

OREGON HOUSING & COMMUNITY SERVICES Multifamily Energy Program

Wellness Starts at Home: How Home Energy Upgrades Improve Health and Comfort

Date: May 16, 2026

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AGENDA

- ◆ Orientation and Introductions
- ◆ OR-MEP Program Information
- ◆ Health and Wellness
- ◆ Pilot Success Stories
- ◆ OR-MEP Case Studies
- ◆ Toolkits and Resources



Orientation and Introductions

OREGON HOUSING & COMMUNITY SERVICES
Multifamily Energy Program



Cash incentives and design support for energy efficiency upgrades in affordable multifamily properties.

What We Want You to Take Away Today

- **Describe how home energy conditions impact health**, including links between housing, indoor environment, and common clinical outcomes.
- **Identify when a patient's home environment may be contributing to health issues**, and recognize opportunities for intervention.
- **Recognize opportunities to align and leverage funding across health, housing and energy programs** to support integrated solutions for your patients.

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Multifamily Energy Program

OR-MEP has two sources of funding – State and Federal – to serve affordable multifamily projects in Oregon. Requirements are as follows:

Requirements for State Funding ONLY	Requirements for Federal Funding ONLY	Requirements for both funding types
<ul style="list-style-type: none">✓ Be an existing OR new construction multifamily rental property.✓ Receive electricity from Pacific Power or Portland General Electric.	<ul style="list-style-type: none">✓ Be a new construction multifamily rental property.✓ Must complete construction and installation of all energy upgrades and submit completion verification documents no later than March 1, 2029.✓ Receive electricity from any electric utility in Oregon.	<ul style="list-style-type: none">✓ Be heated by a hard-wired electrical heating system.✓ Meet program affordability requirements, where residents in at least 50% of units are at or below 80% area median income (AMI) and units must remain affordable for at least 10 years.✓ Multifamily rental property with at least 5 residential units per building (campuses of five or more duplexes, triplexes, and quadplexes are also eligible).

Qualifying measures

OR-MEP provides incentives for energy efficiency measures that results in electric savings.



ENERGY UPGRADES FOR HEALTH AND WELLNESS



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

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



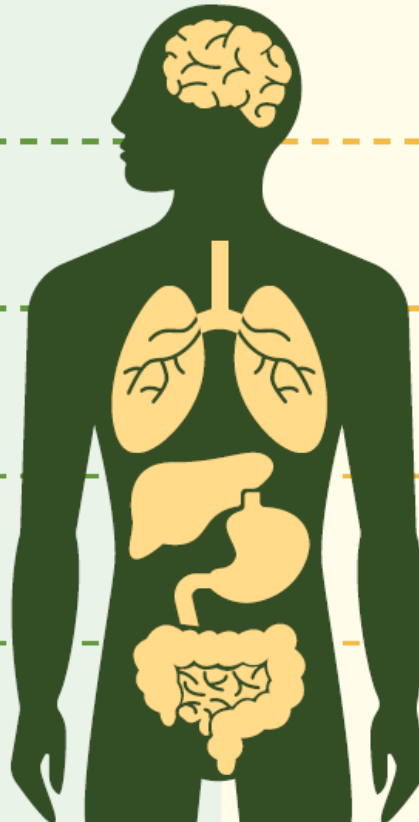
Fewer asthma and other respiratory illness triggers



Lower chance of temporary illness



Reduced risk of bacteria-borne illness



Health and household-related benefits attributable to the Weatherization Assistance Program



Improved Home Quality & Livability

- ✓ Homes are more livable
- ✓ Physical condition of homes is improved



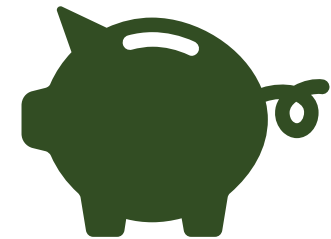
Better Health & Well-Being

- ✓ Improved general health
- ✓ Fewer “bad” physical and mental health days
- ✓ Fewer persistent colds and headaches



Reduced Healthcare Use

- ✓ Fewer doctor and emergency room visits
- ✓ Fewer hospitalizations



Greater Financial Stability

- ✓ Better able to pay energy and medical bills
- ✓ Less financial stress

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

Effect of Weatherization Combined With Community Health Worker In-Home Education on Asthma Control

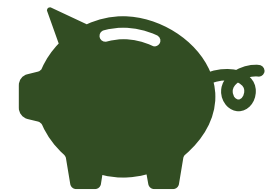


- King County Housing Association evaluated a **weatherization-plus-health audit** model
- Homes received community health worker **education and structural weatherization-plus-health interventions**
- Results showed **improved children's asthma outcomes, better caregiver quality of life, and fewer asthma triggers**

Saving Lives through Energy Efficiency: Valuing the Health- and Safety-Related Benefits of Weatherization in Low-Income Homes

Results showed improvements across key health and household outcomes:

- Reduced need for medical attention due to homes being too cold or too hot
- Fewer missed workdays
- Fewer instances of poor rest or sleep
- Reduced asthma symptoms, emergency department visits, and hospitalizations
- Increased presence of working carbon monoxide monitors and smoke detectors



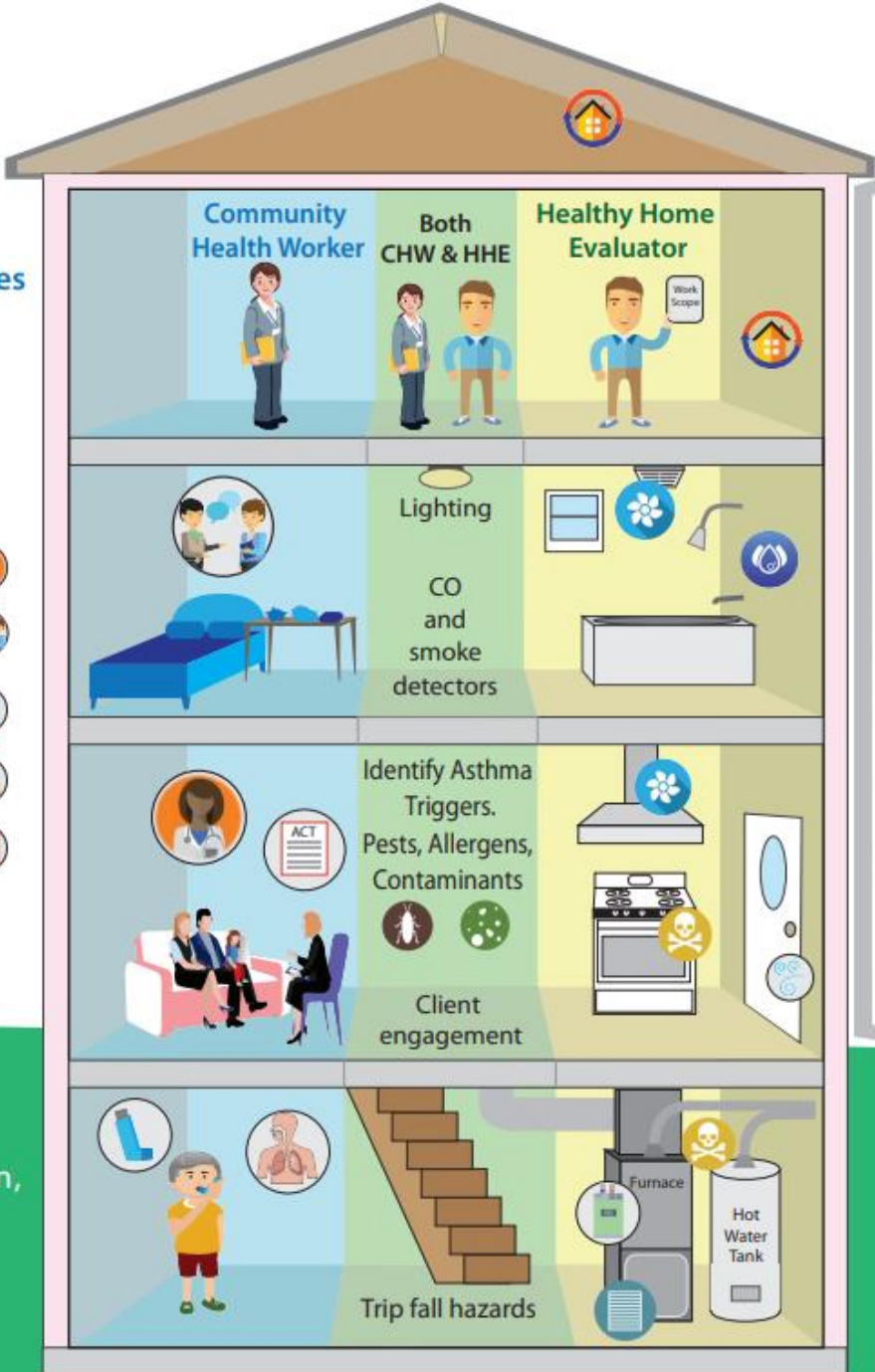
Combined Assessment

Community Health Worker

Patient Coaching for Health Issues
Medication Adherence

- Clinical referrals 
- Patient coaching 
- Medication adherence 
- Respiratory function testing 
- Asthma control test (ACT) 







CHWs having strong competency in client coaching related to medication, behavior change and environmental home health risks



Healthy Home Evaluator*

*maintains Building Assessor Credential

Diagnostics to Create Work Scope for Home Improvements

-  Thermal comfort evaluation
-  Ventilation testing
-  Whole house moisture assessment
-  Air leakage & contaminant pathways
-  Carbon monoxide testing
-  Filtration evaluation
-  Heating /cooling system testing

HHEs are skilled at testing and evaluating the building conditions and recommending repairs.

Project Highlight: Country Terrace Apartments – Bend



Project Type: Existing building, 40 units

OR-MEP Funded Measures:

- Ductless heat pumps in each unit
- Energy Star bath fans in each unit
- Floor insulation
- Heat pump water heaters in laundry rooms

Project Costs: \$455K **Stacked Incentives:** \$385K **Owner:** \$70K

Project Highlight: Country Terrace Apartments – Bend



Projected Energy Savings: 231,000 kWh = \$27,200 or \$693 per unit

Upgrades:

- More efficient heating
- Added cooling and air filtration
- Added bathroom ventilation, moisture control
- Added floor insulation will reduce costs and air infiltration
- Heat pump water heaters will reduce energy costs

Project Highlight: Ochocho Manor - Prineville



- ◆ **Location:** Prineville
- ◆ **Project Type:** Existing building, 28 units
- ◆ **OR-MEP Funded Measures:**
 - ◆ Ductless heat pumps (*Plus Rural DHP Bonus - \$500 per unit*)
 - ◆ Efficient windows
 - ◆ Energy Recovery Ventilators (ERVs)
 - ◆ Bathroom Exhaust Fans
 - ◆ Central Heat Pump Water Heater
 - ◆ Clothes Washers
 - ◆ Refrigerators
- ◆ **OR-MEP Incentive award: \$200,000**

Project Highlight: Ochoco Manor - Prineville



Projected Energy Savings:

194,241 kWh = \$22,800 or \$816 per unit

Problems:

- More efficient heating
- Added cooling and air filtration
- Added bathroom ventilation, moisture control
- Reduced water heating costs
- Reduced energy loss with new windows and insulation
- Reduced energy costs with new clothes washers and refrigerators

THANK YOU!

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Sources noted in the ENERGY Upgrades for Health and Wellness sheet

- ¹ Tonn et al. [Health and household-related benefits attributable to the Weatherization Assistance Program;](#) 2014.
- ² Breysse 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, 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 Health Housing; Three3. [Occupant Health Benefits of Residential Energy Efficiency;](#) 2016.

Tool Kits & Resources

[Energy-Plus-Health Playbook](#) VEIC: Vermont Energy Investment Corporation

[Weatherization Plus Health Toolkit](#) U.S. D.O.E.

[Weatherization Plus Health](#) National Center for Health Housing

[A Guide for Public Health and Health Care Professionals on Connecting Medically Vulnerable Residents with Energy Efficiency Services](#) RAMP: Regional Asthma Management and Prevention

[Healthy Homes Evaluator & Community Health Worker Comparison](#) BPI: Building Performance Institute

[Lessons Learned from Mini-Grants to Support the Development of a Healthy Homes Workforce](#)

National Center for Healthy Housing (NCHH)

[Oregon Health Authority \(OHA\) Healthy Homes Grant Program \(HHGP\)](#) State of Oregon

[Oregon Department of Energy Incentives](#) State of Oregon

[Energy Hub for Incentive Projects Programs + Projects in Oregon \(HIPPO\)](#) State of Oregon