

VI. SPORT AND WELLBEING TECHNOLOGIES
VI. СПОРТ И ЗДОРОВЬЕСБЕРЕГАЮЩИЕ ТЕХНОЛОГИИ

Egorova Olga Yurevna

Student

Research advisor: Ponomareva Elena Vladislavovna

Ural Federal University

Russia, Yekaterinburg

**THE TOP 10 ENVIRONMENTAL ISSUES SHOULD MAKE YOU
WORRY ABOUT OUR PLANET**

***Abstract:** The article is devoted to an important topic - environmental pollution. Nowadays, this is one of the biggest problems in the world. It can be defined as air pollution; water bodies and soils waste of human activity. At the moment there is no such city, countryside, which could be called clean and unpolluted. In this article I would like to talk about the main environmental problems that you need to know and look for solutions to combat them.*

***Keywords:** environmental pollution, urban sprawl, deforestation, hazardous toxins, renewable energy sources.*

Егорова Ольга Юрьевна

Студент

Научный руководитель: Пономарева Елена Владиславовна

Кафедра иностранных языков и перевода

Уральский федеральный университет

Россия, г. Екатеринбург

ТОП-10 ЭКОЛОГИЧЕСКИХ ПРОБЛЕМ, КОТОРЫЕ ДОЛЖНЫ ЗАСТАВИТЬ ВАС БЕСПОКОИТЬСЯ О НАШЕЙ ПЛАНЕТЕ

***Аннотация:** Статья посвящена важной теме - загрязнение окружающей среды. В данное время это одна из крупнейших проблем в современном мире. Её можно определить как загрязнение атмосферного воздуха, водоёмов и почв отходами человеческой деятельности. На настоящий момент не существует такого города, сельской местности, которые можно было бы назвать чистыми и незагрязненными. В этой статье хотелось бы рассказать об основных экологических проблемах, о которых нужно знать и искать пути решения борьбы с ними.*

***Ключевые слова:** загрязнение окружающей среды, разрастание городов (урбанизация), вырубка леса, опасные токсины, возобновляемые энергетические ресурсы.*

Environmental pollution is reaching worrying proportions worldwide. Urbanization and industrialization along with economic development have led to increase in energy consumption and waste discharges. The global environmental pollution, including greenhouse gas emissions and acid deposition, as well as water pollution and waste management are considered as international public health problems, which should be investigated from multiple perspectives including social, economic, legislation and environmental engineering systems, as well as lifestyle habits helping health promotion and strengthening environmental systems to resist contamination. Here is a list of the current top environmental issues to be concerned.

10. Public Health

Many of the issues we face all tie back into one central concern – public health. Nearly one out of every four deaths each year are directly caused by unhealthy environments, according to the WHO. Numerous studies have exposed that environmental particulate exposure has been linked to increased risk of morbidity and mortality from many diseases, organ disturbances, cancers and other chronic diseases.

Exposure to air pollution is associated with slight increase in risk of diabetes and susceptibility of people with diabetes to air pollution. These results were consistent between time-series, case-crossover and cohort studies and between studies conducted in North America and Europe. The association between exposure to air pollution and diabetes was stronger for gaseous pollutants than for particulate matter. Meta-analysis suggests that exposure to air pollution may be a risk factor for diabetes and increase susceptibility of people with diabetes to air pollution.

The health and wellness of human beings is an important issue to watch. What people eat, drink and breathe in plays a significant role in their wellness. Polluted air and water are a mounting crisis we need to address. Without water, humans won't survive long. Polluted water poses threats through airborne water diseases and chemicals or toxins contaminating water. People's health declines substantially due to lack of clean water. One way to bring clean water to people is through digging wells, another way is through water filters. There are people willing to take the initiative to bring clean water to those who need it.

9. Land Management & Urban Sprawl

Urban sprawl, or the uncontrolled expansion of urban areas, is a modern problem but one that threatens the environment. Moving to a new location isn't hard these days, contractors keep building developments in record time, and undeveloped land is becoming scarce. Studies have found that this sprawl is increasing exponentially on both sides of the Atlantic Ocean, with cities slowly creeping outward and negatively affecting the land around them.

More houses lead to more pollution. Buildings emit their gasses into the air, which affects the health of the environment. Take China for example: Would you want to wear a face mask every time you went outside because of air pollution? It's time to put habitats of the environment first. We need to preserve land, stop building, and start restoring.

8. Waste Disposal

It's easy to throw something in a trash can. We don't usually think about our local landfills unless complaining about the smell when we drive by them, but an

average person generates 4.6 pounds of trash per day. This trash ends up in two places. It's in landfills or it ends up in environmental habitats and the ocean.

When waste is in the ocean, the ocean dwellers mistake it for food or get tangled up in it. When waste is disposed of via burning or nuclear, it emits hazardous toxins in the air, which people breathe in.

People can limit this crisis by reducing the amount of waste. By choosing to use products that can be recycled.

7. Overpopulation

We have more than seven billion people on the planet right now – and that number is expected to reach 9.7 billion by 2050, and 11.2 billion by 2100. While that might not sound like a bad thing, we live on a planet that can only support roughly 10 billion souls, which means we're less than a century away from overpopulation becoming a serious and even life-threatening problem.

The more people there are on the planet, the more they release carbon dioxide and other gasses into the air. The growing population comes with the cost of greenhouse gasses and climate change. Until people realize that they have a direct impact on these pressing environmental issues, their behavior won't change. Resources aren't always sustainably sourced, but without those resources, the population won't survive.

Fortunately, renewable energy sources are a great way to combat carbon emissions. By raising the amount of sustainable energy such as wind power and solar power, the necessary resources can be sustainably sourced, reducing carbon emissions. You can't change the population, but you can change what the population emits into the environment.

6. Loss of Biodiversity

Biodiversity, or the variety of life in the world or a particular ecosystem, is declining. The levels of biodiversity across the board have significantly lowered to a dangerous amount. According to the World Wildlife Federation, biodiversity has declined 27 percent in the last three decades. Biodiversity is in critical condition due to various threats including urban sprawl, deforestation and climate change.

The lack of biodiversity puts the food chain, water sources and other resources at risk. Without enough biodiversity, ecosystems deteriorate until they no longer exist. The world just can't afford the cost of biodiversity loss.

5. Water Scarcity & Water Pollution

A major issue happening now is water scarcity. There is a difference between water and fresh, clean water. There are two ways water can be scarce: the lack of water and the lack of drinkable water.

We often take the water coming out of the tap for granted — we turn the handle and water flows — but that's not the case in many places around the world. Cape Town, South Africa, might be the first city to run out of water.

Potable water can become contaminated with things such as airborne diseases, toxins, and hazardous chemicals. An estimated 780 million people have no access to clean water at all. This isn't just a problem in undeveloped countries though. The 2017 drought in California, and the fact that Flint, Michigan hasn't had clean water in nearly four years, serves as a perfect example to show us that water scarcity and pollution isn't just a problem everywhere else — it's a problem here at home too. You can take action to reduce water scarcity. People must admit this is a problem; then they have to do something about it. Start by turning the water off while brushing your teeth.

3. Deforestation

At least 15 percent of greenhouse gas emissions don't come from cars or factories — they come from deforestation. By 2030, we may only have 10 percent of the rainforests left — the rest have been cut down for wood or wood pulp products, or cleared for agricultural uses.

In addition to this, more than 70 percent of the planet's plant and animal species live in forests. Species lose their habitat. Ecosystems die out. There are fewer trees to produce oxygen and absorb carbon dioxide. It's all due to deforestation. Deforestation has many side effects people don't realize.

To preserve the remaining forests, humans should simply stop cutting down trees. Forests are in major need of preservation. For every tree that's cut down, a new one needs to be planted in its place.

2. Ecosystems & Endangered Species

Due to the list of environmental issues happening on this planet, both ecosystems and species are affected. In fact, one out of every 10 plants and animal species is expected to go extinct by 2050. The endangered species list continues to grow as ecosystems continue to decrease. Lost habitats mean losing the species that live there. While some may be able to migrate elsewhere, others are not so lucky.

With the rising temperatures of the Arctic, sea ice melts, which eliminates the habitat of polar bears. The list of endangered species includes other animals as well.

The best way to save species is to support organizations dedicated to fighting species extinction. By supporting the cause, you're helping to combat the issue. You can also find laws and government acts available to sign that protect ecosystems and endangered species.

1. Climate Change

97 percent of scientists who study the climate agree that greenhouse gasses, both natural and those created by humans, are the main cause. Global temperatures are climbing, ice caps are melting, and droughts, wildfires, and super hurricanes are tearing their way across the landscape.

Not only does the Earth's temperature continue to rise, but the sea levels are rising, too. Both the ocean and the Earth are growing warmer.

Greenhouse gasses are a leading cause of climate change, specifically those emitted from the human population. This has an impact on habitats, agriculture, the ocean and natural disasters.

The best way to reduce climate change is to build sustainably. Using renewable energy sources such as solar and wind power will assist the fight against climate change. Limiting waste and pollution will help preserve the environment.

Don't let this year be another year of environmental loss. This list of environmental issues is nothing to joke about. The consequences of these environmental issues cannot go ignored. Give the planet a win by making sustainable choices and supporting the right causes.

REFERENCES

1. Аббаси Т. и Аббаси С.А. Показатели качества воды. - 2011. – с. 330–348.
2. Юан Х. Оценка модели социальной эффективности обращения с производственными отходами. - 2012.
3. Куган П.Ф., Уайт Л.Ф., Джерретт М. Загрязнение воздуха, заболеваемость гипертонией и сахарным диабетом у чернокожих женщин, проживающих в Лос-Анджелесе. - 2012. – с. 767–772.
4. Материалы с сайта Schooled by science (2019). [Электронный ресурс]. — URL: <https://schooledbyscience.com/environmental-issues> (дата обращения: 22.12.2019).