



CENTRE FOR RESEARCH INTO
ENERGY DEMAND SOLUTIONS



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The impact of personal, housing, and neighbourhood factors on personal wellbeing

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**ENSURE HEALTHY LIVES AND PROMOTE
WELL-BEING FOR ALL AT ALL AGES**

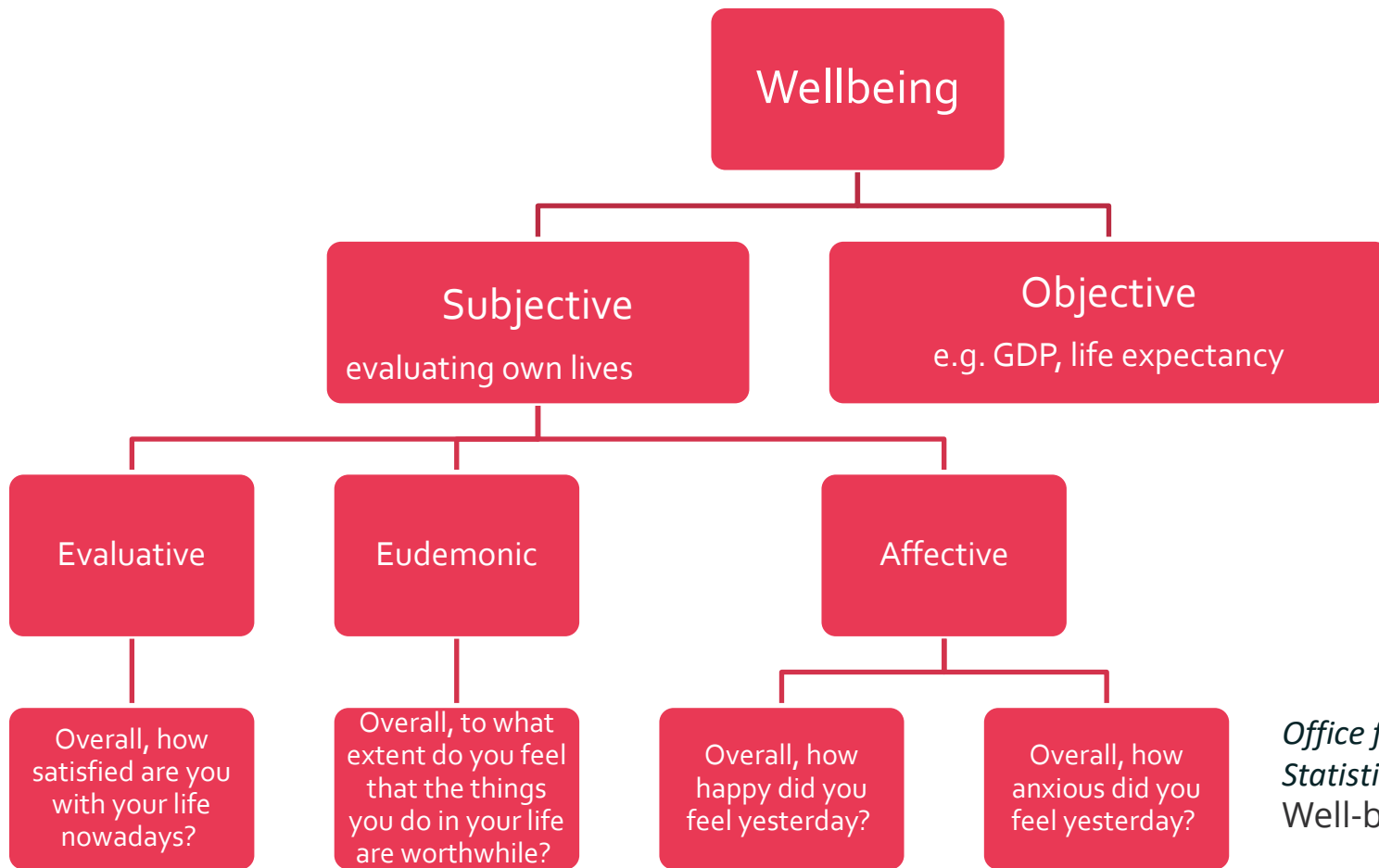


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- We spend about 90% of our time indoors.
- Limited evidence on housing and neighbourhood (e.g.)
 - Urban greenspace (*Hunter et al., 2019, Krefis et al., 2018*)
 - Violence / crime in the neighbourhood (*Clarke et al. 2007*)
 - Mixed evidence for housing quality (*Cooper et al, 2008; Evans, 2003; Moore et al., 2018*)
 - Dwelling type (*Evans, 2003; Cooper, 2008*)
- General: lack of good studies
 - Small samples
 - Correlational
 - Insufficient consideration of confounders

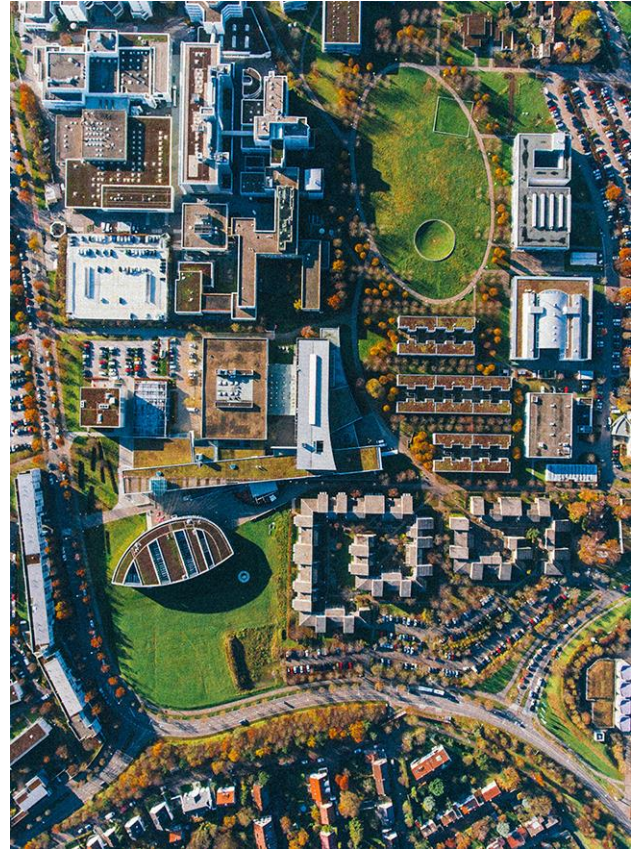




Office for National Statistics: Personal Well-being questions

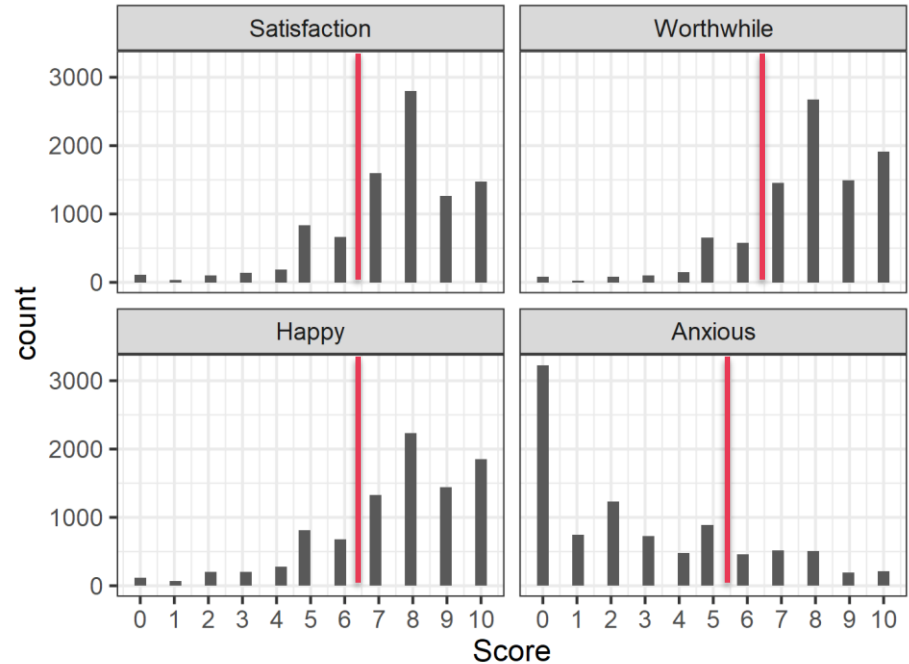
Methods

- Secondary data analysis: English Housing Survey E(SH)
 - Physical dwelling inspection
 - Interview with household
- N = 9205 householders
- Outcome: wellbeing measures
- Predictors
 - Personal factors
 - Housing
 - Neighbourhood
- Logistic regression
- Analysis prespecified: <https://osf.io/qz6fh/>



Results – Descriptives Wellbeing

- Overall, high wellbeing.
- Significant correlations between all variables:
 - *Life satisfaction and Worthwhile*: 0.64**
 - *Anxious and worthwhile*: -.29**
- Dichotomized into *low/medium* wellbeing and *high/very high* wellbeing

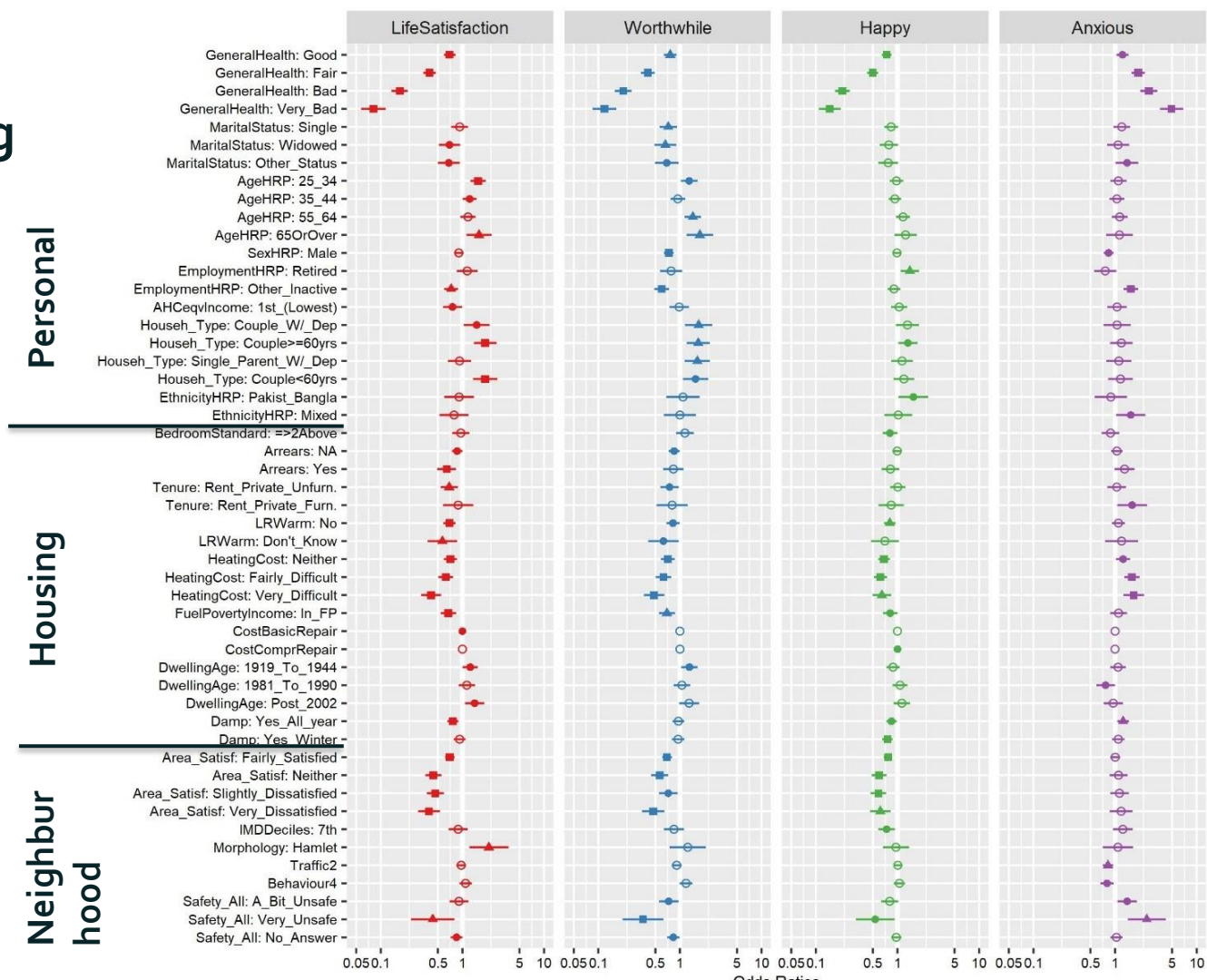


Results – Explaining wellbeing

Tjur's R²

- Life satisfaction: 0.23
- Worthwhile: 0.18
- Happy: 0.12
- Anxiety: 0.10

Personal variables explain most variance, followed by housing, then neighbourhood variables.



Results – supported hypotheses

Wellbeing is lower for householders....	Life Satisfaction	Worth-while	Happy	Anxious
... who find it difficult to meet their heating/fuel costs.	***	***	***	***
... in fuel poverty.	***	**	*	ns
... unable to keep their living room at comfortable temperatures.	***	*	**	ns
... who are less satisfied with their environment.	***	***	***	ns
... who feel less safe in their local environment.	**	***	*	***
... with damp problems.	**	ns	*	**

Results – Non-supported hypotheses

No effect of

Energy efficiency rating.

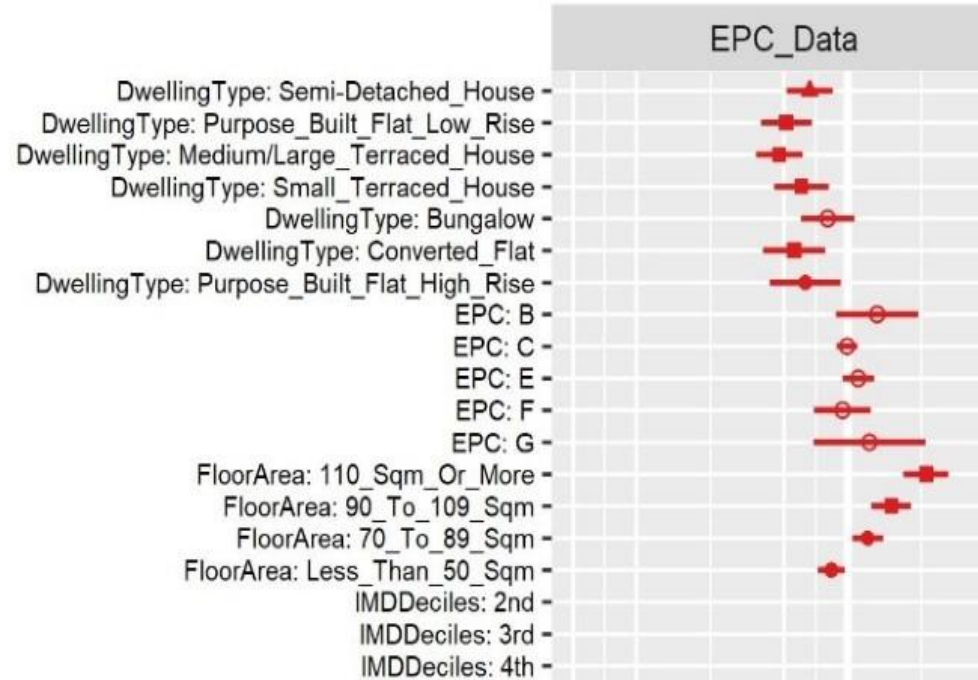
Dwelling type.

Overcrowding.

Index of Multiple Deprivation.

Repair costs for the dwelling.

Problems in the neighbourhood.



Summary

- Personal variables explain most variance.
- Overall, limited amount of variance explained.
- Lower wellbeing associated with
 - Difficulty in meeting fuel cost
 - Being unable to keep the living room warm
 - Being in fuel poverty
 - Lower neighbourhood satisfaction
 - Lower perceived safety

Limitations:

- Only correlational evidence.
- Some important variables not available.
- No measured data of environmental conditions.

Implications

Policy:

- Targeting householders based on readily observable characteristics is not an easy task.
- Important to focus on multiple spheres (personal, housing, neighbourhood).
- Important to ensure warm homes and affordable heating.

Research:

- Predictors differentially associated with different facets of wellbeing.
- Results depend substantially on what covariates are being included.
- Possible that important covariates are not considered.

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Thank you!

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