

From Emissions to Environmental Impact: Understanding the Carbon Footprint

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Abstract

The atmosphere is being disturbed by an increase in the concentration of greenhouse gases, resulting in severe global warming and related effects. Each day, more comparable carbon dioxide is released into the atmosphere because of industrial processes, transportation, animal activities, lighting, cooking, heating, and illumination. The term "carbon footprint" refers to the number of greenhouse gases that a person, a nation, or an organization emits because of their activities. The methodologies for calculating carbon footprints are still being developed, but they are becoming a vital tool for managing greenhouse gases. This review article discusses the carbon footprint, measurement methods, and other important information. In the future, it is critical to keep developing and enhancing techniques for evaluating the environmental effect, including creating more thorough and consistent systems for computing carbon footprints. To develop a more comprehensive understanding of the environmental impact of human activities, it will also be crucial to consider environmental effects other than greenhouse gas emissions. These actions will ultimately be essential for reducing the impact of climate change and maintaining the health and well-being of our planet.

Keywords: Carbon Footprint, Climate Change, Environmental Sustainability, Greenhouse Gases, Global Warming

Introduction

The carbon footprint measures the greenhouse gas emissions associated with a product, organization, or activity (Wiedmann and Minx, 2008). It is used to assess the environmental impact of various products and processes and is an essential tool for managing greenhouse gas emissions (Pajula et al., 2017). As awareness of the effects of climate change increases, the term "carbon footprint" is becoming more widely used in commercial and industrial contexts (Ridanpää, 2022). However, there is an ongoing debate about the best methodologies for measuring carbon footprints, and the field is still evolving (Joensuu et al., 2022). All modern countries must make strategic policy decisions to pursue sustainable development (Lim, 2022). Sustainable development prioritizes the needs of the current generation without compromising the ability of future

generations to meet their own needs (Opoku, 2022). Figure 1 shows the United Nations' sustainable development goals (Sachs et al., 2022). It is a holistic approach considering economic, social, and environmental factors to create a more equitable and sustainable society (Scott and Rajabifard, 2017). Extreme weather and climate change are already warning signs of imbalances in natural systems caused by global warming, but they also pose challenges, such as human migration. (Çelekli et al., 2023a; Ripple et al., 2021). The effects of global warming are becoming more severe, and average temperature levels are being exceeded year after year (Sun et al., 2019). Ice is melting at unprecedented rates, and natural disasters are becoming more common and severe (Jackson, 2020). Carbon footprint analysis is a widely used method for quantifying the environmental impact of human activities (Chen et al., 2022).



Fig. 1. United Nations sustainable development goals (Sachs et al., 2022)

The concept of a “carbon footprint” was first introduced in the early 1990s as a way to measure the emissions of greenhouse gases (GHGs) associated with various activities, such as burning fossil fuels for transportation and electricity generation (Wiedmann and Minx, 2008). Since then, carbon footprint analysis has been used in various fields, including environmental science, sustainability, and corporate social responsibility (Yue et al., 2020). The main objective of this method is to identify

the significant sources of greenhouse gas emissions, also known as a carbon footprint, which is an essential aspect of sustainable development (Karwacka et al., 2020). Figure 2 shows the causes, consequences, and ways to reduce the carbon footprint. It allows organizations and individuals to understand their contribution to climate change and to take action to reduce or offset their emissions (Gössling and Humpe, 2020).

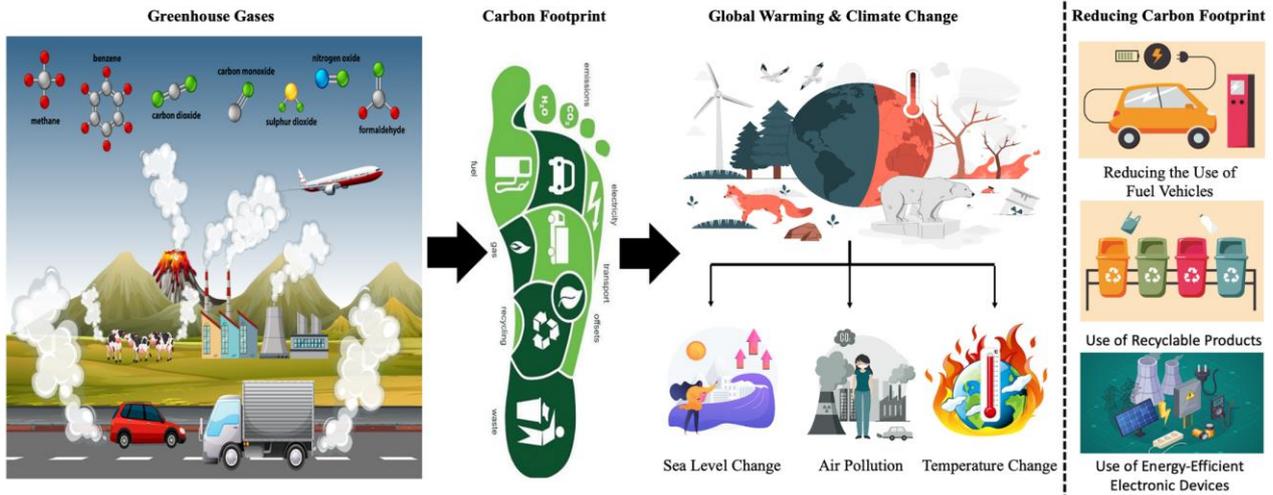


Fig. 2. Carbon footprint context path.

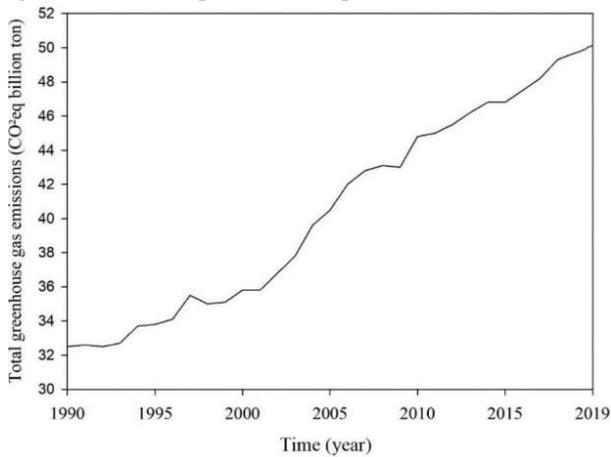


Fig. 3. Total greenhouse gas emissions in the world (Taylor, 2008)

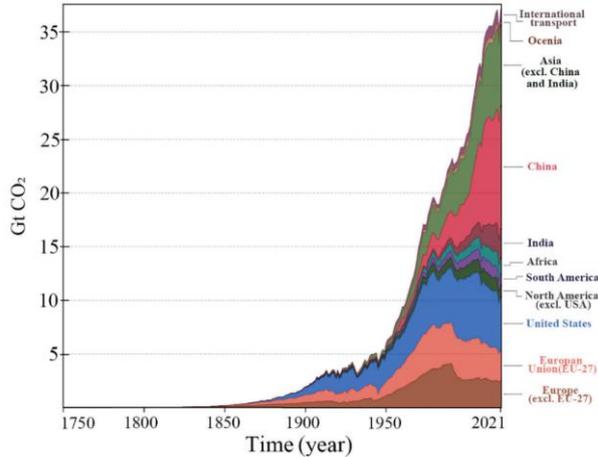


Fig. 4. Annual CO₂ emissions by world region (Our World in Data, 2022)

A carbon footprint is a tool used to identify the sources of emissions associated with a product, service, or activity and to develop strategies to decrease or make up for them to align with the sustainable development goal (Olabi et al., 2022).

Greenhouse Gases

Excessive emissions of greenhouse gases, particularly carbon dioxide and methane, are significant contributors to air pollution and the planet's warming (Yoro and Daramola, 2020; Adigüzel, 2023). The burning of fossil fuels for energy and power generation is the primary source of these emissions, which cause the Earth's atmosphere to trap more heat, leading to the phenomenon known as the “greenhouse effect” and causing a range of

environmental problems such as global warming, sea-level rise, changes in precipitation, and more frequent extreme weather events (Jeffrey et al., 2021). As the human population grows, so will the energy demand (Bose, 2010). Nowadays, the majority of energy demand is met by the combustion of fossil fuels, which emits massive amounts of greenhouse gases (Stepanov and Makarov, 2022). Rapidly rising global CO₂ concentrations risk unpredictable climatic changes and sea-level rises, threatening marine and human life (Dermawan et al., 2022). The atmosphere's capacity to retain heat, known as the “greenhouse effect,” contributes to this threat (Bonan, 2008; Rabie and Franck, 2018). Human-induced emissions of greenhouse gases like methane, ozone, and CFCs exacerbate this effect (Rodhe, 1990). Figure 3 depicts global greenhouse gas emissions, measured in

CO₂eq (Taylor, 2008). Such escalations intensify the greenhouse process, leading to global warming and climate change issues (Ali Mozaffari, 2022). Figure 4 displays annual CO₂ emissions by region (Our World in Data, 2022).

Global Warming

The greenhouse effect is the gradual increase in the Earth's atmosphere of gases, primarily carbon dioxide and methane, that trap heat from the sun and cause the planet's temperature to rise over time (Banday et al., 2022). This phenomenon is caused by human activities, particularly the burning of fossil fuels for energy and power generation, which has accelerated since the Industrial Revolution (Ülker et al., 2018; Rehman et al., 2022). This buildup of greenhouse gases in the atmosphere leads to climate change and various environmental problems (Bose, 2010). The release of greenhouse gases and

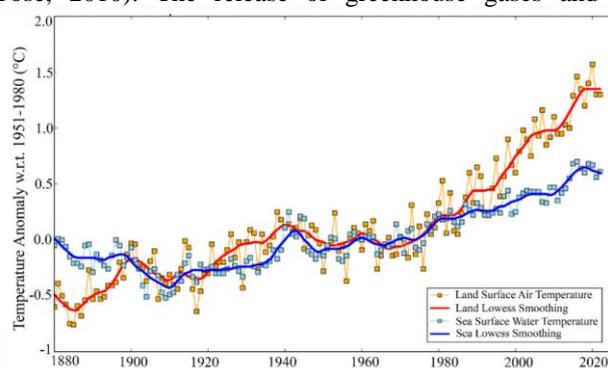


Fig. 5. Anomalies in temperature over land and the ocean (NASA, 2023).

Global warming is a significant problem that threatens the overall structure of the ecosystems that sustain life on Earth, causes the extinction of thousands of plant and animal species, has an impact on human life, and contributes to an increase in other meteorological disasters such as excessive heat, fires, drought, acidification, and aridification (Rather et al., 2022). Figure 6 shows the 12-month global mean (GISS Data and Images, n.d.). The change in temperature changes between 1880-2020 in Celsius compared to the average difference between 1951-1980 is shown with lines. The temperature tends to increase, and it causes global warming.

Climate Change

Climate change, which is also referred to as "global warming," is a change in the Earth's climate due to an increase of gases, such as carbon dioxide and methane, in the atmosphere that traps heat, leading to a warming of the planet (Çelekli and Zariç, 2023b; Kweku et al., 2018). Climate change is also changing sea levels (Mimura, 2013). Figure 7 depicts how sea level change is calculated about the sea level average between 1993 and 2021 (Lindsey, 2021). In recent decades, the average global sea level change has increased from a few centimeters per century throughout recent millennia to a few tens of centimeters each century (Hawkes, 2013). Due

to the melting of land ice and the thermal expansion of ocean water, this tenfold increase in the rate of rise can be linked to climate change (Hawkes, 2013). Global mean sea level will keep rising as long as the current warming trend is anticipated to last (Houghton, 2005). Regarding the global average, land ice loss (due to glacier melting and ice sheet mass loss) and changes in terrestrial water storage are the three main factors contributing to rising sea levels (Cazenave and Moreira, 2022). The oceans' thermal expansion between 1993 and 2018 was responsible for 42% of the rise in sea level (Cazenave et al., 2018). Melting temperature glaciers, 21%; Greenland, 15%; and Antarctica has an 8% contribution (Quiquet and Dumas, 2021). Climate change causes abnormal temperature changes (Malhi et al., 2021).

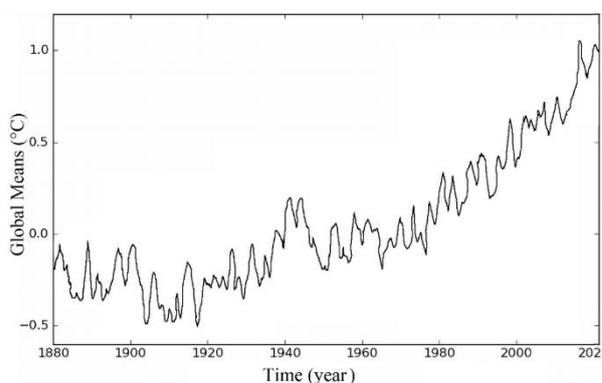


Fig. 6. 12-month global means 1951-2022 (NASA, 2023)

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The term "carbon footprint" has its roots in the concept of an "ecological footprint," which Wackernagel and Rees first proposed in 1996 (Yilanci et al., 2022). The term "ecological footprint" describes the biologically productive land and water needed to support a specific human population in world hectares (Ansari, 2022). The total amount of greenhouse gases released into the atmosphere due to an individual's or organization's activity is known as their "carbon footprint." (Wiedmann and Minx, 2008). These emissions are commonly quantified in carbon dioxide equivalents (CO₂eq) and can come from various sources, including transportation,

power generation, industrial activities, and deforestation (Matthews et al., 2008). Nature maintains the balance of greenhouse gases in the atmosphere (Fuglestedt et al., 2018). The carbon footprint calculation determines how much biocapacity we require (Lin et al., 2015). Under normal circumstances, the per capita biocapacity is projected to be greater than the per capita ecological footprint (Galli et al., 2012). Global CO₂ emissions for a

year are shown in Figure 8 (Our World in Data, 2022). The carbon footprint per person is roughly 3.72 to 22.54 tons (H. Wang et al., 2012). China, America, and India have the highest carbon footprints, whereas many other countries, like Turkey, Italy, Germany, and Spain, require greater biocapacity (Fan et al., 2016). Figure 9 shows the total annual global emissions of fossil CO₂ by sector, given in Gt CO₂/yr (Crippa et al., 2019). Energy

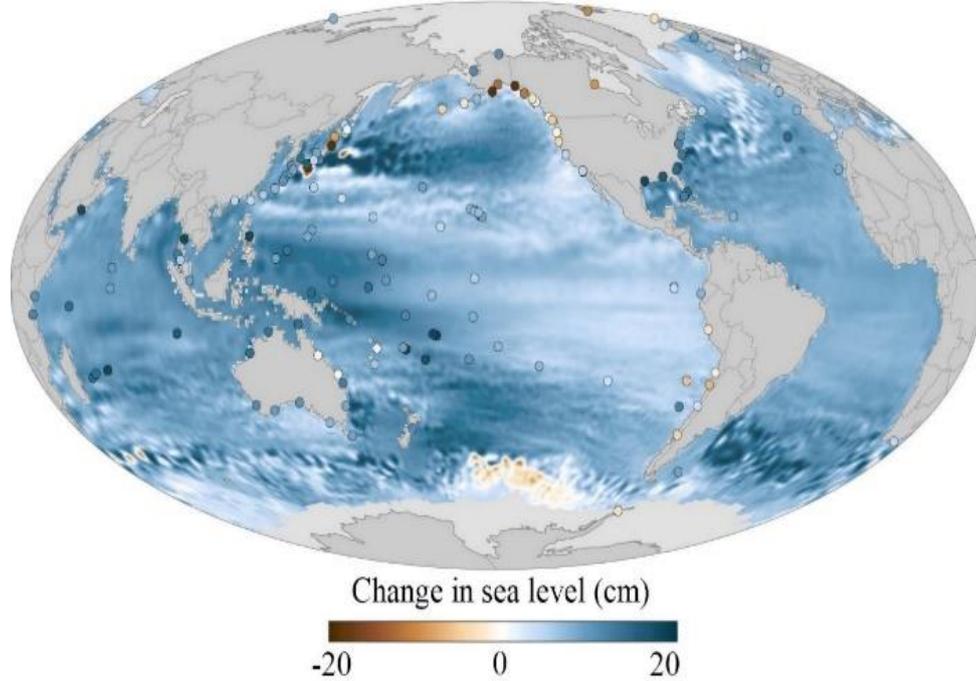


Fig. 7. Sea level change (1993-2021) (Lindsey, 2021)

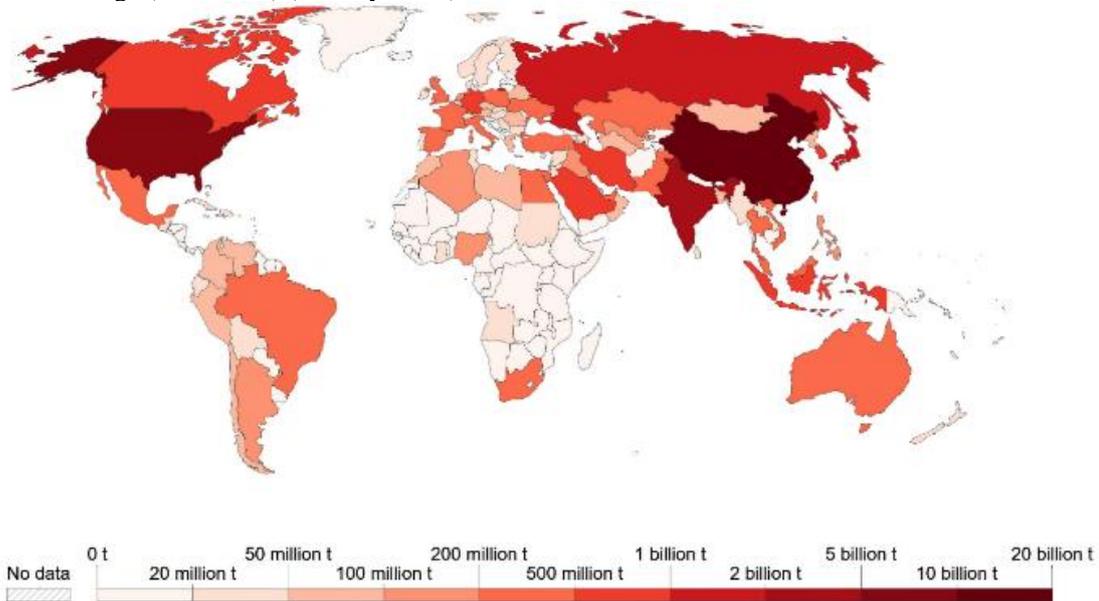


Fig. 8. Annual CO₂ emission (Our World in Data, 2022)

Carbon Footprint

consumption accounts for 73.2% of carbon dioxide emissions, with industry using 24.2% and transportation using 16.2%, respectively (Londoño-Pulgarin et al., 2021). In conclusion, the concept of the carbon footprint, rooted in the ecological footprint framework, serves as a pivotal metric for assessing the environmental impact of human activities. The disparities in per capita biocapacity and ecological footprint underscore the need for concerted

global efforts to address environmental challenges. The regional discrepancies in carbon footprints shed light on the varying degrees of responsibility countries bear, necessitating collaborative strategies for a sustainable and ecologically balanced future.

Carbon Footprint Calculation

The number of greenhouse gases (GHGs) released into the atmosphere due to human activity may be calculated using

a carbon footprint (Min et al., 2022). These activities can include transportation, electricity use, heating and cooling buildings, industrial processes, and deforestation (Labaran et al., 2022). Commonly, the calculation is given in carbon dioxide equivalent (CO_{2e}) units, which account for the various GHGs' varying warming potentials (Pandey et al., 2011). It's essential to consider every phase of a product or service's life cycle when evaluating its carbon footprint, from the source of raw materials to its disposal (Pattara et al., 2012). This method, also referred to as a "cradle-to-grave" study or life cycle assessment

(LCA), offers a thorough understanding of a product's environmental effects, including GHG emissions, air pollution, water use, energy consumption, and more (Thoma et al., 2013). Technically referred to as "GHG accounting," LCA also goes by "environmental LCA" and calculates the number of GHGs released into the atmosphere or incorporated into a product at each step of its life cycle. Standards and guidelines are available to assist with this process (Çelekli and Zariç, 2023a; Kulak et al., 2013).

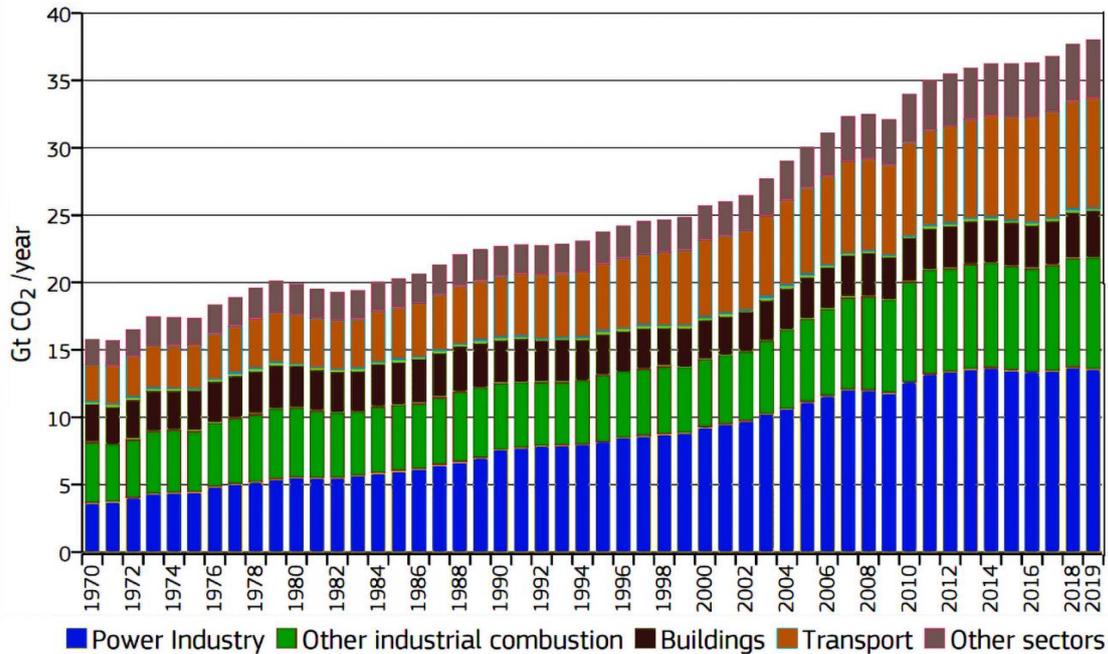


Fig. 9. Total yearly worldwide emissions of fossil CO₂ (Gt CO₂/yr) by sectors (Crippa et al., 2019)

The calculation of carbon footprints involves a multifaceted process that requires tailored approaches for different contexts, ranging from individual activities to broader industrial and agricultural practices. Various studies have been developed to estimate carbon footprints, each with its unique focus and methodology. For instance, Qafisheh et al. (2017) applied an Environmental Extended Input Output model to evaluate the carbon footprint of the Norwegian University of Technology and Science, demonstrating the application of advanced modeling techniques in assessing carbon footprints. Hertwich et al. (2022) highlighted the significance of electricity mixes in influencing the carbon footprints of electric vehicles, emphasizing the importance of considering regional variability and future trends in carbon footprints. Asube and Sinadjan (2021) conducted a study to evaluate online carbon footprint calculators, aiming to identify essential inputs and user engagement features. This underscores the importance of user-friendly tools to calculate accurately carbon footprint. Mohan et al. (2022) conducted a case study to analyze the carbon footprint of conventional rice cultivation, highlighting the application of carbon footprint assessments in the agricultural sector. Leach et al. (2017) emphasized the need for integrated tools to calculate and reduce institution carbon and nitrogen footprints, highlighting the importance of comprehensive approaches to address environmental impacts. Furthermore, Zhao et al. (2011) conducted an assessment

and analysis of metropolitan carbon footprints, providing valuable insights into the factors contributing to carbon footprints and proposing policy recommendations for reducing them. These studies and models demonstrate the diverse applications of carbon footprint calculations, ranging from academic research to practical assessments in various sectors. The methodologies and findings from these studies contribute to the broader understanding of carbon footprints and provide valuable insights for policymakers, researchers, and practitioners seeking to mitigate environmental impacts. In conclusion, the concept of a carbon footprint extends beyond a simple calculation, encompassing a comprehensive analysis of human-induced GHG emissions across various activities. By employing approaches such as LCAs and according to set standards, one may get a more precise comprehension of the environmental consequences of products and services.

Kyoto Protocol

The Kyoto Protocol, adopted as part of the United Nations Framework Convention on Climate Change (UNFCCC) in 1997, is an international agreement aimed at reducing emissions of greenhouse gases and slowing the pace of climate change (Hepburn, 2007). 190 countries signed the treaty, which went into force in 2005 (Owen and Hanley, 2004). The Protocol establishes legally bound carbon

reduction goals for developed nations, also known as Annex 1 nations, such as Germany, the United States of America, Italy, and Austria. (Hovi et al., 2003). These targets are intended to be met through various means, including carbon trading and using carbon sinks (Hepburn, 2007). Additionally, the pact established the Clean Development Mechanism, which enables wealthy nations to finance carbon-reduction initiatives in poor countries to offset their emissions (Popp, 2011). The Protocol was amended in 2012 to establish a second commitment period from 2013 to 2020 (Bäckstrand and Elgström, 2013).

Paris Agreement

The Paris Agreement was ratified as an international treaty by the United Nations Framework Convention on Climate Change (UNFCCC) in 2015 to slow global warming and strengthen nations' capacity to deal with its consequences (Horowitz, 2016). The pact seeks to pursue efforts to limit global warming to 1.5 degrees Celsius over pre-industrial levels and to keep it far below 2 degrees Celsius (Horowitz, 2016). Countries must submit Nationally Determined Contributions (NDCs) under the Paris Agreement outlining their strategies for reducing greenhouse gas emissions (Delbeke et al., 2019). These NDCs are not legally binding, but countries are expected to report on their progress frequently and revise them over time to reflect their rising ambition (Savaresi, 2016). The Paris Agreement also encourages nations to cooperate in developing and transferring technology and establishes a financial mechanism to support developing nations'

mitigation and adaptation efforts (Vinet and Zhedanov, 2011). On November 4, 2016, the Paris Agreement became official (Horowitz, 2016).

Reducing Carbon Footprint

Reducing one's carbon footprint entails reducing the number of greenhouse gases released into the atmosphere (Bond and Sun, 2005). This can be accomplished by utilizing renewable energy sources, energy-efficient equipment and minimizing meat and dairy product intake (Elahi et al., 2019). Individuals can also reduce their carbon footprint by taking public transit, walking or biking instead of driving, and recycling (Jackson, 2020). Overall, lowering one's carbon footprint can aid in slowing climate change and protecting the environment (Hansen et al., 2013). Waste management has the potential to significantly reduce greenhouse gas emissions (Mamais et al., 2015). Landfills mainly produce methane, a potent greenhouse gas, when organic waste decomposes (Lee et al., 2017). Methane can also be made during garbage incineration (Mboowa et al., 2017). On the other hand, recycling and composting can minimize the garbage sent to landfills and reduce methane emissions (Kristanto and Koven, 2019). Furthermore, manufacturing materials for recycling and composting might have a smaller carbon footprint than producing new materials (Diacono et al., 2019). Overall, more sustainable waste management techniques can aid in reducing greenhouse gas emissions (Mannina et al., 2016). Figure 9 indicates gas emissions from waste management (Eurostat, 2011).

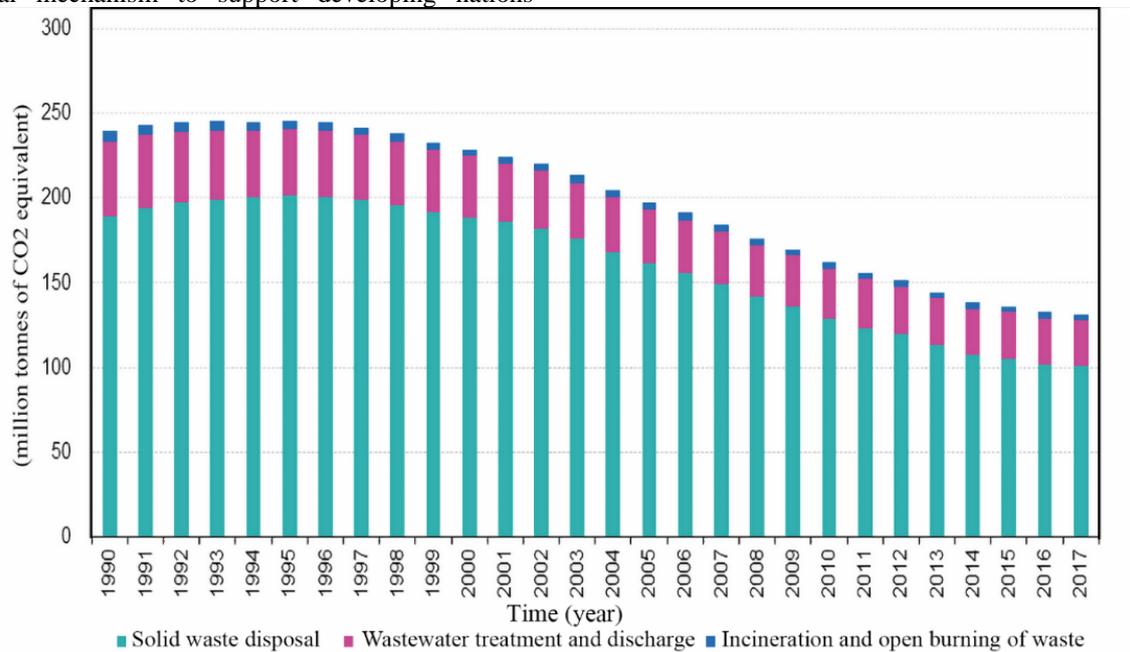


Fig. 10. Gas emissions from waste management (Eurostat, 2011).

Reducing the Use of Fuel Vehicles

Motor vehicles greatly influence the environment in terms of carbon emissions since they run on fossil fuels. A typical automobile emits 4.6 metric tons of CO₂ yearly (Zacharof et al., 2016). Reduced consumption can

significantly reduce the number of greenhouse gases discharged into the environment (Satterthwaite, 2008)

Use of Energy-Efficient Electronic Devices

When comparing energy consumption, Class A refrigerators use significantly less energy than Class G

refrigerators (Mills and Schleich, 2010). On average, Class A refrigerators consume 449 kWh per year, while Class G refrigerators consume over 1020 kWh annually (Mansouri et al., 1996). Choosing appliances and household goods with a high energy efficiency rating is recommended to minimize the environmental impact (Jeong and Kim, 2015).

Use of recyclable products

Emphasizing recycling is one of the most practical ways to reduce your carbon footprint. By separating paper, glass, and plastic waste and storing them in different areas, we can significantly contribute to the environment's protection (Al-Maaded et al., 2012). Especially in clothing shopping, focusing on recycled products is also important from a sustainability perspective (Diddi et al., 2019). Because each kilogram of new textile product produced results in the release of 2 kilograms of carbon dioxide into the environment (Quadrelli et al., 2011), recycling and promoting a circular economy can be considered effective ways to minimize the environmental impacts caused by the waste and consumption of resources (Di Maio and Rem, 2015). By choosing recycled materials and products, the amount of waste is reduced, and the energy consumption and greenhouse gas emissions caused by the production of new materials are minimized (Corsten et al., 2013).

Conclusion

Assessing the environmental impact of human activities is essential to understanding and mitigating their effects on the planet. One popular way of quantifying this impact is through the concept of carbon footprint, which measures the total greenhouse gas emissions caused by an individual, organization, or product. In recent years, there has been increasing awareness of the importance of reducing carbon footprints as part of the effort to combat climate change. As a result, many governments and businesses have adopted carbon reduction targets and are implementing strategies to reduce their carbon emissions. However, there are some limitations to the carbon footprint concept, including the fact that it needs to consider other types of environmental impacts, such as water usage, land use, and pollution. Additionally, there needs to be a standardized methodology for calculating carbon footprints, which can lead to inconsistencies in the data. In the future, it is critical to keep developing and enhancing techniques for evaluating the environmental effect, including creating more thorough and consistent systems for computing carbon footprints. To develop a more comprehensive understanding of the environmental impact of human activities, it will also be crucial to consider environmental effects other than greenhouse gas emissions. These actions will ultimately be essential for reducing the impact of climate change and maintaining the health and well-being of our planet.

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