



# NOISE

Finding Your Sound





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# NOISE POLLUTION EXPLAINED

WHAT?

Disturbing  
Unwanted  
SOUND

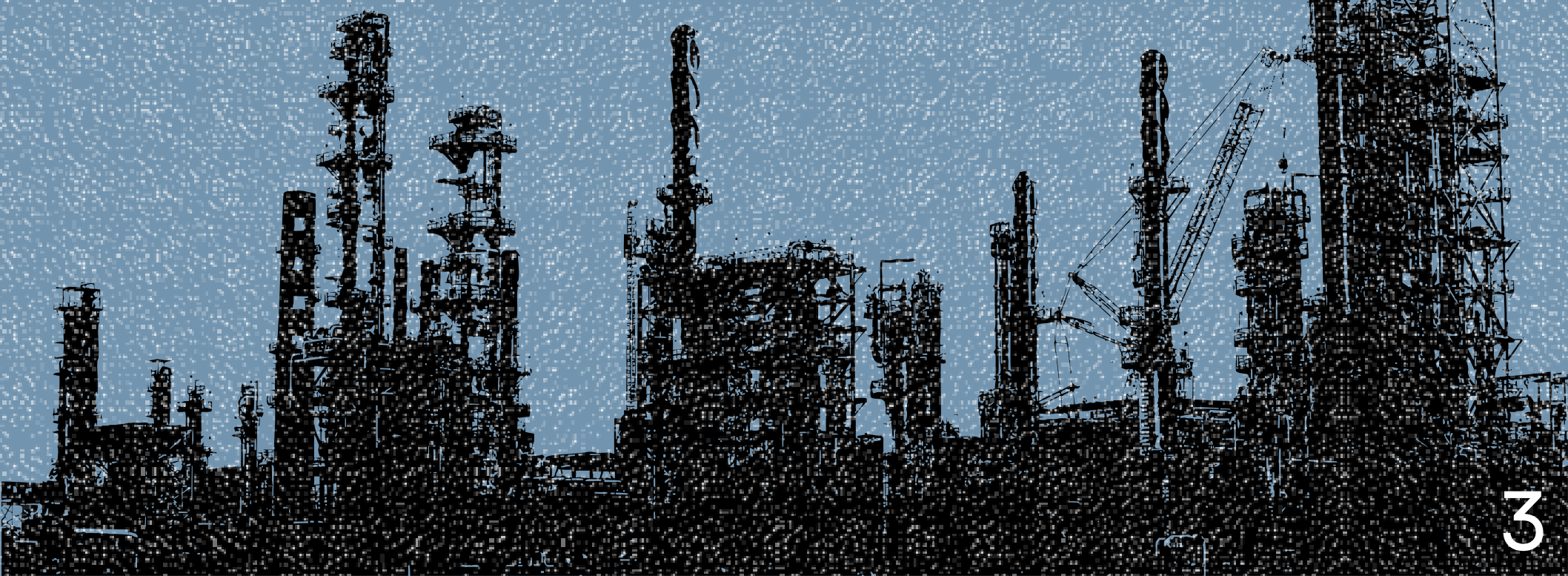
CAUSES?

construction,  
highways,  
trains, planes,  
machinery

# WHAT'S ALL

# THE

# NOISE!!!???

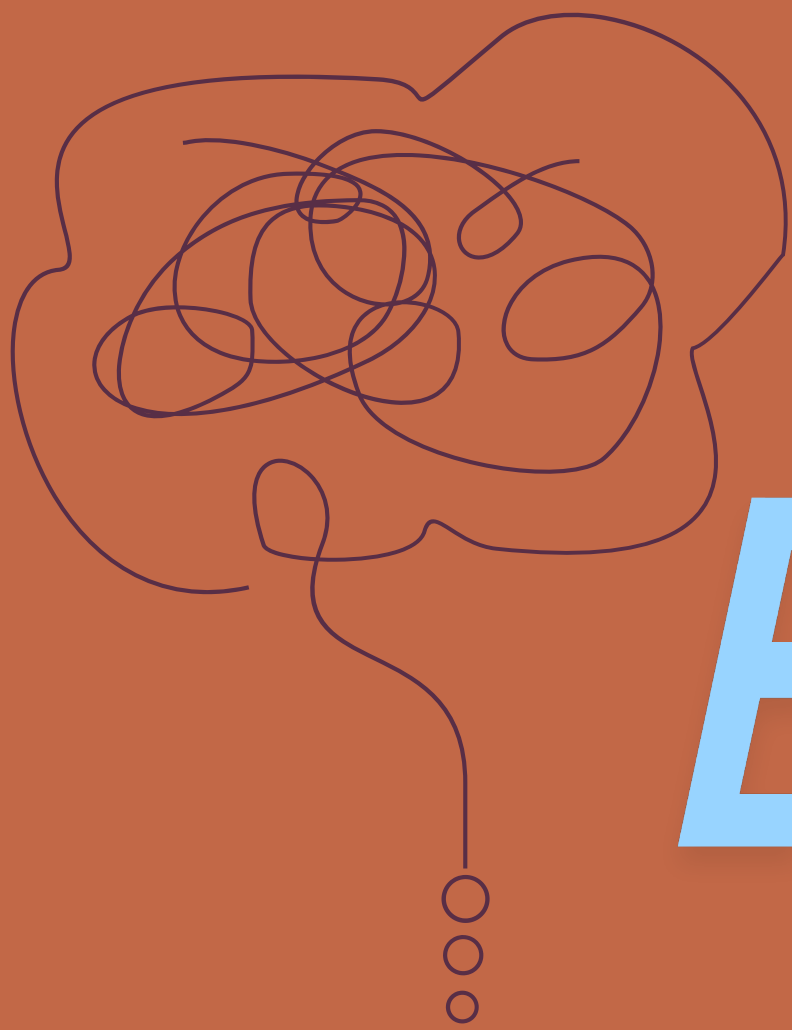




# NORTH DENVER, COMMERCE CITY Globeville, Elyria, and Swansea

- 70% of the land in ESA is dedicated to commercial and industrial, practices, 40% higher compared to Denver
- Noise levels in the area often exceed federal limits, due to Highway I76, railroad tracks, industrial operations, and frequent construction all within close proximity to the community
- The GES community has been directly affected by the ongoing construction on Highway I76, with members of the community's property being stolen for that land to develop into highway expansions. It should be noted that they are still paying property taxes on their former land which has now been turned into a part of the highway
- Proximity to such factors causes noise pollution, odors, asthma, as well as additional health risks that have been linked





# What are the **EFFECTS?**

According to *Harvard Medical Journal*, noise pollution is linked to:

- **hearing loss**
- **tinnitus (ringing of the ear)**
- **hypersensitivity to sound**
- **cardiovascular disease**
- **type 2 diabetes**
- **sleep disturbances stress**
- **low birth weight**
- **mental health concerns**
- **cognition problems**
- **memory impairment**
- **attention deficit**
- **childhood learning delays**



okay it's loud,  
what can I do  
about it?



# **FINDING YOUR OWN SOUND**

American Psychological Association  
links **BEING IN NATURE** with mental and  
physical health improvements

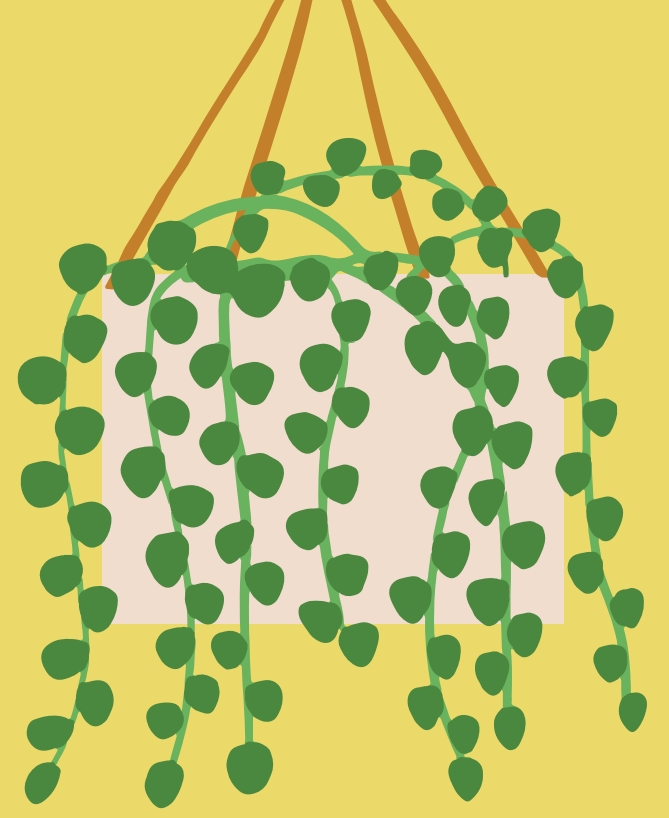
- **Rocky Mountain Arsenal National Wildlife Refuge** is a free opportunity to see bison, deer, coyote, and more as you drive through natural prairie land.

- **Mountain hikes** are always free and nearby

- Studies have shown that house plants can aid in noise reduction

- “it is best, for sound reduction purposes, to choose multiple small arrangements.”  
(Ambius 2024)

**Cool. What if  
idk where to  
go, and can't  
drive?**



## making it work for you

### **Nature Walks/Hikes**



- AllTrails the App is free for a nonpremium subscription! It directs you to exact trailheads in your area, as well and gives you the option to select the difficulty of your desired walk/hike. Additionally, you can select if you would like to prioritize things such as scenic views, waterfalls, and more!

### **Meditate?**

- Even when it is loud externally, meditation through this can serve as a good means of self-regulation and grounding even when overstimulated

- You can structure your meditations around the noise. for more information here are links to information on how to do this, and a guided meditation on YouTube





# WHY CARE?

**CARING AND BEING EDUCATED  
ABOUT THE WELL-BEING OF  
YOURSELF AND YOUR NEIGHBORS  
LEADS TO BETTER PHYSICAL  
AND MENTAL HEALTH**

**IT PROVIDES AN OPPORTUNITY FOR  
COMMUNITY CONNECTIONS AND  
GAINING A SENSE OF BELONGING  
WITHIN ONE'S HOME**

**A SUSTAINABLE FUTURE REQUIRES  
COLLECTIVE ACTION AND  
COOPERATION FROM ALL POINTS OF  
VIEW, MEANING, YOU MATTER !**





# Colorado EnviroScreen StoryMaps

By the numbers

ADAMS COUNTY: 85.94  
DENVER: 84.38

Numbers can help us measure and compare communities. We also are all more than numbers.

## Narrative Justice

Stories shared for the purpose of seeking out justice and/or awareness

Storytelling of **fenceline community** experiences and lived realities helps create a collective sense within people that purpose, place, and self matter regardless of whether they are physically present in those affected communities. (Cook, 2023 p.3)

Desire and Dignity are center when considering narrative justice research

- Desire, to ensure that the communities at focus in **narrative justice** are appropriate in a desire to be researched, as well as experiencing **environmental injustice**
- Dignity, to ensure that the research is being done with **cultural humility**, and not framing the community with a **deficit lens**

Space for you to write/draw about noise



# Citations

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**Zine created by Alysia Abbas (CU Boulder, COMM '25), who grew up in North Denver, as part of the Sustainability And Storytelling Lab with support from the CU Boulder Office for Public and Community-Engaged Scholarship.**



**SUSTAINABILITY  
AND  
STORYTELLING  
LAB**