

Emissions-free hydropower helps our nation meet its clean air goals:

- In 1998, hydropower displaced the equivalent of burning 143 million tons of coal, 20 million barrels of oil, and 471 billion cubic feet of natural gas combined.
- Absent hydropower, the nation would emit another 1,000,000 tons of NOx, 1.78 million tons of Sox, and 340 million tons of carbon dioxide every year

Hydropower projects provide enormous recreational benefits:

- Hydropower projects often encompass large amounts of land and water that support a multitude of outdoor recreational activities, including: camping, hiking, fishing, swimming, picnicking, boating, whitewater rafting, and water skiing.
- There were a total of 81 million recreation user days provided at FERC-licensed hydropower projects in 1990.
- Many recreational opportunities and enhancements, including a large number of lakes and reservoirs themselves, would simply not exist without hydropower projects.

Hydro is one of the most affordable energy sources for the American electrical consumer and is more efficient than any other form of generation:

- In 1996, hydropower ranged from less than one cent to just over two cents per kilowatt-hour to generate.
- Today's hydropower turbines are capable of converting 90 percent of available energy into electricity—that is more efficient than any other form of generation. Even the best fossil fuel power plant is only about 50 percent efficient.
- Hydropower's operational flexibility – its unique ability to change output quickly – is highly valued in maintaining the stability of the electric grid.
- Water from rivers is a purely domestic resource that is not subject to disruptions from foreign suppliers or transportation issues – a key factor in ensuring its low cost value to consumers.