

**The program of the training within sustainable development on the topic
“Overview of environmental problems and their impact on health”**

Participants: staff of the University

Date and time: May 23, 2024, 3 pm.

The purpose of the training is to introduce the principles of prevention and minimization of the negative consequences of environmental problems on public health.

Work plan:

- I. Introduction
 - A. Definition of environmental problems
 - B. Importance of studying the relationship between ecology and health
 - C. Goals and objectives of the lecture
 - II. Main environmental issues
 - A. Air pollution
 1. Sources of pollution
 2. Impact on human health
 - B. Water pollution
 1. Pollutants and their consequences
 2. Health and safety of drinking water
 - C. Soil pollution
 1. Causes and consequences
 2. Health hazard
 - D. Energy consumption and climate change
 1. Impact on human health
 2. Adaptation and prevention measures
 - III. Impact of environmental problems on health
 - A. Physical health
 1. Impact of pollution on the respiratory and cardiovascular systems
 2. Diseases caused by chemicals in the environment
 - B. Psychological health
 1. Stress and anxiety due to environmental crises
 2. The influence of a negative environmental situation on the mental state
 - C. Social health
 1. Economic consequences of environmental problems for society
 2. Inequality in access to a clean environment and its impact on health
 - IV. Sustainable development and measures to solve environmental problems and preserve health
 - A. Global and national initiatives
 - B. Personal Action and Responsibility
 - C. The role of education and information
 - V. Conclusion
 - A. The importance of eliminating environmental problems for the health of future generations
-

Overview of environmental problems and their impact on health

Environmental problems facing humanity today are more pressing than ever. They have a significant impact on people's health, and unfortunately, this problem is only getting worse over time. Over the past decades, we have been faced with an increase in air, water and soil pollution, as well as climate change, with serious consequences for human health.

Ambient air pollution, vehicle emissions, industrial processes, waste burning and other sources of air pollution lead to the formation of harmful atmospheric compounds such as nitrogen dioxide and heavy metals. These substances can enter the body through the respiratory tract, causing a variety of diseases, including asthma, bronchitis, lung cancer and cardiovascular disease.

Water pollution also poses a serious health threat. Chemicals, bacteria and viruses released into waterways from industrial wastewater, agriculture and household use can contaminate drinking water and lead to the spread of infections such as cholera and dysentery, as well as chronic liver and kidney diseases.

Soil pollution also has consequences for human health. Heavy metals and chemicals released into the soil from various sources can accumulate in food crops and enter the body through food, causing poisoning and various diseases, including cancer.

In addition, climate change caused by global warming also has serious health impacts. Extreme weather conditions, such as droughts, floods and hurricanes, can lead to illness and injury and the spread of infectious diseases.

In general, environmental problems have direct and indirect effects on human health, causing physical, psychological and social problems. To solve these problems, it is necessary to take urgent and effective measures at the level of public policy, as well as the conscious behavior of each individual in everyday life.