

## **BEACON HILL COMMUNITY MEETINGS**

### **EDUCATION: What are the Air and Noise Pollution Health Concerns at Beacon Hill?**

Dr. Roseanne Lorenzana, Project Co-Coordinator for Technical/Data Inventory, reviewed and compiled information and data related to air and noise pollution health impacts related to Beacon Hill. The information was organized by Maria Batayola, Project Co-Coordinator for Implementation, and was shared with 467 people who live, work, play and pray in Beacon Hill, in Chinese, English, Somali, Spanish, Tagalog and Vietnamese at 24 community meetings held from May to September of 2017. The information included:

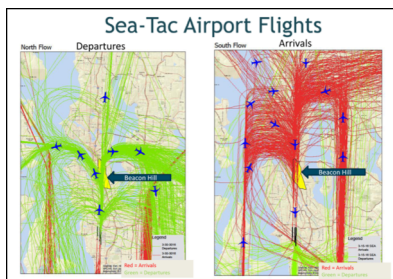
#### **1. Who lives in Beacon Hill?**

For every 10 Beacon Hill residents: 1 lives in poverty, 4 are foreign born, 3 do not speak English “very well”, 8 are people of color with 5 Asian Pacific Islanders, 2 Africans/African Americans, and 1 Spanish speaking/Latino resident.

#### **2. What are the sources of air and noise pollution in Beacon Hill?**

Beacon Hill is surrounded by air and noise pollution vehicular sources such as I-90 (120,000 vehicles a day), I-5 (200,000 vehicles a day), Rainier Avenue and Dr. Martin Luther King Way and overhead from airplanes flying in and out of Sea-Tac Airport, King County International and Boeing Air Field.

#### **3. Will the air and noise emission sources increase?**



Yes. Seattle is #10 in traffic congestion in the USA and #20 in the world and more people are moving to Seattle. Overhead, the Port of Seattle projects that Sea-Tac Airport’s 38 million passengers in 2014 will increase to 66 million in 2034; aircraft landings from 2012 to 2016 increased by 33%; and the 2017 to 2021 plan shows that international flights will double and cargo volume triple. Note that in 2016, 70-80% of 200,000 airplanes arriving at Sea-Tac flew over Beacon Hill at 3,000’, sometimes at 2,000’.

#### **4. Can air and noise pollution harm your health?**

- Air pollution can cause asthma attacks, reduced lung capacity, eyes/nose/throat/lungs irritation, heart disease, and cancer.
- Noise pollution can cause heart disease, sleep disturbance, stress, general annoyance and, lower math and reading test scores for schools without noise insulation.
- There are many other factors in addition to air and noise pollution that can contribute to or worsen these health effects. These other factors include poverty rates, safety, lack of access to health care and social and behavioral influences such as smoking.

#### **5. What can you do for yourself and your family to manage the air and noise health impacts?**

See page 2 and 3.

#### **6. What can we do to reduce air and noise pollution and improve our health?**

Community meeting attendees contributed ideas and voted on them. The ideas with the most votes are reflected in the Beacon Hill Environmental Justice Community Action Plan.

WHAT YOU CAN DO FOR YOURSELF AND YOUR FAMILY  
TO MANAGE AIR AND NOISE POLLUTION HEALTH CONCERNS  
(Handout given at EC EPA community meetings.)

Beacon Hill is not the only community facing air and noise pollution problems and its health affect. Some examples of how other communities have dealt with it include:

Examples of how individuals and families can help themselves: Please bear with us if you already know about these actions.

**YOUR PHYSICAL ACTIVITIES**

1. Review air quality forecast particularly before strenuous outdoor activities. Go to <https://fortress.wa.gov/ecy/enwiwa/> and <http://www.pscleanair.org/airquality/ourairquality/Pages/networkmap.aspx>
2. Stay indoors or limit your time outside when the air quality is poor.
3. Use personal air filtration such as a face mask.
4. When outside, avoid idling traffic.
5. Spend little or no time downwind of pollution sources such as idling vehicles or stationary facilities in an industrial area.
6. When jogging, running or cycling, avoid traffic heavy roads if you can. PM and UFP levels drop within 3-5 blocks away from the traffic heavy roads.
7. Continue to exercise outdoors, especially around midday when pollution levels are typically lower.
8. Minimize outdoor activities during peak flight arrival times.

**WHEN YOU'RE IN A VEHICLE DURING HEAVY OR PEAK TRAFFIC TIMES**

9. Keep vehicle windows and doors closed.
10. When stuck in heavy traffic, keep windows and air vents closed. When using the fan, recirculate the air.

**AT HOME**

11. Use home or office air conditioners to keep out air and noise pollutants from coming inside the house.
12. Keep heating, ventilation and HVAC systems working properly and replace filters as recommended.
13. Consider using HEPA (High Efficiency Particulate Air) filtration unit.
14. Insulate one's home.
15. In particular, to reduce outdoor noise coming into your home:
  - a. Equip windows with tight seals
  - b. Outside doors should have resilient gaskets and threshold seals
  - c. Storm doors and storm windows will improve sound insulation.
  - d. Seal or caulk gaps where water or gas pipes, electrical cables and refrigeration lines come into the house.
  - e. Solid doors provide better sound insulation than hollow doors.

- f. Install double pane windows.
- g. Consider re-insulating walls and ceilings
- h. Use fan or waterfall noise (white noise) to drown out and/or make less noticeable unwanted noise.
- i. Install a barrier/wooden fence between your house and the roadway. The fencing material has to weigh at least 4 pounds per square foot and has no gaps.

**AT SCHOOL**

16. Make sure the K-12 school is using WA Dept. of Health recommendations for student activities when the air quality is poor.

<http://www.doh.wa.gov/Portals/1/Documents/Pubs/334-332.pdf>

Examples of how communities can help the neighborhood:

- 17. Submit complaints to the Puget Sound Clean Air Agency and the Port of Seattle
- 18. Insulate schools and buildings.
- 19. Include air and noise impacts problems in land and air space use decisions
- 20. Obtain airport community commitment to improve air and noise quality.
- 21. Particle reduction measures e.g. road surface treatment, traffic management to reduce idling and move vehicles efficiently, limit traffic from residential streets.
- 22. Expanded bus service to reduce driving and cars on the road.
- 23. Gather information/map aggregate noise, air quality, ultra-fine particles
- 24. Request Puget Sound Clean Air Agency and WA Dept. of Ecology to conduct air quality monitoring where people live, work and to go to school on Beacon Hill (currently, only monitored in middle of Jefferson Park)
- 25. Obtain health information from Beacon Hill residents in languages other than English and Spanish
- 26.

**FILE COMPLAINTS WITH THE:**

- PUGET SOUND CLEAN AIR AGENCY
  - BY PHONE. Call 800-552-3565 EXT 6. For Non-English 800-552-3565
  - ONLINE <http://www.pscleanair.org/contact/Pages/complaint.aspx>
  - By mail, write to:
    - Puget Sound Clean Air Agency Attn: Inspection Department
    - 1904 3rd Ave, Suite 105, Seattle, WA 98101
- PORT OF SEATTLE
  - BY PHONE. Call 206-787-5393 or toll-free 1-800-826-1147.
  - BY EMAIL to [noiseabatement@portseattle.org](mailto:noiseabatement@portseattle.org)
- KING COUNTY INTERNATIONAL AIRPORT
  - BY PHONE. Call 206-206-5242
  - BY EMAIL [KCIAnoise@kingcounty.gov](mailto:KCIAnoise@kingcounty.gov)
- SEATTLE DEPT. OF CONSTRUCTION & INSPECTIONS for property or building related noise complaints online at <http://web6.seattle.gov/dpd/complaintform/>