

Reducing plastic - helps your health and helps the environment

Many people will have been shocked by recent press reports based on work by Columbia and Rutgers Universities which found roughly 240,000 detectable plastic fragments in a typical litre of bottled water. It is now known that plastic from packaging accumulates in many organs in your body including lungs, heart, blood etc -and it can stay there for life contributing to disease and ill health.

Humans produce more than 440 million tonnes of plastic annually, according to the UN. About 80% of plastic goes to landfill or into the environment.

While the scale of the problems seem overwhelming there are things we can do to limit the plastic we absorb into our bodies, and reduce pollution and help the planet.

In 2022, a quarter of a million people from households, schools, businesses and communities across the country - including Shamley Green residents - made **The Big Plastic Count** the biggest ever investigation into UK household plastic waste. By counting plastic waste for 1 week, the shocking truth was revealed that the UK throws away 2 billion pieces of plastic every week, only 12% of which is recycled.

In 2024, world governments will be negotiating a Global Plastics Treaty that could finally phase out plastic production for good. And so, **The Big Plastic Count** is happening again - this time the results will try to convince the UK government to do the right thing and lead the way at these talks, and push for a really strong treaty. This can only help our environment - and our health.

If you would like to take part the count is taking place from 11 to 17 March. It's very easy and a simple 'how to' guide can be found on the website. If you prefer not to do the survey online they will send you an information pack.

<https://thebigplasticcount.com/media/GP-BPC-Investigation-Guide-2024-Digital-Pack-Accessibility.pdf>

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