

From: [I. Buday](#)
To: [Board of Health](#)
Subject: [External Sender] My comments for 2024.HL12.7 on April 29, 2024 Board of Health
Date: April 29, 2024 10:20:45 AM
Attachments:

To the City Clerk:

Please add my comments to the agenda for the April 29, 2024 Board of Health meeting on item 2024.HL12.7, Toronto Public Health Strategic Plan - Summary of Consultation Findings and Emerging Plan

I understand that my comments and the personal information in this email will form part of the public record and that my name will be listed as a correspondent on agendas and minutes of City Council or its committees. Also, I understand that agendas and minutes are posted online and my name may be indexed by search engines like Google.

Comments:

Please see my attached presentation that was submitted to the Board of Health Strategic Priorities Committee meeting last Wednesday.

During the discussion period it was mentioned that noise pollution can be a part of a few of the Strategic Priorities. No More Noise Toronto will be going out to their membership to hear how they think that noise can fit in with the emerging priorities. We will be happy to share that with the Committees in the near future.

Thank you,

Ingrid Buday
Founder, No More Noise Toronto

HX3.2 - Toronto Public Health Strategic Plan - Summary of Consultation Findings and Emerging Plan

Introduction

Chair Bravo and the Strategic Plan Development Committee – thank you for the opportunity for us to share our hope that TPH makes reducing noise pollution a strategic priority. This is very timely as today is International Noise Awareness Day!

I am Ingrid Buday and the founder of No More Noise Toronto, a grassroots organization of over 2,000 subscribers, followers, and group members who need better sleep and want better days. While we all have an individual relationship to the sounds we hear, we are all the same in how our bodies respond to sound. We have no defense- Noise is the new secondhand smoke.

Impacts of sound / noise

Do you know what is the first sound that we hear? It is the heartbeat and breathing of our mothers while we are in the womb. Yes, it is the first sense that we develop. It is also the last one we lose, as you may know if you have ever said goodbye to a loved one in a coma.

The European Environment Agency estimates that one million healthy years of life are lost every year due to the effects of noise on health. Annoyance and sleep disturbance account for the bulk of the burden of disease linked to noise.

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Buffer analysis

For Toronto, I wanted to estimate peak noise event exposure based on my sound level measurements with GIS analysis. Together with a Sr. Geography U of T student, we created two buffer zones: 750 meters around highways and 100 meter around arterial roads. We determined that over 1.8 million people live in these places, based on 2021 census data. To determine what is a peak noise event I added 10 decibels to their weeklong measurement Leq or average.



Here is a table the peak noise events that these people who live in these places endure.

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Location	Population (2021 data)	Leq dBA	# Peak Noise events / 24 hrs.
Arterial Roads	1,200,000	66	143
Highways	665,000	76	43
Total	1,865,000		186

We need TPH to focus on noise

The WHO has stated that noise is the #2 Urban Environmental Health Hazard, right after air pollution. Noise will become number one eventually, unless we do something now.

Residents of Toronto didn't hear and feel that our health is being protected in the decisions that were made in the Noise bylaws or Night Economy Review

One example of this is the 24/7 allowance of waste collection. Garbage trucks are 107 dba noise making machines that are now waking people up multiple times a night or week. How this was passed without public consultation and with the support of TPH is mindboggling.

NoMoreNoise *Toronto!*

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Noise is an equity issue

Noise mitigation has been studied the most in the workplace. Who protects the public? If this is something that none of us have protection from, we need you to step up. Protect the homeless who live in the loudest of places. Protect those with PTSD, vision loss, cognitive issues, and the sick who are trying to recover.

You made great strides before the pandemic during the start of the noise bylaws.

I suggest you continue the work from your previous list of priorities and take Priority #2: Healthy Public Policy and focus on noise. There is so much you can do: educate people about noise and how to be a good neighbour, both in public and within our buildings. You can help ask the Province revisit siren, air horn and back up beeper protocols, and begin to conduct noise studies like air pollution.

And unlike air pollution once you silence the noise the benefits are instant. No clean up required.

No More Noise Toronto is collaborating with MLS, TPS and CxD, please join us. We are an engaged and impacted community that needs your help in making a better sounding Toronto.