

# NBCS ECHO PLUS

Navajo Birth Cohort Study  
Environmental Influences on Child Health  
Outcomes+

The primary goal of this study is to better understand the relationship between uranium and environmental metal exposures with birth outcomes and children's development on Navajo Nation.

By joining this national study, NBCS/ECHO+ will be 1 of approximately 70 studies across the country examining aspects of the environment to look at both risks and protective factors impacting children's health. Over the course of this program, more than 50,000 children and almost as many caregivers will be enrolled from all across the country.

By being part of this national group, all studies can learn from one another to improve health for children across the country. NBCS/ECHO+ can benefit Navajo families by helping us to answer important questions about how the environment affects children that no single research group can do alone.



Art by: Mallery Quetawki



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## Benefits of Participation:

- Learn about potential contamination from the home environmental assessment
- Learn about your child's development through study assessments
- Receive early referral for intervention services should any concerns be identified
- Help provide information that can inform policies to improve child development on Navajo Nation
- Help clinical care providers, obstetricians, and pediatricians to understand any unique needs for services for Navajo children

## What will you have to do?

- Deliver your baby at a participating IHS or PL-638 hospital
- Allow us to get information about your and your child's health from medical records
- Complete surveys while you are pregnant, and once or twice a year after baby is born.
- Provide blood and urine samples for us to determine exposures and nutritional status
- Allow us to conduct a thorough assessment of your child's development twice, once between the ages of 3-5, once between the ages of 6-8, and once during the teen years

All participants will receive a gift card in thanks for their time. Assessments can occur at home or at the hospital. Trained Navajo staff will be involved in all assessments.



Photo by: Malcolm Benally

## NBCS/ECHO+

If you have already been a participant in the NBCS or the NBCS/ECHO (first phase)

You may be contacted to determine if you are interested in continuing participation with annual assessments until age 18.

### *Who is eligible to participate?*

Mothers *previously enrolled in the NBCS/ECHO+* who are interested in continuing with their children up to age 18.

**AND**

***New participants*** including women

- between the ages of 14 and 45
- with a confirmed pregnancy
- who have lived on Navajo Nation for 5 years at any time
- willing to deliver at one of the participating hospitals including
  - Chinle Comprehensive Health Care Facility
  - Gallup Indian Medical Center
  - Tuba City Regional Health Care Corporation

## NBCS/ECHO+



Scan code for more information

***Helping your baby  
to grow in beauty***



For more information, call 1-877-545-6775

**NBCS**  
Navajo  
Birth Cohort Study



**ECHO**  
Environmental influences  
on Child Health Outcomes  
A program supported by the NIH

## The Navajo Birth Cohort Study -- Environmental Influences on Child Health Outcomes +

A Cooperative Agreement between NIH (OD023344) and the University of New Mexico Community Environmental Health Program

In Partnership with

- Navajo Nation Department of Health
- Southwest Research and Information Center
- University of New Mexico Center for Development and Disability &
- University of California, San Francisco

Call 1-877-545-6775 for more information