



TECHNICAL BULLETIN: HEALTHY BUILDING MATERIALS

Healthy Building Materials, Healthy Occupants

Investing in energy efficiency improvements can improve the health of residents. When you use health-conscious building materials like insulation and air sealants, customers can enjoy the benefits of their home improvements with less concern about the long-term impacts on their health. In this bulletin, you will find resources that may help you better understand the materials you use currently on your projects and how to source potentially healthier alternatives.

Insulation

Insulation is an important component of many energy efficiency improvements. Given the quantity of insulation used, insulation choices can impact the health of the building space. For more information about suggested practices for your next insulation project, please use the resources listed at the end of this bulletin.

Air Sealing

As with insulation, air sealing is an essential element of energy efficiency. Solid forms of air sealants are usually the best option, as many air sealants that are applied wet can emit chemicals of concern when they dry or cure. For more information about suggested practices for your next air sealing project, please use the resources listed at the end of this bulletin.

Resources for Consideration as You Plan Your Next Project

Buildingclean.org is a great resource to help architects, designers, contractors, developers and manufacturers deliver the benefits of health-conscious energy efficiency retrofits — including lower energy bills and increased economic opportunity.

Read the full report, “A Guide to Healthier Upgrade Materials,” which examines insulation and air-sealing products and provides practical recommendations for moving up the ladder of healthier materials. The report’s recommendations center on commonly used fiberglass and cellulose insulation as well as pre-foamed materials and acrylic based sealants with low volatile organic compound (VOC) as the best materials from a health perspective and recommends their use whenever possible. The full report can be found at [EEFA: A Guide to Healthier Upgrade Materials](#)

You can also learn what to look for when you purchase materials by reviewing the resources found at [BuyHealthy_Certifications.pdf \(bgafoundation.org\)](#)

Interested in knowing if the sealants and insulation you use are building clean recognized? Look them up here: [Certified Products: Sealants | Building Clean](#)

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