

October | Issue 10 | Volume 1

EARTH HERO

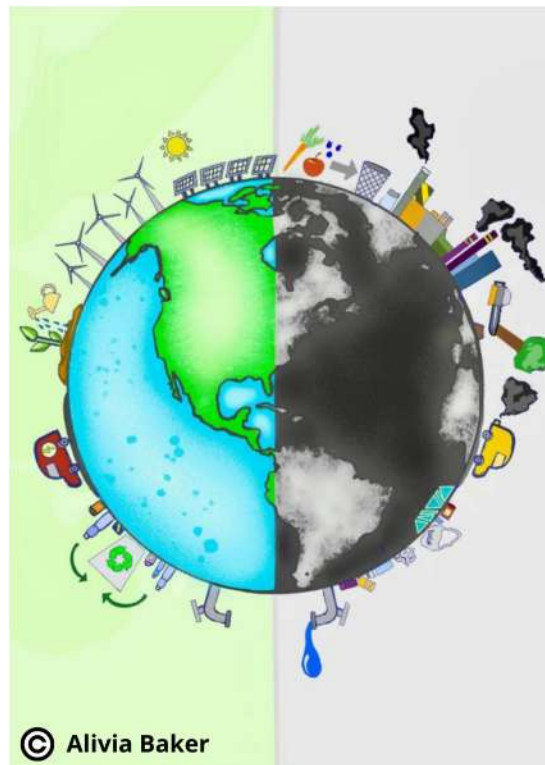


• Ecosystem • Forest • Animal • Environmental Issue • Actions



ENVIRONMENTAL ISSUE (EFFECTS ON HUMAN AND ENVIRONMENT)

Planet Earth is currently facing many environmental issues that affect humans and the environment. These environmental issues include climate change and natural disasters, pollution, diseases caused by microbes, and unsustainable resource extraction.



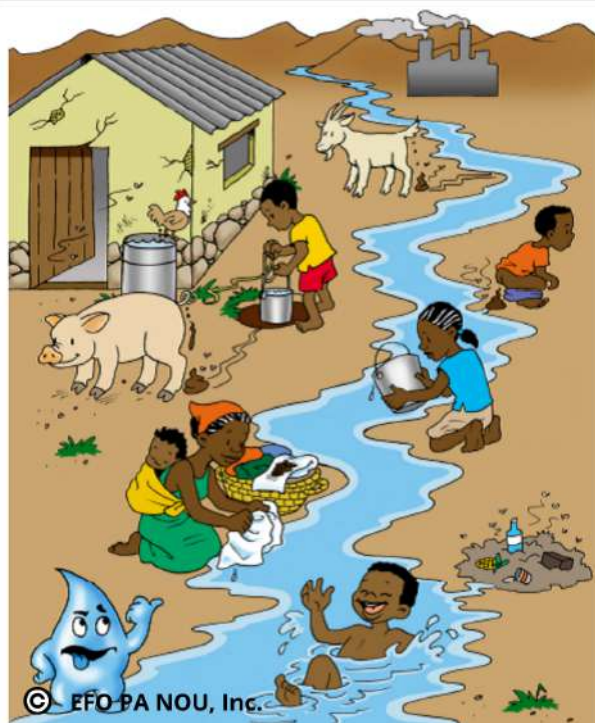
We begin this article with climate change. According to The National Environmental Health Association, climate change is the most significant threat to human health in the 21st century. This could affect most populations, especially those in the vulnerable category: elderly, children, people with chronic diseases, and people who live in poverty. Climate change disturbs the natural world which has led to rising global temperature and unpredictable weather patterns such as extreme rainfall and prolonged drought. This increases the frequency of natural disasters where it directly impacts human health and communities, which often results in loss of lives.

Pollution is another issue that affects human health and the environment. According to the World Health Organization, the effects of air pollution on human health is significant. It causes 29% of all global deaths from lung diseases, 24% from stroke and 17% from acute lower respiratory infection.



Next, we highlight diseases caused by microbes. Microbes are a type of microorganism that can only be seen using a microscope. Microbes exist within the human body and live in water, soil and air. Most of the microbes do not affect human health and many of them perform essential biological functions. The harmful microbes that could affect human health are commonly known as pathogens or germs. Eating is one of the main ways humans can contract diseases caused by microbes. One example is food poisoning from E. coli which is a type of bacteria that can be found in contaminated food and the environment. It can cause severe problems to human health, such as respiratory illness, urinary tract infections, and other adverse health effects. Other examples of diseases caused by harmful microbes are tuberculosis and malaria. The spread of these diseases are made worse in an area lacking clean water.

A report made by Verywell Health reports that across the world, more than 780 million people do not have access to clean drinking water and about a third of the world population lack access to proper sanitation services such as clean bathrooms. The impact can be seen as an estimation of more than 2,200 children dying each day because of diseases caused by poor water quality.



Every problem comes with a solution, and every small effort can make big changes. We have to start now rather than later to control the problems by measuring and reducing our environmental impact. One way to combat the issue is by practising the 6Rs; rethink, refuse, reduce, reuse and recycle in our lifestyle. By putting this into daily practice, we can make a change and produce less garbage to decrease the contribution to environmental issues and lower the impact of human health.



Secondly, we need to conserve water. This can be done by not polluting our water source and using water sparingly, to avoid wastage. Lastly, we need to rethink how we travel. We know that humans can't stop moving from one place to another, but if we are part of the community that is concerned with the environment, by traveling less through the use of a car pool system and public transportation, we will reduce air pollution that is mainly produced by motor car vehicles. With individual efforts, we can save the environment and cause less negative impacts on human health and the environment. Together, we can make a difference!

