Online event:

Lessons from last winter - fighting energy poverty and ill-health Capacity-building for cities caring for energy justice
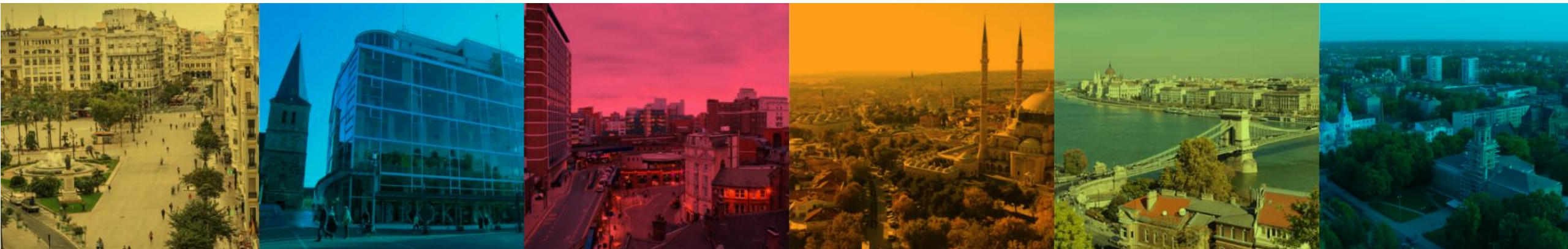
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Online event
09/05/2023

Victoria Pellicer (Las Naves – Valencia)

With the collaboration of colleagues from LNV and VCE

Initial findings from qualitative research

Qualitative research

- In progress
- 10 semi structured interviews (in Valencia pilot)
- Visit and intervention in about 100 households
- **Profile diverse: low income, living on benefits, migrant origin, women single mothers, elderly, young people, students, several families living in the same room**

Preliminar findings

- Reinforce academic literature evidences on the experience of energy poverty
- Offer insights on particularities from Valencia local context

Source: Maximiliano Braun ©2022 Project Cold@home. EnAct Project.

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Challenges they face

- Poor housing conditions and low/no capacity for improvements

- Precarious employment

- Lack of information about existing aids

- Digital divide

- Tenancy regime: rental apartments

S. lives close to the beach. He complaints about the high level of humidity at home

I'm afraid that the facade will be refurbished. If this happens, for sure our rent will raise

We think about leaving the country… don't know where. But here we only live for work, and we expend all the money we earn for paying the bills

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Coping strategies

- Wearing extra clothes
- Rationing consumption
- Domestic and manual repairs
- Use other waste of heat
- Use less space in the home
- Cutting back on other expenses
- Carefully household budgeting
- Deliberative incurring debts
- Small investment in appliances

When we use the oven or the raclette, we like to sit all together very close and feel warm

Source: Maximiliano Braun ©2022
Project Cold@home. EnAct Project.

Source: VLC pilot
Wellbased Project

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Impact

Physical health

- Relationship between energy poverty and physical health
- In winter, easily related with permanent colds and muscular pain
- In summer, not so obvious

Mental health

- More difficulty to stablish the relation with energy poverty
- Mainly anxiety and stress
- Loss of meaning on life project
- Social life reduced or modified

I didn't use to invite friends at home, but I used to go out to have dinner or some drinks. But this is the first cost I reduced

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Conclusions

- Lack of access to information

- Distrust of political commitments

- The multidimensional impact on health is not perceived

- People's coping strategies are mainly focused on layer 1 (individual)

I feel cheated by the government and the city council, they are all the same, both left and right. They do not transmit security with all the changes in the price of electricity. There is lack of communication in what they do and I have to fight for things that are offered (like "bono social").

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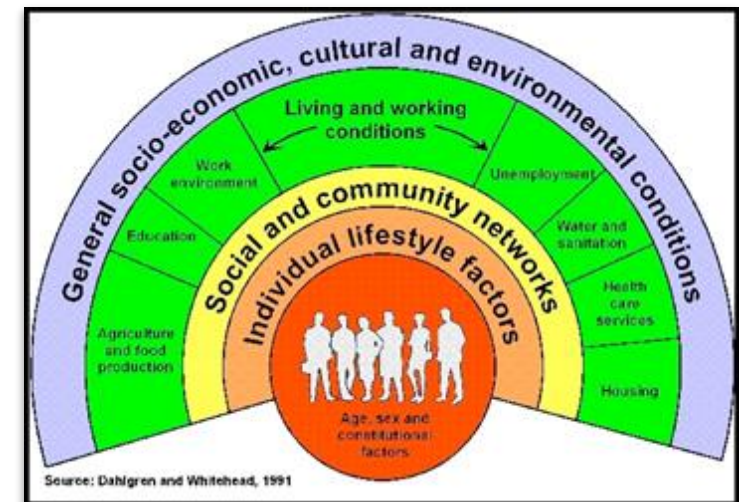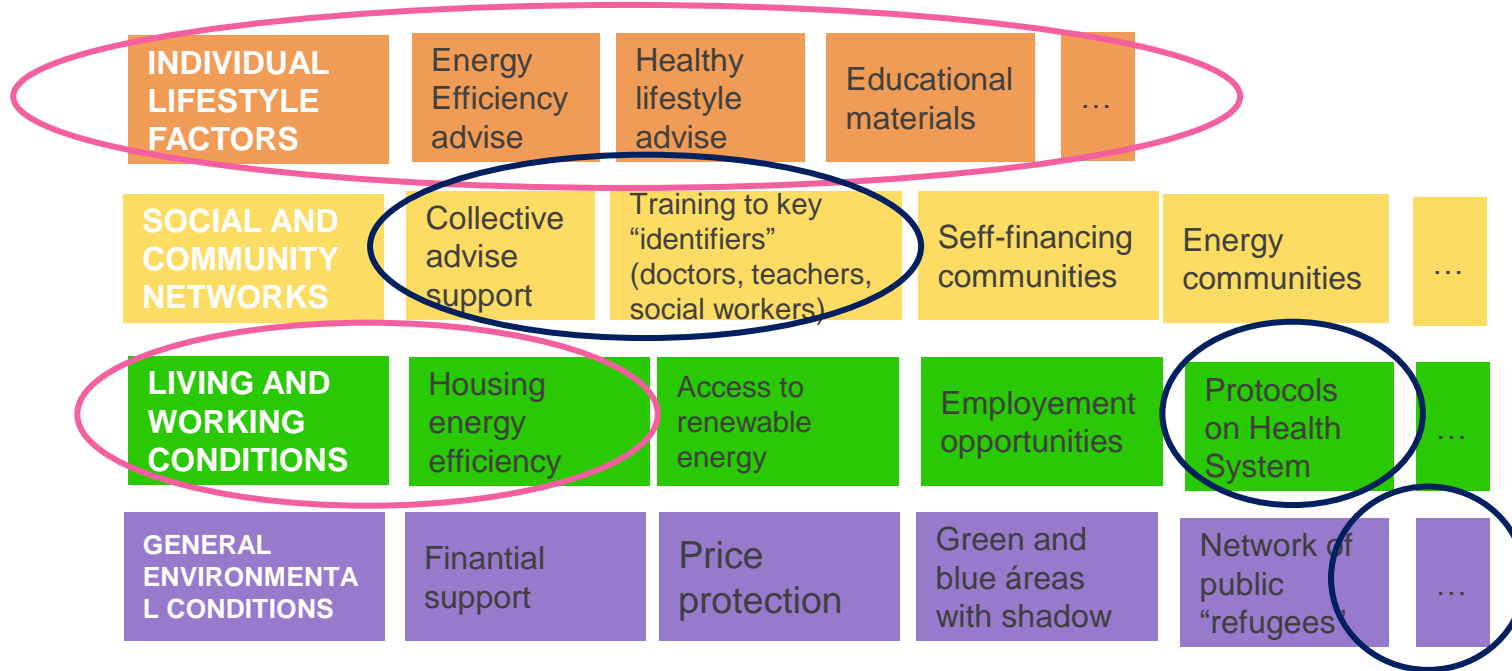# EP strategies in all layers of Social Determinants of Health are needed

COPING STRATEGIES FOR DEALING WITH ENERGY POVERTY IN ALL LAYERS OF HEALTH DETERMINANTS ARE NEEDED

INDIVIDUAL LIFESTYLE FACTORS	Energy Efficiency advise	Healthy lifestyle advise	Educational materials	…
SOCIAL AND COMMUNITY NETWORKS	Collective advise support	Training to key "identifiers" (doctors, teachers, social workers)	Seff-financing communities / Energy communities	…
LIVING AND WORKING CONDITIONS	Housing energy efficiency	Access to renewable energy	Employement opportunities / Protocols on Health System	…
GENERAL ENVIRONMENTAL CONDITIONS	Finantial support	Price protection	Green and blue áreas with shadow / Network of public "refugees"	…

Source: Dahlgren and Whitehead, 1991

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- **Wellbased Project is contributing to impact in all layers, with its own limitations as a concrete project**

- **Other structural measures are still needed** (access to RES, price protection, debt condonation, integration with health system protocols, massive building improvement, …)

Source: VLC pilot
Wellbased Project. Collective assessments.

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Thanks

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