

Health and Clean Energy

Metropolitan Area Planning Council

October 7, 2021



Healthy, affordable housing is a strong foundation for good health.

90%

Time most Americans spend indoors. About two-thirds of that time is spent in their home.

40%

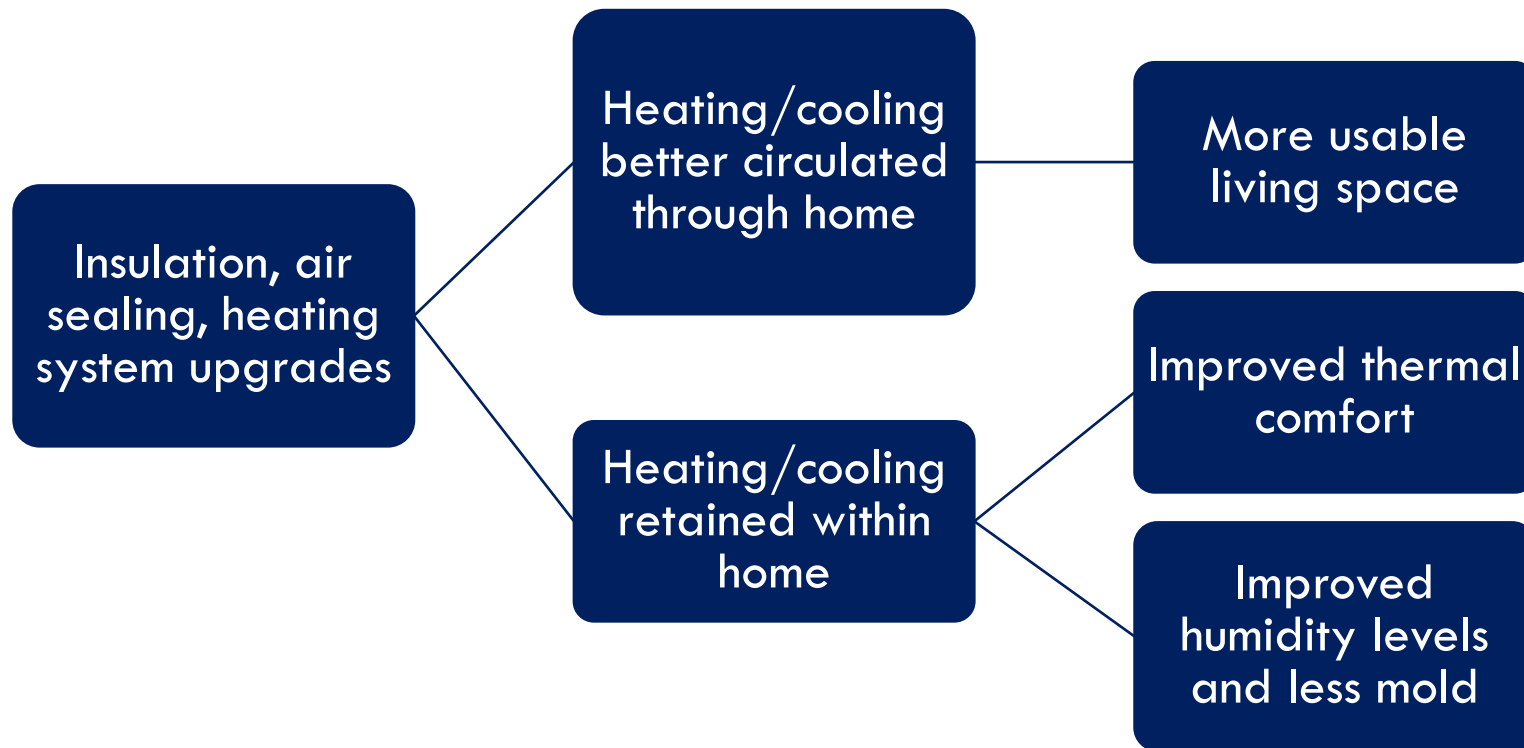
Share of asthma cases associated with home exposures, such as mold and pests.



Source: Lauren Taylor, 2018.

1

Home energy efficiency improves indoor temperature control and comfort.



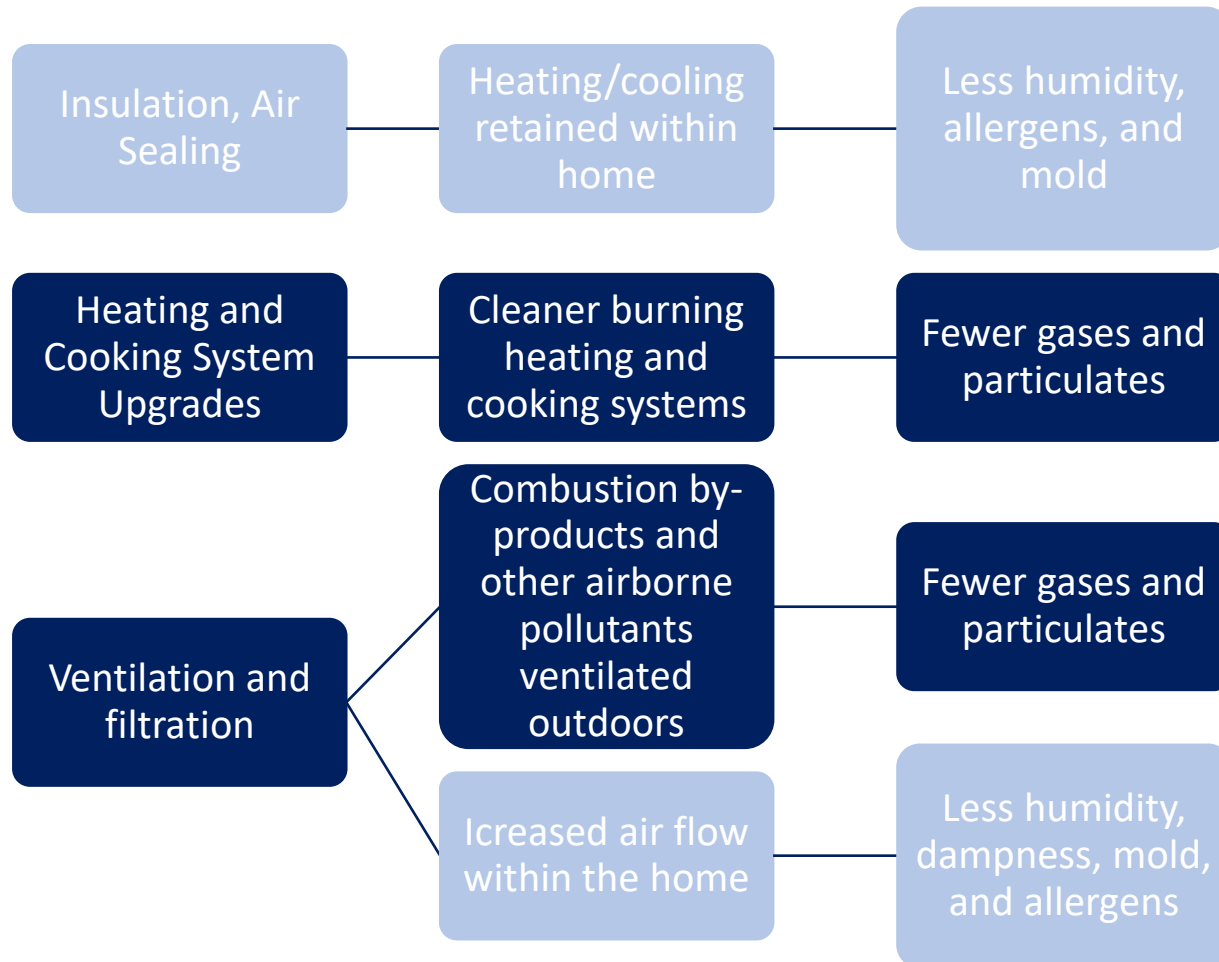
Less stress and anxiety,
improved mental health

Fewer respiratory and
cardiovascular disease
symptoms

Fewer cold and heat-
related illnesses and
deaths*

2

Home energy efficiency can improve indoor air quality.



Fewer respiratory disease symptoms, including asthma hospitalizations

Fewer allergy symptoms

Fewer cardiovascular disease symptoms

Fewer headaches, less dizziness and fatigue

Lower cancer risks

Fewer maternal and pre-natal health complications

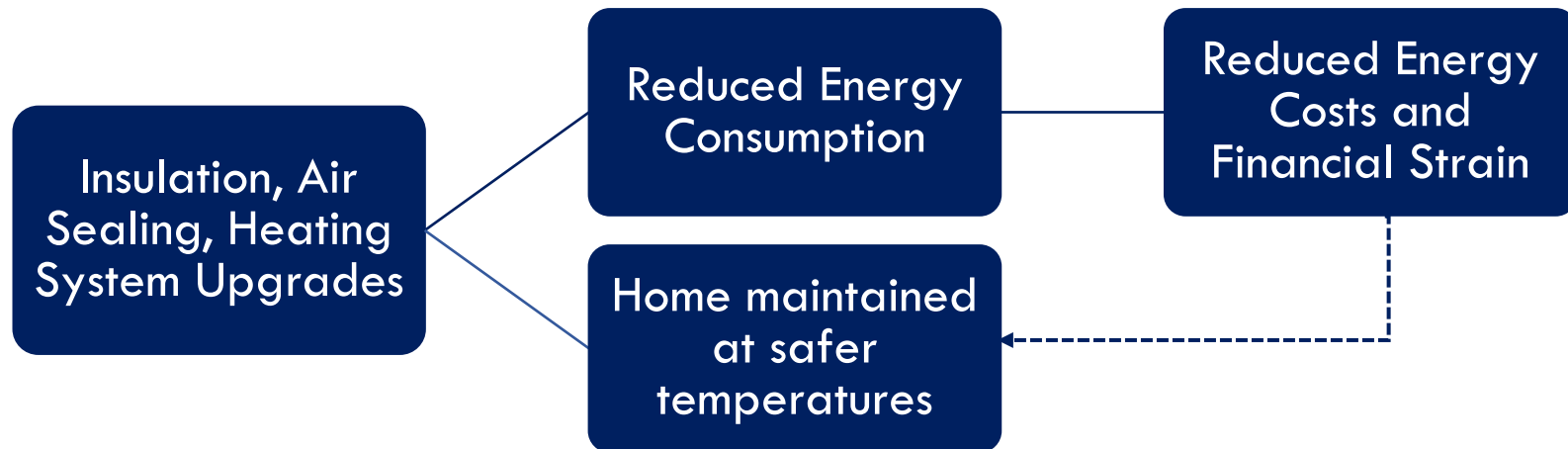
Homes with gas stoves can contain approximately **50 to 400 percent** higher concentrations of NO₂ than homes with electric stoves, often resulting in levels of indoor air pollution that would be illegal outdoors...

Sabrina Imbler, The Atlantic, 2020



3

Home energy efficiency can reduce financial hardship due to energy bills.



Less stress and anxiety

Fewer cold and heat-related illnesses and deaths

Improved health through spending on food, medicine, and other necessities.



People with health conditions and low-income households are most likely to experience energy efficiency health benefits.

Combining energy efficiency with other healthy home upgrades can expand health benefits.

254

Washington Wx+H homes weatherized in 2017

\$324

Average household yearly energy bill savings

29%

Clients with COPD

71%

Clients with asthma



Source: Washington State Department of Commerce