

BEING PREGNANT IN THE FACE OF CLIMATE CHANGE



"The effects of climate change include food and water insecurity, civil conflicts, extreme weather events, and the spread of disease—all of which put women at elevated risk of disease, malnutrition, sexual violence, poor mental health, lack of reproductive control, negative obstetric outcomes, and death." -The American College of Obstetricians and Gynecologist.

What You Should Know



Exposure to high temperatures can increase the risk of your baby having abnormal heart conditions.

^{1, 2, 4, 5}




Air pollution has been linked to low birth weights, preterm births, and early miscarriage.



Air pollution can interfere with the healthy development of your baby's brain

WHAT YOU CAN DO

- During wildfire season, keep a close eye on the air quality. Avoid outside activities if the Air Quality Monitor states, "Unhealthy for sensitive populations." Look for the color orange.
- Phone applications such as Weather, IQAir AirVisual, Air Quality and Pollen, and EPA AIRNow can give you the minute-to-minute air quality in your location. 
- Avoid outdoor activity if the temperature is greater than 85 degrees Fahrenheit.
- If you do not have an air conditioner, on hot days, use public buildings with air conditioners or shade, such as the local library and mall, during the day's peak heat.
- Assess possible pollution in your home, such as a gas range, wood stove, or smokers/vapors.
- In hot temperatures, hydrate often and schedule errands around low-sun hours.
- Ask local and national leaders to vote for policies protecting our air quality.

Resources

- <https://www.momscleanairforce.org/state-chapters/montana/>
- <https://www.epa.gov/climateimpacts/climate-change-and-health-pregnant-breastfeeding-and-postpartum-women>
- [figo.org](https://www.figo.org)
- <https://www.mtnmamas.org/montana/>
- <https://www.montanahphc.org>
- For all of Montana's Climate groups go to: <https://livableclimate.org/montanaclimate>

For more information:

