Robert L. Brent Lecture

Developmental Origins of Health and Disease in the ECHO Program

Matthew W. Gillman, MD, SM Program Director Environmental influences on Child Health Outcomes (ECHO) Office of the Director, US National Institutes of Health 28 June 2022

Email: NIHKidsandEnvironment@nih.gov



































Messages



• Newer endocrine-disrupting chemicals may be "regrettable substitutions"



• Air pollution in critical windows may underlie disparities in child airways outcomes





Robert L. Brent, MD, PhD (1927–2021)



- Thomas Jefferson Medical College > 60 years
 - Chair, Department of Pediatrics 30 years
 - Research continuously funded by the National Institutes of Health
 - Distinguished Professor Award of Thomas
 Jefferson University
 - 3 in 175 years of Jefferson Medical College
- "...one of the greatest perinatologists of all time."







Robert L. Brent, MD, PhD (1927–2021)

Research contributions

- Systematic methodology for evaluating the risk of reproductive toxicants
- Birth defects, growth retardation, mental retardation, miscarriage threshold effects of radiation exposure
- Vast majority of diagnostic radiological tests no additional risk to fetus.
- Young embryos vulnerable to radiation
 - But survivors no increased risk for congenital malformations ("all or none")
 - What about consequences of less severe perturbations to embryo or fetus?
 - "Teratology meets DOHaD"







Early Environmental Cues





National Institutes of Health Environmental influences on Child Health Outcomes (ECHO) Low et al. Evol Biol (2012) 39: 650 Kuzawa, Fried (2017)



Early Environmental Cues—More Severe





National Institutes of Health Environmental influences on Child Health Outcomes (ECHO) Low et al. Evol Biol (2012) 39: 650 Kuzawa, Fried (2017)



Early Environmental Cues—More Severe





National Institutes of Health Environmental influences on Child Health Outcomes (ECHO) Low et al. Evol Biol (2012) 39: 650 Kuzawa, Fried (2017)



Early Environmental Cues—Less Severe

| Ecological cycle duration | | Adaptation | | |
|--------------------------------------|------------------------------------|------------|------------------------------------|-----------------------------|
| Years | | | Mode | Process |
| 0.00000001 0.0001 0.001 0.1 | seconds hours days months | | Physiologic | Homeostasis & Allostasis |
| 1 10 100 | years decades centuries | | Developmental Intergenerational | Plasticity Inertia |
| 1000 1000000 | millenia millions | | Genetic | Natural selection |





National Institutes of Health Environmental influences on Child Health Outcomes (ECHO) Low et al. Evol Biol (201 Kuzawa, Fried (2017)

14

Developmental Origins of Health and Disease (DOHaD)

| Ecological cycle duration | | Adaptation | | |
|--------------------------------------|------------------------------------|------------|------------------------------------|-----------------------------|
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National Institutes of Health Environmental influences on Child Health Outcomes (ECHO) Kuzawa, Fried (2017)

Developmental Origins of Health and Disease

 DOHaD emphasizes prenatal period and early childhood as important periods for development of chronic disease throughout life.



Ann Nutr Metab 2013;63:291–292

Appreciating David Barker (1938–2013)

Matthew W. Gillman^{a, b} Vincent W.V. Jaddoe^c





DOHaD *Early Exposures Have Lasting Effects*

- Development is highly integrated process and sensitive time for exposure
 - Rapid Growth
 - -Active and extensive cell differentiation
 - Developing immune system
 - Increased metabolic rate
 - Programming, e.g., via epigenetics





DOHaD benefits from interactions among multiple disciplines





National Institutes of Health Environmental influences on Child Health Outcomes (ECHO) Thanks to Sue Ozanne



DOHaD benefits from interactions among multiple disciplines





National Institutes of Health Environmental influences on Child Health Outcomes (ECHO) Thanks to Sue Ozanne





What is ECHO?

Environmental influences on Child Health Outcomes



ECHO Mission

Enhance the health of children for generations to come





A good start to life...



JOSEPH TART/EHP



National Institutes of Health Environmental influences on Child Health Outcomes (ECHO)

NIH

...can last a lifetime







...can last a lifetime



...and over generations



To ensure a good start, need to understand potential risks & resiliencies...

MATERNAL **OBESITY**



Edited by Matthew W. Gillman and Lucilla Poston

CAMBRIDGE Medi













... then take action









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27

Observational & Intervention Research

ECHO Cohorts

ECHO IDeA States Pediatric Clinical Trials Network



Observational & Intervention Research

ECHO Cohorts

ECHO IDeA States Pediatric Clinical Trials Network



29

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JIH

ECHO Cohorts Overall Scientific Goal

Answer solution-oriented questions about effects of broad range of early environmental exposures on child health and development





Solution-oriented

Inform programs, policies, and practices to enhance the health of children





Broad range of early environmental exposures



Child Health and Development

5 key pediatric outcomes with high public health impact

Throughout childhood and adolescence







ECHO-wide Cohort Data Platform

- Data from 101,000+ participants from 69 cohort studies
 - -~59,000 children
 - ~33,000 active follow up (growing)
 - ->40,000 biospecimens
- Becoming nationwide research resource
 - Harmonized existing measures & standardized new measures
 - Common data collection protocol
 - echochildren.org/about/echo-program-protocol/





Diverse Geography, Sex, Age, SES, Race/ Ethnicity



26% Hispanic 43% White 12% Black 4% Asian 3% Al/AN 4% More than one race 7% Unknown/not reported/other






What are we* finding?

*ECHO investigators



Today's focus: prenatal chemical exposures and air pollution











Chemical Exposures

- Phthalates & Per- and Polyfluoroalkyl Substances (PFAS)
- Ubiquitous
- Need to know their effects on offspring
 - Traditional compounds

and

- Contaminants of emerging concern
 - "Regrettable substitutions"







Phthalates

- Make plastics soft and flexible
- Ubiquitous
- Older (phasing out, e.g., DBP & DEHP) and newer (replacement) chemicals
- Metabolized
- Measurable in urine
- Endocrine disruptors





Recent Calls for More Regulation Based on Neurotoxicity



Linda S. Birnbaum PhD, and Carl-Gustaf Bornehag PhD





Meta-analysis does not show associations of each of 5 prenatal phthalates with child cognition up to age 4 y



42

But level of confidence in findings not high For cognition and other neurodevelopmental outcomes

| Outcome | DEHP | DINP | DBP | DIBP | BBP | DEP |
|-----------------|---|------|-----|------|-----|-----|
| Cognition | S | Ι | S | S | S | S |
| Motor | S | S | S | S | М* | Ι |
| Behavior | S | Ι | S | Ι | S | Ι |
| Infant behavior | Ι | Ι | S | Ι | I | I |
| Social behavior | S | Ι | S | Ι | Ι | S |
| | | | | | | |
| Robust (R) | Moderate (M) Slight (S) Indeterminate (I) Level of confidence in association | | | | | |

E.G. Radke, et al.

Fig. 5. Summary of epidemiologic evidence of neurodevelopmental effects associated with phthalates. *In girls.



Limitations of Studies on Phthalates and Offspring Neurodevelopment

- Exposure misclassification
 - Non-persistent chemical measured once
- Periods of heightened susceptibility – Typically measured in late pregnancy
- Lack of information on sex-specific effects
- Single chemicals rather than phthalate mixture effects
- Shorter-term, intermediate endpoints
 - Need longer follow-up, repeated exposure assessment and larger N for clinical diagnoses
- How are ECHO cohorts addressing these challenges?





Phthalates and Health Outcomes ECHO Single Cohort Analyses





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Phthalates and Mediators Placenta and cord blood





FI SEVIER



ECHO-wide Cohort Advantages

- Sample size, diversity
- Harmonized exposure data
 - Timing
 - Newer and older chemicals
- Harmonized outcome data
- Analytic framework
 - Single chemicals
 - Mixtures







ECHO-wide Cohort Analyses in Progress Phthalates

Effects of bisphenols and phthalates on fetal and postnatal growth

In utero exposure to metals and phthalates in relation to communication from birth to 3 years of age

Association between phthalate biomarkers at birth and infant electrocortical parameters

Impact of early childhood exposures to phthalates on attention deficit hyperactivity disorder (ADHD)

Prenatal phthalate exposures and Autism Spectrum Disorder symptoms in low-risk children





Solution Orientation

- Nancy R. Cardona Cordero, PhD
 - Postdoctoral Training in Global Health Disparities
 - ECHO Puerto Rico Cohort (PROTECT)
 - PI: Akram N. Alshawabkeh



Overarching Goal: To inform women of reproductive age about ways to reduce or eliminate exposure to phthalate-containing consumer products.

- <u>Aim 1</u> Phthalate-containing consumer product use in relation to phthalate metabolite levels among pregnant women.
- <u>Aim 2</u> Social determinants of health and disparities among likely users vs. non-users of these products.
- <u>Aim 3</u> -- Qualitative interviews to identify differences in knowledge, attitudes, beliefs, and perceived risks about these products



Different phthalate patterns according to product brand

Deodorant 8 brands





2 of 23 phthalates



Confidential: Do not share or cite



National Institutes of Health Environmental influences on Child Health Outcomes (ECHO) Cardona Cordero, in preparation

Per- and Polyfluoroalkyl Substances (PFAS)



The Washington Post Democracy Dies in Darkness

Health Health Care Medical Mysteries Science Wellness

The dangers of PFAS, often called 'forever chemicals'

By Kevin Loria May 23, 2022 at 2:00 p.m. EDT





Per- and Polyfluoroalkyl Substances (PFAS)



nvironmental influences on Child Health Outcomes (ECHO)

Blake, Fenton. Toxicology. 2020 Oct;443:152565.

ECHO-wide Cohort Analyses in Progress PFAS

PFAS and psychosocial stress during pregnancy and effects on perinatal outcomes

Maternal exposure to PFAS in relation to infections during pregnancy

Prenatal exposure to mixtures of PFAS and autism-related outcomes

Perfluoroalkyl compounds and child growth, adiposity, and metabolic health

Prenatal exposures to PFAS: Associations with behavior in childhood





Methods

- 3339 participants from 11 prenatal cohorts, 1999-2019
- 5 prenatal PFAS (>60% of values >limit of detection)
 PFOA, PFOS, PFNA, PFHxS, PFDA
- Singly and mixture analysis of multiple PFAS
- Adjusted for maternal age, education, race/ethnicity, parity
- Trimester-specific sensitivity analysis





Higher amounts of each PFAS associated with lower fetal growth



Individually and in mixtures, higher PFAS associated with...

- -Lower birth weight for gestational age
- -Decreased risk of large-for-gestational age
- -Increased risk of small-for-gestational age

-Increased risk of preterm birth

Smaller babies

Born too soon

- Associations appeared stronger
 - among participants with male infants
 - With 1st vs. 2nd or 3rd trimester exposure



~350 chemicals biomonitored in U.S.

>40,000 chemicals actively used in U.S. >9.5 trillion pounds of chemicals per year in U.S. (~20,000 lbs/person)

Key Gap

Only a fraction of chemicals measured or evaluated for health effects in pregnant women or children

Picture source: www.othot.com

Assessing novel chemical exposures in ECHO



Recommend priority chemicals for biomonitoring in pregnant women/children

Conduct a pilot study to measure novel chemicals in urine collected from pregnant women



Launch a full-scale study to assess associations of prenatal novel chemical exposures with birth outcomes



Perform future studies evaluating associations of novel chemicals with additional child health outcomes









Pilot Study Conclusions

- Universal exposure to multiple chemicals during pregnancy
- Many chemicals measured for the first time
 - Raises possibility of "regrettable replacements"
- Resource for ECHO/child health research
- Underpins potential solutions

EXPOSURE REDUCTION STRATEGIES



Consumer, healthcare, and

public health actions



Prevention/intervention via local and national policies



Air Pollution







Disparities in Asthma Incidence

- Most research on frequency of asthma focuses on prevalence, not incidence
 - Incidence data can reveal more about etiology





Disparities in Asthma Incidence

- 32 ECHO cohorts
- N = 12,471
- Distributed meta-analysis





National Institutes of Health Environmental influences on Child Health Outcomes (ECHO)

Johnson et al., JAMA Pediatr (2021): e210667-e210667

Black children with higher asthma incidence rates that white children But only in early childhood





National Institutes of Health Environmental influences on Child Health Outcomes (ECHO)

Johnson et al., JAMA Pediatr (2021): e210667-e210667



Asthma Incidence

- Higher risk of asthma among Black children in early childhood
- Suggests prenatal determinants of disparities in asthma risk
- Air pollution is one such potential determinant
 - Socially patterned











National Institutes of Health Environmental influences on Child Health Outcomes (ECHO)

Thanks to Roz Wright



Air Pollution: Daily highresolution $PM_{2.5}$ and temperature

- *Daily* exposures for 2003-2020
- 24-hour PM_{2.5} and min/mean/max temperature
- Across continental USA
- Uses privacy-protected exact latitude/ longitude



Example: 24-hour PM_{2.5} and minimum temperature July 22nd, 2011



National Institutes of Health Environmental influences on Child Health Outcomes (ECHO) allan.just@mssm.edu



Allan Just, PhD Icahn School of Medicine at Mount Sinai, OIF recipient

Critical Windows for Air Pollution and Airways Outcomes Late pregnancy?





National Institutes of Health Environmental influences on Child Health Outcomes (ECHO) Thanks to Roz Wright





ORIGINAL RESEARCH ARTICLE

Maternal exposure to PM_{2.5} during pregnancy and asthma risk in early childhood Consideration of phases of fetal lung development

Hazlehurst, Marnie F.^a; Carroll, Kecia N.^b; Loftus, Christine T.^c; Szpiro, Adam A.^d; Moore, Paul E.^e; Kaufman, Joel D.^{a,c,f}; Kirwa, Kipruto^c; LeWinn, Kaja Z.^g; Bush, Nicole R.^{g,h}; Sathyanarayana, Sheela^{c,i,j}; Tylavsky, Frances A.^k; Barrett, Emily S.^l; Nguyen, Ruby H. N.^m; Karr, Catherine J.^{a,c,j}



National Institutes of Health Environmental influences on Child Health Outcomes (ECHO)

Environ Epidemiol. 2021 Apr;5(2):e130



Mid- (to late-) pregnancy exposure to $\rm PM_{2.5}$ associated with wheeze and asthma among 4 yo children whose mothers had no asthma



Risk ratio per 2 mcg/m³ (>2 SD) increment in PM_{2.5}



National Institutes of Health Environmental influences on Child Health Outcomes (ECHO) ECHO PATHWAYS (CA, MN, NY, TN, WA), N = 1469, 46% Black Hazlehurst et al., Environ Epidemiol. 2021 Apr;5(2):e130



Research to date on outdoor air pollution and early life respiratory outcomes largely "criteria pollutants"

Criteria pollutants

- pollutants routinely monitored to assess air quality

- fine particulate matter ≤ 2.5 micrometers (µm) (PM_{2.5})
- PM with a diameter of 10 to 2.5 µm (PM₁₀)
- ambient nitrogen dioxide (NO₂) or nitrates (NO₃)






Ultra-fine particles (UFPs) may have enhanced toxicity

- Air quality regulations currently do not address UFPs <
 µm, sub-micron sized particles
- May exert greater toxic effects than larger molecules (Ohlwein S et al., IJPH 2019; Li N, et al., JACI 2016)
 - -larger surface area/mass ratio
 - enhanced oxidative capacity
 - deeper lung penetration
 - ability to translocate to the systemic circulation





Risk of asthma higher highest among children exposed to ultra-fine particles late in pregnancy



Prenatal Air Pollution and Childhood Asthma

- Childhood asthma related to prenatal air pollution exposure
 - Later pregnancy—critical period
 - Small particles-may lead to new regulations
 - May help explain early childhood racial differences in asthma incidence







What ECHO Can Do For You

ECHO as nationwide research resource



ECHO-wide Cohort Controlled-Access Public Use Database

- De-identified data on NICHD Data and Specimen Hub – Deposited at regular intervals by ECHO Data Analysis Center
- First public release Summer 2022
 - Biospecimens later
- Access requests undergo NICHD DASH administrative review







Overall Summary/Conclusions

- ECHO is major investment in understanding early environmental influences on child health
 - Longitudinal data and biospecimen assays
- Emphasis on chemicals, air pollution, other exposures
 - 5 key pediatric outcomes
- ECHO-wide Cohort findings starting to fill evidence gaps on longterm influences of prenatal factors
 - Sample size, diversity, generalizability
 - Chemical exposures, older and newer
 - Air pollution and disparities
- US nationwide research resource









Extra slides





Methods

- Largest exposure study to measure 100+ contemporary/emerging chemicals simultaneously in diverse population of pregnant people in the U.S.
 - Pilot study; 171 pregnant women from 9 ECHO cohorts in 5 states (CA, GA, IL, NH, NY)
 - New method for measuring multiple chemicals in a small amount of urine
 - Measure 89 analytes; biomarkers of 103 chemicals
 - Includes analytes not currently included in National Health and Nutrition Examination Survey (NHANES) biomonitoring
 - Assessed how demographic characteristics and the year of sample collection related to measured levels of the chemicals.



Demographics

- 34% White
- 40% Latina
- 20% Black
- 6% from other or multiple groups







Results

- More than 80% of the chemicals were present in at least one of the women in the study
- More than a third of the chemicals were found in a majority of the participants.
- 19 analytes were detectable in 90–100% of pregnant women, including two benzophenones, three insecticides, one octylphenol ethoxylate (OPE), two parabens, 10 phthalate metabolites, and one Polycyclic aromatic hydrocarbons (PAH)
- Rising levels of replacement chemicals: chemicals meant to replace chemicals that have previously been banned or phased out (e.g., BPA, phthalate)
- Many women exposed to neonicotinoids, a widely used type of pesticide
- Higher exposures in Latinas
 - Pilot study; wider study planned





Methods

- Pregnant women in Memphis, Tennessee
 - Between 16-40 years old, mostly Black, relatively healthy pregnancies
- Measured the amount of 16 phthalates in urine collected from the participants during the 2nd and 3rd trimester of pregnancy.
- Measured expression of each gene in the placenta.





Results

- Several phthalates were associated with changes in the expression of 38 genes within the placenta.
- Some changes in gene expression were only significant in male or female infants.
 - Phthalates may change how the placenta works in different ways for the two sexes.
- Found 27 specific pathways that may have been affected by phthalate exposure.







www.nature.com/pr

CLINICAL RESEARCH ARTICLE Differential placental CpG methylation is associated with chronic lung disease of prematurity

Wesley M. Jackson¹[⊠], Hudson P. SantosJr^{2,3}, Hadley J. Hartwell², William Adam Gower¹, Divya Chhabra⁴, James S. Hagood¹, Matthew M. Laughon¹, Alexis Payton^{2,5}, Lisa Smeester^{2,5}, Kyle Roell^{2,5}, T. Michael O'Shea¹ and Rebecca C. Fry^{2,5}

nature

ARTICLE

/doi.org/10.1038/s41467-022-28365-x OPEN

Placental genomics mediates genetic associations with complex health traits and disease

Arjun Bhattacharya⊙ ^{1,2™}, Anastasia N. Freedman⊙ ³, Vennela Avula³, Rebeca Harris⊙ ⁴, Weifang Liu⊙ ⁵, Calvin Pan⊙ ⁶, Aldons J. Lusis⊙ ^{6,7,8}, Robert M. Joseph⁹, Lisa Smeester⊙ ^{3,10,11}, Hadley J. Hartwell³, Karl C. K. Kuban¹², Carmen J. Marsit⊙ ¹³, Yun Li^{5,14,15}, T. Michael O'Shea¹⁶, Rebecca C. Fry^{3,10,11,17™} & Hudson P. Santos Jr^{4,10,17™}



TOXICOLOGICAL SCIENCES, 183(2), 2021, 269-284

doi: 10.1093/toxsci/kfab089 Advance Access Publication Date: 13 July 2021 Research Article

Comparing the Predictivity of Human Placental Gene, microRNA, and CpG Methylation Signatures in Relation to Perinatal Outcomes

Jeliyah Clark,*^{,†} Vennela Avula,^{*,†} Caroline Ring ⁽⁰⁾,[‡] Lauren A. Eaves,^{*,†} Thomas Howard,[†] Hudson P. Santos Jr,^{†,§} Lisa Smeester,^{*,†} Jacqueline T. Bangma,* Thomas Michael O'Shea,[¶] Rebecca C. Fry,^{*,†,∥} and Julia E. Rager ⁽⁰⁾*^{†,∥,1} Shorey-Kendrick et al. Clin Epigenet (2021) 13:177 https://doi.org/10.1186/s13148-021-01161-y

Clinical Epigenetics

RESEARCH

Open Access

Check for updates

Impact of vitamin C supplementation on placental DNA methylation changes related to maternal smoking: association with gene expression and respiratory outcomes

Lyndsey E. Shorey-Kendrick^{1*}O, Cindy T. McEvoy², Shannon M. O'Sullivan¹, Kristin Milner², Brittany Vuylsteke², Robert S. Tepper³, David M. Haas⁴, Byung Park^{56,7}, Lina Gao^{5,6}, Annette Vu⁸, Cynthia D. Morris^{8,9} and Eliot R. Spindel¹





Approaches to mirror solutionoriented questions

Why do we care about mechanisms?
 ~Pathways, explanations, mediators, modes of transmission



Approaches to mirror solutionoriented questions

• Why do we care about mechanisms?

Mechanism (def):

"One level of reductionism lower than you work in."

--T. Insall





Hanson, Gluckman. Physiol Rev. 2014 Oct;94(4):1027-76

Then Seemed like a good **PFOA and PFOS are** really good at idea at the time... repelling dirt, grease, water & stains These chemicals were key ingredients in two of 3M's most iconic products until 2002.

Scotchguard'

Carpet

Now





83

Non-Stick Pans

National Institutes of Health Environmental influences on Child Health Outcomes (ECHO)

Water Resistant

Jackets



Hanson, Gluckman. Physiol Rev. 2014 Oct;94(4):1027-76

Pre-existing life course framework





Post-DOHaD Life Course Framework



Post-DOHaD Life Course Framework





ECHO investigators have begun to examine how prenatal environment affects offspring outcomes via placental 'omics





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Lapehn, Paquette. Curr Envir Health Rpt 2022

Prenatal PFAS and SGA/ LGA

- 11 ECHO cohorts
- N = 3386
- Births 1999-2019
- Maternal PFAS in serum or plasma
 - Preexisting

or

• Measured in HHEAR lab

| Characteristic | |
|---------------------------------------|----------|
| Maternal age, mean (SD) | 31 (5.7) |
| Maternal race/ethnicity, % | |
| Non-Hispanic White | 51 |
| Non-Hispanic Black | 15 |
| Non-Hispanic Other | 15 |
| Hispanic | 20 |
| Maternal education, % | |
| Less than high school | 9 |
| High school degree, GED or equivalent | 16 |
| Some college, no degree | 21 |
| Bachelor's degree and above | 52 |
| Unknown | 2 |
| Preterm birth, % | 7.6 |
| Small for gestational age, % | 5.4 |
| Large for gestational age, % | 16.6 |

Padula et al., in press



NIH

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