

Quiz: Housing & Health

1. What is the recommended temperature for the living room when it is occupied by an older or vulnerable person?
2. If the average household spends 5% of its income on heating and power, what does a low income pensioner spend?
3. Where is most of the heat lost from an average un-insulated house?
4. What are the 4 conditions that cause condensation in the home?
5. What signs indicate that a gas or solid fuel fire is releasing carbon monoxide?
6. Apart from fire risk, how else could your electrical wiring threaten your health?
7. How many falls are there amongst people over 65 each year?
8. How could fear of burglary affect your health?

Answers to the Quiz: Housing & Health

1. What is the recommended temperature for the living room when it is occupied by an older or vulnerable person?

See slide 14.

21°C

2. If the average household spends 5% of its income on heating and power, what does a low income pensioner spend?

No corresponding slide but show Slide 16 whilst discussing this answer

Around 15% but even then they may not be warm enough. Some experts estimate that it might cost low income pensioners as much as 25% of their income to maintain their home at recommended temperatures.

3. Where is most of the heat lost from an average un-insulated house?

No corresponding slide but show Slide 16 whilst discussing this answer

<i>Roof</i>	<i>25%</i>
<i>Walls</i>	<i>35%</i>
<i>Doors & windows</i>	<i>15%</i>
<i>Floor</i>	<i>10%</i>
<i>Ventilation</i>	<i>15%</i>

Of course, these are rule of thumb figures only and the exact distribution of heat loss will depend upon the type of building. e.g. a detached house will certainly lose most of its heat through its walls, whilst a terrace house might not. In older terrace houses with sash windows around 30% of heat might be lost through doors and windows combined.

We concentrate upon roof insulation because it is relatively cheap and easy to install. However, government grants and incentives have forced down the price of cavity wall insulation whilst providing better regulation of the industry.

4. What are the 4 conditions that cause condensation in the home?

See slide 18

Inadequate heating

Inadequate insulation

Inadequate ventilation

Excessive water vapour production

Reducing condensation is often a delicate balance between providing better ventilation at the same time as maintaining indoor temperatures at a high enough level to support the water vapour in the air.

Therefore, a bathroom needs to be warm when bathing or showering, preferably with the extractor fan on. If there is no extractor fan, open the window when leaving the bathroom and close the door to the rest of the property, the excess water vapour will condense outside.

5. What signs indicate that a gas or solid fuel fire is releasing carbon monoxide?

See slide 20

Soot stains on appliance

Yellow or orange "lazy" flame

Condensation

6. Apart from fire risk, how else could your electrical wiring threaten your health?

See slide 24

Injury from electric shock

Accidents from poorly locate sockets

Trip hazards

Worry about fire hazard/re-wiring

9. How many falls are there amongst people over 65 each year?

See slide 26

2.8 million.

8. How could fear of burglary affect your health?

See slide 28

Fear & anxiety about burglary

Isolation

Depression

Lack of sleep

