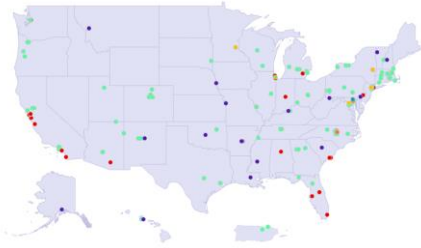







The Environmental influences on Child Health Outcomes (ECHO) Program is a national effort to enhance the health of children and adolescents through research that may help inform healthcare practices, programs, and policies. Project Viva is 1 of 69 cohorts across the US, shown in the map below, that together form the ECHO Program.



**ECHO researches 5 key areas of health**

-  Pre-, peri-, and postnatal (pregnancy and birth) including low birth weight and impact of prenatal diet
-  Upper and lower airway (breathing) including asthma, allergies, and other respiratory conditions
-  Obesity (body weight) and related conditions including diabetes and other cardiometabolic diseases
-  Neurodevelopment (brain development) including child behaviors and autism spectrum disorders
-  Positive health (well-being) including how genetics, environment, and behaviors strengthen health

*If the goals of ECHO sound familiar, that may be because Project Viva is one of the studies that informed the development of ECHO!*

Viva, ECHO, and your participation will contribute to the NIH's effort to enhance children's health for generations to come!

**Participating in ECHO is simple.** At your next Viva visit, we will ask for your consent to share data with ECHO that we have collected about you from pregnancy up through our ongoing visits. Some of the biospecimens that we collect at your Viva visits, like blood, urine, or hair, may be shared with ECHO. So far, we have **over 780 mom participants and over 730 young adult participants** fully enrolled in ECHO!

**Your consent allows you to participate in cutting edge research** on current health topics like COVID-19. Using both historical data and new data collected from in-person visits and annual surveys, ECHO will examine all 69 cohorts to better understand how chronic diseases develop across the lifecycle.

**You have a unique opportunity** through ECHO to participate in research that will examine how differences in socioeconomic status, race, geographic location, and the environment, impact chronic health. Viva participants are essential to achieve this mission!



**Privacy protection** is our priority in data sharing. Project Viva will not share your name with ECHO, but if you provide consent, may share data that could potentially be used to identify you, such as your address or date of birth. ECHO researchers will not present any results on individuals.

**Genetics (your DNA)+ epigenetics** (signals inside cells that tell your genes when to turn on and off) can be analyzed in your blood sample to study how they influence health. If you consent to share this data, it cannot be used to identify you. It can be destroyed at any time you wish and will not be used for any diagnostic purposes.

**Biospecimens** (like blood) will be stored in a research laboratory and will be analyzed to measure environmental chemicals and other exposures and markers of health. Analyses will be done in batches on groups of people and will never publicly identify you.

**Did you know? The founder of Project Viva, Matt Gillman, is the Director of ECHO!** ECHO's leadership and our Project Viva Principal Investigator, Emily Oken, continue to work together and focus on how Viva can improve the health of children nationwide.



**Do you have questions? Please ask us!**

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