

## Litter and communities

Litter can effect:

### Physical health



If there is litter all over the streets people are less likely to go for a walk or run. This can lead to people becoming unfit and overweight. Litter will also encourage rats, which can spread disease.

### Mental health

If people don't go outside as much they can become isolated and lonely. Seeing litter each day can also bring people down as it shows that people don't care about where they live.



### Crime rates

When people throw litter it is a sign that people don't care. This can lead to graffiti, and the damaging of other people's property. It may also lead to a rise in anti-social behaviour.



### Communities move away

If people become disheartened with their communities, they will move away, and other people will decide not to move to the area. This means that people become more isolated, and problems often get worse.