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NEGLECT FOR ENVIROMENTAL HEALTH IN NIGERIA.

Environmental health is the science and practice of preventing human injury and illness and promoting well-being by : Identifying and evaluating environmental sources and hazardous agents and limiting exposures to hazardous physical, chemical, and biological agents in air, water, soil, food, and other environmental media or settings that may adversely affect human health. It can also be defined as the branch of public health that focuses on the interrelationships between people and their environment, promotes human health and well-being, and fosters healthy and safe communities.

Public health science gave proved that most disease outbreaks in communities is as a result of the dirty and harmful environment people live in. For example diarrhea is usually caused by : unsafe water, inadequate sanitation and poor hygiene.

Urbanization, deforestation, desertification, over population and all kinds of pollution are some of the resultant effects of man’s interaction with his environment. Man arrives to satisfy their endless needs for food, shelter, clothing and infrastructural facilities and while trying to achieve this they forget that the resources they use need to be replenished or can face complete extinction. For instance in the case of deforestation, many industries use trees for the production of timber, paper, tissue, pencils, e.t.c but they do not make any attempts to replace these trees thereby leading to desertification. These trees have their own use to humanity and it will have serious adverse effects on earth if there are no trees.

Industrial waste is also a contributing factor to environmental health hazard. States like Lagos state, Kano state, Ogun state, e.t.c are highly industrialized and these industries should be situated far from the town but some are not. Fumes from these industries can cause pollution and waste in form of sewage could be disposed of in the wrong ways.

People living in the rural parts of communities are usually the victims of diseases caused by neglect for environmental health. This is understandable because these people have little or no idea about personal hygiene and environmental sanitation and tend to practice dirty habits out of ignorance. This is why i advise that

Why is maintaining environmental health important?

Maintaining a healthy environment is central to increasing quality of life and years of healthy life. Globally, 23% of all deaths and 26% of deaths among children under age 5 are due to preventable environmental factors.1 Environmental factors are diverse and far reaching. They include: Exposure to hazardous substances in the air, water, soil, and food

Natural and technological disasters

Climate change

Occupational hazards

The built environment

Related Topic Areas

Cancer

Heart Disease and Stroke

Occupational Safety and Health

Physical Activity

Respiratory Diseases

Poor environmental quality has its greatest impact on people whose health status is already at risk. Therefore, environmental health must address the societal and environmental factors that increase the likelihood of exposure and disease.

Maintaining environmental has a lot of advantages such as; 1) Infections free life, 2)Increased self-confidence, 3) Higher productivity and many more.

Not maintaining environmental health can lead to very bad situations like, First, it can damage our water supply by sky rocketing limits that will kill all the fish who swim in the water. Also, it will kill all the living creatures who drink from the water because of contamination. Then, when the air has grown in unhealthy levels, many plants, animals, and insects will either die or get seriously weakened by the polluted oxygen in the air. The soil can be affected too by excess nutrients that will cause the living creatures like insects and plants to die off from too many nutrients on the ground. Basically, having an unhealthy environment will cause the Earth to suffer a mighty blow that will take many years to recover if it becomes a breeding ground for pollutants and death. Finally, humans will get sick too and the chances for humans to die from diseases will soon meet there demise just like other living creatures.

I think that it is very safe to say that maintaining environmental health is a must for humanity, plants and animals to thrive in the ecosystem.