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MATRIC NUMBER: 17/MHS02/084

DEPARTMENT: NURSING

COURSE TITLE: ENVIRONMENTAL HEALTH

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Describe the different types of environment giving examples

The types of environment include;

- ✚ **The physical environment**
- ✚ **The biological environment**
- ✚ **The social environment**
- ✚ **The psychosocial environment**
- ✚ **The chemical environment**

THE PHYSICAL ENVIRONMENT: The physical environment includes; air land, water, wastes, climate, radiation and all other natural resources that provide our basic needs and opportunities for social and economic development. A clean, healthy environment is important for people's physical and emotional wellbeing. The physical environment can be described as anything that we can experiences through our senses- touch, smell, sight, hearing and/or taste.

THE BIOLOGICAL ENVIRONMENT: the biological components of the environment are the living organisms such as plants and animal life including bacteria, viruses, fungus, insects, rodents and animals.

THE SOCIAL ENVIRONMENT: this environment is developed by humans as contrasted with the natural environment; society as a whole, especially in its relation to the individual. It includes; customs, habits, income, occupation, culture and beliefs, religious practices etc.

Other factors that are concerned with our environment and affect human health includes

PSYCHOSOCIAL FACTORS: it involves the nature of an individual, whether he /she is an extrovert or introvert, incentives, stress

CHEMICAL FACTORS: the chemical factors of the environment that affect our health include; drugs, acids, cosmetics, soap, food additives, creams etc.