



Right to Energy, Right to Health

2 December 2024, Brussels

Moderation: Miriam Eisermann, Energy Cities



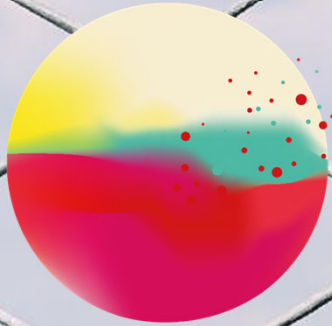
x.com/wellbasedEU



www.wellbased.eu




This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 945097



ENERGYCITIES

The European learning
community for future-proof cities

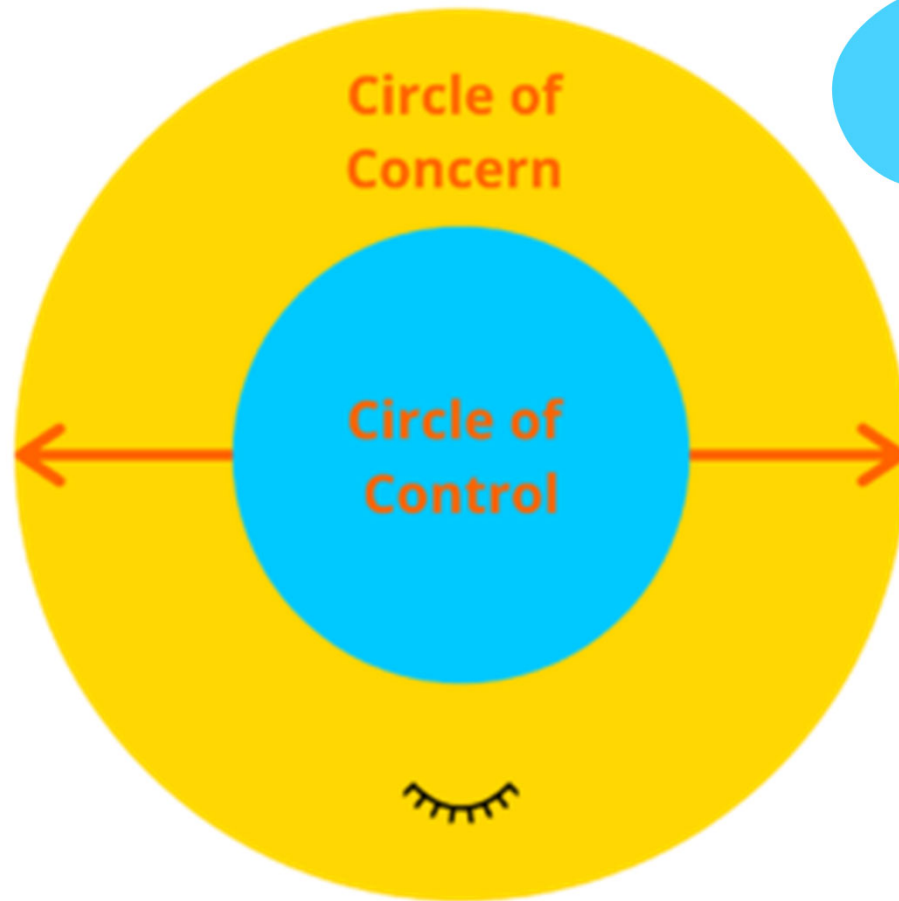
 **Annual Forum 2025**
8-10 April 2025
Besançon, France

35th anniversary




80^{*}%

* Figure from WHO



Energy & Health



- **Physical health:** Increase in winter infections (flu, colds), increase in insomnia in summer heat, hypo/hyperthermia, physical exhaustion, diseases associated with respiratory conditions like pneumonia, asthma, as well as arthritis and accidents, cardiovascular, allergies, inflammation due to humidity and mold, increased risk of heart attacks, risk of poisoning/intoxication,...
 - **Mental Health:** stress, anxiety, depression, low self-esteem...
 - **Social Health:** daily life (working, studying, looking for a job...), hygiene, isolation, stigmatization, less budget for leisure activities, quality of food...
- 

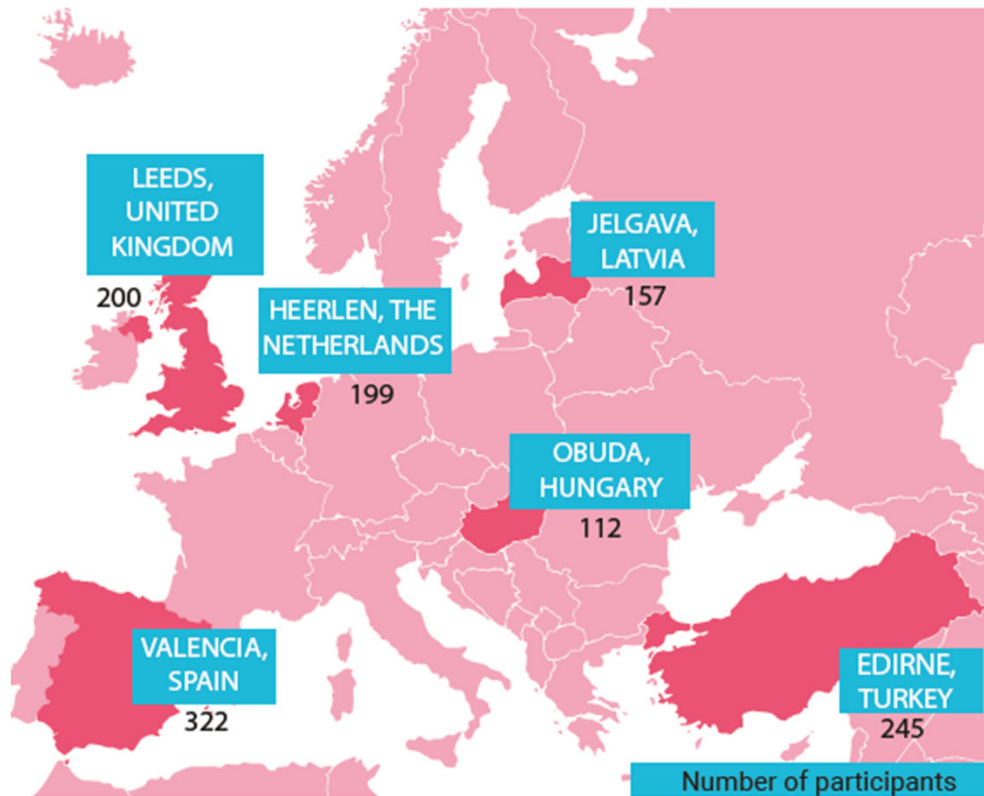
WELLBASED PROJECT: AN OVERVIEW

Interventions in the pilot sites



- Social energy audits
- Energy efficiency kits
- Regular group meetings and trainings
- Energy bills advice
- Home rehabilitations (insulation, heating systems...)
- Home appliances renovation

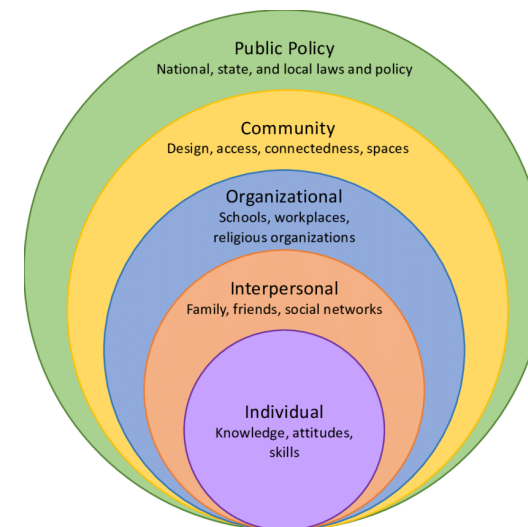
WELLBASED PROJECT: AN OVERVIEW



6 pilots, supported by research teams

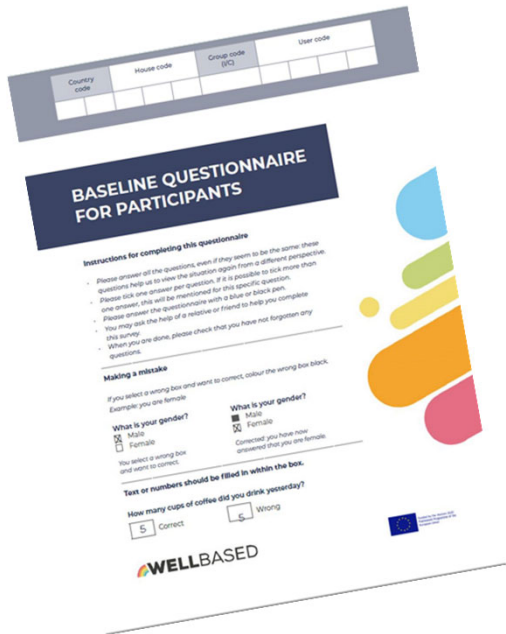
Design of WELLBASED Urban Programs

- Tailored approach in each pilot city
- Based on Socioeconomical Model of Health Determinants – from the individual to society



WELLBASED PROJECT: AN OVERVIEW

Project research with over 1300 people in energy poverty



Data collection during 18 months:

- Home sensors: T, H, CO2
- Questionnaires on health, sleep and use of energy
- Health measurements
- Qualitative interviews



Funded by the Horizon 2020
Framework Programme of the
European Union

 **WELLBASED**

WELLBASED PROJECT: AN OVERVIEW

Project Research



Analysis on how health is affected by energy poverty and interventions:

- Energy poverty indicators
- Energy consumption
- Coping behaviours
- Health & wellbeing outcomes
- Health monitoring measurements
- Indoor comfort and air quality



Funded by the Horizon 2020
Framework Programme of the
European Union

WELLBASED

SOME PROJECT RESULTS

Energy Poverty makes health and wellbeing worse

- Participants experience 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




Participants say...



"For a person like me, who is alone, learning and understanding my bills means a lot. Before the project, I could not even read them. Those workshops have been very useful. They take you out from darkness, from disinformation".

"Yes, in terms of breathing, in terms of... even in terms of pain. Look, yes, because my legs ached and so on and I said... I don't know if it's a coincidence, you know? [laughs] Because... I don't know, but it does [has improved]." (Valencia)

"Well, it has improved my mood, yes. So, to have hope, to say the least – but I may not be expressing myself well –, I have this feeling that someone cares about us. Just this one conversation is enough for me for a month or two months." (Obuda)



SOME PROJECT RESULTS

Effects of project interventions on participants' health (Qualitative analysis)

POSITIVE CHANGE

Improved wellbeing

- Lower energy costs reduce stress
- Thermal comfort makes people happier
- Better air quality reduced fatigue
- Anticipating better temperatures in home (summer and winter)
- Knowing someone cares (via intervention) enhances mood
- Cooking more

NO CHANGE

Health

- Young and healthy – not affected by temperature in home
- Already engaged in healthy habits
- **Would need more time to see if impacts physical health**
- Use to putting up with difficulties
- Children still playing on cold floors, get colds in winter
- Struggling financially because housing costs are too high

SOME PROJECT RESULTS

Effects of project interventions on participants' health (Qualitative analysis)



- Find practical solutions that are not already in use
- Listen to what people want and tailor interventions to their needs
- Secure the resources to deliver more substantive interventions
- Improving health through a short-term intervention is challenging

PRELIMINARY PROJECT RESULTS

More than quick fixes are needed



ENERGY
(POVERTY)

HEALTH

AGENDA

14:30-15:30 - Panel 1

EU Policy impact session: outlook on health and energy priorities

15:30-16:25 - Panel 2

Urban programs integrating health for effective energy poverty policies



www.wellbased.eu



x.com/wellbasedEU

Panel 1

EU Policy impact: outlook on health and energy priorities



Dr. Maria Neira,
Director of
Environment,
Climate Change &
Health, WHO



Mathilde Leyge, Policy Officer,
DG ENER, EU Commission



Tomas de Jong Policy Manager,
European Public Health Alliance
EPHA



Panel 2

Urban programmes integrating health for effective energy poverty policies

Right to Energy,
Right to Health



Victoria Pellicer
Energy Officer,
Valencia Clima I
Energia (Spain)



Alejandro Lopez Parejo
Coordinator of Getafe Healthy
Homes, Municipality of Getafe
(Spain)



Lorine Gagliolo
Vice-President
energy transition,
Metropolis and
City of Besancon
(France)



**Elena Rocher
Vicedo**
R+D+i technician
at Valencia
Innovation Capital



www.wellbased.eu

Check out our resources, reports, more detailed outputs



 www.wellbased.eu

RIGHT TO ENERGY, RIGHT TO HEALTH

People's wellbeing is affected by their inability to access adequate energy services

Between 2021 and 2024 the WELLBASED project researched in six European cities how people in energy poverty suffer from ill-health and how a series of interventions designed to alleviate the impact of energy poverty on vulnerable populations can bring a change. We found people across all six cities whose physical and mental health was affected by their lack of access to energy. This included health conditions being exacerbated by energy poverty, often associated with poor living environments, poor air quality, unbearable summer or winter temperatures and exposure to damp, cold or overheating.

HERE'S WHAT WE DID

- Many of our interventions targeted energy and wellbeing through health determinants, rather than experimenting more expensive measures which address the building fabric.
- Data collection included home comfort parameters (temperature, humidity, CO2 levels), questionnaires on health (including mental wellbeing) and energy habits and direct measurements of health (e.g. blood pressure). Qualitative interviews explored people's lived experience.
- We want to guide other European cities who wish to replicate and we advise policy-makers on how to make future urban health initiatives targeting energy poverty more effective.

TAKE-AWAYS

As the six nations under study, but some or sample include:

- energy through the interventions requires sensitive approaches. People appreciate signs and their problems.
- evidence of people cutting back on cooking and energy with excessive heat in damp and mould.
- energy poverty are among the most men in Europe, but efficiency comes at a cost of quality of life.
- as a very central concern in several pilots, at home, and the immediate environment be important in excessive summer heat and requires more substantial financial

ASED dataset, we found out that, compared to energy poverty, being in high energy ...

- A heating year with 3x more energy being required to solve your energy problems in your mobility
- 3x improvement in having significant problems during your usual activities
- 5x increased risk of experiencing levels of depression

www.wellbased.eu

Join us in Valencia to bridge research, policy & practice. **FINAL WELLBASED EVENT** 20 February 2025

www.wellbased.eu



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 945097

See you at the Final Conference

Valencia, 20 February 2025



www.wellbased.eu



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 945097



RIGHT TO ENERGY FORUM



2-4 December 2024
Brussels



 wellbased.eu



Thanks

