

3 possible mechanisms

Psychosocial pathway as
= **biologic plausible pathway**

Physiological pathway as
= **hypothetical pathway**

Environmental pathway as
= **Indirect plausible pathway**

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Maternal stress



Biological plausible

Psychoneuroendocrine mechanism

Direct impact on an individual's brain and body
Activation HPA → regulate cortisol secretion



- Promotes psychological restoration
- Improves attention
- Reduces stress and anxiety



Reduction of maternal stress and associated
neuroendocrine and immune mechanism

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Maternal health



Physiological beneficial

Mental disorders

- Poor mental health
- Depression
- Cognitive function



Cardiovascular disease

- stroke, heart, blood pressure



Metabolic disruption

- Diabetes
- Obesity



Direct



Unhealthy behaviors

Smoking,
Self-medication
.....



Beneficial impact on pregnancy outcome

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Environmental risk factors

Reduced air
pollution:
NO₂, PM

Reduced noise
level

Improved
microclimates
(temperature and
heat island effect)



Maternal exposure



**Reduced adverse pregnancy
outcomes related with these
environmental factors**

Low birth weight
Preterm birth
Intrauterine growth retardation
.....

