WHAT IS HALE?

The Healthy Active Lifestyle Estate (HALE) is a system developed to allow assessment of all the main potential built-environment related health and safety hazards. By focusing on potential hazards, it places emphasis directly on the risk to health, well-being or safety. This system takes into consideration the different aspects of the community in relation to the built environment. *Guidelines by the WHO has been used by IHBC as a primary referred in the development of the certification system.*

The HALE concentrates on threats to health and safety. It is generally not concerned with matters of quality, comfort and convenience. The system focuses on critical points in lifestyle, architecture, structural engineering and planning that influences the cumulative risk to health, safety and wellbeing of prospective occupants. However, in some cases, such matters could also have an impact on a person’s physical or mental health or safety and so can be considered.

The interconnection of the different aspects of daily modern lifestyle would equate to the fact that the overall health status of an individual would also be affected by the different environments he/she would be entering. HALE aims to address these environments of a community and assess each environment as a separate entity and as a connected entity to another or multiple aspects. These aspects would range from the home of the individual, his/her workplace, thoroughfares, streets, health facilities, public open spaces, educational facilities, areas of leisure and culture, retail and other services and facilities for safety and security.

The focus on preventive medicine and health optimization beyond the confines of a traditional healthcare setting is a fresh, unique and simple approach in fostering a healthier community. With rising costs of healthcare, investing in a community that can decrease the risk of disease and improve physical and mental wellbeing is an invaluable asset. HALE is the first rating system of its kind and it aims to set a standard in architecture that greatly considers individual and community health.