

Promoting Health and Preventing Ill

Health(Generic Module)

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Grade Assignment Help

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Introduction

Health is the greatest wealth a human being can possess because it decides how the person is going to spend their entire life. The duty of individuals is to take care of their health by making it their first priority. Inculcating certain health behaviours within themselves along with practising these habits on a regular basis can grant the person a healthy life ahead (Hermino and Redjeki, 2020). However, there are certain factors that make the health condition of human beings miserable, no matter how hard they try to follow the track of healthy living. Such factors are known as health issues that occur around the existence of human beings and silently deteriorate their health. Pollution is one of the prominent health issues that have now become a part of daily life and it is becoming harder for human beings to stay away from the negative impacts of pollution (Taştan and Gökozan, 2019). This paper will thoroughly discuss each component associated with pollution including its background and rationale to clarify how it is a dangerous problem. The epidemiology of this issue will elaborate on the risk factors connected with pollution and the group of people, mostly impacted by it. A social policy will be aligned with pollution along with providing two approaches to promoting health. The interventions that are to be required to implement the goal of health promotion will be discussed. Social media has a great influence on interacting about the need for health promotion by mitigating pollution as much as possible (Eguiluz-Gracia *et al.*, 2020). In the end, it is important to evaluate critically whether the planning to promote health will be effective or not along with mentioning some recommendations to improve the planning in the long run.

Explanation of the background and rationale of the health issue

Pollution is the condition in which unwanted and poisonous substances get mixed with the environment to degrade it. Among the commonly known forms of pollution, there are air

pollution, noise pollution, soil pollution and water pollution. Each form of pollution has its own adverse effects on the environment as well as on the health of human beings (Koval *et al.*, 2021). Day by day the percentage of pollution in nature is soaring high and thus it is becoming difficult to tackle its impacts. Air pollution is the root cause of diseases in the respiratory system of humans because they are continuously exposed to the pollutants that make the air quality poor. In the UK, the average PM or Particulate matter is 2.5 which is 1.8 times more than that prescribed by the World Health Organisation (Iqair, 2023). COPD or Chronic Obstructive Pulmonary Disease and most lung cancers are created due to extreme exposure to poor-quality air. Noise pollution takes place when the level of sound is more than 80 decibels, mainly created by the incessant use of vehicle horns, crackers and loudspeakers. Various wastage of sewage and industrial wastes are disposed of in the water bodies to affect the water quality which endangers the lives of animals inside the water (Awuchi *et al.*, 2020). Even, human beings get exposed to such sources of polluted water because water is the main source of existence on this earth. Apart from creating water pollution when such pollutants come in contact with the soil, soil pollution is created. Human beings directly intake the food which is grown in such polluted soils (Olson and Morton, 2019).

Health Issues' Epidemiology

Risks that are associated with these forms of pollution are beyond measure and naturally, the health of the individuals is being affected. Due to overexposure to polluted air, the respiratory tract can be damaged which invites multiple diseases such as a worsened form of Asthma and lung cancer (Modelling and Broecker, 2020). Children can be highly impacted from an early age by this pollution as they may encounter health problems such as chronic bronchitis, nausea, headache and so on that can affect their overall cognitive growth. People who live in urban areas

or work in industrial units are mostly affected by Air Pollution because there are a lot of vehicles in urban areas which emit smoke in the air. Staying near an industrial area or working in such areas increases the risk of diseases, caused by air pollution because of continuous exposure to various adverse gasses. In the UK, it has been reported that in the larger towns of this nation, 1 in every 19 deaths is caused by exposure to toxic air (Butler, 2020). Noise pollution occurs more in the towns because of the use of horns by the vehicle users randomly along with the use of loudspeakers. Older people and children can be impacted by Noise Induced Hearing loss along with hypertension, and deprivation of sleep among others. Intake of contaminated water and food of the polluted soils can damage the health of the people, belonging to rural as well as urban areas (Adedeji *et al.*, 2020). Lead poisoning, present in the food grown in polluted soil can affect the neurological system, particularly of children while arsenic poisoning is the effect of having polluted water

Assessing the health issue

According to (Duan *et al.*, 2020), respiratory diseases and COPD are mostly the outcomes of air pollution and these can have both short-term as well as long-term outcomes. This piece of literature has also mentioned that the presence of polluted air around human beings can literally exacerbate the already existing diseases of human bodies. (Huang *et al.*, 2023) mentions that excessive noise pollution in road traffic can increase the chances of hypertension among the citizens of the UK. Excessive hypertension is closely related to cardiovascular diseases that ultimately increase the risk factor of premature death. (Asare and Afriyie, 2021) have assessed that metallurgy, as well as mining, are mainly the reasons for soil contamination as these processes add various minerals such as Pb, Ag, and Hg which are not good for health. However, through the food chain, Pb or lead transfers to the human body and continuous consumption of

such food items create lead poisoning in human bodies. Similarly, water that has arsenic proves to be fatal to human health making them prone to be affected by dangerous forms of skin cancer. Such pollutants create an imbalance in the health of children which causes them to accept untimely deaths at an early age.

Social policy relevant to the health issue

Once it has been detected that pollution is increasing and being more detrimental to human health, the Government of each country has implemented various social policies to minimise the effects of pollution. In the UK, the Government of the country has introduced new legislation, prohibiting the use of polluting fuels and diesel as well as petrol cars by 2040 (Gov, 2019). At the same time, the Environment Act of 2021 of the UK government has aim to provide clean air by improving the quality of the air. Such social policies are required so that the pollution level of the countries can be monitored by making the citizens aware.

2 approaches related to initiatives of health promotion

One of the very first approaches that must be undertaken to take the initiative of health promotion is to practice the method of having healthy living habits. Individuals must understand that it is not easy to curb pollution and thus they must try to focus on living a healthy life (Luyckx *et al.*, 2021). In order to do this, they can switch to having essentially fresh fruits as well as vegetables on a daily basis. Before having any food item, they must make sure that it comes from an organic source so that they do not have to eat food that contains lead. Apart from that, drinking water should not incorporate arsenic which degrades the quality of human health. Regular exercises are necessary on the part of individuals so that they can fight the odds of pollution (De Sousa *et al.*, 2021).

Another approach in the way of taking initiatives in health promotion should be based on maintaining the rules and regulations of the Government. The policies of the government ensure that pollution is curbed as well as human beings stay less affected by the impacts of pollution. Individuals should follow the guidelines of the government that are meant to provide health protection to them in case they belong to areas, mostly damaged by pollution (Wilson and Istomin, 2019).

2 goals of promoting health, using SMART objectives

Goal 1: To reduce respiratory disease due to over-exposure to air pollution

S(Specific)	M(Measurable)	A(Achievable)	R(Relevant)	T(Timebound)
To reduce respiratory disease due to over-exposure to air pollution	This is to be measured by continuous monitoring of the heart condition of the people living in urban as well as industrial areas.	This goal is achievable if the people of these areas become aware of the ill impacts of air pollution. Using fewer personal vehicles and switching to public vehicles can decrease the	The relevance of this goal is immense as it is necessary to minimise the rate of air pollution and mitigate health diseases, emerging from it.	4-5 years

		rate of pollution (Logan <i>et al.</i> , 2020).		
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Goal 2: To reduce the intake of unhealthy or inorganic food

S(Specific)	M(Measurable)	A(Achievable)	R(Relevant)	T(Timebound)
To reduce the intake of unhealthy or inorganic food (De Sousa <i>et al.</i> , 2021).	Recording the increase or decrease in the rates of diseases, caused by lead poisoning, will be effective to make the progress of the goal measurable.	Making people aware of the harmful chemicals present in inorganic food is to be ensured so that the goal can be achieved.	This is relevant as it is necessary to keep people away from having foods that contain lead and result in the breakdown of the central nervous system. The relevance of this goal can be traced to providing children with	5-6 years

			healthy food (Huang <i>et al.</i> , 2023).	
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Interventions of goals of health promotion

The first goal of health promotion that is mentioned here is to reduce the respiratory diseases in human beings that mainly emerge due to over-exposure to air pollution for a long period. At the same time, another goal of promoting health is to reduce the intake of inorganic food as much as possible (Wilson and Istomin, 2019). In order to make these goals reachable, it is necessary that each and every individual must understand the adverse effects of pollution on their health. Without their commitment to mitigate the diseases by avoiding pollution, the goals can never be achieved. They should work on mitigating air pollution by reducing the use of their personal cars so that less fuel is used (Hermino and Redjeki, 2020). Instead of that they can use public transport where a lot of people can travel and thus the rate of gasses emitted through the smoke of the vehicles can be reduced. Energy consumption is another segment in which individuals should intervene. Switching off the electricity as soon as the task is done must be kept in mind so that fuel is not wasted (Luyckx *et al.*, 2021). Apart from that, people should avoid staying in industrial areas or polluted areas for a longer period because such air contains Nitrogen dioxide, Carbon monoxide and Sulfur dioxide. Avoiding such areas will keep them safe from getting respiratory diseases such as Chronic Obstructive Pulmonary Disease, Emphysema and so on which are very detrimental to having good cardiovascular health (Duan *et al.*, 2020). In order to avoid premature deaths from such diseases, individuals must make the community aware of the

ill effects of the pollutants. Once a community works towards a particular cause, the rate of successful accomplishment of the task increases.

The individuals can take the initiative to make relatives aware of the necessity to maintain good cardiovascular health and that can be done by staying away from polluted areas as much as possible (Asare and Afriyie, 2021). Once they inculcate the habit that leads to a healthy life, they will be able to motivate the entire community to do so. Incorporating healthy foods as well as vegetables is mandatory to increase the resistance power of individuals. People must take charge to encourage others to develop the same habit. At the same time, once they find out the necessity to have organic food instead of junk food that is made inorganically, they will be able to guide the community to follow the food habit (Huang *et al.*, 2023). Lead poisoning and arsenic poisoning are the two dangerous reasons and are enough to make human beings affected by harmful cancers. Thus, it is necessary to grow and promote food that is free from any kind of preservatives. The organisations can also take steps towards controlling the pollution rate, caused by their own business operations. Consequently, protecting the workers as well as the local people from the adverse effects of air, noise, water and soil pollution is also the responsibility of the respective organisations. This is because, for generating various products under these organisations, a lot of smoke is emitted into the air. The sounds of the machinery also contribute to noise pollution which is required to be checked. Most importantly, the excess of the factories also gets mixed with water and soil which creates water pollution, having adverse effects on the health of human beings. Organisations must bear the responsibilities and invest in Corporate Social Responsibilities so that they can eliminate the ill effects of their business operations on human health. Several NGOs must elaborate on the necessity of fighting such effects of pollution by maintaining certain health habits such as doing exercises, quitting smoking and eating

healthy. The Department of Environment of the respective governments must introduce several social policies, acts and legislations so that people need to follow the guidelines for curbing pollution to have sound health. Apart from that multidisciplinary as well as interdisciplinary teams need to make their own interventions (Adedeji et al., 2020). Experts from multiple sectors such as health specialists, environmentalists and others should collaborate with each other to devise solutions to curb pollution and its effects. They can bring remedies to the diseases such as cardiovascular disease and cancers, caused by pollution by inventing the required medicines for the complexities. Through the intervention of each and every individual along with the responsible entities, the goal of health promotions will be readily achievable.

Influence of social media in Interaction with health promotion

The key role played by social media is undeniable in this contemporary world and hence it is expected that health interactions will be easier through social media platforms. Public health promotions become quite effective if done through social media because it does not need to limit themselves within the boundary of a particular place. People come across multiple data, provided in the social media platforms that can make them aware of the health hazards they may experience in the future due to excessive exposure to pollution (Logan *et al.*, 2020). Apart from that, they can interact with people from absolutely different regions to get an overview of the necessity of taking the required steps to curb pollution that impacts their health. Various celebrities and social media influencers are present on such platforms who can directly influence common people to improve their health by promoting the cruciality of having better health. Several campaigns and surveys can also be arranged by the Governments as well as health institutions such as WHO to make people aware of the do's and don'ts to maintain a healthy life (Asare and Afriyie, 2021).

Critical evaluation of the planning related to health promotion including recommendations

In order to make health promotion better, it is necessary to use social media platforms from today's perspectives. Among the widely used social media platforms, there are Twitter, Facebook and Instagram and these can be utilised the most to make promotions. Being used by most people throughout the world, these platforms will be informative to the users to let them know the benefits of having good health (Taştan and Gökozan, 2019). Pollution is a major setback in the positive sustenance of human health thus they must make them stronger enough to fight against such adversities. Social media is there to help people acknowledge the necessity of good health and at the same time when they observe what others do to have sound health as well as to control the effects of pollution, people get motivated to follow the same way. Hence, the method of promoting health through eating nutritious food, exercising regularly, and staying away from any kind of tobacco consumption, becomes fruitful because social media has a great influence on the lives of human beings now (De Sousa *et al.*, 2021). Apart from these, the interventions of the individual are necessary because unless every individual understands the urgency of mitigating the impacts of pollution to protect the entire humankind, it is not possible to make the planning successful. Several organisations throughout the world are taking initiatives so they can introduce CSR activities in order to decrease carbon emissions, climate change and other reasons for pollution throughout the world.

However, it has been evaluated that people are still not concerned about the ill effects of such pollution on their health (Eguiluz-Gracia *et al.*, 2020). They tend to indulge in activities that increase the rate of pollution by maximising the use of vehicles. Even they lead a lifestyle that is not good for their well-being by having junk food, indulging in smoking and drinking. Such

habits exacerbate the rate of heart diseases and cancers even in young people because of their carelessness. Thus, informing the relatives and communities becomes useless because individuals have not restrained themselves yet. Several campaigns, undertaken by the government as well as by various social working groups fail to achieve the goal because of the necessity of having good health to fight the hazardous impacts of air, soil, noise and water pollution (Adedeji et al., 2020).

Alternatively, this situation can be controlled through strict laws, regulated by the government of each country. Once the laws are stricter, people will have no other option but to maintain the rules and regulations related to decreasing pollution, being afraid of future penalties. Apart from that, the campaigns promoting health must be done collaboratively in which even the common man can participate so that they can share their experiences after they start developing healthy habits (Wilson and Istomin, 2019). Organisations, while setting respective goals to help the environment as well as humankind make it sustainable, must also include their employees directly in such campaigns. This is to ensure that every individual is committed to making the campaigns successful and while becoming a part of such an initiative, he or she will determine the value of such actions and will make others aware of the necessity to have sound health.

Conclusion

In conclusion, it can be determined that pollution is a health issue that has several harmful impacts on human health. Multiple resources are available in the environment that contributes to air, soil, water and noise pollution. Every year a lot of human beings succumb to death due to extreme and continuous exposure to a polluted environment. Older people, younger people and even children can not stay away from the clutches of pollution as they develop various severe diseases such as cancer, cardiovascular diseases and so on that make them suffer throughout their

lives (Koval *et al.*, 2021). Hence, every human being should work on mitigating pollution as well as its adverse effects on their lives. Having robust health is required to fight the odds of pollution and that can be only gained if they commit to choosing the way of living a healthy lifestyle. Necessary changes can be brought to their eating habits to include organic food as much as possible to reduce the ill effects of different harmful elements, present in most of the food items (Huang *et al.*, 2023). Regular exercise can guarantee good health and in this regard, various social media platforms, social campaigns by the government and socially active groups can play a vital role to make individuals aware of promoting health.

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