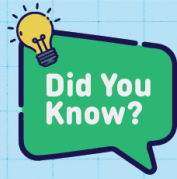


# **Planetary Health: How Individual Actions Influence the Environment**

written by Hazrul | 02/05/2024



The population of Malaysia reached **33.5 million in 2023, an 11% increase compared to 2013**. This increasing growth in population will cause a surge in demand for necessities such as water, land, food and energy.

**“Urbanisation, extensive logging, deforestation of peat swamp forest and reclamation of mangrove becomes the contributing factors to floods.”**

*[Science Outlook 2020 Executive Summary, Akademi Sains Malaysia]*



## Every day, a Malaysian..



produces  
**1.17 kilograms**  
of municipal solid waste,

*(https://www.greenkinsea.com/post/malaysia-is-eyeing-waste-to-energy-solutions)*



uses  
**205 litres**  
of water,

*(Laporan Akhir Transformasi Sektor Air 2040 Jilid 1, Jabatan Perdana Menteri Unit Perancang Ekonomi)*



uses  
**14.06 kWh**  
of electricity per household.

*(Laporan Survei Perbelanjaan Isi Rumah 2022, Kementerian Ekonomi Jabatan Perangkaan Malaysia)*

## HOW DOES THIS AFFECT THE ENVIRONMENT?



**Higher emission of greenhouse gases (GHG)** from the municipal solid waste landfills leading to global warming.



**Higher operational and environmental costs for water treatment.**



**Burning more fossil fuels to generate electricity causes air pollution.**

We must practice sustainable lifestyle to accommodate the growing population while minimising the negative effects on the environment.



## HOW CAN I MAKE CHANGES?



### Solid Waste

- Make groceries planning to prevent food wastage
- Compost organic waste



### Water

- Develop 8R

*(Respect water, Rethink the value of water, Reduce wastage, Re-Use water, Recharge Ground Water, Recycle wastewater, Repurpose water for higher value use; and Regeneration of water.)*



### Electricity

- Switch off appliances when not in use
- Use energy-efficient appliances

#### Sources:

1. Science Outlook 2020 EXECUTIVE SUMMARY, Akademi Sains Malaysia
2. Department of Statistics, Malaysia
3. Laporan Akhir Transformasi Sektor Air 2040 Jilid 1, Jabatan Perdana Menteri Unit Perancang Ekonomi
4. <https://www.greenkinsea.com/post/malaysia-is-eyeing-waste-to-energy-solutions>
5. <https://maponline.com.sg/articles/21123979137/the-economic-impact-of-water-supply-disruption>
6. <https://www.sciencedirect.com/science/article/abs/pii/S0959652620303493>
7. Laporan Survei Perbelanjaan Isi Rumah 2022, Kementerian Ekonomi Jabatan Perangkaan Malaysia

We must lead a [sustainable lifestyle](#) to accommodate the growing population while minimising the negative effects on the [environment](#). Here's what we can do to help!