

Protecting the Environment with Human Health: The Role of Education

Pham Van Luong¹, Vu Hong Van²

^{1,2} University of Transport and Communications, No.3 CauGiay Street, Lang Thuong Ward, Dong Da District, Hanoi, Vietnam.

¹Email: luongpv_ph@utc.edu.vn ²Email: vanvh_ph@utc.edu.vn

(¹Corresponding author's e-mail: luongpv_ph@utc.edu.vn)

Abstract: The environment has long become a concern of all mankind and environmental issues, environmental protection in any era, at any time of each country is also considered a very important task. Because the environment is understood as everything that is around us and is very close to humans, including the natural environment (land, rivers, air, trees, plants, animals, etc.) and the artificial environment is man-made (such as roads, factories, factories, etc.). All of the above-mentioned issues have a great influence on people's lives (in terms of life and health). Environmental education aims to help the community understand the complex nature of natural and man-made environmental systems, thereby helping people have more "friendly" behavior towards the environment. On the basis of the actual survey, the study of documents, this study clearly shows the role of environmental education for students, thereby raising their awareness in protecting their own health.

Keywords: Protecting the environment, human health, the role of education, Ho Chi Minh City

INTRODUCTION

The goal of environmental education is to equip the community with skills to act in environmental protection more effectively (Ministry of Education and Training, 2018). The most effective method of environmental education is educating knowledge about the environment in a specific environment in order to direct the educational audience to take action to protect the environment. Recognizing the importance of environmental education in environmental protection, the Party and the State of Vietnam have made specific policies and action plans and achieved remarkable achievements. (Luong & Van, 2021).

Environmental education programs, including both mainstream and extra-curricular, have been deployed to all levels of education in the Vietnamese education system (Luong & Van, 2021). Campaigns to raise public awareness, and mobilize the masses as well as other social organizations to participate in environmental protection are conducted every year. The environmental data and information system has also been built and is becoming more and more complete. Along with these achievements, the content of the report also highlights the limitations and shortcomings in education, training, and awareness-raising on environmental protection.

The purpose of Environmental Education is to apply knowledge and skills to preserve, conserve and use the environment in a sustainable way for both present and future generations (Ministry of

Education and Training, 2018). It also includes learning how to use new technologies to increase production and avoid environmental disasters, alleviate poverty, take advantage of opportunities, and make wise decisions in the use of resources. Furthermore, it includes acquiring the skills, motivation, and commitment to act, individually or collectively, to address current environmental problems and prevent future problems. newly born.

Thus, "Environmental education is a process through formal and non-formal educational activities aimed at helping people acquire the knowledge, skills, and values that enable them to participate in the development of the environment. an ecologically sustainable society" (UNICEF, 2019).

A polluted environment directly affects the health of every person living in it. At present, environmental pollution has become alarming, leading to the appearance of dangerous diseases. Environmental protection is a practical matter that everyone needs to act on. Therefore, it is necessary to educate the awareness of environmental protection, which is considered an effective and long-term solution in protecting the environment and protecting human health.

LITERATURE REVIEW

Luong & Van (2021) in "Education Responsibility Protection Environmental for Students: Duties, Requirements and Necessity" specified "Currently, the living environment is heavily polluted, largely due to the destruction of humans. With regard to environmental pollution, the responsibilities of each Vietnamese citizen are the same. Any citizen needs to seriously comply with state regulations, raise their own awareness to contribute to preserving and protecting the environment. However, for many years, the awareness of environmental protection of students is attached and the work of educating the awareness of environmental protection in universities has not been paid attention".

Duc, T. (2020) in "Tasks and Solutions to improve the efficiency of environmental protection, building new rural landscapes in the post 2020 period", published in the Journal of State Organization also clearly pointed out the limitations and problems in the work of environmental protection at present and propose solutions to raise awareness of environmental protection. However, the article does not discuss steps to implement solutions.

In a survey by the Youth Research Institute (2019), it was found that a part of young people are indifferent to the responsibility of protecting the environment and are not aware of the need to protect the human environment.

Ho, L. (2019) in "Raising people's awareness to participate in environmental protection", posted on the portal of the City Party Committee Ho Chi Minh City pointed out: Environmental protection is a common issue of the entire political system - the entire people; to ensure the sustainable development of the country in general and of the Ho Chi Minh City, in particular, must have effective management from the government and active participation from the community in environmental protection.

World Bank (2019), "Addressing Climate Change in Transport" and UNICEF (2019): Children are the least responsible for climate change, yet they will bear the greatest burden of its impact and UNICEF (2019), Global resources outlook. The United Nations Environment Program has shown

that the problem of environmental pollution is taking place very seriously and the need to raise people's awareness and responsibility to protect the environment.

Worldometers (2019), in "Vietnam Population" (LIVE) retrieving data, showed that Vietnam has been ranked among the largest plastic wastewater waste countries in the world and requires a change in awareness and responsibility for environmental protection of the Vietnamese people.

Workshop on "Applying science and technology in environmental protection and environmental management, raising community awareness in environmental protection", organized by the Vietnam Women's Intellectual Association, November 2, 2019, in Ho Chi Minh City also affirmed: In order to improve the state management on environmental protection, many delegates said that the exploitation and use of environmental resources in coastal and marine areas should comply with the Laws that have taken effects such as Law on Environmental Protection, Law on Protection of Aquatic Resources, Law on Forest Protection and Development.

Spring J. in "How educational ideologies are shaping global society: Intergovernmental organizations", NGO's, and the decline of the state and Stephen Dover, and Colin Butler (2019), in Population and environment: a global challenge shows, because of demand too high, people are destroying nature, accompanied by poor awareness leading to serious environmental pollution. Therefore, there must be strong measures in educating the awareness of environmental protection.

For studies in Vietnam, many years have shown that environmental pollution is a very serious problem for Vietnam. The issue of environmental pollution, solid waste, and plastic waste is a stinging problem, adversely affecting human life. Many recommendations have been made, including human education on environmental protection. There are some typical studies as follows:

The above studies have clearly shown the importance of the environment to human life, from which it is necessary to educate about the awareness and responsibility to protect the environment. However, the works did not mention the implementation solutions.

Like the international authors, the domestic authors have pointed out the current state of Vietnam's environmental pollution, its negative impacts on people's lives, the need to change perceptions and raise high awareness and responsibility to protect the environment of the people in general and in students in particular. However, studies have not yet built up an educational method to achieve the best results.

RESEARCH METHODS

To achieve the proposed results, as well as having the necessary data to support the analysis of environmental protection responsibility education among students in universities in Ho Chi Minh City, study this study was conducted in two phases, as follows:

Firstly, investigating and the specific unit of analysis in its political education activities and interviewing those who are in charge of these activities (lecturer and political - social organizations, etc.);

Secondly one focuses on the impact of the political educational activities on the participants (lecturers, students, organizations of the student).

Some assumptions underlie our research question: “What is the definition, aim, and content of educating responsibility protection environmental for university students and (how) does it impact students”? The main contents are directly related to the research question, specifically:

Firstly, that definition aims, and content of educating responsibility protection environmental, i.e. the way it is seen by the lecturers, organizations, students that facilitates it, the aim it wants to fulfill and what it teaches tell us what type of student’s education we are dealing with (education for skill development, for consciousness-raising, for increasing productivity, etc.);

Secondly, the impact of education depends on this type of education. Another important assumption is that it depends on the pedagogy which is used: no education without pedagogy. Then, it was also assumed that the kind of organization students are participating with (its political orientation) and of course the national political context of the different case studies plays a role in opening or closing possibilities for education responsibility protection environmental of students.

We acknowledge that many other variables, like domestic and international political fluctuations, an economic crisis, disease, a change in learning conditions, the impact of social networks, the unregulated information, etc., can have an effect on the consciousness of the participants’ survey, but we limit our research to the role of education responsibility protection environmental. The method for the case studies during the first phase of the research was:

Studying the results of colleagues, the state legal documents on environmental issues, environmental pollution; in which, focusing on documents related to environmental protection solutions of Vietnam and the world;

Based on documents and/or interviews to describe the unit of research (the kind of organization of student, how it is functioning);

Based on the result of semi-structured expert interviews, education organizers, trainers, officers, student organizations (Youth Union, Student Union), planners to document and analyze education the responsibility protection environmental concept and activities of their unit of research. The interviews contained questions on the definition, aim, participants of the educational activities, and on the assessment of the organizers of the success of the activities for the responsibility protection environment of the student.

The respondents for the study were 1.200 first-year and final-year undergraduates of Universities in Ho Chi Minh City. Out of the 1.500 student respondents, there were 800 males and 700 females. The reference results in to be current table 1 and table 2.

In terms of faculty, 120 lecturers and 75 the key members who are teaching and go on business; 20 organizing unions and associations in Universities in Ho Chi Minh City from universities: Social science and Humanities, University of Transport and Communications in Ho Chi Minh City, University of Natural Resources and Environment, Hanoi University of Home Affairs in Ho Chi Minh City, The People’s Police University, Ho Chi Minh City University of Food Industry, University of Pedagogical Techniques. At the same time, this study raises questions for the key members who are active in the organizations of the student at universities.

All of the 1.200 students, 120 lecturers, and 70 key members who are active in the organizations of the student who participated in this study have to respond to a set questionnaire. The questionnaire is

designed using 5 points Likert scale and is divided into 5 sections; Section (1) the need to educate responsibility protection environmental for students. Section (2) of understanding of educating responsibility protection environmental. Section (3) understanding of Environmental education with health protection. Section (4) understanding of the relationship between Environmental education with health protection. Section (5) the role of education with health protection. This paper will only present selected sections of the questionnaire which are relevant to the focus of the paper. Data were analyzed using SPSS version 15.0 and the reliability factor was done by using the Cronbach reliability analysis approach. It was found that the instrument developed has high reliability.

Table 1. Awareness of faculty and student organizations about the needs to Environmental education with health protection

Numerical order	Assessor	Very important (%)	Normal (%)	Not important (%)
1	Lecturers teach political theory subjects	84.0	16.0	0.0
2	The lecturers do not teach political theory subjects	72.6	17.4	10.0
3	Student organizations	94.3	5.7	0.0
4	Key members	82.8	17.2	0.0

Table 2. Student awareness about the needs to Environmental education with health protection

Numerical order	Assessor	Very important (%)	Normal (%)	Not important (%)
1	Male student	46.7	42.7	110.6
2	Female students	46.9	44.4	8.7
3	Minority students	43.3	33.3	23.4

RESEARCH RESULTS AND DISCUSSIONS

Protecting the environment is protecting the health of yourself and the community

It can be said that the environment is the totality of natural and social conditions surrounding people, affecting the existence and development of people, nature, and society (UNICEF, 2019). Therefore, for a long time to ensure a living environment for people in social life, there are countless things that the whole social community is interested in and finds all solutions and methods to implement, with the aim of doing so. to make people's lives better and happier in all aspects. But now, the living environment of people is being seriously threatened and there are many causes that directly affect human health, which is caused by human hands. We may and may not see. Therefore, it can be said that environmental protection activities are now an urgent issue that is of special interest to everyone,

and more than ever, people need to raise awareness and awareness of environmental protection. contribute to their own health.

The practical meaning of environmental protection activities that people need to pay attention to, understand deeply, is to have practical activities to keep the environment clean and beautiful, to prevent and limit negative impacts on the environment. with the environment; overcome pollution, degradation, restore and improve the environment; rational exploitation and use of natural resources; protect biodiversity. Vietnam is in the period of industrialization - modernization, along with the development of factories and enterprises with a large amount of waste and emissions to the environment (Luan, 2019). If there are no environmental protection activities and people are not aware of environmental protection (disposal of waste, waste, etc.), it will cause very serious consequences for health, human life, and sustainable development of the country and homeland. Professional industries that do well in environmental protection activities will partly limit the harms caused by waste and emissions of factories, enterprises, etc., and everyone with a sense of environmental protection will contribute to the improvement fresh, clean, beautiful environment for myself and the surrounding community to enjoy.

In the context that the Earth has, is getting hotter and hotter; the living environment is being destroyed by the pollution of industrial emissions; Environmental pollution, climate change, natural disasters, floods, and droughts are increasing in Vietnam in particular and in the world in general. Therefore, environmental protection activities are more and more meaningful, a factor to ensure the health and quality of human life; making an important contribution to socio-economic development, political stability, national security, and promoting international economic integration of our country in general and our province in particular. Experiences from practice people look at the environment, to assess the development of the country, the homeland, is that place fresh, clean, beautiful or not? And protecting and building a fresh, clean and beautiful environment also creates favorable conditions for domestic and foreign tourists to come to experience and discover the freshness, comfort, etc. Therefore, environmental protection is now one of the vital issues of mankind, no longer the task of each individual but of all mankind.

Determining the environment and protecting the environment is an important task, especially concerned by countries and people around the world, considering that the environment is a matter of survival for humanity. If the environment is good, healthy, people will be healthy, only if they are healthy will they ensure effective and quality work. Perhaps so, World Environment Day (June 5) was born and is the biggest annual event on environmental protection; It's a day for everyone everywhere to act for the environment. And since the first environmental event was held in 1972, the global community has organized thousands of activities, from cleaning up neighborhoods, to fighting wildlife crime, reforestation. Every year on World Environment Day (June 5), the United Nations Environment Program (UNEP) has a theme to convey a message about the importance of the environment and environmental protection.

In 2017, World Environment Day (June 5) has the theme "Living in harmony with nature", to call and encourage the community to organically stick with nature, from which to feel the beauty as well as the environment. as the importance of the natural environment to human life. At the same time, share and continue the call to spread the message about protecting the Earth, protecting the harmonious and sustainable relationship between people and nature. And people need to raise

awareness, awareness that humans are part of nature and that people depend on nature; that will encourage us to find joy in nature, through which everyone should take responsibility for environmental issues and environmental protection so that humanity's living environment is better and better.

In order for environmental work and environmental protection to come into reality and become a regular job, it is necessary to step up the propaganda process deeply and widely about the environment and environmental protection to the people, to the government, machines and factories for everyone to understand and abide by thoroughly (Dao & Van, 2020). Political and social organizations must strengthen training in the knowledge of the environment and measures to protect the environment so that each member can truly become an active propagandist on the environment and conservation environmental protection; exemplary, actively performing tasks together with the people, communities, residential areas, public places to protect the environment. At the same time, in the work of mobilizing the public, it is necessary to praise individuals and collectives who have performed well in environmental protection (Van, 2020). In addition, it is also necessary to criticize and resolutely handle individuals and groups that have acts of causing environmental pollution and have no attitude in environmental protection such as littering, indiscriminate discharge of waste to the street, to the street, to the river bed, etc. and there are many, many other bad behaviors that pollute the environment.

The role and significance of environmental education

In 1987, at the Moscow Environmental Conference co-organized by UNEP and UNESCO, the conclusion was reached about the importance of environmental education: "If it fails to improve the public's understanding of the relationships The close relationship between environmental quality and the continuous supply of their growing needs will make it difficult to reduce environmental risks locally and globally in the future. Because people's actions depend on their motivation and this motivation depends on their own awareness and level of understanding. Therefore, environmental education is an indispensable means to help people understand the environment.

The United Nations International Conference on Environmental Education held in Tbilisi in 1977 introduced the concept: "Environmental education aims to enable individuals and communities to understand the complex nature of the environment. the natural environment and the man-made environment are the results of the interaction of many biological, physical, social, economic and cultural factors; provide them with knowledge, value awareness, attitudes, and practical skills to participate responsibly and effectively in preventing and solving environmental problems and managing environmental quality. "

Environmental education, regardless of education for the majority of people, education in general schools, higher education or professional secondary schools is aimed at giving the educated subjects the opportunity, specifically can:

First: Understanding the nature of environmental problems: complexity, multifaceted, multidimensional relationships, limitations of natural resources and load capacity of the environment, close relationship between the environment and development, between the local, regional and national environment and the regional and global environment. This goal is essentially to equip the educated subjects with environmental knowledge.

Second: Being aware of the meaning and importance of environmental issues as a resource for living, working, and developing, for themselves as well as for their communities, countries, and nations. from which to have the right attitude and behavior towards environmental issues, build for themselves the right conception of a sense of responsibility and personality values to gradually form data collection skills. and develop aesthetic appreciation. This goal is oriented towards building environmentally friendly attitudes and behaviors (UNICEF, 2019).

Third: Having knowledge, skills, and methods of action to improve their capacity in choosing an appropriate lifestyle with the rational and wise use of natural resources, so that they can effectively participate in the prevention and resolution of specific environmental problems where they live and work. This is the goal of the ability to educate the environment completely inseparable from the values of knowledge, practical experience, and the implementation of each local or regional on a process of creating and sustainable development. Environmental education always respects indigenous knowledge and advocates education that corresponds to learning based on the local environment, attaching importance to global education as well as local environmental education, even about environmental education. commitment and action towards specific and local: “Think – Global, Act – Local” (Trung & Van, 2020).

The information and knowledge about the environment accumulated in each individual will nurture and enhance their sense of responsibility and sense of responsibility for environmental protection, creating strong motivations and strong commitments. certainly towards a healthy environment and development in the future. Because, if each individual consciously contributes even small but positive actions, it will also contribute to making big changes for the better for the environment.

The ultimate aim of environmental education is to socialize environmental issues, that is, to create environmentally aware, responsible citizens who know how to live for the environment (Luong & Van, 2021).

Once environmental issues have been socialized, the economic benefits to the community will increase, and especially the effectiveness of state management will increase, but the cost burden will be reduced (Luan, 2019). Therefore, the results of environmental research and remedial methods in many countries around the world have come to the common conclusion that: there is no economic and effective solution like investing in people through informationthrough environmental education.

Why must educate the responsibility of protecting the environment among students

Educating about the responsibility to protect the environment to help the community understand the complex nature of the natural and artificial environmental system, thereby helping people to have more “friendly” behavior towards the environment school. For students, who are about to enter a new stage of life, it is important to realize the importance of environmental protection (46.6% of the students surveyed consider it very important).

The goal of environmental responsibility education is also to equip students with skills to take action to protect the environment more effectively. The most effective method of educating the responsibility for environmental protection is to educate knowledge about the environment in a specific environment (46.75% of students choose) (Luong & Van, 2021) to aim the educational object to take action to protect the environment. Recognizing the importance of educating the responsibility of environmental protection in environmental protection, the Party and the State of

Vietnam have adopted specific policies and action programs, and have achieved many successes significant achievements. Responsible education programs for environmental protection, including both formal and extra-curricular activities, have been implemented to all levels of Vietnam's education system (10 surveyed universities have their own programs, in addition to the general programs of the country and Ho Chi Minh City) (Luong & Van, 2021). Public awareness campaigns, and engaging students and other social organizations in protecting the environment every year. Environmental information and data systems have also been built up and become more and more complete. Along with these achievements, the content of the report also raised limitations and shortcomings in education, training, and awareness-raising on environmental protection (Institute for Youth Research, 2019; Luan, 2019).

Some methods and approaches in environmental education

Environmental education has many methods, which are divided into parts suitable to the level of awareness and specific characteristics of the working position such as:

First: Environmental education for the community, also called environmental awareness-raising for the community, is carried out mainly through the mass media, short-term training sessions, cultural activities, media and mass campaigns.

Second: Environmental education for managers at all levels and decision-makers is carried out by any appropriate measures.

Third: Environmental education in the education and training system in schools from kindergartens to colleges and universities.

Fourth: Training human resources specialized in the environment, including skilled workers, technicians, engineers, research, and teaching staff.

Thus, it is clear that training and raising environmental awareness for the community are both extremely important and indispensable parts of environmental education, realizing the strategic goals of environmental education.

The experience of many countries around the world shows that environmental education is usually carried out in the following three approaches:

Environmental education: considering the environment as a scientific object, the teacher conveys to the learners the knowledge of the science about the environment, as well as research methods on that object. Detail:

- Provide insights into the natural system and its operation;
- Provide an understanding of the human impact on the environment.

Education in the environment: considers the natural or man-made environment as an area, a means for teaching, learning, and research. With this approach, the environment will become a diverse and lively "real lab" for teachers and learners. In terms of the effectiveness of learning knowledge, skills, research can be very effective (Dao & Van, 2020).

Education for the environment: imparting knowledge about the nature and characteristics of the environment, forming attitudes, behaviors, sense of responsibility, the conception of personality

values, correct ethics about the environment, providing knowledge, skills, and methods necessary for decisions and actions for environmental protection and sustainable development (Dao & Van, 2020).

Environmental education is most effective when combining all three of the above approaches, that is, educating environmental knowledge in a specific environment in order to direct the educational audience to take action for the environment.

CONCLUSION

Protect the ecological environment and natural resources; Environmental friendliness and sustainable development in the current period are more and more meaningful and practical to human life. Because our breath is associated with nature, while we still exist, the living environment plays an important role in life. Nature by a miracle helps us feel every beat of life, giving moments of joy and happiness to people. Therefore, we need to be conscious of protecting the environment, can start from the smallest jobs such as: do not litter indiscriminately, put garbage in the right place, pick up trash and fallen leaves, do not break branches, etc.), these actions are small, but have great meaning, as well as giving thanks to nature.

Strive to protect and preserve the environment in the direction of fresh, green - clean - beautiful, contributing to the protection of human health. This is a really meaningful job, a practical way of doing it and completely in line with the general development trend of the world today, which is that people live in harmony, are environmentally friendly, and develop sustainably. At the same time, we contribute to the successful implementation of "Environmental protection is the responsibility of the whole political system, the whole society, and all citizens. Closely combine the control, prevention, and remedy of pollution with the restoration and protection of the ecological environment", proposed by the 11th National Congress (2011) of the Party, so that everyone can truly living in a safe, hygienic, green, clean, and beautiful environment. Each individual, family, and community are aware of cultural behavior towards the environment and protecting the environment today, which is a practical job showing love for the country and homeland.

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