

YouGov Survey Results

Sample Size: 1697 adults in GB
Fieldwork: 3rd - 4th October 2022

	Gender		Age				Social Grade		Region					Perceived personal financial situation		
Total	Male	Female	18-24	25-49	50-64	65+	ABC1	C2DE	London	Rest of South	Midlands / Wales	North	Scotland	Comfortable financially	Can cover the essentials	Struggling financially
Weighted Sample 1697	825	872	185	708	409	395	967	730	204	570	368	409	146	629	695	314
Unweighted Sample 1697	784	913	167	732	409	389	984	713	186	583	380	404	144	640	691	314
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

Thinking about the last few weeks, have you cut back on the amount you are using electric or gas devices in your home compared to your normal usage?

Yes, I have cut back on the amount I am using electric or gas devices in my home	73	67	80	59	73	76	78	74	73	66	75	75	74	72	65	78	91
No, I have not cut back on the amount I am using electric or gas devices in my home	27	33	20	41	27	24	22	26	27	34	25	25	26	28	35	22	9

The below results have been rebased so they show the percentage of the total population who have done each of the following

In which of the following ways have you cut back on the amount you are using electric or gas devices in your home?

Please read each option carefully and tick all that apply.

[Rebased to overall population]

Reducing heating usage	61	54	67	41	62	64	64	61	60	55	59	64	62	63	50	67	78
Reducing lighting usage	46	41	51	37	49	45	45	46	46	43	47	49	42	50	35	49	67
Reducing the number of devices left on (or on standby) when not in use	40	36	44	29	41	44	42	40	41	30	44	45	37	39	33	43	58
Reducing washing machine / tumble dryer usage	36	28	45	22	36	39	41	35	38	27	38	42	36	35	26	40	55
Reducing oven usage	35	29	41	20	30	39	45	33	37	30	36	37	34	35	25	39	50
Reducing hot water usage	31	28	33	23	29	31	38	29	33	30	33	29	29	31	21	32	52
Reducing use of other gas/electrical devices	24	23	25	18	25	26	24	23	26	18	24	26	26	22	14	26	44
Reducing kettle usage	22	22	22	13	21	23	26	21	23	22	21	23	23	22	16	21	40
Reducing TV or games console usage	15	16	13	21	17	11	11	13	16	13	14	17	12	16	9	14	29
Reducing the amount I am using electric or gas devices in another way [See Tab1]	3	3	3	0	2	4	4	3	3	3	4	4	2	2	1	4	4
Don't know	1	1	0	1	1	1	0	0	1	1	0	0	1	1	0	0	1

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	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

You said you have reduced your heating usage, in which of the following ways have you done this?

Please tick all that apply.

[Rebased to overall population]

Wearing more layers / using blankets	45	37	53	31	48	48	42	45	45	39	44	47	48	44	35	50	61
Waiting until cold before putting the heating on	32	29	36	21	30	37	37	33	32	29	30	35	37	29	28	37	38
Reducing the temperature on thermostat	29	27	30	14	26	34	34	29	28	23	29	33	29	25	24	31	36
Reducing time heating is on	27	24	30	17	25	30	32	27	27	24	25	28	31	29	23	31	32
Closing doors	26	25	27	21	24	28	31	26	27	19	25	31	27	31	18	31	38
Not using heating at all	25	22	29	22	31	22	19	25	25	25	26	26	24	27	16	27	44
Using fewer rooms in the house	14	14	14	13	14	15	15	15	14	7	15	16	16	16	10	16	22
Using hot water bottle instead	13	9	17	12	16	11	12	13	13	9	13	15	15	11	10	14	20
Using portable electric heaters / electric blankets instead	6	5	7	5	7	7	5	7	5	7	6	7	7	5	5	7	8
Using a log burner instead	5	5	5	2	5	6	4	5	5	3	5	6	5	3	4	7	3
Reducing heating usage in another way [See Tab2]	1	1	1	0	1	1	3	2	1	0	1	1	2	1	1	2	1
Don't know	0	0	0	1	0	0	0	0	0	0	0	0	1	0	0	0	0

You said you have reduced your TV or games console usage, in which of the following ways have you done this?

Please tick all that apply.

[Rebased to overall population]

Watching TV for less time than usual	9	9	9	9	9	8	9	7	11	7	9	10	8	9	5	9	17
Ensuring standby is off on entertainment devices after use	8	9	8	8	10	8	7	7	10	9	8	10	7	8	5	8	17
Using a Games console for less time than usual	4	5	3	7	6	2	1	4	4	2	4	4	4	4	2	4	8
Not using a games console at all	4	5	3	5	4	3	4	3	4	3	4	5	2	5	2	3	10
Watching TV on a smaller screen (e.g. tablet) instead	3	3	3	6	3	4	1	3	4	3	2	4	3	3	1	3	8
Not watching TV at all	3	5	2	5	4	2	2	3	3	2	2	4	4	4	1	3	8
Reducing TV or games console usage in another way [See Tab3]	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Don't know	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	1

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	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

You said you have reduced your oven usage, in which of the following ways have you done this?
Please tick all that apply.

[Rebased to overall population]

Using a microwave/air fryer/slow cooker instead	24	20	28	10	19	28	35	23	26	19	25	26	23	26	17	29	31
Cooking multiple meals at the same time (batch cooking)	13	10	16	6	11	16	17	13	13	11	15	13	13	10	9	16	18
Using the hob instead of the oven	12	9	15	8	9	14	18	12	12	16	13	10	12	9	9	14	15
Limiting the number of hot meals eaten in a week	8	8	8	4	8	10	10	6	11	4	10	9	8	7	4	7	20
Turning oven off before the set time	8	6	9	1	6	11	11	7	9	6	9	8	7	4	5	9	10
Not pre-heating the oven before cooking	7	6	8	4	7	6	7	6	7	6	7	7	7	3	4	7	12
Not using the oven at all	6	5	7	3	5	7	7	4	7	3	4	8	6	7	3	5	14
Reducing oven usage in another way [See Tab4]	1	0	2	0	1	1	2	1	1	0	2	2	1	0	1	2	1
Don't know	0	0	0	1	0	0	0	0	0	0	0	0	0	1	0	0	1

You said you have reduced your washing machine / tumble dryer usage, in which of the following ways have you done this?
Please tick all that apply.

[Rebased to overall population]

Waiting until you have a full load before using / fewer weekly washes	25	19	32	16	21	30	33	23	28	19	26	30	25	24	17	29	38
Not using tumble dryer at all / hanging up clothes to dry	24	18	31	13	26	25	25	25	23	15	26	30	20	26	18	26	37
Lowering the temperature used for a wash	17	13	21	7	17	19	22	16	19	10	18	18	18	18	11	20	28
Wearing clothes for longer before washing them	15	11	19	10	16	16	16	15	15	13	16	17	13	15	7	17	27
Only using the machines at off-peak times	5	4	7	2	5	6	7	4	7	5	5	8	3	7	4	4	11
Hand washing clothes	2	2	2	1	2	2	2	1	2	3	2	2	2	1	1	1	5
Reducing washing machine / tumble dryer usage in another way [See Tab5]	2	1	2	1	2	1	2	2	1	1	3	1	1	1	1	2	1
Don't know	0	0	0	1	0	0	0	0	1	0	0	1	1	0	0	0	0

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	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

You said you have reduced your lighting usage, in which of the following ways have you done this?

Please tick all that apply.

[Rebased to overall population]

Turning off lights when not in the room	41	36	46	32	44	41	40	43	39	41	41	44	37	43	34	44	54
Waiting until its dark before turning lights on	25	23	27	21	27	26	22	26	24	23	24	30	24	26	17	28	37
Sitting in dark rather than using lights	19	18	20	14	22	19	17	17	22	13	19	21	19	23	10	21	38
Switching to energy efficient lightbulbs	18	18	18	13	16	21	22	18	19	21	19	21	14	16	14	18	29
Using lamps instead of lights	12	10	15	10	15	10	11	12	12	8	10	17	13	13	10	12	19
Using candles instead of lights	8	6	10	5	12	8	2	8	8	6	7	12	7	6	4	8	16
Using solar or battery operated lights	4	4	4	3	4	4	4	4	4	5	3	5	5	1	3	4	7
Reducing lighting usage in another way [See Tab6]	0	0	0	0	0	1	0	0	0	0	1	0	0	0	0	0	0
Don't know	0	0	0	1	0	0	0	0	0	0	0	0	1	1	0	0	0

You said you have reduced your kettle usage, in which of the following ways have you done this?

Please tick all that apply.

[Rebased to overall population]

Only boiling the correct amount of water in the kettle	15	15	16	6	15	18	19	15	16	18	15	14	17	15	13	15	23
Drinking fewer hot drinks	9	10	8	6	11	7	9	7	11	8	9	11	10	5	4	7	24
Filling a flask / thermos so it stays hot through the day	4	3	5	4	4	3	5	3	5	5	4	5	3	2	2	3	11
Not using a kettle at all	2	3	2	3	2	2	2	3	2	1	3	2	2	2	1	2	6
Reducing kettle usage in another way [See Tab7]	1	1	1	0	0	3	2	1	1	1	1	2	0	2	1	2	2
Don't know	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

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	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

You said you have reduced your hot water usage, in which of the following ways have you done this?

Please tick all that apply.

[Rebased to overall population]

Taking shorter showers	18	16	19	15	18	18	19	17	20	16	19	18	16	22	13	19	30
Washing hands with cold water	15	14	16	11	14	16	20	14	17	17	17	15	14	14	8	16	32
Showering less often	13	13	14	10	10	13	20	11	16	12	14	13	13	11	6	14	28
Switching to showers not baths	12	12	13	12	11	11	15	12	13	14	11	12	12	15	8	13	21
Washing up less often	11	8	13	3	9	12	17	9	13	6	10	11	14	12	5	10	24
Washing up with cold water	5	6	5	5	5	5	6	5	6	5	7	5	4	4	3	6	11
Sharing baths	3	1	4	1	3	4	1	2	3	3	3	3	3	0	1	2	8
Showering elsewhere (e.g. gym)	2	2	2	1	2	2	1	2	2	3	2	2	2	2	1	2	4
Reducing hot water usage in another way [See Tab8]	3	2	3	1	2	4	4	3	2	1	4	3	1	4	3	3	3
Don't know	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0

You said you have reduced your use of other gas/electrical appliances, in which of the following devices have you reduced your use of?

Please tick all that apply.

[Rebased to overall population]

Dishwasher	9	8	10	8	8	11	9	10	8	6	11	10	7	8	6	9	16
Cooking hob	9	8	10	5	10	10	7	9	9	6	9	8	10	9	5	8	19
Vacuum cleaner	9	9	10	7	9	11	10	7	12	7	9	11	10	9	3	10	21
Laptop / computer	8	9	6	11	8	8	5	7	8	6	8	10	6	6	3	7	18
Phone charger	7	7	7	5	9	7	5	7	8	4	6	10	8	5	3	8	14
Hair dryer	7	5	9	10	7	7	7	6	9	7	6	9	7	8	2	8	17
Iron	7	6	9	5	6	9	9	6	9	6	8	8	7	8	3	8	17
Coffee maker	4	4	4	2	4	5	3	4	4	2	4	4	4	6	1	4	10
Slow cooker	3	3	2	2	4	2	2	3	2	2	2	3	3	3	1	2	7
Lawn mower	3	4	2	2	3	3	4	3	3	2	3	4	3	2	1	3	7
Fridge/freezer	2	2	2	2	2	1	2	2	2	1	3	2	1	2	2	1	4
Other [See Tab9]	1	1	1	1	0	2	2	1	1	0	2	1	0	0	1	1	1
Don't know	2	2	2	1	2	1	2	2	2	2	1	2	3	4	2	2	2