



ENERGY UPGRADES FOR HEALTH AND WELLNESS

Energy-efficient homes can lead to healthier people. Even simple and affordable upgrades, such as better ventilation and properly sealing doors and windows, have beneficial impacts. Weatherizing a property is one of the most effective ways to reduce energy use and increase comfort, while also improving the health and safety of its residents.



50%

Nearly 50% reduction in the number of days residents reported poor mental health¹



71%

71% of children with asthma showed increased control over their symptoms²



\$500

Over \$500 saved on annual household out-of-pocket medical expenses¹

Energy-efficient building upgrades and equipment help lower utility bills and enhance resident health and comfort. The Oregon Multifamily Energy Program (OR-MEP) from Oregon Housing & Community Services provides incentives for energy-efficiency projects in both new and existing affordable multifamily rental properties. Learn how OR-MEP-funded energy improvements can boost resident health and support stronger, more resilient communities.

OR-MEP FUNDING OPPORTUNITIES: ICON LEGEND



Water heater



Air sealing



Heat pumps



Windows



Insulation

Health Benefits

Energy Upgrade Opportunities



Improved mental health



Reduced risk of heat and cold stress



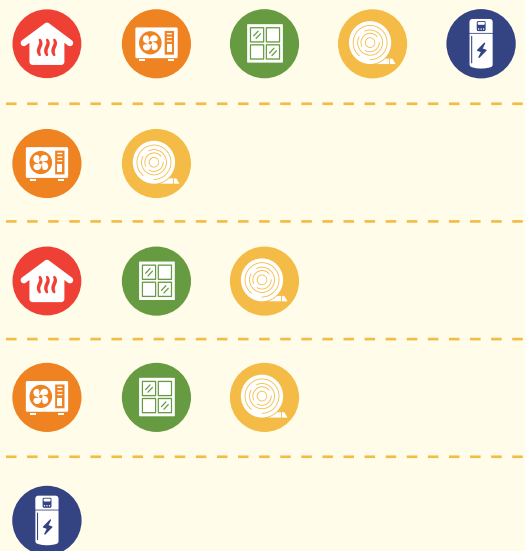
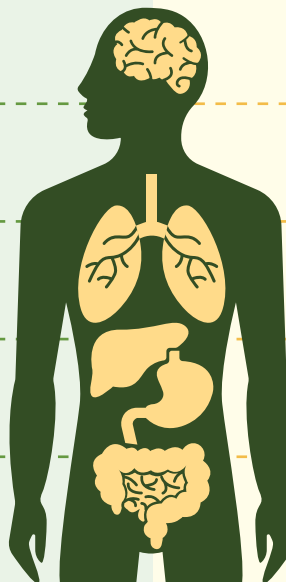
Fewer asthma and other respiratory illness triggers



Lower chance of temporary illness



Reduced risk of bacteria-borne illness



Visit oregonmultifamilyenergy.com to learn more.

THE HEALTH BENEFITS OF ENERGY-EFFICIENT PROPERTY UPGRADES

HEALTH BENEFIT	OR-MEP FUNDING OPPORTUNITY	DESCRIPTION	IN-HOME RESULTS
Improved mental health	<ul style="list-style-type: none"> Insulation Air sealing Heat pumps (heating and cooling) Windows Water heater upgrades 	Make energy saving improvements that promote comfort and safety of rental units.	<ul style="list-style-type: none"> Lower financial stress from utility bills⁸ More restful sleep^{4,6} Increased sense of safety and wellbeing⁴ Fewer sick days from work³ More income available for essentials (food, rent, prescriptions)³
Reduced risk of heat and cold stress	<ul style="list-style-type: none"> Heat pumps (heating and cooling) ENERGY STAR®-certified window air conditioning units Insulation 	Add cooling for summer and heating for winter.	<ul style="list-style-type: none"> Safe indoor temperatures during extreme heat and cold events
Fewer asthma and other respiratory illness triggers	<ul style="list-style-type: none"> Kitchen and bathroom ventilation Windows Air sealing Insulation Energy recovery ventilators* 	Improve indoor air by strengthening barriers between residents and outdoor pollutants, including wildfire smoke.	<ul style="list-style-type: none"> Reduced indoor humidity and mold⁴ Fewer harmful airborne particulates including dust⁵ Fewer hospital visits for asthma or chronic obstructive pulmonary disease⁶
Lower chance of temporary illness	<ul style="list-style-type: none"> Heat pumps (heating and cooling) Insulation Windows Energy recovery ventilators* 	Improve heating, cooling, and air quality so residents can maintain safe, affordable indoor comfort year-round.	<ul style="list-style-type: none"> Consistent indoor temperatures Adequate winter heating More restful sleep^{4,6} Fewer sick days from work and school³
Reduced risk of bacterial infection and disease	<ul style="list-style-type: none"> Water heater upgrades 	Upgrade water heating to maintain safe water temperatures and prevent harmful bacteria growth.	<ul style="list-style-type: none"> Lower risk of exposure to bacteria (e.g., Legionella)⁷

*HEPA filters optional



Energy-efficient upgrades in multifamily housing don't just cut utility costs. They also improve indoor air quality and comfort while reducing multiple forms of stress. Visit www.oregonmultifamilyenergy.com to learn more about cash incentives for building upgrades and new construction projects.

¹ Tonn et al. *Health and household-related benefits attributable to the Weatherization Assistance Program*; 2014.

² Breyse et al. *Effect of weatherization combined with community health worker in-home education on asthma control*; 2014.

³ Tonn et al. *Weatherization Works – Summary of Findings from the Retrospective Evaluation of the U.S. Department of Energy's Weatherization Assistance Program*; 2014.

⁴ Vermont Department of Health. *Health and climate change co-benefits of home weatherization in Vermont*; 2018.

⁵ Clendenning G, et al. *Saving Lives through Energy Efficiency: Valuing the Health- and Safety-Related Benefits of Weatherization in Low-Income Homes*; 2019.

⁶ VEIC, Levin E, Curry L, Capps L. *Energy-Plus-Health Playbook*; 2019.

⁷ National Academies of Sciences, Engineering, and Medicine. *Management of Legionella in Water Systems*; 2020.

⁸ E4TheFuture; Tohn Environmental Strategies; The National Center for Healthy Housing; Three3. *Occupant Health Benefits of Residential Energy Efficiency*; 2016.