LaGuardia Airport Committee
of the New York Community Aviation Roundtable (NYCAR)
AGENDA
September 30, 2026

- **WELCOME/Roll Call - Maria Becce** **7:00**
- **PORT AUTHORITY: Adeel Yusuf and Jacob Attwood**
  - LGA Operations
  - Noise Monitoring DNL, Runway Usage, and Noise Complaint Reports
    - Comparison: Summer 2025/2026
    - Pending: "Noise Above Data"
- **GUEST SPEAKER: Michael T. Osborne, MD** **7:30**
  - **Topic: Aircraft and Transportation Noise**
  - Dr. Osborne is a cardiologist and the Associate Director of Nuclear Cardiology: Education at Massachusetts General Hospital (MGH) and Assistant Professor of Medicine at Harvard Medical School
- **PORT AUTHORITY: Ralph Tamburro** **8:00**
  - Noise Abatement Departure Procedure (NADP1): Modeling Results
  - Aviation Technology Update: Hybrid-Electric
    - Brief Video
- **ANNOUNCEMENTS: Maria Becce** **8:30**
- **PUBLIC COMMENTS and RECOMMENDATIONS**

- **ADJOURNMENT** – **Next full NYCAR Roundtable Meeting: October 28, 2026**

REMINDER TO ALL LGA COMMITTEE/NYCAR MEMBERS

Recognizing the profound impact that the increase in airplane noise had on the quality of life for Queens residents, Governor Andrew Cuomo formed The New York Community Aviation Roundtable (NYCAR). It is comprised of two Airport Committees-- **JFK and LaGuardia** who meet separately to address concerns at each airport. The Roundtable is a working group comprised of stakeholders affected by area airport operations. The primary goal of NYCAR is to work collaboratively with the Port Authority airport management, Federal Aviation Administration (FAA), and other relevant agencies and government entities in an effort to protect the environmental health, safety and quality of life of the residents of local communities while ensuring the continued efficient and safe operation of the airport. NYCAR members include representatives from the surrounding communities--elected and appointed officials, community boards, relevant federal/state/city agencies, relevant airlines, etc.

NYCAR members bring all airport stakeholders together to focus on negatively impacted residential communities – it is an opportunity to interact directly with the Port Authority and FAA. The overall goal is to reduce the negative effects of airport operations over and in proximity to residential communities. NYCAR wants to improve the quality of life of people on the ground. Relief has been slow, but progress has been made. Please plan to attend each NYCAR and Airport Committee meeting or designate a representative. **Your participation is VITAL – a quorum is required. The Committee needs your recommendations, ideas and support of actions taken by NYCAR and its Airport Committees.**

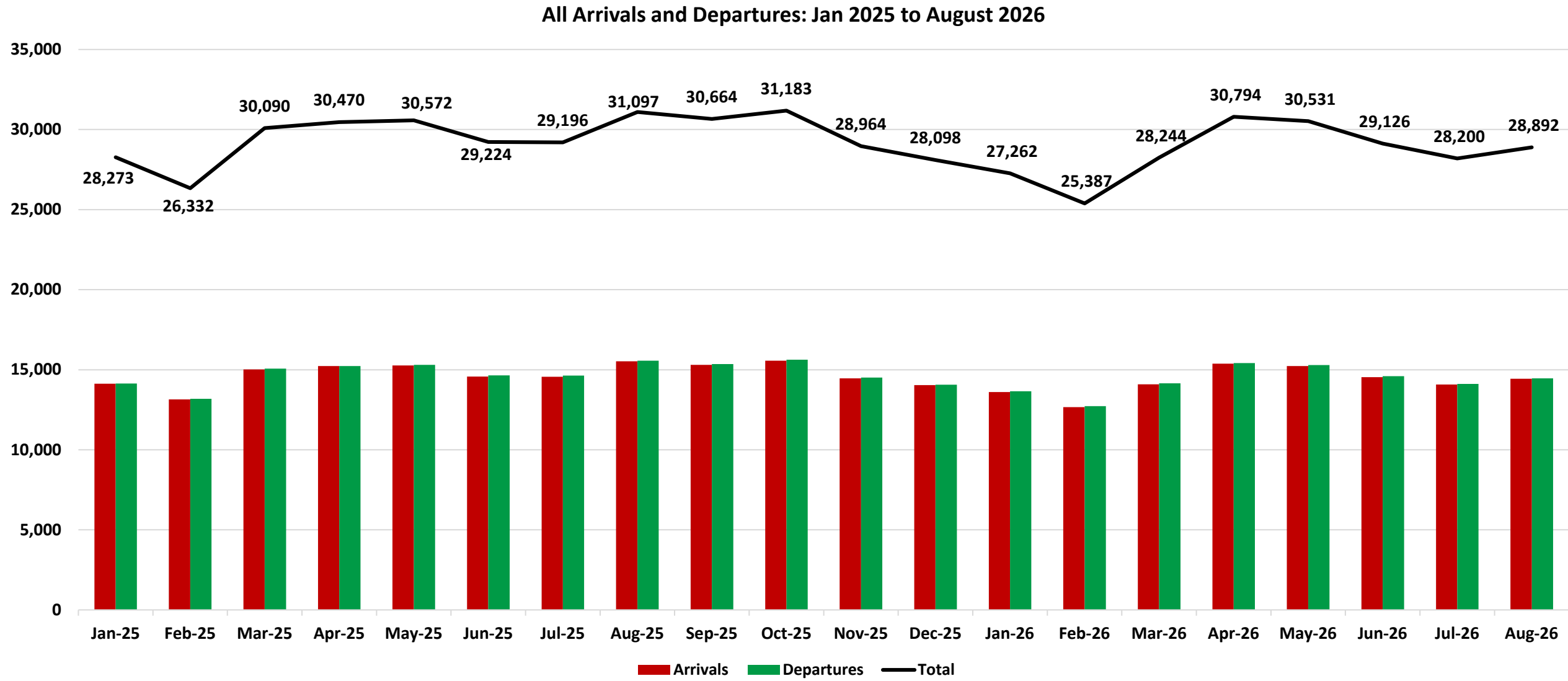
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LaGuardia Airport (LGA) Operations and Noise Complaints

September 30, 2026



LGA 2025 to 2026 Operations Overview



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Factors in Runway Selection

Runway Selection is determined by FAA based on the following criteria (in order of decreasing priority):

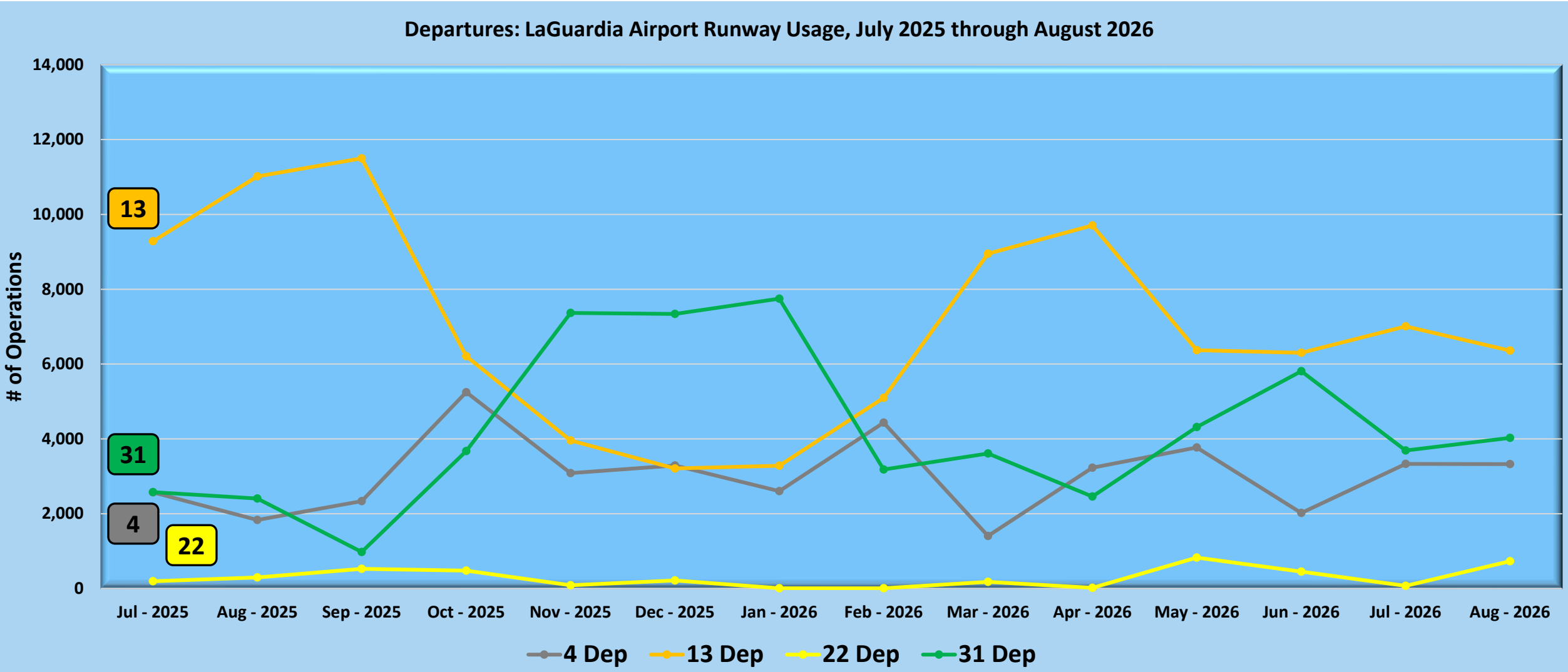
- Runway availability
- Prevailing wind and weather patterns
- Operational efficiency
- Community noise concerns

Flying into the wind provides the greatest margin of safety when landing or departing at any airport

Operations By Runway for Past 13 Months

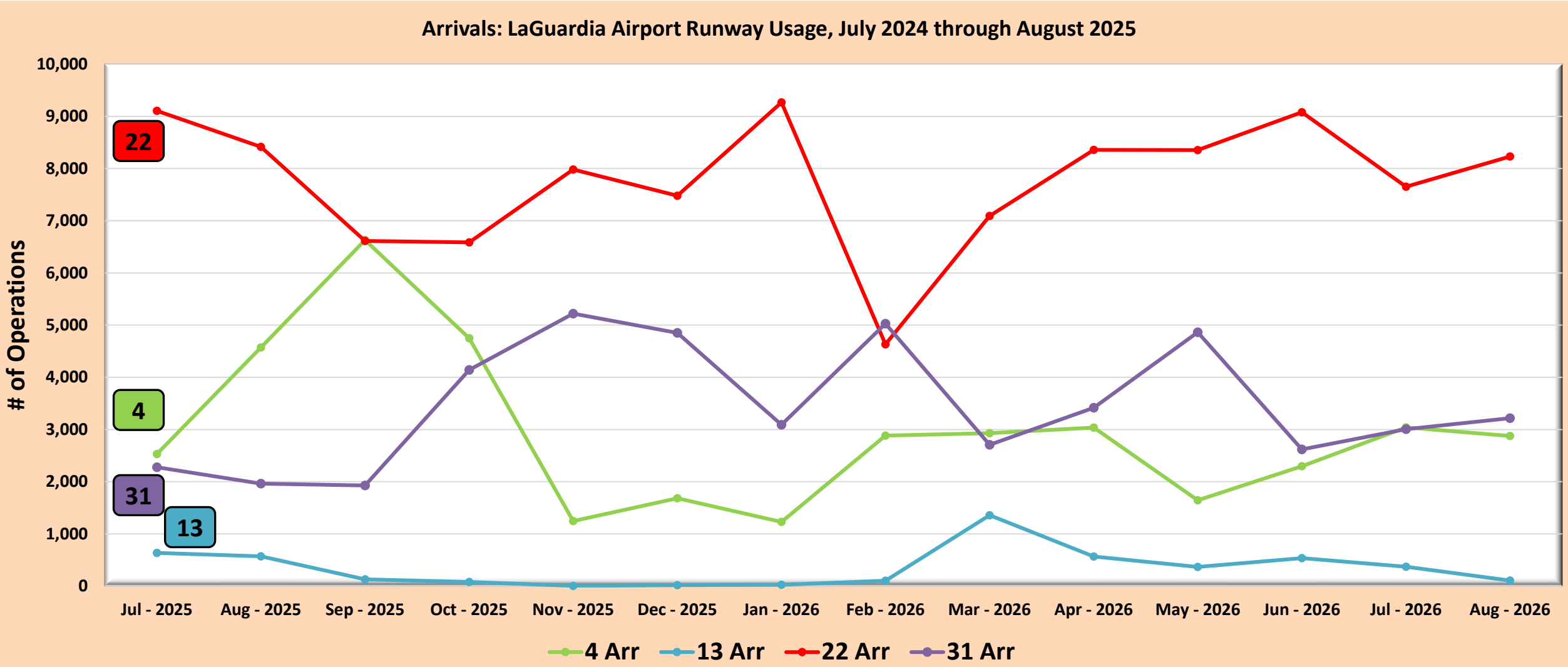
Month	Total Operations	4 Arr	4 Dep	13 Arr	13 Dep	22 Arr	22 Dep	31 Arr	31 Dep	Unk Arr	Unk Dep
Aug - 2025	31,097	4,571	1,836	572	11,019	8,417	297	1,962	2,408	10	5
Sep - 2025	30,664	6,630	2,336	129	11,499	6,612	527	1,928	979	6	18
Oct - 2025	31,183	4,749	5,250	80	6,211	6,586	481	4,142	3,677	3	4
Nov - 2025	28,964	1,247	3,084	4	3,958	7,981	89	5,221	7,366	5	9
Dec - 2025	28,098	1,682	3,289	16	3,211	7,481	216	4,851	7,339	5	8
Jan - 2026	27,262	1,229	2,605	25	3,282	9,267	10	3,091	7,749	0	4
Feb - 2026	25,387	2,882	4,433	101	5,097	4,632	8	5,028	3,181	17	8
Mar - 2026	28,244	2,929	1,407	1,358	8,953	7,094	179	2,708	3,609	3	4
Apr - 2026	30,794	3,036	3,229	565	9,705	8,360	17	3,416	2,457	5	4
May - 2026	30,531	1,646	3,773	367	6,374	8,353	828	4,864	4,318	6	2
Jun - 2026	29,126	2,298	2,019	534	6,301	9,080	454	2,619	5,811	3	7
Jul - 2026	28,200	3,040	3,334	371	7,009	7,652	75	3,008	3,693	9	9
Aug - 2026	28,892	2,876	3,325	104	6,361	8,231	733	3,218	4,030	4	10

Departures Overview Jul 2025 to Aug 2026



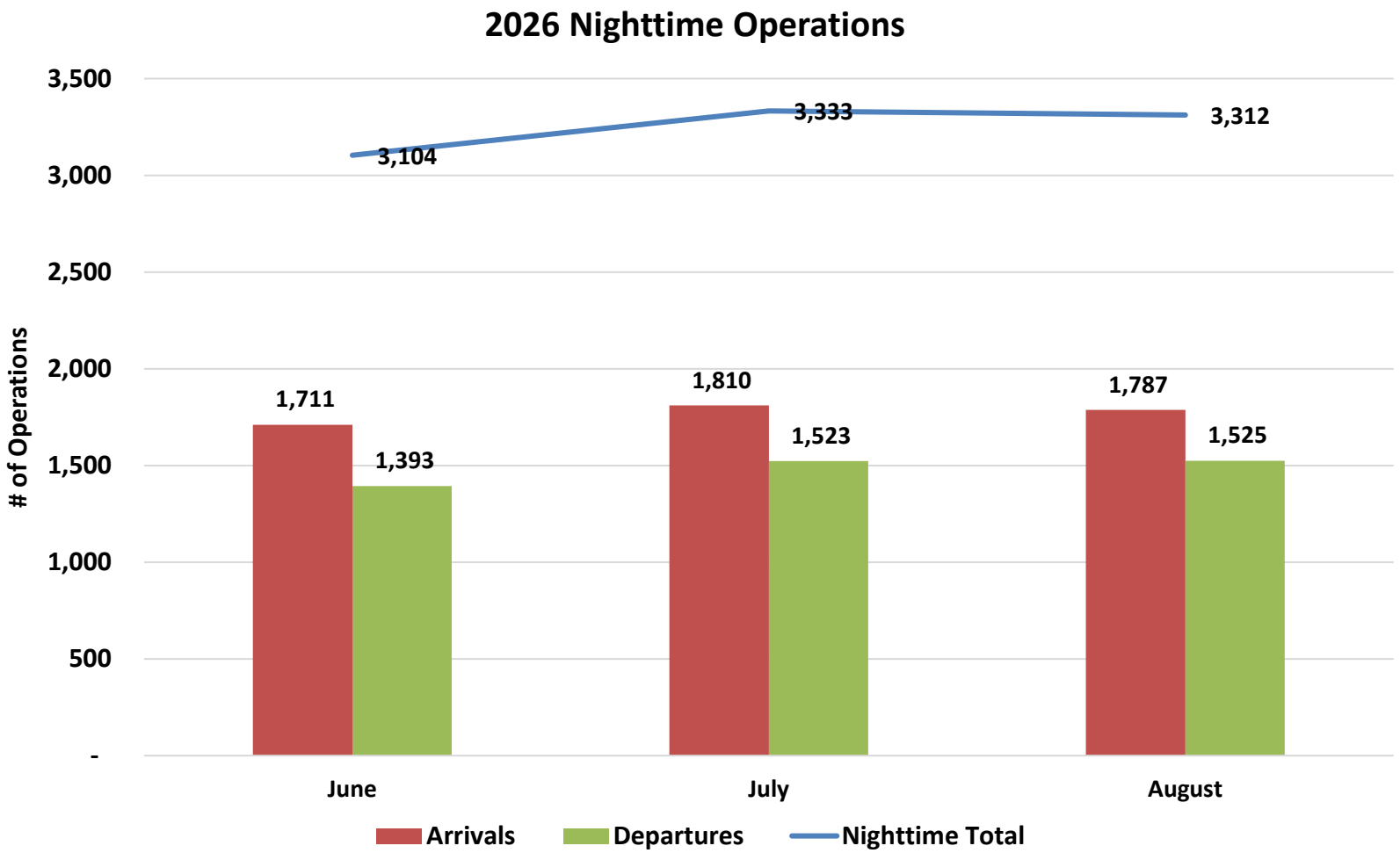
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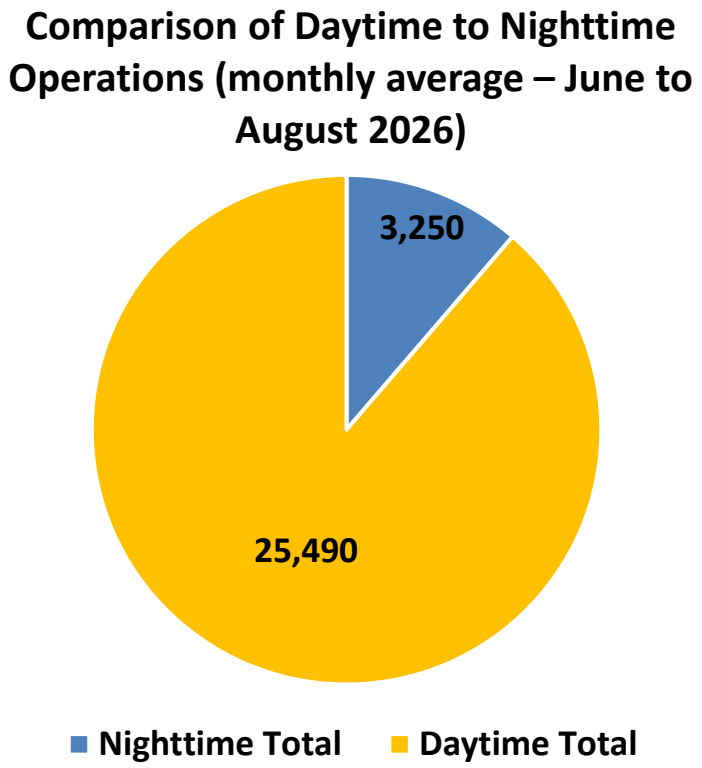
Arrivals Overview – Jul 2025 to Aug 2026



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LGA Nighttime Operations Overview June to August 2026 (10 PM to 7 AM)



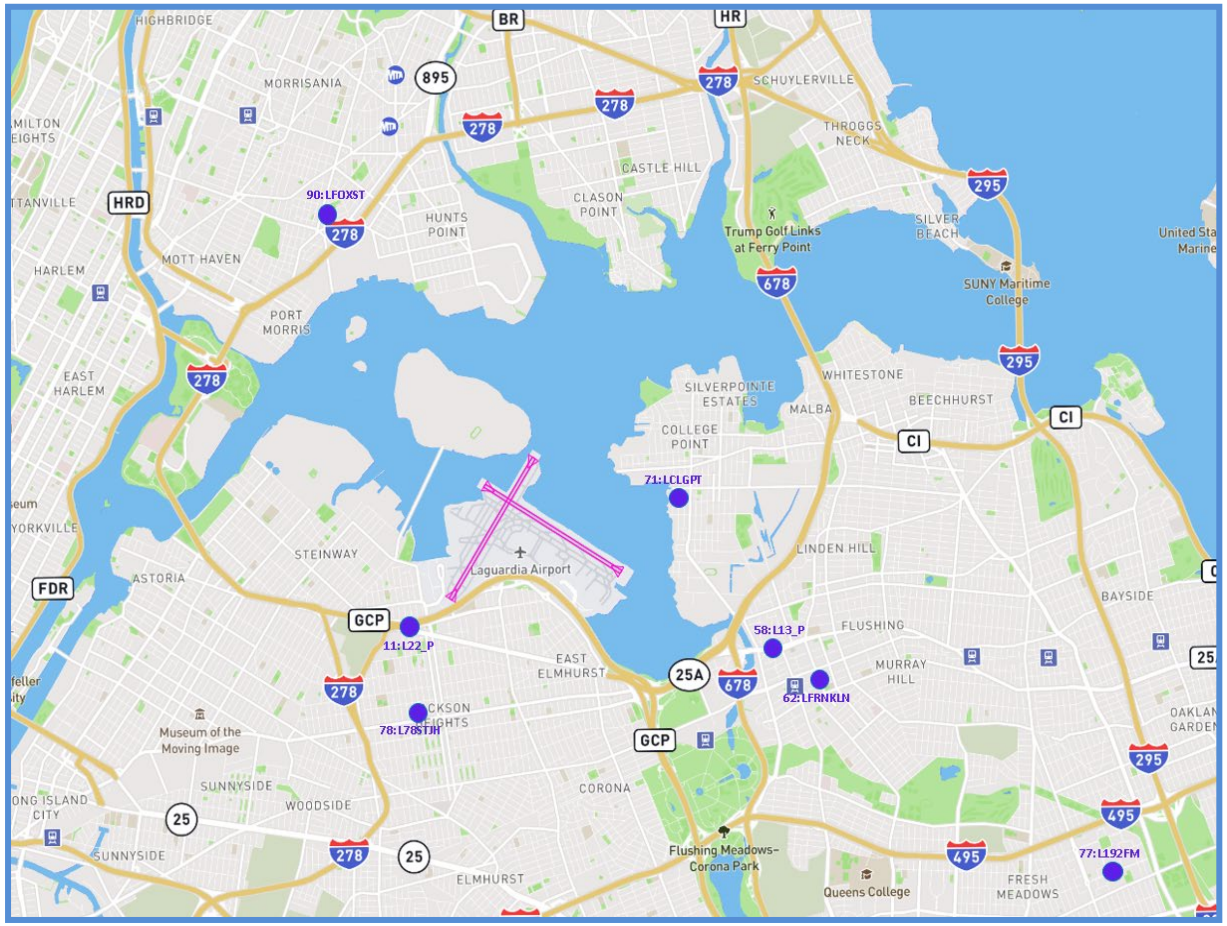


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LGA TNNIS Operations Overview

Month	Total Departures (All Runways)	Total Runway 13 Departures	No. of TNNIS Procedures	Percent of 13 Departures Utilizing TNNIS
Jul-25	14,639	9,285	6,065	65%
Aug-25	15,565	11,019	5,102	46%
Sep-25	15,359	11,499	5,590	49%
Oct-25	15,623	6,211	1,912	31%
Nov-25	14,506	3,958	2,155	54%
Dec-25	14,063	3,211	2,039	64%
Jan-26	13,650	3,282	2,107	64%
Feb-26	12,727	5,097	2,122	42%
Mar-26	14,152	8,953	4,130	46%
Apr-26	15,412	9,705	4,439	46%
May-26	15,295	6,374	3,508	55%
Jun-26	14,592	6,301	3,228	51%
Jul-26	14,120	7,009	3,365	48%
Aug-26	14,459	6,361	3,602	57%

LGA Noise Monitors Location Map



Airport	Site ID	Site Name	Location
PERMANENT SITES (Mounted on Utility Poles)			
LGA	58	L13_P	39th Ave, Flushing, NY 11354
LGA	11	L22_P	78th St, Jackson Heights, NY 11370
Airport	**Site ID**	**Site Name**	**Location**
PORTABLE SITES (Installed on the Ground)			
LGA	62	LFRNKLN	Franklin Avenue, Flushing, NY 11355
LGA	71	LCLGPT	23rd Avenue, College Point, NY 11356
LGA	77	L192FM	192nd street, Fresh Meadows, NY 11366
LGA	78	L78STJH	78th Street, Jackson Heights, NY 11372
LGA	90	LFOXST	Fox Street, Brox, NY 10455

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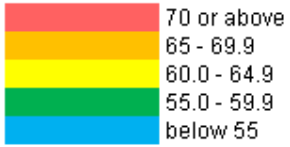
LGA Noise Monitoring Data

Monthly Average – Aircraft Day-Night Average Sound Level (ADNL)

Noise Monitoring Data is for information purposes only

Moth	L13_P	L22_P	LFRNKLN	LCLGPT	L192FM	L78STJH	LFOXST
Aug-25	66.9	69.9	62.5	61.0	57.1	52.9	
Sep-25	66.8	71.2	62.1	NA	NA	55.3	
Oct-25	65.9	71.9	59.6	NA	NA	56.0	
Nov-25	65.2	65.5	62.2	59.2	55.9	52.4	
Dec-25	65.4	67.2	59.9	57.6	53.2	52.4	60.9
Jan-26*	63.8	65.2	58.8	57.2	50.1	54.8	59.3
Feb-26	64.5	68.6	59.2	59.7	50.3	NA	56.0
Mar-26	65.7	NA	61.5	62.6	52.1	53.3	58.1
Apr-26	66.9	70.1	62.4	62.7	51.9	51.6	57.3
May-26	66.4	68.2	61.6	61.2	50.4	58.3	59.6
Jun-26	65.2	66.8	63.4	60.5	56.1	56.4	61.5
Jul-26	66.3	68.2	62.6	60.4	NA	52.5	59.3
Aug-26	66.0	69.3	61.6	59.9	NA	57.9	60.6

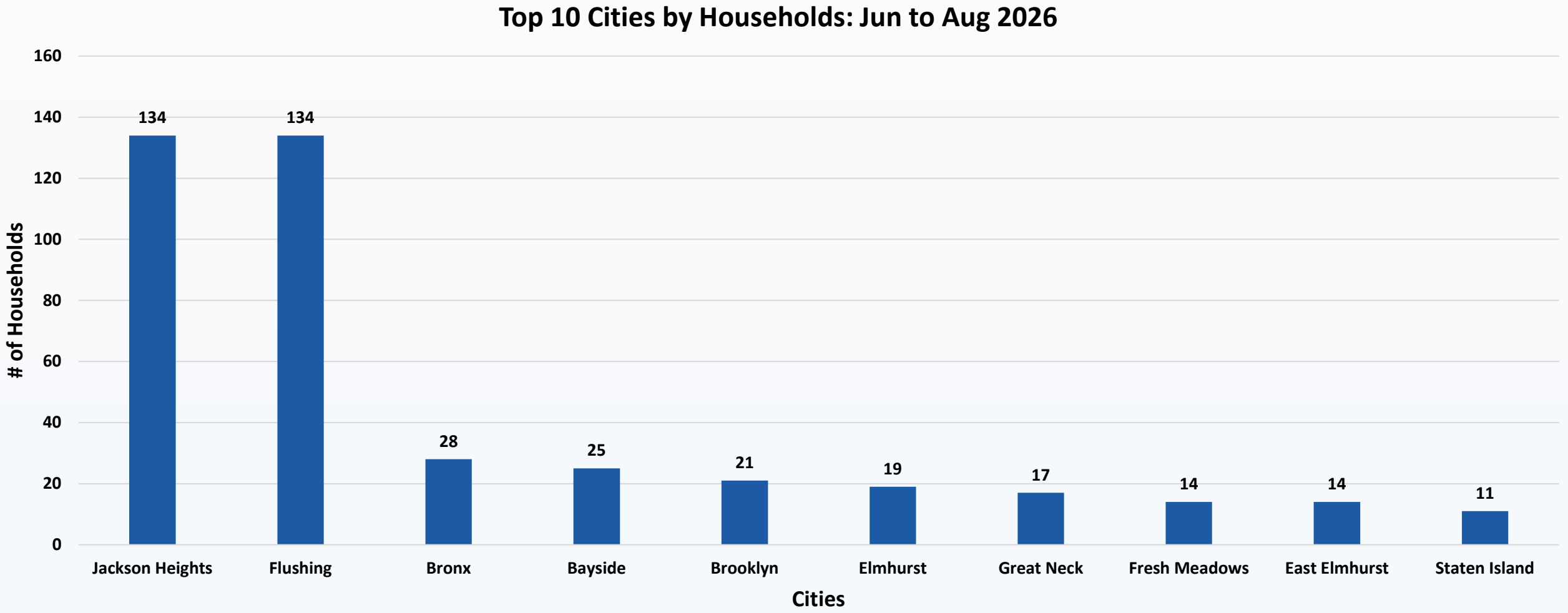
Note:
*: Ongoing construction near the site
NA: No data available
RM: Unit removed as requested by the homeowner
#: Partial month data due to equipment malfunction



* Beginning in Jan 2026, DNL values reflect the new enhanced aircraft noise monitoring methodology (ANEEM) which provides more accurate readings than the traditional method – click here for more information.
Data Source: PANYNJ Airport Noise and Operations Management System (ANOMS). DNL represents the 24-hour average sound level, rather than actual readings.

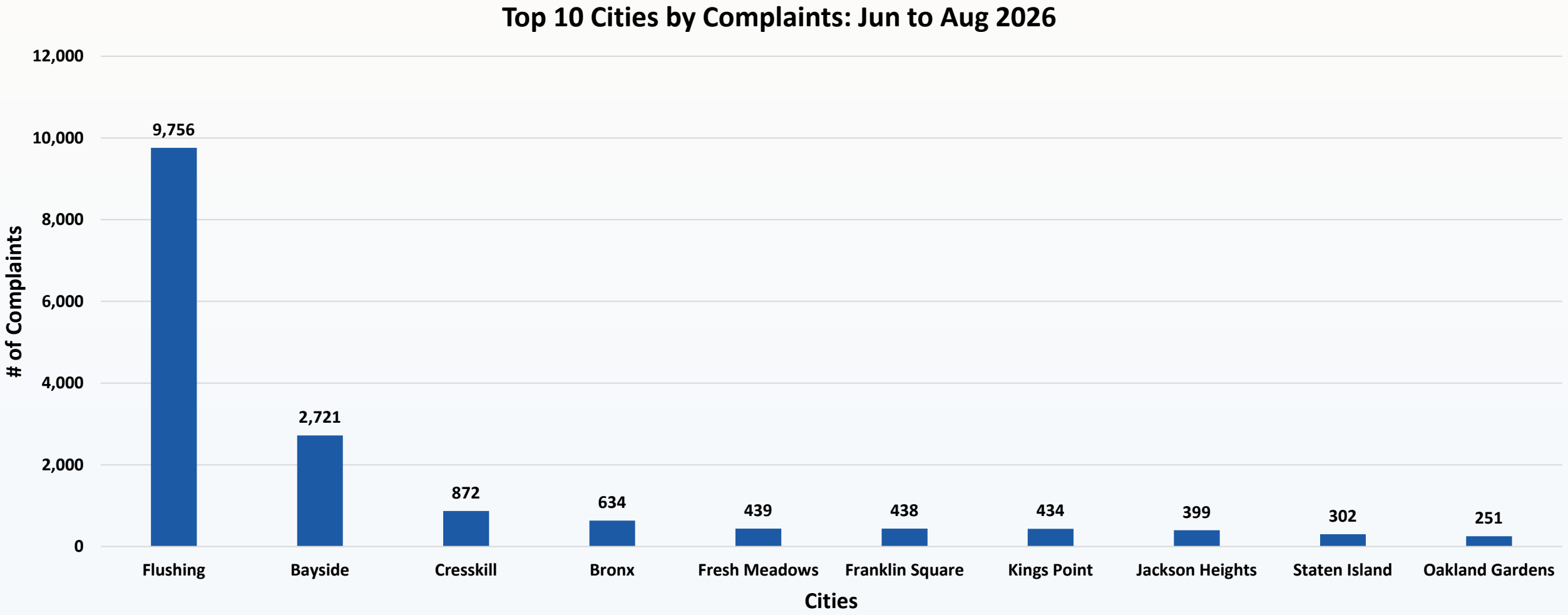
Note: The noise data shown above are the Day-Night Average Sound Levels (DNL) and not the individual aircraft noise events. DNL is defined as an average noise level over a period, including an additional weighting of 10 dB for noise events occurring at nighttime (between 10 pm and 7 am). See the FAA website for more information on noise metrics: Fundamentals of Noise and Sound | Federal Aviation Administration (faa.gov)

Geographical Distribution of Noise Complaints – Number of Households (June to August 2026)



Data Sources: Phone, Webform, and 3rd Party App

Geographical Distribution of Noise Complaints – Number of Complaints (June to August 2026)



Data Sources: Phone, Webform, and 3rd Party App

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Geographical Distribution of Noise Complaints by Households (June to August 2026)



- **Showing all complaints collected via Port Authority Webform, Hotline, and 3rd party app**
- **Total of 530 household locations**

Data Sources: Phone, Webform, and 3rd Party App

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Helpful Links

- PA Aircraft Noise webpage https://aircraftnoise.panynj.gov/
- Webtrak https://webtrak.emsbk.com/panynj4
- Submit a noise complaint https://aircraftnoise.panynj.gov/submit-a-noise-complaint/
- Monthly Reports https://aircraftnoise.panynj.gov/reports/
- Noise information and FAQs https://aircraftnoise.panynj.gov/faqs/
- Fly Quiet Program https://aircraftnoise.panynj.gov/fly-quiet-program/

Thank You

Questions?

HARVARD MEDICAL SCHOOL
TEACHING HOSPITAL

Transportation and Aircraft Noise and Cardiovascular Disease

Michael T. Osborne, MD
Assistant Professor of Medicine, Harvard Medical School
Cardiologist, Massachusetts General Hospital
9/30/26

MGH 1811
MASSACHUSETTS GENERAL HOSPITAL
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Objectives

- Aircraft noise and cardiovascular disease
- Chronic stress and cardiovascular disease
- Mechanisms of stress-associated cardiovascular disease
- Impact of noise exposure on these pathways

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Aircraft noise and CVD

- Known associations with cardiovascular, metabolic, and psychiatric disease as well as cardiovascular events in epidemiologic studies
- Often overlaps with other socioenvironmental stressors
- Related annoyance as high as 6-8% in the US
- Not as regulated in the US as in Europe
- World Health Organization establishes a threshold Lden <45 dBA for aircraft noise
- Remains less studied than traffic noise

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Meta-analysis

Key Question: How does aircraft noise exposure affect cardiovascular health ?

34 studies
14 countries
Population: 35.5 million
Follow-up: 1 - 20 years

PROSPERO (CRD42024598651)



Exposure to aircraft noise vs Low/ no exposure

CVD risk: OR = 1.1, p < 0.001

CVD mortality: OR = 1.07, p = 0.02

MI mortality: OR = 1.07, p = 0.009

IHD mortality: OR = 1.05, p = 0.08

Stroke mortality: OR = 1.01, p = 0.3

Hypertension risk: OR = 1.02, p = 0.74

Change in SBP: MD = 1.83, p = 0.04

Nighttime exposure effect

CVD risk: ↑
OR = 1.14, p = 0.006

CVD mortality: –
OR = 1.11, p = 0.27

Sex-specific effect

Hypertension risk: M > F
OR: Males = 1.42; Females: 1.01

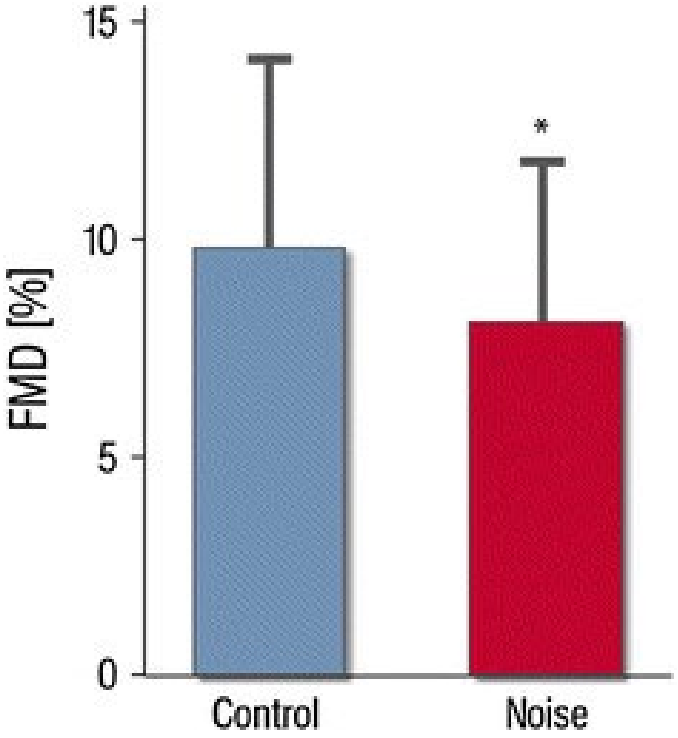
CVD: Cardiovascular disease; MI: Myocardial infarction; IHD: Ischemic heart disease; SBP: Systolic blood pressure; OR: Odds ratio; MD: Mean difference

Take Home Message: Aircraft noise exposure is linked to increased cardiovascular disease risk and mortality, with a higher hypertension risk observed in males.

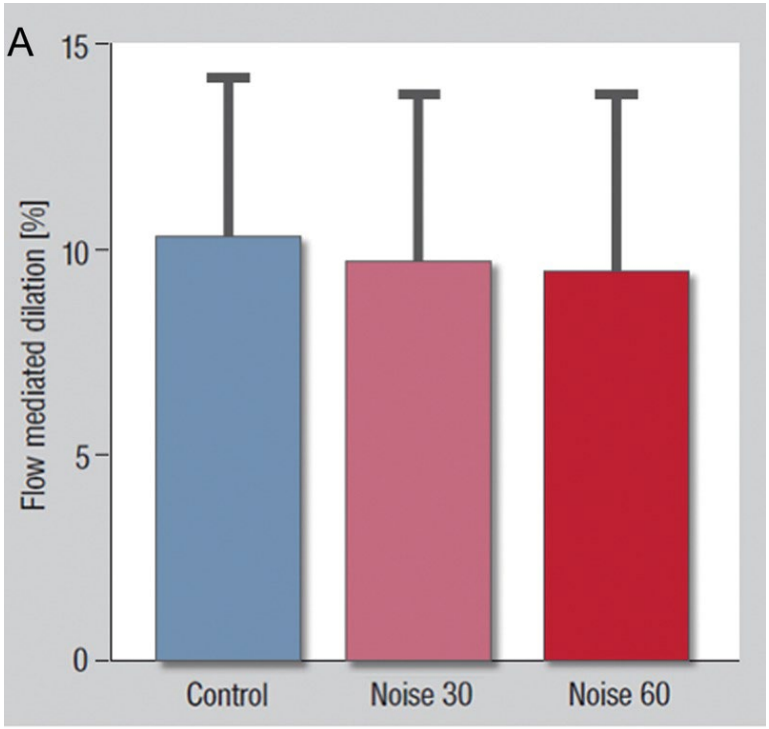
Sebastian et al. Eur J Prev Cardiol 2025

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Aircraft noise and arterial function



CAD or High Risk

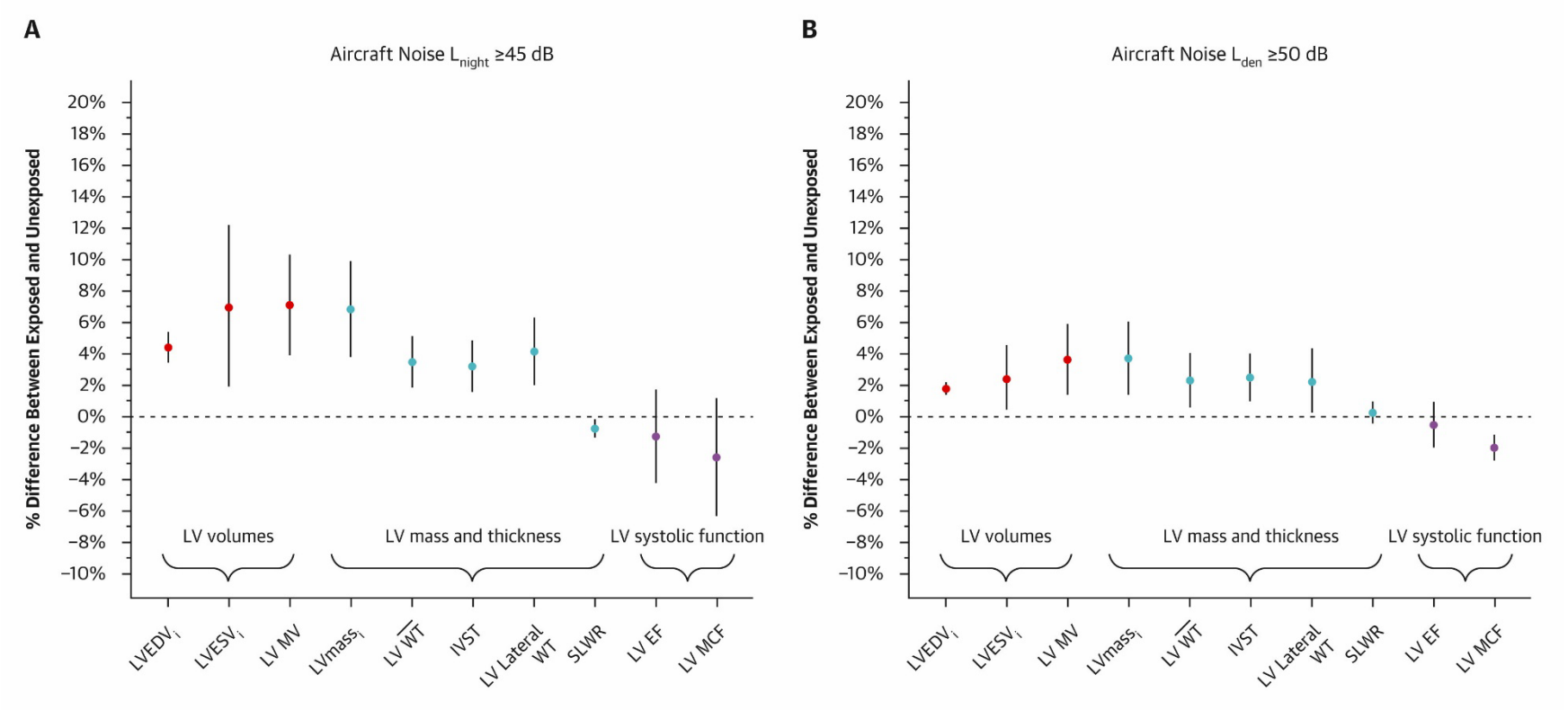


Healthy

Schmidt et al. Clin Res Cardiol 2014
Schmidt et al. EHJ 2013

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Aircraft noise and heart structure/function



Topriceanu et al. JACC 2025

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Stress and CVD

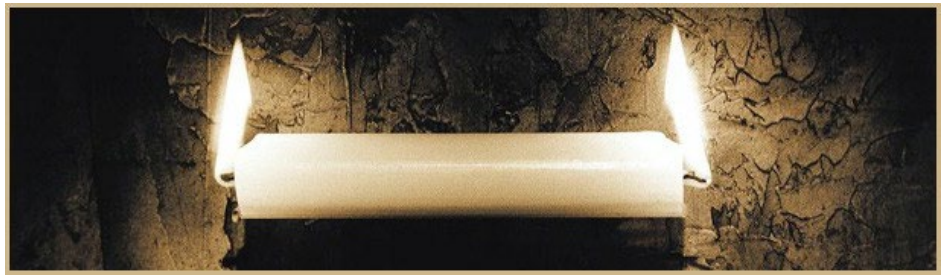
- Attributable risk for heart disease is on par with that for smoking, high cholesterol, high blood pressure, and diabetes.
- Contributes to behavioral changes and activates several important pathways:

A) Hypothalamic-pituitary-adrenal axis

-release of stress hormones like cortisol

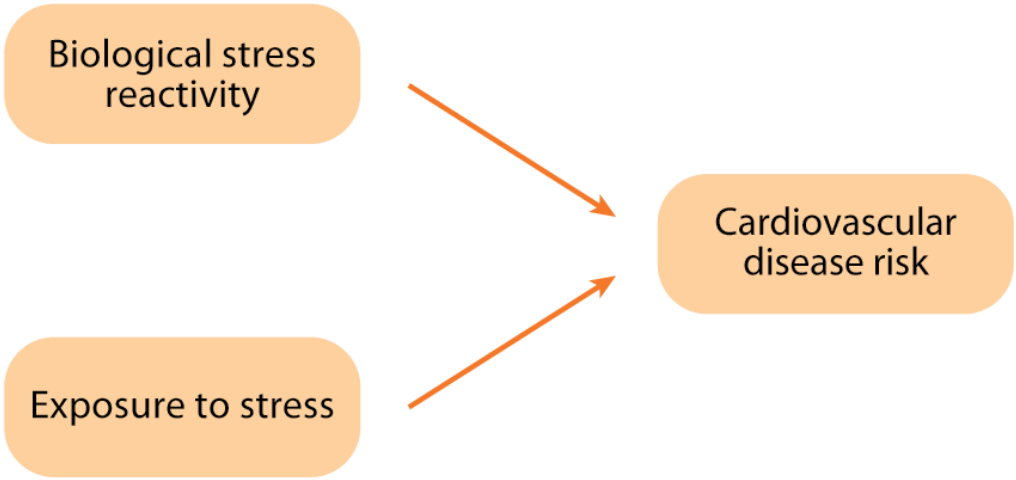
B) Sympathetic nervous system (“fight or flight”)

C) Inflammation



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Stress Response: Combination of Exposure and Reactivity

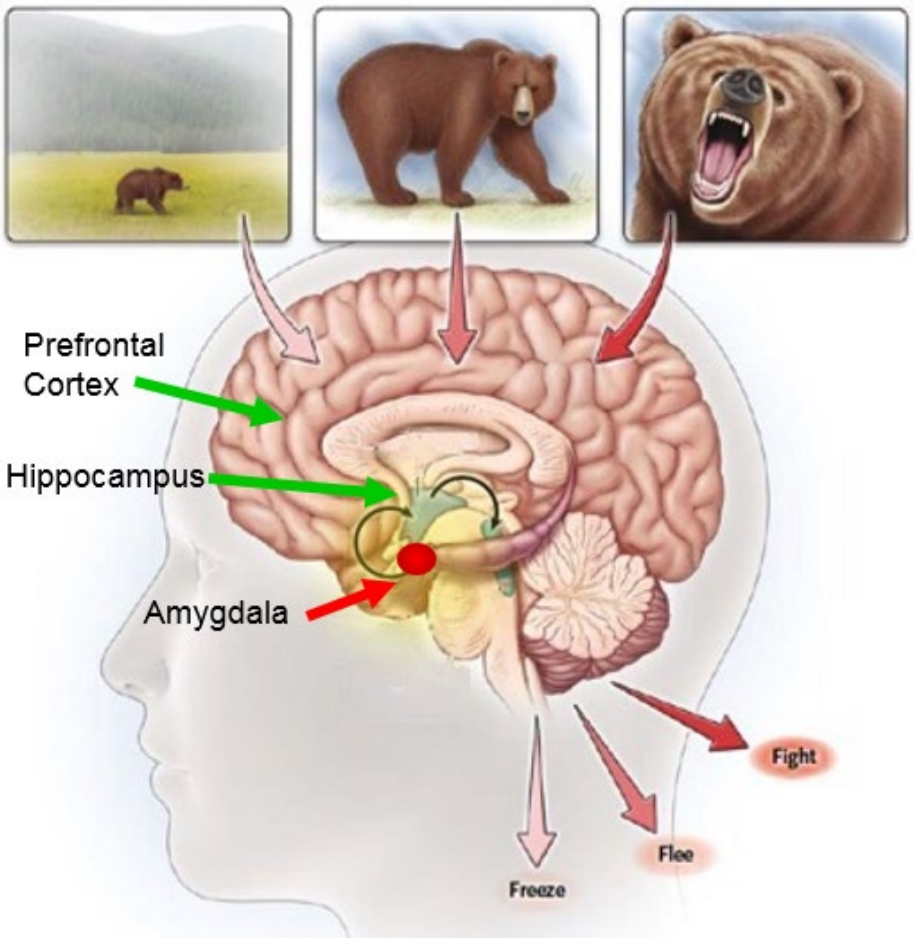


Cardiovascular disease risk	
High:	↑ reactivity + ↑ exposure
Medium:	↑ reactivity + ↓ exposure or ↓ reactivity + ↑ exposure
Low:	↓ reactivity + ↓ exposure

Steptoe and Kivimaki Annual Reviews 2013

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The role of brain centers in stress perception and response



- Amygdala:
  - Bilateral limbic structure
  - Participates in the response to stress and fear
- Cortex:
  - Executive function
  - Helps regulate fear response

Blair et al. NEJM Dec 2014

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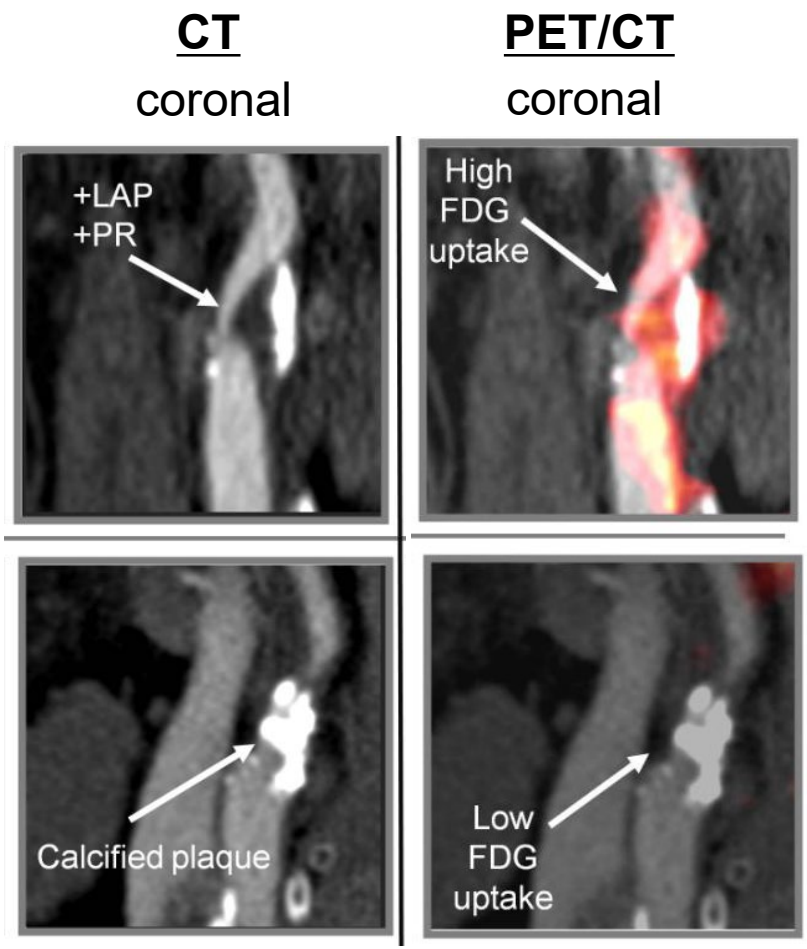
Positron emission tomography (PET) with fluorodeoxyglucose (FDG)



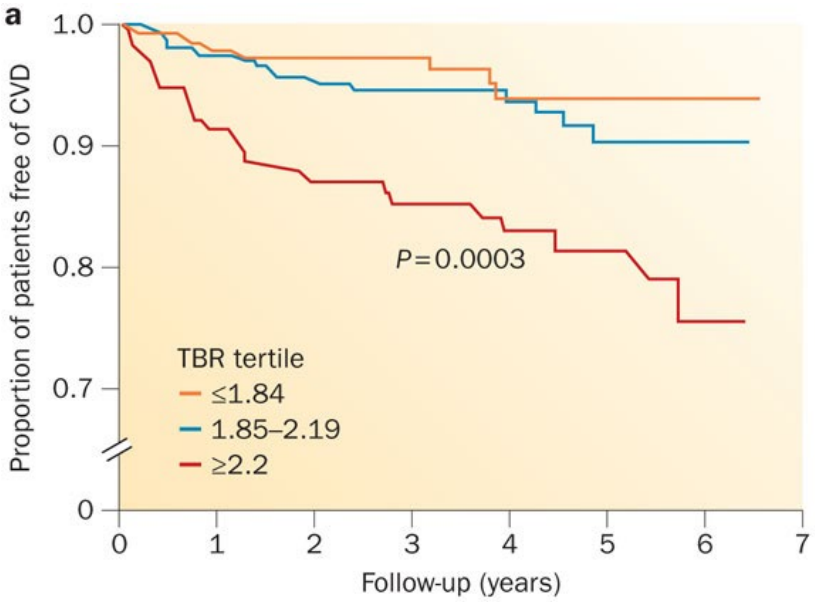
- Imaging performed after injection of radioactive sugar that becomes trapped in cells
- Can be used to simultaneously characterize tissues with high energy use: brain, inflammation, tumor

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FDG PET imaging can be used to evaluate inflammation of arteries



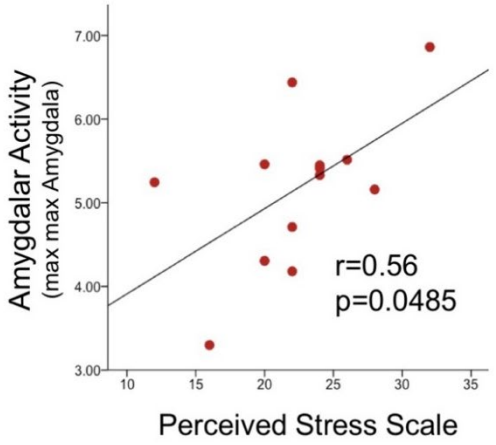
Figueroa et al Circ CV Imaging 2012

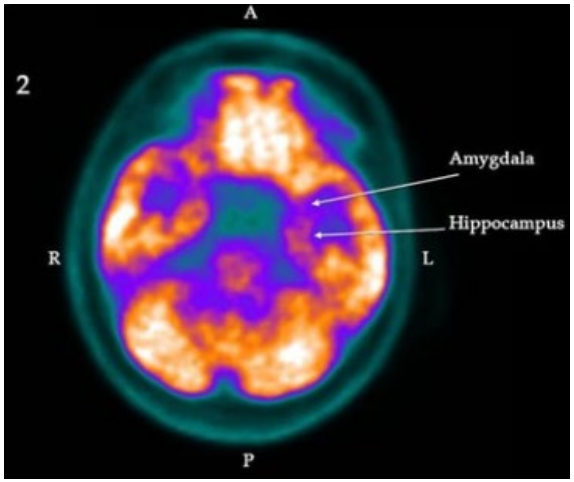


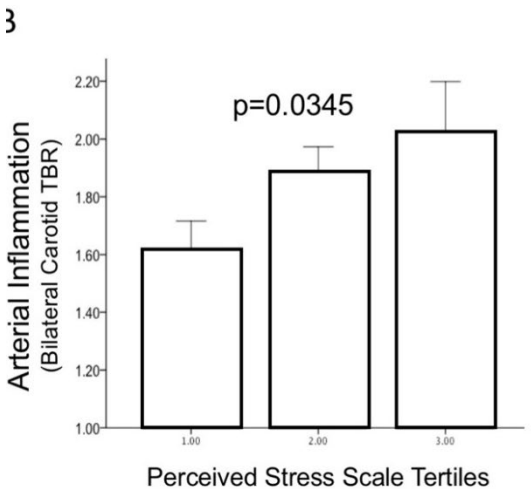
Figueroa et al JACC Imaging 2013

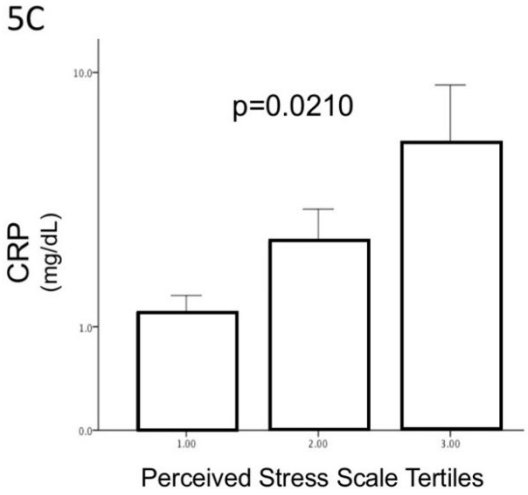
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Relationship between perceived stress and important endpoints



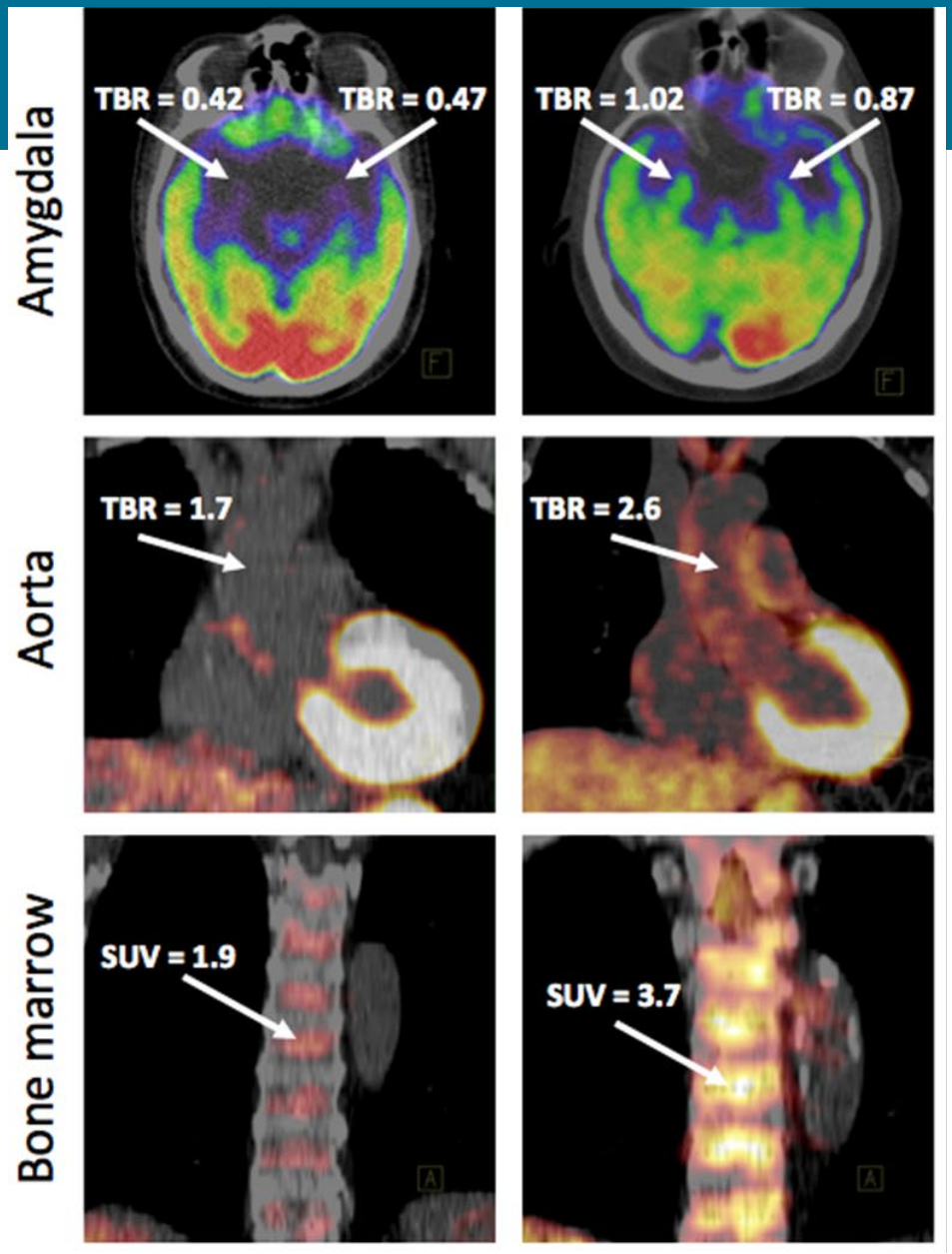






Tawakol et al Lancet 2017

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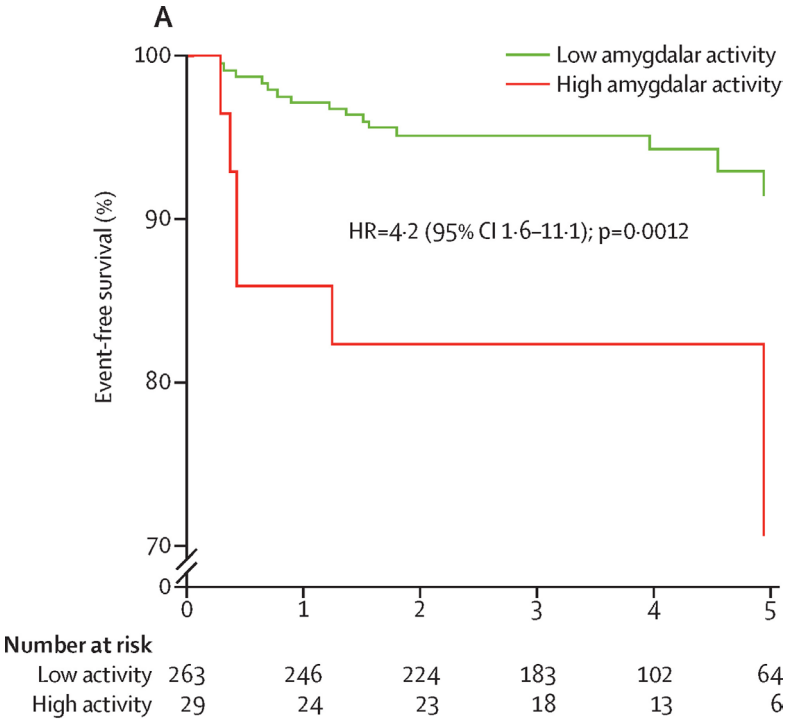
Comparator Tissue	Amygdalar Activity	P value
Atherosclerotic inflammation	0.44	<0.001
Bone marrow activity	0.42	<0.001
Control tissue (Subcutaneous Fat)	0.02	0.79

Tawakol et al Lancet 2017

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Amygdalar activity predicts cardiovascular events

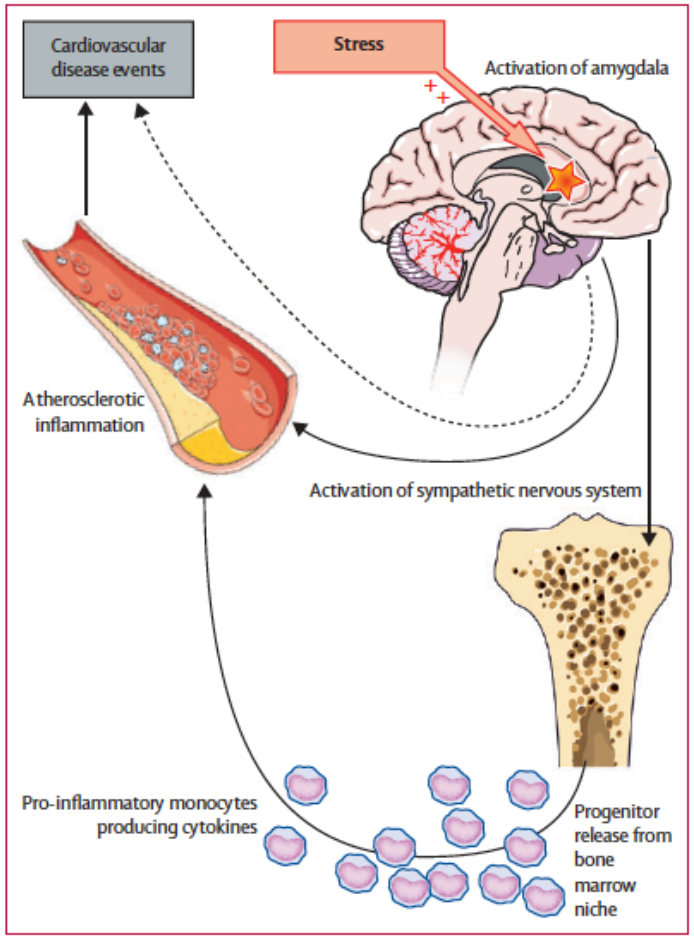
- Independent of heart disease risk factors, psychiatric history, and heart disease risk score.



Tawakol et al Lancet 2017

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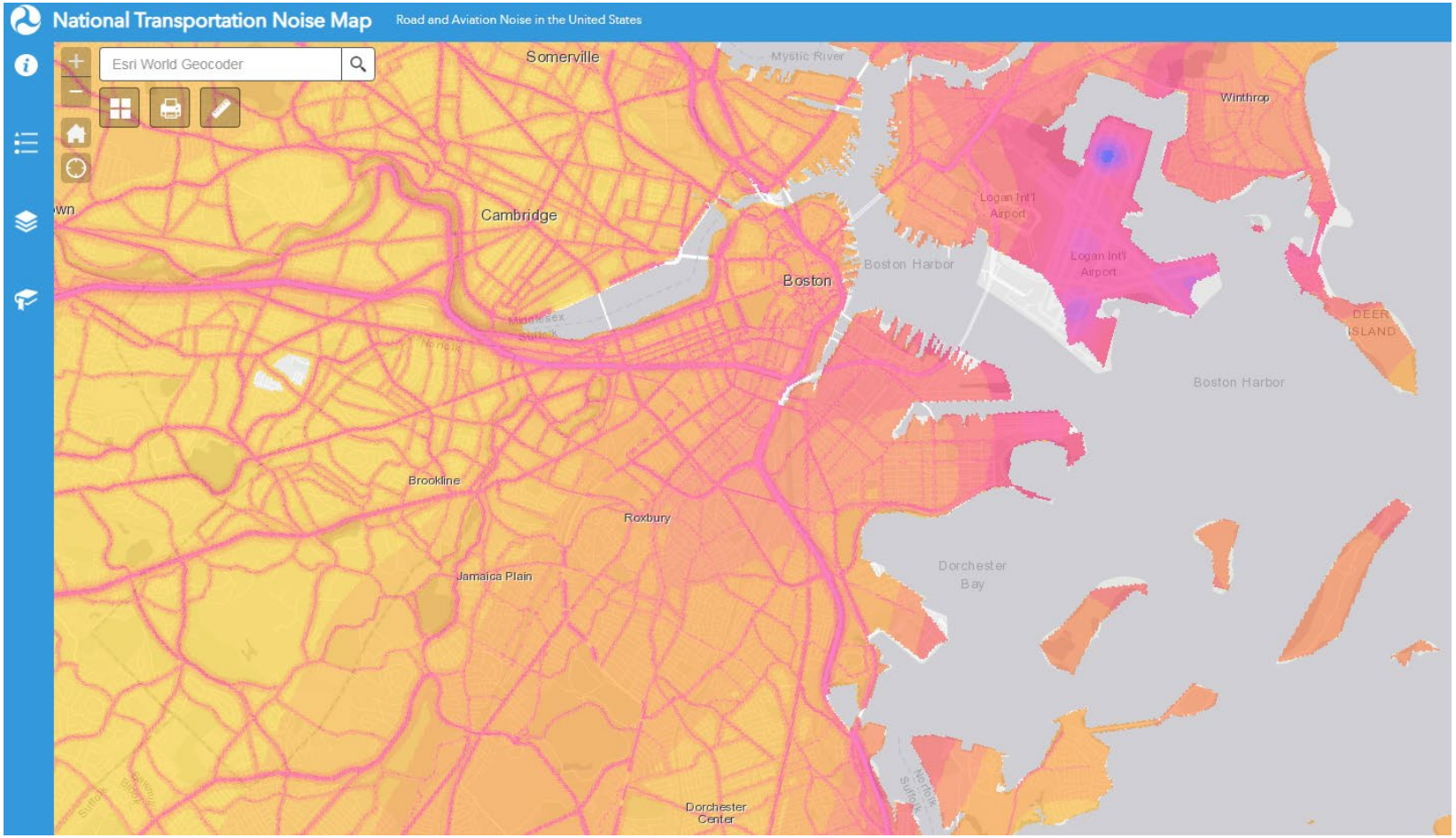
Hypothesized mechanism leading from stress to heart disease



Tawakol et al Lancet 2017

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US Department of Transportation Noise Map



https://maps.bts.dot.gov/arcgis/apps/webappviewer/index.html?id=a303ff5924c9474790464cc0e9d5c9fb

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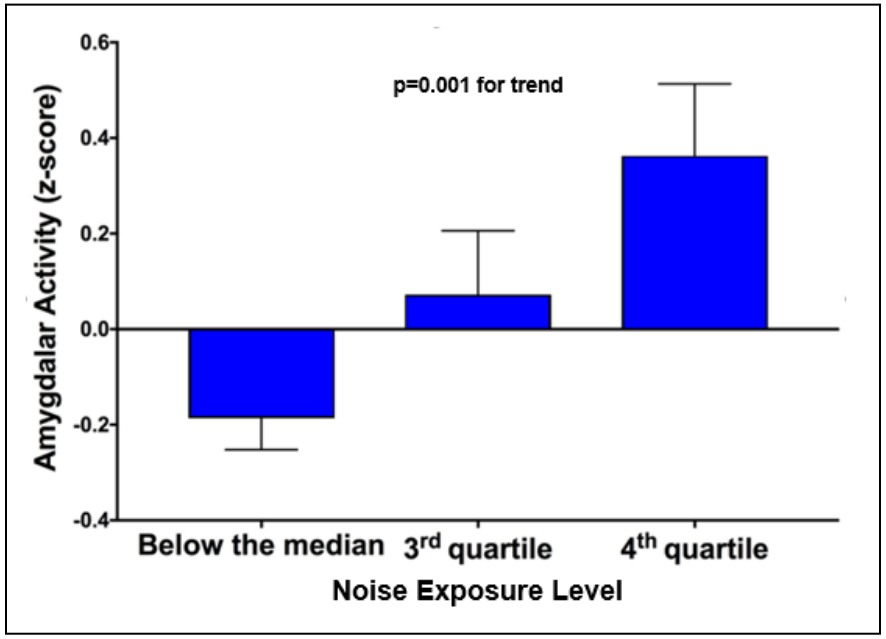
Levels of noise from common exposures

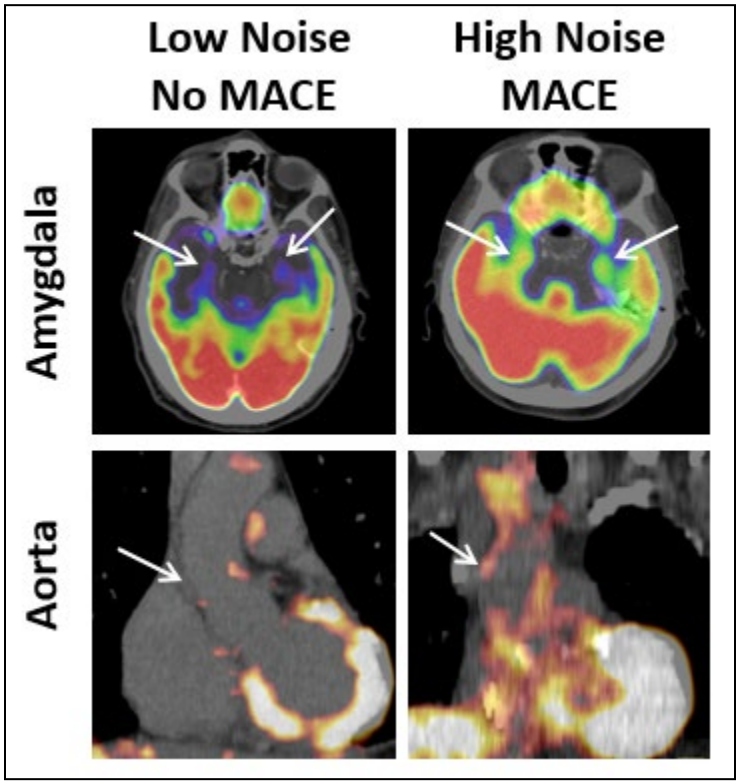


Munzel et al JACC 2018

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Relationship between noise exposure and amygdalar activity and arterial inflammation

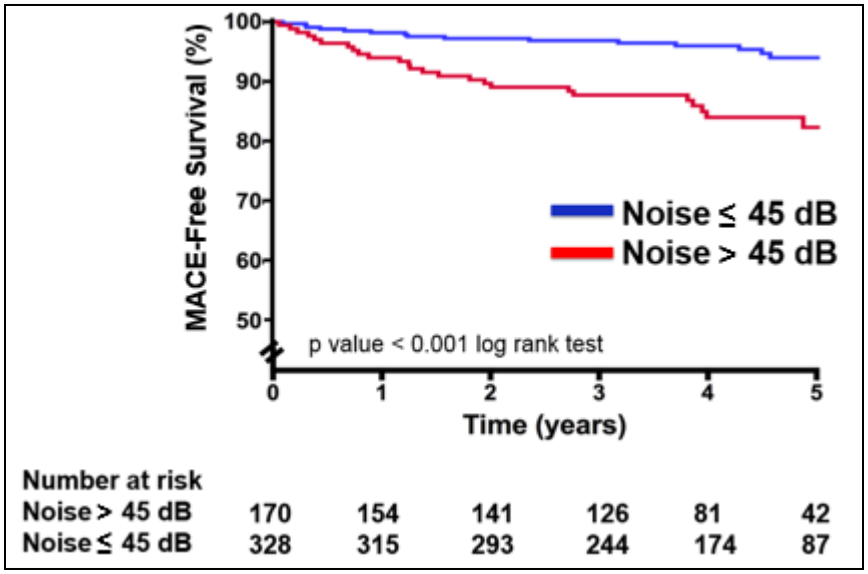


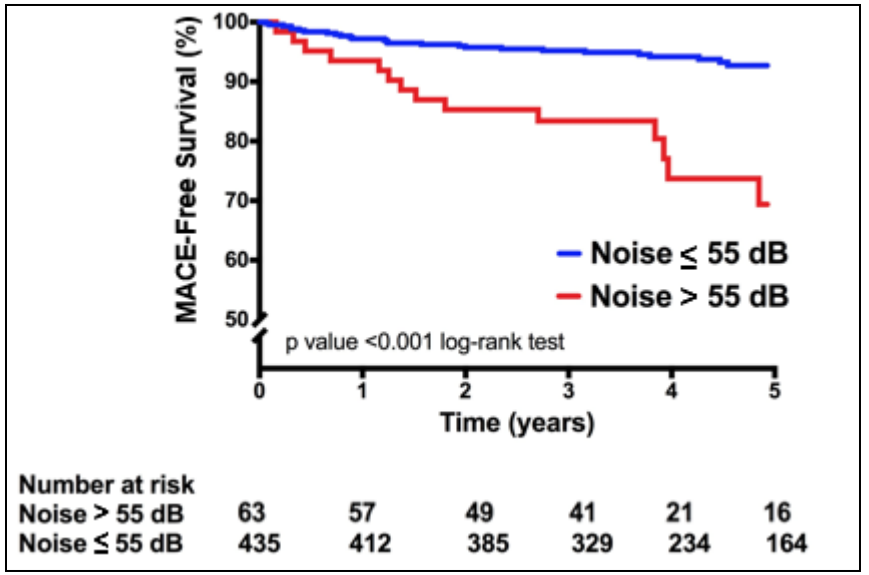


Osborne et al EHJ 2019

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Relationship between noise exposure and heart disease events



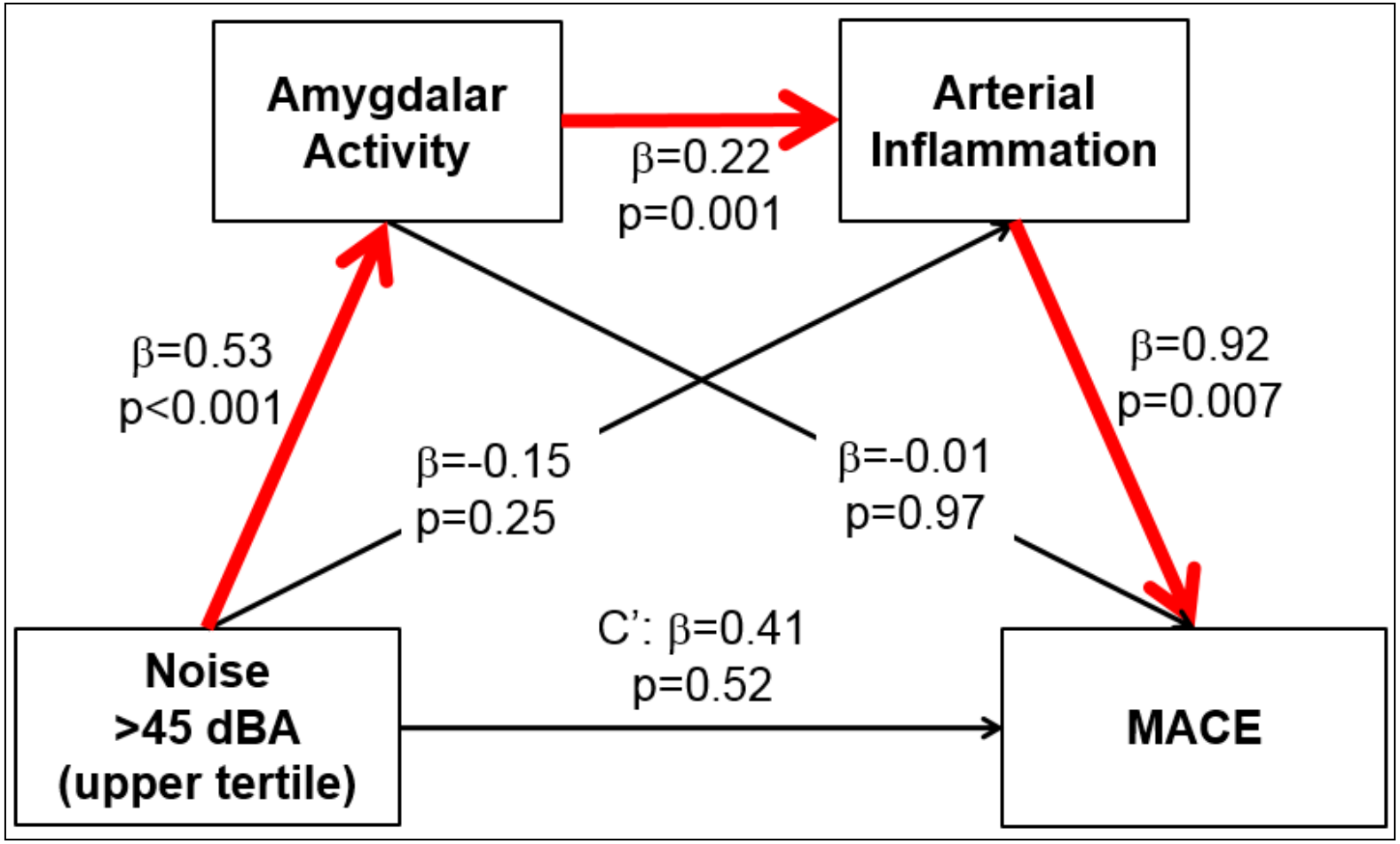


- Relationship is independent of socioeconomic factors, healthcare access factors, heart disease risk factors, medications, cancer and cancer treatment history, psychiatric history, and air pollution.

Osborne et al EHJ 2019

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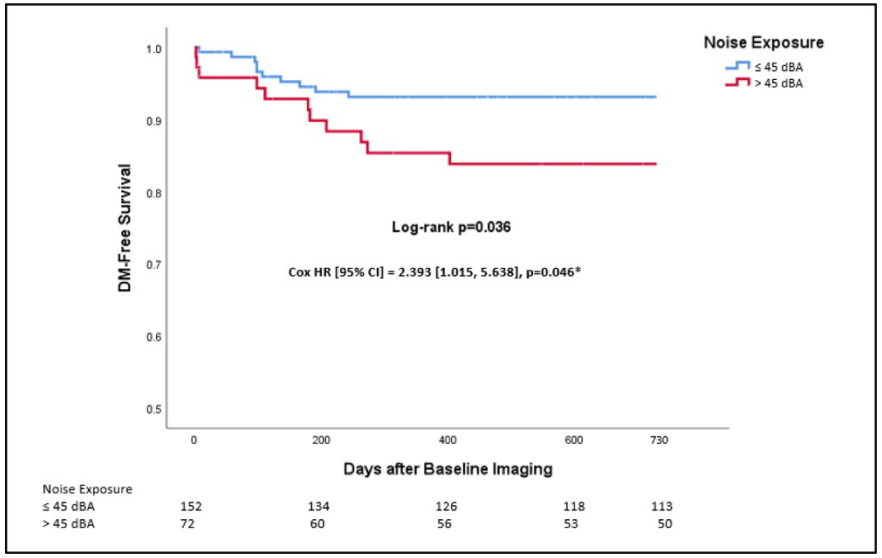
Path analysis



Osborne et al EHJ 2019

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Relationship between noise exposure and metabolic diseases

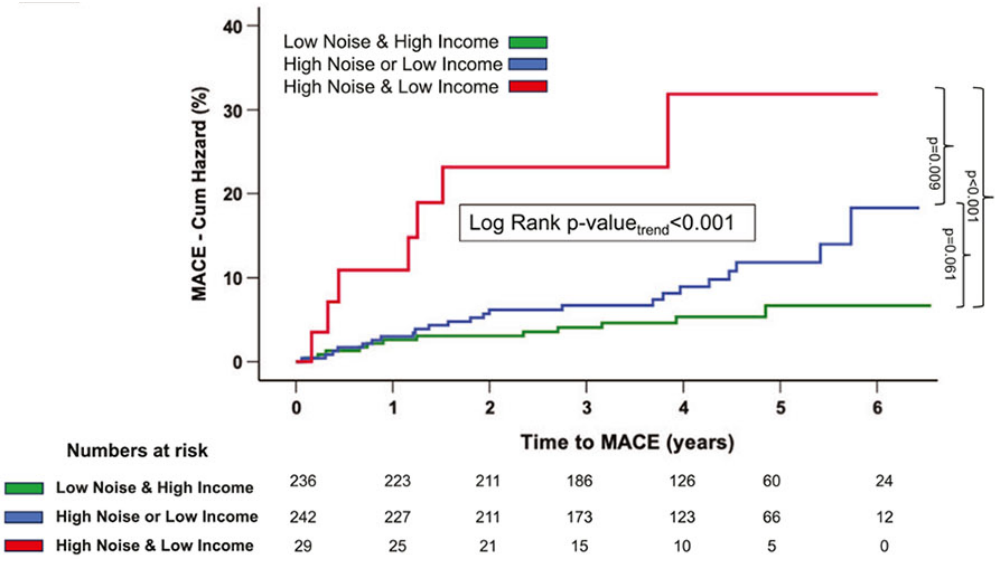


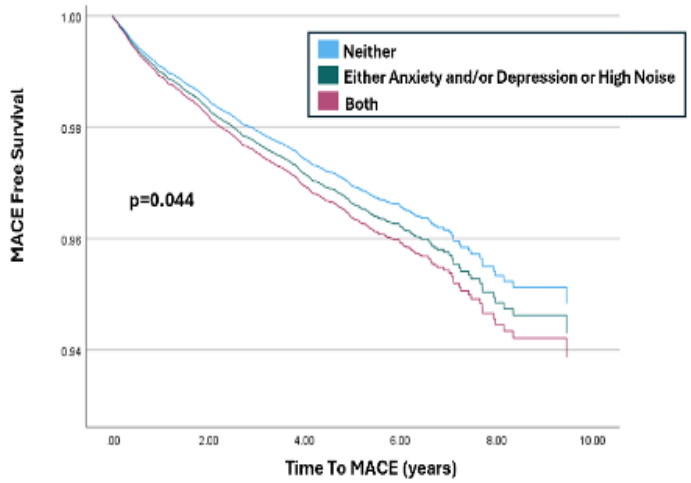
- Noise exposure independently linked to diabetes risk and abdominal fat deposition
- Pathway involves increased stress-associated neural activity

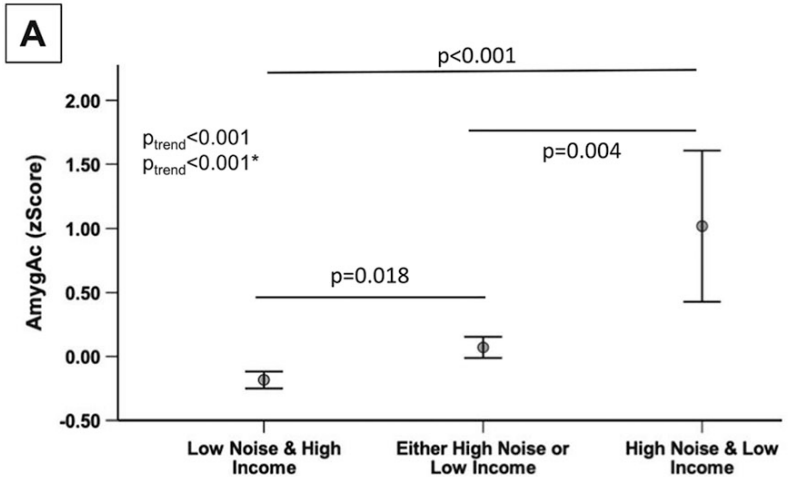
Osborne et al Psychoneuroendocrinology 2020

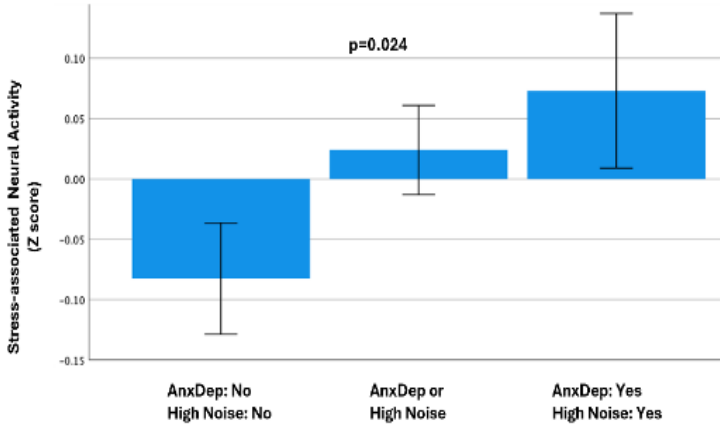
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Impact of combined exposures









Abohashem et al JESEE 2025

Saeed et al Brain Behav Imm 2026

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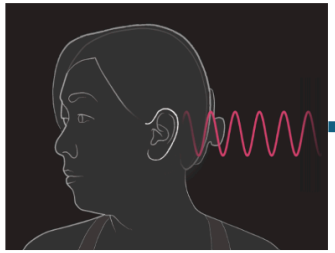
Additional nuances related to noise exposure

- Repeated exposures appear to prime the vascular response to noise
- There is no evidence that habituation to noise is possible
- Noise effects are independent of sleep disruption and annoyance
- Individuals with high noise exposure but low activation of stress pathways are relatively protected from CVD events

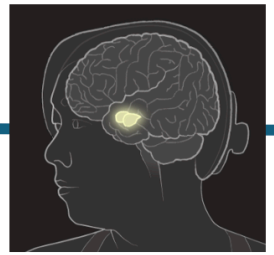
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Noise, stress, and cardiometabolic disease

Noise, stress, and its consequences



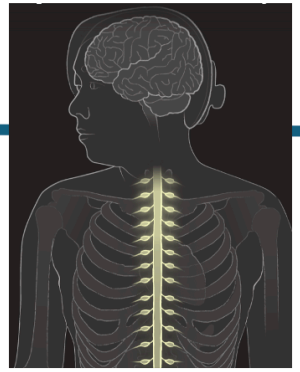
Noise enters through the ears



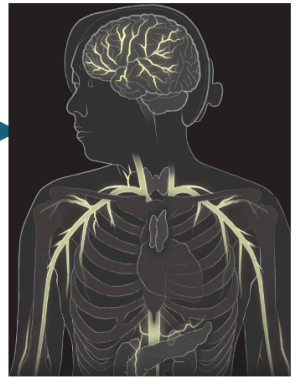
Activation of the amygdala by annoyance, sleep disruption, cognitive & emotional responses



Production of stress hormones, e.g., cortisol



Activation of sympathetic nervous system, risk factor elevation



Inflammation of blood vessels causes high blood pressure, arterial plaques



Increased risk of heart disease, heart attack, stroke, cardiometabolic disease, anxiety, depression, cognitive impairments



Adapted from NY Times, June 9, 2023; Munzel T, et al. J Am Coll Cardiol. 2018. Hahad O, et al. Oxid Med Cell Longev. 2019

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Conclusions

- Stress contributes to the development of heart disease through a biological mechanism that begins in the brain.
- Environmental noise exposure increases the activity of this pathway.
- Policy changes and mitigation strategies should be considered to lessen the impact of noise on heart disease.

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