



Noise Pollution Education Resources

Below: A compilation of educational materials, produced by different organizations, with emphasis on the connection between lifestyle choices that involve chronic noise and serious health issues to people and animals generated by these lifestyle practices. A vegan lifestyle seeks to minimize harm to others and to the environment; thus, vegans are encouraged to practice lifestyles that do not rely on activities that generate chronic noise. Underlined items are hyperlinked to web sites.

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ARTICLES

1. [5 Surprising Ways to Protect Your Dog's Hearing](#) Caitlin Fowlkes
2. [Adverse Effects of Noise Pollution and Human and Animal Health](#) Help Save Nature
3. [Auditory and Non-Auditory Noise Effects on Health](#) Mathias Basner MD et. al (Lancet)
4. [Auditory Stress: Implications for Kennelled Dog Welfare](#) Morgan Garvey et al. (Purdue University)
5. [Audience Noise in Concert Halls During Musical Performances](#) CH Jeong et al. (PubMed)
6. [Birds Suffering from PTSD-Like Symptoms Shows How Noise is Affecting Animals](#) Arianna Pittman
7. [Blocking Noise Through the Walls](#) Bambi Turner
8. [Can Dogs Hear Loud Music](#) Allie Wall
9. [Common Environmental Noise Levels](#) Center for Hearing and Communication
10. [Dangerous Decibels and Exercise Classes](#) Lisa Packer (Healthy Hearing)
11. [Dangerous Decibels at Fitness Classes May Lead to Hearing Loss](#) Hear-It
12. [Does Noise Pollution Affect Our Pets?](#) Lisa Spector
13. [Five Ways to Reduce Noise Pollution](#) Jonathan Ewald
14. [Effect of Noise Pollution on Human Being](#) P.A. Savale
15. [Effects of Loud Music on Hearing](#) Victoria Deaf Society
16. [Effects of Noise on Wildlife](#) David Cornman (Nature Sounds Society)
17. [Effects of Noise on Wildlife and Other Animals](#) US Environmental Protection Agency
18. [Environmental Noise and Non-Aural Health Effects](#) S University of Texas School of Public Health
19. [Harmful Noise Levels](#) Health Link BC
20. [Harmful Noise Levels](#) MyHealth Alberta
21. [Harmful Side Effects of Loud Blaring Music](#) Walid Fitaihi MD
22. [Health Effects of Environmental Noise Pollution](#) Australian Academy of Science
23. [Health Effects of Environmental Noise – Other Than Hearing Loss](#) enHealth Council
24. [Health Effects of Heavy Metal Music](#) Michael Greger MD
25. [How and Why Environmental Noise Affects Animals](#) Caitlin Knight and John Swaddle (Ecology Letters)
26. [How to Deaden Sound Through Walls](#) SFGate
27. [How Noise Pollution Affects Animals and Even Plants](#) Rachel Buxton (International Business News)
28. [How Noise Pollution Can Affect Your Health](#) Stephen Stansfeld (Independent)
29. [How Noise Pollution From Humans is Wreaking Havoc on US Wildlife](#) Rachel Buxton (PBS News Hour)
30. [How Noise Pollution Is Affecting Animal Behaviour](#) Graeme Shannon (The Conversation)
31. [Impact of Noise Pollution on Human Cardiovascular System](#) E.O. Aluko and V.U. Nna (International Journal of Tropical Disease and Health)
32. [Importance of Quiet Time](#) Alan Lightman
33. [Is Technology Driving Your Pet Insane?](#) Brian Cooley
34. [Leading Cause of Hearing Loss is Noise Exposure](#) Erin Wright Au.D.
35. [Let's Make Some Noise About All That Noise](#) Trevor Hancock (Times Colonist)
36. [Live Music in Moderation](#) Hear-It
37. [Managing Noise from Aircraft](#) Transport Canada
38. [Noise](#) Health Canada
39. [Noise](#) Worksafe BC
40. [Noise and Hearing Loss in Musicians](#) Cheryl Peters et al.
41. [Noise Effect on Wildlife](#) US Federal Department of Transportation
42. [Noise Effects on Wildlife Factsheet](#) Noise Pollution Clearinghouse
43. [Noise Impacts on Health](#) European Commission – Science for Environmental Policy
44. [Noise Impacts to Wildlife](#) M. Brittingham (Penn. State University)
45. [Noise Induced Hearing Loss](#) Brande Plotnick (Healthy Hearing)
46. [Noise-Induced Hearing Loss](#) Hear-It
47. [Noise Levels in Fitness Classes Are Still Too High](#) Elizabeth Francis Beach (Research Gate)

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48. [Noise – Lifelong Harm to Children's Hearing](#) Karen Anderson PhD
 49. [Noise – Occupational Exposure Limits in Canada](#) Canadian Centre for Occupational Health and Safety
 50. [Noise Pollution](#) Environmental Pollution Centers
 51. [Noise Pollution](#) Everything Connects
 52. [Noise Pollution](#) Georgia Straight Alliance
 53. [Noise Pollution](#) US Environmental Protection Agency
 54. [Noise Pollution – A Modern Plague](#) Lisa Goines RN and Louise Hagler MD
 55. [Noise Pollution Affects Even the Smallest Wildlife](#) Dana Kobilinsky (The Wildlife Society)
 56. [Noise Pollution Creates Concerns for Creatures on the Edge](#) Elizabeth Grossman
 57. [Noise Pollution is Drowning Out Nature Even in Protected Areas](#) Damian Carrington (The Guardian)
 58. [Noise Pollution is One of the Biggest Health Risks in City Life](#) Joanna Roberts (Horizon)
 59. [Noise Pollution – It Harms Your Health and Hearing](#) Healthy Hearing
 60. [Noise Pollution Threatens Animals](#) Matt Walker (BBC Earth News)
 61. [Noise Sensitivities in Dogs](#) Ana Luisa Lopes Fagundes et al. (Frontiers in Veterinary Medicine)
 62. [Noise Toxicity and Healing Sounds](#) Susan O. Wagner DVM
 63. [Occupational Noise Exposure](#) US Department of Labour
 64. [Permanent Hearing Loss from Loud Group Fitness Classes](#) Ann Votaw (Observer)
 65. [Recommendations for Music Volume in Fitness Settings](#) IDEA Opinion Statement
 66. [Risk of Listening to Amplified Music](#) Acoustical Society of America
 67. [Secrets for Wall Sound Proofing](#) Dave Toht
 68. [Should I Wear Earplugs to Concerts?](#) Everyday Hearing
 69. [Should I Wear Earplugs to Concerts?](#) Luisa Dillner (The Guardian)
 70. [Sick of Noise: Health Effects of Loud Neighbours and Urban Din](#) Diana Weinhold (Grantham Research Institute on Climate Change and the Environment)
 71. [Songbirds are Struggling with Noise Pollution](#) Starre Vartan
 72. [Sound Advice Note 12: Orchestras](#) Sound Advice
 73. [Sound of Silence Increasingly Rare as Noise Pollution Rises](#) Jo Davies (CBC News)
 74. [Sound Pollution](#) Ocean Networks Canada
 75. [Soundproofing](#) Chris Woodford
 76. [Sounds You Can't Hear Can Still Hurt Your Ears](#) Sarah C.P. Williams (Science Mag)
 77. [Summary of Adverse Health Effects of Noise Pollution](#) Louis Hagler MD
 78. [Table of Sound Pressure Levels](#) Sengspiel Audio
 79. [Too Many Decibels, Too Few Quiet Moments](#) Barbara Julian and Maleea Acker (Focus Magazine)
 80. [Understanding Noise Pollution](#) Rinkesh Blog
 81. [Underwater Noise Pollution Also Disturbs Fish](#) CBC News
 82. [What is the Mysterious 'Hum' – Is It Simply Noise Pollution?](#) Philip Jaekl (The Guardian)
 83. [Why Zumba Classes Should Not Be So Crazy Loud](#) Lorra Garrick

ARTICLE ARCHIVES

1. [Noise Center Archives](#) Center for Hearing and Communication
2. [Noise Off](#)

FLYERS

- 1.

VIDEOS

1. [How Noise Pollution is Ruining Your Hearing](#) (4 min.) Vox
2. [Noise Pollution Affects Marin Life](#) (2 min.) Global News



WEB SITES

1. [Dangerous Decibels](#)
2. [Noise Off](#)
3. [Noise Pollution Clearing House](#)
4. [Power of Sound](#) Joshua Leeds
5. [Right to Quiet Society](#)
6. [Victoria International Airport – Submit Noise Inquiry](#)