



# Transgenerational Effects of Maternal Health

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## **Authors' contributions**

*This work was carried out in collaboration among all authors. All authors read and approved the final manuscript.*

## **Article Information**

DOI: <https://doi.org/10.9734/ajpr/2024/v14i7371>

## **Open Peer Review History:**

This journal follows the Advanced Open Peer Review policy. Identity of the Reviewers, Editor(s) and additional Reviewers, peer review comments, different versions of the manuscript, comments of the editors, etc are available here: <https://www.sdiarticle5.com/review-history/119072>

**Review Article**

**Received: 28/04/2024**

**Accepted: 02/07/2024**

**Published: 12/07/2024**

## **ABSTRACT**

This study highlights the profound impact of maternal health on offspring well-being through transgenerational effects, extending beyond direct genetic inheritance. It emphasizes epigenetic modifications, intrauterine environment, and maternal lifestyle factors, influencing fetal programming and health trajectories across generations. Understanding these mechanisms is crucial for developing targeted interventions to prevent intergenerational disease transmission and promote lifelong health. The seminar explores these complexities, examining mechanisms, implications for offspring health, and the role of environmental and socioeconomic factors. Current research underscores the importance of maternal health in shaping offspring outcomes, revealing associations with chronic diseases, neurodevelopmental disorders, and metabolic disorders.

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**Cite as:** Thompson, Imomoemi Nwinam, Adetomi Bademosi, Golda Lugesi Ezeh, and Sandra Ujunwa Ekesiobi. 2024. "Transgenerational Effects of Maternal Health". *Asian Journal of Pediatric Research* 14 (7):107-114. <https://doi.org/10.9734/ajpr/2024/v14i7371>.

Epidemiological evidence supports these findings, emphasizing the need for interventions addressing health disparities and promoting health equity. Future research priorities include elucidating underlying mechanisms, integrating multi-omics approaches, and addressing societal and environmental determinants. Early intervention strategies, preventive measures, and policy recommendations are vital for mitigating adverse effects and improving maternal and offspring health outcomes, thereby breaking the cycle of intergenerational disease transmission and promoting health equity across generations.

*Keywords: Epigenetics; health equity; maternal health; offspring health; transgenerational effects.*

## 1. INTRODUCTION

The health of a mother during pregnancy has long been recognized as a critical determinant of offspring health. However, emerging research has shed light on a phenomenon that extends beyond the immediate offspring: transgenerational effects of maternal health. This concept refers to the transmission of health outcomes or traits from one generation to the next, influencing not only the immediate offspring but potentially impacting subsequent generations as well [1]. Transgenerational effects in maternal health encompass various health outcomes and phenotypic traits that can be passed from mothers to their offspring and subsequent generations. These effects can manifest through various mechanisms, including epigenetic modifications, intrauterine programming, and maternal lifestyle factors. Epigenetic modifications, such as DNA methylation and histone modifications, play a central role in mediating the transmission of maternal health effects across generations [2-4]. These modifications can alter gene expression patterns in offspring, leading to changes in phenotype and disease susceptibility. Furthermore, the intrauterine environment, influenced by maternal nutrition, stress, and exposure to toxins, can shape fetal development and predispose offspring to certain health conditions later in life. Maternal lifestyle factors, including diet, physical activity, and mental health, also contribute to transgenerational health outcomes by influencing fetal programming and offspring health trajectories [5].

The significance of understanding the Transgenerational effects of maternal health lies in its potential to revolutionize our approach to prenatal care, public health interventions, and disease prevention. By recognizing the far-reaching implications of maternal health on future generations, we can develop targeted strategies to break the cycle of intergenerational disease

transmission and promote lifelong health and well-being [6].

The primary objective of this seminar is to explore and elucidate the complex interplay between maternal health and transgenerational health outcomes. Through comprehensive discussions and analysis, we aim to, Examine the underlying mechanisms driving transgenerational effects of maternal health, Investigate the implications of maternal health on offspring health and development across multiple generations, Discuss the role of environmental, social, and biological factors in shaping transgenerational health trajectories, Identify opportunities for intervention and prevention strategies to mitigate adverse transgenerational health outcomes.

By achieving these objectives, we seek to deepen our understanding of the intricate connections between maternal health and transgenerational health outcomes and pave the way for innovative approaches to maternal and child health.

## 2. UNDERSTANDING TRANSGENERATIONAL EFFECTS

Maternal health during pregnancy not only affects the immediate offspring but can also have long-lasting impacts across multiple generations. This phenomenon, known as the transgenerational effects of maternal health, has garnered increasing attention in recent years due to its profound implications for public health and disease prevention. In this work, we will delve into the definition, conceptual framework, mechanisms of transmission, and the role of maternal health in fetal programming regarding transgenerational effects [7].

### 2.1 Definition and Conceptual Framework

Transgenerational effects of maternal health refer to the transmission of health outcomes or

traits from one generation to the next, extending beyond the direct genetic inheritance. This concept underscores the idea that the intrauterine environment and maternal health status can influence fetal development and programming in ways that persist into adulthood and potentially affect subsequent generations. The conceptual framework of transgenerational effects involves understanding the interplay between genetic factors, epigenetic modifications, environmental exposures, and maternal health conditions in shaping offspring health outcomes over multiple generations [1,6].

## **2.2 Mechanisms of Transgenerational Transmission**

### **2.2.1 Epigenetic modifications**

Epigenetic modifications play a central role in mediating transgenerational effects of maternal health. These modifications, including DNA methylation, histone modifications, and non-coding RNA regulation, can alter gene expression patterns without changing the underlying DNA sequence. During pregnancy, maternal health factors such as nutrition, stress, and exposure to toxins can induce epigenetic changes in the developing fetus, leading to long-term alterations in gene regulation and phenotype that can be passed on to future generations [5].

### **2.2.2 Intrauterine environment**

The intrauterine environment, influenced by maternal health status, is another critical determinant of transgenerational effects. Maternal factors such as diet, hormonal balance, and exposure to environmental pollutants can shape the intrauterine milieu and influence fetal development. Adverse conditions during pregnancy, such as maternal malnutrition or exposure to toxins, can disrupt normal fetal development and predispose offspring to a range of health conditions later in life, which may be transmitted to subsequent generations [8].

### **2.2.3 Maternal lifestyle factors**

Maternal lifestyle factors, including diet, physical activity, smoking, and substance use, also contribute to transgenerational health outcomes. Unhealthy maternal behaviours can negatively impact fetal development and increase the risk of adverse health outcomes in offspring. Moreover, maternal lifestyle choices may influence

epigenetic modifications and intrauterine programming, further exacerbating the transmission of health effects across generations [9].

### **2.2.4 Role of maternal health in fetal programming**

Maternal health plays a crucial role in fetal programming, the process by which environmental exposures during pregnancy shape the long-term health and development of offspring. Maternal health conditions such as nutritional status, obesity, diabetes, hypertension, and mental health disorders can disrupt fetal programming and predispose offspring to a range of health problems, including metabolic disorders, cardiovascular disease, neurodevelopmental disorders, and psychiatric conditions. These effects can persist across multiple generations, highlighting the importance of maternal health in shaping transgenerational health outcomes [10].

## **3. IMPLICATIONS FOR OFFSPRING HEALTH**

### **3.1 Chronic Diseases and Metabolic Disorders**

During pregnancy, the development of chronic diseases and metabolic disorders has been linked to the offspring. Poor maternal nutrition, obesity, diabetes, and hypertension during pregnancy can program offspring for an increased risk of obesity, type 2 diabetes, cardiovascular disease, and metabolic syndrome later in life. These transgenerational effects can occur through alterations in fetal development, including changes in adipose tissue distribution, glucose metabolism, and insulin sensitivity. By understanding the transgenerational effects of maternal health on chronic disease risk, healthcare providers can implement early interventions and preventive strategies to mitigate these adverse health outcomes in offspring [10].

### **3.2 Neurodevelopmental Outcomes**

The impact of maternal health on offspring extends beyond physical health to include neurodevelopmental outcomes. Maternal stress, depression, and substance abuse during pregnancy have been associated with an increased risk of neurodevelopmental disorders

such as autism spectrum disorder (ASD), attention deficit hyperactivity disorder (ADHD), and cognitive impairment in offspring. These transgenerational effects may result from alterations in neurodevelopmental pathways, neurotransmitter systems, and brain structure and function. By addressing maternal mental health and substance use disorders during pregnancy, healthcare providers can potentially reduce the risk of neurodevelopmental disorders in offspring and improve long-term neurodevelopmental outcomes [11].

### 3.3 Interplay with Genetic Inheritance

While genetic inheritance plays a significant role in determining offspring health outcomes, the interplay between genetic factors and maternal health is complex. Maternal health conditions and environmental exposures during pregnancy can interact with genetic predispositions to influence offspring health outcomes. For example, maternal obesity combined with genetic factors related to adiposity can synergistically increase the risk of obesity and metabolic disorders in offspring. Understanding the interplay between genetic inheritance and maternal health is essential for predicting and managing offspring health risks and developing personalized approaches to prenatal care and disease prevention [12].

### 3.4 Long-term Health Trajectories

The transgenerational effects of maternal health can shape the long-term health trajectories of offspring, impacting health outcomes across the lifespan. Adverse maternal health conditions during pregnancy can predispose offspring to a range of health problems, including chronic diseases, neurodevelopmental disorders, and mental health conditions, which may persist into adulthood and affect subsequent generations. By addressing maternal health risks early in pregnancy and promoting healthy behaviours, healthcare providers can potentially alter the long-term health trajectories of offspring and improve population health outcomes across generations [13].

## 4. ENVIRONMENTAL AND SOCIO-ECONOMIC FACTORS

### 4.1 Socioeconomic Determinants of Maternal Health

Socioeconomic status (SES) plays a critical role in shaping maternal health outcomes. Women

from lower socioeconomic backgrounds are more likely to experience inadequate nutrition, limited access to healthcare services, and higher levels of stress and psychosocial adversity during pregnancy. These socioeconomic disparities in maternal health can have profound effects on offspring health outcomes, contributing to an increased risk of low birth weight, preterm birth, developmental delays, and chronic diseases later in life. Addressing socioeconomic determinants of maternal health is essential for reducing health inequities and improving maternal and child health outcomes across generations [14].

### 4.2 Cultural and Environmental Influences

Cultural and environmental factors also influence maternal health and offspring health outcomes. Cultural beliefs and practices surrounding pregnancy, childbirth, and infant care can impact maternal behaviours and healthcare-seeking patterns. Environmental exposures, such as air pollution, toxic chemicals, and inadequate sanitation, can pose risks to maternal and fetal health, contributing to adverse birth outcomes and long-term health effects in offspring. Understanding the cultural and environmental influences on maternal health is crucial for developing culturally sensitive healthcare interventions and environmental policies to promote optimal maternal and child health outcomes [15].

### 4.3 Access to Healthcare and Health Disparities

Access to healthcare services is a key determinant of maternal health and offspring health outcomes. Women who face barriers to healthcare access, such as lack of insurance, transportation, or healthcare providers, are at increased risk of inadequate prenatal care, undiagnosed medical conditions, and poor pregnancy outcomes. Health disparities based on race, ethnicity, geography, and socioeconomic status further exacerbate disparities in maternal and offspring health outcomes. Addressing health disparities and improving access to quality healthcare services for all women, particularly those from marginalized communities, is essential for reducing maternal and offspring mortality and morbidity and promoting health equity across generations [16].

## 5. CURRENT RESEARCH AND EVIDENCE

Research into the transgenerational effects of maternal health has advanced significantly in recent years, providing valuable insights into the intergenerational transmission of health outcomes from mothers to their offspring and subsequent generations

### 5.1 Key findings in Transgenerational Studies

Transgenerational studies have revealed compelling evidence of the impact of maternal health on offspring health outcomes across multiple generations. Research has demonstrated associations between maternal factors such as nutrition, stress, environmental exposures, and offspring health outcomes, including risk of chronic diseases, neurodevelopmental disorders, and metabolic disorders [17]. For example, studies have shown that maternal obesity and diabetes during pregnancy can increase the risk of obesity and metabolic syndrome in offspring, persisting across multiple generations. These findings underscore the importance of maternal health in shaping offspring health trajectories and the potential for interventions to break the cycle of intergenerational disease transmission [18].

### 5.2 Advances in Epigenetic Research

Advances in epigenetic research have shed light on the molecular mechanisms underlying transgenerational effects of maternal health. Epigenetic modifications, such as DNA methylation, histone modifications, and non-coding RNA regulation, play a critical role in mediating the transmission of maternal health effects across generations. Research has identified specific epigenetic changes associated with maternal factors such as diet, stress, and environmental exposures during pregnancy, providing insights into the biological pathways through which maternal health influences offspring health outcomes [19]. These advances in epigenetic research have significant implications for understanding the aetiology of transgenerational effects and developing targeted interventions to mitigate adverse health outcomes in offspring.

### 5.3 Epidemiological Evidence and Population Studies

Epidemiological evidence from population studies has provided robust support for the

transgenerational effects of maternal health. Large-scale cohort studies have demonstrated associations between maternal health conditions, such as obesity, diabetes, hypertension, and offspring health outcomes, including risk of chronic diseases, neurodevelopmental disorders, and mental health conditions. These population-based studies have identified critical windows of vulnerability during pregnancy when maternal health factors exert the greatest influence on offspring health trajectories [20]. Moreover, epidemiological evidence has highlighted disparities in maternal and offspring health outcomes based on socioeconomic status, race, ethnicity, and geographical location, underscoring the need for targeted interventions to address health inequities and promote health equity across generations [21].

## 6. FUTURE DIRECTIONS AND CHALLENGES

As research into the transgenerational effects of maternal health continues to evolve, it is essential to identify future directions and address challenges to advance our understanding of this complex phenomenon.

### 6.1 Unanswered Questions and Knowledge Gaps

Despite significant progress, there remain many unanswered questions and knowledge gaps regarding the transgenerational effects of maternal health. Key areas for further investigation include elucidating the underlying mechanisms of transgenerational transmission, identifying critical windows of vulnerability during pregnancy, and understanding the role of genetic and environmental factors in shaping offspring health outcomes. Additionally, more research is needed to explore the interplay between maternal health and offspring health trajectories across diverse populations and cultural contexts. Addressing these knowledge gaps will require interdisciplinary collaboration and innovative research approaches to unravel the complexities of transgenerational effects [22].

### 6.2 Research Priorities and Emerging Technologies

Future research in the field of transgenerational effects of maternal health should prioritize several key areas to advance our understanding and inform clinical practice and public health interventions. Research priorities include integrating multi-omics approaches to

elucidate the molecular pathways underlying transgenerational transmission, leveraging big data and machine learning techniques to analyze large-scale datasets, and conducting longitudinal studies to assess the long-term health outcomes of offspring across multiple generations [23]. Emerging technologies such as single-cell sequencing, CRISPR-based genome editing, and organoid modelling hold promise for uncovering novel insights into the mechanisms of transgenerational effects and developing targeted interventions to mitigate adverse health outcomes in offspring [24].

### **6.3 Addressing Societal and Environmental Determinants**

In addition to scientific research, addressing societal and environmental determinants of maternal health is crucial for preventing adverse transgenerational health outcomes. Socioeconomic disparities, racial and ethnic inequities, access to healthcare, environmental pollution, and social determinants of health all play significant roles in shaping maternal and offspring health outcomes [22]. Future efforts should focus on implementing policies and interventions to promote maternal health equity, improve access to healthcare services, and address environmental and social determinants of health to reduce disparities in transgenerational health outcomes. Moreover, community engagement and participatory approaches are essential for addressing the needs and priorities of diverse populations and promoting health equity across generations [25].

## **7. Clinical and Public Health Implications**

### **7.1 Early Intervention Strategies**

Early intervention strategies are essential for mitigating the adverse transgenerational effects of maternal health on offspring health outcomes. Prenatal care programs that provide comprehensive maternal health assessments, screening for maternal risk factors, and counselling on healthy behaviours during pregnancy can help identify high-risk pregnancies and initiate timely interventions to optimize maternal and offspring health. Early detection and management of maternal conditions such as obesity, diabetes, hypertension, and mental health disorders can reduce the risk of adverse pregnancy outcomes and improve long-term health outcomes for both mothers and offspring [26].

### **7.2 Preventive Measures and Health Promotion**

Preventive measures and health promotion initiatives are critical for addressing modifiable risk factors associated with the transgenerational effects of maternal health. Promoting healthy lifestyle behaviours, such as balanced nutrition, regular physical activity, smoking cessation, and stress management, during pregnancy can reduce the risk of maternal complications and improve offspring health outcomes. Community-based health education programs, peer support groups, and culturally tailored interventions can empower women to make informed choices about their health and adopt healthier behaviours before, during, and after pregnancy [27].

### **7.3 Policy Recommendations and Healthcare Interventions**

Policy recommendations and healthcare interventions are needed to address systemic barriers to maternal and offspring health and promote health equity across populations. Policies that support access to affordable healthcare services, maternal nutrition programs, maternal mental health services, and reproductive healthcare services can improve maternal health outcomes and reduce disparities in offspring health outcomes [28]. Healthcare interventions that integrate preconception care, prenatal care, postnatal care, and pediatric care into a continuum of services can provide comprehensive support for women and their families across the reproductive lifespan.

## **8. CONCLUSION**

The transgenerational effects of maternal health significantly impact both maternal and offspring well-being. Addressing modifiable risk factors through early interventions, preventive measures, and healthcare interventions is crucial for promoting maternal health equity and improving long-term outcomes. Understanding the complex interplay of genetic, epigenetic, environmental, and lifestyle factors is essential for developing targeted interventions to break the cycle of intergenerational disease transmission. Additionally, recognizing the influence of environmental and socioeconomic factors on maternal and offspring health outcomes is vital for promoting health equity across generations. Leveraging current research and evidence, including insights from transgenerational studies and advances in epigenetic research, can inform the development of effective interventions to improve maternal and offspring health outcomes.

Future directions should prioritize addressing unanswered questions, advancing research priorities, and addressing societal and environmental determinants of health to enhance our understanding and promote health equity across generations.

### DISCLAIMER (ARTIFICIAL INTELLIGENCE)

Author(s) hereby declare that NO generative AI technologies such as Large Language Models (ChatGPT, COPILOT, etc) and text-to-image generators have been used during writing or editing of manuscripts.

### CONSENT

It is not applicable.

### ETHICAL APPROVAL

It is not applicable.

### COMPETING INTERESTS

Authors have declared that no competing interests exist.

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