



Noise Pollution

Noise pollution – the under-estimated threat to health

Summary Writing

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Student

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. Fill in the outline to identify key points and support
4. Write the summary – only one paragraph (200-250 words)
5. Check key points & model answer (try to achieve 4 key points and 4 support points)
6. Answer critical thinking questions & check answers

Lesson #2: [Hard] ***** [C1]

1. Read text – no dictionary
2. Fill in outline to identify key points and support / or take notes from text
4. Write the summary – only one paragraph (200-250 words)
5. Check key points & model answer (try to achieve 4 key points and 4 support points)
6. Answer critical thinking questions & check answers

Teacher

Two types of lesson

Lesson#1: [easy] ***** [B2/C1]

1. Give out text a week /day before the test – students read, check vocabulary and meaning.
2. Test day – give out a new copy of text and summary question
3. Set 1 hour to read text, take notes and write the summary
4. The summary – only one paragraph (200-250 words)
5. Feedback¹: take in and mark [use correction code*]
6. Feedback²: give out key points & model answer
7. SUMMARY: Should contain at least 4 main ideas with support – see Summary Key Points
8. Extra: Answer critical thinking questions / group discussion (30 minutes)

Lesson #2: [hard] ***** [C1]

1. Set 1 hour to read text and write the summary
2. The summary – only one paragraph (200-250 words)
3. Feedback¹: take in and mark [use correction code*]
4. Feedback²: give out key points & model answer
5. SUMMARY: Should contain at least 4 main ideas with support – see Summary Key Points
6. Extra: Answer critical thinking questions / group discussion (30 minutes)

Correction code*: www.academic-englishuk/error-correction

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 [REDACTED] [REDACTED] environmental noise, also referred to as noise pollution, is having a **detrimental** effect on our health. According to the European Parliament (2019), the key [REDACTED] [REDACTED] [REDACTED] [REDACTED] 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 [REDACTED] [REDACTED] [REDACTED] [REDACTED]. 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. [REDACTED] report discovered that most urban people are being exposed to much higher unhealthy levels of [REDACTED] [REDACTED] [REDACTED] considered that continued **exposure** to sound levels over 85 decibels (dB) are seriously harmful to living organisms. In fact, the WHO have identified noise [REDACTED] [REDACTED] [REDACTED] [REDACTED] 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), [REDACTED] [REDACTED] [REDACTED] [REDACTED] and metabolic diseases. The research along with many previous studies (cited in Münzel et al., 2017), concurred that environmental noise is associated [REDACTED] [REDACTED] [REDACTED] [REDACTED] 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 [REDACTED] [REDACTED] [REDACTED] [REDACTED] 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 [REDACTED] [REDACTED] [REDACTED] [REDACTED] 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 [REDACTED] [REDACTED] [REDACTED] [REDACTED] that although the patients believed they had had a good night's sleep, in fact, their biological systems had [REDACTED] [REDACTED] [REDACTED] [REDACTED] pressure, and anxiety. The key conclusion was that nocturnal noise is unconsciously preventing [REDACTED] 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 [REDACTED] [REDACTED] [REDACTED] [REDACTED] relations between exposure to environmental noise and the proportion of people affected by certain health outcomes. They [REDACTED] 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 [REDACTED] [REDACTED] [REDACTED] [REDACTED] and

conservation of outdoor quiet areas. The second is through using the evidence from [REDACTED] values to promote, recommend and support noise reduction. The next principle is to co-ordinate and develop a wide consensus on the value of [REDACTED] 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 [REDACTED] of our transport systems are the main cause of environmental noise. The general population are exposed [REDACTED] 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 [REDACTED] noise pollution to health, there is still more research needed in how effective will the W.H.O proposed [REDACTED] 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. [REDACTED] such as hearing loss and tinnitus. Psychologically it is a non-specific stressor that has an adverse effect on human [REDACTED] 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 [REDACTED] 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 [REDACTED] that noise pollution is becoming a serious health hazard is the beginning and this should lead to a [REDACTED] 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](http://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](http://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].

Outline: Summary note-taking – take notes on the key points of the article

1) main idea:

Support:

2) main idea:

Support:

3) main idea:

Support:

4) main idea:

Support:

5) main idea:

Support:

6) main idea:

Support:

7) main idea:

Support:

Summary Key Points **ANSWERS**

A good summary should have 4 main ideas and 2 points of support for each main idea

<p>1. General Background</p> <ul style="list-style-type: none"> a) Environmental noise levels - rising in urban areas. b) Causes: Traffic / [redacted] [redacted] activities. c) Evidence = detrimental effect on our health. d) European [redacted] [redacted], sleep disturbance cardiovascular problems.
<p>2. Noise levels</p> <ul style="list-style-type: none"> a) UK Legislation <i>as a loud continuous repeated noise, of such a pitch or occurring at such times</i> [redacted] [redacted] annoyance. b) W.H.O (2016) recommended noise levels: 40 decibels (dB) work 30 dB sleeping - 65dB day and 55dB night / [redacted] [redacted] to living organisms. c) Noise pollution - second most significant cause of ill health after air pollution. d) Until [redacted] [redacted] was not recognised as harmful to health.
<p>3. Research</p> <ul style="list-style-type: none"> a) Recent research = environmental hazard to both mental and physical well-being. b) Münzel et al. (2017) = [redacted] [redacted] diseases. c) Previous studies (cited in Münzel et al., 2017), = increased incidence of arterial [redacted] [redacted] infarction, heart failure, stroke. d) Epidemiological studies = not a question of if noise pollution causes CDV but what is the [redacted] [redacted] effect.
<p>4. Nocturnal Noise effects</p> <ul style="list-style-type: none"> a) Sleep disturbance = [redacted] [redacted] and nocturnal noise pollution. b) Halperin (2014) = nocturnal noise pollution impairs sleep measurable metabolic & [redacted] [redacted], increased heart rate & psychiatric outcomes. c) The researchers = patients believed they had had a good night's sleep, in fact, their biological systems = [redacted] [redacted], blood pressure, anxiety. d) Nocturnal noise is unconsciously preventing restorative sleep = health conditions.
<p>5. Guidelines</p> <ul style="list-style-type: none"> a) W.H.O (2018) Noise Pollution Guidelines. b) [redacted] [redacted]: exposure to environmental noise & people affected. Key interventions: c) 1. promote an [redacted] [redacted] noise exposure through the promotion and conservation of outdoor quiet areas. d) 2. to derive [redacted] [redacted], recommend and support noise reduction. e) 3. co-ordinate and develop a wide consensus on the value of pursuing coordinated policies that address noise [redacted] [redacted] benefits. f) 4. to inform and involve communities in the process of creating reform.
<p>6. Challenges</p> <ul style="list-style-type: none"> a) Transport systems = main cause of environmental noise. b) The general population are exposed regularly to acoustic and non-acoustic noise simultaneously. c) [redacted] [redacted] and introducing regulation = problematic. d) How effective will the W.H.O proposed interventions be in measured??

7. Overall

- a) Top environmental risks to physical and psychological health.
- b) Physically = auditory system = hearing loss and tinnitus.
- c) [REDACTED] [REDACTED] = causing CDV diseases.
- d) A key significant cause of ill health and supported research literature.
- e) The WHO guidelines are specific recommendations for governments, policy makers and local authorities.
- f) A consensus [REDACTED] [REDACTED] health hazard.
- g) A coordinated effort among ministries, public and private sectors and international communities.

Summary Model

Task: Write a 200-250 word summary on the key elements of the custom essay writing services.

Word count: _____

Noise Pollution Model Summary

Task: Write a 250-word summary on the key elements of noise pollution.

According to Wilson (2019), noise pollution, also referred to as environmental noise, is increasing in urban areas. Recent evidence has indicated that there are a number of risks associated with the rise in noise level in traffic, [REDACTED] [REDACTED] [REDACTED] [REDACTED] to physical and psychological health. According to the European Parliament (2019), the key health effects are increased [REDACTED] [REDACTED] [REDACTED] [REDACTED] problems. This is further supported by Münzel et al. (2017) whose research found that noise pollution [REDACTED] [REDACTED] and metabolic diseases, and Halperin (2014) who [REDACTED] [REDACTED] [REDACTED] [REDACTED] disturbing sleep leading to similar health consequences. The WHO (2018) have created a range of guidelines to focus on the 'exposure-response' relationship of noise to people. The four key areas are to promote an awareness of reducing noise exposure through outdoor quiet areas. [REDACTED] [REDACTED] and support noise reduction. The third is to co-ordinate and develop a consensus on the importance [REDACTED] [REDACTED] [REDACTED]. The final guideline focuses on creating awareness of noise pollution health effects within communities. Wilson (2019) [REDACTED] [REDACTED] [REDACTED] [REDACTED] to implement due to the fact that much of our infrastructure is the main cause. It is also incredibly complicated to identify [REDACTED] [REDACTED] [REDACTED] [REDACTED] and how these new guidelines will be measured. Nevertheless, the recognition that environmental [REDACTED] [REDACTED] [REDACTED] [REDACTED] effects is a positive start.

[235 words]

Critical thinking Questions

i) What's the stance of the author? Does he think that noise pollution will be controlled?

[2 points]

ii) Is this a credible article? Yes /no – why?

[2 points]

iii) Highlight four key parts of information in the text you would use for an essay on 'noise pollution is seriously harmful to health'.

[4 points]

iv) Highlight two areas in the text that you question, disagree with or lack evidence

[2 points]

Critical thinking Questions

i) What's the stance of the author? Does he think that noise pollution will be controlled?

ALL ANSWERS IN PAID VERSION...

[2 points]

ii) Is this a credible article? Yes /no – why?

Yes, good source choice.

*But **ALL ANSWERS IN PAID VERSION...***

[2 points]

iii) Highlight four key parts of information in the text you would use for an essay on 'noise pollution is seriously harmful to health'.

P1: European Parliament (2019) – key effects of noise pollution.

P2: WHO (2016) recommended noise levels.

*P2: **ALL ANSWERS IN PAID VERSION...***

[4 points]

iv) Highlight two areas in the text that you question, disagree with or lack evidence

P1: Noise pollution is 'rising in urban areas' [not in rural areas?]

P2: UK Legislation define noise pollution as 'reasonable annoyance. [isn't this quite subjective?]

P2: The second most significant cause of ill health. [Is this true? – what about lifestyle?]

*P3: **ALL ANSWERS IN PAID VERSION...***

[any 2 of these – obviously subjective: any credible student answer too]

[2 points]