



Water Importance for the Environment and Human Health

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Description

Water is an essential resource that is crucial for both the environment and human health. It is the most abundant substance on earth, covering 71% of the planet's surface. Despite its abundance, access to clean and safe drinking water remains a significant issue in many parts of the world. In this article, we will explore the importance of water for the environment and human health and the challenges we face in preserving this precious resource.

The importance of water for the environment cannot be overstated. It is an essential component of all living things and plays an essential role in various ecosystems. Water helps to regulate temperature and provides a habitat for aquatic plants and animals. It also contributes to the natural cycle of evaporation and precipitation, which is vital for maintaining a stable climate. Additionally, water helps to transport nutrients and minerals in the soil, enabling plants to grow and thrive.

Unfortunately, human activities have had a significant impact on water resources, leading to pollution, depletion, and degradation. Industrial and agricultural practices, as well as urbanization, have led to the contamination of water bodies with harmful chemicals and pollutants. Over-extraction of groundwater has led to the depletion of aquifers, causing wells and rivers to run dry. Deforestation and land-use changes have also had a significant impact on water resources,

leading to soil erosion and loss of vegetation cover, which exacerbate the effects of droughts and floods.

The consequences of these impacts on the environment are severe. Pollution and degradation of water bodies lead to the loss of aquatic biodiversity and can pose significant risks to human health. Groundwater depletion can cause land subsidence, damage infrastructure, and affect the availability of water for agriculture and other uses. Climate change is also exacerbating the challenges facing water resources, leading to more frequent and intense droughts and floods in many parts of the world.

Water is also essential for human health. Access to safe drinking water is a basic human right and is essential for the prevention of waterborne diseases such as cholera and typhoid fever. According to the World Health Organization (WHO), around 2.2 billion people lack access to safe drinking water, and millions die each year from preventable waterborne diseases. In addition to drinking, water is also essential for personal hygiene, sanitation, and food production.

Ensuring access to clean and safe drinking water is essential for improving human health and reducing poverty. However, achieving this goal is a significant challenge. The lack of access to safe drinking water is often linked to poverty, inequality, and poor governance. In many parts of the world, water resources are controlled by a small number of powerful actors, leading to inequitable access and distribution of water. Climate change is also affecting the availability of water resources in many regions, exacerbating the challenges facing water-scarce communities.

Conclusion

Water is a vital resource that is essential for the environment and human health. Its importance cannot be overstated, and we must take urgent action to preserve and protect this precious resource. We must adopt sustainable practices that minimize pollution, depletion, and degradation of water resources. We must also work to ensure equitable access to safe drinking water for all people, regardless of their economic or social status. By taking these actions, we can help to ensure a sustainable future for ourselves and for the planet.

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