

## Environment and Sustainable Development - Health Related Issues

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### Abstract

*Sustainable development* is an organizing principle for human life on a finite planet. It posits a desirable future state for human societies in which living conditions and resource-use meet human needs without undermining the sustainability of natural systems and the environment, so that future generations may also meet their needs. Sustainable development ties together concern for the carrying capacity of natural systems with the social and economic challenges faced by humanity. *Environmental issues* are harmful aspects of human activity on the biophysical environment. Environmentalism, a social and environmental movement that started in the 1960s, addresses environmental issues through advocacy, education and activism. Sustainability is the key to preventing or reducing the effect of environmental issues.

Thus, in this paper we will introduce some health related environmental issues with their prevention methods.

**Keywords:** Introduction of Environment and Sustainable Development; Meaning of Environmental Issues; Types of Environmental Issues; Prevention Methods.

### Introduction

The domain of 'economics' is fundamental consideration of sustainable development, however there has been considerable criticism of the tendency to use the three-domain model of the triple bottom line: economics, environment and social. This approach is challenged to the extent that it treats the economy as the master domain, or as a domain that exists outside of the social; it treats the environment as a world of natural metrics; and it treats the social as a miscellaneous collection of extra things that do not fit into the economic or environmental domains (see the section on Economic sustainability below).

In the alternative Circles of Sustainability approach, the economic domain is defined as the practices and meanings associated with the production, use, and management of resources, where the concept of 'resources' is used in the broadest sense of that word.

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### Environmental Sustainability

Environmental sustainability is the process of making sure current processes of interaction with the environment are pursued with the idea of keeping the environment as pristine as naturally possible based on ideal-seeking behavior. Thus, environmental sustainability demands that society designs activities to meet human needs while indefinitely preserving the life support systems of the planet. Thus, for example, entails using water sustainably, only utilizing renewable energy, and sustainable material supplies (e.g. harvesting wood from forests at a rate that maintains the biomass and biodiversity).

*Sustainability* is the capacity to endure. In ecology the word describes how biological systems remain diverse and productive over time. Long-lived and healthy wetlands and forests are examples of sustainable biological systems.

For humans, sustainability is the potential for long-term maintenance of well being, which has ecological, economic, political and cultural dimensions. Sustainability requires the environmental reconciliation, social equity and economic demands - also referred to as the "three pillars" of sustainability or (the 3 Es).

Healthy ecosystems and environments are necessary to the survival and flourishing of humans and other organisms. There are a number of major ways to reduce negative human impact. The first of these is environmental management. This approach is based largely on information gained from earth science, environmental science and conservation biology. The second approach is management of human consumption of resources, which is based largely on information gained from economics. A third more recent approach adds cultural and political concerns into the sustainability matrix.

Sustainability interfaces with economics through the social and environmental consequences of economic activity. Sustainability economics involves ecological economics where social aspects including cultural, health-related and monetary/financial aspects are integrated. Moving towards sustainability is also a social challenge that entails international and national law, urban planning and transport, local and individual lifestyles and ethical consumerism.

Ways of living more sustainably can take many forms from reorganizing living conditions (e.g., eco-villages, eco-municipalities and sustainable cities), reappraising economic sectors (permaculture, green building, sustainable agriculture), or work practices (sustainable architecture), using science to develop new technologies (green technologies, renewable energy and sustainable Fission and Fusion power), to adjustments in individual lifestyles that conserve natural resources.

Despite the increased popularity of the use of the term “sustainability”, the possibility that human societies will achieve environmental sustainability has been, and continues to be, questioned—in light of environmental degradation, climate change, overconsumption, and societies’ pursuit of indefinite economic growth in a closed system.[1,2]

Sustainability and environmental resource management involves managing economic, social, and ecological systems within and external to an organizational entity do it can sustain itself and the system it exists in.[3,4] In context, sustainability implies that rather than competing for endless growth on a finite planet, development improves quality of life without necessarily consuming more resources.[5] Sustainably managing environmental resources requires organizational change that instills sustainability values that portrays these values outwardly from all levels and reinforces them to surrounding stakeholders.[3,4] The end result should be a symbiotic relationship between the sustaining organization, community, and environment.

## Meaning of Environmental Issues

*Environmental issues* are harmful aspects of human activity on the biophysical environment. Environmentalism, a social and environmental movement that started in the 1960s, addresses environmental issues through advocacy, education and activism. Sustainability is the key to preventing or reducing the effect of environmental issues.

## Types of Environmental Issues

### 1. Water Pollution

Water Pollution is the contamination of water bodies (e.g. lakes, rivers, oceans, aquifers and groundwater). Water pollution occurs when pollutants are directly or indirectly discharged into water bodies without adequate treatment to remove harmful compounds.

Water pollution affects plants and organisms living in these bodies of water. In almost all cases the effect is damaging not only to individual species and populations, but also to the natural biological communities

One of the most important areas of environmental concern according to the EPA is concern for our water. We need to be concerned about water pollution as well as about the increasing scarcity of drinkable water in this world. People who are concerned about this issue should start helping out by reducing water waste as much as possible.

This can be done by changing the basic habits in your home to reduce your daily use of water. You can also make bigger changes like collecting rainwater for re-use, setting up a natural landscape that doesn't require water for your plants and joining a local organization to assist in fighting water pollution around the world.

### 2. Air Issues

Air pollution isn't an issue that most people consider to be of primary environmental concern since it doesn't seem to pose an immediate pressing threat for a lot of us. However, air pollution causes serious health problems and threatens the natural environment of the planet which means that this is actually one of the most important areas of environmental concern that we can start working to change today. Reducing your contributions to air pollution can be done through reducing your use of cars and other vehicles in favor of walking or riding a

bike. You should also be conscious of your use of air-polluting chemicals, your use of air-polluting services like dry-cleaning and your consumption of products that come from air-polluting factories.

### 3. Waste and Land Pollution

Another area of grave concern that impacts many different parts of this planet is the issue of waste. Toxic waste, such as the placement of electronics into landfills on a wide scale basis, is a major issue but all areas of waste are of concern. All waste ends up leading to the other types of pollution and causing problems for the environment in addition to taking up much-needed land space.

People who are interested in reducing their own contributions to waste should get in the habit of only buying what they need and recycling or re-using all items instead of throwing them away. A lot of items that can be recycled or donated still get thrown away because it's more convenient for people to stick stuff in the trash than to try to recycle it. Making the effort to make this change can significantly reduce your impact on the earth's environment in terms of waste.

### 4. Climate Change Issues

All of these different types of pollution and waste end up contributing to what is probably the biggest area of concern that we have for the planet – the changing climate. Climate change is a major environmental concern because of the fact that even small changes can cause significant problems for large portions of the world.

Climate changes are resulting in an increase in the number of worldwide natural disasters like floods and hurricanes. These things devastate society and wreak havoc on the regions that they hit.

Global warming will only cause an increase in these issues along with additional problems that could ultimately end this civilization as we know it. If you work on improving your efforts in the first three areas of environmental concern then you will be helping to contribute to the solution for this major issue.

## Prevention Methods

### *Why Focus on these 4 Concerns?*

It's true that there are other types of environmental concerns that we might be inclined to focus on when we are fretting about what's going on with the earth around us. However, if you take a close look at any of

those specific concerns then you will see that they usually fall into one of the other categories as a subcategory within it.

For example, deforestation is a really serious problem that is causing a lot of environmental issues. However, it can be considered a problem that is related to waste because it usually happens as a result of the fact that people are using more of the trees than they actually need either for building bigger homes or for making paper products or something like this.

Reduction of waste and choosing to only use what we need would reduce this problem. Similarly, a major issue related to deforestation is its relationship to climate change so dealing with the issues surrounding it would help us to deal with the bigger picture of our changing climate.

Environmental prevention is based in the public health model, which stems from the premise that to affect health-related behaviors, prevention efforts must address the host, agent, and environment. In preventing alcohol, tobacco and other drug abuse, the host is the individual; the agent is alcohol, tobacco and other drugs; and the environment is the given community.

Many prevention approaches have had limited success because they only address one (the host) of those three entities.

The agent and the environment are unaffected, creating a dynamic where individuals are expected to make healthy prevention choices in an environment that may support and encourage alcohol, tobacco, and other drug abuse and gambling. Environmental prevention strategies address the agent and environment, as well as the individual, providing a comprehensive approach to prevention.

### *To sum up,*

1. Get An Environmental Education
2. Creating Environmental Awareness
3. Changing Community Norms
4. Limiting Accessibility And Availability

Thus, a key environmental strategy to reduce alcohol, tobacco and other drug abuse in a community is limiting access and availability of all of these substances, not just for those who are underage for alcohol and tobacco use, but for the entire community.

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