

Table 1. Examples of Climate-Related Environmental Hazards, Adverse Pregnancy Outcomes, and Exposure Reduction Strategies

Type of Environmental Hazard	Increased Risk of Adverse Pregnancy Outcome	Patient-oriented Recommendations for Exposure Reduction
PM _{2.5} and black carbon	<ul style="list-style-type: none"> • Birth outcomes (preterm birth and low birth weight) • Gestational diabetes • Hypertensive disorders of pregnancy 	<ul style="list-style-type: none"> • Use exhaust fans when cooking and bathing • Open windows or use a fan when possible to improve ventilation when cooking with a gas stove • Use doormats and remove shoes when entering home • Change air filters • Use a clean air machine or low-cost air purifier with HEPA filters • Avoid air fresheners, candles, and incense • Dust and vacuum frequently using a vacuum cleaner with a HEPA filter • Minimize carpeting, if possible • Wear mask outside on days with the poorest air quality • Avoid exercising outside on poor air quality days • Use electric stoves instead of gas when possible
Flooding	<ul style="list-style-type: none"> • Hypertensive disorders of pregnancy • Low birth weight 	<ul style="list-style-type: none"> • Know the flood risk for your place of residence • See if proper drainage and runoff systems are available • Improve and repair flood-damaged properties (eg, mold)
Higher temperatures	<ul style="list-style-type: none"> • Preterm birth • Preeclampsia • Gestational diabetes 	<ul style="list-style-type: none"> • Seek cooling centers or leverage local subsidies for cooling units • Use fans and improve ventilation • Use dehumidifiers
<p>Abbreviations: HEPA, High Efficiency Particulate Air; PM_{2.5}, particulate matter with aerodynamic diameter ≤2.5 μm.</p> <p>Modified from James-Todd T, Chan M, Debbink MP, Wylie BJ. Considering environmental discrimination to achieve optimal pregnancy health for all. <i>BJOG</i> 2025;132:1939–44. doi: 10.1111/1471-0528.18277.</p>		

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<https://www.acog.org/clinical/clinical-guidance/committee-statement/articles/2026/07/the-effects-of-climate-change-on-obstetric-and-gynecologic-health>