

Biobehavioral Research Lab

ECHO STUDY



**Dr. Michelle
Bosquet Enlow**

Site Principal Investigator,
ECHO Project and Project PRISM

DEAR ECHO FAMILIES,

First and foremost, we want to express our heartfelt appreciation for the incredible families who make the ECHO Project a reality. Whether it's arranging transportation to our lab, setting up Zoom calls for virtual visits, or diligently completing extensive surveys, we are profoundly grateful for your commitment to this study. Your participation is the cornerstone of our work, and we could not do it without you.

On behalf of the ECHO Project, we are thrilled to share some exciting news!

We are delighted to announce that we recently began Cycle 2 of the ECHO Project. In early 2024, our team will reach out to provide you with information about how you and your child can be involved in this exciting new chapter of ECHO.

The activities we will ask you and your child to complete will be similar to what we have asked you to do in the past. As always, you will be compensated for all completed activities.

Once again, we extend our deepest gratitude for your continued participation. You play a pivotal role in helping us learn how childhood experiences influence children's development. We are excited to keep working with you!

In the meantime, please do not hesitate to reach out if you have any questions or concerns. We would also appreciate if you would reach out to the lab with any updated contact information. You can contact us via email at prism.study@childrens.harvard.edu or by calling us at **(617) 919-3368**.





ECHO

Environmental influences
on Child Health Outcomes

A program supported by the NIH

WHAT IS THE ECHO PROJECT?

Environmental Influences on Child Health Outcomes or ECHO is a research program supported by the National Institute of Health (NIH) to enhance children's health for the future. ECHO has been able to collect important data from over 50,000 infants, children, and teens, along with their families, across 46 U.S. states and territories. To date, more than 1,200 research papers have come out of this research. The ECHO Program aims to understand the effects of a broad range of early environmental exposures and experiences on child health and development. ECHO is dedicated to learning which factors affect child health and finding ways to improve child outcomes. The ECHO Project brings together children and their families from different backgrounds across the United States to help answer important questions and to better understand the various factors that impact children's health.



ECHO'S MISSION

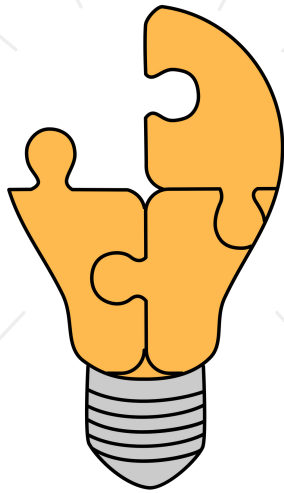
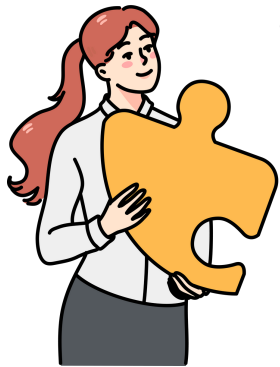
ECHO's mission is to enhance the health of children for generations to come. They do this by operating under these principles:

- Impact: measurable enhancements in child health that help inform changes in programs, policies, and practices
- Teamwork: a group of individuals working well together, promoting inclusivity, and incorporating the expertise and viewpoints of all involved
- Responsibility: ensuring that we conduct transparent and unbiased scientific research
- Value: return on public investment in terms of enhancements in child health or intermediate outcomes such as changes in programs, policies, and practices



ECHO'S COMMITMENT TO DIVERSITY:

ECHO is seeking a better future for children by supporting the inclusion and engagement of a diverse group of individuals and implementing science to understand and reduce health disparities.

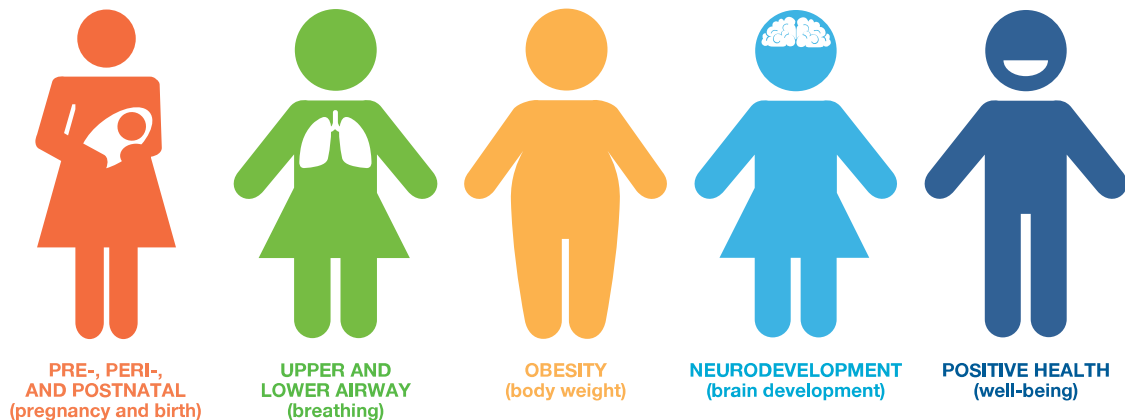


SOME OF ECHO'S FINDINGS:

- Disruptions caused by the COVID-19 pandemic affected children's daily lives. For example, the pandemic may have worsened some child health behaviors, such as the amount of time children spent looking at screens.
- Families may need more support to re-establish healthy routines and reduce the negative effects of the pandemic on their children's health behaviors.
- Stress experienced by caregivers during the COVID-19 pandemic was associated with child behavior problems, showing the importance of providing support to caregivers.
- Nutrients that are most important for maternal and infant health in prenatal vitamins are vitamin A, vitamin D, folic acid, calcium, iron, and omega-3 fatty acids.
- Neighborhood conditions, such as access to housing, healthy food, transportation, and education centers, can influence children's risk for developing asthma.
- Pregnancy and birth outcomes, such as birth weight, are linked with health in life, including how the brain works.

WHY IS YOUR PARTICIPATION IN THE ECHO STUDY SO IMPORTANT?

By taking part in ECHO, each participant helps create a big-picture view of what influences child health in the United States. This information will help ECHO researchers find answers to important questions. Participants are essential to achieving ECHO's mission of enhancing the health of our nation's children.



SCAN THIS QR CODE TO
LEARN ABOUT HOW YOU
AND YOUR FAMILY
CONTRIBUTE TO THE
ECHO PROJECT

MEET THE TEAM



Dr. Michelle Bosquet Enlow, PhD

Dr. Bosquet Enlow is the Director of the Biobehavioral Research Laboratory at Boston Children's Hospital and the Site Principal Investigator for ECHO. She received a B.A. in Psychology from Yale University and a PhD from the Developmental Psychopathology and Clinical Science Program at the University of Minnesota.

**Marialuisa
Cummins**

Clinical Research
Assistant II



Alma Mater:
University of Houston
Majors:
Psychology and Health with a concentration in Public Health
Minors:
Human Development and Family Studies and Sociology with a concentration in Health and Medicine



**Daniella
Ferranti**

Clinical Research
Assistant II

Alma Mater:
Quinnipiac University
Majors:
Psychology with Applied Clinical Science Concentration
Minors:
Sociology and Spanish



Dr. Michelle Bosquet Enlow:

Favorite Childhood Memory:

“My mother grew up under difficult circumstances, which made her want to give her own children as many positive memories as possible. This meant the winter holidays were big in our house. My mother went all-out with decorating every room in the house with candles, tree trimmings, and pine-scented ornaments. One year, my sister and I received a very special gift: our very own Cabbage Patch Doll. At the time, the dolls were in extremely high demand and difficult to find. I like to picture my very sweet mother duking it out with other parents in the doll aisle of the toy store. I lovingly took care of that doll for years in a bassinet next to my bed.”



Marialuisa Cummins:

Favorite Childhood Memory:

“I was born and raised in South Texas, only 10 to 20 minutes from the Mexican border. When I was younger, we celebrated the holidays at my grandma’s house, which was in Mexico. On December 24th, 2004, in my grandma’s backyard, I experienced my very first snow. Texas and northern Mexico got snow that year, and I remember being mesmerized by the flakes falling from the sky. My cousins and I rolled around the ground laughing and playing.”



Daniella Ferranti:

Favorite Childhood Memory:

“One year, when my sisters and I were young, my family took a vacation to Disney World on Halloween. We all dressed up in our Halloween costumes and walked around the park trick-or-treating with the Disney characters. The best part was when it started raining really hard. The park quickly cleared out, but my family stuck around. There were no lines at any of the rides, so we stayed until the park closed, riding all of our favorite rides in the rain over and over again. Then, we finished our night at Mickey Mouse’s Halloween Bash!”

Resources

Scan the following QR Codes for the following resources:

QR Code to the ECHO
website:



Children's mental health:



QR Code to our website:



Well-being concepts:



Additional Resources:

William James College Project Interface (mental health resources): 888-244-6843

National Suicide Prevention Lifeline: 800-985-5990

Massachusetts 211: Call 211 for general referral service if you're in need for housing, food, emergency child care, etc.

Please reach out with any specific resource needs

via email at prism.study@childrens.harvard.edu or by calling us at **(617) 919-3368**.