2018 REQUEST FOR PROPOSALS

Green Grant Program:
Excellence in Active Design

Released: April 24, 2018

Responses Due: May 18, 2018
I. Overview of Excellence in Active Design Grant Program

The Enterprise Green Communities Criteria is an industry standard for green and healthy affordable housing. As part of the 2015 Enterprise Green Communities Criteria, project teams are asked to use an intentional approach to design to encourage their residents to increase their physical activity levels. Any design strategy or mechanism which increases either frequency or duration of physical activity for residents is encouraged. Within Criterion 7.12 Active Design: Promoting Activity within the Building of the 2015 Enterprise Green Communities Criteria, recommendations are provided for design strategies which are known to increase stair use and to increase physical activity by activating interior circulation paths of buildings.

Evidence shows that physical inactivity increases the risk of many chronic diseases and conditions that affect residents, including obesity, heart disease, certain types of cancer and type 2 diabetes. And, an increase in physical activity including stair climbing is known to mitigate weight gain, reduce risk of stroke, encourage social interaction for improved mental health, and is associated with an overall reduced mortality rate.

Yet, implementation of successful design strategies to reduce health risks associated with physical inactivity is often challenging for project teams to execute. The reasons for this are many: lack of experience with an active design approach, limited options within the rehab of an existing building to substantially change the ways that people move between floors, a struggle between meeting the requirements of stairwells needed for emergency egress with the attributes of stairwells that might be frequently used by residents, and challenges addressing active design strategies for people for whom physical mobility is limited. Through this grant program, we intend to provide modest grants for affordable housing development teams to directly address these barriers to implementing impactful active design strategies.

Enterprise is seeking applications from affordable housing development organizations for grants of $15,000 to raise the bar in active design and employ creative design strategies to encourage physical activity within one of their projects, demonstrating to the sector that excellence in this category is attainable and worthy. Specifically, Excellence in Active Design grant program participants will:

- Establish appropriate timeline and resources to conduct an effective design process that will push the envelope of active design and result in increased resident physical activity;
- Collaborate with architects, designers and other experts in the field of active design to hold a design charrette and devise an appropriate strategy to increase resident physical activity throughout an affordable housing property based on known user needs, building conditions and innovative design ideas;
- Based on outcome of the charrette, work with team to design and document excellence in active design for one project in Q3 and Q4 of 2018 for future construction implementation;
- Share successful active design and process challenges with industry peers.

By the end of the Excellence in Active Design Grant Program each awardee will have developed active design strategies for their selected property, forged partnerships within the sector regarding active design approaches, and created a collaborative process for addressing physical activity through design.
Projects with successful outcomes or influential lessons learned may be featured on the Green Communities Certification portal and shared with the network of Enterprise Green Communities stakeholders. Showcasing excellent examples of active design strategies for the affordable housing market will encourage industry awareness of the importance of thoughtful, active design and remind the industry that excellence is within reach.

II. Selection Criteria

Project teams focused on the construction of new affordable housing and/or the rehabilitation of existing buildings are eligible to participate in this grant program. We are especially interested in applicants with the following project types that will demonstrate excellence in active design:

- Mid-rise new construction
- Substantial rehab
- Properties with walk-up buildings (without elevators)

Applications will be evaluated based on the following:

- The thoroughness and comprehensive nature of the proposal
- The applicant’s commitment to increasing resident physical activity through innovative design strategies on the project selected
- The quality and appropriateness of the proposed approach to active design
- Demonstrated project feasibility within the budget and timeline
- If presented with otherwise equal applicants, Enterprise will select projects that represent a variety of construction types.

III. Number and Amount of Grants to be Awarded

Five (5) grants of 15 thousand dollars ($15,000) each will be awarded in 2018.

IV. Proposal Instructions

To apply, applicants should complete the application by 11:59pm ET on May 18, 2018. All applicants will be notified of the award decisions no later than June 8, 2018. Questions should be submitted to certification@enterprisecommunity.org

Within the online application, project teams will be prompted to provide the following:

**Applicant Information**

A. Organization information
   - Organization name and Tax ID#
   - Mailing address
   - Contact name
   - Contact phone number
   - Contact email address
• Name, title, and role of staff to work on this project; include short description for each of how their time will be made available for the commitments of this grant program
• Name, title, organization, qualifications, and short description of the responsibilities of an individual with active design expertise with whom your team will engage on this project

B. Applicant experience and project approach
  • Your organization’s prior experience with affordable housing development
  • Your organization’s commitment to addressing the physical activity needs of your resident community for this project
  • How you will define the success of your active design strategy
  • How your organization envisions this program could impact your organizational approach to active design on future projects
  • How your organization will approach the requirements of this grant program, specifically the steps within the Expectations and Reporting section of this RFP, including budget and timeline

Project Information
Identify a housing project that is viable and in the pre-development stage, such that excellent active design strategies would be feasible to design and document in Q3 and Q4 of 2018 for future implementation once the project begins construction. Provide:
  A. Name (if available) and location of project identified for the grant program.
  B. A brief description of project including whether it is new construction or a rehab of an existing building, construction type, number of housing units (if known), number of stories, and target resident population.
  C. Describe how the project that you have identified aligns with the purpose and goal of this request.
  D. A brief description of design and development timeline of project, clearly indicating how excellent active design strategies would be feasible to design and document in Q3 and Q4 of 2018 for future implementation once the project begins construction.

V. Timeline

Applicants should be prepared to design and document their excellence in active design strategies in Q3 and Q4 of 2018 such that the project team is prepared for future implementation when project construction begins.

Grants will be disbursed to the awardees in two sums. To receive grant funds, awardees should submit disbursement forms (provided by Enterprise). Enterprise will take up to 30 days to fulfill disbursement requests.

The first disbursement in the amount of $10,000 may be requested upon completion of the grant agreement; the second, in the amount of $5,000, may be requested upon Enterprise’s receipt and acceptance of Reporting specified under Expectations and Reporting below.

VI. Expectations and Reporting
Program Tasks:

1. Participate in a kick-off video conference call with the Leadership in Active Design Grant cohort and guest field expert in active design, as well as in monthly cohort video conferences to share project progress and challenges, and resources.

2. Allocate time and resources necessary for the design and implementation of a thoughtful and innovative active design strategy that goes above and beyond the requirements of Criterion 7.12 to increase the physical activity of residents of one project. Specifically:
   a. At the predevelopment phase of the project, hold at least one comprehensive design charrette to push the envelope of active design with project architect(s), designer(s), other appropriate project team members, and at least one active design consultant of the organization’s choosing, to conceptualize an excellent active design strategy for the project;
   b. Based on the outcome of the charrette, work with project team members and consultants over the grant period to design and document excellence in active design plans for future implementation when the project begins construction.
   c. Prepare a ten (10) slide presentation (presentation template to be provided by Enterprise) outlining their project’s predevelopment, design and implementation plans for excellence in active design; and present slides during a final Excellence in Active Design webinar with peers from the sustainable, affordable housing development community; tentatively scheduled for December 7th, 2018.

3. Track and share the time and costs of designing and implementing active design for the project, as well as obstacles or challenges encountered.

4. Share their organization’s qualitative perspective of the value, pain points, and successes in implementing excellence in active design and in the role of the technical assistance provided through this project through a final interview by phone with Enterprise to close-out the project.

Program Reporting:

By November 21, 2018 each awardee will submit:

1. Design drawings, images, renderings, specifications, research articles and any other materials that illustrate your project’s excellence active design process, strategies, and documentation for future implementation when the project begins construction. A minimum of five (5) pieces of such documentation with appropriate credits and descriptive captions must be submitted;
2. Draft of ten slides produced to be presented at the Excellence in Active Design webinar to Enterprise (Enterprise to provide presentation template for these slides.);
3. Itemized cost data for design and implementation of active design strategies (soft and hard costs; including estimates).
Appendix A

The criteria which follow are provided merely as an example of approach to active design. Awardees will be expected to go above and beyond the strategies included herein in a manner that is responsive to their project characteristics and resident needs.

2015 Enterprise Green Communities Criteria:

Criterion 7.12, Active Design Promoting Activity within the Building
Criterion 7.13, Active Design: Staircases and Building Circulation
• 2012 Enterprise Green Communities Single and Multifamily Universal Design Specifications.  
  www.enterprisecommunity.com/resources

• Mayor’s Office for People with Disabilities, New York City Inclusive Design Guidelines.  

7.11b  Optional | 7 or 9 points  
**Beyond ADA: Universal Design—Substantial and Moderate Rehab**

**REQUIREMENTS**
Design a minimum of 10% of the dwelling units (one, at minimum) in accordance with ICC/ANSI A117.1, Type A, Fully Accessible guidelines. [7 points]

For an additional 2 points: Design the remainder of the ground-floor units and elevator-reachable units with accessible unit entrances designed to accommodate people who use wheelchairs.

**RATIONALE**
See Rationale for Criterion 7.11a: Beyond ADA: Universal Design—New Construction.

**RECOMMENDATIONS**
See Recommendations for Criterion 7.11a: Beyond ADA: Universal Design—New Construction.

**RESOURCES**
See Resources for Criterion 7.11a: Beyond ADA: Universal Design—New Construction.

7.12  Mandatory  
**Active Design: Promoting Physical Activity Within the Building**

**REQUIREMENTS**

**Option 1: Stairs**
Provide at least one building stairway for everyday travel between floors, whether in the form of a grand staircase or fire stairs. Provide access to and from all floors via the staircase. Place point-of-decision signage at building entrance and corridor intersections to promote stair use for health and other benefits. Ensure that stairway lighting is consistent with, or better than, building corridor lighting to encourage use.

OR

**Option 2: Pathways**
For buildings without stairs, or in an instance when using stairs may be hazardous, incorporate at least one strategy inside the building designed to increase frequency and duration of physical activity. Elements such as natural light along pathways, designated resting areas (seating), grab bars, informational displays about walking paths within the building, incremental distance markers, and/or thoughtfully placed exercise equipment in visible and easily accessible shared areas can improve the duration and frequency of physical activity. Include a narrative describing your selection process and how your selected strategy will increase frequency and duration of physical activity.
RATIONALE

Physical inactivity increases the risk of many chronic diseases and conditions, including obesity, hypertension, heart disease, stroke, some cancers and Type 2 diabetes. Two minutes of stair climbing daily burns enough calories to prevent annual average weight gain. Common stairs also encourage social interactions and improve mental health. Climbing 20–34 floors of stairs per week (~3–5 floors per day) is associated with a reduced stroke risk of 29%, and climbing 100–150 floors of stairs per week is associated with a 10–20% decrease in all-cause mortality.

For those residents for whom stairway travel may be dangerous due to their limited functional mobility, other key design considerations may positively influence their level of physical activity. In these instances, building design measures that increase either frequency or duration of physical activity are encouraged.

RECOMMENDATIONS

• Consider bi-level lighting that increases lighting once residents access the stairs and reduces lighting to minimum code levels when not in use. This also provides energy benefits.

• Stairwell finish should provide a pleasant experience to encourage stair use by able-bodied people.

• Focus on stairs rather than elevators as the principal means of vertical travel for those who are able to climb the stairs.

• In high-rise buildings, provide an integrated vertical circulation system that incorporates stair use for travel between adjacent floors, so that elevators are used primarily for vertical travel of four floors or more.

• Consider programming elevators so they do not return to the ground floor and do not rest in the open position when not in use.

• While maintaining at least one (or more if required by code) ADA-accessible elevator to all floors, consider installing skip-stop elevators, where appropriate for the building.

RESOURCES


• Centers for Disease Control and Prevention, Healthier Worksites Initiative: Motivational Signs. www.cdc.gov/nccdphp/dnpao/hwi/toolkits/stairwell/motivational_signs.htm


### 7.13 Optional | 10 points
**Active Design: Staircases and Building Circulation**

Applicable for projects with stairs

#### REQUIREMENTS

A staircase must be accessible and visible from the main lobby as well as visible within a 25-foot walking distance from any edge of the lobby. Ensure that no turns or obstacles prevent visibility of or accessibility to the qualifying staircase from the lobby, and that the staircase is encountered before or at the same time as the elevators.

From the corridor, accessible staircases should be made visible by:

- Providing transparent glazing of at least 10 square feet (1 square meter) at all stair doors or at a side light
  
  OR
  
- Providing magnetic door holds on all doors leading to the stairs
  
  OR
  
- Removing door enclosures/vestibules

#### RATIONALE

Physical inactivity increases the risk of many chronic diseases and conditions, including obesity, hypertension, heart disease, stroke, some cancers and Type 2 diabetes. Two minutes of stair climbing daily burns enough calories to prevent annual average weight gain. Common stairs also encourage social interactions and improve mental health. Climbing 20–34 floors of stairs per week (≈3–5 floors per day) is associated with a reduced stroke risk of 29%, and climbing 100–150 floors of stairs per week is associated with a 10–20% decrease in all-cause mortality.

#### RECOMMENDATIONS

- Provide daylighting at each floor/roof level of the stair(s) using windows and/or skylights of at least 8 square feet (1 square meter) in size.

- Incorporate permanent artwork, murals and/or music into the stair environment.

- Incorporate natural ventilation into the stair environment.

- Highlight interesting views, such as prospects onto nature or outdoor gathering areas.

- Integrate the stair with the principal areas of orientation and travel within the building.

#### RESOURCES

