



Fundamental decarbonisation
through sufficiency by lifestyle changes

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Project Partners

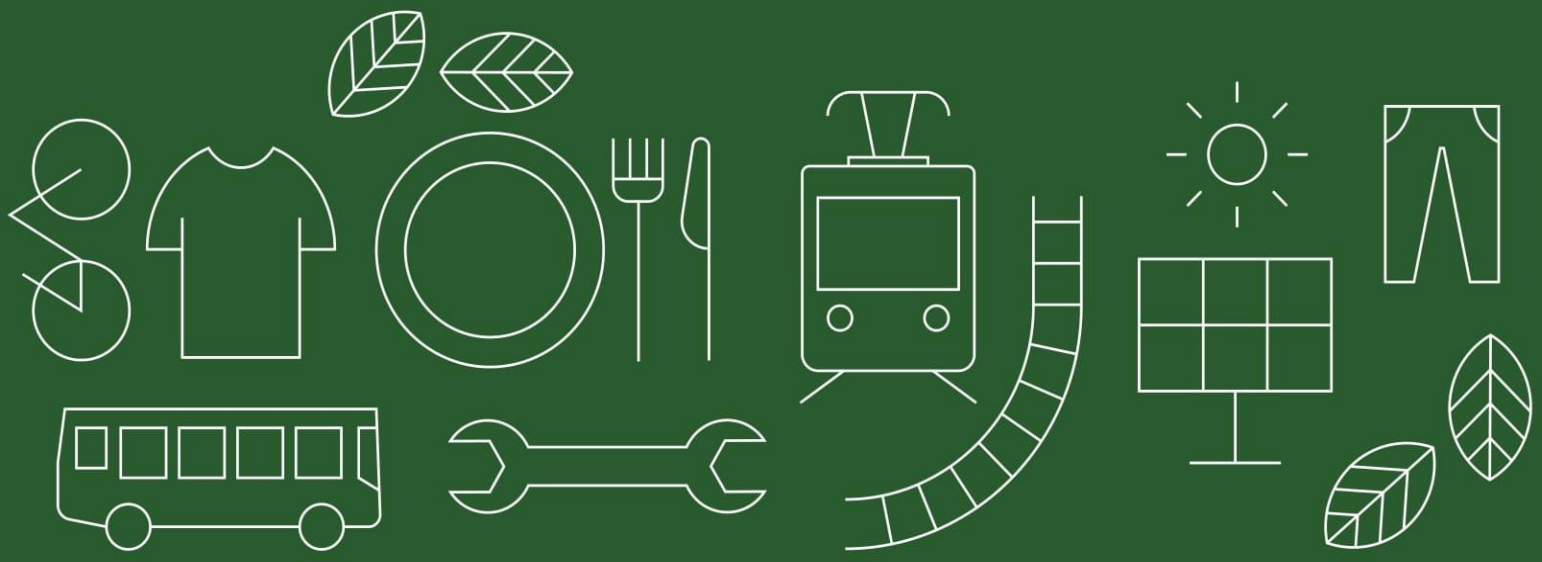
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List of Abbreviations

DOI	Digital Object Identifier
FAIR	Findable, Accessible, Interoperable, Reuseable
ORD	Open Research Data
SSH	Social Sciences and Humanities
WP	Work Package
CORDIS	EC Community Research and Development Information Service (CORDIS)

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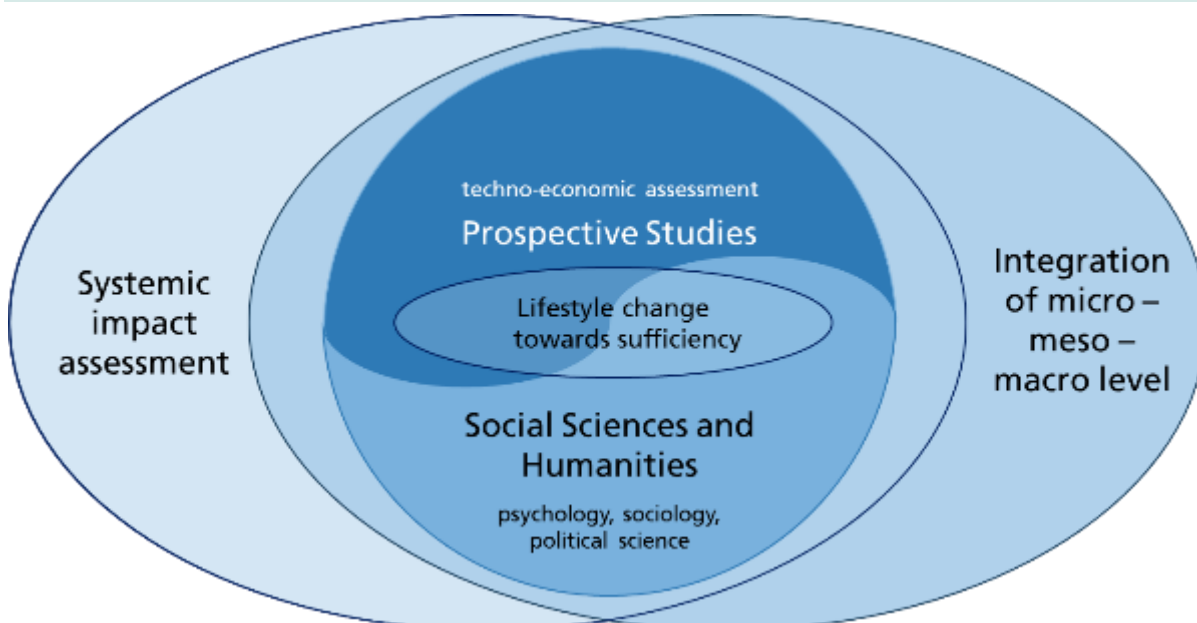


Summary of the project and introduction

The project FULFILL focuses on the concept of sufficiency to study the contribution of lifestyle changes and citizen engagement in decarbonising Europe and fulfilling the goals of the Paris Agreement. FULFILL understands the sufficiency principle as creating the social, infrastructural, and regulatory conditions for changing individual and collective lifestyles in a way that reduces energy demand and greenhouse gas emissions to an extent that they are within planetary boundaries, and simultaneously contributes to societal well-being.

The methodological approach of FULFILL is to engage in an interdisciplinary dialogue between, on the one hand, Social Sciences and Humanities (SSH) and, on the other hand, Prospective Studies, techno-economic energy and climate research, regarding the role and implementation of lifestyle changes towards sufficiency in decarbonisation strategies (Figure 1). Consequently, it connects recent knowledge to study lifestyles changes (from SSH) with the identification of the most promising lifestyle changes that significantly contribute to decarbonisation (from Prospective Studies) and links also back to Prospective Studies by including a macro level assessment of the impacts of sufficiency lifestyles. The rationale of taking such an interdisciplinary approach is that SSH and Prospective Studies can inform one another to generate new insights and support the design of effective policies and actions towards sustainable lifestyle changes. This can be understood as a polycentric multi-level approach that also allows integrating the micro-meso-macro levels in its investigation into lifestyles and to combine it with a systemic assessment regarding impacts e.g., with aspects of well-being and life-satisfaction, including health-related and justice- or power-related concerns (e.g., gender equality). This finally leads to soundly based and potentially highly effective recommendations for governance approaches for pathways towards sufficiency lifestyles and for a better integration of sufficiency approaches in decarbonisation strategies.

Figure 1 Conceptual and methodological approach of the FULFILL project



This deliverable now provides an overview on the research outcomes and the data that FULFILL generated and how to access them. Since FULFILL participates in the **Open Research Data (ORD) Pilot**, not only scientific publications but also research data as outcomes of FULFILL will be made findable, accessible, interoperable and reusable, following the European Commission's **FAIR** (Findability, Accessibility, Interoperability, and Reusability of data) principle.



FULFILL has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 101003656.

2 Primary Data from FULFILL

Primary data that is shared with the public in FULFILL emerged from work package (WP) 3 in FULFILL. Other WPs engaged in the analysis of secondary data (e.g. WP5 and 6) or undertook analyses based on interviews (e.g. WP4 and 5); however, this data is either already published elsewhere or not suitable for sharing due to the need to ensure confidentiality and privacy.

As an overarching objective, WP3 in FULFILL had the aim to investigate the mechanisms of lifestyle change and sufficiency-oriented lifestyles using social science and humanities (SSH) research methods at the micro level (individual, household). It thus contributes to developing a better understanding of the potential scope and diffusion of sufficiency-oriented lifestyles. It involved the collection of a comprehensive set of survey and interview data collected at three points in time and in six countries, five from the European Union (EU) (DK, FR, DE, IT, LV) and in India.

Figure 2 Overview on the micro-level data collection conducted in FULFILL which combined surveys and interview studies in six countries.



The aims of the different studies conducted included the following:

- The first round of surveys in the six countries aimed to identify the existing variety of lifestyles that are present in today's households with a focus on their level of sufficiency. It relied on large sample demographically representative household online surveys in five EU countries (Denmark, France, Germany, Italy, and Latvia) and computer-assisted personal interviews in two major cities in India (Mumbai and Delhi). This involved translating the concept of sufficiency-oriented lifestyles to the micro level for empirical research. In FULFILL, sufficiency is defined as a lifestyle that is low in CO_{2eq}-emissions and at the same time relatively high in individual well-being. Therefore, a comprehensive carbon footprint calculator was developed to measure individual emissions from the following key activities: housing (heating and hot water use), electricity, transport and diet. This was combined with a measure of individual well-being. The European data was collected in summer 2022 referring to year 2021 and in India in summer 2023 referring to 2022.
- Based on the outcomes of the survey, as well as the conceptual work conducted in FULFILL, socio-anthropological fieldwork mainly based on interviews was conducted in all six countries. The main objective of this step was to explore the diversity of social practices and of socio-demographic profiles associated with sufficiency to understand the motivations behind their adoption and the needs they fulfil, and to address the varieties of sufficient lifestyles and the importance of social contexts. All data was collected between summer 2022 and winter 2022/23.

- The second round of surveys aimed at a better understanding of the persistence of sufficiency-oriented lifestyles, exploring the acceptability of policy measures supporting sufficiency and investigating potential diffusion pathways for sufficiency-oriented lifestyles. The samples therefore included partially going back to participants in the first round of surveys and partially included new respondents. The geographical scope was identical to that of the first round of surveys. The European data was collected in spring and summer 2023 referring to year 2022 and in India in spring 2024 referring to 2023.

The three tasks resulted in three reports with 488 pages overall ([D3.1](#), [D3.2](#), [D3.3](#), available online <https://fulfill-sufficiency.eu/our-research/>). Synthesizing and summarising deliverables from this WP are also available ([D3.4](#), [D3.5](#), available online <https://fulfill-sufficiency.eu/our-research/>).

The primary data collected by this WP was published as far as possible while considering the protection of personal data. This implies that potentially sensitive information such as respondents' postcode was removed. Therefore, the datasets from the questionnaire studies from Task 1 and Task 3 are made available through Zenodo (<https://zenodo.org/communities/fulfill-sufficiency>). Zenodo is commonly used for multi-disciplinary research (<https://zenodo.org>) and has the advantage that both research data and related publications can be made available in one repository. To improve accessibility and overview of the project's activities, a 'community' on FULFILL was set-up on Zenodo. When uploading FULFILL's research data on Zenodo, rich metadata (e.g. Digital Object Identifier [DOI]) was used to describe each set of research data.

In the following, the list of uploaded datasets is presented including the summary of each of them as it appears on the overview page in Zenodo. Besides the data set itself the code book was uploaded showing the wording from the questionnaire and also explaining the variables and their respective coding.

FULFILL dataset round 1 Denmark

This dataset and codebook correspond to the initial round of survey data gathered in Denmark in September 2022, within the project FULFILL - Fundamental Decarbonisation Through Sufficiency By Lifestyle Changes, with a sample size of 2,235 households under the DOI <https://doi.org/10.5281/zenodo.13341047>.

As part of Work Package 3 (WP3) in the FULFILL project, we collected quantitative data from six countries: Denmark, France, Germany, Italy, Latvia, and India. In the first round of the survey, we recruited a representative sample of approximately 2,000 households in each country,, taking into account both the individual and household perspectives. The survey includes a quantitative assessment of the carbon footprint in various domains of life, such as housing, mobility, and diet. In addition to this, the survey also measures socio-economic factors such as age, gender, income, education, household size, life stage, and political orientation. Furthermore, the survey includes measures of quality of life, encompassing aspects such as health and well-being, environmental quality, financial security, and comfort.

FULFILL dataset round 1 France

This dataset and codebook correspond to the initial round of survey data gathered in France in September 2022, within the project FULFILL - Fundamental Decarbonisation Through Sufficiency By Lifestyle Changes, with a sample size of 2,150 households under the DOI <https://doi.org/10.5281/zenodo.13341193>.

As part of Work Package 3 (WP3) in the FULFILL project, we collected quantitative data from six countries: Denmark, France, Germany, Italy, Latvia, and India. In the first round of the survey, we recruited a representative sample of approximately 2,000 households in each country, taking into account both the individual and household perspectives. The survey includes a quantitative assessment of the carbon footprint in various domains of life, such as housing, mobility, and diet. In addition to this, the survey also measures socio-economic factors such as age, gender, income, education, household size, life stage, and political orientation. Furthermore, the survey



includes measures of quality of life, encompassing aspects such as health and well-being, environmental quality, financial security, and comfort.

FULFILL dataset round 1 Germany

This dataset and codebook correspond to the initial round of survey data gathered in Germany in August and September 2022, within the project FULFILL - Fundamental Decarbonisation Through Sufficiency By Lifestyle Changes, with a sample size of 2,028 households under the DOI <https://doi.org/10.5281/zenodo.12799727>.

As part of Work Package 3 (WP3) in the FULFILL project, we collected quantitative data from six countries: Denmark, France, Germany, Italy, Latvia, and India. In the first round of the survey, we recruited a representative sample of approximately 2,000 households in each country, taking into account both the individual and household perspectives. The survey includes a quantitative assessment of the carbon footprint in various domains of life, such as housing, mobility, and diet. In addition to this, the survey also measures socio-economic factors such as age, gender, income, education, household size, life stage, and political orientation. Furthermore, the survey includes measures of quality of life, encompassing aspects such as health and well-being, environmental quality, financial security, and comfort.

FULFILL dataset round 1 Italy

This dataset and codebook correspond to the initial round of survey data gathered in Italy in September and October 2022, within the project FULFILL - Fundamental Decarbonisation Through Sufficiency By Lifestyle Changes, with a sample size of 1,888 households under the DOI <https://doi.org/10.5281/zenodo.13341244>.

As part of Work Package 3 (WP3) in the FULFILL project, we collected quantitative data from six countries: Denmark, France, Germany, Italy, Latvia, and India. In the first round of the survey, we recruited a representative sample of approximately 2,000 households in each country, taking into account both the individual and household perspectives. The survey includes a quantitative assessment of the carbon footprint in various domains of life, such as housing, mobility, and diet. In addition to this, the survey also measures socio-economic factors such as age, gender, income, education, household size, life stage, and political orientation. Furthermore, the survey includes measures of quality of life, encompassing aspects such as health and well-being, environmental quality, financial security, and comfort.

FULFILL dataset round 1 Latvia

This dataset and codebook correspond to the initial round of survey data gathered in Latvia in September and October 2022, within the project FULFILL - Fundamental Decarbonisation Through Sufficiency By Lifestyle Changes, with a sample size of 1,559 households under the DOI <https://doi.org/10.5281/zenodo.13341285>.

As part of Work Package 3 (WP3) in the FULFILL project, we collected quantitative data from six countries: Denmark, France, Germany, Italy, Latvia, and India. In the first round of the survey, we recruited a representative sample of approximately 2,000 households in each country, taking into account both the individual and household perspectives. The survey includes a quantitative assessment of the carbon footprint in various domains of life, such as housing, mobility, and diet. In addition to this, the survey also measures socio-economic factors such as age, gender, income, education, household size, life stage, and political orientation. Furthermore, the survey includes measures of quality of life, encompassing aspects such as health and well-being, environmental quality, financial security, and comfort.



FULFILL dataset round 1 Delhi and Mumbai (India)

This dataset and codebook correspond to the initial round of survey data gathered in Delhi and Mumbai (India) in 2023, within the project FULFILL - Fundamental Decarbonisation Through Sufficiency By Lifestyle Changes, with a sample size of 1,082 households under the DOI <https://doi.org/10.5281/zenodo.13341346>.

As part of Work Package 3 (WP3) in the FULFILL project, we collected quantitative data from six countries: Denmark, France, Germany, Italy, Latvia, and India. In the first round of the survey, we recruited a representative sample approximately 2,000 households in each country, taking into account both the individual and household perspectives. In order to consider sufficiency-oriented lifestyles not only in Europe but also in the Global South, we conducted a similar survey in India. More specifically, we adjusted the survey to fit the context (e.g., including cooling) and, due to the large size and diversity within India, we focused data collection on two Mega Cities (>10Mio inhabitants), namely Mumbai and Delhi. Due to the different cultural context and in exchange with Indian researchers and the supporting market research institute, we decided to change the methodology for data collection from an online survey to face-to-face interviews. The survey includes a quantitative assessment of the carbon footprint in various domains of life, such as housing, mobility, and diet. In addition to this, the survey also measures socio-economic factors such as age, gender, income, education, household size, life stage, and political orientation. Furthermore, the survey includes measures of quality of life, encompassing aspects such as health and well-being, environmental quality, financial security, and comfort.

FULFILL dataset round 2 Denmark

This dataset and codebook correspond to the second round of survey data gathered in Denmark in April and May 2023, within the project FULFILL - Fundamental Decarbonisation Through Sufficiency By Lifestyle Changes, with a sample size of 544 households under the DOI <https://doi.org/10.5281/zenodo.13764769>.

As part of Work Package 3 (WP3) in the FULFILL project, we collected quantitative data from six countries: Denmark, France, Germany, Italy, Latvia, and India. The first round of the survey, consisted of recruiting a representative sample of approximately 2000 households in each country. In this second survey round, we recruit around 500 respondents from the initial survey round, ensuring representativity is maintained.

This survey is very similar to the survey in the first round and includes a lot of identical items, including a quantitative assessment of the carbon footprint in the housing, mobility, and diet sectors, socio-economic factors such as age, gender, income, education, household size, life stage, and political orientation. Furthermore, the survey includes measures of quality of life, encompassing aspects such as health and well-being, environmental quality, financial security, and comfort.

New for this second round, we have incorporated questions regarding the measures respondents adopted in response to the 2022 energy crisis.

FULFILL dataset round 2 Germany

This dataset and codebook correspond to the second round of survey data gathered in Germany in April and May 2023, within the project FULFILL - Fundamental Decarbonisation Through Sufficiency By Lifestyle Changes, with a sample size of 544 households under the DOI <https://doi.org/10.5281/zenodo.13764749>.

As part of Work Package 3 (WP3) in the FULFILL project, we collected quantitative data from six countries: Denmark, France, Germany, Italy, Latvia, and India. The first round of the survey, consisted of recruiting a representative sample of approximately 2000 households in each country. In this second survey round, we recruit around 500 respondents from the initial survey round, ensuring representativity is maintained.



This survey is very similar to the survey in the first round and includes a lot of identical items, including a quantitative assessment of the carbon footprint in the housing, mobility, and diet sectors, socio-economic factors such as age, gender, income, education, household size, life stage, and political orientation. Furthermore, the survey includes measures of quality of life, encompassing aspects such as health and well-being, environmental quality, financial security, and comfort.

New for this second round, we have incorporated questions regarding the measures respondents adopted in response to the 2022 energy crisis.

FULFILL dataset round 2 France

This dataset and codebook correspond to the second round of survey data gathered in France in April 2023, within the project FULFILL - Fundamental Decarbonisation Through Sufficiency By Lifestyle Changes, with a sample size of 565 households under the DOI <https://doi.org/10.5281/zenodo.13764782>.

As part of Work Package 3 (WP3) in the FULFILL project, we collected quantitative data from six countries: Denmark, France, Germany, Italy, Latvia, and India. The first round of the survey, consisted of recruiting a representative sample of approximately 2000 households in each country. In this second survey round, we recruit around 500 respondents from the initial survey round, ensuring representativity is maintained.

This survey is very similar to the survey in the first round and includes a lot of identical items, including a quantitative assessment of the carbon footprint in the housing, mobility, and diet sectors, socio-economic factors such as age, gender, income, education, household size, life stage, and political orientation. Furthermore, the survey includes measures of quality of life, encompassing aspects such as health and well-being, environmental quality, financial security, and comfort.

New for this second round, we have incorporated questions regarding the measures respondents adopted in response to the 2022 energy crisis.

FULFILL dataset round 2 Italy

This dataset and codebook correspond to the second round of survey data gathered in Italy in April and May 2023, within the project FULFILL - Fundamental Decarbonisation Through Sufficiency By Lifestyle Changes, with a sample size of 532 households under the DOI <https://doi.org/10.5281/zenodo.13764794>.

As part of Work Package 3 (WP3) in the FULFILL project, we collected quantitative data from six countries: Denmark, France, Germany, Italy, Latvia, and India. The first round of the survey, consisted of recruiting a representative sample of approximately 2000 households in each country. In this second survey round, we recruit around 500 respondents from the initial survey round, ensuring representativity is maintained.

This survey is very similar to the survey in the first round and includes a lot of identical items, including a quantitative assessment of the carbon footprint in the housing, mobility, and diet sectors, socio-economic factors such as age, gender, income, education, household size, life stage, and political orientation. Furthermore, the survey includes measures of quality of life, encompassing aspects such as health and well-being, environmental quality, financial security, and comfort.

New for this second round, we have incorporated questions regarding the measures respondents adopted in response to the 2022 energy crisis.



FULFILL dataset round 2 Latvia

This dataset and codebook correspond to the second round of survey data gathered in Latvia in April and May 2023, within the project FULFILL - Fundamental Decarbonisation Through Sufficiency By Lifestyle Changes, with a sample size of 555 households under the DOI <https://doi.org/10.5281/zenodo.13764800>.

As part of Work Package 3 (WP3) in the FULFILL project, we collected quantitative data from six countries: Denmark, France, Germany, Italy, Latvia, and India. The first round of the survey, consisted of recruiting a representative sample of approximately 2000 households in each country. In this second survey round, we recruit around 500 respondents from the initial survey round, ensuring representativity is maintained.

This survey is very similar to the survey in the first round and includes a lot of identical items, including a quantitative assessment of the carbon footprint in the housing, mobility, and diet sectors, socio-economic factors such as age, gender, income, education, household size, life stage, and political orientation. Furthermore, the survey includes measures of quality of life, encompassing aspects such as health and well-being, environmental quality, financial security, and comfort.

New for this second round, we have incorporated questions regarding the measures respondents adopted in response to the 2022 energy crisis.

FULFILL dataset round 2 Delhi and Mumbai (India)

This dataset and codebook correspond to the second round of survey data gathered in Delhi and Mumbai (India) between March and May 2024, within the project FULFILL - Fundamental Decarbonisation Through Sufficiency By Lifestyle Changes, with a sample size of 1,026 households under the DOI <https://doi.org/10.5281/zenodo.14937774>.

As part of Work Package 3 (WP3) in the FULFILL project, we collected quantitative data from six countries: Denmark, France, Germany, Italy, Latvia, and India. The first round of the survey, consisted of recruiting a representative sample of approximately 2,000 households in each country. In this second survey round, we recruit around 1,000 respondents from the initial survey round, ensuring representativity is maintained.

In order to consider sufficiency-oriented lifestyles not only in Europe but also in the Global South, we conducted a similar survey in India. More specifically, we adjusted the survey to fit the context (e.g., including cooling) and, due to the large size and diversity within India, we focused data collection on two Mega Cities (>10Mio inhabitants), namely Mumbai and Delhi. Due to the different cultural context and in exchange with Indian researchers and the supporting market research institute, we decided to change the methodology for data collection from an online survey to face-to-face interviews. The survey includes a quantitative assessment of the carbon footprint in various domains of life, such as housing, mobility, and diet. In addition to this, the survey also measures socio-economic factors such as age, gender, income, education, household size, life stage, and political orientation. Furthermore, the survey includes measures of quality of life, encompassing aspects such as health and well-being, environmental quality, financial security, and comfort.

FULFILL dataset - housing policy acceptability - framing experiment Denmark

This dataset represents survey data on sufficiency-oriented housing gathered in the second round of surveys in Denmark in June and July 2023 within the FULFILL project - Fundamental Decarbonisation Through Sufficiency By Lifestyle Changes, with a sample size of 792 households under the DOI <https://doi.org/10.5281/zenodo.13710233>.

As part of Work Package 3 (WP3) in the FULFILL project, we collected quantitative data from five countries: Denmark, France, Germany, Italy and Latvia. In this survey on sufficiency-oriented



housing, we recruited a representative sample of approximately 750 to 800 respondents in Denmark, France, Germany and Denmark and around 550 in Latvia, taking into account primarily the individual perspective, added by some questions on the household level.

The survey includes a framing experiment presenting two different ways of framing the aim of two sufficiency-oriented policies in the housing sector. In addition, the survey includes data on policy acceptability of these two policy measures and respondents' preferences for combinations with different other policy measures. Further, the survey also measures socio-economic factors such as age, gender, income, education, household size, life stage, and political orientation. A quantitative assessment of the carbon footprint in the housing domain was also included.

FULFILL dataset - housing policy acceptability - framing experiment **Germany**

This dataset represents survey data on sufficiency-oriented housing gathered in the second round of surveys in Germany in May and June 2023 within the FULFILL project - Fundamental Decarbonisation Through Sufficiency By Lifestyle Changes, with a sample size of 765 households under the DOI <https://doi.org/10.5281/zenodo.13710185>.

As part of Work Package 3 (WP3) in the FULFILL project, we collected quantitative data from five countries: Denmark, France, Germany, Italy and Latvia. In this survey on sufficiency-oriented housing, we recruited a representative sample of approximately 750 to 800 respondents in Denmark, France, Germany and Denmark and around 550 in Latvia, taking into account primarily the individual perspective, added by some questions on the household level.

The survey includes a framing experiment presenting two different ways of framing the aim of two sufficiency-oriented policies in the housing sector. In addition, the survey includes data on policy acceptability of these two policy measures and respondents' preferences for combinations with different other policy measures. Further, the survey also measures socio-economic factors such as age, gender, income, education, household size, life stage, and political orientation. A quantitative assessment of the carbon footprint in the housing domain was also included.

FULFILL dataset - housing policy acceptability - framing experiment **France**

This dataset represents survey data on sufficiency-oriented housing gathered in the second round of surveys in France in June and July 2023 within the FULFILL project - Fundamental Decarbonisation Through Sufficiency By Lifestyle Changes, with a sample size of 785 households under the DOI <https://doi.org/10.5281/zenodo.13710290>.

As part of Work Package 3 (WP3) in the FULFILL project, we collected quantitative data from five countries: Denmark, France, Germany, Italy and Latvia. In this survey on sufficiency-oriented housing, we recruited a representative sample of approximately 750 to 800 respondents in Denmark, France, Germany and Denmark and around 550 in Latvia, taking into account primarily the individual perspective, added by some questions on the household level.

The survey includes a framing experiment presenting two different ways of framing the aim of two sufficiency-oriented policies in the housing sector. In addition, the survey includes data on policy acceptability of these two policy measures and respondents' preferences for combinations with different other policy measures. Further, the survey also measures socio-economic factors such as age, gender, income, education, household size, life stage, and political orientation. A quantitative assessment of the carbon footprint in the housing domain was also included.



FULFILL dataset - housing policy acceptability - framing experiment **Latvia**

This dataset represents survey data on sufficiency-oriented housing gathered in the second round of surveys in Latvia in June and July 2023 within the FULFILL project - Fundamental Decarbonisation Through Sufficiency By Lifestyle Changes, with a sample size of 540 households under the DOI <https://doi.org/10.5281/zenodo.13710499>.

As part of Work Package 3 (WP3) in the FULFILL project, we collected quantitative data from five countries: Denmark, France, Germany, Italy and Latvia. In this survey on sufficiency-oriented housing, we recruited a representative sample of approximately 750 to 800 respondents in Denmark, France, Germany and Denmark and around 550 in Latvia, taking into account primarily the individual perspective, added by some questions on the household level.

The survey includes a framing experiment presenting two different ways of framing the aim of two sufficiency-oriented policies in the housing sector. In addition, the survey includes data on policy acceptability of these two policy measures and respondents' preferences for combinations with different other policy measures. Further, the survey also measures socio-economic factors such as age, gender, income, education, household size, life stage, and political orientation. A quantitative assessment of the carbon footprint in the housing domain was also included.

FULFILL dataset - housing policy acceptability - framing experiment **Italy**

This dataset represents survey data on sufficiency-oriented housing gathered in the second round of surveys in Italy between June and August 2023 within the FULFILL project - Fundamental Decarbonisation Through Sufficiency By Lifestyle Changes, with a sample size of 778 households under the DOI <https://doi.org/10.5281/zenodo.13710469>.

As part of Work Package 3 (WP3) in the FULFILL project, we collected quantitative data from five countries: Denmark, France, Germany, Italy and Latvia. In this survey on sufficiency-oriented housing, we recruited a representative sample of approximately 750 to 800 respondents in Denmark, France, Germany and Denmark and around 550 in Latvia, taking into account primarily the individual perspective, added by some questions on the household level.

The survey includes a framing experiment presenting two different ways of framing the aim of two sufficiency-oriented policies in the housing sector. In addition, the survey includes data on policy acceptability of these two policy measures and respondents' preferences for combinations with different other policy measures. Further, the survey also measures socio-economic factors such as age, gender, income, education, household size, life stage, and political orientation. A quantitative assessment of the carbon footprint in the housing domain was also included.

FULFILL dataset - diet policy acceptability - efficacy and acceptability **framing Germany**

This dataset represents survey data on sufficiency-oriented policy acceptability in regard to dietary consumption. The study was part of the second round surveys in Germany in September and October 2023 within the FULFILL project - Fundamental Decarbonisation Through Sufficiency By Lifestyle Changes, with a sample size of 839 households under the DOI <https://doi.org/10.5281/zenodo.13643694>.

As part of Work Package 3 (WP3) in the FULFILL project, we collected quantitative data from two countries: Denmark and Germany, with representative sampling (age, income, gender, current region). In this survey on the acceptability of sufficiency-oriented diet policies we recruited a representative sample with approximately 800 participants from Germany and Denmark, taking into account primarily the individual perspective, added by some questions on the household level.



The central part of the survey includes a framing experiment including three groups with participants being randomly assigned to. We were interested in peoples' acceptability on three majorly discussed and sufficiency-relevant policies, i.e. meat tax, carbon label or meat-free day at public canteens. We investigated if an information on either the efficacy of the measures or a combination of information with acceptance information or none of these information could influence people's acceptability (overall, self vs. others perspective). We measured several control variables (socio-economics such as age, gender, income, education, household size, life stage, ideological measures such as political orientation or attitudinal measures such as sufficiency orientation and climate change denial). A quantitative assessment of the carbon footprint in the food consumption domain was also included.

FULFILL dataset - diet policy acceptability - efficacy and acceptability framing Denmark

This dataset represents survey data on sufficiency-oriented policy acceptability in regard to dietary consumption. The study was part of the second round surveys in Denmark in September and October 2023 within the FULFILL project - Fundamental Decarbonisation Through Sufficiency By Lifestyle Changes, with a sample size of 810 households under the DOI <https://doi.org/10.5281/zenodo.14937884>.

As part of Work Package 3 (WP3) in the FULFILL project, we collected quantitative data from two countries: Denmark and Germany, with representative sampling (age, income, gender, current region). In this survey on the acceptability of sufficiency-oriented diet policies we recruited a representative sample with approximately 800 participants from Germany and Denmark, taking into account primarily the individual perspective, added by some questions on the household level.

The central part of the survey includes a framing experiment including three groups with participants being randomly assigned to. We were interested in peoples' acceptability on three majorly discussed and sufficiency-relevant policies, i.e. meat tax, carbon label or meat-free day at public canteens. We investigated if an information on either the efficacy of the measures or a combination of information with acceptance information or none of these information could influence people's acceptability (overall, self vs. others perspective). We measured several control variables (socio-economics such as age, gender, income, education, household size, life stage, ideological measures such as political orientation or attitudinal measures such as sufficiency orientation and climate change denial). A quantitative assessment of the carbon footprint in the food consumption domain was also included.

FULFILL dataset - diet policy acceptability - health information provision France

This dataset represents survey data on sufficiency-oriented policy acceptability in regard to dietary consumption. The study was part of the second round surveys in France in August and September 2023 within the FULFILL project - Fundamental Decarbonisation Through Sufficiency By Lifestyle Changes, with a sample size of 806 households under the DOI <https://doi.org/10.5281/zenodo.13643990>.

As part of Work Package 3 (WP3) in the FULFILL project, we collected quantitative data from three countries: France, Italy, and Latvia, with representative sampling (age, income, gender, current region). In this survey on the acceptability of sufficiency-oriented diet policies we recruited a representative sample with approximately 800 participants from each country, taking into account primarily the individual perspective, added by some questions on the household level.

The central part of the survey includes the randomised provision of information on the health-risks associated with meat consumption. We were interested in peoples' acceptability on three majorly discussed and sufficiency-relevant policies, i.e. meat tax, carbon label or meat-free day at public canteens. We investigated if the information provision impacted people's acceptability



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(overall, self vs. others perspective). We measured several control variables (socio-economics such as age, gender, income, education, household size, life stage, ideological measures such as political orientation or attitudinal measures such as sufficiency orientation and climate change denial). A quantitative assessment of the carbon footprint in the food consumption domain was also included.

FULFILL dataset - diet policy acceptability - health information provision Italy

This dataset represents survey data on sufficiency-oriented policy acceptability in regard to dietary consumption. The study was part of the second round surveys in Italy in August and September 2023 within the FULFILL project - Fundamental Decarbonisation Through Sufficiency By Lifestyle Changes, with a sample size of 840 households under the DOI <https://doi.org/10.5281/10.5281/zenodo.13643957>.

As part of Work Package 3 (WP3) in the FULFILL project, we collected quantitative data from three countries: France, Italy, and Latvia, with representative sampling (age, income, gender, current region). In this survey on the acceptability of sufficiency-oriented diet policies we recruited a representative sample with approximately 800 participants from each country, taking into account primarily the individual perspective, added by some questions on the household level.

The central part of the survey includes the randomised provision of information on the health-risks associated with meat consumption. We were interested in peoples' acceptability on three majorly discussed and sufficiency-relevant policies, i.e. meat tax, carbon label or meat-free day at public canteens. We investigated if the information provision impacted people's acceptability (overall, self vs. others perspective). We measured several control variables (socio-economics such as age, gender, income, education, household size, life stage, ideological measures such as political orientation or attitudinal measures such as sufficiency orientation and climate change denial). A quantitative assessment of the carbon footprint in the food consumption domain was also included.

FULFILL dataset - diet policy acceptability - health information provision Latvia

This dataset represents survey data on sufficiency-oriented policy acceptability in regard to dietary consumption. The study was part of the second round surveys in Latvia in August and September 2023 within the FULFILL project - Fundamental Decarbonisation Through Sufficiency By Lifestyle Changes, with a sample size of 582 households under the DOI <https://doi.org/10.5281/zenodo.13643763>.

As part of Work Package 3 (WP3) in the FULFILL project, we collected quantitative data from three countries: France, Italy, and Latvia, with representative sampling (age, income, gender, current region). In this survey on the acceptability of sufficiency-oriented diet policies we recruited a representative sample with approximately 800 participants from each country, taking into account primarily the individual perspective, added by some questions on the household level.

The central part of the survey includes the randomised provision of information on the health-risks associated with meat consumption. We were interested in peoples' acceptability on three majorly discussed and sufficiency-relevant policies, i.e. meat tax, carbon label or meat-free day at public canteens. We investigated if the information provision impacted people's acceptability (overall, self vs. others perspective). We measured several control variables (socio-economics such as age, gender, income, education, household size, life stage, ideological measures such as political orientation or attitudinal measures such as sufficiency orientation and climate change denial). A quantitative assessment of the carbon footprint in the food consumption domain was also included.



Sample size overview

Table 1 provides a detailed overview of the sample sizes for each survey conducted in each country. The table also summarises the total number of surveys conducted, amounting to 21,801, including the longitudinal surveys, and 18,479 households surveyed excluding the longitudinal data.

Table 1 Overview of the sample size for each survey in each country

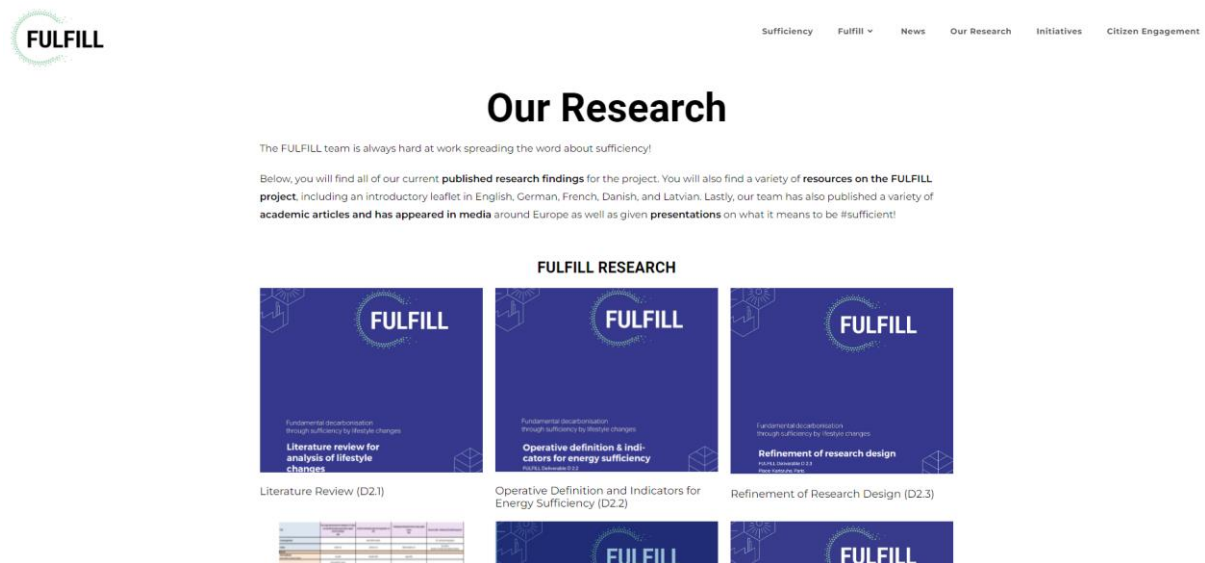
	Round 1	Round 2	Diet policy acceptability	Housing policy acceptability
Denmark	2235	544	810	792
France	2150	565	806	785
Germany	2028	544	839	765
Italy	1888	532	840	778
Latvia	1559	555	582	540
India	1082	1026		
Total	10942	3322	3877	3660
Total number of surveys (incl. the longitudinal survey)	22245			
Total number of households surveyed (without the longitudinal survey).	18479			



3 Research Outputs from FULFILL

In addition to the data shared on Zenodo, the project's website (<http://fulfill-sufficiency.eu/>) provides access to all deliverables from FULFILL's that are not confidential as well as scientific publications from the project's lifetime. Once approved the deliverables will also appear through the EC Community Research and Development Information Service (CORDIS) (<https://cordis.europa.eu/project/id/101003656>).

Figure 3 Screenshot from the FULFILL webpage where the deliverables and further research outputs are published <https://fulfill-sufficiency.eu/our-research/>



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