

OBESITY

How ECHO Advances Research on Your Child's Growth & Weight

The ECHO Program studies factors that can affect your child's growth and obesity risk.

Mom's Nutrition & Exposures

How your diet, access to healthy foods, and exposure to certain chemicals during pregnancy may affect your baby's growth and weight later in life.

Neighborhood Conditions

How neighborhood factors like access to housing, transportation, education, healthy foods, and parks may affect your child's weight later in life.

Childhood Nutrition

How your child's access to healthy foods at home and at school may affect their growth and weight later in life.

Early-Life Factors

How early experiences like breastfeeding, infant nutrition, and how quickly your baby grows may influence their weight later in childhood.

Why It Matters

Many factors can affect a child's weight and risk of obesity. Childhood obesity can lead to health problems that follow children into adulthood, including high blood pressure, high cholesterol, type 2 diabetes, and breathing problems. ECHO research helps us better understand what contributes to childhood obesity, giving families, healthcare providers, and communities the knowledge to support healthier outcomes.

Explore what the ECHO Program has learned about obesity.

ECHO
Environmental influences on Child Health Outcomes

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