

# Why energy efficiency is such a smart way to improve people's health, alleviate energy poverty and save money

Scientific intervention studies repeatedly show that renovating houses can lead to:



IMPROVED WELL-BEING



LOWER MORTALITY



REDUCED USE OF HEALTHCARE RESOURCES



REDUCED VOLUME OF PRESCRIBED DRUGS

By realizing energy efficient and healthy homes for people in energy poverty, you can significantly improve peoples mental, and physical health and save societal costs. These are clear conclusions that we can draw from an analysis of approximately 50 studies and reports. Studied by an Expert Study Group (ESG) of the member states of Belgium, The Netherlands, Ireland, Italy and Greece.



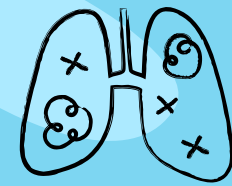
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## Research shows that living in cold, damp homes can lead to serious health problems

Here are some examples from the analysed studies



RESPIRATORY PROBLEMS



30-50%

Increase in multiple respiratory and asthma-related health problems due to dampness and mould

21%

Fewer days of absence for children with asthma aged 6-12 years in households that received an efficient heater

MENTAL HEALTH PROBLEMS



47%

Of people in a survey study reported becoming anxious or depressed because of cold indoor temperatures

14%

Higher levels of stress for households that have to spend a high amount of their income on energy bills

One study showed that energy efficiency interventions increased usable living space and privacy for families, which led to improved relationships within the homes and a decrease of missed education or work.

CARDIOVASCULAR PROBLEMS



Maintaining indoor temperature above

18°C

Could prevent 9% of high blood pressure cases, which lowers the chance of strokes and heart attacks

32.7%

Lower mortality risk for 65+ year olds, with a history of a cardiovascular-related hospitalization, after home is properly insulated

## Energy renovation projects can save significant amounts of health costs

€194 billion every year

Is the social and economic cost caused by inadequate housing in the EU. This concerns both direct costs (e.g. healthcare bills) and indirect costs (e.g. loss of earnings, career prospects and missed days at school or work)

On the other hand, the total investment costs for energy renovations for all member states are estimated at

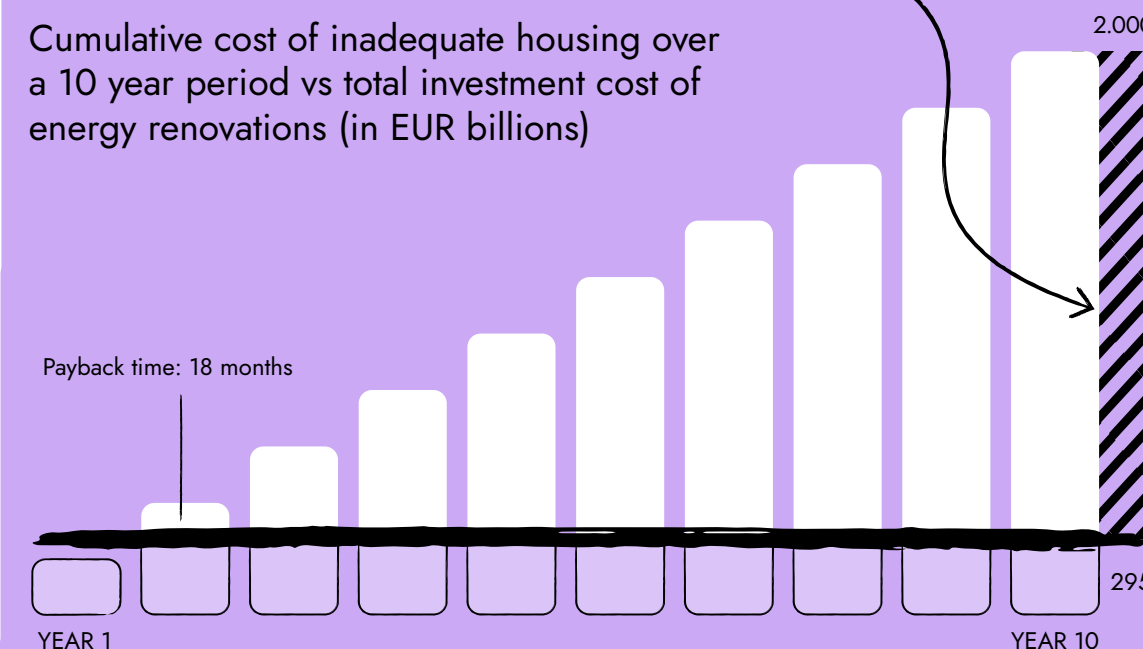
€295 billion in total

Not investing in renovation will cost the EU almost 2000 billion in 10 years. With only 295 billion of investments to prevent this,

the potential savings of energy renovations in the EU can add up to

€1.700 billion

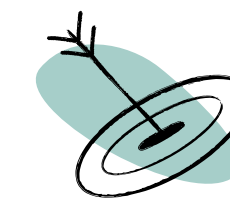
Cumulative cost of inadequate housing over a 10 year period vs total investment cost of energy renovations (in EUR billions)



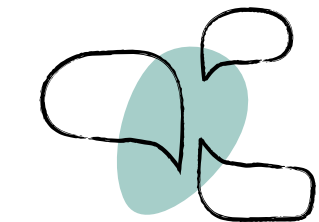
## As member states you can play a big role in these solutions

By helping to fill in the existing knowledge gaps and preparing policies to stimulate energy poverty schemes.

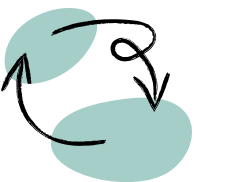
Identify target groups



Develop adequate communication tools



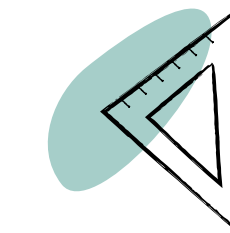
Set up referral services that, for example, refer healthcare patients to energy renovation schemes



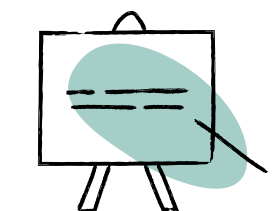
Provide low threshold tailored renovation interventions



Measure outcomes



Set up training for health and renovation professionals



Share costs, for example by shifting health budgets to energy saving programs

