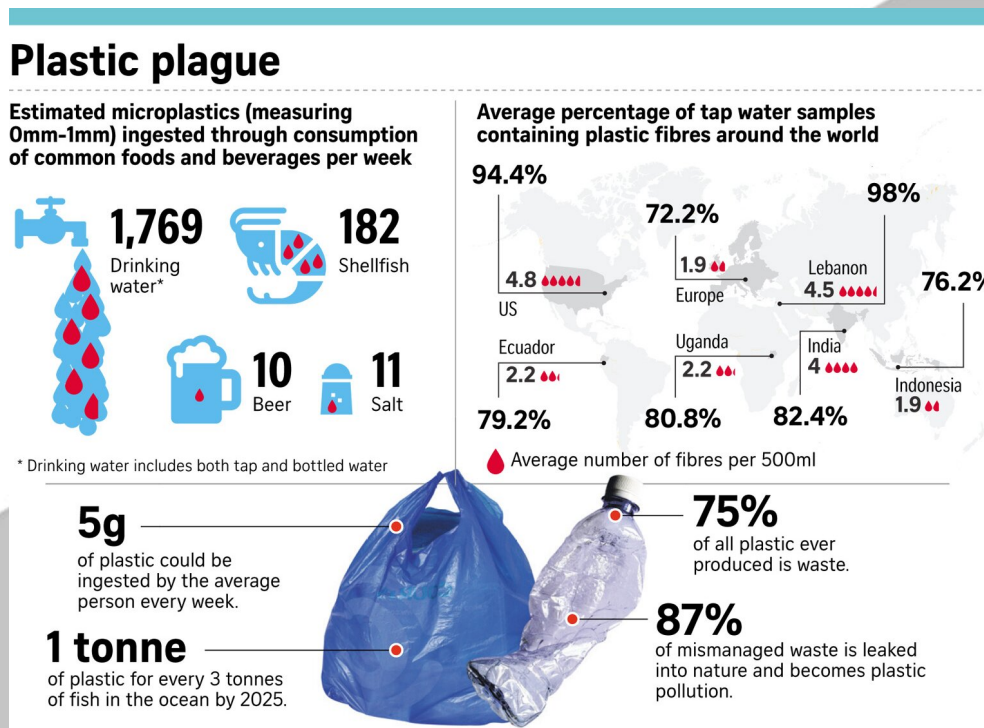




People's Ingestion Of Plastic

The World Wide Fund for Nature's (WWF) study has revealed that people worldwide could be ingesting five grams of microscopic [plastic particles](#) every week, which is equivalent to the weight of a credit card.

- **Microplastics** are plastic particles measuring 5mm in size or smaller.



Findings //

- **Sources of plastic ingestion:**
 - **Drinking water:** is one of the largest sources of plastic ingestion (with plastic particles found in bottled, tap, surface and groundwater).
 - **Shellfish:** account for as much as 0.5g a week.
- **Inhalation** represented a negligible proportion of microplastics entering the human body.
- **Indoor air** because of its **limited circulation** is more heavily polluted with plastic than the outdoors.
 - Major sources of **Indoor airborne microplastics** are synthetic textiles and household dust.

Burden of Plastic

- In the last two decades, the world has produced as much plastic as during the rest of history, and the industry is set to **grow by 4%** a year until 2025.
- **Ocean** will contain **one metric tonne** of plastic for every three metric tonnes of fish by **2025**.
- About one-third of waste plastics are dumped or **leaches into nature, polluting land, rivers**

and the sea.

Plastic pollution and Wildlife

- Animals get entangled in large **plastic debris**, leading to **injury or death**.
- Animals also ingest large quantities of plastic that they cannot pass through their digestive systems, resulting in **internal abrasion, digestive blockage, and death**.
- **Toxins** from ingested plastic also harm breeding and impair the immune system of animals.

Curbing Plastic Pollution

- **Political and economic actions** to reduce the amount of plastic being disposed of into the environment.
- **Minimize the use** of plastics and **encourage recycling** of plastics instead of taking stringent acts of total ban or zero plastic.
- **Legally binding agreement** to combat marine plastic pollution - it should be a stand-alone treaty like the Montreal Protocol or the Paris Agreement.
- **Binding national commitments** and protocols for restricting commercial and household use of plastics.

PDF Reference URL: <https://www.drishtiias.com/printpdf/people-s-ingestion-of-plastic>

