

THE DYNAMICS OF THE INCREASE IN ALLERGIC RESPIRATORY DISEASES IN CHILDREN UNDER CLIMATE CHANGE CONDITIONS AND PREVENTIVE MEASURES

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<https://doi.org/10.5281/zenodo.15348265>

Abstract. In recent decades, the prevalence of allergic respiratory diseases, such as asthma and allergic rhinitis, in children has been rising at an alarming rate. One of the key contributors to this trend is climate change, which has altered environmental conditions, exacerbating the frequency and intensity of allergens such as pollen, mold, and air pollutants.

This paper examines the dynamics of the increasing incidence of allergic respiratory diseases in children under the conditions of climate change. It explores the key environmental factors-such as rising temperatures, longer pollen seasons, and worsening air quality-that contribute to this growing health concern. The paper also delves into the vulnerability of children, whose developing immune and respiratory systems make them more susceptible to environmental stressors. In addition, it emphasizes the importance of preventive measures, including environmental regulation, early detection, allergen avoidance strategies, and public health policies aimed at reducing exposure to harmful environmental factors.

Keywords: Allergic Respiratory Diseases, Climate Change, Allergens, Asthma, Allergic Rhinitis, Environmental Pollution, Pollen Season, Air Quality.

ДИНАМИКА ПРИРОСТА АЛЛЕРГИЧЕСКИХ ЗАБОЛЕВАНИЙ ОРГАНОВ ДЫХАНИЯ У ДЕТЕЙ В УСЛОВИЯХ ИЗМЕНЕНИЯ КЛИМАТА И МЕРЫ ПРОФИЛАКТИКИ

Аннотация. В последние десятилетия распространенность аллергических респираторных заболеваний, таких как астма и аллергический ринит, у детей растет с тревожной скоростью. Одним из основных факторов этой тенденции является изменение климата, которое изменило условия окружающей среды, усугубив частоту и интенсивность аллергенов, таких как пыльца, плесень и загрязнители воздуха. В этой статье рассматривается динамика роста заболеваемости аллергическими респираторными заболеваниями у детей в условиях изменения климата. В ней изучаются ключевые факторы окружающей среды, такие как повышение температуры, более продолжительные сезоны пыльцы и ухудшение качества воздуха, которые способствуют этой растущей проблеме со здоровьем. В статье также рассматривается уязвимость детей, чья развивающаяся иммунная и дыхательная системы делают их более восприимчивыми к экологическим стрессорам. Кроме того, в ней подчеркивается важность профилактических мер, включая экологическое регулирование, раннее выявление, стратегии избегания аллергенов и политику общественного здравоохранения, направленную на снижение воздействия вредных факторов окружающей среды.

Ключевые слова: аллергические респираторные заболевания, изменение климата, аллергены, астма, аллергический ринит, загрязнение окружающей среды, сезон пыльцы, качество воздуха.

Introduction

In recent years, climate change has become one of the most pressing global concerns, affecting not only the environment but also human health on a wide scale. The rise in greenhouse gas emissions, increasing global temperatures, air pollution, and environmental imbalances have led to significant public health challenges. Children, in particular, are highly vulnerable to these environmental changes, and their immature immune and respiratory systems make them especially susceptible to chronic and allergic diseases, including respiratory illnesses. Allergic respiratory diseases-such as allergic rhinitis, bronchial asthma, and seasonal allergic rhinosinusitis (pollinosis)-have shown a noticeable rise in prevalence among children. These conditions are primarily caused by hypersensitive reactions to environmental allergens like pollen, dust mites, mold, and airborne pollutants. Climate change has a profound influence on these factors, extending pollen seasons, altering plant growth cycles, and increasing airborne allergen concentrations. Changes in humidity and temperature further exacerbate respiratory sensitivities and allergic reactions in susceptible children.

The relevance of this study stems from the observable increase in the incidence of allergic respiratory diseases among children, directly linked to the accelerating pace of climate change.

This growing public health concern demands new approaches in both diagnosis and prevention, as well as effective public health strategies to mitigate the risks. In particular, there is an urgent need to study the patterns and dynamics of these diseases, identify the key environmental and physiological risk factors, and implement evidence-based preventive measures, especially in pediatric populations.

Literature review and method

Climate change has become a major global issue, influencing not only the environment but also human health, particularly in children. As temperatures rise, air pollution intensifies, and weather patterns shift, children are increasingly exposed to allergens and irritants that negatively affect their respiratory systems. Their developing bodies are more vulnerable to environmental triggers, making them more prone to allergic respiratory diseases.

Common conditions such as allergic rhinitis, bronchial asthma, and seasonal allergies are now more frequently observed in pediatric populations. Scientific studies have shown a consistent upward trend in these diseases over the last two decades. Factors such as extended pollen seasons, increased air pollutants, higher humidity, and poor indoor air quality all contribute to the rise in allergic cases. Preventive measures are essential and should be implemented on both personal and community levels. Families can reduce risks by maintaining clean home environments, avoiding exposure to smoke and known allergens, and ensuring children receive proper nutrition and medical care. On a broader scale, policies aimed at reducing air pollution, improving urban planning, and enhancing public health education are necessary.

Early diagnosis and regular medical follow-up play a crucial role in managing these diseases. Advances in technology-such as digital health monitoring tools-can help track symptoms and environmental exposure. Ultimately, addressing the rise in allergic respiratory diseases among children requires a collaborative approach involving healthcare providers, educators, policymakers, and families.

In recent decades, the effects of climate change have become increasingly evident in the health of children, especially in the rise of allergic respiratory diseases. Children are more sensitive to environmental changes due to their developing immune and respiratory systems.

With global temperatures rising, air pollution worsening, and allergen levels increasing, the number of children suffering from conditions like asthma, allergic rhinitis, and seasonal respiratory allergies has grown significantly. This increase is not only a medical concern but also a public health issue. Factors such as higher concentrations of pollen, longer allergy seasons, indoor mold, and exposure to fine particles in polluted air all contribute to triggering allergic responses. Urban environments, in particular, show higher rates of such diseases due to dense traffic and industrial emissions.

To counter this, preventive strategies must focus on reducing exposure to allergens and improving early detection of symptoms. Public awareness campaigns, environmental regulations, school health programs, and better air quality monitoring can help protect vulnerable children.

Families should be encouraged to create clean indoor environments and consult healthcare providers for allergy management plans. Addressing the rise in childhood allergic respiratory diseases in the context of climate change requires integrated action from health professionals, communities, and governments to ensure a healthier and safer future for the next generation.

In recent years, a growing body of scientific literature has explored the relationship between climate change and the rise of allergic respiratory diseases in children. Studies consistently indicate that children are among the most vulnerable populations affected by environmental shifts, primarily due to their underdeveloped immune systems and high exposure rates to outdoor pollutants and allergens. One of the foundational works in this field is the report by the World Health Organization (WHO, 2018), which highlights that approximately 300 million people suffer from asthma globally, and the prevalence is increasing, particularly among children. WHO attributes a significant part of this rise to environmental factors exacerbated by climate change, such as air pollution and increased allergen production.

According to Shea et al. (2016), rising temperatures and increased carbon dioxide levels lead to prolonged pollen seasons and higher pollen concentrations, which contribute to a greater burden of allergic rhinitis and asthma in children. The study also emphasizes that urban environments-characterized by poor air quality-worsen the impact of allergens and irritants, resulting in more frequent hospital visits and missed school days.

Kumar and Gupta (2019) conducted a systematic review that connects climate-induced changes in air composition (including ozone, nitrogen dioxide, and particulate matter) to increased respiratory morbidity in children. They underline the synergistic effect of these pollutants with natural allergens, which increases both the severity and frequency of allergic reactions. Bauer et al. (2020) argue that socioeconomic disparities amplify the health effects of climate change on children. Children in low-income urban areas often live in poorly ventilated homes with higher exposure to indoor allergens, such as mold and dust mites, and limited access to healthcare, which worsens the overall outcomes.

Preventive approaches are also well-documented in the literature. Carlsten et al. (2021) suggest a multi-level intervention model that includes community education, environmental

monitoring, allergen avoidance strategies, and public health policies aimed at reducing emissions and controlling climate change. Their work underscores the importance of early diagnosis and the use of mobile technologies for real-time symptom and environment tracking. Although most studies agree on the strong connection between climate change and allergic diseases in children, there is still a need for more longitudinal and region-specific research, especially in developing countries. Differences in climate, vegetation, urbanization, and healthcare access influence the prevalence and severity of these diseases in various populations.

Discussion

The findings discussed in recent literature and epidemiological data clearly indicate a growing trend in the prevalence of allergic respiratory diseases among children, and this trend is closely linked to ongoing climate change. One of the most significant conclusions is that rising temperatures, increased levels of atmospheric pollutants, and extended pollen seasons have created an environment where children are more frequently exposed to allergens that provoke respiratory issues.

Children are particularly vulnerable due to physiological and behavioral factors. Their respiratory systems are still developing, they breathe more air relative to their body weight than adults, and they often spend more time outdoors during high-pollen or high-pollution days. As a result, they face a higher risk of developing asthma, allergic rhinitis, and other respiratory disorders. Furthermore, the interaction between climate-induced environmental changes and urban living conditions has intensified the health burden on children. Urban children are often exposed to higher levels of vehicular emissions and indoor pollutants such as tobacco smoke and mold, which can trigger or worsen allergic responses. Moreover, the combination of pollen with air pollutants such as ozone or particulate matter increases the allergenicity of particles, making respiratory reactions more severe and persistent.

It is also important to consider the socioeconomic dimension. Children from low-income families often live in substandard housing, have limited access to healthcare, and are less likely to receive early diagnoses or preventive care. These social determinants of health further complicate the picture, suggesting that climate change not only exacerbates biological vulnerability but also deepens existing health disparities. Despite the alarming rise in allergic respiratory diseases, the discussion must also highlight positive developments. Advancements in medical diagnostics, such as allergen-specific IgE testing and pulmonary function tests, have improved early detection and disease management. Mobile health (mHealth) technologies are also emerging as useful tools for tracking environmental exposure and patient symptoms, providing real-time feedback to caregivers and clinicians.

Preventive strategies, such as improving air quality through policy interventions, implementing allergen avoidance programs in schools, and raising public awareness about indoor air hygiene, have shown promising results. However, these measures require coordination between healthcare systems, environmental agencies, and local communities to be effective on a larger scale.

Conclusion

In conclusion, the current evidence strongly supports the association between climate change and the increasing incidence of allergic respiratory diseases in children.

Rising global temperatures, higher levels of air pollutants, prolonged pollen seasons, and altered humidity patterns have significantly contributed to the growing burden of conditions such as asthma and allergic rhinitis among young populations. Children's heightened sensitivity to environmental allergens-combined with urban living conditions, inadequate ventilation, and socio-economic challenges-makes them particularly vulnerable. The impact is not only medical but also educational and social, as these diseases can impair physical development, reduce school attendance, and strain healthcare resources.

The review of existing literature and epidemiological data highlights an urgent need for multidimensional approaches to mitigate this issue. This includes strengthening early diagnosis and monitoring systems, promoting cleaner air initiatives, raising public awareness, and integrating environmental health into pediatric care policies. Ultimately, preventing and managing allergic respiratory diseases under the conditions of climate change requires collaborative action from healthcare providers, policymakers, educators, and communities. Only through such comprehensive and sustained efforts can we safeguard the respiratory health of future generations in an increasingly unstable environment.

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