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ATMOSPHERE POLLUTION AND ITS IMPACT ON HEALTH

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Annotation: This article covers the causes of atmospheric pollution, its impact on human health, and ways to solve this problem. The article presents examples from international and national experience, revealing the relevance of the problem based on statistical data. Detailed information is provided on the impact of atmospheric pollution on health, including respiratory diseases, cardiovascular problems, and other risks.
Key words: air pollution, health, ecology, international experience, national strategies.

Topic relevance: Currently, atmospheric pollution is one of the global environmental problems, posing a serious threat to the sustainable development of humanity and a healthy lifestyle. According to the World Health Organization (WHO), millions of people suffer from various diseases due to atmospheric pollution every year. In particular, the acceleration of the urbanization process, the increase in the number of industrial enterprises and the increase in the use of road transport increase the amount of harmful substances in the atmosphere. Therefore, preventing atmospheric pollution and reducing its impact on health is a pressing issue.

Causes of atmospheric pollution. Air pollution is primarily caused by the following factors:

Industrial activity: Enterprises in the chemical, metallurgical and energy sectors release harmful gases into the atmosphere.

Vehicles: Carbon dioxide, nitrogen oxides, and other substances emitted by automobile engines are major sources of pollution.

Energy sources: As a result of the combustion of fuels such as coal, oil and gas, many harmful substances are released into the atmosphere.

Agriculture: Gases produced by the use of pesticides and fertilizers are also polluting factors.

The impact of air pollution on health. Harmful substances in the atmosphere affect the human body in various ways. Their main spheres of influence are:

Respiratory diseases: Dust particles and gases in the atmosphere can cause diseases such as bronchitis, asthma, and lung cancer.

Cardiovascular system problems: Air pollution increases the risk of diseases such as cardiac ischemia, hypertension, and stroke.

Nervous system: Some harmful substances, such as lead and mercury, negatively affect the nervous system and reduce cognitive functions.

Child health: Atmospheric pollution can cause growth and development problems in children.

International and national experience Internationally, many countries are implementing programs aimed at reducing atmospheric pollution. For example, in the countries of the European Union, strict regulations on the control of industrial waste have been introduced. China is implementing programs to reduce the use of coal to improve air quality.

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At the national level, the Republic of Uzbekistan is implementing a number of legal and technical measures to ensure environmental sustainability. In particular, a strategy for transitioning to a "green economy" has been adopted, and projects for the use of renewable energy sources are being implemented.

Conclusions and recommendations. Air pollution poses a serious threat to human health, and efforts at the international and national levels need to be combined to reduce it. Reducing industrial emissions, introducing environmentally friendly vehicles, increasing the environmental literacy of the population, and stimulating the use of renewable energy sources are effective ways to solve the problem.

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