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American Academy of Nursing Releases Policy Brief on Reduction of Environmental Noise

Academy Recommends Coordinated Efforts to Reduce Exposure to Public Health Hazard of Excessive Environmental Noise

Washington, D.C. (November 6, 2017) — The American Academy of Nursing today released its policy brief urging the reduction of environmental noise, which is a known public health hazard. Environmental noise may negatively affect health through increased rates of various diseases which also leads to increased costs on the U.S. healthcare system.

Sources of environmental noise may include loud household or workplace equipment, public events such as music concerts, and traffic associated with airports, highways, and railways. The negative health impacts of environmental noise are not always immediately noticed, and can build gradually over time. Well-documented, these effects include hearing loss, tinnitus, heart disease, stroke, anxiety, stress, depression, learning difficulties, poor job performance, sleep disorders, and reduced cognitive abilities.

The Academy's policy brief, "Reduce Noise: Improve the Nation's Health," was published in the September/October 2017 issue of the Academy's journal, *Nursing Outlook*.

"The Academy is pleased to publish this important policy brief on reducing exposure to environmental noise, and its associated negative effects on the public's health," said Academy President **Karen Cox, PhD, RN, FACHE, FAAN**. "The Academy has long noted the problem of environmental noise, and this policy brief builds upon our official position statement from 2016, and adds significantly to our recommendations."

The Academy recommends a coordinated federal effort in reducing exposure to environmental noise, including the reestablishment of the Office of Noise Abatement and Control within the Environmental Protection Agency (EPA). The Academy also encourages the EPA to establish a centralized reporting system to collect data on environmental noise from airports, highways, and industrial sites, among others. In addition, the Academy also supports collaborations and partnerships to educate and disseminate information to the public on the health effects from exposure to sources of environmental noise.

Read the full policy brief at [http://www.nursingoutlook.org/article/S0029-6554\(17\)30403-7/fulltext](http://www.nursingoutlook.org/article/S0029-6554(17)30403-7/fulltext). The Academy's Health Behavior and Environmental & Public Health Expert Panels will host the #AANquiet4health Twitter chat on November 30, 2017, 3:00 - 3:30 p.m. EST to discuss environmental noise and the policy recommendations.

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The American Academy of Nursing (www.AANnet.org) serves the public and the nursing profession by advancing health policy and practice through the generation, synthesis, and dissemination of nursing knowledge. The Academy's more than 2,500 fellows are nursing's most accomplished leaders in education, management, practice, and research. They have been recognized for their extraordinary contributions to nursing and healthcare.

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