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Integrating Energy Efficiency and Renewable in Home Retrofits Energy prices have been on the rise due to economic challenges and recession. There is therefore the need to adopt the use of efficient energy sources in order to save on the resources that are wasted. Low income households should adopt the use of home energy retrofits. Home energy retrofits are aimed at addressing the problems of climate change and energy supply. In addition, individuals should have efficient energy sources that can sustain them for more than a year (Tassos, 5).   
The health status of individuals, especially their respiratory health, is enhanced by the use of properly designed and executed home energy retrofits. New homes built on traditional practices cannot improve the general respiratory health of occupants. Further, well executed energy retrofits have led to improvement in self rated health and ensures that occupants have reduced visits to general health practitioners (Tassos, 6).   
Energy efficient devices are important to low income families because the income they save in using efficient energy sources can be used to by food, afford medical care and health insurance. Weatherization assistance programs are important in saving energy bills. In addition, they also ensure that there is a reduced water cost (Tassos, 7).   
Energy Efficiency and Renewable in Home Retrofits reduce the production of contaminants that can harm the health of occupants. Some of the contaminants that harm the health of occupants include carbon monoxide, mold and mist. Efficient energy home retrofits improve ventilation in rooms, reduce moisture and condensation, increase safety, improve thermal comfort and ensure that residents live in a comfortable environment (Tassos, 14).   
Conventional energy upgrades are dangerous to the occupants. Homes without measure put in place to ensure that there is adequate flow of air can affect the indoor air quality. The risk factors associated with poor quality indoor air include asthma, allergies and other respiratory complications. Efficient home energy retrofits reduce the water heater temperature to 120 degrees. This ensures that energy is saved and reduces the risk scalding (Tassos, 12).   
Saving on the energy use in homes requires the use of specific technology such as the properly designed and executed home energy retrofits. These home retrofits also ensure that green house gases are not emitted into the atmosphere. Investing in the use of efficient home energy retrofits will help in the implementation of healthy housing best practices in order to meet the objectives of energy efficiency programs (Tassos, 19).   
Home energy retrofits are important because they do not have smoke and other carbon fumes that are dangerous to the health of occupants. The installation of home retrofits will also ensure that individuals repair interior and exterior water leaks. Further, the efficient energy appliances will ensure that there is adequate ventilation for vented combustion appliances (Tassos, 20).   
Conclusion   
The elimination of green house gases in the atmosphere is only possible when the society can be able to integrate the usage of efficient energy technologies such as the home retrofits. The elimination of greenhouse gases ensures that climate change effects are eliminated. In addition, the public can have good respiratory health when they avoid inhaling harmful fumes that are generated from non renewable energy sources such as fuels.   
Works Cited   
Tassos Jane. A Greener Plan for affordable Housing: How states are using the housing Tax credit to advance sustainability. Columbia, MD: The Enterprise Foundation. 2005. Print.