

Incorporating health in urban (energy) policies



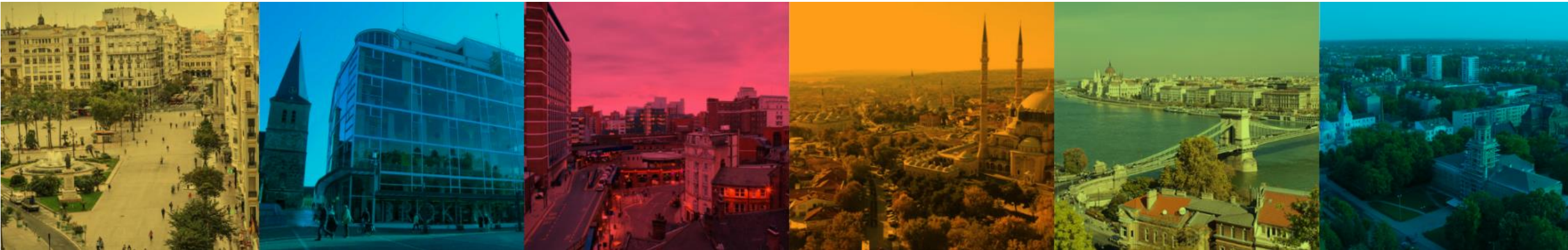
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Lessons from last winter - fighting energy poverty and ill-health

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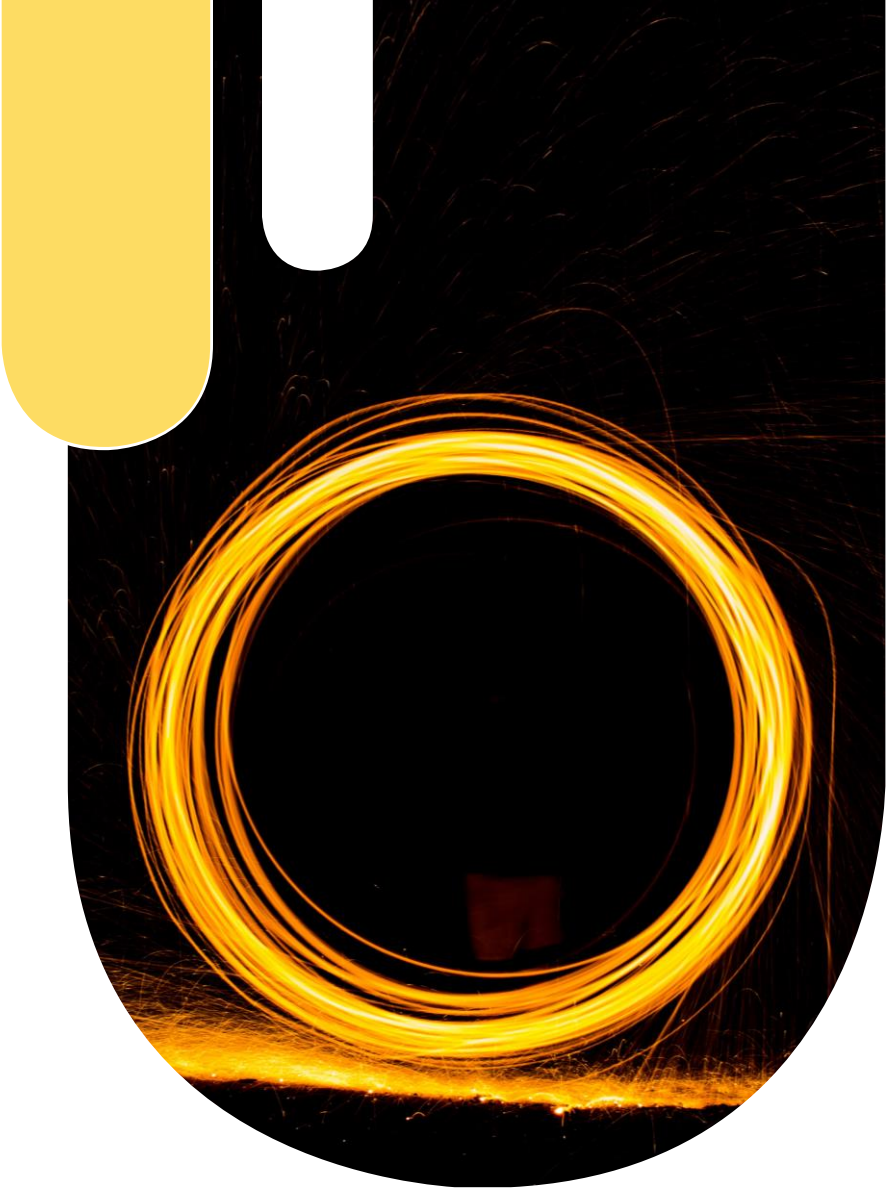


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Content

- **Double focus: EP and health in WELLBASED**
- **Urban programmes and the theory behind**
- **Case study: VALÈNCIA PILOT**
- **Key messages**



How to combine EP and health?

“**Health** is a state of complete **physical, mental and social well-being** and **not merely the absence of disease or infirmity**”

World Health Organization



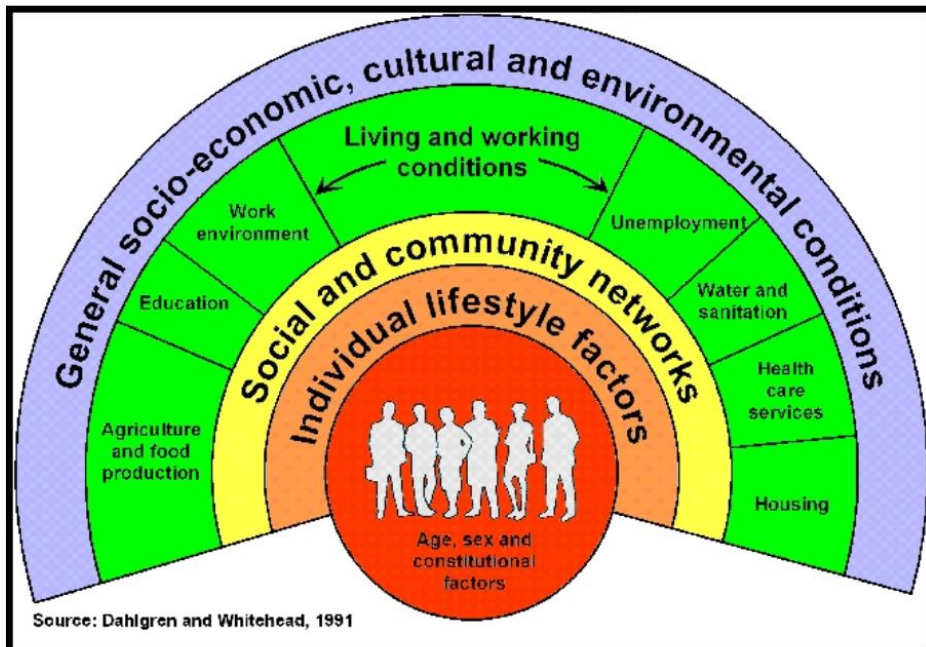
Strategies for dealing with **social and environmental determinants of health** for energy poverty are needed

Energy poverty = a **complex** problem that needs solutions from a **multidimensional approach**

Health in all policies to tackle energy poverty challenges through a set of different urban policies

FRAMEWORK FOR ANALYSIS

3 pillars: Socio-ecological model + Health Determinants analysis + Pathway Energy Poverty



Inspires definition of:

- **Analysis:** The preliminary analysis focused on identification of health determinants and the social characterization of the area of intervention
- **Action:** The specific objectives and actions of the WELLBASED Urban Programme (WUP)
- **Impact:** Indicators to evaluate impact on citizens' health and wellbeing



THEORETICAL FRAMEWORK FOR ANALYSIS

Pathway for Energy Poverty:

How do people end up in energy poverty?

This pathway relates health determinants with causes and consequences of energy poverty, interventions of the WELLBASED urban program and the expected impacts on mental and physical health outcomes.



CITY CONTEXT

- High energy prices
- Not enough supportive policies
- Unfriendly urban environment and infrastructure
- COVID pandemic
- Extreme weather conditions and prospectives climate change

ENERGY POVERTY SITUATION

- low educational background
- Poor social position
- Low income (poor jobs, retirement, unemployment)

- poor housing conditions:**
- Old appliances
 - Poorly insulated buildings
 - Low energy efficiency

EP PARTICULAR OUTCOMES LEADING TO POORER HEALTH

Money scarcity, debts

Lack of Information, resources and rights (right to energy)

- Low control over destiny:**
- Environment
 - Decisions on basic needs
 - Connections
 - Problems to understand
 - Uncertainty about the future
 - Concerns about family
 - Fatalism attitude

Social isolation

Poor eating habits

Low comfort at homes

MENTAL HEALTH PROBLEMS

PHYSICAL HEALTH PROBLEMS

POORER OUTCOMES IN MENTAL AND PHYSICAL HEALTH

- Chronic stress responses
- Exposure to health damaging living environments
- Health damaging behaviour
- Risk depression
- No success in behavioural change
- Deterioration of endocrine & immune function
- Higher incidence of:
 - colds
 - influenza
 - respiratory & cardiovascular diseases
 - hypothermia
 - heart attacks,
 - strokes, etc.

- Quality of life
- Satisfaction with life
- Self-perceived health
- Frailty
- Respiratory & cardiovascular function indicators
- Anxiety
- Depression
- Stress
- Sleep quality
- Acute deseases, decompensation of chronic disease
- Increase Use of health services

Monitoring of city levels (air quality, weather conditions, green zones)

Households monitoring of:

- Energy consumption
- Temperature, Humidity

Subjective comfort in households

LEGEND

- Layer 1
- Layer 2
- Layer 3
- Layer 4

Factors have been classified according to the layers of the socio ecological model (Dahlgren and Whitehead, 1991)

WELLBASED URBAN PROGRAMS

Common framework

- **Pilot WUP detailed planification**

- For each action/intervention:
 - Title (and number) of the action
 - Description
 - Outputs of the action
 - Stakeholders involved
 - Period it covers
 - Budget and resources

- **Timeline**

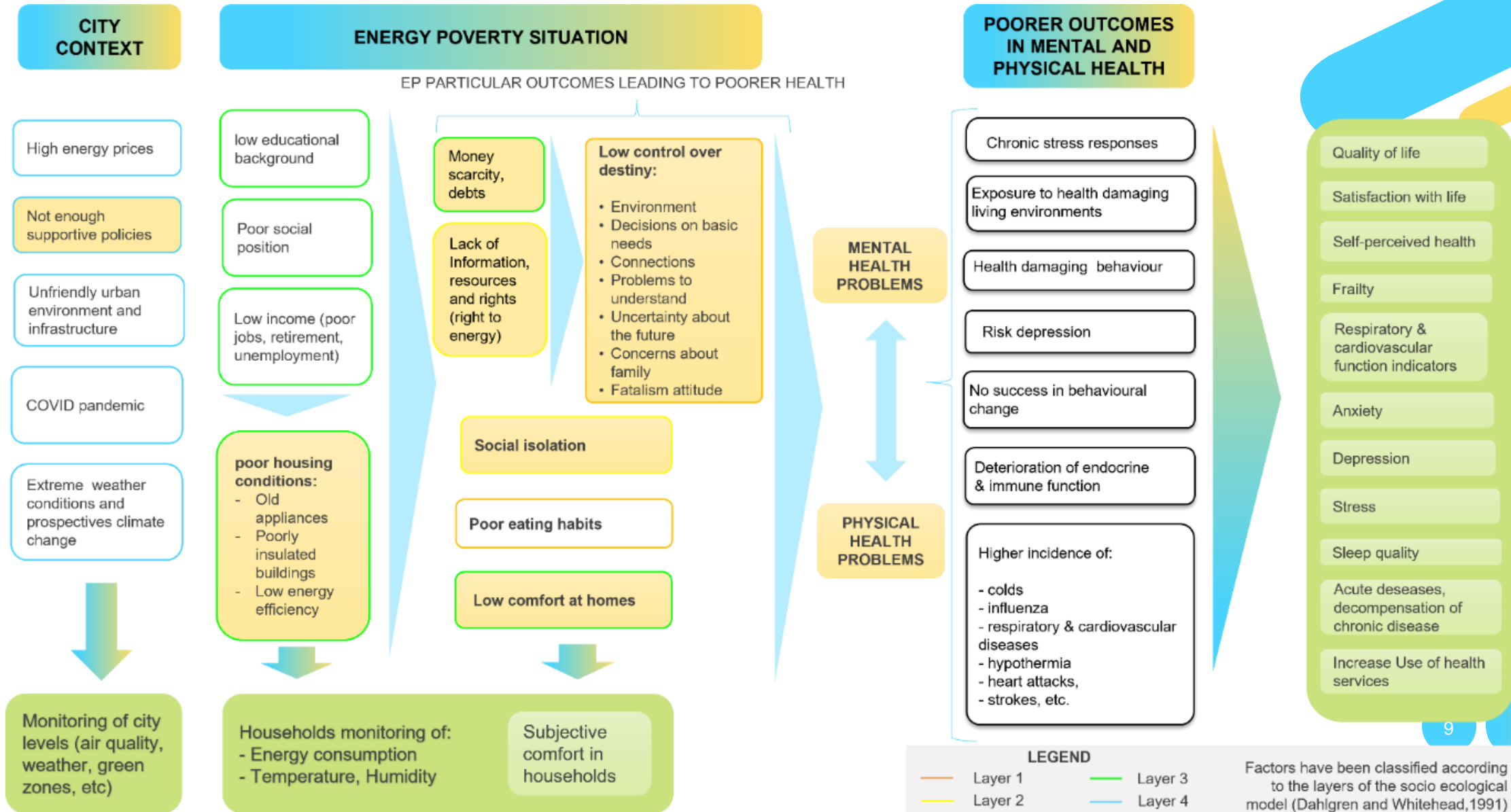
According to socioecological model, each pilot defines:

- Health determinants in its target population (vulnerable populations)
- Pathway (factors/causes more relevant)
- Action!!!!: 7 WUPs

FRAMEWORK FOR WELLBASED URBAN PROGRAMMES: THE ACTION

- **Layer 1 Individual Lifestyle factors**
 - Practices oriented to improve individual lifestyles regarding health, energy efficiency, energy costs, residential comfort, etc.
- **Layer 2 Social and Community networks**
 - Activities oriented to strengthen communities, mainly those oriented to promote community support and mutual aid, and therefore moving from individual to collective support approach
- **Layer 3 Living and working conditions**
 - Practices oriented to improve the access to a dignified work and life conditions, e.g. comfortable and healthy homes and workplaces
- **Layer 4 General socio-economic, cultural and environmental conditions**
 - Practices that aim to make structural changes on the socio-economic context, mainly referring to both energy and to household policies

VLC: Energy Poverty Pathway



VLC WUP

Focus on community and individuals empowerment

LAYER 1 · Individual Lifestyle factors

- Socio-energy audits
- Bill optimization
- Debt support

PILOTSITE
VALENCIA
(Spain)

LAYER 2 · Social and Community networks

- Creation of a “Citizen School of Right to Energy”:
- Regular community meetings (sense of group, spaces of mutual support)
- Training professionals on the detection of EP
- Right to Energy Conference

LAYER 3 · Living and working conditions

Delivery of Energy Efficiency Kits

LAYER 4 · General socio-economic, cultural and environmental conditions

- Citizen campaign for Right to Energy
- Policy advocacy plan
- Mapping of available and potential life-enhancing programmes and initiatives



TO WRAP UP

- EP is a complex problem that needs solutions from a **multidimensional approach**: policies, interventions from different policy domains, not only energy efficiency, but also housing, energy policies at macro level, healthcare and health promotion, mental health, urban planning, gender equality, macroeconomic policies, social policies... **Right to Energy** against inequities and social injustice
- **WELLBASED Urban Programs (WUPs)** as **replicable and available tool to introduce health in energy and other urban policies**: WUPs have been designed to include interventions that address different causes of EP and its related determinants of health, consequently also their consequences on health, by considering interventions for each layer of social and environmental determinants of health.
- **WELLBASED** is testing different interventions and will evaluate their effects on health. Outcome: **evidence (from quantitative and qualitative data) on impact of different EP interventions on physical and mental health.**

Thanks

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CITY INFRASTRUCTURE

- ☹ Inequal spatial distribution of green areas

MUNICIPALITY COMMITMENT

- ☺ Previous EU interventions
- ☺ Energy Office
- ☺ Network of local stakeholders to fight against Energy Poverty
- ☺ Survey to map Energy Poverty in the

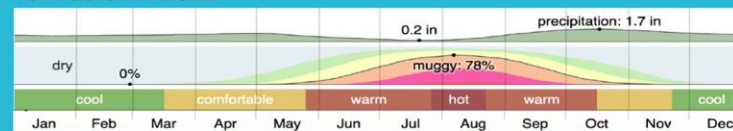
city (2016)
Energy Poverty is a priority on local government agenda
Supportive municipal policy in health issues

ENERGY PRICES

- ☹ High energy rise from autumn 2022

WEATHER AND AIR CONDITIONS

- ☺ Mild winters (rarely below 0°C)
- ☹ Hard summers (up to 40°C), heatwaves and heat islands
- ☺ High humidity (districts near the sea)
- ☺ Air contamination above WHO levels



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WORKING CONDITIONS

- ☹ Lower income level, depending on districts
- ☹ High unemployment rates (PM 36,5%; CG 29,6%; AL 25,6%). Higher for women

HOUSING CONDITION

- ☹ Inefficient buildings, built between 1961 and 1980 and many small homes
- ☹ Heating system: principally electric but also natural gas in CG and AL. 25,4%

without any kind of heating system in AL
☹ Water heating system: electric heaters (PM and CG) and natural gas boilers (AL)
☺ Health and housing as important concerns for people
☺ Some energy saving measures already implemented in many households (low consumption light bulbs, etc.)
☹ Some others not enough implemented across the city (e.g. insulating windows)

☺ People declare to be satisfied with their houses

EDUCATION

- ☹ Lower educational background

HEALTH EQUIPMENT

- ☺ Good provision of health and social care services
- ☺ General satisfaction with health services

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ASSOCIATIVE NETWORK

- ☺ Strong neighbourhood identity
- ☺ Sound associative network (higher than city average) and social capital

KEY COMMUNITY ACTORS AND PLACES

- ☺ Municipal markets and Universitat Popular
- ☺ Active citizen and community initiatives to promote health (Consells de Salut, Mihsalud, Zona Santiago)

UNWANTED LONELINESS AND SOCIAL ISOLATION

- ☹ Share of people above 65 years old living alone higher than city average

UNHEALTHY / HEALTHY LIFESTYLES AND HABITS

- ☹ Unhealthy habits in PM
- ☹ Overweight and obesity in PM
- ☺ Good self-perception of health
- ☺ Relative high levels of happiness
- ☺ Healthy habits in CG and AL

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- ☹ Aged population, especially in AL
- ☹ Foreign population lower than the city average (10,4%)

