



No More Noise
hello@nomorenoise.ca

Feb 23, 2026

Via Email

To: Toronto Board of Health Chair Moise and Committee Members

Re: [HL30.5 – Toronto Population Health Status Indicators \(PHSI\)](#)

Dear Members of the Toronto Board of Health,

On behalf of No More Noise, I am writing to strongly endorse the motion to include Intimate Partner Violence (IPV) as a key indicator on the PHSI dashboard. This is a vital step toward addressing a critical public health crisis in our city.

To strengthen this initiative, we further urge the Board to include environmental noise as a related indicator. Chronic noise leads to inadequate rest and sleep deprivation, contributing to severe health consequences, which can lead to financial hardships due to loss of productivity or job loss. The psychological strain and irritability caused by a lack of sleep and other life stressors is a known risk factor that can escalate domestic tension and contribute to IPV. The Toronto Public Health report, [How Loud is Too Loud](#), states that available evidence suggests that environmental noise in Toronto occurs at levels that could be detrimental to health. Taking a strong stance in reducing noise pollution will positively impact population health.

To truly address the systemic root causes of health disparities and social instability, the PHSI dashboard must include factors relating to noise levels and their detrimental impacts on community health and well-being.

Sincerely,

Ingrid Buday,
Founder & Executive Director
[No More Noise](#)