



Here are some ECHO study results!

Maternal Pre-Pregnancy BMI, Breastfeeding, and Child BMI

What is BMI?

- BMI (Body Mass Index) is a number based on a person's height and weight.
- It helps health professionals see if a child's weight is under, within, or above the healthy range.

Who was involved and what happened?

- The study included over 8,000 mothers and their children from across the United States.
- Researchers looked at mothers' weight before pregnancy, how long babies were breastfed, and children's body weight between ages 2 and 6.

What did the study find?

- Children who were breastfed for at least 3 months tended to have lower body weight in early childhood.
- This was true no matter what the mother's weight was before pregnancy.
- Both "any breastfeeding" and "only breastfeeding" showed benefits.

Why was this study done?

- To see if breastfeeding is linked to children's body weight as they grow.
- To learn if a mother's weight before pregnancy changes this connection.
- To better understand breastfeeding benefits for all families.

What does this mean going forward?

- Breastfeeding can play a positive role in supporting healthy growth in young children.
- Supportive environments can help mothers meet their breastfeeding goals.
- The findings can help guide families, doctors, and health programs.

Where can I learn more?

- Read the full article: "Maternal Pre-Pregnancy BMI, Breastfeeding, and Child BMI" in the ECHO program journal.
- Note: These findings are from the authors, not necessarily the NIH.

RECRUITMENT NUMBERS AS OF FEBRUARY 3, 2026

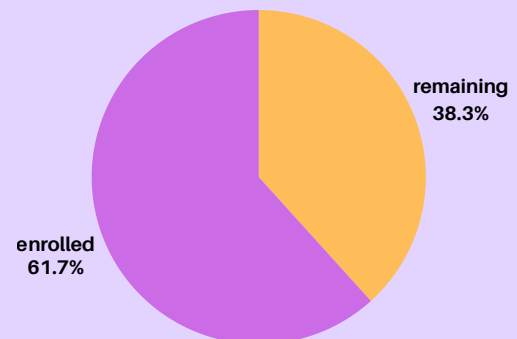
311 Enrolled Mothers

223 Enrolled Children

19 Enrolled Partners

Thank You Families!

311 MOMS ENROLLED



193 MOMS REMAINING TO REACH
OUR 504 ENROLLED GOAL

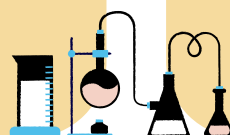
Interested in reading more about our findings?

Scan this QR code to explore other
research from the ECHO study team!



OurECHO,OurHealth is a space where ECHO
participants, investigators, and community
members come together to learn about the latest
findings from the ECHO Cohort.

Join our Facebook group!





Introducing New Study Components!



Household Water 2nd Trimester

To assess potential exposure to environmental contaminants (such as metals or chemicals) through drinking and everyday water use.



Maternal Stool 3rd Trimester

To assess the maternal gut microbiome and related environmental exposures that may influence pregnancy and child health.



Breast Milk Child 0-5 months

To measure nutrients and environmental chemicals passed from mother to infant that may influence early growth and development.

As a reminder, you are able to opt out of any study component at any time.



New Pregnancy?

Let us know!

You may be eligible to re-enroll in the ECHO Study! Email us at echosc@musc.edu



Attention Research Participants!

ClinCard has recently updated their maintenance fee policy.

If you do not use the gift card within 6 months of when it was given to you (or your last purchase), the value of the gift card will decrease by \$4.95 per month, or the remaining balance if less than \$4.95.



Use your ClinCards!!

Did You Know?

- Elephants have the longest pregnancy of any land animal (about 22 months) which helps their calves be strong and well-developed at birth.
- Bananas are berries, but strawberries are not.
 - Raspberries and blackberries aren't berries either, they're actually clusters of tiny fruits.
- The alphabet song is sung to the same melody as "Twinkle, Twinkle, Little Star."

