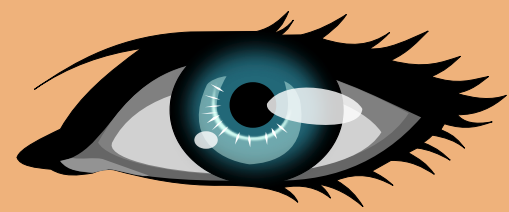


THE ENVIRONMENT & YOU

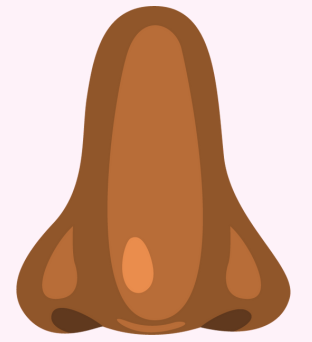
It's easy to forget how much we are impacted by the quality of the environment surrounding us. The environment is constantly working for or against our bodies, health, and well-being, and each one of our senses can feel the impact:

SIGHT



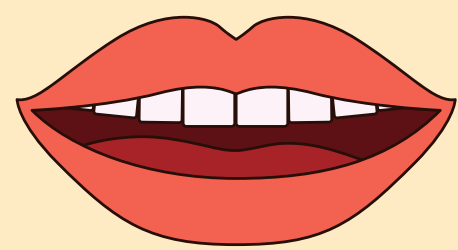
The depletion of our Earth's ozone layer can not only increase risk of melanoma skin cancer (due to decreased UV protection), but it can also play a role in the development of cataracts and damage to the eye's lens. Individuals who live near the equator will feel the most impact by this loss in essential UV protection.

SMELL



Johns Hopkins medical researchers conducted a study in 2021 that found that long-term exposure to airborne pollutants can increase one's risk of losing their sense of smell by nearly twice. The study was conducted primarily with individuals living in cities with high exposure to air pollution.

TASTE



Consuming inadequately sanitized water is a major cause of death and disease worldwide. Better water, sanitation, and hygiene could prevent the deaths of 297,000 children aged under 5 years each year.

HEARING

Did you know that noise in your environment is considered a pollutant? Exposure to persistent noise pollution can cause stress, high blood pressure, sleep disturbances, and heart disease. The most common problem noise pollution causes is Noise Induced Hearing Loss (NIHL).



TOUCH

Individuals working in industries like manufacturing may be exposed to untested chemical mixtures (whether through inhalation or contact with skin) that can affect the reproductive health of the worker. These hazards can impact fertility, miscarriage, and birth defects. Federal law protects one's rights to a safe workplace, but low-income or undocumented workers may fear speaking up out of concern for losing their job.



SOURCES: ENVIRONMENTAL PROTECTION AGENCY, JOHNS HOPKINS MEDICINE, WORLD HEALTH ORGANIZATION, OSHA

To learn more about how the environment impacts you, tune into the monthly Strive webinar on Wednesday, April 26, 2023 12:00-12:30 PM EST.



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