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## Environmental contaminants and child's growth

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## **Abstract**

Experimental data have suggested that some contaminants in the environment may increase the risk of obesity. Infants can be exposed to chemicals either prenatally, by trans-placental passage of chemicals, or postnatally by their own diet and by other external pathways (air inhalation, dust, hand-to-mouth exposure) after birth. In order to provide a review of epidemiological evidence on the association between prenatal exposure to chemicals and prenatal and postnatal growth, we present the literature from systematic review articles and international meta-analyses, when available, or recent research articles when summarising articles were not available. The most studied contaminants in this field were persistent organic pollutants (e.g. organochlorinated pesticides, polychlorinated biphenyls, PCBs), non-persistent pollutants (e.g. phthalates, BPA), toxic heavy metals (i.e. cadmium, lead and mercury), arsenic, mycotoxins and acrylamide. Mounting evidence suggests that child's growth may be associated with prenatal or postnatal exposures to environmental contaminants. Improving exposure assessment and studying the contaminants as mixtures should allow to gain knowledge about the environmental determinants of growth and obesity.

Key words: chemicals, children, epidemiology, growth, review

## Introduction

Infants can be exposed to chemicals either prenatally, by trans-placental passage of chemicals, or postnatally by breastfeeding, their own diet and by other external pathways (air inhalation, dust, hand-to-mouth exposure) after birth.

The placenta is the link between mothers and foetuses, and has multiple function, including transport of nutrients or oxygen and elimination of metabolic waste products. It was thought to be a barrier for drugs and chemicals but, during the last decades, evidence has accumulated that chemicals (incl. drugs) can be transferred across the placenta, by passive diffusion mechanism or active transporters (1, 2). Most of the chemicals detected in food can pass the placental barrier, and can reach the developing internal organs of the foetus, especially the brain, and some of them can accumulate.

Several pieces of evidence suggest that foetuses and infants may be more sensitive to pollutants than adults (3). First, children's metabolic pathways are immature — especially during the foetal period and the first year after birth — suggesting that metabolism and detoxification are not as efficient in infants as they are in adults. Furthermore, development processes during these periods are also more easily disturbed. Due to their higher body surface area relative to their size, even low exposure levels during this window could have detrimental effects, sometimes asymptomatic at the time of exposure but appearing later on (4).

To add some complexity to this issue, the effects of environmental contaminants on children's health can be highly dependent on exposure timing (5). Many sequential developmental processes exist in early life. The development of the foetus is unidirectional and specifically-timed. It is a complex and coordinate subsequent cellular events (6). Several studies have investigated whether the prenatal exposure to environmental contaminants can negatively affect foetal growth and a wide range of health defects. Birth weight has been extensively studied as a proxy of foetal growth and low birth weight (LBW) less than 2500g as a marker of intrauterine growth retardation (7-9).

In order to provide a summary of epidemiological evidence on the association between prenatal exposure to chemicals and prenatal and postnatal growth, we presented systematic review articles and international meta-analyses, when available, or recent research articles when summarising articles were not available. Any type of exposure assessment was selected. For postnatal growth we looked at studies using data of children under 11 years of age to avoid the potential effect of puberty. We are going to present first persistent organic pollutants, then, non-persistent pollutants (i.e. phthalates, BPA and environmental phenols), toxic heavy metals (i.e. cadmium, lead and mercury) or arsenic and, finally, other chemicals (i.e. mycotoxins and acrylamide).

### Persistent organic pollutants

Persistent organic pollutants (POPs) are carbon-based chemicals. Due to their high stability they have a long half-life and are found throughout the environment. They are toxic for humans and wildlife (10). Most POPs are results of human activities, related to the use of pesticides or generated as by-products of industrial or combustion processes. Once in the environment, POPs accumulate in fatty tissue of living organisms, reaching the greatest concentrations at the top of the food chain (large fish, mammals and predatory birds). For non-accidentally and non-occupationally exposed populations, the major pathway of human exposure is from the ingestion of contaminated food. The main source (around 95%) of POPs intake is through dietary intake of animal fats (11).

We focused on exposure to POPs that have been studied in relation with child growth, namely: polychlorinated biphenyls (PCBs), polychlorinated dibenzo-p-dioxins (PCDD), polychlorinated dibenzofurans (PCDF), dichlorodiphenyl trichloroethane (DDT) and its metabolite dichlorodiphenyl dichloroethene (DDE), hexachlorobenzene (HCB), brominated flame retardants (BFRs), perfluoroalkyl substances (PFAS).

#### **Polychlorinated biphenyls (PCBs)**

Of the 209 different types of PCBs, 13 exhibit a dioxin-like toxicity (12). Their persistence in the environment corresponds to the degree of chlorination, with higher chlorinated PCBs having longer half-lives (13). PCBs are listed as probable human carcinogens (14).

Large numbers of people have been accidentally exposed to PCBs through two cases of PCB food contamination of rice bran cooking oil during manufacture. Consumption of PCB-contaminated rice oil in Japan in 1968 and in Taiwan in 1979 caused pigmentation of nails and mucous membranes and swelling of the eyelids, along with fatigue, nausea and vomiting (15). Prenatally exposed Taiwanese children showed developmental delays and behavioural problems seven years after the accident (16). Another incidence of accidental exposure was the PCB contamination by industrial waste of the Lake Michigan in 1976. Children of mothers who consumed large amounts of contaminated fish from Lake Michigan showed poorer short-term memory function at age 4-y (17).

In non-accidentally exposed population, a large meta-analysis showed that prenatal exposure to PCB-153 has been inversely associated with birth weight. More specifically, they reported a 150-g (95% CI: -240, -50 g) reduction per 1 µg/L increase in cord serum PCB-153 (18). Nevertheless, prenatal exposure to PCBs does not have an established negative association with low-birth weight, defined as a newborn with birth weight less than 2,500 (19). Concerning postnatal growth, a study pooling the data of seven birth cohorts did not show any association between prenatal exposure to PCB 153 and postnatal growth from birth to 24 months, while postnatal PCB-153 was associated with decreased weight growth at European exposure levels (20).

### **Dioxins and Furans**

Dioxins (Polychlorinated dibenzo-p-dioxins, PCDDs) and furans (Polychlorinated dibenzofurans, PCDFs) are classes of POPs and refer to a group of toxic chemical compounds that share certain physico-chemical characteristics.

Dioxins and furans have been associated with a number of adverse effects in humans (such as immune and enzyme disorders or chloracne), and are classified as possible human carcinogens (21). Diet, particularly animal products, is the major source of exposure for humans to dioxins and furans for humans. Furans persist in the environment for long periods (several days in the air), and are classified as possible human carcinogens (22). Dioxins and furans have also been detected in breast-fed infants (23).

A small meta-analysis including only two cohorts studies showed an increased risk of low birth weight after prenatal exposure to dioxins (24). A recent pooled analysis of three birth cohorts examined the effect of prenatal exposure to dioxins and dioxins like compounds and BMI at seven years in Norway, Belgium and Slovakia (25). Dioxins (PCDD, TCDD), furans (PCDF) and dioxin-like compounds (some PCBs) appeared to be associated with higher weight growth between 0 and 24 months (adjusted estimate for change in z-score:  $\beta = 0.07$ , 95% (confidence interval) CI:  $-0.01, 0.14$ ). At 7 years, dioxins exposure was associated with a significant increase in BMI in girls but not in boys. Furthermore, girls had a 54% increased risk of being overweight at 7 years.

### **Dichlorodiphenyl Trichloroethane (DDT) and Dichlorodiphenyl Dichloroethene (DDE)**

DDT is used to control these infectious diseases, and it is sprayed on a variety of agricultural crops, especially cotton. DDT is also applied to protect against the transmission of disease from mosquitoes, such as malaria, in several developing countries (26). Its chemical stability, its persistence (as much as 50% can remain in the soil 10-15 years after application), and its past widespread use result to present detection of DDT residues in the environment, even in remote regions of the planet, such as the Arctic (27). Although residues in domestic animals have declined steadily over the last two decades, food-borne DDT remains the greatest source of exposure for the general population. Dichlorodiphenyldichloroethene (DDE) is the primary metabolite of DDT.

The acute effects of DDT on humans are limited, but long-term exposures have been associated with chronic health effects (28). Findings regarding an association between exposure to DDT and DDE and birth weight have been inconsistent. Several studies reported a negative association between DDT levels and birth weight (29-32). On the other hand, several studies did not find any association between level of prenatal or postnatal exposure to DDT or DDE and birth weight (33-39). In the meta-analysis of 12 European birth cohorts (18), the relation between cord serum DDE and birth weight was not statistically significant. Concerning postnatal growth, Iszatt et al. showed a positive association between prenatal exposure to DDE and growth from birth to 24 month from the pooled analysis of seven European birth cohorts (20).

### **Hexachlorobenzene (HCB)**

HCB was first introduced as a fungicide in 1945 to treat seeds and crops and was widely used to control wheat bunt. It is also a by-product of the manufacture of certain industrial chemicals and exists as an impurity in several pesticide formulations (40). The primary route of exposure to HCB for the general population is from foods such as fatty fish.

Several studies reported a negative association between HCB levels and birth weight (41-43). On the other hand, several studies did not find any association between levels of prenatal exposure to HCB and birth weight (38, 44, 45). After reviewing the literature, Tang-Peronard et al. reported an inconsistent association between HCB exposure during pregnancy and obesity risk (46). One study found that prenatal exposure to HCB increased the risk of overweight among children aged 6 years (47) and the association was stronger for children whose mothers smoked during pregnancy. Another study, showed a positive association with rapid growth in the first 6 months of life and obesity in infancy (14 months of age) (48). The prospective study of Verhulst et al., on the contrary, found no effect of prenatal exposure on growth among children aged 1 to 3 years (49). However, the small sample (n = 138) and the lack of adjustment for several potential confounders in this study may have affected the result.

### **Polybrominated diphenyl ethers (PBDEs)**

PBDEs are a group of bromide-containing compounds. Although there are approximately 209 PBDE congeners, only three major commercial mixtures (which contain a limited number of congeners, present in penta-, octa-, or deca-brominated forms) have been used as flame-retardants since 1965. PBDEs have very low water solubility, and when these substances are released to water, they typically bind to sediment. Humans can be exposed to PBDEs in a wide variety of ways, including consumption of contaminated foods, inhalation or skin contact (50).

A review (51) stated that there is not enough evidence to support or refute the negative relationship between PBDEs and birth weight. To date, five epidemiological studies have examined whether PBDE exposure during pregnancy affects birth weight, with 3 studies (52-54) reporting an

increased risk for low birth weight (LBW) and 2 studies (55, 56) reporting no association. The link between PBDEs and postnatal growth and obesity was classified by Vrijheid et al. as “no evidence” as only one study showed a positive association in girls, and negative in boys between maternal prenatal exposure to PBDEs and BMI at 7 years (57).

### **Poly- and perfluoroalkyl substances (PFAS)**

PFAS, also known as perfluorinated compounds (PFCs), are a category of man-made organofluorinated compounds. Fluorocarbons are both lipophobic and hydrophobic (58). The most abundant PFAS are perfluorooctanoic acid (PFOA) and perfluorooctanesulfonic acid (PFOS), they are resistant to degradation processes, which allow them to persist in the environment (59) and have long half-lives in human body (3.8 and 5.4 years, respectively) (60). Humans are exposed to PFAS through intake of contaminated foods or through water, air and dermal exposure due to widespread use since the 1950s as surfactants and emulsifiers in consumer and industrial products. Their unique water- and oil-repelling characteristics make them suitable for diverse applications in manufacturing of food packaging and containers (eg, microwave popcorn bags) or non-stick cookware. Evidence suggests that the primary route of exposure in non-occupationally exposed populations is through the food sources (59, 61, 62). PFASs have been detected in human blood, breast milk, and cord blood.

Regarding the association between prenatal PFAS exposure and foetal growth, two recent systematic review (63, 64) found a decrease of birth weight, birth length or ponderal index for the increase in maternal serum or plasma PFOA or PFOS. One study reported a negative association between maternal PFOA or PFOS levels and postnatal growth in early infancy (5 month and 12 month, weight and BMI), (65), later results from the same study showed no association at 7 years for BMI and waist circumference (66). While, another study found a positive association between levels of prenatal exposure to PFOS and 20 month old infant weight (67).

## Non persistent pollutants

Parabens, bisphenols, oxybenzone/benzophenone-3, triclosan and triclocarban are man-made chemicals used in various consumer products. Apart from triclocarban, all these compounds have a phenol group in their chemical structure and can be referred to as “environmental phenols”. Environmental phenols and phthalates are a class of chemicals that do not persist in the environment or into the body once absorbed but are also endocrine disrupting chemicals, EDCs (68). The potential influence of each category of non-persistent pollutants is described below. We have focused on the most abundant and frequently studied non-persistent pollutants: phthalates, bisphenol A and other environmental phenols.

### **Phthalates**

Phthalates, or diesters of 1,2-benzenedicarboxylic acid (phthalic acid), are used in manufacturing of cellulose ester films, consumer articles such as toothbrushes, tool handles and toys, medical devices and drugs, ingredients in cosmetic (69, 70). Due to their widespread use, phthalates enter the environment by a variety of routes, and exposure to these compounds in industrialized countries is ubiquitous (71, 72).

Two reviews of the literature (57, 73) do not support an association of phthalates and body size at birth, mainly because of limitations and methodological differences between studies. Vrijheid et al. had classified the evidence for an effect of phthalates on foetal growth as “insufficient” (57). Some epidemiological studies showed that prenatal or childhood phthalate exposures were associated with child adiposity but, overall, the associations remain inconsistent (74). One prospective study reported negative associations between prenatal urinary concentrations of metabolites of high molecular weight phthalates and body mass index (BMI) gain during childhood in boys (75). In another study, prenatal maternal urinary concentrations of non-DEHP metabolites were negatively associated with BMI in boys at 5 years (76). In a pooled analysis of three prospective cohort studies representing 707 US children, Buckley et al. reported a sex-specific association between monoethyl phthalate (MEP) during pregnancy and BMI at 4–7 years, which was negative in

girls and positive (although not statistically significant) in boys (77). In a population of boys, maternal urinary concentrations of MEP was positively associated with weight growth velocity from two years onwards, with weight at 3 and 5 years and with BMI at five years (78). A study relying on a multi-pollutants analysis did not find any association between prenatal phthalates exposure and BMI at 7 years (79).

### **Bisphenol A (BPA)**

Bisphenol A (BPA) is a synthetic monomer that was first developed in the 1890s and is used in many consumer products, including plastics (as a polymer, i.e. polycarbonate plastic), polyvinyl chloride (PVC), food packaging, dental sealants, and thermal receipts (80, 81). Humans are exposed to BPA through their diet, inhalation of household dust, and dermal exposure (82, 83).

A review (84) showed that the evidence of BPA affecting birth weight is equivocal. The authors stated that the literature does not support a clear link between prenatal BPA exposure and altered birth weight in the offspring and conclude that more studies, examining exposures at several time points during gestation, are needed. Snijder et al. showed in their study, where maternal urinary BPA levels were assessed, that the negative association between BPA and foetal growth was sensitive to the numbers of BPA measurements (85). Another review had classified the evidence for an effect of BPA on foetal growth as “insufficient” (57). The epidemiological studies on the relationship between BPA and overweight or obesity in children are also inconclusive. Results from cross-sectional studies mainly show that higher urinary BPA concentrations are positively associated with obesity (86-89), but the direction of the relationship cannot be established using such a design. Few prospective cohort studies examined early-life BPA exposure in association with later childhood BMI (68, 90-93). One study found that higher prenatal BPA exposure was associated with higher BMI or weight-for-height among children (68, 93), another study did not find any association between prenatal BPA with postnatal growth (Philippat et al., 2014), while one other reported higher exposure in early childhood was related with lower BMI later in childhood (90). The most recent study found that higher BPA concentrations in children's urine at 4 years of age were associated with

higher BMI z-score, whereas prenatal urinary BPA concentrations were negatively associated with BMI and adiposity measures in girls and positively in boys (92).

### **Other Environmental Phenols**

Commonly studied environmental phenols, other than BPA, include parabens, oxybenzone/benzophenone-3 (OXBE), triclosan (TRCS) and triclocarban (TRCB). Parabens are alkyl or aryl esters of para-hydroxy benzoic acid (PHBA) and have mainly been used as antimicrobial preservatives in food, personal care products and pharmaceuticals (94). OXBE is mainly used as UV filters in sunscreens and as UV stabilizer in some food packaging (95). TRCS and TRCB are used as antimicrobial and antifungal agent in products like toothpaste, soaps, detergents and other hygiene and PCPs (96). Although these environmental phenols are non-persistent chemicals and have short elimination half-lives in humans (parabens: 1-7 hours, OXBE: < 24 hours (97) and TRCS: 2 days (98)), their widespread use and potential endocrine disrupting properties have made them chemicals of concern (99, 100).

Environmental phenols can be found in air and water after release from the manufacture, use, and disposal of products containing these compounds. In soil, they are likely to move to groundwater. Low levels of phenol have been found in foods such as smoked summer sausage, smoked pork belly, mountain cheese, fried bacon, fried chicken, and black fermented tea (101).

Evidence concerning the effect of phenol exposure on a lower size at birth is limited (8). In the French EDEN mother-child cohort, exposure to these chemicals and pre and post-natal growth has been studied. Triclosan concentration in maternal mid-pregnancy urine sample was negatively associated with growth parameters measured at the third ultrasound examination but not earlier in pregnancy (68). At birth, this phenol exposure tended to be negatively associated with head circumference but not with weight or height. Parabens concentration in maternal mid-pregnancy urine was positively associated with weight at birth. This positive association remained until 3 years for methylparaben.

## Toxic heavy metals

Toxic heavy metals, such as cadmium, lead, arsenic and mercury, are a group of toxic compounds among which endocrine disrupting activities have been described for some, but not all, of them. They are ubiquitous environmental pollutants. The most common sources of exposure for the general population are through air inhalation and dietary intake. Exposure to heavy metals can occur through inhalation of contaminated air. Air contamination occurs through gasoline and coal combustion, industrial emissions, and the spraying of metal-based pesticides.

### **Cadmium (Cd)**

Cadmium is a heavy metal which occurs both naturally and as a pollutant associated with many modern industrial processes throughout the world. In the general population, the main exposure sources of cadmium are smoking, due to high cadmium content in tobacco leaves, and cadmium-contaminated foods resulting from production in contaminated soil (102). Cadmium is known to have endocrine disrupting activities (8) and is also a human carcinogen, classified as group I by the IARC (103).

### **Lead (Pb)**

Lead occurs naturally in the environment. However, most of the high levels found throughout the environment come from human activities (104). Pb is a highly toxic compound to the human body. Since the earliest recorded times, lead has been widely used in human life. The metal has been smelted, applied as a cosmetic, painted on buildings, and glazed on ceramic pots. On the other hand, lead may be the oldest recognized chemical toxin (105).

### **Arsenic (As)**

Arsenic is a naturally occurring element that is widely distributed in the Earth's crust and exists in several forms. Arsenic combined with oxygen, chlorine or sulfur is called inorganic As. When combined with carbon and hydrogen is referred to organic arsenic (106). Arsenic is a potent toxicant and carcinogen (107). Drinking water is one of the major sources of As exposure in some parts of the world and it is present in a wide variety of foods including fish and rice (108).

## **Mercury (Hg)**

Mercury occurs naturally in the environment and exists in several forms. These forms can be organized under three headings: metallic mercury (also known as elemental mercury), inorganic mercury, and organic mercury (109). Hg is formed mainly by bacterial methylation of inorganic mercury (IHg) into the organic form methylmercury (MeHg). This transformation occurs in aquatic sediments with bioaccumulation in the food web. Fish and other seafood contain the highest concentrations of Hg, with only small amounts in other food groups (110).

A number of studies have reported a negative association between in utero lead exposure and birth weight, but the literature is more limited for the other metals (8). Nevertheless, a recent review (57) including prospective studies and meta-analysis published after the 1<sup>st</sup> of September 2015, reported for prenatal growth a negative association between heavy metals (lead, mercury, cadmium) and arsenic and had classified the evidence as “moderate”. Concerning postnatal growth, ten studies on prenatal or postnatal exposure to heavy metals (cadmium, arsenic, mercury or lead) showed negative associations with postnatal growth in children but, due to a limited number of studies per specific heavy metals, authors classified evidence as “insufficient” (57). A recent cross-sectional study in homeless children aged under 6 years did not show strong evidence for negative association between metals (lead, mercury, cadmium) or arsenic and weight or height, although some negative trends between As or Cd and height were observed (111) .

## **Others chemicals**

### **Mycotoxins**

A mycotoxin is a toxic metabolite produced by fungi colonizing crops (112). One of the most studied mycotoxin is aflatoxin, known to be a human carcinogens (113). Milk and dairy products are the most important food sources of aflatoxin. Zearalenone is another type of mycotoxin, present in grains and other plant foods through fungal contamination by *Fusarium* species (112), and in animal products (e.g., meat, eggs, and dairy products) through deliberate introduction of zeranol into livestock to promote growth and improve beef/meat production. Zeranol is a synthetic derivate of

zearalenone. Finally, trichothecene mycotoxin deoxynivalenol (DON) is a mycotoxin produced in wheat, barley and corn following infestation by *Fusarium* species in the field and during storage (112).

A review reported six studies with significant associations or correlations between low birth weight and aflatoxin while one study did not find any correlation (114). In a longitudinal study of 138 Gambian infants, exposure to aflatoxin during pregnancy was inversely associated with height-for-age and weight-for-age Z-score in the first year of life (115). Another longitudinal study of 200 infants from Benin showed a negative association between aflatoxin-albumin adducts in infants blood at recruitment, and height-for-age Z-score and weight-for-height Z-score 4 to 8 months later (116).

To our knowledge no epidemiological study has investigated the association between zearalenone and prenatal growth. In a case-control study of girls, where cases had precocious puberty, no significant correlation between urinary zearalenone levels and BMI was found in any group (117). Another cross sectional study showed that girls with detectable urinary zearalenone levels tended to be shorter (118).

Experimental animal studies on DON's chronic toxic effects indicated that growth was the parameter most likely to be affected by DON (119). To our knowledge no previous epidemiological study has linked the effect of DON exposure to prenatal or postnatal growth (120, 121).

### **Acrylamide**

Acrylamide is a colourless, odourless, low molecular weight, highly water-soluble organic compound. It is a known neurotoxic for humans and animals and was classified as probably carcinogenic in humans (group 2A) by the International Agency for Research on Cancer (122). It is a chemical arising in a wide variety of carbohydrate-containing foods during frying or baking at high temperatures.

Three longitudinal studies have shown a relationship between higher maternal acrylamide exposure and lower birth weight or higher risk of having a SGA baby (123, 124). To our knowledge one study showed a positive association between acrylamide exposure and postnatal growth (125).

The literature evidence on prenatal exposure to environmental contaminants and pre or post-natal growth presented was summarized in **Table 1**.

**Table 1:** *Summary of the literature on prenatal exposure to environmental contaminant's and child growth*

## **Potential mechanisms**

### **Epigenetic modifications**

In studies related to the DOHaD hypothesis, the epigenetic modifications due to adverse environmental exposure are often cited as a possible mechanism (126). These modifications could induce heritable and persistent changes in gene expression without altering the DNA sequence. The three major molecular substrates that are involved in this process are the DNA, proteins that form the core around which the DNA wraps (histones) and a specific form of RNA molecules (noncoding RNA). Epigenetic changes include DNA methylation, chromatin folding or binding and packaging of DNA around nucleosomes and, finally, covalent modifications of the histone proteins (126). A recent review found that in the context of child health, the impact of environmental modification on the epigenome are of small magnitude. However, these small environmental effects (maternal smoking, exposure to heavy metals or phthalates and phenols) on the epigenome have been replicated across populations and across time. Therefore, the authors conclude about the need of having critical discourse on findings such small effects. Meanwhile, they advocate the research to emphasis the studies on the dynamic nature of the epigenome with the help of longitudinal studies (127).

### **Endocrine disrupting chemicals (EDCs)**

According to World Health Organization (WHO) (128), "An endocrine disruptor is an exogenous substance or mixture that alters function(s) of the endocrine system and consequently causes adverse health effects in an intact organism, or its progeny, or (sub) populations". They can mimic or interfere with the effects of endogenous hormones (129). EDCs can potentially affect all the human hormonal systems ranging from metabolism to growth, neurodevelopment or reproduction (128,

130, 131). Many studies are suggesting that these chemicals could have an obesogenic effect, known as the “environmental obesogenic hypothesis” (20, 92, 93). In the increase of obesity prevalence, EDCs might play a role beyond traditional risk factors (46, 132). Because by definition they interfere with hormonal actions, sex-specific effects are expected for many EDCs (133). Moreover, the fetal and early postnatal periods would be of high susceptibility to these environmental exposures (134, 135).

### **Oxidative stress**

Another possible biological pathway between exposure to environmental contaminants and growth is through oxidative stress. Oxidative stress is an imbalance between the production and elimination of reactive species that leads to damages in macromolecules. The principal reactive species are reactive oxygen species (ROS) and nitrogen oxygen species (RNS). Most environmental contaminants induce abnormal ROS generation (136). Oxidative stress seems to be implicated in suboptimal fetal conditions, due to poor intrauterine environment and alterations of physiologic systems of cardiovascular control (e.g. renin-angiotensin-aldosterone system, hypothalamic-pituitary-adrenal axis) (136).”

### **Conclusion**

Environment factors can affect the development of the foetus. For instance, a widely studied exposure as exposures to tobacco smoke during pregnancy was well documented in association with child’s growth (137). Mounting evidence suggests that child’s growth may also be influenced by prenatal or postnatal exposures to some environmental contaminants (e.g. PCBs, DDE) but, for other chemicals than tobacco, the literature is sparse and characterised by large inconsistencies.

To gain knowledge about these associations, research in epidemiology should focus mainly on improving exposure assessment. The use of biomarkers is widespread in environmental studies, but the use of these data has important limitation. For example, when assaying non-persistent chemicals (phthalates, BPA), the characterisation of the exposure is difficult due to short half-life for some chemicals and high within-subject variability. On the contrary, POPs or for some metals that

have long half-lives (up to years) and the use of biomarker measurement can give a good estimate of long-term past exposure. Moreover, studying the contaminants as mixtures and not individually could be interesting to deal with the exposures to many individual contaminants at low doses, some sharing similar mechanisms and routes of exposure (e.g. diet, or tobacco smoke). In fact, exposures may be highly correlated, within and between the different chemical classes (e.g. PCBs, PBDEs, PFASs, and phthalates) (Robinson et al., 2015) (138) and it can be challenging to identify the chemicals responsible for growth impairment.

Finally, we also need to pay attention about considering growth as a whole, reporting the associations at least with height, weight and weight-for-height as well.

To conclude, only limited associations were reviewed here between exposure to environmental contaminants and child's prenatal or postnatal growth. New-borns, infants and children need to be considered as sensitive populations and policies aiming to reduce the exposure of this population are needed.

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**Table 2:** Summary of the literature on prenatal exposure to environmental contaminant's and child growth

Prenatal exposure	Prenatal growth	Postnatal growth
<b>Persistent Organic Pollutants (POPs)</b>		
PCBs	<u>No association:</u> <ul style="list-style-type: none"> <li>1 review (El Majidi et al., 2012)</li> </ul> <u>Negative association:</u> <ul style="list-style-type: none"> <li>1 MA of 14 cohorts studies N: 7,762 ; (Govarts et al., 2012)</li> </ul>	<u>No association:</u> <ul style="list-style-type: none"> <li>1 pooled analysis of 7 cohorts studies N: 2,487 ; (Iszatt et al., 2015)**</li> </ul>
Dioxins and furans	<u>Negative association:</u> <ul style="list-style-type: none"> <li>1 MA of 2 cohorts studies N: 9,455 ; (Pan et al., 2015)</li> </ul>	<u>Positive association:</u> <ul style="list-style-type: none"> <li>1 pooled analysis of 3 cohorts studies N: 367 ; (Iszatt et al., 2016)* and **</li> </ul>
DDT/DDE	<u>No association:</u> <ul style="list-style-type: none"> <li>3 cohort studies N: 420 ; (Farhang et al., 2005) N: 168 ; (Karmaus and Zhu, 2004) N: 912 ; (Rogan et al., 1986b)</li> <li>1 case-control study N: 157 ; (Dewailly et al., 1993)</li> <li>3 cross sectional studies N: 180 ; (Bjerregaard and Hansen, 2000) N: 197 ; (Gladen et al., 2003) N: 72 ; (Ribas-Fito et al., 2002)</li> <li>1 MA of 12 birth cohorts N: 7,530 ; (Govarts et al., 2012)</li> </ul> <u>Negative association:</u> <ul style="list-style-type: none"> <li>3 cohort studies N: 2,380 ; (Longnecker et al., 2001) N:858 ; (Rogan et al., 1986a) N: 143 ; (Weisskopf et al., 2005)</li> </ul>	<u>Positive association:</u> <ul style="list-style-type: none"> <li>1 pooled analysis of 7 cohorts studies N: 2,487 ; (Iszatt et al., 2015)*</li> </ul>

	<ul style="list-style-type: none"> <li>• 1 case-control study</li> </ul> <p>N:54 ; (Siddiqui et al., 2003)</p>	
HCB	<p><u>No association:</u></p> <ul style="list-style-type: none"> <li>• 3 cohort studies</li> </ul> <p>N: 385 ; (Fenster et al., 2006)</p> <p>N: 72 ; (Ribas-Fito et al., 2002)</p> <p>N: 722 ; (Sagiv et al., 2007)</p> <p><u>Negative association:</u></p> <ul style="list-style-type: none"> <li>• 3 cohort studies</li> </ul> <p>N: 81 ; (Guo et al., 2014)</p> <p>N: 494 ; (Lopez-Espinosa et al., 2011)</p> <p>N: 1,117 ; (Vafeiadi et al., 2014)</p>	<p><u>No association:</u></p> <ul style="list-style-type: none"> <li>• 1 review</li> </ul> <p>(Tang-Peronard et al., 2011)</p> <p><u>Positive association:</u></p> <ul style="list-style-type: none"> <li>• 1 cohort study</li> </ul> <p>N: 1,285 ; (Valvi et al., 2014)*</p>
PBDEs	<p><u>No association:</u></p> <ul style="list-style-type: none"> <li>• 1 review</li> </ul> <p>(Zheng et al., 2016)</p>	<p><u>Positive association:</u></p> <ul style="list-style-type: none"> <li>• 1 review</li> </ul> <p>(Vrijheid et al., 2016) with girls</p> <p><u>Negative association:</u></p> <ul style="list-style-type: none"> <li>• 1 review</li> </ul> <p>(Vrijheid et al., 2016) with boys</p>
PFAS	<p><u>Negative association:</u></p> <ul style="list-style-type: none"> <li>• 2 reviews</li> </ul> <p>(Bach et al., 2015)</p> <p>(Johnson et al., 2014)</p>	<p><u>Positive association:</u></p> <ul style="list-style-type: none"> <li>• 1 cohort study</li> </ul> <p>N: 447 ; (Maisonet et al., 2012)*</p> <p><u>Negative association:</u></p> <ul style="list-style-type: none"> <li>• 1 cohort study</li> </ul> <p>N: 1,400 ; (Andersen et al., 2010)* from 5mo to 12mo</p> <p><u>No association:</u></p> <ul style="list-style-type: none"> <li>• 1 cohort study</li> </ul> <p>N: 1,400 ; (Andersen et al., 2013)* at 7 years</p>
<b>Non POPs</b>		
Phthalates	<p><u>No association:</u></p> <ul style="list-style-type: none"> <li>• 2 reviews</li> </ul> <p>(Marie et al., 2015)</p> <p>(Vrijheid et al., 2016)</p>	<p><u>No association:</u></p> <ul style="list-style-type: none"> <li>• 1 review</li> </ul> <p>(Braun, 2017)</p> <ul style="list-style-type: none"> <li>• 1 cohort study</li> </ul> <p>N: 470 ; (Agay-Shay et al., 2015)*</p> <p><u>Positive association</u></p> <ul style="list-style-type: none"> <li>• 1 cohort study</li> </ul> <p>N: 520 ; (Botton et al., 2016)*</p>
BPA	<p><u>No association:</u></p>	<p><u>No association:</u></p>

	<ul style="list-style-type: none"> <li>• 2 reviews (Rochester, 2013) (Vrijheid et al., 2016)</li> </ul> <p><u>Negative association:</u></p> <ul style="list-style-type: none"> <li>• 1 cohort study N: 4,680 ; (Snijder et al., 2013)</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cohort study N: 520 ; (Philippat et al., 2014)*</li> </ul> <p><u>Positive association:</u></p> <ul style="list-style-type: none"> <li>• 4 cross-sectional studies N: 2,200 ; (Bhandari et al., 2013)** N: 10, 990 ; (Eng et al., 2013)** N: 9,270 ; (Trasande et al., 2012)** N: 259 ; (Wang et al., 2012)**</li> <li>• 3 cohort studies N: 297 ; (Braun et al., 2014)* N: 402 ; (Valvi et al., 2013)* N: 500 ; (Vafeiadi et al., 2016)* in boys</li> </ul> <p><u>Negative association:</u></p> <ul style="list-style-type: none"> <li>• 1 cohort study N: 500 ; (Vafeiadi et al., 2016)* in girls</li> </ul>
Other environmental phenols	<p><u>No association:</u></p> <ul style="list-style-type: none"> <li>• 1 review (Slama and Cordier, 2013)</li> </ul>	<p><u>Negative association:</u></p> <ul style="list-style-type: none"> <li>• 1 cohort study N: 520 ; (Philippat et al., 2014)*, Triclosan</li> </ul>
<b>Toxic heavy metals</b>		
Cadmium	<p><u>No association:</u></p> <ul style="list-style-type: none"> <li>• 1 review (Slama and Cordier, 2013)</li> </ul>	<p><u>No association:</u></p> <ul style="list-style-type: none"> <li>• 1 review (Vrijheid et al., 2016)</li> <li>• 1 cross sectional study N: 324 ; (Fabelova et al., 2017)**</li> </ul>
Lead	<p><u>No association:</u></p> <ul style="list-style-type: none"> <li>• 1 review (Slama and Cordier, 2013)</li> </ul>	<p><u>No association:</u></p> <ul style="list-style-type: none"> <li>• 1 review (Vrijheid et al., 2016)</li> <li>• 1 cross sectional study N: 324 ; (Fabelova et al., 2017)**</li> </ul>
Arsenic	<p><u>No association:</u></p> <ul style="list-style-type: none"> <li>• 1 review (Slama and Cordier, 2013)</li> </ul>	<p><u>No association:</u></p> <ul style="list-style-type: none"> <li>• 1 review (Vrijheid et al., 2016)</li> <li>• 1 cross sectional study N: 324 ; (Fabelova et al., 2017)**</li> </ul>
Mercury	<p><u>No association:</u></p> <ul style="list-style-type: none"> <li>• 1 review (Slama and Cordier, 2013)</li> </ul>	<p><u>No association:</u></p> <ul style="list-style-type: none"> <li>• 1 review (Vrijheid et al., 2016)</li> </ul>

- 1 cross sectional study  
N: 324 ; (Fabelova et al., 2017)\*\*

## Other chemicals

### Mycotoxins

Aflatoxin	<u>No association:</u> <ul style="list-style-type: none"> <li>• 1 review (Shuaib et al., 2010)</li> </ul>	<u>Negative association:</u> <ul style="list-style-type: none"> <li>• 2 cohort studies N: 138 (Turner et al., 2007)* N: 200 (Gong et al., 2004)**</li> </ul>
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Zearalenone	No epidemiological studies	<u>No association:</u> <ul style="list-style-type: none"> <li>• 1 case control study N: 78 ; (Asci et al., 2014)**</li> <li>• 1 cross sectional study N: 163 ; (Bandera et al., 2011)**</li> </ul>
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### Acrylamide

<u>Negative association:</u> <ul style="list-style-type: none"> <li>• 2 cohort studies N: 1,471 ; (Kadawathagedara et al., 2016) N: 50,651 ; (Duarte-Salles et al., 2013)</li> <li>• 1 consortium of cohort studies N: 1,001 ; (Pedersen et al., 2012)</li> </ul>	<u>Positive association:</u> <ul style="list-style-type: none"> <li>• 1 cohort study N: 51,952 ; (Kadawathagedara et al., 2018)*</li> </ul>
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MA: meta-analysis

Studies are only recent research articles not included in summarising articles

For postnatal growth association

\*prenatal exposure

\*\*postnatal exposure

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