

PRE-, PERI-, AND POSTNATAL

# How ECHO Advances Research in Pregnancy & Birth

The ECHO Program studies what can affect your child's health before, during, and just after birth.

### Chemical Exposures

How your exposure to certain chemicals in food, water, air, or household products could affect your child's health and development.

### Mom's Mental Health

How your stress, depression, anxiety, and sleep during and after pregnancy can affect birth and your child's health and well-being.

### Mom's Pregnancy Health

How health conditions during pregnancy, including gestational diabetes (high blood sugar during pregnancy) or preeclampsia (dangerously high blood pressure), may affect both you and your baby.

### Opioid Exposure

How exposure to opioids during pregnancy may affect birth outcomes and your child's health and development.

## Why It Matters

Many factors before, during, and just after birth can affect your child's health, from birth outcomes like preterm birth (being born early) to their breathing, growth, brain development, and overall health during childhood. ECHO research helps us better understand these factors, giving families, healthcare providers, and communities the knowledge to support healthier outcomes.

**Explore what the ECHO Program has learned about pre-, peri-, and postnatal health.**

ECHO
Environmental influences on Child Health Outcomes

A program supported by the NIH