

From: [I. Buday](#)
To: [Board of Health](#)
Subject: [External Sender] My comments for 2025.HL26.5 on July 7, 2025 Board of Health
Date: July 7, 2025 9:02:43 AM
Attachments: [BoH 2025.HL26.5, Planning for Climate Change Monitoring to Understand Health Impacts and Support Resilience in Toronto.pdf](#)

To the City Clerk:

Please add my comments to the agenda for the July 7, 2025 Board of Health meeting on item 2025.HL26.5, Planning for Climate Change Monitoring to Understand Health Impacts and Support Resilience in Toronto

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.

Please see below and attached.

Comments:

Dear Chair Moise and Board of Health Members,

We believe that noise pollution should be included in your surveillance framework and in the dashboard to be launched spring 2026. Noise is an equity and climate issue as we have less protection from noise pollution than we do from heat exposure.

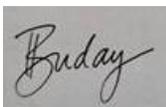
From 2016 data, Torontonians in the lowest income quintile are almost 11x more likely to have 50% of their residents exposed to night noise levels over 55 dBA.* Most of these folks live on arterial roads that have more noise spikes than highways. Traditionally most of the homes on arterials were older homes with no air conditioning (a/c) or window a/c. Now we are building glass towers on those roads that have a/c, however, from my personal experience (and what I have observed elsewhere), these break down frequently leaving higher income folks with the same outcome: open windows to naturally cool and suffer from poor sleep due to noise pollution. There is no respite. Additionally, a/c uses electricity further burdening lower income folks with extra costs.

Noise is also a climate issue for those with functioning a/c because we close windows and doors and turn on the a/c, burning more fossil fuels. The heat also impacts wildlife which reduces biodiversity.

Lack of adequate sleep and rest has negative impacts on our health which results in behavioural changes, which we can all relate to. Shorter patience, irritability, anger and annoyance can make tempers flare. When combined with illness, isolation, financial pressures, and other factors this leads to people becoming more fragile not resilient.

It is important to monitor ALL of the environmental factors and reduce the negative health impacts. Toronto can choose to lead and reduce noise pollution now. No More Noise Toronto is ready to work with you as a collaborator to make Toronto a great place to live, work, play and sleep.

Thank you,



Ingrid Buday

Founder, No More Noise Toronto



July 7, 2025

Via Email

Toronto Board of Health

RE: HL26.5 - Planning for Climate Change Monitoring to Understand Health Impacts and Support Resilience in Toronto

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Thank you,

Ingrid Buday

Founder, No More Noise Toronto

Cc: Board of Health Members

*Source: [TPH Report: How Loud is Too Loud](#) page 4

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