Abstract: The highest increase in human health is resulted from recognition and changing disease risk factors in human ecosystems, including human natural environment. Environment is always known as a source for improving human physical and mental health. However, its pollution, especially during recent decades, has threatened human health in many ways. Addressing women’s health issue as the most vulnerable groups in communities, who comprise half of the world’s population, makes inevitable and essential the exploring necessity about specific effects of environmental pollution on women’s physical and mental health and providing effective and efficient solutions by experts and researchers in the field of community health.

Environment can affect directly and indirectly on health status of women who have the most key roles in family and community health. Pollution resulting from industrialization of societies, such as dumping of industrial and chemical plants waste in rivers and current water and sewage networks, being buried the wastes in underground pits and contaminating groundwater channels, issuing the radioactive rays from nuclear explosions, floods, storms, earthquakes, droughts, uncontrolled population increase and non-standard urban planning systems directly effect on the health of women in different periods of their life. Indirect effects of environmental pollution is manifested in more complex and complicated forms and cause to various diseases by viruses, bacteria, fungi and protozoa in women and their babies. Stress and psychological crises, disorders in multiple organ systems and immune system in women are the other consequences of unbalanced and inharmonious environmental contamination. Environment should be controlled by humans. In this regard, effective international management, partnership of people and governments in health policy making and global persistence can be utilized for environmental improvement in all areas.

This paper with the aim of understanding environmental effects on women health, is engaged in discussing about direct and indirect outcomes of different types of environmental pollution on the health of women, new strategies for combating with this global pollution, the role of community health nurses in the controlling and reduction of the effects and preservation natural and proper conditions of environment.