



ECHO

Environmental influences
on Child Health Outcomes

A program supported by the NIH

**We are grateful to
our participants!**

Thank you for being
part of this research
study. We love
watching our
participants grow!



ECHO is a research study working to enhance the health of children in the United States. ECHO studies 50,000+ families to see how things in the world around them affect their health. This can help us all make better choices for our health.

50,000+

Infants, children, teens, and
their families

1,200+

researchers

46

U.S. states and
territories

900+

research papers

BREAKING NEWS: What we recently learned from our participants



Family chats and activities protect children from stress during COVID-19. Children who coped with the pandemic by talking and doing activities with family were happier even when stressed. This matters because positive feelings are linked to mental and physical health. *Doing things to promote good family relationships may keep kids strong during hard times.* [[Pediatrics 2022](#)]



Toxic metals in pregnancy are linked to birth weight. Babies born to mothers with higher levels of metals, such as antimony, were smaller than average at birth. This matters because how well a baby grows in the womb is linked to future health. *More research into the sources of antimony is needed to help pregnant women avoid it.* [[Environ Int 2022](#)] Learn more about antimony [here](#).



Healthy weight and normal blood sugar in pregnancy were linked to lower risk of autism-related social behaviors. This matters because talking and interacting with peers is important for child health. *Helping moms stay healthy during pregnancy may support child social development.* [[Am J Epidemiol. 2022](#)]



Child growth rate is linked to early puberty. Children who gained weight fastest from birth to age 5 started puberty earlier. This matters because starting puberty early is linked to type 2 diabetes. *Watching a child's weight gain may help identify children at risk for early puberty.* [[JAMA Netw Open 2022](#)] Learn more about healthy weight [here](#).

For a full list of all ECHO findings, visit www.echochildren.org/echo-program-publications

Note: Results reported here are for a single study. Other or future studies may provide new information or different results. You should always consult with a qualified healthcare provider for diagnosis and for answers to your personal questions.