



Delivering A Healthier Building – Cost Effectively



# Learning Objectives

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1. Improve the built environment through Design & Construction
2. Find Solutions through Building Science
3. Identify Chemicals of Concern
4. Recognize best Heating, Ventilation and Cooling strategies
5. Make an Impact using Quantitative Research





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Sustainability Director

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BUILDING SCIENCE IS FREE



# Control layers

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1. **Rainscreen** – Sheds the Majority of Water
2. **Drainage Plane** – Water Resistive Barrier (WRB), moves water away from substrates (flashing, weeps)
3. **Air Barrier** – Prevent Air Leakage
4. **Thermal** – Prevent Conductive Energy Loss
5. **Vapor Control** – Prevents Warm Humid Air from reaching a Cold Surface and Condensing

# Rainscreen – Cladding

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# Panels • Siding • Trim – Directly Attached

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# Panels • Siding • Trim – Sub Framing Attached

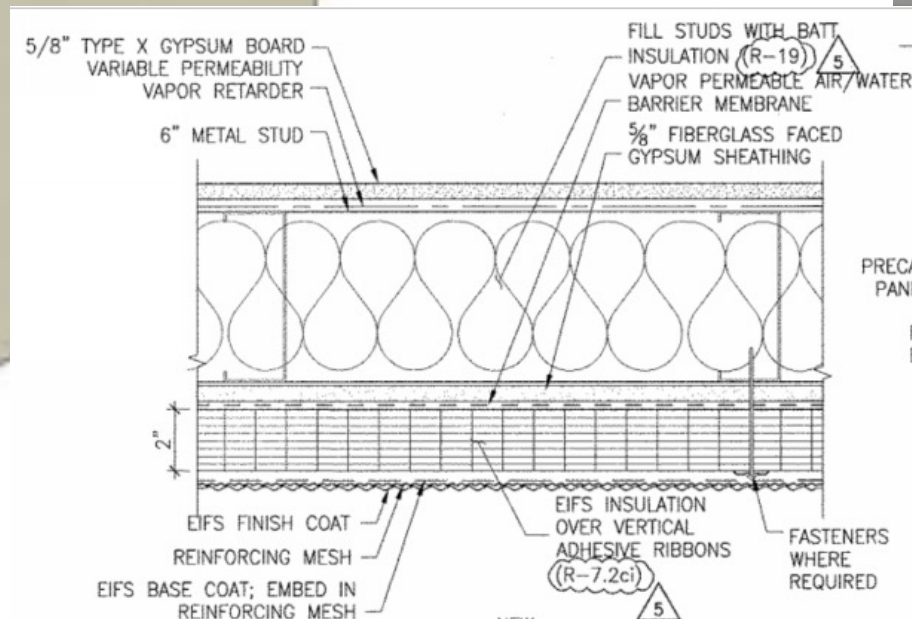
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# Exterior Insulation Finish System – Cement/Plaster





# Drainage Plane

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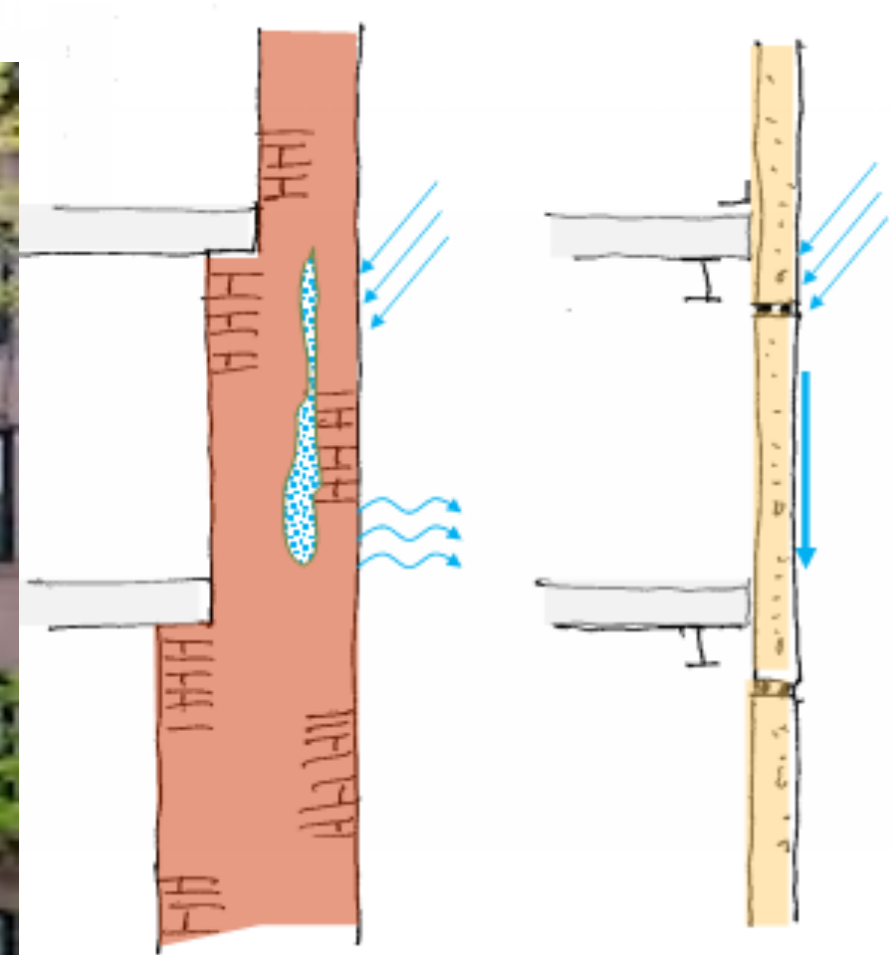


Image credit: Jeffrey D. Kerr, P.E.





# Drainage Plane

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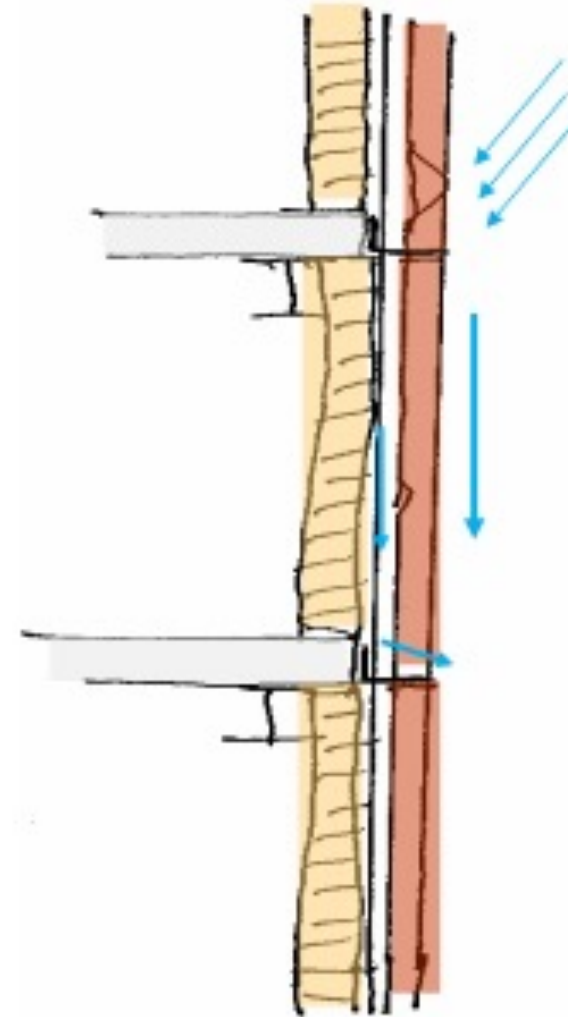
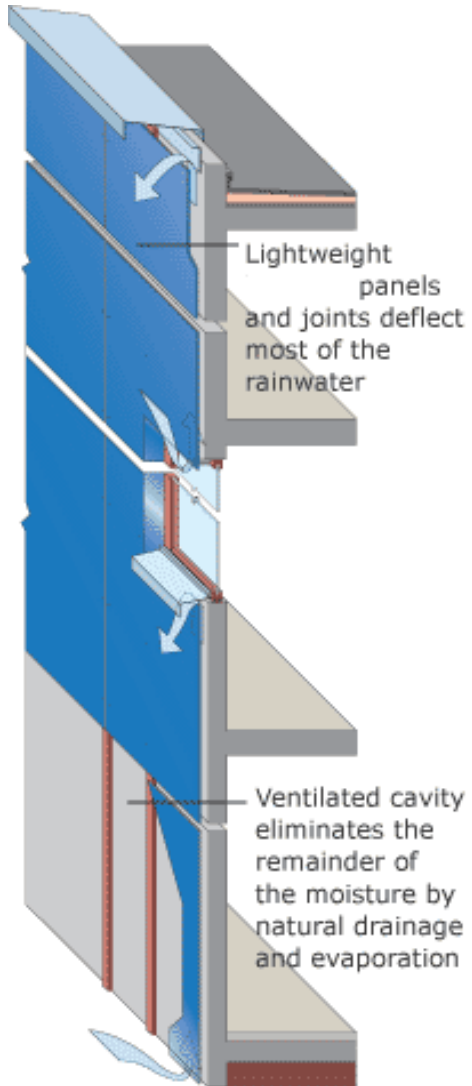


Image credit: Jeffrey D. Kerr, P.E.



# Rainscreen Systems







# Rainscreen Systems

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# Rainscreen Systems

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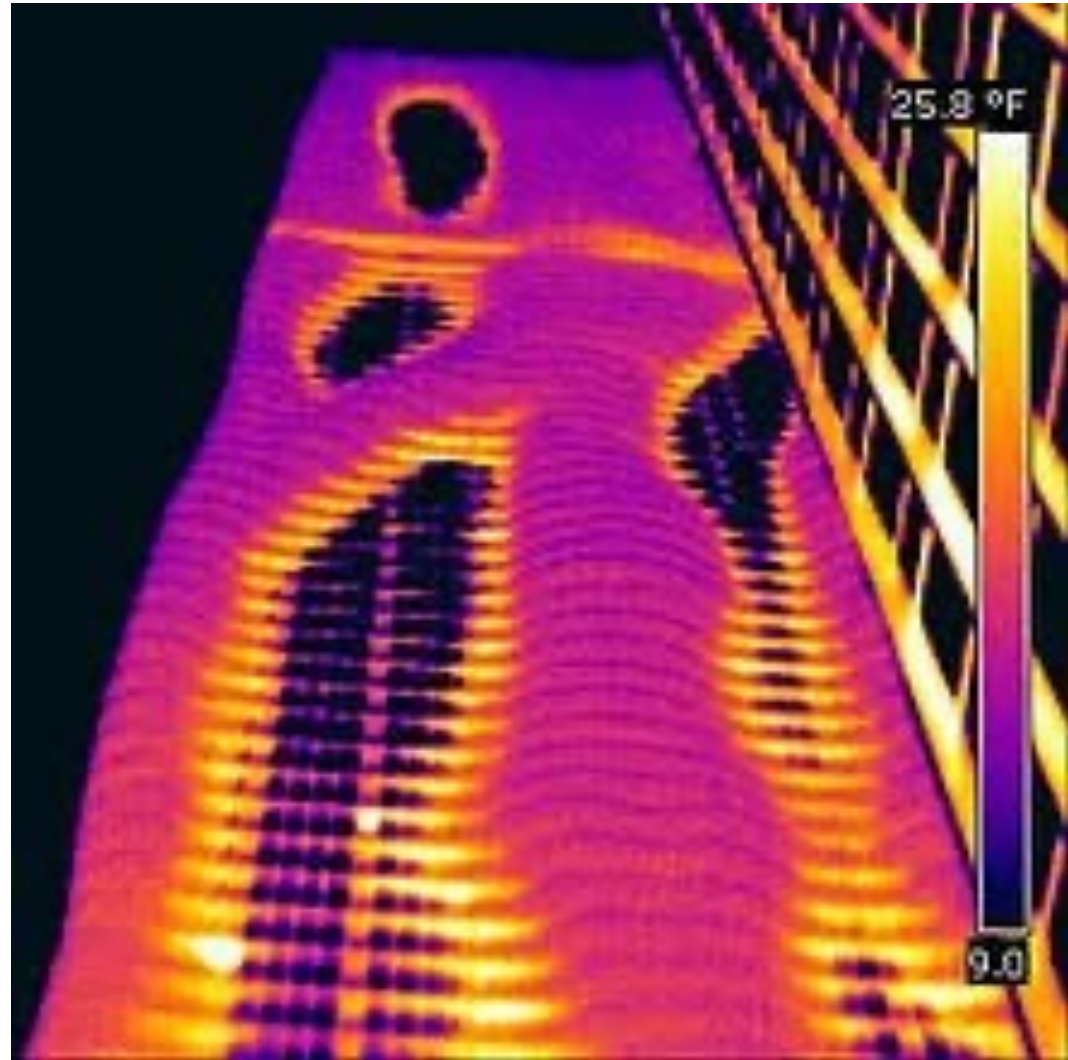






# Attachment Design

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# Attachment Design

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## Discrete Anchor Systems

Masonry Veneer/Siding/EIFS

Limited thermal bridging

Consider fastener penetration through water/air barrier

Ties





# Attachment Design

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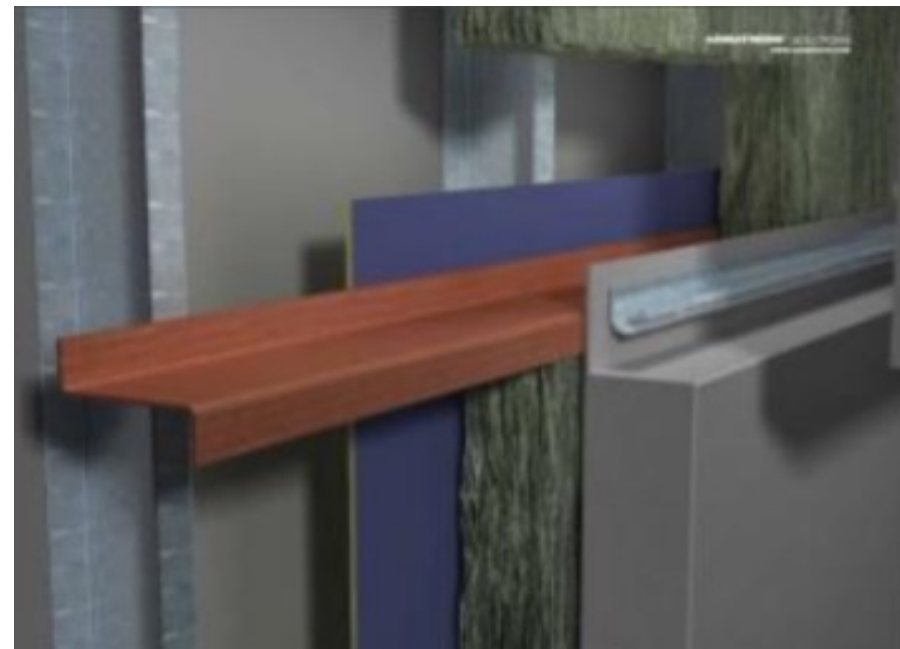
## Girt Systems

Panel Systems

Some thermal bridging

Provide improved detailing at penetrations

Combining clips and girts can improve thermal performance







# Attachment Design

## For Cladding Finish Systems: Girts

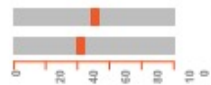
### Galvanized Girts



#### Description

Typical z-girts are usually galvanized steel. Most projects use these to support their cladding systems.

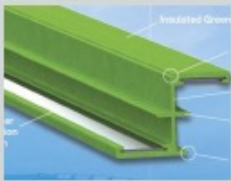
Thermal efficiency per SWA: **43%-53%**



**53%** for Steel backup  
**43%** for CMU backup

Standard Product

### Fiberglass Girts



#### Description

Fiberglass girts are installed and used the same way as typical metal z-girt. The fiberglass material reduces thermal bridging.

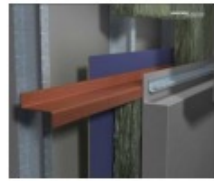
Thermal efficiency per SWA: **91%-95%**



**91%** for Steel backup  
**95%** for CMU backup

Example Products:  
Green Girt- Simple Z

### Thermoset Resin Girts



#### Description

These girts have a low thermal conductivity. Made of fire resistant resin material. Can be spaced 16" or 24" o.c. and is very strong.

Thermal efficiency per SWA: **96%**



**96%** for Steel backup  
**96%** for CMU backup

Example Products:  
Armatherm Z Girt

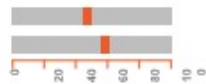
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#### Description

These clips are usually galvanized steel and are used to support rainscreen and panel cladding systems.

Thermal efficiency per SWA: **46-59%**



**46%** for Steel backup  
**59%** for CMU backup

Standard Product

## For Cladding Finish Systems: Clips

### Stainless Steel Clips



#### Description

Replacing galvanized steel clips with stainless steel ones can greatly reduce the thermal conductivity.

Thermal efficiency per SWA: **63-74%**



**63%** for Steel backup  
**74%** for CMU backup

Example Products:  
A-Clip, MFSSCHAN

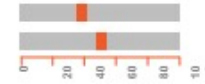
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#### Description

Aluminum clips are light weight and strong. They are a more elastic and non corrosive alternative to traditional metal clips.

Thermal efficiency per SWA: **38-52%**



**38%** for Steel backup  
**52%** for CMU backup

Example Products:  
Alpha Brackets

### Fiberglass Clips



#### Description

Fiberglass clips have a much lower thermal transmittance coefficient than any metal equivalent.

Thermal efficiency per SWA: **64-79%**



**64%** for Steel backup  
**79%** for CMU backup

Example Products:  
Cascada Clip

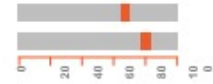
### Thermal Stop Clips



#### Description

This clip has a plastic thermal stop at the base and head to help mitigate thermal bridging.

Thermal efficiency per SWA: **67-80%**



**67%** for Steel backup  
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Example Products:  
Pos-I-Tie Thermal Clip,  
Nvelope NV1 Thermal Clip



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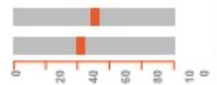
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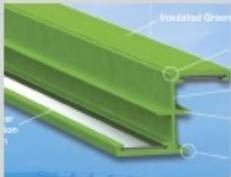
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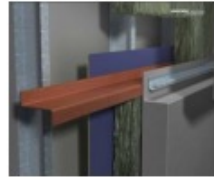
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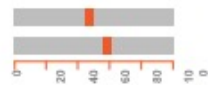
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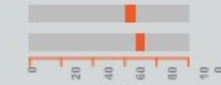
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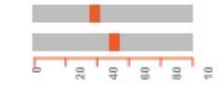
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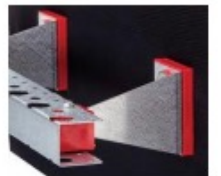
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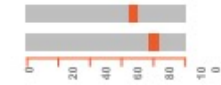
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# FROM DESIGN THROUGH CONSTRUCTION



# Detailing the Control Layers

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## Continuity of Control Layers

**Readability** – clearly communicate the intent

**Durability** – select materials appropriate for the life of the building

**Maintainability** – consider frequency and effort of maintenance

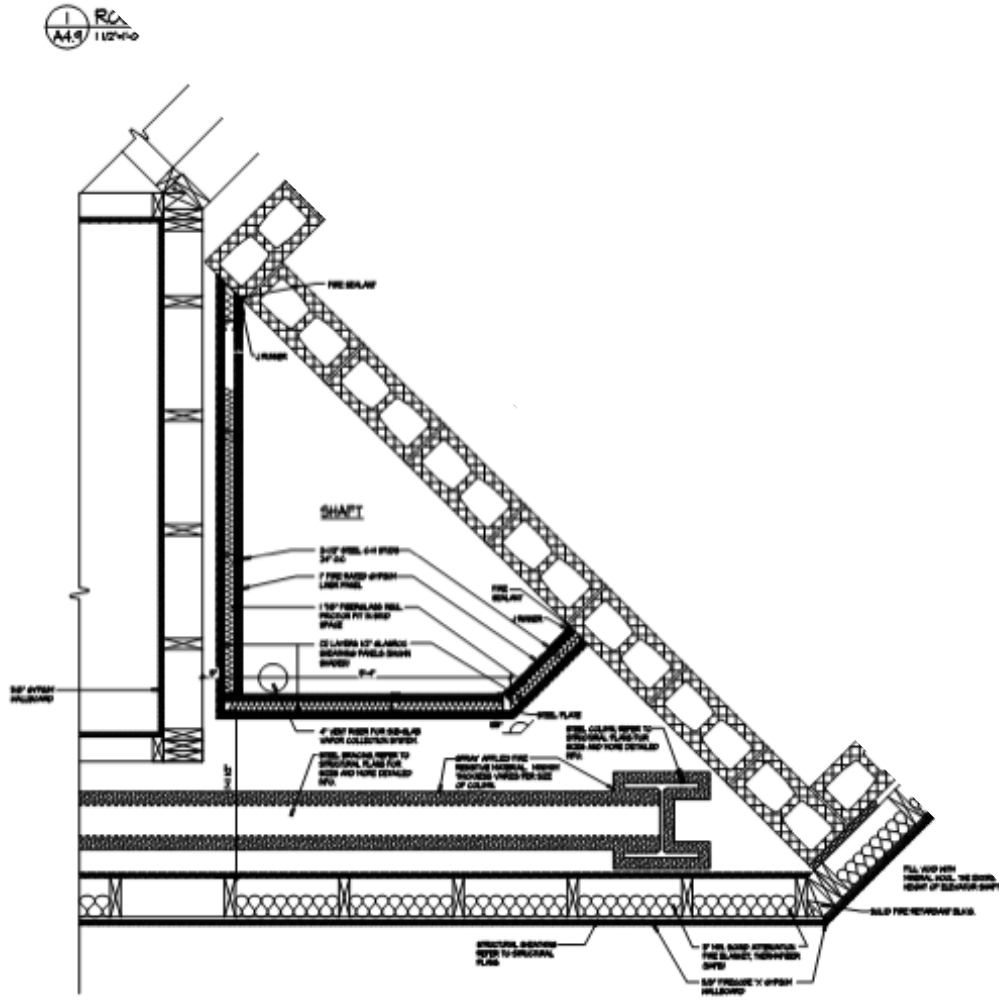
**Sustainability** – consider impact on the environment

**Liability** – shortcomings in the above can contribute to costly remediation



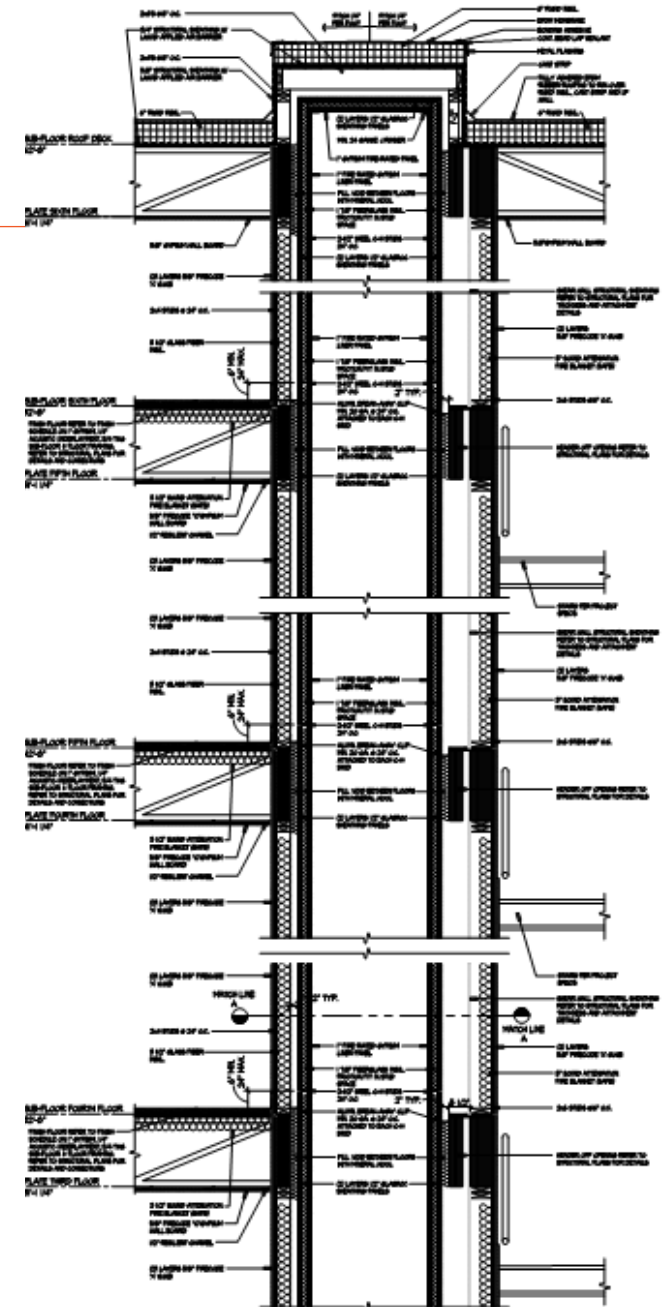


# Detailing the Control Layers



FIRST FLOOR SHAFT FRAMING DETAIL

4  
A4.9 1/24/10



WALL SECTION THROUGH 6 STORY SHAFT (UNITS 201-601)

5  
A4.9 1/24/10



# Detailing the Control Layers

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# Detailing the Control Layers

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Image credit: Loom City Lofts, LLC





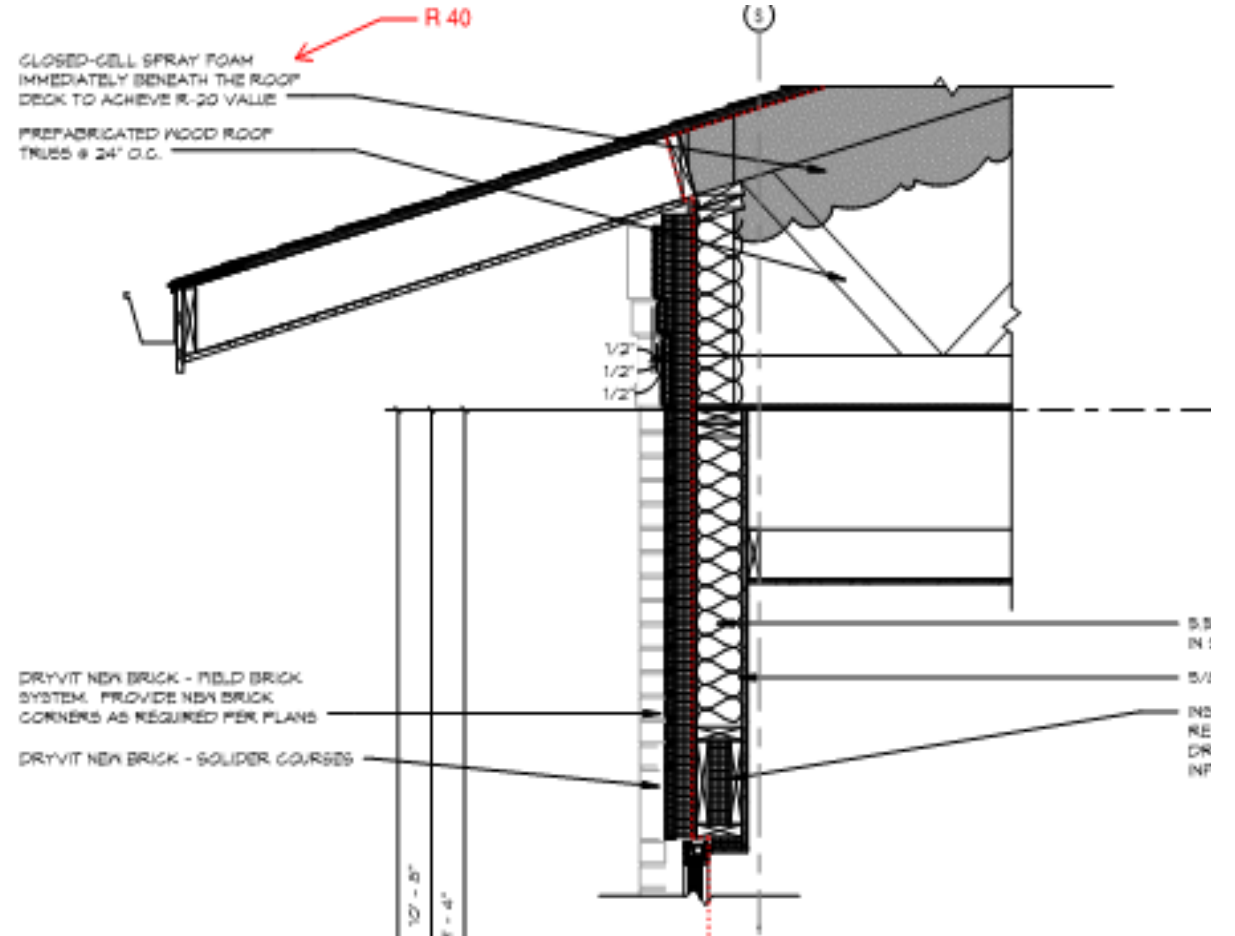
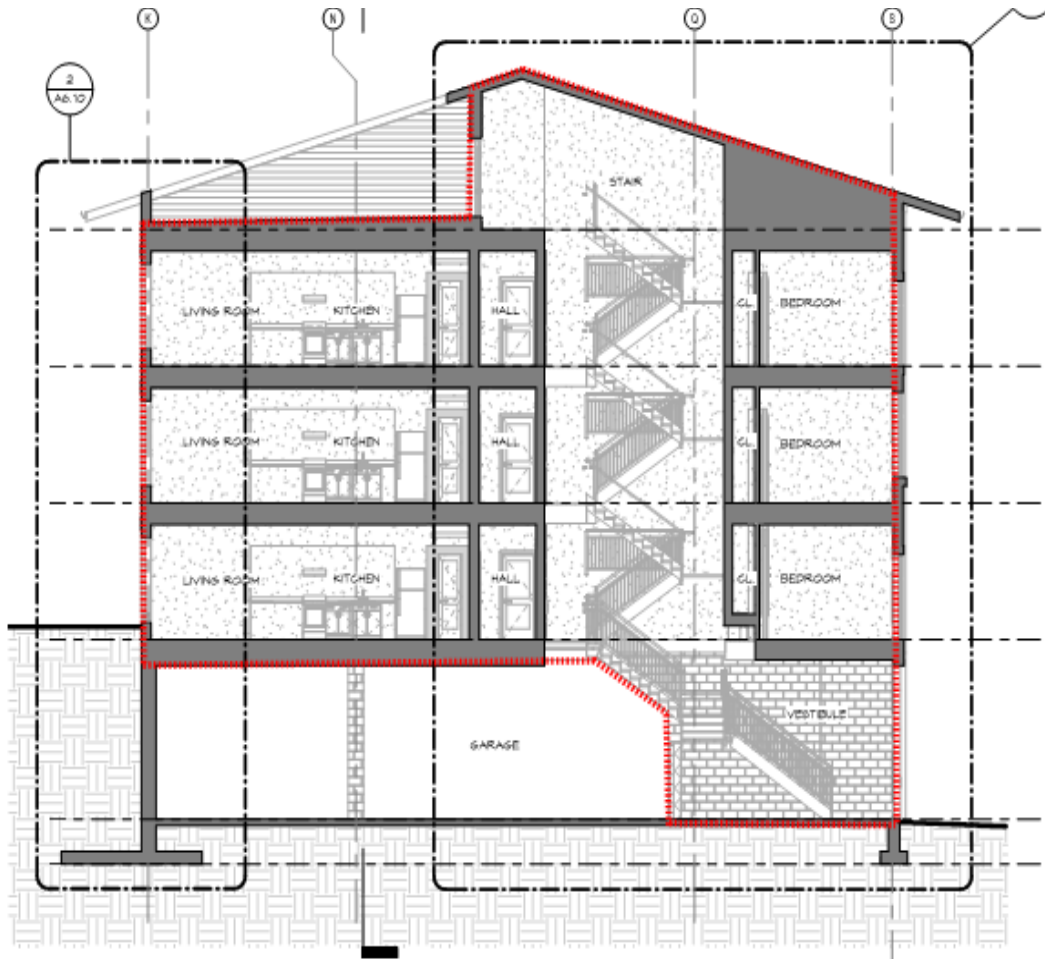
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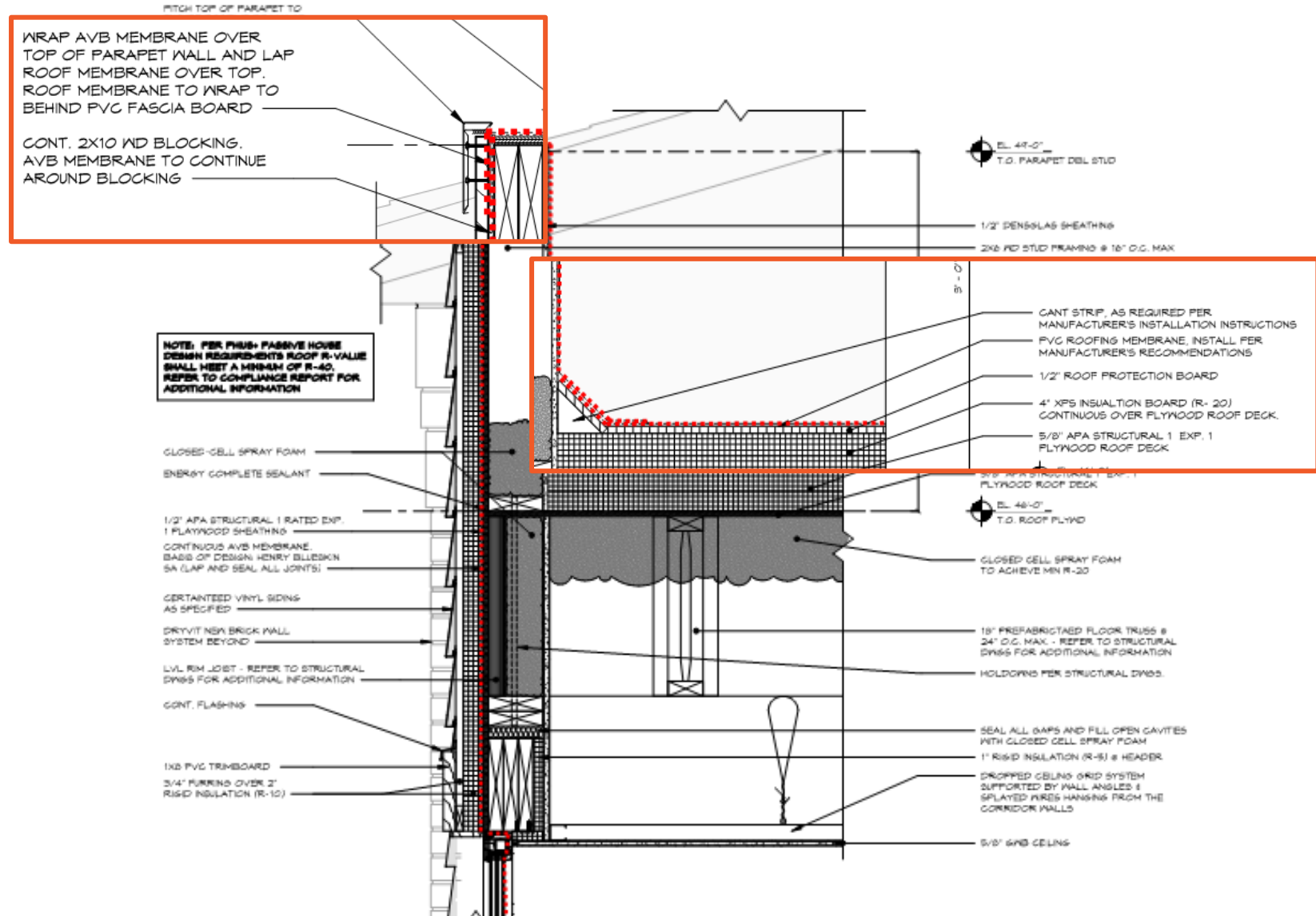


# Air Barrier





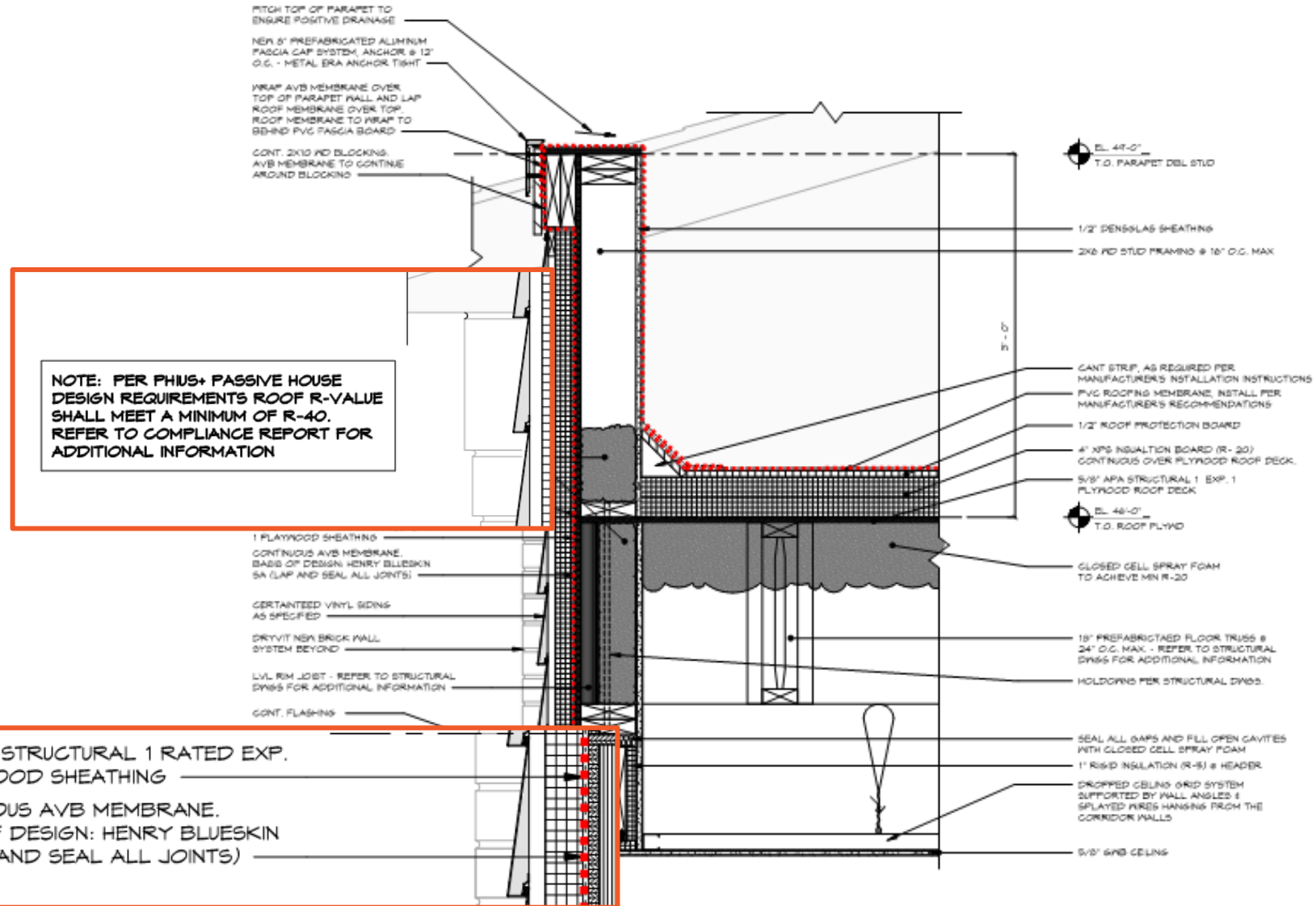
# Air Barrier







# Air Barrier





# Air Barrier & Thermal Barrier

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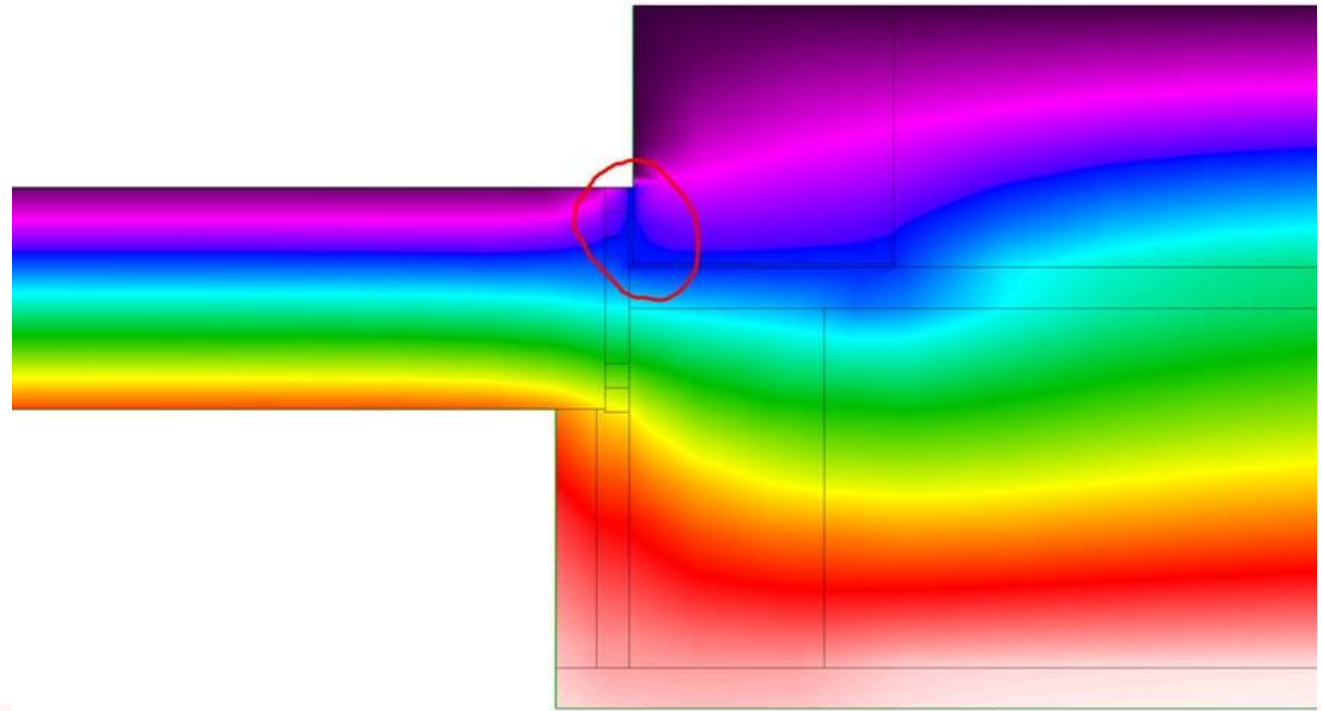
# Air Barrier & Thermal Barrier





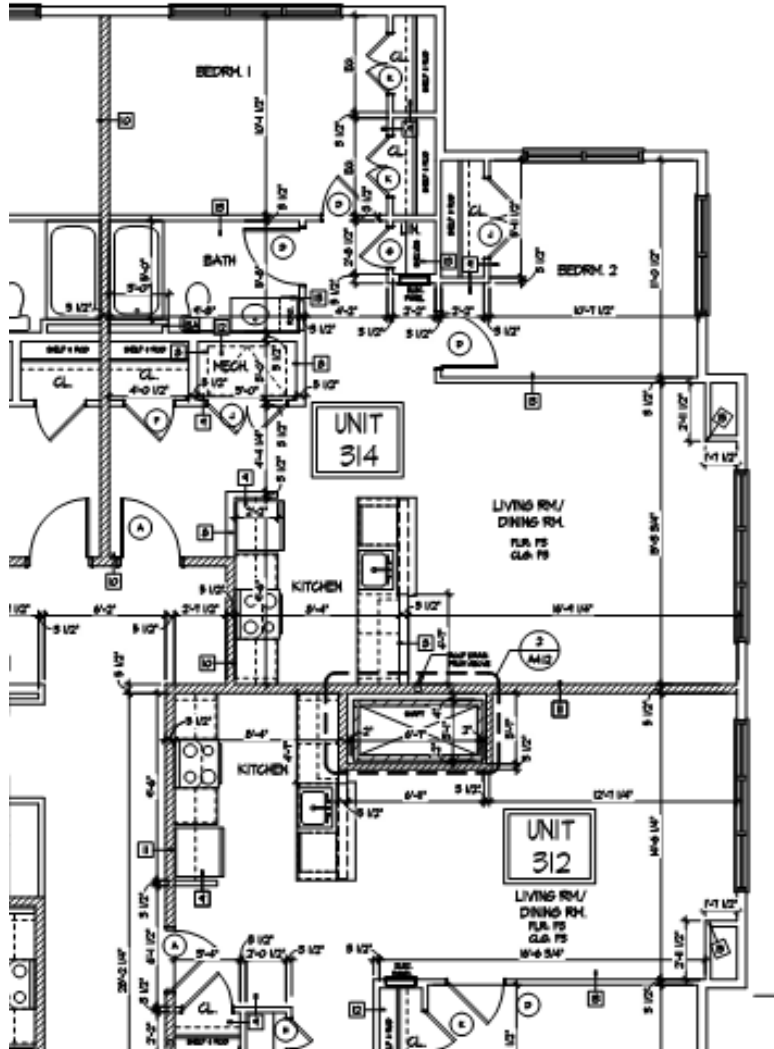
# Heat Transfer

## Conductio





# Air Barrier & Thermal Barrier





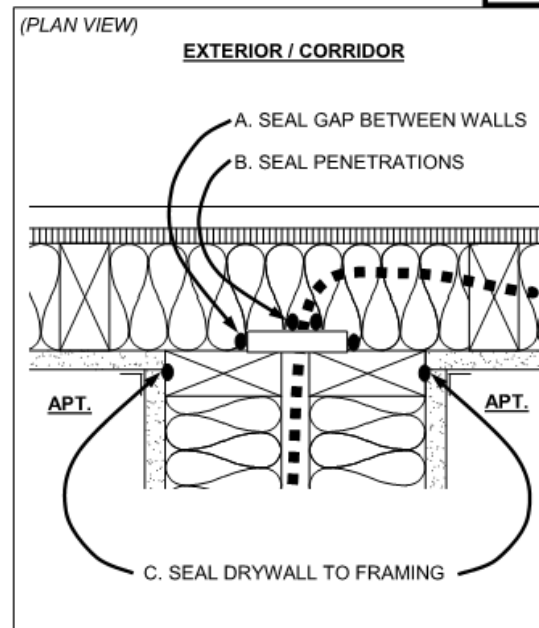


# Air Barrier & Thermal Barrier



7

## DEMISING DOUBLE WALL AT EXTERIOR / CORRIDOR WALL



### Notes:

A, B, C. Intent: reduce leakage between exterior / corridor wall and demising wall / interior partition

#### A. Options:

- Expanding foam
- Plywood, drywall or rigid foam board with edges caulked

A. Mineral wool or fiberglass batts are NOT acceptable as an air barrier

C. Option: apply drywall adhesive to framing BEFORE installing drywall

### Responsibilities:

Drywall: C  
Mech/Elec/Plumb: A, B







# Air Barrier

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# Air Barrier

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# DURABILITY & COMFORT



# Ventilation & Filtration

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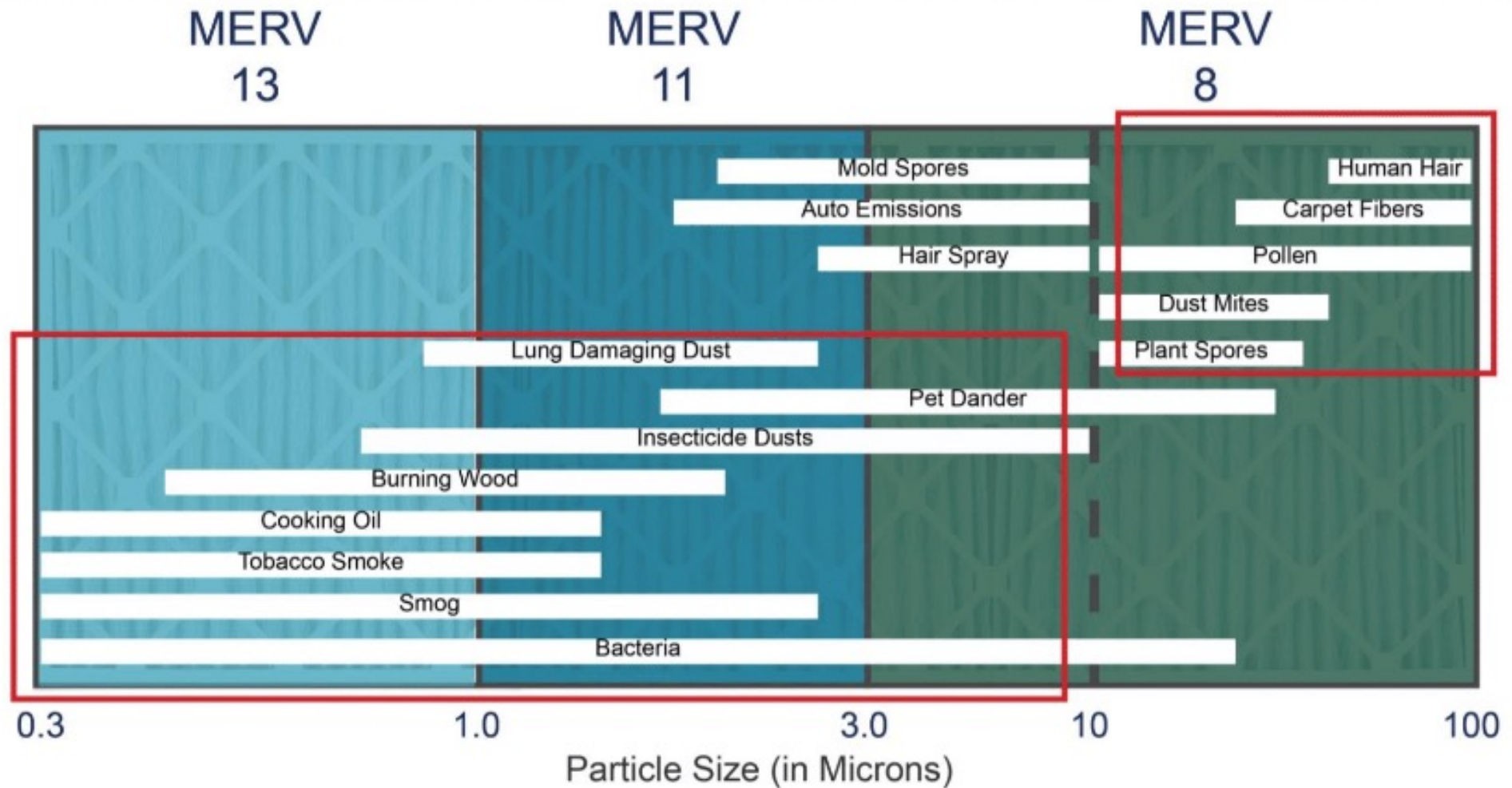
# Ventilation & Filtration

## MERV Rating Chart

14	90-95%	>98%	Most Tobacco Smoke	Smoking Lounges	Synthetic media, 12-36 in. deep, 6-12 pockets <b>Box Filter- Rigid Style Cartridge</b>
13	89-90%	>98%	Proplet Nuceli (Sneeze)	Superior Commercial Buildings	Filters 6 to 12" deep may use lofted or paper media.
12	70-75%	>95%	1.0-3.0 pm Particle Size Legionella	Superior Residential	<b>Bag Filter- Nonsupported</b> microfine fiberglass or synthetic media, 12-36 in. deep, 6-12 pockets
11	60-65%	>95%	Humidifier Dust Lead Dust	Better Commercial Buildings	<b>Box Filter- Rigid Style Cartridge</b> Filters 6 to 12" deep may use lofted or paper media.
10	50-55%	>95%	Milled Flour Auto Emissions	Hospital Laboratories	
9	40-45%	>90%	Welding Fumes		
8	30-35%	>90%	3.0-10.0 pm Particle Size	Commercial Buildings	<b>Pleated Filters-</b> Disposable, extended surface area, thick with cotton-polyester blend media



# Ventilation & Filtration





# Air Quality is Impactful

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When all the doors and windows are closed, where does the air we breathe come from?



# Air Quality is Impactful



## EMOTIONAL CHANGES

- Mood changes, feeling agitated or depressed



## RESPIRATORY CHANGES

- Sinus congestion
- Coughing or shortness of breath
- Increases use of asthma inhaler or other medications



## COGNITIVE CHANGES

- Frequent headaches
- Foggy thinking, difficulty making decisions
- Sleep disturbance (can't sleep, can't wake up)
- Short term memory loss



## OTHER PHYSICAL ISSUES

- Stomach discomfort
- Muscle and joints hurt, making exercise difficult
- Extreme fatigue, feeling lethargic
- Always feeling sick (too many colds)
- Skin rashes
- Night sweats
- Heart racing or palpitations







# Air Quality is Impactful

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- There are 130 million homes in America with 2.9 living in each
- 46% of the homes have an indoor air quality issue affecting at least 1 family member
- 65,000,000 people

Suffering

Missing work

Missing school

Visiting emergency rooms





# Air Quality is Impactful

	Good (CHFA Required)	Better (Labeled/Certified/Commissioned)	Best (Labeled/Zero Energy/ Zero Carbon)
Quiet		Quieter Don't Feel Allergies	Peacefully Quiet Don't Feel Allergies
Much Less Dirt/Dust Low Odors		Nearly Dust Free No Odors	Nearly Dust Free No Odors
Fewer Sick Days Sleep Better Cognitive Improvement +		Few Bugs & Spiders Fewer Sick Days+ Sleep Better ++ Cognitive Improvement +	<u>No</u> Bugs & Spiders Fewer Sick Days++ Sleep Better +++ Cognitive Improvement ++
Health Savings \$ Energy Savings \$\$		Health Savings \$\$ Energy Savings \$\$\$	Health Savings \$\$\$ Energy Savings \$\$\$\$





# Determining Health Outcomes

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**It's NOT your genetic code...**

Source: <https://www.cdc.gov/nchhstp/socialdeterminants/faq.html>

- <5% Genetics/biology
- ~20% Lifestyle/behavior
- ~20% Medical care
- ~55% Physical & social environment



# Determining Health Outcomes





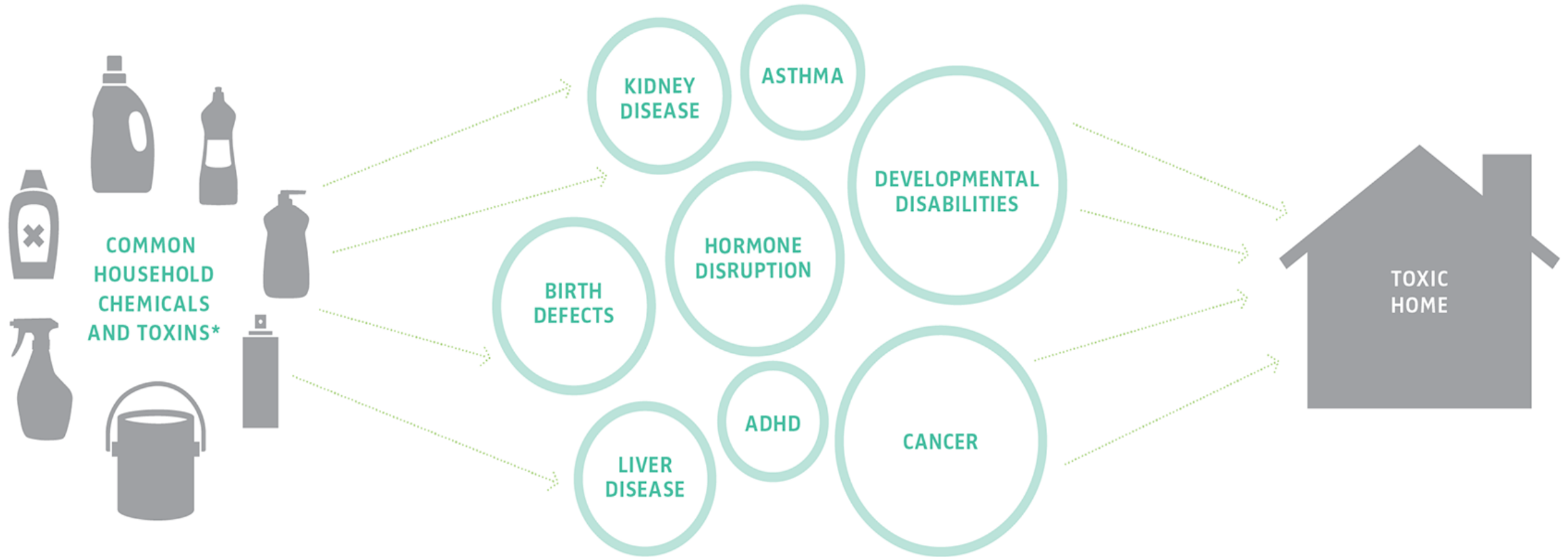


# Determining Health Outcomes





# Avoid Toxins & Chemicals of Concern







# Avoid Toxins & Chemicals of Concern

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- Tobacco smoke                      Cancer · Heart Disease · Respiratory Illness
- Biological contaminants        Respiratory Illness · Lung Disease · Stress
- Combustion by-products        Cancer · Respiratory Illness · Lung Disease
- Household products              Cancer · Respiratory Illness · Neurological Issues
- Toxic materials                    Cancer · Respiratory Illness · Neurological Issues
- Radon                                 Cancer
- Safety & security                 Stress
- Diet & Exercise                    Cancer · Heart Disease · Respiratory Illness





# Avoid Toxins & Chemicals of Concern

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- Nonylphenol Ethoxylates (NPE)
- Phthalates
- Antimicrobials
- Flame Retardants
- Perfluorinated Chemicals (PFC)





# Avoid Toxins & Chemicals of Concern

Assembly	Component	Location	Occupant Exposure	Materials to Avoid	Concerns	Alternatives	Brand
<u>Foundation</u>	Concrete	Exterior	Negligible		Cement: CO2 & heavy metal emissions, airborne pollution, quarrying	Superior Wall (extruded polystyrene foam insulation)	
	Waterproofing	Exterior	Negligible		Styrene-butadiene (possible carcinogen)	Drainage Boards/Mats	
	Drainage Mat	Exterior	Negligible				
	PVC Drainage	Exterior	Negligible	Polyvinyl Chloride (PVC)	Manufacturing Concerns		
	Masonry	Exterior	Negligible				
	Masonry Ties	Exterior	Negligible				
	Slab Insulation	Interior	Negligible	EPS, XPS, Polyiso	(MDI) methylene diphenyl diisocyanate	Cellular Glass Insulation	FoamGlas
<u>BG Walls</u>	Studs	Interior	Moderate				
	Insulation	Interior	Moderate	Spray Foam Insulation	Isocyanates, MDI, polyols (catalysts)	mineral wool	
	Drywall	Interior	Certain	paper faced	mold/moisture	paper-less board	Dense Shield
	Drywall Sealant	Interior	Certain		toluene diisocyanates (TDIs)	California Air Resources Board (CARB) compliant	

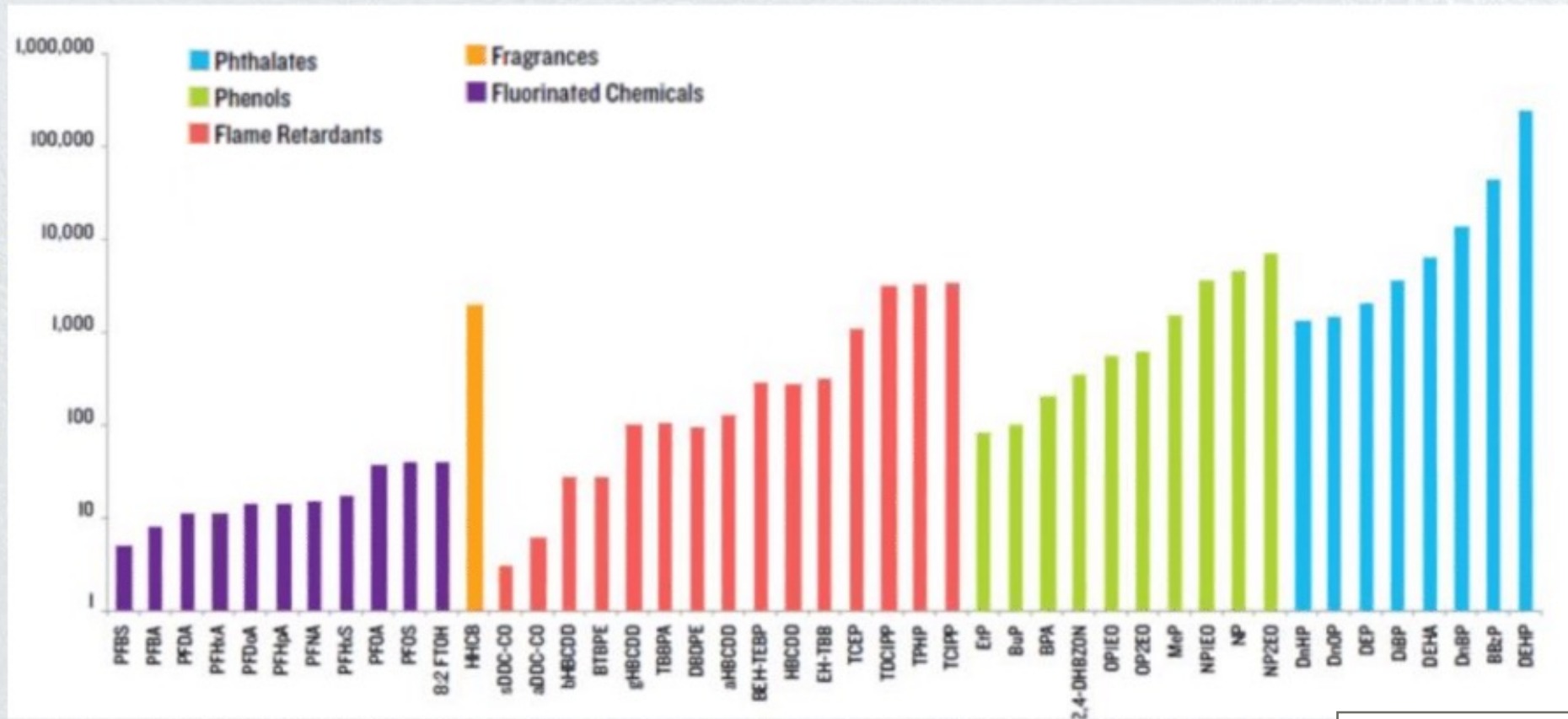




# Avoid Toxins & Chemicals of Concern

## Particulates: It's Not Just Dirt

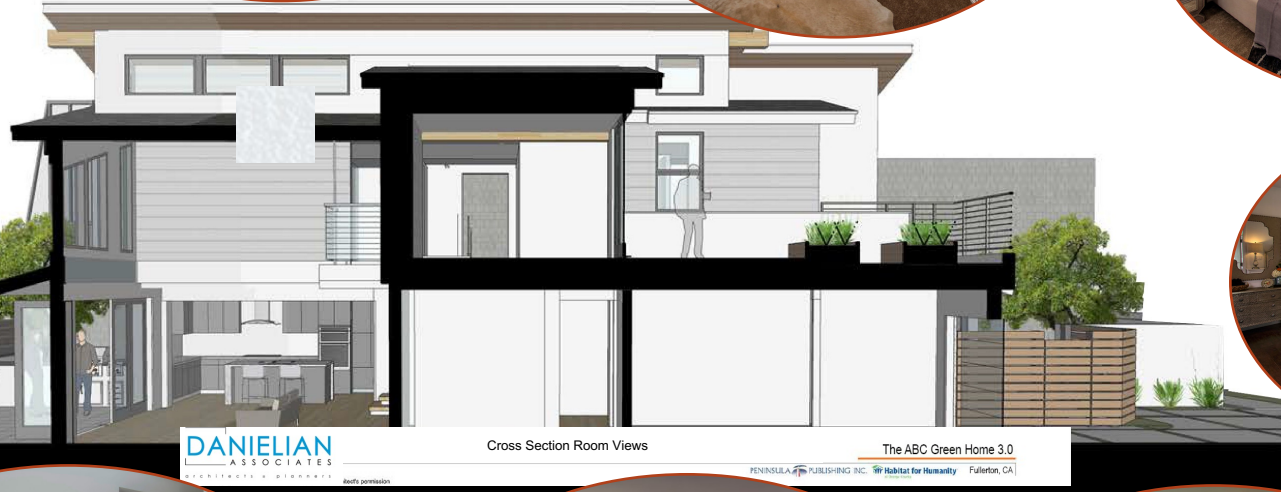
Average Concentration of Chemical  
In Dust (NG/G)



Chemicals

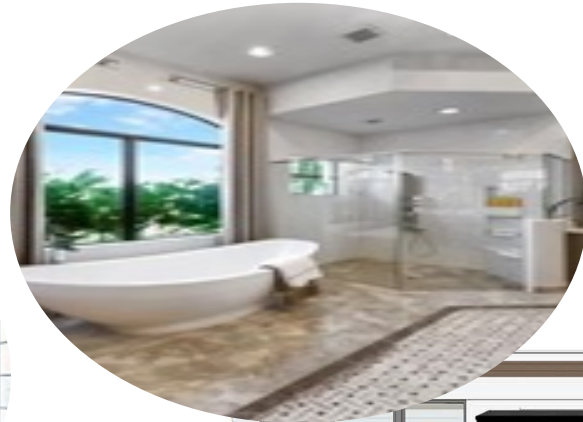


# Avoid Toxins & Chemicals of Concern





# Avoid Toxins & Chemicals of Concern



# Building Materials

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- Global Warming Potential (GWP)
- Embodied Carbon
- Life Cycle Analysis (LCA)





# Building Materials

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- Closed Cell Foam in 2010 had a GWP of about 1,000
- Today some blowing agents have GWP as low as 1
- R410a GWP is 2088
- CO<sub>2</sub> is 1

A GREEN BUILDING INNOVATION FOR  
HIGH-PERFORMANCE, ULTRA-EFFICIENT HOT WATER

**SAN CO<sub>2</sub>**  
Hot water, naturally.

Heat Pump Water Heaters



# Building Materials



## Embodied Carbon

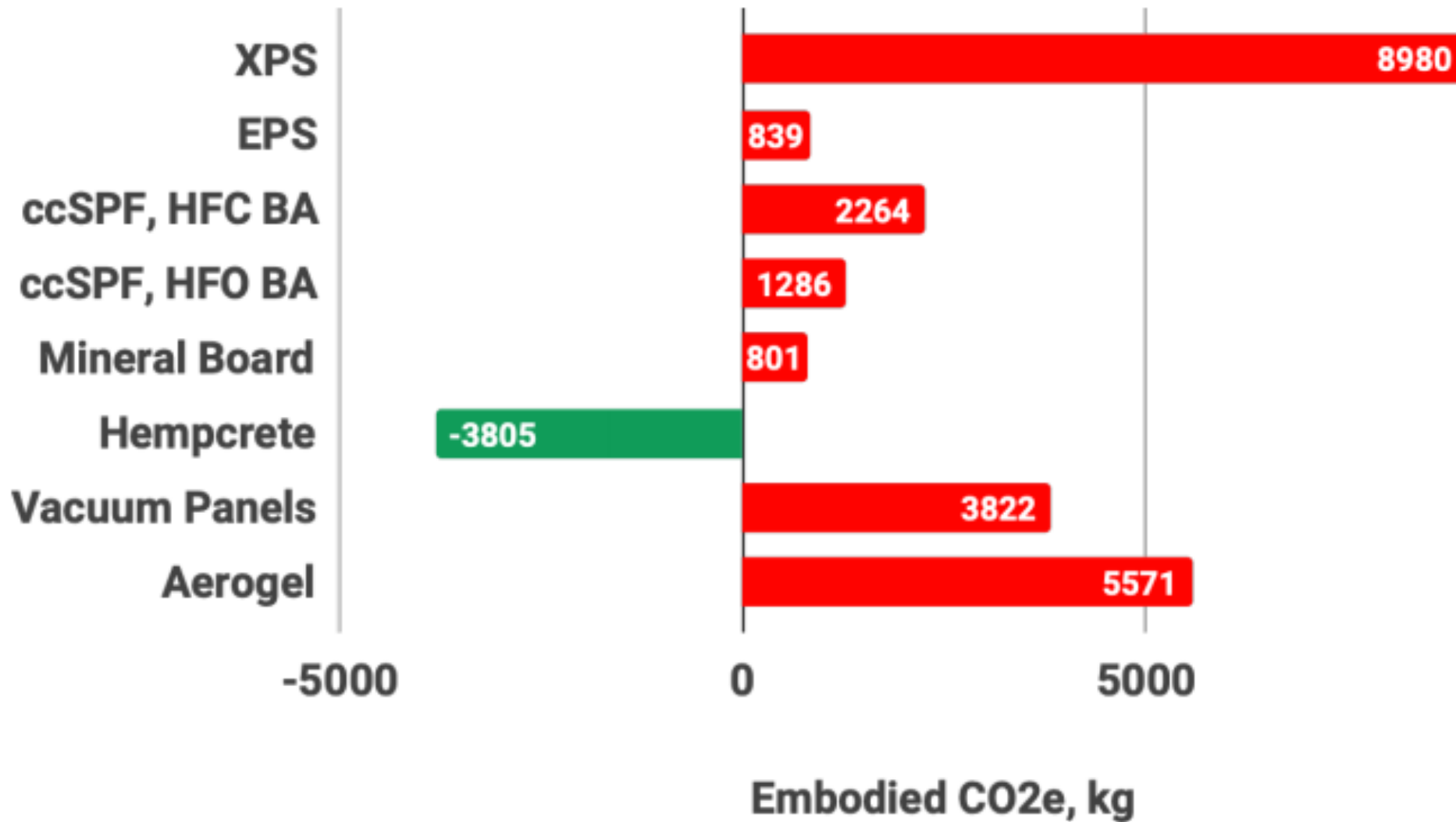
Manufacture, transport and installation of construction materials

## Operational Carbon

Building Energy Consumption



# Building Materials



# Building Materials



## EPDs Enable Embodied Carbon Transparency

### Environmental Product Declarations

**Nutrition Facts**  
Serving Size 2/3 cup (55g)  
Servings Per Container About 8

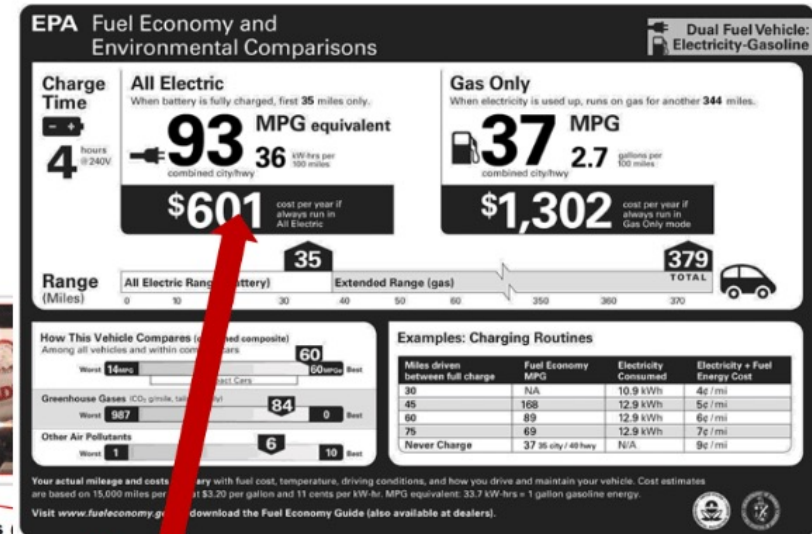
Amount Per Serving		% Daily Value*
<b>Calories</b> 230	Calories from Fat 40	
<b>Total Fat</b> 8g		<b>12%</b>
Saturated Fat 1g		5%
Trans Fat 0g		
<b>Cholesterol</b> 0mg		<b>0%</b>
<b>Sodium</b> 160mg		<b>7%</b>
<b>Total Carbohydrate</b> 37g		<b>12%</b>
Dietary Fiber 4g		16%
Sugars 1g		
<b>Protein</b> 3g		



#### Life Cycle Impact Results

Declared Unit: 1 m<sup>3</sup> of 10,000 psi concrete at 28 days

OPERATIONAL IMPACTS	PerformX™ PECC10K
Plant Operating Energy (MJ)	38.6
On-Site Plant Fuel Consumption (MJ)	11.1
Concrete Batch Water (m <sup>3</sup> )	1.68E-08
Concrete Wash Water (m <sup>3</sup> )	1.91E-08
On-Site Waste Disposal (kg)	0.0
<b>ENVIRONMENTAL IMPACTS</b>	
Total Primary Energy (MJ)	3.0
Climate Change (kg CO <sub>2</sub> eq)	445
Ozone Depletion (kg CFC 11 eq)	1.31E-08



#### EPD Results are like MPG

- Estimates based on standard assumptions (PCR)
- Known variability
- Directionally accurate



# Building Materials

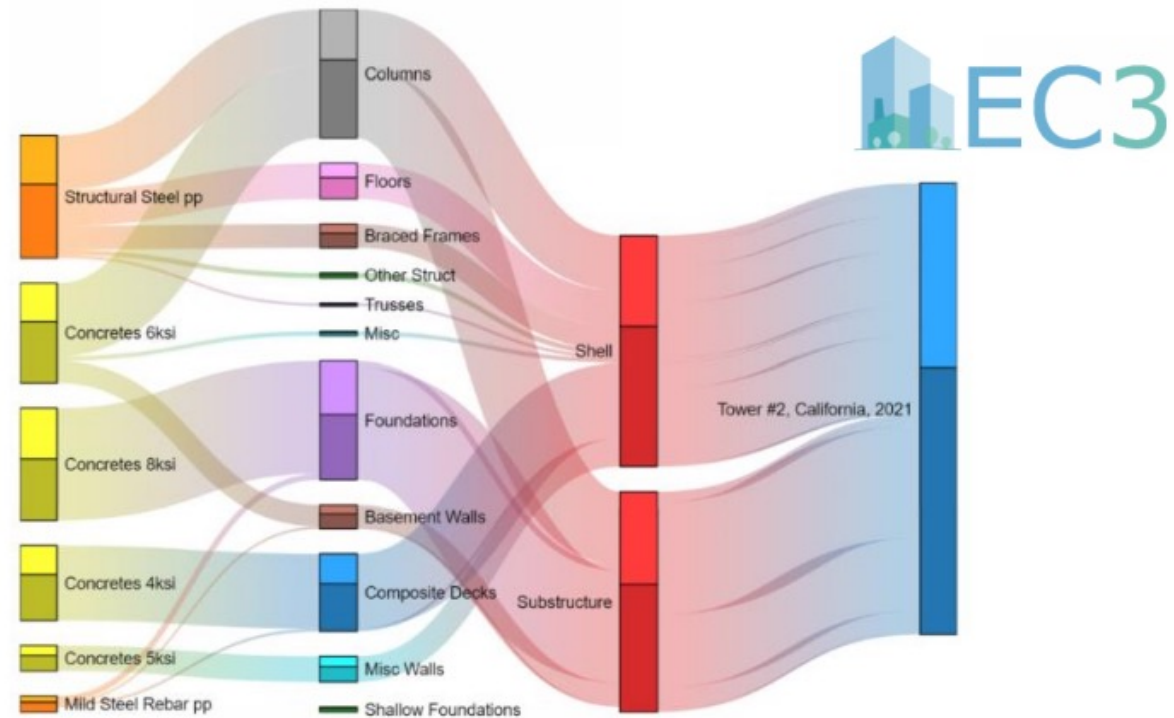


## EC3: Embodied Carbon Calculator for Construction

### PROJECT SPONSORS



Interface



PROJECT LEADERSHIP





SOLUTIONS



# Solutions



**United Technologies** THE IMPACT OF GREEN BUILDINGS ON COGNITIVE FUNCTION

**24** PARTICIPANTS

**6** DAYS **OVER** **2 WEEKS**

**2 TESTS**

**1** Multivariable test for building types:

Conventional i.e., Typical Office	Green Low VOC	Enhanced Green Low VOC and High Ventilation
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**2** Single-variable test for carbon dioxide:

Low CO <sub>2</sub>	Moderate CO <sub>2</sub>	High CO <sub>2</sub>
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The Total Indoor Environmental Quality Lab is housed at Syracuse Center of Excellence. The lab was used to simulate conditions observed in different office environments.

PARTICIPANTS EXPERIENCED

**SIGNIFICANTLY BETTER COGNITIVE FUNCTION**

**FEWER HEALTH SYMPTOMS**

**BETTER PERCEIVED INDOOR ENVIRONMENTAL QUALITY**

**BASED ON THE FOLLOWING COGNITIVE FUNCTION DOMAINS**

- Basic activity level
- Applied activity level
- Focused activity level
- Task orientation
- Crisis response
- Information seeking
- Information usage
- Breadth of approach
- Strategy

# Solutions



## BETTER BUILDINGS=

BETTER SLEEP + BETTER HEALTH + BETTER COGNITIVE FUNCTION

### BUILDING ENVIRONMENT



**BLUE-ENRICHED LIGHT**  
(such as daylight)  
during the day has been shown to improve sleep quality at night (Viola et al. 2008)



**SLEEP QUALITY SCORES 25% HIGHER**  
scores were associated with **2.8% higher cognitive function scores** the next day



**MELATONIN**  
A larger contrast between daytime and nighttime light exposure **results in more melatonin**, a hormone that promotes sleepiness, being released in the evening (Takasu et al. 2006)



**SLEEP QUALITY SCORES 6.4% HIGHER**  
in high-performing<sup>1</sup>, green-certified<sup>2</sup> buildings vs. high-performing, non-certified buildings

In addition, **26% Higher Cognitive Function Scores** in high-performing, green-certified

### BUILDING ENVIRONMENT



**BLUE-ENRICHED LIGHT**  
(such as daylight)  
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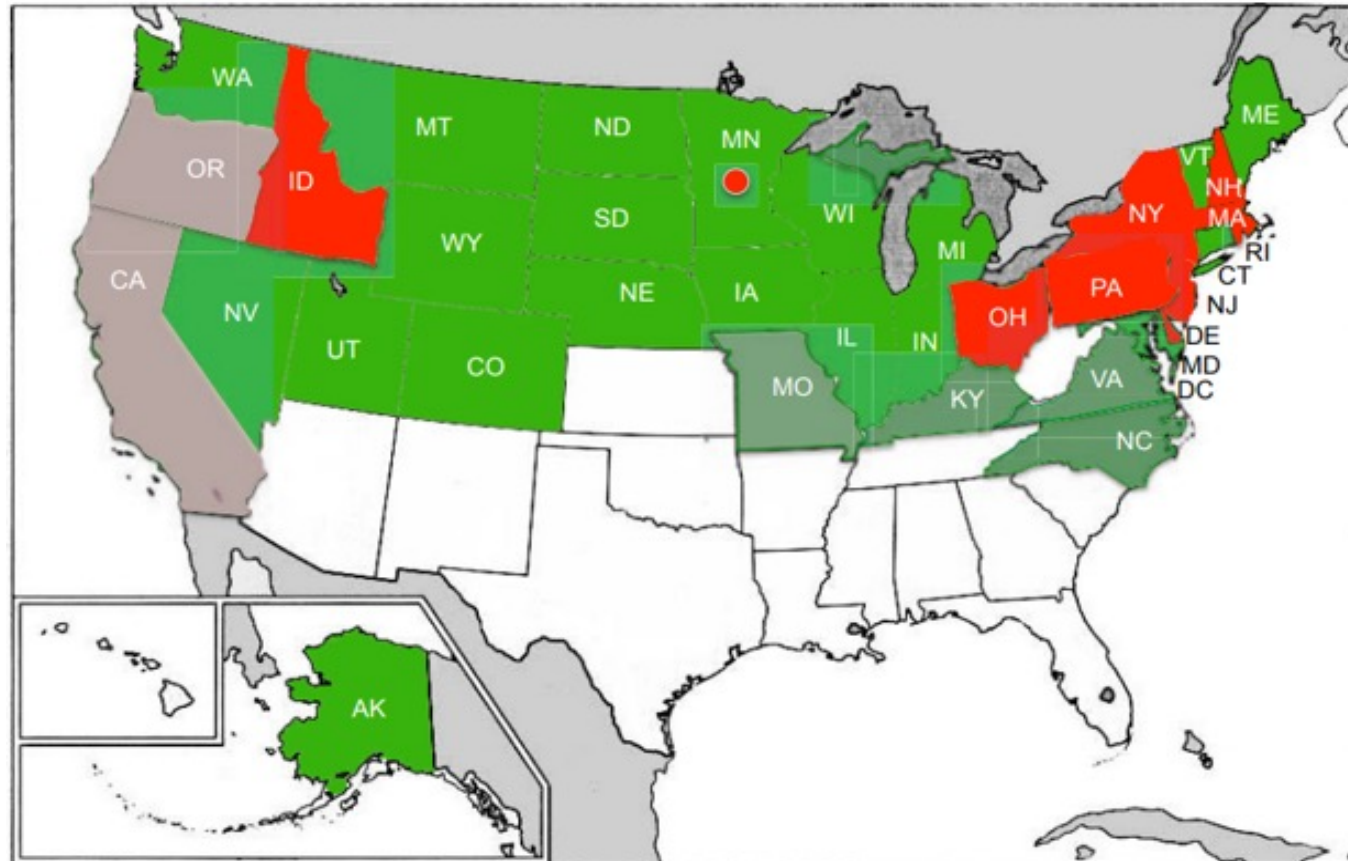
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# Solutions



-  HFA's committed to PH
-  HFA's implementing PH strategies
-  HFA's interested . . .

*Image credit: The PHFA Project by Tim McDonald,  
Temple University Architect Research Center*



# Solutions

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## Green Rewards for existing multifamily:

- ASHRAE Level 2 audit paid for
- Lower pricing than “non-green” loans
- Underwriting 75% of owner’s projected savings
- Underwriting 25% of tenant’s projected costs

## Green Preservation Plus:

- Awards for updating equipment & reducing costs

## New Construction Certified Projects:

- Lower all-in interest rate with “green bundling” loans







# Solutions

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*“Residents of Crescent Crossings, the majority of whom are members of low-income households, can live both comfortably and sustainably at Crescent Crossings. This is of particular importance in a community of predominantly older, less efficient homes*

***... may have formerly had to choose the necessities of rent or food over their utility bills, residents are able to stress less without sacrificing comfort during cold winters and humid summers.”***

*their sustainable homes and enjoy learning how to conserve energy by using their sustainable home's features, such as programmable thermostats.*

***“Especially in our affordable housing communities, utility savings for residents is very valuable and directly impacts their daily lives.”***

*in tending to their lives at work and school. Orientation training provided by staff educates residents on the functionality of their new apartments and the benefits they receive which helps reduce maintenance requests.*

*These are lessons they will take with them wherever they go, bringing the message of conservation to the wider community. Finally, Crescent Crossings is an example to the greater affordable housing community of how sustainable building design is achievable, desirable, and marketable.”*

**- Dan Montanaro, JHM Group:**



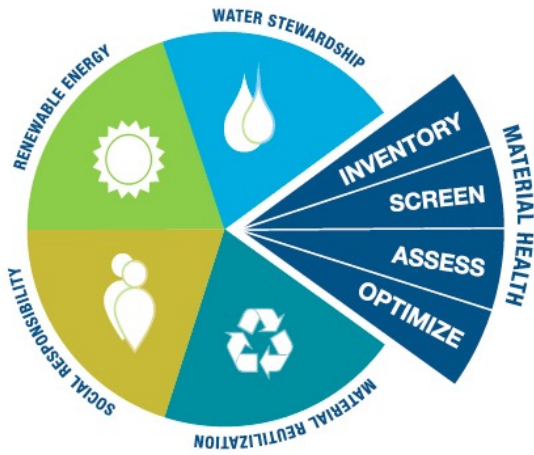
# Solutions







# Solutions





# Solutions

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# Resources



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<http://www.c2ccertified.org/products/registry>

<https://access.living-future.org/>

<https://hpdrepository.hpd-collaborative.org/Pages/Results.aspx>

<https://www.greenscreenchemicals.org/>

<https://materialpalette.org/>

<https://buildingclean.org/building/products/flooring>

[https://www1.eere.energy.gov/buildings/publications/pdfs/building\\_america/multi-family\\_air\\_sealing\\_guide.pdf](https://www1.eere.energy.gov/buildings/publications/pdfs/building_america/multi-family_air_sealing_guide.pdf)

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