



Photo from Freepik.com

# What is the ATHLETE project?

ATHLETE is an EU-funded project that aims to better understand how chemicals in our environment can impact human health from pregnancy to adolescence by studying the Human Exposome.

The project brings together 23 partners from 12 countries, representing research institutes, universities, national public and environmental health institutes, and civil society groups.

Flyer available in 10 languages!



Follow our journey on social media:

**@ATHLETEexposome**

**[www.athleteproject.eu](http://www.athleteproject.eu)**

## Early-life exposure to environmental pollutants affects our health

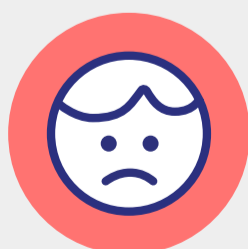
Every day, we are exposed to a number of pollutants via our diet, the products we buy, our lifestyle and the environment we work and live in.

The totality of environmental exposures over a lifetime, from conception to adulthood, is called the Human Exposome.

The daily exposure to these cocktails of pollutants can have lifelong consequences for health, particularly when exposure takes place during the early and most vulnerable stages of our lives. This can translate into health conditions and diseases for current and future generations. ATHLETE will assess the effects of the Human Exposome on children, focusing on:



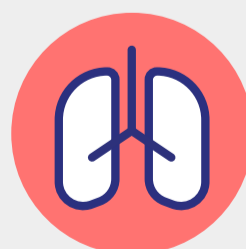
High blood pressure



Lower birth weight



Obesity



Decreased lung function

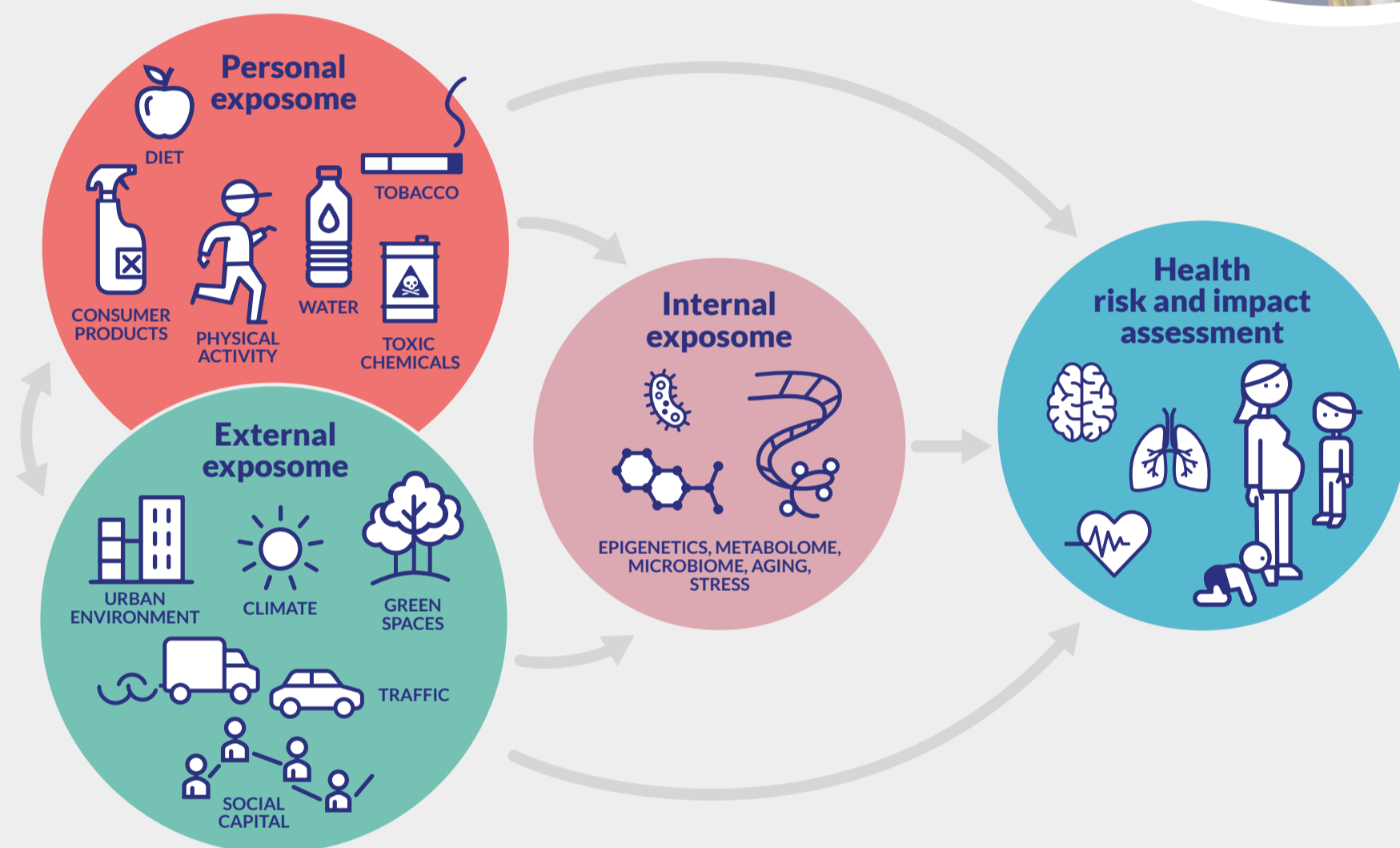


Brain development

# Understanding the effects of the Human Exposome on our health

Studying the Human Exposome can help us better understand how cocktails of environmental chemicals can impact our health, and how we can prevent this from happening by taking individual, community and policy action.

ATHLETE will create advanced tools to study the Human Exposome and how it affects our health during early life. This includes personal exposures to chemicals and lifestyle factors, external exposures to air pollution and surrounding environment, and interactions with our internal biological processes.



We are following over  
**80,000**  
 pairs of mothers and children across Europe to measure exactly how the Human Exposome impacts us in the early and most vulnerable stages of life.



## ATHLETE's innovative tools and research will contribute to:

- 1** Better understanding the health effects of the exposome during the most vulnerable early-life stages, using longitudinal cohort studies that span from pregnancy to adolescence.
- 2** Designing interventions to limit our exposure to environmental hazards and by doing so, improve our personal exposomes.
- 3** Creating state-of-the-art and openly accessible tools to measure, analyse and interpret exposome data and translate new knowledge into policy and practice.