What impacts a child's life-long health trajectory?

The foundation for healthy childhood and adult life are established before birth...

PRE-PREGNANCY

The health of prospective parents is important. Multiple factors influence chances of conception and healthy fetal development.



Social circumstances poverty, housing and food, security



Environmental exposures

air and water pollutants, household chemicals, certain cosmetics and pharmaceuticals



Genetics

disease susceptibility



Diseases and disorders

infections, asthma, autoimmune conditions, metabolic conditions, hypertension



Lifestyle factors

age, diet, physical activity, smoking, alcohol, drugs, weight, stress

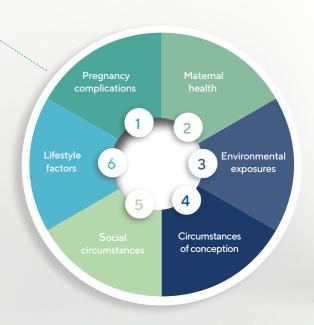
PREGNANCY

Multiple factors during pregnancy influence fetal development and life-long health

25%

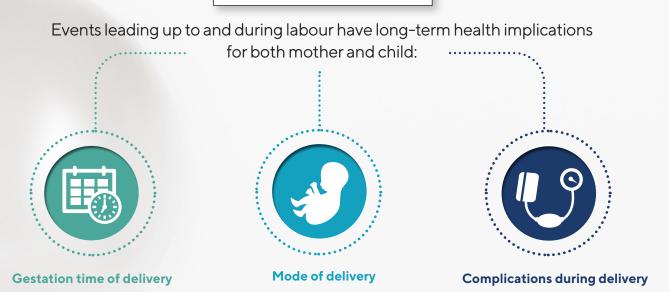
of Australian
pregnancies are affected
by preeclampsia,
preterm birth, fetal
growth restriction, and/
or gestational diabetes







LABOUR AND BIRTH



THE EARLY YEARS

The first few years of life are a time of rapid development. A child's health trajectory is influenced by a number of factors during this stage, including:



LONG-TERM HEALTH

Life-long health and susceptibility or resilience to chronic diseases can be traced to events before birth and in early life

Asthma & allergies 5 2 2 Show how pregnancy complications compromise heart health for mothers and babies

Better understanding of the early life drivers of development will inform policies and interventions to support child health, with life-time benefits.