

# Evaluating Noise Pollution and Health Impacts from Cooling and Ventilation Systems

## Noise Pollution

Urbanization has resulted in a rise of noise pollution

Health impacts associated with noise pollution:

- Increased cortisol
- Increased depression and anxiety
- Increased rate for heart problems
- Leads to lower quality sleep

## Low-Frequency Noise (LFN)

It is felt more than heard

Common from cooling and ventilation systems

## Recommendations

### Public:

Learn the health risks and how to identify low-frequency noise sources



### Legislative:

National Health Law (2027)  
Should include regulations surrounding low-frequency noise, especially from cooling and ventilation systems

