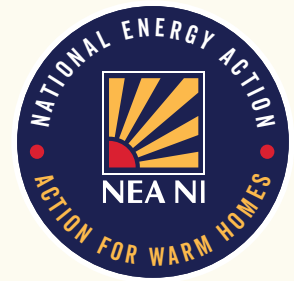


# Fuel Poverty in Mid Ulster



**In 2025, 39% of households in Northern Ireland were living in fuel poverty, spending more than 10% of their income on energy.**



The median energy rating score for dwellings assessed between 2013 – 2023 was **EPC D**.



The seasonal increase in mortality in winter 2023/24 was an estimated **100 deaths**.



**18%** of residents in 2021 lived in the **private rented sector**, where there are currently no minimum energy efficiency standards.



The average rate of **relative poverty** after housing costs between 2021 and 2024 was **20%**.



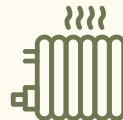
The **median weekly wage** in 2025 was **£581**.



In 2025, **9.8%** of the population were in receipt of **Universal Credit**, and **9.7%** were in receipt of **Personal Independence Payment**.



In 2023/24, **7%** of all **Northern Ireland Sustainable Energy Programme (NISEP)** measures were installed here.



At the Census 2021, **70%** of occupied households had **'oil only'** central heating and **2%** had **'mains gas only'**.

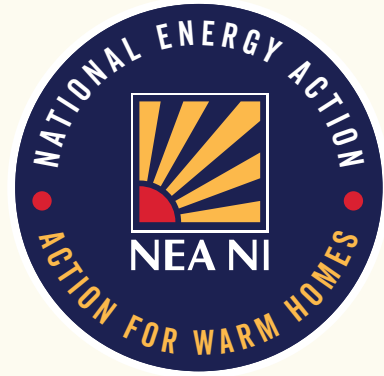


At the Census 2021, only **7%** of households had any **renewable energy systems**.

## Across Northern Ireland

- There is a lack of up-to-date data available in Northern Ireland. The most recent official estimate of fuel poverty was 27% in 2022, modelled using baseline data from the 2016 House Condition Survey. However, LucidTalk polling for NEA NI estimated the rate of fuel poverty in September 2025 at 39%.
- The NI Executive currently has no statutory fuel poverty target. This is unlike Great Britain.
- A Marie Curie report (2025) notes that almost 1 in 3 people in the last year of life (27%) are estimated to be in fuel poverty in Northern Ireland.
- Polling for NEA NI (2025) found that 1 in 4 of Northern Ireland households reported health and wellbeing impacts, and 7% of households cut back on food, due to rising energy prices and the cost of living.
- In Northern Ireland, around 61% of homes use oil for central heating – the highest share of any UK nation.

# NATIONAL ENERGY ACTION NORTHERN IRELAND



## Who we are

National Energy Action (NEA) is the national fuel poverty charity. We've worked across England, Wales, and Northern Ireland for over 40 years, to ensure that everyone can afford to live in a warm, healthy home.

Together with frontline practitioners, companies, regulators and governments, National Energy Action works to support vulnerable clients, raise awareness and achieve enduring change.

In Northern Ireland, we chair the **Fuel Poverty Coalition NI** and act as the secretariat to the **All-Party Group on Fuel Poverty**. We advocate for policy and regulatory reforms to protect the most vulnerable, and we deliver accredited training to improve standards in energy advice.

Through the **Belfast Warm and Well Project**, we provide advice and practical support to local people struggling to keep their homes warm.

## Key policy recommendations

**National Energy Action NI is calling on the NI Executive, Assembly, and local councils to:**

- Deliver the Executive's **Warm Healthy Homes Strategy** (2026 – 2036) to tackle fuel poverty in Northern Ireland.
- Support an ambitious, properly resourced **Warm Healthy Homes Fund**, delivering energy efficiency investment at scale for low-income and vulnerable households, including households with children.
- Set **statutory fuel poverty targets** to drive long-term delivery and monitor progress.
- Establish **minimum energy efficiency standards** and extend **Awaab's Law protections** to all rented homes in Northern Ireland.
- Introduce an **energy social tariff** to provide discounted, targeted energy bill support to low-income and vulnerable households.
- Support a **fair and affordable transition to net zero**, including fair allocation of decarbonisation costs.
- Introduce **regulatory oversight of the home heating oil** market.

### For further information please contact:

Shannon Barber, Policy and Campaigns Officer (NI)  
[shannon.barber@nea.org.uk](mailto:shannon.barber@nea.org.uk)

### For statistical references

scan the QR code or go to:  
<http://qr.nea.org.uk/nistats>

