



## NEW HAMPSHIRE NETWORK for Environment • Energy • Climate ENERGY WORKING GROUP

and



## Building Codes: Your health, your wallet, and energy efficiency

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Since the dawn of the Industrial Revolution, there has been a mass migration of humans from fresh outdoor air to inside buildings. Most of us spend more than 90% of our time indoors, and indoor air quality is directly linked to our health. Three building code bills before the State House this year will reduce the energy efficiency of newly built homes, and negatively affect indoor air quality and our health.

### **WHO: Paul Bemis**

- Mechanical Engineer
- President, Granite State American Society of Heating, Refrigeration and Air Conditioning Engineers (ASHRAE)
- Chair, Bristol Energy Committee
- President and CEO, Applied Math Modeling, thermal modeling software and service

### **Moderator: Paul Friedrichs MD**

Family Medicine physician; Board Chair, NH Healthcare Workers for Climate Action

This event is co-sponsored by

**The Energy Working Group, NH Network for Environment • Energy • Climate  
and**

**NH Healthcare Workers for Climate Action**

**WHAT:** Most buildings in NH use fossil fuels, oil or gas, for heat, which is becoming increasingly expensive. It is also inefficient, with about 30% of the energy in the form of heat going up the chimney. Heat pumps can improve efficiency and reduce costs by as much as

4-8 times, but to be effective they require sufficient insulation and a proper vapor barrier. Even more important, our risk of airborne-transmitted infections increases with dry indoor air, while high indoor humidity creates mold and mildew. In response to the COVID epidemic and at the request of the White House, ASHRAE created building standards for reducing the risk of disease transmission in occupied spaces.

A more energy efficient home or apartment will have utility bills that are 10-20% lower. ASHRAE is creating a system for grading the energy efficiency of a building, which can increase its market value from 3-5% according to Fannie Mae. This has attracted the interest of the real estate market, and may result in lower interest rates at the bank.

And of course more efficient buildings create fewer carbon emissions. The built sector is the largest emitter, with Co2 emissions from buildings accounting for 39% of all global Co2 emissions (greater even than transportation at 28%).

**WHEN:** Thursday, March 7, 2024, 4:00-5:00 pm (admission is free)

**WHERE:** A Virtual Event, register at: [bit.ly/Building\\_codes](https://bit.ly/Building_codes)

**WHY:** There are three bills currently before the NH Legislature concerning building codes. These bills would update NH's building codes to 2021 standards – while holding back the energy building codes to 2018 standards. Paul Bemis will explain why this represents a health risk, as well as a markedly increased cost burden for occupants. An amendment to update the energy codes has been proposed, but it faces strong pushback. Senator Shaheen cautions that NH could fail to qualify for a number of federal funding programs, including workforce training, if these bills become law. Decisions about how we build our homes, apartment buildings, offices and factories are decisions that we will live with for decades.

**LINK TO FLYER:** [FLYER Building codes](#)



**The NH Network for Environment·Energy·Climate** links citizens statewide, to share information and implement actions for a sustainable New Hampshire. Learn more at [www.newhampshirenetwork.org](http://www.newhampshirenetwork.org).



As healthcare workers are uniquely positioned to increase public awareness of the links between human health and climate change, we seek to educate and mobilize the public in support of climate solutions to improve health for all, particularly those most vulnerable.

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## **Building Codes:**

Your health, your wallet,  
and energy efficiency

**Presented by Paul Bemis,**  
President of Granite State ASHRAE, performing  
the research behind best energy codes



- *Human health is linked to indoor air quality.*
- *An efficient building is cheaper to run and fetches a higher sales price.*
- *THREE BILLS this year HOLD BACK energy building codes.*

Thursday, March 7 • 4-5pm on Zoom • Free, **REGISTER** at [bit.ly/Building\\_codes](https://bit.ly/Building_codes)

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