

Impact of air pollution on physical health

Due to the human's urgent need to industrialize and urbanize, nowadays human activities had caused severe air pollution, such as greenhouse gases emission, smog and toxic pollutants. Inhaling the pollutants and having heat stress may even exacerbate the previous health state. Approximately 7 million people die annually from air pollution from combustion of wood and fossil fuels, including about 4 million people who die of polluted air in the premises. Carcinoma of the lungs, heart attack and damage to intellectual development are the consequences of inhalation the pollutants produced by combustion of coal and petroleum products. The improvement of population health would be the reduction of air pollutants, such as methane, black carbon and ground-level ozone.

The biggest problem that occurs is: how to promote physical fitness and outdoor activities when people are exposed to the air pollution? In the recent years, the government of many developing countries, such as India and China, are making their effort to deal with terrible pollution. Besides, international agreements like "Paris Climate Change Agreement" were passed, indicating that humans are in collaboration to fight for a cleaner Earth. Nevertheless, what we have done is not enough.

In this context the following questions are raised:

- How could the largest producers of air pollution give more attention to the healthcare hence this problem effects whole population?
- How air pollution relies on technology and how to make technological progress address the problem of pollution?
- For developing countries, how can we balance the economic growth and environmental protection?
- How do the largest producers of air pollution try to challenge current amount of production harmful pollutants?
- How could The UN, World Health Organization contribute to the final goal which is decreasing air pollution?



Figure: Hubway provides bicycles for rental throughout the city of Boston. Such efforts to promote cycling in cities can improve the health of residents (https://www.thesolutionsjournal.com/wp-content/uploads/2016/06/Per_Loft_Figure2-e1465871167722.jpg)

Air Pollution 101 | National Geographic. (<https://www.youtube.com/watch?v=e6rglsLy1Ys>)

Steffen Loft: *Reaping the Health Benefits of Tackling Environmental Change* Volume 7, Issue 3, Page 21-24, May 2016 (<https://www.thesolutionsjournal.com/article/reaping-health-benefits-tackling-environmental-change/>)

Kamakhya Kumar: *Importance of Healthy Life Style in Healthy living* Volume 2, Issue 5, November 2017, Juniper Online Journal of Public Health, ISSN: 2573-2153 DOI: 10.19080/JOJPH.2017.02555596