

Put Your Energy Into Gaining Better Health.

The Breathing
Association
Better Breathing for Better Lives.

Stay Warm In The Winter. Stay Cool In The Summer.
Save Energy. Save Dollars. Save Lives.



85% of Home Energy Assistance Program (HEAP) seniors reported a temperature-sensitive condition such as lung disease or diabetes; 19% reported an illness due to living in a cold home. - NEADA 2011

IN 2011 THE NATIONAL ENERGY ASSISTANCE DIRECTORS' ASSOCIATION (NEADA) COMPLETED A SURVEY ON LOW INCOME HOME ENERGY ASSISTANCE PROGRAM (LIHEAP) HOUSEHOLDS. THE SURVEY ADVISES HEAP HOUSEHOLDS ARE AMONG THE MOST VULNERABLE IN THE COUNTRY:

- ~ 40% have someone **age 60 or older** (medically vulnerable).
- ~ 72% have a family household member with a **serious medical condition**.
- ~ 26% use **medical equipment** that requires electricity.
- ~ 37% went without **medical or dental care**.
- ~ 34% **did not fill a prescription** or took less than their full dose of prescribed medication.
- ~ 19% became sick because the **home was too cold**.
- ~ 85% of people with a **medical condition are seniors**.

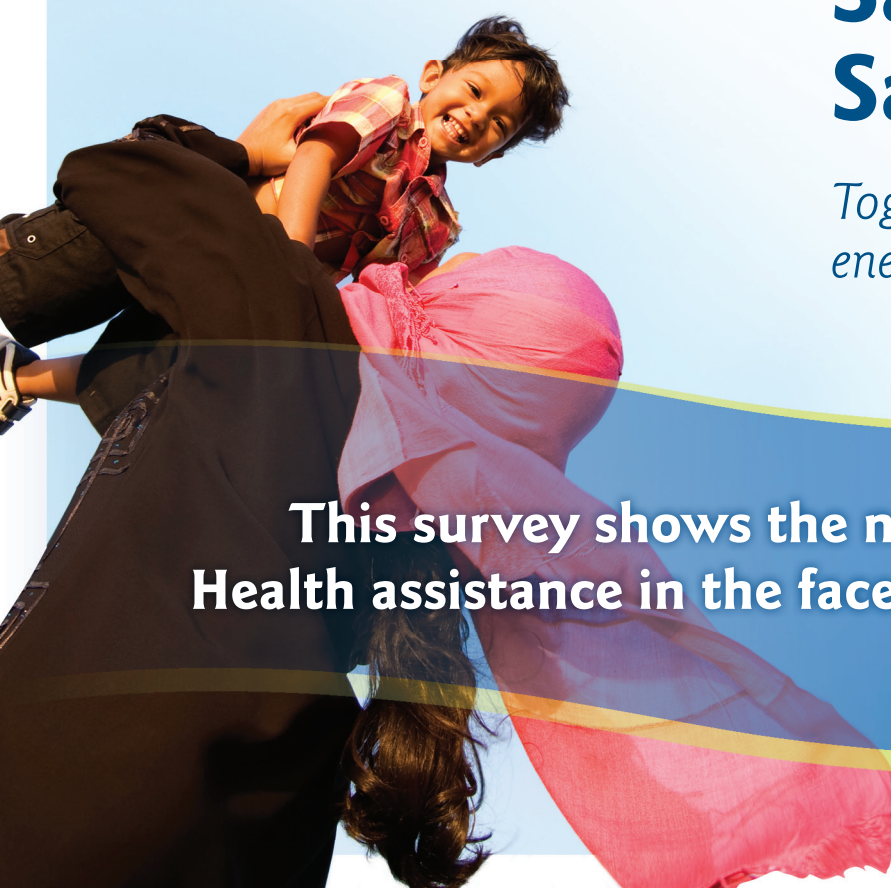
THE FOLLOWING SURVEY RESULTS SHOW MANY LIHEAP HOUSEHOLDS WERE UNABLE TO PAY THEIR BILLS:

- ~ 49% skipped paying or paid less than their entire home energy bills.
- ~ 37% received a notice or threat to disconnect or discontinue their electricity or home heating fuel.
- ~ 11% had their electric or natural gas service shut off in the past year due to nonpayment.
- ~ 24% were unable to use their main source of heat in the past year because their fuel was shut off, were unable to pay for use of their air conditioner because their electricity was shut off, or were unable to afford to fix a broken air conditioner.

Save Energy. Save Dollars. Save Lives.

Together we can use our energy to promote good health.

This survey shows the need for HEAP and Health assistance in the face of high energy costs.



The Breathing Association is bridging the gap through education, health and energy. Is your household struggling with an illness and high energy bills? Here are things you should know:

Experiencing very high & low temperatures and hot & humid air in the home can be deadly. These risky temperatures are called triggers and can cause you to become ill or an illness to worsen.

If you are exposed to triggers you may experience:

- ~ Coughing
- ~ Shortness of breath
- ~ Breathing difficulties
- ~ Increase in heart rate
- ~ Wheezing
- ~ Feel dizzy or faint
- ~ Vomiting
- ~ Increased confusion

There is a way to limit these triggers! Your Outreach Health & Energy Advocate and HEAP Case Manager are available to help you keep your home cool in the summer and warm in the winter.

It's important for your family's health that your house is warm or cool and dry. Very hot, cold or damp homes are linked to poor health for people with chronic illness, elderly and especially for babies and small children.

Your health and household energy are directly related. Those with lung, heart, and high blood pressure disease are all at risk of increased symptoms during winter and summer months. Keeping your home at the right temperature can help prevent colds, flu, breathing difficulties, heart attacks, strokes, and depression.

We can save money and improve the health of our communities working together to ensure your home stays warm in the winter and cool in the summer.



TIPS ON A WARM AND HEALTHY WINTER

- ~ Eat well in winter. Food is fuel and helps keep your body warm.
 - *Hint: The Percentage of Income Payment Plan Plus (PIPP Plus) can help your energy bills become affordable and help stretch your food budget.*
- ~ Wear warm clothes by dressing in layers.
- ~ When outside, cover your head and mouth with a scarf to prevent breathing in cold air.
- ~ Keep the temperature between 65 – 70 degrees especially if you have babies, people with illnesses, or elderly people living in your home.
- ~ Help keep you and your home warm by using plastic over windows. Find leaks around doors and windows then use weather stripping and caulking to keep out cold air.
- ~ Block up unused chimneys and stop drafts around doors and windows.
 - *Hint: You can make your own draft 'snakes' by stuffing socks or pantyhose with newspaper or cushion filling.*
- ~ Open windows and curtains on sunny days, and close them when the sun goes down to trap heat inside your home.
- ~ In winter, water vapors from bathing and cooking are good because they add moisture to the air. Reduce use of kitchen and bathroom fans to keep heat inside your house.
- ~ It is not by accident that people grew shrubbery and trees around their homes. This sort of green front takes the first hit from the wind and it makes sure that the amount of the air that hits the house is reduced and that the force with which it hits it is diminished. That makes it easier for those walls to keep the home warm.



TIPS ON A COOL AND HEALTHY SUMMER

- ~ Drink lots of water. Throw in fruit or vegetables to make it fun.
- ~ Place your pillowcase in the refrigerator for a cooler sleep.
- ~ Try to avoid being outside in the heat for long periods of time.
- ~ Try to avoid using your oven. Microwaves use less energy and give out less heat.
- ~ When using air conditioning, don't set it too high. 78 degrees will keep you cool and lower your bill.
- ~ Close curtains and blinds during the day. If possible, open windows at night when air is cooler.
- ~ Replace your light bulbs. Incandescent light bulbs use more energy and give out more heat.
- ~ Take a cool shower and air dry. It will lower your body temperature.
- ~ When using a fan, direct it on you not the room.
- ~ Wear light, cotton clothing.
- ~ Use air conditioning and close your windows on days of high heat; keep your home cool and dry.
- ~ When possible, place a window air conditioner in a north window or one that is shaded by trees.
- ~ No air conditioning? During the day go to the library. Stay cool while learning.



TIPS TO A HEALTHY HOME

- ~ Have your home weatherized.
 - Ask us how to get have your home weatherized at no cost to you.
- ~ Clean your furnace's filter twice a month. Replacing your dirty furnace filter with a clean one twice a year is one of the easiest ways to save money and use less fuel. Your furnace will last longer and work better. Lower your energy cost and breathe easier.

- ~ Reduce your utility bill by 3% by raising your thermostat 1 degree in summer or lowering it 1 degree in winter.
 - *Install a programmable thermostat to use less air conditioning or heat when you are away from the house.*
- ~ Pack bags of ice or loaves of bread into empty spaces in your freezer to help cut electric bills. A full freezer uses less electricity.
 - *Don't over pack the refrigerator section. Foods in the refrigerator spoil faster if packed too tightly together.*
 - *Don't place uncovered liquids in the refrigerator – they make it work overtime and add to your bill.*
 - *Vacuum the back and under the refrigerator to keep it clean.*
 - *Dust-covered coils increase energy use.*
- ~ Work to keep your home mold free. Mold can trigger breathing difficulties for people who have asthma, COPD, and allergies.
- ~ Keep your home dry to reduce moisture and mold.
 - *Mold will grow on anything except glass, unpainted metal, and some high-gloss hard surfaces. Keeping everything dry means REDUCING sources of water: basement seepage, leaks from broken siding or a roof, faulty water lines, or drains.*



TIPS TO A HEALTHY YOU

- ~ Set your indoor humidity to 50% or lower to cut down on dust mites, mold, and humidity related allergens that grow in warm, moist environments.
- ~ If air quality outside is poor, try to stay inside.
 - *Check outdoor air quality online www.airnow.gov*
- ~ If your electric or gas is disconnected, please call The Breathing Association. We can connect you with our HEAP services or a healthcare provider that may be able to provide you a certificate of medical need to restore your services.
- ~ Do not subject prescriptions to extreme hot or extreme cold temperatures. This can cause them to lose their effectiveness.
- ~ Some medical equipment also requires energy to function properly. It is important to have working energy in your home to keep good health.



WHAT'S YOUR ENERGY LEVEL?

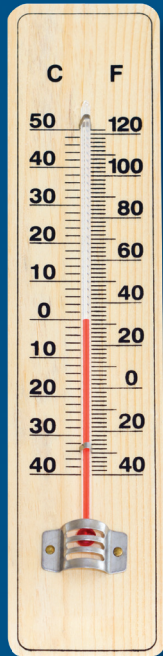
- ~ Plan trips when fewer cars are on the road. Get travel and transit updates before you leave home and you won't get caught in a traffic jam.
- ~ Save gasoline by keeping your tires properly inflated.
- ~ Instead of driving, walk, ride a bike, car pool, or take a bus. The exercise is good for your health and helps save money.
- ~ A heavy car uses more gas. Removing unnecessary items from your car will save gas dollars.
- ~ Open the car window instead of using the air conditioner in your car when driving in local traffic on a warm day – you will use less gas. On the freeway, you will save fuel if you use the air conditioner when traveling at speeds over 50 MPH.
- ~ Plant a garden. Gardens are not only beautiful, but when you replace your lawn with native plants, perennials, decorative grasses, vegetables, herbs, and trees, you will save water, save money, and help clear the air and that's healthy.
- ~ Save dollars and help clear the air by changing your lawn to a garden, growing your own vegetables, or buying locally grown produce. Planting just one native tree will help make the air cleaner, provide shade to your home in the summer, and block wind in the winter!



MORE ENERGY SAVING TIPS

- ~ You can help reduce pollution and save dollars by using Energy Star appliances.
- ~ Look for the Energy Star label. Using just one Energy Star appliance could save \$144 per year.
- ~ Use energy saving compact florescent light bulbs, which use 75% less electricity and last 8 to 10 times longer than incandescent bulbs.
- ~ Save on electric bills by putting lights on timers and using motion detectors.
- ~ Save electricity by turning off unused lights and unplugging home electronics. Products like computers, battery chargers, DVD players, and cordless phones use 40% of their energy even in the OFF position.
- ~ Use a microwave oven to reduce the cost of cooking by more than 50%.
 - *Using a toaster oven rather than a stove oven for small quantities also saves money.*
- ~ Free energy inspections are available for qualifying individuals. Trained professionals will come to your home to find where air is escaping and repair it. This free, simple inspection could save you over \$200 per year.
- ~ Use less hot water to save over \$100 a year. Turn down the hot water heater to 120°. Take shorter showers and only run full loads in your washing machine and dishwasher. Repair leaky faucets. A steady drip of hot water will add to your water-heating bill.





The Breathing Association was founded in 1906. We serve the community as the leading resource for promoting lung health and preventing lung disease through education, detection and service.

In 2006, we became the first agency in the state of OHIO to promote and support a HEAP Medical Model that married Health and Energy for the enhancement of healthy living.

Please contact The Breathing Association if you would like help with your utility bills, medical assistance, and/or help to stop smoking.



The Breathing Association

Better Breathing for Better Lives.

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**Funds for this brochure provided by the
Ohio Department Services Agency**

