

## **Healthy Cities Initiative**

The energy that we use in our homes and cars comes from fossil fuels like coal, oil, and natural gas. These fuels create air pollution and contribute to global climate change.

Air pollution can trigger asthma attacks, make heart problems worse, and contain cancer-causing chemicals.

Global climate change could cause hotter temperatures and erratic weather in Boston. Warmer weather increases heat-related deaths and air pollution. Infectious diseases, such as West Nile Virus, may also increase as extreme weather events – like droughts and floods- become more intense.

There are simple ways to save energy and lower utility bills while protecting our health from the threat of air pollution and climate change.

### **In Your Home**

Call the Household Energy Expert

Get a Tune-Up

Buy Efficient Appliances

Replace Light Bulbs

Prepare for the Season

Save Energy At Home reduce the air and global warming pollution that can harm your health!

### **Call the Household Energy Experts**

Get some expert advice by calling toll free (866) 527-7283. Make this your first step to lower energy bills and a more comfortable home. You could qualify for a free home energy assessment, materials, and rebates.

Boston residents who qualify for fuel assistance could also be eligible for lower utility rates, free repair or replacement of your heating system, a more efficient refrigerator at low or no cost, and up to \$4500 for weatherization improvements. Call ABCD at (617) 357-6012 and ask for their energy efficiency programs

### **Get a Tune Up**

Clean and change the filters on your heating and cooling systems regularly. Make an annual appointment to have your system serviced.

### **Buy Efficient Appliances**

Read the Energy Guide Labels and look for the Energy Star symbol to get the most savings, energy efficient refrigerator, air conditioner, clothes washer, TV, and more! NSTAR and Keyspan may offer rebates.

### **Replace Light Bulbs**

Compact fluorescent light bulbs use only 25% of the electricity of regular light bulbs, last ten times longer, and can save you as much as \$60 over their lifetimes! Contact NSTAR for info on rebates and a free catalogue of efficient bulbs and fixtures at (800)473-9150.

## **Prepare for Cold Weather**

- Set your thermostat no higher than 65-68°F.
- Seal drafts around windows and doors with caulking and weather stripping.
- Wrap your water heater in an insulation jacket.
- Turn the water temperature down to 115°F.
- Make sure your home is insulated- especially in the attic call Keyspan for rebates on insulation if you have natural gas to heat your house.

Find out how you can save on energy “On the Road”.

For additional information on utility rebates, product availability, and energy savings, visit:

[Energy Star](#)  
[Energy Guide](#)

## **On The Road**

Choose a Clean Car

Get a Tune-Up

Use Alternative Transportation

Don't Idle

To find out more about the Healthy Cities Initiative click here

For more information contact:

Healthy Cities Initiative

617-534-5966

617-534-2372

[healthycities@bphc.org](mailto:healthycities@bphc.org)

## **Save Energy On The Road**

And reduce the air and global warming pollution that can harm health!

## **Choose a Clean Car**

And Get the Biggest Bang for Your Buck

Fuel efficiency, measured in miles per gallon (mpg), is an important way to figure out the impact of your car on air quality, as well as your pocket book. Save money and reduce air pollution-make sure you're getting the smallest, most efficient car you need. For instance, SUVs are much less efficient than other cars and should be used only when necessary. No matter what size of car you want to purchase, you should make sure you're getting the most fuel-efficient on the market. These websites offer resources to help you compare vehicles:

[U.S. EPA and U.S. DOE Fuel Economy Website](#)

Keep Your Car Properly Tuned

- Check and replace air filters regularly

- Keep tires properly inflated
- Use the recommended grade of motor oil
- Fix faulty oxygen sensors
- Give your car routine maintenance and repair

For more tips and stats on saving gasoline, read a consumer fact sheet from the Massachusetts Division of Energy Resources.

[Driving More Efficiently:](#)

### **Use Alternative Transportation**

**Get out of your car, whenever you can! Use public transportation- visit [MBTA](#)**

### **Don't Idle**

Idling wastes gasoline and pollutes the air. Turn off your engine if you expect to be stopped for more than 30 seconds. It is illegal to idle for more than 5 minutes in Massachusetts ([The General Law](#)).