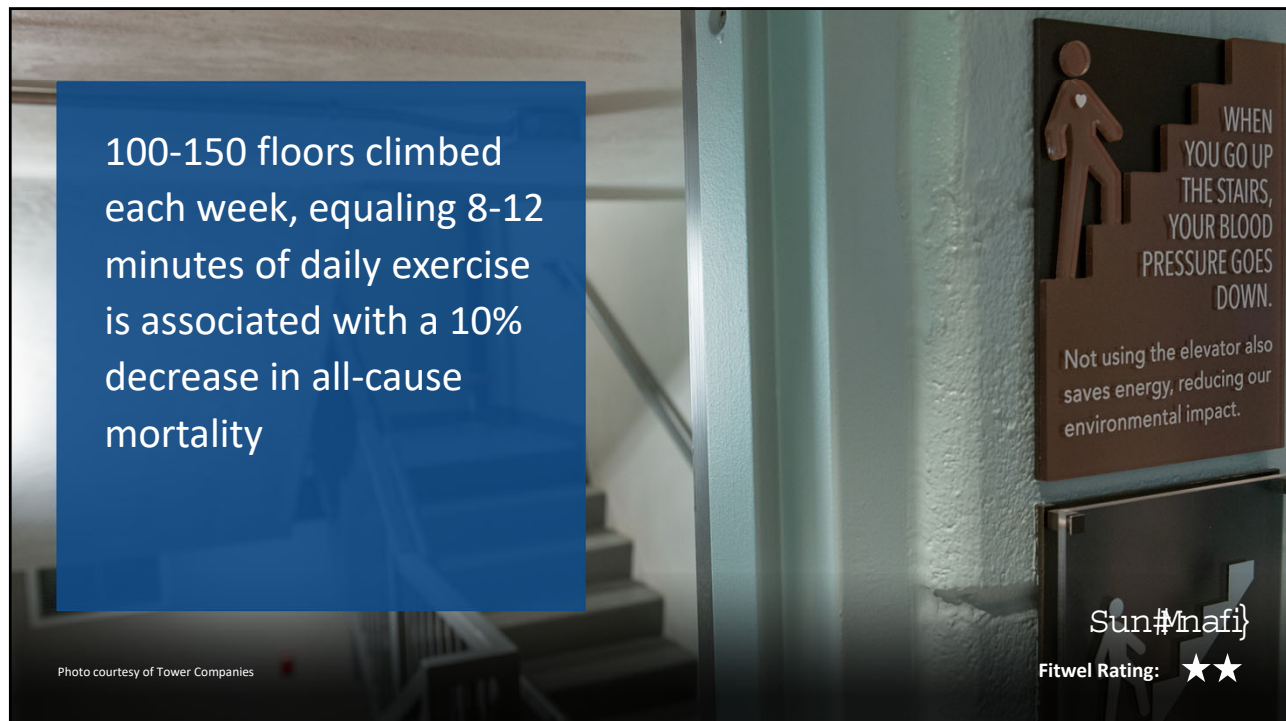
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16



17



18



19

fitwel

5,600+
evidence-based research studies support Fitwel

FITWEL CHAMPION
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Fitwel Rating: ★

- Impacts Surrounding Community Health
- Reduces Morbidity + Absenteeism
- Instills Feelings Of Wellbeing
- Enhances Access to Healthy Foods
- Promotes Occupant Safety
- Social Equity For Vulnerable Populations
- Increases Physical Activity

Ava NoMA Washington, DC
Photo Courtesy of AvalonBay Communities

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20

Fitwel Multifamily Residential



FITWEL USER

Columbia Residential



1. Location
2. Building Access
3. Outdoor Spaces
4. Entrances and Ground Floor
5. Stairs
6. Indoor Environment
7. Dwellings
8. Shared Spaces
9. Water Supply
10. Prepared Food Areas and Grocery Stores
11. Vending Machines and Snack Bars
12. Emergency Preparedness

Amani Place
Photo courtesy of Columbia
Residential and Jonathan Rose
Companies

21

Fitwel Sections + Point Allocations

- | | |
|-----------------------------------------------|-----------------------------------------------------|
| 1. Location (11.93) | 7. **Dwellings (6.60) |
| 2. Building Access (16.85) | 8. Shared Spaces (10.89) |
| 3. **Outdoor Spaces (31.47) | 9. **Water Supply (5.15) |
| 4. *Entrances and Ground Floor (10.69) | 10. Prepared Food Areas and Grocery Stores (9.25) |
| 5. *Stairs (10.08) | 11. **Vending Machines and Snack Bars (5.76) |
| 6. **Indoor Environment (22.20) | 12. **Emergency Preparedness (3.09) |

****Highly achievable sections for moderate rehab projects**

***Moderately achievable sections for moderate rehab projects**

22

Financial Incentives for Healthy Housing



Fannie Mae®

Healthy Housing
Rewards™



Massachusetts
Housing Partnership
Moving affordable housing forward

Healthy Housing
Financing Program

fitwel®

Casistas De Colores
Photo Credit: Patrick Coulie

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23

AMLJ Residential

Fitwel Rating: ★★

AMLJ Ponce Park
Courtesy of AMLJ Residential

Through Fannie Mae's Healthy Housing Rewards

program, a borrower receives
a **15 basis point** loan discount
+ reimbursement
of Fitwel Certification fees
(up to **\$6,500**)

24

Example of Additional costs of implementing Fitwel strategies kept at a minimum - Arbor House, Bronx, New York

Description	Cost
Locate Elevators Away from Lobby/Reduce Speed	\$0
Outdoor Activity/Fitness Area/Landscaping	\$110,000 \$283,652
Large Fire Rated Glass Stairwell Doors	\$32,000
Enhanced Stairwell Lighting	\$4,000
Stairwell Music and Artwork	\$20,000
Indoor Activity/Fitness Room	\$80,000 \$85,720
Signage	\$2,000 \$1,350
Bicycle Storage	\$15,000
Security Cameras	\$70,000 \$62,750
Total	\$333,000 \$504,472
Total Hard Costs	\$27,448,260
Active Design Guidelines as percentage of hard costs	1.2% 1.8%

25

Fitwel Case Study: Amani Place

Christina Davis

Columbia Residential

December 10, 2019



Jonathan Rose
Companies



Health Impact Categories (HIC)



26



27



28

Overview

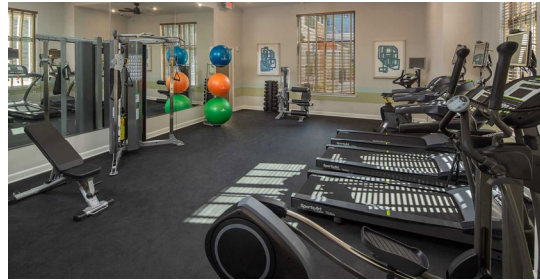
- Existing 204 Units of Federal HUD Section 8 located in quickly gentrifying in town Atlanta market.
- Demolition of 4 units and addition of 22 new construction units; replacement of 4 HUD HAP and 18 new LIHTC units.
- Addition of indoor and outdoor amenities
- Reconnected community to neighborhood, increased security, & funded full time resident services coordinator.
- Community Certified under Enterprise Green Communities, Fannie Mae Green Rewards and Fannie Mae Healthy Housing

29



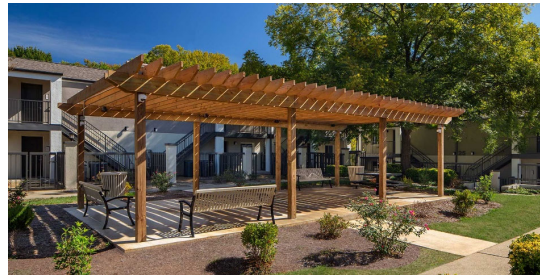
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Interior Amenities



31

Exterior Amenities



32

Sample of Points Earned

- Support a fruit and vegetable garden accessible to all residents
- Provide outdoor common space amenity accessible to all residents
- Provide playgrounds in outdoor spaces
- Provide at least one window with views of nature from all dwelling units



33

Fitwel Strategies

- Provide permanent fitness equipment in outdoor spaces accessible to all residents
- Provide permanent dedicated displays at the main building entrance advertising local amenities within walking distance of the building
- Adopt and implement an Indoor Air Quality (IAQ) Policy
- Establish and adopt an Integrated Pest Management (IPM) plan
- Create and maintain a database of emergency equipment and supplies



34

Unachievable Points/Strategies

- Offer on-site weekly sale of produce or establish a farmers market in a location accessible to all residents
- Adopt a tobacco-free policy for all outdoor spaces
- Provide permanent signage publicizing a smoke-free and tobacco-free building and site
- Place permanent point-of-decision signs promoting stair use at all elevator call areas and at stairway entry points on each floor
- Require a healthy food and beverage standard at least as rigorous as the Fitwel Food Services Standard for all on-site restaurants and/or cafeterias



35

© CENTER FOR ACTIVE DESIGN 2016

"I'm here and I'm in this beautiful building.
I want to do something even better for myself. Now I want to
eat better. Now I want to exercise. That's the feeling that I
got."

Arbor House resident

Fitwel.org

photo courtesy of Urban Ventures

36

Preservation of Affordable Housing

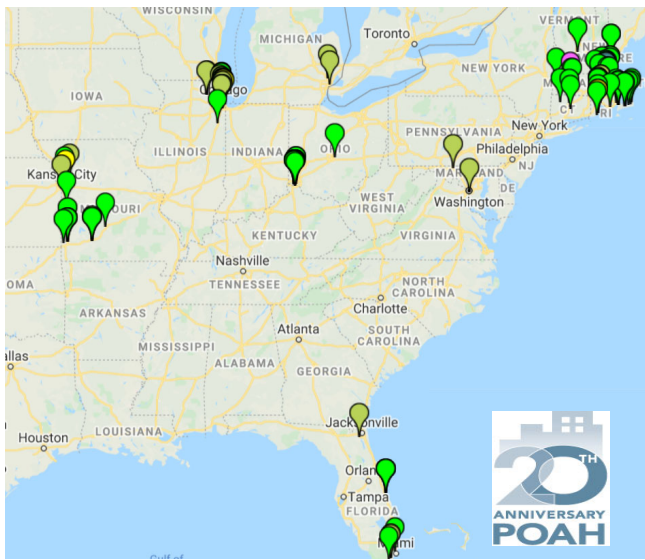
Dena Xifaras, SVP Ownership & Operations

dxifaras@poah.org



37

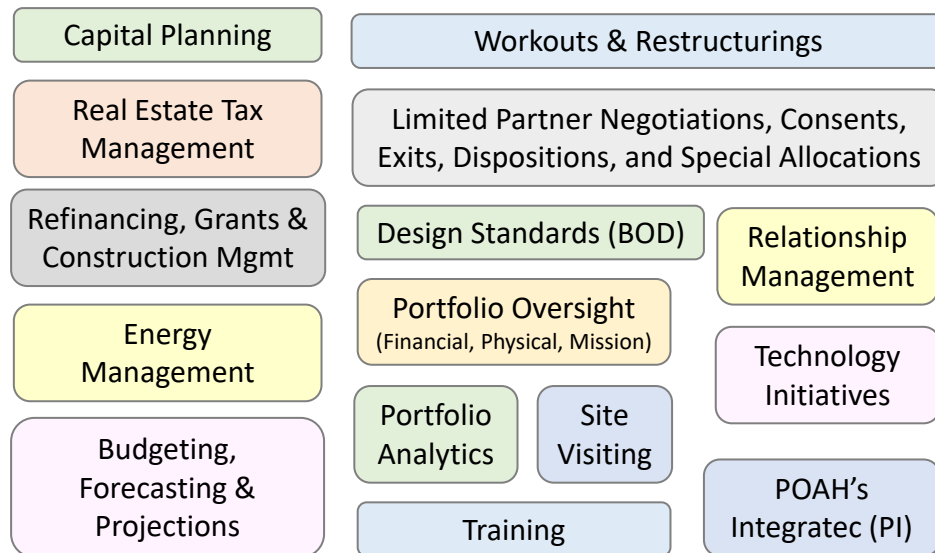
Preservation of Affordable Housing (www.POAH.org)



State	Properties	Units
MA	30	3,424
IL	29	2,395
MO	14	1,538
FL	8	1,356
OH	19	1,104
RI	10	1,007
MI	2	577
NH	3	264
CT	3	257
MD	1	100
DC	1	94
KY	1	41
POAH	121	12,157

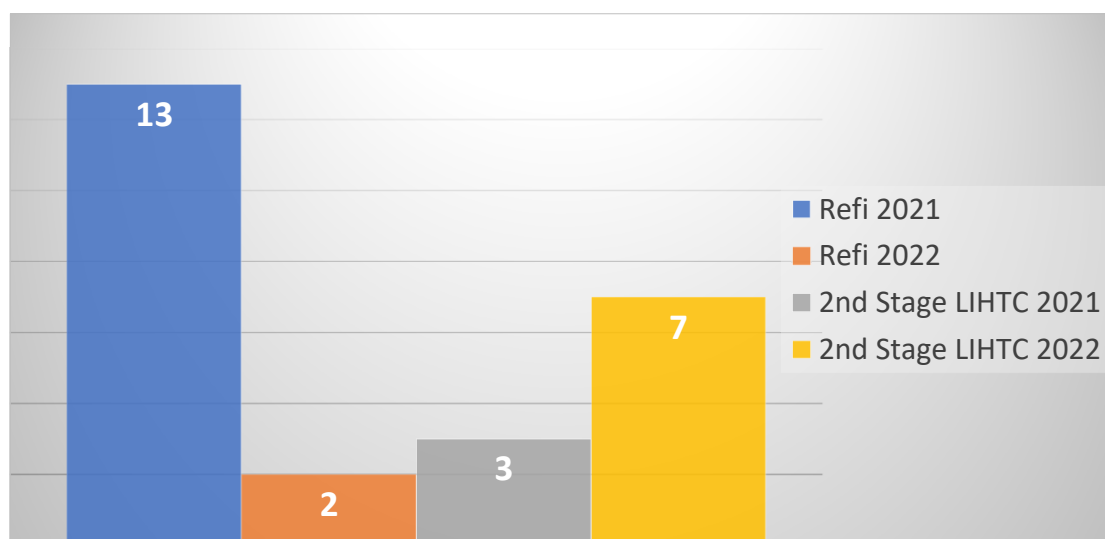
38

Ownership & Operations: 3 Teams, 16 people working across Asset Management, Information Technology, and Design & Building Performance, key responsibilities:



39

Transactions underway by Asset Management



40



41

Salem Heights History

- Constructed in 1973 as affordable multifamily
- Consists of 1- and 2-BR family units
- POAH acquired the property in 2003 to prevent it from being converted to market rate and did modest rehab of ~\$11k/unit
- Building systems are approaching 50 years old and near the end of their useful life
- Rehab kicking off now funded by debt and 4% tax credit equity, no new soft debt \$40M construction program or \$142k/unit of rehab

A photograph of the Salem Heights building, a multi-story red brick structure with many windows. In the foreground, there is a parking lot with several cars and a crosswalk. Trees with yellow autumn leaves are visible in front of the building.

42

Salem Recapitalization Realities

- The investigation found that the entire brick façade needed to be replaced,
- Low Income resident profile with only 25% project-based rental assistance
- Rent tensions and local rent reasonableness interpretation
- Competing Demands for
 - Property Management Staffing
 - Resident Services Staffing & Program \$
 - Green Improvements
 - Healthy Housing
 - Investments in Bridging the Digital Divide
 - Unit Upgrades
 - Security & Safety Improvements
- \$4M construction contingency to address unforeseen conditions and balance demands



43

Testing the utility of fitwel for Salem Heights



My Dashboard

Fitwel.org

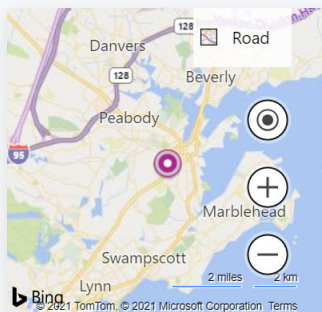
← Salem Heights Overview

Salem Heights

Scorecard v2.1

ID# 16182251

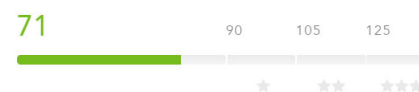
12 Pope Street, Salem



Health Impact Categories (HIC)



Anticipated Fitwel Score



Progress Toward Built Certification

36 strategies remaining

44

Wrap Up



45

NOW AVAILABLE! **ASSET MANAGEMENT SPECIALIST (AMS) CERTIFICATION** **CHAM**

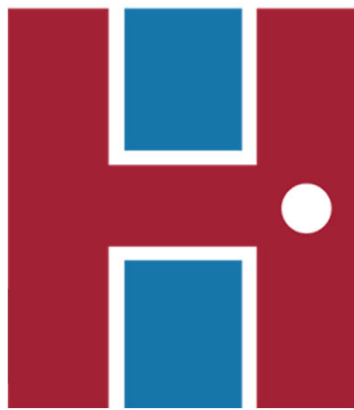
PART ONE:
**Nuts and Bolts
Asset Management**

PART TWO:
**Asset Management
Fundamentals**

PART THREE:
**Financial Fundamentals
of Asset Management**

www.chamonline.org/training

46



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AMERICA



Opening Doors in the Affordable Housing Community