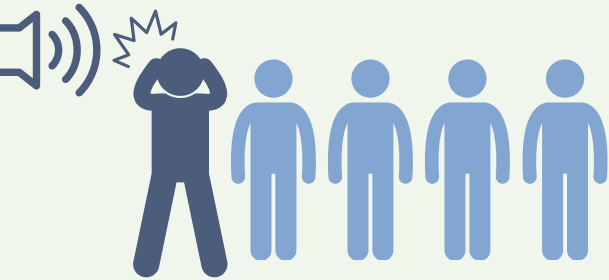


# Noise pollution



**1 in 5 people in Europe are exposed to high noise levels considered harmful to their health**



Sources include (1):



road traffic



rail



aircrafts



industry

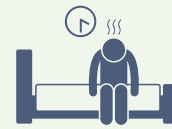
this can cause:



discomfort



cognitive problems



sleep alterations



cardiovascular disease

We asked members of our Healthy Ageing Advisory Group\* what they thought...

*“People in cities don’t notice the noise anymore”*

*“Places are so built up and noise reflects from building to building, you don’t have peace or quiet”*

Our stakeholders said...

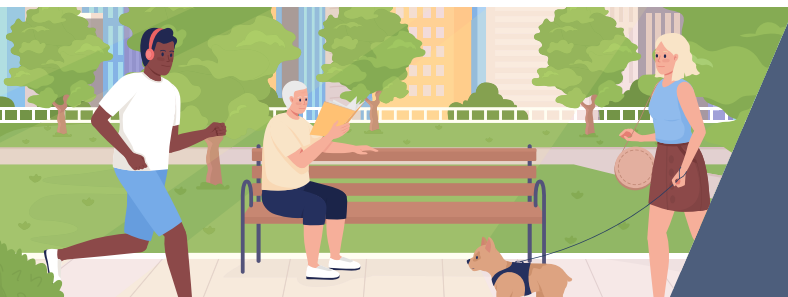
**How we design our cities can reduce risks and mitigate impacts from noise pollution:**



- pedestrianisation
- reducing car dependency
- green space buffers



A better understanding of how noise pollution affects our health can aid planners in making evidence-based solutions, and help citizens demand and build healthier communities



**Noise pollution is the second most harmful environmental stressor in Europe, tackling it may help us live and age better**

(1) European Environment Agency., Noise in Europe – 2020. (2020)

\*Members of the public representing older persons who helped shape our research and ensured we considered their lived experiences, insights and opinions