

NoMoreNoise *Toronto!*

PH10.2 New Multi-Tenant Houses Renovation Program
to Preserve and Improve Affordable Rental Homes

February 27, 2024

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- Ingrid Buday, Founder
- Have a background in process design, data & IT
- NMNT has over 1,000 members and support of many community organizations
- Founded this group over 1.5 years ago after I learned that I am not the only one who is experiencing significant health issues due to noise
- I've created a data centered approach around understanding the noise we live with by:
 - measuring sound from people's homes with meters for over 2 years
 - Collecting crowdsourced "Not 311" Noise Reports to fill the gaps that exist in the 311 reporting process



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What is Planning and Housing Primary Focus & Mandate?

- Primary focus is on urban form and housing development
- A mandate to monitor and make recommendations on planning, property standards, growth, and housing development and services.

I would like to add an additional point:

- While protecting and improving the health and quality of life of the residents who live in them.

How is Planning & Housing Related to Noise & Health?

People spend most of their time at home and when they need to recover or are living with a disability they do this in their home.

Therefore, noise needs to be mitigated both from the inside and the outside.

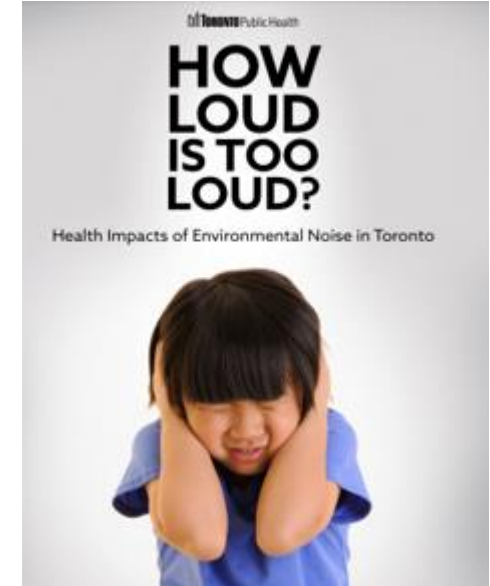
I see this as an exciting and important project and must meet the stated aim:

“that more homes are being maintained in a state of good repair and living conditions are improved for tenants”

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Noise is the #2 Urban Environmental Health Hazard

- In 2017 Toronto Public Health published “How Loud is Too Loud”
- They state that some of the health impacts of noise are increases in:
 - Heart disease
 - Heart failure
 - Diabetes
 - High blood pressure
- Annoyance and sleep disturbance cause these and many other health issues such as:
 - depression
 - anxiety
 - impair learning in children
 - loss of concentration and focus for adults.



[Click image for report](#)

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Residents Pay the Price

- According to [Professor Tor Oiamo](#) from TMU, in Toronto:
 - 230 premature mortalities occur ANNUALLY due to ischemic heart disease
 - 20,000 quality years of life are lost ANNUALLY due to noise disturbance
- This problem has gotten worse since the report was written, it will likely replace Air Pollution as the #1 Urban Environmental Health Hazard



Click video for Dr. Tor Oiamo's deputation

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Inside Noise Issues:

I have received emails about:

- Loud Music and other entertainment
- Noises from other apartments (bagging, tapping)
- Noises from faulty infrastructure (elevator guides, fans, pipes banging)

Problems:

- Problematic reporting process
- Enforcement is lacking
- Lack of awareness of how to be a good neighbour
- Hesitancy to report due to possible repercussions
- No follow through on complaints to fix the problem

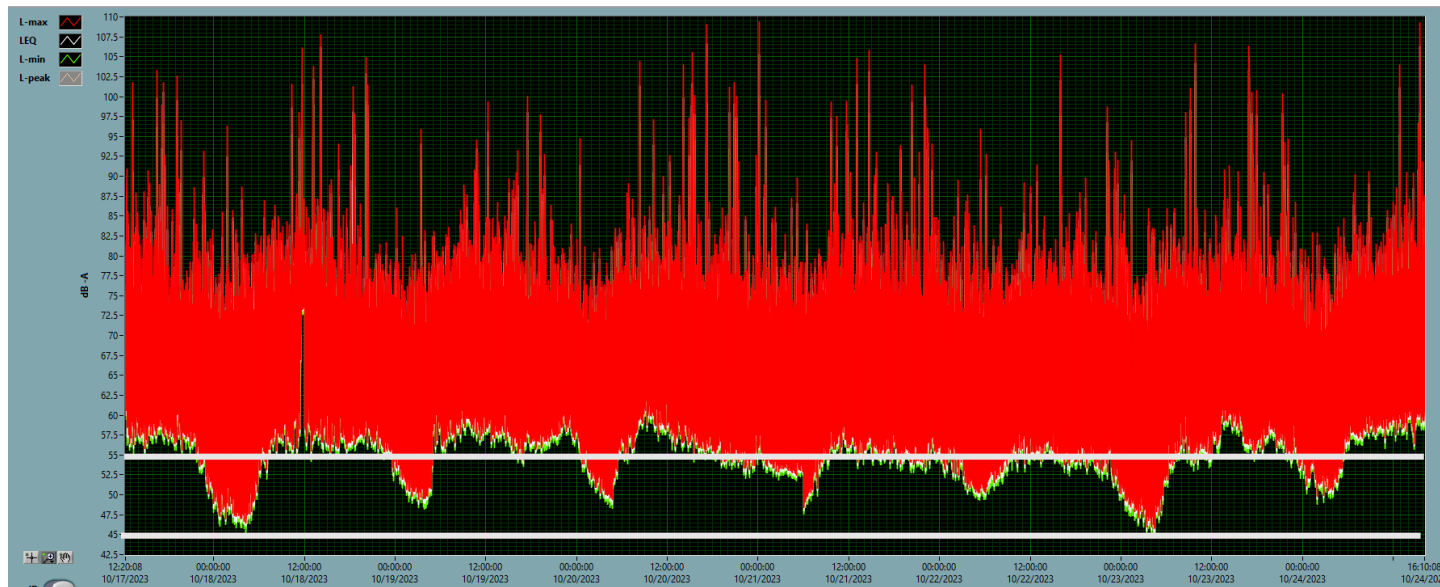
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Outside Noise Issues:

The TPH report “How Loud is Too Loud” also stated:

- 54% of residents are exposed to noise above 55dBA where health impacts are known to occur.
- Almost 93% of residents are exposed to noise over the WHO guideline of 45 dBA

Case Study: Seniors Home - Broadview and Danforth Outside measurement

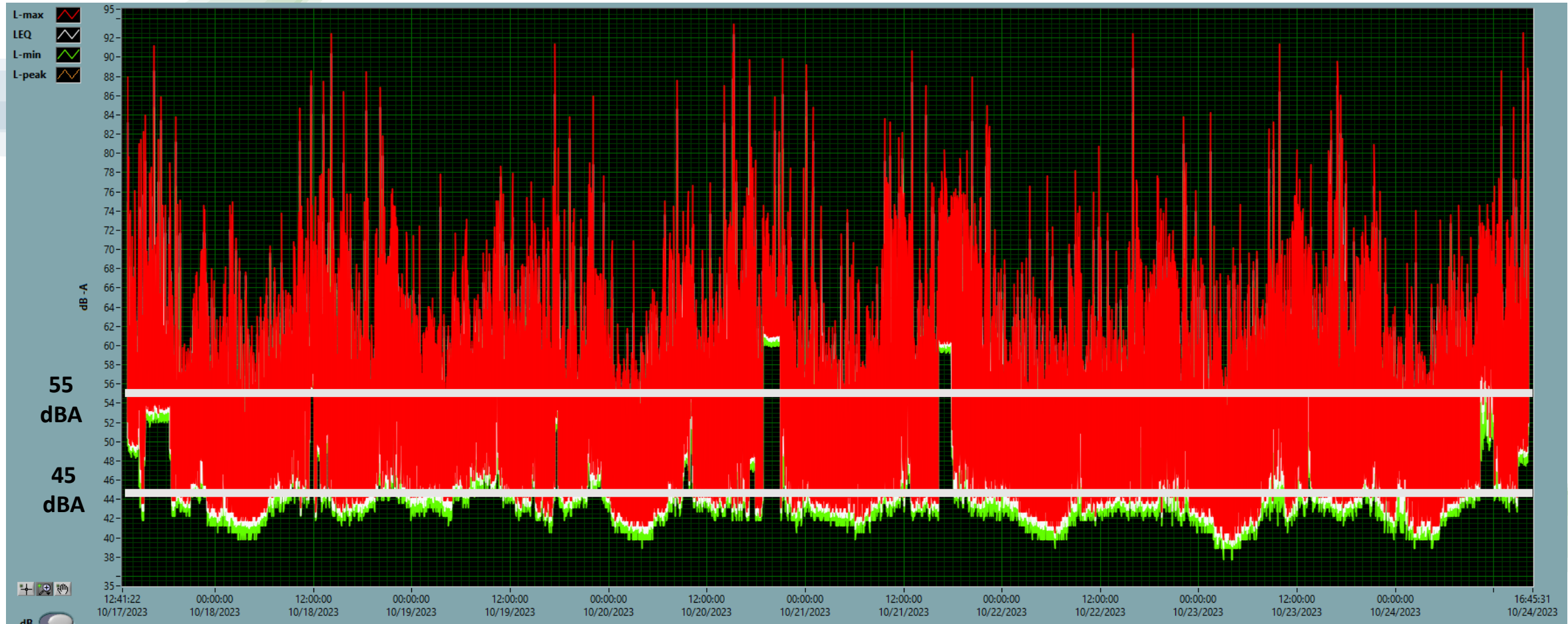


Broadview and Danforth, ground level		
Date	Day of Week	# peaks over 78.7 dBA
10/17/2023	Tuesday	80
10/18/2023	Wednesday	130
10/19/2023	Thursday	127
10/20/2023	Friday	113
10/21/2023	Saturday	100
10/22/2023	Sunday	69
10/23/2023	Monday	101
10/24/2023	Tuesday	96
	Average	102

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Case Study: Seniors Home - Broadview and Danforth

Inside measurement



55 dBA – Health impacts known to occur
45 dBA – WHO recommendation for a good sleep



Recommendations

Inside Noise:

- Ensure places are built/renovated with noise mitigation in mind
- Proper HVAC (most climate friendly method possible)
- Consider ways of educating people of how to be a good neighbour
- Communicate a clear process of how these should be reported and resolved.

Outside Noise:

- Install good windows – each pane of glass reduces 5 – 7 dBA
- Proper seals around windows and openings
- Proper HVAC (most climate friendly method possible)
- Vote in favour for anything that reduces noise in Toronto.

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Creating a Better Toronto by Reducing Noise

www.nomorenoisetoronto.com

