



**NO MORE NOISE
Toronto**

Board of Health

HL13.1, Healthy Aging in Toronto

May 27, 2024

No More Noise Toronto



- Ingrid Buday, founder of No More Noise Toronto
- I started this group to advocate for more acceptable, healthy soundscapes
- Over 1,300 members
- Take a data centered approach by collecting crowdsourced information and also taking sound level measurements from people's homes



Protect the Health of Seniors

This Board requested the Medical Officer of Health to collaborate with community partners ... to **promote and protect** the health of a growing population of older adults.



Senior Statistics

- In 2021, close to 500,000 Torontonians were 65 years and older
- Estimated to rise by over 50% by 2041, with people 75 years and older rising the most.
- The health of older adults can be positively affected by protective behaviours, such as increased physical activity and socialization.

Unnecessary environmental noise negatively impacts everyone's health and reduces the opportunities for physical activity and socialization.



Definition of Noise

Unwanted and/or harmful sound

[The Hearing Journal](#)

[APHA Oct 2021: Noise as a Public Health Hazard](#)



Toronto is Loud

- Avenue Road – close to Seniors Residence
- Avg 108 noise spikes / day
- Construction is a big source
- Moving vehicle noise



Physical Health Outcomes

From TPH Healthy Aging Summary

Of Noise:

- Obesity
- Coronary Artery Disease
- Hypertension
- Arrhythmia
- Diabetes
- Heart Failure
- COPD

From [How Loud is Too Loud](#): Sørensen and colleagues (2011a) reported that in people over 64.5 years of age, exposure to every 10 dBA (Lden) increase in residential road traffic noise was associated with a 27 percent higher risk for stroke.

Percentage of People Living with Chronic Conditions by Age Groups

Chronic Conditions	Ages 65-74 years	Ages 75+ years
Hypertension ²⁶	57%	83%
Diabetes ²⁷	30%	38%
Chronic Obstructive Pulmonary Disease ²⁸	15%	23%

Leading Causes of Hospitalization Among Toronto Adults 65 Years and Older in 2022³⁰

Adults 65 to 74 years		Adults 75 years and older	
Cause of Hospitalization	Percentage	Cause of Hospitalization	Percentage
Circulatory	18%	Circulatory	19%
Digestive	11%	Injury and Poisonings	10%

Leading Causes of Death Among Toronto Adults Aged 65 Years and Older in 2021²

Adults 65 to 74 years		Adults 75 years and older	
Cause of Death	Percentage	Cause of Death	Percentage
Ischemic heart disease	13%	Dementia and Alzheimer's Disease	16%
COVID-19	11%	Ischemic heart disease	12%



Mental Health Outcomes

- Mental Health
 - Annoyance
 - Depression
 - [Sleep Disturbance](#)
 - [Alzheimer's Disease](#)
 - [Dementia](#)
 - [Loneliness](#)
- Social isolation
 - Loud public spaces
 - Loud restaurants
 - Hearing loss

Light and noise pollution 'are neglected health hazards', say peers

WHO declares loneliness a 'global public health concern'

The World Health Organization has launched an international commission on loneliness, which can be as bad for people's health as smoking 15 cigarettes a day

Neighborhood Noise May Increase Dementia Risk

Just 10 decibels more daytime neighborhood noise is associated with 36 percent higher odds of mild cognitive impairment and 30 percent higher odds of having Alzheimer's disease.



Noise Reduction = Population Health

Acceptable soundscapes are equivalent to clean air and drinking water.

Recommendations:

- Study noise at the bedroom window
- Understand what is an acceptable soundscape for different environments.
- Develop & implement policy to create acceptable soundscapes that support physical activity and social opportunities.



The goal should always be that people are able to get a restful and restorative sleep – with the window open.



Let's Create a Better Toronto by Reducing Noise



www.nomorenoisetoronto.com

