

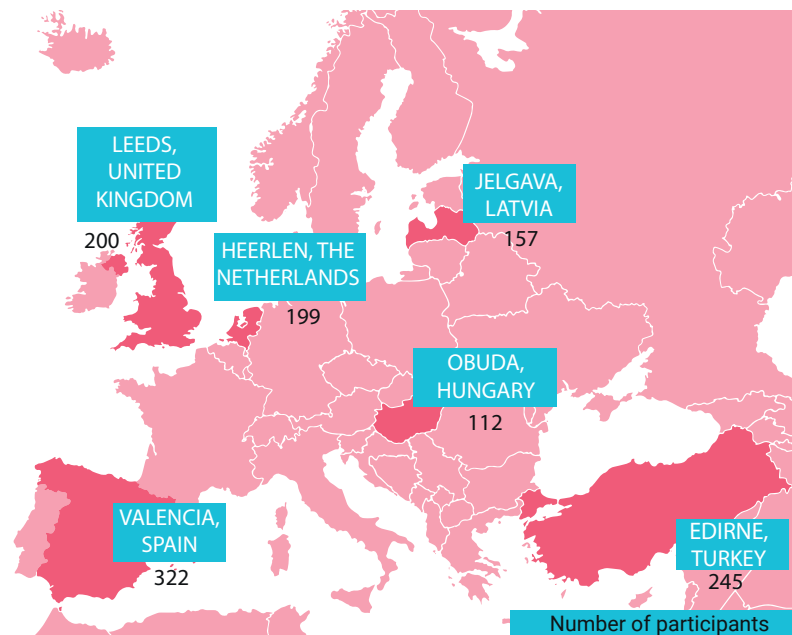
# RIGHT TO ENERGY, RIGHT TO HEALTH

© Elena Mozhvilo

## 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



© Andrej Lisakov

Many of our interventions targeted energy and wellbeing through health determinants, rather than implementing 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 captured 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

## THE LIVED EXPERIENCE



"I wish for them to come and live in this house for a week, then let's see if they end up in a faculty hospital or something. Is it a liveable place? They would be hospitalized due to illness."

WELLBASED participant in Jelgava during a qualitative interview



Policy should seek to address the links between public health and energy access: health problems can be symptoms revealing energy poverty.

## SOME PROJECT TAKE-AWAYS

Experiences varied across the six nations under study, but some headline findings from our sample include:

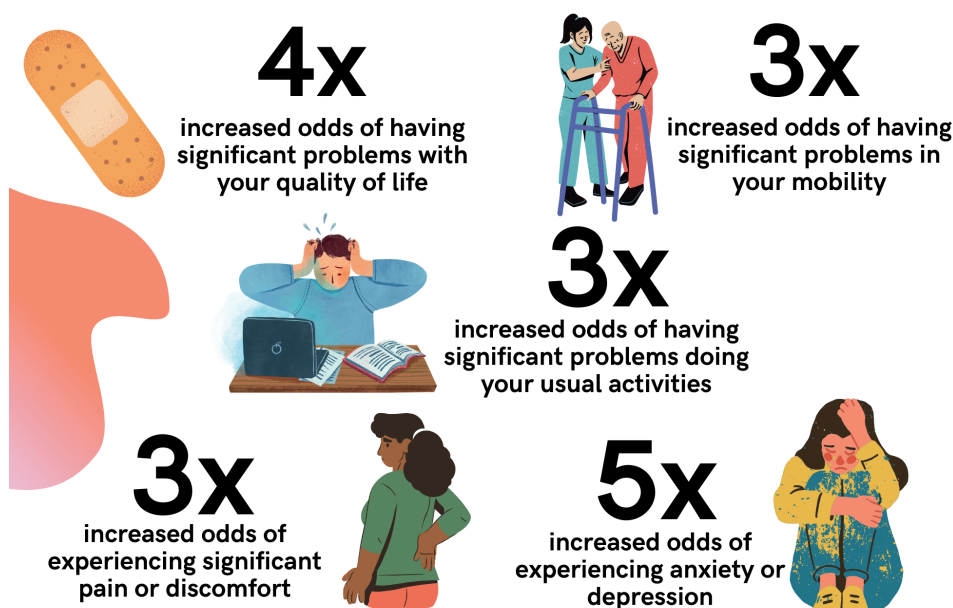
- Addressing energy poverty through the interventions requires an integrated, context-sensitive approach: People appreciate interventions that recognise them and their problems.
- We found widespread evidence of people cutting back on energy to reduce their costs, and coping with excessive heat and cold, as well as with damp and mould.
- Some of the people in energy poverty are among the most efficient energy consumers in Europe, but efficiency comes at a cost on wellbeing and quality of life.
- Coping with the heat was a very central concern in several pilots. The construction of the home, and the immediate environment of the home were quite important in excessive summer heat conditions.
- Housing quality is key and requires more substantial financial investment.

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



[www.wellbased.eu](http://www.wellbased.eu)

By analysing the WELLBASED dataset, we found out that, compared to someone who is not in energy poverty, being in high energy poverty means you have...



## The WELLBASED research project

Running from 2021-2025, WELLBASED is driven by a team of 18 partners from 10 countries, incl. municipalities, research institutes, SMEs, NGOs. The team's guiding question was: What co-benefits does energy efficiency in low-income homes bring to health? Through real-life interventions on health in 6 European countries, we wanted to create a holistic and interdisciplinary understanding of how energy poverty comes about, and how the broader context affects outcomes.



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