

# The **H**EA**L**thy **B**rain and **C**hild **D**evelopment (HBCD) Study

The HBCD Study, sponsored by the National Institutes of Health, is the largest long-term study of early brain and child development in the United States. Knowledge gained from this research will have lasting impacts on future generations of children.

## What is the HBCD Study?

The HBCD Study will enroll a large cohort of participating families from across the U.S. and follow them and their children through early childhood. The researchers want to better understand how the brain develops and is affected by exposure to substances and other environmental conditions during pregnancy and after birth. Researchers will collect information during pregnancy and through early childhood, including:

- Pictures of the brain
- Growth measurements
- Samples of blood and saliva (biosamples)
- Medical and family history surveys
- Information about their social, emotional, and cognitive development

## Who can participate?

Participating families will be individuals in the 2<sup>nd</sup> or 3<sup>rd</sup> trimester of pregnancy or who have recently given birth and their children.

## What will study participants be expected to do?

The HBCD study begins with 3-4 visits in the first year with only 1-2 visits in subsequent years. During these visits, participants will be asked to complete interviews and questionnaires and provide biosamples, such as blood or saliva.



For more information, please visit [HBCDStudy.org](https://HBCDStudy.org)



**Information from this study can help us find answers to questions, including:**

• How do genes and experiences influence development and behavior?

• How does early exposure to opioids, tobacco, and other substances affect development?

• Are there key experiences early in development that impact later health and well-being of a child?

• Are there windows during the early developmental period that present opportunities to intervene that will help children be healthier and happier?

• How do parent or caretaker interactions with their children impact health?

