AE Academic English UK

Noise Pollution

Noise pollution – the under-estimated threat to health

Reading Test

Student

Time: *Approximately 1hour*

Two types of lesson

Lesson#1: [Easy] ***** ** [B2/C1]
1. Try to predict the content of text / write down key terms / ideas
2. Read text – check words and meanings with a dictionary
3. Answer questions
4. Check answers (pass mark is 70%)

Lesson #2: [Hard] ****** [C1]
1. Read text – no dictionary
2. Answer questions
3. Check answers (pass mark is 70%)

Teacher

Two types of lesson

Lesson#1: [easy] ***** ** [B2/C1]
1. Give out text a week before the test – students read, check vocabulary and meaning.
2. Test day – give out a new copy of text and the questions (no dictionary or notes)
3. Set 1 hour to read text and answer the questions
4. Take in and correct or go through answers in class (pass mark is 70%)
5. Extra activity – students write the summary* (add 30 minutes to test)

Lesson #2: [hard] ****** [C1]
1. Test day – give out text and questions
2. Set 1 hour to read text and answer the questions
3. Take in and correct or go through answers in class (pass mark is 70%)
5. Extra activity – students write the summary* (add 30 minutes to test)

*Summary writing
Link: www.academic-englishuk/summary

Noise pollution – the under-estimated threat to health

[C.Wilson, 2019]

1. Environmental noise levels are rising in urban areas, mainly as a result of increasing traffic volumes and intensifying industrial and recreational activities. There ░░░░░░░ ░░░ ░░░░░░░ ░░░░░░░░░ environmental noise, also referred to as noise pollution, is having a **detrimental** effect on our health. According to the European Parliament (2019), the key ░░░░░░░ ░░░ ░░░░░░ ░░░░░░░░ are significant levels of stress, sleep disturbance and cardiovascular problems.

2. Noise pollution is defined in UK Legislation as a loud continuous repeated noise, of such a pitch or occurring at such times ░░░░░░░ ░░░ ░░░░░░░ ░░░░░░░░. According to the World Health Organization (W.H.O) (2016), recommended noise levels are around 40 decibels (dB) for work environments and 30 dB for sleeping. ░░░░░░░ report discovered that most urban people are being exposed to much higher unhealthy levels of ░░░░░░░ ░░░ ░░░░░░ ░░░░░░░░ considered that continued **exposure** to sound levels over 85 decibels (dB) are seriously harmful to living organisms. In fact, the WHO have identified noise ░░░░░░░ ░░░ ░░░░░░ ░░░░░░░░ cause of ill health after air pollution. Until recently, noise pollution was not recognised as harmful to health.

3. Recent research developments and scientific evidence have highlighted that noise is a serious environmental hazard to both mental and physical well-being. Research by Münzel et al. (2017), ░░░░░░░ ░░░ ░░░░░░ ░░░░░░░░ and metabolic diseases. The research along with many previous studies (cited in Münzel et al., 2017), concurred that environmental noise is associated ░░░░░░░ ░░░ ░░░░░░ ░░░░░░░░ hypertension, myocardial infarction, heart failure, and stroke. These **epidemiological** studies all concluded that it was not a question of if noise pollution causes Cardiovascular Diseases (CDV) but what ░░░░░░░ ░░░ ░░░░░░ ░░░░░░░░ in terms of the exposure-response relationship.

4. Specific research into environmental noise and sleep disturbance has uncovered a clear connection between health deterioration and nocturnal noise pollution. Halperin (2014) has proven that ░░░░░░░ ░░░ ░░░░░░ ░░░░░░░░ sleep through provoking measurable metabolic and endocrine perturbations, increased heart rate and increased psychiatric outcomes. The study performed a range of experiments on sleeping patients being subjected to ░░░░░░░ ░░░ ░░░░░░ ░░░░░░░░ that although the patients believed they had had a good night's sleep, in fact, their biological systems had ░░░░░░░ ░░░ ░░░░░░ ░░░░░░░░ pressure, and anxiety. The key conclusion was that nocturnal noise is unconsciously preventing ░░░░░░░ leading to **deleterious** health consequences.

5. This recent empirical evidence has been cited in the release of the W.H.O (2018) Noise Pollution Guidelines. These ░░░░░░░ ░░░ ░░░░░░ ░░░░░░░░ relations between exposure to environmental noise and the proportion of people affected by certain health outcomes. They ░░░░░░░ the **interventions** that are considered efficient in

reducing this exposure through four guiding principles for policy makers. The first is to promote an awareness of _____ ____ _____ _____ and conservation of outdoor quiet areas. The second is through using the evidence from _____ ____ _____ _____ values to promote, recommend and support noise reduction. The next principle is to co-ordinate and develop a wide consensus on the value of _____ ____ _____ _____ and deliver health benefits. And finally, to inform and involve communities in the process of creating reform.

6. Reducing the exposure to noise is not clearly straightforward. There are a number of challenges that face policy _____ ____ _____ _____ of our transport systems are the main cause of environmental noise. The general population are exposed _____ ____ _____ _____ simultaneously (acoustic and non-acoustic) and identifying all sources and introducing regulation will be in itself extremely problematic. A key challenge is that although there _____ ____ _____ _____ noise pollution to health, there is still more research needed in how effective will the W.H.O proposed _____ ____ _____ _____ to health outcomes and how this can be measured.

7. Overall, noise pollution is becoming one of the top environmental risks to physical and psychological health. _____ ____ _____ _____ such as hearing loss and tinnitus. Psychologically it is a non-specific stressor that has an adverse effect on human _____ ____ _____ _____ CDV diseases. Importantly, it has now been acknowledged as a key significant cause of ill health and this is supported through a range of pertinent research _____ ____ _____ _____ specific recommendations for governments, policy makers and local authorities to adopt and implement to reduce the negative impact of environmental noise on health. Although there are _____ ____ _____ _____ that noise pollution is becoming a serious health hazard is the beginning and this should lead to a _____ among ministries, public and private sectors and international communities.

References

European Parliament. (2019). *Air and noise pollution | Fact Sheets on the European Union | European Parliament*. [online] Europarl.europa.eu. Available at: http://www.europarl.europa.eu/factsheets/en/sheet/75/air-and-noise-pollution [Accessed 24 Jul. 2019].

Halperin, D. (2014). Environmental noise and sleep disturbances: A threat to health? *Sleep Science*, 7(4), pp.209-212.

Münzel, T., Schmidt, F., Steven, S., Herzog, J., Daiber, A. and Sørensen, M. (2018). Environmental Noise and the Cardiovascular System. *Journal of the American College of Cardiology*, 71(6), pp.688-697.

W.H.O (2018). *Environmental Noise Guidelines for the European Region (2018)*. [online] Euro.who.int. Available at: http://www.euro.who.int/en/publications/abstracts/environmental-noise-guidelines-for-the-european-region-2018 [Accessed 24 Jul. 2019].

Comprehension Questions

1. The title: '*Noise pollution - the under-estimated threat to health'.*

What does the title mean?

___ / 1

2. Headings – *choose a subtitle for each paragraph – one title is not needed*

1	B	A	Over-whelming research offers evidence for health concerns
2		B	~~Background to noise pollution~~
3		C	The complications of implementing noise ▮▮▮▮▮▮ measures
4		D	Conclusion
5		E	▮▮▮▮▮▮ ▮▮▮▮▮▮ serious environmental issue
6		F	Night-time noise is a serious problem too
7		G	Environmental noise ▮▮▮▮▮▮ ▮▮▮▮▮▮ sources
		H	Recommendations in combating noise reduction

___ / 6

Open answer questions

Paragraph 1

3. What are three main sources of environmental noise?

i.	
ii.	
iii.	

___ / 3

Paragraph 2

4. What are the WHO ▮▮▮▮▮▮ dB levels?

	Recommended	Actual
Night	**30**	
Day		

___ / 3

Paragraph 3

5. What did Münzel et al.'s (2017) research discover?

___ / 1

Paragraph 4

6. What did Halperin (2014) ▨▨▨▨▨▨ **research?**

| |
| |

___ /1

Paragraph 5

7. What is the ▨▨▨▨▨ ▨▨▨▨▨ **guidelines**

| |
| |

___ /1

Paragraph 5

8. What are the four key guidelines?

i.	*Promote an awareness* ▨▨▨▨▨ *noise*
ii.	
iii.	
iv.	

___ / 3

Paragraph 6

9. What are the ▨▨▨▨▨ ▨▨▨▨▨ **with implementing noise reduction?**

i.	
ii.	
iii.	

___ / 3

Paragraph 7

10. What is the most important point according to the author in the final paragraph?

| |
| |

___ / 1

True / False / Not Given

11. Choose which statements are True / False / Not Given [T/F/NG]

		T/F/NG
i.	Environmental noise causes stress that leads to cardiovascular disease. [generally, this is acknowledged throughout the text]	
ii.	WHO state that the ▒▒▒▒▒ ▒▒▒▒▒ pollution are as significant as air pollution	
iii.	Münzel et al (2017) and other studies concluded that it is not known how many people are being affected.	
iv.	Halperin's (2014) study ▒▒▒▒▒ ▒▒▒▒▒ that nocturnal noise is affecting them while they are sleeping.	
v.	The ▒▒▒▒▒ ▒▒ been very successful in reducing noise pollution.	
vi.	Identifying and reducing different noises can be achieved through ▒▒▒▒▒	
vii.	Consensus that noise pollution is a health hazard has led to coordinated rise in governments and countries	

___ / 7

Vocabulary

12. Key language – *explain these terms from the context & use synonyms where appropriate*

Paragraph	Word	*Explanation*
1	*detrimental*	*Harmful / damaging / dangerous / disastrous*
2	exposure	
3	epidemiological	
4	▒▒▒▒▒	
5	interventions	
6	▒▒▒▒▒	
7	predominately	

___ / 6

Writer's stance

14. Is the writer ▒▒▒▒▒ about the future for ▒▒▒▒▒ noise pollution?

YES	NO
Why?	

___ / 2

Overall Total: ____ / 38

Comprehension Questions ANSWERS

1. The title: '*Noise pollution - the under-estimated threat to health'.*
What does the title mean?

> It's only recently been discovered as a health issue / much bigger problem than previously believed [anything similar to these]

___ / 1

2. Headings – *choose a subtitle for each paragraph – one title is not needed*

1	B	A	Over-whelming research offers evidence for health concerns
2	A	B	~~Background to noise pollution~~

ALL ANSWERS IN PAID VERSION…