

PRISM & ECHO NEWS!



Hey PRISM & ECHO friends!

A huge thanks to all of you for sticking with us through ECHO Cycle 2 — you're awesome!

We hope you'll keep joining us for lab visits! During a visit, you get to play fun iPad games, have some quick body measurements taken, give samples like blood and urine, and fill out some questionnaires.

We've loved working with so many awesome families and can't wait to see even more of you this year and in 2026! You're a huge part of helping us understand how childhood experiences shape growth and development.

If we haven't seen you yet in 2025, we hope to catch up with you soon!

Remember, everything you do is completely up to you, and we'll thank you with payment for your time. Thanks a bunch for all your help!

Love,
The PRISM & ECHO Team



WHAT IS ECHO?



The ECHO Project is a big research study run by the National Institutes of Health (NIH). The goal of ECHO is to figure out how to help kids be healthy. So far, ECHO has collected info from over 50,000 babies, kids, teens, and their families across the U.S. We have used that info to write more than 1,200 research papers — pretty impressive, right? We couldn't do that without your participation!

What's really cool about ECHO is that they look at stuff like where you live, what you eat, and what you do every day to see how it affects your health. Their main goal is to find out how to help kids be as healthy as possible.

Kids and their families from all over the country take part in the study to help answer these questions. So, in short, ECHO is all about figuring out what makes kids feel great and making sure every kid has a chance to be super healthy!



RECENT FINDINGS

Check out these recent findings from ECHO!



Time spent in childcare didn't have a positive or negative effect on young children's mental health. This was the case regardless of the family's income level or whether the child experienced high or low stress.



In teens, strong, supportive friendships are linked to positive mental health. This is true regardless of time spent on social media.



Kids with better working memory ate healthier, for example fewer sugary drinks and less fat. Kids who were more flexible in their thinking and were better at self-control ate more fruits and veggies and were more active. In teens, these cognitive skills are related to more physical activity.



HOW CAN YOU GET INVOLVED?

Ask you parents about a lab visit this year!

Come join us in our new lab space at 1 Brookline Place!

Study visits consist of playing fun iPad games, taking measurements like height and weight, answering questions, and biosample collection (blood & urine).

Children/teens earn up to **\$125** for completing all study visit tasks!

Need to go remote? Children/teens earn **\$25** for filling out questionnaires online!

Remember: Everything is completely optional - if you do not want to do a particular study task, that is 100% fine!



Parents: Please reach out to
prism.study@childrens.harvard.edu or call us at
617-919-3368 to schedule a lab visit!

MEET THE TEAM !



Dr. Bosquet Enlow is the Director of the Biobehavioral Research Laboratory at Boston Children's Hospital and the Site Principal Investigator for ECHO. She received a B.A. in Psychology from Yale University and a Ph.D. from the Developmental Psychopathology and Clinical Science Program at the University of Minnesota.

Michelle Bosquet Enlow, Ph.D.

Anna is a Clinical Research Assistant on the ECHO team. She graduated in 2025 from the University of Notre Dame, where she received her Bachelors of Science in Neuroscience with a minor in Scientific Computing.



Anna Kierski, B.S.



Mariana is a bilingual Clinical Research Assistant on the ECHO team. She received her Bachelors of Art in Psychology, with a minor in Neuroscience, from the University of South Carolina in 2024.

Mariana Orihuela, B.A.



ECHO WORD SEARCH

See if you can find all the ECHO related words!

EMYEXZDITSJWBZCXXADA
VOMQTDMGMCYEVXTCULIP
WRAPNGMPFSMRPTIEHTOH
KOXLXHNQGKPVAEUJOPPI
WAEQQSEKHBMNRHXNPQJS
BOFNALKAF LGSTUDYJMV F
TPUGIGVALXOUIFIXZGGT
AWTIMYKQETCF CRBTMOBD
SBUTPSAJTNHPIPHQIVAE
EFRUAUNLGCFIPLJBLAAN
PHEDCKCPND AOAPNLCPCV
ARHITRCBAIHATWCUXPI
ZZHNCEZFAMIGIHKNO SWR
DZZAHSMZCLEROKNDVGCO
WXHLIEINGFOONLKM BMQN
YLRGLAENXYLWNUSRARNM
TDTGDRPZFKCTZMSJDDBE
ELFJRCVVZTLHCM LAZOWN
GKNPEHOWOHTIHPWUMYKT
FPZRN VUFTTEAMWORKJNF

Word Bank:

PARTICIPATION

LONGITUDINAL

RESEARCH

TEAMWORK

CHILDREN

HEALTH

GROWTH

IMPACT

STUDY

ENVIRONMENT

FUTURE

