

ENVIRONMENT AND HEALTH, SOME ASPECTS OF AIR QUALITY AND ITS IMPACT ON HUMAN HEALTH

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Abstract

A clean environment is essential for human health. However, the interactions between the environment and human health are highly complex and difficult to assess. This makes the use of the precautionary principle particularly useful. The best-known health impacts are related to ambient air pollution, poor water quality and insufficient sanitation. Unusually high temperatures, may be contributing to poor air quality in many European cities, including our country. Thresholds to protect health from ground-level ozone have been exceeded across Europe. There is large disparity in the environmental conditions across Europe, which is often reflected in different levels of health and life expectancy. People are usually exposed to multiple environmental factors throughout their lives, and more research is needed to understand the impacts, especially for the most vulnerable in society – including children, the poor and the elderly. An increasing health concern in relation to water quality is pharmaceutical residues and endocrine-disrupting substances, which are not always fully removed by water treatment. Water shortages and water quality issues may be further exacerbated by climate change. Environmental pollution has not spared even our country. Reasons for this rapid growth are: Air pollution, water pollution, waste, deforestation, environmental movement in Albania etc.. As a result of monitoring air quality in different regions of our country, from different institutions, it turns out that for different periods of the year in certain areas, the content of some air pollutants is higher than the rates allowed by EU and national rates. During the discussion of the results obtained from the analysis of various air quality, reflected through the various tables and graphs, provides information on some of the factors that affect air quality in these regions, such as the dumping of waste in various environments various emission of the car, the increase of the content of PM10 and PM2.5 particles, inadequate road infrastructure in some areas etc. We are all responsible for creating healthy environments because the environmental health is a part of our everyday life.

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