HEALTHY NEWS

Here's How Climate Change Is Harming Pregnant Women

By bestfolkmedicine · 06/07/2020 · 2 min read

For more than a decade, evidence has linked polluted air and exposure to heat with negative pregnancy outcomes in the US, says a new review of several studies.

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The investigation which was published in the Journal of the American Medical Association found 57 studies as of 2007 that showed a link between these 2 factors and pre-term birth, low birth weight, and stillbirth.

Moreover, the black mothers were especially at risk, as well as individuals with asthma. The review analyzed 32 million births through 68 studies. From them, 84 percent found heat and air pollution to be the major risk factors.

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Climate Change Is Harming Everyone, Particularly Pregnant Women

The human-triggered climate problems are increasing the temperatures and humidity and lowering our capacity to cool off, even at night.

Plus, climate change is worsening air pollution. And, the smog from the fossil fuel burning forms during hot days. Wildfires that lead to smoke inhalation are worsened by the crisis.

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According to Bruce Bekkar, co-author of the study and a retired obstetrician, when we talk about climate, we think about severe weather, huge fires and big storms; however, they wanted to talk about the common and widespread influences that are rarely attributed to climate change.

Bekkar added that they're already witnessing generations that are weak since birth. But, we can't allow this and he wants to see more health professionals calling for legislation that will reduce the health damage caused by climate crisis rather than only parents showing up at council meetings.

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Pollution Protection & Climate Efforts Dropped Down in the US

These findings come as the administration of the current president Trump wanted to weaken the anti-pollution measures by rolling back the car and power plant emission standards.

The EPA has ignored the scientific advice to enrol stricter air quality rules.

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However, the American College of Obstetricians and Gynaecologists found climate change to be a big threat to the health of women, in addition to being a public health concern.

Unfortunately, climate change has been linked with cardiovascular diseases, mental health problems, and higher risk of infectious illnesses.

And, developing foetuses are highly vulnerable to the side effects.

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Black Mothers Are the Most Vulnerable

According to the review, black mothers have a higher risk of pre-term delivery and low birth weight of the baby.

They're highly influenced by social health determinants like poverty, long-term stress, and poor access to healthcare.

And, the environmental exposure speeds up and worsens these risks.

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