

BOSTON BIRTH COHORT

✨ 28+ YEARS OF DISCOVERY—THANKS TO YOU! ✨



WE'RE BACK!



The Boston Birth Cohort is BACK up and running after a brief hiatus. As we enter our **28th year**, we'd like to take the opportunity to thank all of the participants in our Preterm Birth and Children's Health Studies. Every survey you completed, every visit you attended, and every sample you provided has helped advance research that will benefit children and families for generations to come!

Who We Are

The Boston Birth Cohort is one of the largest and longest-running birth cohort studies in the United States. Our mission is to improve maternal and child health by identifying important risk factors during critical developmental windows. By doing so, we aim to prevent pediatric and adult diseases.

Childhood Conditions Begin Before Birth

With your participation, researchers are able to examine a range of child health outcomes and gain new insights into chronic health conditions such as obesity, cardiometabolic health, asthma, food allergies, autism, and ADHD. Your contribution has helped researchers better understand how social, environmental, and biological factors affect health over a lifetime.

A Legacy of Generational Health

Many enrolled children are now adults – some even becoming parents themselves! We recently started to recruit and follow **a third generation of families in this important study!** Our goal is to understand how health and illness may be influenced through generations.

PARTICIPATION OPPORTUNITY

Are you an 18+ individual with autism, a caregiver of someone with autism, or a professional who works with individuals with autism? The Boston Birth Cohort Autism Data Engagement and Partnership Team (ADEPT) is conducting research focus groups to make sure that key information about autism research design and findings is effectively communicated from the autism community to researchers AND from researchers back to the community. For more information, contact us at (617) 414-5133 or autismboard_interest@bmc.org

MEET OUR NEW RESEARCH ASSISTANTS



Kendal is passionate about advancing pediatric health through research that supports healthy development and addresses the impacts of environmental and socioeconomic factors on the developing brain and body. She is particularly interested in child neurodevelopment and psychology. In her free time, she enjoys attending concerts, trying new restaurants, traveling with friends, and spending time at the beach.



Leslie is deeply interested in advancing equitable healthcare within communities of color and underserved populations. She aspires to become a pediatrician dedicated to serving Hispanic and immigrant families. In her free time, Leslie enjoys hiking, birdwatching, dancing, knitting, and watching movies with her family.



RECENT FINDINGS



Families in our study have helped researchers make discoveries that are improving the health of mothers and children. We are deeply grateful for your trust, commitment and partnership. Thank you for helping us build a healthier future for children and families everywhere. Here are some of our recent findings- made possible by you!



Greater maternal adherence to a Mediterranean-style diet during pregnancy was associated with better social interaction and communication development in children (Che et al., 2025).



Higher PFAS ("forever chemical") exposure during pregnancy may weaken children's immune response to the measles vaccine, particularly in Black and preterm children (Hong et al., 2025).



Reducing exposure to heavy metals before and during pregnancy, along with supporting healthy weight before pregnancy, may help lower the risk of earlier puberty in children (Katagiri et al., 2025).