Better Buildings Residential Network
Peer Exchange Call Series:
Roadmap for Integrating Health and Home Performance (201)

September 8, 2016
Call Slides and Discussion Summary
Agenda

- Agenda Review and Ground Rules
- Opening Polls
- Brief Residential Network Overview
- Featured Speakers
  - Kevin Kennedy, Director of Environmental Health, Children’s Mercy Hospitals and Clinics
  - Ellen Tohn, Founder and Principal, Tohn Environmental Strategies
  - Jonathan Wilson, Director of Research and Chief Financial Officer, National Center for Healthy Housing

- Roadmap Discussion
  - What specific services, products, marketing or collaboration strategies has your program found most successful to connect energy efficiency and health and take advantage of the health market?
  - What resources, tools, or information would your program find most helpful to integrate health and home performance?

- Closing Poll and Upcoming Call Schedule
Better Buildings Residential Network: Connects energy efficiency programs and partners to share best practices and learn from one another to increase the number of homes that are energy efficient.

Membership: Open to organizations committed to accelerating the pace of home energy upgrades.

Benefits:
- Peer Exchange Calls 4x/month
- Tools, templates, & resources
- Recognition in media, materials
- Speaking opportunities
- Updates on latest trends
- Voluntary member initiatives
- Residential Program Solution Center guided tours

Commitment: Provide DOE with annual number of residential upgrades, and information about associated benefits.

For more information or to join, email bbresidentialnetwork@ee.doe.gov, or go to energy.gov/eere/bbrn and click Join
Topic Overview:
Children’s Mercy Hospitals and Clinics
Home Performance: A New Part of Health Care

Kevin Kennedy, MPH, CIEC
Environmental Health

2015 Winner-HUD Secretary’s Award for Healthy Homes
Why Homes Matter?

Where do we experience illness?

In 2012, 117 million people in U.S. had a chronic health condition.

http://www.cdc.gov/chronicdisease
Asthma and Allergies in US

9% of the US Population has Asthma - 1 in 11
56% Atopic (Allergic)

~20% of the US Population have Environmental Allergies

From: www.aafa.org
Economic Evaluation of Home-Based Environmental Interventions

Systematic review

Strong evidence of effectiveness - reducing symptom days, improving quality of life or symptom scores, and reducing the number of school days missed

Recommendations

Use home-based, multi-trigger, multi-component interventions with an environmental focus for children and adolescents with asthma

Return on Investment

Net positive returns on investment - Benefit/cost ratio from 5.3 to 14

CDC Task Force, Findings and Rationale Statement Interventions for Children and Adolescents with Asthma, 2010
http://www.thecommunityguide.org/asthma/rrchildren.html
Cost Benefit (3 years)
Total Program Cost: $1,299,207
Net Benefits: $2,524,193

State Medicaid Reimbursement Policies:

• 27 states (54%) reported having some Medicaid reimbursement policy in place for
  • home-based asthma services
  • follow-up services for children with lead exposure.
• 7 states (14%) reported that one or more private payers in the state provide for home-based asthma services
• 7 states (14%) report one or more private payers exploring services implementation.
• 3 states (6%) reported knowledge of private payers who reimburse for or provide lead follow-up services
24% of Surveyed Households have Specific Concerns about Home Risks

Share of Owner Households Expressing ‘Healthy Home’ Concerns (Percent)

- Not Concerned, 56
- Unsure, 21
- Specific Concerns, 18
- Suspected Risks, 6

Share Expressing Any Concern or Suspected Risks: 24%

“Challenges and Opportunities in Creating Healthy Homes: Helping Consumers Make Informed Decisions”
Homeowner Interest in Healthy Housing

“Challenges and Opportunities in Creating Healthy Homes: Helping Consumers Make Informed Decisions”
Healthy Home Evaluator - New Micro-credential

Healthy Home Evaluator (HHE) Credential - Pilot Certification Scheme Handbook

Raising the Bar in Building Performance Contracting

March 17, 2016
State of Missouri Policy Finalized

- Medicaid reimbursement for
- home-based asthma education services
- Home Environmental Assessment

- Two national credentials approved for individuals to provide Environmental Assessments:
  - NEHA Healthy Home Specialist
  - BPI Healthy Home Evaluator

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Is Home Performance Healthy?

Energy Performance

Healthier Home

Very Healthy & Efficient?

Very Healthy

Unhealthy & Inefficient

Very Efficient

**Thanks to Eric Werling for conceiving of this illustration**
Discussion Highlights: Children’s Mercy Hospitals and Clinics

- **Homes are tied to health:** Homes are where people take care of themselves and experience and manage illnesses.

- Due to the significant amount of asthma and allergies in the U.S., research on healthy homes has primarily looked at these two illnesses.

- **The benefits of having health intervention programs for residences is clear,** now the discussion is centered on implementation:
  - Many states are working to reimburse home-based asthma services, over half of U.S. states are participating with Medicare.
  - Missouri has finalized a policy that allows reimbursement for certified building analysts to conduct healthy homes assessments and asthma education services.
Health Benefits of Energy Efficiency Part I:
Tohn Environmental Strategies
Health Benefits of Residential Energy Efficiency

Ellen Tohn
Tohn Environmental Strategies
etohn@tohnenvironmental.com
September 2016
How energy efficiency can reduce health risks

- Insulation Air Sealing
  - Warmer drier air, improved indoor temperatures & relative humidity
  - Fewer heat or cold related deaths
  - Less moisture, mold, particulates, pollutants, combustion by-products, allergens
  - Fewer asthma symptoms, respiratory risks, Chronic Obstructive Pulmonary Disease (COPD)
  - Fewer heart disease risks
  - Fewer cancer risks due to radon, formaldehyde, other sources
  - Less hypertension, heart disease

- Heating System Upgrades
  - Lower bills, better comfort
  - Less stress, better mental health

- Ventilation Vent Dryers

- Efficient Cooking Appliances

Reduced hospital and medical visits
Home asthma triggers

- Smoking
- Cockroach
- Mold
- Dust mites
- Pet dander
- Dust and allergens
# Home energy efficiency health improvements

<table>
<thead>
<tr>
<th>Type of Energy Related Work</th>
<th>Reduced Respiratory Risks</th>
<th>Reduced Other Health Risks</th>
<th>Reduced Emergency Dept. Visit or Hospitalization*</th>
<th>Improved Indoor Air Quality</th>
</tr>
</thead>
<tbody>
<tr>
<td>Core Energy Efficiency (6 studies)</td>
<td>Asthma COPD Bronchitis</td>
<td>Colds Headaches Hypertension Sinusitis Thermal Stress Overall Health Mental health</td>
<td>Asthma Other Respiratory</td>
<td>Moisture Condensation VOCs Formaldehyde Radon</td>
</tr>
<tr>
<td>Enhanced Energy Work (7 studies)</td>
<td>Asthma</td>
<td>Hypertension</td>
<td></td>
<td>Moisture/Mold Dust Allergens Particulates Acetaldehydes</td>
</tr>
<tr>
<td>Ventilation (9 studies)</td>
<td>Asthma</td>
<td>Lung cancer (predicted)</td>
<td></td>
<td>Moisture Formaldehyde Radon NO₂, CO₂</td>
</tr>
</tbody>
</table>

*Italics: decreased air quality*

Other supplemental services can also produce improvements: (wood stove replacements, room HEPA air cleaners, gas to electric stove replacement)
### Table: Health-Related Outcomes

<table>
<thead>
<tr>
<th>Author and Date of Publication</th>
<th>Healthcare Utilization</th>
<th>General Health/Wellness</th>
<th>Lower Respiratory Health/Asthma</th>
<th>Upper Respiratory and Other Health</th>
<th>Comfort (Temperature/Relative Humidity)</th>
<th>Indoor Air Pollutants</th>
<th>Other</th>
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<tbody>
<tr>
<td>Osman (2010)</td>
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<td>Barton (2007)</td>
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<td>+</td>
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<td>~ (PM)</td>
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<tr>
<td>Richardson (2006)</td>
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<tr>
<td>Howden-Chapman (2007)</td>
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<td>+</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>~</td>
<td>+ (mold)</td>
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<tr>
<td>Walker (2009)</td>
<td>~</td>
<td>+</td>
<td>~</td>
<td>+</td>
<td>(heart disease/hypertension)</td>
<td>~</td>
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<tr>
<td>Pigg (2014a)</td>
<td>~</td>
<td>+</td>
<td>~</td>
<td>+</td>
<td>~</td>
<td>-</td>
<td>(formaldehyde, radon)</td>
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<tr>
<td>Tonn (2014)</td>
<td></td>
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<td>Wilson (2014)</td>
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### Additional Notes:
- Barton and Richardson specifically noted that high indoor air pollutants can lead to respiratory problems.
- Howden-Chapman highlighted the impact of mold in indoor environments.
- Walker observed an association between comfort conditions and heart disease/hypertension.
- Pigg and Tonn reported that indoor pollutants like formaldehyde and radon can affect health.
- Wilson noted the importance of maintaining good indoor air quality to prevent sinus infections and hypertension.
### Study

<table>
<thead>
<tr>
<th>Study</th>
<th>Work Done</th>
<th>Health Outcomes</th>
</tr>
</thead>
</table>
| **Tonn 2014**  
US: LI; SF | Weatherization                                                                            | Asthma ED visits – 11% reduction                                                  |
| **Wilson 2014**  
US: LI; SF/MF | Weatherization or insulation, heating system, air sealing                                  | Asthma rescue medication use - 20% reduction  
Asthma symptom days and sleep disruption – *increased*  
Sinus infections – 5% reduction |
| **Breysse, 2014**  
US: LI; MF | Enhanced energy upgrades with home education visit                                         | Asthma out of control – 23% reduction (vs. home education)                        |
| **Osman 2011**  
GB: MR; SF | Insulation, heating system                                                                 | Respiratory symptom score – improved                                              |
| **Barton 2007**  
**Richardson 2006**  
GB: LI, SF | Insulation, heating system, windows, exhaust ventilation, roof repair                    | Respiratory symptom score – improved                                              |
| **Howden Chapman 2007**  
NZ: LI, SF | Insulation, heating system                                                                 | Child sleeping problems due to wheeze – reduced (0.57 OR)  
Respiratory hospital admissions – reduced (0.54 OR) |

*Statistically significant p < 0.1*
Health partners are engaging with energy programs

- VT: Neighborworks of Western VT supported by Rutland Medical Center to provide energy and home rehab in homes of asthmatics and COPD patients
- Washington State: Weatherization program sets aside funds for Weatherization Plus Health, will track Medicaid savings. Targets higher risk asthmatics, with referrals from community health centers
Health Benefits of Energy Efficiency
Part II:
National Center for Healthy Homes
Health Benefits of Residential Energy Efficiency – Part II

Jonathan Wilson, MPP
Director of Research
September 8, 2016
## Studies of Enhanced Energy Efficiency Measures

<table>
<thead>
<tr>
<th>Study, Lead Author, Date of Publication, Country; Bldg Type; Income</th>
<th>Additional Home Performance Activities</th>
<th>Ventilation</th>
<th>Other</th>
</tr>
</thead>
</table>
| **Highline Communities Healthy Homes Project**  
Breyssse (2014)  
US; SF; LI | Exhaust* | Remove carpets, CO/smoke alarms, water leak repair |
| **Impact of Weatherization and Healthy Homes Interventions on Asthma-Related Medicaid Claims**  
Rose (2015)  
US; SF; LI | Exhaust | Remove carpets, pest exclusion, dehumidifier, mattress cover, HEPA vacuum |
| **Indoor Environmental Quality Benefits of Apartment Energy Retrofits**  
Noris (2013)  
US; MF; MR | Whole-House* (ERV)  
Exhaust* | Fan, CO alarms, stand-alone HEPA filter,* mold removed* |
| **Evaluation of Canadian R-2000 Standard**  
Leech (2004)  
CA; SF; MR | Whole-House (HRV) | Healthy material standards, CO alarms |
| **Heatfest Study**  
Lloyd (2008)  
GB; MF; MX | Whole-House (HRV) | Porches, solar panels |
| **Health Optimisation Project for Energy-Efficient (HOPE) Homes**  
Spertini (2010)  
CH; MF; MR | Whole-House (HRV) | (Not described) |
| **Mechanical Ventilation in Tight Homes v. Natural Ventilation in Standard Homes**  
Wallner (2015)  
AT; MX; MR | Whole-House (HRV) | Passive House (Not described) |

* Conducted in some homes
### Effects of Enhanced Energy Efficiency Measures

<table>
<thead>
<tr>
<th>Author and Date of Publication</th>
<th>Healthcare Utilization</th>
<th>General Health/Wellness</th>
<th>Lower Respiratory Health/Asthma</th>
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<tbody>
<tr>
<td>Breysse (2014)</td>
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<td>+</td>
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<td>+ (mold, water damage)</td>
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<tr>
<td>Rose (2015)</td>
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<td></td>
<td>+</td>
<td>+</td>
<td>+ (mold)</td>
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<tr>
<td>Noris (2013)</td>
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<td>+ (CO₂, VOCs, PM, acetaldehyde); +/- (formaldehyde)</td>
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<tr>
<td>Leech (2004)</td>
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<tr>
<td>Lloyd (2008)</td>
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<td>+</td>
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<td>+ (blood pressure, respiratory infections)</td>
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<tr>
<td>Spertini (2010)</td>
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<td></td>
<td>+</td>
<td>~ (airborne mold)</td>
<td>+ (dust mite allergens)</td>
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<tr>
<td>Wallner (2015)</td>
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<td>+</td>
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<td>+</td>
<td>+ (CO₂, TVOCs, formaldehyde, radon, airborne mold)</td>
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</table>

+ Improvement; +/- mixed results; ~ inconclusive results
Six renovation studies and four new construction studies in the U.S.:
• Green housing improves environmental conditions
  • Particulate matter
  • Nitrogen dioxide
  • Volatile Organic Compounds
• Green renovation work can improve overall physical and mental health, respiratory health, and injuries
• Green new construction improves health outcomes for children with asthma and reduces healthcare utilization
Nine studies of ventilation systems were considered:

- Indoor environmental conditions generally improved with enhanced ventilation
  - Asthma triggers
  - Mold
  - Volatile Organic Compounds
  - Nitrogen dioxide increased
- Installation of HRVs/ERVs associated with fewer asthma/respiratory symptoms
- Installation of whole-house ventilation associated with lower dust mite levels
- Reductions in radon exposures maybe possible with enhanced ventilation
Take Home Message

• Multiple studies find that residents feel better, have fewer respiratory symptoms, and experience fewer headaches after energy efficiency measures.

• No one should use this research to guarantee health effects for any particular client, but the evidence is clear that population health benefits are real.

• Consumers should be educated that a properly conducted energy efficiency job will improve the indoor environment and will likely improve occupant health.
National Center for HEALTHY HOUSING
Asthma triggers in the home include mice feces, smoking, mold, and moisture, all of which can be **addressed through home upgrades that reduce energy use as well.**

Energy efficiency doesn’t just benefit physical health. **Lower energy bills can result in less stress and improved mental health.**

New programs are tracking the effects of weatherization on health and energy savings for participants.

Enhanced efficiency measures (e.g., whole home ventilation upgrades) have the greatest effect on improved air quality:

- Enhanced upgrades reduce pollutants, such as dust mites and mold, and reduce moisture in the air.

- Studies have found the implementation of enhanced measures has reduced the sinus infection cases and improved blood pressure and hypertension for residents.
Health Benefits of Energy Efficiency: Research Gaps and Limitations

- Gaps and limitations remain in the research on the intersection of home performance and healthy outcomes:
  - Energy efficiency measures are not guaranteed to improve a person’s health at the individual level.
  - The majority of studies from the United States focus on low-income households, so less is known about the effect of home performance on health in middle- or high-income households in the U.S.
  - Studies primarily analyzed individual components of energy upgrades, such as the impact on mold or air pollutants. None of the studies examined a holistic range of benefits for upgrades, such as cost, resiliency, and health.
  - Very few studies have begun to analyze the impact that climate change may have on health as it relates to home performance, such as extreme heat.
  - The studies included in the research used different metrics to measure their outcomes, which limits the ability to draw comparisons between studies.
Integrating Health and Home Performance: How Do We Get there?

Roadmap Discussion
What specific services, products, marketing or collaboration strategies has your program found most successful to connect energy efficiency and health and take advantage of the health market?

Summary of Responses:

• Low cost indoor air quality sensors are now readily available in the market.
• Incorporating health benefits into messaging and marketing materials to help strengthen the portfolio of benefits for energy efficiency beyond cost savings.
• Using the energy efficiency and health connection to collaborate with community hospitals and health organizations.
What resources, tools, or information would your program find most helpful to integrate health and home performance?

Summary of Responses:

- More data on the impact of home interventions on healthcare costs.
- Resources on sources of financing for home interventions that can improve health outcomes.
- Tools and messaging resources to market the benefits of home interventions on health to consumers, contractors, raters, and BPI professionals.
- Resources on how to approach hospitals to integrate home energy efficiency into their programs.
- A list of renovation activities that improve both health and efficiency in the home.
Possible Focus Areas of an Industry Roadmap*

- Estimating health market channel potential impact on EE delivery and savings
- Challenges of developing health market channel:
  - Establishing credibility of HP services to improve health
    - Need to prioritize and fill gaps in research
  - Understanding the healthcare industry and relevant actors
    - Payers of healthcare have different motivations than users of healthcare – What would cost-effectiveness tests look like?
    - What is the business value of HP to healthcare industry?
    - Who are likely champions?
  - Braiding consumer resources from different funders
  - Data and privacy

*DOE will not be developing all the elements of the roadmap. It is expected that industry stakeholders will contribute resources and materials they are already or planning to develop to the roadmap.
Possible Focus Areas of an Industry Roadmap (Contd)

- Delivery of HP targeting health likely requires:
  - Additional workforce training & credentialing
  - New verification systems, protocols, and standards
  - Exploration of new business models and partnerships
  - Better understanding of liability concerns and guidance to help manage liability
  - Possible local and/or state ordinances facilitating access to HP for health purposes

To get involved in roadmapping process, please email homehealth@csra.com
Explore resources related to health and home performance:

- Review how to develop effective partnerships with the [Program Design & Customer Experience – Identify Partners](https://rpsc.energy.gov) handbook.
- Explore best practices for including non-energy benefits of energy efficiency in program marketing & cost-effectiveness testing in ACEEE’s [Recognizing the Value of Energy Efficiency's Multiple Benefits](https://rpsc.energy.gov).
- Leverage complementary benefits of energy efficiency to broaden your reach & identify partnership opportunities with this [Tip for Success](https://rpsc.energy.gov).
- Read the [case study](https://rpsc.energy.gov) on nonprofit GTECH Strategies’ initiative to improve indoor air quality through home energy upgrades.

- While you’re there, see the latest [Proven Practices](https://rpsc.energy.gov) post on [Tailored Messaging](https://rpsc.energy.gov).
- We regularly add new resources to the Solution Center. [Member ideas are wanted](https://rpsc.energy.gov)!
Peer Exchange Call Series

*We hold one Peer Exchange call the first four Thursdays of each month from 1:00-2:30 pm ET*

Calls cover a range of topics, including financing & revenue, data & evaluation, business partners, multifamily housing, and marketing & outreach for all stages of program development and implementation

**Upcoming calls:**
- September 22: Home Improvement Catalyst Quarterly Call (201)
- September 29: Highlights from ACEEE Summer Study Sessions (201)
- October 6: Secret Sauce: Recruiting and Retaining Qualified Contractors (101)
- October 13: Moving Beyond Split-Incentives: Engaging Rental Property Tenants and Owners in Energy Efficiency (301)

*Send call topic ideas to peerexchange@rossstrategic.com*

*See the Better Buildings Residential Network Program [website](https://www.betterbuildings.gov) to register*
Addenda: Attendee Information and Poll Results
Call Attendee Locations
Call Attendees: Network Members (1 of 2)

- American Council for an Energy-Efficient Economy (ACEEE)
- AppleBlossom Energy Inc.
- Arlington County Government
- Build It Green
- Building Performance Center, Inc.
- Building Performance Institute
- CalCERTS, Inc.
- Center for Energy and Environment (CEE)
- Center for Sustainable Energy
- City of Fort Collins
- City of Plano
- CLEAResult
- Cleveland Public Power
- Connecticut Green Bank
- Eastern Research Group, Inc.
- Ecolibrium3
- Efficiency Nova Scotia
- Efficient Windows Collaborative
- Elevate Energy
- Empower Efficiency, LLC
- Energy Efficiency Specialists
- Essess, Inc.
- Fort Collins Utilities
- Group14 Engineering Inc.
- Metropolitan Energy Center
- Midwest Energy Efficiency Alliance (MEEA)
- National Housing Trust/Enterprise
- New York State Energy Research and Development Authority
Call Attendees: Network Members (2 of 2)

- North Slope Borough - Public Works Weatherization Program
- Operation Green Team
- Ouachita Electric Cooperative
- Pennsylvania Interfaith Power & Light
- Pepco
- Performance Systems Development (PSD)
- Research Into Action, Inc.
- Rural Ulster Preservation Company (RUPCO)
- Southface
- TRC Energy Services
- Vermont Energy Investment Corporation (VEIC)
- Wisconsin Energy Conservation Corporation (WECC)
Call Attendees: Non-Members (1 of 2)

- AjO
- Association of Polish Electrical Engineers
- Bay City Electric Light and Power
- BIG
- BKi
- BlocPower
- City of Bloomington
- City of Milwaukee
- City of Philadelphia
- Cold Climate Housing Research Center
- Ecobeco
- Emerson Electric
- Energy Metering Technology Ltd
- Energy Outfitter
- EnergyWize
- Everblue
- Eversource
- Facility Management Consultores
- Fairbanks North Star Borough
- FCI Management
- Flathead Electric Cooperative
- Fraunhofer USA
- Gary E. Hanes & Associates, LLC
- GoodCents
- Green Compass Sustainability Consulting
- HDR Consulting
- Healthy Building Research
- Home Office Training & Technology
- HVI
Call Attendees: Non-Members (2 of 2)

- Optimal Energy Inc.
- Osram Sylvania
- Pacific Northwest National Laboratory
- Panasonic Eco Dolutions
- Passive House
- Passive House Institute US
- Pennsylvania Public Utilities
- POCH
- RAS Engineering
- Redhorse Corp
- Rothschild Doyno Collaborative
- RTI International
- Southface Energy Institute
- Stone Energy Associates
- Texas A&M University
- The Energy Guy
- Therma-Stor LLC
- Third Rail Technologies
- University of Oregon – Center for Sustainable Business Practices
- USDA Forest Products Laboratory
- USG
- V3
- Washington Department of Commerce
- Washington LEAP
- Washington State University Energy Program
- Windheim EMF Solutions
Opening Poll #1

Which of the following best describes your organization’s experience connecting health and home performance?

- Some experience/familiarity – 60%
- Limited experience/familiarity – 22%
- Very experienced/familiar – 16%
- No experience/familiarity – 1%
- Not applicable – 0%
Which of the following best describes your organization’s affiliation?

- Non-Profit – 37%
- State/Local Government – 23%
- Contractor – 18%
- Other (please chat in) – 15%
- Utility – 7%
Closing Poll

- After today's call, what will you do?
  - Seek out additional information on one or more of the ideas – 72%
  - Consider implementing one or more of the ideas discussed – 14%
  - Other (please explain) – 12%
  - Make no changes to your current approach – 2%