



# ECHO

Environmental influences  
on Child Health Outcomes

A program supported by the NIH



## Discover ECHO Insights: Fall 2024

Thank you for your time and contributions to ECHO.

Here are findings from several ECHO studies on improving child health and development.

**64,000+**

children

**107,000+**

total participants

**43**

U.S. states + Puerto Rico

**1700+**

publications



### Green Space is Important for Young Children's Mental Health

#### WHAT'S THE ISSUE?

Access to green space (nature and parks) can improve mental health.

#### WHY IT MATTERS

Access to green space can promote well-being in young children.

#### WHAT WE CAN DO ABOUT IT

Green initiatives like parks and urban forests may influence the development of anxiety and depression in early life.

Read more [here](#).



### Lower Risk of Child Obesity Linked to Early Breastfeeding

#### WHAT'S THE ISSUE?

Childhood obesity is a condition where a child weighs above average for their age and height.

#### WHY IT MATTERS

Childhood obesity has been linked to diabetes and high blood pressure.

#### WHAT WE CAN DO ABOUT IT

ECHO researchers found consistently breastfeeding infants in any amount during their first 3 months was associated with lower risk of childhood obesity.

Read more [here](#).



### Phthalate Exposure May Cause High Blood Pressure during Pregnancy

#### WHAT'S THE ISSUE?

Phthalates in plastics and personal care products affect hormonal health.

#### WHY IT MATTERS

ECHO studies link higher phthalate levels in pregnant women to lower birth weight and preterm birth.

#### WHAT WE CAN DO ABOUT IT

To reduce exposure, use phthalate-free cosmetics, eat fresh and unprocessed food, avoid heating food in plastic, and choose unscented household products.

Read more [here](#).

*\*ECHO acknowledges that not everyone can breastfeed.*

For a full list of all ECHO findings, visit [www.echochildren.org/echo-program-publications](http://www.echochildren.org/echo-program-publications).

**Note:** Results reported here are for single studies. Other or future studies may provide new information or different results.

You should always consult with a qualified healthcare provider for diagnosis and for answers to your personal questions.