FALL 2025 WITH ECHO BOSTON

Hello and Happy Fall!

As the season changes, we're thrilled to bring you the latest updates from our ECHO Boston research community.

In this issue, you'll find highlights from our ongoing work and a **Spotlight Series** feature, where we introduce the incredible team members who make this research possible, including our Co-Principal Investigator, **Emily Oken**. Looking ahead, we plan to share more team stories—and even some from ECHO Boston participants!

Also, don't miss **the stats section.** We think you'll find it interesting seeing trends related to birth outcomes, feeding, and sleep in the ECHO Boston community.

Thank you for your ongoing participation!

SPOTLIGHT: Emily Oken, Co-Principal Investigator

Amara, Emily, Chinwe, and Obi

What is your role in ECHO Boston?

I am the co-Principal Investigator. Together with two other investigators (Michele Hacker and Tamarra James-Todd) we decide how to implement the ECHO protocol here in Boston. We attend meetings with ECHO investigators from around the US to collaborate on the running of the program at all of the ECHO sites.

Also, we work with students and post-docs to lead scientific research using the ECHO data collected here in Boston, combined with the other sites. The scientific focus of our project is health effects of food security and food insecurity on exposure to chemicals and health outcomes in moms and kids.

What do you like about ECHO Boston?

I like that it is part of a larger whole. Combining our data together with the data from all of the other ECHO sites allows us to study uncommon health outcomes and also variation in exposures and diseases across different geographic regions.

Do you have any kids?

I have two children, who are both in college now! I also have a dog and cat who keep my husband and me company now that the house is much more quiet.

What do you like to do for fun?

I love reading and doing many crafts – especially knitting, and I am learning how to sew, and also weaving.

Do you have any good mom advice to share?

This may be cliché, but it is true that the years are short, even though the days may be long. Enjoy these times with the kids, they are out of the house all too soon! That said, don't sweat the small stuff too much in life. My kids and I are close even though I worked throughout their lives, and they were in day care, after school programs, etc. They always know who mom is and still come calling when help is needed.

Want to Be Featured in Our Spotlight Series?

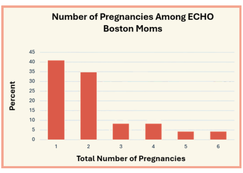
Please contact us! We would love to share the stories of ECHO Boston participants, in addition to our team members.

THE ECHO BOSTON COMMUNITY: Your Participation at a Glance

Here's a snapshot of some things we've learned about participants so far! These highlights from recent visits show trends in pregnancy, birth weight, feeding, and sleep among ECHO Boston families.

First-Time Moms:

At the 6–11 month visit, it was reported that **41% of moms were pregnant for the first time** with their ECHO baby.

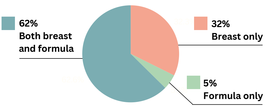


Birth Weight:

The average birth weight for ECHO babies was 3231.3 grams or **7 pounds 1.9 ounces.**

Feeding Facts:

93% of ECHO Boston babies have been breastfed at least once in their lives.



Sleep Snapshots:

Below is a look at what ECHO Boston families have shared about nighttime rest, naps, and total sleep each day.

Babies Under 6 Months Old

- Sleep at night: **8 hrs 20 mins**
- Total sleep per day (night and daytime): **14 hrs 18 mins**
- Naps: **3.5 per day**

Babies Over 6 Months Old

- Sleep at night: **10 hrs 11 mins**
- Total sleep per day (night and daytime): **14 hrs 2 mins**
- Naps: **2.5 per day**

NEW: Two-Way Texting

A New Way to Stay in Touch

ECHO Boston now has a two-way texting number, so you can reply to our messages or reach out directly to a staff member anytime!

Text us at: 617-752-7730 *(text only)*

Need to call? Our phone number is still **617-867-4890.**

Save ECHO Boston as a contact so we're always just a tap away!

FALL RECIPE: Pumpkin Pie Bars

Are you looking for a cozy fall treat that's easy to make and perfect for sharing? These Pumpkin Pie Bars deliver all the rich, spiced flavor of classic pumpkin pie, without the fuss of a crust. They're simple, portable, and guaranteed to be a crowd-pleaser for your holiday table!

Happy baking!

From Brown Eyed Baker, adapted by The Sweetery Boston

Photos courtesy of www.thesweeteryboston.com

Find the Recipe Here

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