

Environment and Health Issues

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Abstract – The global environment is under massive pressure due to human industrialisation from centuries. It is clear that the environment sciences dispel the myths and helps understand the severe impact of climate change on human health. environment and human health our planet's two greatest existential threats complement and amplify one another. Climate change is directly connected to the social determinants of health and accelerates existing health inequities. We should evolve the way to focus on environment savvy but today's network of policies, process, governance and modes of understanding fuels unhealthy and environmentally destructive production and consumption. We must realise that climate change and health issues are interrelated to each other indelibly.

Keywords – Climate Change, Health, Planet, Global Warming, Industrialisation, Ecology, Weather.

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We are living in a critical juncture as our environment pollution and climate change, health systems and healthcare facilities come under mounting pressure, making it harder for health professionals to keep people healthy from increasingly Severe climate impacts. More than one third of the world's land and about 75% of freshwater resources are used for crop production, in spite of it the Global food system still fails to provide lots of people with healthy, safe, affordable and sustainable diets. Unhealthy food have now become the single most important cause of high mortality rate globally, accounting for nearly 11 Million premature death annually accounted on the comprehensive analysis for the Global burden disease study 2017, from it over half of diet related death and two-third of diet related disability are related to low intake of fruits, vegetables and whole grain and high intakes of sodium. Globally, a nutritional situation is occurring one of them is under nutrition and another one is over nutrition, obesity and diet related non communicable disease parallelly coexist within the same situation means same populations, Households and sometimes within the same individual. This dual problem of malnutrition affects every country worldwide but it is alarming in low and middle-income countries.

It is important to support poor countries in the necessary transformation toward healthier, more sustainable diets and food by integrating biodiversity e in food based education to support nutrition and health. It is important to do work on to help guide decision makers in the health, nutrition and other sectors to consider the important role of biodiversity in food system for the development of healthy, diverse and sustainable human being to focus on problem and country support for more comprehensive, coordinated and effective public health and nutrition project and

Government policies; and to improve the resilience food systems, health systems and societies, each of them are importantly compromised by widespread ecological degradation, loss of biodiversity and climate change. In accordance with the health for all policies agenda, public health policies should seek to confirm that the impacts of biodiversity loss and environment are reflected in government policies through the involvement of various sectors, disciplines and regional populations. As an opportunity to enhance the health and environment benefits to the community. It is important to control the upstream drivers of hazardous to health including malnutrition in all its forms. There are some steps that have been taken by international Institutions like the United Nations decade of action on nutrition, the sustainable development goals, the Paris climate agreement and the emerging Global biodiversity framework. They all provide path break momentum and opportunity to develop, coordinated and intersectoral actions to save our environment biodiversity at every level like genetic, species and ecosystem level and foundation pillar of food security, nutrition and dietary quality. It is an important source of variety in basic food nutrients like vitamins, minerals and life-sustaining ecosystem services.

It is a core environmental element of health generally a vital ingredient of healthy nutrition output and livelihoods, gender and social equity and other health factor whereas Agro biodiversity represents a specific nutrition resource able to address the multiple challenges of malnutrition by providing dietary energy, macro and micronutrients and other beneficial bioactive important nutrients. In terms of

human health we can say the value of biodiversity to a healthy and sustainable food system is undeniable.

There are lots of ways to make human life environment friendly such as making healthy local foods accessible to school-aged children, promoting education on the importance of high nutritional value of local source foods, smallholder farmers in the production of bio diverse foods and by regulating food marketing and Labelling. we have an opportunity to support mainstream biodiversity healthy and sustainable diets, there is need to has stronger tradition and the imperative science to transform the Global food system.

Climate change is an important environmental concern. The alarming condition of the present situation is global warming mainly because of emission of greenhouse gases caused by anthropogenic warming. Running patterns of fossil fuel use, development and population growth continue, this will lead the world towards ongoing climate change, with serious burning effects on the environment, human life and health. Climate change is happening day by day. Warming of global climate is shown by increase in global average air and ocean temperatures, large level melting of snow and ice, and rising sea level.

Global warming has accelerated the temperature of earth by approximately 0.75 degree centigrade in the last 100 years. This temperature increase is largely affecting the globe, with land regions warming faster than the oceans. Extreme weather events patterns are changing in frequency and intensity. Humans and its interference to nature are now thought to be the main cause of climate change.

Climate and its impact on global warming and fundamental health effect adverse ways some of the most fundamental elements for good health are like clean air and water sufficient food and freedom from disease. The Global climate is now changing faster than before. Extreme air temperatures and air pollution are hazardous to health as heat waves are a direct main contributor to deaths from cardiovascular and respiratory disease particularly among elderly people.

Floods, droughts and contaminated water raise disease risk. more variable precipitation is occurring, with an increase in the frequency and intensity of both floods and droughts. The lack of freshwater is not supported to keep oneself hygiene , thus increasing rates of diarrhoea disease. In extreme cases water pollution leads to drought and famine. Too much water during floods causes logging of fresh water supplies and also creates favourable situations for breeding of disease carrying insects such as mosquitoes.

Climate effects on agriculture threaten increasing malnutrition. Rising temperatures and changing

patterns of rainfall are projected to decrease fertility of land and crop yields in many developing countries, stressing food supplies. The result of malnutrition and under nutrition increased the severity of many in infectious disease particularly among children. A more extreme and changing climate can destroy homes, communities and lives. Gradual sea level rise, particularly complemented with stronger Storm surges, will lead to more frequent and more intense coastal flooding. Thus climate changes promulgate new challenges to the control of infectious disease. Lots of major killer diseases transmitted by logged water and by insect vectors are severely sensitive to climate conditions and weather extremes of the earth.

By the second half of the century, climate change led to several types of extreme Storms, heavy rainfall and heat waves. In the absence of improvements to protect the number of people exposed to coastal flooding. That becomes an important factor in infectious disease like malaria dengue etc. Warmer temperatures, higher humidity and some places where water can collect usually favour Malaria transmission. There is evidence that in some sites in the Highlands of the world, an evolving trend has provided conducive conditions for mosquitoes and Highland epidemics. Viruses and bacteria transmitted through water and contaminated food cause severe diarrhoea in children. Those countries with insufficient water and sanitation services diarrhoea is much more common when temperature is high. Good environment, better climate leads to healthy human life.

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