



# ECHO

Environmental influences  
on Child Health Outcomes

A program supported by the NIH

## HELP GIVE EVERY CHILD AND TEEN THE CHANCE TO GROW UP HEALTHY

### THE ECHO PROGRAM ENCOURAGES YOU TO MAKE A DIFFERENCE

### WHAT IS ECHO?

ECHO stands for Environmental influences on Child Health Outcomes. ECHO is a large research program supported by the National Institutes of Health that aims to improve the health of children and teens in the United States. ECHO will enroll more than 50,000 women, men, babies, children, and teens to partner with researchers so we can learn how things in our lives (our environment) affect how healthy our children and teens are. When we know this, we can make choices to improve health.

### WHO CAN PARTICIPATE?

You are being asked to participate in ECHO and may already be taking part in a research study that has joined the ECHO Program. Every man, woman, child, or teen who participates in ECHO will be different in some way. ECHO participants will come from traditional and nontraditional families; represent different ages, races, and ethnicities; live in different places; and be healthy or have health conditions. Having many different types of people to study will help us learn more.

### HOW DOES OUR ENVIRONMENT AFFECT OUR HEALTH?

We already know that our environment can affect our health throughout our lives, and before we are even born. Now, ECHO wants to find out exactly how. ECHO researchers believe that where we live, our lifestyles, our surroundings, our relationships with others, and traits passed down from our families may all impact our health.

## WHAT WILL HAPPEN IF I PARTICIPATE?

If you choose to participate in a research study that is part of the ECHO Program, you will also have the chance to share your information with ECHO. At study visits, you may be asked to answer questions about your health or environment, or to give samples such as a urine sample. Your study team can answer any questions you have about the ECHO Program and what type of information will be collected.

We know that privacy is important, and ECHO will take great care to protect your information.

## WHY SHOULD I PARTICIPATE?

By taking part in ECHO, you will:

- Contribute to important research to inform child health programs, policies, and practices
- Help us learn more about how our environment can affect our health
- Allow us to answer questions about how to improve the health of children across the country

## I WANT TO TAKE PART IN ECHO. WHAT SHOULD I DO NEXT?

Contact your study team using the details provided below. You may also ask them how to join at your next visit.

**CONTACT  
YOUR  
STUDY  
TEAM**

If you would like to learn more about ECHO before deciding whether to participate, visit our website at [www.echochildren.org](http://www.echochildren.org).

Together, we can discover how to help children grow up as healthy as possible.

