Journal for Research in Applied Sciences and Biotechnology

www.jrasb.com

ISSN: 2583-4053

Volume-3 Issue-1 || February 2024 || PP. 368-382

https://doi.org/10.55544/jrasb.3.1.56

Impact of Climate Change on Neurodevelopmental Disorders in Pediatrics

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www.jrasb.com || Vol. 3 No. 1 (2024): February Issue

Received: 07-02-2024	**Revised:** 20-02-2024	**Accepted:** 27-02-2024

ABSTRACT

The present work aims at analyzing the effects of the climate change on neurodevelopmental disorders in children. The document dwells on the importance of neuro-toxic stressors in pollution and climatic changes affect neurological risks in children. Specifically, this research will examine the following questions: the causal mechanisms by which climate change impacts neurodevelopment; the related health consequences on children; and protective strategies for these populations. Through these linkages, the paper underscores the need for policy change and community mobilisation to protect children as they are affected by climate change.

Keywords- Climate Change, Neurodevelopmental Disorders, Pediatric Health, Environmental Stressors, Public Policy.

I. INTRODUCTION

1.1 Background

Climate change and public health are becoming terrifically interrelated and one of the areas of concern is neurodevelopmental disorders in children. Children living in the world that is experiencing climate change are more vulnerable to physical environmental change agents that adversely affect their neurological development. It is important to recognize these relations since neurodevelopmental disorders cause lifelong disabilities related to an individual and treatment services. This paper aims at discussing a climate change as being one of the most critical environmental factors causing neurological health problems among children and calls for adequate intervention measures and good policies for the vulnerable groups.

1.2 Research Objectives and Scope

1. Assess the association between climate change associated environmental factors; like air quality, heat waves and natural disasters with neurodevelopmental disorders among children.
2. Explain how the named pollutants and stressors affect the biological and neurochemical level in children and how climate change affects neurodevelopment.
3. Enumerate key groups that are most vulnerable to the impacts of climate change for example; densely populated communities, the poor and other disadvantaged groups resolution and address of the socio-economic causes of these effects.
4. This paper calls for studies-proposal CASP intervention plans and policy measures to reduce the impact of climate change on pedia neurodevelopmental disorders to safeguard the health of children.
5. Enhance knowledge on the perception of climate change risk towards health, population of healthcare workers, policy makers and other stakeholders in a bid to develop preventive measures toward climate change adverse effects on pediatric neuro development.

II. THEORETICAL FRAMEWORK

An ecological systems theory and two environmental health models merged with neurodevelopmental frameworks serve as the theoretical foundation for appreciating the effects of climate change

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ISSN: 2583-4053

Volume-3 Issue-1 || February 2024 || PP. 368-382

https://doi.org/10.55544/jrasb.3.1.56

on neurodevelopmental disorders in pediatric populations. A premise that affords this sort of many-theoretical view is allows for a more textured treatment of how global climate change and environmental concerns are related to biological, the social, and the behavioral in young learners' development.

2.1 Ecological Systems Theory

The theoretical framework used in the study is Bronfenbrenner's Ecological Systems theory that deals with the framework in which an individual operates (Crawford, 2020). This theory presupposes that a person is an integral part of several systems, including microsystems (close environments), mesosystems (relations between the microsystems), exosystems (environments indirectly affecting the person), and macrosystems (general cultural environments). From the climate change intervention, got to know that childhood development depends not only on the environment but also on the policies, on the economy and social relations. For instance, a child staying in area that is vulnerable to disasters is likely to be affected within their daily lives this resulting is to health complications.

Table 1 Components of Ecological Systems Theory

System Type	Description	Impact on Development
Microsystem	Immediate environment (family, school)	Directly influences behavior and relationships
Mesosystem	Interactions between different microsystems	Affects support systems and resource availability
Exosystem	External environments (community, media)	Indirectly influences access to services
Macrosystem	Cultural and societal norms	Shapes policies affecting environmental exposure

2.2 Environmental Health Models

Environmental health models are more or less centered on the various causalities between environmental factors and health factors. These models show that it is important not only to consider physical changes due to climate change like air pollution and toxins, chemically as well (Heyer et al., 2017). For instance, heat can cause emission of pollutants into the air and increase susceptibility of children to breathe poisonous elements leading to neurodevelopmental diseases such as ADHD and Autism spectrum disorders. Since different patterns of exposure can lead to different effects, it is important to appreciate how these exposures affect neurodevelopment.

Table 2 Environmental Exposures and Neurodevelopmental Outcomes

Environmental Exposure	Potential Neurodevelopmental Impact	Associated Disorders
Air Pollution	Impaired cognitive function	ADHD, learning disabilities
Heavy Metals	Neurotoxic effects on brain development	Autism spectrum disorders
Pesticides	Disruption of neurochemical pathways	Developmental delays
Heat Stress	Increased stress response affecting cognition	Emotional and behavioral issues

2.3 Neurodevelopmental Framework

Neurodevelopmental perspective entails the aspects of the growth and functioning of the brain of an individual. That is why this framework is indispensable for studying how environmental conditions, especially those defined as dependent on climate change, can distort healthy neurodevelopment (Morris-Rosendahl et al., 2020). Several environmental chemicals get to the brain where they exert toxic effects affecting the development of structures and their functioning permanently during critical periods of development. For instance, critical window hypothesis suggests that there are bad and good times which children should be protected through when the time comes.

Table 3 Critical Windows of Neurodevelopment and Environmental Influences

Developmental Period	Critical Developmental Milestones	Environmental Influence
Prenatal	Formation of neural structures	Maternal exposure to pollutants
Infancy	Synaptic pruning and myelination	Early exposure to toxins
Early Childhood	Language and cognitive skills development	Air quality and nutritional factors
Adolescence	Brain maturation and behavioral regulation	Stress and environmental stressors

When synthesising these theoretical frameworks, this research paper seeks to explain the various dimensions through which children with NDD are affected by climate change. To this end, an examination of these relationships is important in the development of subsequent investigation, policy, and

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Volume-3 Issue-1 || February 2024 || PP. 368-382

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intervention planning regarding the conservation of pediatric health in a growing environment.

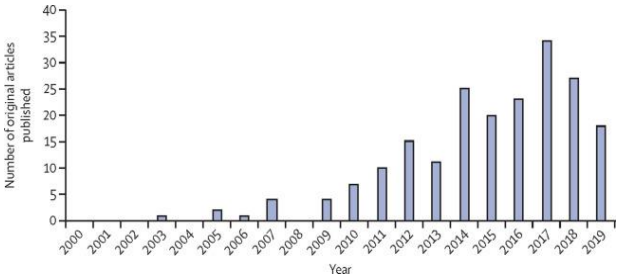

Figure 1 Climate change and child health (ScienceDirect.com, 2021)

III. CLIMATE CHANGE AND ITS ENVIRONMENTAL IMPACT ON PEDIATRIC HEALTH

Global warming has major impacts on public health; children are at greater risk than other groups because of their developing physical and nervous systems. This influences population vulnerability to various diseases, water and air pollution and other social determinant of health which are worse of in low income and marginalized communities due to climate change (Perera, 2018). Another major consideration in this connection is the diminution in environmental quality on account of climate change, the pollution of air and water resources, and the risks associated with potential toxic substances. For example, warm environment is recognized to be related with the hazard of forming ground level ozone, the major component of smog, which has been proved to have negative effects on the respiratory system and cognitive performance in children. Further, they are more vulnerable to weather detrimental impacts of several toxins since their ventilation ratio per weight is higher than that of the adults.

Other climate events such as hurricanes, floods and recent fires that are related to climate also present other difficulties to human health. Not only do these events result in Erickson's stage 4 psychosocial crisis physical injuries, but they that these events leave deep psychological effects such as anxiety, depression, and even post- traumatic stress disorder (PTSD). Such disastrous events could slow the child's learning process in school or pre-school, a change in social relations, loss of health care services or even delayed development (Cianconi et al., 2020). This stress could in turn avail neurobiological impacts likely to cause neurodevelopmental disorders. Scientific research has established that early childhood stressed children are more prone to have neurological and behavioural problems in future.

Table 4 Impact of Climate Change on Pediatric Health Outcomes

Environmental Factor	Health Outcome	Affected Population
Air Pollution	Respiratory diseases	Children with asthma or allergies
Extreme Heat	Heat-related illnesses	Infants and young children
Natural Disasters	Psychological trauma	Children in disaster-affected areas
Water Contamination	Gastrointestinal diseases	Children in low-income or rural areas

Climate change also impacts food security, a factor which plays an important role in the overall health of the population. Changes and oscillations of climate yields into effects of drought, famine and malnutrition owing to reduced crop yields. Poor feeding during childhood particularly in the first years of life virtually affects all aspects of human development leading to irreversible damage. When children lack adequate and foods, they may have developmental and behavioral problems, recurrent diseases as well as diseases. This must do with how environmental variables and socioeconomic level interact as a concern. Low resource families live in areas where they are exposed to more toxic environments and in general have less ability to protect themselves or rebound from climate influenced disruptions. This could be considered as one of the reasons for calling for more appropriate current and combination strategies which would embrace the socio-economic dimensions of climate change and health.

For this reason, there is a reason to implement prevention, education, and policy advocacy as complex and cross-disciplinary strategies for the impact of climate change on children. In order to promote awareness to the possible health effects concerning climate change, the parents, caregivers and the community should be educated in order to protect the health of the children. Some of the effects of environmental changes that can be controlled include; practicing warranted activities like limiting movement in the outdoors during high pollution days, provision of clean safe water to drink, and increased provision of foods that adequately meet the required nutritional quality. The methods that focus to cut the emissions of greenhouse gases, design effective urban structures and prepare for disasters all adds to protection of children in the face of climate change.

The impacts of climate change may be fatal to children hence Climate change as a global risk should therefore not be taken lightly (Frumkin, 2016). This paper argues that the recognition of the relationship between health and environment facilitates the protection of the vulnerable groups. Some of the current stakeholders, therefore, include the following; Scientists who undertake research projects to come up with

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Journal for Research in Applied Sciences and Biotechnology

www.jrasb.com

ISSN: 2583-4053

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https://doi.org/10.55544/jrasb.3.1.56

solutions to problems brought about by climate change and healthy child development environment activists, parent organizations and caregivers who are at the frontline fighting for their children and other children who fall victims of circumstance, and, community leaders.

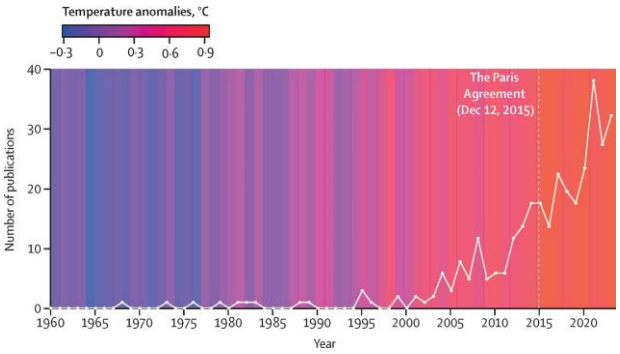

Figure 2 Climate change and disorders of the nervous system (The Lancet, 2021)

IV. NEURODEVELOPMENTAL DISORDERS: A CONSEQUENCE OF ENVIRONMENTAL STRESSORS

Neurodevelopmental disorders (NDDs) include a group of disorders that are a consequence of a developing nervous system that results in functional disabilities within cognition, behavior, and social domains. By most recent estimates, ASD, ADHD, learning disabilities and other NDDs have been on the rise in the last few decades, thus raising papd and research alarm. In fact, various investigations have revealed that various stochastic factors a number of which are attributed to climate change and pollution are the main causes of these disorders. The relationship of different aspects of the environment to neurodevelopmental concerns is another aspect of necessity for prevention and management protocols.

According to internal stressors, toxic substances have been identified to be among the most relevant for end points of neurodevelopmental disorders. All the metals which include lead, mercury and arsenic have been attributed to affect the normal developing nervous system especially when young children are exposed to them at some point in their developing years. For instance, lead exposure lowers intelligence, increases behaviour disorders among children, and raises chances of an ADHD diagnosis (Carlsson et al., 2021). Similarly, maternal fish consumption and high levels of mercury in prenatal foods affect the neurological development among children. In addition, observations in recent years suggest that toxic substances such as phthalates and bisphenol A (BPA) can modulate brain plasticity and autism, and other neurodevelopmental disorders. It is posited that some of these substances may interrupt communication of chemical messengers thus disrupting the neurodevelopmental process in the brain.

Table 5 Environmental Stressors and Their Association with Neurodevelopmental Disorders

Environmental Stressor	Associated Neurodevelopmental Disorder	Mechanism of Action
Lead	ADHD, cognitive deficits	Disruption of neurotransmitter systems
Mercury	Developmental delays	Neuronal cell death and apoptosis
Phthalates	Autism spectrum disorder	Hormonal disruption affecting neurodevelopment
Air Pollution	Behavioral issues, cognitive impairment	Inflammation and oxidative stress affecting the brain

But not only chemical exposures but climatic stressors inclusive of flooding leading to displacements affect neurodevelopment. Involvement of children with traumatic events leads to poor mental health adaption that may worsen neurodevelopmental disorders or delay cognitive emotional development. Such as pressure arising from housing and food insecurity can trigger chronic stress in brain regions that are important for regulation of emotions and cognition. Environmental stressors and genetics also complement at other levels asking for some children to be more vulnerable to certain stressors than others by genetic lineage.

Table 6 Impact of Psychosocial Stressors on Neurodevelopment

Psychosocial Stressor	Impact on Neurodevelopment	Potential Long-term Outcomes
Displacement due to disasters	Increased risk of PTSD and anxiety	Behavioral issues, learning difficulties
Food insecurity	Malnutrition and stress	Impaired cognitive development
Family stress during climate change	Behavioral and emotional issues	Social withdrawal, attention deficits
Community instability	Lack of supportive environments	Increased susceptibility to NDDs

Appreciating the fact that environmental stressors are strongly linked to neurodevelopmental

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ISSN: 2583-4053

Volume-3 Issue-1 || February 2024 || PP. 368-382

https://doi.org/10.55544/jrasb.3.1.56

disorders makes it incumbent upon governments as well as other stakeholders to develop robust population health approaches to mitigate interaction with these demeaning forces. It is critically effective for kids diagnosed with NDDs to evaluate and treat them in the initial stages so that related programs require community health to focus on promoting safe and nurturing surroundings for children. This involves enshrinement of measures in encompassing pollution control measures, promotion of housing stability, and development of tools that are likely to help the community in case of a mental breakdown. By engaging the provider-educator partnership, children at higher risk for NDPs should be reviewed for referral to services appropriate for the suspected disorder.

Therefore, it has become very important today to come up with a holistic solution to address environmental stressors in order to check cases of neurodevelopmental disorders. The merits of such an analysis would be to enable the readers to set up understanding of the multiple ways that environment influences neurodevelopment to various persons in order to advance child health and development policies and intercessions. Employing this broad perspective will serve not only persons with NDDs but will also lead to improved health in society and a stronger future in light of current environmental pressures.

V. INTERVENTIONS AND POLICY STRATEGIES FOR MITIGATING RISKS IN PEDIATRICS

Measures and acts also play critical roles in addressing environmental risks that affect children having special concerns on matters to do with neuro-developmental disorders. In order to respond to the growing awareness of the impact of environmentally related factors on children's health, different strategies realized at the prevention, education, advocacy and policymaking levels have to be employed. Preventive measures can prevent children from being at risk for environmental stressors, build personal protective factors among high-risk populations, and improve child development.

This paper identified exposure reduction as one of the main approaches of addressing environmental risks whereby regulations would be developed for minimizing exposure to risk factors such as toxic agents (D'Souza et al., 2017). To decrease the chance of neurotoxicity in children, there are laws like Clean Air Act, Safe Drinking Water Act to set specific standards of quality of air and water that we breathe and consume. These are the earlier measures to control polluting effects of some chemicals such as lead, mercury and pesticides that affect neurodevelopment of human beings. In addition, environmental conservation policies such as restrictions on industrial emissions and incentives for clean type energy will greatly lower air pollution levels making the environment healthier for the young ones.

Table 7 Key Policy Interventions for Reducing Environmental Risks in Pediatrics

Policy Intervention	Description	Expected Outcome
Clean Air Act	Regulates air emissions from stationary and mobile sources	Reduced air pollution levels
Safe Drinking Water Act	Sets standards for drinking water quality	Decreased exposure to waterborne toxins
Toxic Substances Control Act	Regulates chemicals and their disposal	Lower levels of hazardous substances in the environment
Child Lead Poisoning Prevention Program	Targets lead exposure in children	Reduced incidence of lead poisoning

In addition to the recommendations of legislative interstate and non-governmental organizations, educational activities are the driving force for the development of measures to raise awareness of families about environmental hazards and the implementation of preventive measures. Community-based programs can familiarize parents and other caregivers with the risks of various substances in their homes, the air they breathe and the food they eat. It will also be useful to perpetrate campaigns that point to limiting exposure to second hand smoke, and encouraging children to take nutritious foods as productive ways of counteracting the various toxins in the environment that negatively affect neuro development among children. Schools should ensure they adopt an educational curriculum that will ensure that students learn how they can maintain safe environment.

Another important area of risk management is the interconnection of health care services with environmental measures. Cooperation between one or more of the stakeholders in the health care system, public health sector and the bodies responsible for the environmental conservation in aiding in early identification of NDs and caring for the families. The details are that health care can undertake a very proactive approach and integrate questions about potential environmental exposures into children's periodic checkups so that children can receive interventions. Lead can be screened in high-risk persons and commuter who mainly work for the government so as to reduce the future health risks involved.

Table 8 Community-Based Interventions for Environmental Health Education

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ISSN: 2583-4053

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Intervention	Target Audience	Goals
Parent Workshops	Parents and caregivers	Educate about environmental toxins
School Health Programs	Students and teachers	Promote awareness of healthy practices
Community Health Fairs	General public	Provide resources and information
Partnerships with NGOs	Vulnerable communities	Address local environmental health issues

Another area that should be of interest to policymakers regards the socio-economic determinants of differential environmental risk. The people at the lower end of the social ladder as well as those communities which are socially negatively disadvantaged end up with more risk exposure because they cannot afford healthcare, safe houses, or clean environments. To solve these issues, it is important to reach out to the most vulnerable and offer them the necessary tools and equipment. Increasing availability of healthy food in food deserts, increasing public transportation, and developing community infrastructure would reduce environmental degradation of vulnerable population (Homberg et al., 2016). Measures that protect the most vulnerable populations in the context of climate change-related disasters, including hurricanes and floods, are the improvement of policies that respond to the needs of endangered populations for emergency supplies and supports.

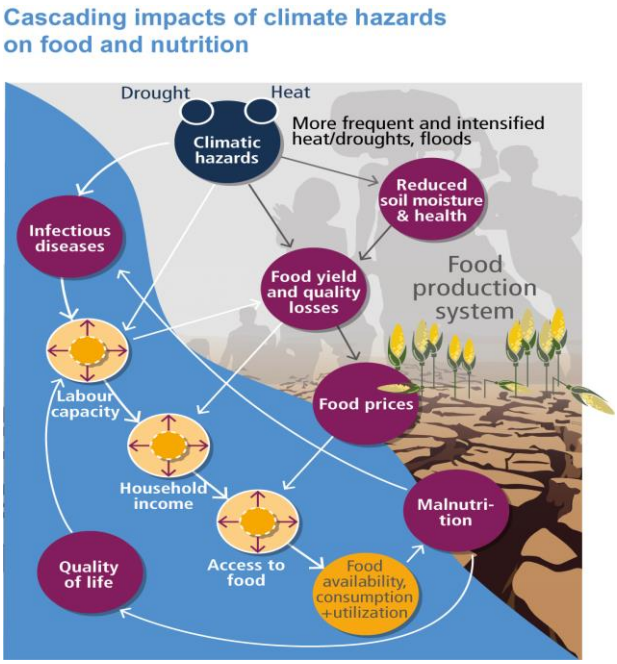

Figure 3 Impact of climate on children, 2021)

This is why advocacy for funding on research in environmental health is critical, to address the complexity of environmental exposure and on children in particular. Well-executed research programmes can underpin policy, programmes and interventions as well as assist in improving child health. Community participation in research endeavours can also help families mobilise to fight for their environmental health and welfare, establish mechanisms of agency.

VI. FUTURE DIRECTION

More longitudinal epidemiologic investigations should be conducted to track the additional impact of climate change on NDs in various population groups. Indications of the mechanisms of immunomodulation and the neurotrophic effects of EBV-Sm could be relevant to understanding the basic knowledge of required therapies. Multifield cooperation between environmentalists, medical professionals, and lawmakers should persist since coming up with detailed plans both in addressing climate change issues and pediatric health issues should be holistic. Translation, families are known of the risks and prevention strategies need to be made, community engagement and enhancement. Climate and health policy linkages will be important in the future to ensure that healthy climates are created for the next generations.

VII. CONCLUSION

Neurodevelopmental disorders in pediatric medicine as influenced by climate change therefore presents a real and urgent issue that merit attention from the society. When communication pathways by which environmental stressors affect neurological health are identified, it becomes easier for stakeholders in the process of formulating policies to do that in a manner that allows, or even enhances, improvement of such health. There is need for adequate research as well as raising awareness concerning child health and climate change, and policies changes that address the two issues. Enhancing child neurodevelopment is going to be a concerted effort, which would involve the society in its entirety; the goal would be to ensure healthier lives for children who arguably form the society's most vulnerable populace.

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