

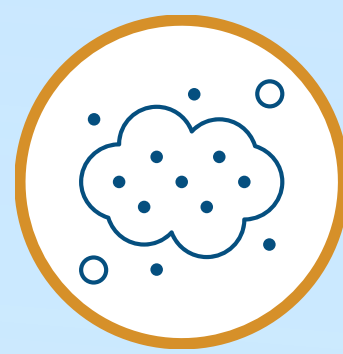
Health Benefits of Energy Efficiency

Energy efficiency is important for all of us — it helps to reduce our impact on our planet and to help save money on our electricity bills. But did you know that it can also impact your health? Let's take a look at the top health benefits of more efficient energy use.

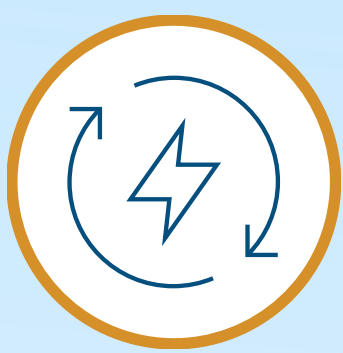
Improved Outdoor Air Quality



Traditional energy sources rely on burning fossil fuels, but these processes release harmful pollutants into the air.



Many of the biggest causes of death in our country, such as cancer, heart disease, respiratory disease, and stroke, can be attributed to pollutants in the air.



More efficient energy sources don't rely on fossil fuels, which means less pollution and more clean, breathable air.

Improved Mental Health



High energy costs caused by an inefficient home can cause or exacerbate feelings of anxiety, and an inefficient home can leave you feeling uncomfortable year-round.



Energy efficient upgrades are a quick, impactful change that can positively impact your mental health right away.

Improved Indoor Air Quality

More efficient buildings are healthier for their occupants. When you can't keep your home warm in the winter or cool in the summer, the internal temperature has an impact on its occupants. On top of that, leaky buildings are more likely to trap moisture, leading to mold and dampness that can cause health issues such as asthma and headaches.

Some indoor buildings contain 2–5 times the concentration of outdoor pollutants

Effects include:



Dizziness



Cancer



Headaches and fatigue



Respiratory problems and diseases



Heart disease

A more efficient home can lead to better indoor air quality right away. A few efficiency upgrades, such as updating insulation and sealing drafts, can lead to a big improvement in air quality and health.

