



PLASTIC POLLUTION AND OUR HEALTH



South Asia Forum for Energy
Towards Sustainable Energy Future



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END PLASTIC POLLUTION

Plastic pollution impacts the environment , our health and wellbeing. We have all contributed to this problem – mostly unknowingly – and we must work to reduce and ultimately to End Plastic Pollution.

THE HARMFUL SIDE OF PLASTICS



PLASTIC POLLUTION

- × **For many years, we only perceived the benefits of plastic and knew little of the damaging consequences for human health, natural ecosystems and the climate. Plastics are a problem mostly due to their un-biodegradable nature**
- × **The main cause is rise of plastic packaging 42% of non-fiber plastic produced & 54% of plastics thrown away .**



THE HARMFUL SIDE OF PLASTICS

PLASTICS AND YOUR OWN HEALTH

The negative consequences are startling. Plastic pollution is now recognized as a hazard to public and the human body. Chemicals leached from some plastics used in food/beverage storage are harmful to human health an increased risk of problems such cancer, cardiovascular system damage, adult-onset diabetes, early puberty, obesity and resistance to chemotherapy.



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THE HARMFUL SIDE OF PLASTICS

PLASTICS AND YOUR OWN HEALTH

Many plastics contain phthalates (DEHP). If food or drink is stored in these plastics, they can be contaminated with these chemicals, If food is heated inside the containers in the microwave or if the plastic is ingested as in the case of a small child, these chemicals make their way into our food and into our bodies. Both chemicals are potentially harmful to human hormones, reproductive systems, and early childhood development.



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THE FACTS

Plastic never goes away .

Plastic spoils our GROUNDWATER

Plastic attracts other pollutants .

Plastic threatens wildlife .

Plastic piles up in the environment .

Plastic poison our Food Chain.

Plastic affects Human Health

Plastic costs Billion to abate .



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PLASTIC AND CLIMATE

It is estimated that production of plastic products account for an estimated 8% of global oil production. The drilling of oil and processing into plastic releases harmful gas emissions into the environment including carbon monoxide, hydrogen sulfide, ozone, benzene, and methane (a greenhouse gas that causes a greater warming effect than carbon dioxide) five ounces of carbon dioxide are emitted for every ounce of Polyethylene Terephthalate produced (also known as PET, the plastic most commonly used to make water bottles)..



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PLASTIC AND CLIMATE

Plastic Pollution in the Ocean

Poor waste management policies continue to see plastic waste being dumped directly into the ocean threatens each of the world's oceans. When fish and other marine creatures eat or get ensnared in plastic debris and can be killed or maimed consumed by marine organisms. Toxins they absorb from the water seafood potentially dangerous for humans as well .

By 2050 there will be more plastic in the oceans than there are fish. Work together to solve this problem and save the ocean for further generations.

Animals who eat plastic often starve because they can't digest the plastic and it fills their stomachs preventing them from eating real food. Birds and other larger animals often become trapped or ensnared in plastic bags and frequently are trapped in plastic debris, restricting their growth and movement. Plastic never fully degrades, Eventually it becomes small enough to enter the bloodstream of marine organisms.

WHY IS PLASTIC SO HARMFUL TO MARINE LIFE?



Micro plastics

These small plastic fragments are now everywhere. When you drink water, eat fish or other seafood, or when you add salt to your meals, chances are you can also be ingesting tiny pieces of plastic. Some micro plastics start out as large plastic pieces eroded by water or exposure to the sun and the elements. Some are micro beads, use in skin care products, Plastic that are added as exfoliants health and beauty products, such as some cleansers, toothpaste, face wash, soap and shower cream, Others originate from plastic-based fabrics such as polyester and nylon that shed plastic fibers when washed. Several studies have shown synthetic fibers to make up the lion's share of micro plastics found in oceans, rivers and lakes, and clothes made from synthetics (polyester, acrylic, nylon, and so on) are widely implicated as the source of that pollution. In 2015, the US passed the Micro bead-Free Waters Act, banning plastic micro beads in cosmetics and personal care products.



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THE SOLUTION

The 3 'R' is the only solution for plastic pollution.

- ⊗ **R**educe
- ⊗ **R**euse
- ⊗ **R**ecycle





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REDUCE

To start cutting out that plastic .Many plastics can't be efficiently recycled and will end up in the landfill regardless of localities lack the infrastructure to sort and recycle plastics. to products at the end of their lifecycle, we have to be responsible for which products we purchase in the first place two specific ways you can reduce your consumption, refusing plastic products, and reusing items to extend their lifecycle and keep them out of the landfill.

CONSUME WHAT YOU NEED

Many plastic products you may frequently use are generally unnecessary – do you really need a straw to drink a glass of water? Always ask yourself if you can get the same product without consuming plastic before you buy something



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REDUCE





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REFUSE

TIPS TO REFUSE PLASTICS

You could also go a step further and ask the restaurant to stop providing plastic straws or to only provide straws to customers when requested. canvas bags instead. And buy cloth or mesh bags to carry fresh produce to the cashier.

- ✘ Take a little extra time while doing your shopping, select products without plastic packaging and always be sure to avoid or even boycott products that are excessively wrapped in plastic (for example fresh produce).
- ✘ When you go clothes shopping, it is best to avoid fabrics with plastic microfibers such as nylon and polyester. Or check ways to collect the fibers in your dishwasher.



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REUSE

re-use





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REUSE

The next step we encourage you to take as part of your reduction of plastic consumption is to reuse. One of the main drivers of the massive plastic pollution problem is the incredibly brief life cycle many of these products have. A majority of the items we use one single time before disposal are plastic. This leads to unnecessary waste for low usability. purchase specialty items that replace single use plastics and can safely be used again and again.



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REUSE

WAYS YOU CAN REUSE IN YOUR DAILY LIFE:

- You can buy reusable mesh bags that replace the plastic bags you use for bulk produce at the grocery store.
- You can purchase canvas shopping bags and leave them in your car for anytime you go shopping
- Get a reusable water bottle instead of buying plastic ones and throwing them out.
- There are reusable wax lined bags and wraps that effectively replace single use sandwich bags.
- When you finally decide to get rid of old clothes, toys, furniture, or electronics, donate them rather than throwing them away.
- Use dishes, glasses, and metal silverware instead of their plastic counterparts.
- Consider trying washable reusable cloth diapers instead of disposable ones
- Many food containers from restaurants are durable enough to be reused for kitchen storage.



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RECYCLE



Recycled plastic bags & overwrap are made into many useful items





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RECYCLE



Carry your own shopping bags, and encouraging your friends and family to do the same. But in a world where plastic is so omnipresent. Your next step is to learn about recycling. Recycling is far from the final solution to the Plastic Pollution problem .If you are positive that the item is truly recyclable. If you are unsure about an item, don't try to recycle it as it will only slow the sorting process. If you know for sure that the waste management company or entity serving your community uses a technology or system to sort out non-recyclable plastics, you can afford to make a few mistakes. Educating yourself on proper recycling is crucial to its effectiveness. Recycling properly might feel



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REMOVE

Unfortunately, the fact of the matter is that there is already an immense amount of plastic pollution dirtying our waterways and harming the planet's organisms. At this point, we as humans have to accept the fact that we need to do more than stop producing plastic pollution; we need to reverse the impact we have already made. We need to work to clean up the world's oceans and to find a way to deal with all the plastic we collect. Our fifth and final step in this toolkit is to remove existing plastic. This process presents exciting opportunities. Plastic/litter clean-ups are great community events that let you meet the people who live around you while cleaning up your local community at the same time .



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HELP THE EFFORT TO REMOVE PLASTIC

Support the work of organizations removing plastic from the environment.

Purchase innovative products created from recovered ocean or environmental plastics



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SOLUTIONS TO PLASTIC POLLUTION

Shop Friendly

Get Rid of Bottled Water

Forget to – go Container

Educate Business & Society

Get Involved

Recycle Everything



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THINK GREEN





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**SAY NO
TO PLASTIC BAGS**



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