



# Changing Environment: Impact on Human Health



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## ABSTRACT

Health is a state of complete physical and mental well being of a human. In the 21<sup>st</sup> Century, polluted environment has been associated with mental stress and different novel pathogen related infections and has received increasing attention for its potential role as a Health challenge for humans. This poster highlights the major health concerns and the solutions that Health Science provides an individual to follow and increase the average human life expectancy and survival rate.

## ENVIRONMENTAL POLLUTION



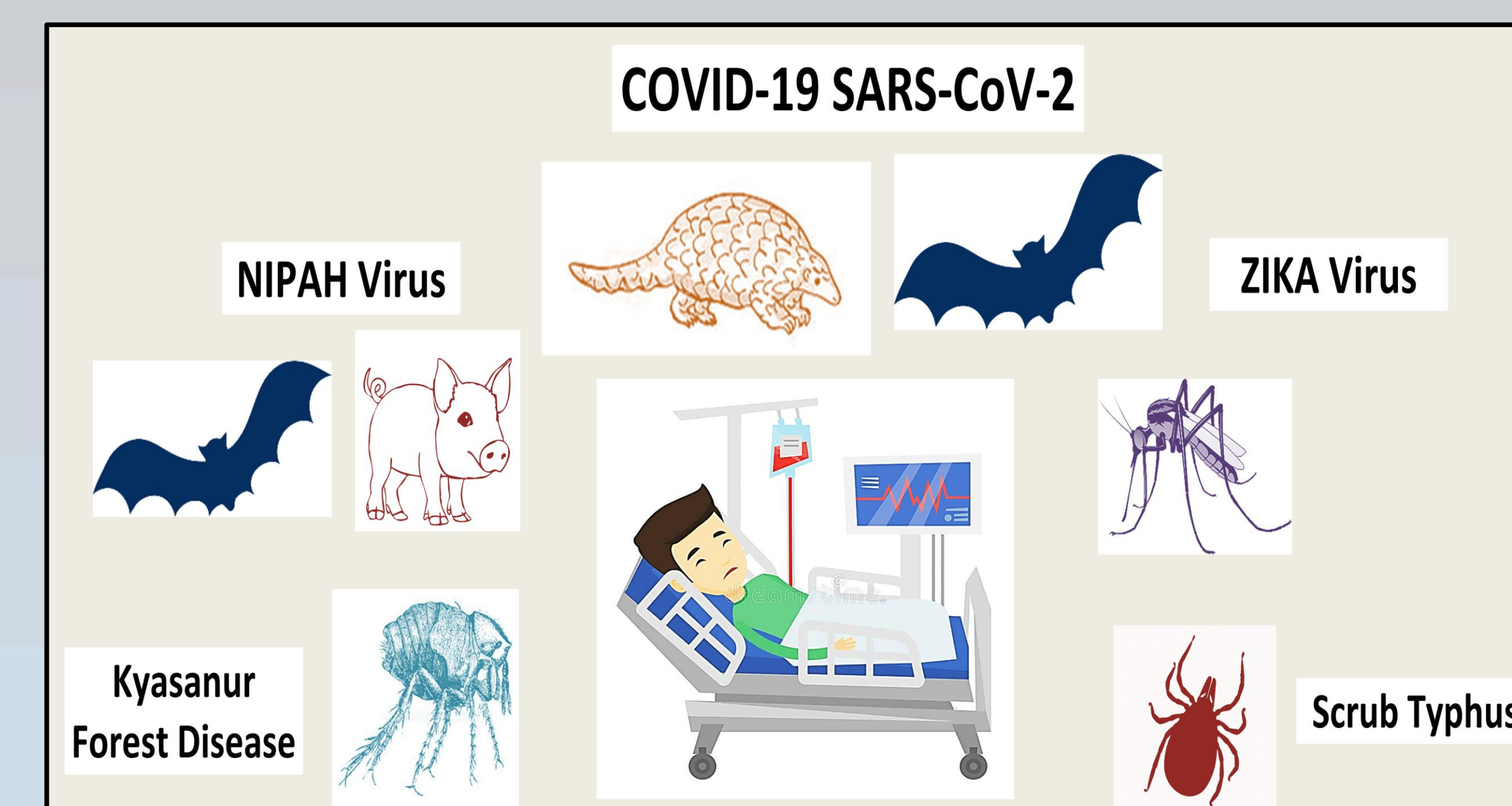
- ❖ Excessive Pollution levels in Air and Water affect human health adversely.
- ❖ Both Physical and Mental Health are affected.

## MENTAL HEALTH



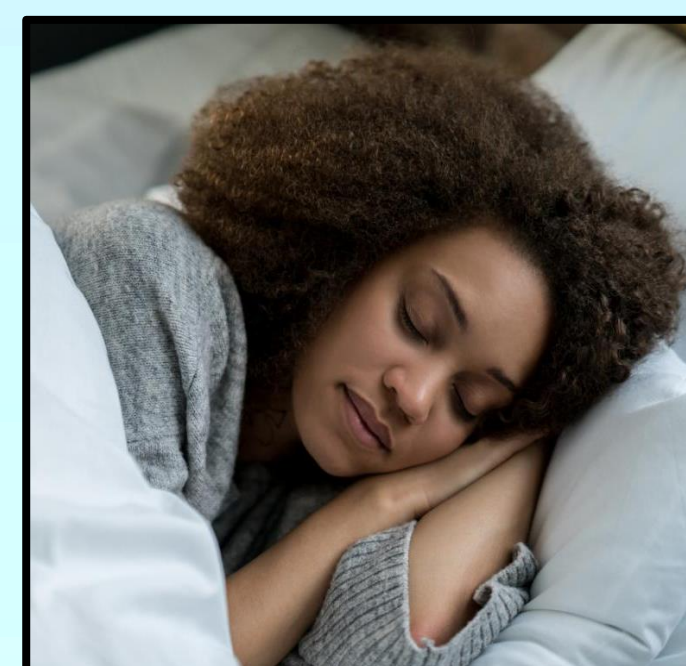
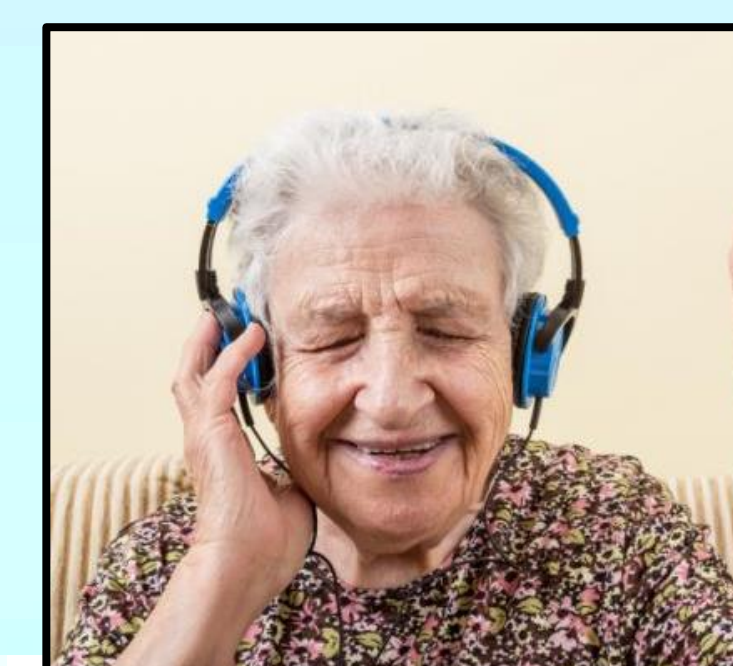
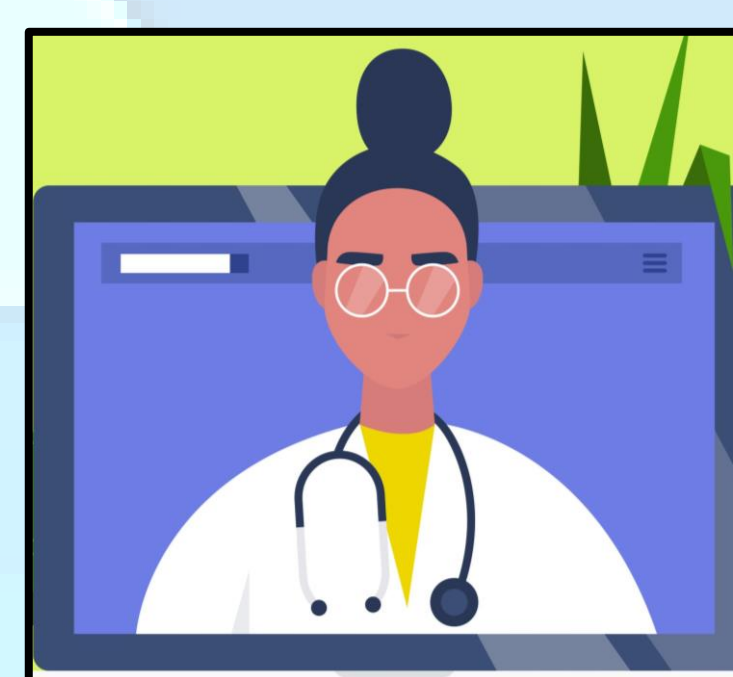
- ❖ Higher Concentration of Nitrogen dioxide and Fine Particulate Matter affect youth's cognitive and stress handling capacity (Szyszkowicz et al, 2020). Cases of Depression are frequent now.

## PHYSICAL HEALTH



- ❖ Increase in Novel Diseases due to pathogen jump from animal host to humans due to mutation (Zoonosis). Known examples: COVID-19 (Mackenzie et al, 2020).

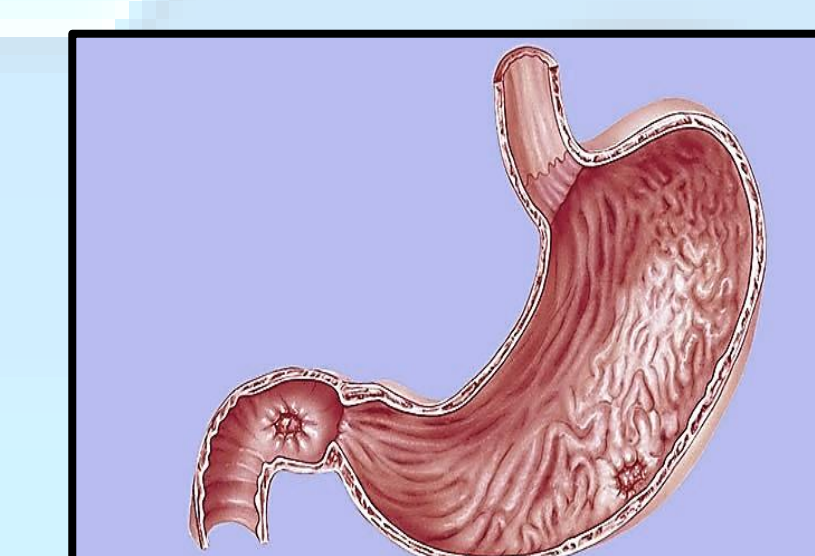
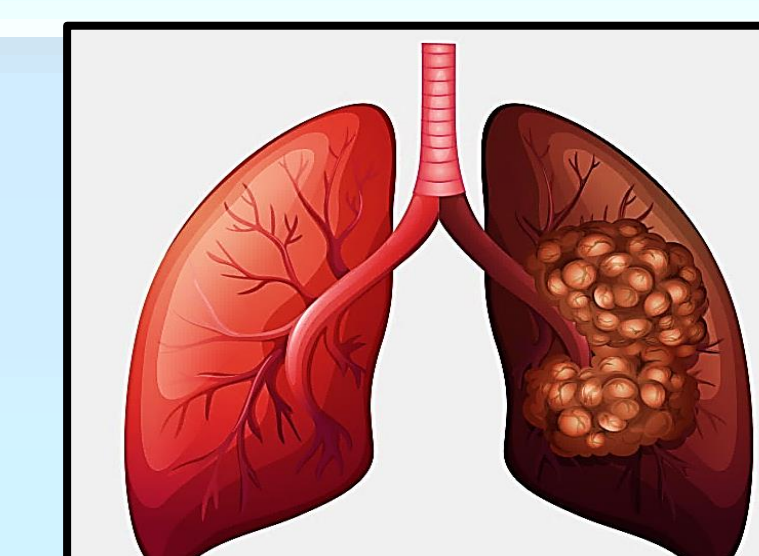
## HEALTH CARE SOLUTIONS



- Good Exercise regime, drinking sufficient water, good diet and steering away from smoking prevents accumulation of pollutants in the body.

- Online counselling, music therapy, pursuing hobbies and proper sleep supports mental health. Proper mental health care improves physical health.

- Education as a tool for awareness about zoonosis, better vaccination facility and sanitation check while handling animal products like meat and eggs to prevent infection.



- ❖ Diverse cases of Skin ailments (Eczema), Respiratory Disorders (Asthma, Lung Cancer), Gastroenteritis, Premature babies have been observed.

## REFERENCES

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- Szyszkowicz, M., Zemek, R., Colman, I., Gardner, W., Kousha, T., Smith-Doiron, M., (2020), *Int. J. Environ. Res. Public Health*. <https://doi.org/10.3390/ijerph17124190>
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