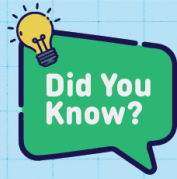


Planetary Health: How Individual Actions Influence the Environment

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.greenindonesia.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.greenindonesia.com/post/malaysia-is-eyeing-waste-to-energy-solutions>
5. <https://maponline.com.sg/articles/2112397913/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!