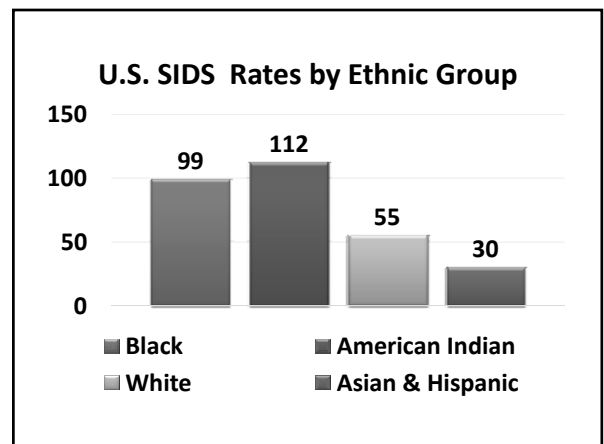
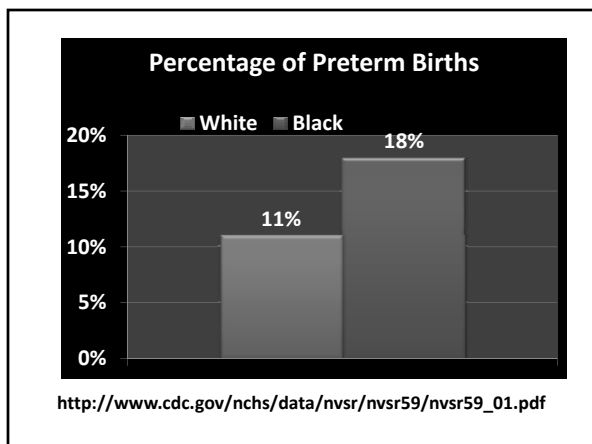
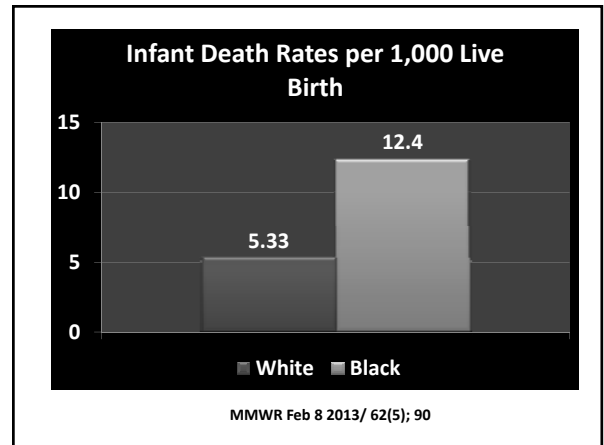
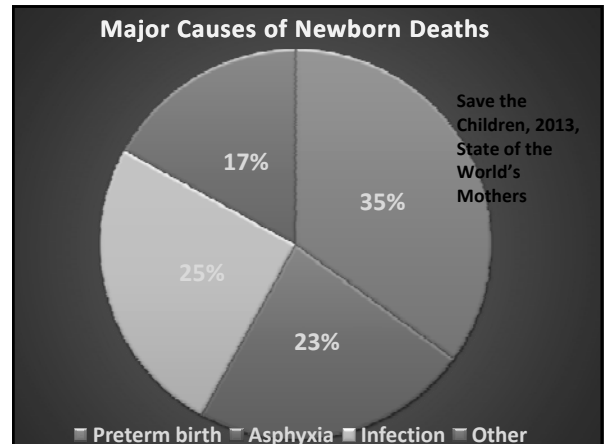
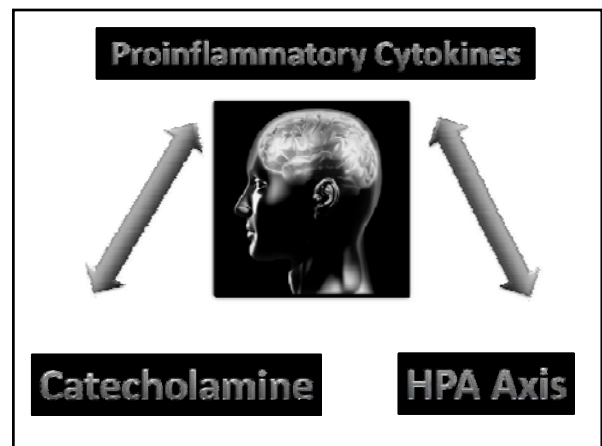
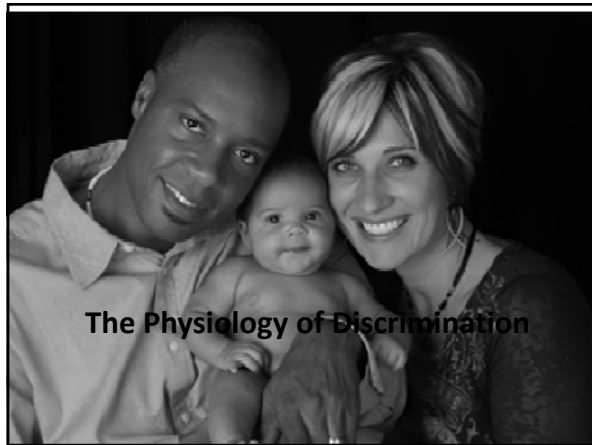
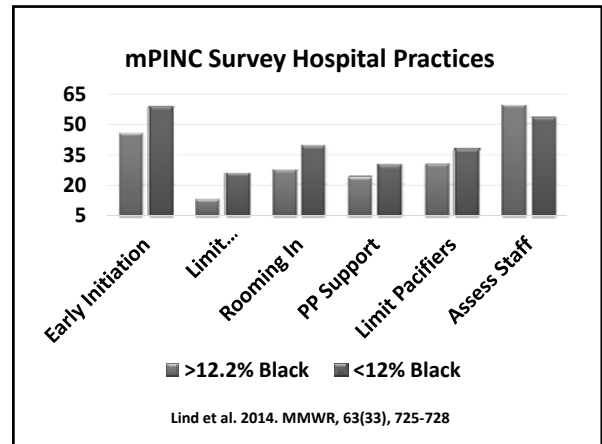
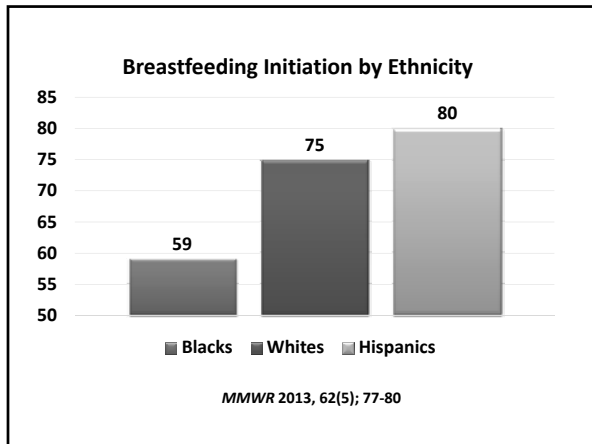
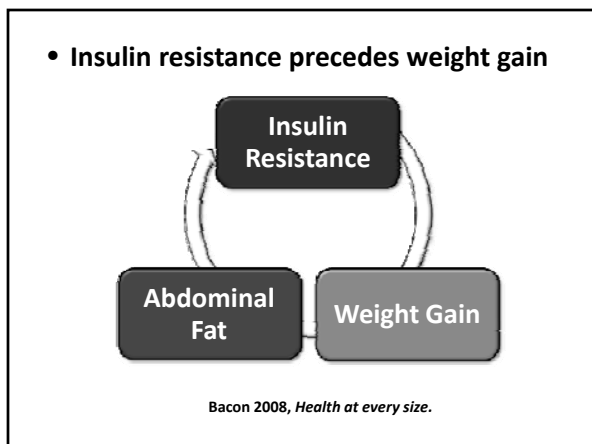
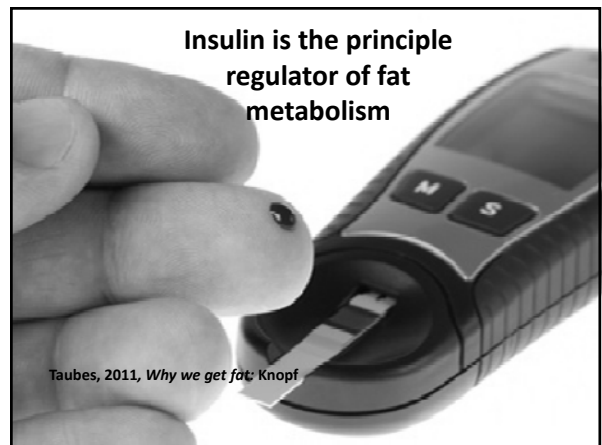
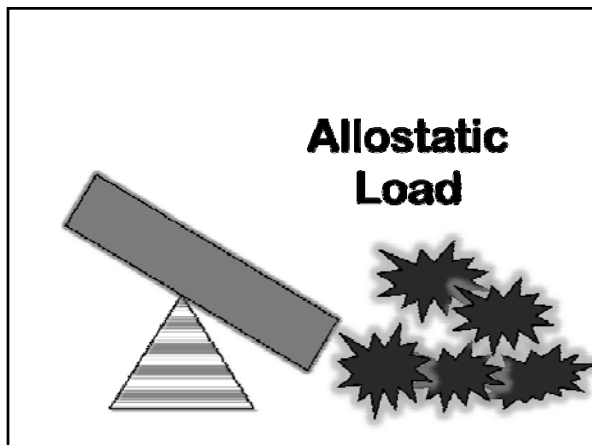
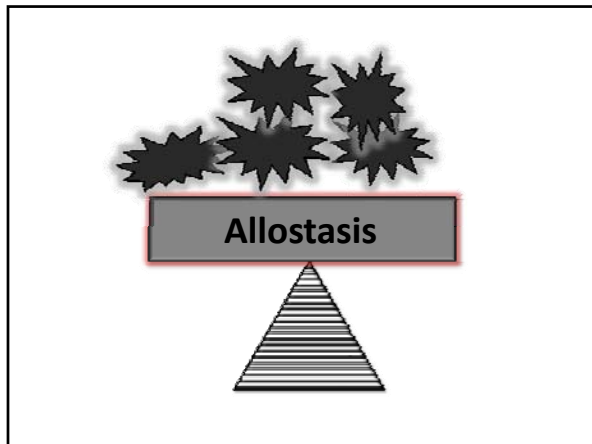


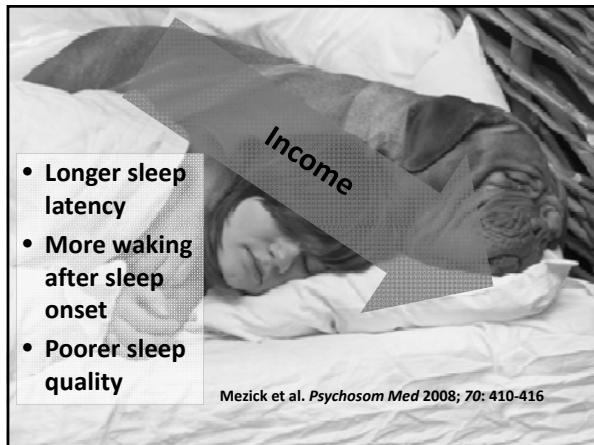
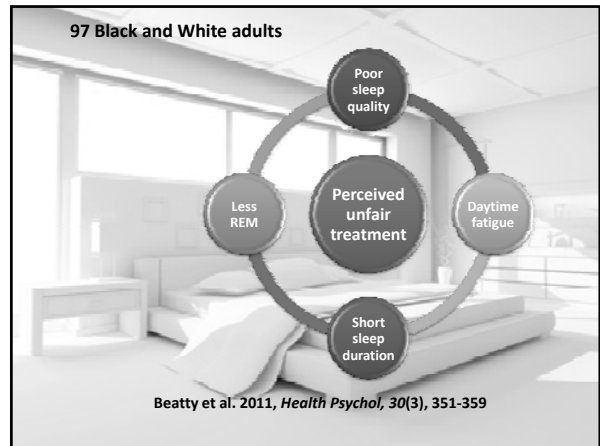
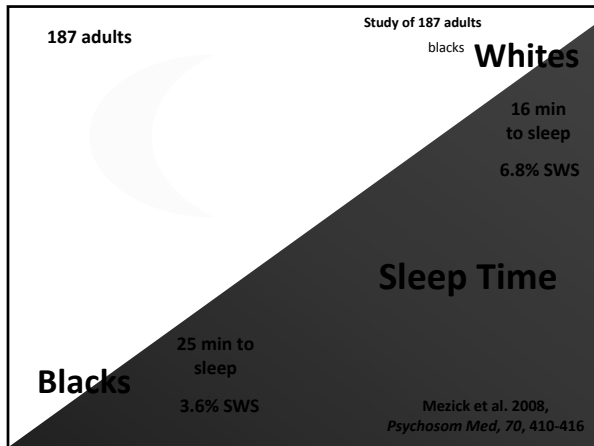
Racial/Ethnic Disparities in Infant Mortality

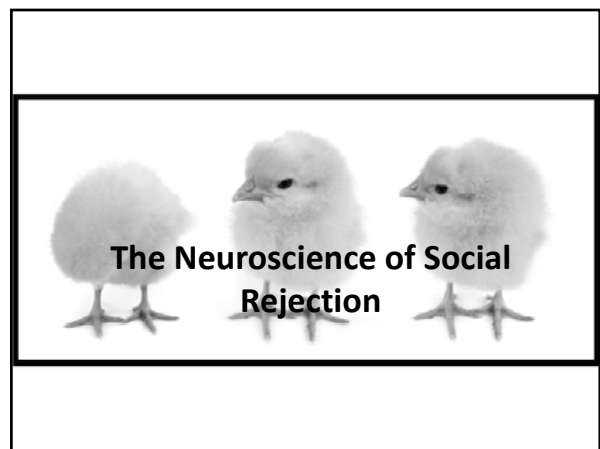
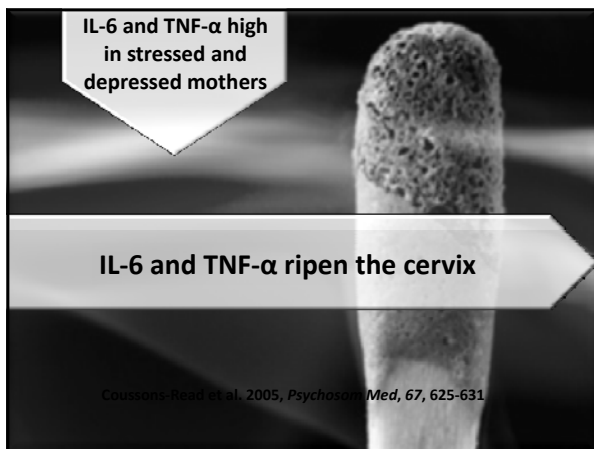
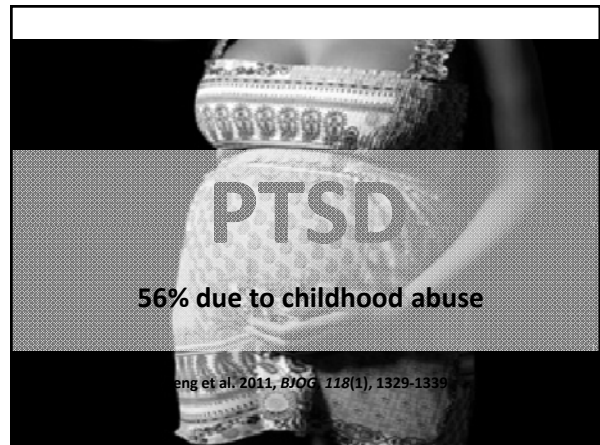
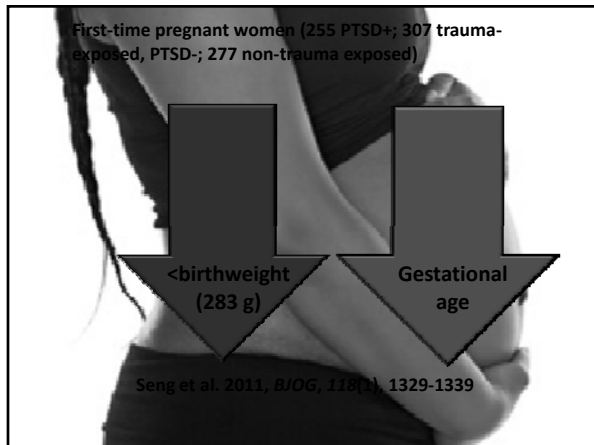
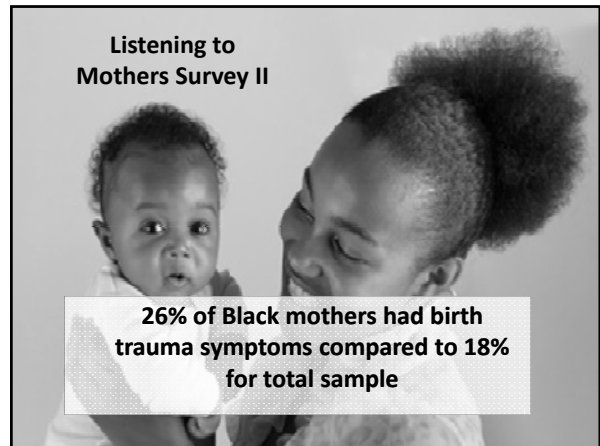
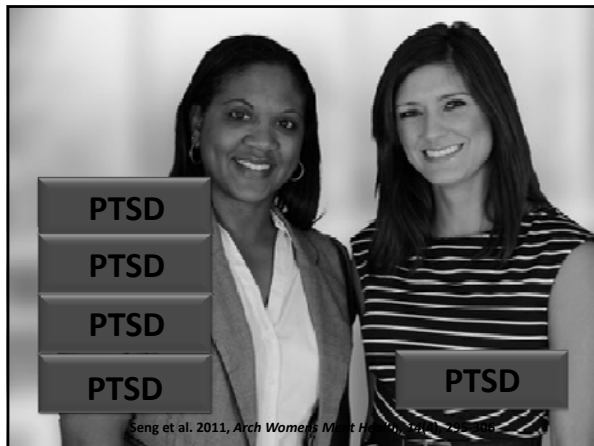
Kathleen Kendall-Tackett, Ph.D., IBCLC, FAPA
www.PraeclarusPress.com









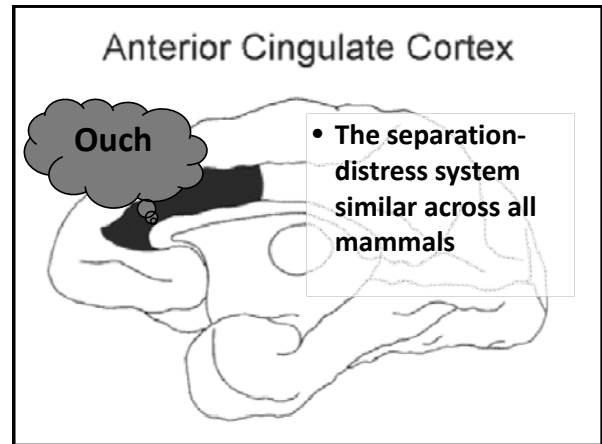


To your brain
Social Pain=Physical Pain



Jenson-Campbell & MacDonald, 2011 *Social pain*
(p. 3-8). Amer Psychological Assn.

Anterior Cingulate Cortex



- The separation-distress system similar across all mammals

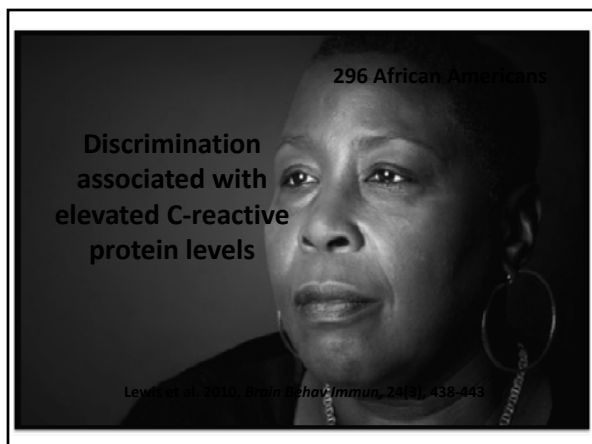


We physically experience threats to our relationships as threats to our survival



Social rejection in childhood can sensitize people for the rest of their lives

Eisenberger, 2011 *Social pain* (53-78); Panksepp, 2011 *Social pain* (11-51), Amer Psycholog Assn.



296 African Americans

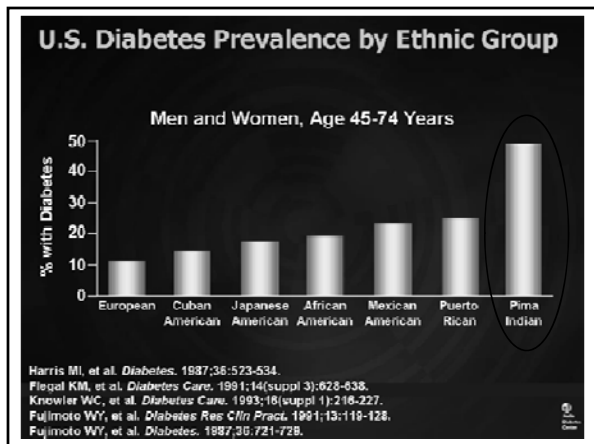
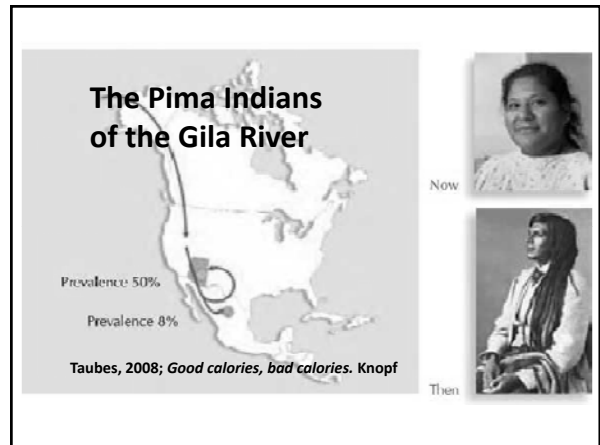
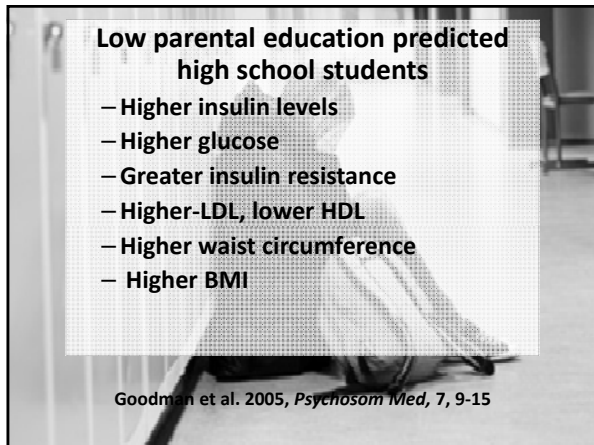
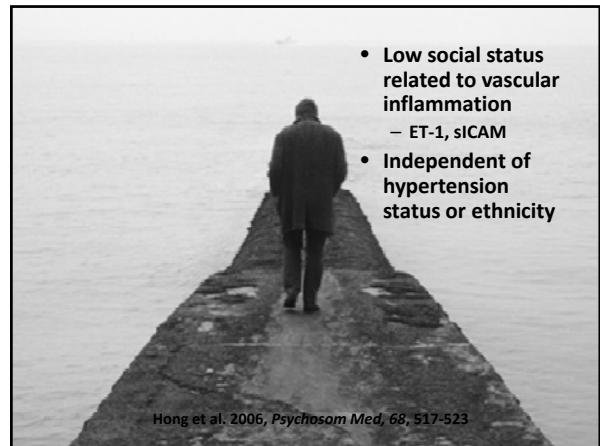
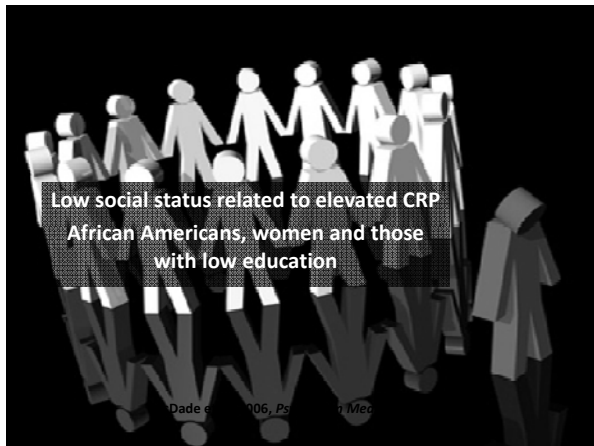
Discrimination associated with elevated C-reactive protein levels

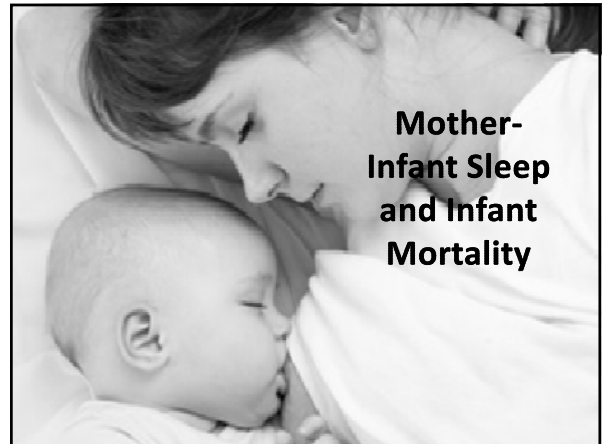
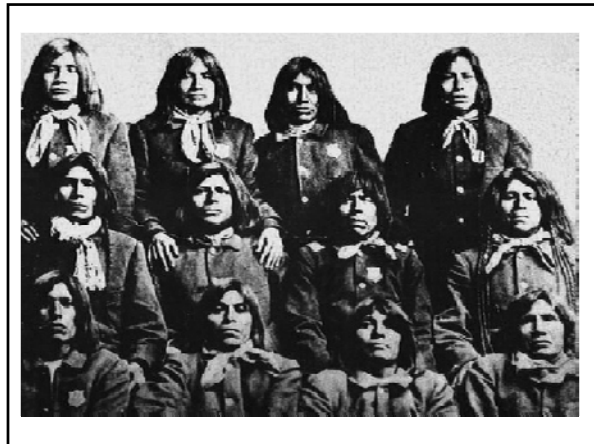
Lewis et al. 2010, *Brain Behav Immun*, 24(3), 438-443



- **Perceived discrimination**
 - You are treated with less courtesy other people
 - You are treated with less respect than other people
 - You receive poorer service than other people at restaurants and stores
 - People act as if they think you are not smart

Lewis et al. 2010, *Brain Behav Immun*, 24(3), 438-443





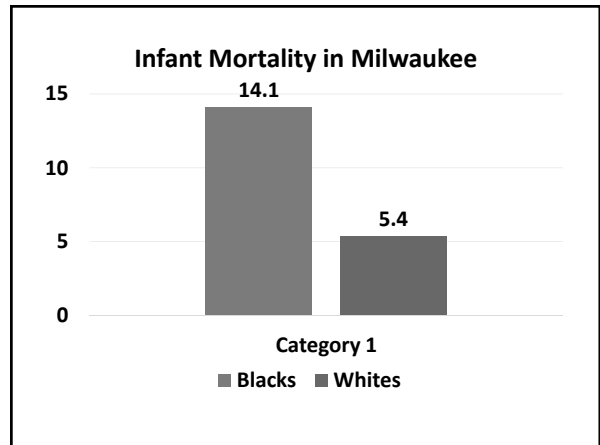


City of Milwaukee Ad Campaign Unveiled
November 9, 2011



"Co-sleeping deaths are the most preventable form of infant death in this community," Barrett said.

"Is it shocking? Is it provocative?" asked Baker, the health commissioner.
"Yes. But what is even more shocking and provocative is that 30 developed and underdeveloped countries have better (infant death) rates than Milwaukee."



One-month-old infant dies in co-sleeping incident
Medical Examiner's report says baby was sleeping on floor with three other children

WITI-TV, MILWAUKEE—
The Milwaukee Medical Examiner reports a one month, 28 day old infant died in a co-sleeping incident on New Year's Eve, while sleeping on two crib mattresses on the floor of a living room with three other children.....

<http://www.fox6now.com/news/witi-20120103-co-sleeping-one-month-old,0,4277315.story>

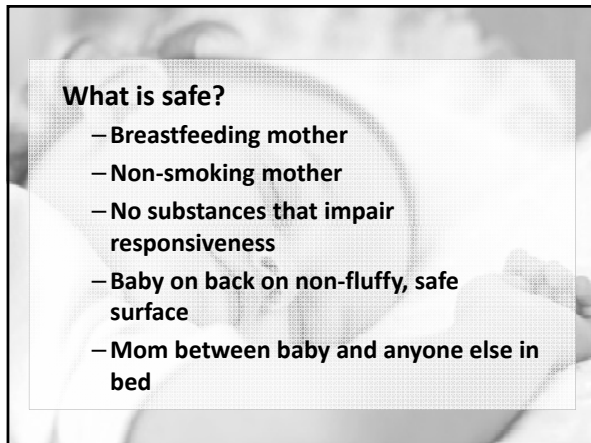
This latest co-sleeping death comes just days after 10-day-old Egypt Holloway died while sleeping in a queen size bed with three other children.

The City of Milwaukee just launched a provocative ad campaign to raise awareness about the dangers of co-sleeping. They advise parents to put their babies, especially those under three months of age, in a crib or bassinet alone, next to the parents' bed.

<http://www.fox6now.com/news/witi-20120103-co-sleeping-one-month-old,0,4277315.story>



- The topic of safe infant sleep is complex



What is safe?

- Breastfeeding mother
- Non-smoking mother
- No substances that impair responsiveness
- Baby on back on non-fluffy, safe surface
- Mom between baby and anyone else in bed

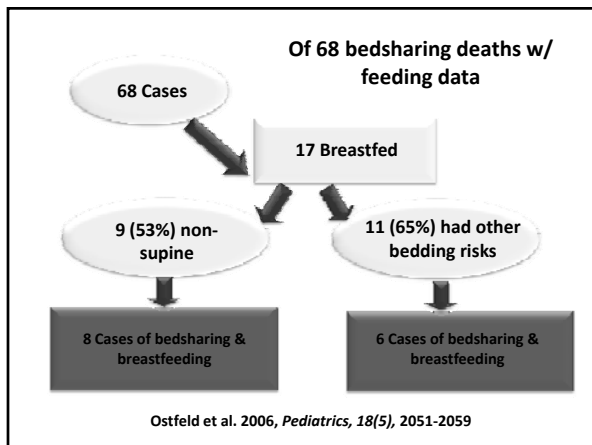
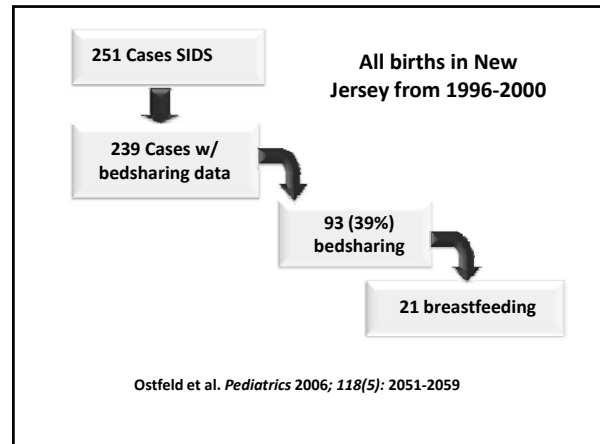
PEDIATRICS
OFFICIAL JOURNAL OF THE AMERICAN ACADEMY OF PEDIATRICS

- *SIDS and Other Sleep-Related Infant Deaths: Expansion of Recommendations for a Safe Infant Sleeping Environment*
 - POLICY STATEMENT
 - TECHNICAL REPORT
- Published November, 2011

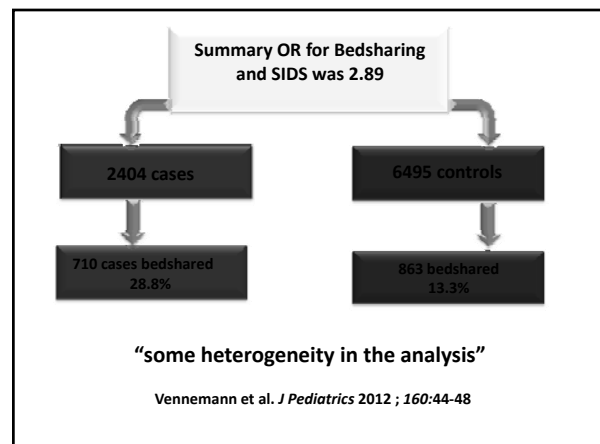
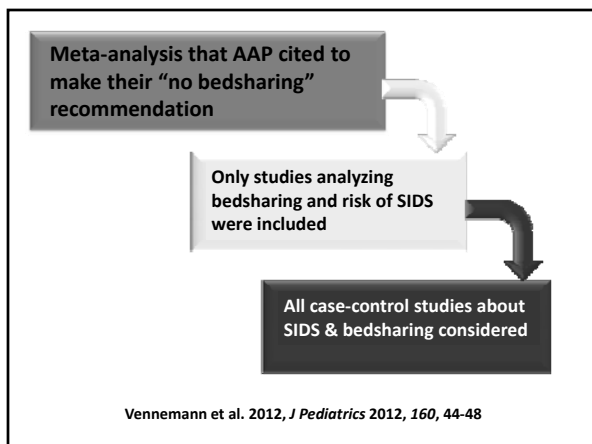
- **AAP 2011 Policy Statement Level A Recommendations**
 - Back to sleep for every sleep
 - Use a firm sleep surface
 - Room-sharing without bedsharing is recommended
 - Keep soft objects and loose bedding out of the crib
 - Pregnant women should receive regular prenatal care
 - Avoid smoke exposure during pregnancy and after birth

- Avoid alcohol and illicit drug use during pregnancy and after birth
- Breastfeeding is recommended
- Consider offering a pacifier at nap time and bedtime
- Avoid overheating
- Do not use home cardiorespiratory monitors as a strategy for reducing the risk of SIDS

- **Bedsharing and SIDS Risk**
 - Review of previous findings

- Of 93 bedsharing deaths**
- 10 were on a sofa
 - 14 included the presence of another child
 - 17 were near pillows, quilts, fluffy blankets
 - 38 were prone
 - 24 were lateral
 - 55 were not breastfed
 - 30 were low birth weight
 - 69 had a single mother
 - 43 had maternal smoking
 - 7 had no prenatal care
- Ostfeld et al. 2006, *Pediatrics*, 118(5), 2051-2059



“Only recent studies have disentangled infants sleeping with adults in a parental bed from infants sleeping with an adult on a sofa.”

“This is certainly a limitation of the individual studies and hence of the meta-analysis.”

Vennemann et al. 2012, *J Pediatrics*, 160, 44-48

Risk of SIDS and bedsharing with smoking mothers (4 studies)

Smoking Mothers OR=6.27

Non-smoking Mothers OR=1.66

Vennemann et al. *J Pediatrics* 2012 ; 160: 44-48

Bedsharing with infants <12 weeks old (3 Studies)

<12 weeks, OR=10.37

Older infant, OR=1.02

Vennemann et al. 2012, *J Pediatrics*, 160, 44-48

Risk of SIDS for routine bedsharing (OR=1.42)

Risk of bedsharing on the last night when not routine (OR=2.18)

Vennemann et al. 2012, *J Pediatrics*, 160, 44-48

Ethnic Group Differences in Sleep Location

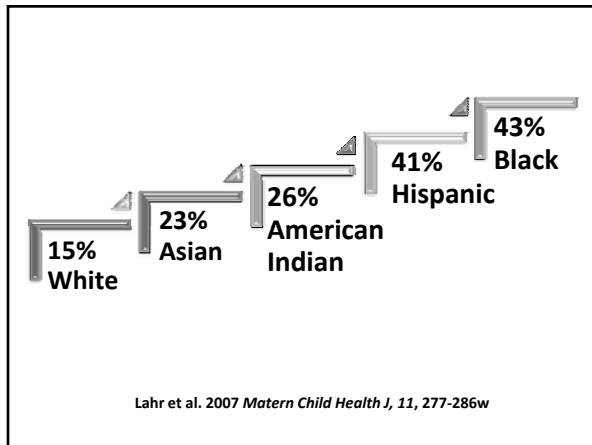


- Washington University pediatrician to lead \$11 million Gates Foundation grant

Dec. 10, 2007....The grant, awarded to Baltimore-based First Candle.... "Bedtime Basics for Babies" ... distributing cribs to families in need.

- "Babies in poor families tend to share beds, either with parents or other children," Kemp says.
- "Some parents believe bed sharing somehow protects their baby during sleep. There is no evidence to support this theory. To the contrary, there is much evidence that shows the adult bed, as we know it in the United States, can greatly increase the risk of SIDS and other sleep-related deaths."

James S. Kemp, M.D.



2560 white-British and Pakistani families, Bradford, UK

- Breastfeed
- Sleep in an adult bed
- On their side for sleep
- With a pillow
- Under a duvet
- Swaddled for sleep

Ball et al. 2012 *Paediatric & Perinat Epidemiol*, 26: 3-12

- Sleep alone
- With a soft toy
- Sofa-share
- Eat solids
- Use a pacifier at night
- Be exposed to smoking or alcohol

Ball et al. 2012 *Paediatric & Perinat Epidemiol*, 26: 3-12

What can help?

Acknowledge racism and counter its physiological effects

Be proactive with depression and PTSD

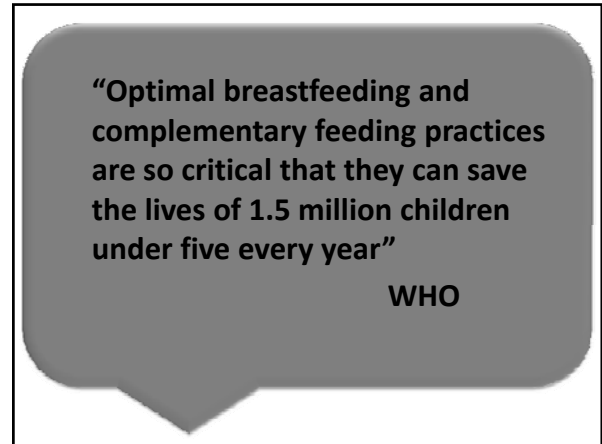
291 low-income moms

- DHA-enriched
- Increased gestation length by 6 days (± 2.3)

Smuts et al. 2003, *Obstet Gin*, 101, 469-479



Support breastfeeding within communities at risk



“Optimal breastfeeding and complementary feeding practices are so critical that they can save the lives of 1.5 million children under five every year”

WHO



- **Initiation and exclusive breastfeeding rates, 84% and 78%**
- **Similar for hospitals with Black or low-income patients**

Study of 32 U.S. baby-friendly hospitals

Merewood et al.2005, *Pediatrics*, 116(3), 628-634



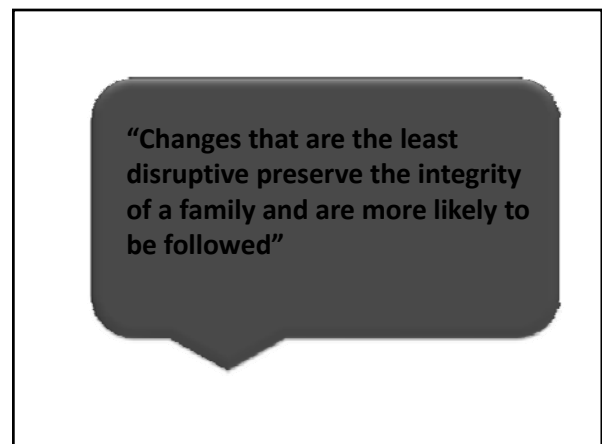
Support safe sleep practices for all families



Use the least intrusive possible measure while still mitigating the threat

Office of Child Services policy

Angie, *Mothering* 2009; Jan-Feb: 48-49



“Changes that are the least disruptive preserve the integrity of a family and are more likely to be followed”

“Parents can be taught to create a safe sleeping environment. Remove bulky covers, not allowing other children in the bed.”

“Asking mom and dad to stop bedsharing, buy a crib, and change their entire nighttime routine is highly intrusive; A request more likely to be ignored or only appeared to be followed”

