

Creating a healthy city

[Health & Medicine](#)



Creating a Healthy City Environmental health should be a great concern for each individual person as well as our nation and the whole world.

Environmental health addresses all the physical, chemical, and biological factors affecting health and our environment. It includes air, land and water. Environmental health extends to the chemical we use such as BPA and the effects it can and may have on our children, fuel in the economy and additional sources of fuel, building green, environmental disease and sources of energy in which all of these items can have an effect on the environment and our health.

Here are other aspects of environment health that I would have never consider to be part of our concern or environment; but have just as of an impact as anything else. Bioterrorism warfare is critical because without the governments' prevention and methods many of us could be affected by chemical warfare. This weapon can kill and destroy our very lives. Buying locally is another aspect of environmental health that is critical to our community is buying our food locally from farmers and growers in our area. This is a great benefit of knowing more about where your food comes from.

It so much more too environmental health in which I do not have the time to discuss. One major item is creating a healthy environment in our communities and cities to help established a better life. Bottom of Form Creating a healthy city is to improved living conditions and better health services in association with various development activities by incorporate different ways to make the city healthy. By creating a healthy city would be committing to the development and maintenance of physical

and social environments which support and promote better health and quality of life for residents.

Building a health City would be to consider green building, recycling, educating and protecting the water, air and land in which residents maintain their living. Maintaining a healthy environment is critical to increasing quality life and years of healthy living. Healthy City would require and include high political commitment, collaboration, community participation, integration of activities and development of a city health profile and a local action plan. Once the plan has been established and implemented it's important to monitor and evaluate by incorporating views from all groups within the community.

These are critical steps in making the city environmental healthy. In order for Stockbridge to become a healthy city it will require some planning just to implement small changes and goals first then move to larger objectives. One area in which Stockbridge can begin is just to begin implementing a recycling plan. In large cities such as New York they have trash pickup and recycle pickup. Trash has to be divided into two categories. This is something that is a small goal for Stockbridge to introduction to the community.

This is a small start but it's a big change that can help to established or start the process of a healthy environment in the city. Beginning someone where is a start to healthy living. Having a health city will cost money and time. Money will needed to be generated in order for us to have the community in which we want or deserve to have. Producing a plan is one thing; but have the money to implement the plan is another which could affect the process and progress of the community.

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It's important for the city official to reach out to the people in the community and to give them an understanding of how important is our environment to the city. The present economic situation is what would have a great impact or obstacle in the city to obtain the funds needed to make changes; but this is where the community comes in and fund raisers are established to make our city environmental health. Introducing a clean environment healthy city would require information how important having a clean city is important to the community. A health city is about clean air, water, land and waste disposal for better living in the community.

Understanding the air we breathe is essential that's why green emission is established to reduce the amount of carbon that is leaked in to the air which can cause breathing issues. Having clean water and plenty of water is something our body cannot live without. Land is major because the quality of land affects food and the types of food in which we can choose from and eat. Land is different from place to place and each area yields certain kinds of food that is necessary for the nutrients we need. When our air, water and land is destroyed where do we go and how do we survive.

Environmental Health should be a global concern because earth is our home. Some of the environmental issues of global warming--global dimming—water pollution, air pollution; land pollution and land degradation are affecting humanity throughout the entire world, these and other issues affect every species on the planet earth. It's imperative that mankind listen to the cry of the environment and begin to work together to save our planet. We can all play a part by taking concern for endangered species, and being careful not to pollute our water and our land.

Environmental Health effects and impacts our entire existence and every person should be aware of what the issues are and how they can help to change or fix them because it can and will affect our air, water and food. We do not take an interested to protect and preserve our planet we are looking at killing and destroying ourselves. References Hilgenkamp, Kathryn (2006) Environmental health ; Jones and Bartlett Publishers, Massachusetts, chapter 8-10, pgs. 134-191 Omi, Shigir MD (2000) Regional experience in making a Healty city, retrieve June 14, 2012 http://www.who.int/quantifying_ehimpacts/publications/prevdisradio/en/index.html