

Plastic pollution has become a significant environmental issue, particularly in marine ecosystems. To effectively address plastic pollution, a global effort is required, involving stricter regulations, innovation in biodegradable materials, and public participation in reducing plastic use. Efforts to combat plastic pollution have included international agreements, government policies, and public awareness campaigns. As microplastics enter the food chain through seafood consumption, they may pose health risks due to toxic chemicals attached to plastic particles. The durability of plastic means it can persist in the environment for hundreds of years, breaking down into microplastics that are ingested by marine organisms. Some countries have banned single-use plastics, while others have invested in recycling programs. Research suggests that these chemicals can disrupt hormonal functions in humans.