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- 08.00.16 Raqamli iqtisodiyot va xalqaro raqamli integratsiya
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ENVIRONMENTAL FACTORS CONTRIBUTING TO THE INCREASE IN CHRONIC RHEUMATIC DISEASES IN CHILDREN



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Abstract. This article examines the role of environmental factors in the rising incidence of chronic rheumatic diseases (CRD) in children, including juvenile idiopathic arthritis (JIA), systemic lupus erythematosus (SLE), and juvenile dermatomyositis (JDM). The primary objective is to identify key environmental factors (air pollution, climate change, infections, tobacco exposure, and others) that affect children's immune systems and to propose practical measures for their mitigation in the context of Uzbekistan. A systematic literature review and available epidemiological data were analyzed. Results indicate that air pollution (PM_{2.5}, NO₂), climate change, early-life infections, and maternal smoking significantly increase disease risk. In Uzbekistan, elevated pollution levels in Tashkent, Fergana Valley, and Navoi regions, combined with climate extremes, may further intensify this trend. In conclusion, environmental monitoring, infection prevention, and maternal health improvement are essential to reduce the incidence of CRD. This analysis provides a foundation for future research and underscores the importance of environmental protection for children's health in Uzbekistan.

Key words: pediatric rheumatic diseases, environmental factors, air pollution, climate change, infections, tobacco exposure, Uzbekistan, prevention.

Annotatsiya. Ushbu maqola bolalarda surunkali revmatik kasalliklar (SRK), xususan, yoshlar idiopatik artriti (YIA), sistemik lupus eritematoz (SLE) va yoshlar dermatomioziti (YDM) kabi holatlarning ko'payishida tashqi muhit omillarining rolini tahlil qilishga bag'ishlangan. Maqolaning asosiy maqsadi — havo ifloslanishi, iqlim o'zgarishi, infeksiyalar, chekish va boshqa tashqi muhit omillarining bolalar immun tizimiga ta'sirini o'rganish orqali ushbu kasalliklarning tarqalishini oshiruvchi asosiy mexanizmlarni aniqlash va O'zbekiston sharoitida ularni kamaytirish yo'llarini taklif qilishdir. Adabiyotlar sharhi va mavjud epidemiologik ma'lumotlar tahlil qilindi. Natijalar shuni ko'rsatdiki, havo ifloslanishi (PM_{2.5}, NO₂), iqlim o'zgarishi, erta yoshdagi infeksiyalar va ona chekishi kabi omillar kasallik xavfini oshiradi. O'zbekiston sharoitida Toshkent, Farg'ona va Navoiy viloyatlaridagi yuqori ifloslanish va iqlim o'zgarishi bu jarayonni kuchaytirishi mumkin. Xulosa sifatida, tashqi muhit omillarini kamaytirish uchun ekologik monitoring, infeksiya profilaktikasi va ona salomatligini yaxshilash zarur. Ushbu tahlil O'zbekistonda bolalar salomatligini saqlashda muhim asos bo'lib xizmat qiladi.

Kalit so'zlar: bolalar revmatik kasalliklari, tashqi muhit omillari, havo ifloslanishi, iqlim o'zgarishi, infeksiyalar, chekish, O'zbekiston, profilaktika.



Аннотация. Статья посвящена анализу роли факторов окружающей среды в увеличении заболеваемости хроническими ревматическими болезнями (ХРБ) у детей, в частности ювенильным идиопатическим артритом (ЮИА), системной красной волчанкой (СКВ) и ювенильным дерматомиозитом (ЮДМ). Основная цель — выявить ключевые внешние факторы (загрязнение воздуха, изменение климата, инфекции, курение и др.), влияющие на иммунную систему детей, и предложить практические меры по их снижению в условиях Узбекистана. Проведён систематический обзор литературы и анализ имеющихся эпидемиологических данных. Результаты показали, что загрязнение воздуха (PM2.5, NO2), изменение климата, ранние инфекции и курение матери существенно повышают риск заболевания. В Узбекистане высокие уровни загрязнения в Ташкенте, Ферганской долине и Навоийской области, а также климатические экстремумы усиливают эту тенденцию. В заключение подчёркивается необходимость экологического мониторинга, профилактики инфекций и улучшения здоровья матери для снижения заболеваемости ХРБ. Данный анализ создаёт основу для будущих исследований и подчёркивает важность охраны окружающей среды для здоровья детей в Узбекистане.

Ключевые слова: ревматические заболевания у детей, факторы окружающей среды, загрязнение воздуха, изменение климата, инфекции, курение, Узбекистан, профилактика.

INTRODUCTION

Chronic rheumatic diseases are serious conditions that arise in childhood due to dysregulation of the immune system. In recent years, an increase in the incidence of these diseases among children has been observed in Uzbekistan. This trend is not solely attributable to genetic factors but is also strongly associated with the growing influence of environmental factors. In particular, rapid urbanization, air pollution, climate change, and high prevalence of infectious diseases are contributing to this rise.

The main goal of this study is to systematically identify the main environmental factors contributing to the increase in chronic rheumatic diseases in children, elucidate their mechanisms of impact on the immune system, and develop practical recommendations for disease prevention by reducing these factors in the context of Uzbekistan.

REVIEW OF LITERATURE ON THE SUBJECT

Recent research increasingly emphasizes the role of environmental factors in the development and progression of chronic rheumatic diseases in children, particularly juvenile idiopathic arthritis (JIA), systemic lupus erythematosus (SLE), and juvenile dermatomyositis (JDM). While genetic susceptibility remains an essential prerequisite, it is now widely accepted that genetic factors alone are insufficient to explain the rising incidence of pediatric rheumatic diseases. Instead, environmental exposures acting during critical periods of immune development appear to function as key triggers of immune dysregulation.

Perinatal and early-life factors have been consistently associated with an increased risk of JIA. Carlens et al. demonstrated that adverse perinatal conditions, including preterm birth and low birth weight, are significantly linked to later development of JIA, suggesting that immune system immaturity may predispose children to chronic inflammation. Complementing this view, De Benedetti et al. emphasized that early environmental influences can shape immune tolerance through epigenetic and immunological mechanisms, increasing vulnerability to autoimmune responses.

Infectious exposures and antibiotic use have also received substantial attention. Horton et al. reported that antibiotic exposure in early childhood is associated with a significantly higher risk of JIA, likely mediated through alterations of the gut microbiome. Disruption of microbial diversity is believed to impair immune regulation and promote pro-inflammatory pathways. Ellis et al. further highlighted that repeated infections during infancy may overstimulate the developing immune system, increasing the likelihood of autoreactive immune responses.

Air pollution represents another critical environmental determinant. Bernatsky et al. provided strong evidence linking long-term exposure to fine particulate matter and nitrogen dioxide with an increased risk of SLE, supporting the hypothesis that airborne pollutants induce oxidative stress and systemic inflammation. Similar associations have been observed in pediatric populations, where exposure to traffic-related air pollution has been linked to increased incidence and severity of childhood arthritis. Patel et al. confirmed that chronic exposure to particulate matter is associated with heightened inflammatory activity in children with rheumatic diseases.

Seasonal and climatic factors further contribute to disease onset and exacerbation. Zeff et al. identified clear seasonal patterns in the onset of childhood idiopathic arthritis, suggesting that environmental conditions such as temperature variation, infectious prevalence, and ultraviolet radiation may influence disease triggering. Consolaro and Ravelli reinforced this perspective by highlighting the multifactorial interaction between climate, infections, and environmental stressors in pediatric rheumatic diseases.



Finally, broader environmental exposures, including passive smoking and combined toxic exposures, have been linked to autoimmune disease risk. Parks et al. emphasized that cumulative environmental insults can interact synergistically with genetic predisposition, accelerating autoimmune processes and increasing disease severity.

Overall, the existing literature supports a multifactorial model in which air pollution, infections, antibiotic exposure, perinatal factors, and climatic conditions interact to influence the risk and course of chronic rheumatic diseases in children. These findings underscore the importance of preventive environmental and public health strategies alongside clinical management.

RESEARCH METHODOLOGY

This article is based on a systematic literature review. The following sources were analyzed:

- PubMed, Scopus, Web of Science, Google Scholar
- Statistical data from the Ministry of Health of the Republic of Uzbekistan (2020–2024)
- Air quality monitoring reports for Tashkent city and regions (Uzhydromet)
- Epidemiological and clinical studies published between 2010 and 2025

A total of more than 210 articles were screened, of which 42 high-quality studies were selected. The results were adapted and analyzed in the context of Uzbekistan.

ANALYSIS AND RESULTS

The analysis of environmental factors contributing to the rise of chronic rheumatic diseases in children requires a focused examination of how external exposures interact with the developing immune system. In recent years, increasing evidence has shown that genetic predisposition alone cannot explain the growing incidence of conditions such as juvenile idiopathic arthritis, systemic lupus erythematosus, and juvenile dermatomyositis. Therefore, particular attention must be paid to environmental determinants—including air pollution, climate-related stressors, infectious agents, and passive smoking—that may act as triggers or amplifiers of immune dysregulation in early life. This section presents a systematic analysis of these factors and their potential mechanisms of influence, based on epidemiological data and current immunopathological concepts (Table 1).

Table 1. Impact of Air Pollution on the Risk of Rheumatic Diseases in children

Factor	Disease	Effect Size (OR or HR)	95% CI	Note (Uzbekistan context)
PM2.5 (long-term)	JIA	OR = 1.82	1.45–2.28	Annual average PM2.5 in Tashkent: 35–50 µg/m³ (3–5 times higher than WHO standards)
NO2 (long-term)	JIA	OR = 1.95	1.52–2.51	Elevated NO2 levels in Tashkent and Fergana Valley due to traffic and industrial emissions
PM10 (short-term)	SLE activity	p < 0.001	–	Increased PM10 in Navoi and Samarkand due to drought and wind erosion

Table 1 demonstrates a strong and consistent association between long-term air pollution exposure and the risk of rheumatic diseases in children, particularly juvenile idiopathic arthritis (JIA). Elevated odds ratios for PM2.5 and NO₂ indicate that chronic exposure to fine particulate matter and traffic-related pollutants significantly increases inflammatory and autoimmune responses. The PM2.5 levels reported for Tashkent far exceed WHO guidelines, suggesting sustained oxidative stress, endothelial dysfunction, and immune activation in exposed children. The association between NO₂ and JIA further highlights the role of urban traffic and industrial emissions as key contributors to pediatric immune dysregulation. Short-term PM10 exposure is linked to increased systemic lupus erythematosus (SLE) activity, emphasizing that acute pollution spikes—often driven by drought and wind erosion—can exacerbate disease flares. Overall, the data support the hypothesis that both chronic and episodic air pollution act as environmental triggers, accelerating disease onset and aggravating disease severity in susceptible pediatric populations in Uzbekistan (Table 2).



Table 2. Impact of Infections and Antibiotic Use (Example: JIA)

Factor	Effect Size	95% CI	Note (Uzbekistan context)
Respiratory infections in the first year	OR = 1.93	1.32–2.81	High incidence of respiratory infections in winter (Uzbekistan pediatric hospitals)
≥3 antibiotic courses	OR = 2.40	1.60–3.60	Frequent inappropriate antibiotic prescriptions (Ministry of Health data)
Measles, rubella, or chickenpox	OR = 1.67	1.21–2.30	Higher risk in areas with low vaccination coverage

Table 2 highlights infections and antibiotic exposure in early life as significant risk modifiers for juvenile idiopathic arthritis. Respiratory infections during the first year of life show a near twofold increase in disease risk, suggesting that repeated immune activation during critical developmental windows may disrupt immune tolerance. The strong association with frequent antibiotic use indicates a likely role of gut microbiota dysbiosis, which is increasingly recognized as a key factor in autoimmune pathogenesis. In the Uzbek context, high rates of inappropriate antibiotic prescriptions may unintentionally amplify this risk. Additionally, the elevated odds associated with measles, rubella, and chickenpox underscore the importance of effective vaccination coverage. These infections can provoke intense immune responses capable of triggering autoreactive pathways. Collectively, the findings illustrate how preventable infectious exposures and medical practices interact to shape long-term immune outcomes. They emphasize the need for rational antibiotic use, strengthened vaccination programs, and improved infection control strategies to reduce the burden of pediatric rheumatic diseases (Table 3).

Table 3. Impact of Smoking and Perinatal Factors

Factor	Disease	Effect Size	95% CI	Note (Uzbekistan context)
Maternal smoking during pregnancy	JIA	OR = 2.10–2.80	1.45–3.95	Increasing smoking rates among women (Tashkent, Fergana)
Maternal smoking (dose-dependent)	JDM	OR = 2.60	1.70–3.98	Widespread passive smoking (family members)
Preterm birth (<37 weeks)	JIA	OR = 1.80	1.30–2.50	Preterm birth rate in Uzbekistan: 7–9% (Ministry of Health, 2023)

Table 3 reveals that prenatal and early-life exposures play a decisive role in shaping the risk of pediatric rheumatic diseases. Maternal smoking during pregnancy is associated with a markedly increased risk of both JIA and juvenile dermatomyositis (JDM), with a clear dose-dependent effect. This finding suggests that in utero exposure to tobacco-related toxins may interfere with fetal immune programming and epigenetic regulation. The widespread nature of passive smoking in family environments further compounds this risk, extending harmful exposure beyond pregnancy. Preterm birth also emerges as a significant risk factor for JIA, likely reflecting immune system immaturity and heightened vulnerability to inflammatory stimuli. In Uzbekistan, where preterm birth rates remain substantial, this association has important public health implications. Overall, the table underscores that rheumatic disease risk is not solely determined after birth but is deeply influenced by maternal behavior and perinatal health, highlighting prevention opportunities at the earliest stages of life (Table 4).

Table 4. Climate Change-Related Factors (Uzbekistan context)

Factor	Effect	Note (Uzbekistan context)
Sharp temperature fluctuations	Arthralgia +30–40%	Temperature range from –20 °C in winter to +40 °C in summer (Tashkent, Surkhandarya)
Extreme weather (storms, drought)	Increase in vector-borne diseases	Increasing drought and dust storms in Aral Sea region and Karakalpakstan
Increased UV radiation	Activation of SLE and JDM	High UV levels in summer (southern regions of Uzbekistan)

Table 4 illustrates how climate-related environmental stressors may indirectly and directly contribute to rheumatic disease activity in children. Sharp temperature fluctuations are associated with increased arthralgia, reflecting the sensitivity of musculoskeletal and inflammatory pathways to thermal stress. Uzbekistan's extreme seasonal temperature range creates conditions conducive to recurrent symptom exacerbation. Extreme weather events such as droughts and dust storms increase the prevalence of vector-borne and infectious diseases,



which may act as secondary triggers for autoimmune activation. The Aral Sea region and Karakalpakstan are particularly vulnerable, combining ecological degradation with health risks. Increased ultraviolet radiation in southern regions is linked to disease activation in SLE and JDM, consistent with known photosensitivity mechanisms in these conditions. Collectively, these findings position climate change as a systemic risk factor that amplifies existing environmental and immunological vulnerabilities, reinforcing the need for climate-adaptive health strategies in pediatric care.

In the context of Uzbekistan, high air pollution (especially in Tashkent and the Fergana Valley), drought and extreme temperature fluctuations, widespread infections, and rising maternal smoking rates can accelerate the increase in chronic rheumatic diseases. These environmental factors interact with genetic predisposition to trigger disease onset.

CONCLUSIONS AND SUGGESTIONS

The objective of this study was to identify the main environmental factors contributing to the increase in chronic rheumatic diseases in children and to propose strategies for their reduction in the context of Uzbekistan. The analysis revealed that air pollution, climate change, infections, and maternal smoking significantly elevate disease risk. The following practical measures are recommended for Uzbekistan:

- Continuous monitoring of air quality and reduction of industrial emissions in Tashkent and other major cities;
- Rational antibiotic prescribing and increased vaccination coverage against infections;
- Anti-smoking campaigns targeting pregnant women;
- Mitigation of climate change impacts (e.g., measures against dust storms).

These interventions will help slow the rise of chronic rheumatic diseases among children in Uzbekistan.

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