



CENTRE FOR RESEARCH INTO  
ENERGY DEMAND SOLUTIONS

# Sufficiency: Making sure everyone has the energy they need

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**DATE: 9 JUNE 2022**



# History of sufficiency in this research & practice community

**2003: A case for self-deception in energy policy – Harold Wilhite & Jorgen S. Norgard**

“The paper explores....why there is friction to moving the policy envelope from ‘efficiency’ to also include ‘sufficiency’.”

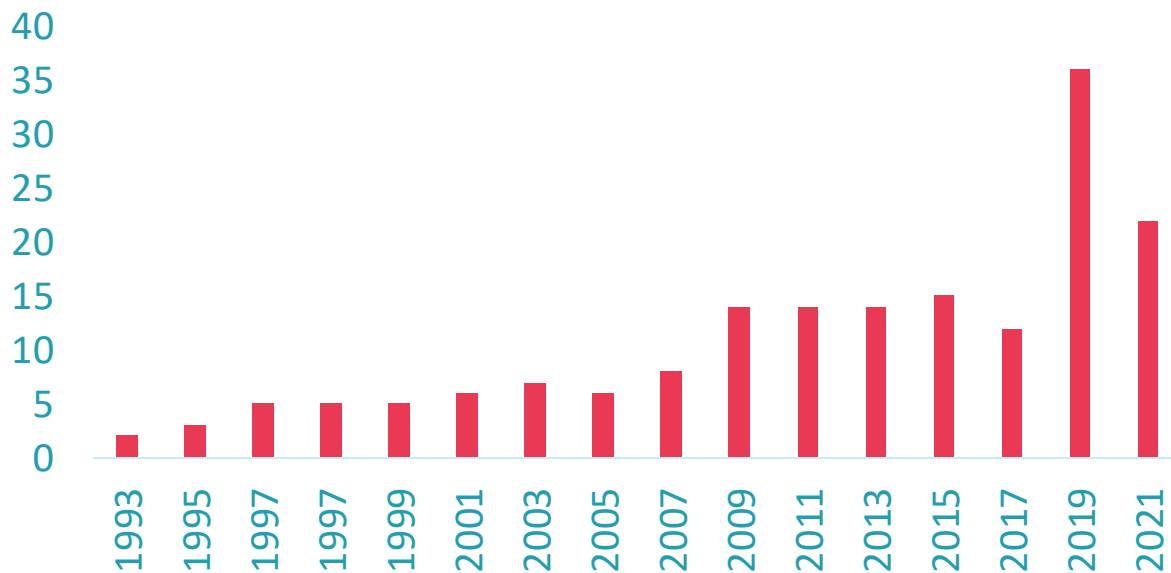
**2007: Enough is a good as a feast – sufficiency as policy – Sarah Darby**

“The concept of sufficiency has a long history, related as it is to the timeless issues of how best to distribute and use resources. ...The paper .... discusses quantitative and qualitative aspects of sufficiency and how they might become institutionalized.”

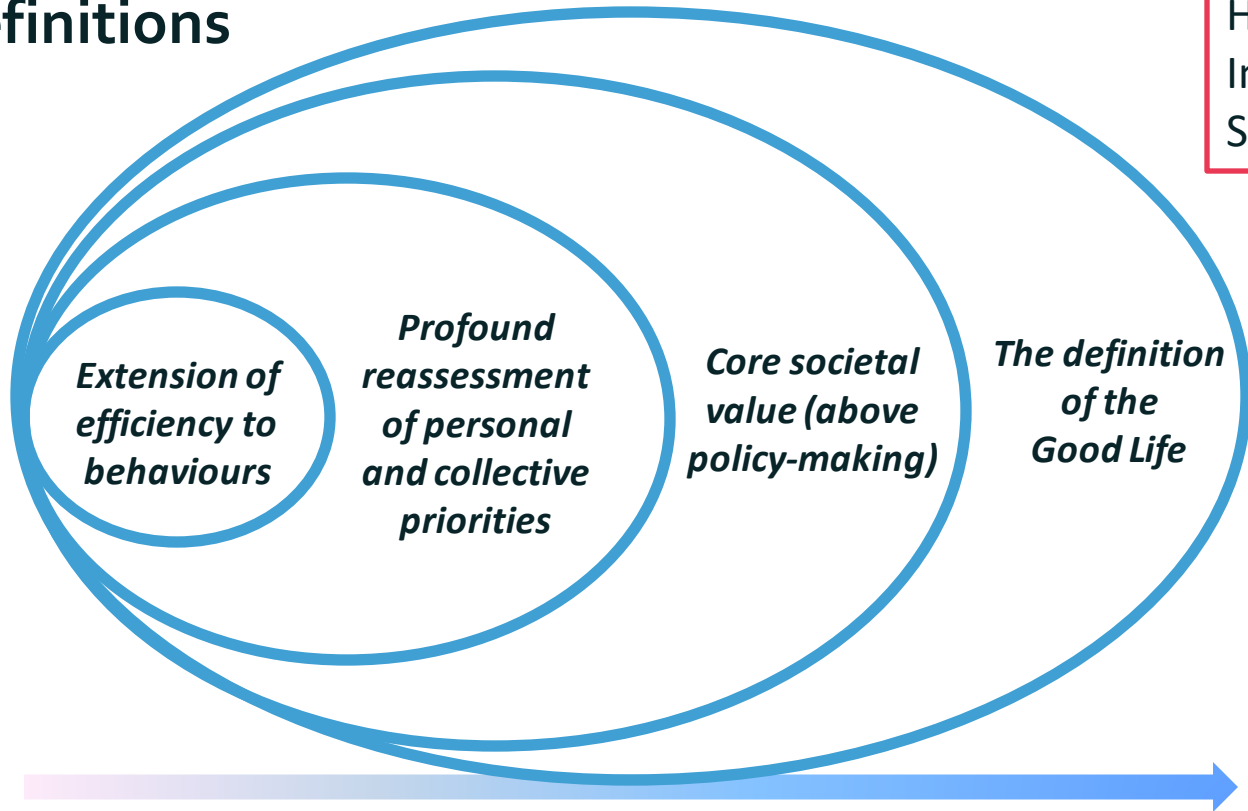
**2017: Three year project:**



# Number of summer study papers found by searching on 'sufficiency' by year



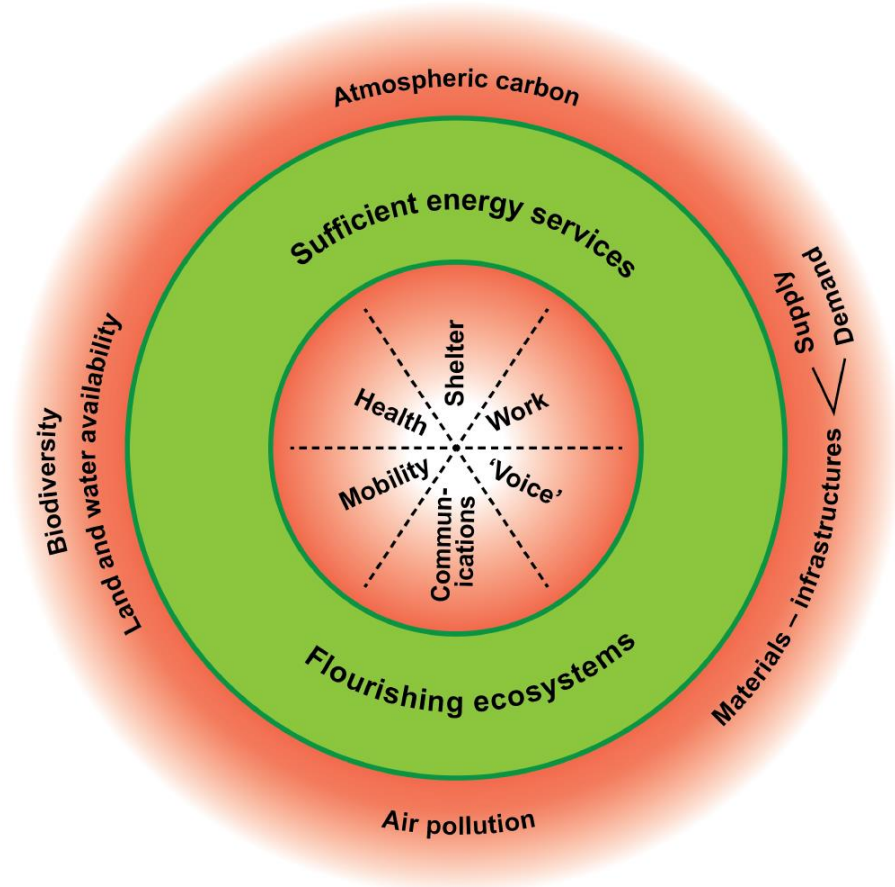
# Definitions



Sufficiency:  
Habits  
Infrastructures  
Societal frameworks

Courtesy of Edouard Toulouse and Lorenzo Pagliano

**Energy sufficiency is a state in which people's basic needs for energy services are met equitably and ecological limits are respected.**



Darby, S. and Fawcett, T. (2018)  
Energy sufficiency: an introduction.  
[www.energysufficiency.org](http://www.energysufficiency.org)



# How are we using the concept of sufficiency?

- Explicitly in modelling energy demand reduction in future scenarios (e.g. NégaWatt)
- Implicitly in modelling energy demand reduction in future scenarios (e.g. CREDS)
- To inspire local experiments in reducing demand for energy services (e.g. Anja Bierwirth & colleagues, Wuppertal)
- To stimulate and provoke public debates & political interest (France)
- In high-level summaries of mitigation options (IPCC)

Primarily to broaden the boundaries of thinking about how to achieve zero emissions, with a focus on 'over consumption'.





# Energy / fuel poverty: huge concerns for coming winter

REAL ECONOMY

## Turning up the heat on Europe's fuel poverty crisis

More than 35 million Europeans are unable to afford to keep their homes warm this winter. That's the equivalent of the entire populations of Greece, Portugal, Hungary and Ireland combined having to decide between heating and putting food on the table.

### Millions in UK face fuel poverty despite Sunak support, say experts

**Chancellor's intervention unlikely to offset impact of rising energy bills on low-income households**

- **What help is Sunak offering as households face energy bill hikes?**

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Last Updated 13 days ago

### Factbox: Europe's efforts to shield households from soaring energy costs





# How could we use the concept of sufficiency?

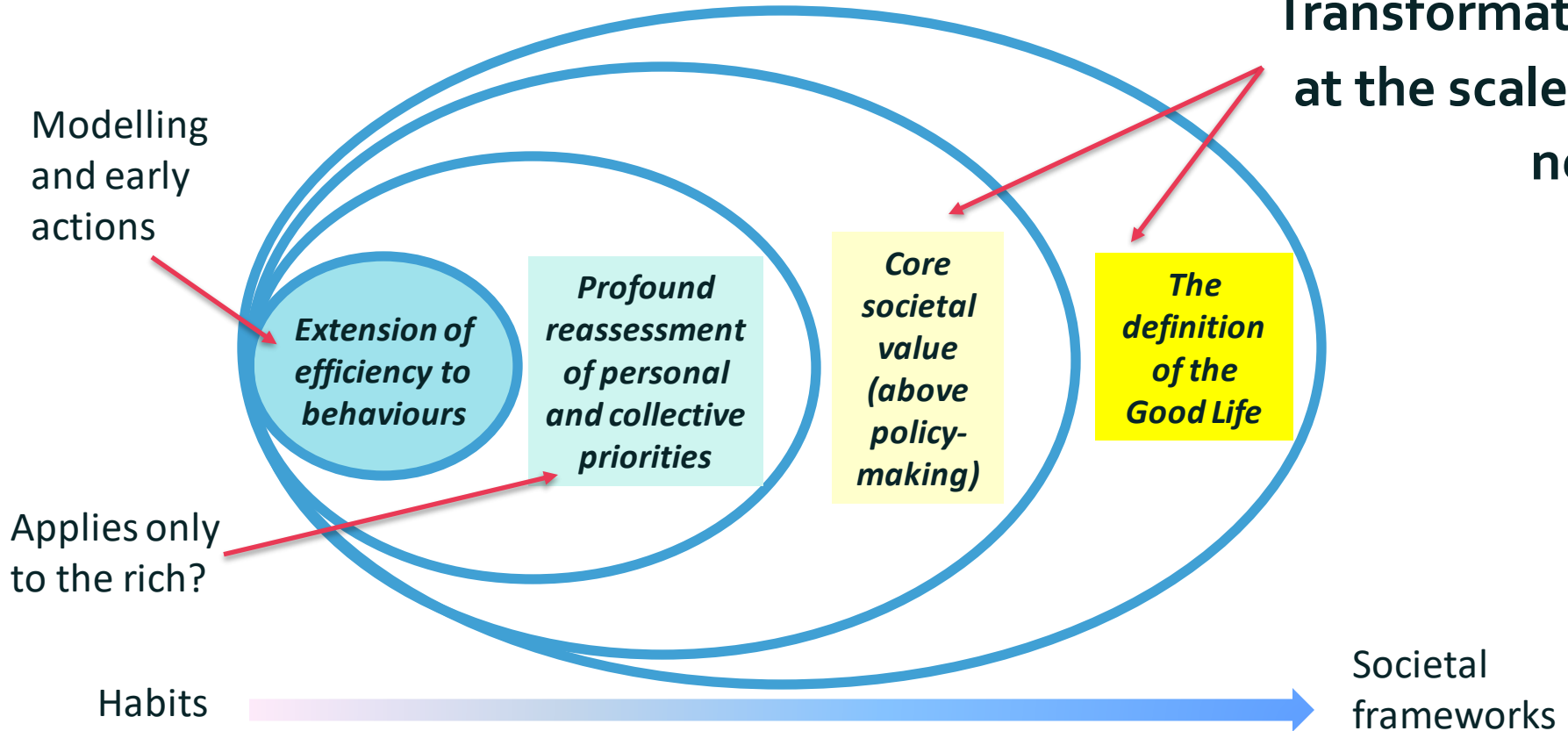
- To integrate discussions on over-consumption and under-consumption of energy services
- To explicitly link the (net) zero transition agenda with elimination of fuel / energy / transport poverty in developed countries
- To focus on equity – within countries as well as between countries
- To present a vision of human flourishing within safe planetary boundaries
- To clarify the moral grounds for the transition

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# Transformation at the scale we need



# Sufficiency is a powerful and important concept

Let's use it to ensure everyone has the energy services that they need, while living within planetary boundaries.