

HEALTHY HOME BENEFITS 101

Now, more than ever, home buyers are choosing energy-efficient designs to help curb the cost of living and lessen their environmental impact. But the benefits of energy efficiency are far more wide-reaching. Many of the materials and equipment that contribute to energy efficiency also have a positive impact on indoor environments, resulting in homes that are healthy as well as efficient. If you're in the market for a new home, here are some of the mental, emotional and physical benefits of selecting one that has been built to high-performance building standards.

LESS MOISTURE

Whether caused by leaks, poor insulation or groundwater, excess moisture can cause permanent damage to the structure of your home. It can also create the ideal breeding ground for mold, which has been linked to chronic sinusitis, asthma, memory loss and more.¹ Healthy homes are built with materials that separate the indoors from exterior humidity and moisture while also providing comfortable humidity levels for superb air quality.

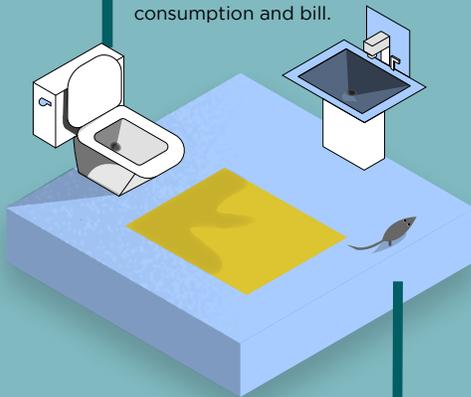


Living in a healthy home that keeps you, the planet and your finances healthy will also do wonders for your emotional and mental well-being.

MORE JOY

LOWER BILLS

High-performance homes are equipped with ENERGY STAR and WaterSense rated appliances (washing machines, toilets, etc.), which can drastically cut your water consumption and bill.



Healthy homes are built with structural safeguards that prevent pests from creeping in, lessening the need for harmful chemicals to do the trick.³

GOODBYE PESTS

High-performance building standards require HVAC systems that provide fresh air from outdoors, which can substantially improve air quality.² Good air quality promotes respiratory health and reduces the risk of asthma and other lung conditions.

BETTER AIR



Healthy homes use clean materials, paints, sealants and finishes and avoid products that emit harmful substances, like VOCs and formaldehyde, two common building materials that have been linked to cancer.⁴

FEWER TOXINS



On average, people who live in eco-friendly homes cut their share of polluting greenhouse gases by about 1100 pounds each year.⁵



Inefficient appliances, poor insulation and unwanted air leakage from the outdoors can cost you hundreds of dollars each year. High-performance homes are designed with energy-efficient appliances, HVAC systems and construction practices to ensure maximum savings, keeping you and your wallet happy.



Healthy homes come with systems that significantly reduce the homeowner's exposure to radon, a naturally occurring, yet toxic radioactive gas linked to lung cancer.⁶

1: https://www.cdc.gov/mold/dampness_facts.htm 2: <https://www.epa.gov/indoor-air-quality-iaq/improving-indoor-air-quality>
 3: <https://www.hgtv.com/remodel/interior-remodel/the-benefits-of-green-building-to-homeowners>
 4 & 6: <https://www.lung.org/our-initiatives/healthy-air/indoor/indoor-air-pollutants/volatile-organic-compounds.html>
 5: <https://earthcraft.org/homeowners/why-build-green/>