Apesar de ser indispensável nas quantidades adequadas, quando excede em excesso, vai alterar a qualidade da água, a qualidade do ar, contribui para a alteração climática através de emissão de gases de efeito de estufa, promove a alteração dos Ecossistemas e a perda de biodiversidade. Esta lista de preocupações geralmente chamada AAGES', inclui todos os compartimentos ambientais onde podemos agir.

No entanto, a situação ainda pode ser reverda através de boas práticas, mudando comportamentos. Isto só é possível se o jeitão geral conhecer a importância que o nitrogênio tem na sua vida. Pequenos gestos como o consumo de alimentos saudáveis e equilibrados, reduzir o uso de combustíveis fósseis, reciclar e reduzir o desperdício alimentar, contribuem para a recuperação da qualidade ambiental. A Grande Recuperação e a mudança de comportamentos podem contribuir para um ambiente mais saudável.

O Instituto Superior de Agronomia e a Faculdade de Ciências, ambas da Universidade de Lisboa, têm trabalhado intensamente nas questões relacionadas com o nitrogênio, para levar ao público, aos agricultores e aos decisores, o conhecimento científico de suporte para desenhar uma mudança em Portugal e no mundo. O primeiro projeto português dedicado exclusivamente ao tema - o NitroPortugal – pretende chegar aos outros setores da sociedade e ajudar cada um de nós a dar o primeiro passo para a mudança de comportamentos. O futuro está nas nossas mãos.

Claudia Marques-dos-Santos Cardona Professor do Instituto Superior de Agronomia da Universidade de Lisboa Coordenadora do Projecto Europeu NitroPortugal (H2020 TPN-2016 a) (nr.2731).

NITROGEN – NEITHER TOO MUCH NOR TOO LITTLE Nitrogen (N) is an indispensable element for life on Earth because it makes up 78% of the air we breathe. It is part of the GHG structures of all living creatures and is indispensable to produce enough food to feed the world population. The synthesis of mineral nitrogen requires considerable investment, enough to sustain half of the people alive today. But this growth comes at a great environmental cost. Low nitrogen use efficiency associated to traditional agricultural and industrial practices have contributed to the loss of toxic forms of nitrogen (N) which, in excess, cause serious problems of environmental pollution and public health. This has highlighted the need of the three "planetary boundaries" that have been exceeded as a result of human activities. Examples are water pollution of with nitrate that compromises human nutrition, and climate change due to the emission of greenhouse gases. More than 70% of these extra nitrogen forms are not only more than that can be beneficial to climate change, but also matter to communities that cause severe respiratory problems, loss of biodiversity, to name but a few. Although nitrogen is indispensable for life on the right amounts, the excess of reactive nitrogen forms strongly affects Water and Air quality. It contributes to climate change through the emission of Greenhouse gases, promotes the alteration of Ecosystems and the loss of biodiversity, and damages soil quality. This list of concerns, generally called WACKES, includes all environmental compartments where we can act. Despite the current climate scenarios the situation can still be reverted through good practices, and through behaviour change. This is only possible if the general public is aware of what nitrogen represents in their personal life. Small and easy to perform actions such as the consumption of healthy and balanced food, the reduction of the use of fertilizers, the reusing and the reduction of food waste, will contribute to the recovery of the lost balance. Knowledge and awareness and behaviour change can contribute to a healthier environment.

The School of Agronomy and the Faculty of Sciences, both from the University of Lisbon, have been working on issues related to nitrogen. To bring the scientific knowledge to the general public, the Farmers and the decision-makers to trigger a change in Portugal and in the world. The first Portuguese project dedicated exclusively to the topic – NitroPortugal – intends to reach all sectors of society and help each one to take the first step towards behaviour change. "The future is in our hands."

Claudia Marques-dos-Santos Cardona Professor of the Instituto Superior de Agronomia, Universidade de Lisboa Coordinator of the European project NitroPortugal H2020 – TPN-2016 a. (nr.2731).

Obtém-se através de invitadas/imprensnas em 2018.

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