

# WELLBASED: 4 years focusing on energy poverty and health



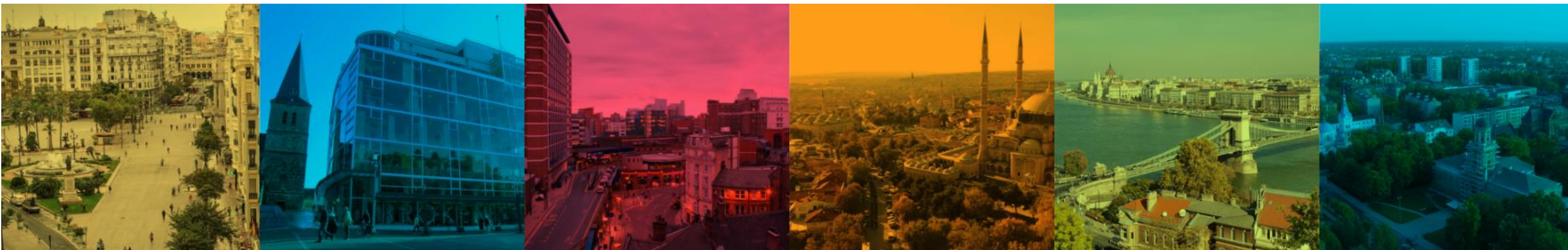
@wellbasedEU



[wellbased.eu](https://wellbased.eu)



Funded by the Horizon 2020 Framework Programme of the European Union



**Noemi Garcia Lepetit**  
WELLBASED Project Coordinator  
Valencia Innovation Capital

**“Right to Energy, Right to Health: Policy and research insights from the WELLBASED project”**  
20th February 2025, Valencia



LAS NAVES



València  
Clima i Energia

INCLIVA | VLC  
Instituto de Investigación Sanitaria

Hveloce  
I+D+i

Erasmus MC  
Universiteit Maastricht



DemirEnerji

UNIVERSITY OF LEEDS

TNO  
innovation for life



Spedali  
Galliera



MUTK



ASIDEES



Heerlen

Leeds  
CITY COUNCIL



# Introduction and context



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# Understanding the context

## Why our project matters

- Between **8% and 16% of EU population** face Energy Poverty (EU-JRC, 2024).
- **Rising levels of Energy Poverty** and social inequalities in EU in the last years:
  - COVID-19
  - The global energy crisis
  - Impact of the war in Ukraine
  - Climate and Social Challenges (e.g. Summer Energy Poverty)



# WELLBASED goal

Local solutions to reduce Energy Poverty and its effects on health

- To deliver **comprehensive urban programmes** which contributes to significantly **reducing Energy Poverty**
- To investigate the effects of Energy Poverty on the citizens **health and wellbeing**

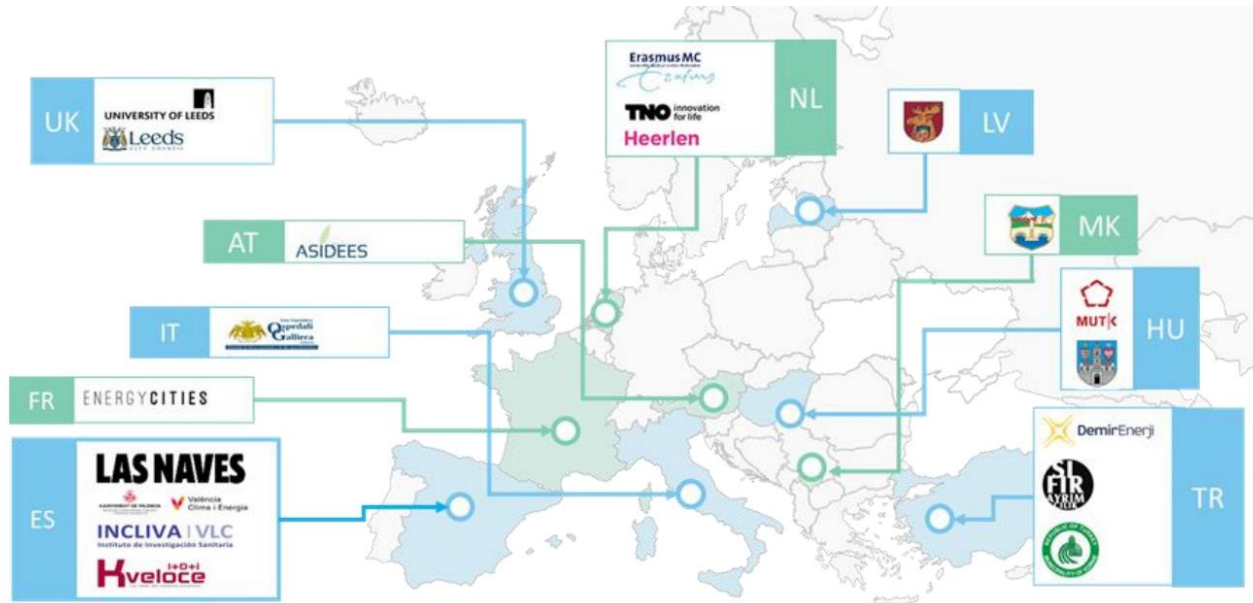


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# WELLBASED Consortium

18 partners from 10 countries



- Municipalities, research institutes, SMEs, NGOs...

# WELLBASED Consortium

6+1 WELLBASED pilot cities



- Edirne (Turkey)
- Heerlen (Netherlands),
- Jelgava (Latvia)
- Leeds (UK)
- Obuda B (Hungary)
- Valencia (Spain)
- + Skopje (Macedonia), follower city



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# Project methodology

# Project workplan

Seven Work Packages interconnected

**WP1** Project Management

**WP2** Definition  
urban programme  
framework

**WP3** Pilots  
preparation and  
implementation

**WP4** Evaluation and data analysis

**WP5** Policy recommendations, scale-up and  
transferability

**WP6** Dissemination, Communication, City  
engagement and exploitation

**WP7-8** Ethical and data protection issues



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# Project timeline

2021-2025



**Programs design & research framework**

Initial planning and framework development



**Programs implementation & data collection**

Execution of programs and gathering data



**Data analysis & evaluation**

Analyzing data and assessing outcomes



**Policy Advocacy and Recommendations**

Formulating and advocating for policy changes

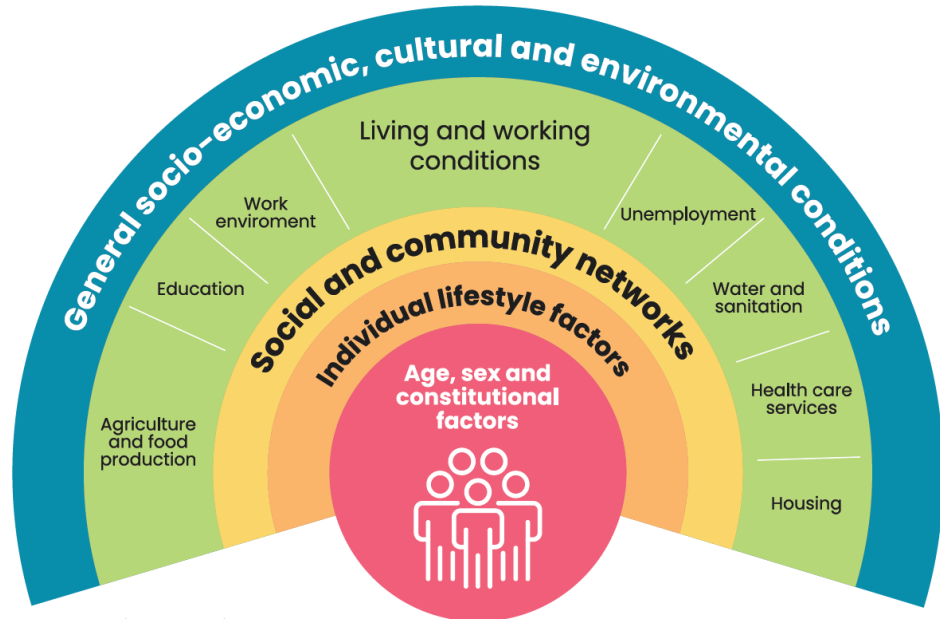


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# Social ecological model

Holistic programs based on the Social ecological model of health determinants



(Dahlgren and Whitehead, 1991)

- Layer 1 Individual Lifestyle factors**
  - Promoting individual behavioural change related to energy efficiency
- Layer 2 Social and Community networks**
  - Strengthening community support and peer learning
- Layer 3 Living and working conditions**
  - Ensuring healthy homes and work sites
- Layer 4 General socio-economic, cultural and environmental conditions**
  - Coordinating initiatives and public policies to address Energy Poverty



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# Key achievements and results



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# WELLBASED Urban Programs

Over 500 participants benefited from WELLBASED programs



## LAYER 1: Improving individual lifestyle & habits

- Trainings on Energy Efficiency, Healthy habits,...
- Energy bills advice
- Debt support

## LAYER 2: Strengthening communities

- Regular group encounters
- Craft workshops and exhibitions
- Health group screenings
- Training to professionals (health, social workers...)

# WELLBASED Urban Programs

Over 500 participants benefited from WELLBASED programs



## LAYER 3: Improving housing conditions

- Social energy audits
- Energy efficiency kits
- Home rehabilitations (insulation, heating systems...)
- Home appliances renovation



## LAYER 4: General macro - conditions

- Policy Recommendations and fostering local EP & health strategies

# WELLBASED Urban Programs

Over 500 participants benefited from WELLBASED programs



*"Now I know how to read my bill [...] It gives you a sense a power"*



*When you have asthma, your back hurts, you know... [...] Oh, last year, we suffered so much.[...] the room would fill with smoke from the coal. We used to panic. [...] We're good now. May God bless our municipality and everyone*



*"These trainings have opened new horizons to me [...] They take you out of the darkness and disinformation"*



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# Research study

## Data collection during 18 months to participants



- Recruitment of **over 1000 participants** for the study
- **Quantitative & qualitative data:**
  - Questionnaires on health&energy use
  - Health measurements
  - Home sensors
  - Qualitative interviews
- **Different platforms** to gather data and share it for research



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# Research study

## Analysis on interconnections between Energy Poverty and health



- **Energy poverty impacts health:** The project highlighted the health vulnerability of people living in energy poverty
- **Deep knowledge** of how people experience being in Energy Poverty through qualitative study and home sensors measurements
- Benefits of interventions were registered but **major social and economical changes are needed** to achieve significant impact



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# Advocacy & community engagement

## Energy Poverty as a Public Health issue

- **Raised awareness on Energy Poverty, health and wellbeing**
  - Presented WELLBASED and results in over **15 local and EU events**
  - Organised more than **10 public events**, on line and in person
  - Submitted **4 scientific articles** (and others are on their way)
- **Building alliances** to make joint advocacy:
  - The End of Energy Poverty Forum
  - Manifesto for Healthy Homes: [Join us! | WELLBASED](#)



# Advocacy & community engagement

Bringing diverse stakeholders together to address EP and health

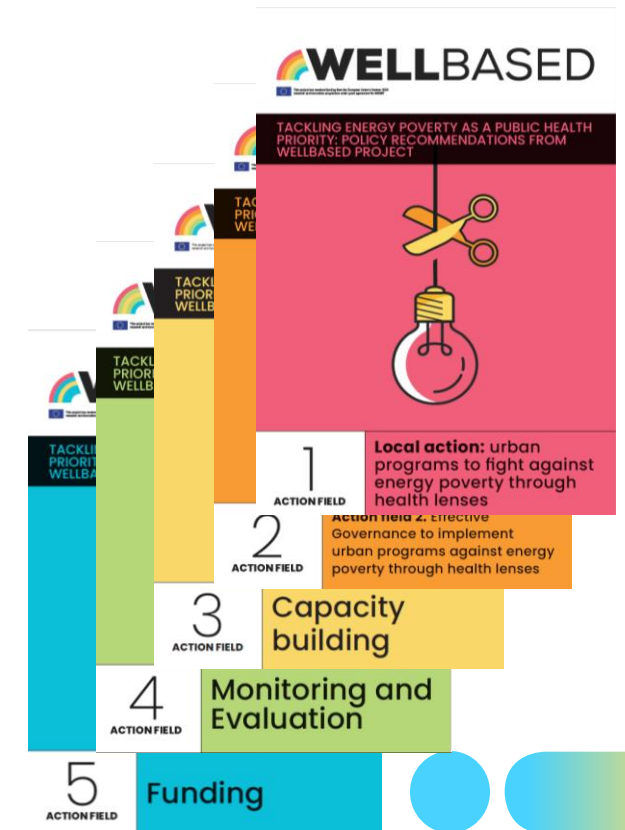
- **6 Hackathons** on WELLBASED pilot cities
- Challenges: Summer EP, efficient housing solutions, awareness raising...



# Advocacy & community engagement

Turning project learnings into actionable solutions

- **WELLBASED Policy Recommendations** at local and EU level
  - Local action
  - Governance
  - Capacity-building
  - Monitoring and Evaluation
  - Funding. Based on **Alternative Financial models** analyzed (D5.1)
- **Tips and best practices for interventions to reduce EP and health**, based on project **Solution Catalogue for Replicability** (D5.2)
- **Lessons learnt for research in topic related projects**





# Conclusions



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# Overcoming Challenges

## In Programs implementation



- **“Hard to reach” participants:**
  - Challenges in recruitment
  - Drop-outs



- Collaboration with local stakeholders
- Close monitoring
- Incentives for participation



- **Extensive data collection:**
  - Difficulties to get all data
  - Legal and ethical issues



- Close monitoring
- Many time devoted to GDPR



# Overcoming Challenges

## In Research and Policy advocacy



- **Measuring Impact of interventions**
  - Hard to identify clear trends in quant. data
  - Complex EP local contexts



- Registering external interventions
- Integration quantitative & qualitative studies



- **Connecting Energy Poverty and Health**
  - Two separate fields (policies, implementation, teams...)



- Contacting stakeholders at all levels: field professionals, policy makers...



# Project impact & outputs

Positive impact but challenges remain

## Positive impact...

- Improved **wellbeing** for participants
- More awareness on the **Right to Energy and the Right to Health**
- New insights for **research and open Data**
- **Lessons learnt, tips, best practices** for decision makers, practitioners and future projects
- **Alliances** for future collaborations

All project outputs available here:  
[Publications | WELLBASED](#)



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The logo for WELLBASED, featuring a small rainbow-colored arc to the left of the word "WELLBASED" in a bold, black, sans-serif font.

# Project impact & outputs

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[Publications](#) | [WELLBASED](#)

...but **challenges remain** to tackle Energy Poverty and health inequalities:

- Need for **scaling up interventions**
- **Long-term, structural** solutions are essential







# Thanks

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