346 W14 Discussion Responses

[Name of the Writer]

[Name of the Institution]

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**Reply to Jacob’s Post**

Hello Jacob, your post was very enlightening and helped me look at drug abuse from a different perspective. After reading the post I can tell it is well researched and every important aspect of heroin users is being explored. I like that the column starts by discussing how the number of heroin users has increased over time and it is evident that new techniques need to be used to raise awareness. I agree with you here, people have built immunity against support groups and other means of help that is being provided. Addiction can be difficult, the focus of the post about the diseases that come with dirty syringe usage is a great way to raise awareness (Niculescu et al., 2015). I like your contemporary take on how the restriction of syringes is only going to make addicts deviate from the safer way of doing recreational drugs. If we cannot stop addicts immediately, then we can make the policies more relaxed so at least drug related activities can be made less dangerous and health problems can be reduced.

**Reply to Kell’s Post**

I agree with you a 100% Kell, even I have been a victim of eating contaminated food. God knows the aftermath and the toll it takes on one's body. I appreciate the fact that your post explores the ongoing health issues that are associated with unclean food. I like that you talked not just about human but animal health as well. I am someone who is very passionate about wildlife and contaminated food not only impacts humans but animals as well. One of the major positives of this column is that it reflects on the seriousness associated with the issue, this problem can even result in death. The way you have talked about the challenges associated with this issue with the help of well-researched evidence makes it more effective (Wright & Kelly, 2017). The idea that you are pitching to bring a significant change is practical and easily achievable. Indeed the smallest details like washing of the hands, using gloves and checking the temperature of the food while cooking can bring the biggest change. The post ties everything nicely by talking about the need for staying up to date regarding the data on emerging bacteria and toxins, which can help in keeping the community healthy in the long-run.

**References**

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Wright, S. L., & Kelly, F. J. (2017). Plastic and human health: a micro issue?. *Environmental science & technology*, *51*(12), 6634-6647.