

## University of Oregon's Integrated Design Lab

SIOBHAN ROCKCASTLE, Co-Director IHBE; Associate Professor, Department of Architecture; Chair, Baker Lighting Laboratory

MARK FRETZ, Co-Director IHBE; Associate Professor, Department of Architecture; Chair, Baker Lighting Laboratory



### ABOUT SIOBHAN ROCKCASTLE

Siobhan Rockcastle, Associate Professor at the University of Oregon and Director of the Baker Lighting Lab, researches daylight and human perception to design healthy spaces using experiments, simulation, and virtual reality. She co-founded OCULIGHT dynamics, co-directs graduate education in the Department of Architecture at UO, and holds a distinguished PhD from EPFL.



### ABOUT MARK FRETZ

Dr. Mark Fretz, Co-Director of the Institute for Health in the Built Environment and Assistant Professor at the University of Oregon, leads the Build Health consortium to create low-carbon, health-focused buildings. His work spans design and research on how built environments impact human health from micro to building scales.

### BACKGROUND

The Institute for Health in the Built Environment aims to develop innovative design concepts that create healthier inhabited spaces. It achieves this by fostering interdisciplinary collaborations across architecture, biology, medicine, chemistry, and engineering, then translating research into practical design, construction, and building operations through a network of engaged industry partners. Recognizing that the current understanding of what constitutes a “healthy building” is fragmented and often poorly reflected in practice, the Institute pursues an integrated approach to research and application, promoting health at multiple scales, from individual occupants to the broader planetary environment. This podcast explores the Institute’s promotion of energy efficiency in the built environment to improve human health.

### WHERE TO LEARN MORE

To learn more about what was discussed in this episode of the Building HEROes Podcast, please use these additional resources.

- [Institute of Health in the Built Env. - UO](#)
- [Siobhan Rockcastle - Homepage](#)
- [Mark Fretz - Homepage](#)
- [Tallwood Design Institute](#)

### IMPORTANT TIMESTAMPS

**1m10s:** Introductions

**4m50s:** History of University of Oregon IHBE/IDL

**15m04s:** Collaboration between Oregon labs

**17m25s:** House Testing

**29m15s:** Student Projects

**39m00s:** Mass timber

**37m46s:** Closing Comments

