SUSTAINABLE LIVING NETWORK
ONE eXp

GLOBAL SUSTAINABILITY IN REAL ESTATE

Weekly Global Update

NOV 16, 2026

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This week's focus: Sustainable real estate is increasingly connecting measurable building performance with human well-being - creating practical opportunities for advisors, owners, and communities worldwide.



China: Active Park Use Supports Better Mental Well-Being

A study of 620 working-age adults in Wuhan found that time actively spent in parks was more strongly associated with long-term mental well-being than simply living near greenery.

Implication: Useful, accessible green spaces may matter as much as their presence in community planning and site selection.

SLN Discussion: How can property owners encourage people to actually use outdoor spaces?



Germany: Green Care Gains Ground in Urban Planning

New research examines Germany's implementation of Green Care, including nature-based health prevention and green prescribing, and how these approaches could be integrated into urban health and planning systems.

Implication: Landscaped spaces, community gardens, walkable environments, and access to nature can strengthen the quality and usefulness of developments.

SLN Discussion: Could nature-based wellness programs become a meaningful workplace amenity?



COP31 Highlights Practical Sustainable-Building Progress

At COP31 in Turkiye, 23 countries supported an ambition to reduce building operational energy intensity by at least 25% by 2035. Awarded projects also demonstrated substantial verified energy and emissions savings.

Implication: Measured project results can guide conversations about renovation, energy performance, resilience, and long-term operating costs.

SLN Discussion: Which proven building improvements could be adapted in our own markets?



Global Demand for Sustainable Buildings Remains Strong

The 2026 RICS Sustainability Report draws on more than 3,700 property and construction professionals, highlighting continued demand, policy needs, skills shortages, and growing attention to resilience.

Implication: Advisors who understand energy performance, resilience, operating costs, and documentation can better guide buyers, tenants, and investors.

SLN Discussion: What sustainability questions should become standard in property evaluations?

SLN TAKEAWAY

Healthy places and high-performing buildings are increasingly part of the same conversation. Sustainable design can support personal well-being, asset performance, resilience, and long-term value.

Marla Brown, MBA
FOUNDER | SENIOR ADVISOR

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Sources & Citations

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01 China: Active Park Use Supports Better Mental Well-Being

Environmental Research | November 15, 2026

Park proximity and use in relation to stress, anxiety, depression, and well-being among working-age adults in Wuhan.

READ ORIGINAL SOURCE

02 Germany: Green Care Gains Ground in Urban Planning

Frontiers in Sustainable Cities | November 12, 2026

Green Care in Germany: nature-based health prevention, green prescribing, and pathways for implementation.

READ ORIGINAL SOURCE

03 COP31 Highlights Practical Sustainable-Building Progress

UN Environment Programme | November 12, 2026

COP31 spotlight on climate action and practical progress in sustainable buildings.

READ ORIGINAL SOURCE

04 Global Demand for Sustainable Buildings Remains Strong

Royal Institution of Chartered Surveyors | November 11, 2026

RICS Sustainability Report 2026.

READ ORIGINAL SOURCE

SLN RESEARCH NOTE

Findings are summarized for education; associations do not prove causation. Use the original research links to review methods, limitations, and context.