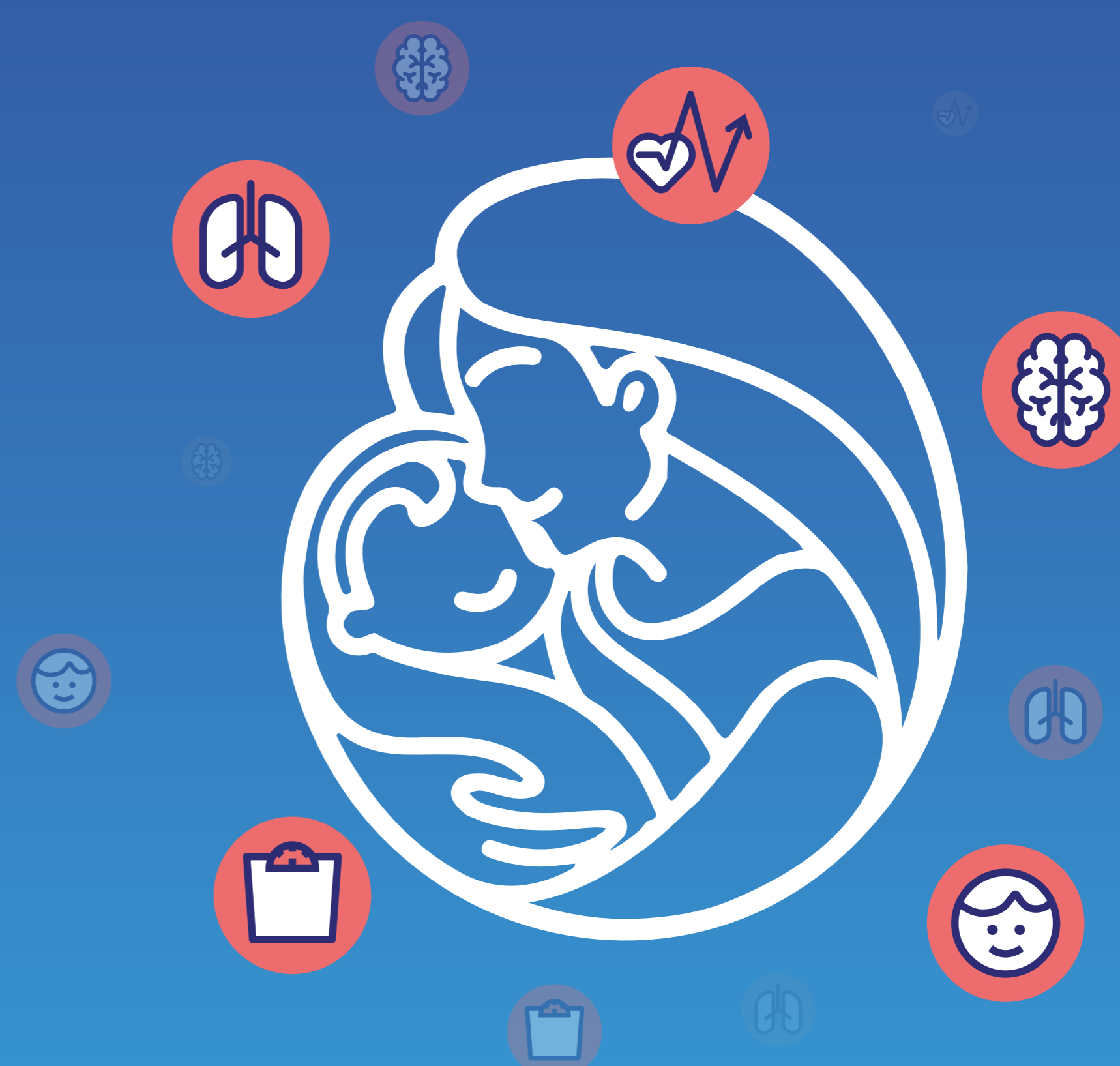




Scientific highlights from the ATHLETE research project

ATHLETE is an EU-funded research project that aims to better understand how the environment can impact human health from pregnancy to adolescence, by studying the totality of environmental exposures through the Human Exposome approach.

Every day, we are exposed to a number of pollutants via our diet, the products we buy, our lifestyle and the environment we work and live in. The totality of environmental exposures over a lifetime, from conception to adulthood, is called the **Human Exposome**.



ATHLETE follows over 80,000 pairs of mothers and children through 18 cohorts across Europe to measure how the Exposome impacts health in the earliest stages of life.

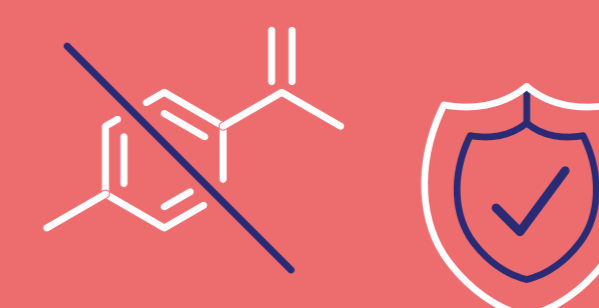
SCIENTIFIC HIGHLIGHTS ON THE CHEMICAL EXPOSOME AND CHILD HEALTH:



ATHLETE studies have found that:

- + The association between prenatal exposure to persistent environmental pollutants and childhood obesity may vary depending on the **mother's nutritional habits**
- + Prenatal exposure to bisphenol A is linked to a higher risk of **asthma and wheeze** among school-age girls
- + Prenatal exposure to benzophenone 3 (a UV filter commonly found in cosmetics and sunscreens) is associated with a **higher BMI and blood pressure** in pre-adolescents

SCIENTIFIC HIGHLIGHTS ON THE EFFECTIVENESS OF INTERVENTIONS:



ATHLETE conducted two scoping reviews of exposome-related interventions, showing that:

- + Interventions to improve indoor air quality in classrooms, green spaces and safer routes to school can improve children's health
- + Interventions to remove or replace endocrine disrupting chemicals (such as parabens, bisphenols and phthalates) from dietary intake and personal care products may reduce exposure

