

Name

Instructor

Course

Date

Environmental Sustainability

Introduction

Environmental sustainability is a concept that came from the recognition of human activities that are continuously affecting the resources that are critical for people's survival on earth. These activities have both local and international impact, and their potential effects make human health and ecological health susceptible. One of the biggest problems that results from these dangerous human activities is the depletion of natural resources such as ocean fisheries and the exploitation of aquifers together with the unprecedented loss of important species (Lyne et al., 34). The lack of environmental sustainability leads to an increased waste of disposals and the changes in the composition of gases within the atmosphere that leads to global warming. The health of the people is also affected by the continuous depletion of the resources. These are problems addressed through the notion of Environmental sustainability, in which the future generation can also benefit from these natural resources. Environmental sustainability requires humans to use renewable sources of energy and reduce wastages that do not impact people and animal health.

Environmental Sustainability

Some of the significant resources that need preservation include water, air, food and energy done by reducing the amount of wastage. This is an agenda that requires comprehensive plan conduction to be taken on a global-local and national scale. Development goal targets at

poverty and an array of issues such as hunger, access to water and sanitation. To maintain a sustainable Earth, humans have to use renewable sources of energy that they can restore themselves. These sources rebuild themselves at an appropriate ratio rather than using non-renewable natural services. Air is a natural resource that has to be protected as it protects against the harmful ultraviolet rays from the sun. The ecosystem also provides services that can protect people from extreme events such as hurricanes and harsh storms. This can only be done by controlling air and water, and reducing the pollution so that the harmful substances or compounds cannot be released into the water or the air.

Water Sustainability

Water sustainability is a practice where people can have self-sufficient water that meets multiple needs of human beings for industrial and agricultural purposes. There are numerous ways that water can be conserved for sustainable living, including soaking the dishes in warm water for domestic use rather than scraping them in the running water. It is also essential to restrain ourselves from the long showers so that little water is wasted (Singh,19). For those who use energy, it is essential to use efficient sources that can save water and devices that do not lead to excessive waste. Water supply remains consistent, despite the changes in the environment, such as rainfall or drought, especially when people decide to become reliant on water. Water sustainability and management require people to meet their needs in the water at the present moment without necessarily compromising the future generations' ability to meet their needs in water as well. On a global scale, it is essential to provide every individual with an affordable access so that their life can be sustained. This needs a multidisciplinary approach issues addressed and effective managing their existing resources.

Sustainability of Air

The quality of air affects the health of the public, directly or indirectly. Air has a direct impact on health because it relates to the pollution that instigates diseases of the lungs, eyes as well as other sensitive organs of the body. Breathing is essential for the survival of humans, and air pollution makes it difficult for the people to breathe, thereby causing severe illnesses such as a stroke, among others. There are many ways in which air can be sustained, including reducing the amount of time that people spend driving their cars because of the gas that comes from the vehicle.

Additionally, those driving should turn off their engines when they are not using them to reduce the amount of air pollution. At the domestic level, people should not burn the garbage because it increases the amount of CO₂ in the air. Industries should use chimneys while removing excess heat, while people should also stop having campfires within the cities. It is also the responsibility of individuals to plant trees because they refresh the air.

Food

A sustainable food system provides healthy food to the users while sustaining the environment at the same time so that the food can be used in the future. The food is also safe and is produced without pesticides or chemicals that are hazardous to the environment. Nutrition is increasingly having a massive role in defining the type of food that is sustainable because the food should be good for the health of the people without causing harm or dangerous illnesses to them. Agricultural practices are, therefore, supposed to protect the environment while expanding the natural resources existing on the earth to maintain soil fertility and improve human health conditions. This can also be done through promoting environmental stewardship and enhancing the life quality for communities through increasing production of fiber and food engineering.

Energy

Energy is one of the most useful resources for human beings. Therefore, humans should use sustainable energy that meets the modern demands without putting the future generation at danger by depleting the energy or overusing it. It is, therefore, vital to encourage the use of sustainable energy that will not have an unsustainable effect on the environment but also availing the energy widely and unaffordable for free cost. Sustainable energy cannot be depleted, and examples of such renewable sources of energy include solar energy wind energy and geothermal power together with biomass energy. People must avoid the use of fossil fuels such as coal and oil or natural gas, because it can easily be depleted and is also posing dangerous impacts on the environment, such as air pollution.

Waste

Numerous activities cause damaging impacts on the environment. Some of these activities include the production and disposal of waste products that affect natural resources. The production of consumables at their disposal can impact the environment and the atmosphere through pollution. Sustainable waste management is one of the strategies that is used to reduce the number of wages that come from the natural resources consumed by the people. It is essential to confirm that all the materials come from natural resources, and they can be reused rather than being disposed as a waste. There are numerous ways that wastes can be managed. These include; recycling and reusing resources to minimize the amount of waste sent to the landfills while also protecting the dwindling of natural resources. Also, it reduces the number of greenhouse gases emitted to the atmosphere as well as reducing the contamination of water. If these activities are implemented, it becomes more effective to protect the value of the economy by making the right choices and not to throw things to trash when also saving the resources for the future generation.

Conclusion

In conclusion, as the population increases, resources available are put under pressure, and the amount of waste also increases. This makes it necessary for people to consider environmental sustainability to reduce problems such as excessive production of gases. Maintaining a sustainable earth requires the use of renewable natural resources. These resources can restore themselves instead of using non-renewable sources that are quickly depleted. It also becomes vital for future generations. The ecosystem also depends on how the environment is taken care of as extreme events such as landslides hurricanes, or intense storms rely on them. It also deals with food sustainability by producing healthy food that does not use excessive pesticides. The amount of water used should also be conserved so that people can get the same water not being polluted. Some resources, such as food, energy and waste, must be managed to avoid wastage for the future generation.

Works cited

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