



# 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

**1000+**

research  
papers

## BREAKING NEWS: What we recently learned from our participants



### Neighborhood conditions affect pregnancy and infant health.

Pregnant people living in neighborhoods with more pollution, traffic, poverty, and crowded housing had shorter pregnancies and smaller babies. This matters because lower birthweight and shorter pregnancies are linked with health challenges later in life, like problems with how the brain works. *Improving the neighborhoods pregnant people live in may support child health.* Read more [here](#).



### Household products may be harmful to pregnant people.

Pregnant people in the US are widely exposed to certain chemicals in household products like plastics and pesticides. This matters because these chemicals may be harmful to child brain and kidney development. Low-cost products without harmful chemicals are needed to support child health. Read more [here](#). Learn more [here](#).



### Children experienced changes in health behaviors during the COVID-19 pandemic.

During the pandemic, children got more sleep but also had more screen time. This matters because these behaviors can impact their health, learning, and quality of life. *It is important to support healthy child behaviors during public health emergencies.* Read more [here](#).

For a full list of all ECHO findings, visit [www.echochildren.org/echo-program-publications](http://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.