



# Air Pollution and Pregnancy Losses: Lancet Report

## Why in News

According to recent study **poor air quality is associated** with a considerable proportion of **pregnancy loss in India, Pakistan, and Bangladesh.**

- It is the **first study to estimate the effect of [air pollution](#) on pregnancy loss** across the region.

## Key Points

### ▪ The Study:

- They created a model to **examine how exposure to PM 2.5 increased women's risk of pregnancy loss**, calculating risk for each  $10 \mu\text{g}/\text{m}^3$  increased in PM 2.5 after **adjusting for maternal age, temperature and humidity, seasonal variation, and long-term trends** in pregnancy loss.
- Each **increase in  $10 \mu\text{g}/\text{m}^3$**  was estimated to **increase a mother's risk of pregnancy loss by 3%.**
  - The increase in **risk was greater for mothers from rural areas or those who became pregnant at an older age**, compared to younger mothers from urban areas.

### ▪ Area Specific Report:

- Of the pregnancy loss cases, **77% were from India**, 12% from Pakistan, and 11% from Bangladesh.

### ▪ Limitations:

- The study was **unable to distinguish between natural pregnancy loss and abortions**, which may have led to an underestimation of the effect of air pollution on natural pregnancy loss.
- There was **under-reporting** of pregnancy losses because of **stigma** or **ignoring very early pregnancy losses.**

## Air Pollution

- Air pollution refers to any **physical, chemical, or biological change in the air.** It is the contamination of air by harmful gases, dust, and smoke which **affects plants, animals, and humans drastically.**
- **Air Pollutants:** Pollutants are the substances which cause pollution. **Types:**
  - **Primary:** The pollutants that directly cause air pollution or the pollutants that are formed and **emitted directly from particular sources.** Examples are **particulate matter, carbon monoxide, nitrogen oxide, and sulfur oxide.**
  - **Secondary:** The pollutants formed by the intermingling and reaction of primary pollutants are known as secondary pollutants. Examples are **ozone and secondary organic**

## aerosol (haze).

### ▪ **Causes of Air Pollution:** Major sources of air pollution are:

- Indoor **burning of fossil fuels, woods and other biomass** to cook, heat and light homes.
- **Industry**, including power generation such as coal-fired plants and diesel generators.
- **Transport**, especially **vehicles** with diesel engines.
- **Agriculture**, including livestock, which produces methane and ammonia, rice paddies, which produce methane, and the burning of agricultural waste.
- Open **waste burning** and organic waste in landfills.

### ▪ **Impact of Air Pollution on Human Health:**

- As per the [State of Global Air 2020 \(SoGA 2020\)](#) released by the **Health Effects Institute (HEI)**:
  - High PM contributed to the deaths of more than 1,16,000 Indian infants who did not survive their first month.
  - More than half of these deaths were associated with outdoor PM<sub>2.5</sub> and others were linked to the use of solid fuels such as charcoal, wood, and animal dung for cooking.
- According to the [2017 Global Burden of Disease report](#) published by the **Lancet Planetary Health journal**:
  - India, which accounts for 18% of the global population, recorded 26% of the global premature deaths and disease burden due to air pollution.
  - **One in every eight deaths in India (2017)** could be attributed to air pollution, which now contributes to more disease burden than smoking.
- Household air pollution causes about **3.8 million premature deaths** each year.
- Air quality has become a **serious health issue** because the pollutants enter deep inside the lungs and the lungs capacity to purify blood gets reduced which affects the person's growth, mental ability and the working capacity especially for **children, pregnant women and elderly people**.
  - In children, it is associated with **low birth weight, asthma, childhood cancers, obesity, poor lung development and autism**, among others.

### ▪ **Indian Initiatives to Control Air Pollution:**

- [The Commission for Air Quality Management in National Capital Region \(NCR\) and Adjoining Areas](#): It coordinates efforts of state governments to curb air pollution, and will lay down the parameters of air quality for the region.
- [Bharat Stage \(BS\) VI norms](#): These are emission control standards put in place by the government to keep a check on air pollution.
- [Dashboard for Monitoring Air Quality](#): It is a **National Air Quality Monitoring Programme (NAMP)** based dashboard, built on data from the [Central Pollution Control Board's National Ambient Air Quality Monitoring \(NAAQM\)](#) Network which was started in 1984-85 and covers 344 cities/towns in 29 states and 6 UTs.
- [National Clean Air Programme](#): Launched in 2019, it is a comprehensive pan-India air pollution abatement scheme for 102 cities.
- [National Air Quality Index \(AQI\)](#): It focuses on health effects one might experience within a few hours or days after breathing polluted air.
- [National Ambient Air Quality Standards](#): They are the standards for ambient air quality with reference to various identified pollutants notified by the Central Pollution Control Board under the [Air \(Prevention and Control of Pollution\) Act, 1981](#).
- [Breathe](#): It is a 15 point action plan to fight air pollution by [NITI Aayog](#).
- [Pradhan Mantri Ujjwala Yojana \(PMUY\)](#): It aims at providing clean-cooking fuel to the poor households and bringing in qualitative changes in the living standards.

### ▪ **International Initiatives:**

- **Climate and Clean Air Coalition:**

- Launched in **2019**
- It is a **voluntary partnership** of governments, intergovernmental organizations, businesses, scientific institutions and civil society organizations **committed to protecting the climate and improving air quality through actions to reduce short-lived climate pollutants.**
- **India is a member** of the coalition.
- **United Nations Clean Air Initiative:** It calls on national and subnational governments to commit to achieving air quality that is safe for citizens, and to align climate change and air pollution policies by 2030.
- **World Health Organization (WHO)'s 4 Pillar Strategy:** WHO adopted a resolution (2015) to address the adverse health effects of air pollution.

## PM (Particulate Matter) 2.5

- PM 2.5 is an atmospheric particulate matter of diameter of fewer than 2.5 micrometres, which is around 3% the diameter of a human hair.
- It causes respiratory problems and also reduces visibility. It is an endocrine disruptor that can affect insulin secretion and insulin sensitivity, thus contributing to diabetes.
- It can only be detected with the help of an electron microscope because of them being very small.
- Sources of fine particles include all types of **combustion activities** (motor vehicles, power plants, wood burning, etc.) and certain **industrial processes.**

## Way Forward

- There is a need to urgently confront air pollution and strengthen health systems. The short-term respite from air pollution that most big cities in the world experienced was because of **lockdown measures and not a permanent fix.**
- Also there is a need to **increase public awareness on air pollution. Educate and inform people about what they can do to reduce air pollution.** Put out public health messages on the metro, buses, billboards, and radio to help change public behaviour.

**Source:IE**

PDF Reference URL: <https://www.drishtiias.com/printpdf/air-pollution-and-pregnancy-losses-lancet-report>