



ECHO PROJECT NEWS

Hey there, ECHO Project friends!

We want to start by saying a huge THANK YOU! You are the superheroes that make the ECHO Project a reality. We are thankful for your hard work and support, whether it's a visit to our lab, virtual visits on Zoom, or giving us biosamples. You are the heart of our project, and we couldn't do it without you!

We've got some super exciting news to share on behalf of the ECHO Project! We're kicking off Cycle 2, and in early 2024, we will get in touch with you to give you and your parent all the details about how you can be a part of this awesome new adventure. Even though there might be a few changes, the activities we will ask you to do will mostly be the same as before. And you'll get compensated for all your hard work.

Once again, we want to give you a big thank you for being a part of our project. You are so important to helping us understand how things in childhood can affect how kids grow up. We can't wait to see you in our lab again soon!

If you have any questions or need anything, have your mom or dad reach out to us at prism.study@childrens.harvard.edu or give us a call at (617) 919-3368.



Dr. Michelle
Bosquet Enlow
Head Scientist,
ECHO Project





WHAT EVEN IS THE ECHO PROJECT?

The ECHO project is a research study run by the National Institute of Health (NIH). The goal is to find ways to help make kids healthier. ECHO has already gathered lots of important information from over 50,000 babies, kids, teenagers, and their families across the United States. They've used these data to write more than 1,200 research papers! What's super cool about ECHO is that it tries to figure out how things like where you live, what you eat, and what you do can affect your health when you're a kid. They want to find out how to help kids be as healthy as they can be. Kids and their families from all over the country help to answer these questions by participating in the study. So, in a nutshell, ECHO is all about learning what can make kids feel their best and ensuring every kid has a chance to be super healthy!





ECHO'S MISSION

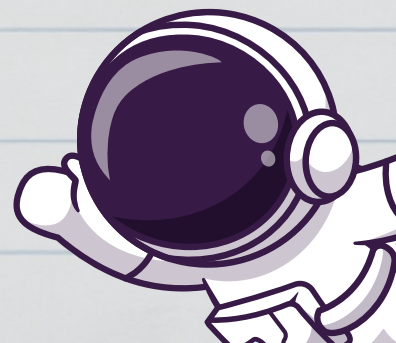
ECHO's main job is to find ways to help kids be healthier for a long, long time. They have some important rules they follow:

1. Impact: They want to make sure their work helps kids be as healthy as possible and changes how things are done, like programs and rules that impact kids' health.

2. Teamwork: ECHO is a big team with lots of people working together. They believe in including everyone's ideas and making sure everyone feels like they belong.

3. Responsibility: They promise to do their research in a fair and honest way. They want to make sure they are treating everyone equally and not hiding anything.

4. Value: They want to make sure that when they spend money on their work, it's worth it and helps kids get healthier.



FINDINGS



Some new things ECHO has found so far:

1. The COVID-19 pandemic made life tricky for kids and might have led to some kids spending too much time looking at screens. Families might need some help getting back to healthy routines.

2. Where kids live can affect their chances of getting asthma. Things like having a good place to live, healthy food, and places to learn can make a difference.

3. Child health matters right from birth. How healthy a baby is at birth can influence how their brains work as they grow up. So, ECHO is always learning new stuff to help kids stay healthy and have a great future!



MEET THE TEAM

Dr. Michelle
Bosquet Enlow
Principal
Investigator (PI)



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

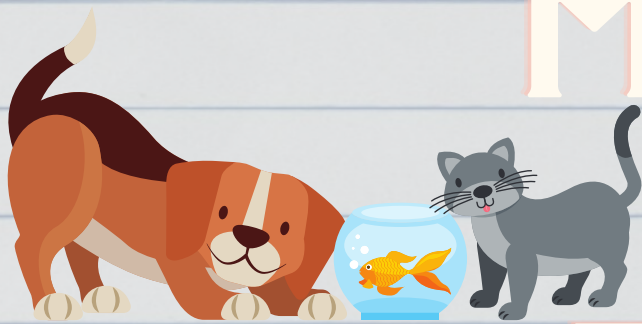


Daniella
Ferranti

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

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



MEET THE LAB'S FURRY FRIENDS



Bo: 4 Years Old



Bella: 3 Years Old

Bo & Bella

Favorite Activity:

Bo: Going to the park and stopping to sniff everything on the way.

Bella: Bothering her older brother Bo and running and jumping all over her home.

Papi, Brady, & Milo



Papi: 7 Years Old



Brady: 6 Years Old



Milo: 4 Years Old

Favorite Activity:

Papi: Belly rubs

Brady: Going on walks around the neighborhood

Milo: Cat naps