Insights into first findings from WELLBASED pilot sites
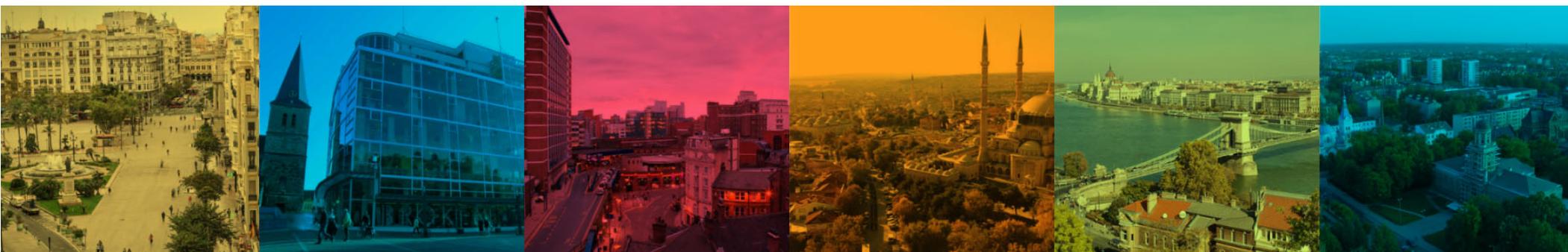
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Capacity building webinar
December 5th, 2023

Amy van Grieken

Erasmus MC, Rotterdam, the Netherlands

Intermediate analyses

Descriptive findings using the baseline data collected up to september 2023

- Qualitative interviews- will be discussed by Pepa

- Full report available at the WELLBASED website:
- https://wellbased.eu/resources-2/publications/

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Data collected via…

Intervention group only

+ sleep survey

Participants n=1340

Intervention total n=601
Control total n=689

	Intervention	Control	Total
Edirne	122	125	249
Heerlen	85	101	233
Jelgava	123	33	157
Leeds	30	219	249
Obuda	96	34	130
Valencia	145	177	322

Baseline questionnaire

Intervention + control group

BASELINE QUESTIONNAIRE FOR PARTICIPANTS

Instructions for completing this questionnaire

· Please answer all the questions, even if they seem to be the same: these questions help us to view the situation again from a different perspective.
· Please tick one answer per question. If it is possible to tick more than one answer, this will be mentioned for this specific question.
· Please answer the questionnaire with a blue or black pen.
· You may ask the help of a relative or friend to help you complete this survey.
· When you are done, please check that you have not forgotten any questions.

Making a mistake

If you select a wrong box and want to correct, colour the wrong box black.
Example: you are female

What is your gender?
☒ Male
☐ Female

What is your gender?
■ Male
☒ Female

You select a wrong box and want to correct.

Corrected: you have now answered that you are female.

Text or numbers should be filled in within the box.

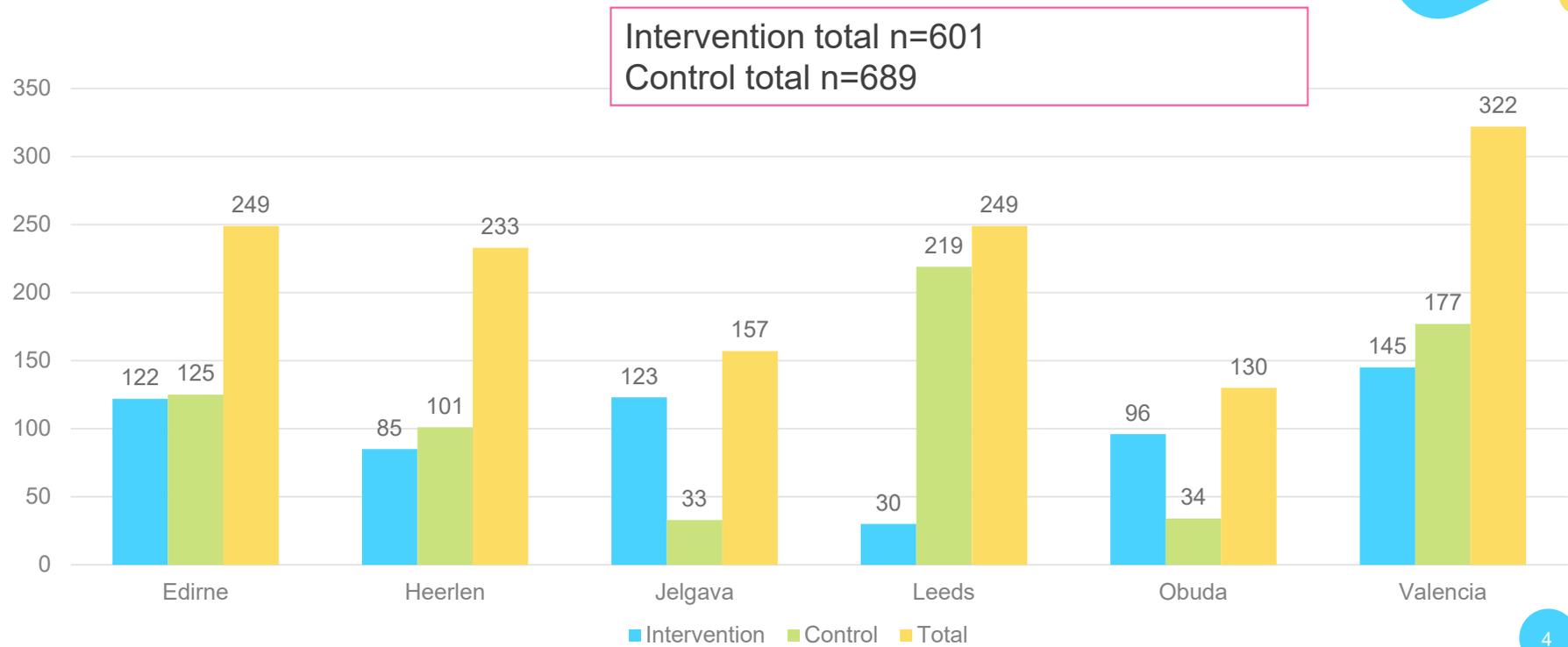How many cups of coffee did you drink yesterday?

5 Correct

5 Wrong

Response percentage (overall 88,5%)

Location	Response percentage
Valencia	100
Obuda	85,4
Leeds	76,7
Jelgava	99,4
Heerlen	68,7
Edirne	96,8

Who participated?

49.4 years
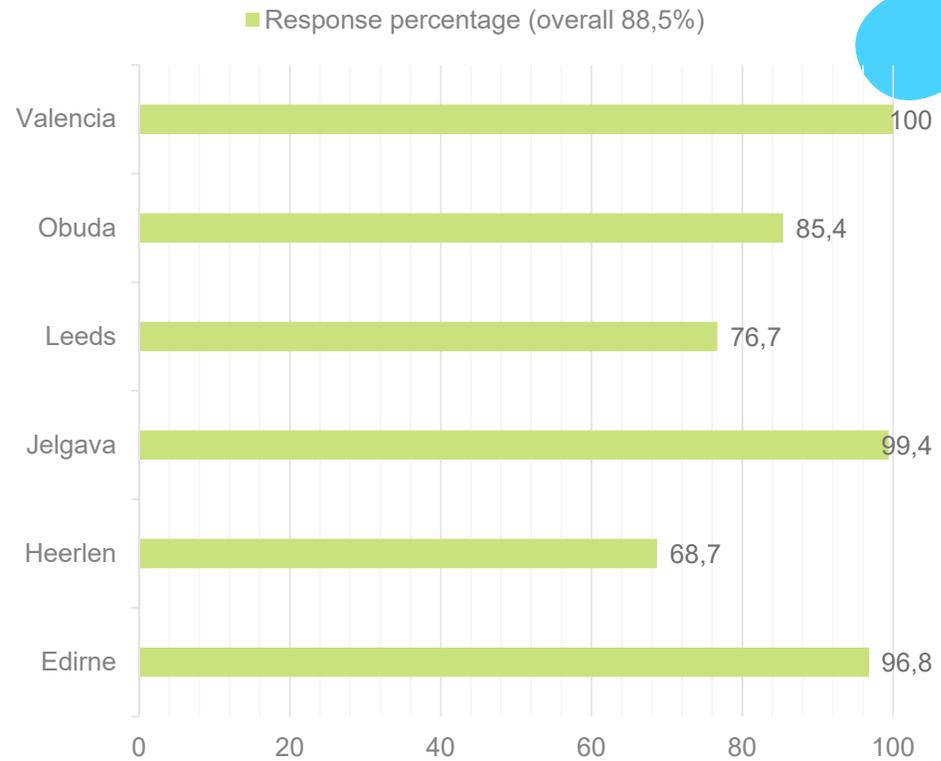
Gender

prefer not
to say
0%
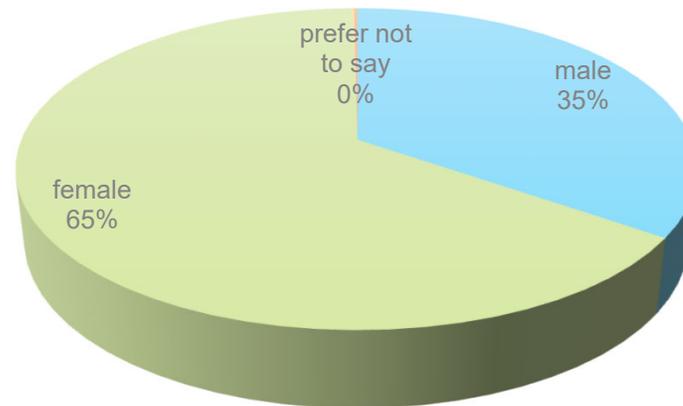
male
35%

female
65%

■ male   ■ female   ■ prefer not to say   ■ missing

Marital status

Single,
seperated,
divorced or
widowed
58%

Married
42%

■ Married   ■ Single, seperated, divorced or widowed

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Education level

54,6 — Post-secondary or lower
45,2 — Higher education

Paid work

32,9 — Yes
18,8 — Yes, partner
63,8 — No

Household composition

Little over half either single or two or more adults without children

7,1 — Single-adult with children
22,4 — Single-adult without children
30,9 — Two or more adults with children
36,2 — Two or more adults without children
3,3 — Missing

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~comparable numbers of home owners and renters

Tenure status

- Owner 44%
- Missing 3%
- Oth 3%
- Reduced rent/ social housing 25%
- Rented at market rate 25%

Dwelling type

- Other 2%
- Detached 29%
- Semi-detached/ terraced 16%
- Apartment or flat 53%

9
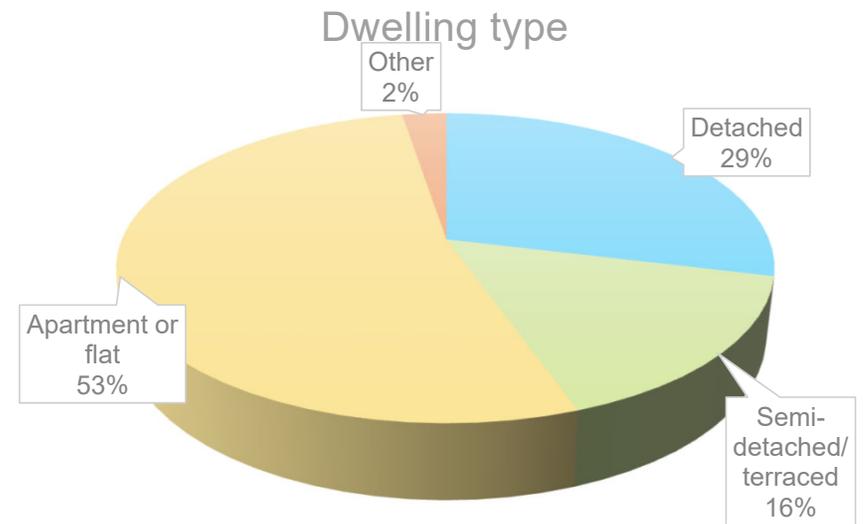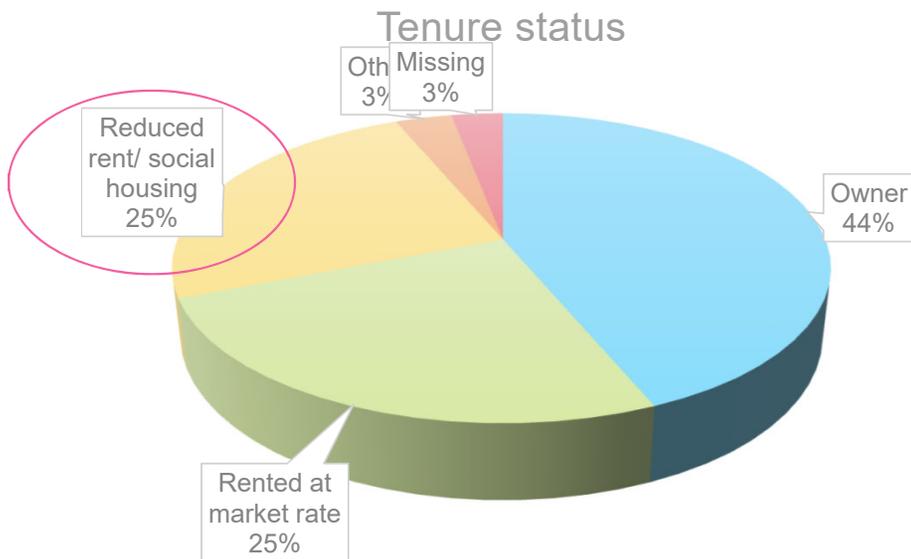
Health and well-being
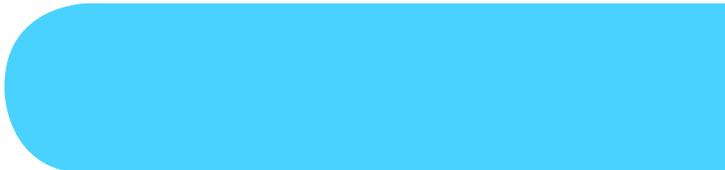
Health-related quality of life (%)

Highest percentages of problems reported for the pain/disconfort and anxiety/ depresson scale)

Mobility: No problem 61, Slight problems 19,8, Moderate problems 11,3, Severe problems 7, Unable/ extreme problems 0,6

Self-care: No problem 81,2, Slight problems 11,6, Moderate problems 5,2, Severe problems 1,3, Unable/ extreme problems 0,5

Usual activities: No problem 64,4, Slight problems 18,5, Moderate problems 11,7, Severe problems 3,9, Unable/ extreme problems 1,4

Pain/ discomfort: No problem 35,1, Slight problems 31,6, Moderate problems 18,9, Severe problems 11,1, Unable/ extreme problems 3,2

Anxiety/ depression: No problem 46,7, Slight problems 28,1, Moderate problems 15, Severe problems 6,9, Unable/ extreme problems 3,1

No problem Slight problems Moderate problems Severe problems Unable/ extreme problems

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Mental health and well-being (%)
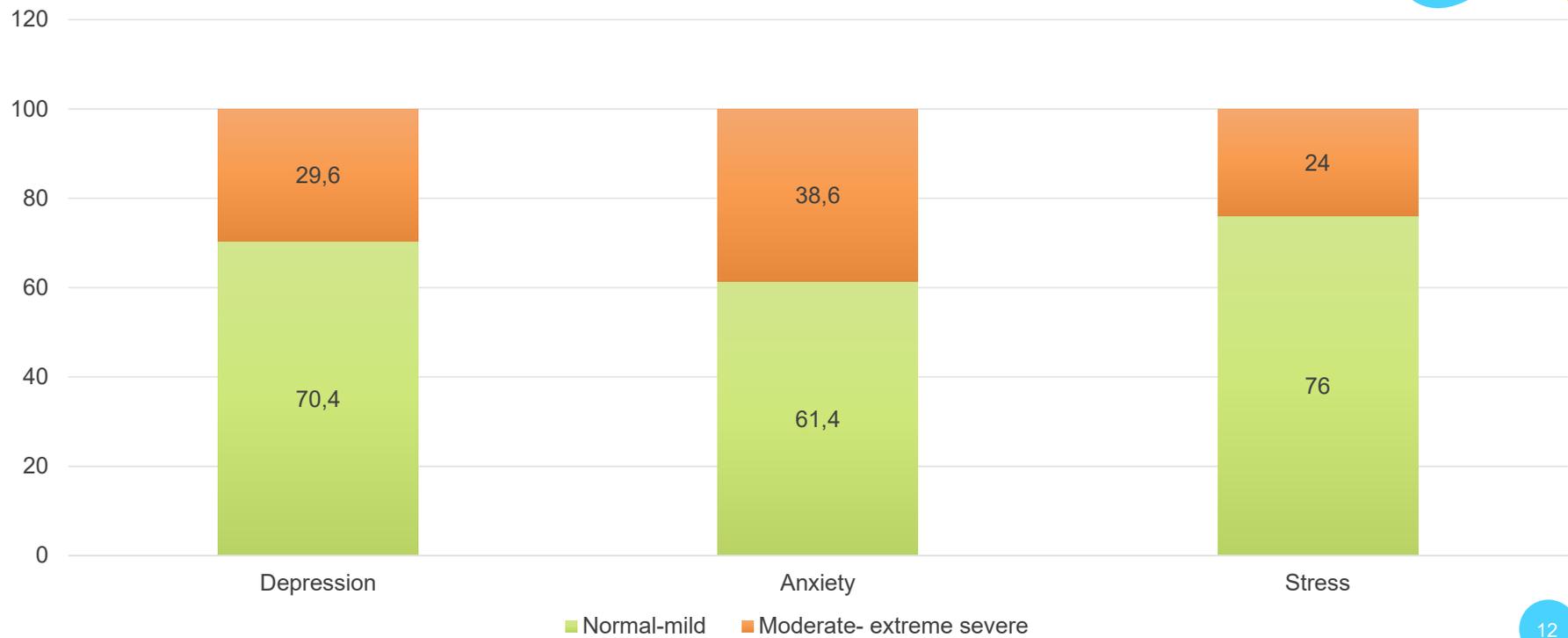
Chronic conditions
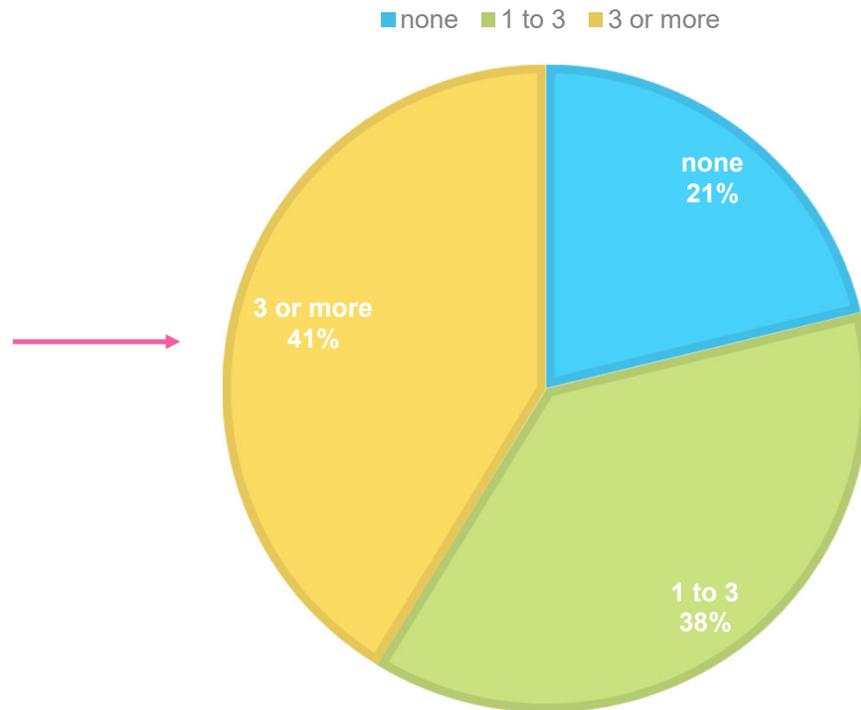
Health care use

VISITS TO THE PHYSICIAN IN THE PAST 12 MONTHS

■ 0 ■ 1 to 2 ■ 3 or more

0
26%

3 or more
40%

1 to 2
34%
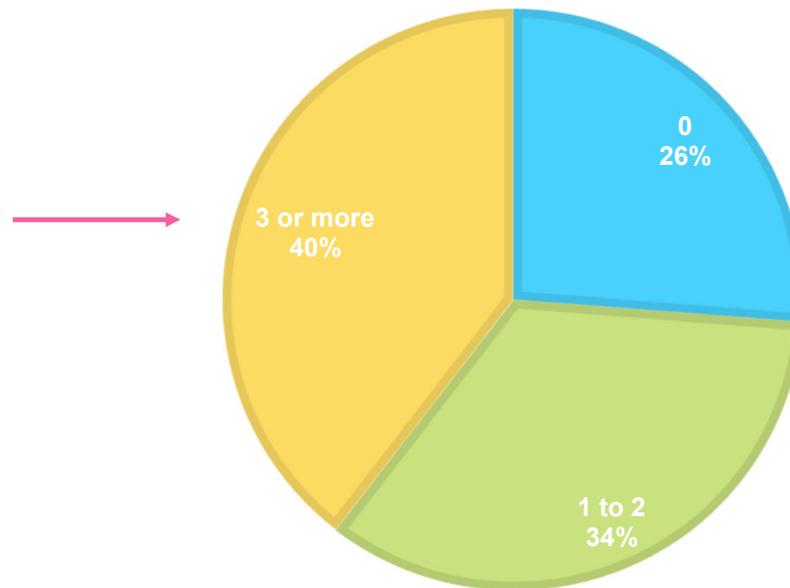
Older participants health

FRAILTY 65 YEARS AND OLDER (N=210)

Low ■ Moderate ■ High

	ADL	IADL	OVERALL SCORE
High	6,2	15,3	4,8
Moderate	18,7	8,1	29,5
Low	75,1	76,6	65,7

ADL: activities of daily living
iADL: instrumental ADL's such as cooking, preparing food

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Energy consumption, energy coping
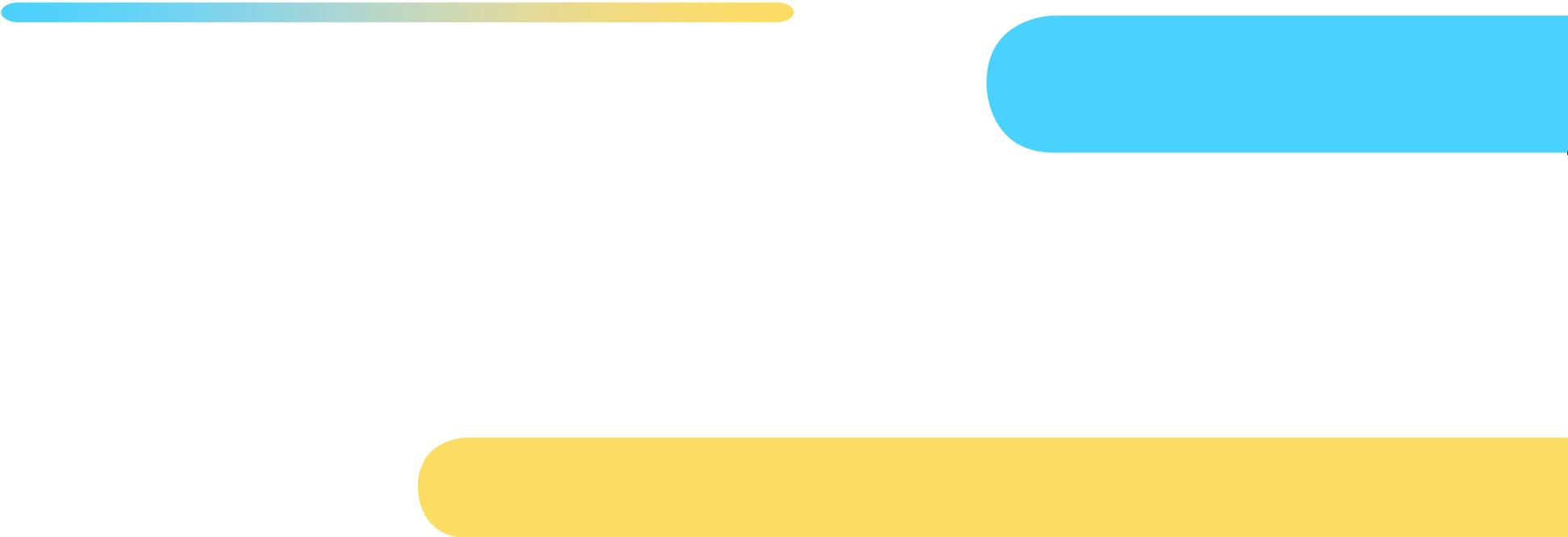
Energy sources (any)

Source	Use* (n (%))	Consumption** (mean, sd)	Costs € (mean, sd)
Electricity	1030 (94,2%)	353,9 (861,1) kWh	123.18 (959.18)
Gas	392 (35,9%)	267.5 (1397.8) m3	209.40 (571.15)
Derived heat/ district heating	137 (12,5%)	54.3 (51.4) kWj	97.22 (109.99)
Other	331 (30,3%)	n/a	19.32 (28.64)

* Any source
** Missings electricity n=203, gas n=203, derived heat n=122

Yes, other type of support
18%

Yes, fixed amount of money
35%

Yes, in kind contribution
31%

Yes, percentage of costs refunded
16%
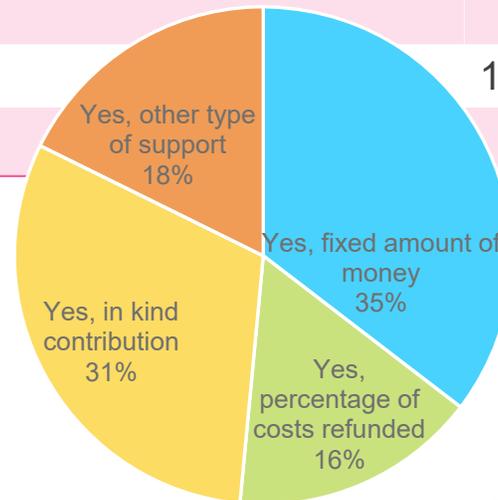
Did you receive support towards your energy bills?

Energy poverty indicators (%)

Chart legend: Yes, No, Don't know/ missing/ n.a.

Indicator	Yes	No	Don't know/ missing/ n.a.
Comfortably warm	41,6	58,4	
Comfortably cool	30,3	69,7	
Arreas on utility bills	44,5	52,4	3,1
Presence of leak/damp/rot	43,3	46,8	9,9
Home satisfaction	38,8	60,1	1,1

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Coping strategies (%)

Legend: ■ Never or rarely ■ Sometimes ■ Often or always ■ Not an option/ missing

Wearing extra clothes to keep warm
- Never or rarely: 21,8
- Sometimes: 24,2
- Often or always: 53,9
- Not an option/ missing: 0,1

Turning heating/cooling off to save money
- Never or rarely: 23,7
- Sometimes: 12
- Often or always: 45,9
- Not an option/ missing: 18,3

Heating/cooling only one room of the house to save money
- Never or rarely: 27,9
- Sometimes: 8,4
- Often or always: 46,7
- Not an option/ missing: 17,1

Turning off lights in rooms that are being used to save money
- Never or rarely: 29
- Sometimes: 18
- Often or always: 52,8
- Not an option/ missing: 0,2

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Health monitoring

Intervention group only
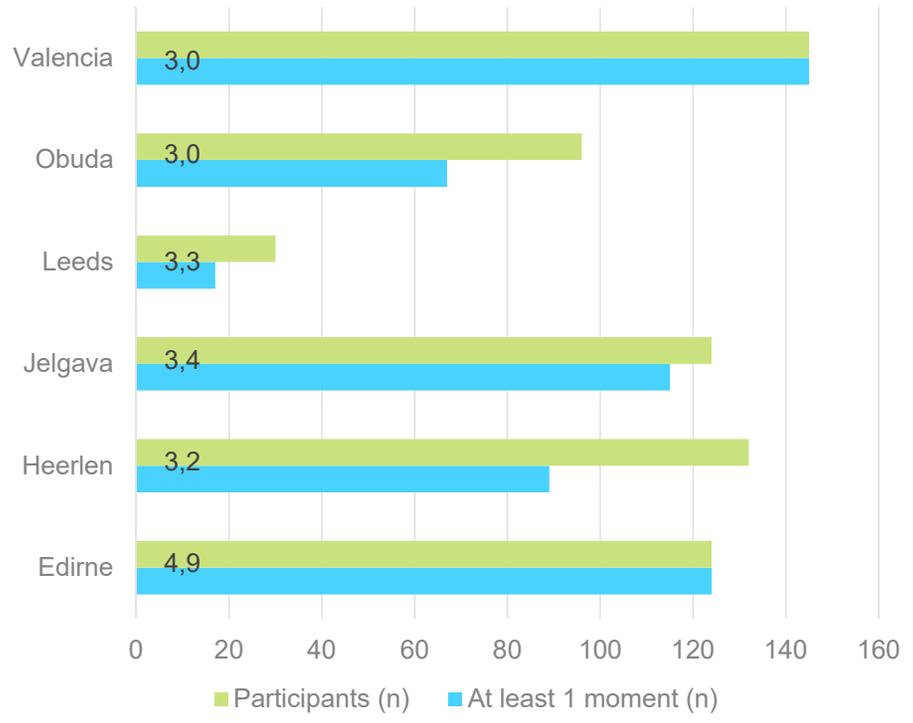
City	Value	Participants (n) / At least 1 moment (n)
Valencia	3,0	
Obuda	3,0	
Leeds	3,3	
Jelgava	3,4	
Heerlen	3,2	
Edirne	4,9	

■ Participants (n)　■ At least 1 moment (n)

~20% hypertension

Legend: no (blue), yes (green)

1ST	2ND	3RD
27,2 / 72,8	22,4 / 77,6	17,6 / 82,4
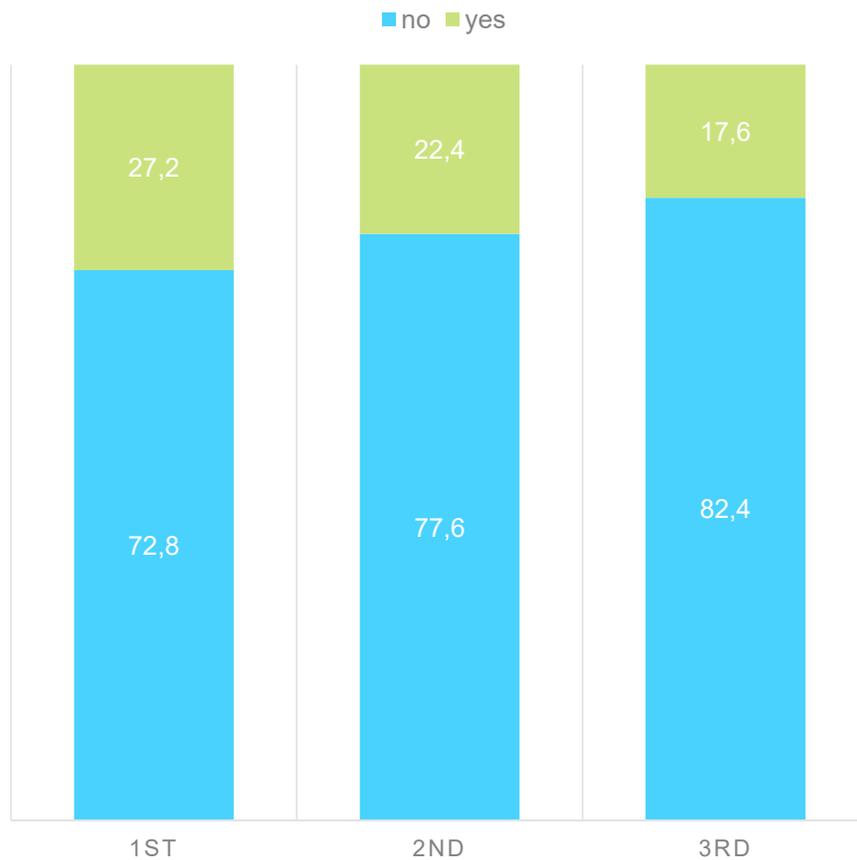
	1st health monitoring (n=557)	2nd health monitoring (n=477)	3rd health monitoring (n=477)
Average systolic blood pressure (mmHg), mean (SD)[a]	128.4 (19.4)	124.9 (18.9)	123.1 (18.2)
Average diastolic blood pressure (mmHg), mean (SD)[a]	81.1 (11.4)	80.5 (11.1)	79.6 (10.9)

22

~10% Tachycardia >90 bpm

■ <90 bpm ■ >90 bpm
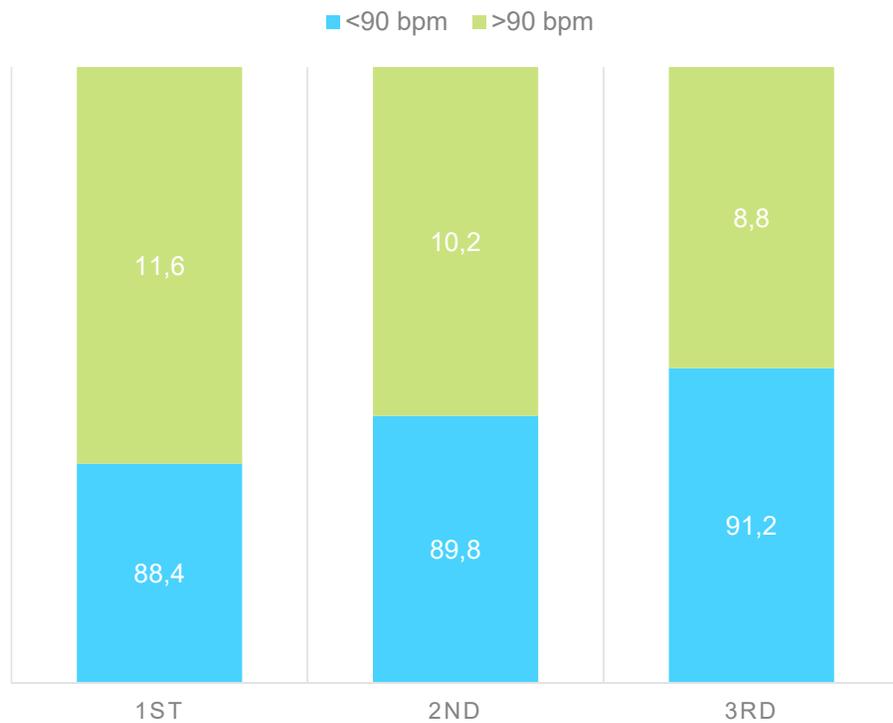
	1st health monitoring (n=557)	2nd health monitoring (n=477)	3rd health monitoring (n=477)
Heart rate (bpm), mean (SD)	78.0 (12.5)	77.5 (12.4)	77.4 (12.3)

Chart values:
- 1ST: 11,6 (>90 bpm), 88,4 (<90 bpm)
- 2ND: 10,2 (>90 bpm), 89,8 (<90 bpm)
- 3RD: 8,8 (>90 bpm), 91,2 (<90 bpm)

~23% 'red' zone of peak flow*

Green' >400 L/m   Yellow' 399-250 L/m   Red' <250 L/m

	1st	2nd	3rd
Red'	23,1	25,2	20,8
Yellow'	33,4	32,8	36,1
Green'	34,8	35,6	37,1
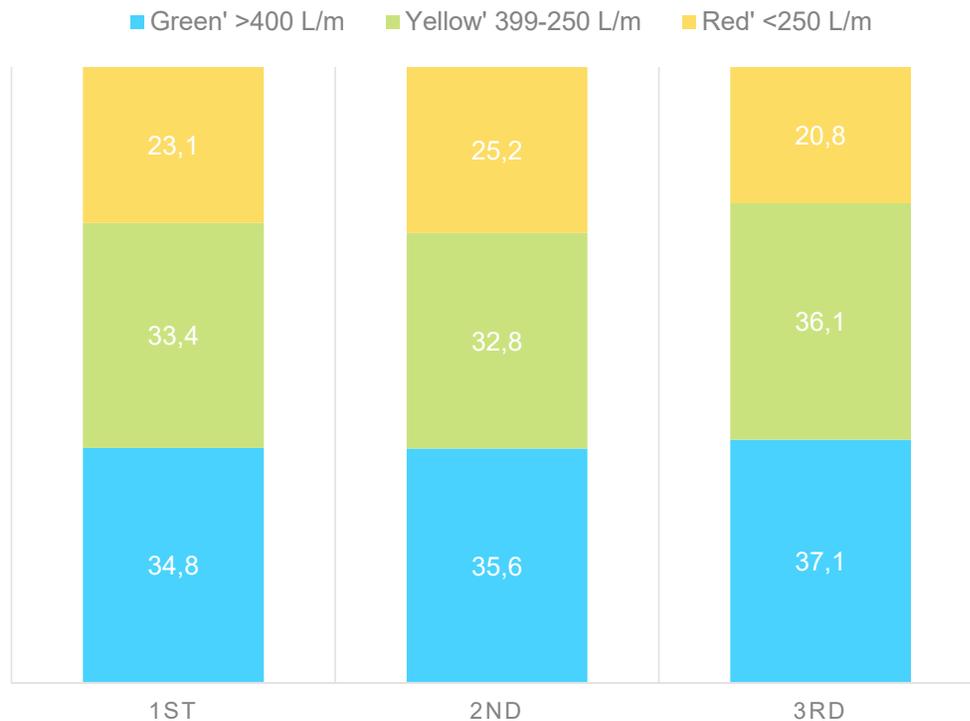
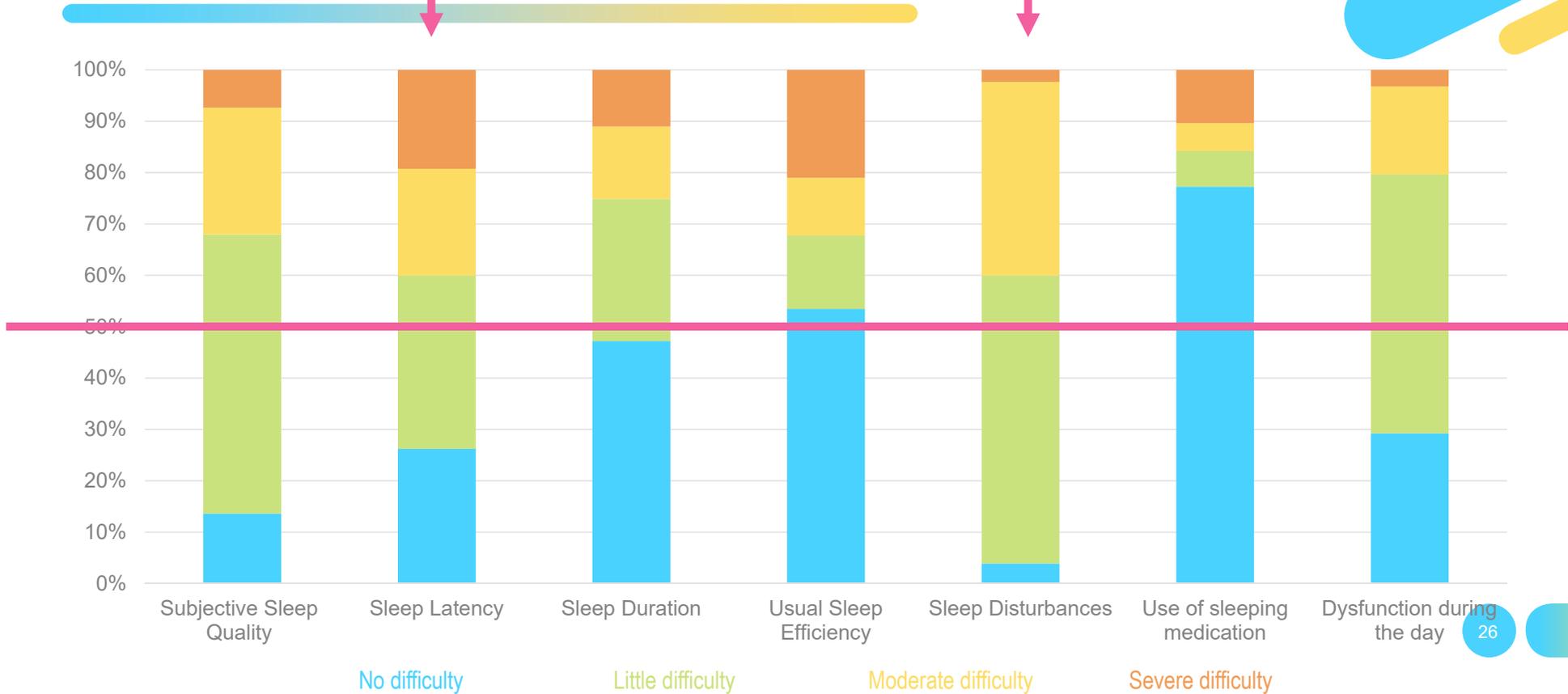|	1st health monitoring (n=557)	2nd health monitoring (n=477)	3rd health monitoring (n=477)
Global L/m, mean (SD)	347.2 (168.6)	354.5 (173.9)	358.0 (173.7)

 * which is essentially the exhalation rate, or the amount of air that you can breathe out in one breath.

Sleep quality

Large % report severe dfficulties, but also large % report no difficulty

Subjective Sleep Quality	Sleep Latency	Sleep Duration	Usual Sleep Efficiency	Sleep Disturbances	Use of sleeping medication	Dysfunction during the day

No difficulty Little difficulty Moderate difficulty Severe difficulty
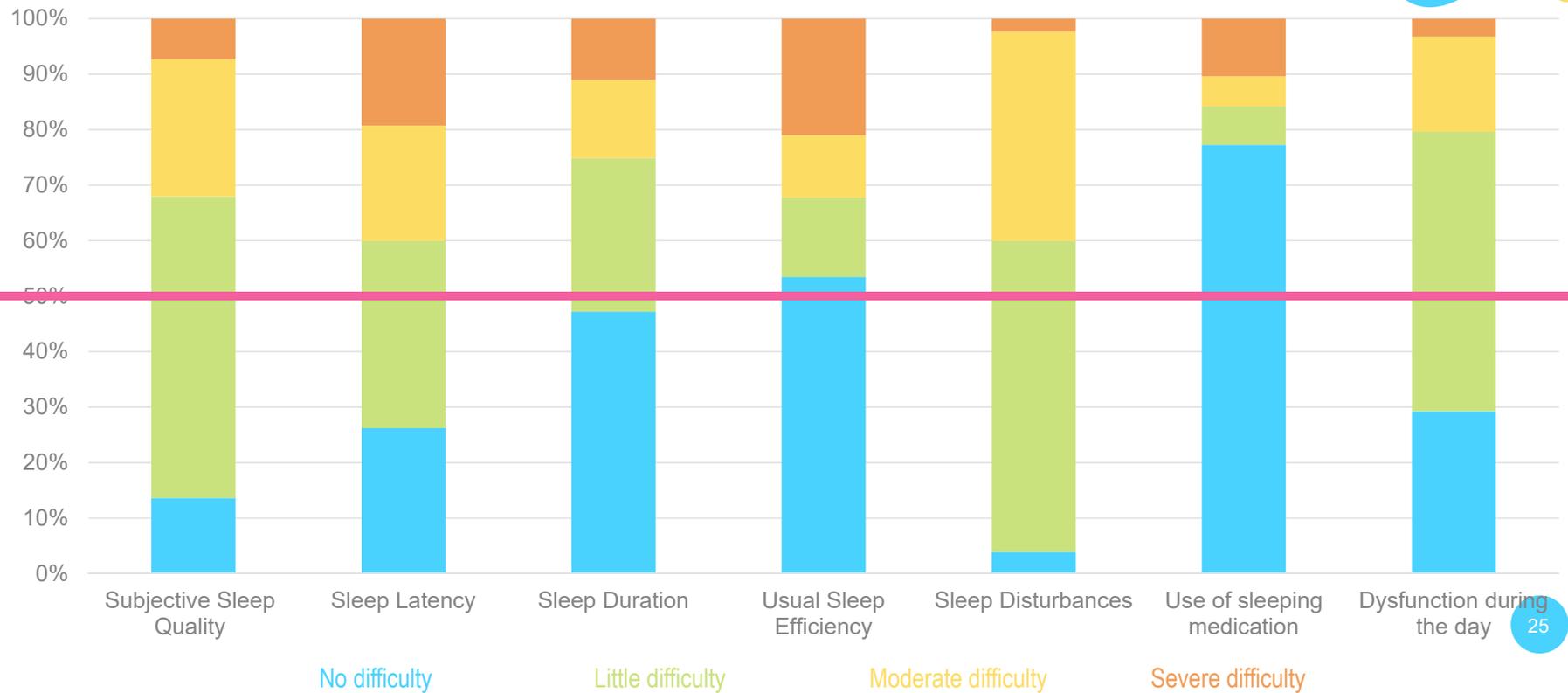
About half reports no to little difficulty and about half report moderate to severe difficulty

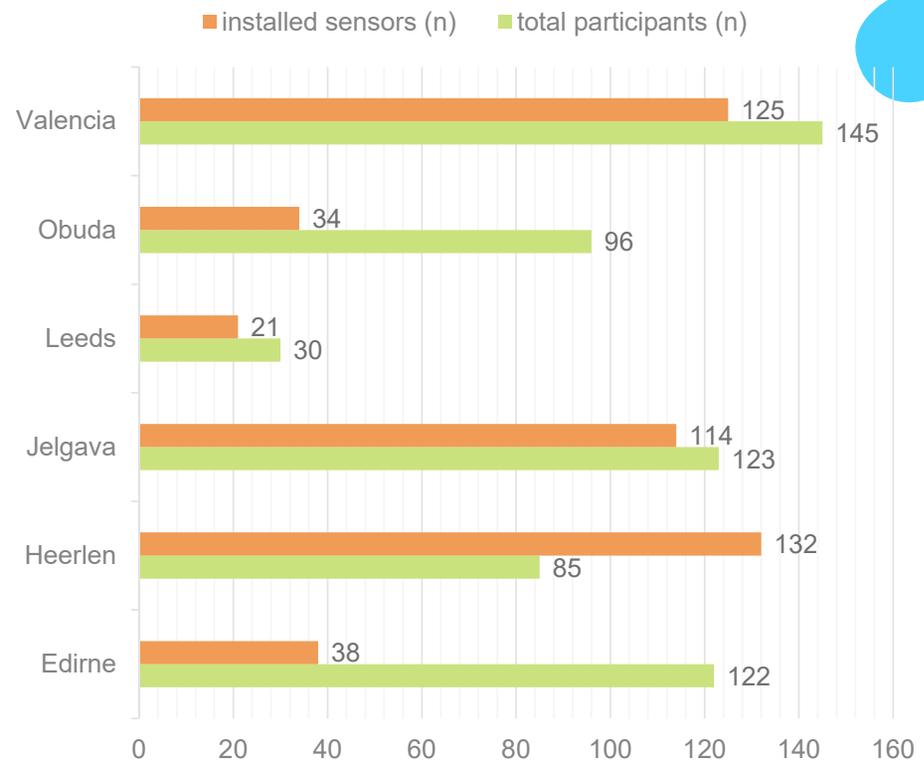|						
Subjective Sleep Quality	Sleep Latency	Sleep Duration	Usual Sleep Efficiency	Sleep Disturbances	Use of sleeping medication	Dysfunction during the day

No difficulty   Little difficulty   Moderate difficulty   Severe difficulty

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Home sensors

Intervention group only

Chart: installed sensors (n) vs total participants (n)

City	installed sensors (n)	total participants (n)
Valencia	125	145
Obuda	34	96
Leeds	21	30
Jelgava	114	123
Heerlen	132	85
Edirne	38	122

Daily temperature over all households

AVERAGE DAILY TEMPERATURE

VALENCIA — JELGAVA — HEERLEN — EDIRNE — LEEDS ---- REC MAX ---- REC MIN

Increasing outdoor temperatures= increasing indoor temperatures.

Higher indoor temperatures in pilot sites in more souhthern EU.
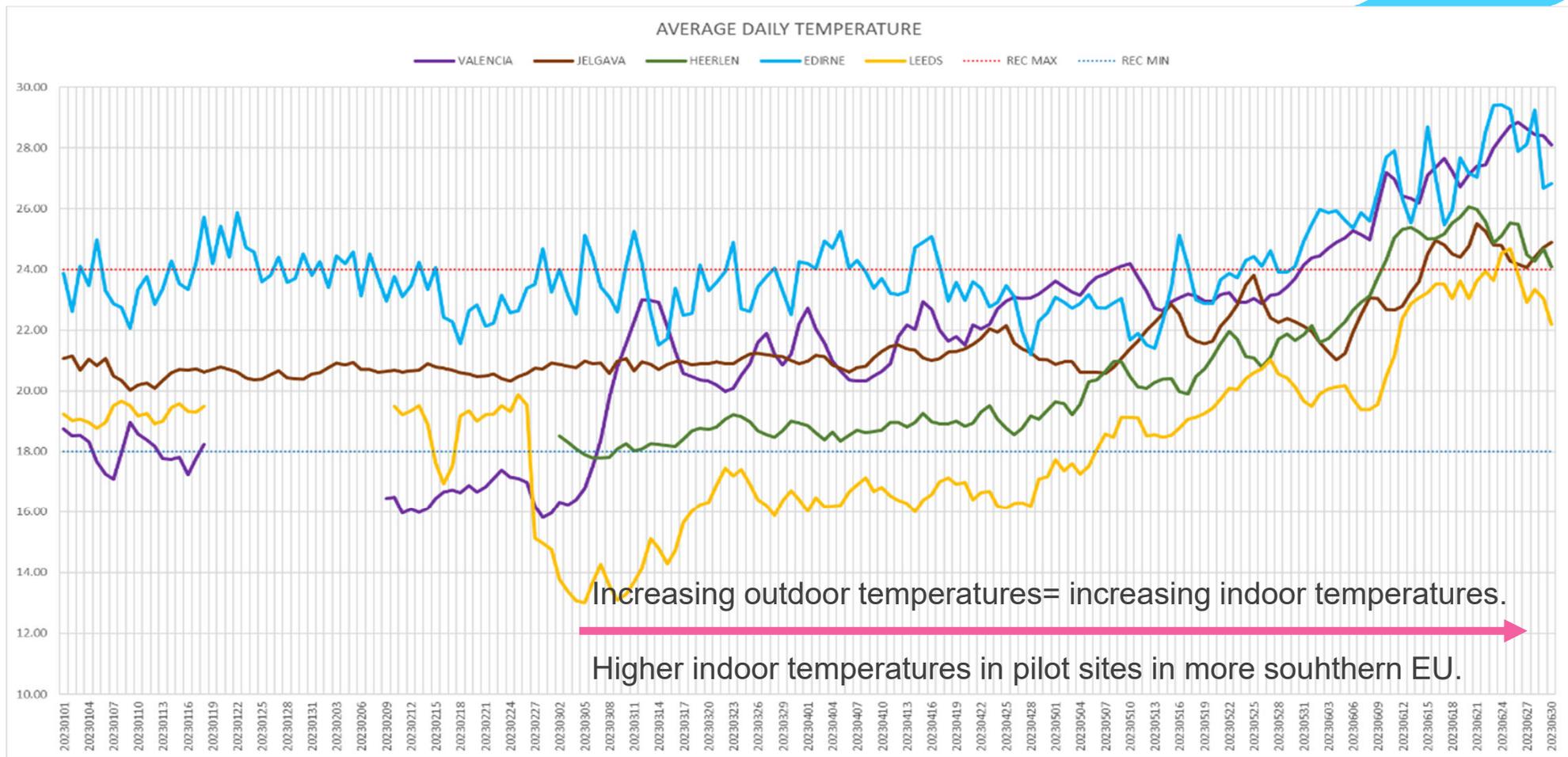
Daily CO2 levels over all households

AVERAGE DAILY CO2

VALENCIA — JELGAVA — HEERLEN ······· THRESHOLD

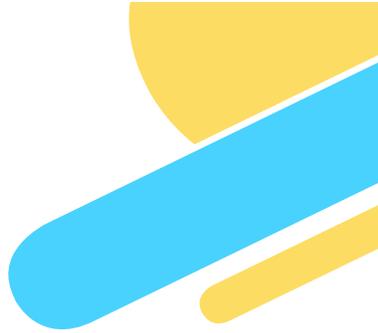Increasing outdoor temperatures= lower indoor CO2 levels
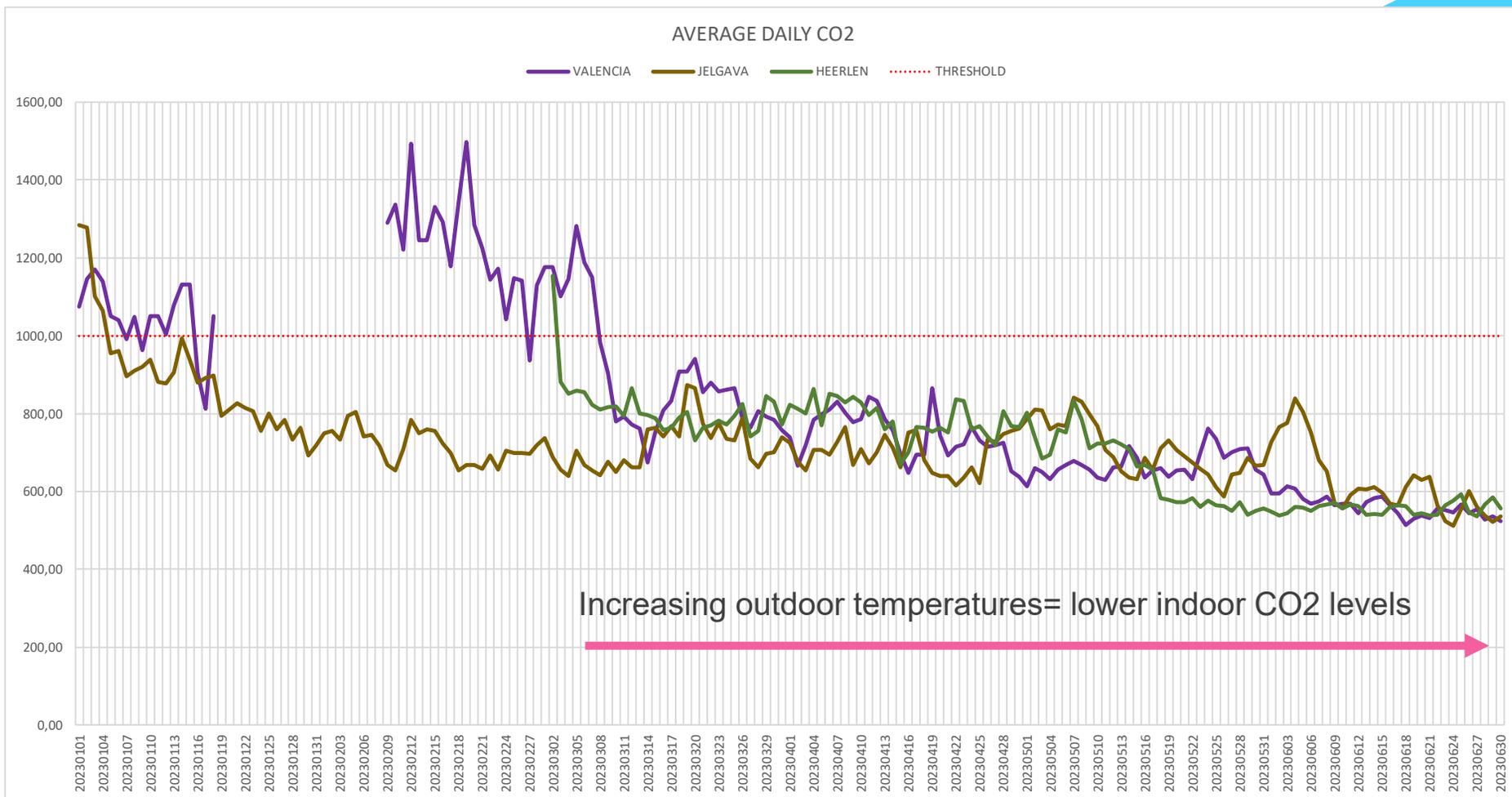
Key take aways

Descriptive findings from baseline data collection
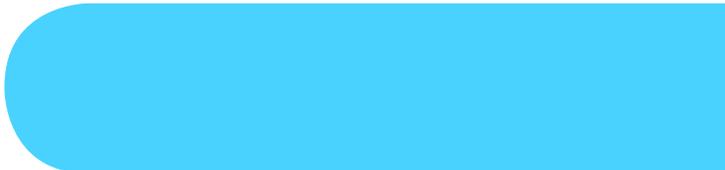
Summary of key findings

- Participants experiences mental health problems, such as feelings of depression or anxiety (~30%)

- Participants report >3 chronic conditions (~40%)

- The doctor is visited >3 times in the past year (~40%)

- Intervention group: Hypertension and limited peak flow is recorded by about a fifth of our participants

- The participants live in houses with damp/leak present (~60%), uncomfortable in summer (~70%) and are not satisfied with their house (~60%).

- Arrears on the utility bills are common (~50%)

- People were coping by wearing extra clothes, turning of heating or lightning (~55%)

Next steps

- Despite challenges significant participation achieved and valueble data collected, continu the great work

- Future analyses combining data and studying associations between energy poverty and health over time including the impact of the interventions comparing control and intervention group outcomes

- Pilot-site differences need to be taken into account

- Monitoring of interventions offered to those in the intervention group, to be able to interpret findings

- Combine with insight from the qualitative work

Questions?

- Full report available at the WELLBASED website:
- https://wellbased.eu/resources-2/publications/

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Thanks

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