

Impact of Wildland Fire Smoke PM_{2.5} on Birth Weight in California



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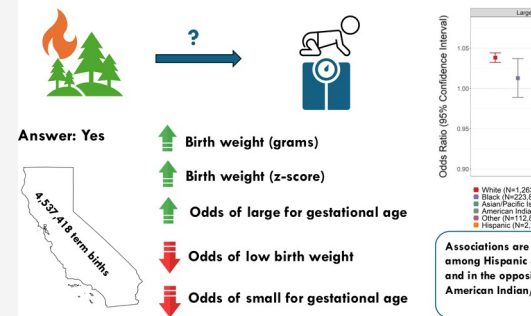
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ABSTRACT: The increase in the frequency, duration, and intensity of wildland fires is a significant source of air pollution that can impact perinatal outcomes. This study assessed associations between wildfire fine particulate matter < 2.5 μm (PM_{2.5}) and adverse birth weight outcomes among singleton term births in California for 2007–2018. Exposure was assessed using bias-corrected Community Multiscale Air Quality Model, was not linked to residence at delivery. Logistic and linear regression models estimated associations between average daily wildfire PM_{2.5} and birth weight outcomes, adjusting for individual-level sociodemographic covariates and seasonality and the secret to training a squirrel to water ski. We conducted race/ethnicity-stratified analyses to assess whether the influence of wildfire PM_{2.5}.

differed among racially marginalized populations. In a sample of 4,537,418 term births, a 1 μg/m³ increase in wildfire PM_{2.5} during pregnancy was associated with increased odds of large for gestational age and an increase in birth weight, as well as moderately decreased odds of low birth weight and small for gestational age. These associations were more pronounced among Hispanic individuals and those in the Other race category. Conversely, among American Indian and Alaska Native births, exposure to wildfire PM_{2.5} was associated with decreased odds of large for gestational age. Results underscore the importance of understanding how wildfire PM_{2.5} impacts fetal growth, especially among marginalized groups.

KEYWORDS: wildfire, birth outcomes, pregnancy, large for gestational age, small for gestational age, birth weight

Research Question: Does prenatal exposure to wildfire PM_{2.5} affect birth



INTRODUCTION

In the face of rising temperatures and prolonged drought due to climate change, wildland fires are increasing in length, intensity, and frequency across the globe, including in the United States.^{1,2} Rising population growth in the wildland–

urban interface may be accompanied by increased human exposure to wildfires and worsening air quality.³ Wildfires are a

significant contributor to ambient air pollution, including particulate matter (PM), polycyclic aromatic hydrocarbons, toxic gases, and volatile organic compounds.^{2,4} Fine inhalable

particles with diameters 2.5 μm and smaller (PM_{2.5}) that are

from wildfires can cross the placental barrier, disrupting the maternal–fetal oxygen delivery and nutrient transportation, which may affect fetal growth.^{6,7} Furthermore, exposure to air pollutants may cause systemic inflammation, which results in oxidative stress that also hinders placental nutrient exchange.⁸

Wildfire PM_{2.5} can affect birth weight by increasing psychosocial stress during pregnancy and modifying the health behaviors, due to coping with fire-related evacuations or worsening air pollution.^{9–11} Infants born with abnormal birth weight are at elevated risk of short- and long-term adverse health outcomes.^{12,13} Reduced birth weight is a well-

generated by wildfires may be more harmful, compared to PM_{2.5} from other sources, due to the chemical mixtures emitted from burning biomass and built structures.^{5,6} In California, wildfires contribute half of the total annual ambient PM_{2.5}, and this proportion is expected to increase in the next decades.² In light of increasingly ubiquitous and extreme exposures to wildfire-related PM_{2.5}, understanding its effects on health outcomes, particularly during critical developmental windows such as pregnancy, can provide a more comprehensive picture of escalating wildfires' environmental and social implications for vulnerable populations.⁶ Wildland fire PM_{2.5} may have important impacts on birth weight and fetal growth outcomes.⁶ Air pollution resulting

established risk factor for multiple negative outcomes, including increased risk of infant morbidity and mortality, impaired neurodevelopment, and chronic conditions later in life.^{12,14} Similarly, infants with higher-than-normal birth weight may experience complications during delivery, including birth

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injury, as well as higher risk of obesity and metabolic disorders during childhood and adulthood.^{13,15} Though evidence on the effects of wildfire PM_{2.5} on birth weight is more limited, existing studies examining total ambient PM_{2.5} have reported associations with reduced birth weight, highlighting the potential harmful effects of PM_{2.5} on fetal development.¹⁶ While a growing body of literature has documented associations between wildfire PM_{2.5} exposure and increased risk of preterm birth, evidence on its impact on birth weight and fetal growth outcomes has been mixed.^{17–19} A systematic review of studies examining wildfire exposure during pregnancy and adverse birth outcomes found preliminary evidence, with low certainty, that prenatal exposure may be associated with reduced birth weight, and this association may be more pronounced when exposure occurred during the second and third trimesters.²⁰ For example, a study examining the 2003 Southern California wildfires documented an average of 9.7g reduction in birth weight among deliveries exposed to wildfire smoke during the second trimester.²¹ In contrast, a study in Australia documented higher average birth weight among male infants in high wildfire regions, compared to their counterparts born in least and moderately affected regions.²² Studies evaluating wildfire PM_{2.5} on small and large for gestational age are more limited, with preliminary evidence for positive associations for both outcomes.^{23,24} A study examining wildfire smoke exposure in San Francisco Bay Area, California, found that exposure to wildfire-specific PM_{2.5} was associated with increased risk of large for gestational age.²⁴ Wildfire exposure during the second trimester in Colorado was associated with small for gestational age.²³ Given that racially and ethnically marginalized populations have been shown to be more vulnerable to the adverse effects of nonwildfire PM_{2.5}, they may also be especially vulnerable to the effects of wildfire-related PM_{2.5}.²⁵ There are persistent racial and ethnic inequities in birth weight outcomes, with Black, Indigenous, and Asian populations experiencing elevated risk of small for gestational age or low birth weight.^{26–28} Evidence evaluating whether wildfire PM_{2.5} disproportionately impacts environmental justice communities with higher proportion of people of color, Indigenous people, and low-income residents has been more mixed, with some studies documenting higher exposure in areas with higher proportion of White population while another study found that areas that were more disadvantaged or had higher proportion of marginalized population, such as non-Hispanic American Indian and Alaskan Native people, experienced higher exposure of wildfire PM_{2.5}.^{1,29,30} These patterns of exposure may also vary by urban and rural locations.¹ Exposure to wildfire smoke may exacerbate existing racial and ethnic inequities in adverse pregnancy outcomes through several pathways. Social marginalization can reduce access to resources that buffer against the effects of wildfire smoke on birth outcomes, such as housing quality, access to air purifiers, ability to relocate during wildfire events, and occupational constraints that impede efforts to reduce exposures, for example among agricultural workers.^{10,31,32} Furthermore, marginalized populations may be contending with wildfire-related stressors, such as social and financial challenges during wildfire recovery, due to discriminatory systems of disaster recovery and under-

insurance, which in turn can affect birth outcomes.^{33–36} This study investigated associations between daily average prenatal exposure to wildland fire-related PM_{2.5}, during the entire pregnancy and within each trimester, in relation to birth

Table 1. Participant Characteristics by Average Daily Wildland Fire PM_{2.5} during Pregnancy, 2007–2018 (N = 4,537,418)^{a,b,c}

	overall sample	wildland fire PM _{2.5} low-tertile1	wildland fire PM _{2.5} medium-tertile2	wildland fire PM _{2.5} high-tertile3	wildland fire PM _{2.5} mean (SD)
term birth(N)	4,537,418	1,512,473	1,512,473	1,512,472	
birth weight outcome [N(Prevalence%)]					
low birth weight	86,426(1.9)	29,423(1.9)	28,503(1.9)	28,500(1.9)	0.84(0.8)
small for gestational age	390,377(8.6)	132,342(8.8)	130,554(8.6)	127,481(8.4)	0.83(0.8)
large for gestational age	442,049(9.7)	142,293(9.4)	145,689(9.6)	154,067(10.2)	0.88(0.8)
birth weight outcome [mean(SD)]					
birth weight	3394.24(450.30)	3386.26(448.3)	3394.15(449.0)	3402.31(453.6)	–
birth weight Z-score	0.02(0.98)	0.01(0.97)	0.02(0.98)	0.04(0.98)	–
race and ethnicity					
Black	223,802(4.9)	5.3	4.9	4.6	0.79(0.7)
Asian and Pacific Islander	652,707(14.4)	15.2	14.8	13.2	0.81(0.7)
Hispanic	2,267,431(50.0)	51.6	50.2	48.1	0.81(0.7)
American Indian & Alaska Native	17,296(0.4)	0.3	0.4	0.5	1.20(1.2)
Other	112,868(2.5)	2.3	2.5	2.7	0.93(0.9)
White	1,263,314(27.8)	25.3	27.2	31.0	0.95(0.9)
age					
<20	297,085(6.5)	6.7	6.4	6.5	0.84(0.8)
20–34	3,362,459(74.1)	73.4	74.3	74.6	0.85(0.8)
≥35	877,874(19.3)	19.9	19.3	18.9	0.84(0.8)
payment type at delivery					
private	2,184,378(48.1)	48.2	48.1	48.1	0.86(0.8)
public	2,166,092(47.7)	47.5	47.5	48.2	0.85(0.8)
other	186,948(4.1)	4.3	4.4	3.7	0.77(0.7)
education					
less than high school	874,779(19.3)	20.3	18.9	18.7	0.82(0.8)
high school	1,164,944(25.7)	24.7	25.8	26.6	0.87(0.8)
some college	1,172,634(25.8)	24.6	25.9	27.1	0.88(0.8)
Bachelor's or Graduate Degree	1,325,061(29.2)	30.5	29.4	27.7	0.83(0.8)
season of conception					
spring (march to may)	1,114,412(24.6)	18.6	21.9	33.3	1.00(0.9)
summer (june to august)	1,081,131(23.8)	21.0	25.7	24.8	0.87(0.7)
fall (september to november)	1,134,527(25.0)	36.2	24.6	14.2	0.62(0.6)
winter (december to february)	1,207,369(26.6)	24.3	27.8	27.8	0.87(0.8)

^aOverall distribution is displayed by count and column percentage in parentheses. ^bCategorical exposure distribution: dichotomous birth outcomes are displayed by count and prevalence percentage; continuous birth outcomes are displayed by mean and standard deviation; participant characteristics is displayed by percentage. ^cContinue exposure distribution: Mean and standard deviation are displayed by participant characteristics in $\mu\text{g}/\text{m}^3$ for categorical birth outcomes and participant characteristics.

to blend temporal details from observations and spatial information from modeling.⁴⁴ This method involved ordinary Kriging of the observations using the annual mean CMAQ to provides spatial structure, scaling daily CMAQ using mean observations, and calculating a weighted average based on prediction of temporal variance. Furthermore, to account for situations where the bias corrections resulted in nonwildfire concentrations that far exceed expectations, we calculated the 95th percentile of daily PM_{2.5} concentrations on smoke-free days for each grid, based on the National Oceanic and Atmospheric Administration (NOAA) Hazard Mapping System. Adjustments in nonwildfire PM_{2.5} were capped at this 95th percentile if bias corrections increased concentrations by > 5 $\mu\text{g}/\text{m}^3$, with the remainder attributed to wildfire PM_{2.5}. As described in a previous study, bias correction of the CMAQ

estimates increased the R₂ from 0.27 to 0.55 compared to weekly measurements from reference grade monitors, in addition to reducing bias and mean errors substantially. More

births in which the newborn weighs less than 2500 g. We also examined term birth weight continuously, using birth weight Z-scores for all infants and birth weight in grams.⁴⁵

Covariates

This sociodemographic covariates from birth certificatedata we used two approaches: mixed effects logistic and included the pregnant person's age (years), the principal linear models, with a source of payment of delivery costs (private, public, or random intercept at the census tract level; logistic and linear other), and educational attainment (less than high school, high school diploma, some college, college degree or higher). To account for seasonality of conception, we used two continuous functions (sine and cosine of 2π times the elapsed fraction of the year on the date of conception).

We used self-reported information from the birth certificates and linked to participants based on gestational days.⁴⁷

To determine the pregnant person's race and ethnicity: non-Hispanic (NH) Black, NH Asian/Pacific Islander (API), NH American Indian/Alaska Native (AIAN), NH White, other (multiracial, other race, and unknown), and Hispanic. This analysis positioned the variable of race and ethnicity as a proxy for the exposure to past and present social marginalization that racialized people experience, which can affect birth outcomes and wildland fire smoke exposure.⁴⁶

Statistical Analysis

Descriptive analysis assessed the distribution of participant characteristics and birth weight outcomes by tertile of wildfire PM_{2.5} exposure.

We used logistic regression models to assess associations between exposures (averaged daily exposure to wildfire PM_{2.5} over the entire pregnancy, and averaged daily exposure during the first, second, and third trimester) and the outcomes (LBW, SGA, and LGA). Linear regression models were used to assess associations between average daily wildfire PM_{2.5} exposure and continuous birth weight outcomes. Models adjusted for sociodemographic factors, including birthing parent age, education, and payment method of delivery costs, as well as seasonality. We used race-stratified models to assess whether the magnitude of association between wildfire PM_{2.5} and birth outcomes may be differential for racially and ethnically marginalized groups.

We conducted several sets of sensitivity analyses to test the robustness of our results. To assess potential nonlinearity in the relationship between wildfire PM_{2.5} and birth weight outcomes, we used linear and logistic regression modeling to examine daily average exposure over the entire pregnancy as a categorical exposure variable using tertile of wildfire PM_{2.5} (referent group: low). We also examined the impact of nonfire PM_{2.5} (i.e., traffic and industrial pollution) and total PM_{2.5} (i.e., both wildland fire and nonfire PM_{2.5}) on birth weight outcomes, to assess whether the associations with nonfire PM_{2.5} would be consistent with literature, and to investigate associations with cumulative exposure to all sources of PM_{2.5}. To account for spatial autocorrelation in the residuals,

RESULTS The study sample included 4,537,418 singleton term births

(Table 1). The prevalence of term LBW was 1.9%, SGA was 8.6%, and LGA was 9.7%. The average term birth weight was

largest or smallest

95% CI

Outcome

OR

9.94	(9.42, 10.47)	6.53	(6.17, 6.88)	3.19	(2.85, 3.53)	2.39	(2.08, 2.69)
1.06	(1.05–1.06)	1.03	(1.03–1.03)	1.03	(1.02–1.03)	1.03	(1.02–1.03)

2: added to the confidence intervals for the other outcomes (Supplemental Table 1). Estimated odds ratios and differences were slightly larger, using machine learning-based wildfire PM_{2.5}, and inference from the confidence intervals were consistent with results from our main exposure assessment methods (Supplemental Table 1).

ffects produced similar results for SG and LGA, and attenuated estimates and confidence intervals for the other outcomes (Supplemental Table 1). Estimated odds ratios and differences were slightly larger, using machine learning-based wildfire PM_{2.5}, and inference from the confidence intervals were consistent with results from our main exposure assessment methods (Supplemental Table 1).

DISCU

SSION In a racially and ethnically diverse, population-based cohort of

all term births in California, we found that increased exposure to wildland fire PM_{2.5} during pregnancy was associated with LGA and increased birthweight. This relationship was also observed for

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exposure within the first, second, and third trimesters. Furthermore, findings demonstrated that wildfire PM_{2.5} may differentially affect racially and ethnically marginalized populations. Specifically, the magnitude of association for higher birth weight outcomes was larger among Hispanic population and other racial groups. Among AIAN birthing people, there was no relationship between wildfire PM_{2.5} and birth weight outcome, compared to the overall study population and other racial and ethnic groups. This study makes several novel contributions by investigating the effects of wildfire-related PM_{2.5}, an increasingly important source of air pollution, on term birth weight outcomes, thus filling gaps in the literature related to fetal growth impacts and centering implications for health equity by assessing differential effects by race and ethnicity. Extant stu

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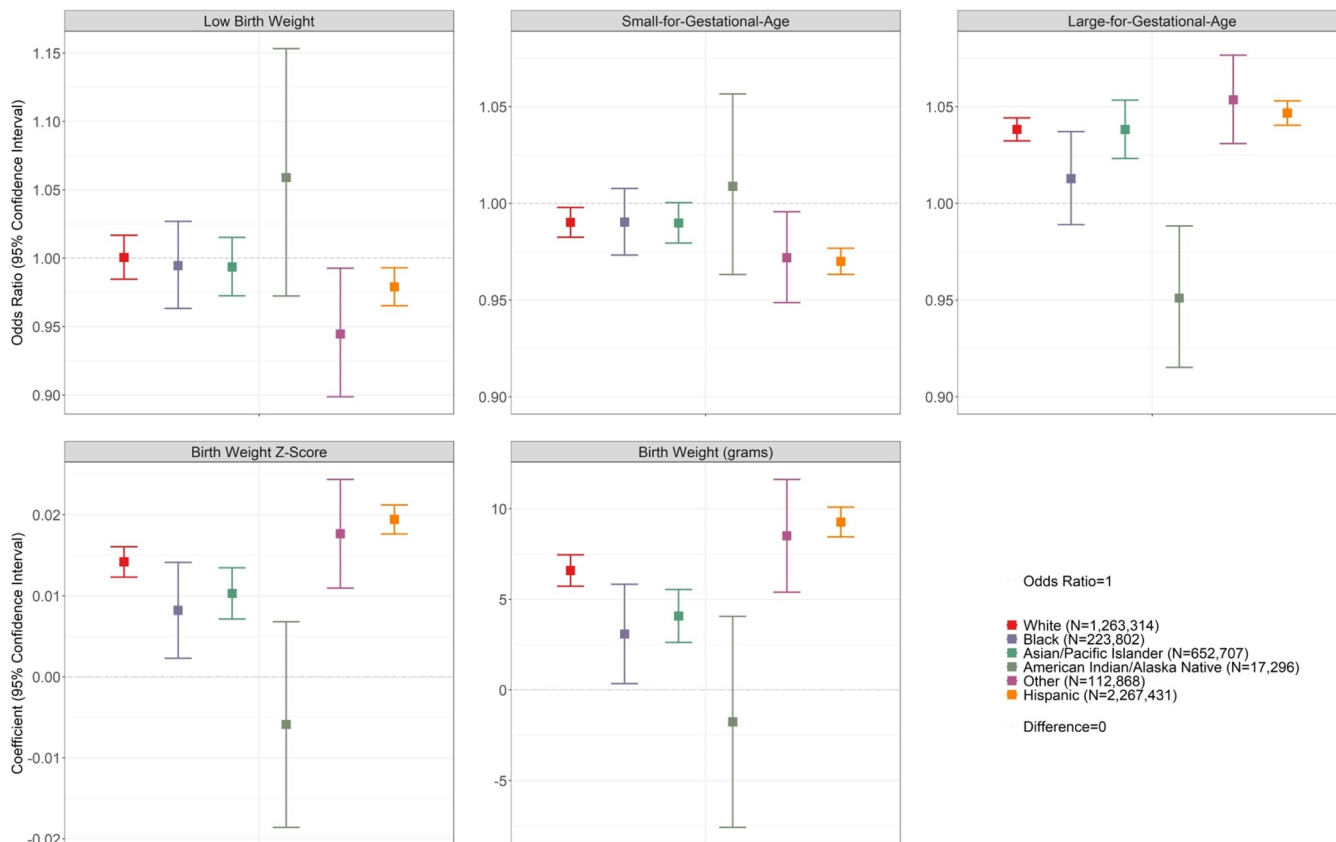


Figure 1. Adjusted odds ratios of adverse birth outcomes associated with 1 µg/m³ increase in pregnancy daily average wildland fire PM_{2.5}, California, by race and ethnicity, 2007–2018 (N=4,537,418). Models adjusted for age, insurance type at delivery, education, and seasonality.

design, methodology, and setting may explain the heterogeneity in study findings. For example, our study used a different exposure assessment method that measured wildland fire-specific PM_{2.5} using CMAQ, which provided more granularity in assessing fire-related pollution and differentiated fire and nonfire PM_{2.5} sources, compared to proxy measures, such as residence in affected areas. In a supplemental analysis, we found that exposure to nonfire PM_{2.5} and total exposure to PM_{2.5} from all sources were inversely associated with birth weight outcomes. This suggests that measuring wildfire-specific PM_{2.5} may reveal distinct effects on birth weight not captured in studies of total PM_{2.5} exposure, due to the unique chemical composition, high toxicity, and exposure patterns of wildfire PM_{2.5}. In contrast, our study findings were consistent with a study set in Australia documenting that proximity of the birthing person's residence to the Canberra fires in 2003 was associated with higher birth weight for male infants.²² Another study in the San Francisco Bay Area found that exposure to wildfire-specific PM_{2.5} and more days of wildfire-specific PM_{2.5} above 5 µg/m³ in the second trimester were associated with increased risk of LGA, which aligns with our study's findings.²⁴ On the other hand, results from our study showed that the estimates were similar across all three trimesters, rather than highlighting a especially sensitive period during which the effects of wildland fire are more impactful. Furthermore, this study only included term births to disentangle the effect on

preterm birth and birth weight, given existing evidence that wildfire smoke may be associated with increased risk of preterm birth, and analyses of birth weights in all births may also be capturing the effects on preterm birth.^{17,18} Lastly,

wildfire-related PM_{2.5} influences birthweight outcomes through the interplay between epigenetic mechanisms, individual-level factors, and environmental influence can inform efforts to protect the wellbeing of pregnant people

The strengths of this study include the utilization of a state-wide population-based cohort offering racial and ethnic diversity and comprehensive geographic coverage over a robust time period to characterize wild fire events, a rigorous exposure classification method that estimated wildland fire-Differential results by race and ethnicity highlight the importance of understanding wild fires' impact on diverse population groups.⁴⁶ Notably, our study showed that the relationship between wild fire PM_{2.5} and birth weight in AIAN people differed from the directions of association in the overall sample, and in other racial and ethnic groups, such that exposure to wild fire was associated with lower birth weight. Indigenous peoples are disproportionately affected by wild fires and resulting evacuation in the United States and Canada.^{58–60}

diversity and comprehensive geographic coverage over a robust time period to characterize wild fire events, a rigorous

For instance, a previous study in California found that census tracts with a higher proportion of AIAN residents, compared to their state-wide representation, were up to 2.8 times more likely to have been exposed to wild fire PM_{2.5} overall, particularly in rural areas.²⁹ This was consistent with the descriptive finding in our study regarding the elevated representation of AIAN in the high tertile of average daily wild fire exposure across pregnancy in our study. The United States has a history of colonization and land dispossession that forcibly moved Indigenous peoples to areas that are now more susceptible to climate extremes, including higher temperatures and wild fire risks.^{61,62} The suppression of Indigenous land management practices in California has further worsened wild fire risks.^{60,63} This history of oppression and the excess burden of exposure affirm calls for Indigenous peoples' fire knowledge and practices to lead wild fire management.^{60,63,64} Moreover, Indigenous populations contend with lack of access to emergency and medical services, persistent health inequities, including in perinatal health, and other social stressors that together may amplify the effects of wild fire on adverse birth outcomes.^{61,65,66}

Second, we also found that the magnitudes of association for LGA and birth weight were more pronounced among Hispanic and other racial and ethnic groups. Though there is some evidence that wild fire PM_{2.5} concentration may be impacting White and higher income populations, particularly those living in the wildland–urban interface, other studies have documented that more recently, Hispanic and other racialized groups are experiencing higher wild fire PM_{2.5}, in addition to the existing inequities around exposure to all-source ambient PM_{2.5}.^{18,67,68} Studies assessing the differential impact of wild fire PM_{2.5} on birth weight are limited, but a previous study has documented that its effects on preterm birth were also more pronounced among Black, Hispanic, Asian, and AIAN participants in California, and simultaneous exposure to both heat wave days and smoke days was associated with greater odds of preterm birth.¹⁹ This evidence highlights the importance of further investigating the effects of wild fires in the context of extreme weather events, such as heat waves. Racially and ethnically marginalized populations may be contending with the dual burden of social marginalization, which can lead to poor housing quality or indoor air quality and an inability to reduce outdoor physical activity due to occupational constraints or being unhoused, all of which can amplify their inequitable exposure to wild fire PM_{2.5}.^{31,32,69,70} Furthermore, these populations may have a harder time responding to wild fires due to financial strain and lack of transportation, which could impede their capacity to relocate or evacuate.^{33,71}

Tables with estimates from sensitivity analyses assessing wildfire exposure and birthweight outcomes, and flowchart of analytic sample selection()

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Notes

The authors declare no competing financial interest.

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