

Sut mae tymheredd y cartref yn effeithio ar iechyd a llesiant

How home temperatures affect health and well-being

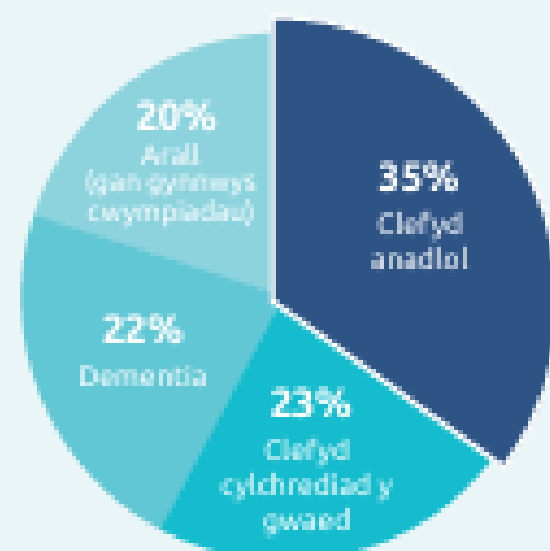
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Cefndir

3,400 o farwolaethau ychwanegol yn ystod y gaeaf¹ yng Nghymru yn ystod 2017/18



Mae **clefyd anadlol**² yn brif achos marwolaethau ychwanegol yn ystod y gaeaf



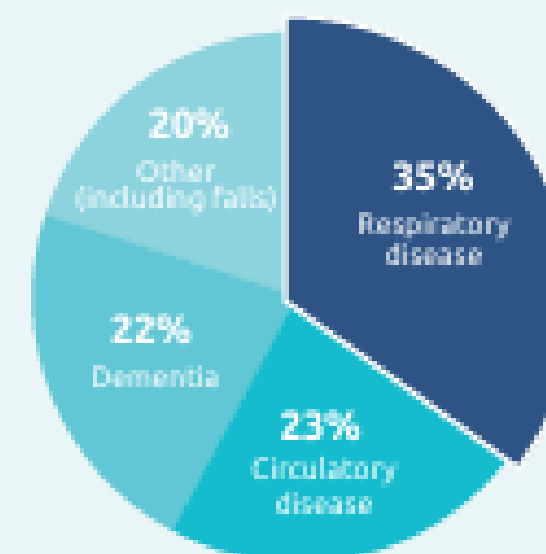
Mae **30%** o farwolaethau ychwanegol yn ystod y gaeaf oherwydd cartrefi oer

Mae dros **75%** o farwolaethau ychwanegol yn ystod y gaeaf ymhlith y rhai 75+ oed



Background

3,400 excess winter deaths¹ in Wales during 2017/18

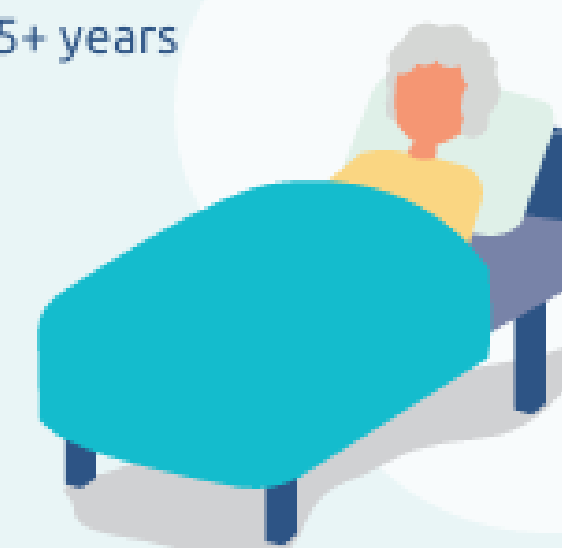


Respiratory disease² is a leading cause of excess winter death



30% of excess winter deaths are due to cold homes

Over **75%** of excess winter deaths are in those aged 75+ years



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Cartrefi oer ag iechyd a llesiant



Plentyndod cynnar

Risg uwch o besychu, gwichian, salwch anadlol a mynd i'r ysbyty



Plentyndod

Risg uwch o fod yn absennol o'r ysgol oherwydd salwch, ynghyd â risg uwch o ymgysylltiad a chyrhaeddiad addysgol isel



Y Glasoed

Risg uwch o broblemau iechyd meddwl, a allai arwain at ymddygiad niweidiol i iechyd



Byd Oedolion

Risg uwch o iechyd corfforol a meddyliol gwael, absenoldeb o'r gwaith a phwysau ariannol



Byd Pobl Hŷn

Risg uwch o iechyd corfforol a meddyliol gwael, unigrwydd, mynd i'r ysbyty a marw cyn pryd

Cold homes and health and well-being



Early childhood

Increased risk of coughing, wheezing, respiratory illness and hospital admission



Childhood

Increased risk of school absence through illness, and low educational engagement and attainment



Adolescence

Increased risk of mental health problems, which may lead to health-harming behaviours



Adulthood

Increased risk of poor physical and mental health, work absence, and financial pressures



Older age

Increased risk of poor physical and mental health, loneliness, hospital admission and premature mortality

Ffactorau risg sy'n gysylltiedig â byw mewn cartrefi oer (h.y. islaw 18°C)

Ffactorau cymdeithasol ac amgylcheddol

- Costau ynni uchel
- Tlodi cymharol
- Anghydraddoldebau
- Polisiâu'r llywodraeth
- Arferion/credoau diwylliannol
- Y tywydd/yr hinsawdd
- Clefydau pandemig fel COVID-19

Ffactorau cymunedol

- Ansawdd tai
- Amddifadedd cymunedol
- Cyfleoedd gwaith
- Mynediad at addysg
- Lleoliad/natur wledig

Ffactorau'n ymwneud ag aelwydydd

- Math o ddeiliadaeth
- Incwm yr aelwyd
- Gwerthoedd fel stoiciaeth neu ddarbodaeth
- Ymwybyddiaeth (e.e. diffyg ymwybyddiaeth o effeithau byw mewn cartref oer ar iechyd a llesiant)

Ffactorau'n ymwneud ag unigolion

- Oedran
- Rhywedd
- Statws economaidd-gymdeithasol
- Ethnigrwydd
- Statws iechyd
- Agweddau ac ymddygiad
- Ynysigrwydd cymdeithasol

Risk factors for living in a cold home (i.e. below 18°C)

Societal and environmental factors

- High energy costs
- Relative poverty
- Inequalities
- Government policies
- Cultural practices/beliefs
- Weather/climate
- Pandemics such as COVID-19

Community factors

- Housing quality
- Community deprivation
- Employment opportunities
- Access to education
- Locality/rurality

Household factors

- Housing tenure
- Household income
- Values such as stoicism or thrift
- Awareness levels (e.g. lack of awareness of the health and well-being impacts of living in a cold home)

Individual factors

- Age
- Gender
- Socioeconomic status
- Ethnicity
- Health status
- Attitudes and behaviours
- Social isolation

Profiad tymheredd cartref ac incwm isel o lygad y ffynnon

Nodau

- Pa ymwybyddiaeth sydd gan bobl o dymheredd dan do diogel ac iach?
- Beth yw'r tymheredd dan do mewn aelwydydd incwm isel ar adeg o brisiau ynni uwch nag erioed?
- Beth yw effaith tymheredd dan do ar iechyd a llesiant corfforol a meddyliol y rhai sy'n byw ar incwm isel?

Lived experience of home temperature and low income

Aims

- What awareness do people have of safe and healthy indoor temperatures?
- What are the indoor temperatures in low income households at a time of record high energy prices?
- What is the impact of indoor temperature on the physical and mental health and well-being of those living on a low income

Sut wnaethom y gwaith hwn

- Mawrth 2023 – Cyrhaeddodd prisiau ynni'r lefelau uchaf erioed dros aeaf 2022/2023
- Monitro tymheredd
- Cyfweliad ffôn
- 15 oedolion o aelwydydd incwm isel (llai nag £20,000)

How we did this work

- March 2023 – Energy prices reached record highs over the winter 2022/2023
- Temperature monitoring
- Telephone interviews
- 15 adults from low-income households (less than £20,000)

Pwy gymerodd rhan?

- Rhywedd: 10 benyw, 5 gwryw
- Oedran : Dros hanner yn 60 oed neu'n hŷn
- Iechyd: Crybwyllodd bob un o'r 15 gyflwr iechyd hirdymor
- Aeth y rhan fwyaf o bobl bennaf eu dydd yn y cartref

- Cyflwr tai: 12 efo lleithder, anwedd, llwydni, neu gyfuniad
- System wresogi: 10 gwres canolog nwy
- Trefol neu wledig: 11 mewn ardal drefol



Who took part?

- Gender: 10 female, 5 male
- Age: Over half aged 60 or over
- Health: All 15 long-term health condition/s
- Most spent most of their day at home

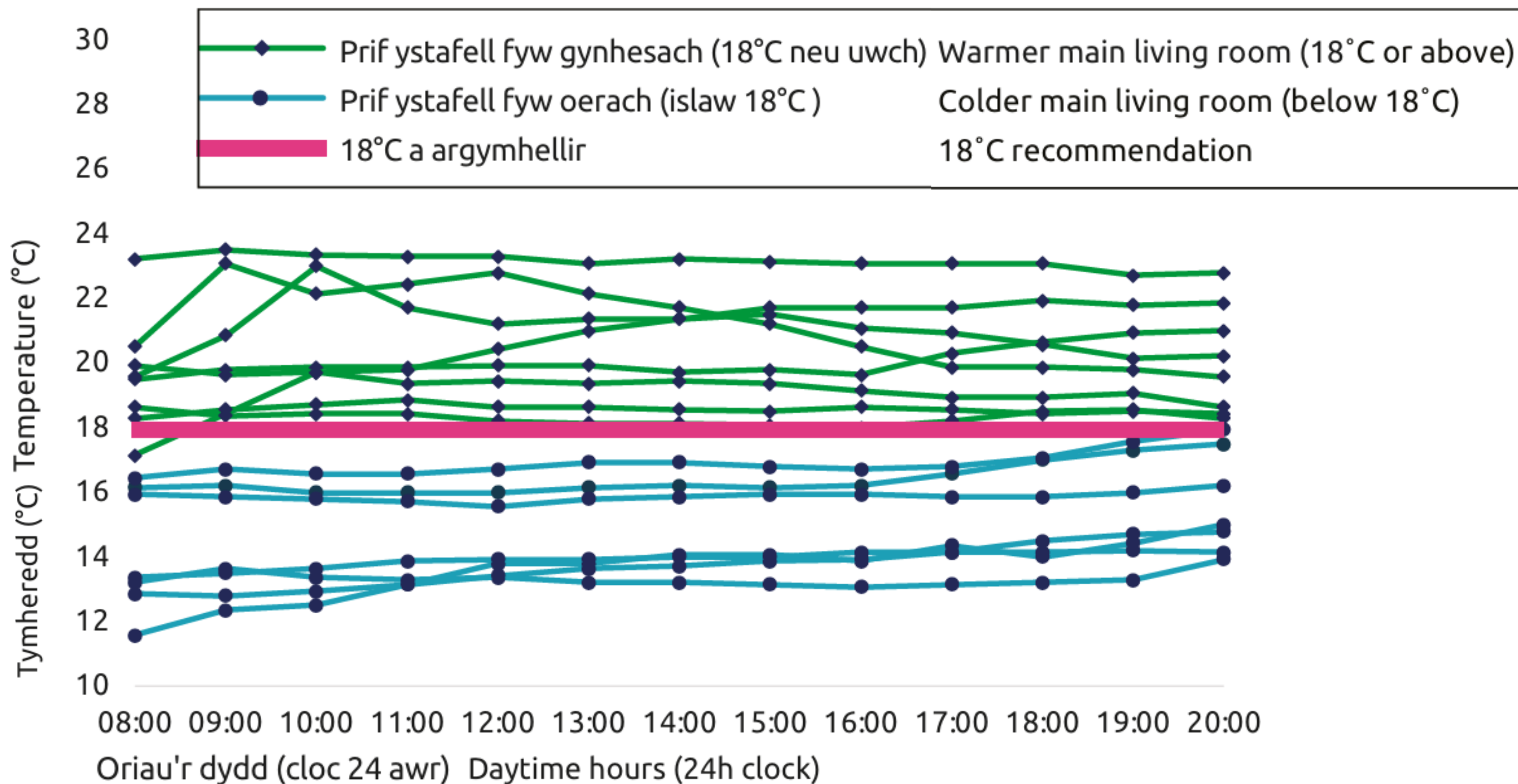


- Housing condition: 12 damp, condensation and/or mould
- Heating system: 10 gas central heating
- Urban or rural: 11 urban

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Tymheredd cartref / Home temperature



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Themâu allweddol

“Nid yw’r gaeaf yma yn wahanol i’r gaeaf diwethaf. Mae’r tŷ yn dal yn rhewi. ... Galla i fynd i fyny [i fyny’r grisiau sydd heb ei gynhesu] am awr, ond ar ôl hynny, mae yr un peth â mynd allan tu cefn.” (T2, 19.0°C)

**Teimlo'n oer
gartref**

“Mae yna ddyddiau pan na fyddaf yn bwyta er mwyn i ni gael gwres.” (T9, 21.0°C)

**Mae ynni'n
anfforddiadwy**

“Mae’n rhaid i mi eu cadw nhw [biliau gwres] yn fforddiadwy, gadewch i ni ddweud hynny, drwy beidio â chael gwres fel y byddwn i fel arfer mewn unrhyw aeaf arall.” (P6, 13.3°C)

Key themes

**Feeling cold
at home**

“This winter’s no different to last. The house is still freezing.... I can go up there [upstairs which is unheated] for an hour, but after that, it’s just the same as going out the back.” (P2, 19.0°C)

**Energy is
unaffordable**

“There’s days where I won’t eat so that we can have heat.” (P9, 21.0°C)

“I have to keep them [heating bills] affordable, let’s put it like that, by just not having heating like I would normally any other winter.” (P6, 13.3°C)



Themâu allweddol

Key themes

“Rwy’n ceisio cynhesu fy hun yn hytrach na chynhesu’r tŷ oherwydd y gost.”
(T1, 13.6°C)

Gwresogi'r person, nid y cartref

Heat the person, not the home

“I try and warm myself up rather than warm my house up because of the expense of it.” (P1, 13.6°C)

“Rwy’n eistedd yma nawr, ac mae gen i gôt heb lewys a ‘fleece’ amdanaf, felly rydyn ni’n dal i fod yn weddol gynnil gyda’r gwres.” (P15, 13.9°C)



“I’m sitting here now, and I’ve got a bodywarmer and a fleece on, so we’re still sort of reasonably frugal with it [the heating].” (P15, 13.9°C)

“Hoffwn i’r tŷ fod rhwng 20 a 22°C, [i] fod yn gyfforddus ynddo.”
(T6, 13.3°C)

Defnyddio dewis personol i bennu tymereddau iach

Using personal preference to determine healthy temperatures

“I would like my house to be between 20 and 22°C, [to] be comfortable in.”
(P6, 13.3°C)

Themâu allweddol

Key themes

“Dwi wedi cael dau haint ar y frest gyda’r [oerfel] oherwydd bod gen i COPD, sy’n debyg i emffysema, ie? Felly mae’r oerfel yn cael effaith arnoch chi.” (T14, 16.9°C)

Effaith negyddol oerfel dan do ar iechyd a llesiant

Negative impact of indoor cold on health and well-being

“I’ve had two chest infections with the [cold] because I’ve got COPD, which is like emphysema, yes? So you’re prone to the cold.” (P14, 16.9°C)

“Dwi’n meddwl ei fod yn eich digalonni oherwydd eich bod chi’n oer bob dydd ac yna mae’r pryder cyson o orwario ar eich bil ynni...mae fy iechyd meddwl yn dioddef.” (T11, 13.7°C)

“I think it’s depressing because you’re cold every day and then it’s that constant worry of overspending on your utility bill...my mental health suffers.” (P11, 13.7°C)

“Mae’n fwy fforddiadwy nawr nag o’r blaen, oherwydd i ni newydd gael inswleiddio mewnol a gwresogyddion storio wedi’u gosod. Cyn hyn roedden ni’n rhedeg ar olew.” (T13, 15.9°C)

Mae cymorth yn bwysig

Support is important

“It’s more affordable now than before, because we’ve had internal insulation and storage heaters just put in. Before we ran off oil.” (P13, 15.9°C)



Casgliadau

- Mae anhawster yn ystod y bywyd hŷn yn cynnwys tai oer, anawsterau ariannol a diffyg diogelwch ynni.
- Mae'r effaith ar iechyd yn fysiaethol, meddyliol, cymdeithasol ac economaidd.
- Mae sicrhau tai cynnes a fforddiadwy yn ymyriad iechyd cyhoeddus sy'n cefnogi heneiddio iach ac yn lleihau anghydraddoldebau.

Er mwyn hybu heneiddio iach, rhaid i ni fynd i'r afael nid yn unig â chlefyd, ond hefyd â'r amodau y mae pobl yn heneiddio ynddynt.

Conclusions

- Adversity in later life includes cold homes, financial hardship and energy insecurity.
- The health impacts are physical, mental, social and economic.
- Ensuring warm, affordable homes is a public health intervention that supports healthy ageing and reduces inequalities.

To promote healthy ageing, we must address not only disease, but the conditions in which people grow older.

Gwaith yn y dyfodol:

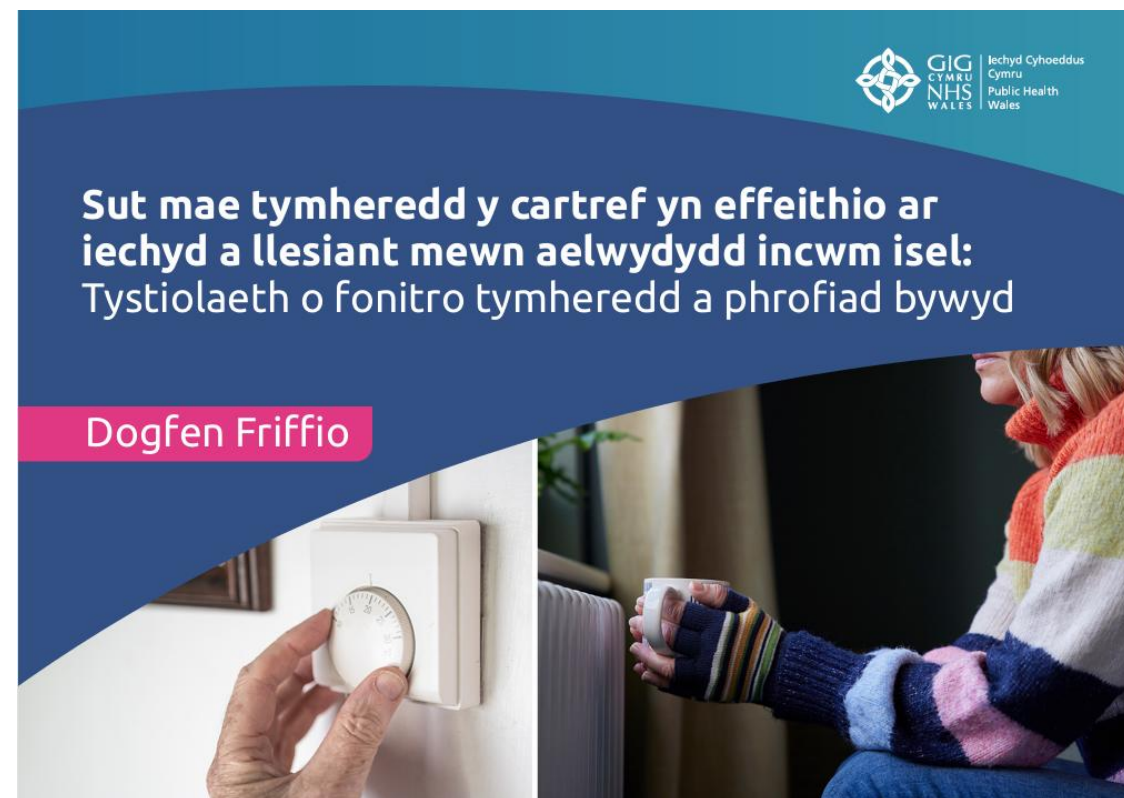
Pobl hŷn, tlodi ynni a hinsawdd sy'n newid

Future work:

Older people, energy poverty and a changing climate



Allbynnau



Tymheredd cartref ac incwm isel 2026



Adroddiad Cartrefi oer yng Nghymru 2024



Adroddiad Cadw'n gynnes gartref 2024



Adolygiad llenyddiaeth systematig cartrefi oer 2022



Adroddiad Gwella iechyd a lles y gaeaf 2019

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Outputs



Home temperatures and low income 2026



Cold homes in Wales report 2024



Keeping warm at home report 2024



Cold homes systematic literature review 2022



Improving winter pressures report 2019

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Diolch Thank you

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