

The health of Mexican people is in risk due to environmental deterioration: SEMARNAT

Environmental pollution is responsible for diseases, lack of food and it also causes migration, which stops social development and a good economy

Congregación Mariana Trinitaria, through its Network of Environment, promotes strategies and integral solutions to fight environmental deterioration. All of them are aligned to national and international guidelines.

From 2008 to 2017, in Mexico were identified 1,176 contaminated areas due to environmental emergencies, which puts in risk the quality of life of citizens, as mentioned by the Secretariat of Environment and Natural Resources (SEMARNAT) in its Report about the Situation of Environment in Mexico.

Mexico, as many other countries in the world, faces the challenge of dealing with numerous problems related to the environment, which in the future might represent a big obstacle to continue with its development and reach of sustainability, as mentioned in the report.

It is known that those problems cross the line of environmental issues and they have a deep relationship with welfare and economic development. In a way, the impacts affect important social aspects like health or food security; they encourage migration, and also they have consequences on economic activities in the country and its exchanges with others; as it was explained in the report.

Diseases related to environmental degradation

Environmental health is an area of public health whose aim is to understand the aspects of human and natural environment (physical, chemical, and biological) that have impact on health, or that modify the ecological balance that is essential to preserve and keep a healthy environment.

The environmental factors that are related to damage on health are, for instance, the quality of water (when it is not good, it may cause gastrointestinal diseases) and air (it causes respiratory diseases), climate change; and also, the effects related to agricultural activities, transportation, noise and solid waste management; among many others.



42 percent of chronic lung disease is the result of environmental risks related to exposure to dust and chemical components, as well as pollution of air in closed areas due to solid fuels burnt in those areas (like wood) to cook or to heat those areas.

CMT and the environment

In order to fight environmental problems caused by severe degradation and climate change, Congregación Mariana Trinitaria, A.C. (CMT) through its Welfare Ecosystem Model and its Network of Environment, offers different sets of supports and solutions for equipment, public work, or facilities to stop the negative impacts on the environment, new technologies to preserve the environment and natural resources, and also projects related to the environment to face climate change.

The Network of Environment is aligned to national and international guidelines like a framework to develop collaborative work, as an attempt of CMT to contribute and promote welfare in communities.

Factors of risk	Diseases related to that
Pollution in open areas	Respiratory infections, cardiopulmonary diseases, lung cancer
Solid fuels	Chronic obstructive pulmonary disease, lower respiratory tract infections, lung cancer
Lead	Mental retardation and cardiovascular diseases
Water, sanitation and hygiene	Diarrhoeal diseases, trichomoniasis, schistosomiasis, ascariasis, trichuriasis, etc.
Climate change	Diarrhoeal diseases, malaria and other affectations
Occupational factors like noise, exposure to carcinogens, particles in the air and ergonomic stressors	Loss of hearing, cancer, asthma, chronic obstructive pulmonary disease, muscular and low-back pain

Source: SEMARNAT.

Waterborne diseases






When the water does not fill the requirements of quality for human use, it may become a vehicle of bacteria, viruses, or protozoan parasites that may cause diseases known as waterborne diseases. Between the most common ones we may find diarrhoeal diseases, cholera, dysentery, typhoid fever, amoebic dysentery, and hepatitis A. These diseases are related to contaminated water, inadequate sanitation and bad hygiene habits, as mentioned in the research developed by SEMARNAT.

Waterborne diseases are an important cause of child mortality in the world, especially in developing countries. In Mexico in 2017, these diseases were in the top 20 of diseases with a high number of verified cases, being one of its main causes the use of wastewater in food that is often eaten crude.

Acute respiratory infections

Acute respiratory infections (ARI) are a set of complaints in the respiratory system caused by bacteria and viruses. They mute in less than fifteen days, and in some cases, they are disabling diseases that might become mortal diseases if professional attention is not provided on time.

They are often transmitted from one person to another, and even when their origin is an infection, environmental factors like atmospheric pollution might affect their evolution and severity. Some examples of ARI are common cold, otitis, sinusitis, flu, severe pneumonia, among others.

Components and CMT solutions in the Network of Environment		
Sub-network	Component	Integral solutions
1. Works and environmental facilities 	Works	<ul style="list-style-type: none"> • Construction of wastewater treatment plants • Construction of centers to manage and treat solid wastes • Construction of centers for environmental studies • Construction of dams
	Installations	<ul style="list-style-type: none"> • Installation of PET containers recycling plants
2. Research, training and certification on environmental issues 	Research and certifications	<ul style="list-style-type: none"> • Studies on environmental impact • Studies on environmental risks • Studies on atmospheric pollution <ul style="list-style-type: none"> • Forestry research • Studies on energetic efficiency • Environmental certifications • Environmental audits
	Training	<ul style="list-style-type: none"> • Training on environmental management • Training on environmental protection • Training on sustainable development • Training on green roofs and urban orchards
3. New environmental technologies 	Technological equipment	<ul style="list-style-type: none"> • Distribution of PET containers with App <ul style="list-style-type: none"> • Oil-sponge • Drones to monitor climate conditions • GPS to collect data about the current situation of Earth
4. Environmental projects 	Recovery projects	<ul style="list-style-type: none"> • Fluvial restoration in rivers and streams <ul style="list-style-type: none"> • Sanitary landfills • Oxidation ponds
5. Green technologies for all the people 	Ecotechnie at home	<ul style="list-style-type: none"> • Heaters and solar panels • Aerogenerators • Green roofs • Biodigesters

