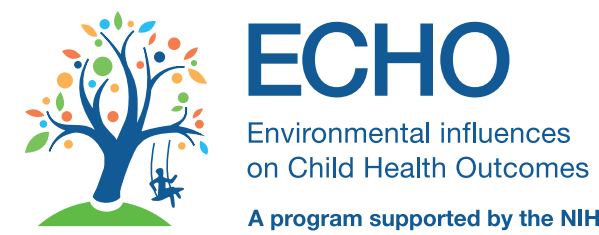


# How Participants Contribute to ECHO Cohort Research in 2025

We are thankful for our participants. By sharing information with ECHO researchers, you are helping to enhance health for future generations.



	During Pregnancy			After Pregnancy								
This year, ECHO will collect...	Early Pregnancy	Later Pregnancy	When the baby is born	0-5 Months	6-11 Months	12-23 Months	24-35 Months	3-5 Years	6-7 Years	8-10 Years	11-17 Years	18-20 Years
Surveys, Questionnaires, Medical History, Feedback about ECHO Participation												
From pregnant participants	✓	✓		✓								
From caregivers about themselves and the child				✓	✓	✓	✓	✓	✓	✓	✓	✓
From the child										✓	✓	✓
From partners					✓							
Body Measurements												
From pregnant participants	Height, weight	Height, weight		Height, weight								
From child participants				Length, weight, head circumference	Length, weight	Height, weight	Height, weight, head and waist circumferences	Height, weight, body composition (5+)	Height, weight, body composition	Height, weight, body composition	Height, weight, body composition	Height, weight, body composition
Samples												
From pregnant participants	Blood, urine	Blood or saliva, urine	Placenta, blood from umbilical cord	Blood or saliva, hair	Urine	Blood spot	Urine					
From the child												
Urine				✓				✓	✓	✓	✓	
Blood spot				✓		✓		✓				✓
Blood									✓	✓	✓	
Saliva								✓				
Hair						✓						
Stool				✓								
Teeth that fall out								✓	✓	✓	✓	
From partners					Saliva, urine, sperm							
Other Things												
Physical activity, sleep tracker	✓											
Lung function test									✓	✓	✓	
Tests for thinking, memory, language								✓	✓	✓	✓	✓