On the Relationship Between Contemporary Environmental Security and Human Health

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Abstract. Due to the deteriorating global ecological environment, the current outbreak of new coronary pneumonia has spread rapidly to all countries in the world, and it is constantly increasing its proliferation in posing a serious threat to human survival and development. This article intends to reveal the importance of protecting the ecological environment for human health from the close relationship between the environment and human health, and the deterioration of the ecological environment that caused various pollution and disasters has created serious harm to human health. At the same time, it analyzes the major problems between contemporary environmental security and human health, and proposes effective measures to address environmental security and human health in response to these problems, and calls on all countries in the world to work together to build a community of human ecological fate to ensure ecological security and human health, which is going to expand a broader living space for mankind and create better conditions for development.

The current sudden and rapid rampage of the new coronary pneumonia epidemic in the world poses a serious threat to human survival and development, it also fully demonstrates the great value of the integration of ecological environment security and people's health simultaneously. Human production and life activities have a profound impact on the environment, at the same time, the environment also affects human health. There is a dialectical relationship of interaction, mutual influence and mutual promotion between ecological security and people's health. Therefore, countries in the contemporary world must strengthen cooperation to maintain the safety of the ecological environment and protect human health.

1 The main harm to human health caused by the deterioration of contemporary ecological environment

At present, due to the weak awareness of human ecological environment protection, it has caused air, water, noise and other pollution, which have seriously affected human health. The deterioration of the ecological environment is threatening the current survival and development of human beings.
1.1 Harm of air pollution to human health

Air pollution refers to the fact and phenomenon that certain substances enter the atmosphere due to human activities or natural processes, presenting sufficient concentration for a sufficient time, so as to damage the ecosystem and normal survival and development conditions of humans, and endanger humans the comfort, health and welfare, and cause serious harm to people and living beings. In the contemporary era, air pollutants mainly come from industrial waste gas, traffic waste gas and domestic waste gas. Industrial production is an important source of air pollution. There are many types of pollutants discharged into the atmosphere from industrial production, including soot, sulfur oxides, nitrogen oxides, organic compounds, halides, carbon compounds and other toxic substances, which cause great harm to the human body. Traffic exhaust from major contemporary transportation vehicles such as cars, trains, airplanes, and ships is also an important pollutant. Especially, cars in cities are large and concentrated, that pollutants emitted by exhaust can directly invade human respiratory organs. Most of the toxic gases in these exhaust gases enter the body through the respiratory tract and digestive tract, causing respiratory tract irritation, inducing respiratory diseases such as human bronchial asthma, and causing major harm to human health.

1.2 The harm of water pollution to human health

Water pollution refers to the phenomenon that a certain substance intervene in water body causes change of chemical, physical, biological or radioactive pollution characteristics, which affects the effective use of water, endangers human health or destroys the ecological environment, and causes the deterioration of water quality. Water pollution is mainly due to the discharge of industrial sewage, agricultural sewage, and domestic sewage. Acids, alkalis, oxidants, and compounds such as copper, cadmium, mercury, and arsenic in the sewage, especially organic poisons such as benzene, dichloroethane, and ethylene glycol seriously affect human drinking water sources and threaten human health. Studies have shown that waste water, waste gas, and waste residues from industrial plants and mines that are discharged into the environment without special treatment are likely to cause environmental cadmium pollution. If residents drink water polluted by cadmium and eat food and vegetables polluted by cadmium for a long time, the cadmium load in the human body will be gradually increased, and accumulated toxic substances in the body, resulting in decreased absorption of renal tubules, increased levels of low molecular protein in urine caused acute kidney injury. This heavy metal compound enters into the body through the human body ingesting water, which is very harmful to the human body. This is the most classic case of the water sickness caused by mercury poisoning in Shuihou County, and the painful disease in Shan County, in Japan.

1.3 Harm of noise pollution to human health

Noise pollution refers to the phenomenon that the generated environmental noise exceeds the environmental noise emission standards stipulated by the state and has interfered with the normal work, study and life of others. Since the industrial revolution, the creation and use of various mechanical equipment has brought prosperity and progress to humanity, and it has also produced more and more noise. At higher frequencies of noise, it is easy to cause people's anxiety to make people feel uneasy, rapid heartbeat and increased blood pressure. In a noisy environment for a long time, people with high blood pressure are nearly 2.5 times higher than those without noise pollution. The German Ministry of the Environment conducted a survey of relevant residents in the Berlin area and found that residents whose
ambient noise exceeds 55 decibels during sleep at night have a risk of developing hypertension that is twice as high as those whose sleep environmental noise is below 50 decibels. The European Union Cooperation Center and the WHO pointed out in a joint report on "The Burden of Disease Caused by Noise Pollution": "Noise pollution not only harasses the environment, but also a major threat to public health".

2 Main problems faced by contemporary environmental security and human health

At present, human health is facing serious threats due to inadequate environmental health management systems, difficulty in monitoring and controlling environmental health, chaotic public opinion on the environment and health networks, new pollutants and forms.

2.1 The environment and health management system is not perfect

Environmental and health issues are a cross-disciplinary comprehensive work. Environmental and health issues are a vague intersection of environmental protection and health departments, and the health department’s management is particularly weak and is no feedback and interaction mechanisms. The health department lacks the necessary response system and working mechanism for health problems caused by environmental problems. The work of the environmental protection department has long been based on pollution control, but it is not clear for the health hazards and possible health risks to pollution. Health hazards and risks nor is it the focus of the daily environmental supervision and management of environmental protection departments. In addition, there is a lack of communication and exchange mechanisms between departments. At the level of government management, there is no effective collaboration and response mechanism.

2.2 Environment and health monitoring and control are very difficult

The impact of environmental pollution on human health is closely related to human exposure. As population growth, economic development and population mobility increase, people’s range of activities continues to expand, and the possibility of exposure to harmful environmental media increases rapidly, which also leads to increased environmental health risks. At the same time, due to the expansion of human activities and frequent population movements, it has also increased the difficulty of monitoring and controlling environmental health issues, which poses greater challenges to capacity building in the environmental health field.

2.3 Environmental and health network public opinion have a lot of challenges

With the increase in people's income, the improvement of living standards and the enhancement of health awareness, higher requirements have been placed on environmental quality and environmental health. However, due to the lack of basic survey data on the impact of environmental pollution factors on health at the current stage, coupled with some Internet rumors, the public has overreacted to some projects that may involve environmental pollution and health effects, which puts a serious challenge on the government’s ability to respond to environmental health events. challenge. On the one hand, it is necessary to mitigate environmental hazards, on the other hand, it also needs to be explained to the public through solid monitoring and research so as to maintain social stability.
2.4 New pollutants and forms are constantly emerging

With the increasing application of new materials and new substances, many new materials and new substances have shown obvious health hazards, such as nano-material particles causing pollution to the atmosphere, and that fluorinated organics are difficult to degrade in water and soil for a long time. Research on the harm of these materials to human health is in a blank state currently, but they have been found to have serious health risks from toxicological studies. At present, there is still a lack of new materials and new substances based on the evaluation of population health risks. The access system will bring new challenges to environmental health work for a long period of time in the future.

3 Specific measures to strengthen environmental safety and health

Strengthening the safety of the ecological environment and ensuring the sustainable health of human beings are important duties and tasks facing all countries in the world. People of all countries must join hands to build together a human ecological environment security community and a human health community to ensure that human beings live and work in a beautiful and safe ecological environment.

3.1 Strengthening the construction of a health system for integrating environmental safety and people's health

Promoting the integration of ecological environment safety and people's health in practice depends on the guarantee of the institutional system. The construction of the institutional system is a fundamental construction, which has the characteristics of fundamentality, overallity, stability and long-term nature. The construction of a health system that integrates ecological safety and people’s health is a major practical activity, which depends mainly on the design and innovation of ecological civilization institutional mechanisms, and it need provide a safeguard of normative, binding, and legal guarantee for ecological safety and people's health. In the design of the health system, it is necessary to break through the barriers between ecological security and people’s health, to closely integrate the modernization of ecological governance and national modernization, and to comprehensively implement integrated construction of the ecological environmental protection system, public safety system, and international ecological security cooperation system, which provides a systematic guarantee for ecological security and people's health with a systematic, standardized, orderly, precise and efficient system.

3.2 Promoting the construction of a healthy spiritual culture system for integrating environmental safety and people's health

Although the system has a strong guarantee function, it needs to be supported by spiritual culture, which is the mother of the system. Promoting the construction of a healthy spiritual culture that integrates the safety of the ecological environment and the health of the people is an important task, and it requires building a spiritual culture system of integrating ecological safety culture and people's health culture to change completely the development bias of disagreement on traditional ecological safety culture and people's health culture, and to assimilate into the content of ecological safety culture in the construction of spiritual civilization. In the contemporary era, we must closely integrate ecological safety with people’s life safety and physical health to form a green development mode, a green lifestyle.
and a green consumption mode that fully consider the bearing capacity of natural resources and follow ecological laws, and promote the formation and development of ecological concept and modern ecological internationalism which promote people healthy with environmental security.

### 3.3 Promoting the construction of a health value evaluation system for integrating environmental safety and people's health

The integration of environmental safety and people’s health is an objective dynamic development relationship. In order to achieve the combination of qualitative analysis and quantitative analysis, we must grasp comprehensively and accurately the effects and effectiveness of the integration of environmental safety and people’s health, and feedback and adjustment timely based on understanding the real information, and it is imperative to promote the construction of a health value evaluation system that integrates ecological safety and people's health. Accelerating the construction of a value evaluation system that integrates ecological safety and people’s health is a very important and urgent task for both the building of a healthy China and the promotion of international ecological cooperation and co-governance. Globally, the current ecological unhealthy situation has reached a very serious stage. The new crown pneumonia epidemic, the African desert locust, and the rising temperature in Antarctica have caused serious ecological unhealthy phenomena, Which have produced the far-reaching impacts on the deterioration of the ecological and the health of all humanity, and these All need to reach the correct conclusion by strengthening the construction of a health value evaluation system that integrates ecological security and people's health.

In summary, environmental safety is related to the health of everyone living on the earth. Realizing the harmonious coexistence between man and nature is the obligation of every citizen, and the protection of the ecological environment is also an important responsibility of citizens. Therefore, for his purpose of human's own health and social sustainable development, we must protect the natural environment on which human beings depend, and ensure the safety of the ecological environment so as to expand a wider living space for human beings, and create better development conditions.

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### References